



# 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: OPEN MĘŻCZYŹN

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	<b>JUREK Michał</b>	<b>1455</b>	MILMET / SALOMON / SUUNTO	M-40	1	NIE	00:38:32	01:13:42	<b>01:47:16.20</b>	<b>01:47:16.70</b>		5:06	11.7 (100%)
2	<b>PAWLAK Bartosz</b>	<b>1005</b>	TEAM PAWLAK	M-30	1	NIE	00:38:41	01:14:46	<b>01:50:26.10</b>	<b>01:50:27.10</b>	+00:03:10 (2.9%)	5:15	11.4 (97.4%)
3	<b>PASIK Tomasz</b>	<b>1347</b>	EDENRUN/WOLSZTYŃSKI KLUB BIEGOWY	M-40	2	NIE	00:39:49	01:16:42	<b>01:53:51.95</b>	<b>01:53:52.80</b>	+00:06:36 (5.8%)	5:25	11.1 (94.9%)
4	<b>ŻUCHOWSKI Daniel</b>	<b>1300</b>		M-30	2	NIE	00:41:30	01:19:22	<b>01:55:43.40</b>	<b>01:55:44.40</b>	+00:08:27 (7.3%)	5:30	10.9 (93.2%)
5	<b>SMOLIŃSKI Marcin</b>	<b>1311</b>	STAJNIAK TEAM	M-30	3	NIE	00:41:33	01:19:28	<b>01:57:24.95</b>	<b>01:57:25.95</b>	+00:10:09 (8.6%)	5:35	10.7 (91.5%)
6	<b>BADOWSKI Aleksander</b>	<b>1385</b>	AW - SZYBCIEJ - TEAM	M-40	3	NIE	00:42:58	01:21:56	<b>01:59:58.05</b>	<b>01:59:58.80</b>	+00:12:42 (10.6%)	5:42	10.5 (89.7%)
7	<b>KOTARSKI Jarosław</b>	<b>1367</b>	TRAIL IS OUR WAY	M-30	4	NIE	00:42:49	01:22:31	<b>02:01:40.40</b>	<b>02:01:42.15</b>	+00:14:25 (11.9%)	5:47	10.4 (88.9%)
8	<b>BORZYSTOWSKI Patryk</b>	<b>1123</b>		M-40	4	TAK	00:44:20	01:24:34	<b>02:03:53.90</b>	<b>02:03:55.50</b>	+00:16:38 (13.4%)	5:53	10.2 (87.2%)
9	<b>BIELIŃSKI Maciek</b>	<b>1444</b>		M-30	5	NIE	00:45:23	01:26:12	<b>02:04:29.50</b>	<b>02:04:31.45</b>	+00:17:14 (13.8%)	5:55	10.1 (86.3%)
10	<b>BUCHERT Filip</b>	<b>1219</b>	JUVENIA GŁUCHOŁAZY	M-20	1	NIE	00:44:32	01:25:11	<b>02:04:55.00</b>	<b>02:04:56.00</b>	+00:17:39 (14.1%)	5:56	10.1 (86.3%)
11	<b>SZCZĘŚNIAK Piotr</b>	<b>1189</b>	WPUNKT TEAM	M-40	5	NIE	00:43:45	01:25:29	<b>02:05:05.80</b>	<b>02:05:06.60</b>	+00:17:49 (14.3%)	5:57	10.1 (86.3%)
12	<b>DUTKOWSKI Mikołaj</b>	<b>1277</b>	CX-80 POLSKA	M-30	6	NIE	00:44:46	01:26:02	<b>02:05:32.65</b>	<b>02:05:34.70</b>	+00:18:18 (14.6%)	5:58	10 (85.5%)
13	<b>SOCHA Seweryn</b>	<b>1443</b>	SII RUNNING TEAM/DZIKIE BOBRY	M-30	7	NIE	00:44:41	01:26:06	<b>02:06:04.40</b>	<b>02:06:06.90</b>	+00:18:50 (14.9%)	6:00	10 (85.5%)
14	<b>SZCZEPANIAK Witold</b>	<b>1132</b>		M-40	6	NIE	00:45:14	01:26:04	<b>02:07:12.70</b>	<b>02:07:13.45</b>	+00:19:56 (15.7%)	6:03	9.9 (84.6%)
15	<b>GÓRAL Grzegorz</b>	<b>1204</b>	HEJ HEJ GÓRALU	M-40	7	NIE	00:44:27	01:27:31	<b>02:09:31.60</b>	<b>02:09:33.00</b>	+00:22:16 (17.2%)	6:10	9.7 (82.9%)
16	<b>GRUND Marek</b>	<b>1047</b>	MAFIA TEAM LUBLINIEC	M-30	8	NIE	00:45:13	01:28:57	<b>02:10:08.35</b>	<b>02:10:09.15</b>	+00:22:52 (17.6%)	6:11	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	<b>HERCOG Jakub</b>	<b>1364</b>		M-30	9	NIE	00:44:15	01:26:00	<b>02:10:10.85</b>	<b>02:10:11.70</b>	+00:22:55 (17.6%)	6:11	9.7 (82.9%)
18	<b>STACHOWIAK Łukasz</b>	<b>1026</b>	KAMIL LEŚNIAK TEAM / CITY TRAIL TEAM	M-30	10	NIE	00:47:16	01:29:45	<b>02:10:37.55</b>	<b>02:10:39.65</b>	+00:23:22 (17.9%)	6:13	9.6 (82.1%)
19	<b>SOŁTYSIK Kamil</b>	<b>1448</b>		M-30	11	NIE	00:45:20	01:29:04	<b>02:11:24.95</b>	<b>02:11:26.30</b>	+00:24:09 (18.4%)	6:15	9.6 (82.1%)
20	<b>MAJCHRZAK Maciej</b>	<b>1012</b>	AW - SZYBCIEJ - TEAM	M-30	12	NIE	00:46:59	01:30:22	<b>02:13:09.85</b>	<b>02:13:12.85</b>	+00:25:56 (19.5%)	6:20	9.5 (81.2%)
21	<b>LINKOWSKI Michał</b>	<b>1035</b>	ILOVEZIEMEK	M-40	8	NIE	00:51:11	01:35:01	<b>02:16:15.80</b>	<b>02:16:19.00</b>	+00:29:02 (21.3%)	6:29	9.2 (78.6%)
22	<b>WRZESIŃSKI Michał</b>	<b>1075</b>	KSG DIRETA	M-30	13	TAK	00:49:53	01:34:43	<b>02:17:30.90</b>	<b>02:17:32.30</b>	+00:30:15 (22.0%)	6:32	9.2 (78.6%)
23	<b>GRACZ Paweł</b>	<b>1341</b>	ULTRA DIABŁY TEAM LUBRZA	M-40	9	NIE	00:48:50	01:34:13	<b>02:17:33.00</b>	<b>02:17:34.45</b>	+00:30:17 (22.0%)	6:33	9.2 (78.6%)
24	<b>SZYCH Robert</b>	<b>1486</b>	RAZ SZCZECIN	M-50	1	NIE	00:50:28	01:35:39	<b>02:18:00.40</b>	<b>02:18:02.95</b>	+00:30:46 (22.3%)	6:34	9.1 (77.8%)
25	<b>BOSAKIEWICZ Tomasz</b>	<b>1239</b>	AW SZYBCIEJ TEAM	M-40	10	NIE	00:50:00	01:35:22	<b>02:18:06.45</b>	<b>02:18:09.25</b>	+00:30:52 (22.3%)	6:34	9.1 (77.8%)
26	<b>BEDNARZ Krzysztof</b>	<b>1138</b>	PRZEDWOJEWSKI TEAM	M-40	11	NIE	00:47:38	01:33:43	<b>02:19:44.35</b>	<b>02:19:47.20</b>	+00:32:30 (23.3%)	6:39	9 (76.9%)
27	<b>SŁYSZ Szymon</b>	<b>1072</b>	NSK RUNS	M-40	12	NIE	00:48:56	01:34:35	<b>02:19:44.25</b>	<b>02:19:48.00</b>	+00:32:31 (23.3%)	6:39	9 (76.9%)
28	<b>RUTKOWSKI Maciej</b>	<b>1312</b>	ULTRA DIABŁY TEAM LUBRZA	M-30	14	NIE	00:49:17	01:34:10	<b>02:19:46.20</b>	<b>02:19:48.10</b>	+00:32:31 (23.3%)	6:39	9 (76.9%)
29	<b>SZUKALSKI Krzysztof</b>	<b>1465</b>		M-40	13	NIE	00:48:11	01:34:43	<b>02:20:33.80</b>	<b>02:20:35.40</b>	+00:33:18 (23.7%)	6:41	9 (76.9%)
30	<b>ŁUKOMSKI Maciej</b>	<b>1088</b>	ŁÓDZKI KLUB WYSOKOGÓRSKI	M-50	2	TAK	00:50:50	01:37:26	<b>02:21:16.65</b>	<b>02:21:19.75</b>	+00:34:03 (24.1%)	6:43	8.9 (76.1%)
31	<b>ROJEWSKI Paweł</b>	<b>1004</b>	EVERRUN	M-30	15	NIE	00:52:00	01:37:04	<b>02:21:56.00</b>	<b>02:22:01.40</b>	+00:34:44 (24.5%)	6:45	8.9 (76.1%)
32	<b>WOJTKOWIAK Stefan</b>	<b>1279</b>	PIĄTKOWO NA BIEGOWO	M-50	3	NIE	00:53:00	01:39:09	<b>02:22:43.75</b>	<b>02:22:50.30</b>	+00:35:33 (24.9%)	6:47	8.8 (75.2%)
33	<b>MARSZAŁEK Kazimierz</b>	<b>1417</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	4	NIE	00:55:35	01:40:42	<b>02:25:32.45</b>	<b>02:26:07.55</b>	+00:38:50 (26.6%)	6:55	8.7 (74.4%)
34	<b>BIENIEK Patryk</b>	<b>1416</b>	TREC TEAM	M-40	14	NIE	00:54:09	01:41:11	<b>02:27:08.70</b>	<b>02:27:12.40</b>	+00:39:55 (27.1%)	7:00	8.6 (73.5%)
35	<b>ŁUSIAK Łukasz</b>	<b>1291</b>	KB SOBÓTKA	M-30	16	NIE	00:52:47	01:40:50	<b>02:27:12.45</b>	<b>02:27:14.95</b>	+00:39:58 (27.1%)	7:00	8.6 (73.5%)
36	<b>KMIECIK Tomasz</b>	<b>1227</b>	GOPR SUDETY	M-40	15	TAK	00:44:48	01:28:22	<b>02:27:18.80</b>	<b>02:27:20.20</b>	+00:40:03 (27.2%)	7:00	8.6 (73.5%)
37	<b>KUCHARSKI Robert</b>	<b>1395</b>	BIEGAM NA STABŁOWICACH	M-40	16	NIE	00:56:26	01:41:39	<b>02:24:08.00</b>	<b>02:27:27.65</b>	+00:40:10 (27.2%)	6:51	8.7 (74.4%)
38	<b>MARCINOWSKI Paweł</b>	<b>1310</b>	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA	M-30	17	NIE	00:52:27	01:39:01	<b>02:27:36.15</b>	<b>02:27:42.45</b>	+00:40:25 (27.4%)	7:01	8.5 (72.6%)
39	<b>RODRIGO PEREIRA Oswald</b>	<b>1353</b>	THE NORTH FACE POLSKA	M-40	17	TAK	00:53:22	01:41:58	<b>02:28:03.20</b>	<b>02:28:06.30</b>	+00:40:49 (27.6%)	7:03	8.5 (72.6%)
40	<b>MATUS Robert</b>	<b>1481</b>	500 MILES	M-30	18	NIE	00:55:43	01:43:15	<b>02:28:38.00</b>	<b>02:28:53.05</b>	+00:41:36 (27.9%)	7:04	8.5 (72.6%)

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
41	<b>CIELOCH Tomasz</b>	<b>1106</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	M-20	2	NIE	00:56:05	01:43:23	<b>02:30:04.55</b>	<b>02:30:18.15</b>	+00:43:01 (28.6%)	7:08	8.4 (71.8%)
42	<b>BERG Aleksander</b>	<b>1317</b>		M-40	18	NIE	00:53:04	01:42:36	<b>02:31:02.90</b>	<b>02:31:05.25</b>	+00:43:48 (29.0%)	7:11	8.3 (70.9%)
43	<b>CHRESCIAK Bartosz</b>	<b>1305</b>		M-30	19	TAK	00:54:05	01:43:14	<b>02:31:09.55</b>	<b>02:31:11.60</b>	+00:43:54 (29.0%)	7:11	8.3 (70.9%)
44	<b>HOJAN Łukasz</b>	<b>1069</b>	FEHLAU RUN TEAM	M-30	20	NIE	00:55:58	01:44:53	<b>02:31:06.85</b>	<b>02:31:12.50</b>	+00:43:55 (29.1%)	7:11	8.3 (70.9%)
45	<b>SANKOWSKI Paweł</b>	<b>1095</b>		M-30	21	NIE	00:53:23	01:43:19	<b>02:31:10.50</b>	<b>02:31:13.80</b>	+00:43:57 (29.1%)	7:11	8.3 (70.9%)
46	<b>PAJĄK Alan</b>	<b>1352</b>		M-30	22	NIE	00:55:13	01:42:31	<b>02:31:04.85</b>	<b>02:31:16.55</b>	+00:43:59 (29.1%)	7:11	8.3 (70.9%)
47	<b>PALACZ Marcin</b>	<b>1000</b>		M-40	19	NIE	00:57:16	01:45:23	<b>02:31:28.55</b>	<b>02:31:32.40</b>	+00:44:15 (29.2%)	7:12	8.3 (70.9%)
48	<b>KURAŚ Szymon</b>	<b>1383</b>		M-40	20	NIE	00:54:17	01:41:32	<b>02:32:03.05</b>	<b>02:32:07.60</b>	+00:44:50 (29.5%)	7:14	8.3 (70.9%)
49	<b>LEMISIEWICZ Tomasz</b>	<b>1479</b>		M-40	21	TAK	00:58:34	01:47:26	<b>02:32:04.70</b>	<b>02:32:10.75</b>	+00:44:54 (29.5%)	7:14	8.3 (70.9%)
50	<b>WIŚNIEWSKI Artur</b>	<b>1110</b>		M-30	23	NIE	00:56:27	01:44:50	<b>02:32:31.85</b>	<b>02:32:31.85</b>	+00:45:15 (29.7%)	7:15	8.3 (70.9%)
51	<b>MAZIK Wojciech</b>	<b>1231</b>	KW KRAKOW	M-30	24	TAK	00:57:28	01:46:13	<b>02:31:32.85</b>	<b>02:32:40.15</b>	+00:45:23 (29.7%)	7:12	8.3 (70.9%)
52	<b>GAWCZYŃSKI Jakub</b>	<b>1354</b>	TJ!	M-30	25	NIE	00:55:23	01:45:47	<b>02:32:43.85</b>	<b>02:32:47.90</b>	+00:45:31 (29.8%)	7:16	8.3 (70.9%)
53	<b>WITKOWSKI Wojciech</b>	<b>1451</b>		M-30	26	NIE	00:54:29	01:44:22	<b>02:32:47.30</b>	<b>02:32:51.35</b>	+00:45:34 (29.8%)	7:16	8.2 (70.1%)
54	<b>TADUS Marcin</b>	<b>1466</b>	DOMER SPORT TEAM	M-40	22	NIE	00:57:21	01:45:43	<b>02:33:03.15</b>	<b>02:33:17.25</b>	+00:46:00 (30.0%)	7:17	8.2 (70.1%)
55	<b>ORACZ Mateusz</b>	<b>1112</b>	BEZ LITOŚCI	M-30	27	NIE	00:54:57	01:45:20	<b>02:33:15.25</b>	<b>02:33:20.10</b>	+00:46:03 (30.0%)	7:17	8.2 (70.1%)
56	<b>PILETSKI Maksim</b>	<b>1388</b>	BIEGACZE STU MOSTÓW	M-30	28	NIE	00:56:09	01:44:43	<b>02:33:08.35</b>	<b>02:33:29.30</b>	+00:46:12 (30.1%)	7:17	8.2 (70.1%)
57	<b>BAL Bartosz</b>	<b>1045</b>		M-40	23	NIE	00:55:33	01:45:34	<b>02:35:24.00</b>	<b>02:35:24.00</b>	+00:48:07 (31.0%)	7:24	8.1 (69.2%)
58	<b>RUSOŁ Tomasz</b>	<b>1039</b>		M-40	24	NIE	00:56:56	01:48:00	<b>02:36:07.30</b>	<b>02:36:15.50</b>	+00:48:58 (31.3%)	7:26	8.1 (69.2%)
59	<b>PODGÓRNY Mariusz</b>	<b>1428</b>	TEAM OZIMEK / ULTRANIEPODLEGŁA	M-30	29	NIE	00:58:21	01:47:36	<b>02:36:56.75</b>	<b>02:37:05.80</b>	+00:49:49 (31.7%)	7:28	8 (68.4%)
60	<b>ANIOŁ Radosław</b>	<b>1342</b>		M-30	30	NIE	00:55:17	01:45:18	<b>02:37:01.95</b>	<b>02:37:09.95</b>	+00:49:53 (31.7%)	7:28	8 (68.4%)
61	<b>SKALSKI Radosław</b>	<b>1137</b>	KB AKTYWNI KONIN	M-50	5	NIE	00:55:21	01:45:13	<b>02:37:11.90</b>	<b>02:37:14.40</b>	+00:49:57 (31.8%)	7:29	8 (68.4%)
62	<b>CZUB Piotr</b>	<b>1323</b>	GRUPA BIEGOWA BEZ GRANIC	M-30	31	NIE	00:57:23	01:46:02	<b>02:36:08.75</b>	<b>02:37:23.10</b>	+00:50:06 (31.8%)	7:26	8.1 (69.2%)
63	<b>PURCZYŃSKI Grzegorz</b>	<b>1475</b>	DRZONKOWIANKA	M-40	25	NIE	00:57:08	01:48:34	<b>02:37:29.75</b>	<b>02:37:34.00</b>	+00:50:17 (31.9%)	7:29	8 (68.4%)
64	<b>MÓLL Kacper</b>	<b>1401</b>		M-20	3	NIE	00:54:40	01:47:31	<b>02:38:11.35</b>	<b>02:38:13.55</b>	+00:50:56 (32.2%)	7:31	8 (68.4%)

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
65	<b>GALINSKI Kamil</b>	<b>1294</b>		M-30	32	NIE	00:56:55	01:45:43	<b>02:38:14.30</b>	<b>02:38:22.40</b>	+00:51:05 (32.3%)	7:32	8 (68.4%)
66	<b>KRZYWDZIŃSKI Bartłomiej</b>	<b>1149</b>		M-40	26	NIE	00:56:17	01:47:03	<b>02:38:30.35</b>	<b>02:38:39.10</b>	+00:51:22 (32.4%)	7:32	7.9 (67.5%)
67	<b>CEBULSKI Łukasz</b>	<b>1447</b>	CEBULA TEAM	M-30	33	NIE	00:59:45	01:50:22	<b>02:38:59.50</b>	<b>02:39:04.90</b>	+00:51:48 (32.6%)	7:34	7.9 (67.5%)
68	<b>PUTOWSKI Maciej</b>	<b>1183</b>	NIGHT RUNNERS	M-30	34	NIE	00:58:24	01:50:16	<b>02:39:40.75</b>	<b>02:39:45.90</b>	+00:52:29 (32.9%)	7:36	7.9 (67.5%)
69	<b>PAWLICKI Paweł</b>	<b>1422</b>	KPPSP JAROCIN	M-40	27	NIE	00:59:08	01:50:14	<b>02:40:00.65</b>	<b>02:40:10.00</b>	+00:52:53 (33.0%)	7:37	7.9 (67.5%)
70	<b>MITIS Marek</b>	<b>1290</b>		M-30	35	NIE	01:02:33	01:53:58	<b>02:40:07.55</b>	<b>02:40:29.45</b>	+00:53:12 (33.2%)	7:37	7.9 (67.5%)
71	<b>GULCZYŃSKI Tomasz</b>	<b>1040</b>		M-30	36	NIE	00:56:19	01:48:01	<b>02:40:43.85</b>	<b>02:40:47.00</b>	+00:53:30 (33.3%)	7:39	7.8 (66.7%)
72	<b>DUNAJ Paweł</b>	<b>1182</b>		M-40	28	NIE	00:58:12	01:50:56	<b>02:40:46.40</b>	<b>02:40:53.50</b>	+00:53:36 (33.3%)	7:39	7.8 (66.7%)
73	<b>STUDNIAREK Tomasz</b>	<b>1459</b>	BORN TO RUN CHOJNICKI	M-40	29	NIE	00:55:33	01:47:32	<b>02:41:25.85</b>	<b>02:41:32.40</b>	+00:54:15 (33.6%)	7:41	7.8 (66.7%)
74	<b>BOHAREWICZ Paweł</b>	<b>1191</b>	BOHAR PALETY TRANSPORT	M-40	30	NIE	00:58:25	01:50:54	<b>02:41:32.60</b>	<b>02:41:37.15</b>	+00:54:20 (33.6%)	7:41	7.8 (66.7%)
75	<b>GĘDŁEK Łukasz</b>	<b>1393</b>	TRIWISE TRIATHLON TEAM	M-30	37	NIE	01:00:54	01:52:46	<b>02:41:15.65</b>	<b>02:41:50.00</b>	+00:54:33 (33.7%)	7:40	7.8 (66.7%)
76	<b>JAKUBCZAK Konrad</b>	<b>1048</b>		M-40	31	NIE	00:57:40	01:51:02	<b>02:42:14.60</b>	<b>02:42:17.10</b>	+00:55:00 (33.9%)	7:43	7.8 (66.7%)
77	<b>STEC Adam</b>	<b>1350</b>		M-40	32	NIE	00:59:12	01:52:24	<b>02:42:12.20</b>	<b>02:42:17.95</b>	+00:55:01 (33.9%)	7:43	7.8 (66.7%)
78	<b>GORZELANY Rafał</b>	<b>1351</b>		M-30	38	NIE	00:58:37	01:52:32	<b>02:42:13.85</b>	<b>02:42:18.90</b>	+00:55:02 (33.9%)	7:43	7.8 (66.7%)
79	<b>KARWACKI Grzegorz</b>	<b>1275</b>	KATCROS WALBRZYCH	M-50	6	NIE	01:00:25	01:52:48	<b>02:42:24.60</b>	<b>02:42:28.30</b>	+00:55:11 (34.0%)	7:44	7.8 (66.7%)
80	<b>PAJOR Bartosz</b>	<b>1076</b>	GVT	M-40	33	NIE	00:55:52	01:48:53	<b>02:43:08.60</b>	<b>02:43:13.35</b>	+00:55:56 (34.3%)	7:46	7.7 (65.8%)
81	<b>PRETORIUS Ruan</b>	<b>1489</b>		M-30	39	NIE	00:55:48	01:43:18	<b>02:43:11.50</b>	<b>02:43:25.40</b>	+00:56:08 (34.4%)	7:46	7.7 (65.8%)
82	<b>PONIATOWSKI Seweryn</b>	<b>1050</b>	TEBIA RUNNERS	M-40	34	NIE	00:57:05	01:49:50	<b>02:44:47.00</b>	<b>02:44:47.00</b>	+00:57:30 (34.9%)	7:50	7.6 (65.0%)
83	<b>SŁAWIK Andrzej</b>	<b>1010</b>		M-40	35	NIE	01:00:09	01:52:40	<b>02:44:44.60</b>	<b>02:45:47.05</b>	+00:58:30 (35.3%)	7:50	7.6 (65.0%)
84	<b>BUDREWICZ Dominik</b>	<b>1224</b>	BUDRYSY	M-40	36	NIE			<b>02:46:03.15</b>	<b>02:46:03.15</b>	+00:58:46 (35.4%)	7:54	7.6 (65.0%)
85	<b>JANOWSKI Michał</b>	<b>1014</b>		M-30	40	NIE	01:01:59	01:55:36	<b>02:46:15.35</b>	<b>02:46:21.70</b>	+00:59:05 (35.5%)	7:55	7.6 (65.0%)
86	<b>GOLEC Paweł</b>	<b>1258</b>		M-30	41	NIE	00:58:31	01:52:32	<b>02:46:27.60</b>	<b>02:46:27.60</b>	+00:59:10 (35.6%)	7:55	7.6 (65.0%)
87	<b>WRÓBLEWSKI Adrian</b>	<b>1430</b>	STAJNIA CROSSFIT	M-30	42	NIE	00:58:23	01:50:49	<b>02:47:03.60</b>	<b>02:47:14.65</b>	+00:59:57 (35.9%)	7:57	7.5 (64.1%)
88	<b>POŁCZYŃSKI Paweł</b>	<b>1117</b>	STALOWA ŁYDA	M-30	43	NIE	01:01:56	01:55:28	<b>02:47:15.85</b>	<b>02:47:23.30</b>	+01:00:06 (35.9%)	7:57	7.5 (64.1%)

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
89	<b>PRZERWANEK Marek</b>	<b>1488</b>		M-40	37	NIE	00:54:41	01:49:29	<b>02:47:23.70</b>	<b>02:47:25.75</b>	+01:00:09 (35.9%)	7:58	7.5 (64.1%)
90	<b>ADAMEK Maciek</b>	<b>1387</b>	BIEGACZE STU MOSTÓW	M-50	7	NIE	00:52:05	01:41:15	<b>02:47:16.30</b>	<b>02:48:01.80</b>	+01:00:45 (36.2%)	7:57	7.5 (64.1%)
91	<b>KOCJAN Paweł</b>	<b>1006</b>	KIDS RUN TEAM	M-40	38	NIE	01:01:52	01:57:32	<b>02:48:11.30</b>	<b>02:48:17.65</b>	+01:01:00 (36.3%)	8:00	7.5 (64.1%)
92	<b>HAJDUGA Łukasz</b>	<b>1360</b>	WIECZORNE BIEGANIE W OPOLU / TRAIL IS OUR WAY	M-40	39	NIE	01:05:18	01:58:12	<b>02:47:32.40</b>	<b>02:48:20.75</b>	+01:01:04 (36.3%)	7:58	7.5 (64.1%)
93	<b>BARAŃSKI Kacper</b>	<b>1379</b>	TOMICA COACHING	M-30	44	NIE	01:05:30	01:58:53	<b>02:47:50.75</b>	<b>02:48:22.30</b>	+01:01:05 (36.3%)	7:59	7.5 (64.1%)
94	<b>CHUDY Artur</b>	<b>1007</b>		M-20	4	TAK	00:57:18	01:49:34	<b>02:48:18.50</b>	<b>02:48:22.95</b>	+01:01:06 (36.3%)	8:00	7.5 (64.1%)
95	<b>HAJNCE Lech</b>	<b>1280</b>		M-40	40	NIE	01:00:01	01:54:09	<b>02:48:48.75</b>	<b>02:48:48.75</b>	+01:01:32 (36.5%)	8:02	7.5 (64.1%)
96	<b>TRZPIOLA Tycjan</b>	<b>1194</b>	KURACJUSZE	M-30	45	NIE	01:01:40	01:56:16	<b>02:48:44.70</b>	<b>02:48:50.25</b>	+01:01:33 (36.5%)	8:02	7.5 (64.1%)
97	<b>ANTECKI Jacek</b>	<b>1179</b>		M-40	41	NIE	00:59:14	01:54:01	<b>02:48:46.55</b>	<b>02:48:52.80</b>	+01:01:36 (36.5%)	8:02	7.5 (64.1%)
98	<b>KRZESIMOWSKI Damian</b>	<b>1020</b>	ENERGENT POLSKA	M-40	42	NIE	01:01:24	01:56:24	<b>02:49:21.10</b>	<b>02:49:27.40</b>	+01:02:10 (36.7%)	8:03	7.4 (63.2%)
99	<b>KUCIAK Bartosz</b>	<b>1298</b>		M-30	46	NIE	01:04:45	01:58:51	<b>02:49:37.65</b>	<b>02:49:37.65</b>	+01:02:20 (36.8%)	8:04	7.4 (63.2%)
100	<b>ROŚLICKI Jarosław</b>	<b>1104</b>	DTR BIEGA / MARIO TEAM / UBEZPIECZENIA DLA AKTYWNYCH	M-40	43	NIE	00:58:48	01:54:58	<b>02:50:04.15</b>	<b>02:50:07.15</b>	+01:02:50 (36.9%)	8:05	7.4 (63.2%)
101	<b>FEICHTINGER Marek</b>	<b>1453</b>		M-40	44	NIE	01:00:10	01:56:10	<b>02:50:01.60</b>	<b>02:50:08.45</b>	+01:02:51 (36.9%)	8:05	7.4 (63.2%)
102	<b>JASIŃSKI Marcin</b>	<b>1262</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	45	NIE	00:58:15	01:52:50	<b>02:50:04.70</b>	<b>02:50:09.85</b>	+01:02:53 (37.0%)	8:05	7.4 (63.2%)
103	<b>LEWANDOWSKI Igor</b>	<b>1482</b>	CTS / ENVOLSWIMRUN	M-30	47	NIE	01:04:45	01:56:03	<b>02:50:22.85</b>	<b>02:50:49.50</b>	+01:03:32 (37.2%)	8:06	7.4 (63.2%)
104	<b>BLUMENFELD Jacek</b>	<b>1423</b>		M-30	48	NIE	01:03:29	01:57:19	<b>02:51:31.50</b>	<b>02:51:45.60</b>	+01:04:28 (37.5%)	8:10	7.3 (62.4%)
105	<b>PIEKARZ Damian</b>	<b>1116</b>	NSK RUNS	M-30	49	NIE	00:58:24	01:54:49	<b>02:51:53.60</b>	<b>02:51:57.15</b>	+01:04:40 (37.6%)	8:11	7.3 (62.4%)
106	<b>LUBIK Adam</b>	<b>1024</b>	CENTRUM RATOWNICTWA/ BIAŁOBRZESKI TEAM	M-30	50	TAK	01:01:46	01:58:30	<b>02:52:07.45</b>	<b>02:52:11.25</b>	+01:04:54 (37.7%)	8:11	7.3 (62.4%)
107	<b>HETMAŃSKI Arkadiusz</b>	<b>1054</b>	LOVELASY	M-40	46	NIE	01:00:58	01:55:31	<b>02:53:02.00</b>	<b>02:53:38.20</b>	+01:06:21 (38.2%)	8:14	7.3 (62.4%)
108	<b>POMIANOWSKI Szymon</b>	<b>1346</b>		M-40	47	NIE	01:08:25	02:00:42	<b>02:53:31.00</b>	<b>02:53:55.90</b>	+01:06:39 (38.3%)	8:15	7.3 (62.4%)
109	<b>PAWLAK Maciej</b>	<b>1046</b>	3 TEAM KONIN/MPEC KONIN	M-50	8	NIE	01:03:21	01:58:31	<b>02:54:02.35</b>	<b>02:54:06.80</b>	+01:06:50 (38.4%)	8:17	7.2 (61.5%)
110	<b>PRZYBYLSKI Rafał</b>	<b>1188</b>	SCORPION	M-50	9	TAK	01:01:56	01:58:20	<b>02:54:34.60</b>	<b>02:54:36.65</b>	+01:07:19 (38.6%)	8:18	7.2 (61.5%)
111	<b>WOJCIECHOWSKI Tadeusz</b>	<b>1398</b>	LULINEK	M-30	51	NIE	01:02:46	02:00:01	<b>02:55:28.30</b>	<b>02:55:36.40</b>	+01:08:19 (38.9%)	8:21	7.2 (61.5%)
112	<b>KAJSTURA Michał</b>	<b>1245</b>		M-40	48	NIE	01:07:24	02:03:21	<b>02:55:01.40</b>	<b>02:55:37.55</b>	+01:08:20 (38.9%)	8:20	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
113	<b>ŚLIWKA Radosław</b>	<b>1269</b>		M-40	49	NIE	01:02:57	02:01:30	<b>02:55:48.30</b>	<b>02:55:50.20</b>	+01:08:33 (39.0%)	8:22	7.2 (61.5%)
114	<b>OLSZAK Maksymilian</b>	<b>1263</b>		M-30	52	NIE	01:05:26	02:00:29	<b>02:55:33.15</b>	<b>02:56:07.05</b>	+01:08:50 (39.1%)	8:21	7.2 (61.5%)
115	<b>ŁAPAWA Tomasz</b>	<b>1199</b>	JUTROSIŃSKI KLUB BIEGACZY	M-40	50	NIE	01:00:53	01:55:33	<b>02:56:26.75</b>	<b>02:56:31.20</b>	+01:09:14 (39.2%)	8:24	7.1 (60.7%)
116	<b>WÓJCICKI Piotr</b>	<b>1122</b>	WIERZBICKI RUNNING PROJECT	M-30	53	NIE	01:03:22	01:58:02	<b>02:56:32.15</b>	<b>02:56:39.85</b>	+01:09:23 (39.3%)	8:24	7.1 (60.7%)
117	<b>MAJCHRZAK Filip</b>	<b>1392</b>	MAKE.SOMETHING.MORE	M-20	5	NIE	01:00:33	01:57:15	<b>02:56:37.85</b>	<b>02:56:42.10</b>	+01:09:25 (39.3%)	8:24	7.1 (60.7%)
118	<b>MARKIEWICZ Mariusz</b>	<b>1180</b>	DZIKIE DZIKI GORZÓW	M-40	51	NIE	01:03:24	01:58:36	<b>02:56:32.80</b>	<b>02:56:42.40</b>	+01:09:25 (39.3%)	8:24	7.1 (60.7%)
119	<b>NAPIERALSKI Krzysztof</b>	<b>1424</b>	DZIKIE DZIKI GORZÓW	M-40	52	NIE	01:03:19	01:57:59	<b>02:56:34.10</b>	<b>02:56:42.75</b>	+01:09:26 (39.3%)	8:24	7.1 (60.7%)
120	<b>LEDNICKI Michał</b>	<b>1461</b>	ARVATO S.C. REP	M-40	53	NIE	01:07:40	02:02:23	<b>02:56:03.00</b>	<b>02:56:43.30</b>	+01:09:26 (39.3%)	8:23	7.2 (61.5%)
121	<b>WIDŁAK Krzysztof</b>	<b>1407</b>	BIEGAM BEZ KLUBU	M-30	54	NIE	01:07:27	02:03:58	<b>02:56:46.75</b>	<b>02:57:39.00</b>	+01:10:22 (39.6%)	8:25	7.1 (60.7%)
122	<b>BRUKWICKI Michał</b>	<b>1085</b>		M-30	55	NIE	01:06:41	02:01:47	<b>02:57:27.55</b>	<b>02:58:15.05</b>	+01:10:58 (39.8%)	8:27	7.1 (60.7%)
123	<b>GRZEGORZEWSKI Adrian</b>	<b>1427</b>	MATNER RUNNING TEAM	M-30	56	NIE	01:13:51	02:06:26	<b>02:57:53.85</b>	<b>02:58:38.55</b>	+01:11:21 (39.9%)	8:28	7.1 (60.7%)
124	<b>JAMROZ Bartosz</b>	<b>1148</b>		M-40	54	NIE	01:02:44	02:00:35	<b>02:58:49.20</b>	<b>02:58:54.90</b>	+01:11:38 (40.0%)	8:30	7 (59.8%)
125	<b>KRAKOWSKI Krzysztof</b>	<b>1038</b>		M-40	55	NIE	01:04:48	01:59:55	<b>02:59:00.80</b>	<b>02:59:15.85</b>	+01:11:59 (40.2%)	8:31	7 (59.8%)
126	<b>ZJAWIONY Tomasz</b>	<b>1345</b>	ARTURO TEAM	M-20	6	NIE	01:05:56	02:02:28	<b>02:59:11.40</b>	<b>02:59:22.65</b>	+01:12:05 (40.2%)	8:31	7 (59.8%)
127	<b>STACHURSKI Daniel</b>	<b>1413</b>	KARAŚ TRI&SWIM TEAM	M-40	56	NIE	01:08:08	02:04:26	<b>03:00:03.20</b>	<b>03:00:10.95</b>	+01:12:54 (40.5%)	8:34	7 (59.8%)
128	<b>WŁODARCZYK Krzysztof</b>	<b>1037</b>	3 TEAM	M-40	57	NIE	01:03:29	02:02:28	<b>03:00:34.45</b>	<b>03:00:37.60</b>	+01:13:20 (40.6%)	8:35	7 (59.8%)
129	<b>JAZ Ernest</b>	<b>1405</b>	ENDORFINY WĄSOSZ	M-40	58	NIE	01:04:05	02:02:24	<b>03:00:36.55</b>	<b>03:00:45.15</b>	+01:13:28 (40.6%)	8:36	7 (59.8%)
130	<b>ZAGROBELNY Radosław</b>	<b>1143</b>	MONKO COFFEE	M-60	1	NIE	01:03:29	02:02:03	<b>03:00:39.50</b>	<b>03:00:53.20</b>	+01:13:36 (40.7%)	8:36	7 (59.8%)
131	<b>MAZUR Patryk</b>	<b>1397</b>	AKADEMIA RUCHU	M-40	59	NIE	01:02:48	01:59:55	<b>03:00:49.05</b>	<b>03:00:54.30</b>	+01:13:37 (40.7%)	8:36	7 (59.8%)
132	<b>BRYLL Łukasz</b>	<b>1144</b>	SAGITTA TEAM	M-40	60	NIE	01:05:09	02:01:42	<b>03:00:02.00</b>	<b>03:00:58.00</b>	+01:13:41 (40.7%)	8:34	7 (59.8%)
133	<b>PIETRZYKOWSKI Maciej</b>	<b>1412</b>	KARAŚ TRI&SWIM TEAM	M-30	57	NIE	01:08:13	02:04:43	<b>03:01:00.10</b>	<b>03:01:00.10</b>	+01:13:43 (40.7%)	8:37	7 (59.8%)
134	<b>TURLEJ Dariusz</b>	<b>1283</b>	BEZ KONDYCJI	M-60	2	NIE	01:07:43	02:04:49	<b>03:00:50.30</b>	<b>03:01:03.80</b>	+01:13:47 (40.8%)	8:36	7 (59.8%)
135	<b>JAGODZIŃSKI Paweł</b>	<b>1091</b>	3 TEAM KONIN/VIKMED	M-40	61	NIE	01:06:13	02:06:25	<b>03:01:54.60</b>	<b>03:01:58.10</b>	+01:14:41 (41.0%)	8:39	6.9 (59.0%)
136	<b>KACZMAREK Łukasz</b>	<b>1380</b>	ORT	M-30	58	NIE	01:05:29	02:02:24	<b>03:02:13.45</b>	<b>03:02:17.80</b>	+01:15:01 (41.2%)	8:40	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
137	<b>KOSTRUBIEC Maciej</b>	<b>1409</b>		M-20	7	NIE	01:01:45	01:59:58	<b>03:02:15.85</b>	<b>03:02:19.10</b>	+01:15:02 (41.2%)	8:40	6.9 (59.0%)
138	<b>WITEK Tomasz</b>	<b>1162</b>		M-30	59	NIE	01:11:33	02:07:10	<b>03:01:44.60</b>	<b>03:02:31.55</b>	+01:15:14 (41.2%)	8:39	6.9 (59.0%)
139	<b>DIERING Tomasz</b>	<b>1228</b>	ROWERY MAŁGOŚKA	M-30	60	NIE	01:06:29	02:03:50	<b>03:02:52.70</b>	<b>03:02:52.70</b>	+01:15:36 (41.3%)	8:42	6.9 (59.0%)
140	<b>PODOLUK Marek</b>	<b>1240</b>		M-40	62	NIE	01:00:02	01:59:11	<b>03:03:05.60</b>	<b>03:03:05.60</b>	+01:15:48 (41.4%)	8:43	6.9 (59.0%)
141	<b>KORNASZEWSKI Maciej</b>	<b>1193</b>	MERITUM	M-40	63	NIE	01:11:39	02:07:21	<b>03:03:02.45</b>	<b>03:03:40.00</b>	+01:16:23 (41.6%)	8:42	6.9 (59.0%)
142	<b>ADACH Dariusz</b>	<b>1042</b>	MEKASTO	M-40	64	NIE	01:06:17	02:05:50	<b>03:03:13.15</b>	<b>03:03:53.25</b>	+01:16:36 (41.7%)	8:43	6.9 (59.0%)
143	<b>WOJTCZAK Michał</b>	<b>1223</b>		M-30	61	NIE	01:08:27	02:07:10	<b>03:03:50.15</b>	<b>03:03:56.00</b>	+01:16:39 (41.7%)	8:45	6.9 (59.0%)
144	<b>NIEWIADOMSKI Marek</b>	<b>1218</b>	CROSS KRAPKOWICE	M-30	62	NIE	01:10:39	02:08:33	<b>03:04:15.10</b>	<b>03:05:12.95</b>	+01:17:56 (42.1%)	8:46	6.8 (58.1%)
145	<b>PIETROŃ Jerzy</b>	<b>1467</b>	ULTRA DZIADY	M-40	65	NIE	01:13:51	02:09:39	<b>03:04:21.55</b>	<b>03:05:46.35</b>	+01:18:29 (42.3%)	8:46	6.8 (58.1%)
146	<b>OSKWAREK Bogdan</b>	<b>1355</b>	ZESPÓŁ SZKÓŁ KOWALEWO POMORSKIE	M-50	10	NIE	01:11:19	02:07:23	<b>03:04:25.50</b>	<b>03:05:47.35</b>	+01:18:30 (42.3%)	8:46	6.8 (58.1%)
147	<b>DZICZEK Ireneusz</b>	<b>1108</b>	RAZ SZCZECIN	M-60	3	NIE	01:00:58	02:02:28	<b>03:05:49.85</b>	<b>03:05:49.85</b>	+01:18:33 (42.3%)	8:50	6.8 (58.1%)
148	<b>SIEPIELSKI Damian</b>	<b>1017</b>		M-30	63	NIE	01:09:16	02:09:40	<b>03:06:51.65</b>	<b>03:06:56.50</b>	+01:19:39 (42.6%)	8:53	6.7 (57.3%)
149	<b>SYCHOWSKI Dawid</b>	<b>1128</b>		M-40	66		01:08:36	02:09:31	<b>03:06:54.30</b>	<b>03:07:08.95</b>	+01:19:52 (42.7%)	8:54	6.7 (57.3%)
150	<b>ANDRZEJEWSKI Lukasz</b>	<b>1125</b>	HIPOPOTAM FAST RUN	M-40	67	NIE	01:15:20	02:13:41	<b>03:07:04.95</b>	<b>03:07:36.20</b>	+01:20:19 (42.8%)	8:54	6.7 (57.3%)
151	<b>NYCZ Łukasz</b>	<b>1099</b>		M-40	68	NIE	01:08:16	02:04:41	<b>03:08:02.65</b>	<b>03:08:02.65</b>	+01:20:45 (43.0%)	8:57	6.7 (57.3%)
152	<b>WINKOWSKI Marek</b>	<b>1296</b>		M-30	64	NIE	01:12:27	02:09:01	<b>03:07:31.80</b>	<b>03:08:04.60</b>	+01:20:47 (43.0%)	8:55	6.7 (57.3%)
153	<b>ZIEMKIEWICZ Jarek</b>	<b>1202</b>	UKS RUNNING TEAM	M-40	69	NIE	01:16:46	02:12:52	<b>03:06:56.30</b>	<b>03:08:08.50</b>	+01:20:51 (43.0%)	8:54	6.7 (57.3%)
154	<b>WENDT Krystian</b>	<b>1399</b>		M-20	8	NIE	01:19:30	02:16:32	<b>03:07:53.60</b>	<b>03:08:54.65</b>	+01:21:37 (43.2%)	8:56	6.7 (57.3%)
155	<b>ŁUSIAK Przemysław</b>	<b>1309</b>		M-40	70	NIE	01:01:13	01:53:45	<b>03:08:47.05</b>	<b>03:08:55.85</b>	+01:21:39 (43.2%)	8:59	6.7 (57.3%)
156	<b>BURAKOWSKI Sebastian</b>	<b>1253</b>		M-40	71	NIE	01:07:48	02:06:29	<b>03:08:28.60</b>	<b>03:09:12.20</b>	+01:21:55 (43.3%)	8:58	6.7 (57.3%)
157	<b>GAŁKA Jacek</b>	<b>1332</b>	VEGE RUNNERS / PURA VIDA TEAM / ULTRA DZIADY	M-40	72	NIE	01:17:38	02:16:31	<b>03:08:27.25</b>	<b>03:09:51.40</b>	+01:22:34 (43.5%)	8:58	6.7 (57.3%)
158	<b>STAWIŃSKI Michał</b>	<b>1185</b>		M-30	65	NIE	01:11:15	02:11:09	<b>03:10:28.40</b>	<b>03:10:47.00</b>	+01:23:30 (43.8%)	9:04	6.6 (56.4%)
159	<b>KUZNETSOV Sergei</b>	<b>1434</b>	HEPEXTA	M-30	66	NIE	01:05:16	02:05:20	<b>03:09:27.35</b>	<b>03:11:12.40</b>	+01:23:55 (43.9%)	9:01	6.7 (57.3%)
160	<b>RADECKI Wojciech</b>	<b>1209</b>		M-50	11	NIE	01:16:48	02:17:17	<b>03:10:46.85</b>	<b>03:11:13.80</b>	+01:23:57 (43.9%)	9:05	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
161	<b>SAWOŚCIANIK Adam</b>	<b>1175</b>		M-20	9	NIE	01:14:10	02:13:25	<b>03:10:56.10</b>	<b>03:11:18.20</b>	+01:24:01 (43.9%)	9:05	6.6 (56.4%)
162	<b>LIS Paweł</b>	<b>1452</b>	CENTRUM FORMY 58100	M-40	73	NIE	01:02:38	02:05:01	<b>03:11:16.45</b>	<b>03:11:27.20</b>	+01:24:10 (44.0%)	9:06	6.6 (56.4%)
163	<b>GRUDNIEWSKI Jakub</b>	<b>1120</b>		M-30	67	NIE	01:11:55	02:11:27	<b>03:11:05.40</b>	<b>03:11:32.80</b>	+01:24:16 (44.0%)	9:05	6.6 (56.4%)
164	<b>SMYK Sylwester</b>	<b>1336</b>	AUTOLIV RUN TEAM	M-40	74	NIE	01:13:46	02:13:31	<b>03:11:26.65</b>	<b>03:11:51.85</b>	+01:24:35 (44.1%)	9:06	6.6 (56.4%)
165	<b>ZARZECZNY Radosław</b>	<b>1041</b>		M-30	68	NIE	01:16:02	02:17:09	<b>03:12:12.30</b>	<b>03:12:12.30</b>	+01:24:55 (44.2%)	9:09	6.6 (56.4%)
166	<b>BEKAS Jędrzej</b>	<b>1119</b>	NIGHT RUNNERS POZNAŃ	M-40	75	NIE	01:10:09	02:12:46	<b>03:13:16.70</b>	<b>03:13:34.40</b>	+01:26:17 (44.6%)	9:12	6.5 (55.6%)
167	<b>KARWOWSKI Maciej</b>	<b>1468</b>		M-30	69	NIE	01:24:01	02:20:45	<b>03:14:06.40</b>	<b>03:15:29.65</b>	+01:28:12 (45.1%)	9:14	6.5 (55.6%)
168	<b>MŁYNARCZYK Krzysztof</b>	<b>1034</b>		M-40	76	NIE	01:11:50	02:14:01	<b>03:15:28.45</b>	<b>03:15:38.00</b>	+01:28:21 (45.2%)	9:18	6.4 (54.7%)
169	<b>PANZ Krzysztof</b>	<b>1425</b>		M-40	77	NIE	01:02:17	02:05:28	<b>03:15:36.30</b>	<b>03:15:54.10</b>	+01:28:37 (45.2%)	9:18	6.4 (54.7%)
170	<b>BARAN Zenon</b>	<b>1097</b>	HOMOKOMANDO	M-60	4	NIE	01:18:23	02:19:02	<b>03:14:44.90</b>	<b>03:15:58.70</b>	+01:28:42 (45.3%)	9:16	6.5 (55.6%)
171	<b>RUKS Jarosław</b>	<b>1420</b>		M-30	70	NIE	01:10:38	02:12:18	<b>03:16:08.40</b>	<b>03:16:15.80</b>	+01:28:59 (45.3%)	9:20	6.4 (54.7%)
172	<b>NOWAK Jarosław</b>	<b>1139</b>	SPC	M-50	12	NIE	01:16:07	02:17:39	<b>03:16:25.65</b>	<b>03:17:03.20</b>	+01:29:46 (45.6%)	9:21	6.4 (54.7%)
173	<b>ADAMCZYK Rafał</b>	<b>1187</b>		M-50	13	NIE	01:18:56	02:19:29	<b>03:16:25.75</b>	<b>03:17:20.05</b>	+01:30:03 (45.6%)	9:21	6.4 (54.7%)
174	<b>KOWAŃSKI Tomasz</b>	<b>1084</b>		M-40	78	NIE	01:05:33	02:07:58	<b>03:17:26.15</b>	<b>03:18:03.50</b>	+01:30:46 (45.8%)	9:24	6.4 (54.7%)
175	<b>WIĘCEK Michał</b>	<b>1329</b>		M-30	71	NIE	01:11:26	02:14:53	<b>03:18:36.65</b>	<b>03:18:43.50</b>	+01:31:26 (46.0%)	9:27	6.3 (53.8%)
176	<b>NOWAK Łukasz</b>	<b>1328</b>	BLOOD BROTHERS	M-40	79	NIE	01:11:27	02:14:54	<b>03:18:37.35</b>	<b>03:18:43.60</b>	+01:31:26 (46.0%)	9:27	6.3 (53.8%)
177	<b>RUTKOWSKI Tomasz</b>	<b>1244</b>	SKS OBORNIKI	M-40	80		01:18:22	02:18:13	<b>03:16:27.70</b>	<b>03:18:45.30</b>	+01:31:28 (46.0%)	9:21	6.4 (54.7%)
178	<b>RZYHA Hubert</b>	<b>1418</b>	RUNNER'S POWER/BANICI ULTRA	M-40	81	NIE	01:16:06	02:18:58	<b>03:18:16.75</b>	<b>03:18:49.35</b>	+01:31:32 (46.0%)	9:26	6.4 (54.7%)
179	<b>KOSTOWSKI Roman</b>	<b>1446</b>		M-30	72	NIE	01:13:43	02:16:41	<b>03:18:00.20</b>	<b>03:18:58.85</b>	+01:31:42 (46.1%)	9:25	6.4 (54.7%)
180	<b>GINTER Grzegorz</b>	<b>1008</b>	AZS COLLEGIUM MEDICUM UJ	M-30	73	NIE	01:13:19	02:16:51	<b>03:18:53.30</b>	<b>03:19:01.00</b>	+01:31:44 (46.1%)	9:28	6.3 (53.8%)
181	<b>WIĘCKOWSKI Wiktor</b>	<b>1322</b>	SII RUNNING TEAM	M-30	74	NIE	01:18:17	02:18:54	<b>03:17:58.55</b>	<b>03:19:37.80</b>	+01:32:21 (46.3%)	9:25	6.4 (54.7%)
182	<b>RATAJCZAK Łukasz</b>	<b>1165</b>	NIGHT RUNNERS	M-40	82	NIE	01:14:19	02:16:33	<b>03:19:35.20</b>	<b>03:19:41.70</b>	+01:32:25 (46.3%)	9:30	6.3 (53.8%)
183	<b>ANDRYSZCZAK Łukasz</b>	<b>1406</b>	BMW KLUB POZNAŃ	M-30	75	NIE	01:10:45	02:15:34	<b>03:19:39.30</b>	<b>03:19:42.70</b>	+01:32:26 (46.3%)	9:30	6.3 (53.8%)
184	<b>JANKOWSKI Adam</b>	<b>1062</b>	ULTRAWAY.PL RUNNING TEAM	M-30	76	NIE	01:15:34	02:19:35	<b>03:19:06.55</b>	<b>03:19:57.35</b>	+01:32:40 (46.3%)	9:28	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
185	<b>STEFAŃSKI Mikolaj</b>	<b>1173</b>		M-30	77	NIE	01:10:53	02:14:24	<b>03:19:20.10</b>	<b>03:19:59.50</b>	+01:32:42 (46.4%)	9:29	6.3 (53.8%)
186	<b>MÓLL Janusz</b>	<b>1220</b>		M-60	5	NIE	01:07:24	02:11:48	<b>03:20:31.50</b>	<b>03:20:34.15</b>	+01:33:17 (46.5%)	9:32	6.3 (53.8%)
187	<b>MANISZEWSKI Mateusz</b>	<b>1376</b>	ING BANK ŚLĄSKI	M-40	83		01:19:28	02:20:39	<b>03:20:13.60</b>	<b>03:20:35.50</b>	+01:33:18 (46.5%)	9:32	6.3 (53.8%)
188	<b>ZELICH Łukasz</b>	<b>1131</b>		M-40	84	NIE	01:10:09	02:13:02	<b>03:20:20.35</b>	<b>03:20:37.70</b>	+01:33:21 (46.5%)	9:32	6.3 (53.8%)
189	<b>HAIDA Marcin</b>	<b>1216</b>		M-40	85	NIE	01:15:43	02:16:03	<b>03:20:13.45</b>	<b>03:20:41.15</b>	+01:33:24 (46.5%)	9:32	6.3 (53.8%)
190	<b>LAGUTKO Nikolay</b>	<b>1403</b>		M-20	10	NIE	01:14:10	02:18:31	<b>03:20:32.25</b>	<b>03:20:53.40</b>	+01:33:36 (46.6%)	9:32	6.3 (53.8%)
191	<b>PLUCHRAT Marcin</b>	<b>1029</b>		M-30	78	NIE	01:14:14	02:16:47	<b>03:20:23.65</b>	<b>03:21:02.00</b>	+01:33:45 (46.6%)	9:32	6.3 (53.8%)
192	<b>PIECHOTA Marcin</b>	<b>1315</b>	DRUŻYNA SZPIKU	M-40	86	NIE	01:18:25	02:20:01	<b>03:20:25.25</b>	<b>03:21:23.90</b>	+01:34:07 (46.7%)	9:32	6.3 (53.8%)
193	<b>TOMASZEWSKI Mirosław</b>	<b>1476</b>	PERŁA	M-40	87	NIE	01:14:27	02:18:02	<b>03:21:51.15</b>	<b>03:22:01.60</b>	+01:34:44 (46.9%)	9:36	6.2 (53.0%)
194	<b>PACIULON Krzysztof</b>	<b>1266</b>	OKI OKI TEAM	M-50	14	NIE	01:11:53	02:14:13	<b>03:21:31.05</b>	<b>03:22:03.30</b>	+01:34:46 (46.9%)	9:35	6.3 (53.8%)
195	<b>NARECKI Jarosław</b>	<b>1109</b>		M-50	15	NIE	01:20:55	02:21:30	<b>03:21:27.30</b>	<b>03:22:03.95</b>	+01:34:47 (46.9%)	9:35	6.3 (53.8%)
196	<b>SERWATKIEWICZ Grzegorz</b>	<b>1236</b>		M-40	88	NIE	01:11:38	02:16:11	<b>03:21:55.95</b>	<b>03:22:05.60</b>	+01:34:48 (46.9%)	9:36	6.2 (53.0%)
197	<b>JASIŃSKI Maciej</b>	<b>1321</b>	SII RUNNING TEAM	M-30	79		01:19:29	02:21:06	<b>03:21:00.65</b>	<b>03:22:08.65</b>	+01:34:51 (46.9%)	9:34	6.3 (53.8%)
198	<b>KRUSZEWSKI Jacek</b>	<b>1111</b>	MARKOWI BIEGACZE	M-40	89	NIE	01:14:09	02:17:44	<b>03:22:22.55</b>	<b>03:22:32.70</b>	+01:35:16 (47.0%)	9:38	6.2 (53.0%)
199	<b>MIGDAŁ Adrian</b>	<b>1217</b>		M-40	90	NIE	01:15:10	02:20:30	<b>03:22:18.90</b>	<b>03:22:37.80</b>	+01:35:21 (47.1%)	9:38	6.2 (53.0%)
200	<b>DĄBROWIECKI Sławomir</b>	<b>1456</b>		M-40	91	NIE	01:19:17	02:18:58	<b>03:21:42.90</b>	<b>03:23:07.40</b>	+01:35:50 (47.2%)	9:36	6.2 (53.0%)
201	<b>TYMUL Jakub</b>	<b>1301</b>	#TYMTRITEAM	M-40	92	NIE	01:18:43	02:20:48	<b>03:22:35.80</b>	<b>03:23:08.45</b>	+01:35:51 (47.2%)	9:38	6.2 (53.0%)
202	<b>KWIATKOWSKI Grzegorz</b>	<b>1338</b>		M-50	16	NIE	01:19:28	02:19:50	<b>03:23:02.70</b>	<b>03:23:18.35</b>	+01:36:01 (47.2%)	9:40	6.2 (53.0%)
203	<b>OLIŃSKI Paweł</b>	<b>1170</b>		M-40	93	NIE	01:20:02	02:22:47	<b>03:23:28.65</b>	<b>03:24:09.45</b>	+01:36:52 (47.5%)	9:41	6.2 (53.0%)
204	<b>BORYSIONEK Jarosław</b>	<b>1184</b>		M-50	17	NIE	01:14:12	02:16:23	<b>03:23:31.55</b>	<b>03:24:15.35</b>	+01:36:58 (47.5%)	9:41	6.2 (53.0%)
205	<b>JACHYMSKI Jacek</b>	<b>1368</b>	AKG ŁÓDŹ	M-60	6	TAK	01:13:27	02:19:53	<b>03:24:13.40</b>	<b>03:24:20.70</b>	+01:37:04 (47.5%)	9:43	6.2 (53.0%)
206	<b>ROMANOWSKI Krystian</b>	<b>1153</b>		M-30	80	NIE	01:25:24	02:29:01	<b>03:24:01.15</b>	<b>03:24:26.00</b>	+01:37:09 (47.5%)	9:42	6.2 (53.0%)
207	<b>NYCZ Bartłomiej</b>	<b>1096</b>		M-40	94	NIE	01:15:43	02:17:03	<b>03:24:04.15</b>	<b>03:24:33.55</b>	+01:37:16 (47.6%)	9:43	6.2 (53.0%)
208	<b>KURIATA Bartłomiej</b>	<b>1460</b>		M-50	18	NIE	01:22:44	02:23:18	<b>03:23:29.45</b>	<b>03:24:39.50</b>	+01:37:22 (47.6%)	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
209	<b>POTOCKI Jan</b>	<b>1343</b>		M-20	11	NIE	01:19:07	02:19:15	<b>03:26:15.50</b>	<b>03:27:25.65</b>	+01:40:08 (48.3%)	9:49	6.1 (52.1%)
210	<b>SKORUPSKI Szymon</b>	<b>1151</b>	KURACJUSZE	M-30	81	NIE	01:16:51	02:20:20	<b>03:27:12.00</b>	<b>03:27:46.00</b>	+01:40:29 (48.4%)	9:52	6.1 (52.1%)
211	<b>MIEDZIŃSKI Michał</b>	<b>1276</b>	JKS SALAMANDRA	M-40	95	NIE	01:09:27	02:15:58	<b>03:27:49.15</b>	<b>03:27:59.00</b>	+01:40:42 (48.4%)	9:53	6.1 (52.1%)
212	<b>WIECZOREK Artur</b>	<b>1307</b>	BIEGACZE Z PRZYLESIA	M-40	96	NIE	01:17:25	02:20:14	<b>03:27:45.25</b>	<b>03:28:00.05</b>	+01:40:43 (48.4%)	9:53	6.1 (52.1%)
213	<b>KIEŁBASA Paweł</b>	<b>1174</b>	GT RAT	M-40	97	NIE	01:16:55	02:22:28	<b>03:27:29.55</b>	<b>03:28:40.90</b>	+01:41:24 (48.6%)	9:52	6.1 (52.1%)
214	<b>SOWIŃSKI Robert</b>	<b>1205</b>		M-40	98	NIE	01:15:33	02:21:25	<b>03:27:31.90</b>	<b>03:28:46.00</b>	+01:41:29 (48.6%)	9:52	6.1 (52.1%)
215	<b>CHOJNACKI Mikolaj</b>	<b>1436</b>	WARSAW RUN CLUB	M-40	99	NIE	01:19:24	02:20:31	<b>03:28:53.70</b>	<b>03:29:47.85</b>	+01:42:31 (48.9%)	9:56	6 (51.3%)
216	<b>RAJKOWSKI Łukasz</b>	<b>1440</b>	SCORPION KICKBOXING MMA	M-30	82	NIE	01:24:00	02:23:24	<b>03:30:45.20</b>	<b>03:31:43.05</b>	+01:44:26 (49.3%)	10:02	6 (51.3%)
217	<b>MARKISZ Kazimierz</b>	<b>1439</b>	SCORPION KICKBOXING MMA	M-30	83	NIE	01:24:03	02:23:27	<b>03:30:48.45</b>	<b>03:31:43.60</b>	+01:44:26 (49.3%)	10:02	6 (51.3%)
218	<b>ODOLCZYK Jerzy</b>	<b>1073</b>		M-60	7	NIE	01:11:35	02:18:51	<b>03:30:27.80</b>	<b>03:31:49.90</b>	+01:44:33 (49.4%)	10:01	6 (51.3%)
219	<b>DUDZIŃSKI Wojciech</b>	<b>1306</b>		M-40	100	NIE	01:23:15	02:27:12	<b>03:31:14.05</b>	<b>03:32:06.70</b>	+01:44:50 (49.4%)	10:03	6 (51.3%)
220	<b>MAĆKOWSKI Mateusz</b>	<b>1093</b>	NATURAL BORN COFFEE LOVERS	M-40	101	NIE	01:21:21	02:26:21	<b>03:32:01.60</b>	<b>03:32:28.45</b>	+01:45:11 (49.5%)	10:05	5.9 (50.4%)
221	<b>KWIATKOWSKI Przemysław</b>	<b>1325</b>		M-40	102	NIE	01:22:10	02:25:37	<b>03:31:46.25</b>	<b>03:32:29.10</b>	+01:45:12 (49.5%)	10:05	5.9 (50.4%)
222	<b>BIAŁEK Marcin</b>	<b>1477</b>		M-40	103	NIE	01:19:48	02:22:28	<b>03:31:18.85</b>	<b>03:32:33.60</b>	+01:45:16 (49.5%)	10:03	6 (51.3%)
223	<b>SZYGENDA Sebastian</b>	<b>1326</b>		M-40	104	NIE	01:22:13	02:25:38	<b>03:32:26.55</b>	<b>03:33:07.40</b>	+01:45:50 (49.7%)	10:06	5.9 (50.4%)
224	<b>URBANIAK Jozef</b>	<b>1470</b>	ULKS CZARNA GORA	M-50	19	NIE	01:19:46	02:23:16	<b>03:32:34.85</b>	<b>03:33:53.60</b>	+01:46:36 (49.8%)	10:07	5.9 (50.4%)
225	<b>GIBOWSKI Lukasz</b>	<b>1152</b>		M-40	105	NIE	01:20:44	02:26:46	<b>03:33:39.30</b>	<b>03:34:49.65</b>	+01:47:32 (50.1%)	10:10	5.9 (50.4%)
226	<b>GRATKOWSKI Rafał</b>	<b>1297</b>	MIKRORAPHA	M-50	20	NIE	01:16:35	02:24:39	<b>03:34:35.45</b>	<b>03:34:54.35</b>	+01:47:37 (50.1%)	10:13	5.9 (50.4%)
227	<b>KRUZEL Rafał</b>	<b>1133</b>	BIEGOWE MISIE	M-50	21	NIE	01:17:28	02:28:12	<b>03:35:11.00</b>	<b>03:35:19.35</b>	+01:48:02 (50.2%)	10:14	5.9 (50.4%)
228	<b>ZASOWSKI Rafal</b>	<b>1390</b>		M-40	106	NIE		02:27:54	<b>03:35:32.15</b>	<b>03:35:32.15</b>	+01:48:15 (50.2%)	10:15	5.8 (49.6%)
229	<b>LIS Mirosław</b>	<b>1147</b>		M-40	107	NIE	01:20:46	02:26:55	<b>03:35:01.20</b>	<b>03:36:09.25</b>	+01:48:52 (50.4%)	10:14	5.9 (50.4%)
230	<b>SIEMIENIUK Andrzej</b>	<b>1324</b>	RATUJMY CO SIĘ DA ♥♥♥	M-40	108	NIE	01:22:40	02:26:47	<b>03:36:02.60</b>	<b>03:36:50.85</b>	+01:49:34 (50.5%)	10:17	5.8 (49.6%)
231	<b>KULA Krzysztof</b>	<b>1438</b>	ING BANK ŚLĄSKI	M-50	22	NIE	01:22:43	02:27:49	<b>03:36:33.25</b>	<b>03:36:52.75</b>	+01:49:36 (50.5%)	10:18	5.8 (49.6%)
232	<b>KOWALCZUK Adam</b>	<b>1145</b>	NSK RUNS	M-50	23	NIE	01:11:48	02:16:19	<b>03:37:41.85</b>	<b>03:38:12.05</b>	+01:50:55 (50.8%)	10:21	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
233	<b>KOWALSKI Bogusław</b>	<b>1102</b>	KLUB WYSOKOGÓRSKI W TORUNIU	M-50	24	TAK	01:19:39	02:25:30	<b>03:37:58.65</b>	<b>03:38:15.85</b>	+01:50:59 (50.8%)	10:22	5.8 (49.6%)
234	<b>WRZESZCZ Jakub</b>	<b>1065</b>		M-30	84	NIE	01:24:18	02:30:52	<b>03:37:21.40</b>	<b>03:38:28.10</b>	+01:51:11 (50.9%)	10:21	5.8 (49.6%)
235	<b>ŚCIPIEŃ Krzysztof</b>	<b>1375</b>	ING BANK ŚLĄSKI	M-40	109	NIE	01:18:53	02:24:00	<b>03:38:04.30</b>	<b>03:38:31.10</b>	+01:51:14 (50.9%)	10:23	5.8 (49.6%)
236	<b>FIGUŁA Sławomir</b>	<b>1015</b>		M-40	110	NIE	01:20:20	02:27:57	<b>03:37:50.80</b>	<b>03:38:34.70</b>	+01:51:18 (50.9%)	10:22	5.8 (49.6%)
237	<b>PAKIET Waldemar</b>	<b>1426</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	25	NIE	01:18:55	02:27:28	<b>03:39:41.45</b>	<b>03:40:10.15</b>	+01:52:53 (51.3%)	10:27	5.7 (48.7%)
238	<b>TANAŚ Adam</b>	<b>1043</b>	KLUB BIEGACZA SUPERMARATOŃCZYK	M-40	111	NIE	01:12:40	02:24:12	<b>03:40:26.60</b>	<b>03:41:06.00</b>	+01:53:49 (51.5%)	10:29	5.7 (48.7%)
239	<b>SŁOMCZYŃSKI Klaudiusz</b>	<b>1404</b>	MIEROSZOWSKI DZIK	M-50	26	NIE	01:28:55	02:34:34	<b>03:41:07.90</b>	<b>03:42:27.65</b>	+01:55:10 (51.8%)	10:31	5.7 (48.7%)
240	<b>CZUBIEL Konrad</b>	<b>1177</b>		M-40	112	NIE	01:21:23	02:31:11	<b>03:42:57.25</b>	<b>03:43:38.90</b>	+01:56:22 (52.0%)	10:37	5.7 (48.7%)
241	<b>WARA-WĄSOWSKI Maciej</b>	<b>1028</b>	SZAKALE BAŁUT ŁÓDŹ	M-50	27	NIE	01:24:39	02:33:27	<b>03:43:11.45</b>	<b>03:43:45.60</b>	+01:56:28 (52.1%)	10:37	5.6 (47.9%)
242	<b>GOLEK Seweryn Golek</b>	<b>1471</b>		M-40	113	NIE	01:26:33	02:36:15	<b>03:44:46.40</b>	<b>03:45:17.00</b>	+01:58:00 (52.4%)	10:42	5.6 (47.9%)
243	<b>KOPERSKI Jakub</b>	<b>1260</b>	NIGHT RUNNERS	M-40	114	NIE	01:31:19	02:37:48	<b>03:45:08.20</b>	<b>03:46:04.70</b>	+01:58:48 (52.5%)	10:43	5.6 (47.9%)
244	<b>SLIWA Bogumil</b>	<b>1255</b>		M-30	85	NIE	01:29:01	02:35:43	<b>03:47:35.05</b>	<b>03:47:35.05</b>	+02:00:18 (52.9%)	10:50	5.5 (47.0%)
245	<b>WOJTCZAK Bartosz</b>	<b>1192</b>	NIGHT RUNNERS	M-30	86	NIE	01:31:11	02:38:03	<b>03:46:53.25</b>	<b>03:48:00.25</b>	+02:00:43 (52.9%)	10:48	5.6 (47.9%)
246	<b>KACZMARCZYK Wojciech</b>	<b>1013</b>		M-60	8	NIE	01:14:13	02:32:10	<b>03:47:25.40</b>	<b>03:48:04.10</b>	+02:00:47 (53.0%)	10:49	5.5 (47.0%)
247	<b>TOMCZUK Bartosz</b>	<b>1268</b>		M-40	115	NIE	01:27:55		<b>03:48:42.75</b>	<b>03:48:42.75</b>	+02:01:26 (53.1%)	10:53	5.5 (47.0%)
248	<b>OGONOWSKI Michał</b>	<b>1359</b>	AKADEMIA SPORTU MEDYK	M-40	116	NIE	01:34:32	02:45:31	<b>03:48:31.10</b>	<b>03:49:36.70</b>	+02:02:20 (53.3%)	10:52	5.5 (47.0%)
249	<b>GÓRCZYŃSKI Rafał</b>	<b>1009</b>		M-40	117	NIE	01:25:31	02:34:57	<b>03:48:47.55</b>	<b>03:50:11.20</b>	+02:02:54 (53.4%)	10:53	5.5 (47.0%)
250	<b>SZPERNALOWSKI Grzegorz</b>	<b>1374</b>	ING BANK ŚLĄSKI	M-30	87		01:22:25	02:33:36	<b>03:49:48.35</b>	<b>03:50:12.40</b>	+02:02:55 (53.4%)	10:56	5.5 (47.0%)
251	<b>PIDANTY Grzegorz</b>	<b>1080</b>	ZHR	M-50	28	NIE	01:29:05	02:38:51	<b>03:49:10.20</b>	<b>03:50:20.90</b>	+02:03:04 (53.4%)	10:54	5.5 (47.0%)
252	<b>KLIMEK Piotr</b>	<b>1421</b>		M-40	118	NIE	01:24:28	02:34:48	<b>03:50:21.10</b>	<b>03:51:24.15</b>	+02:04:07 (53.6%)	10:58	5.5 (47.0%)
253	<b>SAMOLAK Łukasz</b>	<b>1196</b>	POMYŁKA TEAM	M-40	119	NIE	01:24:42	02:37:09	<b>03:50:37.25</b>	<b>03:51:28.80</b>	+02:04:12 (53.7%)	10:58	5.5 (47.0%)
254	<b>SAMOLAK Maciek</b>	<b>1055</b>	NSK RUNS	M-40	120	NIE	01:27:41	02:37:11	<b>03:50:39.00</b>	<b>03:51:29.70</b>	+02:04:13 (53.7%)	10:59	5.5 (47.0%)
255	<b>NOWAK Łukasz</b>	<b>1382</b>	WIECZORNE BIEGANIE W OPOLU	M-40	121	NIE	01:27:29	02:39:13	<b>03:51:48.60</b>	<b>03:52:42.00</b>	+02:05:25 (53.9%)	11:02	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
256	<b>NARODOWICZ Błażej</b>	<b>1361</b>	WIECZORNE BIEGANIE W OPOLU	M-20	12	NIE	01:27:27	02:39:11	<b>03:51:48.90</b>	<b>03:52:43.40</b>	+02:05:26 (53.9%)	11:02	5.4 (46.2%)
257	<b>POCIĘGIEL Michał</b>	<b>1001</b>	SKAWINA BIEGA	M-40	122	NIE	01:19:55	02:33:31	<b>03:52:16.95</b>	<b>03:53:26.00</b>	+02:06:09 (54.0%)	11:03	5.4 (46.2%)
258	<b>GÓRA Zbigniew</b>	<b>1411</b>	CIORAN	M-50	29	NIE	01:23:43	02:35:45	<b>03:53:29.15</b>	<b>03:53:57.05</b>	+02:06:40 (54.1%)	11:07	5.4 (46.2%)
259	<b>DOMBEK Andrzej</b>	<b>1271</b>		M-50	30	NIE	01:25:46	02:37:26	<b>03:53:19.90</b>	<b>03:54:05.35</b>	+02:06:48 (54.2%)	11:06	5.4 (46.2%)
260	<b>RYGIELSKI Rafał</b>	<b>1090</b>		M-50	31	NIE	01:25:50	02:39:22	<b>03:54:06.95</b>	<b>03:54:56.85</b>	+02:07:40 (54.3%)	11:08	5.4 (46.2%)
261	<b>SKOWRONEK Tomasz</b>	<b>1221</b>	OJ NIEFAJNIE	M-30	88	NIE	01:21:17	02:30:58	<b>03:54:41.10</b>	<b>03:55:20.80</b>	+02:08:04 (54.4%)	11:10	5.4 (46.2%)
262	<b>NOWACKI Łukasz</b>	<b>1058</b>	POGODNI	M-40	123	NIE	01:30:15	02:38:47	<b>03:53:56.25</b>	<b>03:55:26.80</b>	+02:08:10 (54.4%)	11:08	5.4 (46.2%)
263	<b>BOROŃ Ryszard</b>	<b>1060</b>		M-60	9	NIE	01:30:59	02:39:26	<b>03:54:41.85</b>	<b>03:55:30.65</b>	+02:08:13 (54.4%)	11:10	5.4 (46.2%)
264	<b>MOSZNY Szymon</b>	<b>1215</b>		M-40	124	NIE	01:27:39	02:38:45	<b>03:54:00.65</b>	<b>03:55:31.80</b>	+02:08:15 (54.5%)	11:08	5.4 (46.2%)
265	<b>SKWARNECKI Damian</b>	<b>1285</b>	ŁODZIANKA TEAM	M-40	125	NIE	01:36:09	02:44:54	<b>03:55:16.65</b>	<b>03:56:22.75</b>	+02:09:06 (54.6%)	11:12	5.4 (46.2%)
266	<b>JANUĆ Wojciech</b>	<b>1320</b>	ARKA LEŚNA	M-30	89	NIE	01:35:09	02:44:41	<b>03:55:03.75</b>	<b>03:56:32.35</b>	+02:09:15 (54.6%)	11:11	5.4 (46.2%)
267	<b>PIETRZAK Tomasz</b>	<b>1319</b>	WILD TRAIL RUNNER	M-30	90	NIE	01:35:09	02:44:54	<b>03:55:03.55</b>	<b>03:56:32.40</b>	+02:09:15 (54.6%)	11:11	5.4 (46.2%)
268	<b>SZEWCZYK Adam</b>	<b>1235</b>	ALPINPOL	M-40	126	NIE	01:22:53	02:40:10	<b>03:57:36.05</b>	<b>03:57:36.05</b>	+02:10:19 (54.8%)	11:18	5.3 (45.3%)
269	<b>RUSIN Szymon</b>	<b>1036</b>		M-30	91	TAK	01:28:31	02:39:36	<b>03:57:18.75</b>	<b>03:57:46.95</b>	+02:10:30 (54.9%)	11:18	5.3 (45.3%)
270	<b>CZERWONKA Zbigniew Czerwonka</b>	<b>1057</b>		M-40	127	NIE	01:25:17	02:37:23	<b>03:56:27.15</b>	<b>03:57:49.20</b>	+02:10:32 (54.9%)	11:15	5.3 (45.3%)
271	<b>POLAŃSKI Mateusz</b>	<b>1167</b>		M-30	92	NIE	01:28:34	02:41:47	<b>03:58:24.25</b>	<b>03:58:52.25</b>	+02:11:35 (55.1%)	11:21	5.3 (45.3%)
272	<b>TOMASZEWSKI Krzysztof</b>	<b>1135</b>	SPC	M-40	128	NIE	01:27:50	02:42:35	<b>03:58:22.90</b>	<b>03:58:57.55</b>	+02:11:40 (55.1%)	11:21	5.3 (45.3%)
273	<b>HAMOT Artur</b>	<b>1366</b>	ING BANK ŚLĄSKI	M-40	129		01:29:19	02:47:43	<b>03:59:47.75</b>	<b>04:00:04.20</b>	+02:12:47 (55.3%)	11:25	5.3 (45.3%)
274	<b>ADAMSKI Adam</b>	<b>1237</b>		M-60	10	NIE	01:34:44	02:46:53	<b>04:00:28.70</b>	<b>04:01:33.25</b>	+02:14:16 (55.6%)	11:27	5.2 (44.4%)
275	<b>SZAJEK Arkadiusz</b>	<b>1487</b>	S. C. ARVATO	M-30	93	NIE	01:30:52	02:46:37	<b>04:01:46.95</b>	<b>04:02:35.10</b>	+02:15:18 (55.8%)	11:30	5.2 (44.4%)
276	<b>MINIAK Marek</b>	<b>1234</b>	I LOVE PRZYLESIE ALPINPOL	M-40	130	NIE	01:22:33	02:39:44	<b>04:02:36.25</b>	<b>04:02:51.20</b>	+02:15:34 (55.8%)	11:33	5.2 (44.4%)
277	<b>KURZAWIAK Wojciech</b>	<b>1031</b>	ZGÖRMYSYNY	M-40	131	TAK	01:26:02	02:46:48	<b>04:02:33.05</b>	<b>04:03:04.20</b>	+02:15:47 (55.9%)	11:33	5.2 (44.4%)
278	<b>PASTERNAK Wojciech</b>	<b>1049</b>	POGODNI	M-40	132	NIE	01:30:14	02:42:15	<b>04:03:54.05</b>	<b>04:05:24.95</b>	+02:18:08 (56.3%)	11:36	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
279	<b>BIZIEL Michał</b>	<b>1243</b>		M-50	32	NIE	01:30:43	02:46:27	<b>04:04:15.65</b>	<b>04:05:45.70</b>	+02:18:29 (56.3%)	11:37	5.2 (44.4%)
280	<b>POKORNY Tomasz</b>	<b>1394</b>	ZAKOCHAJ SIĘ W BIEGANIU	M-50	33	NIE	01:28:51	02:44:36	<b>04:02:28.25</b>	<b>04:05:47.30</b>	+02:18:30 (56.4%)	11:32	5.2 (44.4%)
281	<b>HOFFMANN Grzegorz</b>	<b>1408</b>	KOŚCIAN TEAM	M-40	133	NIE	01:30:56	02:47:53	<b>04:05:14.20</b>	<b>04:06:41.55</b>	+02:19:24 (56.5%)	11:40	5.1 (43.6%)
282	<b>BRZEZIŃSKI Andrzej</b>	<b>1282</b>	LANRUNS	M-60	11	NIE	01:28:45	02:45:16	<b>04:07:09.95</b>	<b>04:07:47.70</b>	+02:20:31 (56.7%)	11:46	5.1 (43.6%)
283	<b>GRABARA Adam</b>	<b>1369</b>	ING BANK ŚLĄSKI	M-50	34		01:30:03	02:47:28	<b>04:07:27.90</b>	<b>04:07:51.50</b>	+02:20:34 (56.7%)	11:47	5.1 (43.6%)
284	<b>URBAN Artur</b>	<b>1160</b>		M-30	94	NIE	01:33:49	02:47:48	<b>04:07:13.15</b>	<b>04:08:47.95</b>	+02:21:31 (56.9%)	11:46	5.1 (43.6%)
285	<b>GŁUSZCZAK Jerzy</b>	<b>1333</b>	AKG ŁÓDŹ	M-60	12	TAK	01:28:40	02:43:36	<b>04:09:57.85</b>	<b>04:10:44.90</b>	+02:23:28 (57.2%)	11:54	5 (42.7%)
286	<b>PASTWA Grzegorz</b>	<b>1473</b>		M-30	95	NIE	01:30:30	02:52:20	<b>04:10:48.05</b>	<b>04:11:13.25</b>	+02:23:56 (57.3%)	11:56	5 (42.7%)
287	<b>GŁOGOWSKI Jan</b>	<b>1074</b>		M-60	13	NIE	01:33:47	02:54:35	<b>04:11:09.90</b>	<b>04:11:44.35</b>	+02:24:27 (57.4%)	11:57	5 (42.7%)
288	<b>KOZANECKI Adam</b>	<b>1098</b>	SUPERMARATOŃCZYK KALISZ	M-50	35	NIE	01:24:29	02:45:33	<b>04:15:31.35</b>	<b>04:15:53.10</b>	+02:28:36 (58.1%)	12:10	4.9 (41.9%)
289	<b>CHMIELEWSKI Mateusz</b>	<b>1454</b>		M-30	96	NIE	01:30:05	02:51:50	<b>04:15:59.70</b>	<b>04:16:16.65</b>	+02:28:59 (58.1%)	12:11	4.9 (41.9%)
290	<b>PIETRYGAŁA Robert</b>	<b>1334</b>	-	M-40	134	NIE	01:37:20	02:59:20	<b>04:17:03.85</b>	<b>04:17:56.90</b>	+02:30:40 (58.4%)	12:14	4.9 (41.9%)
291	<b>MALICKI Piotr</b>	<b>1158</b>		M-40	135	NIE	01:43:48	03:02:36	<b>04:19:07.25</b>	<b>04:20:26.55</b>	+02:33:09 (58.8%)	12:20	4.9 (41.9%)
292	<b>JANKOWSKI Marcin</b>	<b>1272</b>	FUFUFU TEAM	M-40	136	NIE	01:38:09	03:01:06	<b>04:20:09.55</b>	<b>04:21:03.55</b>	+02:33:46 (58.9%)	12:23	4.8 (41.0%)
293	<b>LUBICKI Wojciech</b>	<b>1386</b>	DWÓJKA BEZ SERNIKA	M-50	36	NIE	01:34:26	02:59:38	<b>04:27:46.15</b>	<b>04:28:45.50</b>	+02:41:28 (60.1%)	12:45	4.7 (40.2%)
294	<b>WUJTKO Romuald</b>	<b>1208</b>		M-50	37	NIE	01:50:51	03:07:31	<b>04:34:14.30</b>	<b>04:36:42.50</b>	+02:49:25 (61.2%)	13:03	4.6 (39.3%)
295	<b>MAJERSKI Michał</b>	<b>1246</b>		M-40	137	NIE	01:49:41	03:16:09	<b>04:43:24.15</b>	<b>04:44:31.30</b>	+02:57:14 (62.3%)	13:29	4.4 (37.6%)
	<b>HOSS Jan</b>	<b>1348</b>		M-40		NIE	01:02:30	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	- (0.0%)
	<b>SOBALA Łukasz</b>	<b>1127</b>	NIGHT RUNNERS	M-40		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SŁOWIŃSKI Damian</b>	<b>1113</b>		M-40		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 298 wynik(ów)