



**ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Półmaraton Gór Stołowych
Fundacja MARATONY GÓRSKIE
2021-03-13
Kartów
21 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	WITEK Andrzej	419	140MINUT.PL	M-20	1	NIE	00:44:17	01:16:17	01:37:54.30		4:39	12.9 (100%)
2	JUREK Michał	119	RMT TEAM PRO	M-30	1	NIE	00:40:12	01:16:25	01:40:22.40	+00:02:28 (2.5%)	4:46	12.6 (97.7%)
3	NORBERT Michał	285	KB SOBÓTKA	M-30	2	NIE	00:41:08	01:18:44	01:44:23.40	+00:06:29 (6.2%)	4:58	12.1 (93.8%)
4	SZPULARZ Adam	474	CRAZY RUNNERS	M-30	3	NIE	00:43:15	01:21:19	01:45:26.50	+00:07:32 (7.1%)	5:01	12 (93.0%)
5	GONCZARENKO Jarek	341	RUN100LOVE	M-40	1	NIE	00:42:25	01:20:45	01:45:43.40	+00:07:49 (7.4%)	5:02	11.9 (92.2%)
6	SARNOWSKI Paweł	145		M-30	4	TAK	00:45:31	01:23:31	01:49:36.60	+00:11:42 (10.7%)	5:13	11.5 (89.1%)
7	RUTKOWSKI Dawid	333	140MINUT.PL / GRIZZLYTEAM	M-40	2	TAK	00:44:41	01:23:44	01:52:59.95	+00:15:05 (13.4%)	5:22	11.2 (86.8%)
8	SOCHA Seweryn	525		M-30	5		00:45:30	01:27:53	01:55:01.50	+00:17:07 (14.9%)	5:28	11 (85.3%)
9	ŚLĘZAK Piotr	439	ŚLĘZAKTEAM	M-30	6	NIE	00:47:45	01:27:04	01:55:44.45	+00:17:50 (15.4%)	5:30	10.9 (84.5%)
10	SKURATKO Adrian	200	RONAL POLSKA RUN	M-30	7	NIE	00:46:49	01:28:31	01:56:27.65	+00:18:33 (15.9%)	5:32	10.8 (83.7%)
11	WASZEK Sławomir	164		M-40	3	NIE	00:48:40	01:32:23	01:59:38.40	+00:21:44 (18.2%)	5:41	10.5 (81.4%)
12	WETHACZ Dariusz	477		M-30	8	NIE	00:48:49	01:32:09	02:00:21.35	+00:22:27 (18.7%)	5:43	10.5 (81.4%)
13	MAJCHRZAK Maciej	227		M-30	9	TAK	00:47:43	01:32:23	02:00:28.45	+00:22:34 (18.7%)	5:44	10.5 (81.4%)
14	NOWACKI Mateusz	422	PRZEDWOJEWSKI MOUNTAIN TEAM	M-30	10	NIE	00:45:32	01:30:35	02:01:19.70	+00:23:25 (19.3%)	5:46	10.4 (80.6%)
15	MICHALSKI Piotrek	286		M-30	11	NO	00:47:58	01:30:41	02:01:37.55	+00:23:43 (19.5%)	5:47	10.4 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
16	GRUND Marek	239	MAFIA TEAM LUBLINIEC	M-30	12	TAK	00:48:01	01:32:46	02:02:23.60	+00:24:29 (20.0%)	5:49	10.3 (79.8%)
17	DAMEC Aleksnder	298	OCHAJORUN & FRENDS	M-50	1	NIE	00:49:39	01:32:44	02:02:32.15	+00:24:37 (20.1%)	5:50	10.3 (79.8%)
18	WŁODARCZYK Jarosław	235	KARKONOSZE RUNNING TEAM	M-40	4	NIE	00:46:13	01:31:32	02:02:41.60	+00:24:47 (20.2%)	5:50	10.3 (79.8%)
19	MACH Tomasz	265	SPORTFUEL.PL MTB TEAM	M-30	13	NIE	00:49:19	01:34:16	02:04:07.10	+00:26:12 (21.1%)	5:54	10.2 (79.1%)
20	SŁYSZ Szymon	428	NSK RUNS	M-30	14	NIE	00:48:27	01:32:45	02:04:44.65	+00:26:50 (21.5%)	5:56	10.1 (78.3%)
21	NAWROT Wojciech Nawrot	171	CTS	M-30	15	NO	00:49:22	01:34:43	02:04:52.05	+00:26:57 (21.6%)	5:56	10.1 (78.3%)
22	OGŁAZA Kamil	530		M-30	16		00:49:14	01:33:22	02:04:58.75	+00:27:04 (21.7%)	5:57	10.1 (78.3%)
23	MÓLL Mateusz	198	#SOBASTEAM	M-30	17	NIE	00:48:53	01:34:02	02:05:16.90	+00:27:22 (21.9%)	5:57	10.1 (78.3%)
24	FRANKIEWICZ Artur	295		M-30	18	TAK	00:49:01	01:33:44	02:05:45.35	+00:27:51 (22.1%)	5:59	10 (77.5%)
25	ŁUKOMSKI Maciej	520		M-40	5	TAK	00:51:43	01:37:09	02:05:55.50	+00:28:01 (22.3%)	5:59	10 (77.5%)
26	KRAJEWSKI Wojtek	516		M-50	2	NIE	00:51:48	01:37:03	02:06:02.60	+00:28:08 (22.3%)	6:00	10 (77.5%)
27	ŁOPATYŃSKI Irek	538	REMA SPORT TEAM	M-40	6		00:48:49	01:34:50	02:06:15.15	+00:28:20 (22.5%)	6:00	10 (77.5%)
28	BALIŃSKI Karol	513	ULTRASEK KAROLASEK	M-30	19	NIE	00:50:29	01:37:41	02:06:42.35	+00:28:48 (22.7%)	6:02	9.9 (76.7%)
29	SZCZĘŚNIAK Piotr	393	GVT BMC	M-40	7	NIE	00:55:29	01:38:18	02:06:45.30	+00:28:51 (22.8%)	6:02	9.9 (76.7%)
30	BAŁYS Katarzyna	421	HERCOG RUNNING TEAM	K-30	1	NIE	00:51:12	01:36:57	02:07:02.80	+00:29:08 (22.9%)	6:02	9.9 (76.7%)
31	ŻMIJEWSKI Tomasz	121		M-30	20	NIE	00:52:29	01:38:11	02:07:12.25	+00:29:17 (23.0%)	6:03	9.9 (76.7%)
32	WOJCIECH Mazik	417	KW KRAKOW	M-30	21	TAK	00:49:52	01:35:20	02:08:05.25	+00:30:10 (23.6%)	6:05	9.8 (76.0%)
33	RÓŻAŁSKI Ireneusz	246	BIEGNIJ OŁAWO	M-40	8	NIE	00:50:10	01:37:07	02:08:29.75	+00:30:35 (23.8%)	6:07	9.8 (76.0%)
34	WYROŚLAK Józef	271		M-30	22	NO	00:51:59	01:37:48	02:08:42.70	+00:30:48 (23.9%)	6:07	9.8 (76.0%)
35	BOSAKIEWICZ Tomasz	167	OLAWS ZŁOTORYJA	M-30	23	NIE	00:51:18	01:38:37	02:08:48.65	+00:30:54 (24.0%)	6:08	9.8 (76.0%)
36	ROJEWSKI Paweł	168	EVERRUN	M-30	24	NIE	00:54:00	01:39:56	02:08:56.15	+00:31:01 (24.1%)	6:08	9.8 (76.0%)
37	LACHOWSKI Robert	113		M-30	25	NIE	00:52:48	01:39:30	02:09:02.25	+00:31:07 (24.1%)	6:08	9.8 (76.0%)
38	RYCERSKI Rafał	488	DOMINIK GRZĄDZIEL TEAM	M-30	26	NIE	00:50:01	01:37:34	02:09:22.75	+00:31:28 (24.3%)	6:09	9.7 (75.2%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
39	KRUPA Marcin	408	AKTYWNA NOWA RUDA	M-40	9	NIE	00:48:29	01:36:19	+00:31:45 (24.5%)	6:10	9.7 (75.2%)
40	STACHOWIAK Łukasz	115	STR POZNAŃ / CITY TRAIL TEAM	M-30	27	NIE	00:52:38	01:38:57	+00:31:53 (24.6%)	6:10	9.7 (75.2%)
41	KURZAWIAK Grzegorz	126	KUDOWIANKA RUN	M-30	28	NIE	00:51:16	01:39:12	+00:32:29 (24.9%)	6:12	9.7 (75.2%)
41	SAJEWICZ Dominik	209	ZGÓRMYSYNY	M-30	28	TAK	00:52:30	01:39:19	+00:32:29 (24.9%)	6:12	9.7 (75.2%)
43	NOWAK Marcin	523		M-30	30		00:52:46	01:39:03	+00:32:58 (25.2%)	6:13	9.6 (74.4%)
44	GOŁĄB Mateusz	283	JURNE KNURY	M-30	31	NIE	00:53:47	01:40:26	+00:33:49 (25.7%)	6:16	9.6 (74.4%)
45	ROGALA Tomasz	506		M-30	32	NIE	00:54:29	01:42:25	+00:35:23 (26.5%)	6:20	9.5 (73.6%)
46	JANCZ Tomasz	346		M-40	10	NIE	00:55:49	01:41:57	+00:35:58 (26.9%)	6:22	9.4 (72.9%)
47	SZCZOTKA Łukasz	327		M-30	33	NIE	00:59:35	01:44:06	+00:36:05 (26.9%)	6:22	9.4 (72.9%)
48	GULCZYŃSKI Tomasz	205		M-30	34	NIE	00:53:45	01:41:45	+00:36:06 (26.9%)	6:22	9.4 (72.9%)
49	KRYSIŃSKI Maciej	362		M-30	35	NIE	00:39:42	01:34:19	+00:36:06 (26.9%)	6:22	9.4 (72.9%)
50	PRĄDZYŃSKI Marcin	173	AMS TRIATHLON	M-40	11	NIE	00:55:39	01:43:12	+00:36:19 (27.1%)	6:23	9.4 (72.9%)
51	ODOLAK Piotr	152		M-30	36	NIE	00:55:19	01:43:14	+00:37:19 (27.6%)	6:26	9.3 (72.1%)
52	CHLASTA Jacek	125		M-30	37	NIE	00:53:27	01:41:28	+00:37:24 (27.6%)	6:26	9.3 (72.1%)
53	SIKORSKI Szymon	445	600 968 951	M-30	38	NIE	00:54:36	01:42:52	+00:37:42 (27.8%)	6:27	9.3 (72.1%)
54	LUBAŃSKI Robert	252		M-50	3	NIE	00:55:09	01:43:26	+00:37:56 (27.9%)	6:28	9.3 (72.1%)
55	LASOCKI Marcin	157	12TRI.PL / TEAM ZABIEGANEDNI	M-40	12	NIE	00:52:26	01:41:03	+00:38:12 (28.1%)	6:28	9.3 (72.1%)
56	SAJDUDA Adam	250		M-20	2	NIE	00:51:40	01:39:47	+00:38:34 (28.3%)	6:29	9.2 (71.3%)
57	ZANDECKI Maciej	416		M-50	4	NIE	00:54:12	01:43:44	+00:38:36 (28.3%)	6:30	9.2 (71.3%)
58	TOŚ Sebastian	197		M-40	13	NIE	00:55:40	01:44:21	+00:38:38 (28.3%)	6:30	9.2 (71.3%)
59	LUBAŃSKI Mateusz	244		M-30	39	NIE	00:54:48	01:43:21	+00:38:40 (28.3%)	6:30	9.2 (71.3%)
60	RUSOŁ Tomasz	339	TROPEM ULTRA	M-30	40	NIE		01:43:12	+00:38:44 (28.4%)	6:30	9.2 (71.3%)
61	MATCZAK Patryk	149		M-20	3	NIE	00:54:28	01:44:11	+00:39:04 (28.5%)	6:31	9.2 (71.3%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
62	ZIMNY Tomasz	388		M-60	1	NIE	00:57:09	01:46:14	+00:39:48 (28.9%)	6:33	9.1 (70.5%)
63	ZIELIŃSKI Dominik	153		M-30	41	TAK	00:55:22	01:45:08	+00:39:51 (28.9%)	6:33	9.1 (70.5%)
64	KŁACZYŃSKA Danuta	478		K-40	1	NIE	00:57:33	01:46:25	+00:40:30 (29.3%)	6:35	9.1 (70.5%)
65	PIERZCHALSKI Dawid	144		M-40	14	NO	00:52:35	01:43:21	+00:40:42 (29.4%)	6:36	9.1 (70.5%)
66	PIETRZYK Tomasz	256	140MINUT.PL	M-40	15	NIE	00:56:28	01:47:49	+00:41:53 (30.0%)	6:39	9 (69.8%)
67	PAPROCKI Krzysztof	336		M-40	16	NIE	00:57:54	01:47:14	+00:42:04 (30.1%)	6:39	9 (69.8%)
68	FLORCZAK Marek	536		M-40	17		00:55:17	01:46:48	+00:42:08 (30.1%)	6:40	9 (69.8%)
69	HAJDA Justyna	338	MAFIA TEAM LUBLINIEC	K-20	1	NIE	00:57:20	01:47:18	+00:42:15 (30.1%)	6:40	9 (69.8%)
70	STEC Adam	123		M-40	18	NIE	00:56:21	01:46:09	+00:42:48 (30.4%)	6:42	9 (69.8%)
71	ŁUKASIK Marcin	180	BIEGNIJ OŁAWO	M-40	19	NIE	00:58:43	01:46:57	+00:42:52 (30.5%)	6:42	9 (69.8%)
72	ANTOSIAK Tomasz	524	FUNTRI	M-40	20		00:58:51	01:49:02	+00:43:07 (30.6%)	6:42	8.9 (69.0%)
73	KOŁODZIEJ Roman	486	KOTWICA BRZEG	M-40	21	NIE	00:56:39	01:47:48	+00:43:13 (30.6%)	6:43	8.9 (69.0%)
74	GÓRNY Robert	128	TIM JEST TIM	M-40	22	NIE	00:55:11	01:45:52	+00:43:35 (30.8%)	6:44	8.9 (69.0%)
75	OSICA Łukasz	204		M-30	42	NIE	00:58:48	01:48:21	+00:43:51 (30.9%)	6:45	8.9 (69.0%)
76	KOLANKO Sylwia	472	NYSA BIEGA	K-30	2	NIE	00:57:34	01:47:42	+00:44:11 (31.1%)	6:45	8.9 (69.0%)
77	KASZYŃSKI Tomek	297		M-40	23	NIE	00:58:22	01:48:27	+00:44:39 (31.3%)	6:47	8.8 (68.2%)
78	BIECUSZEK Tomasz	359	AKTYWNA NOWA RUDA	M-40	24	NIE	00:54:30	01:47:09	+00:44:45 (31.4%)	6:47	8.8 (68.2%)
79	ZAGROBELNY Michał	407	KOWARY BIEGAJĄ	M-30	43	NIE	00:54:42	01:45:29	+00:45:05 (31.5%)	6:48	8.8 (68.2%)
80	PANZ Krzysztof	189		M-30	44	TAK	00:55:31	01:47:17	+00:45:29 (31.7%)	6:49	8.8 (68.2%)
81	CIEPŁY Maciej	112		M-30	45	NIE	00:53:41	01:46:00	+00:45:36 (31.8%)	6:50	8.8 (68.2%)
82	MATYBA Anna	479		K-20	2	NIE	00:57:37	01:47:17	+00:45:54 (31.9%)	6:50	8.8 (68.2%)
83	BŁASZKIEWICZ Bogusz	357	STR POZNAŃ/DZIKIE BOBRY	M-40	25	NIE	00:56:28	01:49:44	+00:47:15 (32.6%)	6:54	8.7 (67.4%)
84	ROŚLICKI Jarosław	258	UBEZPIECZENIA DLA AKTYWNYCH/OBORYGENI	M-40	26	NIE	00:59:15	01:50:35	+00:47:37 (32.7%)	6:55	8.7 (67.4%)

Czas netto 21km												
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h	
85	BEŚKA Sławomir	192	OCHAJORUN & FRIENDS	M-50	5	NIE	01:01:53	01:52:31	+00:47:49 (32.8%)	6:56	8.6 (66.7%)	
86	SZNAJDER Paweł	238	BUBBA&GUMP	M-40	27	NIE	00:55:16	01:47:42	+00:48:16 (33.0%)	6:57	8.6 (66.7%)	
87	ROSOCHACZ Krzysztof	106		M-40	28	NIE	00:55:24	01:47:21	+00:48:26 (33.1%)	6:58	8.6 (66.7%)	
88	SZYMCZYSZYN Tomasz	354		M-30	46	NO	01:04:00	01:54:23	+00:48:52 (33.3%)	6:59	8.6 (66.7%)	
89	PODOLUK Marek	206		M-40	29	NIE	00:57:35	01:49:16	+00:49:28 (33.6%)	7:01	8.5 (65.9%)	
90	KAŁUŻNY Wojciech	315	BIEGOWA ŚWIDNICA	M-40	30	NIE	00:59:00	01:52:54	+00:49:52 (33.7%)	7:02	8.5 (65.9%)	
91	SOŁTYSIAK Marta	222		K-30	3	TAK	00:59:21	01:53:05	+00:49:53 (33.8%)	7:02	8.5 (65.9%)	
92	BOŻEK Radosław	334		M-30	47	NIE	00:56:30	01:51:08	+00:50:00 (33.8%)	7:02	8.5 (65.9%)	
93	RĘBIAŁKOWSKI Jakub	500		M-30	48	NIE	00:59:34	01:54:22	+00:51:12 (34.3%)	7:06	8.4 (65.1%)	
94	ROGUZ Łukasz	374		M-30	49	NIE	00:59:29	01:54:27	+00:51:17 (34.4%)	7:06	8.4 (65.1%)	
95	BONIEC Gabriela	397		K-20	3	NIE	01:01:09	01:54:27	+00:51:21 (34.4%)	7:06	8.4 (65.1%)	
96	KOZAK Vlad	458		M-30	50	NO	01:02:35	01:53:48	+00:51:22 (34.4%)	7:06	8.4 (65.1%)	
97	BREWKA Wojciech	165	GTRAT	M-40	31	NIE	00:59:43	01:53:52	+00:51:31 (34.5%)	7:06	8.4 (65.1%)	
98	PALACZ Marcin	355		M-40	32	NIE	00:59:48	01:53:01	+00:51:50 (34.6%)	7:07	8.4 (65.1%)	
99	JURCZAK Szymon	301		M-30	51	NIE	00:57:58	01:53:11	+00:52:08 (34.7%)	7:08	8.4 (65.1%)	
100	PASZKIEWICZ Józef	116		M-30	52	NIE	00:59:35	01:53:40	+00:52:34 (34.9%)	7:09	8.4 (65.1%)	
101	KUBIAK Karolina	233		K-40	2	NIE	01:00:38	01:54:23	+00:53:09 (35.2%)	7:11	8.3 (64.3%)	
102	WITEK Paweł	335	KOWARY BIEGAJĄ	M-40	33	NIE	00:58:15	01:55:28	+00:53:21 (35.3%)	7:12	8.3 (64.3%)	
103	RUSIN Jakub	137		M-30	53	NIE	01:00:00	01:55:31	+00:53:30 (35.3%)	7:12	8.3 (64.3%)	
104	JĘDRZEJCZAK Wojciech	493		M-50	6	NIE	01:01:56	01:55:00	+00:53:33 (35.4%)	7:12	8.3 (64.3%)	
105	KRZYWDZIŃSKI Bartłomiej	515		M-40	34	NIE	00:59:50	01:54:43	+00:53:59 (35.5%)	7:14	8.3 (64.3%)	
106	PALICKI Piotr	351		M-40	35	NIE	01:00:04	01:55:23	+00:54:03 (35.6%)	7:14	8.3 (64.3%)	
107	MŁYNARCZYK Krzysztof	147		M-40	36	NIE	00:59:50	01:55:24	+00:54:56 (35.9%)	7:16	8.2 (63.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
108	WYTYKOWSKA Joanna	454	ŁKW/RYSIE	K-40	3	TAK	01:00:55	01:55:46	02:33:01.95	+00:55:07 (36.0%)	7:17	8.2 (63.6%)
109	KACZOR Marcin	418		M-40	37	NIE	01:03:12	01:57:13	02:33:25.60	+00:55:31 (36.2%)	7:18	8.2 (63.6%)
110	KOTRA Jacek	243	LAKOWA 1	M-40	38	TAK	01:00:53	01:56:24	02:33:30.90	+00:55:36 (36.2%)	7:18	8.2 (63.6%)
111	KIEŁBASA Paweł	207	GT RAT	M-40	39	NIE	01:00:14	01:53:56	02:33:31.00	+00:55:36 (36.2%)	7:18	8.2 (63.6%)
112	KADŁUBOWSKI Piotr	174	KOTWICA BRZEG / RUN100LOVE	M-40	40	NIE	01:00:50	01:56:59	02:34:11.55	+00:56:17 (36.5%)	7:20	8.2 (63.6%)
113	NOWOSAD Artur	491		M-40	41	NIE	00:59:52	01:54:24	02:34:23.45	+00:56:29 (36.6%)	7:21	8.2 (63.6%)
114	KĄCKI Paweł	234	RĄCZE RACICZKI	M-40	42	NIE	01:02:12	01:58:33	02:34:42.15	+00:56:47 (36.7%)	7:22	8.1 (62.8%)
115	BARAN Zenon	201	RĄCZE RACICZKI	M-60	2	NIE	01:03:27	01:57:42	02:34:42.85	+00:56:48 (36.7%)	7:22	8.1 (62.8%)
116	STEFANISZYN Marcin	494	SZTUKA RUCHU PIOTR JACKOWIAK	M-30	54	NIE	01:01:08	01:56:44	02:34:52.35	+00:56:58 (36.8%)	7:22	8.1 (62.8%)
117	DUDEK Dawid	375		M-20	4	NIE	00:59:37	01:53:02	02:35:16.05	+00:57:21 (36.9%)	7:23	8.1 (62.8%)
118	MIKOŁAJEC Piotr	216		M-30	55	NIE	01:03:05	01:58:43	02:35:16.85	+00:57:22 (36.9%)	7:23	8.1 (62.8%)
119	PILARSKA Magdalena	415	STR POZNAN/WKTJ	K-30	4	TAK	01:02:43	01:57:43	02:36:33.70	+00:58:39 (37.5%)	7:27	8 (62.0%)
120	PAŁYSA Robert	508		M-20	5	NIE	01:04:06	01:58:22	02:37:08.50	+00:59:14 (37.7%)	7:28	8 (62.0%)
121	FLASZEWSKI Adam	507	SPORTOWY KAŻMIERZ	M-30	56	NIE	01:04:37	01:59:46	02:37:29.65	+00:59:35 (37.8%)	7:29	8 (62.0%)
122	KRZESIMOWSKI Damian	100		M-30	57	NIE	01:03:34	02:01:56	02:38:29.85	+01:00:35 (38.2%)	7:32	8 (62.0%)
123	SKOKOWSKI Jacek	211		M-50	7	NIE	01:04:09	02:02:19	02:38:39.60	+01:00:45 (38.3%)	7:33	7.9 (61.2%)
124	SOBKOWIAK Marcin	455		M-30	58	NIE	01:03:38	01:58:58	02:38:41.45	+01:00:47 (38.3%)	7:33	7.9 (61.2%)
125	NOWAK Krzysztof	228	KW LUBLIN	M-40	43	TAK	01:03:50	02:00:32	02:39:54.85	+01:02:00 (38.8%)	7:36	7.9 (61.2%)
126	TAMULONEK Grzegorz	509		M-40	44	NIE	01:04:30	02:02:24	02:40:37.95	+01:02:43 (39.1%)	7:38	7.8 (60.5%)
127	GINTER Grzegorz	497	AZS COLLEGIUM MEDICUM UJ	M-30	59	NIE	01:05:42	02:03:02	02:40:38.50	+01:02:44 (39.1%)	7:38	7.8 (60.5%)
128	DOBROCHOWSKI Marek	300	STRZEGOMSKA DWUNASTKA	M-30	60	NIE	01:03:32	02:01:27	02:40:52.75	+01:02:58 (39.1%)	7:39	7.8 (60.5%)
129	HOLAK Tomasz	460	1/2 PAN KRACY ENTERTIMENT	M-40	45	NIE	01:03:48	02:01:43	02:40:58.50	+01:03:04 (39.2%)	7:39	7.8 (60.5%)
130	ZATOŃ Adrian	380		M-40	46	TAK	01:04:39	02:01:52	02:41:02.90	+01:03:08 (39.2%)	7:40	7.8 (60.5%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
131	WANKIEWICZ Krzysztof	510		M-40	47	NIE	01:08:12	02:04:40	+01:03:37 (39.4%)	7:41	7.8 (60.5%)
132	LUBIK Adam	340	KSE ON-SIGHT	M-30	61	TAK	01:05:38	02:04:42	+01:04:01 (39.5%)	7:42	7.8 (60.5%)
133	DREAS Jakub	195	DZIKIE BOBRY / WĘDZIKOWSKI TEAM	M-30	62	NIE	01:02:30	02:01:03	+01:04:06 (39.6%)	7:42	7.8 (60.5%)
134	NARECKI Jarosław	259		M-50	8	NIE	01:03:44	02:02:37	+01:04:13 (39.6%)	7:43	7.8 (60.5%)
135	PASZKIEWICZ Maciej	292	DZIADEK BIEGA ULTRA	M-50	9	NO	01:05:42	02:04:04	+01:04:21 (39.7%)	7:43	7.8 (60.5%)
136	ŚWIATOWIEC Anna	240		K-50	1	NIE	01:06:24	02:03:29	+01:04:31 (39.7%)	7:44	7.8 (60.5%)
137	NEUMANN Jacek	310	CENTRUM ŁĄKOWA 1	M-50	10	NIE	01:03:59	02:03:12	+01:04:31 (39.7%)	7:44	7.8 (60.5%)
138	GULINSKI Artur	210	218CREW	M-40	48	NIE	01:07:38	02:04:45	+01:04:59 (39.9%)	7:45	7.7 (59.7%)
139	ROGÓRZ Andrzej	231	LOTNIK WROCŁAW	M-40	49	NIE	01:01:15	02:02:27	+01:05:39 (40.1%)	7:47	7.7 (59.7%)
140	CHLIPAŁA Marek	461		M-30	63	NIE	01:01:12	02:00:41	+01:05:53 (40.2%)	7:48	7.7 (59.7%)
141	BRUNKE Tomasz	277	RUN BYDGOSZCZ	M-40	50	NIE	01:03:03	02:05:39	+01:06:25 (40.4%)	7:49	7.7 (59.7%)
142	MINDYKOWSKI Zbigniew	120		M-40	51	NIE	01:02:14	02:00:50	+01:06:27 (40.4%)	7:49	7.7 (59.7%)
143	PEŻYŃSKI Piotr	349		M-40	52	NIE	01:02:56	02:00:51	+01:06:28 (40.4%)	7:49	7.7 (59.7%)
144	BIECHOŃSKI Jarosław	177		M-40	53	NIE	01:09:43	02:05:39	+01:06:31 (40.5%)	7:49	7.7 (59.7%)
145	WACHOWSKA Katarzyna	490	SMOK TRÓJGŁOWY	K-30	5	NO	01:09:11	02:06:09	+01:06:31 (40.5%)	7:49	7.7 (59.7%)
146	PAŚ Tomasz	264	PASIOR TEAM WROCŁAW	M-40	54	NIE	01:04:42	02:04:34	+01:06:40 (40.5%)	7:50	7.7 (59.7%)
147	TARNOWSKI Maciej	163	NIGHT RUNNERS WROCŁAW	M-30	64	NIE	01:03:28	02:03:26	+01:07:21 (40.8%)	7:52	7.6 (58.9%)
148	BREWKA Wanda	224	GTRAT	K-30	6	NIE	01:08:42	02:05:17	+01:07:39 (40.9%)	7:53	7.6 (58.9%)
149	BUSS Jakub	262	KUDOWIANKARUN	M-40	55	NIE	01:05:25	02:06:44	+01:08:37 (41.2%)	7:55	7.6 (58.9%)
150	ZYCHOWICZ Paweł	281	OTM.B	M-40	56	NIE	01:05:58	02:04:03	+01:08:38 (41.2%)	7:55	7.6 (58.9%)
151	ZARODA Zbigniew	282	WQURW TEAM	M-50	11	NIE	01:07:13	02:06:46	+01:08:40 (41.2%)	7:55	7.6 (58.9%)
152	BEDNARZ Małgorzata	390	OTM.B	K-40	4	NIE	01:05:59	02:04:08	+01:08:41 (41.2%)	7:55	7.6 (58.9%)
153	POCIĘGIEL Michał	143	SKAWINA BIEGA	M-30	65	NIE	01:09:52	02:08:34	+01:08:43 (41.2%)	7:56	7.6 (58.9%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
154	SUCHENIA Daniel	253		M-50	12	NIE	01:06:28	02:07:50	+01:08:56 (41.3%)	7:56	7.6 (58.9%)
155	PŁUCIENNICZAK Bartosz	392		M-30	66	NIE	01:04:58	02:03:49	+01:09:06 (41.4%)	7:57	7.5 (58.1%)
156	KOŹBIELSKI Szymon	469		M-30	67	NIE	02:35:35		+01:09:49 (41.6%)	7:59	7.5 (58.1%)
157	ŻAK Piotr	331		M-30	68	NIE	01:08:36	02:07:33	+01:10:24 (41.8%)	8:00	7.5 (58.1%)
158	KONOPACKI Grzegorz	442	RÓŻOWE LANDRYNY	M-30	69	NIE	01:07:27	02:07:12	+01:10:34 (41.9%)	8:01	7.5 (58.1%)
159	SZKUDŁO Oskar	324	BEZ BALASTU	M-40	57	NIE	01:04:41	02:07:26	+01:10:39 (41.9%)	8:01	7.5 (58.1%)
160	JASIŃSKI Marcin	443		M-40	58	NIE	01:08:35	02:06:58	+01:11:13 (42.1%)	8:03	7.5 (58.1%)
161	MADETKO Arkadiusz	533		M-30	70		01:04:30	02:02:20	+01:11:37 (42.2%)	8:04	7.4 (57.4%)
162	SUDÓŁ Robert	412	KOTWICA BRZEG	M-40	59	NIE	01:04:59	02:08:45	+01:11:59 (42.4%)	8:05	7.4 (57.4%)
163	URBANOWICZ Cezary	414		M-30	71	NIE	01:09:50	02:09:35	+01:12:04 (42.4%)	8:05	7.4 (57.4%)
164	JACKOWIAK Szymon	142	RUNNER'S POWER	M-40	60	NIE	01:12:38	02:11:30	+01:12:40 (42.6%)	8:07	7.4 (57.4%)
165	JACKOWIAK Agnieszka	229	RUNNER'S POWER	K-30	7	NIE	01:12:40	02:11:36	+01:12:43 (42.6%)	8:07	7.4 (57.4%)
166	GRUHN Anna	379		K-30	8	NO	01:07:45	02:09:08	+01:13:20 (42.8%)	8:09	7.4 (57.4%)
167	GRUDZIEN-JURKOWSKA Malgorzata	272		K-30	9	NIE	01:08:27	02:09:50	+01:13:59 (43.0%)	8:11	7.3 (56.6%)
168	SZEWS Marek	260	AMS BYDGOSZCZ	M-40	61	NIE	01:09:20	02:11:19	+01:14:22 (43.2%)	8:12	7.3 (56.6%)
169	NIKOLAJUK Robert	188		M-30	72	NIE	01:10:22	02:15:08	+01:15:09 (43.4%)	8:14	7.3 (56.6%)
170	HANGIEL Bolesław	503		M-30	73	NIE	01:06:39	02:07:24	+01:15:11 (43.4%)	8:14	7.3 (56.6%)
171	SIEPIELSKI Damian	396	SOLETANCHE POLSKA	M-30	74	NIE	01:05:28	02:09:07	+01:15:25 (43.5%)	8:15	7.3 (56.6%)
172	PIDANTY Grzegorz	435	ZHR STRZEGOM	M-40	62		01:11:08	02:14:41	+01:15:46 (43.6%)	8:16	7.3 (56.6%)
173	ZDYB Grzegorz	245		M-40	63	NIE	01:06:38	02:11:47	+01:16:00 (43.7%)	8:16	7.2 (55.8%)
174	LECHOWSKI Grzegorz	111	BIEGNIJ OŁAWO	M-30	75	NIE	01:03:59	02:06:55	+01:16:04 (43.7%)	8:17	7.2 (55.8%)
175	RZEŹNIK Mariusz	312	ROZBIEGANY RAWICZ	M-40	64	NIE	01:11:32	02:13:32	+01:16:06 (43.7%)	8:17	7.2 (55.8%)
176	JANOTA Michał	122	BIEGNIJ OŁAWO	M-40	65	NIE	01:08:51	02:13:05	+01:16:11 (43.8%)	8:17	7.2 (55.8%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
177	KACZMAREK Karol	251	ROZBIEGANY RAWICZ AKUNA RUN	M-40	66	NIE	01:10:13	02:13:38	+01:16:15 (43.8%)	8:17	7.2 (55.8%)
178	WIANECKI Mieczysław	512	NIEZRZESZONY	M-50	13	NIE	01:06:16	02:08:30	+01:16:16 (43.8%)	8:17	7.2 (55.8%)
179	ANDROS Agata	170	BIEGNIJ OŁAWO	K-30	10	NIE	01:08:51	02:13:10	+01:16:19 (43.8%)	8:17	7.2 (55.8%)
180	BUŁAJEWSKA-OZGA Kinga	321	BIEGNIJ OŁAWO	K-30	11	NIE	01:09:59	02:13:27	+01:16:32 (43.9%)	8:18	7.2 (55.8%)
181	ŻAK Dominika	308		K-30	12	NIE	01:09:22	02:13:22	+01:17:06 (44.1%)	8:20	7.2 (55.8%)
182	KWIATKOWSKI Przemysław	534		M-40	67		01:09:24	02:12:01	+01:17:23 (44.2%)	8:20	7.2 (55.8%)
183	SZYGENDA Sebastian	348		M-40	68	NIE	01:09:17	02:12:07	+01:17:29 (44.2%)	8:21	7.2 (55.8%)
184	WRÓBLEWSKI Witek	496		M-30	76	NIE	01:04:53	02:06:07	+01:17:30 (44.2%)	8:21	7.2 (55.8%)
185	KRZYSZTOFIAK Aleksandra	275	KOWARY BIEGAJĄ	K-30	13	NIE	01:08:52	02:10:19	+01:18:22 (44.5%)	8:23	7.1 (55.0%)
186	SOWIŃSKI Robert	400	GVT	M-40	69	NIE	01:08:13	02:12:54	+01:18:36 (44.5%)	8:24	7.1 (55.0%)
187	SZLUFIK Marta	294	BIEGNIJ OŁAWO	K-30	14	NIE	01:10:14	02:14:06	+01:18:48 (44.6%)	8:24	7.1 (55.0%)
188	BARAŃSKI Piotr	377		M-40	70	NIE	01:09:28	02:13:03	+01:19:08 (44.7%)	8:25	7.1 (55.0%)
189	PISOWŁODZKA Dagmara	214		K-40	5	NIE	01:11:42	02:13:55	+01:19:31 (44.8%)	8:26	7.1 (55.0%)
190	FEICHTINGER Marek	270		M-40	71	NIE	01:31:33	02:24:26	+01:19:44 (44.9%)	8:27	7.1 (55.0%)
191	DULĘBA Tomasz	269		M-50	14	NIE	01:12:55	02:15:56	+01:19:47 (44.9%)	8:27	7.1 (55.0%)
192	KACZMAREK Mirosław	358	RUNNER'S POWER	M-30	77	NIE	01:15:02	02:18:02	+01:19:59 (45.0%)	8:28	7.1 (55.0%)
193	MATUSZEWSKI Marek	532	RUNNERS POWER	M-40	72		01:15:00	02:18:01	+01:20:03 (45.0%)	8:28	7.1 (55.0%)
194	MATUSZEWSKA Małgorzata	131	RUNNER'S POWER ŚREM	K-40	6	NIE	01:15:04	02:18:05	+01:20:04 (45.0%)	8:28	7.1 (55.0%)
195	DZIDECZEK Marcin	406	TEAM ZABIEGANEDNI	M-40	73	NIE	01:13:21	02:16:58	+01:20:18 (45.1%)	8:29	7.1 (55.0%)
196	SERAFIN Robert	172		M-50	15	NIE	01:11:06	02:17:26	+01:21:34 (45.5%)	8:32	7 (54.3%)
197	SERAFIN Ewelina	261		K-40	7	NIE	01:11:06	02:17:33	+01:21:44 (45.5%)	8:33	7 (54.3%)
198	HACUŚ Jacek	501		M-30	78	NIE	01:07:03	02:11:38	+01:21:53 (45.5%)	8:33	7 (54.3%)
199	WOJCIECHOWSKI Dariusz	133	KRAKOWIAK ULTRA TEAM	M-40	74	NIE	01:35:05	02:26:21	+01:22:29 (45.7%)	8:35	7 (54.3%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
200	CZUBACKI Kacper	482		M-30	79	TAK	01:18:24	02:18:14	+01:22:35 (45.8%)	8:35	7 (54.3%)
201	MITIS Marek	220		M-30	80	NO	01:13:19	02:15:19	+01:22:44 (45.8%)	8:36	7 (54.3%)
202	FARION Marzena	101	THE FARIONS	K-40	8	NIE	01:07:06	02:11:36	+01:22:54 (45.9%)	8:36	7 (54.3%)
203	RADECKI Adam	103		M-40	75	NIE	01:07:05	02:11:37	+01:22:55 (45.9%)	8:36	7 (54.3%)
204	KOMADA Wojciech	179		M-40	76	NIE	01:09:45	02:16:45	+01:22:55 (45.9%)	8:36	7 (54.3%)
205	BĄKOWSKI Tomasz	424	CAMP - RUN	M-40	77	NIE	01:13:05	02:15:40	+01:23:06 (45.9%)	8:37	7 (54.3%)
206	FIGUŁA Sławomir	169		M-30	81	NIE	01:09:29	02:14:45	+01:23:34 (46.1%)	8:38	6.9 (53.5%)
207	MILAN Grzegorz	306		M-20	6	NIE	01:12:15	02:15:02	+01:23:42 (46.1%)	8:38	6.9 (53.5%)
208	SZUKAŁA Piotr	203		M-30	82	NIE	01:40:10	02:27:59	+01:23:44 (46.1%)	8:38	6.9 (53.5%)
209	TYŚ Radek	266	NOWA RUDA BIEGA	M-30	83	NIE	01:31:38	02:24:48	+01:24:01 (46.2%)	8:39	6.9 (53.5%)
210	GOŁĄBIEWSKI Jarek	466	BIEGACZE SWINOUJSCIE	M-50	16	NIE	01:14:17	02:18:44	+01:24:22 (46.3%)	8:40	6.9 (53.5%)
211	MICHALSKA Bogna	531		K-30	15		01:11:46	02:14:49	+01:24:41 (46.4%)	8:41	6.9 (53.5%)
212	WOSZCZAK Zbigniew	480	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-50	17	NIE	01:11:45	02:17:41	+01:24:43 (46.4%)	8:41	6.9 (53.5%)
213	BOCHNIARZ Anna	372	BIEGNIJ OŁAWO	K-30	16	NIE	01:14:18	02:20:03	+01:25:16 (46.6%)	8:43	6.9 (53.5%)
214	CZACHOWSKI Michal	505		M-50	18	NIE	01:16:33	02:18:33	+01:25:47 (46.7%)	8:44	6.9 (53.5%)
215	PAWLAK Mateusz	194	BIEGNIJ OŁAWO	M-30	84	NIE	01:11:02	02:17:36	+01:25:58 (46.8%)	8:45	6.9 (53.5%)
216	KRAWIEC Piotr	208	KOTWICA BRZEG	M-40	78	NIE	01:13:04	02:20:07	+01:26:11 (46.8%)	8:45	6.8 (52.7%)
217	WOSZCZAK Jolanta	481	STRZELIŃSKI KLUB BIEGACZA GRANIT	K-50	2	NIE	01:13:33	02:17:51	+01:26:12 (46.8%)	8:46	6.8 (52.7%)
218	BRYNIARSKI Bartosz	383		M-40	79	NIE	01:08:43	02:18:05	+01:26:16 (46.8%)	8:46	6.8 (52.7%)
219	SZCZUKA Joanna	134		K-20	4	NIE	01:13:36	02:19:32	+01:26:59 (47.0%)	8:48	6.8 (52.7%)
220	PARKITNY Aleksander	464		M-40	80	NIE	01:08:36	02:13:57	+01:27:25 (47.2%)	8:49	6.8 (52.7%)
221	GAŁASZKIEWICZ Grzegorz	467	LINDON TEAM	M-40	81	NIE	01:14:22	02:20:26	+01:28:48 (47.6%)	8:53	6.7 (51.9%)
222	DIUWE Marzena	237		K-30	17	NIE	01:13:32	02:21:25	+01:29:20 (47.7%)	8:55	6.7 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
223	KRZECZKOWSKI Roman	219	BIEGOWA ŚWIDNICA	M-40	82	NIE	01:12:49	02:21:26	03:07:38.05	+01:29:43 (47.8%)	8:56	6.7 (51.9%)
224	KASZYŃSKA Dorota	413		K-50	3	NIE	01:17:25	02:24:37	03:07:40.55	+01:29:46 (47.8%)	8:56	6.7 (51.9%)
225	MORAWSKI Marcin	161	RANGER SURVIVAL CLUB	M-40	83	NIE	01:13:42	02:23:16	03:08:11.00	+01:30:16 (48.0%)	8:57	6.7 (51.9%)
226	RUSIN Szymon	225		M-30	85	TAK	01:14:31	02:20:57	03:08:58.60	+01:31:04 (48.2%)	8:59	6.7 (51.9%)
227	KULA Piotr	127	ZDEZORIENTOWANI	M-40	84	NIE	01:11:07	02:20:34	03:09:06.20	+01:31:11 (48.2%)	9:00	6.7 (51.9%)
228	KASPRZAK Andrzej	519		M-30	86	NIE	01:16:24	02:23:58	03:09:36.75	+01:31:42 (48.4%)	9:01	6.6 (51.2%)
229	CIERCZEK Rafał	517		M-30	87	NIE	01:16:16	02:23:55	03:09:38.35	+01:31:44 (48.4%)	9:01	6.6 (51.2%)
230	SKIBIŃSKI Piotr	287	BIEGNIJ OŁAWO	M-30	88	NIE	01:17:15	02:26:02	03:09:41.70	+01:31:47 (48.4%)	9:01	6.6 (51.2%)
231	SOSZYŃSKA-PSTROKOŃSKA Joanna	151	GAZELE NA STARCIE	K-30	18	NIE	01:18:24	02:24:16	03:09:49.20	+01:31:54 (48.4%)	9:02	6.6 (51.2%)
232	SOSZYŃSKI Piotr	499	GAZELE NA STARCIE	M-40	85	NIE	01:18:15	02:24:30	03:09:52.25	+01:31:57 (48.4%)	9:02	6.6 (51.2%)
233	PIECUCH Małgorzata	162		K-60	1	NIE	01:17:43	02:25:53	03:10:14.90	+01:32:20 (48.5%)	9:03	6.6 (51.2%)
234	ROSOLSKI Paweł	160		M-40	86	NIE	01:10:03	02:18:35	03:10:21.90	+01:32:27 (48.6%)	9:03	6.6 (51.2%)
235	REMISZ Wojciech	495	CANNABIS SATIVA	M-30	89	NIE	01:08:59	02:16:52	03:11:41.90	+01:33:47 (48.9%)	9:07	6.6 (51.2%)
236	NIMSZ Bartosz	483		M-40	87	NIE	01:15:05	02:24:46	03:12:24.75	+01:34:30 (49.1%)	9:09	6.5 (50.4%)
237	KOMENDZIŃSKI Wojciech	484		M-40	88	NIE	01:14:57	02:24:40	03:12:34.00	+01:34:39 (49.2%)	9:10	6.5 (50.4%)
238	HACHOŁ Justyna	325		K-40	9	NIE	01:12:09	02:23:05	03:12:46.30	+01:34:52 (49.2%)	9:10	6.5 (50.4%)
239	SZPETECKA Marcelina	311		K-30	19	NIE	01:12:13	02:23:20	03:12:52.35	+01:34:58 (49.2%)	9:11	6.5 (50.4%)
240	CICHOMSKA Marzena	248		K-40	10	NIE	01:16:28	02:29:22	03:13:35.00	+01:35:40 (49.4%)	9:13	6.5 (50.4%)
241	KUBICKI Mariusz	429	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	M-40	89		01:17:29	02:24:23	03:13:48.60	+01:35:54 (49.5%)	9:13	6.5 (50.4%)
242	SYPKO-KUBICKA Katarzyna	430	KOZŁOWICKI CROSS FABRYKA ZMIAN	K-40	11		01:17:33	02:24:26	03:13:50.85	+01:35:56 (49.5%)	9:13	6.5 (50.4%)
243	PIASKOWSKI Artur	489		M-40	90	NIE	01:18:59	02:29:16	03:13:54.50	+01:36:00 (49.5%)	9:14	6.5 (50.4%)
244	DZIĘGIELEWSKA Dominika	193	EKIPA LIPA	K-30	20	NIE	01:19:34	02:29:24	03:13:58.90	+01:36:04 (49.5%)	9:14	6.5 (50.4%)
245	SERWATKIEWICZ Grzegorz	159		M-30	90	NIE	01:12:23	02:23:39	03:14:06.00	+01:36:11 (49.6%)	9:14	6.5 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
246	TRZPIOLA Tycjan	110	KURACJUSZE	M-30	91	NIE	01:15:12	02:27:23	03:14:20.90	+01:36:26 (49.6%)	9:15	6.5 (50.4%)
247	STEFANIAK Marcin	425	STR POZNAŃ/PREFAWAAB	M-40	91		01:16:11	02:24:36	03:14:27.55	+01:36:33 (49.7%)	9:15	6.5 (50.4%)
248	ODOLCZYK Joanna	378		K-50	4	NIE	01:17:35	02:25:11	03:15:01.55	+01:37:07 (49.8%)	9:17	6.5 (50.4%)
249	KRÓL-PIDANTY Marzena	434		K-40	12		01:15:54	02:24:20	03:15:25.30	+01:37:31 (49.9%)	9:18	6.4 (49.6%)
250	MAJ Marek	185		M-40	92	NIE	01:13:47	02:26:29	03:15:37.55	+01:37:43 (50.0%)	9:18	6.4 (49.6%)
251	NOWAK Katarzyna	313	TIM JEST TIM	K-30	21	NIE	01:16:11	02:29:03	03:15:45.40	+01:37:51 (50.0%)	9:19	6.4 (49.6%)
252	STANISZEWSKA-DUDA Katarzyna	475	TIM JEST TIM	K-40	13	NIE	01:15:52	02:29:13	03:15:55.85	+01:38:01 (50.0%)	9:19	6.4 (49.6%)
253	NOWAK Marcin	319	TIM JEST TIM	M-30	92	TAK	01:16:31	02:29:33	03:16:04.30	+01:38:10 (50.1%)	9:20	6.4 (49.6%)
254	WALCZAK Agnieszka	399	KOWARY BIEGAJĄ	K-30	22	NIE	01:17:44	02:26:49	03:16:15.30	+01:38:21 (50.1%)	9:20	6.4 (49.6%)
255	ŻMUDKA Bartek	276	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M-40	93	NIE	01:16:43	02:25:33	03:16:39.05	+01:38:44 (50.2%)	9:21	6.4 (49.6%)
256	BARAN Paulina	255	NIE W SZCZEPIONKĘ TEAM	K-30	23	NIE	01:21:34	02:33:32	03:16:39.40	+01:38:45 (50.2%)	9:21	6.4 (49.6%)
257	WYSOCKI Tomasz	371	OCHAJORUN & FRIENDS	M-40	94	NIE	01:18:06	02:25:44	03:16:50.40	+01:38:56 (50.3%)	9:22	6.4 (49.6%)
258	KOSIOROWSKI Leszek	395	TEAM BIEG PIASTÓW	M-50	19	NIE	01:19:19	02:31:19	03:16:53.55	+01:38:59 (50.3%)	9:22	6.4 (49.6%)
259	MACIONCZYK Julita	135	RYBNICKA GRUPA BIEGOWA "PĘDZIMY RAZEM"	K-30	24	NIE	01:18:37	02:26:09	03:17:04.95	+01:39:10 (50.3%)	9:23	6.4 (49.6%)
260	WITA Mateusz	527		M-30	93		01:18:17	02:26:24	03:17:14.75	+01:39:20 (50.4%)	9:23	6.4 (49.6%)
261	BIENIEK Beata	366		K-30	25	NIE	01:18:15	02:26:31	03:17:20.60	+01:39:26 (50.4%)	9:23	6.4 (49.6%)
262	FRAĆKOWIAK Dominik	291		M-30	94	NIE	01:12:34	02:20:49	03:17:21.25	+01:39:26 (50.4%)	9:23	6.4 (49.6%)
263	SZUKAŁA Izabela	314		K-30	26	NIE	01:19:07	02:27:52	03:18:23.15	+01:40:28 (50.6%)	9:26	6.4 (49.6%)
264	HAREMZA Joanna	273	WKTJ POZNAŃ	K-30	27	TAK	01:18:54	02:27:53	03:18:23.95	+01:40:29 (50.7%)	9:26	6.4 (49.6%)
265	HAŁA Marta	451	TARNOWO PODGÓRNE BIEGA	K-40	14	NIE	01:22:15	02:30:21	03:19:39.55	+01:41:45 (51.0%)	9:30	6.3 (48.8%)
266	NYSARZ Jan	529		M-30	95		01:23:10	02:30:37	03:19:55.35	+01:42:01 (51.0%)	9:31	6.3 (48.8%)
267	POSADZY -PALICKA Natalia	433		K-40	15		01:19:53	02:30:55	03:20:34.00	+01:42:39 (51.2%)	9:33	6.3 (48.8%)
268	ZWIERZYŃSKI Roman	485	LECĘ BO CHCĘ	M-60	3	NIE	01:21:39	02:33:25	03:20:35.75	+01:42:41 (51.2%)	9:33	6.3 (48.8%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
269	ANDRZEJCZAK Paweł	105		M-40	95	NIE	01:22:59	02:33:31	+01:43:07 (51.3%)	9:34	6.3 (48.8%)
270	GRABOWICZ Paweł	518		M-40	96	NIE	01:44:06	02:44:20	+01:43:41 (51.4%)	9:36	6.3 (48.8%)
271	SOBAŃSKI Roman	140	TARNOWO PODGÓRNE BIEGA	M-40	97	NIE	01:22:04	02:32:56	+01:43:43 (51.4%)	9:36	6.2 (48.1%)
272	SOBAŃSKA Paulina	139	TARNOWO PODGÓRNE BIEGA	K-30	28	NIE	01:22:27	02:33:32	+01:44:00 (51.5%)	9:36	6.2 (48.1%)
273	SZYMCZAK Łukasz	337		M-40	98	NIE	01:17:07	02:30:57	+01:44:49 (51.7%)	9:39	6.2 (48.1%)
274	NEUMANN Beata	318	CENTRUM ŁĄKOWA	K-50	5	NIE	01:20:30	02:36:22	+01:45:31 (51.9%)	9:41	6.2 (48.1%)
275	WASILEWSKA-MICHALAK Agata	141	AKADEMIA MISTRZÓW SPORTU	K-40	16	NIE	01:19:58	02:35:51	+01:48:00 (52.5%)	9:48	6.1 (47.3%)
276	STEFAŃSKA Beata	537		K-30	29		01:25:31	02:37:35	+01:48:03 (52.5%)	9:48	6.1 (47.3%)
277	BRZEZIŃSKI Andrzej	436		M-60	4		01:19:21	02:31:26	+01:49:20 (52.8%)	9:52	6.1 (47.3%)
278	GONERA Kazimierz	136	KB HARCOWNIK JELCZ-LASKOWICE	M-60	5	NIE	01:24:01	02:37:55	+01:49:45 (52.9%)	9:53	6.1 (47.3%)
279	CHOŁUJ Małgorzata	368		K-50	6	NIE	01:22:32	02:34:37	+01:50:58 (53.1%)	9:56	6 (46.5%)
280	CZECH Dorota	288	AFR POLAND	K-40	17	NIE	01:22:35	02:34:41	+01:51:04 (53.1%)	9:57	6 (46.5%)
281	MAKLES Wioletta	290	EUROPA UBEZPIECZENIA / NOA	K-40	18	NIE	01:22:10	02:34:50	+01:51:10 (53.2%)	9:57	6 (46.5%)
282	CHUDAŃSKI Jakub	528		M-30	96		01:15:17	02:30:46	+01:51:38 (53.3%)	9:58	6 (46.5%)
283	MAZURKIEWICZ Anna	299	ZGÓRMYSYNY	K-30	30	NIE	01:19:23	02:35:16	+01:51:44 (53.3%)	9:58	6 (46.5%)
284	KURZAWIAK Wojciech	181	ZGÓRMYSYNY	M-40	99	TAK	01:17:14	02:35:19	+01:51:44 (53.3%)	9:59	6 (46.5%)
285	WASILEWSKA Martyna	138	AMS BYDGOSZCZ	K-30	31	NIE	01:20:13	02:36:04	+01:51:56 (53.3%)	9:59	6 (46.5%)
286	FEDOROWICZ Jowita	456	KOTWICA BRZEG	K-30	32	NIE	01:27:34	02:39:23	+01:52:07 (53.4%)	10:00	6 (46.5%)
287	OLESZEK Magdalena	441	BIEGOWA KUŹNIA	K-30	33	TAK	01:18:55	02:37:31	+01:52:16 (53.4%)	10:00	6 (46.5%)
288	KUBICA Agnieszka	411	KOTWICA BRZEG	K-40	19	NIE	01:28:05	02:40:02	+01:52:57 (53.6%)	10:02	6 (46.5%)
289	PAJĄK Krzysztof	535	KW GLIWICE	M-50	20	TAK	01:19:24	02:37:45	+01:53:14 (53.6%)	10:03	6 (46.5%)
290	ŚLADCZYK Dominik	465	MKST	M-30	97	TAK	01:01:48	02:19:41	+01:53:39 (53.7%)	10:04	6 (46.5%)
291	STASZEWSKI Dariusz	213	7.BKPOW.	M-30	98	NIE	01:20:06	02:36:14	+01:55:17 (54.1%)	10:09	5.9 (45.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
292	TERESHCHENKO Ganna	459	HUTINPUJ	K-30	34	NO	01:21:14	02:34:54	03:33:22.15	+01:55:27 (54.1%)	10:09	5.9 (45.7%)
293	KACIUPA Agnieszka	274		K-40	20	NIE	01:29:44	02:46:40	03:34:52.70	+01:56:58 (54.4%)	10:13	5.9 (45.7%)
294	FINKOWIAT - SZYMCZAK Katarzyna	332		K-30	35	NIE	01:29:45	02:46:40	03:34:52.85	+01:56:58 (54.4%)	10:13	5.9 (45.7%)
295	PACZKOWSKI Bartosz	178	BLACK RIDER	M-50	21	NIE	01:25:47	02:42:25	03:35:55.10	+01:58:00 (54.7%)	10:16	5.8 (45.0%)
296	WESOŁEK Daniel	447		M-30	99	NIE	01:27:30	02:39:57	03:36:17.20	+01:58:22 (54.7%)	10:17	5.8 (45.0%)
297	BAGIŃSKA Paula	386		K-30	36	NIE	01:27:45	02:40:07	03:36:22.20	+01:58:27 (54.8%)	10:18	5.8 (45.0%)
298	MORAWSKA Anna	323		K-60	2	NIE	01:27:52	02:44:44	03:36:58.65	+01:59:04 (54.9%)	10:19	5.8 (45.0%)
299	BORODYN Andrzej	402	FARTY PUSZCZY	M-40	100	NIE	01:15:27	02:38:32	03:37:22.15	+01:59:27 (55.0%)	10:21	5.8 (45.0%)
300	KWIT Ann	328	BEZ KLUBU	K-40	21	NIE	01:26:02	02:40:27	03:37:57.95	+02:00:03 (55.1%)	10:22	5.8 (45.0%)
301	ROZWADOWSKI Rafał	403	DRUŻYNA SZPIKU	M-40	101	NIE	01:24:26	02:41:15	03:38:06.85	+02:00:12 (55.1%)	10:23	5.8 (45.0%)
302	ROZWADOWSKI Robert	398	DRUZYNA SZPIKU	M-40	102	NIE	01:24:48	02:41:26	03:38:15.05	+02:00:20 (55.1%)	10:23	5.8 (45.0%)
303	MISIAK Anna	426	TEAM ZABIEGANEDNI	K-30	37		01:27:58	02:44:29	03:38:17.70	+02:00:23 (55.2%)	10:23	5.8 (45.0%)
304	GOSK Urszula	293		K-30	38	NIE	01:24:16	02:42:10	03:38:35.80	+02:00:41 (55.2%)	10:24	5.8 (45.0%)
305	CHWASTYK Ewa	150		K-30	39	NIE	01:24:42	02:42:36	03:39:01.40	+02:01:07 (55.3%)	10:25	5.8 (45.0%)
306	ŁADOŃSKA Agata	326		K-30	40	NIE	01:22:03	02:40:40	03:39:07.95	+02:01:13 (55.3%)	10:26	5.8 (45.0%)
307	WRÓBLEWSKI Wojciech	124		M-30	100	NIE	01:20:27	02:40:27	03:39:08.65	+02:01:14 (55.3%)	10:26	5.7 (44.2%)
308	GOGOLA Mateusz	257	BIEGNIJ OŁAWO	M-30	101	NIE	01:21:47	02:48:42	03:40:51.15	+02:02:56 (55.7%)	10:31	5.7 (44.2%)
309	MALISZAK Agnieszka	502		K-30	41	NIE	01:24:50	02:48:34	03:41:15.35	+02:03:21 (55.8%)	10:32	5.7 (44.2%)
310	ŁASKAWSKA Justyna	498		K-40	22	NIE	01:24:12	02:41:28	03:41:38.10	+02:03:43 (55.8%)	10:33	5.7 (44.2%)
311	HANGIEL Urszula	504	ŻWAWĘ ŻÓŁWIE	K-30	42	NIE	01:24:07	02:44:41	03:41:53.75	+02:03:59 (55.9%)	10:33	5.7 (44.2%)
312	BULARZ Mateusz	385	BIEGNIJ OŁAWO	M-20	7	NIE	01:22:41	02:45:25	03:42:34.90	+02:04:40 (56.0%)	10:35	5.7 (44.2%)
313	SIKORSKA Karolina	446	NOA	K-30	43	NIE	01:24:21	02:46:19	03:43:45.90	+02:05:51 (56.2%)	10:39	5.6 (43.4%)
314	BORKOWSKI Marcel	146		M-30	102	NIE	01:29:43	02:54:23	03:43:46.00	+02:05:51 (56.2%)	10:39	5.6 (43.4%)

Czas netto 21km											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Różn	Tempo min/km	Tempo km/h
315	SKOWRONEK Tomasz	155		M-30	103	NIE	01:19:14	02:46:22	+02:06:56 (56.5%)	10:42	5.6 (43.4%)
316	GÓRSKA Tatiana	511	AGB TORFY	K-50	7	NIE	01:27:14	02:46:09	+02:07:07 (56.5%)	10:42	5.6 (43.4%)
317	KRAJEWSKA Magdalena	148		K-50	8	NIE	01:25:03	02:46:16	+02:07:12 (56.5%)	10:43	5.6 (43.4%)
318	HOFFMANN Grzegorz	132		M-40	103	NIE	01:19:09	02:39:36	+02:07:34 (56.6%)	10:44	5.6 (43.4%)
319	SOKOŁOWSKI Artur	409	TEAM ZABIEGANEDNI	M-40	104	NIE	01:24:21	02:46:09	+02:07:47 (56.6%)	10:44	5.6 (43.4%)
320	ZARZECZNY Radosław	156	JUNIOR AMATOR SUPERSTAR	M-30	104	NIE	01:49:41	02:55:20	+02:07:50 (56.6%)	10:45	5.6 (43.4%)
321	BOROŃ Izabela	370		K-40	23	NIE	01:29:58	02:47:59	+02:09:16 (56.9%)	10:49	5.5 (42.6%)
322	BOROŃ Ryszard	175		M-60	6	NIE	01:23:34	02:48:08	+02:09:16 (56.9%)	10:49	5.5 (42.6%)
323	CZERWONKA Zbigniew	322		M-30	105	NO	01:20:41	02:45:47	+02:09:42 (57.0%)	10:50	5.5 (42.6%)
324	KRUZEL Rafał	432	BIEGOWE MISIE	M-50	22	NIE	01:25:01	02:51:10	+02:11:44 (57.4%)	10:56	5.5 (42.6%)
325	KRUZEL Joanna	431	BIEGOWE MISIE	K-30	44		01:24:52	02:51:16	+02:11:51 (57.4%)	10:56	5.5 (42.6%)
326	CZECH Marcin	384		M-40	105	NIE	01:36:52	02:54:00	+02:12:09 (57.4%)	10:57	5.5 (42.6%)
327	CZECH Bożena	389		K-40	24	NIE	01:37:00	02:54:08	+02:12:16 (57.5%)	10:57	5.5 (42.6%)
328	DUDEK Krzysztof	279	STRZEGOMSKA DWUNASTKA	M-40	106	NIE	01:28:55	02:52:13	+02:13:09 (57.6%)	11:00	5.5 (42.6%)
329	DUDEK Mariola	317	STRZEGOMSKA DWUNASTKA	K-40	25	NIE	01:29:44	02:52:38	+02:13:14 (57.6%)	11:00	5.5 (42.6%)
330	LUBAŃSKA Alicja	302		K-50	9	NIE	01:29:53	02:53:02	+02:14:46 (57.9%)	11:04	5.4 (41.9%)
331	FRAŦCZAK Ireneusz	382		M-40	107	NIE	01:47:06	02:59:50	+02:15:27 (58.0%)	11:06	5.4 (41.9%)
332	TARASZKIEWICZ Krzysztof	196	DZIKDGL	M-40	108	NIE	01:47:03	02:59:57	+02:15:31 (58.1%)	11:06	5.4 (41.9%)
333	GRZESIAK Rafał	247	EMERYT	M-40	109	NIE	01:47:30	03:00:05	+02:15:39 (58.1%)	11:07	5.4 (41.9%)
334	FURMAN Agnieszka	118	OCHAJORUN & FRIENDS	K-30	45	NIE	01:40:28	03:04:43	+02:17:32 (58.4%)	11:12	5.4 (41.9%)
335	WYRWICKA Sylwia	387		K-40	26	NIE	01:30:46	02:55:40	+02:17:39 (58.4%)	11:13	5.3 (41.1%)
336	ANTECKI Jacek	367		M-40	110	NIE	01:31:12	02:55:42	+02:17:40 (58.4%)	11:13	5.3 (41.1%)
337	BACHANOWSKI Pawel	191		M-40	111	NIE	01:33:26	03:00:11	+02:27:55 (60.2%)	11:42	5.1 (39.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
338	JOL Monika	526	MAFIA TEAM LUBLINIEC	K-30	46		02:07:10	03:19:11	04:05:56.00	+02:28:01 (60.2%)	11:42	5.1 (39.5%)
339	TOL Kamil	129	MAFIA TEAM LUBLINIEC	M-30	106	NIE	02:07:09	03:19:10	04:06:02.15	+02:28:07 (60.2%)	11:42	5.1 (39.5%)
340	ZAJĄCZKOWSKI Damian	521		M-40	112	NIE	01:29:30	03:00:27	04:06:04.25	+02:28:09 (60.2%)	11:43	5.1 (39.5%)
341	GOLEC Tomasz	470	BARI TEAM	M-40	113	NIE	01:33:53	03:07:15	04:10:59.50	+02:33:05 (61.0%)	11:57	5 (38.8%)
342	GOLEC Iwona	471	BARI TEAM	K-40	27	NIE	01:39:46	03:08:06	04:11:04.30	+02:33:10 (61.0%)	11:57	5 (38.8%)
343	JEZIERSKA Karina	280	12TRI.PL / TEAM ZABIEGANEDNI	K-40	28	NIE	01:35:06	03:10:38	04:14:06.60	+02:36:12 (61.5%)	12:06	5 (38.8%)
344	KOZŁOWSKA-WOYCIECHOWSKA Hanna	487		K-30	47	NIE	01:35:46	03:10:46	04:14:15.00	+02:36:20 (61.5%)	12:06	5 (38.8%)
345	DOLATA Maciej	330		M-40	114	NIE	02:13:07	03:23:36	04:14:45.80	+02:36:51 (61.6%)	12:07	4.9 (38.0%)
346	BLICHERT Anna	437	I DON'T KURWA CARE	K-30	48	NIE	01:40:01	03:14:32	04:19:06.25	+02:41:11 (62.2%)	12:20	4.9 (38.0%)
347	BEDNARSKA-KOZIOŁ Danuta	217	WKURW_TEAM	K-40	29	NIE	01:42:50	03:14:33	04:19:06.60	+02:41:12 (62.2%)	12:20	4.9 (38.0%)
348	FURMAN Michał	199	OCHAJORUN & FRIENDS	M-30	107	NIE	01:40:24	03:15:56	04:24:20.65	+02:46:26 (63.0%)	12:35	4.8 (37.2%)
349	DRZEWIECKI-ZARZECZNY Grzegorz	316	BIAŁYSTOK BIEGA TEAM	M-60	7	NIE	01:48:58	03:20:49	04:27:54.60	+02:50:00 (63.5%)	12:45	4.7 (36.4%)
350	KURCZYNA-GŁUSZCZAK Magdalena	438		K-30	49	NIE	01:42:15	03:20:54	04:29:26.40	+02:51:32 (63.7%)	12:49	4.7 (36.4%)
351	PEPŁOWSKA Sylwia	361		K-40	30	NO	02:05:46	04:02:08	05:20:59.40	+03:43:05 (69.5%)	15:17	3.9 (30.2%)
352	CISŁAK Anna	182		K-30	50	NIE	02:05:35	04:02:06	05:21:00.35	+03:43:06 (69.5%)	15:17	3.9 (30.2%)
	OPAŁKA Damian	183	MYRACE	M-30		NIE	00:52:39 DNF	DNF	DNF		-	- (0.0%)
	STANKOWSKA Dorota	452	BIEGAJZESLAWKIEM	K-40		NIE	01:39:44 DNF	DNF	DNF		-	- (0.0%)
	STANKOWSKI Przemysław	176		M-40		NIE	01:39:45 DNF	DNF	DNF		-	- (0.0%)
	KASPRZAK Tomasz	345		M-40		NIE	01:47:59 DNF	DNF	DNF		-	- (0.0%)
	LIS Mirosław	364		M-40		NIE	DNF	DNF	DNF		-	- (0.0%)