



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2024-01-20
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	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	JUREK Michał	1455	MILMET / SALOMON / SUUNTO	M-40	1	NIE	00:38:32	01:13:42	01:47:16.20	01:47:16.70		5:06	11.7 (100%)
2	PAWLAK Bartosz	1005	TEAM PAWLAK	M-30	1	NIE	00:38:41	01:14:46	01:50:26.10	01:50:27.10	+00:03:10 (2.9%)	5:15	11.4 (97.4%)
3	PASIK Tomasz	1347	EDENRUN/WOLSZTYŃSKI KLUB BIEGOWY	M-40	2	NIE	00:39:49	01:16:42	01:53:51.95	01:53:52.80	+00:06:36 (5.8%)	5:25	11.1 (94.9%)
4	ŻUCHOWSKI Daniel	1300		M-30	2	NIE	00:41:30	01:19:22	01:55:43.40	01:55:44.40	+00:08:27 (7.3%)	5:30	10.9 (93.2%)
5	SMOLIŃSKI Marcin	1311	STAJNIAK TEAM	M-30	3	NIE	00:41:33	01:19:28	01:57:24.95	01:57:25.95	+00:10:09 (8.6%)	5:35	10.7 (91.5%)
6	BADOWSKI Aleksander	1385	AW - SZYBCIEJ - TEAM	M-40	3	NIE	00:42:58	01:21:56	01:59:58.05	01:59:58.80	+00:12:42 (10.6%)	5:42	10.5 (89.7%)
7	KOTARSKI Jarosław	1367	TRAIL IS OUR WAY	M-30	4	NIE	00:42:49	01:22:31	02:01:40.40	02:01:42.15	+00:14:25 (11.9%)	5:47	10.4 (88.9%)
8	BORZYSTOWSKI Patryk	1123		M-40	4	TAK	00:44:20	01:24:34	02:03:53.90	02:03:55.50	+00:16:38 (13.4%)	5:53	10.2 (87.2%)
9	BIELIŃSKI Maciek	1444		M-30	5	NIE	00:45:23	01:26:12	02:04:29.50	02:04:31.45	+00:17:14 (13.8%)	5:55	10.1 (86.3%)
10	BUCHERT Filip	1219	JUVENIA GŁUCHOŁAZY	M-20	1	NIE	00:44:32	01:25:11	02:04:55.00	02:04:56.00	+00:17:39 (14.1%)	5:56	10.1 (86.3%)
11	SZCZĘŚNIAK Piotr	1189	WPUNKT TEAM	M-40	5	NIE	00:43:45	01:25:29	02:05:05.80	02:05:06.60	+00:17:49 (14.3%)	5:57	10.1 (86.3%)
12	PAPROCKA Urszula	1299		K-30	1	NIE	00:45:14	01:25:36	02:05:06.80	02:05:08.15	+00:17:51 (14.3%)	5:57	10.1 (86.3%)
13	DUTKOWSKI Mikołaj	1277	CX-80 POLSKA	M-30	6	NIE	00:44:46	01:26:02	02:05:32.65	02:05:34.70	+00:18:18 (14.6%)	5:58	10 (85.5%)
14	SOCHA Seweryn	1443	SII RUNNING TEAM/DZIKIE BOBRY	M-30	7	NIE	00:44:41	01:26:06	02:06:04.40	02:06:06.90	+00:18:50 (14.9%)	6:00	10 (85.5%)
15	SZCZEPANIAK Witold	1132		M-40	6	NIE	00:45:14	01:26:04	02:07:12.70	02:07:13.45	+00:19:56 (15.7%)	6:03	9.9 (84.6%)
16	GÓRAL Grzegorz	1204	HEJ HEJ GÓRALU	M-40	7	NIE	00:44:27	01:27:31	02:09:31.60	02:09:33.00	+00:22:16 (17.2%)	6:10	9.7 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	GRUND Marek	1047	MAFIA TEAM LUBLINIEC	M-30	8	NIE	00:45:13	01:28:57	02:10:08.35	02:10:09.15	+00:22:52 (17.6%)	6:11	9.7 (82.9%)
18	HERCOG Jakub	1364		M-30	9	NIE	00:44:15	01:26:00	02:10:10.85	02:10:11.70	+00:22:55 (17.6%)	6:11	9.7 (82.9%)
19	STACHOWIAK Łukasz	1026	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	M-30	10	NIE	00:47:16	01:29:45	02:10:37.55	02:10:39.65	+00:23:22 (17.9%)	6:13	9.6 (82.1%)
20	SOŁTYSIK Kamil	1448		M-30	11	NIE	00:45:20	01:29:04	02:11:24.95	02:11:26.30	+00:24:09 (18.4%)	6:15	9.6 (82.1%)
21	MAJCHRZAK Maciej	1012	AW - SZYBCIEJ - TEAM	M-30	12	NIE	00:46:59	01:30:22	02:13:09.85	02:13:12.85	+00:25:56 (19.5%)	6:20	9.5 (81.2%)
22	LINKOWSKI Michał	1035	ILOVEZIEMEK	M-40	8	NIE	00:51:11	01:35:01	02:16:15.80	02:16:19.00	+00:29:02 (21.3%)	6:29	9.2 (78.6%)
23	KULIK-GAWĘDA Iwona	1478	KUDOWIANKA RUN	K-30	2	NIE	00:48:49	01:33:17	02:17:28.20	02:17:30.70	+00:30:14 (22.0%)	6:32	9.2 (78.6%)
24	WRZESIŃSKI Michał	1075	KSG DIRETA	M-30	13	TAK	00:49:53	01:34:43	02:17:30.90	02:17:32.30	+00:30:15 (22.0%)	6:32	9.2 (78.6%)
25	GRACZ Paweł	1341	ULTRA DIABŁY TEAM LUBRZA	M-40	9	NIE	00:48:50	01:34:13	02:17:33.00	02:17:34.45	+00:30:17 (22.0%)	6:33	9.2 (78.6%)
26	SZYCH Robert	1486	RAZ SZCZECIN	M-50	1	NIE	00:50:28	01:35:39	02:18:00.40	02:18:02.95	+00:30:46 (22.3%)	6:34	9.1 (77.8%)
27	BOSAKIEWICZ Tomasz	1239	AW SZYBCIEJ TEAM	M-40	10	NIE	00:50:00	01:35:22	02:18:06.45	02:18:09.25	+00:30:52 (22.3%)	6:34	9.1 (77.8%)
28	BEDNARZ Krzysztof	1138	PRZEDWOJEWSKI TEAM	M-40	11	NIE	00:47:38	01:33:43	02:19:44.35	02:19:47.20	+00:32:30 (23.3%)	6:39	9 (76.9%)
29	SŁYSZ Szymon	1072	NSK RUNS	M-40	12	NIE	00:48:56	01:34:35	02:19:44.25	02:19:48.00	+00:32:31 (23.3%)	6:39	9 (76.9%)
30	RUTKOWSKI Maciej	1312	ULTRA DIABŁY TEAM LUBRZA	M-30	14	NIE	00:49:17	01:34:10	02:19:46.20	02:19:48.10	+00:32:31 (23.3%)	6:39	9 (76.9%)
31	SZUKALSKI Krzysztof	1465		M-40	13	NIE	00:48:11	01:34:43	02:20:33.80	02:20:35.40	+00:33:18 (23.7%)	6:41	9 (76.9%)
32	ŁUKOMSKI Maciej	1088	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-50	2	TAK	00:50:50	01:37:26	02:21:16.65	02:21:19.75	+00:34:03 (24.1%)	6:43	8.9 (76.1%)
33	ROJEWSKI Paweł	1004	EVERRUN	M-30	15	NIE	00:52:00	01:37:04	02:21:56.00	02:22:01.40	+00:34:44 (24.5%)	6:45	8.9 (76.1%)
34	KMEŤOVÁ Kristína	1313		K-30	3	NIE	00:50:13	01:37:19	02:22:46.60	02:22:48.35	+00:35:31 (24.9%)	6:47	8.8 (75.2%)
35	WOJTKOWIAK Stefan	1279	PIĄTKOWO NA BIEGOWO	M-50	3	NIE	00:53:00	01:39:09	02:22:43.75	02:22:50.30	+00:35:33 (24.9%)	6:47	8.8 (75.2%)
36	FERENC-SZMUC Edyta	1178	KUDOWIANKA RUN	K-30	4	NIE	00:50:55	01:39:10	02:25:55.15	02:25:57.65	+00:38:40 (26.5%)	6:56	8.6 (73.5%)
37	MARSZAŁEK Kazimierz	1417	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	4	NIE	00:55:35	01:40:42	02:25:32.45	02:26:07.55	+00:38:50 (26.6%)	6:55	8.7 (74.4%)
38	KRAWCZYK Adriana	1349		K-30	5	NIE	00:52:30	01:39:50	02:26:15.55	02:26:18.35	+00:39:01 (26.7%)	6:57	8.6 (73.5%)
39	BIENIEK Patryk	1416	TREC TEAM	M-40	14	NIE	00:54:09	01:41:11	02:27:08.70	02:27:12.40	+00:39:55 (27.1%)	7:00	8.6 (73.5%)
40	ŁUSIAK Łukasz	1291	KB SOBÓTKA	M-30	16	NIE	00:52:47	01:40:50	02:27:12.45	02:27:14.95	+00:39:58 (27.1%)	7:00	8.6 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
41	KMIECIK Tomasz	1227	GOPR SUDETY	M-40	15	TAK	00:44:48	01:28:22	02:27:18.80	02:27:20.20	+00:40:03 (27.2%)	7:00	8.6 (73.5%)
42	KUCHARSKI Robert	1395	BIEGAM NA STABŁOWICACH	M-40	16	NIE	00:56:26	01:41:39	02:24:08.00	02:27:27.65	+00:40:10 (27.2%)	6:51	8.7 (74.4%)
43	MARCINOWSKI Paweł	1310	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-30	17	NIE	00:52:27	01:39:01	02:27:36.15	02:27:42.45	+00:40:25 (27.4%)	7:01	8.5 (72.6%)
44	RODRIGO PEREIRA Oswald	1353	THE NORTH FACE POLSKA	M-40	17	TAK	00:53:22	01:41:58	02:28:03.20	02:28:06.30	+00:40:49 (27.6%)	7:03	8.5 (72.6%)
45	MATUS Robert	1481	500 MILES	M-30	18	NIE	00:55:43	01:43:15	02:28:38.00	02:28:53.05	+00:41:36 (27.9%)	7:04	8.5 (72.6%)
46	CIELOCH Tomasz	1106	KLUB BIEGACZA SUPERMARATOŃCZYK	M-20	2	NIE	00:56:05	01:43:23	02:30:04.55	02:30:18.15	+00:43:01 (28.6%)	7:08	8.4 (71.8%)
47	GORCZYCA Maria	1254	KS HADES	K-20	1	NIE	00:55:13	01:44:53	02:30:43.70	02:30:47.45	+00:43:30 (28.9%)	7:10	8.4 (71.8%)
48	BERG Aleksander	1317		M-40	18	NIE	00:53:04	01:42:36	02:31:02.90	02:31:05.25	+00:43:48 (29.0%)	7:11	8.3 (70.9%)
49	CHRESCIAK Bartosz	1305		M-30	19	TAK	00:54:05	01:43:14	02:31:09.55	02:31:11.60	+00:43:54 (29.0%)	7:11	8.3 (70.9%)
50	HOJAN Łukasz	1069	FEHLAU RUN TEAM	M-30	20	NIE	00:55:58	01:44:53	02:31:06.85	02:31:12.50	+00:43:55 (29.1%)	7:11	8.3 (70.9%)
51	SANKOWSKI Paweł	1095		M-30	21	NIE	00:53:23	01:43:19	02:31:10.50	02:31:13.80	+00:43:57 (29.1%)	7:11	8.3 (70.9%)
52	PAJĄK Alan	1352		M-30	22	NIE	00:55:13	01:42:31	02:31:04.85	02:31:16.55	+00:43:59 (29.1%)	7:11	8.3 (70.9%)
53	PALACZ Marcin	1000		M-40	19	NIE	00:57:16	01:45:23	02:31:28.55	02:31:32.40	+00:44:15 (29.2%)	7:12	8.3 (70.9%)
54	KURAŚ Szymon	1383		M-40	20	NIE	00:54:17	01:41:32	02:32:03.05	02:32:07.60	+00:44:50 (29.5%)	7:14	8.3 (70.9%)
55	LEMISIEWICZ Tomasz	1479		M-40	21	TAK	00:58:34	01:47:26	02:32:04.70	02:32:10.75	+00:44:54 (29.5%)	7:14	8.3 (70.9%)
56	WIŚNIEWSKI Artur	1110		M-30	23	NIE	00:56:27	01:44:50	02:32:31.85	02:32:31.85	+00:45:15 (29.7%)	7:15	8.3 (70.9%)
57	MAZIK Wojciech	1231	KW KRAKOW	M-30	24	TAK	00:57:28	01:46:13	02:31:32.85	02:32:40.15	+00:45:23 (29.7%)	7:12	8.3 (70.9%)
58	GAWCZYŃSKI Jakub	1354	TJ!	M-30	25	NIE	00:55:23	01:45:47	02:32:43.85	02:32:47.90	+00:45:31 (29.8%)	7:16	8.3 (70.9%)
59	WITKOWSKI Wojciech	1451		M-30	26	NIE	00:54:29	01:44:22	02:32:47.30	02:32:51.35	+00:45:34 (29.8%)	7:16	8.2 (70.1%)
60	TADUS Marcin	1466	DOMER SPORT TEAM	M-40	22	NIE	00:57:21	01:45:43	02:33:03.15	02:33:17.25	+00:46:00 (30.0%)	7:17	8.2 (70.1%)
61	ORACZ Mateusz	1112	BEZ LITOŚCI	M-30	27	NIE	00:54:57	01:45:20	02:33:15.25	02:33:20.10	+00:46:03 (30.0%)	7:17	8.2 (70.1%)
62	PILETSKI Maksim	1388	BIEGACZE STU MOSTÓW	M-30	28	NIE	00:56:09	01:44:43	02:33:08.35	02:33:29.30	+00:46:12 (30.1%)	7:17	8.2 (70.1%)
63	KOLANO Agnieszka	1130	BIEGAJ POD OKIEM TRENERA	K-40	1	NIE	00:56:04	01:45:46	02:34:41.10	02:34:44.80	+00:47:28 (30.7%)	7:21	8.1 (69.2%)
64	BAL Bartosz	1045		M-40	23	NIE	00:55:33	01:45:34	02:35:24.00	02:35:24.00	+00:48:07 (31.0%)	7:24	8.1 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
65	RUSOŁ Tomasz	1039		M-40	24	NIE	00:56:56	01:48:00	02:36:07.30	02:36:15.50	+00:48:58 (31.3%)	7:26	8.1 (69.2%)
66	PODGÓRNY Mariusz	1428	TEAM OZIMEK / ULTRANIEPODLEGŁA	M-30	29	NIE	00:58:21	01:47:36	02:36:56.75	02:37:05.80	+00:49:49 (31.7%)	7:28	8 (68.4%)
67	ANIOŁ Radosław	1342		M-30	30	NIE	00:55:17	01:45:18	02:37:01.95	02:37:09.95	+00:49:53 (31.7%)	7:28	8 (68.4%)
68	SKALSKI Radosław	1137	KB AKTYWNI KONIN	M-50	5	NIE	00:55:21	01:45:13	02:37:11.90	02:37:14.40	+00:49:57 (31.8%)	7:29	8 (68.4%)
69	CZUB Piotr	1323	GRUPA BIEGOWA BEZ GRANIC	M-30	31	NIE	00:57:23	01:46:02	02:36:08.75	02:37:23.10	+00:50:06 (31.8%)	7:26	8.1 (69.2%)
70	PURCZYŃSKI Grzegorz	1475	DRZONKOWIANKA	M-40	25	NIE	00:57:08	01:48:34	02:37:29.75	02:37:34.00	+00:50:17 (31.9%)	7:29	8 (68.4%)
71	MÓLL Kacper	1401		M-20	3	NIE	00:54:40	01:47:31	02:38:11.35	02:38:13.55	+00:50:56 (32.2%)	7:31	8 (68.4%)
72	GALINSKI Kamil	1294		M-30	32	NIE	00:56:55	01:45:43	02:38:14.30	02:38:22.40	+00:51:05 (32.3%)	7:32	8 (68.4%)
73	KRZYWDZIŃSKI Bartłomiej	1149		M-40	26	NIE	00:56:17	01:47:03	02:38:30.35	02:38:39.10	+00:51:22 (32.4%)	7:32	7.9 (67.5%)
74	CEBULSKI Łukasz	1447	CEBULA TEAM	M-30	33	NIE	00:59:45	01:50:22	02:38:59.50	02:39:04.90	+00:51:48 (32.6%)	7:34	7.9 (67.5%)
75	PUTOWSKI Maciej	1183	NIGHT RUNNERS	M-30	34	NIE	00:58:24	01:50:16	02:39:40.75	02:39:45.90	+00:52:29 (32.9%)	7:36	7.9 (67.5%)
76	PAWLICKI Paweł	1422	KPPSP JAROCIN	M-40	27	NIE	00:59:08	01:50:14	02:40:00.65	02:40:10.00	+00:52:53 (33.0%)	7:37	7.9 (67.5%)
77	MITIS Marek	1290		M-30	35	NIE	01:02:33	01:53:58	02:40:07.55	02:40:29.45	+00:53:12 (33.2%)	7:37	7.9 (67.5%)
78	GULCZYŃSKI Tomasz	1040		M-30	36	NIE	00:56:19	01:48:01	02:40:43.85	02:40:47.00	+00:53:30 (33.3%)	7:39	7.8 (66.7%)
79	DUNAJ Paweł	1182		M-40	28	NIE	00:58:12	01:50:56	02:40:46.40	02:40:53.50	+00:53:36 (33.3%)	7:39	7.8 (66.7%)
80	STUDNIAREK Tomasz	1459	BORN TO RUN CHOJNICKI	M-40	29	NIE	00:55:33	01:47:32	02:41:25.85	02:41:32.40	+00:54:15 (33.6%)	7:41	7.8 (66.7%)
81	BOHAREWICZ Paweł	1191	BOHAR PALETY TRANSPORT	M-40	30	NIE	00:58:25	01:50:54	02:41:32.60	02:41:37.15	+00:54:20 (33.6%)	7:41	7.8 (66.7%)
82	GĘDŁEK Łukasz	1393	TRIWISE TRIATHLON TEAM	M-30	37	NIE	01:00:54	01:52:46	02:41:15.65	02:41:50.00	+00:54:33 (33.7%)	7:40	7.8 (66.7%)
83	JAKUBCZAK Konrad	1048		M-40	31	NIE	00:57:40	01:51:02	02:42:14.60	02:42:17.10	+00:55:00 (33.9%)	7:43	7.8 (66.7%)
84	STEC Adam	1350		M-40	32	NIE	00:59:12	01:52:24	02:42:12.20	02:42:17.95	+00:55:01 (33.9%)	7:43	7.8 (66.7%)
85	GORZELANY Rafał	1351		M-30	38	NIE	00:58:37	01:52:32	02:42:13.85	02:42:18.90	+00:55:02 (33.9%)	7:43	7.8 (66.7%)
86	KARWACKI Grzegorz	1275	KATCROS WALBRZYCH	M-50	6	NIE	01:00:25	01:52:48	02:42:24.60	02:42:28.30	+00:55:11 (34.0%)	7:44	7.8 (66.7%)
87	PAJOR Bartosz	1076	GVT	M-40	33	NIE	00:55:52	01:48:53	02:43:08.60	02:43:13.35	+00:55:56 (34.3%)	7:46	7.7 (65.8%)
88	PRETORIUS Ruan	1489		M-30	39	NIE	00:55:48	01:43:18	02:43:11.50	02:43:25.40	+00:56:08 (34.4%)	7:46	7.7 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
89	PONIATOWSKI Seweryn	1050	TEBIA RUNNERS	M-40	34	NIE	00:57:05	01:49:50	02:44:47.00	02:44:47.00	+00:57:30 (34.9%)	7:50	7.6 (65.0%)
90	SŁAWIK Andrzej	1010		M-40	35	NIE	01:00:09	01:52:40	02:44:44.60	02:45:47.05	+00:58:30 (35.3%)	7:50	7.6 (65.0%)
91	BUDREWICZ Dominik	1224	BUDRYSY	M-40	36	NIE			02:46:03.15	02:46:03.15	+00:58:46 (35.4%)	7:54	7.6 (65.0%)
92	BUDREWICZ Katarzyna	1225	BUDRYSY	K-40	2	NIE	01:04:34	01:56:25	02:46:10.00	02:46:10.00	+00:58:53 (35.4%)	7:54	7.6 (65.0%)
93	JANOWSKI Michał	1014		M-30	40	NIE	01:01:59	01:55:36	02:46:15.35	02:46:21.70	+00:59:05 (35.5%)	7:55	7.6 (65.0%)
94	GOLEC Paweł	1258		M-30	41	NIE	00:58:31	01:52:32	02:46:27.60	02:46:27.60	+00:59:10 (35.6%)	7:55	7.6 (65.0%)
95	WRÓBLEWSKI Adrian	1430	STAJNIA CROSSFIT	M-30	42	NIE	00:58:23	01:50:49	02:47:03.60	02:47:14.65	+00:59:57 (35.9%)	7:57	7.5 (64.1%)
96	POŁCZYŃSKI Paweł	1117	STALOWA ŁYDA	M-30	43	NIE	01:01:56	01:55:28	02:47:15.85	02:47:23.30	+01:00:06 (35.9%)	7:57	7.5 (64.1%)
97	PRZERWANEK Marek	1488		M-40	37	NIE	00:54:41	01:49:29	02:47:23.70	02:47:25.75	+01:00:09 (35.9%)	7:58	7.5 (64.1%)
98	ADAMEK Maciek	1387	BIEGACZE STU MOSTÓW	M-50	7	NIE	00:52:05	01:41:15	02:47:16.30	02:48:01.80	+01:00:45 (36.2%)	7:57	7.5 (64.1%)
99	KOCJAN Paweł	1006	KIDS RUN TEAM	M-40	38	NIE	01:01:52	01:57:32	02:48:11.30	02:48:17.65	+01:01:00 (36.3%)	8:00	7.5 (64.1%)
100	HAJDUGA Łukasz	1360	WIECZORNE BIEGANIE W OPOLU / TRAIL IS OUR WAY	M-40	39	NIE	01:05:18	01:58:12	02:47:32.40	02:48:20.75	+01:01:04 (36.3%)	7:58	7.5 (64.1%)
101	BARAŃSKI Kacper	1379	TOMICA COACHING	M-30	44	NIE	01:05:30	01:58:53	02:47:50.75	02:48:22.30	+01:01:05 (36.3%)	7:59	7.5 (64.1%)
102	CHUDY Artur	1007		M-20	4	TAK	00:57:18	01:49:34	02:48:18.50	02:48:22.95	+01:01:06 (36.3%)	8:00	7.5 (64.1%)
103	SWORNOWSKA Anna	1265		K-30	6	NIE	01:05:26	01:58:51	02:47:50.15	02:48:23.55	+01:01:06 (36.3%)	7:59	7.5 (64.1%)
104	HAJNCE Lech	1280		M-40	40	NIE	01:00:01	01:54:09	02:48:48.75	02:48:48.75	+01:01:32 (36.5%)	8:02	7.5 (64.1%)
105	TRZPIOLA Tycjan	1194	KURACJUSZE	M-30	45	NIE	01:01:40	01:56:16	02:48:44.70	02:48:50.25	+01:01:33 (36.5%)	8:02	7.5 (64.1%)
106	ANTECKI Jacek	1179		M-40	41	NIE	00:59:14	01:54:01	02:48:46.55	02:48:52.80	+01:01:36 (36.5%)	8:02	7.5 (64.1%)
107	KRZESIMOWSKI Damian	1020	ENERGENT POLSKA	M-40	42	NIE	01:01:24	01:56:24	02:49:21.10	02:49:27.40	+01:02:10 (36.7%)	8:03	7.4 (63.2%)
108	KUCIAK Bartosz	1298		M-30	46	NIE	01:04:45	01:58:51	02:49:37.65	02:49:37.65	+01:02:20 (36.8%)	8:04	7.4 (63.2%)
109	SZYMANSKA Joanna	1230		K-30	7	TAK	01:02:48	01:56:30	02:49:38.05	02:49:46.15	+01:02:29 (36.8%)	8:04	7.4 (63.2%)
110	ROŚLICKI Jarosław	1104	DTR BIEGA / MARIO TEAM / UBEZPIECZENIA DLA AKTYWNYCH	M-40	43	NIE	00:58:48	01:54:58	02:50:04.15	02:50:07.15	+01:02:50 (36.9%)	8:05	7.4 (63.2%)
111	FEICHTINGER Marek	1453		M-40	44	NIE	01:00:10	01:56:10	02:50:01.60	02:50:08.45	+01:02:51 (36.9%)	8:05	7.4 (63.2%)
112	JASIŃSKI Marcin	1262	ROGOZIŃSKI KLUB BIEGACZA	M-40	45	NIE	00:58:15	01:52:50	02:50:04.70	02:50:09.85	+01:02:53 (37.0%)	8:05	7.4 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
113	WOŹNIAK Karolina	1358	TRAIL IS OUR WAY	K-30	8	NIE	01:02:46	01:59:11	02:50:40.75	02:50:45.40	+01:03:28 (37.2%)	8:07	7.4 (63.2%)
114	LEWANDOWSKI Igor	1482	CTS / ENVOLSWIMRUN	M-30	47	NIE	01:04:45	01:56:03	02:50:22.85	02:50:49.50	+01:03:32 (37.2%)	8:06	7.4 (63.2%)
115	BLUMENFELD Jacek	1423		M-30	48	NIE	01:03:29	01:57:19	02:51:31.50	02:51:45.60	+01:04:28 (37.5%)	8:10	7.3 (62.4%)
116	PIEKARZ Damian	1116	NSK RUNS	M-30	49	NIE	00:58:24	01:54:49	02:51:53.60	02:51:57.15	+01:04:40 (37.6%)	8:11	7.3 (62.4%)
117	LUBIK Adam	1024	CENTRUM RATOWNICTWA/ BIAŁOBRZESKI TEAM	M-30	50	TAK	01:01:46	01:58:30	02:52:07.45	02:52:11.25	+01:04:54 (37.7%)	8:11	7.3 (62.4%)
118	HETMAŃSKI Arkadiusz	1054	LOVELASY	M-40	46	NIE	01:00:58	01:55:31	02:53:02.00	02:53:38.20	+01:06:21 (38.2%)	8:14	7.3 (62.4%)
119	POMIANOWSKI Szymon	1346		M-40	47	NIE	01:08:25	02:00:42	02:53:31.00	02:53:55.90	+01:06:39 (38.3%)	8:15	7.3 (62.4%)
120	PAWLAK Maciej	1046	3 TEAM KONIN/MPEC KONIN	M-50	8	NIE	01:03:21	01:58:31	02:54:02.35	02:54:06.80	+01:06:50 (38.4%)	8:17	7.2 (61.5%)
121	GRUDZIEN-JURKOWSKA Malgorzata	1021		K-40	3	NIE	01:04:27	01:59:50	02:54:04.90	02:54:19.00	+01:07:02 (38.5%)	8:17	7.2 (61.5%)
122	PRZYBYLSKI Rafał	1188	SCORPION	M-50	9	TAK	01:01:56	01:58:20	02:54:34.60	02:54:36.65	+01:07:19 (38.6%)	8:18	7.2 (61.5%)
123	WOJCIECHOWSKI Tadeusz	1398	LULINEK	M-30	51	NIE	01:02:46	02:00:01	02:55:28.30	02:55:36.40	+01:08:19 (38.9%)	8:21	7.2 (61.5%)
124	KAJSTURA Michał	1245		M-40	48	NIE	01:07:24	02:03:21	02:55:01.40	02:55:37.55	+01:08:20 (38.9%)	8:20	7.2 (61.5%)
125	ŚLIWKA Radosław	1269		M-40	49	NIE	01:02:57	02:01:30	02:55:48.30	02:55:50.20	+01:08:33 (39.0%)	8:22	7.2 (61.5%)
126	OLSZAK Maksymilian	1263		M-30	52	NIE	01:05:26	02:00:29	02:55:33.15	02:56:07.05	+01:08:50 (39.1%)	8:21	7.2 (61.5%)
127	ŁAPAWA Tomasz	1199	JUTROSIŃSKI KLUB BIEGACZY	M-40	50	NIE	01:00:53	01:55:33	02:56:26.75	02:56:31.20	+01:09:14 (39.2%)	8:24	7.1 (60.7%)
128	WÓJCICKI Piotr	1122	WIERZBICKI RUNNING PROJECT	M-30	53	NIE	01:03:22	01:58:02	02:56:32.15	02:56:39.85	+01:09:23 (39.3%)	8:24	7.1 (60.7%)
129	MATYBA Anna	1251		K-20	2	NIE	01:00:32	01:58:29	02:56:37.25	02:56:41.30	+01:09:24 (39.3%)	8:24	7.1 (60.7%)
130	MAJCHRZAK Filip	1392	MAKE.SOMETHING.MORE	M-20	5	NIE	01:00:33	01:57:15	02:56:37.85	02:56:42.10	+01:09:25 (39.3%)	8:24	7.1 (60.7%)
131	MARKIEWICZ Mariusz	1180	DZIKIE DZIKI GORZÓW	M-40	51	NIE	01:03:24	01:58:36	02:56:32.80	02:56:42.40	+01:09:25 (39.3%)	8:24	7.1 (60.7%)
132	NAPIERALSKI Krzysztof	1424	DZIKIE DZIKI GORZÓW	M-40	52	NIE	01:03:19	01:57:59	02:56:34.10	02:56:42.75	+01:09:26 (39.3%)	8:24	7.1 (60.7%)
133	LEDNICKI Michał	1461	ARVATO S.C. REP	M-40	53	NIE	01:07:40	02:02:23	02:56:03.00	02:56:43.30	+01:09:26 (39.3%)	8:23	7.2 (61.5%)
134	WIDŁAK Krzysztof	1407	BIEGAM BEZ KLUBU	M-30	54	NIE	01:07:27	02:03:58	02:56:46.75	02:57:39.00	+01:10:22 (39.6%)	8:25	7.1 (60.7%)
135	BRUKWICKI Michał	1085		M-30	55	NIE	01:06:41	02:01:47	02:57:27.55	02:58:15.05	+01:10:58 (39.8%)	8:27	7.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
136	PILARSKA Magdalena	1229	WKTJ POZNAN	K-40	4	TAK	01:06:15	02:01:14	02:57:15.45	02:58:21.00	+01:11:04 (39.8%)	8:26	7.1 (60.7%)
137	GRZEGORZEWSKI Adrian	1427	MATNER RUNNING TEAM	M-30	56	NIE	01:13:51	02:06:26	02:57:53.85	02:58:38.55	+01:11:21 (39.9%)	8:28	7.1 (60.7%)
138	JAMROZ Bartosz	1148		M-40	54	NIE	01:02:44	02:00:35	02:58:49.20	02:58:54.90	+01:11:38 (40.0%)	8:30	7 (59.8%)
139	KRAKOWSKI Krzysztof	1038		M-40	55	NIE	01:04:48	01:59:55	02:59:00.80	02:59:15.85	+01:11:59 (40.2%)	8:31	7 (59.8%)
140	ZJAWIONY Tomasz	1345	ARTURO TEAM	M-20	6	NIE	01:05:56	02:02:28	02:59:11.40	02:59:22.65	+01:12:05 (40.2%)	8:31	7 (59.8%)
141	MAZUR Monika	1396		K-40	5	NIE	01:02:46	01:59:54	02:59:52.95	02:59:58.05	+01:12:41 (40.4%)	8:33	7 (59.8%)
142	STACHURSKI Daniel	1413	KARAŚ TRI&SWIM TEAM	M-40	56	NIE	01:08:08	02:04:26	03:00:03.20	03:00:10.95	+01:12:54 (40.5%)	8:34	7 (59.8%)
143	WŁODARCZYK Krzysztof	1037	3 TEAM	M-40	57	NIE	01:03:29	02:02:28	03:00:34.45	03:00:37.60	+01:13:20 (40.6%)	8:35	7 (59.8%)
144	JAZ Ernest	1405	ENDORFINY WAŚOSZ	M-40	58	NIE	01:04:05	02:02:24	03:00:36.55	03:00:45.15	+01:13:28 (40.6%)	8:36	7 (59.8%)
145	ŁUSIAK Katarzyna	1292	GOOD MOVE	K-30	9	NIE	01:04:54	02:02:29	03:00:45.55	03:00:51.40	+01:13:34 (40.7%)	8:36	7 (59.8%)
146	ZAGROBELNY Radosław	1143	MONKO COFFEE	M-60	1	NIE	01:03:29	02:02:03	03:00:39.50	03:00:53.20	+01:13:36 (40.7%)	8:36	7 (59.8%)
147	MAZUR Patryk	1397	AKADEMIA RUCHU	M-40	59	NIE	01:02:48	01:59:55	03:00:49.05	03:00:54.30	+01:13:37 (40.7%)	8:36	7 (59.8%)
148	BRYLL Łukasz	1144	SAGITTA TEAM	M-40	60	NIE	01:05:09	02:01:42	03:00:02.00	03:00:58.00	+01:13:41 (40.7%)	8:34	7 (59.8%)
149	PIETRZYKOWSKI Maciej	1412	KARAŚ TRI&SWIM TEAM	M-30	57	NIE	01:08:13	02:04:43	03:01:00.10	03:01:00.10	+01:13:43 (40.7%)	8:37	7 (59.8%)
150	TURLEJ Dariusz	1283	BEZ KONDYCJI	M-60	2	NIE	01:07:43	02:04:49	03:00:50.30	03:01:03.80	+01:13:47 (40.8%)	8:36	7 (59.8%)
151	SMOTER Ania	1250	SMOLECKA ZADYSZKA	K-40	6	NIE	01:06:16	02:04:42	03:01:02.85	03:01:09.35	+01:13:52 (40.8%)	8:37	7 (59.8%)
152	JAGODZIŃSKI Paweł	1091	3 TEAM KONIN/VIKMED	M-40	61	NIE	01:06:13	02:06:25	03:01:54.60	03:01:58.10	+01:14:41 (41.0%)	8:39	6.9 (59.0%)
153	KACZMAREK Łukasz	1380	ORT	M-30	58	NIE	01:05:29	02:02:24	03:02:13.45	03:02:17.80	+01:15:01 (41.2%)	8:40	6.9 (59.0%)
154	KOSTRUBIEC Maciej	1409		M-20	7	NIE	01:01:45	01:59:58	03:02:15.85	03:02:19.10	+01:15:02 (41.2%)	8:40	6.9 (59.0%)
155	CIBIS Anna	1242		K-30	10	NIE	01:07:27	02:03:21	03:01:48.90	03:02:23.90	+01:15:07 (41.2%)	8:39	6.9 (59.0%)
156	WITEK Tomasz	1162		M-30	59	NIE	01:11:33	02:07:10	03:01:44.60	03:02:31.55	+01:15:14 (41.2%)	8:39	6.9 (59.0%)
157	DIERING Tomasz	1228	ROWERY MAŁGOŚKA	M-30	60	NIE	01:06:29	02:03:50	03:02:52.70	03:02:52.70	+01:15:36 (41.3%)	8:42	6.9 (59.0%)
158	PUTOWSKA Beata	1181	FEHLAU RUN TEAM	K-30	11	NIE	01:08:37	02:06:54	03:02:55.15	03:03:05.45	+01:15:48 (41.4%)	8:42	6.9 (59.0%)
159	PODOLUK Marek	1240		M-40	62	NIE	01:00:02	01:59:11	03:03:05.60	03:03:05.60	+01:15:48 (41.4%)	8:43	6.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
160	JAWORSKA Wioleta	1066		K-30	12	NIE	01:10:13	02:07:03	03:03:23.75	03:03:38.80	+01:16:22 (41.6%)	8:43	6.9 (59.0%)
161	KORNASZEWSKI Maciej	1193	MERITUM	M-40	63	NIE	01:11:39	02:07:21	03:03:02.45	03:03:40.00	+01:16:23 (41.6%)	8:42	6.9 (59.0%)
162	GRZYBOWSKA Karolina	1078	LEKKOATLETYKA STAL PLESZEW	K-40	7	NIE	01:14:08	02:11:36	03:03:02.40	03:03:40.70	+01:16:24 (41.6%)	8:42	6.9 (59.0%)
163	ADACH Dariusz	1042	MEKASTO	M-40	64	NIE	01:06:17	02:05:50	03:03:13.15	03:03:53.25	+01:16:36 (41.7%)	8:43	6.9 (59.0%)
164	WOJTCZAK Michał	1223		M-30	61	NIE	01:08:27	02:07:10	03:03:50.15	03:03:56.00	+01:16:39 (41.7%)	8:45	6.9 (59.0%)
165	WOJTKOWIAK Renata	1278	PIĄTKOWO NA BIEGOWO	K-50	1	NIE	01:07:26	02:08:21	03:03:49.60	03:03:56.85	+01:16:40 (41.7%)	8:45	6.9 (59.0%)
166	NIEWIADOMSKI Marek	1218	CROSS KRAPKOWICE	M-30	62	NIE	01:10:39	02:08:33	03:04:15.10	03:05:12.95	+01:17:56 (42.1%)	8:46	6.8 (58.1%)
167	PIETROŃ Jerzy	1467	ULTRA DZIADY	M-40	65	NIE	01:13:51	02:09:39	03:04:21.55	03:05:46.35	+01:18:29 (42.3%)	8:46	6.8 (58.1%)
168	OSKWAREK Bogdan	1355	ZESPÓŁ SZKÓŁ KOWALEWO POMORSKIE	M-50	10	NIE	01:11:19	02:07:23	03:04:25.50	03:05:47.35	+01:18:30 (42.3%)	8:46	6.8 (58.1%)
169	DZICZEK Ireneusz	1108	RAZ SZCZECIN	M-60	3	NIE	01:00:58	02:02:28	03:05:49.85	03:05:49.85	+01:18:33 (42.3%)	8:50	6.8 (58.1%)
170	ZDUŃCZYK Paulina	1362	AKADEMIABIEGACZA.PL	K-30	13	NIE	01:08:25	02:09:28	03:05:49.85	03:05:54.55	+01:18:37 (42.3%)	8:50	6.8 (58.1%)
171	SIEPIELSKI Damian	1017		M-30	63	NIE	01:09:16	02:09:40	03:06:51.65	03:06:56.50	+01:19:39 (42.6%)	8:53	6.7 (57.3%)
172	SYCHOWSKI Dawid	1128		M-40	66		01:08:36	02:09:31	03:06:54.30	03:07:08.95	+01:19:52 (42.7%)	8:54	6.7 (57.3%)
173	ANDRZEJEWSKI Lukasz	1125	HIPOPOTAM FAST RUN	M-40	67	NIE	01:15:20	02:13:41	03:07:04.95	03:07:36.20	+01:20:19 (42.8%)	8:54	6.7 (57.3%)
174	NYCZ Łukasz	1099		M-40	68	NIE	01:08:16	02:04:41	03:08:02.65	03:08:02.65	+01:20:45 (43.0%)	8:57	6.7 (57.3%)
175	WINKOWSKI Marek	1296		M-30	64	NIE	01:12:27	02:09:01	03:07:31.80	03:08:04.60	+01:20:47 (43.0%)	8:55	6.7 (57.3%)
176	ZIEMKIEWICZ Jarek	1202	UKS RUNNING TEAM	M-40	69	NIE	01:16:46	02:12:52	03:06:56.30	03:08:08.50	+01:20:51 (43.0%)	8:54	6.7 (57.3%)
177	WENDT Krystian	1399		M-20	8	NIE	01:19:30	02:16:32	03:07:53.60	03:08:54.65	+01:21:37 (43.2%)	8:56	6.7 (57.3%)
178	ŁUSIAK Przemysław	1309		M-40	70	NIE	01:01:13	01:53:45	03:08:47.05	03:08:55.85	+01:21:39 (43.2%)	8:59	6.7 (57.3%)
179	BURAKOWSKI Sebastian	1253		M-40	71	NIE	01:07:48	02:06:29	03:08:28.60	03:09:12.20	+01:21:55 (43.3%)	8:58	6.7 (57.3%)
180	KARDAS Agata	1472	KALENICA JUGÓW	K-40	8	TAK	01:08:53	02:09:19	03:09:19.95	03:09:45.70	+01:22:29 (43.5%)	9:00	6.7 (57.3%)
181	GAŁKA Jacek	1332	VEGE RUNNERS / PURA VIDA TEAM / ULTRA DZIADY	M-40	72	NIE	01:17:38	02:16:31	03:08:27.25	03:09:51.40	+01:22:34 (43.5%)	8:58	6.7 (57.3%)
182	MICHALSKA Marta	1484		K-30	14	NIE	01:40:10		03:09:07.75	03:10:00.40	+01:22:43 (43.5%)	9:00	6.7 (57.3%)
183	SOSNOWSKA-SMYK Joanna	1337	AUTOLIV RUN TEAM	K-40	9	NIE	01:13:50	02:13:28	03:10:23.85	03:10:44.50	+01:23:27 (43.8%)	9:03	6.6 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
184	PIĘKOŚ Monika	1289	HUNTERS OCR TEAM	K-40	10	NIE	01:11:46	02:10:25	03:10:09.80	03:10:45.30	+01:23:28 (43.8%)	9:03	6.6 (56.4%)
185	STAWIŃSKI Michał	1185		M-30	65	NIE	01:11:15	02:11:09	03:10:28.40	03:10:47.00	+01:23:30 (43.8%)	9:04	6.6 (56.4%)
186	KUZNETSOV Sergei	1434	HEPEXTA	M-30	66	NIE	01:05:16	02:05:20	03:09:27.35	03:11:12.40	+01:23:55 (43.9%)	9:01	6.7 (57.3%)
187	RADECKI Wojciech	1209		M-50	11	NIE	01:16:48	02:17:17	03:10:46.85	03:11:13.80	+01:23:57 (43.9%)	9:05	6.6 (56.4%)
188	SAWOŚCIANIK Adam	1175		M-20	9	NIE	01:14:10	02:13:25	03:10:56.10	03:11:18.20	+01:24:01 (43.9%)	9:05	6.6 (56.4%)
189	LIS Paweł	1452	CENTRUM FORMY 58100	M-40	73	NIE	01:02:38	02:05:01	03:11:16.45	03:11:27.20	+01:24:10 (44.0%)	9:06	6.6 (56.4%)
190	GRUDNIEWSKI Jakub	1120		M-30	67	NIE	01:11:55	02:11:27	03:11:05.40	03:11:32.80	+01:24:16 (44.0%)	9:05	6.6 (56.4%)
191	WOJEWODA Marta	1340	ORT	K-30	15	NIE	01:11:36	02:12:14	03:11:28.35	03:11:33.60	+01:24:16 (44.0%)	9:07	6.6 (56.4%)
192	SMYK Sylwester	1336	AUTOLIV RUN TEAM	M-40	74	NIE	01:13:46	02:13:31	03:11:26.65	03:11:51.85	+01:24:35 (44.1%)	9:06	6.6 (56.4%)
193	ZARZECZNY Radosław	1041		M-30	68	NIE	01:16:02	02:17:09	03:12:12.30	03:12:12.30	+01:24:55 (44.2%)	9:09	6.6 (56.4%)
194	SIKORA Malwina	1377		K-20	3	NIE	01:09:20	02:12:12	03:12:39.15	03:12:55.25	+01:25:38 (44.4%)	9:10	6.5 (55.6%)
195	WOŹNIAK Gaba	1163	UPRANE.PL	K-40	11	NIE	01:10:57	02:12:13	03:13:16.30	03:13:33.30	+01:26:16 (44.6%)	9:12	6.5 (55.6%)
196	BEKAS Jędrzej	1119	NIGHT RUNNERS POZNAŃ	M-40	75	NIE	01:10:09	02:12:46	03:13:16.70	03:13:34.40	+01:26:17 (44.6%)	9:12	6.5 (55.6%)
197	PLUTA Kinga	1284		K-20	4	NIE	01:15:35	02:14:23	03:12:45.85	03:13:37.60	+01:26:20 (44.6%)	9:10	6.5 (55.6%)
198	SZAMOCKA Paulina	1414	TRAIL IS OUR WAY	K-30	16	NIE	01:12:49	02:14:29	03:13:29.85	03:13:50.90	+01:26:34 (44.7%)	9:12	6.5 (55.6%)
199	BERG Elwira	1318		K-40	12	NIE	01:09:54	02:11:22	03:13:48.15	03:13:51.65	+01:26:34 (44.7%)	9:13	6.5 (55.6%)
200	FIAŁKOWSKA Bożena	1370	ING BANK ŚLĄSKI	K-50	2	NIE	01:16:34	02:16:40	03:13:51.35	03:14:12.20	+01:26:55 (44.8%)	9:13	6.5 (55.6%)
201	ODOLCZYK Joanna	1051		K-50	3	NIE	01:11:46	02:14:25	03:14:00.65	03:14:47.30	+01:27:30 (44.9%)	9:14	6.5 (55.6%)
202	TRZEPACZ Dorota	1238	KB LUPUS OLEŚNICA	K-50	4	NIE	01:10:13	02:11:43	03:14:21.80	03:14:52.80	+01:27:36 (45.0%)	9:15	6.5 (55.6%)
203	WIECZOREK Agnieszka	1094	NSK RUNS	K-40	13	NIE	01:13:00	02:14:03	03:15:12.90	03:15:28.45	+01:28:11 (45.1%)	9:17	6.5 (55.6%)
204	KARWOWSKI Maciej	1468		M-30	69	NIE	01:24:01	02:20:45	03:14:06.40	03:15:29.65	+01:28:12 (45.1%)	9:14	6.5 (55.6%)
205	MŁYNARCZYK Krzysztof	1034		M-40	76	NIE	01:11:50	02:14:01	03:15:28.45	03:15:38.00	+01:28:21 (45.2%)	9:18	6.4 (54.7%)
206	WACHOWIAK Anna	1064		K-30	17	NIE	01:14:15	02:14:57	03:15:22.75	03:15:52.60	+01:28:35 (45.2%)	9:18	6.4 (54.7%)
207	PANZ Krzysztof	1425		M-40	77	NIE	01:02:17	02:05:28	03:15:36.30	03:15:54.10	+01:28:37 (45.2%)	9:18	6.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
208	BARAN Zenon	1097	HOMOKOMANDO	M-60	4	NIE	01:18:23	02:19:02	03:14:44.90	03:15:58.70	+01:28:42 (45.3%)	9:16	6.5 (55.6%)
209	RUKS Jarosław	1420		M-30	70	NIE	01:10:38	02:12:18	03:16:08.40	03:16:15.80	+01:28:59 (45.3%)	9:20	6.4 (54.7%)
210	SZEWczyk Joanna	1464	SKARMAT TORUŃ	K-40	14	NIE	01:14:17	02:14:51	03:15:25.80	03:16:17.35	+01:29:00 (45.3%)	9:18	6.4 (54.7%)
211	NOWAK Jarosław	1139	SPC	M-50	12	NIE	01:16:07	02:17:39	03:16:25.65	03:17:03.20	+01:29:46 (45.6%)	9:21	6.4 (54.7%)
212	ADAMCZYK Rafał	1187		M-50	13	NIE	01:18:56	02:19:29	03:16:25.75	03:17:20.05	+01:30:03 (45.6%)	9:21	6.4 (54.7%)
213	KOWAŃSKI Tomasz	1084		M-40	78	NIE	01:05:33	02:07:58	03:17:26.15	03:18:03.50	+01:30:46 (45.8%)	9:24	6.4 (54.7%)
214	WIĘCEK Michał	1329		M-30	71	NIE	01:11:26	02:14:53	03:18:36.65	03:18:43.50	+01:31:26 (46.0%)	9:27	6.3 (53.8%)
215	NOWAK Łukasz	1328	BLOOD BROTHERS	M-40	79	NIE	01:11:27	02:14:54	03:18:37.35	03:18:43.60	+01:31:26 (46.0%)	9:27	6.3 (53.8%)
216	GRUSZCZYŃSKA Ola	1083		K-40	15	NIE	01:14:04	02:15:08	03:18:13.35	03:18:44.60	+01:31:27 (46.0%)	9:26	6.4 (54.7%)
217	RUTKOWSKI Tomasz	1244	SKS OBORNIKI	M-40	80		01:18:22	02:18:13	03:16:27.70	03:18:45.30	+01:31:28 (46.0%)	9:21	6.4 (54.7%)
218	NOWAK Marta	1118		K-40	16	NIE	01:16:21	02:16:59	03:18:32.25	03:18:47.30	+01:31:30 (46.0%)	9:27	6.3 (53.8%)
219	RZYHA Hubert	1418	RUNNER'S POWER/BANICI ULTRA	M-40	81	NIE	01:16:06	02:18:58	03:18:16.75	03:18:49.35	+01:31:32 (46.0%)	9:26	6.4 (54.7%)
220	BENTKOWSKA Magdalena	1449	DIRTY SPARROWS	K-30	18	NIE	01:14:26	02:16:44	03:18:32.30	03:18:50.70	+01:31:34 (46.0%)	9:27	6.3 (53.8%)
221	KOSTOWSKI Roman	1446		M-30	72	NIE	01:13:43	02:16:41	03:18:00.20	03:18:58.85	+01:31:42 (46.1%)	9:25	6.4 (54.7%)
222	GINTER Grzegorz	1008	AZS COLLEGIUM MEDICUM UJ	M-30	73	NIE	01:13:19	02:16:51	03:18:53.30	03:19:01.00	+01:31:44 (46.1%)	9:28	6.3 (53.8%)
223	ŚLEBODA Joanna	1092	KOBIETY BIEGAJĄ	K-30	19	NIE	01:18:53	02:19:26	03:18:14.65	03:19:13.15	+01:31:56 (46.2%)	9:26	6.4 (54.7%)
224	MAKOWSKA Anna	1207		K-40	17	NIE	01:19:16	02:19:37	03:19:08.95	03:19:32.90	+01:32:16 (46.2%)	9:28	6.3 (53.8%)
225	WIĘCKOWSKI Wiktor	1322	SII RUNNING TEAM	M-30	74	NIE	01:18:17	02:18:54	03:17:58.55	03:19:37.80	+01:32:21 (46.3%)	9:25	6.4 (54.7%)
226	RATAJCZAK Łukasz	1165	NIGHT RUNNERS	M-40	82	NIE	01:14:19	02:16:33	03:19:35.20	03:19:41.70	+01:32:25 (46.3%)	9:30	6.3 (53.8%)
227	ANDRYSZCZAK Łukasz	1406	BMW KLUB POZNAŃ	M-30	75	NIE	01:10:45	02:15:34	03:19:39.30	03:19:42.70	+01:32:26 (46.3%)	9:30	6.3 (53.8%)
228	JANKOWSKI Adam	1062	ULTRAWAY.PL RUNNING TEAM	M-30	76	NIE	01:15:34	02:19:35	03:19:06.55	03:19:57.35	+01:32:40 (46.3%)	9:28	6.3 (53.8%)
229	STEFAŃSKI Mikołaj	1173		M-30	77	NIE	01:10:53	02:14:24	03:19:20.10	03:19:59.50	+01:32:42 (46.4%)	9:29	6.3 (53.8%)
230	MÓLL Janusz	1220		M-60	5	NIE	01:07:24	02:11:48	03:20:31.50	03:20:34.15	+01:33:17 (46.5%)	9:32	6.3 (53.8%)
231	MANISZEWSKI Mateusz	1376	ING BANK ŚLĄSKI	M-40	83		01:19:28	02:20:39	03:20:13.60	03:20:35.50	+01:33:18 (46.5%)	9:32	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
232	ZELICH Łukasz	1131		M-40	84	NIE	01:10:09	02:13:02	03:20:20.35	03:20:37.70	+01:33:21 (46.5%)	9:32	6.3 (53.8%)
233	STASIŃSKA-KOSTOWSKA Wiktoria	1445		K-20	5	NIE	01:14:00	02:17:14	03:20:11.45	03:20:39.35	+01:33:22 (46.5%)	9:31	6.3 (53.8%)
234	HAIDA Marcin	1216		M-40	85	NIE	01:15:43	02:16:03	03:20:13.45	03:20:41.15	+01:33:24 (46.5%)	9:32	6.3 (53.8%)
235	NAWROCKA Sylwia	1213	MAMA W BIEGU	K-50	5	NIE	01:18:22	02:21:17	03:20:05.80	03:20:52.10	+01:33:35 (46.6%)	9:31	6.3 (53.8%)
236	LAGUTKO Nikolay	1403		M-20	10	NIE	01:14:10	02:18:31	03:20:32.25	03:20:53.40	+01:33:36 (46.6%)	9:32	6.3 (53.8%)
237	JÓZEFczyk Justyna	1485		K-40	18	NIE	01:16:05	02:18:59	03:20:21.05	03:20:56.00	+01:33:39 (46.6%)	9:32	6.3 (53.8%)
238	PLUCHARAT Marcin	1029		M-30	78	NIE	01:14:14	02:16:47	03:20:23.65	03:21:02.00	+01:33:45 (46.6%)	9:32	6.3 (53.8%)
239	PIECHOTA Marcin	1315	DRUŻYNA SZPIKU	M-40	86	NIE	01:18:25	02:20:01	03:20:25.25	03:21:23.90	+01:34:07 (46.7%)	9:32	6.3 (53.8%)
240	KITOWSKA Małgorzata	1474		K-40	19	NIE	01:14:27	02:18:02	03:21:51.20	03:22:01.50	+01:34:44 (46.9%)	9:36	6.2 (53.0%)
241	TOMASZEWSKI Mirosław	1476	PERŁA	M-40	87	NIE	01:14:27	02:18:02	03:21:51.15	03:22:01.60	+01:34:44 (46.9%)	9:36	6.2 (53.0%)
242	PACIULON Krzysztof	1266	OKI OKI TEAM	M-50	14	NIE	01:11:53	02:14:13	03:21:31.05	03:22:03.30	+01:34:46 (46.9%)	9:35	6.3 (53.8%)
243	NARECKI Jarosław	1109		M-50	15	NIE	01:20:55	02:21:30	03:21:27.30	03:22:03.95	+01:34:47 (46.9%)	9:35	6.3 (53.8%)
244	SERWATKIEWICZ Grzegorz	1236		M-40	88	NIE	01:11:38	02:16:11	03:21:55.95	03:22:05.60	+01:34:48 (46.9%)	9:36	6.2 (53.0%)
245	JASIŃSKI Maciej	1321	SII RUNNING TEAM	M-30	79		01:19:29	02:21:06	03:21:00.65	03:22:08.65	+01:34:51 (46.9%)	9:34	6.3 (53.8%)
246	KUNA Aleksandra	1457	SII RUNNING TEAM	K-30	20	NIE	01:11:44	02:14:59	03:22:15.60	03:22:30.05	+01:35:13 (47.0%)	9:37	6.2 (53.0%)
247	KRUSZEWSKI Jacek	1111	MARKOWI BIEGACZE	M-40	89	NIE	01:14:09	02:17:44	03:22:22.55	03:22:32.70	+01:35:16 (47.0%)	9:38	6.2 (53.0%)
248	MIGDAŁ Adrian	1217		M-40	90	NIE	01:15:10	02:20:30	03:22:18.90	03:22:37.80	+01:35:21 (47.1%)	9:38	6.2 (53.0%)
249	ŁAMPIKA Kinga	1303	GOOD MOVE	K-40	20	NIE	01:15:29	02:18:53	03:22:31.45	03:22:58.50	+01:35:41 (47.1%)	9:38	6.2 (53.0%)
250	DĄBROWIECKI Sławomir	1456		M-40	91	NIE	01:19:17	02:18:58	03:21:42.90	03:23:07.40	+01:35:50 (47.2%)	9:36	6.2 (53.0%)
251	TYMUL Jakub	1301	#TYMTRITEAM	M-40	92	NIE	01:18:43	02:20:48	03:22:35.80	03:23:08.45	+01:35:51 (47.2%)	9:38	6.2 (53.0%)
252	KWIATKOWSKI Grzegorz	1338		M-50	16	NIE	01:19:28	02:19:50	03:23:02.70	03:23:18.35	+01:36:01 (47.2%)	9:40	6.2 (53.0%)
253	ŁAZUKA Klaudia	1371	ING BANK ŚLĄSKI	K-30	21		01:16:38	02:20:34	03:22:59.80	03:23:23.25	+01:36:06 (47.3%)	9:39	6.2 (53.0%)
254	OLIŃSKI Paweł	1170		M-40	93	NIE	01:20:02	02:22:47	03:23:28.65	03:24:09.45	+01:36:52 (47.5%)	9:41	6.2 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
255	BORYSIONEK Jarosław	1184		M-50	17	NIE	01:14:12	02:16:23	03:23:31.55	03:24:15.35	+01:36:58 (47.5%)	9:41	6.2 (53.0%)
256	JACHYMSKI Jacek	1368	AKG ŁÓDŹ	M-60	6	TAK	01:13:27	02:19:53	03:24:13.40	03:24:20.70	+01:37:04 (47.5%)	9:43	6.2 (53.0%)
257	AUGUSTOWSKA Izabela	1381	BELLAMAR TEAM	K-40	21	NIE	01:14:42	02:20:48	03:24:14.85	03:24:23.15	+01:37:06 (47.5%)	9:43	6.2 (53.0%)
258	ROMANOWSKI Krystian	1153		M-30	80	NIE	01:25:24	02:29:01	03:24:01.15	03:24:26.00	+01:37:09 (47.5%)	9:42	6.2 (53.0%)
259	NYCZ Bartłomiej	1096		M-40	94	NIE	01:15:43	02:17:03	03:24:04.15	03:24:33.55	+01:37:16 (47.6%)	9:43	6.2 (53.0%)
260	KURIATA Bartłomiej	1460		M-50	18	NIE	01:22:44	02:23:18	03:23:29.45	03:24:39.50	+01:37:22 (47.6%)	9:41	6.2 (53.0%)
261	FAFARA Agnieszka	1124	PIETRZYK RUNNING TEAM	K-40	22	NIE	01:20:06	02:20:45	03:24:46.55	03:25:15.20	+01:37:58 (47.7%)	9:45	6.2 (53.0%)
262	TARCZYŃSKA Halina	1264		K-40	23	NIE	01:19:10	02:21:22	03:24:29.50	03:25:19.70	+01:38:03 (47.8%)	9:44	6.2 (53.0%)
263	KUPKA Martyna	1226	SWAT TEAM	K-30	22	NIE	01:17:44	02:21:49	03:25:50.10	03:25:55.05	+01:38:38 (47.9%)	9:48	6.1 (52.1%)
264	SMOTER Ewa	1480		K-40	24	NIE	01:14:36	02:20:08	03:26:56.45	03:27:03.05	+01:39:46 (48.2%)	9:51	6.1 (52.1%)
265	WALCZAK Emilia	1159	KB MANIAC POZNAŃ	K-40	25	NIE	01:20:47	02:23:11	03:26:03.65	03:27:10.20	+01:39:53 (48.2%)	9:48	6.1 (52.1%)
266	POTOCKI Jan	1343		M-20	11	NIE	01:19:07	02:19:15	03:26:15.50	03:27:25.65	+01:40:08 (48.3%)	9:49	6.1 (52.1%)
267	KUCHTA Monika	1161	#HAPPYRUNNERS	K-40	26	NIE	01:19:50	02:21:01	03:27:04.70	03:27:35.95	+01:40:19 (48.3%)	9:51	6.1 (52.1%)
268	SKORUPSKI Szymon	1151	KURACJUSZE	M-30	81	NIE	01:16:51	02:20:20	03:27:12.00	03:27:46.00	+01:40:29 (48.4%)	9:52	6.1 (52.1%)
269	MIEDZIŃSKI Michał	1276	JKS SALAMANDRA	M-40	95	NIE	01:09:27	02:15:58	03:27:49.15	03:27:59.00	+01:40:42 (48.4%)	9:53	6.1 (52.1%)
270	POTOCKA Małgorzata	1344		K-20	6	NIE	01:19:01	02:19:57	03:26:48.30	03:27:59.10	+01:40:42 (48.4%)	9:50	6.1 (52.1%)
271	WIECZOREK Artur	1307	BIEGACZE Z PRZYLESIA	M-40	96	NIE	01:17:25	02:20:14	03:27:45.25	03:28:00.05	+01:40:43 (48.4%)	9:53	6.1 (52.1%)
272	WÓJKOWSKA-DURYS Monika	1156		K-40	27	NIE	01:19:45	02:19:51	03:27:30.30	03:28:01.15	+01:40:44 (48.4%)	9:52	6.1 (52.1%)
273	KIEŁBASA Paweł	1174	GT RAT	M-40	97	NIE	01:16:55	02:22:28	03:27:29.55	03:28:40.90	+01:41:24 (48.6%)	9:52	6.1 (52.1%)
274	SOWIŃSKI Robert	1205		M-40	98	NIE	01:15:33	02:21:25	03:27:31.90	03:28:46.00	+01:41:29 (48.6%)	9:52	6.1 (52.1%)
275	KOWACZ Agata	1365	SPEEDBAR	K-40	28	NIE	01:16:33	02:23:06	03:29:06.40	03:29:18.20	+01:42:01 (48.7%)	9:57	6 (51.3%)
276	CHOJNACKI Mikołaj	1436	WARSAW RUN CLUB	M-40	99	NIE	01:19:24	02:20:31	03:28:53.70	03:29:47.85	+01:42:31 (48.9%)	9:56	6 (51.3%)
277	KUKOBNIKAVA Vitaliya	1389	BIEGACZE STU MOSTÓW	K-30	23	NIE	01:22:59	02:32:34	03:30:23.15	03:30:40.75	+01:43:24 (49.1%)	10:01	6 (51.3%)
278	RAJKOWSKI Łukasz	1440	SCORPION KICKBOXING MMA	M-30	82	NIE	01:24:00	02:23:24	03:30:45.20	03:31:43.05	+01:44:26 (49.3%)	10:02	6 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
279	MARKISZ Kazimierz	1439	SCORPION KICKBOXING MMA	M-30	83	NIE	01:24:03	02:23:27	03:30:48.45	03:31:43.60	+01:44:26 (49.3%)	10:02	6 (51.3%)
280	ODOLCZYK Jerzy	1073		M-60	7	NIE	01:11:35	02:18:51	03:30:27.80	03:31:49.90	+01:44:33 (49.4%)	10:01	6 (51.3%)
281	DUDZIŃSKI Wojciech	1306		M-40	100	NIE	01:23:15	02:27:12	03:31:14.05	03:32:06.70	+01:44:50 (49.4%)	10:03	6 (51.3%)
282	LUBAŃSKA Alicja	1126	DTR BIEGA / MARIO TEAM	K-50	6	NIE	01:21:31	02:27:54	03:31:39.10	03:32:16.25	+01:44:59 (49.5%)	10:04	6 (51.3%)
283	SYNOWIEC-JUDA Agata	1384		K-40	29	NIE	01:19:37	02:25:47	03:31:46.65	03:32:27.20	+01:45:10 (49.5%)	10:05	5.9 (50.4%)
284	WACHOWSKA Katarzyna	1201	SMOK TRÓJGŁOWY	K-30	24	NIE	01:21:24	02:26:19	03:32:03.70	03:32:28.40	+01:45:11 (49.5%)	10:05	5.9 (50.4%)
285	MAĆKOWSKI Mateusz	1093	NATURAL BORN COFFEE LOVERS	M-40	101	NIE	01:21:21	02:26:21	03:32:01.60	03:32:28.45	+01:45:11 (49.5%)	10:05	5.9 (50.4%)
286	KWIATKOWSKI Przemysław	1325		M-40	102	NIE	01:22:10	02:25:37	03:31:46.25	03:32:29.10	+01:45:12 (49.5%)	10:05	5.9 (50.4%)
287	BIAŁEK Marcin	1477		M-40	103	NIE	01:19:48	02:22:28	03:31:18.85	03:32:33.60	+01:45:16 (49.5%)	10:03	6 (51.3%)
288	KOWALSKA Małgorzata	1157		K-40	30		01:17:27	02:23:54	03:32:35.80	03:32:42.75	+01:45:26 (49.6%)	10:07	5.9 (50.4%)
289	WRZESZCZ Marta	1293	GOOD MOVE TEAM	K-30	25	NIE	01:13:47	02:23:00	03:32:57.00	03:33:06.35	+01:45:49 (49.7%)	10:08	5.9 (50.4%)
290	SZYGENDA Sebastian	1326		M-40	104	NIE	01:22:13	02:25:38	03:32:26.55	03:33:07.40	+01:45:50 (49.7%)	10:06	5.9 (50.4%)
291	CZARNOTA Dorota	1150	WYBIEGAJ SIEBIE	K-40	31		01:14:56	02:23:16	03:32:59.20	03:33:08.75	+01:45:52 (49.7%)	10:08	5.9 (50.4%)
292	HOFFMANN Barbara	1281	KS HADES POZNAŃ	K-30	26	NIE	01:14:18	02:25:27	03:33:17.10	03:33:20.65	+01:46:03 (49.7%)	10:09	5.9 (50.4%)
293	PALIŃSKA Zuzanna	1210	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	K-20	7	TAK	01:17:14	02:25:48	03:33:02.90	03:33:22.10	+01:46:05 (49.7%)	10:08	5.9 (50.4%)
294	URBANIAK Jozef	1470	ULKS CZARNA GORA	M-50	19	NIE	01:19:46	02:23:16	03:32:34.85	03:33:53.60	+01:46:36 (49.8%)	10:07	5.9 (50.4%)
295	GIBOWSKI Lukasz	1152		M-40	105	NIE	01:20:44	02:26:46	03:33:39.30	03:34:49.65	+01:47:32 (50.1%)	10:10	5.9 (50.4%)
296	GRATKOWSKI Rafał	1297	MIKRORAPHA	M-50	20	NIE	01:16:35	02:24:39	03:34:35.45	03:34:54.35	+01:47:37 (50.1%)	10:13	5.9 (50.4%)
297	KRUZEL Rafał	1133	BIEGOWE MISIE	M-50	21	NIE	01:17:28	02:28:12	03:35:11.00	03:35:19.35	+01:48:02 (50.2%)	10:14	5.9 (50.4%)
298	ZASOWSKI Rafal	1390		M-40	106	NIE		02:27:54	03:35:32.15	03:35:32.15	+01:48:15 (50.2%)	10:15	5.8 (49.6%)
299	SZYDŁO Klaudia	1356		K-30	27	NIE	01:08:10	02:15:41	03:35:14.35	03:35:35.10	+01:48:18 (50.2%)	10:14	5.9 (50.4%)
300	LIS Mirosław	1147		M-40	107	NIE	01:20:46	02:26:55	03:35:01.20	03:36:09.25	+01:48:52 (50.4%)	10:14	5.9 (50.4%)
301	SIEMIENIUK Andrzej	1324	RATUJMY CO SIĘ DA ♥♥♥	M-40	108	NIE	01:22:40	02:26:47	03:36:02.60	03:36:50.85	+01:49:34 (50.5%)	10:17	5.8 (49.6%)
302	ORZECHOWSKA Agnieszka	1053		K-40	32	NIE	01:25:20	02:29:55	03:35:37.05	03:36:52.45	+01:49:35 (50.5%)	10:16	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
303	KULA Krzysztof	1438	ING BANK ŚLĄSKI	M-50	22	NIE	01:22:43	02:27:49	03:36:33.25	03:36:52.75	+01:49:36 (50.5%)	10:18	5.8 (49.6%)
304	PABIAN Agnieszka	1331	HUNTERS OCR TEM	K-50	7	NIE	01:21:21	02:28:42	03:37:35.70	03:38:11.90	+01:50:55 (50.8%)	10:21	5.8 (49.6%)
305	KOWALCZUK Adam	1145	NSK RUNS	M-50	23	NIE	01:11:48	02:16:19	03:37:41.85	03:38:12.05	+01:50:55 (50.8%)	10:21	5.8 (49.6%)
306	KOWALSKI Bogusław	1102	KLUB WYSOKOGÓRSKI W TORUNIU	M-50	24	TAK	01:19:39	02:25:30	03:37:58.65	03:38:15.85	+01:50:59 (50.8%)	10:22	5.8 (49.6%)
307	BARAN Paulina	1033	OSPRO OCR	K-30	28	NIE	01:20:24	02:29:19	03:37:27.05	03:38:20.30	+01:51:03 (50.9%)	10:21	5.8 (49.6%)
308	WRZESZCZ Jakub	1065		M-30	84	NIE	01:24:18	02:30:52	03:37:21.40	03:38:28.10	+01:51:11 (50.9%)	10:21	5.8 (49.6%)
309	ŚCIEPIŃ Krzysztof	1375	ING BANK ŚLĄSKI	M-40	109	NIE	01:18:53	02:24:00	03:38:04.30	03:38:31.10	+01:51:14 (50.9%)	10:23	5.8 (49.6%)
310	PIECUCH Małgorzata	1101		K-60	1		01:20:07	02:29:42	03:38:14.20	03:38:33.90	+01:51:17 (50.9%)	10:23	5.8 (49.6%)
311	FIGUŁA Sławomir	1015		M-40	110	NIE	01:20:20	02:27:57	03:37:50.80	03:38:34.70	+01:51:18 (50.9%)	10:22	5.8 (49.6%)
312	CZUCHAJ Anna	1363	ING BANK ŚLĄSKI	K-40	33		01:22:40	02:28:25	03:38:16.10	03:38:35.85	+01:51:19 (50.9%)	10:23	5.8 (49.6%)
313	WIĘCEK Małgorzata	1437	ING BANK ŚLĄSKI	K-40	34	NIE	01:22:44	02:27:57	03:38:19.95	03:38:36.30	+01:51:19 (50.9%)	10:23	5.8 (49.6%)
314	PAKIET Waldemar	1426	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	25	NIE	01:18:55	02:27:28	03:39:41.45	03:40:10.15	+01:52:53 (51.3%)	10:27	5.7 (48.7%)
315	JURECZKO Agnieszka	1433	DZIK KOMANDO	K-40	35	NIE	01:16:30	02:26:10	03:40:03.75	03:40:10.55	+01:52:53 (51.3%)	10:28	5.7 (48.7%)
316	RUDA Kamila	1214	KURACJUSZE	K-30	29	NIE	01:18:47	02:29:00	03:40:06.80	03:40:44.30	+01:53:27 (51.4%)	10:28	5.7 (48.7%)
317	TANAŚ Adam	1043	KLUB BIEGACZA SUPERMARATOŃCZYK	M-40	111	NIE	01:12:40	02:24:12	03:40:26.60	03:41:06.00	+01:53:49 (51.5%)	10:29	5.7 (48.7%)
318	PERECZKOWSKA Agnieszka	1176		K-40	36	NIE	01:22:32	02:30:34	03:42:10.95	03:42:26.10	+01:55:09 (51.8%)	10:34	5.7 (48.7%)
319	SŁOMCZYŃSKI Klaudiusz	1404	MIEROSZOWSKI DZIK	M-50	26	NIE	01:28:55	02:34:34	03:41:07.90	03:42:27.65	+01:55:10 (51.8%)	10:31	5.7 (48.7%)
320	ZIĘBA Monika	1077	NSK RUNS	K-40	37	NIE	01:16:39	02:27:44	03:42:35.90	03:43:01.15	+01:55:44 (51.9%)	10:35	5.7 (48.7%)
321	CZUBIEL Konrad	1177		M-40	112	NIE	01:21:23	02:31:11	03:42:57.25	03:43:38.90	+01:56:22 (52.0%)	10:37	5.7 (48.7%)
322	WARA-WĄSOWSKI Maciej	1028	SZAKALE BAŁUT ŁÓDŹ	M-50	27	NIE	01:24:39	02:33:27	03:43:11.45	03:43:45.60	+01:56:28 (52.1%)	10:37	5.6 (47.9%)
323	KACZMAREK Monika	1442	NKB CHYŻY NOWY TOMYŚL	K-40	38	NIE	01:25:08	02:35:09	03:43:08.95	03:43:51.70	+01:56:35 (52.1%)	10:37	5.6 (47.9%)
324	CZECH Dorota	1002	ASICS FRONTRUNNER POLAND	K-40	39	NIE	01:22:38	02:32:54	03:44:35.80	03:45:01.90	+01:57:45 (52.3%)	10:41	5.6 (47.9%)
325	STACHOWIAK Magda	1483	RUN TEAM RYDZYNA	K-30	30	NIE	01:20:59	02:30:28	03:44:41.75	03:45:02.05	+01:57:45 (52.3%)	10:41	5.6 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
326	GOLEK Seweryn Golek	1471		M-40	113	NIE	01:26:33	02:36:15	03:44:46.40	03:45:17.00	+01:58:00 (52.4%)	10:42	5.6 (47.9%)
327	KOPERSKI Jakub	1260	NIGHT RUNNERS	M-40	114	NIE	01:31:19	02:37:48	03:45:08.20	03:46:04.70	+01:58:48 (52.5%)	10:43	5.6 (47.9%)
328	KOTKO Małgorzata	1435		K-30	31	NIE	01:19:26	02:31:22	03:45:48.55	03:46:07.00	+01:58:50 (52.6%)	10:45	5.6 (47.9%)
329	STACIWO Justyna	1211	KURACJUSZE	K-40	40	NIE	01:32:42	02:32:47	03:45:40.00	03:46:20.00	+01:59:03 (52.6%)	10:44	5.6 (47.9%)
330	TYLKA Gosia	1198		K-30	32	NIE	01:28:27	02:36:24	03:45:58.05	03:47:10.40	+01:59:53 (52.8%)	10:45	5.6 (47.9%)
331	SLIWA Bogumil	1255		M-30	85	NIE	01:29:01	02:35:43	03:47:35.05	03:47:35.05	+02:00:18 (52.9%)	10:50	5.5 (47.0%)
332	WOJTCZAK Bartosz	1192	NIGHT RUNNERS	M-30	86	NIE	01:31:11	02:38:03	03:46:53.25	03:48:00.25	+02:00:43 (52.9%)	10:48	5.6 (47.9%)
333	KACZMARCZYK Wojciech	1013		M-60	8	NIE	01:14:13	02:32:10	03:47:25.40	03:48:04.10	+02:00:47 (53.0%)	10:49	5.5 (47.0%)
334	TOMCZUK Bartosz	1268		M-40	115	NIE	01:27:55		03:48:42.75	03:48:42.75	+02:01:26 (53.1%)	10:53	5.5 (47.0%)
335	OGONOWSKI Michał	1359	AKADEMIA SPORTU MEDYK	M-40	116	NIE	01:34:32	02:45:31	03:48:31.10	03:49:36.70	+02:02:20 (53.3%)	10:52	5.5 (47.0%)
336	RUSNAK Iwona	1011		K-40	41	NIE	01:25:35	02:34:47	03:48:47.50	03:50:08.55	+02:02:51 (53.4%)	10:53	5.5 (47.0%)
337	GÓRCZYŃSKI Rafał	1009		M-40	117	NIE	01:25:31	02:34:57	03:48:47.55	03:50:11.20	+02:02:54 (53.4%)	10:53	5.5 (47.0%)
338	SZPERNALOWSKI Grzegorz	1374	ING BANK ŚLĄSKI	M-30	87		01:22:25	02:33:36	03:49:48.35	03:50:12.40	+02:02:55 (53.4%)	10:56	5.5 (47.0%)
339	PIDANTY Grzegorz	1080	ZHR	M-50	28	NIE	01:29:05	02:38:51	03:49:10.20	03:50:20.90	+02:03:04 (53.4%)	10:54	5.5 (47.0%)
340	KRÓL-PIDANTY Marzena	1081		K-40	42	NIE	01:29:08	02:38:54	03:49:12.40	03:50:20.95	+02:03:04 (53.4%)	10:54	5.5 (47.0%)
341	KLIMEK Piotr	1421		M-40	118	NIE	01:24:28	02:34:48	03:50:21.10	03:51:24.15	+02:04:07 (53.6%)	10:58	5.5 (47.0%)
342	SAMOLAK Łukasz	1196	POMYŁKA TEAM	M-40	119	NIE	01:24:42	02:37:09	03:50:37.25	03:51:28.80	+02:04:12 (53.7%)	10:58	5.5 (47.0%)
343	SAMOLAK Maciek	1055	NSK RUNS	M-40	120	NIE	01:27:41	02:37:11	03:50:39.00	03:51:29.70	+02:04:13 (53.7%)	10:59	5.5 (47.0%)
344	BOROŃ Izabela	1022		K-40	43	NIE	01:31:01	02:39:26	03:51:39.05	03:52:26.55	+02:05:09 (53.8%)	11:01	5.4 (46.2%)
345	NOWAK Łukasz	1382	WIECZORNE BIEGANIE W OPOLU	M-40	121	NIE	01:27:29	02:39:13	03:51:48.60	03:52:42.00	+02:05:25 (53.9%)	11:02	5.4 (46.2%)
346	ILNICKA Monika	1410	WIECZORNE BIEGANIE W OPOLU	K-30	33	NIE	01:27:30	02:39:14	03:51:49.45	03:52:42.15	+02:05:25 (53.9%)	11:02	5.4 (46.2%)
347	NARODOWICZ Błażej	1361	WIECZORNE BIEGANIE W OPOLU	M-20	12	NIE	01:27:27	02:39:11	03:51:48.90	03:52:43.40	+02:05:26 (53.9%)	11:02	5.4 (46.2%)
348	KOSNIEWSKA-NOWAK Joanna	1402	WIECZORNE BIEGANIE W OPOLU	K-40	44	NIE	01:27:31	02:39:17	03:51:53.90	03:52:44.60	+02:05:27 (53.9%)	11:02	5.4 (46.2%)
349	POCIĘGIEL Michał	1001	SKAWINA BIEGA	M-40	122	NIE	01:19:55	02:33:31	03:52:16.95	03:53:26.00	+02:06:09 (54.0%)	11:03	5.4 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
350	GÓRA Zbigniew	1411	CIORAN	M-50	29	NIE	01:23:43	02:35:45	03:53:29.15	03:53:57.05	+02:06:40 (54.1%)	11:07	5.4 (46.2%)
351	PAŁUCKA Marta	1071	PROJEKT ULTRA	K-30	34	NIE	01:30:33	02:42:18	03:53:07.95	03:54:04.15	+02:06:47 (54.2%)	11:06	5.4 (46.2%)
352	DOMBEK Andrzej	1271		M-50	30	NIE	01:25:46	02:37:26	03:53:19.90	03:54:05.35	+02:06:48 (54.2%)	11:06	5.4 (46.2%)
353	KAMIŃSKA Krystyna	1270		K-50	8	NIE	01:25:52	02:37:26	03:53:27.60	03:54:06.95	+02:06:50 (54.2%)	11:07	5.4 (46.2%)
354	RYGIELSKI Rafał	1090		M-50	31	NIE	01:25:50	02:39:22	03:54:06.95	03:54:56.85	+02:07:40 (54.3%)	11:08	5.4 (46.2%)
355	SKOWRONEK Tomasz	1221	OJ NIEFAJNIE	M-30	88	NIE	01:21:17	02:30:58	03:54:41.10	03:55:20.80	+02:08:04 (54.4%)	11:10	5.4 (46.2%)
356	NOWACKI Łukasz	1058	POGODNI	M-40	123	NIE	01:30:15	02:38:47	03:53:56.25	03:55:26.80	+02:08:10 (54.4%)	11:08	5.4 (46.2%)
357	PIĘKNIIEWSKA Agata	1429	WKTJ	K-20	8	NIE	01:30:18	02:40:41	03:54:40.15	03:55:27.00	+02:08:10 (54.4%)	11:10	5.4 (46.2%)
358	PIERZCHAŁA Magdalena	1061	NSK RUNS	K-40	45	NIE	01:19:32	02:35:07	03:55:04.10	03:55:27.85	+02:08:11 (54.4%)	11:11	5.4 (46.2%)
359	MILEWSKA Agnieszka	1190	NIGHT RUNNERS	K-30	35	NIE	01:31:22	02:38:13	03:54:31.80	03:55:28.60	+02:08:11 (54.4%)	11:10	5.4 (46.2%)
360	BOROŃ Ryszard	1060		M-60	9	NIE	01:30:59	02:39:26	03:54:41.85	03:55:30.65	+02:08:13 (54.4%)	11:10	5.4 (46.2%)
361	MOSZNY Szymon	1215		M-40	124	NIE	01:27:39	02:38:45	03:54:00.65	03:55:31.80	+02:08:15 (54.5%)	11:08	5.4 (46.2%)
362	POCHCIAŁ Magdalena	1257	BIEGOWE ŚRODY 20	K-30	36	NIE	01:30:04	02:43:47	03:54:39.30	03:55:45.75	+02:08:29 (54.5%)	11:10	5.4 (46.2%)
363	PIETRASZ Dagmara	1023		K-40	46	NIE	01:39:32	02:46:32	03:54:53.00	03:55:59.45	+02:08:42 (54.5%)	11:11	5.4 (46.2%)
364	MARCINIAK Agata	1286	ŁODZIANKA TEAM	K-40	47	NIE	01:36:09	02:45:02	03:55:15.90	03:56:22.00	+02:09:05 (54.6%)	11:12	5.4 (46.2%)
365	SKWARNECKI Damian	1285	ŁODZIANKA TEAM	M-40	125	NIE	01:36:09	02:44:54	03:55:16.65	03:56:22.75	+02:09:06 (54.6%)	11:12	5.4 (46.2%)
366	JANUĆ Wojciech	1320	ARKA LEŚNA	M-30	89	NIE	01:35:09	02:44:41	03:55:03.75	03:56:32.35	+02:09:15 (54.6%)	11:11	5.4 (46.2%)
367	PIETRZAK Tomasz	1319	WILD TRAIL RUNNER	M-30	90	NIE	01:35:09	02:44:54	03:55:03.55	03:56:32.40	+02:09:15 (54.6%)	11:11	5.4 (46.2%)
368	MINIAK Lidia	1233	WYBIEGAJ SIEBIE	K-40	48	NIE	01:22:40	02:39:56	03:57:21.95	03:57:34.60	+02:10:17 (54.8%)	11:18	5.3 (45.3%)
369	SZEWczyk Adam	1235	ALPINPOL	M-40	126	NIE	01:22:53	02:40:10	03:57:36.05	03:57:36.05	+02:10:19 (54.8%)	11:18	5.3 (45.3%)
370	RUSIN Szymon	1036		M-30	91	TAK	01:28:31	02:39:36	03:57:18.75	03:57:46.95	+02:10:30 (54.9%)	11:18	5.3 (45.3%)
371	CZERWONKA Zbigniew Czerwonka	1057		M-40	127	NIE	01:25:17	02:37:23	03:56:27.15	03:57:49.20	+02:10:32 (54.9%)	11:15	5.3 (45.3%)
372	FIERKOWICZ Teresa	1419	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-50	9	NIE	01:27:03	02:42:01	03:56:04.55	03:57:59.70	+02:10:43 (54.9%)	11:14	5.3 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
373	POLAŃSKI Mateusz	1167		M-30	92	NIE	01:28:34	02:41:47	03:58:24.25	03:58:52.25	+02:11:35 (55.1%)	11:21	5.3 (45.3%)
374	TOMASZEWSKI Krzysztof	1135	SPC	M-40	128	NIE	01:27:50	02:42:35	03:58:22.90	03:58:57.55	+02:11:40 (55.1%)	11:21	5.3 (45.3%)
375	HAMOT Artur	1366	ING BANK ŚLĄSKI	M-40	129		01:29:19	02:47:43	03:59:47.75	04:00:04.20	+02:12:47 (55.3%)	11:25	5.3 (45.3%)
376	OPASKA Kasia	1308	BIEGACZE Z PRZYLESIA	K-40	49	NIE	01:28:00	02:44:16	03:59:53.15	04:00:04.55	+02:12:47 (55.3%)	11:25	5.3 (45.3%)
377	SARNA Beata	1141	WERONIKA ZIELIŃSKA-TRENER	K-50	10	NIE	01:27:57	02:45:05	03:59:43.50	04:00:07.40	+02:12:50 (55.3%)	11:24	5.3 (45.3%)
378	CHOŁUJ Małgorzata	1129		K-60	2	NIE	01:28:02	02:45:09	03:59:48.40	04:00:07.55	+02:12:50 (55.3%)	11:25	5.3 (45.3%)
379	KRZYSZKOWSKA Agnieszka	1372	ING BANK ŚLĄSKI	K-40	50	NIE	01:32:38	02:45:13	03:59:55.40	04:00:09.60	+02:12:52 (55.3%)	11:25	5.3 (45.3%)
380	KWIATKOWSKA Katarzyna	1373	ING BANK ŚLĄSKI	K-50	11	NIE	01:32:39	02:45:14	04:00:43.50	04:00:55.55	+02:13:38 (55.5%)	11:27	5.2 (44.4%)
381	ADAMSKI Adam	1237		M-60	10	NIE	01:34:44	02:46:53	04:00:28.70	04:01:33.25	+02:14:16 (55.6%)	11:27	5.2 (44.4%)
382	MARCZAK Ola	1252	KB HARCOWNIK JELCZ-LASKOWICE	K-30	37	NIE	01:31:04	02:47:31	04:00:51.70	04:01:34.00	+02:14:17 (55.6%)	11:28	5.2 (44.4%)
383	SZAJEK Arkadiusz	1487	S. C. ARVATO	M-30	93	NIE	01:30:52	02:46:37	04:01:46.95	04:02:35.10	+02:15:18 (55.8%)	11:30	5.2 (44.4%)
384	MINIAK Marek	1234	I LOVE PRZYLESIE ALPINPOL	M-40	130	NIE	01:22:33	02:39:44	04:02:36.25	04:02:51.20	+02:15:34 (55.8%)	11:33	5.2 (44.4%)
385	PEPŁOWSKA Sylwia	1016		K-40	51	NIE	01:31:09	02:42:47	04:02:16.55	04:03:00.65	+02:15:43 (55.9%)	11:32	5.2 (44.4%)
386	KURZAWIAK Wojciech	1031	ZGÒRMYSYNY	M-40	131	TAK	01:26:02	02:46:48	04:02:33.05	04:03:04.20	+02:15:47 (55.9%)	11:33	5.2 (44.4%)
387	PASTERNAK Wojciech	1049	POGODNI	M-40	132	NIE	01:30:14	02:42:15	04:03:54.05	04:05:24.95	+02:18:08 (56.3%)	11:36	5.2 (44.4%)
388	DOBRZYŃSKA Małgorzata	1025	SPC	K-60	3	NIE	01:29:24	02:46:54	04:04:55.05	04:05:38.50	+02:18:21 (56.3%)	11:39	5.1 (43.6%)
389	MASALSKA Anna	1314		K-50	12	NIE	01:29:35	02:46:28	04:04:48.50	04:05:42.85	+02:18:26 (56.3%)	11:39	5.1 (43.6%)
390	BIZIEL Michał	1243		M-50	32	NIE	01:30:43	02:46:27	04:04:15.65	04:05:45.70	+02:18:29 (56.3%)	11:37	5.2 (44.4%)
391	BIEDAK Adrianna	1195	NIGHT RUNNERS	K-30	38	NIE	01:31:23	02:46:54	04:04:50.65	04:05:46.35	+02:18:29 (56.4%)	11:39	5.1 (43.6%)
392	POKORNY Tomasz	1394	ZAKOCHAJ SIĘ W BIEGANIU	M-50	33	NIE	01:28:51	02:44:36	04:02:28.25	04:05:47.30	+02:18:30 (56.4%)	11:32	5.2 (44.4%)
393	HOFFMANN Grzegorz	1408	KOŚCIAN TEAM	M-40	133	NIE	01:30:56	02:47:53	04:05:14.20	04:06:41.55	+02:19:24 (56.5%)	11:40	5.1 (43.6%)
394	BRZEZIŃSKI Andrzej	1282	LANRUNS	M-60	11	NIE	01:28:45	02:45:16	04:07:09.95	04:07:47.70	+02:20:31 (56.7%)	11:46	5.1 (43.6%)
395	GRABARA Adam	1369	ING BANK ŚLĄSKI	M-50	34		01:30:03	02:47:28	04:07:27.90	04:07:51.50	+02:20:34 (56.7%)	11:47	5.1 (43.6%)
396	SUJECKA Sylwia	1121		K-40	52	NIE	01:34:45	02:52:33	04:07:18.65	04:07:53.65	+02:20:36 (56.7%)	11:46	5.1 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
397	BANASZEWSKA Joanna	1463		K-40	53	NIE	01:30:44	02:47:06	04:07:44.70	04:08:35.10	+02:21:18 (56.8%)	11:47	5.1 (43.6%)
398	OCHOCKA Ewa	1136		K-40	54	NIE	01:25:19	02:44:14	04:08:06.75	04:08:36.95	+02:21:20 (56.8%)	11:48	5.1 (43.6%)
399	URBAN Artur	1160		M-30	94	NIE	01:33:49	02:47:48	04:07:13.15	04:08:47.95	+02:21:31 (56.9%)	11:46	5.1 (43.6%)
400	GŁUSZCZAK Jerzy	1333	AKG ŁÓDŹ	M-60	12	TAK	01:28:40	02:43:36	04:09:57.85	04:10:44.90	+02:23:28 (57.2%)	11:54	5 (42.7%)
401	DOMBROWSKI Catherine	1259	SKS OBORNIKI	K-40	55	NIE	01:32:10	02:50:10	04:08:56.20	04:10:53.40	+02:23:36 (57.2%)	11:51	5.1 (43.6%)
402	PASTWA Grzegorz	1473		M-30	95	NIE	01:30:30	02:52:20	04:10:48.05	04:11:13.25	+02:23:56 (57.3%)	11:56	5 (42.7%)
403	GŁOGOWSKI Jan	1074		M-60	13	NIE	01:33:47	02:54:35	04:11:09.90	04:11:44.35	+02:24:27 (57.4%)	11:57	5 (42.7%)
404	KACZMARCZYK Anna	1003		K-30	39	TAK	01:39:03	03:03:31	04:14:11.70	04:14:47.90	+02:27:31 (57.9%)	12:06	5 (42.7%)
405	GREŃ Agata	1067	NSK RUNS	K-40	56	NIE	01:31:46	02:51:42	04:15:21.55	04:15:44.55	+02:28:27 (58.1%)	12:09	4.9 (41.9%)
406	INOROWICZ Joanna	1114		K-40	57	NIE	01:30:55	02:51:50	04:15:26.50	04:15:44.95	+02:28:28 (58.1%)	12:09	4.9 (41.9%)
407	KOZANECKI Adam	1098	SUPERMARATOŃCZYK KALISZ	M-50	35	NIE	01:24:29	02:45:33	04:15:31.35	04:15:53.10	+02:28:36 (58.1%)	12:10	4.9 (41.9%)
408	CHMIELEWSKI Mateusz	1454		M-30	96	NIE	01:30:05	02:51:50	04:15:59.70	04:16:16.65	+02:28:59 (58.1%)	12:11	4.9 (41.9%)
409	DOROŻAŁA Natalia	1287		K-30	40	NIE	01:38:39	02:56:49	04:15:19.15	04:16:21.70	+02:29:05 (58.2%)	12:09	4.9 (41.9%)
410	PIETRYGAŁA Robert	1334	-	M-40	134	NIE	01:37:20	02:59:20	04:17:03.85	04:17:56.90	+02:30:40 (58.4%)	12:14	4.9 (41.9%)
411	MARCINKIEWICZ Marta	1267		K-50	13	NIE	01:37:43	03:00:08	04:18:59.40	04:19:32.50	+02:32:15 (58.7%)	12:19	4.9 (41.9%)
412	CICHOCKA Anna	1450		K-40	58	NIE	01:38:00	03:00:09	04:18:44.30	04:19:36.10	+02:32:19 (58.7%)	12:19	4.9 (41.9%)
413	MALICKI Piotr	1158		M-40	135	NIE	01:43:48	03:02:36	04:19:07.25	04:20:26.55	+02:33:09 (58.8%)	12:20	4.9 (41.9%)
414	MALICKA Katarzyna	1248		K-40	59	NIE	01:43:53	03:02:47	04:19:09.30	04:20:27.15	+02:33:10 (58.8%)	12:20	4.9 (41.9%)
415	JANKOWSKA Marzena	1273	FU FU FU TEAM	K-40	60	NIE	01:37:51	03:01:00	04:20:04.15	04:21:03.35	+02:33:46 (58.9%)	12:23	4.8 (41.0%)
416	JANKOWSKI Marcin	1272	FUFUFU TEAM	M-40	136	NIE	01:38:09	03:01:06	04:20:09.55	04:21:03.55	+02:33:46 (58.9%)	12:23	4.8 (41.0%)
417	ZAWADZKA Kinga	1166		K-40	61	NIE	01:36:44	02:59:24	04:20:21.75	04:21:50.00	+02:34:33 (59.0%)	12:23	4.8 (41.0%)
418	MANDYCZ Bożena	1018		K-50	14	TAK	01:39:30	03:05:11	04:25:36.90	04:26:15.30	+02:38:58 (59.7%)	12:38	4.7 (40.2%)
419	GRUSZKA Martyna	1212	WKTJ	K-30	41	NIE	01:38:52	03:01:09	04:25:29.00	04:26:16.65	+02:38:59 (59.7%)	12:38	4.7 (40.2%)
419	KACZMARCZYK Katarzyna	1241		K-30	41	NIE	01:38:53	03:01:11	04:25:29.30	04:26:16.65	+02:38:59 (59.7%)	12:38	4.7 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
421	SZARPAK Anna	1068	WEEKENDOWA GRUPA BIEGOWA	K-40	62	NIE	01:39:41	03:02:18	04:25:37.65	04:26:37.00	+02:39:20 (59.8%)	12:38	4.7 (40.2%)
422	KOWAŃSKA Aleksandra	1089	WEEKENDOWA GRUPA BIEGOWA	K-40	63	NIE	01:39:31	03:02:05	04:25:28.60	04:26:38.35	+02:39:21 (59.8%)	12:38	4.7 (40.2%)
423	LUBICKI Wojciech	1386	DWÓJKA BEZ SERNIKA	M-50	36	NIE	01:34:26	02:59:38	04:27:46.15	04:28:45.50	+02:41:28 (60.1%)	12:45	4.7 (40.2%)
424	STĘPIEŃ Maria	1274	OPALENICKI KLUB BIEGACZA	K-60	4	NIE	01:36:03	03:03:57	04:31:25.00	04:31:51.80	+02:44:35 (60.5%)	12:55	4.6 (39.3%)
425	WUJTKO Romuald	1208		M-50	37	NIE	01:50:51	03:07:31	04:34:14.30	04:36:42.50	+02:49:25 (61.2%)	13:03	4.6 (39.3%)
426	MAGOCSY Justyna	1249	ASICS FRONTRUNNER	K-30	43	NIE	01:49:43	03:16:11	04:43:26.40	04:44:30.10	+02:57:13 (62.3%)	13:29	4.4 (37.6%)
427	MAGOCSY Helena	1247		K-40	64	NIE	01:49:24	03:16:12	04:43:26.95	04:44:30.40	+02:57:13 (62.3%)	13:29	4.4 (37.6%)
428	MAJERSKI Michał	1246		M-40	137	NIE	01:49:41	03:16:09	04:43:24.15	04:44:31.30	+02:57:14 (62.3%)	13:29	4.4 (37.6%)
429	KWAPIŃSKA Anna	1059		K-40	65	NIE	01:48:51	03:19:36	04:49:00.00	04:50:21.35	+03:03:04 (63.1%)	13:45	4.4 (37.6%)
430	CISŁAK Anna	1032		K-40	66	NIE	01:51:11	03:25:42	04:52:08.55	04:52:55.25	+03:05:38 (63.4%)	13:54	4.3 (36.8%)
431	STANIAK Agnieszka	1027		K-40	67	NIE	01:51:19	03:25:54	04:52:14.15	04:52:55.50	+03:05:38 (63.4%)	13:54	4.3 (36.8%)
	KLAJA Agnieszka	1172	KBŻ	K-30		NIE	01:40:48	DNF DNF	DNF	DNF	-	-	(0.0%)
	PAWŁOWSKA Barbara	1432		K-30		NIE	01:45:03	DNF DNF	DNF	DNF	-	-	(0.0%)
	HOSS Jan	1348		M-40		NIE	01:02:30	DNF DNF	DNF	DNF	-	-	(0.0%)
	DURZYŃSKA Bożena	1206		K-40		NIE	01:50:53	DNF DNF	DNF	DNF	-	-	(0.0%)
	SOBALA Łukasz	1127	NIGHT RUNNERS	M-40		NIE	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SŁOWIŃSKI Damian	1113		M-40		NIE	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 437 wynik(ów)