



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2022-01-22  
**Miejsce:** Karlów  
**Dystans:** 21 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	196	RMT TEAM PRO	M-30	1	NIE	00:43:10	01:26:09		<b>02:05:40.35</b>		5:59	10 (100%)
2	GORZELAŃCZYK Jakub	142	MKS SIECHNICE	M-30	2	NIE	00:43:32	01:27:12		<b>02:07:43.15</b>	+00:02:02 (1.6%)	6:04	9.9 (99.0%)
3	KOŚCIUCZYK-MENDYK Michał	229	SPELOCLUB WROCŁAW	M-30	3	TAK	00:47:55	01:35:22		<b>02:17:56.15</b>	+00:12:15 (8.9%)	6:34	9.1 (91.0%)
4	RUTKOWSKI Dawid	431	GRIZZLYTEAM/140MINUT.PL	M-40	1	TAK	00:45:55	01:35:22		<b>02:18:14.60</b>	+00:12:34 (9.1%)	6:34	9.1 (91.0%)
5	BORZYSTOWSKI Patryk	54	#ZALINIAMETYTEAM	M-30	4	TAK	00:48:42	01:37:30		<b>02:20:11.45</b>	+00:14:31 (10.4%)	6:40	9 (90.0%)
6	GRZESIEK Góral	154	HEEJ HEJ GURALU	M-30	5	NIE	00:50:01	01:37:53		<b>02:21:03.65</b>	+00:15:23 (10.9%)	6:43	8.9 (89.0%)
7	ZIOBER Zbigniew	571	EX TEAM	M-30	6	NIE	00:48:31	01:36:55		<b>02:23:04.55</b>	+00:17:24 (12.2%)	6:48	8.8 (88.0%)
8	WŁODARCZYK Jarosław	541	KARKONOSZ RUNNING TEAM	M-40	2	NIE	00:48:51	01:38:22		<b>02:23:10.70</b>	+00:17:30 (12.2%)	6:49	8.8 (88.0%)
9	ROSKOSZ Bartosz	425	JELCZ TRIATHLON PROJECT	M-30	7	TAK	00:49:29	01:38:35		<b>02:25:37.00</b>	+00:19:56 (13.7%)	6:56	8.7 (87.0%)
10	POCIECHA Patryk	401		M-30	8	NIE	00:49:57	01:39:09		<b>02:26:06.90</b>	+00:20:26 (14.0%)	6:57	8.6 (86.0%)
11	MAJCHRZAK Maciej	301	140MINUT.PL	M-30	9	NIE	00:49:18	01:40:45		<b>02:26:20.80</b>	+00:20:40 (14.1%)	6:58	8.6 (86.0%)
12	GRUND Marek	150	MAFIA TEAM LUBLINIEC	M-30	10	NIE	00:49:28	01:40:20		<b>02:27:41.75</b>	+00:22:01 (14.9%)	7:01	8.5 (85.0%)
13	PIĄTEK Karolina	388		K-30	1	NIE	00:50:54	01:41:24		<b>02:30:08.20</b>	+00:24:27 (16.3%)	7:08	8.4 (84.0%)
14	ŁOPATYŃSKI Irek	291	REMA SPORT TEAM	M-50	1	NIE	00:50:18	01:41:31		<b>02:30:41.00</b>	+00:25:00 (16.6%)	7:10	8.4 (84.0%)
15	DYDA Paweł	113	VEGE KACAP	M-40	3	NIE	00:49:33	01:39:41		<b>02:31:15.95</b>	+00:25:35 (16.9%)	7:12	8.3 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
16	<b>TOKARSKI Joachim</b>	<b>501</b>	KUDOWIANKA RUN	M-40	4	NIE	01:14:50					<b>02:33:51.25</b>	+00:28:10 (18.3%)	7:19	8.2 (82.0%)
17	<b>GEZELA Mariusz</b>	<b>134</b>	EUFORIA BIEGACZA TEAM	M-40	5	NIE	00:51:06	01:44:19				<b>02:34:12.35</b>	+00:28:32 (18.5%)	7:20	8.2 (82.0%)
18	<b>WRZESIŃSKI Michał</b>	<b>550</b>	KSG DIRETA/SKLEP GÓRSKI TATERNIK	M-30	11	TAK	00:54:07	01:46:53				<b>02:35:14.50</b>	+00:29:34 (19.0%)	7:23	8.1 (81.0%)
19	<b>JABŁOŃSKI Paweł</b>	<b>170</b>	KUDOWIANKA RUN	M-40	6	NIE	00:54:04	01:46:59				<b>02:36:06.95</b>	+00:30:26 (19.5%)	7:26	8.1 (81.0%)
20	<b>SAJDUDA Adam</b>	<b>436</b>		M-20	1	NIE	00:51:45	01:45:55				<b>02:36:22.60</b>	+00:30:42 (19.6%)	7:26	8.1 (81.0%)
21	<b>FRANKIEWICZ Artur</b>	<b>127</b>		M-30	12	TAK	00:56:14	01:49:41				<b>02:37:21.10</b>	+00:31:40 (20.1%)	7:29	8 (80.0%)
22	<b>PŁONOWSKI Maciej</b>	<b>400</b>	PSZCZÓŁKOWSKI TEAM	M-30	13	NIE	00:54:34	01:48:46				<b>02:37:42.80</b>	+00:32:02 (20.3%)	7:30	8 (80.0%)
23	<b>BIAŁEK Beata</b>	<b>30</b>	KB HERMES	K-40	1	NIE			01:47:17			<b>02:37:53.25</b>	+00:32:12 (20.4%)	7:31	8 (80.0%)
24	<b>KRAJEWSKI Wojtek</b>	<b>238</b>		M-50	2	NIE	00:55:36	01:49:27				<b>02:38:11.50</b>	+00:32:31 (20.6%)	7:31	8 (80.0%)
25	<b>BAŁYS Katarzyna</b>	<b>17</b>	HERCOG RUNNING TEAM	K-30	2	NO	00:52:49	01:46:20				<b>02:38:11.70</b>	+00:32:31 (20.6%)	7:31	8 (80.0%)
26	<b>NOWACKI Mateusz</b>	<b>352</b>	PRZEDWOJEWSKI TEAM	M-30	14	NIE	00:50:28	01:42:43				<b>02:38:42.15</b>	+00:33:01 (20.8%)	7:33	7.9 (79.0%)
27	<b>DUCZMAL Dominika</b>	<b>109</b>	140 MINUT	K-20	1	NIE	00:54:13	01:48:18				<b>02:38:44.70</b>	+00:33:04 (20.8%)	7:33	7.9 (79.0%)
28	<b>MIŚTAK Jola</b>	<b>330</b>		K-30	3	NIE	00:57:55	01:50:47				<b>02:39:12.65</b>	+00:33:32 (21.1%)	7:34	7.9 (79.0%)
29	<b>ŁUKASIK Marcin</b>	<b>293</b>	BIEGNIJ OŁAWO	M-40	7	NIE	00:55:50	01:48:40				<b>02:39:24.85</b>	+00:33:44 (21.2%)	7:35	7.9 (79.0%)
30	<b>BERNAT Katarzyna</b>	<b>28</b>	BIEGOWA ŚWIDNICA	K-50	1	NIE	00:54:27	01:48:53				<b>02:39:27.65</b>	+00:33:47 (21.2%)	7:35	7.9 (79.0%)
31	<b>BOSAKIEWICZ Tomasz</b>	<b>55</b>	OLAWS	M-30	15	NIE	00:54:23	01:50:08				<b>02:41:17.95</b>	+00:35:37 (22.1%)	7:40	7.8 (78.0%)
32	<b>KUŹMIŃSKI Piotr</b>	<b>271</b>	AGB TORFY	M-40	8	NIE	00:55:59	01:51:22				<b>02:41:55.10</b>	+00:36:14 (22.4%)	7:42	7.8 (78.0%)
33	<b>KRAWCZYK Adriana</b>	<b>242</b>		K-30	4	NIE	00:55:13	01:50:57				<b>02:42:19.65</b>	+00:36:39 (22.6%)	7:43	7.8 (78.0%)
34	<b>MICHALSKI Piotr</b>	<b>324</b>		M-30	16	NIE	00:56:13	01:50:34				<b>02:42:37.70</b>	+00:36:57 (22.7%)	7:44	7.7 (77.0%)
35	<b>ŚNIERZYŃSKI Robert</b>	<b>493</b>		M-30	17	NIE	00:59:46	01:54:36				<b>02:42:45.60</b>	+00:37:05 (22.8%)	7:45	7.7 (77.0%)
36	<b>ORACZ Mateusz</b>	<b>370</b>	BEZ LITOŚCI	M-30	18	NIE	00:56:25	01:53:49				<b>02:43:19.85</b>	+00:37:39 (23.1%)	7:46	7.7 (77.0%)
37	<b>SANKOWSKI Paweł</b>	<b>438</b>	PLACKI TEAM	M-30	19	NIE	00:56:44	01:52:38				<b>02:43:31.70</b>	+00:37:51 (23.1%)	7:47	7.7 (77.0%)
38	<b>HARĘŻLAK Krzysztof</b>	<b>159</b>	KS ULTRA TEAM ŁÓDŹ & AGB TORFY	M-40	9	NIE	00:56:43	01:51:29				<b>02:44:26.05</b>	+00:38:45 (23.6%)	7:49	7.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
39	<b>MAJCHRZAK Bartosz</b>	<b>300</b>	PKO BANK POLSKI	M-30	20	NIE	00:56:42	01:53:52				<b>02:45:02.50</b>	+00:39:22 (23.9%)	7:51	7.6 (76.0%)
40	<b>ZERZUT Jarosław</b>	<b>565</b>	FARTY PUSZCZY	M-50	3	NIE	00:57:34	01:54:42				<b>02:45:04.00</b>	+00:39:23 (23.9%)	7:51	7.6 (76.0%)
41	<b>CIEŻKI Konrad</b>	<b>89</b>	EVERRUN	M-30	21	NIE	00:58:22	01:54:52				<b>02:45:24.40</b>	+00:39:44 (24.0%)	7:52	7.6 (76.0%)
42	<b>MATUSZEWSKI Marek</b>	<b>317</b>	RUNNER'S POWER ŚREM	M-50	4	NIE	00:55:31	01:52:52				<b>02:45:40.70</b>	+00:40:00 (24.1%)	7:53	7.6 (76.0%)
43	<b>AUGUST Kajetan</b>	<b>9</b>		M-20	2	NIE	00:56:39	01:53:27				<b>02:46:22.30</b>	+00:40:41 (24.5%)	7:55	7.6 (76.0%)
44	<b>HAJDA Justyna</b>	<b>158</b>	MAFIA TEAM LUBLINIEC	K-20	2	NIE	00:58:11	01:56:44				<b>02:46:24.15</b>	+00:40:43 (24.5%)	7:55	7.6 (76.0%)
45	<b>ŁUKOMSKI Maciej</b>	<b>294</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-40	10	TAK	00:56:59	01:54:26				<b>02:46:24.80</b>	+00:40:44 (24.5%)	7:55	7.6 (76.0%)
46	<b>GULCZYŃSKI Tomasz</b>	<b>156</b>		M-30	22	NIE	00:56:32	01:53:47				<b>02:46:26.15</b>	+00:40:45 (24.5%)	7:55	7.6 (76.0%)
47	<b>LEŚNIAK Karolina</b>	<b>276</b>	FUNTRI	K-30	5	NIE	00:58:08	01:55:28				<b>02:46:27.20</b>	+00:40:46 (24.5%)	7:55	7.6 (76.0%)
48	<b>RÓŻALSKI Ireneusz</b>	<b>427</b>	BIEGNIJ OŁAWO	M-50	5	NIE	00:00:37	01:51:52				<b>02:46:39.35</b>	+00:40:59 (24.6%)	7:56	7.6 (76.0%)
49	<b>ŁAŻNIEWSKI Dawid</b>	<b>288</b>	KUDOWIANKA RUN	M-30	23	NIE	00:55:10	01:53:18				<b>02:46:46.90</b>	+00:41:06 (24.6%)	7:56	7.6 (76.0%)
50	<b>LUBAŃSKI Mateusz</b>	<b>283</b>	KS BARYCZ MILICZ	M-30	24	NIE	00:57:01	01:54:22				<b>02:46:47.70</b>	+00:41:07 (24.7%)	7:56	7.6 (76.0%)
51	<b>MICHAŁKIEWICZ Wojciech</b>	<b>325</b>		M-50	6	NIE	00:57:10	01:53:27				<b>02:47:31.30</b>	+00:41:50 (25.0%)	7:58	7.5 (75.0%)
52	<b>SKALSKI Radosław</b>	<b>447</b>	KB AKTYWNI KONIN	M-50	7	NIE	00:55:28	01:50:43				<b>02:47:44.60</b>	+00:42:04 (25.1%)	7:59	7.5 (75.0%)
53	<b>TOŚ Sebastian</b>	<b>503</b>		M-40	11	NIE	00:58:14	01:56:14				<b>02:47:57.00</b>	+00:42:16 (25.2%)	7:59	7.5 (75.0%)
54	<b>PERZ Emilia</b>	<b>584</b>		K-30	6		01:06:42	02:00:15				<b>02:47:57.10</b>	+00:42:16 (25.2%)	7:59	7.5 (75.0%)
55	<b>KRUPA Marcin</b>	<b>246</b>	AKTYWNA NOWA RUDA	M-40	12	NIE	00:53:14	01:52:59				<b>02:48:34.90</b>	+00:42:54 (25.5%)	8:01	7.5 (75.0%)
56	<b>SŁYSZ Szymon</b>	<b>453</b>	NSK RUNS	M-40	13	NIE	00:53:57	01:51:33				<b>02:48:56.50</b>	+00:43:16 (25.6%)	8:02	7.5 (75.0%)
57	<b>CZERNIK Judyta</b>	<b>94</b>	42K PRO TEAM	K-30	7	NIE	00:57:12	01:55:26				<b>02:49:04.15</b>	+00:43:23 (25.7%)	8:03	7.5 (75.0%)
58	<b>WINTER Piotr</b>	<b>538</b>	NIGHT RUNNERS	M-30	25	NIE	00:59:00	01:56:11				<b>02:49:05.05</b>	+00:43:24 (25.7%)	8:03	7.5 (75.0%)
59	<b>KOZAK Robert</b>	<b>235</b>	RONAL POLSKA RUN	M-40	14	NIE	00:47:31	01:34:55	00:30:00			<b>02:49:21.45</b>	+00:43:41 (25.8%)	6:38	9 (90.0%)
60	<b>TYŚ Radek</b>	<b>515</b>	NOWA RUDA BIEGA	M-30	26	NIE	00:56:39	01:53:36				<b>02:49:35.80</b>	+00:43:55 (25.9%)	8:04	7.4 (74.0%)
61	<b>SZCZEŚNIAK Piotr</b>	<b>479</b>	GVT	M-40	15	NIE	00:48:31	01:40:17	00:20:00			<b>02:49:41.20</b>	+00:44:00 (25.9%)	7:07	8.4 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
62	<b>KRUŻOLEK Monika</b>	<b>249</b>	TURBOPTYSIE	K-30	8	NIE	00:59:42	01:57:23				<b>02:49:47.65</b>	+00:44:07 (26.0%)	8:05	7.4 (74.0%)
63	<b>SZALA Krzysztof</b>	<b>476</b>	80DNI.PL	M-30	27	NIE	01:00:21	01:58:21				<b>02:50:16.65</b>	+00:44:36 (26.2%)	8:06	7.4 (74.0%)
64	<b>KRAWCZYK Karolina</b>	<b>243</b>	INOV-8 TEAM	K-30	9	NIE	00:58:17	01:56:38				<b>02:50:32.75</b>	+00:44:52 (26.3%)	8:07	7.4 (74.0%)
65	<b>TRZECIAKIEWICZ Mieczysław</b>	<b>507</b>	INŻYNIERIA BIEGANIA	M-50	8	TAK	00:53:41	01:49:12	00:10:00			<b>02:50:36.25</b>	+00:44:55 (26.3%)	7:38	7.8 (78.0%)
66	<b>WEINERT Artur</b>	<b>529</b>	RUNNER'S POWER	M-40	16	NIE	00:59:11	01:57:01				<b>02:50:47.95</b>	+00:45:07 (26.4%)	8:07	7.4 (74.0%)
67	<b>KOLANKO Sylwia</b>	<b>215</b>	NYSA BIEGA	K-30	10	NIE	00:58:16	01:56:17				<b>02:50:52.25</b>	+00:45:11 (26.5%)	8:08	7.4 (74.0%)
68	<b>SZOPA Marek</b>	<b>484</b>	TEAM KOPEĆ	M-40	17	NIE	01:01:48	02:00:05				<b>02:51:48.85</b>	+00:46:08 (26.9%)	8:10	7.3 (73.0%)
69	<b>JOŃCA Michał</b>	<b>192</b>		M-20	3	NIE	01:03:20	02:01:27				<b>02:51:58.05</b>	+00:46:17 (26.9%)	8:11	7.3 (73.0%)
70	<b>MAJEWSKA Agata</b>	<b>304</b>		K-40	2	NIE	00:58:41	01:56:36				<b>02:52:26.05</b>	+00:46:45 (27.1%)	8:12	7.3 (73.0%)
71	<b>ANTOSIAK Tomasz</b>	<b>7</b>	FUNTRI	M-40	18	NIE	01:02:38	02:01:54				<b>02:52:27.05</b>	+00:46:46 (27.1%)	8:12	7.3 (73.0%)
72	<b>STANUCHIEWICZ Oskar</b>	<b>463</b>		M-40	19	NIE	00:56:18	01:54:48				<b>02:52:30.40</b>	+00:46:50 (27.1%)	8:12	7.3 (73.0%)
73	<b>ZAWOJAK Aleksander</b>	<b>561</b>	RONAL POLSKA RUN	M-30	28	NIE	00:59:54	01:54:15				<b>02:52:51.35</b>	+00:47:11 (27.3%)	8:13	7.3 (73.0%)
74	<b>KRYM Katarzyna</b>	<b>250</b>	HERCOGRUNNINGTEAM/NIGHT RUNNERS WROCŁAW	K-40	3	NIE	01:00:52					<b>02:52:57.20</b>	+00:47:16 (27.3%)	8:14	7.3 (73.0%)
75	<b>CHOJNACKA Marta</b>	<b>77</b>		K-30	11	NIE	01:01:54	02:01:27				<b>02:53:10.95</b>	+00:47:30 (27.4%)	8:14	7.3 (73.0%)
76	<b>ZIMNY Tomasz</b>	<b>570</b>	FARTY PUSZCZY	M-60	1	NIE	01:01:36	02:00:22				<b>02:53:13.85</b>	+00:47:33 (27.5%)	8:14	7.3 (73.0%)
77	<b>WICHA Małgorzata</b>	<b>535</b>	WKS WAWEL	K-30	12	NIE	00:59:43	01:58:53				<b>02:53:21.35</b>	+00:47:41 (27.5%)	8:15	7.3 (73.0%)
78	<b>KARASIAK Piotr</b>	<b>204</b>		M-30	29	NIE	00:55:54	01:57:06				<b>02:53:22.45</b>	+00:47:42 (27.5%)	8:15	7.3 (73.0%)
79	<b>ZARODA Zbigniew</b>	<b>558</b>	ALOHA DZIKU!	M-50	9	NIE	01:01:03	02:00:25				<b>02:53:50.05</b>	+00:48:09 (27.7%)	8:16	7.2 (72.0%)
80	<b>FERENC-SZMUC Edyta</b>	<b>119</b>	KUDOWIANKA RUN	K-30	13	NIE	00:58:53	01:59:58				<b>02:54:08.95</b>	+00:48:28 (27.8%)	8:17	7.2 (72.0%)
81	<b>TUNDAK Zuzanna</b>	<b>510</b>		K-30	14	NIE	00:59:43	01:58:17				<b>02:54:40.40</b>	+00:49:00 (28.1%)	8:19	7.2 (72.0%)
82	<b>ROŚLICKI Jarosław</b>	<b>426</b>	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	20	NIE	00:55:27	01:53:10				<b>02:54:55.95</b>	+00:49:15 (28.2%)	8:19	7.2 (72.0%)
83	<b>ZAMBRZYCKA-ROZNER Ewa</b>	<b>581</b>		K-30	15	NIE	01:01:31	02:00:52				<b>02:55:17.85</b>	+00:49:37 (28.3%)	8:20	7.2 (72.0%)
84	<b>MACIEJEWSKI Karol</b>	<b>297</b>	FUNTRI	M-40	21	NIE	00:59:20	01:58:35				<b>02:55:27.05</b>	+00:49:46 (28.4%)	8:21	7.2 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
85	<b>GNITECKA Katarzyna</b>	<b>139</b>	KUDOWIANKA RUN	K-30	16	NIE	01:00:57	02:00:28				<b>02:55:34.05</b>	+00:49:53 (28.4%)	8:21	7.2 (72.0%)
86	<b>SZYMBORSKA Monika</b>	<b>489</b>		K-40	4	NIE	00:58:30	01:59:24				<b>02:55:36.85</b>	+00:49:56 (28.4%)	8:21	7.2 (72.0%)
87	<b>GRZESIAK Grzegorz</b>	<b>153</b>	BIEGNIJ OŁAWO	M-30	30	NIE	00:57:12	01:59:06				<b>02:55:37.80</b>	+00:49:57 (28.4%)	8:21	7.2 (72.0%)
88	<b>FEICHTINGER Marek</b>	<b>118</b>		M-40	22	TAK	01:01:03	02:00:59				<b>02:55:54.20</b>	+00:50:13 (28.6%)	8:22	7.2 (72.0%)
89	<b>FOLCIK Ziemowit</b>	<b>126</b>		M-40	23	NIE	01:02:04	02:02:41				<b>02:55:57.85</b>	+00:50:17 (28.6%)	8:22	7.2 (72.0%)
90	<b>LACHOWSKI Robert</b>	<b>272</b>	ROSSMANN	M-30	31	NIE	01:01:27	02:01:30				<b>02:56:34.30</b>	+00:50:53 (28.8%)	8:24	7.1 (71.0%)
91	<b>MÓLL Mateusz</b>	<b>335</b>	#SOBASTEAM	M-30	32	NIE	00:55:03	01:56:34				<b>02:56:41.85</b>	+00:51:01 (28.9%)	8:24	7.1 (71.0%)
92	<b>MRÓZ Marcin</b>	<b>339</b>	DZIKIE BOBRY	M-40	24	NIE	01:00:43	02:02:40				<b>02:57:28.15</b>	+00:51:47 (29.2%)	8:27	7.1 (71.0%)
93	<b>SZYMCZYSZYN Tomasz</b>	<b>491</b>		M-40	25	NIE	01:05:31	02:03:34				<b>02:57:33.25</b>	+00:51:52 (29.2%)	8:27	7.1 (71.0%)
94	<b>HOSS Jan</b>	<b>166</b>		M-40	26		01:03:46	02:05:57				<b>02:58:05.65</b>	+00:52:25 (29.4%)	8:28	7.1 (71.0%)
95	<b>URBAŃSKI Michał</b>	<b>517</b>		M-30	33	NIE	01:00:38	02:01:54				<b>02:58:06.80</b>	+00:52:26 (29.4%)	8:28	7.1 (71.0%)
96	<b>KRZYWDZIŃSKI Bartłomiej</b>	<b>255</b>		M-40	27	NIE	00:59:55	02:00:49				<b>02:58:24.20</b>	+00:52:43 (29.6%)	8:29	7.1 (71.0%)
97	<b>SZYMAŃSKI Marcin</b>	<b>487</b>	BIEGNIJ OŁAWO	M-40	28	NIE	01:00:57	02:05:21				<b>02:58:45.00</b>	+00:53:04 (29.7%)	8:30	7 (70.0%)
98	<b>GAWRON Tomasz</b>	<b>131</b>		M-40	29	TAK	01:04:03	02:06:22				<b>02:59:04.60</b>	+00:53:24 (29.8%)	8:31	7 (70.0%)
99	<b>DZIAŁDOWSKI Damian</b>	<b>114</b>	AKADEMIA WOJSK LĄDOWYCH	M-20	4	NIE	00:59:49					<b>02:59:29.85</b>	+00:53:49 (30.0%)	8:32	7 (70.0%)
100	<b>BERNAT Arkadiusz</b>	<b>29</b>	BIEGOWA ŚWIDNICA	M-50	10	NIE	01:02:10	02:05:21				<b>02:59:37.95</b>	+00:53:57 (30.0%)	8:33	7 (70.0%)
101	<b>LESZCZYŃSKI Michał</b>	<b>274</b>	SHT	M-40	30	NIE	01:02:36	02:07:28				<b>02:59:50.40</b>	+00:54:10 (30.1%)	8:33	7 (70.0%)
102	<b>JAKUS Michał</b>	<b>176</b>	OTM.B	M-30	34	NIE	00:59:51	02:00:24				<b>03:01:05.90</b>	+00:55:25 (30.6%)	8:37	7 (70.0%)
103	<b>BUDYCH Arek</b>	<b>62</b>		M-40	31	NIE	01:03:42	02:06:20				<b>03:01:11.50</b>	+00:55:31 (30.6%)	8:37	7 (70.0%)
104	<b>BIEŃ Magdalena</b>	<b>37</b>		K-40	5		01:01:30	02:04:30				<b>03:01:15.80</b>	+00:55:35 (30.7%)	8:37	7 (70.0%)
105	<b>BIECUSZEK Tomasz</b>	<b>32</b>	AKTYWNA NOWA RUDA	M-40	32	NIE	00:59:52	02:03:13				<b>03:01:40.65</b>	+00:56:00 (30.8%)	8:39	6.9 (69.0%)
106	<b>CHMIELEWSKI Grzegorz</b>	<b>75</b>	FUNTRI	M-40	33		01:05:16	02:05:16				<b>03:01:52.70</b>	+00:56:12 (30.9%)	8:39	6.9 (69.0%)
107	<b>HETMAŃCZYK Jakub</b>	<b>160</b>	XIN CHAO	M-30	35	TAK	01:00:12	02:03:06				<b>03:02:07.55</b>	+00:56:27 (31.0%)	8:40	6.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
108	<b>RATAJCZAK Łukasz</b>	<b>415</b>	NIGHT RUNNERS	M-40	34	YES	01:04:00	02:04:52				<b>03:02:15.40</b>	+00:56:35 (31.0%)	8:40	6.9 (69.0%)
109	<b>GÓRNY Robert</b>	<b>148</b>	TIM JEST TIM	M-40	35	NIE	00:59:11	02:01:02				<b>03:02:33.45</b>	+00:56:53 (31.2%)	8:41	6.9 (69.0%)
110	<b>PIECUCH Karolina</b>	<b>391</b>		K-30	17	NIE	01:03:22	02:06:08				<b>03:02:34.35</b>	+00:56:54 (31.2%)	8:41	6.9 (69.0%)
111	<b>PALACZ Marcin</b>	<b>376</b>		M-40	36	NIE	01:01:34	02:05:51				<b>03:03:02.85</b>	+00:57:22 (31.3%)	8:42	6.9 (69.0%)
112	<b>PAWLAK Maciej</b>	<b>381</b>	3 TEAM KONIN/MPEC - KONIN	M-50	11	NIE	01:01:16	02:05:56				<b>03:03:04.50</b>	+00:57:24 (31.4%)	8:43	6.9 (69.0%)
113	<b>MÓLL Kacper</b>	<b>337</b>		M-20	5	NIE	01:00:43	02:06:03				<b>03:03:26.70</b>	+00:57:46 (31.5%)	8:44	6.9 (69.0%)
114	<b>NOWAK Marcin</b>	<b>354</b>	TIMJESTTIM	M-30	36	NIE	01:04:24	02:06:46				<b>03:03:48.25</b>	+00:58:07 (31.6%)	8:45	6.9 (69.0%)
115	<b>KALINOWSKI Grzegorz</b>	<b>583</b>	GUT	M-40	37		01:02:51	02:04:46				<b>03:03:51.35</b>	+00:58:11 (31.6%)	8:45	6.9 (69.0%)
116	<b>MOREVA Daria</b>	<b>334</b>	TRAIL RUNNING SCHOOL	K-30	18	NO	01:04:30	02:08:12				<b>03:03:55.85</b>	+00:58:15 (31.7%)	8:45	6.9 (69.0%)
117	<b>MARZEC Karolina</b>	<b>314</b>	DZIKIE DZIKI GORZÓW	K-40	6	NIE	01:01:46	01:59:55	00:10:00			<b>03:03:56.80</b>	+00:58:16 (31.7%)	8:16	7.2 (72.0%)
118	<b>PIETRZYK Tomasz</b>	<b>392</b>	140MINUT.PL	M-40	38	NIE	01:01:48	02:03:38				<b>03:04:01.15</b>	+00:58:20 (31.7%)	8:45	6.8 (68.0%)
119	<b>RELIGA Andrzej</b>	<b>417</b>		M-40	39	NO	00:59:16	02:03:40				<b>03:04:12.10</b>	+00:58:31 (31.8%)	8:46	6.8 (68.0%)
120	<b>PANZ Krzysztof</b>	<b>379</b>		M-30	37	TAK	01:01:08	02:04:31				<b>03:04:12.95</b>	+00:58:32 (31.8%)	8:46	6.8 (68.0%)
121	<b>POŁCZYŃSKI Paweł</b>	<b>407</b>	STALOWA ŁYDA	M-30	38	NIE	01:01:22	02:04:36				<b>03:04:19.15</b>	+00:58:38 (31.8%)	8:46	6.8 (68.0%)
122	<b>MICHALAK Piotr</b>	<b>322</b>		M-40	40	NIE	01:03:35	02:04:16				<b>03:04:20.75</b>	+00:58:40 (31.8%)	8:46	6.8 (68.0%)
123	<b>HOJAN Łukasz</b>	<b>164</b>		M-30	39	NIE	01:05:08	02:08:12				<b>03:04:47.75</b>	+00:59:07 (32.0%)	8:47	6.8 (68.0%)
124	<b>MADERA Michał</b>	<b>298</b>	LECIMY TUTAJ	M-30	40	NIE	00:59:54	02:04:43				<b>03:04:49.20</b>	+00:59:08 (32.0%)	8:48	6.8 (68.0%)
125	<b>ZIELIŃSKI Dominik</b>	<b>568</b>		M-30	41	NIE	01:03:56	02:08:01				<b>03:04:51.05</b>	+00:59:10 (32.0%)	8:48	6.8 (68.0%)
126	<b>TURLEJ Dariusz</b>	<b>513</b>		M-60	2	NIE	01:04:50	02:08:56				<b>03:04:59.40</b>	+00:59:19 (32.1%)	8:48	6.8 (68.0%)
127	<b>BARAN Zenon</b>	<b>18</b>	HOMOKOMANDO	M-60	3	NIE	01:10:47	02:10:51				<b>03:05:09.55</b>	+00:59:29 (32.1%)	8:49	6.8 (68.0%)
128	<b>ZĄLUSTOWICZ Maciej Załustowicz</b>	<b>556</b>		M-40	41	NIE	01:02:33	02:06:14				<b>03:06:12.95</b>	+01:00:32 (32.5%)	8:52	6.8 (68.0%)
129	<b>OLEJNIK Marcin</b>	<b>367</b>	CSIR AGATSU	M-40	42	NIE	01:03:46	02:06:24				<b>03:06:15.35</b>	+01:00:35 (32.5%)	8:52	6.8 (68.0%)
130	<b>KŁACZYŃSKA Danuta</b>	<b>211</b>	FARTY PUSZCZY	K-40	7	NIE	01:01:44	02:01:33	00:10:00			<b>03:06:15.85</b>	+01:00:35 (32.5%)	8:23	7.1 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
131	ZATOŃ Adrian	559		M-40	43	YES	01:08:12	02:11:45				<b>03:07:06.50</b>	+01:01:26 (32.8%)	8:54	6.7 (67.0%)
132	DATA Marek	100	KUGUAR XTREME RUNNERS	M-30	42	NIE	01:01:14	02:07:39				<b>03:07:13.60</b>	+01:01:33 (32.9%)	8:54	6.7 (67.0%)
133	STACHURSKA Ilona	460	KUGUAR XTREME RUNNERS	K-30	19	NIE	01:01:16	02:07:40				<b>03:07:13.75</b>	+01:01:33 (32.9%)	8:54	6.7 (67.0%)
134	WARMUŁA Piotr	525	FUNTRI	M-40	44	NIE	01:04:32	02:06:36				<b>03:07:16.20</b>	+01:01:35 (32.9%)	8:55	6.7 (67.0%)
135	WEYNA Rafał	533	BIAŁY DOMEK BIEGA	M-40	45	TAK	01:02:59	02:07:18				<b>03:07:23.55</b>	+01:01:43 (32.9%)	8:55	6.7 (67.0%)
136	ŁOPATYŃSKA-HUBER Julita	290	KUDOWIANKA RUN	K-40	8	NIE	01:02:44	02:07:02				<b>03:07:36.95</b>	+01:01:56 (33.0%)	8:56	6.7 (67.0%)
137	KRYSIŃSKI Maciej	251		M-30	43	NIE	01:02:28	02:07:15				<b>03:07:49.00</b>	+01:02:08 (33.1%)	8:56	6.7 (67.0%)
138	KACZMAREK Karol	199	ROZBIEGANY RAWICZ AKUNA RUN	M-40	46	NIE	01:05:47	02:09:55				<b>03:08:35.25</b>	+01:02:54 (33.4%)	8:58	6.7 (67.0%)
139	LUBIK Adam	285		M-30	44	TAK	01:05:42	02:12:21				<b>03:09:02.30</b>	+01:03:21 (33.5%)	9:00	6.7 (67.0%)
140	BIAŁEK Paweł	31	KB HERMES GRYFINO	M-30	45	TAK	01:07:05	02:12:52				<b>03:09:05.65</b>	+01:03:25 (33.5%)	9:00	6.7 (67.0%)
141	DĄBKIEWICZ Dominika	101	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	9	NIE	01:05:49	02:08:29				<b>03:09:09.30</b>	+01:03:28 (33.6%)	9:00	6.7 (67.0%)
142	PAPROCKI Michał	380		M-30	46	NIE	00:58:16	02:01:58				<b>03:09:26.75</b>	+01:03:46 (33.7%)	9:01	6.7 (67.0%)
143	ŁAMPIKA Kinga	287	NIGHT RUNNERS WROCŁAW	K-40	10	NIE	01:05:26	02:11:24				<b>03:09:34.55</b>	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
144	PODEJMA Grzegorz	403		M-40	47	NIE	01:04:11	02:08:49				<b>03:09:34.85</b>	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
145	GALIŃSKI Kamil	130		M-30	47	NIE	01:04:36	02:09:51				<b>03:09:35.25</b>	+01:03:54 (33.7%)	9:01	6.6 (66.0%)
146	SAMBORSKI Bartosz	437		M-40	48	NIE	01:03:35	02:04:50	00:10:00			<b>03:09:37.05</b>	+01:03:56 (33.7%)	8:33	7 (70.0%)
147	ODOLCZYK Jerzy	362		M-60	4	NIE	01:07:12	02:11:48				<b>03:09:49.45</b>	+01:04:09 (33.8%)	9:02	6.6 (66.0%)
148	PURCZYŃSKI Grzegorz	412		M-40	49	NIE	01:04:23	02:11:09				<b>03:10:18.75</b>	+01:04:38 (34.0%)	9:03	6.6 (66.0%)
149	BOHAREWICZ Paweł	44	BOHAR PALETY	M-40	50	NIE	01:07:53	02:11:07				<b>03:10:34.20</b>	+01:04:53 (34.1%)	9:04	6.6 (66.0%)
150	GÓRNISIEWICZ Roland	147	TEAM LIVER	M-20	6	NIE	00:58:26	02:03:09				<b>03:10:52.70</b>	+01:05:12 (34.2%)	9:05	6.6 (66.0%)
151	BIEL Łukasz	35		M-30	48	NIE	01:11:02	02:15:58				<b>03:11:49.00</b>	+01:06:08 (34.5%)	9:08	6.6 (66.0%)
152	FLASZEWSKI Adam	125	SPORTOWY KAŻMIERZ	M-30	49	NIE	01:02:18	02:03:36	00:10:00			<b>03:11:54.30</b>	+01:06:13 (34.5%)	8:39	6.9 (69.0%)
153	TWARDOWSKI Krzysztof	514	AMATOR	M-50	12	NIE	01:08:24	02:13:15				<b>03:12:01.35</b>	+01:06:21 (34.6%)	9:08	6.6 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	7km	14km		netto 21km	Różn		
154	<b>ANDROS Agata</b>	<b>4</b>	BIEGNIJ OŁAWO	K-30	20	NIE	01:08:06	02:15:25				<b>03:12:04.60</b>	+01:06:24 (34.6%)	9:08	6.6 (66.0%)
155	<b>BUŁAJEWSKA- OZGA Kinga</b>	<b>67</b>	BIEGNIJ OŁAWO	K-30	21	NIE	01:08:29	02:15:37				<b>03:12:13.05</b>	+01:06:32 (34.6%)	9:09	6.6 (66.0%)
156	<b>SZNAJDER Paweł</b>	<b>483</b>	BUBBA@GUMP	M-40	51	NIE	01:01:08	02:06:28				<b>03:12:16.40</b>	+01:06:36 (34.6%)	9:09	6.6 (66.0%)
157	<b>GINTER Grzegorz</b>	<b>137</b>	AZS COLLEGIUM MEDICUM UJ	M-30	50	NIE	01:06:20	02:11:46				<b>03:12:27.70</b>	+01:06:47 (34.7%)	9:09	6.5 (65.0%)
158	<b>BUSZ Rafał</b>	<b>70</b>	BIEGNIJ OŁAWO	M-40	52	NIE	01:08:13	02:15:33				<b>03:12:34.25</b>	+01:06:53 (34.7%)	9:10	6.5 (65.0%)
159	<b>KORYTEK Piotr</b>	<b>228</b>	ATR	M-40	53	NIE	01:02:18	02:09:24				<b>03:12:53.30</b>	+01:07:12 (34.8%)	9:11	6.5 (65.0%)
160	<b>SPŁAWSKI Michał</b>	<b>457</b>	MSERWIS.PL	M-40	54	NIE	01:04:28	02:13:11				<b>03:13:02.70</b>	+01:07:22 (34.9%)	9:11	6.5 (65.0%)
161	<b>JELONEK Piotr</b>	<b>188</b>	FUNTRI	M-40	55	NIE	01:07:41	02:13:45				<b>03:14:16.05</b>	+01:08:35 (35.3%)	9:15	6.5 (65.0%)
162	<b>SIKORA Michał</b>	<b>444</b>		M-40	56	NIE	01:09:31	02:15:45				<b>03:14:16.20</b>	+01:08:35 (35.3%)	9:15	6.5 (65.0%)
163	<b>BYLINA Bartosz</b>	<b>72</b>		M-50	13	NIE	01:04:11	02:10:25				<b>03:14:32.95</b>	+01:08:52 (35.4%)	9:15	6.5 (65.0%)
164	<b>MÓLL Janusz</b>	<b>336</b>		M-50	14	NIE	01:01:41	02:11:03				<b>03:14:52.85</b>	+01:09:12 (35.5%)	9:16	6.5 (65.0%)
165	<b>KUCZKOWSKA Marta</b>	<b>261</b>	EXTEAM	K-20	3	NIE	01:04:23	02:12:50				<b>03:14:53.05</b>	+01:09:12 (35.5%)	9:16	6.5 (65.0%)
166	<b>WITEK Tomasz</b>	<b>539</b>		M-30	51	NIE	01:09:33	02:17:32				<b>03:15:21.55</b>	+01:09:41 (35.7%)	9:18	6.4 (64.0%)
167	<b>PONIATOWSKI Seweryn</b>	<b>409</b>	TROPEM ULTRA	M-30	52	NIE	01:04:04	02:12:47				<b>03:15:26.30</b>	+01:09:45 (35.7%)	9:18	6.4 (64.0%)
168	<b>ROJEWSKI Paweł</b>	<b>421</b>	EVERRUN	M-30	53	NIE	01:04:44	02:12:53				<b>03:15:38.10</b>	+01:09:57 (35.8%)	9:18	6.4 (64.0%)
169	<b>BABIŃSKA- POPIŁKA Ewelina</b>	<b>12</b>		K-30	22	NIE	01:00:27	02:11:11				<b>03:15:49.20</b>	+01:10:08 (35.8%)	9:19	6.4 (64.0%)
170	<b>GOZDUR Michał</b>	<b>145</b>		M-40	57	NIE	01:05:12	02:14:21				<b>03:15:49.25</b>	+01:10:08 (35.8%)	9:19	6.4 (64.0%)
171	<b>KURZYNIEC Łukasz</b>	<b>269</b>		M-30	54	TAK	01:10:29	02:18:57				<b>03:16:03.65</b>	+01:10:23 (35.9%)	9:20	6.4 (64.0%)
172	<b>KRAKOWSKI Krzysztof</b>	<b>239</b>		M-40	58	NIE	01:04:04	02:13:55				<b>03:16:20.10</b>	+01:10:39 (36.0%)	9:20	6.4 (64.0%)
173	<b>CZUBIEL Konrad</b>	<b>96</b>		M-40	59	NIE	01:04:35	02:11:57				<b>03:16:46.80</b>	+01:11:06 (36.1%)	9:22	6.4 (64.0%)
174	<b>TRZPIOLA Tycjan</b>	<b>509</b>		M-30	55		01:06:51	02:14:30				<b>03:17:06.85</b>	+01:11:26 (36.2%)	9:23	6.4 (64.0%)
175	<b>KRZESIMOWSKI Damian</b>	<b>253</b>	ROSSMANN	M-40	60	NIE	01:05:13	02:12:51				<b>03:18:12.00</b>	+01:12:31 (36.6%)	9:26	6.4 (64.0%)
176	<b>KUKLA Sebastian</b>	<b>264</b>		M-40	61	NIE	01:09:41	02:17:51				<b>03:18:36.20</b>	+01:12:55 (36.7%)	9:27	6.3 (63.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
177	<b>MAJCHRZYCKI Sławomir</b>	<b>302</b>	TKKF MPK POZNAŃ	M-30	56	NIE	01:08:04	02:16:06				<b>03:18:40.65</b>	+01:13:00 (36.7%)	9:27	6.3 (63.0%)
178	<b>HACUŚ Jacek</b>	<b>157</b>		M-30	57	NIE	01:06:17	02:16:08				<b>03:18:44.80</b>	+01:13:04 (36.8%)	9:27	6.3 (63.0%)
179	<b>BOCHNIARZ Anna</b>	<b>43</b>	BIEGNIJ OŁAWO	K-40	11	NIE	01:09:43	02:18:40				<b>03:18:57.15</b>	+01:13:16 (36.8%)	9:28	6.3 (63.0%)
180	<b>WESOŁEK Paula</b>	<b>530</b>		K-30	23	NIE	01:12:43	02:18:10				<b>03:19:08.85</b>	+01:13:28 (36.9%)	9:28	6.3 (63.0%)
181	<b>TRZECIAKIEWICZ Marek</b>	<b>506</b>	MLKS RADKÓW	M-20	7		01:05:36	02:14:25				<b>03:19:18.25</b>	+01:13:37 (36.9%)	9:29	6.3 (63.0%)
182	<b>DUNAJ Paweł</b>	<b>112</b>	GT RAT	M-40	62	TAK	01:05:08	02:14:33				<b>03:19:19.10</b>	+01:13:38 (36.9%)	9:29	6.3 (63.0%)
183	<b>ANTECKI Jacek</b>	<b>6</b>		M-40	63	NIE	01:05:28	02:15:00				<b>03:19:19.35</b>	+01:13:39 (37.0%)	9:29	6.3 (63.0%)
184	<b>CHUDY Tobiasz</b>	<b>83</b>	RUN TEAM RYDZYNA	M-30	58	NIE	01:09:22	02:21:26				<b>03:19:19.40</b>	+01:13:39 (37.0%)	9:29	6.3 (63.0%)
185	<b>PILARSKI Jacek</b>	<b>394</b>	AKTYWNI KONIN	M-50	15	NIE	01:08:44	02:18:30				<b>03:19:59.65</b>	+01:14:19 (37.2%)	9:31	6.3 (63.0%)
186	<b>GRZEGORCZYK Wojciech</b>	<b>152</b>	KONDYCJA	M-50	16	NIE	01:09:47	02:18:04				<b>03:20:08.10</b>	+01:14:27 (37.2%)	9:31	6.3 (63.0%)
187	<b>ZDUŃCZYK Paulina</b>	<b>563</b>		K-30	24	NIE	01:11:13	02:18:48				<b>03:21:22.35</b>	+01:15:42 (37.6%)	9:35	6.3 (63.0%)
188	<b>PAKUŁSKA-TOMZA Dorota</b>	<b>375</b>		K-40	12	NIE	01:09:47	02:18:07				<b>03:21:51.65</b>	+01:16:11 (37.7%)	9:36	6.2 (62.0%)
189	<b>NAPIERAŁA Katarzyna</b>	<b>343</b>		K-40	13	NIE	01:13:28	02:20:57				<b>03:21:51.80</b>	+01:16:11 (37.7%)	9:36	6.2 (62.0%)
190	<b>SOKOŁOWSKI Marcin</b>	<b>454</b>		M-30	59	NIE	01:08:21	02:23:20				<b>03:21:54.40</b>	+01:16:14 (37.8%)	9:36	6.2 (62.0%)
191	<b>SIEJAK Wojciech</b>	<b>441</b>		M-20	8	NIE	01:07:07	02:14:48				<b>03:21:54.70</b>	+01:16:14 (37.8%)	9:36	6.2 (62.0%)
192	<b>ŻAK Piotr</b>	<b>573</b>	FARTY PUSZCZY	M-30	60	NIE	01:13:39	02:20:48				<b>03:21:57.40</b>	+01:16:17 (37.8%)	9:37	6.2 (62.0%)
193	<b>ŚWIĄTEK Łukasz</b>	<b>496</b>	GVT	M-30	61	NIE	01:11:06	02:22:39				<b>03:22:03.10</b>	+01:16:22 (37.8%)	9:37	6.2 (62.0%)
194	<b>KOCJAN Paweł</b>	<b>214</b>	KIDS RUN	M-40	64	NIE	01:07:33	02:21:32				<b>03:22:10.65</b>	+01:16:30 (37.8%)	9:37	6.2 (62.0%)
195	<b>KOWANSKI Jacek</b>	<b>232</b>		M-30	62	NIE	01:07:32	02:15:31				<b>03:22:16.20</b>	+01:16:35 (37.9%)	9:37	6.2 (62.0%)
196	<b>ADACH Dariusz</b>	<b>1</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	65	NIE	01:06:35	02:14:52				<b>03:23:07.00</b>	+01:17:26 (38.1%)	9:40	6.2 (62.0%)
197	<b>JADACH Grzegorz</b>	<b>171</b>	NOA	M-40	66	NIE	01:08:45	02:20:21				<b>03:23:15.25</b>	+01:17:34 (38.2%)	9:40	6.2 (62.0%)
198	<b>PAWLAK Mateusz</b>	<b>382</b>	BIEGNIJ OŁAWO	M-30	63	NIE	01:10:05	02:18:36				<b>03:23:20.65</b>	+01:17:40 (38.2%)	9:40	6.2 (62.0%)
199	<b>DUDEK Dawid</b>	<b>110</b>		M-20	9	NIE	01:05:04	02:19:10				<b>03:24:01.35</b>	+01:18:21 (38.4%)	9:42	6.2 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
200	<b>WESOŁEK Daniel</b>	<b>531</b>		M-30	64	NIE	01:02:25	02:14:36				<b>03:24:28.60</b>	+01:18:48 (38.5%)	9:44	6.2 (62.0%)
201	<b>WINCZURA Leszek</b>	<b>537</b>		M-40	67	NIE	01:11:37	02:21:35				<b>03:24:33.25</b>	+01:18:52 (38.6%)	9:44	6.2 (62.0%)
202	<b>STEC Adam</b>	<b>468</b>	FCMISIENIECHCE	M-40	68	NIE	01:07:48	02:19:28				<b>03:24:40.45</b>	+01:19:00 (38.6%)	9:44	6.2 (62.0%)
203	<b>GUJSKI Marcin</b>	<b>155</b>	TRIPAKA	M-40	69	NIE	01:13:03	02:23:00				<b>03:24:43.25</b>	+01:19:02 (38.6%)	9:44	6.2 (62.0%)
204	<b>STASZEWSKI Dariusz</b>	<b>466</b>	7.BKPOW	M-30	65	NIE	01:09:32	02:20:25				<b>03:24:44.00</b>	+01:19:03 (38.6%)	9:44	6.2 (62.0%)
205	<b>ŚWIATOWIEC Anna</b>	<b>495</b>		K-50	2	NIE	01:09:40	02:22:16				<b>03:24:48.15</b>	+01:19:07 (38.6%)	9:45	6.2 (62.0%)
206	<b>JASIŃSKA Magdalena</b>	<b>182</b>	RĄCZE RACICZKI	K-40	14	NIE	01:10:51	02:20:42				<b>03:24:58.65</b>	+01:19:18 (38.7%)	9:45	6.1 (61.0%)
207	<b>PRZYBYSZ Artur</b>	<b>411</b>	BIEGAJ PO ENDORFINY	M-20	10	NIE	01:10:21	02:20:30				<b>03:25:07.45</b>	+01:19:27 (38.7%)	9:46	6.1 (61.0%)
208	<b>LUBELCZYK Grzegorz</b>	<b>284</b>	SPELEOCLUB WROCŁAW	M-50	17	TAK	01:10:01	02:22:29				<b>03:25:08.50</b>	+01:19:28 (38.7%)	9:46	6.1 (61.0%)
209	<b>ŻYLAK Marek</b>	<b>576</b>		M-30	66	NO	01:09:31	02:17:32				<b>03:25:16.15</b>	+01:19:35 (38.8%)	9:46	6.1 (61.0%)
210	<b>FILIPIAK Sebastian</b>	<b>122</b>	EKIPA LIPA	M-40	70	NIE	01:12:53	02:25:17				<b>03:25:33.95</b>	+01:19:53 (38.9%)	9:47	6.1 (61.0%)
211	<b>SZYSZKO Stanisław</b>	<b>492</b>	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	67	NIE	01:10:35	02:24:58				<b>03:25:34.00</b>	+01:19:53 (38.9%)	9:47	6.1 (61.0%)
212	<b>SOWIŃSKI Robert</b>	<b>456</b>	GVT	M-40	71	NIE	01:10:26	02:22:41				<b>03:26:07.95</b>	+01:20:27 (39.0%)	9:48	6.1 (61.0%)
213	<b>POCIĘGIEL Michał</b>	<b>402</b>	SKAWINA BIEGA	M-40	72	NIE	01:13:29	02:22:11				<b>03:26:12.65</b>	+01:20:32 (39.1%)	9:49	6.1 (61.0%)
214	<b>DREAS Jakub</b>	<b>108</b>	WĘDZIKOWSKI TEAM / DZIKIE BOBRY	M-30	68	NIE	01:13:41	02:25:59				<b>03:26:15.10</b>	+01:20:34 (39.1%)	9:49	6.1 (61.0%)
215	<b>KOMADA Wojciech</b>	<b>218</b>		M-40	73	NIE	01:12:15	02:25:35				<b>03:26:50.50</b>	+01:21:10 (39.2%)	9:50	6.1 (61.0%)
216	<b>SIWEK Grzegorz</b>	<b>446</b>	LANRUNS	M-40	74	NIE	01:11:19	02:21:19				<b>03:26:51.25</b>	+01:21:10 (39.2%)	9:51	6.1 (61.0%)
217	<b>SKOKOWSKI Jacek</b>	<b>448</b>	FARTY PUSZCZY	M-50	18	NIE	01:11:47	02:23:42				<b>03:27:04.25</b>	+01:21:23 (39.3%)	9:51	6.1 (61.0%)
218	<b>KARATKÓW Ewa</b>	<b>205</b>		K-40	15	NIE	01:08:59	02:22:21				<b>03:27:10.20</b>	+01:21:29 (39.3%)	9:51	6.1 (61.0%)
219	<b>BAJZERT Filip</b>	<b>13</b>		M-40	75	NIE	01:10:10	02:24:39				<b>03:27:19.85</b>	+01:21:39 (39.4%)	9:52	6.1 (61.0%)
220	<b>DIUWE Marzena</b>	<b>103</b>	PASTERKA PANY	K-30	25	NIE	01:13:26	02:24:15				<b>03:27:34.45</b>	+01:21:54 (39.5%)	9:53	6.1 (61.0%)
221	<b>ODOLCZYK Joanna</b>	<b>363</b>		K-50	3	NIE	01:13:30	02:23:21				<b>03:27:50.15</b>	+01:22:09 (39.5%)	9:53	6.1 (61.0%)
222	<b>JANOWICZ Wojtek</b>	<b>179</b>		M-30	69	NIE	01:09:54	02:20:31				<b>03:27:51.00</b>	+01:22:10 (39.5%)	9:53	6.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km		netto 21km	Różn		
223	<b>JAGODZIŃSKI Paweł</b>	<b>172</b>	VIKMED 3TEAM KONIN	M-40	76	NIE	01:09:04	02:25:50		<b>03:28:04.40</b>	+01:22:24 (39.6%)	9:54	6.1 (61.0%)
224	<b>KOZŁOWSKI Wojciech</b>	<b>236</b>		M-50	19	NIE	01:09:43	02:21:13		<b>03:28:05.60</b>	+01:22:25 (39.6%)	9:54	6.1 (61.0%)
225	<b>ORTYL Ewelina</b>	<b>371</b>		K-40	16	NIE	01:09:47	02:21:18		<b>03:28:06.80</b>	+01:22:26 (39.6%)	9:54	6.1 (61.0%)
226	<b>PERZ Marzenna</b>	<b>387</b>		K-50	4	NIE	01:16:56	02:27:54		<b>03:28:11.15</b>	+01:22:30 (39.6%)	9:54	6.1 (61.0%)
227	<b>ROZNER Artur</b>	<b>582</b>		M-40	77	NIE	01:09:58	02:22:05		<b>03:28:31.20</b>	+01:22:50 (39.7%)	9:55	6 (60.0%)
228	<b>BIEL Tomasz</b>	<b>36</b>		M-40	78	NIE	01:10:46	02:21:43		<b>03:28:36.45</b>	+01:22:56 (39.8%)	9:56	6 (60.0%)
229	<b>ŻAK Dominika</b>	<b>572</b>	FARTY PUSZCZY	K-30	26	NIE	01:13:34	02:24:43		<b>03:29:04.60</b>	+01:23:24 (39.9%)	9:57	6 (60.0%)
230	<b>WOSZCZAK Zbigniew</b>	<b>547</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-50	20	NIE	01:16:01	02:28:13		<b>03:29:38.85</b>	+01:23:58 (40.1%)	9:58	6 (60.0%)
231	<b>ROBAKOWSKA Joanna</b>	<b>419</b>	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-30	27	NIE	01:13:43	02:29:25		<b>03:29:44.50</b>	+01:24:04 (40.1%)	9:59	6 (60.0%)
232	<b>ZIELENKIEWICZ Marcin</b>	<b>567</b>	FUNTRI	M-40	79	NIE	01:10:12	02:22:16		<b>03:29:47.10</b>	+01:24:06 (40.1%)	9:59	6 (60.0%)
233	<b>KUBICKA Magdalena</b>	<b>256</b>		K-40	17	NIE	01:11:20	02:23:39		<b>03:29:53.50</b>	+01:24:13 (40.1%)	9:59	6 (60.0%)
234	<b>SYPNIEWSKI Krystian</b>	<b>474</b>		M-40	80		01:09:01	02:25:09		<b>03:30:06.05</b>	+01:24:25 (40.2%)	10:00	6 (60.0%)
235	<b>JANOWSKI Michał</b>	<b>180</b>		M-30	70	NIE	01:02:41	02:16:22		<b>03:30:25.20</b>	+01:24:44 (40.3%)	10:01	6 (60.0%)
236	<b>CHUDY Ariel</b>	<b>84</b>	RUN TEAM RYDZYNA	M-30	71	NIE	01:09:26	02:21:33		<b>03:30:53.25</b>	+01:25:12 (40.4%)	10:02	6 (60.0%)
237	<b>WOLFF Maria</b>	<b>546</b>		K-30	28	NIE	01:10:10	02:25:50		<b>03:30:56.25</b>	+01:25:15 (40.4%)	10:02	6 (60.0%)
238	<b>MŁYNARCZYK Krzysztof</b>	<b>331</b>		M-40	81	NIE	01:11:14	02:24:06		<b>03:31:05.90</b>	+01:25:25 (40.5%)	10:03	6 (60.0%)
239	<b>TRZEPACZ Dorota</b>	<b>508</b>	KB LUPUS OLEŚNICA	K-40	18	NIE	01:09:15	02:25:54		<b>03:31:13.20</b>	+01:25:32 (40.5%)	10:03	6 (60.0%)
240	<b>NOWAK Jarosław</b>	<b>356</b>		M-50	21	NIE	01:11:43	02:24:55		<b>03:31:28.45</b>	+01:25:48 (40.6%)	10:04	6 (60.0%)
241	<b>KACZMAREK Miroslaw</b>	<b>200</b>	RUNNER'S POWER ŚREM	M-30	72	NIE	01:14:05	02:27:01		<b>03:31:55.55</b>	+01:26:15 (40.7%)	10:05	5.9 (59.0%)
242	<b>MATUSZEWSKI Małgorzata</b>	<b>318</b>	RUNNER'S POWER ŚREM	K-40	19	NIE	01:14:04	02:27:01		<b>03:31:56.00</b>	+01:26:15 (40.7%)	10:05	5.9 (59.0%)
243	<b>ŁĘKAWA Sebastian</b>	<b>289</b>	140MINUT.PL	M-40	82	NO	01:13:06	02:25:42		<b>03:32:16.85</b>	+01:26:36 (40.8%)	10:06	5.9 (59.0%)
244	<b>ROLIŃSKI Radosław</b>	<b>422</b>		M-50	22	NIE	01:13:08	02:25:42		<b>03:32:45.60</b>	+01:27:05 (40.9%)	10:07	5.9 (59.0%)
245	<b>GERUS Anna</b>	<b>133</b>		K-20	4	NIE	01:11:16	02:30:32		<b>03:32:59.40</b>	+01:27:19 (41.0%)	10:08	5.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
246	<b>WOSZCZAK Jolanta</b>	<b>548</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	K-50	5	NIE	01:17:39	02:28:23				<b>03:33:13.55</b>	+01:27:33 (41.1%)	10:09	5.9 (59.0%)
247	<b>ŻYCHSKA Anna</b>	<b>575</b>		K-30	29	NIE	01:12:09	02:25:00				<b>03:33:29.25</b>	+01:27:48 (41.1%)	10:09	5.9 (59.0%)
248	<b>POMIANOWSKI Szymon</b>	<b>408</b>	KURACJUSZE	M-30	73	NIE	01:08:35	02:30:27				<b>03:33:30.15</b>	+01:27:49 (41.1%)	10:10	5.9 (59.0%)
249	<b>PILZ-JEDRZEJCZYK Dominika</b>	<b>395</b>		K-30	30	NIE	01:13:39	02:27:07				<b>03:33:47.00</b>	+01:28:06 (41.2%)	10:10	5.9 (59.0%)
250	<b>CHRZANOWSKA Agnieszka</b>	<b>79</b>		K-40	20	NIE	01:16:45	02:31:19				<b>03:34:58.75</b>	+01:29:18 (41.5%)	10:14	5.9 (59.0%)
251	<b>ANDRYSZCZAK Łukasz</b>	<b>5</b>	BMW KLUB POZNAŃ	M-30	74	NIE	01:14:46	02:30:58				<b>03:35:01.55</b>	+01:29:21 (41.6%)	10:14	5.9 (59.0%)
252	<b>KRUSZEWSKI Jacek</b>	<b>247</b>	MARKOWI BIEGACZE	M-40	83	NO	01:12:35	02:27:51				<b>03:35:06.60</b>	+01:29:26 (41.6%)	10:14	5.9 (59.0%)
253	<b>FIGUŁA Sławomir</b>	<b>120</b>		M-40	84	NIE	01:11:10	02:25:59				<b>03:36:13.10</b>	+01:30:32 (41.9%)	10:17	5.8 (58.0%)
254	<b>KACZOREK Robert</b>	<b>201</b>		M-40	85	TAK	01:08:17	02:24:51				<b>03:36:23.05</b>	+01:30:42 (41.9%)	10:18	5.8 (58.0%)
255	<b>TAMULONEK Grzegorz</b>	<b>498</b>	FARTY PUSZCZY	M-40	86	NIE	01:17:25	02:35:09				<b>03:36:37.15</b>	+01:30:56 (42.0%)	10:18	5.8 (58.0%)
256	<b>SZAL Małgorzata</b>	<b>475</b>	TENIS CENTRUM AS	K-30	31	NIE	01:13:14	02:35:42				<b>03:36:56.20</b>	+01:31:15 (42.1%)	10:19	5.8 (58.0%)
257	<b>TARNOWSKI Maciej</b>	<b>499</b>	NIGHT RUNNERS WROCŁAW	M-30	75	NIE	01:16:57	02:33:11				<b>03:37:21.85</b>	+01:31:41 (42.2%)	10:21	5.8 (58.0%)
258	<b>JĘDRZEJCZYK Łukasz</b>	<b>191</b>		M-30	76	NIE	01:12:29	02:27:08				<b>03:37:35.95</b>	+01:31:55 (42.2%)	10:21	5.8 (58.0%)
259	<b>JAMROZ Bartosz</b>	<b>177</b>		M-30	77	NIE	01:12:07	02:27:54				<b>03:37:37.25</b>	+01:31:56 (42.3%)	10:21	5.8 (58.0%)
260	<b>GAJDA Sebastian</b>	<b>129</b>		M-40	87	NIE	01:18:16	02:32:26				<b>03:37:54.90</b>	+01:32:14 (42.3%)	10:22	5.8 (58.0%)
261	<b>NOWAK Dorota</b>	<b>357</b>		K-30	32	NIE	01:18:15	02:32:25				<b>03:37:55.25</b>	+01:32:14 (42.3%)	10:22	5.8 (58.0%)
262	<b>KAWA Krzysztof</b>	<b>206</b>		M-30	78	NIE	01:11:09	02:26:16				<b>03:38:29.20</b>	+01:32:48 (42.5%)	10:24	5.8 (58.0%)
263	<b>ZDYB Grzegorz</b>	<b>564</b>	44 WOJSKOWY ODDZIAŁ GOSPODARCZY	M-40	88	NIE	01:17:25	02:30:56				<b>03:38:35.65</b>	+01:32:55 (42.5%)	10:24	5.8 (58.0%)
264	<b>KRAWCZYK Anna</b>	<b>244</b>	NIGHT RUNNERS	K-40	21	NIE	01:13:45	02:29:17				<b>03:38:55.20</b>	+01:33:14 (42.6%)	10:25	5.8 (58.0%)
265	<b>KAMIŃSKI Paweł</b>	<b>203</b>		M-50	23	NIE	01:13:30	02:28:25				<b>03:39:01.00</b>	+01:33:20 (42.6%)	10:25	5.8 (58.0%)
266	<b>GRUSZKA Katarzyna</b>	<b>151</b>		K-30	33	NIE	01:11:28	02:33:24				<b>03:39:09.80</b>	+01:33:29 (42.7%)	10:26	5.7 (57.0%)
267	<b>ŚWIĄTEK Julia</b>	<b>497</b>	IMMABEE / KS GVT	K-40	22	NIE	01:11:26	02:33:23				<b>03:39:10.70</b>	+01:33:30 (42.7%)	10:26	5.7 (57.0%)
268	<b>CHRAPLEWSKA Karolina</b>	<b>78</b>	CHATABIEGACZA K34	K-40	23		01:13:39	02:24:08	00:10:00			<b>03:39:29.05</b>	+01:33:48 (42.7%)	9:58	6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
269	<b>BUSS Jakub</b>	<b>68</b>	KUDOWIANKA RUN	M-50	24	NIE	01:18:24	02:40:38				<b>03:39:43.05</b>	+01:34:02 (42.8%)	10:27	5.7 (57.0%)
270	<b>KRUZEL Rafał</b>	<b>248</b>		M-40	89	NIE	01:17:26	02:36:15				<b>03:40:32.55</b>	+01:34:52 (43.0%)	10:30	5.7 (57.0%)
271	<b>FRAĆZEK Iwona</b>	<b>128</b>	FUNTRI	K-40	24	NIE	01:15:48	02:32:10				<b>03:41:13.10</b>	+01:35:32 (43.2%)	10:32	5.7 (57.0%)
272	<b>NOWAK Katarzyna</b>	<b>355</b>	TIM JEST TIM	K-30	34	NIE	01:18:26	02:40:26				<b>03:41:20.45</b>	+01:35:40 (43.2%)	10:32	5.7 (57.0%)
273	<b>NIEDOBA Barbara</b>	<b>347</b>	TIM JEST TIM	K-40	25	NIE	01:18:19	02:40:19				<b>03:41:46.85</b>	+01:36:06 (43.3%)	10:33	5.7 (57.0%)
274	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>462</b>	TIM JEST TIM	K-40	26	NIE	01:18:00	02:40:20				<b>03:41:49.50</b>	+01:36:09 (43.3%)	10:33	5.7 (57.0%)
275	<b>KOPKA Tomasz</b>	<b>227</b>	AGB TORFY	M-50	25	NIE	01:19:16	02:34:48				<b>03:42:14.25</b>	+01:36:33 (43.5%)	10:34	5.7 (57.0%)
276	<b>JANOTA Michał</b>	<b>178</b>	BIEGNIJ OŁAWO	M-40	90	NIE	01:14:10	02:30:35				<b>03:42:18.20</b>	+01:36:37 (43.5%)	10:35	5.7 (57.0%)
277	<b>KOPKA Elżbieta</b>	<b>226</b>	AGB TORFY	K-40	27	NIE	01:19:51	02:34:57				<b>03:42:18.25</b>	+01:36:37 (43.5%)	10:35	5.7 (57.0%)
278	<b>RYZNER Natalia</b>	<b>434</b>	BIEGNIJ OŁAWO	K-30	35	NIE	01:14:14	02:30:37				<b>03:42:21.05</b>	+01:36:40 (43.5%)	10:35	5.7 (57.0%)
279	<b>SKORUPA Tomasz</b>	<b>450</b>	AGB TORFY	M-40	91	NIE	01:19:17	02:33:06				<b>03:42:35.75</b>	+01:36:55 (43.5%)	10:35	5.7 (57.0%)
280	<b>SZULECKA Kamila</b>	<b>485</b>		K-40	28	NIE	01:19:17	02:33:08				<b>03:42:35.95</b>	+01:36:55 (43.5%)	10:35	5.7 (57.0%)
281	<b>BIEDZIAK-ŁUCZAK Urszula</b>	<b>33</b>	RUN4ENERGY	K-30	36	NIE	01:15:38	02:34:45				<b>03:42:40.15</b>	+01:36:59 (43.6%)	10:36	5.7 (57.0%)
282	<b>ŁUCZAK Marcin</b>	<b>292</b>	RUN4ENERGY	M-40	92	NIE	01:15:36	02:34:47				<b>03:42:41.40</b>	+01:37:01 (43.6%)	10:36	5.7 (57.0%)
283	<b>STRUSIŃSKA Katarzyna</b>	<b>471</b>		K-40	29	NIE	01:18:39	02:35:12				<b>03:43:25.00</b>	+01:37:44 (43.7%)	10:38	5.6 (56.0%)
284	<b>SZCZUKA Joanna</b>	<b>481</b>		K-20	5	NIE	01:16:47	02:33:19				<b>03:43:26.60</b>	+01:37:46 (43.8%)	10:38	5.6 (56.0%)
285	<b>WALIGÓRA Aleksandra</b>	<b>520</b>	NIAGARA FITNESS KLUB	K-30	37	NIE	01:20:45	02:40:00				<b>03:43:58.20</b>	+01:38:17 (43.9%)	10:39	5.6 (56.0%)
286	<b>MATYLA Roman</b>	<b>319</b>	FUNTRI	M-30	79	NIE	01:10:45	02:28:27				<b>03:44:13.90</b>	+01:38:33 (44.0%)	10:40	5.6 (56.0%)
287	<b>KOLEJ Monika</b>	<b>217</b>	DZIKIE DZIKI GORZOW	K-40	30	NIE	01:17:17	02:37:10				<b>03:45:56.90</b>	+01:40:16 (44.4%)	10:45	5.6 (56.0%)
288	<b>MROZIK Mariusz</b>	<b>338</b>		M-40	93	NIE	01:17:02	02:37:12				<b>03:45:57.30</b>	+01:40:16 (44.4%)	10:45	5.6 (56.0%)
289	<b>BARAN Paulina</b>	<b>19</b>	NIE W SZCZEPIONKĘ TEAM	K-30	38	NIE	01:21:44	02:38:02				<b>03:46:02.10</b>	+01:40:21 (44.4%)	10:45	5.6 (56.0%)
290	<b>KULAS Katarzyna</b>	<b>266</b>		K-30	39	NIE	01:16:50	02:34:05				<b>03:46:30.20</b>	+01:40:49 (44.5%)	10:47	5.6 (56.0%)
291	<b>POŁCZYŃSKI Maciej</b>	<b>406</b>	STALOWA ŁYDA	M-40	94	NIE	01:15:44	02:34:20				<b>03:46:46.35</b>	+01:41:06 (44.6%)	10:47	5.6 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
292	<b>KOŃ Aleksandra</b>	<b>224</b>	EKIPA LIPA	K-40	31	NIE	01:13:40	02:34:56				<b>03:46:54.20</b>	+01:41:13 (44.6%)	10:48	5.6 (56.0%)
293	<b>WEŻYK Kamila</b>	<b>534</b>		K-30	40	NIE	01:21:42	02:40:14				<b>03:47:02.70</b>	+01:41:22 (44.6%)	10:48	5.5 (55.0%)
294	<b>CZECH Dorota</b>	<b>92</b>	ASICS FRONTRUNNER POLAND	K-40	32	NIE	01:19:09	02:36:52				<b>03:47:03.00</b>	+01:41:22 (44.6%)	10:48	5.5 (55.0%)
295	<b>MICHAŁKIEWICZ Marek</b>	<b>326</b>		M-40	95	NIE	01:17:53	02:38:35				<b>03:47:10.95</b>	+01:41:30 (44.7%)	10:49	5.5 (55.0%)
296	<b>KOLAŚNIEWSKI Marek</b>	<b>216</b>		M-40	96	TAK	01:16:55	02:38:23				<b>03:47:13.90</b>	+01:41:33 (44.7%)	10:49	5.5 (55.0%)
297	<b>SZATAN Jowita</b>	<b>478</b>	KOTWICA BRZEG	K-30	41	NIE	01:17:52	02:39:05				<b>03:47:44.45</b>	+01:42:04 (44.8%)	10:50	5.5 (55.0%)
298	<b>SZYMAŃSKI Robert</b>	<b>488</b>		M-40	97	NIE	01:13:23	02:35:56				<b>03:48:21.45</b>	+01:42:41 (45.0%)	10:52	5.5 (55.0%)
299	<b>CHOŁUJ Małgorzata</b>	<b>76</b>		K-50	6	NIE	01:18:51	02:37:05				<b>03:48:32.10</b>	+01:42:51 (45.0%)	10:52	5.5 (55.0%)
300	<b>PIECUCH Małgorzata</b>	<b>390</b>		K-60	1	NIE	01:21:12	02:39:23				<b>03:48:47.00</b>	+01:43:06 (45.1%)	10:53	5.5 (55.0%)
301	<b>KONOPACKI Grzegorz</b>	<b>222</b>	RÓŻOWE LANDRYNY	M-40	98	NIE	01:15:13	02:32:36				<b>03:49:48.95</b>	+01:44:08 (45.3%)	10:56	5.5 (55.0%)
302	<b>WARA-WĄSOWSKI Maciej</b>	<b>523</b>		M-50	26	NIE	01:17:03	02:35:56				<b>03:49:51.80</b>	+01:44:11 (45.3%)	10:56	5.5 (55.0%)
303	<b>JAROSŁAWSKI Mariusz</b>	<b>181</b>	BIEGNIJ OŁAWO	M-50	27	TAK	01:14:05	02:37:12				<b>03:50:27.05</b>	+01:44:46 (45.5%)	10:58	5.5 (55.0%)
304	<b>CZERNIK Rafał</b>	<b>93</b>		M-40	99	NIE	01:22:02	02:41:34				<b>03:51:08.10</b>	+01:45:27 (45.6%)	11:00	5.5 (55.0%)
305	<b>DATA Iza</b>	<b>99</b>	KUGUAR XTREME RUNNERS	K-50	7	NIE	01:18:09	02:37:28				<b>03:51:17.25</b>	+01:45:36 (45.7%)	11:00	5.4 (54.0%)
306	<b>DATA Dariusz</b>	<b>98</b>	KUGUAR XTREME RUNNERS	M-50	28	TAK	01:18:12	02:37:27				<b>03:51:17.40</b>	+01:45:37 (45.7%)	11:00	5.4 (54.0%)
307	<b>BARANOWSKI Szymon</b>	<b>20</b>		M-30	80	TAK	01:20:26	02:39:18				<b>03:51:25.95</b>	+01:45:45 (45.7%)	11:01	5.4 (54.0%)
308	<b>ROGUT Katarzyna</b>	<b>420</b>	AGB TORFY	K-50	8	NIE	01:20:00	02:41:01				<b>03:51:28.40</b>	+01:45:48 (45.7%)	11:01	5.4 (54.0%)
309	<b>BIEL Mariusz</b>	<b>34</b>		M-40	100	NIE	01:14:56	02:37:20				<b>03:51:30.00</b>	+01:45:49 (45.7%)	11:01	5.4 (54.0%)
310	<b>MATUSIAK Mateusz</b>	<b>316</b>		M-20	11	NIE	01:23:08					<b>03:51:35.00</b>	+01:45:54 (45.7%)	11:01	5.4 (54.0%)
311	<b>SZCZOTKA Katarzyna</b>	<b>480</b>		K-20	6	TAK	01:20:35	02:39:16				<b>03:51:36.45</b>	+01:45:56 (45.7%)	11:01	5.4 (54.0%)
312	<b>MORAWSKI Marcin</b>	<b>333</b>	RANGER SURVIVAL CLUB	M-40	101	NIE	01:18:22	02:40:22				<b>03:51:47.80</b>	+01:46:07 (45.8%)	11:02	5.4 (54.0%)
313	<b>CHRZĄSZCZ Mariusz</b>	<b>81</b>		M-40	102	NIE	01:29:25	02:46:22				<b>03:51:55.50</b>	+01:46:15 (45.8%)	11:02	5.4 (54.0%)
314	<b>CHRZĄSZCZ Damian</b>	<b>80</b>	VEGE RUNNERS	M-40	103	NIE	01:29:28	02:45:37				<b>03:51:55.95</b>	+01:46:15 (45.8%)	11:02	5.4 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km		netto 21km	Różn		
315	<b>ŻYLIŃSKA Urszula</b>	<b>578</b>		K-40	33	NIE	01:23:22	02:41:30		<b>03:52:20.35</b>	+01:46:40 (45.9%)	11:03	5.4 (54.0%)
316	<b>FARION Marzena</b>	<b>115</b>		K-40	34	NIE	01:12:01	02:35:52		<b>03:52:29.25</b>	+01:46:48 (45.9%)	11:04	5.4 (54.0%)
317	<b>RADECKI Adam</b>	<b>413</b>		M-40	104	NIE	01:11:58	02:35:52		<b>03:52:30.70</b>	+01:46:50 (46.0%)	11:04	5.4 (54.0%)
318	<b>ZIMINSKA Joanna</b>	<b>569</b>	HAPPYRUNNERS	K-50	9	NIE	01:20:06	02:41:03		<b>03:53:20.20</b>	+01:47:39 (46.1%)	11:06	5.4 (54.0%)
319	<b>GÓRCZYŃSKI Rafał</b>	<b>146</b>		M-40	105	NIE	01:19:28	02:40:46		<b>03:54:01.60</b>	+01:48:21 (46.3%)	11:08	5.4 (54.0%)
320	<b>KRAJEWSKA Magdalena</b>	<b>237</b>	AGB	K-50	10	NIE	01:20:14	02:41:04		<b>03:54:36.50</b>	+01:48:56 (46.4%)	11:10	5.4 (54.0%)
321	<b>MUSIAL Radosław</b> <b>Musial</b>	<b>340</b>		M-40	106	NO	01:20:12	02:39:11		<b>03:55:03.60</b>	+01:49:23 (46.5%)	11:11	5.4 (54.0%)
322	<b>STAMM Tomasz</b>	<b>461</b>		M-50	29	NIE	01:19:34	02:41:00		<b>03:55:13.15</b>	+01:49:32 (46.6%)	11:12	5.4 (54.0%)
323	<b>MAKOWSKI Tomasz</b>	<b>306</b>	NIGHT RUNNERS	M-30	81	NIE	01:19:02	02:34:13		<b>03:55:46.30</b>	+01:50:05 (46.7%)	11:13	5.3 (53.0%)
324	<b>KURZAWIAK Wojciech</b>	<b>268</b>	ZGORMYSYNY	M-40	107	TAK	01:20:39	02:42:16		<b>03:56:21.60</b>	+01:50:41 (46.8%)	11:15	5.3 (53.0%)
325	<b>DŁUGOSZ Marek</b>	<b>104</b>	KB GEOTERMIA UNIEJÓW	M-50	30	NIE	01:21:01	02:46:49		<b>03:56:34.15</b>	+01:50:53 (46.9%)	11:15	5.3 (53.0%)
326	<b>AUGUSTOWSKA Izabela</b>	<b>10</b>	KB GEOTERMIA UNIEJÓW	K-40	35	NIE	01:21:16	02:46:48		<b>03:56:34.55</b>	+01:50:54 (46.9%)	11:15	5.3 (53.0%)
327	<b>JURASZ Aleksandra</b>	<b>194</b>		K-30	42	NIE	01:18:52	02:38:58		<b>03:56:58.45</b>	+01:51:18 (47.0%)	11:17	5.3 (53.0%)
328	<b>PAŁUCKA Marta</b>	<b>378</b>	PROJEKT ULTRA	K-30	43	NIE	01:24:20	02:44:51		<b>03:57:48.75</b>	+01:52:08 (47.2%)	11:19	5.3 (53.0%)
329	<b>ŁACHACZ Robert</b>	<b>286</b>		M-40	108	NIE	01:19:14	02:44:33		<b>03:58:07.10</b>	+01:52:26 (47.2%)	11:20	5.3 (53.0%)
330	<b>SOROKA Monika</b>	<b>455</b>	PASTERKA PANY	K-40	36	NIE	01:15:41	02:37:11		<b>03:58:12.85</b>	+01:52:32 (47.2%)	11:20	5.3 (53.0%)
331	<b>GIBOWSKI Lukasz</b>	<b>135</b>		M-40	109	NIE	01:16:20	02:45:25		<b>03:58:45.70</b>	+01:53:05 (47.4%)	11:22	5.3 (53.0%)
332	<b>KOT Tomasz</b>	<b>230</b>		M-40	110	NIE	01:22:43	02:45:27		<b>03:59:13.60</b>	+01:53:33 (47.5%)	11:23	5.3 (53.0%)
333	<b>ROMAN Paweł</b>	<b>423</b>		M-40	111	NIE	01:13:27	02:35:13		<b>03:59:24.35</b>	+01:53:44 (47.5%)	11:24	5.3 (53.0%)
334	<b>NEUMANN Beata</b>	<b>346</b>	CENTRUM ŁĄKOWA 1	K-50	11	NIE	01:24:06	02:47:59		<b>03:59:50.75</b>	+01:54:10 (47.6%)	11:25	5.3 (53.0%)
335	<b>CZERWONKA Zbigniew</b>	<b>95</b>	ESKADRA ŁÓDŹ	M-30	82	NO	01:22:32	02:50:42		<b>04:01:22.80</b>	+01:55:42 (47.9%)	11:29	5.2 (52.0%)
336	<b>WILKIN Mirosław</b>	<b>536</b>	FUNTRI	M-50	31	NIE	01:22:25	02:46:13		<b>04:01:42.25</b>	+01:56:01 (48.0%)	11:30	5.2 (52.0%)
337	<b>LIS Mirosław</b>	<b>281</b>		M-40	112	NIE	01:16:52	02:45:30		<b>04:01:43.05</b>	+01:56:02 (48.0%)	11:30	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
338	<b>SIEPIELSKI Damian</b>	<b>442</b>		M-30	83	NIE	01:11:26	02:35:32		00:20:00	<b>04:02:13.35</b>	+01:56:33 (48.1%)	10:34	5.7 (57.0%)	
339	<b>NOWAK Filip</b>	<b>359</b>		M-40	113	NIE	01:24:29	02:47:48			<b>04:02:23.50</b>	+01:56:43 (48.2%)	11:32	5.2 (52.0%)	
340	<b>GOSK Urszula</b>	<b>144</b>		K-30	44	NIE	01:22:44	02:47:29			<b>04:02:42.60</b>	+01:57:02 (48.2%)	11:33	5.2 (52.0%)	
341	<b>CHWASTYK Ewa</b>	<b>85</b>		K-30	45	NIE	01:22:42	02:47:29			<b>04:02:42.70</b>	+01:57:02 (48.2%)	11:33	5.2 (52.0%)	
342	<b>BUSS Konrad</b>	<b>69</b>	KUDOWIANKA RUN	M-30	84	NIE	01:20:06	02:42:51			<b>04:03:21.35</b>	+01:57:41 (48.4%)	11:35	5.2 (52.0%)	
343	<b>MAKOWSKI Dariusz</b>	<b>305</b>	KM TEAM	M-50	32	NIE	01:18:48	02:45:59			<b>04:03:38.20</b>	+01:57:57 (48.4%)	11:36	5.2 (52.0%)	
344	<b>KRAWIEC Piotr</b>	<b>245</b>	KOTWICA BRZEG	M-40	114	NIE	01:18:07	02:43:58			<b>04:04:02.35</b>	+01:58:22 (48.5%)	11:37	5.2 (52.0%)	
345	<b>RYPIŃSKA Magdalena</b>	<b>433</b>		K-40	37	NIE	01:25:02	02:51:39			<b>04:04:32.40</b>	+01:58:52 (48.6%)	11:38	5.2 (52.0%)	
346	<b>MORAWSKA Anna</b>	<b>332</b>		K-60	2	NIE	01:21:23	02:47:42			<b>04:05:42.30</b>	+02:00:01 (48.9%)	11:42	5.1 (51.0%)	
347	<b>FINKOWIAT - SZYMCZAK Katarzyna</b>	<b>123</b>	FARTY PUSZCZY	K-30	46	NIE	01:29:09	02:54:46			<b>04:06:51.40</b>	+02:01:11 (49.1%)	11:45	5.1 (51.0%)	
348	<b>KACIUPA Agnieszka</b>	<b>198</b>	FARTY PUSZCZY	K-40	38	NIE	01:27:57	02:54:49			<b>04:06:51.65</b>	+02:01:11 (49.1%)	11:45	5.1 (51.0%)	
349	<b>BORODYN Andrzej</b>	<b>49</b>	FARTY PUSZCZY	M-40	115	NIE	01:23:08	02:51:29			<b>04:07:09.35</b>	+02:01:29 (49.2%)	11:46	5.1 (51.0%)	
350	<b>JEDYNAK-DOROSZ Izabela</b>	<b>187</b>	KB MANIAC POZNAŃ	K-40	39	NIE	01:27:11	02:54:04			<b>04:07:16.70</b>	+02:01:36 (49.2%)	11:46	5.1 (51.0%)	
351	<b>ŁUSIAK Kasia</b>	<b>295</b>		K-30	47	NIE	01:25:59	03:00:06			<b>04:07:41.70</b>	+02:02:01 (49.3%)	11:47	5.1 (51.0%)	
352	<b>MAZUR Marek</b>	<b>320</b>	BIEGNIJ OŁAWO	M-50	33	NIE	01:29:14				<b>04:07:49.00</b>	+02:02:08 (49.3%)	11:48	5.1 (51.0%)	
353	<b>JAŚKIEWICZ Katarzyna</b>	<b>183</b>		K-40	40	NIE	01:25:58	02:55:14			<b>04:08:01.00</b>	+02:02:20 (49.3%)	11:48	5.1 (51.0%)	
354	<b>BOROŃ Izabela</b>	<b>51</b>		K-40	41	NIE	01:27:17	02:51:56			<b>04:08:15.40</b>	+02:02:35 (49.4%)	11:49	5.1 (51.0%)	
355	<b>BYKS Tomasz</b>	<b>71</b>		M-30	85	NIE	01:20:44	02:50:27			<b>04:09:05.70</b>	+02:03:25 (49.5%)	11:51	5.1 (51.0%)	
356	<b>ROSA Aleksander</b>	<b>424</b>		M-40	116	NIE	01:22:28	02:50:27			<b>04:09:05.80</b>	+02:03:25 (49.5%)	11:51	5.1 (51.0%)	
357	<b>HORBACZ-ROSA Hanna</b>	<b>165</b>		K-30	48	NIE	01:20:57	02:50:30			<b>04:09:10.25</b>	+02:03:29 (49.6%)	11:51	5.1 (51.0%)	
358	<b>BOSY Joanna</b>	<b>56</b>		K-30	49	NIE	01:25:47	02:56:03			<b>04:09:21.40</b>	+02:03:41 (49.6%)	11:52	5.1 (51.0%)	
359	<b>BOROŃ Ryszard</b>	<b>50</b>		M-60	5	NIE	01:27:35	02:51:59			<b>04:09:39.60</b>	+02:03:59 (49.7%)	11:53	5 (50.0%)	
360	<b>KUMOR Weronika</b>	<b>267</b>	EVERRUN	K-40	42	NIE	01:27:20	02:52:58			<b>04:09:42.95</b>	+02:04:02 (49.7%)	11:53	5 (50.0%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
361	<b>ŻUROWSKI</b> Mikołaj Żurowski	<b>574</b>	GVT	M-20	12	NO	01:23:26	02:50:43				<b>04:09:46.25</b>	+02:04:05 (49.7%)	11:53	5 (50.0%)
362	<b>KONKIEWICZ</b> Katarzyna	<b>221</b>	NIAGARA	K-40	43	NIE	01:32:15	02:57:25				<b>04:10:23.15</b>	+02:04:42 (49.8%)	11:55	5 (50.0%)
363	<b>CHUDAŃSKI</b> Jakub	<b>82</b>		M-30	86	NIE	01:21:55	02:53:00				<b>04:10:31.55</b>	+02:04:51 (49.8%)	11:55	5 (50.0%)
364	<b>SAWICZ</b> Piotr	<b>439</b>		M-30	87	NIE	01:52:08	03:05:03				<b>04:11:34.05</b>	+02:05:53 (50.0%)	11:58	5 (50.0%)
365	<b>HOFFMANN</b> Grzegorz	<b>162</b>	KOŚCIAN TEAM	M-40	117	NIE	01:24:13	02:57:59				<b>04:11:51.85</b>	+02:06:11 (50.1%)	11:59	5 (50.0%)
366	<b>BARTKIEWICZ</b> Lech	<b>22</b>		M-40	118	NIE	01:21:25	02:50:37				<b>04:12:03.45</b>	+02:06:23 (50.1%)	12:00	5 (50.0%)
367	<b>NIEDZIELA</b> Krzysztof	<b>348</b>	GOSTYŃ	M-40	119	NIE	01:28:14	02:58:48				<b>04:12:04.90</b>	+02:06:24 (50.1%)	12:00	5 (50.0%)
367	<b>NIEDZIELA</b> Danuta	<b>349</b>	GOSTYŃ	K-40	44	NIE	01:28:12	02:58:51				<b>04:12:04.90</b>	+02:06:24 (50.1%)	12:00	5 (50.0%)
369	<b>KUCHARSKI</b> Adam	<b>258</b>		M-40	120	NIE	01:27:13	02:55:25				<b>04:12:23.75</b>	+02:06:43 (50.2%)	12:01	5 (50.0%)
370	<b>JĘDRZEJCZAK</b> Anna	<b>190</b>		K-50	12	NIE	01:27:13	02:55:23				<b>04:12:24.20</b>	+02:06:43 (50.2%)	12:01	5 (50.0%)
371	<b>KLUK</b> Agnieszka	<b>210</b>		K-40	45	NIE	01:27:51	03:00:03				<b>04:13:17.80</b>	+02:07:37 (50.4%)	12:03	5 (50.0%)
372	<b>STASZCZUK</b> Jarosław	<b>465</b>		M-50	34	NIE	01:26:02	02:57:09				<b>04:13:34.70</b>	+02:07:54 (50.4%)	12:04	5 (50.0%)
373	<b>WOJDAŁOWICZ</b> Ewa	<b>579</b>		K-40	46	NIE	01:28:02	02:54:58				<b>04:13:53.75</b>	+02:08:13 (50.5%)	12:05	5 (50.0%)
374	<b>SZYMCZAK</b> Łukasz	<b>490</b>	FARTY PUSZCZY	M-40	121	NIE	01:29:55	02:54:18				<b>04:14:44.45</b>	+02:09:04 (50.7%)	12:07	4.9 (49.0%)
375	<b>BEDNARSKA-KOZIOŁ</b> Danuta	<b>26</b>	WKURW-TEAM	K-40	47	NIE	01:25:45	02:59:11				<b>04:14:53.20</b>	+02:09:12 (50.7%)	12:08	4.9 (49.0%)
376	<b>MAJEROWSKA</b> Magdalena	<b>303</b>		K-30	50	NIE	01:29:38	03:00:07				<b>04:15:19.15</b>	+02:09:38 (50.8%)	12:09	4.9 (49.0%)
377	<b>JAKIMKO</b> Monika	<b>173</b>	EKIPA LIPA	K-40	48	NIE	01:24:57	02:57:44				<b>04:15:21.30</b>	+02:09:40 (50.8%)	12:09	4.9 (49.0%)
378	<b>JAKÓBCZYK</b> Ewelina	<b>175</b>		K-30	51	NIE	01:23:53	02:54:47				<b>04:15:36.20</b>	+02:09:55 (50.8%)	12:10	4.9 (49.0%)
379	<b>PIKUŁA</b> Sebastian	<b>393</b>		M-40	122	NIE	01:23:53	02:54:46				<b>04:15:41.65</b>	+02:10:01 (50.9%)	12:10	4.9 (49.0%)
380	<b>TUREK</b> Karolina	<b>511</b>	BIAŁY DOMEK BIEGA	K-40	49	NIE	01:29:25	03:00:37				<b>04:16:53.85</b>	+02:11:13 (51.1%)	12:13	4.9 (49.0%)
381	<b>WEYNA</b> Anna	<b>532</b>	BIAŁY DOMEK BIEGA	K-40	50	NIE	01:29:25	03:00:45				<b>04:16:54.50</b>	+02:11:14 (51.1%)	12:14	4.9 (49.0%)
382	<b>MASALSKA</b> Anna	<b>315</b>		K-40	51	NIE	01:25:24	02:56:03				<b>04:17:29.95</b>	+02:11:49 (51.2%)	12:15	4.9 (49.0%)
383	<b>BRZEZIŃSKI</b> Andrzej	<b>60</b>	LANRUNS	M-60	6	NIE	01:21:12	02:58:23				<b>04:17:41.25</b>	+02:12:00 (51.2%)	12:16	4.9 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
384	<b>OGÓRKIEWICZ Sylwia</b>	<b>364</b>		K-40	52	NIE	01:31:49	03:00:33				<b>04:17:51.35</b>	+02:12:11 (51.3%)	12:16	4.9 (49.0%)
385	<b>NATKANIEC Grazyna</b>	<b>345</b>		K-50	13	NIE	01:27:21	03:00:54				<b>04:18:56.05</b>	+02:13:15 (51.5%)	12:19	4.9 (49.0%)
386	<b>MARCINIAK Agata</b>	<b>310</b>	ŁODZIANKA TEAM	K-40	53		01:36:54	03:06:56				<b>04:20:06.90</b>	+02:14:26 (51.7%)	12:23	4.8 (48.0%)
387	<b>SKWARNECKI Damian</b>	<b>451</b>	ŁODZIANKA TEAM	M-40	123		01:36:39	03:06:57				<b>04:20:07.05</b>	+02:14:26 (51.7%)	12:23	4.8 (48.0%)
388	<b>MIECHOWIECKA Maja</b>	<b>327</b>		K-30	52	NIE	01:25:51	02:58:30				<b>04:20:40.25</b>	+02:14:59 (51.8%)	12:24	4.8 (48.0%)
389	<b>STRAMEK Lukasz</b>	<b>470</b>		M-30	88	NO	01:25:48	02:58:21				<b>04:20:40.50</b>	+02:15:00 (51.8%)	12:24	4.8 (48.0%)
390	<b>JAWORSKI Jarosław</b>	<b>184</b>	LOVELY MOUNTAINS WINTER RUNNING	M-30	89	NIE	01:28:12	03:01:28				<b>04:23:19.85</b>	+02:17:39 (52.3%)	12:32	4.8 (48.0%)
391	<b>WARKOCZYŃSKI Marcin</b>	<b>524</b>	DLA MOJEJ PEREŁKI	M-40	124	NIE	01:28:37	02:54:18				<b>04:23:40.10</b>	+02:17:59 (52.3%)	12:33	4.8 (48.0%)
392	<b>WOJCIECHOWSKI Andrzej</b>	<b>545</b>	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	M-40	125	NIE	01:29:00	03:00:23				<b>04:23:48.65</b>	+02:18:08 (52.4%)	12:33	4.8 (48.0%)
393	<b>LENERT Ksenia</b>	<b>273</b>		K-30	53	NIE	01:31:35	03:03:02				<b>04:24:25.10</b>	+02:18:44 (52.5%)	12:35	4.8 (48.0%)
394	<b>KOWAŃSKI Tomasz</b>	<b>234</b>		M-40	126	NIE	01:32:04	03:09:17				<b>04:24:38.40</b>	+02:18:58 (52.5%)	12:36	4.8 (48.0%)
395	<b>SZARPAK Anna</b>	<b>477</b>		K-40	54	NIE	01:32:25	03:09:21				<b>04:25:33.00</b>	+02:19:52 (52.7%)	12:38	4.7 (47.0%)
396	<b>CHEŁCHOWSKA Katarzyna</b>	<b>74</b>		K-30	54	NO	01:31:19	03:04:39				<b>04:25:58.05</b>	+02:20:17 (52.7%)	12:39	4.7 (47.0%)
397	<b>KOWAŃSKA Aleksandra</b>	<b>233</b>		K-40	55	NIE	01:32:50	03:09:25				<b>04:28:10.70</b>	+02:22:30 (53.1%)	12:46	4.7 (47.0%)
398	<b>PERKA Barbara</b>	<b>386</b>		K-50	14	NIE	01:32:59	03:08:37				<b>04:29:31.05</b>	+02:23:50 (53.4%)	12:50	4.7 (47.0%)
399	<b>STYPUŁA Michał</b>	<b>472</b>	TE CONNECTIVITY	M-30	90	NIE	01:33:31	03:12:57				<b>04:29:33.60</b>	+02:23:53 (53.4%)	12:50	4.7 (47.0%)
400	<b>ADAMSKI Adam</b>	<b>3</b>		M-60	7	NIE	01:16:55	03:10:33				<b>04:31:33.55</b>	+02:25:53 (53.7%)	12:55	4.6 (46.0%)
401	<b>MALINOWSKI Przemek</b>	<b>308</b>		M-50	35	NIE	01:29:08	03:08:55				<b>04:33:09.50</b>	+02:27:29 (54.0%)	13:00	4.6 (46.0%)
402	<b>KRZYWAK Anna</b>	<b>254</b>		K-40	56	NIE	01:30:14	03:13:36				<b>04:33:43.65</b>	+02:28:03 (54.1%)	13:02	4.6 (46.0%)
403	<b>TOKARZ Robert</b>	<b>502</b>		M-50	36	NO	01:35:48	03:09:30				<b>04:35:17.70</b>	+02:29:37 (54.3%)	13:06	4.6 (46.0%)
404	<b>PAWŁOWSKA Basia</b>	<b>383</b>		K-30	55	NIE	01:34:17	03:15:10				<b>04:37:02.45</b>	+02:31:22 (54.6%)	13:11	4.5 (45.0%)
405	<b>NORKOWSKA Aleksandra</b>	<b>351</b>	ORANGE POLSKA	K-40	57	NIE	01:39:58	03:19:51				<b>04:40:02.70</b>	+02:34:22 (55.1%)	13:20	4.5 (45.0%)
406	<b>TURKIEWICZ Dawid</b>	<b>512</b>	WOLIBÓRZ W BIEGU	M-30	91	NIE	01:31:56	03:12:02				<b>04:40:15.30</b>	+02:34:34 (55.2%)	13:20	4.5 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
407	<b>ARMATYS Grzegorz</b>	<b>8</b>	ORANGE POLSKA	M-50	37		01:39:57	03:19:42				<b>04:41:02.70</b>	+02:35:22 (55.3%)	13:22	4.5 (45.0%)
408	<b>KALBARCZYK Beata</b>	<b>202</b>	ORANGE POLSKA	K-50	15	NIE	01:40:02	03:19:46				<b>04:41:08.80</b>	+02:35:28 (55.3%)	13:23	4.5 (45.0%)
409	<b>GINTER Katarzyna</b>	<b>138</b>		K-30	56	NIE	01:37:49	03:19:08				<b>04:43:12.70</b>	+02:37:32 (55.6%)	13:29	4.4 (44.0%)
410	<b>WYSOCKI Grzegorz</b>	<b>553</b>	KUGUAR XTREME RUNNERS	M-40	127	NIE	01:44:16	03:26:43				<b>04:43:23.85</b>	+02:37:43 (55.7%)	13:29	4.4 (44.0%)
411	<b>WAWRZYNIUK Małgorzata</b>	<b>528</b>		K-50	16	NIE	01:43:20	03:24:04				<b>04:45:22.95</b>	+02:39:42 (56.0%)	13:35	4.4 (44.0%)
412	<b>PEPŁOWSKA Sylwia</b>	<b>385</b>		K-40	58	NO	01:43:04	03:23:27				<b>04:46:43.10</b>	+02:41:02 (56.2%)	13:39	4.4 (44.0%)
413	<b>CISŁAK Anna</b>	<b>91</b>		K-30	57	NIE	01:43:01	03:23:29				<b>04:46:44.15</b>	+02:41:03 (56.2%)	13:39	4.4 (44.0%)
414	<b>ZAJĄC Andrzej</b>	<b>555</b>	DRUŻYNA SZPIKU	M-40	128	NIE	01:34:17	03:24:32				<b>04:47:58.70</b>	+02:42:18 (56.4%)	13:42	4.4 (44.0%)
415	<b>ZAJĄC Krzysztof</b>	<b>554</b>	BEZULTRADZIKI/WKURW_TEAM	M-40	129	NIE	01:34:14	03:24:30				<b>04:47:59.40</b>	+02:42:19 (56.4%)	13:42	4.4 (44.0%)
416	<b>BAJZERT Magdalena</b>	<b>14</b>		K-40	59	NIE	01:42:20	03:24:03				<b>04:49:25.55</b>	+02:43:45 (56.6%)	13:46	4.4 (44.0%)
417	<b>OLEK-WYSOCKA Monika</b>	<b>368</b>	KUGUAR XTREME RUNNERS	K-40	60	NIE	01:45:28	03:27:11				<b>04:50:58.80</b>	+02:45:18 (56.8%)	13:51	4.3 (43.0%)
418	<b>FAFARA Agnieszka</b>	<b>116</b>	BIEGNIĘTE LASKI	K-40	61	NIE	01:37:26	03:21:35				<b>04:51:18.40</b>	+02:45:38 (56.9%)	13:52	4.3 (43.0%)
419	<b>OCHOCKA Ewa</b>	<b>361</b>		K-40	62	NIE	01:37:37	03:21:36				<b>04:51:18.70</b>	+02:45:38 (56.9%)	13:52	4.3 (43.0%)
420	<b>KUDEŁKA Janusz</b>	<b>262</b>		M-50	38	NIE	01:42:47	03:23:48				<b>04:52:46.50</b>	+02:47:06 (57.1%)	13:56	4.3 (43.0%)
421	<b>BABIŃSKA Malwina</b>	<b>11</b>		K-30	58	NIE	01:41:51	03:29:06				<b>04:57:58.40</b>	+02:52:18 (57.8%)	14:11	4.2 (42.0%)
422	<b>BOROŃ-KOSIK Magda</b>	<b>52</b>		K-40	63	NIE	01:39:51	03:23:33				<b>05:01:22.75</b>	+02:55:42 (58.3%)	14:21	4.2 (42.0%)
423	<b>KĘPSKI Grzegorz</b>	<b>207</b>		M-30	92	NIE	01:54:19	03:40:56				<b>05:08:26.05</b>	+03:02:45 (59.3%)	14:41	4.1 (41.0%)
424	<b>MYSZYWODA Monika</b>	<b>342</b>		K-30	59	NIE	01:54:59	03:40:08				<b>05:13:39.15</b>	+03:07:58 (59.9%)	14:56	4 (40.0%)
425	<b>LEŚNA Monika</b>	<b>275</b>		K-30	60	NIE	01:52:32	03:38:31					+02:12:22	15:36	3.8 (38.0%)
426	<b>WŁODARCZYK Małgorzata</b>	<b>542</b>	COLOR TREND ORZECHOWO	K-40	64	NIE	01:48:41	03:43:23					+02:17:14	15:57	3.8 (38.0%)
427	<b>WŁODARCZYK Michał</b>	<b>543</b>	BMW	M-20	13	NIE	01:48:43	03:43:26					+02:17:17	15:57	3.8 (38.0%)
428	<b>BAKA Elzbieta</b>	<b>15</b>	LADIESLOSTGAŚBAGAŚ	K-40	65	NIE	00:58:12						+	8:18	7.2 (72.0%)
429	<b>BARTOSIK Kamila</b>	<b>23</b>	NIGHT RUNNERS WROCŁAW	K-40	66	NO	00:59:51						+	8:33	7 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
430	<b>WŁODARCZYK Krzysztof</b>	<b>540</b>	3TEAM MPEC KONIN	M-40	130	NIE	01:14:57				+	10:42	5.6 (56.0%)
431	<b>UPTAS Tomasz</b>	<b>516</b>	CROSS STRACENĆÓW TEAM	M-40	131	NIE	01:25:01				+	12:08	4.9 (49.0%)

Znaleziono 431 wynik(ów)