



Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2025-01-18
Miejsce: Karłów
Dystans: 21 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE 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	HUDEK Tomasz	2513	SALOMON	M-30	1	NIE	00:37:10	01:12:54	01:47:22.15	01:47:22.15		5:06	11.7 (100%)
2	DZIOBA Mateusz	2485	UMKS KWIDZYN/10 BKPANC ŚWIĘTOSZÓW	M-30	2	NIE	00:39:05	01:15:27	01:48:51.80	01:48:54.05	+00:01:31 (1.4%)	5:11	11.6 (99.1%)
3	BORZYSTOWSKI Patryk	2157		M-40	1	NIE	00:43:31	01:24:38	02:02:15.05	02:02:17.15	+00:14:55 (12.2%)	5:49	10.3 (88.0%)
4	POCIECHA Patryk	2158	FUNTRI	M-40	2	NIE	00:47:29	01:27:50	02:05:20.55	02:05:21.75	+00:17:59 (14.4%)	5:58	10.1 (86.3%)
5	MÓLL Kacper	2305		M-20	1	NIE	00:44:43	01:27:21	02:06:02.25	02:06:04.15	+00:18:42 (14.8%)	6:00	10 (85.5%)
6	KMIECIK Tomasz	2125	GOPR	M-50	1	TAK	00:44:03	01:26:17	02:06:25.60	02:06:28.25	+00:19:06 (15.1%)	6:01	10 (85.5%)
7	MAJCHRZAK Maciej	2193	AW - SZYBCIEJ - TEAM	M-30	3	NIE	00:45:21	01:27:28	02:07:02.55	02:07:05.40	+00:19:43 (15.5%)	6:02	9.9 (84.6%)
8	SZCZEPANIAK Witold	2120		M-50	2	NIE	00:46:36	01:29:23	02:08:53.55	02:08:55.45	+00:21:33 (16.7%)	6:08	9.8 (83.8%)
9	HUDCOVA Tereza	2519	SALOMON	K-30	1	NIE	00:45:59	01:28:14	02:09:12.30	02:09:12.30	+00:21:50 (16.9%)	6:09	9.8 (83.8%)
10	MOCZULSKA Małgorzata	2259	CODETWO	K-40	1	NIE	00:45:57	01:29:19	02:10:41.45	02:10:42.35	+00:23:20 (17.9%)	6:13	9.6 (82.1%)
11	GĘDŁEK Łukasz	2044	TRIWISE TRIATHLON KLUB	M-40	3	NIE	00:48:38	01:31:36	02:12:40.75	02:12:43.80	+00:25:21 (19.1%)	6:19	9.5 (81.2%)
12	SKOWROŃSKI Janusz	2518		M-40	4	NIE	00:48:08	01:32:57	02:13:07.20	02:13:11.70	+00:25:49 (19.4%)	6:20	9.5 (81.2%)
13	RYBIŃSKI Radosław	2239	VOSS AUTOMOTIVE POLSKA	M-30	4	NIE	00:46:57	01:32:49	02:14:43.05	02:14:43.05	+00:27:20 (20.3%)	6:24	9.4 (80.3%)
14	MARCINIAK Jakub	2247	TLENOWA RADOŚĆ TEAM	M-30	5	NIE	00:47:58	01:33:24	02:14:51.00	02:14:51.00	+00:27:28 (20.4%)	6:25	9.3 (79.5%)
15	LINKOWSKI Michał	2065	KB ILOVEZIEMEK	M-40	5	NIE	00:49:28	01:35:47	02:15:58.10	02:16:00.15	+00:28:38 (21.1%)	6:28	9.3 (79.5%)
16	KOGUT Andrzej	2470	SWORDS ATHLETICS	M-20	2	NIE	00:47:26	01:34:32	02:17:06.25	02:17:09.20	+00:29:47 (21.7%)	6:31	9.2 (78.6%)
17	GÓRAL Karolina	2456	HEJ HEJ GÓRALU	K-30	2	NIE	00:49:50	01:35:42	02:18:16.05	02:18:20.00	+00:30:57 (22.4%)	6:35	9.1 (77.8%)
18	ŁUSIAK Łukasz	2209		M-40	6	NIE	00:50:23	01:37:02	02:21:15.30	02:21:15.30	+00:33:53 (24.0%)	6:43	8.9 (76.1%)

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
19	MARCHUK Valery	2284	UNTS WARSZAWA	M-30	6	NIE	00:50:00	01:37:30	02:21:51.00	02:21:53.25	+00:34:31 (24.3%)	6:45	8.9 (76.1%)
20	SŁYSZ Szymon	2037	NSK RUNS	M-40	7	NIE	00:48:58	01:34:34	02:22:14.70	02:22:14.70	+00:34:52 (24.5%)	6:46	8.9 (76.1%)
21	GRACZ Paweł	2254	ULTRA DIABŁY TEAM LUBRZA /NADODRZAŃSKI ODDZIAŁ STRAŻY GRANICZNEJ	M-40	8	NIE	00:49:51	01:37:40	02:23:01.25	02:23:01.25	+00:35:39 (24.9%)	6:48	8.8 (75.2%)
22	KUCHARSKI Robert	2198	BIEGAM NA STABŁOWICACH	M-40	9	NIE	00:51:48	01:39:02	02:23:12.00	02:23:20.00	+00:35:57 (25.1%)	6:49	8.8 (75.2%)
23	ROJEWSKI Paweł	2005	EVERRUN	M-30	7	NIE	00:52:36	01:39:23	02:23:36.55	02:23:36.55	+00:36:14 (25.2%)	6:50	8.8 (75.2%)
24	JANOWSKI Michał	2012		M-30	8	NIE	00:52:20	01:40:13	02:23:38.15	02:23:38.15	+00:36:16 (25.2%)	6:50	8.8 (75.2%)
25	DOWGIAŁO Sebastian	2435		M-40	10	NIE	00:51:22	01:38:53	02:23:53.65	02:24:00.05	+00:36:37 (25.4%)	6:51	8.8 (75.2%)
26	PAJĄK Alan	2346	ZIELONA MANUFAKTURA TEAM	M-30	9	NIE	00:48:53	01:37:31	02:24:41.55	02:24:47.35	+00:37:25 (25.8%)	6:53	8.7 (74.4%)
27	CZECH Michał	2453	KW SAKWA	M-30	10	TAK	00:52:31	01:39:17	02:24:52.15	02:25:07.35	+00:37:45 (26.0%)	6:53	8.7 (74.4%)
28	WIDZIEWICZ Remigiusz	2372	WKS ŚLĄSK	M-50	3	NIE	00:52:14	01:39:30	02:25:03.05	02:25:08.15	+00:37:46 (26.0%)	6:54	8.7 (74.4%)
29	SZOPA Marek	2236	DZIKIE DZIKI GORZÓW	M-50	4	NIE	00:52:03	01:39:22	02:25:05.50	02:25:10.40	+00:37:48 (26.0%)	6:54	8.7 (74.4%)
30	MARCINOWSKI Paweł	2237	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-30	11	NIE	00:53:23	01:39:43	02:24:51.20	02:25:11.75	+00:37:49 (26.1%)	6:53	8.7 (74.4%)
31	MURAWSKI Maciej	2113	MIKI TEAM	M-40	11	NIE	00:51:04	01:38:58	02:25:04.85	02:25:31.05	+00:38:08 (26.2%)	6:54	8.7 (74.4%)
32	JUSZCZAK Łukasz	2324		M-30	12	NIE	00:55:29	01:43:11	02:25:44.10	02:25:50.50	+00:38:28 (26.4%)	6:56	8.6 (73.5%)
33	ŁUKOMSKI Maciej	2264	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-50	5	TAK	00:53:47	01:42:47	02:27:47.25	02:27:47.25	+00:40:25 (27.3%)	7:02	8.5 (72.6%)
34	JASIAK Łukasz	2235		M-40	12	NIE	00:52:52	01:41:51	02:28:19.75	02:28:22.50	+00:41:00 (27.6%)	7:03	8.5 (72.6%)
35	CIECIUCH Maciej	2463	RNB TEAM POLANICA-ZDRÓJ	M-50	6	NIE	00:54:27	01:43:51	02:29:03.15	02:29:15.05	+00:41:52 (28.1%)	7:05	8.5 (72.6%)
36	CHUDY Artur	2206		M-20	3	NIE	00:51:20	01:38:52	02:29:09.70	02:29:20.95	+00:41:58 (28.1%)	7:06	8.4 (71.8%)
37	BADOWSKI Marcin	2460	SWORDS ATHLETICS	M-20	4	NIE	00:53:24	01:43:34	02:30:19.25	02:30:19.25	+00:42:57 (28.6%)	7:09	8.4 (71.8%)
38	SZYMKOWIAK Damian	2255		M-30	13	NIE	00:51:21	01:42:55	02:30:26.00	02:30:26.00	+00:43:03 (28.6%)	7:09	8.4 (71.8%)
39	KOŻUCH Rafał	2455	SLAB BOULDERING, REDLINETEAM, SAKWA	M-30	14	NIE	00:49:54	01:40:40	02:32:03.90	02:32:23.05	+00:45:00 (29.5%)	7:14	8.3 (70.9%)
40	NAGLAK Łukasz	2306	TLENOWA RADOŚĆ TEAM	M-40	13	NIE	00:55:10	01:46:49	02:33:12.00	02:33:16.30	+00:45:54 (29.9%)	7:17	8.2 (70.1%)
41	JAKUBCZAK Konrad	2299	DEBEŚCIAK	M-40	14	NIE	00:55:39	01:46:54	02:33:59.75	02:33:59.75	+00:46:37 (30.3%)	7:19	8.2 (70.1%)
42	BILSKI Piotr	2392	WI RUN	M-30	15	NIE	00:58:49	01:47:55	02:33:49.45	02:34:09.55	+00:46:47 (30.4%)	7:19	8.2 (70.1%)
43	TRZEPAK Łukasz	2274		M-30	16	NIE	00:56:10		02:32:34.40	02:34:15.65	+00:46:53 (30.4%)	7:15	8.3 (70.9%)
44	KOWALIK Mariusz	2477	NGB KŁOBUCK	M-40	15	NIE	00:54:31	01:45:24	02:34:50.45	02:34:50.45	+00:47:28 (30.7%)	7:22	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
45	SKALSKI Radosław	2143	KB AKTYWNI KONIN	M-50	7	NIE	00:55:39	01:46:23	02:34:59.15	02:35:02.85	+00:47:40 (30.8%)	7:22	8.1 (69.2%)
46	PAULAVA Hanna	2287	ŚLĄSK WROCŁAW	K-30	3	NIE	00:55:39	01:46:32	02:35:03.35	02:35:03.35	+00:47:41 (30.8%)	7:23	8.1 (69.2%)
47	ORŁOWSKA Katarzyna	2273		K-30	4	NIE	00:56:23	01:47:46	02:35:21.05	02:35:28.20	+00:48:06 (30.9%)	7:23	8.1 (69.2%)
48	SOLAREK Krzysztof	2271		M-30	17	NIE	00:57:58	01:48:15	02:35:25.50	02:35:50.90	+00:48:28 (31.1%)	7:24	8.1 (69.2%)
49	KRZYWDZIŃSKI Bartłomiej	2139		M-50	8	NIE	00:55:43	01:46:47	02:36:02.85	02:36:02.85	+00:48:40 (31.2%)	7:25	8.1 (69.2%)
50	WINTER Piotr	2075	KAMIL LEŚNIAK TEAM	M-30	18	NIE	00:54:32	01:46:56	02:36:22.95	02:36:25.75	+00:49:03 (31.4%)	7:26	8.1 (69.2%)
51	SOBCZYŃSKI Kalikst	2348	WKS ŚLĄSK	M-50	9	NIE	00:54:29	01:45:26	02:36:34.25	02:36:34.25	+00:49:12 (31.4%)	7:27	8 (68.4%)
52	PIURA Bartłomiej	2489		M-20	5	NIE	01:00:47	01:48:53	02:36:00.00	02:36:41.90	+00:49:19 (31.5%)	7:25	8.1 (69.2%)
53	MAĆKOWIAK Elżbieta	2430	WOŁÓW BIEGA	K-30	5	NIE	00:57:25	01:48:48	02:36:46.85	02:36:53.20	+00:49:31 (31.6%)	7:27	8 (68.4%)
54	ORACZ Mateusz	2047	BEZ LITOŚCI	M-30	19	NIE	00:57:08	01:50:43	02:37:21.75	02:37:25.95	+00:50:03 (31.8%)	7:29	8 (68.4%)
55	HOSS Jan	2267		M-40	16	NIE	00:57:19	01:49:56	02:38:01.25	02:38:05.95	+00:50:43 (32.1%)	7:31	8 (68.4%)
56	ŻYCKOWSKI Andrzej	2446	KLUB WYSOKOGÓRSKI GLIWICE	M-40	17	TAK	00:53:55	01:46:43	02:38:24.90	02:38:40.20	+00:51:18 (32.3%)	7:32	8 (68.4%)
57	SVYRYDIUK Mykhailo	2440	UNTS WARSZAWA	M-30	20	NIE	00:57:50	01:50:01	02:38:40.50	02:38:40.50	+00:51:18 (32.3%)	7:33	7.9 (67.5%)
58	WRÓBLEWSKI Wojciech	2303		M-30	21	NIE	00:58:50	01:49:38	02:38:21.00	02:38:42.65	+00:51:20 (32.3%)	7:32	8 (68.4%)
59	MARIN Alberto	2153		M-30	22	NIE	01:02:29	01:53:58	02:39:15.65	02:39:15.65	+00:51:53 (32.6%)	7:35	7.9 (67.5%)
60	KOCJAN Paweł	2084	KIDS RUN TEAM	M-40	18	NIE	00:57:36	01:51:27	02:39:16.40	02:39:21.60	+00:51:59 (32.6%)	7:35	7.9 (67.5%)
61	OLSZEWSKI Szymon	2357	GETINGE INFEACTEAM	M-30	23	NIE	00:55:59	01:50:06	02:39:20.45	02:39:31.05	+00:52:08 (32.7%)	7:35	7.9 (67.5%)
62	SZKÓDLIŃSKI Bartosz	2081	NARAMOWICE BIEGAJĄ	M-40	19	NIE	00:56:48	01:50:45	02:39:48.15	02:39:55.10	+00:52:32 (32.9%)	7:36	7.9 (67.5%)
63	GOŁĄB Janusz	2437	TATRAEXPLORE	M-50	10	TAK	00:56:55		02:39:43.85	02:40:01.50	+00:52:39 (32.9%)	7:36	7.9 (67.5%)
64	HENDEL Krzysztof	2451	IZBICKO W BIEGU	M-30	24	NIE	01:02:51	01:52:10	02:39:25.30	02:40:03.45	+00:52:41 (32.9%)	7:35	7.9 (67.5%)
65	KRAKOWSKI Krzysztof	2022		M-40	20	NIE	00:53:16	01:46:35	02:40:17.50	02:40:17.50	+00:52:55 (33.0%)	7:37	7.9 (67.5%)
66	BUCZAK Jakub	2442	KURORT ŁĄDEK ZDRÓJ TEAM	M-30	25	NIE	00:54:50	01:44:24	02:40:14.90	02:40:20.65	+00:52:58 (33.0%)	7:37	7.9 (67.5%)
67	CHWIŁKA Krzysztof	2421		M-30	26	NIE	00:57:30		02:40:26.95	02:40:55.00	+00:53:32 (33.3%)	7:38	7.9 (67.5%)
68	SCHUTTY Michał	2461		M-40	21	NIE	00:57:33	01:51:39	02:41:06.40	02:41:13.85	+00:53:51 (33.4%)	7:40	7.8 (66.7%)
69	CEBULSKI Łukasz	2476	CEBULA TEAM	M-30	27	NIE	01:01:42	01:53:23	02:40:42.30	02:41:16.30	+00:53:54 (33.4%)	7:39	7.8 (66.7%)
70	MAGIER Jerzy	2179		M-50	11	NIE	00:52:45	01:46:58	02:41:15.80	02:41:18.65	+00:53:56 (33.4%)	7:40	7.8 (66.7%)

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
71	BAL Bartosz	2117		M-40	22	NIE	00:53:35	01:44:01	02:41:54.20	02:41:54.20	+00:54:32 (33.7%)	7:42	7.8 (66.7%)
72	SZYMAŃSKA Joanna	2250		K-30	6	TAK	00:59:04	01:51:44	02:41:57.80	02:42:05.45	+00:54:43 (33.8%)	7:42	7.8 (66.7%)
73	WILCZKOWIAK Jan	2277	LESZNO NO LIMITS	M-30	28	NIE	00:58:42	01:51:27	02:41:42.30	02:42:08.40	+00:54:46 (33.8%)	7:42	7.8 (66.7%)
74	FIGEL Michał	2066	MIKI TEAM	M-40	23	NIE	01:04:38	01:56:18	02:42:34.85	02:42:34.85	+00:55:12 (34.0%)	7:44	7.8 (66.7%)
75	KIŃCZYK Tomasz	2307	CROSSCAMP SYNERGIA	M-40	24	NIE	01:00:35	01:58:01	02:42:57.70	02:42:57.70	+00:55:35 (34.1%)	7:45	7.7 (65.8%)
76	BLASZCZAK Michał	2102	ŻYCIE NA KRAWĄDCE	M-30	29	NIE	00:56:50	01:51:26	02:43:16.45	02:43:16.45	+00:55:54 (34.2%)	7:46	7.7 (65.8%)
77	GULCZYŃSKI Tomasz	2092		M-30	30	NIE	00:59:57	01:53:15	02:43:32.90	02:43:42.00	+00:56:19 (34.4%)	7:47	7.7 (65.8%)
78	RUDNICKI Krzysztof	2464		M-30	31	NIE	01:00:51	01:53:54	02:44:00.50	02:44:00.50	+00:56:38 (34.5%)	7:48	7.7 (65.8%)
79	WALIGÓRA Mateusz	2499		M-40	25	NIE	01:01:19	01:53:12	02:43:20.00	02:44:23.30	+00:57:01 (34.7%)	7:46	7.7 (65.8%)
80	KIELAR Mirosław	2295		M-40	26	NIE	00:50:59	01:43:51	02:44:41.55	02:44:47.45	+00:57:25 (34.8%)	7:50	7.7 (65.8%)
81	ŁUSIAK Przemysław	2228		M-40	27	NIE	00:58:56	01:54:57	02:45:07.60	02:45:11.30	+00:57:49 (35.0%)	7:51	7.6 (65.0%)
82	PONIATOWSKI Seweryn	2041	TEBIA RUNNERS	M-40	28	NIE	00:57:44	01:52:13	02:45:18.95	02:45:18.95	+00:57:56 (35.1%)	7:52	7.6 (65.0%)
83	KOMAR Krystian	2514	TEAM KOMARKI	M-40	29		00:59:01	01:51:55	02:45:52.75	02:46:02.45	+00:58:40 (35.3%)	7:53	7.6 (65.0%)
84	ANDROS Agata	2356	CROSSCAMP SYNERGIA	K-30	7	NIE	01:00:30	01:57:42	02:46:42.60	02:46:46.30	+00:59:24 (35.6%)	7:56	7.6 (65.0%)
85	PURGAL Tomasz	2312	SAINT-GOBAIN SQUAD	M-40	30	NIE	00:58:33	01:53:59	02:47:02.05	02:47:10.05	+00:59:47 (35.8%)	7:57	7.5 (64.1%)
86	SEIFFERT Tomasz	2384	RUNNER FUN TEAM	M-40	31	NIE	01:02:51	01:56:01	02:46:39.55	02:47:10.45	+00:59:48 (35.8%)	7:56	7.6 (65.0%)
87	ŁUSIAK Katarzyna	2225	KLUB BIEGACZA SOBÓTKA	K-30	8	NIE	01:02:10	01:56:54	02:47:23.05	02:47:26.95	+01:00:04 (35.9%)	7:58	7.5 (64.1%)
88	FIK Adrian	2333	CROSSCAMP SYNERGIA	M-40	32	NIE	01:01:04	01:57:59	02:47:26.25	02:47:29.40	+01:00:07 (35.9%)	7:58	7.5 (64.1%)
89	LEBIOTKOWSKI Adam	2385		M-30	32	NIE	01:01:05	01:56:32	02:46:58.80	02:47:42.30	+01:00:20 (36.0%)	7:57	7.5 (64.1%)
90	WOŹNIAK Ksenia	2507		K-30	9	NIE	00:59:21	01:54:07	02:48:04.25	02:48:04.25	+01:00:42 (36.1%)	8:00	7.5 (64.1%)
91	WRÓBLEWSKI Adrian	2265	STAJNIA CROSSFIT	M-30	33	NIE	01:03:25	01:58:56	02:48:15.65	02:48:15.65	+01:00:53 (36.2%)	8:00	7.5 (64.1%)
92	PALUCH Robert	2495	KW SZCZECIN	M-50	12	TAK	01:02:01	01:56:35	02:46:51.90	02:48:17.85	+01:00:55 (36.2%)	7:56	7.6 (65.0%)
93	LUBIK Adam	2033	CENTRUM RATOWNICTWA	M-30	34	NIE	01:01:58	01:58:41	02:48:59.20	02:49:15.95	+01:01:53 (36.6%)	8:02	7.5 (64.1%)
94	TRZECIAK Jacek	2411	MKS SIECHNICE	M-40	33	NIE	01:05:22	01:59:53	02:48:29.20	02:49:17.75	+01:01:55 (36.6%)	8:01	7.5 (64.1%)
95	CZŁAPA Patrycja	2142	NARAMOWICE BIEGAJĄ	K-30	10	NIE	01:02:22	01:57:17	02:50:00.35	02:50:09.65	+01:02:47 (36.9%)	8:05	7.4 (63.2%)
96	FIREK Rafał	2196	SAMOLOTOWY	M-50	13	NIE	00:59:12	01:53:24	02:50:02.85	02:50:09.95	+01:02:47 (36.9%)	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
97	MACHOWINA Adam	2186	KB AKTYWNI KRZYŻ WLKP	M-50	14	NIE	00:57:00	01:54:56	02:50:09.90	02:50:12.35	+01:02:50 (36.9%)	8:06	7.4 (63.2%)
98	RÓŻAŁSKI Łukasz	2500		M-40	34	NIE	01:06:42	01:58:47	02:49:13.65	02:50:12.65	+01:02:50 (36.9%)	8:03	7.4 (63.2%)
99	GARCZYŃSKI Darek	2171		M-50	15	NIE	01:01:39	01:57:42	02:49:08.70	02:50:18.35	+01:02:56 (37.0%)	8:03	7.4 (63.2%)
100	PODOLUK Marek	2407		M-50	16	NIE	00:59:55	01:55:51	02:50:20.05	02:50:20.05	+01:02:57 (37.0%)	8:06	7.4 (63.2%)
101	ZAWADZKI Mateusz	2152		M-30	35	NIE	01:00:28	01:57:19	02:50:18.80	02:50:22.50	+01:03:00 (37.0%)	8:06	7.4 (63.2%)
102	BRUKWICKI Michał	2133		M-30	36	NIE	01:01:05	01:58:42	02:50:16.75	02:50:28.15	+01:03:06 (37.0%)	8:06	7.4 (63.2%)
103	CIEŚLIK Sławomir	2472	ANTONTEAM	M-40	35	NIE	01:02:18	01:59:41	02:50:23.15	02:50:35.60	+01:03:13 (37.1%)	8:06	7.4 (63.2%)
104	DZIUBA Piotr	2414		M-40	36	NIE	01:01:58	01:58:53	02:51:04.15	02:51:04.15	+01:03:42 (37.2%)	8:08	7.4 (63.2%)
105	MAZUREK Krzysztof	2288		M-40	37	NIE		01:59:55	02:51:39.45	02:51:39.45	+01:04:17 (37.5%)	8:10	7.3 (62.4%)
106	SZCZEPAŃSKI Adam	2350	KMB	M-40	38	NIE	01:03:09	01:57:40	02:49:20.05	02:51:43.95	+01:04:21 (37.5%)	8:03	7.4 (63.2%)
107	RUDZIŃSKI Tomasz	2314	KUNA W AGREŚCIE	M-40	39	NIE	01:01:59	01:58:36	02:51:45.00	02:51:45.00	+01:04:22 (37.5%)	8:10	7.3 (62.4%)
108	JÓŻWIAK Jędrzej	2397	NETBOX BIEGA	M-30	37	NIE	01:05:58	02:02:23	02:51:30.70	02:52:10.10	+01:04:47 (37.6%)	8:10	7.3 (62.4%)
109	HACHOŁ Justyna	2242	PARKRUN WROCŁAW	K-40	2	NIE	01:01:24	01:58:46	02:52:30.00	02:52:37.25	+01:05:15 (37.8%)	8:12	7.3 (62.4%)
110	RODAK Zbigniew	2123		M-40	40	NIE	01:02:16	01:59:00	02:53:02.45	02:53:02.45	+01:05:40 (38.0%)	8:14	7.3 (62.4%)
111	NAPIERAŁSKI Krzysztof	2309	15 LUBUSKA BRYGADA WOJSK OBRANY TERYTORIALNEJ	M-40	41	NIE		02:03:45	02:53:12.70	02:53:12.70	+01:05:50 (38.0%)	8:14	7.3 (62.4%)
112	GRABARCZYK Tymoteusz	2475	GRABKI TEAM	M-30	38	NIE	01:09:23	02:07:38	02:52:19.05	02:53:35.75	+01:06:13 (38.1%)	8:12	7.3 (62.4%)
113	CHWAŁA Przemysław	2283	POWOLNY	M-50	17	NIE	01:07:13	02:02:39	02:52:19.20	02:53:44.20	+01:06:22 (38.2%)	8:12	7.3 (62.4%)
114	PIECUCH Karolina	2203		K-40	3	NIE	01:03:37	02:00:40	02:53:48.35	02:53:48.35	+01:06:26 (38.2%)	8:16	7.2 (61.5%)
115	ROSZYK Tomasz	2340		M-40	42	NIE	01:08:41	02:03:56	02:52:47.20	02:53:52.60	+01:06:30 (38.2%)	8:13	7.3 (62.4%)
116	BŁASZCZAK Łukasz	2473		M-40	43	NIE	01:07:44	02:02:10	02:52:57.10	02:53:56.10	+01:06:33 (38.3%)	8:14	7.3 (62.4%)
117	TOMKOWIAK Maciej	2111	FANI WODY I WINA JANTAR	M-30	39	NIE	01:03:10	02:01:02	02:54:00.30	02:54:00.30	+01:06:38 (38.3%)	8:17	7.2 (61.5%)
118	MŁYNARCZYK Krzysztof	2074		M-40	44	NIE	01:01:29	01:59:40	02:53:57.10	02:54:02.05	+01:06:39 (38.3%)	8:17	7.2 (61.5%)
119	MÓLL Janusz	2278		M-60	1	NIE	01:01:05	01:59:27	02:54:32.05	02:54:32.05	+01:07:09 (38.5%)	8:18	7.2 (61.5%)
120	ANTECKI Jacek	2146		M-40	45	NIE	01:01:18	01:59:33	02:54:45.95	02:54:52.15	+01:07:30 (38.6%)	8:19	7.2 (61.5%)
121	WITEK Tomasz	2100		M-30	40	NIE		02:03:39	02:55:11.45	02:55:11.45	+01:07:49 (38.7%)	8:20	7.2 (61.5%)
122	JAROWICZ Konrad	2443		M-60	2	NIE	01:04:21	02:00:52	02:55:27.00	02:55:34.45	+01:08:12 (38.8%)	8:21	7.2 (61.5%)

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
123	DEMCZUK Marek	2487		M-40	46	NIE	01:00:08	01:57:35	02:55:39.20	02:55:39.20	+01:08:17 (38.9%)	8:21	7.2 (61.5%)
124	MARKIEWICZ Mariusz	2308	DZIKIE DZIKI GORZÓW	M-50	18	NIE	01:00:57	01:58:06	02:55:49.85	02:56:04.35	+01:08:42 (39.0%)	8:22	7.2 (61.5%)
125	WOŹNIAK Grzegorz	2347		M-30	41	NIE	01:06:28	02:04:13	02:56:05.75	02:56:05.75	+01:08:43 (39.0%)	8:23	7.2 (61.5%)
126	PLINTA Katarzyna	2093		K-20	1	NIE	01:06:35	02:03:45	02:55:18.95	02:56:09.40	+01:08:47 (39.0%)	8:20	7.2 (61.5%)
127	ŚWIĘCKA Joanna	2132		K-40	4	NIE	01:02:14	01:59:14	02:56:10.35	02:56:10.35	+01:08:48 (39.1%)	8:23	7.2 (61.5%)
128	WIKLIŃSKA Iga	2405		K-20	2	NIE	01:02:20	02:01:10	02:56:11.55	02:56:11.55	+01:08:49 (39.1%)	8:23	7.2 (61.5%)
129	ŁEBEK Paweł	2504	KATCROSS WAŁBRZYCH	M-40	47	NIE	01:09:51	02:05:43	02:55:25.45	02:56:11.60	+01:08:49 (39.1%)	8:21	7.2 (61.5%)
130	SZYMAŃSKI Marcin	2383	BIEGNIJ OŁAWO	M-40	48	NIE	01:06:09	02:04:44	02:55:57.70	02:56:36.45	+01:09:14 (39.2%)	8:22	7.2 (61.5%)
131	RUKS Jarosław	2057		M-30	42	NIE	01:03:12	02:01:47	02:56:20.75	02:56:37.20	+01:09:15 (39.2%)	8:23	7.1 (60.7%)
132	PUTOWSKA Beata	2136	SPORTANO.PL	K-30	11	NIE	01:07:21	02:05:21	02:56:32.40	02:56:38.15	+01:09:16 (39.2%)	8:24	7.1 (60.7%)
133	KRYCH Piotr	2488	BIEGACZE STU MOSTÓW	M-40	49		01:08:55		02:56:57.95	02:57:20.80	+01:09:58 (39.5%)	8:25	7.1 (60.7%)
134	FIGUŁA Sławomir	2034		M-40	50	NIE	01:08:31	02:06:32	02:57:46.15	02:57:46.15	+01:10:24 (39.6%)	8:27	7.1 (60.7%)
135	JURECZKO Szymon	2061		M-40	51	NIE	01:05:04	02:02:40	02:57:35.15	02:58:05.95	+01:10:43 (39.7%)	8:27	7.1 (60.7%)
136	SŁOWIACZEK Marcin	2294		M-30	43	NIE	01:01:42	02:03:15	02:58:16.05	02:58:20.55	+01:10:58 (39.8%)	8:29	7.1 (60.7%)
137	WODZIŃSKA Danuta	2248	TRAIL IS OUR WAY/ BIEG OPOLSKI	K-40	5	NIE	01:05:49	02:03:27	02:58:49.85	02:58:58.45	+01:11:36 (40.0%)	8:30	7 (59.8%)
138	KULIŃSKI Waldemar	2087		M-40	52	NIE	01:08:10	02:04:30	02:58:59.15	02:58:59.15	+01:11:37 (40.0%)	8:31	7 (59.8%)
139	WÓJCIK Radosław	2388		M-30	44	NIE	01:01:10	02:01:58	02:58:59.50	02:58:59.50	+01:11:37 (40.0%)	8:31	7 (59.8%)
140	KARDAS Agata	2501	PRZEDWOJEWSKI TEAM	K-40	6	TAK	01:08:12	02:06:05	02:59:00.15	02:59:00.15	+01:11:38 (40.0%)	8:31	7 (59.8%)
141	SOBAŃSKI Leszek	2503	SOBANTEAM	M-40	53	NIE	01:07:59	02:06:47	02:58:42.45	02:59:02.25	+01:11:40 (40.0%)	8:30	7.1 (60.7%)
142	WETULA Zofia	2438	TATRAEXPLORE	K-30	12	TAK	01:04:06	02:03:43	02:59:29.80	02:59:29.80	+01:12:07 (40.2%)	8:32	7 (59.8%)
143	IWANICKI Piotr	2258		M-30	45	NIE	01:05:04	02:02:27	02:58:44.95	02:59:42.65	+01:12:20 (40.3%)	8:30	7 (59.8%)
144	SULIMA Grzegorz	2508		M-50	19	NIE	01:07:26	02:07:04	02:59:43.40	02:59:43.40	+01:12:21 (40.3%)	8:33	7 (59.8%)
145	PIĘTKO Kamil	2205	NSK RUNS	M-30	46	NIE	01:01:52	01:59:27	02:59:26.65	02:59:55.05	+01:12:32 (40.3%)	8:32	7 (59.8%)
146	ZUBKOWICZ Paweł	2387		M-40	54	NIE	01:07:50	02:06:39	02:58:41.75	03:00:25.30	+01:13:03 (40.5%)	8:30	7.1 (60.7%)
147	ŚMIGIELSKA Agnieszka	2052	BIEGAJĄCE KREJZOLE	K-40	7	NIE	01:04:09	02:03:09	03:00:35.10	03:00:35.10	+01:13:12 (40.5%)	8:35	7 (59.8%)
148	WOŹNIAK Katarzyna	2311		K-30	13		01:07:01	02:07:30	03:00:06.45	03:00:35.45	+01:13:13 (40.5%)	8:34	7 (59.8%)

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
149	MADEJA Dariusz	2119	LKS ISKRA JASZKOWA	M-40	55	NIE		02:08:41	03:00:17.50	03:00:36.70	+01:13:14 (40.6%)	8:35	7 (59.8%)
150	KOSZTOWNY Piotr	2218	BRAK	M-40	56	NIE	01:01:02	02:00:46	03:01:05.65	03:01:05.65	+01:13:43 (40.7%)	8:37	7 (59.8%)
151	JAMROZ Bartosz	2282		M-40	57	NIE	01:00:47	02:04:11	03:01:26.35	03:01:31.45	+01:14:09 (40.9%)	8:38	6.9 (59.0%)
152	ROZDOLSKA Lucyna	2354	ATLAS WARD RUN	K-30	14	NIE	01:09:38	02:07:06	03:01:12.30	03:02:03.05	+01:14:40 (41.0%)	8:37	7 (59.8%)
153	PACZUSZKA Anna	2328	KLUB BIEGACZA WARTA	K-40	8	NIE	01:06:48	02:09:54	03:02:18.20	03:02:18.20	+01:14:56 (41.1%)	8:40	6.9 (59.0%)
154	TURLEJ Dariusz	2185	BEZ KONDYCJI	M-60	3	NIE		02:07:10	03:02:07.95	03:02:20.25	+01:14:58 (41.1%)	8:40	6.9 (59.0%)
155	WALCZAK Dariusz	2174	MYBESTPHARM	M-30	47	NIE	01:01:50	02:05:31	03:03:01.35	03:03:01.35	+01:15:39 (41.3%)	8:42	6.9 (59.0%)
156	LESZCZYŃSKI Michał	2015	SHT	M-40	58	NIE	01:01:06	02:03:55	03:03:21.65	03:03:41.80	+01:16:19 (41.6%)	8:43	6.9 (59.0%)
157	WYTYKOWSKA Joanna	2124	ŁKW	K-40	9	TAK	01:06:32	02:07:12	03:03:42.25	03:03:42.25	+01:16:20 (41.6%)	8:44	6.9 (59.0%)
158	DUDZIŃSKI Wojciech	2279	MLW13	M-40	59	NIE	01:07:54	02:07:34	03:03:42.75	03:03:52.65	+01:16:30 (41.6%)	8:44	6.9 (59.0%)
159	PAWLAK Maciej	2098	3TEAM KONIN - MPEC KONIN	M-50	20	NIE	01:08:43	02:06:56	03:03:31.25	03:03:54.55	+01:16:32 (41.6%)	8:44	6.9 (59.0%)
160	TYLIŃSKI Arkadiusz	2331	LESZ NO LIMITS RUNNERS	M-50	21	NIE	01:06:31	02:08:35	03:04:01.15	03:04:01.15	+01:16:39 (41.7%)	8:45	6.8 (58.1%)
161	SZAJEK Arkadiusz	2491	ARVATO S.C. REP	M-30	48	NIE	01:05:42	02:07:29	03:03:46.15	03:04:06.35	+01:16:44 (41.7%)	8:45	6.9 (59.0%)
162	STĘPIEŃ Andrzej	2036		M-40	60	NIE	01:09:42	02:08:42	03:03:35.30	03:04:11.00	+01:16:48 (41.7%)	8:44	6.9 (59.0%)
163	ZJAWIONY Adam	2329	GÓRSKIE BIEGUSIE	M-20	6	NIE	01:08:03	02:08:59	03:04:12.15	03:04:12.15	+01:16:50 (41.7%)	8:46	6.8 (58.1%)
164	STASIAK Łukasz	2249		M-40	61	NIE	01:08:34	02:08:50	03:04:13.55	03:04:13.55	+01:16:51 (41.7%)	8:46	6.8 (58.1%)
165	STASIŃSKA Wiktoria	2420		K-30	15	NIE	01:07:47	02:09:22	03:04:17.60	03:04:35.45	+01:17:13 (41.8%)	8:46	6.8 (58.1%)
166	LISOWSKI Michał	2419		M-40	62	NIE	01:07:52	02:09:26	03:04:21.65	03:04:35.60	+01:17:13 (41.8%)	8:46	6.8 (58.1%)
167	WOŹNIAK Sebastian	2486		M-40	63	NIE	01:09:13	02:10:12	03:03:47.50	03:04:35.85	+01:17:13 (41.8%)	8:45	6.9 (59.0%)
168	GARCZYŃSKA Ania	2172		K-50	1	NIE	01:11:48	02:10:36	03:03:28.45	03:04:37.85	+01:17:15 (41.8%)	8:44	6.9 (59.0%)
169	JACHYMSKI Jacek	2325	AKADEMICKI KLUB GÓRSKI W ŁODZI	M-60	4	TAK	01:08:06	02:09:17	03:05:19.45	03:05:19.45	+01:17:57 (42.1%)	8:49	6.8 (58.1%)
170	NIMSZ Bartosz	2332		M-40	64	NIE	01:08:22	02:09:16	03:04:44.15	03:05:38.20	+01:18:16 (42.2%)	8:47	6.8 (58.1%)
171	WOLAK Michał	2417	BIEGNIJ OŁAWO	M-50	22	NIE	01:08:44	02:10:00	03:05:20.90	03:06:06.20	+01:18:44 (42.3%)	8:49	6.8 (58.1%)
172	PINTERA Sebastian	2490	AKTYWNI KRZYŻ WIELKOPOLSKI	M-40	65	NIE		02:09:42	03:06:07.20	03:06:07.20	+01:18:45 (42.3%)	8:51	6.8 (58.1%)
173	KRAJEWSKA Joanna	2423		K-20	3	NIE	01:12:16	02:12:43	03:05:34.90	03:06:12.30	+01:18:50 (42.3%)	8:50	6.8 (58.1%)
174	STEC Agnieszka	2374	RUNNER FUN TEAM	K-40	10	NIE	01:08:31	02:08:48	03:05:51.35	03:06:23.40	+01:19:01 (42.4%)	8:51	6.8 (58.1%)

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
175	SIOREK Waldemar	2286	INDYWIDUALNE	M-50	23	NIE	01:04:43	02:06:59	03:06:01.15	03:06:32.85	+01:19:10 (42.4%)	8:51	6.8 (58.1%)
176	KOWALSKA Małgorzata	2019	RODZINA PATOLOGICZNA	K-40	11	NIE		02:09:10	03:06:39.20	03:06:39.20	+01:19:17 (42.5%)	8:53	6.8 (58.1%)
177	NOVÁK Martin	2163	NOWISTRAILRUNNER	M-40	66	NIE	01:05:41	02:08:48	03:06:27.65	03:06:40.55	+01:19:18 (42.5%)	8:52	6.8 (58.1%)
178	WIĘCKOWSKI Wiktor	2436	SII RUNNING TEAM	M-30	49	NIE		02:10:06	03:06:50.65	03:06:50.65	+01:19:28 (42.5%)	8:53	6.7 (57.3%)
179	SZNURA Dominik	2393	WI RUN	M-30	50	NIE	01:07:29	02:11:44	03:06:25.55	03:06:52.05	+01:19:29 (42.5%)	8:52	6.8 (58.1%)
180	BUJAK Paweł	2394	WI RUN	M-30	51	NIE	01:07:25	02:11:39	03:06:43.95	03:07:15.15	+01:19:53 (42.7%)	8:53	6.7 (57.3%)
181	STYBEL Anna	2391	GORZOWSKASIŁA/DZIKIEDZIKI/BBLLASYBOGDANIEC	K-30	16	NIE	01:07:27	02:11:32	03:06:55.40	03:07:15.30	+01:19:53 (42.7%)	8:54	6.7 (57.3%)
182	KOSMOWSKI Wiesław	2379		M-40	67	NIE	01:13:00	02:14:18	03:06:20.50	03:07:20.35	+01:19:58 (42.7%)	8:52	6.8 (58.1%)
183	ALAN Siorek	2285	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-30	52	TAK	01:09:09	02:11:53	03:07:21.55	03:07:21.55	+01:19:59 (42.7%)	8:55	6.7 (57.3%)
184	BARAN Zenon	2099	HOMOKOMANDO	M-60	5	NIE	01:11:19	02:12:08	03:07:11.60	03:07:22.40	+01:20:00 (42.7%)	8:54	6.7 (57.3%)
185	KLEMENTOWSKI Jan	2241	KLEMENS TEAM	M-40	68	NIE	01:07:59	02:10:11	03:07:19.30	03:07:30.10	+01:20:07 (42.7%)	8:55	6.7 (57.3%)
186	GROT Andrzej	2510	HUBERKOWE DOMKI	M-40	69	NIE			03:07:37.00	03:07:37.00	+01:20:14 (42.8%)	8:56	6.7 (57.3%)
187	CYBULSKA Aleksandra	2039	SZERPOWIE NADZIEI	K-20	4	NIE	01:11:58	02:11:57	03:07:08.50	03:07:47.25	+01:20:25 (42.8%)	8:54	6.7 (57.3%)
188	SZPAKOWSKA Dominika	2021	SZERPOWIE NADZIEI	K-40	12	NIE	01:12:07	02:12:05	03:07:17.50	03:07:47.40	+01:20:25 (42.8%)	8:55	6.7 (57.3%)
189	ADAMSKI Robert	2377	RUNNING PERFORMANCE	M-40	70	NIE	01:10:33	02:10:49	03:06:25.80	03:08:11.95	+01:20:49 (42.9%)	8:52	6.8 (58.1%)
190	KOWALCZUK Adam	2201	NSK RUNS	M-50	24	NIE	01:08:00	02:08:06	03:08:48.55	03:08:48.55	+01:21:26 (43.1%)	8:59	6.7 (57.3%)
191	PRZYSTAJKO Zbyszek	2260	NOCLEGI NA TURYSTYCZNEJ	M-40	71	NIE	01:03:21	02:08:00	03:08:52.05	03:08:52.05	+01:21:29 (43.2%)	8:59	6.7 (57.3%)
192	HAIDA Marcin	2091		M-40	72	NIE	01:03:20	02:07:20	03:08:57.40	03:09:01.30	+01:21:39 (43.2%)	8:59	6.7 (57.3%)
193	MAĆKOWIAK Marcin	2429	WOŁÓW BIEGA	M-30	53	NIE	01:11:18	02:11:01	03:08:00.15	03:09:03.35	+01:21:41 (43.2%)	8:57	6.7 (57.3%)
194	JANKOWIAK Przemysław	2080		M-50	25	NIE	01:08:24	02:12:08	03:08:55.80	03:09:04.35	+01:21:42 (43.2%)	8:59	6.7 (57.3%)
195	PITERA Anna	2134		K-40	13	NIE	01:08:21	02:13:10	03:09:07.20	03:09:07.20	+01:21:45 (43.2%)	9:00	6.7 (57.3%)
196	PITERA Paweł	2135		M-40	73	NIE	01:08:15	02:13:18	03:09:07.90	03:09:07.90	+01:21:45 (43.2%)	9:00	6.7 (57.3%)
197	OLIŃSKI Paweł	2056		M-40	74	NIE	01:11:37	02:13:27	03:09:18.35	03:09:18.35	+01:21:56 (43.3%)	9:00	6.7 (57.3%)
198	CHRÓSCICKA Karolina	2154	LKS ISKRA JASZKOWA	K-30	17	NIE	01:09:59	02:11:58	03:08:56.25	03:09:19.15	+01:21:57 (43.3%)	8:59	6.7 (57.3%)
199	NAPIONTEK Maria	2341	ADVENTURE TEAM BY DELOITTE / TRICLUB	K-30	18	NIE	01:09:54	02:12:53	03:09:13.00	03:09:23.50	+01:22:01 (43.3%)	9:00	6.7 (57.3%)
200	KRUPA Justyna	2302	AKTYWNA NOWA RUDA	K-40	14	NIE	01:08:29	02:10:39	03:08:59.15	03:09:25.05	+01:22:02 (43.3%)	8:59	6.7 (57.3%)

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
201	CZAJKA Elżbieta	2410	CEBULA TEAM	K-30	19	NIE	01:13:45	02:14:44	03:09:38.30	03:10:14.35	+01:22:52 (43.6%)	9:01	6.6 (56.4%)
202	ZOMERFELD Cyryl	2190	KB KROKUS KWIATKOWICE	M-20	7	NIE	01:18:05	02:18:27	03:08:47.55	03:10:20.40	+01:22:58 (43.6%)	8:59	6.7 (57.3%)
203	WŁODARCZYK Krzysztof	2128	3 TEAM	M-50	26	NIE	01:10:33	02:12:44	03:10:13.90	03:10:30.40	+01:23:08 (43.6%)	9:03	6.6 (56.4%)
204	KICIŃSKI Mateusz	2191	FANI WODY JANTAR I WINA	M-30	54	NIE	01:05:46	02:09:46	03:10:54.55	03:11:05.65	+01:23:43 (43.8%)	9:05	6.6 (56.4%)
205	SOBIESZCZUK Barbara	2359	DZIKIE DZIKI GORZÓW WIELKOPOLSKI	K-40	15	NIE	01:12:21	02:14:17	03:11:18.80	03:11:38.35	+01:24:16 (44.0%)	9:06	6.6 (56.4%)
206	JASICKI Henryk	2319	BIEGNIJ OŁAWO	M-60	6	NIE	01:13:59	02:14:40	03:10:54.35	03:11:40.15	+01:24:18 (44.0%)	9:05	6.6 (56.4%)
207	PIERZCHANOWSKI Rafał	2400	SZAKALE BAŁUT ŁÓDŹ	M-40	75	NIE	01:11:26	02:13:48	03:10:22.40	03:11:40.70	+01:24:18 (44.0%)	9:03	6.6 (56.4%)
208	KORZENIOWSKA Agnieszka	2323	BIEGNIJ OŁAWO	K-40	16	NIE	01:14:06	02:14:42	03:11:02.60	03:11:47.85	+01:24:25 (44.0%)	9:05	6.6 (56.4%)
209	TOL Kamil	2352	KUNA W AGREŚCIE	M-30	55	NIE	01:08:11	02:15:32	03:11:36.25	03:11:52.80	+01:24:30 (44.0%)	9:07	6.6 (56.4%)
210	KONDRACKI Jacek	2313	KUNA W AGRESCIE	M-40	76	NIE	01:08:14	02:15:36	03:11:39.00	03:11:54.20	+01:24:32 (44.1%)	9:07	6.6 (56.4%)
211	TROJAN Paweł	2038		M-40	77	NIE	01:10:16	02:12:35	03:11:49.25	03:11:55.35	+01:24:33 (44.1%)	9:08	6.6 (56.4%)
212	BOGUSŁAW Kur	2275		M-50	27	NIE	01:12:20	02:15:33	03:10:00.70	03:11:57.00	+01:24:34 (44.1%)	9:02	6.6 (56.4%)
213	WRZESZCZ Marta	2233	GOOD MOVE	K-30	20	NIE	01:09:43	02:14:10	03:11:53.20	03:11:58.00	+01:24:35 (44.1%)	9:08	6.6 (56.4%)
214	JANKOWSKI Marek	2481	TEAM LIPTON	M-40	78	NIE	01:05:05	02:12:24	03:12:22.85	03:12:22.85	+01:25:00 (44.2%)	9:09	6.5 (55.6%)
215	GINTER Grzegorz	2003	AZS COLLEGIUM MEDICUM UJ	M-40	79	NIE	01:10:17	02:13:55	03:12:37.55	03:12:37.55	+01:25:15 (44.3%)	9:10	6.5 (55.6%)
216	RYCHCIK-ZYGADŁO Edyta	2381		K-50	2	TAK	01:09:18	02:13:19	03:12:30.60	03:12:40.00	+01:25:17 (44.3%)	9:10	6.5 (55.6%)
217	WIECZOREK Agnieszka	2199	NSK RUNS	K-40	17	NIE	01:08:56	02:12:18	03:12:27.00	03:12:44.35	+01:25:22 (44.3%)	9:09	6.5 (55.6%)
218	TYL Radosław	2215		M-40	80	NIE	01:07:48	02:08:27	03:11:54.30	03:12:50.05	+01:25:27 (44.3%)	9:08	6.6 (56.4%)
219	AUGUSTYŃSKI Piotr	2014		M-30	56	NIE	01:09:01	02:13:38	03:12:41.75	03:12:51.90	+01:25:29 (44.3%)	9:10	6.5 (55.6%)
220	MANDYCZ-HOFFMAN Magdalena	2045		K-40	18	NIE	01:12:58	02:15:35	03:13:03.35	03:13:03.35	+01:25:41 (44.4%)	9:11	6.5 (55.6%)
221	WESOŁEK Daniel	2069		M-30	57	NIE	01:09:05	02:12:54	03:13:15.75	03:13:15.75	+01:25:53 (44.4%)	9:12	6.5 (55.6%)
222	LESIAK Jakub	2496	RUN TEAM RADZYMIN	M-30	58	NIE	01:14:54	02:18:07	03:12:34.25	03:13:17.65	+01:25:55 (44.5%)	9:10	6.5 (55.6%)
223	LIS Adrian	2149	GALMET TEAM	M-30	59	NIE	01:08:27	02:12:11	03:13:06.35	03:13:18.20	+01:25:56 (44.5%)	9:11	6.5 (55.6%)
224	RATAJCZYK Dominika	2465		K-30	21	NIE	01:10:27	02:15:08	03:13:24.70	03:13:44.80	+01:26:22 (44.6%)	9:12	6.5 (55.6%)
225	JAGODZIŃSKI Paweł	2104	VIKMED 3 TEAM KONIN	M-40	81	NIE	01:10:38	02:14:53	03:13:38.55	03:13:56.40	+01:26:34 (44.6%)	9:13	6.5 (55.6%)

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
226	KOBUSIŃSKI Michał	2316	BIEGNIJ OŁAWO	M-30	60	NIE	01:08:29	02:12:23	03:13:20.70	03:14:02.80	+01:26:40 (44.7%)	9:12	6.5 (55.6%)
227	CHORAŻEWICZ Patryk	2315	KUNA W AGREŚCIE	M-40	82	NIE	01:08:31	02:15:39	03:14:56.05	03:15:06.80	+01:27:44 (45.0%)	9:16	6.5 (55.6%)
228	BURY Paweł	2373	RAWEX ENERGY SAVING	M-40	83	NIE	01:03:37	02:09:00	03:15:00.55	03:15:09.35	+01:27:47 (45.0%)	9:17	6.5 (55.6%)
229	WERESZCZYŃSKI Szymon	2493		M-30	61	NIE	01:16:25	02:17:38	03:13:52.50	03:15:09.80	+01:27:47 (45.0%)	9:13	6.5 (55.6%)
230	POSPIESZNY Robert	2334	RBB STAL	M-50	28	NIE	01:10:52	02:15:15	03:15:12.30	03:15:12.30	+01:27:50 (45.0%)	9:17	6.5 (55.6%)
231	MUSZYŃSKI Jakub	2072		M-40	84	NIE	01:13:03	02:17:39	03:14:44.35	03:15:22.05	+01:27:59 (45.0%)	9:16	6.5 (55.6%)
232	BARAN Paulina	2096	OSPRO OCR	K-30	22	NIE	01:12:10	02:19:08	03:15:08.75	03:15:26.60	+01:28:04 (45.1%)	9:17	6.5 (55.6%)
233	RAJZER Piotr	2382	LAMA RUN	M-30	62	NIE	01:08:40	02:12:23	03:15:51.35	03:15:51.35	+01:28:29 (45.2%)	9:19	6.4 (54.7%)
234	CZECH Michał	2492		M-30	63	NIE	01:16:22	02:17:34	03:14:31.15	03:15:52.60	+01:28:30 (45.2%)	9:15	6.5 (55.6%)
235	MAJCHRZYCKI Sławomir	2144	TKKF MPK POZNAŃ	M-40	85	NIE	01:10:47	02:18:51	03:14:54.85	03:15:53.80	+01:28:31 (45.2%)	9:16	6.5 (55.6%)
236	PAWLIKOWSKA Anna	2088		K-50	3	NIE	01:13:05	02:14:47	03:15:35.15	03:15:56.15	+01:28:34 (45.2%)	9:18	6.4 (54.7%)
237	NIEWIADOMSKI Marek	2204	CROSS KRAPKOWICE/ SOBAS TEAM	M-40	86	NIE	01:11:08	02:15:26	03:15:36.40	03:16:09.55	+01:28:47 (45.3%)	9:18	6.4 (54.7%)
238	JARCZYŃSKA-DOMINIK Jola	2048	AKTYWNI WĘGRÓW	K-40	19	NIE	01:09:53	02:19:40	03:16:00.50	03:16:25.00	+01:29:02 (45.3%)	9:20	6.4 (54.7%)
239	KADŁUBOWSKI Piotr	2494	RUN100LOVE / KOTWICA BRZEG	M-40	87	NIE		02:13:24	03:16:29.70	03:16:29.70	+01:29:07 (45.4%)	9:21	6.4 (54.7%)
240	PRAŁAT Dawid	2187	PZU SPORT TEAM	M-40	88	NIE	01:10:35	02:14:02	03:15:57.85	03:17:19.10	+01:29:56 (45.6%)	9:19	6.4 (54.7%)
241	ŻUREK Mateusz	2296		M-40	89	NIE	01:10:54	02:17:18	03:17:56.15	03:17:56.15	+01:30:34 (45.8%)	9:25	6.4 (54.7%)
242	NAWROCKA Sylwia	2184	MAMA W BIEGU	K-50	4	NIE	01:13:37	02:18:40	03:16:49.50	03:18:07.55	+01:30:45 (45.8%)	9:22	6.4 (54.7%)
243	PRZYBYLSKI Rafał	2159	GVT	M-50	29	NIE	01:10:53	02:14:07	03:17:28.70	03:18:08.35	+01:30:46 (45.8%)	9:24	6.4 (54.7%)
244	DYGAS Jakub	2108		M-40	90	NIE	01:13:31	02:15:47	03:17:35.00	03:18:57.85	+01:31:35 (46.0%)	9:24	6.4 (54.7%)
245	SZYDŁO Klaudia	2238		K-30	23	NIE		02:13:37	03:18:56.90	03:19:05.70	+01:31:43 (46.1%)	9:28	6.3 (53.8%)
246	POSPIESZNY Rafał	2335		M-40	91	NIE	01:11:19	02:20:04	03:18:43.75	03:19:37.15	+01:32:15 (46.2%)	9:27	6.3 (53.8%)
247	TARŃOWSKI Maciej	2389	NIGHT RUNNERS WROCŁAW	M-30	64	NIE	01:16:41	02:20:22	03:18:42.65	03:19:39.20	+01:32:17 (46.2%)	9:27	6.3 (53.8%)
248	SHAKHMETAVA Natallia	2439	UNTS WARSZAWA	K-30	24	NIE	01:11:29	02:18:21	03:19:45.55	03:19:45.55	+01:32:23 (46.3%)	9:30	6.3 (53.8%)
249	LUBAŃSKA Alicja	2339	DTR BIEGA / MARIO TEAM	K-50	5	NIE	01:11:13	02:18:03	03:19:30.15	03:19:49.35	+01:32:27 (46.3%)	9:30	6.3 (53.8%)
250	KACZMAREK Marta	2366	SPORTOWY KAŻMIERZ	K-40	20	NIE	01:12:25	02:21:43	03:19:36.15	03:19:57.60	+01:32:35 (46.3%)	9:30	6.3 (53.8%)
251	KACZMAREK Tomasz	2367	SPORTOWY KAŻMIERZ	M-50	30	NIE	01:12:33	02:21:40	03:19:40.60	03:20:04.05	+01:32:41 (46.3%)	9:30	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
252	MIEDZIŃSKI Michał	2227	JKS SALAMANDRA	M-40	92	NIE	01:10:32	02:19:34	03:19:34.00	03:20:14.60	+01:32:52 (46.4%)	9:30	6.3 (53.8%)
253	OSIAL Anita	2269		K-40	21	NIE	01:11:27	02:18:38	03:21:12.30	03:21:12.30	+01:33:50 (46.6%)	9:34	6.3 (53.8%)
254	CICHOCKI Paweł	2169		M-50	31	TAK	01:09:06	02:16:09	03:20:12.40	03:21:24.20	+01:34:02 (46.7%)	9:32	6.3 (53.8%)
255	JANKOWSKI Adam	2053	ULTRAWAY.PL RUNNING TEAM	M-30	65	NIE	01:10:36	02:17:52	03:21:53.25	03:21:53.25	+01:34:31 (46.8%)	9:36	6.2 (53.0%)
256	CHMIELEWSKI Mateusz	2511		M-30	66	NIE	01:09:51	02:18:15	03:21:42.95	03:22:00.90	+01:34:38 (46.9%)	9:36	6.2 (53.0%)
257	JUSZCZAK Zbigniew	2337	PKB KMP KALISZ	M-60	7	NIE	01:17:35	02:22:00	03:20:22.55	03:22:02.75	+01:34:40 (46.9%)	9:32	6.3 (53.8%)
258	MIGDAŁ Adrian	2246		M-40	93	NIE	01:14:34	02:19:15	03:21:55.20	03:22:14.90	+01:34:52 (46.9%)	9:36	6.2 (53.0%)
259	PIDANTY Grzegorz	2090		M-50	32	NIE	01:13:33	02:21:40	03:22:20.75	03:22:43.90	+01:35:21 (47.0%)	9:38	6.2 (53.0%)
260	GOŁĘBIEWSKI Marcin	2298		M-40	94	NIE	01:13:49	02:20:09	03:23:27.95	03:23:52.00	+01:36:29 (47.3%)	9:41	6.2 (53.0%)
261	KRUSZEWSKI Jacek	2085	MARKOWI BIEGACZE	M-50	33	NIE	01:08:22	02:17:24	03:24:25.65	03:24:29.30	+01:37:07 (47.5%)	9:44	6.2 (53.0%)
262	SIEPIELSKI Damian	2010		M-30	67	NIE	01:08:43	02:17:59	03:24:37.55	03:24:37.55	+01:37:15 (47.5%)	9:44	6.2 (53.0%)
263	POMIERNY Dominik	2479	KUCIAPSKI RUNNING CLUB	M-40	95	NIE	01:20:42	02:24:35	03:25:03.40	03:25:15.75	+01:37:53 (47.7%)	9:45	6.1 (52.1%)
264	SZEWczyk Rafał	2011	DOGOŃ GRODZISK MAZOWIECKI	M-40	96	NIE	01:07:46	02:20:21	03:25:05.20	03:25:17.05	+01:37:54 (47.7%)	9:45	6.1 (52.1%)
265	PAŁKA Patrycja	2327		K-30	25	NIE	01:20:37	02:25:42	03:24:24.95	03:25:18.05	+01:37:55 (47.7%)	9:44	6.2 (53.0%)
266	KOWALSKI Dominik	2468		M-20	8	NIE	01:17:35	02:21:52	03:24:11.35	03:25:20.65	+01:37:58 (47.7%)	9:43	6.2 (53.0%)
267	POLIC Aleksandra	2129		K-40	22	NIE	01:11:46	02:21:54	03:25:07.35	03:25:21.85	+01:37:59 (47.7%)	9:46	6.1 (52.1%)
268	POŹNIAK Joanna	2322	BIEGNIJ OŁAWO	K-40	23	NIE	01:17:06	02:25:18	03:24:48.65	03:25:23.30	+01:38:01 (47.7%)	9:45	6.2 (53.0%)
269	ŚLIWA Bogumił	2478		M-40	97	NIE	01:17:49	02:27:07	03:23:25.00	03:25:24.80	+01:38:02 (47.7%)	9:41	6.2 (53.0%)
270	KUBIŚ Andrzej	2221	RUN TEAM RYDZYNA	M-60	8	NIE	01:11:55	02:19:32	03:24:51.90	03:25:50.95	+01:38:28 (47.8%)	9:45	6.2 (53.0%)
271	CZECH Dorota	2025	ASISC FRONTRUNNER	K-40	24	NIE	01:15:59	02:24:07	03:26:10.00	03:26:10.00	+01:38:47 (47.9%)	9:49	6.1 (52.1%)
272	PIECUCH Małgorzata	2110		K-60	1	NIE	01:17:03	02:25:02	03:26:00.90	03:26:11.70	+01:38:49 (47.9%)	9:48	6.1 (52.1%)
273	RUMPFELT Michał	2380		M-30	68	NIE	01:16:47	02:26:36	03:24:43.95	03:26:12.20	+01:38:50 (47.9%)	9:44	6.2 (53.0%)
274	ODOLCZYK Joanna	2165		K-60	2	NIE	01:15:58	02:23:00	03:26:16.60	03:26:16.60	+01:38:54 (47.9%)	9:49	6.1 (52.1%)
275	MAZUR Marta	2138		K-30	26	NIE	01:17:22	02:27:38	03:26:49.10	03:27:34.70	+01:40:12 (48.3%)	9:50	6.1 (52.1%)
276	TOMCZUK Bartosz	2480		M-40	98	NIE	01:16:55	02:27:05	03:25:34.60	03:27:35.55	+01:40:13 (48.3%)	9:47	6.1 (52.1%)
277	KACZMARCZYK Wojciech	2018		M-60	9	NIE	01:11:49	02:20:19	03:27:58.05	03:28:25.50	+01:41:03 (48.5%)	9:54	6.1 (52.1%)

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
278	WROBLEWSKI Mateusz	2101		M-30	69	NIE	01:18:44	02:28:23	03:27:04.75	03:28:36.10	+01:41:13 (48.5%)	9:51	6.1 (52.1%)
279	KARASIŃSKA Karolina	2268		K-40	25	NIE	01:13:59	02:23:43	03:28:31.90	03:28:37.00	+01:41:14 (48.5%)	9:55	6 (51.3%)
280	CISZEWSKI Krzysztof	2137		M-40	99	NIE	01:15:20	02:26:08	03:28:39.00	03:29:05.35	+01:41:43 (48.6%)	9:56	6 (51.3%)
281	LEDNICKA Lidia	2447		K-40	26	NIE	01:18:39	02:29:52	03:28:05.05	03:29:06.75	+01:41:44 (48.7%)	9:54	6.1 (52.1%)
282	LEDNICKI Michał	2448	ARVATO S.C. REP	M-40	100	NIE	01:18:36	02:29:46	03:28:01.00	03:29:06.95	+01:41:44 (48.7%)	9:54	6.1 (52.1%)
283	BORECKI Michał	2270		M-30	70	NIE	01:25:14	02:30:52	03:28:15.45	03:30:14.50	+01:42:52 (48.9%)	9:55	6.1 (52.1%)
284	SERWATKIEWICZ Grzegorz	2408		M-40	101	NIE	01:10:01	02:16:11	03:29:58.00	03:30:17.50	+01:42:55 (48.9%)	9:59	6 (51.3%)
285	KOSTRUBIEC Maciej	2073	SII RUNNING TEAM	M-20	9	NIE	01:06:13	02:18:32	03:30:10.75	03:30:18.15	+01:42:56 (48.9%)	10:00	6 (51.3%)
286	BRZOSKI Mateusz	2063		M-30	71	NIE	01:17:38	02:26:12	03:28:28.95	03:30:19.30	+01:42:57 (49.0%)	9:55	6 (51.3%)
287	CHMIELEWSKI Tomasz	2506		M-40	102	NIE	01:10:36	02:26:48	03:31:00.65	03:31:02.75	+01:43:40 (49.1%)	10:02	6 (51.3%)
288	KOZŁOWSKI Wojciech	2040		M-50	34	NIE	01:12:03	02:20:11	03:31:20.25	03:31:20.25	+01:43:58 (49.2%)	10:03	6 (51.3%)
289	DOMAGAŁA Andrzej	2415		M-50	35	NIE	01:12:55	02:24:49	03:31:57.55	03:31:57.55	+01:44:35 (49.3%)	10:05	5.9 (50.4%)
290	SZCZEPAŃSKA Barbara	2349	KMB	K-40	27	NIE	01:23:50	02:30:07	03:30:13.10	03:31:58.60	+01:44:36 (49.3%)	10:00	6 (51.3%)
291	KUCHARSKI Piotr	2297	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZE...!	M-50	36	NIE	01:17:03	02:27:07	03:31:59.80	03:31:59.80	+01:44:37 (49.4%)	10:05	5.9 (50.4%)
292	FRANKOWSKA Katarzyna	2150	MISTRZOWSKI TRENING	K-40	28	NIE	01:18:43	02:31:08	03:30:58.25	03:32:35.55	+01:45:13 (49.5%)	10:02	6 (51.3%)
293	PACIULON Krzysztof	2155	OKI OKI TEAM	M-50	37	NIE	01:15:09	02:25:03	03:32:58.45	03:32:58.45	+01:45:36 (49.6%)	10:08	5.9 (50.4%)
294	STASZEWSKI Piotr	2151		M-50	38	NIE	01:18:32	02:31:05	03:31:22.10	03:33:00.45	+01:45:38 (49.6%)	10:03	6 (51.3%)
295	LEWICKI Michał	2027		M-40	103	NIE	01:18:10	02:30:57	03:31:51.15	03:33:11.25	+01:45:49 (49.6%)	10:05	5.9 (50.4%)
296	DOMBEK Andrzej	2122		M-50	39	NIE	01:18:07	02:25:42	03:33:13.45	03:33:13.45	+01:45:51 (49.6%)	10:09	5.9 (50.4%)
297	STEFAŃSKI Mikołaj	2097		M-30	72	NIE	01:13:53	02:26:47	03:33:05.80	03:33:13.95	+01:45:51 (49.6%)	10:08	5.9 (50.4%)
298	KAMIŃSKA Krystyna	2160		K-50	6	NIE	01:18:06	02:25:41	03:33:26.50	03:33:26.50	+01:46:04 (49.7%)	10:09	5.9 (50.4%)
299	PLIS Jordan	2466		M-30	73	NIE	01:15:04	02:26:48	03:33:02.95	03:33:27.85	+01:46:05 (49.7%)	10:08	5.9 (50.4%)
300	MAZUR Piotr	2140		M-40	104	NIE	01:16:34	02:27:32	03:32:41.45	03:33:30.75	+01:46:08 (49.7%)	10:07	5.9 (50.4%)
301	CZEKALSKA Magdalena	2103	NARAMOWICE BIEGAJĄ	K-40	29	NIE	01:14:58	02:28:50	03:33:17.40	03:33:31.50	+01:46:09 (49.7%)	10:09	5.9 (50.4%)
302	NOWAK Marta	2024	NARAMOWICE BIEGAJĄ	K-40	30	NIE	01:17:39	02:29:24	03:33:47.25	03:33:47.25	+01:46:25 (49.8%)	10:10	5.9 (50.4%)
303	CZEKALSKI Tomasz	2141	NARAMOWICE BIEGAJĄ	M-40	105	NIE	01:15:30	02:29:05	03:33:49.70	03:33:49.70	+01:46:27 (49.8%)	10:10	5.9 (50.4%)

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
304	SOWIŃSKI Robert	2070		M-40	106	NIE	01:16:52	02:27:30	03:33:13.55	03:33:52.15	+01:46:30 (49.8%)	10:09	5.9 (50.4%)
305	POKORNY Tomasz	2202	ZAKOCHAJ SIĘ W BIEGANIU	M-50	40	NIE	01:19:22	02:29:37	03:33:14.30	03:34:08.80	+01:46:46 (49.9%)	10:09	5.9 (50.4%)
306	RADŁOWSKA Mariola	2416	SŁOŃCA JURY	K-30	27	NIE	01:19:54	02:32:34	03:33:20.30	03:34:10.05	+01:46:47 (49.9%)	10:09	5.9 (50.4%)
307	STASZEWSKI Dariusz	2115	7BKPOW	M-40	107	NIE	01:15:37	02:25:09	03:33:53.35	03:34:32.00	+01:47:09 (50.0%)	10:11	5.9 (50.4%)
308	JAZGAR Pawel	2276		M-40	108	NIE	01:16:48	02:31:43	03:34:12.35	03:34:44.40	+01:47:22 (50.0%)	10:12	5.9 (50.4%)
309	POLOK Bartosz	2413	ATLAS WARD RUN	M-20	10	NIE	01:15:50	02:28:19	03:32:15.15	03:34:45.00	+01:47:22 (50.0%)	10:06	5.9 (50.4%)
310	LIS Wojciech	2300	WIERZBICKI RUNNING PROJECT	M-40	109	NIE	01:18:40	02:30:50	03:34:10.85	03:35:02.95	+01:47:40 (50.1%)	10:11	5.9 (50.4%)
311	JURDZIAK Karolina	2208		K-40	31	NIE	01:16:43	02:27:15	03:34:28.50	03:35:03.80	+01:47:41 (50.1%)	10:12	5.9 (50.4%)
312	JURDZIAK Jakub	2207	ULTRAWAY.PL RUNNING TEAM	M-40	110	NIE	01:16:38	02:27:11	03:34:22.75	03:35:03.85	+01:47:41 (50.1%)	10:12	5.9 (50.4%)
313	SZPILA Robert	2426		M-40	111	NIE	01:20:49	02:30:11	03:33:35.05	03:35:07.95	+01:47:45 (50.1%)	10:10	5.9 (50.4%)
314	DEPKA Patryk	2458		M-40	112	NIE	01:22:16	02:34:24	03:34:29.10	03:35:26.30	+01:48:04 (50.2%)	10:12	5.9 (50.4%)
315	NOWAK Łukasz	2127	OPOLSKA GRUPA BIEGOWA	M-40	113	NIE	01:18:45	02:29:07	03:34:50.00	03:35:39.75	+01:48:17 (50.2%)	10:13	5.9 (50.4%)
316	ŁUCZKO Karolina	2450	OPOLSKA GRUPA BIEGOWA	K-20	5	NIE	01:18:39	02:29:02	03:34:45.45	03:35:39.80	+01:48:17 (50.2%)	10:13	5.9 (50.4%)
317	RYDZKOWSKI Krzysztof	2462		M-30	74	NIE	01:23:12	02:35:22	03:35:41.10	03:35:41.10	+01:48:18 (50.2%)	10:16	5.8 (49.6%)
318	GIDASZEWSKA Jolanta	2216	GIDAŚ TEAM	K-40	32	NIE	01:24:29	02:33:23	03:34:39.60	03:35:42.50	+01:48:20 (50.2%)	10:13	5.9 (50.4%)
319	SURDEL Aleksandra	2079		K-40	33	NIE	01:16:40		03:35:18.30	03:35:43.30	+01:48:21 (50.2%)	10:15	5.9 (50.4%)
320	SOBIESKA Weronika	2173	OKI OKI TEAM	K-50	7	NIE	01:15:08	02:25:05	03:36:24.40	03:36:24.40	+01:49:02 (50.4%)	10:18	5.8 (49.6%)
321	LUBAWY Mikolaj	2060		M-30	75	NIE	01:23:40	02:30:20	03:34:58.35	03:36:27.55	+01:49:05 (50.4%)	10:14	5.9 (50.4%)
322	MILLER Agnieszka	2059	BBL LASY BOGDANIEC	K-30	28	NIE	01:19:01	02:31:15	03:35:36.55	03:37:10.65	+01:49:48 (50.6%)	10:16	5.8 (49.6%)
323	RADŁOWSKI Szymon	2412		M-30	76	NIE	01:20:06	02:33:24	03:36:27.35	03:37:18.45	+01:49:56 (50.6%)	10:18	5.8 (49.6%)
324	ADAMCZAK Hanna	2434	KB SUPERMARATOŃCZYK KALISZ	K-40	34	NIE	01:19:26	02:32:32	03:37:25.15	03:38:18.10	+01:50:55 (50.8%)	10:21	5.8 (49.6%)
325	ADAMCZAK Damian	2424	KLUB BIEGACZA SUPERMARATOŃCZYK	M-40	114	NIE	01:20:07	02:33:21	03:37:25.45	03:38:18.70	+01:50:56 (50.8%)	10:21	5.8 (49.6%)
326	GIEDRYS Wojciech	2168	3:33 TEAM	M-50	41	NIE	01:25:33	02:36:03	03:37:06.80	03:38:21.45	+01:50:59 (50.8%)	10:20	5.8 (49.6%)
327	SZKODA Mariusz	2167	3:33 TEAM	M-50	42	NIE	01:25:33	02:36:04	03:37:03.85	03:38:21.55	+01:50:59 (50.8%)	10:20	5.8 (49.6%)
328	DĘBSKI Rafał	2459		M-30	77	NIE	01:22:17	02:34:28	03:37:27.30	03:38:21.95	+01:50:59 (50.8%)	10:21	5.8 (49.6%)
329	MARCZAK Ola	2030		K-40	35	NIE	01:20:49	02:31:40	03:37:42.75	03:38:38.15	+01:51:16 (50.9%)	10:22	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
330	FILIPIAK Sebastian	2082		M-40	115	NIE	01:19:50	02:32:30	03:37:43.80	03:39:31.05	+01:52:08 (51.1%)	10:22	5.8 (49.6%)
331	KOŃ Aleksandra	2083		K-40	36	NIE	01:19:55	02:32:30	03:37:43.80	03:39:31.15	+01:52:09 (51.1%)	10:22	5.8 (49.6%)
332	MURAWSKA Joanna	2112	MIKI TEAM	K-40	37	NIE	01:20:59	02:34:25	03:38:54.25	03:39:31.65	+01:52:09 (51.1%)	10:25	5.8 (49.6%)
333	ROKITA-MATYKA Martyna	2035		K-30	29	NIE	01:20:42	02:34:28	03:38:56.65	03:39:32.35	+01:52:10 (51.1%)	10:25	5.8 (49.6%)
334	ZADOROŻNY Maciej	2422		M-20	11	NIE	01:21:04	02:32:35	03:39:18.40	03:40:02.95	+01:52:40 (51.2%)	10:26	5.7 (48.7%)
335	SKORUPSKI Mateusz	2095	KURACJUSZE	M-30	78	NIE	01:16:53	02:25:10	03:39:28.70	03:40:03.85	+01:52:41 (51.2%)	10:27	5.7 (48.7%)
336	PEĆ Weronika	2365		K-20	6	NIE	01:15:19	02:32:12	03:39:38.40	03:40:04.80	+01:52:42 (51.2%)	10:27	5.7 (48.7%)
337	RAJCZAK Łukasz	2320		M-40	116		01:26:30	02:33:55	03:38:43.20	03:40:12.40	+01:52:50 (51.2%)	10:24	5.8 (49.6%)
338	FRANKIEWICZ Jakub	2243	ANIOŁKI CHARLIEGO	M-40	117	NIE	01:20:21	02:30:39	03:40:14.85	03:40:38.70	+01:53:16 (51.3%)	10:29	5.7 (48.7%)
339	ZOMERFELD Kacper	2189	KB KROKUS KWIATKOWICE	M-20	12	NIE	01:23:50	02:34:08	03:39:11.95	03:40:43.00	+01:53:20 (51.4%)	10:26	5.7 (48.7%)
340	PAŁUCKA Marta	2094	MISTRZOWSKI TRENING/PROJEKT ULTRA	K-30	30	NIE	01:26:50	02:39:16	03:40:00.00	03:41:05.05	+01:53:42 (51.4%)	10:28	5.7 (48.7%)
341	POŁCZYŃSKI Maciej	2261	STALOWA ŁYDA	M-40	118	NIE	01:23:45	02:34:56	03:39:33.50	03:41:25.80	+01:54:03 (51.5%)	10:27	5.7 (48.7%)
342	BELTER Matylda	2402		K-30	31	NIE	01:24:14		03:40:39.05	03:41:50.55	+01:54:28 (51.6%)	10:30	5.7 (48.7%)
343	DUDZIK Tomasz	2401		M-30	79	NIE	01:24:11		03:40:36.85	03:41:51.50	+01:54:29 (51.6%)	10:30	5.7 (48.7%)
344	POCIĘGIEL Michał	2001	SKAWINA BIEGA	M-40	119	NIE	01:15:01	02:31:23	03:42:43.15	03:42:47.55	+01:55:25 (51.8%)	10:36	5.7 (48.7%)
345	TALARCZYK Marta	2427		K-30	32	NIE	01:26:26	02:39:16	03:41:43.00	03:42:48.55	+01:55:26 (51.8%)	10:33	5.7 (48.7%)
346	BRZOSKI Norbert	2051		M-30	80	NIE	01:25:44	02:36:35	03:41:53.95	03:43:44.95	+01:56:22 (52.0%)	10:33	5.7 (48.7%)
347	STOLARZ Jędrzej	2432		M-30	81	NIE	01:20:09	02:34:22	03:44:18.65	03:44:18.65	+01:56:56 (52.1%)	10:40	5.6 (47.9%)
348	STOLPE Maciej	2182	TKKF MPK POZNAŃ	M-50	43	NIE	01:25:35	02:36:22	03:43:40.75	03:44:47.45	+01:57:25 (52.2%)	10:39	5.6 (47.9%)
349	RUSNAK Iwona	2280		K-50	8	NIE	01:17:42	02:34:29	03:44:08.35	03:44:48.00	+01:57:25 (52.2%)	10:40	5.6 (47.9%)
350	GÓRCZYŃSKI Rafał	2023		M-40	120	NIE	01:18:02	02:34:24	03:44:03.40	03:44:49.30	+01:57:27 (52.2%)	10:40	5.6 (47.9%)
351	KACZMARCZYK Anna	2008		K-30	33	NIE	01:25:24	02:39:20	03:44:51.30	03:44:51.30	+01:57:29 (52.2%)	10:42	5.6 (47.9%)
352	BŁACHNO Marcin	2245		M-40	121		01:19:07	02:31:31	03:44:49.20	03:45:09.60	+01:57:47 (52.3%)	10:42	5.6 (47.9%)
353	KOCIEMBA Adrianna	2498		K-50	9	NIE	01:18:56	02:35:00	03:45:11.70	03:45:11.70	+01:57:49 (52.3%)	10:43	5.6 (47.9%)
354	KOWACZ Agata	2398	SPEEDBAR	K-40	38	NIE	01:20:21	02:40:15	03:44:59.45	03:45:12.65	+01:57:50 (52.3%)	10:42	5.6 (47.9%)
355	FURS Daniel	2425		M-40	122	NIE	01:23:34	02:35:09	03:43:44.05	03:45:15.40	+01:57:53 (52.3%)	10:39	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
356	DEKIERT Agnieszka	2049		K-40	39	NIE	01:24:45	02:39:23	03:44:15.00	03:45:16.20	+01:57:54 (52.3%)	10:40	5.6 (47.9%)
357	FORNALIK Tomasz	2409	NO NAME	M-30	82	TAK	01:22:47	02:31:37	03:43:38.25	03:45:42.30	+01:58:20 (52.4%)	10:38	5.6 (47.9%)
358	SZCZERBA Michał	2474	TRZY MISIE	M-40	123	NIE	01:26:17	02:34:08	03:44:22.25	03:45:44.40	+01:58:22 (52.4%)	10:41	5.6 (47.9%)
359	MICHALAK Sławek	2077	TEAM MICHALAK ROGALINEK	M-40	124	NIE	01:24:19	02:37:35	03:45:24.65	03:46:19.60	+01:58:57 (52.6%)	10:44	5.6 (47.9%)
360	MARCINKOWSKI Krzysztof	2431		M-40	125	NIE	01:24:48	02:40:18	03:46:29.70	03:47:15.70	+01:59:53 (52.8%)	10:47	5.6 (47.9%)
361	KOZŁOWSKI Tomasz	2131	BBL LASY BOGDANIEC	M-40	126	NIE	01:24:08	02:37:17	03:47:12.60	03:48:17.45	+02:00:55 (53.0%)	10:49	5.5 (47.0%)
362	SZEMIK Kamila	2007		K-40	40	NIE	01:17:38	02:35:14	03:48:18.10	03:48:18.10	+02:00:55 (53.0%)	10:52	5.5 (47.0%)
363	SZWEDLER-NOWACKA Jolanta	2046		K-50	10	NIE	01:19:15	02:35:09	03:48:14.55	03:48:19.20	+02:00:57 (53.0%)	10:52	5.5 (47.0%)
364	NOWACKI Łukasz	2262	POGODNI	M-50	44	NIE	01:24:23	02:38:43	03:46:13.35	03:48:20.15	+02:00:58 (53.0%)	10:46	5.6 (47.9%)
365	SZAL Małgorzata	2368	TENIS CENTRUM AS	K-30	34	NIE	01:21:32	02:41:02	03:47:28.35	03:48:20.85	+02:00:58 (53.0%)	10:49	5.5 (47.0%)
366	GRACZYK Magdalena	2175		K-50	11	NIE	01:25:55	02:41:18	03:48:35.95	03:50:34.00	+02:03:11 (53.4%)	10:53	5.5 (47.0%)
367	GRACZYK Marcin	2126		M-50	45	NIE	01:25:55	02:41:18	03:48:35.95	03:50:34.65	+02:03:12 (53.4%)	10:53	5.5 (47.0%)
368	KOŁACZKIEWICZ Paulina	2386		K-20	7	NIE	01:22:16	02:40:24	03:51:36.90	03:51:41.20	+02:04:19 (53.7%)	11:01	5.4 (46.2%)
369	BULLERT Jakub	2220		M-30	83	NIE	01:23:45	02:41:13	03:50:25.80	03:51:41.55	+02:04:19 (53.7%)	10:58	5.5 (47.0%)
370	BULLERT Agnieszka	2222	KAKU	K-30	35	NIE	01:23:58	02:41:20	03:50:32.40	03:51:42.00	+02:04:19 (53.7%)	10:58	5.5 (47.0%)
371	RODRIGUEZ ESTEVEZ Jesus	2361	#TRIMP	M-40	127	NIE	01:28:58	02:42:46	03:51:37.30	03:52:19.55	+02:04:57 (53.8%)	11:01	5.4 (46.2%)
372	NOWICKA Agnieszka	2362		K-30	36	NIE	01:27:08	02:42:47	03:51:37.60	03:52:19.60	+02:04:57 (53.8%)	11:01	5.4 (46.2%)
373	SZACHT Izabela	2170		K-40	41	NIE	01:28:26	02:42:45	03:50:50.15	03:52:40.25	+02:05:18 (53.9%)	10:59	5.5 (47.0%)
374	ŁESKE Jan	2055	ZA LINIĄ METY TEAM	M-40	128	NIE	01:23:05	02:40:27	03:52:04.60	03:52:40.30	+02:05:18 (53.9%)	11:03	5.4 (46.2%)
375	WARA-WĄSOWSKI Maciej	2321	SZAKALE BAŁUT ŁÓDŹ	M-50	46	NIE	01:22:40	02:43:15	03:51:30.40	03:52:41.55	+02:05:19 (53.9%)	11:01	5.4 (46.2%)
376	OCHOCKA Ewa	2318		K-40	42	NIE	01:22:47	02:43:11	03:51:29.40	03:52:44.05	+02:05:21 (53.9%)	11:01	5.4 (46.2%)
377	KWIATKOWSKA Katarzyna	2211	ING BANK ŚLĄSKI	K-50	12	NIE	01:22:12	02:42:31	03:54:17.75	03:54:25.05	+02:07:02 (54.2%)	11:09	5.4 (46.2%)
378	KRZYSZKOWSKA Agnieszka	2517	INGRUNNINGTEAM	K-40	43	NIE	01:22:24	02:42:40	03:54:32.85	03:54:32.85	+02:07:10 (54.2%)	11:10	5.4 (46.2%)
379	WARDAK Agnieszka	2071	RADZYMIN RUN TEAM	K-50	13	NIE	01:24:50	02:45:09	03:54:10.25	03:54:39.10	+02:07:16 (54.2%)	11:09	5.4 (46.2%)
379	WARDAK Tomasz	2067	RADZYMIN RUN TEAM	M-50	47	NIE	01:24:30	02:45:00	03:53:53.90	03:54:39.10	+02:07:16 (54.2%)	11:08	5.4 (46.2%)
381	LESIAK Katarzyna	2497	RUN TEAM RADZYMIN	K-30	37	NIE	01:24:46	02:45:03	03:54:30.85	03:55:06.75	+02:07:44 (54.3%)	11:10	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
382	SARNA Beata	2240		K-50	14	NIE	01:22:28	02:46:16	03:55:11.15	03:55:52.25	+02:08:30 (54.5%)	11:11	5.4 (46.2%)
383	ŻUŁAWSKA Bożena	2029	RODZINA PATOLOGICZNA	K-40	44	NIE	01:17:04	02:40:23	03:56:18.05	03:56:18.05	+02:08:55 (54.6%)	11:15	5.3 (45.3%)
384	WALKOWIAK Dominika	2223	#BIEGAJLESZNO	K-30	38	NIE	01:32:11	02:47:59	03:55:12.15	03:56:19.15	+02:08:57 (54.6%)	11:12	5.4 (46.2%)
385	KUCZEK Krzysztof	2219		M-40	129	NIE	01:30:03	02:47:21	03:55:26.45	03:56:20.80	+02:08:58 (54.6%)	11:12	5.4 (46.2%)
386	ŁADŃSKA Agata	2304	PARKRUN WROCŁAW	K-30	39	NIE	01:24:42	02:46:32	03:56:30.75	03:56:59.40	+02:09:37 (54.7%)	11:15	5.3 (45.3%)
387	ZIĘBA Monika	2197	NSK	K-40	45	NIE	01:23:35	02:45:42	03:56:30.95	03:57:00.55	+02:09:38 (54.7%)	11:15	5.3 (45.3%)
388	OLDECKA Justyna	2089	NSK RUNS	K-40	46	NIE	01:24:39	02:45:51	03:56:39.00	03:57:01.90	+02:09:39 (54.7%)	11:16	5.3 (45.3%)
389	BATOR Karol	2326		M-30	84	NIE	01:26:11	02:47:19	03:56:54.50	03:57:51.70	+02:10:29 (54.9%)	11:16	5.3 (45.3%)
390	KOWACKA-KUCZEK Anna	2232		K-40	47	NIE	01:28:58	02:47:24	03:57:08.05	03:57:59.15	+02:10:37 (54.9%)	11:17	5.3 (45.3%)
391	SUJECKA Sylwia	2390		K-50	15	NIE	01:28:13	02:49:11	03:57:03.85	03:58:22.95	+02:11:00 (55.0%)	11:17	5.3 (45.3%)
392	FIGEL Monika	2068	MIKI TEAM	K-40	48	NIE	01:31:01	02:50:32	03:56:45.15	03:58:50.75	+02:11:28 (55.0%)	11:16	5.3 (45.3%)
393	SZYPURA Katarzyna	2371	OPALENICKI KLUB BIEGACZA	K-50	16	NIE	01:26:35	02:46:26	03:59:34.50	04:00:34.95	+02:13:12 (55.4%)	11:24	5.3 (45.3%)
393	SZYPURA Robert	2370	OPALENICKI KLUB BIEGACZA	M-50	48	NIE	01:26:36	02:46:18	03:59:28.05	04:00:34.95	+02:13:12 (55.4%)	11:24	5.3 (45.3%)
395	PUCZYŃSKA Paula	2016		K-30	40	NIE	01:25:50	02:44:27	03:59:54.20	04:00:36.30	+02:13:14 (55.4%)	11:25	5.3 (45.3%)
396	WESOŁEK Paula	2062		K-30	41	NIE	01:25:53	02:44:29	03:59:55.60	04:00:36.50	+02:13:14 (55.4%)	11:25	5.3 (45.3%)
397	BANASZEWSKA Joanna	2345		K-40	49	NIE	01:26:44	02:48:53	04:00:26.65	04:00:52.70	+02:13:30 (55.4%)	11:26	5.2 (44.4%)
398	OSUCHOWSKI Marek	2395	WI RUN	M-40	130	NIE	01:29:44	02:48:17	04:00:30.55	04:01:06.00	+02:13:43 (55.5%)	11:27	5.2 (44.4%)
399	ROGULSKA Ania	2358	DZIKIE DZIKI GORZÓW	K-30	42	NIE	01:25:32	02:47:58	04:01:01.50	04:01:20.05	+02:13:57 (55.5%)	11:28	5.2 (44.4%)
400	GŁUSZCZAK Jerzy	2263	AKG ŁÓDŹ	M-60	10	TAK	01:22:35	02:45:25	04:02:14.05	04:02:39.40	+02:15:17 (55.8%)	11:32	5.2 (44.4%)
401	OKONIEWSKA Agnieszka	2369		K-40	50	NIE	01:29:45	02:47:51	04:01:48.60	04:03:00.85	+02:15:38 (55.8%)	11:30	5.2 (44.4%)
402	WÓJCIK Łukasz	2483		M-40	131	NIE	01:26:01	02:47:03	04:03:11.60	04:04:17.55	+02:16:55 (56.0%)	11:34	5.2 (44.4%)
403	KOZŁOWSKA Marzena	2130	BBL LASY BOGDANIEC	K-40	51	NIE	01:31:33	02:49:09	04:03:28.95	04:04:55.75	+02:17:33 (56.2%)	11:35	5.2 (44.4%)
404	BASTA Grzegorz	2164	BBL LASY BOGDANIEC	M-50	49	NIE	01:28:12	02:49:44	04:04:06.60	04:04:56.05	+02:17:33 (56.2%)	11:37	5.2 (44.4%)
405	GEREMEK Ewa	2338	GÓRSKIE BIEGUSIE	K-30	43	NIE	01:21:31	02:45:42	04:05:48.50	04:05:50.90	+02:18:28 (56.3%)	11:42	5.1 (43.6%)
406	MAŚNICKA Magda	2078	GÓRSKIE BIEGUSIE	K-20	8	NIE	01:23:48	02:49:25	04:05:52.45	04:05:52.45	+02:18:30 (56.3%)	11:42	5.1 (43.6%)
407	KLAJA Agnieszka	2121	KBZ	K-30	44	NIE	01:31:57	02:54:03	04:04:28.45	04:06:04.25	+02:18:42 (56.4%)	11:38	5.2 (44.4%)

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
408	MURAWIAK Agnieszka	2344	DZIKUSY	K-40	52	NIE	01:25:36	02:46:05	04:04:09.40	04:06:04.90	+02:18:42 (56.4%)	11:37	5.2 (44.4%)
409	RAK Magdalena	2360	DZIKUSY	K-30	45	NIE	01:25:18	02:45:57	04:04:09.80	04:06:04.95	+02:18:42 (56.4%)	11:37	5.2 (44.4%)
410	KRAŚNY Arkadiusz	2342	DZIKUSY	M-40	132	NIE	01:25:21	02:45:59	04:04:11.85	04:06:05.00	+02:18:42 (56.4%)	11:37	5.2 (44.4%)
411	PILAREK Jarosław	2505		M-40	133	NIE	01:23:21	02:51:35	04:04:26.35	04:06:05.75	+02:18:43 (56.4%)	11:38	5.2 (44.4%)
412	PIECHOTA Daniel	2404		M-20	13	NIE	01:29:58	02:51:24	04:05:36.15	04:06:55.65	+02:19:33 (56.5%)	11:41	5.1 (43.6%)
413	PIECHOTA Marcin	2403	DRUŻYNA SZPIKU	M-40	134	NIE	01:29:54	02:51:26	04:05:35.70	04:06:57.40	+02:19:35 (56.5%)	11:41	5.1 (43.6%)
414	WYKROTA Tomasz	2484	KAWALEROWIE	M-40	135	NIE	01:25:53	02:46:57	04:06:19.55	04:07:33.15	+02:20:11 (56.6%)	11:43	5.1 (43.6%)
415	GREŃ Agata	2200	JAK RUNS	K-40	53	NIE	01:24:23	02:48:00	04:07:12.30	04:07:49.35	+02:20:27 (56.7%)	11:46	5.1 (43.6%)
416	PIERZCHAŁA Magdalena	2086	NSK RUNS	K-40	54	NIE	01:23:18	02:49:05	04:07:49.65	04:07:49.65	+02:20:27 (56.7%)	11:48	5.1 (43.6%)
417	MORAWSKA Anna	2183	BEZ KONDYCJI	K-60	3	NIE	01:28:34	02:50:59	04:08:17.80	04:08:27.95	+02:21:05 (56.8%)	11:49	5.1 (43.6%)
418	KAŻMIERCZAK-MOLIK Anna	2396		K-30	46	NIE	01:35:24	02:58:06	04:07:40.35	04:08:29.25	+02:21:07 (56.8%)	11:47	5.1 (43.6%)
419	PASTERNAK Wojciech	2292	POGODNI	M-40	136	NIE	01:28:21	02:48:53	04:06:54.65	04:08:58.75	+02:21:36 (56.9%)	11:45	5.1 (43.6%)
420	SKONECZNY Artur	2002		M-50	50	NIE	01:26:55	02:52:15	04:08:44.50	04:09:18.75	+02:21:56 (56.9%)	11:50	5.1 (43.6%)
421	SURZYN Aleksandra	2428		K-30	47	NIE	01:30:15	02:58:03	04:09:45.00	04:09:45.00	+02:22:22 (57.0%)	11:53	5 (42.7%)
422	GAŚIOR Paweł	2441	ROZBIEGANY SUSZ	M-30	85	NIE	01:26:43	02:49:01	04:09:25.55	04:10:21.00	+02:22:58 (57.1%)	11:52	5.1 (43.6%)
423	WIŚNIEWSKI Jacek	2406		M-50	51	NIE	01:28:42	02:57:02	04:09:32.35	04:10:59.70	+02:23:37 (57.2%)	11:52	5 (42.7%)
424	WRÓBLEWSKI Jarosław	2291	RAZ SZCZECIN	M-50	52	NIE	01:28:50	02:49:48	04:10:39.45	04:11:22.50	+02:24:00 (57.3%)	11:56	5 (42.7%)
425	KRAWIEC Piotr	2363		M-40	137	NIE	01:24:27	02:49:49	04:11:37.15	04:12:22.95	+02:25:00 (57.5%)	11:58	5 (42.7%)
426	STRYCHAŁSKI Mateusz	2026		M-40	138	NIE	01:25:16		04:12:47.95	04:14:28.65	+02:27:06 (57.8%)	12:02	5 (42.7%)
427	MANDYCZ Bożena	2032		K-60	4	NIE	01:24:54	02:52:18	04:15:33.10	04:16:02.75	+02:28:40 (58.1%)	12:10	4.9 (41.9%)
428	HUZIUK Jarosław	2195		M-40	139	NIE	01:32:03	02:55:21	04:15:00.50	04:16:03.70	+02:28:41 (58.1%)	12:08	4.9 (41.9%)
429	DUNOWSKI Przemysław	2148		M-50	53	NIE	01:32:01	03:01:10	04:17:21.50	04:18:56.20	+02:31:34 (58.5%)	12:15	4.9 (41.9%)
430	LIS Anna	2301	BBL LASY BOGDANIEC	K-40	55	NIE	01:32:36	03:01:24	04:17:33.00	04:18:57.05	+02:31:34 (58.5%)	12:15	4.9 (41.9%)
431	DUNOWSKA Ilona	2147	BBL LASY BOGDANIEC	K-50	17	NIE	01:32:25	03:01:06	04:17:25.65	04:18:57.90	+02:31:35 (58.5%)	12:15	4.9 (41.9%)
432	KWAPIŃSKA Anna	2054		K-40	56	NIE	01:33:36	03:02:03	04:18:12.60	04:19:23.75	+02:32:01 (58.6%)	12:17	4.9 (41.9%)
433	NAGOT Tomasz	2017		M-40	140	NIE	01:36:06	02:57:50	04:20:25.85	04:22:01.65	+02:34:39 (59.0%)	12:24	4.8 (41.0%)

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
434	BANASIAK Miłosz	2058		M-30	86	NIE	01:36:17	03:00:17	04:20:17.50	04:22:19.50	+02:34:57 (59.1%)	12:23	4.8 (41.0%)
435	IDCZAK Wojciech	2178		M-40	141	NIE	01:39:25	03:06:50	04:20:44.85	04:22:42.00	+02:35:19 (59.1%)	12:24	4.8 (41.0%)
436	PAŚ Krystian	2031		M-30	87	NIE	01:37:19	03:03:45	04:21:24.20	04:23:12.05	+02:35:49 (59.2%)	12:26	4.8 (41.0%)
437	NAGOT Aneta	2009	KUGUAR EXTREME RUNNERS	K-40	57	NIE	01:36:07	02:57:46	04:22:23.10	04:24:04.20	+02:36:42 (59.3%)	12:29	4.8 (41.0%)
438	STĘPIEŃ Maria	2176	OPALENICKI KLUB BIEGACZA	K-60	5	NIE	01:35:25	03:02:40	04:24:05.75	04:24:52.65	+02:37:30 (59.5%)	12:34	4.8 (41.0%)
439	CZERWONKA Zbigniew	2109		M-40	142	NIE	01:27:47	03:07:10	04:25:02.05	04:25:02.05	+02:37:39 (59.5%)	12:37	4.8 (41.0%)
440	WEYNA Anna	2290	BIAŁY DOMEK BIEGA AKTYWNI RAZEM	K-50	18	NIE	01:35:57	03:03:09	04:25:06.80	04:25:26.15	+02:38:04 (59.5%)	12:37	4.8 (41.0%)
441	TUREK Karolina	2293	BIAŁY DOMEK BIEGA-AKTYWNI RAZEM	K-40	58	NIE	01:36:15	03:03:24	04:25:26.35	04:25:26.35	+02:38:04 (59.6%)	12:38	4.7 (40.2%)
442	SPUREK Jan	2210	NSK RUN	M-40	143	NIE	01:32:16	03:06:15	04:27:16.85	04:27:54.40	+02:40:32 (59.9%)	12:43	4.7 (40.2%)
443	KOWALEWICZ Bartłomiej	2418		M-40	144	NIE	01:30:38	03:04:24	04:33:45.60	04:34:26.85	+02:47:04 (60.9%)	13:02	4.6 (39.3%)
444	LISOWSKA Monika	2229	GRANICA WARRIORS	K-50	19	NIE	01:36:01	03:14:50	04:34:32.20	04:34:37.75	+02:47:15 (60.9%)	13:04	4.6 (39.3%)
445	HOŁUBOWICZ Piotr	2230	GRANICA WARRIORS	M-50	54	NIE	01:36:11	03:14:53	04:34:38.15	04:34:38.15	+02:47:16 (60.9%)	13:04	4.6 (39.3%)
446	ROSTOCKA Joanna	2064		K-40	59	NIE	01:41:54	03:14:13	04:40:13.80	04:41:56.50	+02:54:34 (61.9%)	13:20	4.5 (38.5%)
447	CHAJEC Patrycja	2433	DIRTY SPARROWS	K-30	48	NIE	01:44:31	03:25:25	04:50:17.40	04:51:05.10	+03:03:42 (63.1%)	13:49	4.3 (36.8%)
448	MILLER Paweł	2006	BBL LASY BOGDANIEC	M-30	88	NIE	01:45:18	03:26:44	04:54:11.25	04:55:47.45	+03:08:25 (63.7%)	14:00	4.3 (36.8%)
Przekroczony limit czasu: 05:00:00													
449	WIDERA Adrian	2376	CHOOSE YOURSELF JAWORZNO	M-40	145	NIE	01:57:15	03:46:54	05:17:23.80	05:18:31.10	+03:31:08 (66.3%)	15:06	4 (34.2%)
450	ŻYŁOWICZ Marcin	2289		M-30	89	NIE	02:01:21	03:53:20	05:35:37.35	05:37:31.00	+03:50:08 (68.2%)	15:58	3.8 (32.5%)
451	JURASZ Aleksandra	2378		K-30	49	NIE	01:56:52	03:50:17	05:36:47.75	05:37:49.00	+03:50:26 (68.2%)	16:02	3.7 (31.6%)
	HAJDA Bogusław	2180		M-50		NIE	01:07:25	DNF	DNF	DNF	DNF	-	- (0.0%)
	SZUTER Apolinary	2212		M-40		NIE	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	JABŁOŃSKI Wadim	2454	SAKWA	M-30		TAK	DNF	DNF	DNF	DNF	DNF	-	- (0.0%)

Znaleziono 454 wynik(ów)