



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Zimowy Półmaraton Gór Stołowych

Fundacja Maratony Górskie

2023-01-21

Karłów

21 km

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Znaleziono 454 wynik(ów)