



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2023-01-21  
**Miejsce:** Karłów  
**Dystans:** 21 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>BRÝDL Pavel</b>	<b>554</b>	SALOMON/SUUNTO CZ	M-40	1	NIE	00:43:00	01:20:16	<b>01:57:31.45</b>		5:35	10.7 (100%)
2	<b>HLAVATÍK Jan</b>	<b>438</b>	JUMP SPORT F-M	M-30	1	NIE	00:43:31	01:21:03	<b>01:58:07.35</b>	+00:00:35 (0.5%)	5:37	10.7 (100%)
3	<b>KLIMCZAK Mikołaj</b>	<b>556</b>	PRZEDWOJEWSKI TEAM	M-30	2	NIE	00:43:10	01:21:29	<b>01:58:08.45</b>	+00:00:37 (0.5%)	5:37	10.7 (100%)
4	<b>JUREK Michał</b>	<b>43</b>	MILMET MIEROSZÓW / SALOMON	M-40	2	NIE	00:43:49	01:22:03	<b>01:58:17.60</b>	+00:00:46 (0.7%)	5:37	10.7 (100%)
5	<b>SOLC Vitezslav</b>	<b>517</b>	BK NÁCHOD	M-30	3	TAK	00:43:32	01:21:15	<b>02:00:09.90</b>	+00:02:38 (2.2%)	5:43	10.5 (98.1%)
6	<b>GRZESIEK Góral</b>	<b>84</b>	HEJ HEJ GURALU	M-30	4	NIE	00:45:40	01:26:18	<b>02:05:25.10</b>	+00:07:53 (6.3%)	5:58	10 (93.5%)
7	<b>RUTKOWSKI Dawid</b>	<b>107</b>	GRIZZLYTEAM/140MINUT.PL	M-40	3	TAK	00:45:34	01:27:12	<b>02:06:50.25</b>	+00:09:18 (7.3%)	6:02	9.9 (92.5%)
8	<b>BUCHERT Filip</b>	<b>141</b>	JUVENIA GŁUCHOŁAZY	M-20	1	NIE	00:46:27	01:27:58	<b>02:07:26.25</b>	+00:09:54 (7.8%)	6:04	9.9 (92.5%)
9	<b>GRUND Marek</b>	<b>130</b>	MAFIA TEAM LUBLINIEC	M-30	5	NIE	00:47:13	01:28:40	<b>02:08:43.50</b>	+00:11:12 (8.7%)	6:07	9.8 (91.6%)
10	<b>SZCZĘŚNIAK Piotr</b>	<b>455</b>	GVT	M-40	4	NIE	00:46:32	01:28:38	<b>02:09:02.25</b>	+00:11:30 (8.9%)	6:08	9.8 (91.6%)
11	<b>MASIAREK Maciej</b>	<b>491</b>		M-30	6	NIE	00:55:53	01:35:04	<b>02:12:56.00</b>	+00:15:24 (11.6%)	6:19	9.5 (88.8%)
12	<b>STACHOWIAK Łukasz</b>	<b>65</b>	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	M-30	7	NIE	00:49:46	01:31:56	<b>02:13:22.10</b>	+00:15:50 (11.9%)	6:21	9.4 (87.9%)
13	<b>LINKOWSKI Michał</b>	<b>17</b>	KB ILOVEZIEMEK / MARATOŃCZYK POZNAŃ	M-40	5	NIE	00:49:32	01:32:56	<b>02:13:34.80</b>	+00:16:03 (12.0%)	6:21	9.4 (87.9%)
14	<b>MAJCHRZAK Maciej</b>	<b>121</b>	AW - SZYBCIEJ - TEAM	M-30	8	NIE	00:49:44	01:34:51	<b>02:15:19.05</b>	+00:17:47 (13.1%)	6:26	9.3 (86.9%)
15	<b>KMIECIK Tomasz</b>	<b>211</b>	GOPR SUDETY	M-40	6	TAK	00:47:25	01:29:52	<b>02:17:12.45</b>	+00:19:41 (14.3%)	6:32	9.2 (86.0%)
16	<b>BOSAKIEWICZ Tomasz</b>	<b>223</b>		M-40	7	NIE	00:51:00	01:35:20	<b>02:18:05.25</b>	+00:20:33 (14.9%)	6:34	9.1 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
17	<b>KIEŁBASIEWICZ Dawid</b>	<b>174</b>	TRAIL IS OUR WAY	M-20	2	NIE	00:51:24	01:35:28	<b>02:18:39.55</b>	+00:21:08 (15.2%)	6:36	9.1 (85.0%)
18	<b>GRABEK Maciej</b>	<b>306</b>	ŚLĘZAK TEAM	M-30	9	NIE	00:54:03	01:39:38	<b>02:22:25.35</b>	+00:24:53 (17.5%)	6:46	8.8 (82.2%)
19	<b>WOJCZUK Paweł</b>	<b>449</b>		M-30	10	NIE	00:52:54	01:39:13	<b>02:24:38.30</b>	+00:27:06 (18.7%)	6:53	8.7 (81.3%)
20	<b>GOŁĄB Janusz</b>	<b>561</b>	TATRA EXPLORE	M-50	1	TAK	00:50:31	01:36:52	<b>02:25:02.60</b>	+00:27:31 (19.0%)	6:54	8.7 (81.3%)
21	<b>MAJEWSKA Agata</b>	<b>78</b>		K-40	1	NIE	00:53:17	01:39:16	<b>02:25:11.60</b>	+00:27:40 (19.1%)	6:54	8.7 (81.3%)
22	<b>MARCINOWSKI Paweł</b>	<b>549</b>	KLUB LEKKOATLETYCZNY ZIEMI KŁODZKIEJ	M-30	11	NIE	00:52:59	01:39:14	<b>02:25:28.25</b>	+00:27:56 (19.2%)	6:55	8.7 (81.3%)
23	<b>POLIŃSKI Robert</b>	<b>258</b>		M-30	12	NIE	00:54:58	01:41:03	<b>02:27:40.60</b>	+00:30:09 (20.4%)	7:01	8.5 (79.4%)
24	<b>DŁUGOŁĘCKI Konrad</b>	<b>243</b>	BIEGOWA ŚWIDNICA	M-40	8	NIE	00:54:48	01:42:37	<b>02:28:05.80</b>	+00:30:34 (20.6%)	7:03	8.5 (79.4%)
25	<b>GRACZ Paweł</b>	<b>498</b>	ULTRA DIABŁY TEAM LUBRZA	M-40	9	NIE	00:54:05	01:41:41	<b>02:28:10.30</b>	+00:30:38 (20.7%)	7:03	8.5 (79.4%)
26	<b>MÓLL Kacper</b>	<b>309</b>		M-20	3	NIE	00:55:23	01:42:59	<b>02:29:28.65</b>	+00:31:57 (21.4%)	7:07	8.4 (78.5%)
27	<b>SZYMCZYK Marcin</b>	<b>163</b>		M-30	13	NIE	00:57:52	01:43:45	<b>02:29:29.40</b>	+00:31:57 (21.4%)	7:07	8.4 (78.5%)
28	<b>ROJEWSKI Paweł</b>	<b>20</b>	EVERRUN	M-30	14	NIE	00:53:24	01:41:57	<b>02:29:38.50</b>	+00:32:07 (21.5%)	7:07	8.4 (78.5%)
29	<b>OBUCHOWICZ Artur</b>	<b>265</b>		M-40	10	NIE	00:56:57	01:43:51	<b>02:29:53.80</b>	+00:32:22 (21.6%)	7:08	8.4 (78.5%)
30	<b>SŁYSZ Szymon</b>	<b>99</b>	NSK RUNS	M-40	11	NIE	00:52:18	01:40:43	<b>02:29:59.30</b>	+00:32:27 (21.6%)	7:08	8.4 (78.5%)
31	<b>WYRODEK Jakub</b>	<b>322</b>	TURBOPTYSIE	M-30	15	NIE	01:01:32	01:47:31	<b>02:30:09.05</b>	+00:32:37 (21.7%)	7:09	8.4 (78.5%)
32	<b>CIEŹKI Konrad</b>	<b>166</b>	AKADEMIABIEGACZA.PL	M-40	12	NIE	00:55:22	01:43:44	<b>02:30:36.45</b>	+00:33:05 (22.0%)	7:10	8.4 (78.5%)
33	<b>WALCZYK Łukasz</b>	<b>465</b>	GVT BMC	M-40	13	TAK	00:56:30	01:45:15	<b>02:30:39.40</b>	+00:33:07 (22.0%)	7:10	8.4 (78.5%)
34	<b>LESZCZYŃSKI Michał</b>	<b>103</b>	SHT	M-40	14	NIE	00:54:04	01:43:43	<b>02:31:53.75</b>	+00:34:22 (22.6%)	7:13	8.3 (77.6%)
35	<b>FERENC-SZMUC Edyta</b>	<b>26</b>	KUDOWIANKA RUN	K-30	1	NIE	00:54:27	01:43:39	<b>02:32:04.70</b>	+00:34:33 (22.7%)	7:14	8.3 (77.6%)
36	<b>WINTER Piotr</b>	<b>67</b>	NIGHT RUNNERS	M-30	16	NIE	00:57:04	01:45:34	<b>02:32:06.30</b>	+00:34:34 (22.7%)	7:14	8.3 (77.6%)
37	<b>ORACZ Mateusz</b>	<b>132</b>	BEZ LITOŚCI	M-30	17	NIE	00:55:53	01:46:00	<b>02:32:25.70</b>	+00:34:54 (22.9%)	7:15	8.3 (77.6%)
38	<b>OLSZYNA Jakub</b>	<b>122</b>	BEZPIECZNY KAZBEK	M-30	18	TAK	01:00:25	01:48:39	<b>02:32:36.80</b>	+00:35:05 (23.0%)	7:16	8.3 (77.6%)
39	<b>FILUŚ Adam</b>	<b>497</b>		M-20	4	NIE	01:05:09	01:49:34	<b>02:32:51.25</b>	+00:35:19 (23.1%)	7:16	8.2 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
40	<b>SANKOWSKI Paweł</b>	<b>254</b>	PLACKI TEAM	M-30	19	NIE	00:57:08	01:45:59	<b>02:33:20.10</b>	+00:35:48 (23.4%)	7:18	8.2 (76.6%)
41	<b>SZUKAŁA Piotr</b>	<b>381</b>	SPELEOKLUB BOBRY	M-30	20	TAK	00:56:29	01:45:58	<b>02:33:29.65</b>	+00:35:58 (23.4%)	7:18	8.2 (76.6%)
42	<b>POSADOWSKI Szymon</b>	<b>525</b>		M-30	21	NIE	00:56:25	01:45:50	<b>02:33:44.75</b>	+00:36:13 (23.6%)	7:19	8.2 (76.6%)
43	<b>MÓLL Mateusz</b>	<b>264</b>	#SOBASTEAM	M-30	22	NIE	00:55:24	01:43:00	<b>02:34:05.20</b>	+00:36:33 (23.7%)	7:20	8.2 (76.6%)
44	<b>ZAWADZKI Rafał</b>	<b>502</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-40	15	TAK	00:59:18	01:47:30	<b>02:34:07.00</b>	+00:36:35 (23.7%)	7:20	8.2 (76.6%)
45	<b>GULCZYŃSKI Tomasz</b>	<b>71</b>		M-30	23	NIE	00:56:01	01:45:25	<b>02:34:29.40</b>	+00:36:57 (23.9%)	7:21	8.2 (76.6%)
46	<b>BOROWSKA Karolina</b>	<b>242</b>	KGHM ZG RUN	K-30	2	NIE	00:55:12	01:45:13	<b>02:34:46.95</b>	+00:37:15 (24.1%)	7:22	8.1 (75.7%)
47	<b>MICHAŁKIEWICZ Wojciech</b>	<b>415</b>	NOA	M-50	2	NIE	00:56:34	01:45:56	<b>02:34:58.30</b>	+00:37:26 (24.2%)	7:22	8.1 (75.7%)
48	<b>ŁUSIAK Łukasz</b>	<b>89</b>		M-30	24	NIE	00:57:08	01:46:19	<b>02:35:05.30</b>	+00:37:33 (24.2%)	7:23	8.1 (75.7%)
49	<b>URBAŃSKI Michał</b>	<b>246</b>	ŁĄDEK-ZDRÓJ RUNNERS	M-30	25	NIE	00:57:06	01:47:06	<b>02:35:30.80</b>	+00:37:59 (24.4%)	7:24	8.1 (75.7%)
50	<b>MARZEC Karolina</b>	<b>238</b>	DZIKIE DZIKI GORZÓW	K-40	2	NIE	00:57:31	01:47:29	<b>02:35:43.20</b>	+00:38:11 (24.5%)	7:24	8.1 (75.7%)
51	<b>OLESZOWSKI Marcin</b>	<b>450</b>		M-30	26	NIE	00:57:06	01:47:21	<b>02:35:45.80</b>	+00:38:14 (24.5%)	7:25	8.1 (75.7%)
52	<b>KURZAWIAK Grzegorz</b>	<b>3</b>	KUDOWIANKA RUN	M-40	16	NIE	00:54:53	01:45:20	<b>02:36:18.40</b>	+00:38:46 (24.8%)	7:26	8.1 (75.7%)
53	<b>CIRKO Arkadiusz</b>	<b>253</b>	KGHM ZG RUN	M-40	17	NIE	00:55:20	01:45:14	<b>02:36:22.35</b>	+00:38:50 (24.8%)	7:26	8.1 (75.7%)
54	<b>PALACZ Marcin</b>	<b>9</b>		M-40	18	NIE	01:01:44	01:49:57	<b>02:36:23.10</b>	+00:38:51 (24.8%)	7:26	8.1 (75.7%)
55	<b>SKALSKI Radosław</b>	<b>266</b>		M-50	3	NIE	00:57:27	01:47:02	<b>02:37:03.65</b>	+00:39:32 (25.2%)	7:28	8 (74.8%)
56	<b>LACHOWSKI Robert</b>	<b>2</b>	ROSSMANN	M-30	27	NIE	00:58:34	01:48:38	<b>02:37:27.50</b>	+00:39:56 (25.4%)	7:29	8 (74.8%)
57	<b>STYK Marek</b>	<b>413</b>		M-30	28	NIE	00:59:33	01:48:05	<b>02:37:33.60</b>	+00:40:02 (25.4%)	7:30	8 (74.8%)
58	<b>MATUSZAK Robert</b>	<b>294</b>	RSC BIKE RAWICZ	M-40	19	NIE	01:01:30	01:49:48	<b>02:37:47.40</b>	+00:40:15 (25.5%)	7:30	8 (74.8%)
59	<b>BONIKOWSKI Tomasz</b>	<b>461</b>		M-50	4	NIE	00:58:23	01:49:39	<b>02:38:10.25</b>	+00:40:38 (25.7%)	7:31	8 (74.8%)
60	<b>GORCZYCA Maria</b>	<b>510</b>		K-20	1	NIE	01:05:11	01:54:15	<b>02:38:30.35</b>	+00:40:58 (25.9%)	7:32	7.9 (73.8%)
61	<b>TOŚ Sebastian</b>	<b>60</b>		M-40	20	NIE	00:56:22	01:49:17	<b>02:38:47.65</b>	+00:41:16 (26.0%)	7:33	7.9 (73.8%)
62	<b>JAKUBCZAK Konrad</b>	<b>39</b>	DEBEŚCIAK	M-40	21	NIE	00:59:08	01:51:14	<b>02:40:40.50</b>	+00:43:09 (26.9%)	7:39	7.8 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
63	<b>PIWOŃSKI Adam</b>	<b>553</b>		M-40	22	NIE	01:00:28	01:49:47	<b>02:40:42.10</b>	+00:43:10 (26.9%)	7:39	7.8 (72.9%)
64	<b>KRUŻOŁEK Monika</b>	<b>284</b>	TURBOPTYSIE	K-30	3	NIE	01:00:28	01:51:47	<b>02:40:42.30</b>	+00:43:10 (26.9%)	7:39	7.8 (72.9%)
65	<b>KRYM Katarzyna</b>	<b>209</b>	NIGHTRUNNERSWROCLAW/POLISHWINGS	K-40	3	NIE	00:58:32	01:48:43	<b>02:42:32.10</b>	+00:45:00 (27.7%)	7:44	7.8 (72.9%)
66	<b>PAWLEWICZ Paweł</b>	<b>429</b>		M-30	29	TAK	01:02:47	01:54:29	<b>02:42:50.05</b>	+00:45:18 (27.8%)	7:45	7.7 (72.0%)
67	<b>WĘGŁOWSKI Maciej</b>	<b>473</b>	#BIEGIEMWLAS	M-50	5	NIE	01:02:45	01:54:24	<b>02:42:57.90</b>	+00:45:26 (27.9%)	7:45	7.7 (72.0%)
68	<b>DESKA Leszek</b>	<b>534</b>	WWW.LESZEKBIEGA.PL	M-40	23	NIE	00:57:54	01:49:13	<b>02:43:17.65</b>	+00:45:46 (28.0%)	7:46	7.7 (72.0%)
69	<b>TOL Kamil</b>	<b>295</b>	KUNA W AGREŚCIE	M-30	30	NIE	01:00:41	01:53:34	<b>02:43:20.95</b>	+00:45:49 (28.1%)	7:46	7.7 (72.0%)
70	<b>BOGUSZ Żaneta</b>	<b>536</b>	AWL	K-30	4	NIE	01:01:29	01:54:23	<b>02:43:21.85</b>	+00:45:50 (28.1%)	7:46	7.7 (72.0%)
71	<b>SAWICKI Bartosz</b>	<b>296</b>	DZIKIE DZIKI GORZÓW	M-30	31	NIE	01:03:34	01:55:14	<b>02:43:24.50</b>	+00:45:53 (28.1%)	7:46	7.7 (72.0%)
72	<b>PAJOR Bartosz</b>	<b>494</b>		M-30	32	NIE	01:02:43	01:54:25	<b>02:43:37.45</b>	+00:46:06 (28.2%)	7:47	7.7 (72.0%)
73	<b>DONDAJEWSKI Mikołaj</b>	<b>500</b>		M-20	5	NIE	01:06:34	01:54:36	<b>02:43:51.90</b>	+00:46:20 (28.3%)	7:48	7.7 (72.0%)
74	<b>WOJCIECHOWICZ Leszek</b>	<b>93</b>	BIEGACZE Z PRZYLESIA	M-40	24	NIE	00:57:56	01:51:02	<b>02:44:18.70</b>	+00:46:47 (28.5%)	7:49	7.7 (72.0%)
75	<b>RĘKOSIEWICZ Jakub</b>	<b>544</b>		M-40	25	TAK	01:00:59	01:54:10	<b>02:44:28.10</b>	+00:46:56 (28.5%)	7:49	7.7 (72.0%)
76	<b>CHMURA Jarosław</b>	<b>427</b>	UKS ARKADY RASZKÓW	M-50	6	NIE	01:08:16	01:58:15	<b>02:45:11.00</b>	+00:47:39 (28.9%)	7:51	7.6 (71.0%)
77	<b>PAULAVA Hanna</b>	<b>475</b>	LEGENDA	K-30	5	NIE	01:00:39	01:53:32	<b>02:45:12.95</b>	+00:47:41 (28.9%)	7:52	7.6 (71.0%)
78	<b>ZARODA Zbigniew</b>	<b>214</b>	TRITON KONIN	M-50	7	NIE	01:01:40	01:54:42	<b>02:45:38.40</b>	+00:48:06 (29.0%)	7:53	7.6 (71.0%)
79	<b>LEBIOTKOWSKI Adam</b>	<b>374</b>		M-20	6	NIE	00:59:59	01:53:00	<b>02:45:42.80</b>	+00:48:11 (29.1%)	7:53	7.6 (71.0%)
80	<b>BAL Bartosz</b>	<b>215</b>	STREFASPORTU.PL MW.INVEST	M-40	26	NIE	01:02:46	01:54:45	<b>02:45:43.30</b>	+00:48:11 (29.1%)	7:53	7.6 (71.0%)
81	<b>NIESPODZIANY Maciej</b>	<b>277</b>	EXTREME OUTDOOR	M-40	27	NIE	01:00:01	01:51:46	<b>02:46:03.90</b>	+00:48:32 (29.2%)	7:54	7.6 (71.0%)
82	<b>GRAD Adam</b>	<b>343</b>	ŁAKOMCZUSZEK	M-30	33	NIE	01:07:44	01:58:25	<b>02:46:13.05</b>	+00:48:41 (29.3%)	7:54	7.6 (71.0%)
83	<b>PRZYBYLSKI Rafał</b>	<b>229</b>	GVT	M-50	8	TAK	00:59:30	01:53:15	<b>02:46:41.50</b>	+00:49:10 (29.5%)	7:56	7.6 (71.0%)
84	<b>CHRESCIAK Bartosz</b>	<b>397</b>		M-30	34	TAK	01:00:02	01:53:59	<b>02:47:11.00</b>	+00:49:39 (29.7%)	7:57	7.5 (70.1%)
85	<b>WASILEWSKI Marcin</b>	<b>173</b>		M-30	35	NIE	01:02:48	01:55:53	<b>02:47:14.85</b>	+00:49:43 (29.7%)	7:57	7.5 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
86	<b>FLORCZAK Marek</b>	<b>515</b>		M-40	28	NIE	01:06:33	01:56:21	<b>02:47:23.25</b>	+00:49:51 (29.8%)	7:58	7.5 (70.1%)
87	<b>MARKIEWICZ Mariusz</b>	<b>168</b>	DZIKIE DZIKI GORZÓW	M-40	29	NIE	01:00:24	01:53:45	<b>02:47:27.65</b>	+00:49:56 (29.8%)	7:58	7.5 (70.1%)
88	<b>ŚWIĄTEK Julia</b>	<b>74</b>	GVT/IMMABEE	K-40	4	NIE	01:06:11	01:58:09	<b>02:47:36.20</b>	+00:50:04 (29.9%)	7:58	7.5 (70.1%)
89	<b>KLIMEK Antoni</b>	<b>501</b>		M-30	36	TAK	01:04:23	01:55:39	<b>02:47:37.00</b>	+00:50:05 (29.9%)	7:58	7.5 (70.1%)
90	<b>KOZAK Vlad</b>	<b>111</b>	HUTINPUJ	M-30	37	NIE	01:06:31	01:58:10	<b>02:47:47.50</b>	+00:50:16 (30.0%)	7:59	7.5 (70.1%)
91	<b>WELTER Przemysław</b>	<b>41</b>	KB SZAMOTUŁY	M-30	38	NIE	01:03:52	01:54:27	<b>02:48:12.25</b>	+00:50:40 (30.1%)	8:00	7.5 (70.1%)
92	<b>JUCHA Jacek</b>	<b>225</b>	CARBO ASECURA	M-50	9	NIE	01:02:49	01:55:46	<b>02:48:22.85</b>	+00:50:51 (30.2%)	8:01	7.5 (70.1%)
93	<b>JANOWSKI Michał</b>	<b>32</b>		M-30	39	NIE	01:00:22	01:53:21	<b>02:48:25.10</b>	+00:50:53 (30.2%)	8:01	7.5 (70.1%)
94	<b>PUTOWSKI Maciej</b>	<b>123</b>	NIGHT RUNNERS	M-30	40	NIE	01:06:37	01:59:56	<b>02:48:53.30</b>	+00:51:21 (30.4%)	8:02	7.5 (70.1%)
95	<b>POLKOWSKI Piotr</b>	<b>310</b>		M-30	41	TAK	01:06:34	01:59:10	<b>02:49:19.85</b>	+00:51:48 (30.6%)	8:03	7.4 (69.2%)
96	<b>BACHURSKI Tomasz</b>	<b>526</b>	AW-SZYBCIEJ-TEAM/KB HARCOWNIK	M-40	30	NIE	00:59:35	01:54:56	<b>02:49:51.45</b>	+00:52:20 (30.8%)	8:05	7.4 (69.2%)
97	<b>SROKA Marcin</b>	<b>61</b>	WLKP MOUNTAINS ULTRA	M-40	31	NIE	01:04:53	01:58:04	<b>02:49:58.45</b>	+00:52:27 (30.9%)	8:05	7.4 (69.2%)
98	<b>ODWROT Hubert</b>	<b>377</b>	3:33 TEAM	M-50	10	NIE		01:59:01	<b>02:50:00.00</b>	+00:52:28 (30.9%)	8:05	7.4 (69.2%)
99	<b>PONIATOWSKI Seweryn</b>	<b>24</b>	TEBIA RUNNERS	M-40	32	NIE	01:02:21	01:56:00	<b>02:50:03.25</b>	+00:52:31 (30.9%)	8:05	7.4 (69.2%)
100	<b>SZYMANSKA Joanna</b>	<b>143</b>		K-30	6	TAK	01:04:39	01:57:17	<b>02:50:13.65</b>	+00:52:42 (31.0%)	8:06	7.4 (69.2%)
101	<b>ORNOWSKI Remigiusz</b>	<b>151</b>	BIKEUUP	M-40	33	NIE	01:02:37	01:54:44	<b>02:50:32.90</b>	+00:53:01 (31.1%)	8:07	7.4 (69.2%)
102	<b>GRADKOWSKA Gosia</b>	<b>40</b>	BIEGAMY W PODKOWIE	K-40	5	NIE	01:04:57	01:57:37	<b>02:51:03.30</b>	+00:53:31 (31.3%)	8:08	7.4 (69.2%)
103	<b>POŁCZYŃSKI Paweł</b>	<b>27</b>	STALOWA ŁYDA	M-30	42	NIE	01:02:38	01:58:42	<b>02:52:09.70</b>	+00:54:38 (31.7%)	8:11	7.3 (68.2%)
104	<b>WALCZAK Adela</b>	<b>402</b>	TRAIL IS OUR WAY TEAM	K-30	7	NIE	01:06:56	02:01:12	<b>02:52:14.95</b>	+00:54:43 (31.8%)	8:12	7.3 (68.2%)
105	<b>KRAKOWSKI Krzysztof</b>	<b>219</b>		M-40	34	NIE	01:00:46	01:54:57	<b>02:53:22.05</b>	+00:55:50 (32.2%)	8:15	7.3 (68.2%)
106	<b>NAPIERAŁSKI Krzysztof</b>	<b>340</b>	DZIKIE DZIKI GORZÓW	M-40	35	TAK	01:00:39	01:55:28	<b>02:53:24.80</b>	+00:55:53 (32.2%)	8:15	7.3 (68.2%)
107	<b>MATYBA Anna</b>	<b>233</b>		K-20	2	NIE	01:06:58	02:00:07	<b>02:53:26.60</b>	+00:55:55 (32.2%)	8:15	7.3 (68.2%)
108	<b>JARUS Andrzej</b>	<b>405</b>	POLISH_WINGS	M-50	11	NIE	01:06:33	02:00:17	<b>02:53:39.00</b>	+00:56:07 (32.3%)	8:16	7.3 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
109	<b>NOWAK Marcin</b>	<b>127</b>	TIMJESTTIM	M-40	36	NIE	01:09:58	02:03:49	<b>02:53:42.50</b>	+00:56:11 (32.3%)	8:16	7.3 (68.2%)
110	<b>WESOŁEK Daniel</b>	<b>95</b>	ADIDAS RUNNERS POZNAŃ	M-30	43	NIE	01:02:32	01:57:30	<b>02:54:05.00</b>	+00:56:33 (32.5%)	8:17	7.2 (67.3%)
111	<b>SLOVÁK Tomáš</b>	<b>301</b>	DHL ITS RUNNING CLUB	M-50	12	NIE	01:04:38	02:00:02	<b>02:54:07.30</b>	+00:56:35 (32.5%)	8:17	7.2 (67.3%)
112	<b>ROMANOW Mateusz</b>	<b>273</b>	MATT	M-30	44	NIE	01:12:27	02:05:09	<b>02:54:07.65</b>	+00:56:36 (32.5%)	8:17	7.2 (67.3%)
113	<b>PARUCKI Michał</b>	<b>394</b>	VEGE RUNNERS / LECH POZNAŃ	M-40	37	NIE	01:03:42	02:00:29	<b>02:54:09.20</b>	+00:56:37 (32.5%)	8:17	7.2 (67.3%)
114	<b>DUDA Monika</b>	<b>547</b>	RAZ SZCZECIN	K-40	6	NIE	01:08:27	02:02:54	<b>02:54:32.10</b>	+00:57:00 (32.7%)	8:18	7.2 (67.3%)
115	<b>KRZYWDZIŃSKI Bartłomiej</b>	<b>239</b>		M-40	38	NIE	01:02:36	01:57:55	<b>02:55:00.70</b>	+00:57:29 (32.8%)	8:20	7.2 (67.3%)
116	<b>DZIERŻEŃSKA Monika</b>	<b>520</b>	STAJNIA BALONA	K-40	7	NIE	01:06:10	02:02:48	<b>02:55:02.55</b>	+00:57:31 (32.9%)	8:20	7.2 (67.3%)
117	<b>DĄBKIEWICZ Dominika</b>	<b>363</b>	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	8	NIE	01:09:40	02:03:31	<b>02:55:09.30</b>	+00:57:37 (32.9%)	8:20	7.2 (67.3%)
118	<b>MARKOCKI Dominik</b>	<b>368</b>	NOWAK TEAM	M-40	39	NIE	01:12:54	02:05:45	<b>02:55:09.90</b>	+00:57:38 (32.9%)	8:20	7.2 (67.3%)
119	<b>ZERZUT Jarosław</b>	<b>63</b>	FARTY PUSZCZY	M-50	13	NIE	01:01:34	01:58:58	<b>02:55:31.10</b>	+00:57:59 (33.0%)	8:21	7.2 (67.3%)
120	<b>LUBIK Adam</b>	<b>135</b>		M-30	45	TAK	01:06:09	02:02:16	<b>02:55:32.95</b>	+00:58:01 (33.1%)	8:21	7.2 (67.3%)
121	<b>KONDRACKI Jacek</b>	<b>300</b>	KUNA W AGREŚCIE	M-40	40	NIE	01:06:15	02:03:24	<b>02:55:50.65</b>	+00:58:19 (33.2%)	8:22	7.2 (67.3%)
122	<b>ZDUŃCZYK Paulina</b>	<b>160</b>	AKADEMIABIEGACZA.PL	K-30	8	NIE	01:08:50	02:03:22	<b>02:55:53.90</b>	+00:58:22 (33.2%)	8:22	7.2 (67.3%)
123	<b>LEŚNIEWSKA Justyna</b>	<b>212</b>	AKTYWNA NOWA RUDA	K-40	9	NIE	01:01:33	01:59:08	<b>02:56:06.95</b>	+00:58:35 (33.3%)	8:23	7.2 (67.3%)
124	<b>ANTECKI Jacek</b>	<b>170</b>		M-40	41	NIE	01:01:57	02:00:04	<b>02:56:30.35</b>	+00:58:58 (33.4%)	8:24	7.1 (66.4%)
125	<b>POMIANOWSKI Szymon</b>	<b>7</b>	KURACJUSZE	M-30	46	NIE	01:06:29	02:01:36	<b>02:56:36.50</b>	+00:59:05 (33.5%)	8:24	7.1 (66.4%)
126	<b>PETRYŃSKA Olga</b>	<b>543</b>	BIEGAMY W PODKOWIE	K-30	9	NIE	01:08:09	02:02:31	<b>02:56:56.60</b>	+00:59:25 (33.6%)	8:25	7.1 (66.4%)
127	<b>ŚLADEWSKI Grzegorz</b>	<b>508</b>		M-40	42	NIE	01:01:26	01:57:22	<b>02:57:09.30</b>	+00:59:37 (33.7%)	8:26	7.1 (66.4%)
128	<b>SZAMBELAN Arkadiusz</b>	<b>76</b>		M-30	47	NIE	01:08:31	02:00:08	<b>02:57:10.35</b>	+00:59:38 (33.7%)	8:26	7.1 (66.4%)
129	<b>ŻAK Piotr</b>	<b>275</b>		M-30	48	NIE	01:08:49	02:03:32	<b>02:57:26.85</b>	+00:59:55 (33.8%)	8:26	7.1 (66.4%)
130	<b>PODOLUK Marek</b>	<b>319</b>		M-40	43	NIE	01:03:47	01:59:54	<b>02:57:40.00</b>	+01:00:08 (33.9%)	8:27	7.1 (66.4%)
131	<b>PAWLAK Maciej</b>	<b>114</b>	3 TEAM KONIN / MPEC - KONIN	M-50	14	NIE	01:08:12	02:04:56	<b>02:57:54.75</b>	+01:00:23 (33.9%)	8:28	7.1 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>JAGODZIŃSKI Paweł</b>	<b>125</b>	3 TEAM KONIN / VIKMED KONIN	M-40	44	NIE	01:08:11	02:04:55	<b>02:57:54.75</b>	+01:00:23 (33.9%)	8:28	7.1 (66.4%)
133	<b>SZERMENT Eryk</b>	<b>361</b>	MAZURTEAM	M-40	45	NIE	01:08:34	02:04:11	<b>02:57:58.35</b>	+01:00:26 (34.0%)	8:28	7.1 (66.4%)
134	<b>SZYMAŃSKI Michał</b>	<b>464</b>	TENIS CENTRUM AS	M-20	7	NIE	01:05:08	02:03:23	<b>02:57:59.90</b>	+01:00:28 (34.0%)	8:28	7.1 (66.4%)
135	<b>PILARSKA Magdalena</b>	<b>115</b>	STR POZNAN/WKTJ	K-40	10	TAK	01:08:07	02:03:31	<b>02:58:59.05</b>	+01:01:27 (34.3%)	8:31	7 (65.4%)
136	<b>TURLEJ Dariusz</b>	<b>16</b>	BEZ KONDYCJI	M-60	1	NIE	01:08:55	02:06:25	<b>02:59:10.30</b>	+01:01:38 (34.4%)	8:31	7 (65.4%)
137	<b>HACHOŁ Justyna</b>	<b>171</b>		K-40	11	NIE	01:08:56	02:05:09	<b>02:59:22.30</b>	+01:01:50 (34.5%)	8:32	7 (65.4%)
138	<b>TRZPIOLA Tycjan</b>	<b>6</b>	KURACJUSZE	M-30	49	NIE	01:09:34	02:05:46	<b>02:59:47.20</b>	+01:02:15 (34.6%)	8:33	7 (65.4%)
139	<b>ODOLCZYK Jerzy</b>	<b>197</b>		M-60	2	NIE	01:09:27	02:05:52	<b>03:00:20.55</b>	+01:02:49 (34.8%)	8:35	7 (65.4%)
140	<b>PIETRZYK Tomasz</b>	<b>5</b>	LANIE NA ŚLĘŻY   140MINUTPL	M-40	46	NIE	01:04:48	02:03:20	<b>03:00:23.70</b>	+01:02:52 (34.9%)	8:35	7 (65.4%)
141	<b>ANDRZEJCZUK Marzena</b>	<b>546</b>	SAMA SOBIE	K-40	12	NIE	01:08:13	02:05:44	<b>03:01:07.10</b>	+01:03:35 (35.1%)	8:37	7 (65.4%)
142	<b>KRZESIMOWSKI Damian</b>	<b>72</b>		M-40	47	NIE	01:04:30	02:03:14	<b>03:01:07.85</b>	+01:03:36 (35.1%)	8:37	7 (65.4%)
143	<b>PODEJMA Grzegorz</b>	<b>388</b>	LOS	M-40	48	NIE	01:12:46	02:07:26	<b>03:01:30.10</b>	+01:03:58 (35.2%)	8:38	6.9 (64.5%)
144	<b>BYLINA Bartosz</b>	<b>467</b>		M-50	15	NIE	01:08:18	02:05:31	<b>03:01:30.40</b>	+01:03:58 (35.3%)	8:38	6.9 (64.5%)
145	<b>ZIELIŃSKA Iwona</b>	<b>527</b>		K-40	13	NIE	01:08:27	02:07:10	<b>03:01:33.55</b>	+01:04:02 (35.3%)	8:38	6.9 (64.5%)
146	<b>MOSTOWSKI Marcin</b>	<b>389</b>		M-30	50	NIE	01:12:53	02:07:41	<b>03:01:48.25</b>	+01:04:16 (35.4%)	8:39	6.9 (64.5%)
147	<b>WŁODARCZYK Krzysztof</b>	<b>159</b>	3 TEAM	M-40	49	NIE	01:09:15	02:08:20	<b>03:01:53.15</b>	+01:04:21 (35.4%)	8:39	6.9 (64.5%)
148	<b>BUGAJ Alan</b>	<b>516</b>		M-30	51	NIE	01:11:04	02:07:43	<b>03:02:19.70</b>	+01:04:48 (35.5%)	8:40	6.9 (64.5%)
149	<b>SYGIET Andrzej</b>	<b>382</b>	HEDONIŚCI	M-40	50	NIE	01:08:32	02:08:40	<b>03:02:29.05</b>	+01:04:57 (35.6%)	8:41	6.9 (64.5%)
150	<b>GÓRKA Piotr</b>	<b>200</b>		M-40	51	NIE	01:08:28	02:05:47	<b>03:02:56.05</b>	+01:05:24 (35.8%)	8:42	6.9 (64.5%)
151	<b>KŁÓDKIEWICZ Marcin</b>	<b>304</b>		M-30	52	NIE	01:12:42	02:09:49	<b>03:03:05.85</b>	+01:05:34 (35.8%)	8:43	6.9 (64.5%)
152	<b>RZEPNIEWSKI Łukasz</b>	<b>193</b>		M-40	52	NIE	01:12:56	02:09:48	<b>03:03:06.80</b>	+01:05:35 (35.8%)	8:43	6.9 (64.5%)
153	<b>ĆWIKLIŃSKI Maciej</b>	<b>110</b>	CITYZEN	M-40	53	NIE	01:12:01	02:08:56	<b>03:03:15.60</b>	+01:05:44 (35.9%)	8:43	6.9 (64.5%)
154	<b>ROKICKI Dawid</b>	<b>358</b>		M-40	54	NIE	01:06:38	02:03:54	<b>03:03:30.85</b>	+01:05:59 (36.0%)	8:44	6.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
155	<b>BARAN Zenon</b>	<b>201</b>		M-60	3	NIE	01:14:07	02:09:20	<b>03:03:31.80</b>	+01:06:00 (36.0%)	8:44	6.9 (64.5%)
156	<b>KOCJAN Paweł</b>	<b>46</b>	KIDS RUN TEAM	M-40	55	NIE	01:13:01	02:08:02	<b>03:03:32.80</b>	+01:06:01 (36.0%)	8:44	6.9 (64.5%)
157	<b>ADACH Dariusz</b>	<b>371</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	56	NIE	01:06:36	02:04:52	<b>03:04:12.70</b>	+01:06:41 (36.2%)	8:46	6.8 (63.6%)
158	<b>RATAJCZAK Tomasz</b>	<b>335</b>	PALETEAM	M-40	57	NIE	01:12:43	02:07:41	<b>03:04:27.20</b>	+01:06:55 (36.3%)	8:47	6.8 (63.6%)
159	<b>JAWORSKA Wioleta</b>	<b>28</b>		K-20	3	NIE	01:15:05	02:13:06	<b>03:04:35.00</b>	+01:07:03 (36.3%)	8:47	6.8 (63.6%)
160	<b>KALINOWSKI Grzegorz</b>	<b>232</b>	GVT	M-40	58	NIE	01:13:02	02:09:38	<b>03:04:38.05</b>	+01:07:06 (36.3%)	8:47	6.8 (63.6%)
161	<b>PYZIK Ewa</b>	<b>155</b>	MATNER RUNNING TEAM	K-40	14	NIE	01:16:18	02:11:03	<b>03:04:48.20</b>	+01:07:16 (36.4%)	8:48	6.8 (63.6%)
162	<b>BREWKA Wojciech</b>	<b>280</b>		M-40	59	NIE	01:14:05	02:13:25	<b>03:04:51.10</b>	+01:07:19 (36.4%)	8:48	6.8 (63.6%)
163	<b>JASIEWICZ Konrad</b>	<b>505</b>		M-30	53	NIE	01:12:24	02:09:43	<b>03:04:53.55</b>	+01:07:22 (36.4%)	8:48	6.8 (63.6%)
164	<b>GINTER Grzegorz</b>	<b>217</b>	AZS COLLEGIUM MEDICUM UJ	M-30	54	NIE	01:09:46	02:08:01	<b>03:05:10.90</b>	+01:07:39 (36.5%)	8:49	6.8 (63.6%)
165	<b>WSZĘDYBYŁ Dorota</b>	<b>94</b>	IMMABEE/CITYZEN	K-30	10	NIE	01:12:12	02:08:58	<b>03:05:40.45</b>	+01:08:09 (36.7%)	8:50	6.8 (63.6%)
166	<b>ROZMIAREK Przemysław</b>	<b>35</b>	BIEGAJĄCE KREJZOLE	M-40	60	NIE	01:16:19	02:14:20	<b>03:05:40.90</b>	+01:08:09 (36.7%)	8:50	6.8 (63.6%)
167	<b>NAPIERAŁA Marcin</b>	<b>348</b>	#BIEGIEMWLAS	M-40	61	NIE	01:10:30	02:10:35	<b>03:05:41.45</b>	+01:08:10 (36.7%)	8:50	6.8 (63.6%)
168	<b>RUKS Jarosław</b>	<b>167</b>		M-30	55	NIE	01:13:03	02:10:47	<b>03:05:43.85</b>	+01:08:12 (36.7%)	8:50	6.8 (63.6%)
169	<b>FRIDRICH Marcin</b>	<b>236</b>	TRENING I GÓRY	M-30	56	NIE	01:12:30	02:09:47	<b>03:05:57.60</b>	+01:08:26 (36.8%)	8:51	6.8 (63.6%)
170	<b>SIOREK Waldemar</b>	<b>524</b>	INDYWIDUALNE	M-50	16	NIE	01:05:11	02:07:39	<b>03:06:03.15</b>	+01:08:31 (36.8%)	8:51	6.8 (63.6%)
171	<b>HAJNCE Lech</b>	<b>531</b>		M-30	57	NIE	01:12:34	02:09:24	<b>03:06:06.15</b>	+01:08:34 (36.8%)	8:51	6.8 (63.6%)
172	<b>WRÓBEL Maciej</b>	<b>395</b>	VEGE RUNNERS	M-30	58	NIE	01:10:47	02:10:46	<b>03:06:09.30</b>	+01:08:37 (36.9%)	8:51	6.8 (63.6%)
173	<b>STASZEWSKI Dariusz</b>	<b>298</b>		M-30	59	NIE	01:04:49	02:04:40	<b>03:06:18.85</b>	+01:08:47 (36.9%)	8:52	6.8 (63.6%)
174	<b>ŁAPAWA Tomasz</b>	<b>443</b>	JUTROSIŃSKI KLUB BIEGACZY	M-40	62	NIE	01:16:20	02:11:20	<b>03:06:28.75</b>	+01:08:57 (37.0%)	8:52	6.8 (63.6%)
175	<b>BŁASZKOWIAK Błażej</b>	<b>194</b>		M-40	63	NIE	01:18:26	02:14:00	<b>03:06:31.95</b>	+01:09:00 (37.0%)	8:52	6.8 (63.6%)
176	<b>ANNOMALIA Anna</b>	<b>503</b>	CTS CZAJA	K-30	11	NIE	01:13:45	02:11:34	<b>03:06:48.95</b>	+01:09:17 (37.1%)	8:53	6.7 (62.6%)
177	<b>RYCHCIK-ZYGADŁO Edyta</b>	<b>221</b>		K-50	1	TAK	01:10:30	02:09:36	<b>03:06:53.55</b>	+01:09:22 (37.1%)	8:53	6.7 (62.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
178	<b>JAROCKI Paweł</b>	<b>90</b>		M-30	60	NIE	01:10:13	02:08:06	<b>03:07:05.30</b>	+01:09:33 (37.2%)	8:54	6.7 (62.6%)
179	<b>WARMUŁA Piotr</b>	<b>318</b>	FUNTRI	M-40	64	NIE	01:14:56	02:12:24	<b>03:07:06.75</b>	+01:09:35 (37.2%)	8:54	6.7 (62.6%)
180	<b>POGONOWSKI Tomasz</b>	<b>145</b>	BIEGACZE Z PRZYLESIA	M-40	65	NIE	01:06:40	02:07:38	<b>03:07:41.10</b>	+01:10:09 (37.4%)	8:56	6.7 (62.6%)
181	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>117</b>		K-30	12	NIE	01:03:27	02:06:52	<b>03:07:43.65</b>	+01:10:12 (37.4%)	8:56	6.7 (62.6%)
182	<b>SZYDŁOWSKI Patryk</b>	<b>410</b>		M-30	61	NIE	01:14:43	02:12:26	<b>03:07:43.85</b>	+01:10:12 (37.4%)	8:56	6.7 (62.6%)
183	<b>SOWIŃSKI Konrad</b>	<b>421</b>	OJ NIEFAJNIE	M-30	62	NIE	01:12:38	02:08:37	<b>03:07:50.30</b>	+01:10:18 (37.4%)	8:56	6.7 (62.6%)
184	<b>GRABOWICZ Paweł</b>	<b>411</b>		M-50	17	NIE	01:14:45	02:12:37	<b>03:08:08.80</b>	+01:10:37 (37.5%)	8:57	6.7 (62.6%)
185	<b>STELMACH Piotr</b>	<b>386</b>	WKTJ	M-40	66	TAK	01:07:15	02:07:41	<b>03:08:41.90</b>	+01:11:10 (37.7%)	8:59	6.7 (62.6%)
186	<b>WOŹNIAK Łukasz</b>	<b>532</b>		M-40	67	NIE	01:15:31	02:12:45	<b>03:08:45.10</b>	+01:11:13 (37.7%)	8:59	6.7 (62.6%)
187	<b>MARZEC Dominik</b>	<b>184</b>		M-30	63	NIE	01:14:09	02:12:03	<b>03:08:46.20</b>	+01:11:14 (37.7%)	8:59	6.7 (62.6%)
188	<b>BREWKA Wanda</b>	<b>282</b>	GTRAT	K-40	15	NIE	01:14:42	02:13:57	<b>03:08:49.30</b>	+01:11:17 (37.8%)	8:59	6.7 (62.6%)
189	<b>GOS Piotr</b>	<b>37</b>	#BIEGIEMWLAS	M-40	68	NIE	01:04:46	02:06:48	<b>03:08:50.70</b>	+01:11:19 (37.8%)	8:59	6.7 (62.6%)
190	<b>WOŹNIAK Sebastian</b>	<b>247</b>		M-40	69	NIE	01:10:12	02:09:17	<b>03:08:51.85</b>	+01:11:20 (37.8%)	8:59	6.7 (62.6%)
191	<b>GRAD Idalia</b>	<b>342</b>	ŁAKOMCZUSZEK	K-30	13	NIE	01:14:50	02:14:40	<b>03:08:56.75</b>	+01:11:25 (37.8%)	8:59	6.7 (62.6%)
192	<b>ŁĘKAWA Sebastian</b>	<b>230</b>	140MINUT.PL	M-40	70	NIE	01:09:12	02:09:41	<b>03:09:36.50</b>	+01:12:05 (38.0%)	9:01	6.6 (61.7%)
193	<b>PRUCHNIEWSKA Agnieszka</b>	<b>345</b>		K-40	16	NIE	01:10:28	02:10:34	<b>03:09:41.05</b>	+01:12:09 (38.0%)	9:01	6.6 (61.7%)
194	<b>KOWAŃSKI Tomasz</b>	<b>435</b>	WEEKENDOWA GRUPA BIEGOWA	M-40	71	NIE	01:09:42	02:09:46	<b>03:09:44.50</b>	+01:12:13 (38.1%)	9:02	6.6 (61.7%)
195	<b>WESOŁEK Paula</b>	<b>38</b>	ADIDAS RUNNERS POZNAŃ	K-30	14	NIE	01:14:58	02:14:10	<b>03:09:48.90</b>	+01:12:17 (38.1%)	9:02	6.6 (61.7%)
196	<b>PODEJMA Andrzej</b>	<b>390</b>	LOS OFIAROS	M-20	8	NIE	01:12:56	02:07:58	<b>03:09:52.75</b>	+01:12:21 (38.1%)	9:02	6.6 (61.7%)
197	<b>CIBIS Anna</b>	<b>457</b>		K-30	15	NIE	01:16:05	02:14:41	<b>03:09:53.60</b>	+01:12:22 (38.1%)	9:02	6.6 (61.7%)
198	<b>NOWAK Katarzyna</b>	<b>134</b>	TIM JEST TIM	K-40	17	NIE	01:18:43	02:15:36	<b>03:10:01.40</b>	+01:12:29 (38.2%)	9:02	6.6 (61.7%)
199	<b>BASTER Krzysztof</b>	<b>144</b>	MATNER RUNNING TEAM	M-50	18	NIE	01:16:02	02:14:38	<b>03:10:19.65</b>	+01:12:48 (38.3%)	9:03	6.6 (61.7%)
200	<b>GOZDUR Michał</b>	<b>80</b>		M-40	72	NIE	01:12:33	02:14:19	<b>03:10:20.30</b>	+01:12:48 (38.3%)	9:03	6.6 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
201	<b>SZUKAŁA Izabela</b>	<b>384</b>		K-30	16	NIE	01:11:39	02:10:44	<b>03:11:12.50</b>	+01:13:41 (38.5%)	9:06	6.6 (61.7%)
202	<b>DZICZEK Ireneusz</b>	<b>344</b>	RAZ SZCZECIN	M-50	19	NIE	01:08:30	02:07:37	<b>03:11:54.50</b>	+01:14:23 (38.8%)	9:08	6.6 (61.7%)
203	<b>WOLFF Maria</b>	<b>434</b>		K-30	17	NIE	01:11:57	02:13:35	<b>03:12:20.50</b>	+01:14:49 (38.9%)	9:09	6.6 (61.7%)
204	<b>TANAŚ Adam</b>	<b>493</b>	AMATOR BIEGANIA	M-40	73	NIE	01:09:45	02:09:21	<b>03:13:24.90</b>	+01:15:53 (39.2%)	9:12	6.5 (60.7%)
205	<b>GÓRNICKI Tomasz</b>	<b>412</b>		M-40	74	NIE	01:12:11	02:12:59	<b>03:13:26.75</b>	+01:15:55 (39.2%)	9:12	6.5 (60.7%)
206	<b>OSIECKI Edwin</b>	<b>557</b>	KUZNIA TRIATHLONU	M-50	20	TAK	01:19:58	02:18:53	<b>03:13:27.40</b>	+01:15:55 (39.3%)	9:12	6.5 (60.7%)
207	<b>TOMIAK Paulina</b>	<b>186</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-30	18	NIE	01:20:07	02:15:18	<b>03:13:27.65</b>	+01:15:56 (39.3%)	9:12	6.5 (60.7%)
208	<b>ALAN Siorek</b>	<b>425</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-20	9	TAK	01:12:10	02:13:58	<b>03:13:28.50</b>	+01:15:57 (39.3%)	9:12	6.5 (60.7%)
209	<b>ROŚLICKI Jarosław</b>	<b>262</b>	DTR BIEGA/MARIO TEAM/UBEZPIECZENIA DLA AKTYWNYCH SP. Z O.O.	M-40	75	NIE	01:25:11	02:20:08	<b>03:13:29.20</b>	+01:15:57 (39.3%)	9:12	6.5 (60.7%)
210	<b>DZIERŻANOWSKI Łukasz</b>	<b>267</b>		M-40	76	NIE	01:13:37	02:14:50	<b>03:13:30.20</b>	+01:15:58 (39.3%)	9:12	6.5 (60.7%)
211	<b>CHORAŻEWICZ Patryk</b>	<b>297</b>	KUNA W AGREŚCIE	M-40	77	NIE	01:09:35	02:12:22	<b>03:14:23.85</b>	+01:16:52 (39.5%)	9:15	6.5 (60.7%)
212	<b>DZIERŻANOWSKA Kasia</b>	<b>268</b>		K-40	18	NIE	01:13:24	02:14:45	<b>03:14:29.20</b>	+01:16:57 (39.6%)	9:15	6.5 (60.7%)
213	<b>KRAWIEC Piotr</b>	<b>271</b>		M-40	78	NIE	01:12:06	02:13:41	<b>03:14:30.95</b>	+01:16:59 (39.6%)	9:15	6.5 (60.7%)
214	<b>HRAB Wojciech</b>	<b>539</b>	NIGHT RUNNERS	M-40	79	TAK	01:19:18	02:19:25	<b>03:14:51.55</b>	+01:17:20 (39.7%)	9:16	6.5 (60.7%)
215	<b>ODOLCZYK Joanna</b>	<b>178</b>		K-50	2	NIE	01:14:02	02:14:39	<b>03:15:10.80</b>	+01:17:39 (39.8%)	9:17	6.5 (60.7%)
216	<b>ZACHCIAŁ Błażej</b>	<b>120</b>		M-30	64	NIE	01:12:29	02:13:49	<b>03:15:23.50</b>	+01:17:52 (39.9%)	9:18	6.4 (59.8%)
217	<b>NAKONECZNA Anna</b>	<b>316</b>		K-40	19	NIE	01:17:43	02:18:00	<b>03:15:54.95</b>	+01:18:23 (40.0%)	9:19	6.4 (59.8%)
218	<b>ČERVENÝ David</b>	<b>83</b>	B 612	M-40	80	NIE	01:09:59	02:13:56	<b>03:16:09.00</b>	+01:18:37 (40.1%)	9:20	6.4 (59.8%)
219	<b>GAWEŁ Julia</b>	<b>359</b>		K-20	4	NIE	01:16:52	02:17:21	<b>03:16:12.10</b>	+01:18:40 (40.1%)	9:20	6.4 (59.8%)
220	<b>HOFFMANN Barbara</b>	<b>538</b>	KS HADES POZNAŃ	K-30	19	NIE	01:13:12	02:16:51	<b>03:16:45.70</b>	+01:19:14 (40.3%)	9:22	6.4 (59.8%)
221	<b>ZIELENKIEWICZ Marcin</b>	<b>96</b>	FUNTRI	M-40	81	NIE	01:15:32	02:15:16	<b>03:16:47.20</b>	+01:19:15 (40.3%)	9:22	6.4 (59.8%)
222	<b>JURDZIAK Karolina</b>	<b>365</b>		K-40	20	NIE	01:16:00	02:16:12	<b>03:16:50.10</b>	+01:19:18 (40.3%)	9:22	6.4 (59.8%)
223	<b>JURDZIAK Jakub</b>	<b>364</b>		M-40	82	NIE	01:16:00	02:16:14	<b>03:16:50.25</b>	+01:19:18 (40.3%)	9:22	6.4 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
224	<b>PRESZ</b> Lukasz	<b>396</b>		M-30	65	NIE	01:08:29	02:13:24	<b>03:17:57.85</b>	+01:20:26 (40.6%)	9:25	6.4 (59.8%)
225	<b>SIEPIELSKI</b> Damian	<b>19</b>	SOLETANCHE POLSKA	M-30	66	NIE	01:13:03	02:16:04	<b>03:18:01.95</b>	+01:20:30 (40.7%)	9:25	6.4 (59.8%)
226	<b>JACHYMSKI</b> Jacek	<b>509</b>	AKADEMICKI KLUB GÓRSKI W ŁODZI	M-60	4	TAK	01:16:29	02:19:14	<b>03:18:09.80</b>	+01:20:38 (40.7%)	9:26	6.4 (59.8%)
227	<b>JÓZEFczyk</b> Justyna	<b>474</b>		K-40	21	NIE	01:15:32	02:19:23	<b>03:18:25.70</b>	+01:20:54 (40.8%)	9:26	6.4 (59.8%)
228	<b>BUCZAK</b> Jakub	<b>4</b>	BANDA ŚWIRÓW AUU	M-30	67	NIE	01:14:41	02:15:42	<b>03:18:27.50</b>	+01:20:56 (40.8%)	9:27	6.3 (58.9%)
229	<b>NAWROCKA</b> Sylwia	<b>400</b>	MAMA W BIEGU	K-40	22	NIE	01:16:16	02:18:30	<b>03:18:52.40</b>	+01:21:20 (40.9%)	9:28	6.3 (58.9%)
230	<b>MIEDZIŃSKI</b> Michał	<b>436</b>	JKS SALAMANDRA	M-30	68	NIE	01:09:34	02:17:02	<b>03:18:52.55</b>	+01:21:21 (40.9%)	9:28	6.3 (58.9%)
231	<b>POŁCZYŃSKI</b> Maciej	<b>162</b>	STALOWA ŁYDA	M-40	83	NIE	01:18:08	02:16:56	<b>03:18:57.75</b>	+01:21:26 (40.9%)	9:28	6.3 (58.9%)
232	<b>KUCHARSKI</b> Piotr	<b>55</b>	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M-50	21	NIE	01:11:03	02:14:34	<b>03:18:59.05</b>	+01:21:27 (40.9%)	9:28	6.3 (58.9%)
233	<b>PAWIŃSKI</b> Artur	<b>255</b>	KW WARSZAWA	M-40	84	TAK	01:16:03	02:19:19	<b>03:19:00.00</b>	+01:21:28 (40.9%)	9:28	6.3 (58.9%)
234	<b>POCIĘGIEL</b> Michał	<b>439</b>	SKAWINA BIEGA	M-40	85	NIE	01:14:53	02:17:19	<b>03:19:12.30</b>	+01:21:40 (41.0%)	9:29	6.3 (58.9%)
235	<b>KLIMECKI</b> Krzysztof	<b>165</b>	NSK RUNS	M-30	69	NIE	01:18:29	02:19:29	<b>03:19:18.25</b>	+01:21:46 (41.0%)	9:29	6.3 (58.9%)
236	<b>WIECZOREK</b> Agnieszka	<b>119</b>	NSK RUNS	K-40	23	NIE	01:18:22	02:19:28	<b>03:19:18.40</b>	+01:21:46 (41.0%)	9:29	6.3 (58.9%)
237	<b>WETULA</b> Zofia	<b>562</b>	TATRA EXPLORE	K-30	20	TAK	01:14:16	02:16:45	<b>03:19:27.80</b>	+01:21:56 (41.1%)	9:29	6.3 (58.9%)
238	<b>ANDRZEJCZAK</b> Paweł	<b>10</b>		M-40	86	NIE	01:06:29	02:13:33	<b>03:19:32.70</b>	+01:22:01 (41.1%)	9:30	6.3 (58.9%)
239	<b>GRYZ</b> Jacek	<b>308</b>	SUNFIT STUDIO	M-40	87	NIE	01:16:56	02:20:10	<b>03:19:45.60</b>	+01:22:14 (41.2%)	9:30	6.3 (58.9%)
240	<b>MŁYNARCZYK</b> Krzysztof	<b>148</b>		M-40	88	NIE	01:11:57	02:14:29	<b>03:19:48.70</b>	+01:22:17 (41.2%)	9:30	6.3 (58.9%)
241	<b>KOPYCZYŃSKA</b> Aleksandra	<b>355</b>		K-40	24	NIE	01:18:17	02:18:37	<b>03:19:49.25</b>	+01:22:17 (41.2%)	9:30	6.3 (58.9%)
242	<b>FLORCZAK</b> Monika	<b>146</b>		K-30	21	NIE	01:20:17	02:20:26	<b>03:19:53.80</b>	+01:22:22 (41.2%)	9:31	6.3 (58.9%)
243	<b>MAJEWSKI</b> Witold	<b>330</b>		M-40	89	NIE	01:16:49	02:20:13	<b>03:19:54.90</b>	+01:22:23 (41.2%)	9:31	6.3 (58.9%)
244	<b>MAZIAKOWSKI</b> Adam	<b>332</b>		M-20	10	NIE	01:16:27	02:20:03	<b>03:20:00.75</b>	+01:22:29 (41.2%)	9:31	6.3 (58.9%)
245	<b>KULA</b> Piotr	<b>329</b>	PRZEBIEGŁY ANALITYK	M-40	90	NIE	01:13:05	02:17:28	<b>03:20:07.20</b>	+01:22:35 (41.3%)	9:31	6.3 (58.9%)
246	<b>KRUSZEWSKI</b> Jacek	<b>454</b>	MARKOWI BIEGACZE	M-40	91	NIE	01:16:44	02:19:04	<b>03:20:33.65</b>	+01:23:02 (41.4%)	9:33	6.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
247	<b>FILIPIAK Sebastian</b>	<b>1</b>	EKIPA LIPA	M-40	92	NIE	01:18:26	02:18:10	<b>03:20:37.30</b>	+01:23:05 (41.4%)	9:33	6.3 (58.9%)
248	<b>PTASZEK Katarzyna</b>	<b>190</b>	ZASYSZKASMOLECKA	K-50	3	NIE	01:17:51	02:18:14	<b>03:20:50.10</b>	+01:23:18 (41.5%)	9:33	6.3 (58.9%)
249	<b>WOŹNY Krzysztof</b>	<b>353</b>	SPORTOWY KAŻMIERZ	M-40	93	NIE	01:16:22	02:19:06	<b>03:21:16.10</b>	+01:23:44 (41.6%)	9:35	6.3 (58.9%)
250	<b>CZERKAWSKI Paweł</b>	<b>537</b>		M-30	70	NIE	01:20:23	02:20:56	<b>03:21:41.10</b>	+01:24:09 (41.7%)	9:36	6.2 (57.9%)
251	<b>RAWICKI Filip</b>	<b>535</b>		M-30	71	NIE	01:19:50	02:19:26	<b>03:21:47.90</b>	+01:24:16 (41.8%)	9:36	6.2 (57.9%)
252	<b>PIATKOWSKI Michał</b>	<b>486</b>	CROSSFIT MOKOTÓW	M-40	94	NIE	01:12:09	02:14:27	<b>03:21:52.55</b>	+01:24:21 (41.8%)	9:36	6.2 (57.9%)
253	<b>PIDANTY Grzegorz</b>	<b>102</b>	ZHR	M-40	95	NIE	01:15:48	02:18:49	<b>03:21:54.05</b>	+01:24:22 (41.8%)	9:36	6.2 (57.9%)
254	<b>KRÓL-PIDANTY Marzena</b>	<b>82</b>		K-40	25	NIE	01:18:20	02:19:24	<b>03:21:54.50</b>	+01:24:23 (41.8%)	9:36	6.2 (57.9%)
255	<b>SAMOLAK Maciek</b>	<b>181</b>	NSK RUNS	M-40	96	NIE	01:12:11	02:17:38	<b>03:22:09.65</b>	+01:24:38 (41.9%)	9:37	6.2 (57.9%)
256	<b>CHUDY Kamil</b>	<b>484</b>		M-30	72	NIE	01:14:53	02:19:15	<b>03:22:29.50</b>	+01:24:58 (42.0%)	9:38	6.2 (57.9%)
257	<b>WRONA Łukasz</b>	<b>370</b>		M-40	97	NIE	01:18:25	02:20:44	<b>03:22:30.70</b>	+01:24:59 (42.0%)	9:38	6.2 (57.9%)
258	<b>ŚLIWKA Radosław</b>	<b>485</b>		M-40	98	NIE	01:16:58	02:23:18	<b>03:22:51.85</b>	+01:25:20 (42.1%)	9:39	6.2 (57.9%)
259	<b>BORYSIONEK Jarosław</b>	<b>506</b>		M-50	22	NIE	01:11:37	02:14:18	<b>03:23:12.15</b>	+01:25:40 (42.2%)	9:40	6.2 (57.9%)
260	<b>PAWLIK Katarzyna</b>	<b>101</b>		K-40	26	NIE	01:21:41	02:22:50	<b>03:23:52.80</b>	+01:26:21 (42.4%)	9:42	6.2 (57.9%)
261	<b>SKRZYPCZAK Michał</b>	<b>85</b>		M-40	99	NIE	01:14:45	02:14:37	<b>03:23:57.90</b>	+01:26:26 (42.4%)	9:42	6.2 (57.9%)
262	<b>STASIŃSKA-KOSTOWSKA Wiktoria</b>	<b>404</b>		K-20	5	NIE	01:18:51	02:21:01	<b>03:23:59.10</b>	+01:26:27 (42.4%)	9:42	6.2 (57.9%)
263	<b>TOMASZEWSKI Michał</b>	<b>260</b>	BIEG OPOLSKI	M-40	100	NIE	01:21:44	02:22:50	<b>03:23:59.90</b>	+01:26:28 (42.4%)	9:42	6.2 (57.9%)
264	<b>WRZESZCZ Marta</b>	<b>189</b>	NIGHT RUNERS	K-30	22	NIE	01:23:44	02:25:54	<b>03:25:14.25</b>	+01:27:42 (42.7%)	9:46	6.1 (57.0%)
265	<b>AUGUSTOWSKA Izabela</b>	<b>349</b>	BELLAMAR ORZESZKÓW	K-40	27	NIE	01:15:04	02:20:42	<b>03:25:31.75</b>	+01:28:00 (42.8%)	9:47	6.1 (57.0%)
266	<b>DUDEK Dawid</b>	<b>98</b>		M-20	11	NIE		02:16:38	<b>03:25:42.00</b>	+01:28:10 (42.9%)	9:47	6.1 (57.0%)
267	<b>BARANOWSKI Robert</b>	<b>333</b>		M-50	23	NIE	01:18:34	02:23:45	<b>03:26:01.20</b>	+01:28:29 (43.0%)	9:48	6.1 (57.0%)
268	<b>DZIERGWA Agnieszka</b>	<b>560</b>	PRZEDWOJEWSKI TEAM / RNB TEAM	K-30	23	NIE	01:16:04	02:22:14	<b>03:26:18.30</b>	+01:28:46 (43.0%)	9:49	6.1 (57.0%)
269	<b>NIEWIADOMSKI Marek</b>	<b>235</b>	CROSS KRAPKOWICE	M-30	73	TAK	01:15:37	02:21:34	<b>03:27:25.30</b>	+01:29:53 (43.3%)	9:52	6.1 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
270	<b>OLEJNIK Malgorzata</b>	<b>210</b>		K-40	28	NIE	01:16:12	02:21:05	<b>03:27:28.10</b>	+01:29:56 (43.4%)	9:52	6.1 (57.0%)
271	<b>MOTAŁA K</b>	<b>53</b>		K-40	29	NIE	01:22:08	02:24:36	<b>03:27:30.80</b>	+01:29:59 (43.4%)	9:52	6.1 (57.0%)
272	<b>WUJTKO Romuald</b>	<b>451</b>		M-50	24	NIE		02:22:47	<b>03:28:57.00</b>	+01:31:25 (43.8%)	9:57	6 (56.1%)
273	<b>OLIŃSKI Paweł</b>	<b>234</b>		M-30	74	NIE	01:23:34	02:29:07	<b>03:28:57.65</b>	+01:31:26 (43.8%)	9:57	6 (56.1%)
274	<b>BONIEC Aleksander</b>	<b>216</b>	NADLEŚNICTWO LIPINKI	M-60	5	NIE	01:13:12	02:22:47	<b>03:29:01.70</b>	+01:31:30 (43.8%)	9:57	6 (56.1%)
275	<b>SŁAWIŃSKA Agata</b>	<b>337</b>		K-40	30	NIE	01:18:44	02:25:26	<b>03:29:06.65</b>	+01:31:35 (43.8%)	9:57	6 (56.1%)
276	<b>BEKER Jan</b>	<b>338</b>		M-50	25	NIE	01:18:54	02:25:29	<b>03:29:06.95</b>	+01:31:35 (43.8%)	9:57	6 (56.1%)
277	<b>GÓRNY Robert</b>	<b>321</b>	THE-SKY-IS-NO-LIMIT	M-30	75	NIE	01:23:53	02:30:38	<b>03:29:21.25</b>	+01:31:49 (43.9%)	9:58	6 (56.1%)
278	<b>RADŁOWSKA Mariola</b>	<b>490</b>	#PROSECCOTEAM	K-30	24	NIE	01:18:45	02:22:49	<b>03:30:04.55</b>	+01:32:33 (44.1%)	10:00	6 (56.1%)
279	<b>WITLICKI Kacper</b>	<b>442</b>		M-20	12	NIE	01:18:25	02:28:13	<b>03:30:13.00</b>	+01:32:41 (44.1%)	10:00	6 (56.1%)
280	<b>GRUDNIEWSKI Jakub</b>	<b>79</b>		M-30	76	NIE	01:23:42	02:26:04	<b>03:30:15.55</b>	+01:32:44 (44.1%)	10:00	6 (56.1%)
281	<b>ŻAK Dominika</b>	<b>109</b>	FARTY PUSZCZY	K-30	25	NIE	01:20:04	02:27:00	<b>03:30:17.70</b>	+01:32:46 (44.1%)	10:00	6 (56.1%)
282	<b>SOWIŃSKA Aleksandra</b>	<b>392</b>	OJ NIEFAJNIE	K-30	26	NIE	01:21:21	02:24:17	<b>03:30:38.70</b>	+01:33:07 (44.2%)	10:01	6 (56.1%)
283	<b>BANACH Tomasz</b>	<b>426</b>	OJ NIEFAJNIE	M-60	6	NIE	01:21:22	02:24:19	<b>03:30:39.80</b>	+01:33:08 (44.2%)	10:01	6 (56.1%)
284	<b>BŁACHNIO Krzysztof</b>	<b>399</b>	RAZ - SZCZECIN	M-50	26	NIE	01:16:13	02:21:48	<b>03:31:10.70</b>	+01:33:39 (44.3%)	10:03	6 (56.1%)
285	<b>KUROWSKI Aleksander</b>	<b>292</b>		M-40	101	NIE	01:12:59	02:17:38	<b>03:31:31.45</b>	+01:34:00 (44.4%)	10:04	6 (56.1%)
286	<b>BOREK Mateusz</b>	<b>158</b>		M-30	77	NIE	01:23:37	02:30:59	<b>03:31:32.05</b>	+01:34:00 (44.4%)	10:04	6 (56.1%)
287	<b>PIOTROWSKA Edyta</b>	<b>199</b>	BRACTWO BIEGOWE BGK	K-40	31	NIE	01:16:10	02:24:13	<b>03:31:46.55</b>	+01:34:15 (44.5%)	10:05	5.9 (55.1%)
288	<b>BIECUSZEK Marlena</b>	<b>346</b>	AKTYWNA NOWA RUDA	K-30	27	NIE	01:20:07	02:26:56	<b>03:32:41.15</b>	+01:35:09 (44.7%)	10:07	5.9 (55.1%)
289	<b>MOSTOWSKA Joanna</b>	<b>499</b>		K-40	32	NIE	01:25:15	02:30:57	<b>03:32:49.25</b>	+01:35:17 (44.8%)	10:08	5.9 (55.1%)
290	<b>NOWAKOWSKI Leszek</b>	<b>354</b>		M-40	102		01:23:32	02:27:45	<b>03:32:57.60</b>	+01:35:26 (44.8%)	10:08	5.9 (55.1%)
291	<b>KOSTYK Grzegorz</b>	<b>50</b>		M-40	103	NIE	01:23:14	02:30:54	<b>03:33:05.55</b>	+01:35:34 (44.8%)	10:08	5.9 (55.1%)
292	<b>MICHALAK Ildar</b>	<b>433</b>		M-40	104	NIE	01:12:26	02:18:05	<b>03:33:46.50</b>	+01:36:15 (45.0%)	10:10	5.9 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
293	<b>STUPAK Ada</b>	<b>323</b>	KB ODRA OPOLE	K-30	28	NIE	01:26:44	02:32:28	<b>03:33:47.20</b>	+01:36:15 (45.0%)	10:10	5.9 (55.1%)
294	<b>HRYCAJ Marcin</b>	<b>324</b>	KB ODRA OPOLE	M-40	105	NIE	01:26:45	02:32:23	<b>03:33:48.05</b>	+01:36:16 (45.0%)	10:10	5.9 (55.1%)
295	<b>STEPIEN Magdalena</b>	<b>86</b>	PSZCZÓŁKI	K-30	29	NIE	01:26:56	02:33:11	<b>03:33:48.85</b>	+01:36:17 (45.0%)	10:10	5.9 (55.1%)
296	<b>SZYGENDA Sebastian</b>	<b>545</b>	TIGER TEAM	M-40	106	NIE	01:20:11	02:25:43	<b>03:34:08.40</b>	+01:36:36 (45.1%)	10:11	5.9 (55.1%)
297	<b>SZCZEPANIAK Anna</b>	<b>347</b>	AS CAMPS	K-30	30	NIE	01:16:46	02:20:54	<b>03:34:13.10</b>	+01:36:41 (45.1%)	10:12	5.9 (55.1%)
298	<b>FILIPOWICZ Dominik</b>	<b>106</b>		M-30	78	NIE	01:21:52	02:30:56	<b>03:34:27.50</b>	+01:36:56 (45.2%)	10:12	5.9 (55.1%)
299	<b>MARCZAK Maciej</b>	<b>533</b>	KOMORNIKI MTB TEAM	M-40	107	NIE	01:20:06	02:25:07	<b>03:34:57.90</b>	+01:37:26 (45.3%)	10:14	5.9 (55.1%)
300	<b>SKORUPSKI Szymon</b>	<b>487</b>	KURCJUSZE	M-30	79	NIE	01:21:43	02:26:26	<b>03:35:22.40</b>	+01:37:50 (45.4%)	10:15	5.9 (55.1%)
301	<b>BEKER Katarzyna</b>	<b>137</b>	HOREDUPY	K-30	31	NIE	01:22:02	02:29:38	<b>03:35:25.00</b>	+01:37:53 (45.4%)	10:15	5.8 (54.2%)
302	<b>KUMOR Weronika</b>	<b>180</b>	EVERRUN	K-40	33	NIE	01:21:27	02:28:33	<b>03:35:39.50</b>	+01:38:08 (45.5%)	10:16	5.8 (54.2%)
303	<b>PAWLAK Sławomir</b>	<b>441</b>	#PAWLAKTEAM	M-40	108	NIE	01:19:20	02:28:12	<b>03:35:42.95</b>	+01:38:11 (45.5%)	10:16	5.8 (54.2%)
304	<b>WIECZOREK Artur</b>	<b>227</b>	BIEGACZE Z PRZYLESIA	M-40	109	NIE	01:23:36	02:30:47	<b>03:35:43.95</b>	+01:38:12 (45.5%)	10:16	5.8 (54.2%)
305	<b>MACIEJEWSKI Paweł</b>	<b>105</b>	BIEGACZE Z PRZYLESIA	M-30	80	NIE	01:23:37	02:30:49	<b>03:35:45.10</b>	+01:38:13 (45.5%)	10:16	5.8 (54.2%)
306	<b>HAREMZA Joanna</b>	<b>383</b>	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	K-40	34	TAK	01:19:31	02:28:29	<b>03:36:27.65</b>	+01:38:56 (45.7%)	10:18	5.8 (54.2%)
307	<b>BEDNARCZYK Bogusław</b>	<b>311</b>	PRO-RUN WROCŁAW	M-50	27	NIE	01:18:33	02:25:16	<b>03:36:31.60</b>	+01:39:00 (45.7%)	10:18	5.8 (54.2%)
308	<b>SIKORA Agnieszka</b>	<b>147</b>	MATNER RUNNING TEAM	K-50	4	NIE	01:27:30	02:32:35	<b>03:36:32.50</b>	+01:39:01 (45.7%)	10:18	5.8 (54.2%)
309	<b>SKRZYPCZAK Anna</b>	<b>278</b>	NIAGARA	K-40	35	NIE	01:28:24	02:37:05	<b>03:36:43.40</b>	+01:39:11 (45.8%)	10:19	5.8 (54.2%)
310	<b>WALIGÓRA Aleksandra</b>	<b>183</b>	NIAGARA	K-30	32	NIE	01:28:25	02:37:04	<b>03:36:43.50</b>	+01:39:12 (45.8%)	10:19	5.8 (54.2%)
311	<b>TRZEPACZ Dorota</b>	<b>414</b>	KB LUPUS OLEŚNICA	K-50	5	NIE	01:32:54	02:36:27	<b>03:37:29.85</b>	+01:39:58 (46.0%)	10:21	5.8 (54.2%)
312	<b>OLESEK Magdalena</b>	<b>424</b>	W POGONI ZA DUCHEM	K-30	33	TAK	01:20:10	02:25:28	<b>03:37:44.95</b>	+01:40:13 (46.0%)	10:22	5.8 (54.2%)
313	<b>KRACZOWSKI Mirosław</b>	<b>33</b>	STOCZNIA WULKAN	M-50	28	NIE	01:25:19	02:33:13	<b>03:37:57.85</b>	+01:40:26 (46.1%)	10:22	5.8 (54.2%)
314	<b>CHUDA Joanna</b>	<b>357</b>		K-30	34	NIE	01:23:20	02:31:21	<b>03:38:14.15</b>	+01:40:42 (46.1%)	10:23	5.8 (54.2%)
315	<b>KORBECKA Ula</b>	<b>447</b>		K-30	35	NIE	01:14:51	02:25:04	<b>03:38:32.40</b>	+01:41:00 (46.2%)	10:24	5.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
316	<b>ANDRUSZKÓW Piotr</b>	<b>563</b>		M-40	110	NIE	01:23:52	02:30:34	<b>03:38:32.65</b>	+01:41:01 (46.2%)	10:24	5.8 (54.2%)
317	<b>KASIŃSKI Wojciech</b>	<b>191</b>	ULTRAPLESS	M-60	7	NIE	01:21:47	02:30:22	<b>03:38:41.90</b>	+01:41:10 (46.3%)	10:24	5.8 (54.2%)
318	<b>GRZEGORZEWSKA Marlena</b>	<b>51</b>	DAISYPLESS	K-50	6	NIE	01:21:48	02:30:24	<b>03:38:41.95</b>	+01:41:10 (46.3%)	10:24	5.8 (54.2%)
319	<b>TOMIAK Dominik</b>	<b>207</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA / NBTZ	M-40	111	NIE	01:24:05	02:32:29	<b>03:38:43.65</b>	+01:41:12 (46.3%)	10:24	5.8 (54.2%)
320	<b>FRAĆZEK Iwona</b>	<b>8</b>	FUNTRI	K-40	36	NIE	01:27:04	02:33:19	<b>03:38:47.00</b>	+01:41:15 (46.3%)	10:25	5.8 (54.2%)
321	<b>KACZMAREK Aleksandra</b>	<b>468</b>	KACZMAREK TEAM	K-40	37	NIE	01:23:21	02:32:13	<b>03:39:15.00</b>	+01:41:43 (46.4%)	10:26	5.7 (53.3%)
322	<b>KOLEJ Monika</b>	<b>286</b>	DZIKIE DZIKI GORZÓW	K-40	38	NIE	01:18:41	02:29:57	<b>03:39:36.30</b>	+01:42:04 (46.5%)	10:27	5.7 (53.3%)
323	<b>MROZIK Mariusz</b>	<b>339</b>	DZIKIE DZIKI GORZÓW	M-40	112	NIE	01:18:41	02:29:58	<b>03:39:36.60</b>	+01:42:05 (46.5%)	10:27	5.7 (53.3%)
324	<b>WIŚNIEWSKA Anna</b>	<b>445</b>		K-30	36	TAK	01:23:31	02:31:29	<b>03:40:04.70</b>	+01:42:33 (46.6%)	10:28	5.7 (53.3%)
325	<b>FIGUŁA Sławomir</b>	<b>176</b>		M-40	113	NIE	01:22:07	02:30:51	<b>03:40:05.40</b>	+01:42:33 (46.6%)	10:28	5.7 (53.3%)
326	<b>RADOMSKI Wojciech</b>	<b>444</b>		M-30	81	TAK	01:23:31	02:31:30	<b>03:40:06.20</b>	+01:42:34 (46.6%)	10:28	5.7 (53.3%)
327	<b>KARAŚ Magda</b>	<b>479</b>		K-20	6	NIE	01:22:06	02:32:24	<b>03:40:13.90</b>	+01:42:42 (46.6%)	10:29	5.7 (53.3%)
328	<b>ZAJĄC Andrzej</b>	<b>366</b>		M-30	82	NIE	01:22:05	02:32:25	<b>03:40:14.05</b>	+01:42:42 (46.6%)	10:29	5.7 (53.3%)
329	<b>JAWORSKI Jarosław</b>	<b>512</b>	LOVELY WINTER MOUNTAIN RUNNING	M-30	83	NIE	01:19:37	02:31:54	<b>03:40:18.60</b>	+01:42:47 (46.7%)	10:29	5.7 (53.3%)
330	<b>NOWACKI Łukasz</b>	<b>334</b>	POGODNI	M-40	114	NIE	01:27:20	02:33:25	<b>03:40:19.55</b>	+01:42:48 (46.7%)	10:29	5.7 (53.3%)
331	<b>WOJCIESZAK Klaudia</b>	<b>92</b>	TEAM ZABIEGANEDNI	K-40	39	NIE	01:20:01	02:30:02	<b>03:40:42.60</b>	+01:43:11 (46.8%)	10:30	5.7 (53.3%)
332	<b>OSIECKA Beata</b>	<b>528</b>	KUŹNIA TRIATLONU	K-50	7	NIE	01:26:24	02:35:55	<b>03:40:56.50</b>	+01:43:25 (46.8%)	10:31	5.7 (53.3%)
333	<b>STACIWO Justyna</b>	<b>488</b>	KURACJUSZE	K-40	40	NIE	01:23:38	02:30:46	<b>03:41:10.20</b>	+01:43:38 (46.9%)	10:31	5.7 (53.3%)
334	<b>PRZYBYSZ Artur</b>	<b>164</b>		M-30	84	NIE	01:24:03	02:33:09	<b>03:41:13.00</b>	+01:43:41 (46.9%)	10:32	5.7 (53.3%)
335	<b>PASTECKI Marcin</b>	<b>456</b>		M-40	115	NIE	01:21:34	02:30:43	<b>03:41:35.20</b>	+01:44:03 (47.0%)	10:33	5.7 (53.3%)
336	<b>KULAWINSKI Marek</b>	<b>305</b>		M-50	29	NIE	01:38:22		<b>03:42:10.25</b>	+01:44:38 (47.1%)	10:34	5.7 (53.3%)
337	<b>NIGBOR-FOGEL Katarzyna</b>	<b>471</b>		K-30	37	NIE	01:22:27	02:32:43	<b>03:42:39.85</b>	+01:45:08 (47.2%)	10:36	5.7 (53.3%)
338	<b>FIGEL Monika</b>	<b>21</b>	MIKI TEAM	K-40	41	NIE	01:43:51		<b>03:42:47.70</b>	+01:45:16 (47.3%)	10:36	5.7 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
339	<b>SERWATKIEWICZ Grzegorz</b>	<b>523</b>		M-40	116	NIE	01:18:19	02:27:12	<b>03:43:05.40</b>	+01:45:33 (47.3%)	10:37	5.6 (52.3%)
340	<b>MADETKO Arkadiusz</b>	<b>466</b>		M-30	85	NIE	01:37:01	02:41:08	<b>03:43:36.55</b>	+01:46:05 (47.4%)	10:38	5.6 (52.3%)
341	<b>BEDNAREK Michal</b>	<b>469</b>	CROSSELITE	M-40	117	NIE	01:23:20	02:32:20	<b>03:44:06.25</b>	+01:46:34 (47.6%)	10:40	5.6 (52.3%)
342	<b>PASTERNAK Wojciech</b>	<b>352</b>	POGODNI	M-40	118	NIE	01:28:12	02:33:51	<b>03:44:23.65</b>	+01:46:52 (47.6%)	10:41	5.6 (52.3%)
343	<b>JAŚKIEWICZ Katarzyna</b>	<b>138</b>	RAZ SZCZECIN	K-40	42	NIE	01:23:11	02:31:55	<b>03:44:42.30</b>	+01:47:10 (47.7%)	10:42	5.6 (52.3%)
344	<b>PIECUCH Małgorzata</b>	<b>202</b>		K-60	1	NIE	01:23:55	02:34:19	<b>03:45:18.10</b>	+01:47:46 (47.8%)	10:43	5.6 (52.3%)
345	<b>STUDZIŃSKI Dawid</b>	<b>315</b>		M-30	86	TAK	01:28:28	02:34:41	<b>03:45:23.00</b>	+01:47:51 (47.9%)	10:43	5.6 (52.3%)
346	<b>ZASOWSKI Rafal</b>	<b>489</b>		M-40	119	NIE	01:21:38	02:35:22	<b>03:45:24.80</b>	+01:47:53 (47.9%)	10:44	5.6 (52.3%)
347	<b>GÓRCZYŃSKI Rafał</b>	<b>152</b>		M-40	120	NIE	01:18:37	02:27:44	<b>03:46:30.50</b>	+01:48:59 (48.1%)	10:47	5.6 (52.3%)
348	<b>STAMM Tomasz</b>	<b>341</b>		M-50	30	NIE	01:20:22	02:31:26	<b>03:46:52.70</b>	+01:49:21 (48.2%)	10:48	5.6 (52.3%)
349	<b>ZBYSZEWSKA Izabela</b>	<b>519</b>	MISJA X	K-40	43	NIE	01:27:33	02:37:14	<b>03:47:27.05</b>	+01:49:55 (48.3%)	10:49	5.5 (51.4%)
350	<b>KOSZELA Michał</b>	<b>518</b>	MISJAX.PL	M-40	121	NIE	01:27:32	02:37:03	<b>03:47:29.10</b>	+01:49:57 (48.3%)	10:49	5.5 (51.4%)
351	<b>GOZDYRA Dariusz</b>	<b>542</b>	RAZ SZCZECIN	M-40	122	NIE	01:19:18	02:31:56	<b>03:48:00.10</b>	+01:50:28 (48.5%)	10:51	5.5 (51.4%)
352	<b>URBANOWICZ Cezary</b>	<b>428</b>		M-30	87	NIE	01:26:50	02:37:15	<b>03:48:01.40</b>	+01:50:29 (48.5%)	10:51	5.5 (51.4%)
353	<b>NIEDOBA Barbara</b>	<b>287</b>	TIM JEST TIM	K-40	44	NIE	01:24:25	02:31:12	<b>03:48:18.95</b>	+01:50:47 (48.5%)	10:52	5.5 (51.4%)
354	<b>PRZYBYŁ Tomasz</b>	<b>317</b>	NIGHT RUNNERS	M-40	123	NIE	01:27:24	02:37:56	<b>03:49:04.30</b>	+01:51:32 (48.7%)	10:54	5.5 (51.4%)
355	<b>SZERMENT Magdalena</b>	<b>360</b>	MAZURTEAM	K-40	45	NIE	01:25:09	02:37:24	<b>03:49:06.45</b>	+01:51:35 (48.7%)	10:54	5.5 (51.4%)
356	<b>NAPIERAŁA Tadeusz</b>	<b>529</b>	TEGES	M-60	8	NIE	01:27:25	02:35:20	<b>03:49:13.45</b>	+01:51:42 (48.7%)	10:54	5.5 (51.4%)
357	<b>WŁODARSKI Piotr</b>	<b>154</b>	ZRYW PARZYMIECHY	M-30	88	NIE	01:23:59	02:37:02	<b>03:50:31.00</b>	+01:52:59 (49.0%)	10:58	5.5 (51.4%)
358	<b>KASPERCZYK Engelbert</b>	<b>492</b>		M-40	124	NIE	01:23:18	02:31:44	<b>03:50:45.40</b>	+01:53:13 (49.1%)	10:59	5.5 (51.4%)
359	<b>ANGOWSKI Andrzej</b>	<b>409</b>		M-40	125	NIE	01:33:01	02:45:52	<b>03:51:07.20</b>	+01:53:35 (49.2%)	11:00	5.5 (51.4%)
360	<b>KOLAŚNIEWSKI Marek</b>	<b>218</b>		M-40	126	TAK	01:25:49	02:37:47	<b>03:51:14.60</b>	+01:53:43 (49.2%)	11:00	5.4 (50.5%)
361	<b>BARAN Paulina</b>	<b>208</b>		K-30	38	NIE	01:24:11	02:37:23	<b>03:51:51.95</b>	+01:54:20 (49.3%)	11:02	5.4 (50.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
362	<b>OSIADACZ Piotr</b>	<b>336</b>	TRENING I GÓRY	M-40	127	NIE	01:25:12	02:33:43	<b>03:51:53.35</b>	+01:54:21 (49.3%)	11:02	5.4 (50.5%)
363	<b>NATKANIEC Grazyna</b>	<b>47</b>	EKIPA LIPA	K-50	8	NIE	01:23:39	02:36:58	<b>03:52:29.20</b>	+01:54:57 (49.4%)	11:04	5.4 (50.5%)
364	<b>PAWLICKI Maciej</b>	<b>91</b>		M-30	89	NIE	01:28:23	02:38:49	<b>03:52:37.80</b>	+01:55:06 (49.5%)	11:04	5.4 (50.5%)
365	<b>GRUSZKA Katarzyna</b>	<b>48</b>		K-30	39	NIE	01:28:22	02:38:48	<b>03:52:38.00</b>	+01:55:06 (49.5%)	11:04	5.4 (50.5%)
366	<b>GABRYLUK Łukasz</b>	<b>350</b>		M-30	90	TAK	01:49:38	02:48:40	<b>03:52:39.70</b>	+01:55:08 (49.5%)	11:04	5.4 (50.5%)
367	<b>SOBAŃSKI Roman</b>	<b>64</b>	TARNOWO PODGÓRNE BIEGA	M-40	128	NIE	01:27:05	02:40:52	<b>03:52:41.10</b>	+01:55:09 (49.5%)	11:04	5.4 (50.5%)
368	<b>GŁUSZCZAK Jerzy</b>	<b>507</b>	AKG ŁÓDŹ	M-60	9	TAK	01:25:22	02:38:23	<b>03:53:02.80</b>	+01:55:31 (49.6%)	11:05	5.4 (50.5%)
369	<b>STYPUŁA Michał</b>	<b>240</b>		M-30	91	NIE	01:24:09	02:38:42	<b>03:53:37.60</b>	+01:56:06 (49.7%)	11:07	5.4 (50.5%)
370	<b>PITRACHA-MICHALAK Agata</b>	<b>261</b>	TEAM MICHALAK ROGALINEK	K-40	46	NIE	01:31:13	02:45:58	<b>03:53:41.45</b>	+01:56:10 (49.7%)	11:07	5.4 (50.5%)
371	<b>KRAWIEC Paweł</b>	<b>440</b>	DAM RADEĘ	M-40	129	NIE	01:23:48	02:37:43	<b>03:54:11.00</b>	+01:56:39 (49.8%)	11:09	5.4 (50.5%)
372	<b>JAKIMKO Monika</b>	<b>87</b>	EKIPA LIPA	K-40	47	NIE	01:25:11	02:39:58	<b>03:54:55.90</b>	+01:57:24 (50.0%)	11:11	5.4 (50.5%)
373	<b>RATAJCZAK Karolina</b>	<b>205</b>		K-30	40	NIE	01:26:31	02:40:00	<b>03:54:56.75</b>	+01:57:25 (50.0%)	11:11	5.4 (50.5%)
374	<b>ŁASOCHA Kamila</b>	<b>241</b>	OWOCBIEGA TEAM	K-40	48	NIE	01:33:38	02:46:01	<b>03:54:58.90</b>	+01:57:27 (50.0%)	11:11	5.4 (50.5%)
375	<b>KRAWCZYK Krystian</b>	<b>77</b>	PINKY & MÓZG	M-40	130	NIE	01:38:23	02:45:49	<b>03:55:00.20</b>	+01:57:28 (50.0%)	11:11	5.4 (50.5%)
376	<b>WINNICKA Magdalena</b>	<b>153</b>		K-40	49	NIE	01:30:35	02:41:39	<b>03:55:53.35</b>	+01:58:21 (50.2%)	11:13	5.3 (49.5%)
377	<b>WOJCIECHOWSKI Andrzej</b>	<b>362</b>	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	M-40	131	NIE	01:24:00	02:39:25	<b>03:57:26.25</b>	+01:59:54 (50.5%)	11:18	5.3 (49.5%)
378	<b>GINTER Katarzyna</b>	<b>213</b>		K-30	41	NIE	01:27:54	02:41:53	<b>03:58:08.95</b>	+02:00:37 (50.7%)	11:20	5.3 (49.5%)
379	<b>CZERWONKA Zbigniew Czerwonka</b>	<b>88</b>		M-40	132	NIE	01:27:10	02:41:58	<b>03:58:09.05</b>	+02:00:37 (50.7%)	11:20	5.3 (49.5%)
380	<b>NOWAK Marta</b>	<b>131</b>	NARAMOWICE BIEGAJĄ	K-40	50	NIE	01:31:48	02:47:31	<b>03:58:35.85</b>	+02:01:04 (50.7%)	11:21	5.3 (49.5%)
381	<b>KOWALSKI Rafał</b>	<b>187</b>		M-50	31	NIE	01:23:17	02:42:06	<b>03:59:09.00</b>	+02:01:37 (50.9%)	11:23	5.3 (49.5%)
382	<b>ŁUSIAK Katarzyna</b>	<b>52</b>	NIGHT RUNNERS WROCŁAW	K-30	42	NIE	01:22:43	02:41:26	<b>03:59:11.25</b>	+02:01:39 (50.9%)	11:23	5.3 (49.5%)
383	<b>CZEKALSKA Magdalena</b>	<b>133</b>	NARAMOWICE BIEGAJĄ	K-40	51	NIE	01:31:52	02:47:40	<b>03:59:13.55</b>	+02:01:42 (50.9%)	11:23	5.3 (49.5%)
384	<b>CZEKALSKI Tomasz</b>	<b>139</b>	NARAMOWICE BIEGAJĄ	M-40	133	NIE	01:31:50	02:47:25	<b>03:59:14.00</b>	+02:01:42 (50.9%)	11:23	5.3 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
385	<b>PAŁUCKA Marta</b>	<b>128</b>	PROJEKT ULTRA	K-30	43	NIE	01:31:44	02:45:05	<b>04:00:02.20</b>	+02:02:30 (51.0%)	11:25	5.2 (48.6%)
386	<b>ZIÓŁKOWSKI Krzysztof</b>	<b>140</b>		M-60	10	NIE	01:30:12	02:47:14	<b>04:01:37.40</b>	+02:04:05 (51.4%)	11:30	5.2 (48.6%)
387	<b>KOWAŃSKA Aleksandra</b>	<b>483</b>		K-40	52	NIE	01:27:56	02:46:01	<b>04:01:58.85</b>	+02:04:27 (51.4%)	11:31	5.2 (48.6%)
388	<b>SZARPAK Anna</b>	<b>437</b>	WEEKENDOWA GRUPA BIEGOWA	K-40	53	NIE	01:28:09	02:46:17	<b>04:03:03.00</b>	+02:05:31 (51.6%)	11:34	5.2 (48.6%)
389	<b>GIBOWSKI Lukasz</b>	<b>169</b>		M-40	134	NIE	01:42:43	02:53:54	<b>04:03:10.60</b>	+02:05:39 (51.7%)	11:34	5.2 (48.6%)
390	<b>LIS Mirosław</b>	<b>36</b>		M-40	135	NIE	01:42:42	02:54:05	<b>04:03:10.85</b>	+02:05:39 (51.7%)	11:34	5.2 (48.6%)
391	<b>GRÓDECKA Agata</b>	<b>182</b>	KINIA TEAM	K-40	54	NIE	01:27:51	02:46:35	<b>04:03:44.80</b>	+02:06:13 (51.8%)	11:36	5.2 (48.6%)
392	<b>KLUK Daniel</b>	<b>256</b>		M-40	136	NIE	01:28:19	02:46:36	<b>04:03:45.85</b>	+02:06:14 (51.8%)	11:36	5.2 (48.6%)
393	<b>ZAJĄC Krzysztof</b>	<b>31</b>	WKURW_TEAM/BEZULTRADZIKI/ZAJĄCEHASAJĄCE	M-40	137	NIE	01:28:32	02:43:52	<b>04:03:47.20</b>	+02:06:15 (51.8%)	11:36	5.2 (48.6%)
394	<b>GREŃ Agata</b>	<b>124</b>	NSK RUNS	K-40	55	NIE	01:27:02	02:45:29	<b>04:03:48.75</b>	+02:06:17 (51.8%)	11:36	5.2 (48.6%)
395	<b>PACIULON Krzysztof</b>	<b>401</b>	ONE MAN RUNNING	M-40	138	NIE	01:45:02	02:52:42	<b>04:05:16.25</b>	+02:07:44 (52.1%)	11:40	5.1 (47.7%)
396	<b>MICHAŁKIEWICZ Monika</b>	<b>100</b>		K-30	44	NIE	01:34:22	02:51:37	<b>04:05:36.35</b>	+02:08:04 (52.1%)	11:41	5.1 (47.7%)
397	<b>MICHAŁKIEWICZ Marek</b>	<b>68</b>		M-40	139	NIE	01:33:57	02:51:27	<b>04:05:38.90</b>	+02:08:07 (52.2%)	11:41	5.1 (47.7%)
398	<b>PIERZCHAŁA Magdalena</b>	<b>126</b>	NSK RUNS	K-40	56	NIE	01:26:51	02:43:49	<b>04:06:08.15</b>	+02:08:36 (52.3%)	11:43	5.1 (47.7%)
399	<b>GŁOGOWSKI Jan</b>	<b>81</b>	STOCZNIA WULKAN	M-60	11	NIE	01:28:18	02:46:15	<b>04:06:40.90</b>	+02:09:09 (52.4%)	11:44	5.1 (47.7%)
400	<b>BORODYN Andrzej</b>	<b>185</b>	FARTY PUSZCZY	M-40	140	NIE	01:23:38	02:43:40	<b>04:07:15.55</b>	+02:09:44 (52.5%)	11:46	5.1 (47.7%)
401	<b>URBAN Artur</b>	<b>403</b>		M-30	92	NIE	01:33:37	02:49:24	<b>04:07:31.60</b>	+02:10:00 (52.5%)	11:47	5.1 (47.7%)
402	<b>TUREK Karolina</b>	<b>299</b>		K-40	57	NIE	01:34:02	02:53:26	<b>04:09:34.00</b>	+02:12:02 (52.9%)	11:53	5 (46.7%)
403	<b>WEYNA Anna</b>	<b>172</b>	BIAŁY DOMEK BIEGA	K-40	58	NIE	01:34:02	02:53:22	<b>04:09:34.20</b>	+02:12:02 (52.9%)	11:53	5 (46.7%)
404	<b>PEPŁOWSKA Sylwia</b>	<b>49</b>		K-40	59	NIE	01:43:04	02:55:49	<b>04:09:35.25</b>	+02:12:03 (52.9%)	11:53	5 (46.7%)
405	<b>SUJECKA Sylwia</b>	<b>372</b>		K-40	60	NIE	01:33:34	02:53:02	<b>04:09:39.40</b>	+02:12:07 (52.9%)	11:53	5 (46.7%)
406	<b>PAWŁOWSKA Basia</b>	<b>373</b>		K-30	45	NIE	01:33:34	02:55:00	<b>04:09:39.70</b>	+02:12:08 (52.9%)	11:53	5 (46.7%)
407	<b>BOROŃ Izabela</b>	<b>66</b>		K-40	61	NIE	01:38:08	02:54:38	<b>04:09:49.55</b>	+02:12:18 (53.0%)	11:53	5 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
408	<b>KONKIEWICZ Katarzyna</b>	<b>112</b>	ULTRAS I Z GRODZISKA	K-20	7	NIE	01:38:17	02:55:19	<b>04:10:55.25</b>	+02:13:23 (53.2%)	11:56	5 (46.7%)
409	<b>BERNAS-KUJAWIŃSKA Magdalena</b>	<b>293</b>	HRT	K-40	62	NIE	01:31:38	02:51:25	<b>04:11:33.30</b>	+02:14:01 (53.3%)	11:58	5 (46.7%)
410	<b>MORAWSKA Anna</b>	<b>62</b>		K-60	2	NIE	01:29:24	02:50:34	<b>04:12:48.30</b>	+02:15:16 (53.5%)	12:02	5 (46.7%)
411	<b>SOBAŃSKA Paulina</b>	<b>23</b>	TARNOWO PODGÓRNE BIEGA	K-40	63	NIE	01:36:57	02:54:33	<b>04:13:43.05</b>	+02:16:11 (53.7%)	12:04	5 (46.7%)
412	<b>ZIELIŃSKA CZERBNIAK Izabela</b>	<b>30</b>	TARNOWO PODGÓRNE BIEGA	K-40	64	NIE	01:36:57	02:54:31	<b>04:13:43.35</b>	+02:16:11 (53.7%)	12:04	5 (46.7%)
413	<b>SMOTER Ania</b>	<b>279</b>	SMOLECKA ZADYSZKA	K-40	65	NIE	01:30:16	02:41:14	<b>04:13:43.70</b>	+02:16:12 (53.7%)	12:04	5 (46.7%)
414	<b>SMOTER Ewa</b>	<b>150</b>	SMOLECKA ZADYSZKA	K-40	66	NIE	01:30:22	02:41:12	<b>04:13:43.80</b>	+02:16:12 (53.7%)	12:04	5 (46.7%)
415	<b>CZECH Dorota</b>	<b>44</b>	ASICSFONTRUNNER	K-40	67	NIE	01:25:08	02:37:34	<b>04:13:48.85</b>	+02:16:17 (53.7%)	12:05	5 (46.7%)
416	<b>KLUK Agnieszka</b>	<b>195</b>		K-40	68	NIE	01:31:37	02:54:30	<b>04:14:05.10</b>	+02:16:33 (53.7%)	12:05	5 (46.7%)
417	<b>KMIECIK Mirosław</b>	<b>385</b>	NIAGARA FITNESS KLUB	M-40	141	NIE	01:38:20	02:55:26	<b>04:14:52.80</b>	+02:17:21 (53.9%)	12:08	4.9 (45.8%)
418	<b>CHOŁUJ Małgorzata</b>	<b>269</b>		K-50	9	NIE	01:28:32	02:39:32	<b>04:15:43.55</b>	+02:18:12 (54.0%)	12:10	4.9 (45.8%)
419	<b>MALINOWSKI Przemysław</b>	<b>42</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-50	32	NIE	01:31:55	02:52:59	<b>04:17:59.25</b>	+02:20:27 (54.4%)	12:17	4.9 (45.8%)
420	<b>BOROŃ Ryszard</b>	<b>12</b>		M-60	12	NIE	01:37:09	02:55:16	<b>04:18:46.65</b>	+02:21:15 (54.6%)	12:19	4.9 (45.8%)
421	<b>RYGIELSKI Rafał</b>	<b>29</b>		M-40	142	NIE	01:25:14	02:39:31	<b>04:20:26.85</b>	+02:22:55 (54.9%)	12:24	4.8 (44.9%)
422	<b>BANACH-SKOWRONEK Joanna</b>	<b>420</b>	OJ NIEFAJNIE	K-30	46	NIE	01:31:59	02:54:58	<b>04:20:36.05</b>	+02:23:04 (54.9%)	12:24	4.8 (44.9%)
423	<b>SKOWRONEK Tomasz</b>	<b>418</b>	OJ NIEFAJNIE	M-30	93	NIE	01:32:03	02:55:00	<b>04:20:36.40</b>	+02:23:04 (54.9%)	12:24	4.8 (44.9%)
424	<b>KOTOWSKI Andrzej</b>	<b>380</b>		M-50	33	NIE	01:31:39	02:57:46	<b>04:20:37.90</b>	+02:23:06 (54.9%)	12:24	4.8 (44.9%)
425	<b>SPRINGER Marta</b>	<b>206</b>	NIGHT RUNNERS	K-30	47	NIE	01:46:30	03:07:30	<b>04:21:03.85</b>	+02:23:32 (55.0%)	12:25	4.8 (44.9%)
426	<b>KLIŚ Dominika</b>	<b>302</b>		K-40	69	NIE	01:38:19	03:01:54	<b>04:23:35.90</b>	+02:26:04 (55.4%)	12:33	4.8 (44.9%)
427	<b>ŁAMPIKA Kinga</b>	<b>204</b>	NIGHT RUNNERS WROCŁAW, THE POLISH WINGS	K-40	70	NIE	01:35:34	02:54:35	<b>04:23:36.60</b>	+02:26:05 (55.4%)	12:33	4.8 (44.9%)
428	<b>BUGAJSKA-JUCHA Renata</b>	<b>226</b>	CARBO ASECURA	K-50	10	NIE	01:35:27	03:01:52	<b>04:26:39.55</b>	+02:29:08 (55.9%)	12:41	4.7 (43.9%)
429	<b>RUDA Kamila</b>	<b>274</b>	KURACJUSZE	K-30	48	NIE	01:30:32	02:54:49	<b>04:27:35.50</b>	+02:30:04 (56.1%)	12:44	4.7 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
430	<b>BOROŃ Magda</b>	<b>54</b>		K-40	71	NIE	01:38:28	03:03:09	<b>04:29:05.80</b>	+02:31:34 (56.3%)	12:48	4.7 (43.9%)
431	<b>MICHALAK Sławek</b>	<b>34</b>	TEAM MICHALAK ROGALINEK	M-40	143	NIE	01:37:46	02:57:27	<b>04:30:17.60</b>	+02:32:46 (56.5%)	12:52	4.7 (43.9%)
432	<b>KLAJA Agnieszka</b>	<b>231</b>		K-30	49	NIE	01:43:56	03:09:21	<b>04:30:36.80</b>	+02:33:05 (56.6%)	12:53	4.7 (43.9%)
433	<b>CISŁAK Anna</b>	<b>129</b>		K-40	72	NIE	01:45:04	03:14:32	<b>04:37:33.15</b>	+02:40:01 (57.7%)	13:13	4.5 (42.1%)
434	<b>STANKOWSKA Dorota</b>	<b>73</b>		K-40	73	NIE	01:45:01	03:11:56	<b>04:40:28.35</b>	+02:42:56 (58.1%)	13:21	4.5 (42.1%)
435	<b>STANKOWSKI Przemysław</b>	<b>57</b>		M-40	144	NIE	01:45:02	03:11:57	<b>04:40:28.40</b>	+02:42:56 (58.1%)	13:21	4.5 (42.1%)
436	<b>RECZEK Małgorzata</b>	<b>161</b>		K-30	50	NIE	01:52:45	03:19:34	<b>04:45:13.50</b>	+02:47:42 (58.8%)	13:34	4.4 (41.1%)
437	<b>SZYMCZAK Katarzyna</b>	<b>179</b>	POZYTYWNI NAKRĘCENI	K-30	51	NIE	01:49:41	03:21:31	<b>04:46:27.25</b>	+02:48:55 (59.0%)	13:38	4.4 (41.1%)
438	<b>ZDAŃSKI Daniel</b>	<b>407</b>		M-40	145	NIE	01:49:43	03:21:05	<b>04:46:28.40</b>	+02:48:56 (59.0%)	13:38	4.4 (41.1%)
439	<b>WĄSOWSKI Tomasz</b>	<b>551</b>		M-30	94	NIE	01:38:24	03:30:03	<b>04:51:24.50</b>	+02:53:53 (59.7%)	13:52	4.3 (40.2%)
440	<b>KORDALEWSKA Maria</b>	<b>555</b>		K-30	52	NIE	01:38:26	03:30:07	<b>04:51:24.55</b>	+02:53:53 (59.7%)	13:52	4.3 (40.2%)
441	<b>KURILEC Krzysztof</b>	<b>272</b>	MATNER RUNNING TEAM	M-50	34	NIE	01:44:39	03:12:15	<b>04:52:11.45</b>	+02:54:40 (59.8%)	13:54	4.3 (40.2%)
442	<b>ADAMSKI Adam</b>	<b>408</b>		M-60	13	NIE			<b>04:53:26.00</b>	+02:55:54 (59.9%)	13:58	4.3 (40.2%)
<b>Przekroczony limit czasu: 05:00:00</b>												
443	<b>WOŹNIAK Marcin</b>	<b>157</b>		M-30	95	NIE	01:57:32	03:31:53	<b>05:02:22.35</b>	+03:04:50 (61.1%)	14:23	4.2 (39.3%)
444	<b>GRUSZKA Martyna</b>	<b>391</b>	WKTJ	K-30	53	NIE	01:39:02	03:41:10	<b>05:15:00.75</b>	+03:17:29 (62.7%)	15:00	4 (37.4%)
DNC	<b>PILZ-JEDRZEJCZYK Dominika</b>	<b>250</b>		K-30		NIE		00:50:59	<b>02:40:03.75</b>		0:00	7.9 (73.8%)
	<b>DERES Julia</b>	<b>422</b>	SILESIA VOLLEY MYSŁOWICE	K-20		NIE	01:38:13	DNF	03:36:58 DNF	<b>DNF</b>	-	- (0.0%)
	<b>KRAKOWSKA Paulina</b>	<b>423</b>	UKS GWIAZDA TARNOWSKIE GÓRY	K-20		NIE	01:38:15	DNF	03:36:59 DNF	<b>DNF</b>	-	- (0.0%)
	<b>TOMASIAK Konrad</b>	<b>511</b>		M-30		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KRYSIŃSKI Maciej</b>	<b>18</b>		M-30		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>BRZEZIŃSKI Andrzej</b>	<b>378</b>	LANRUNS	M-60		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>CHMIELEWSKA Grazyna</b>	<b>328</b>		K-60		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KAMIŃSKA Krystyna</b>	<b>459</b>	BIEGAMYŚŁOWICE	K-50		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
	<b>DOMBEK Andrzej</b>	<b>460</b>	BIEGAMYSŁOWICE	M-50		NIE	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KLICH Tomasz</b>	<b>351</b>		M-40		NIE	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 454 wynik(ów)