



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-03-14  
**Miejsce:** Kartów  
**Dystans:** 31 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
1	<b>WITEK Andrzej</b>	<b>214</b>	140MINUT.PL	M-20	1	00:37:55	01:10:53	01:47:31	<b>02:26:11.15</b>		4:42	12.7 (100%)
2	<b>NICPOŃ Sebastian</b>	<b>108</b>	KARKONOSZ RUNNING TEAM	M-20	2	00:46:00	01:23:46	02:09:12	<b>02:57:18.65</b>	+00:31:07 (17.6%)	5:43	10.5 (82.7%)
3	<b>PASTUSZKA Paweł</b>	<b>256</b>	EX TEAM	M-30	1	00:45:23	01:25:44	02:10:03	<b>03:04:20.25</b>	+00:38:09 (20.7%)	5:56	10.1 (79.5%)
4	<b>BUCZEK Bartłomiej</b>	<b>166</b>	CHIHUAHUA TEAM	M-30	2	00:50:23	01:31:29	02:16:07	<b>03:09:46.75</b>	+00:43:35 (23.0%)	6:07	9.8 (77.2%)
5	<b>WRÓBLEWSKI Konrad</b>	<b>285</b>		M-40	1	00:48:25	01:31:40	02:18:33	<b>03:15:05.90</b>	+00:48:54 (25.1%)	6:17	9.5 (74.8%)
6	<b>HOLYST Andrzej</b>	<b>251</b>	GT RAT	M-40	2	00:49:25	01:32:17	02:19:15	<b>03:15:15.35</b>	+00:49:04 (25.1%)	6:17	9.5 (74.8%)
7	<b>NIEZGÓDKA Tomasz</b>	<b>278</b>	ZĄŁOGA GÓRSKA	M-50	1	00:49:17	01:31:49	02:18:10	<b>03:16:36.85</b>	+00:50:25 (25.6%)	6:20	9.5 (74.8%)
8	<b>BUŁACZ Jacek</b>	<b>268</b>	DZIEWIĘĆ SIŁ STRONIE ŚLĄSKIE	M-40	3	00:50:28	01:34:18	02:21:02	<b>03:19:00.80</b>	+00:52:49 (26.5%)	6:25	9.3 (73.2%)
9	<b>ROGÓRZ Piotr</b>	<b>227</b>		M-40	4	00:51:29	01:34:08	02:27:53	<b>03:19:52.10</b>	+00:53:40 (26.9%)	6:26	9.3 (73.2%)
10	<b>KACZMARCZYK Łukasz</b>	<b>266</b>		M-30	3	00:48:35	01:32:28	02:19:55	<b>03:21:47.90</b>	+00:55:36 (27.6%)	6:30	9.2 (72.4%)
11	<b>KARCZYŃSKI Dariusz</b>	<b>208</b>	BIEGANIE =POMAGANIE ,ULTRA FAMILI TEAM	M-40	5	00:49:45	01:32:50	02:24:37	<b>03:21:56.25</b>	+00:55:45 (27.6%)	6:30	9.2 (72.4%)
12	<b>KITA Michał</b>	<b>161</b>	PĘDZĄCY W MIEJSCU	M-40	6	00:53:37	01:34:58	02:30:10	<b>03:22:40.80</b>	+00:56:29 (27.9%)	6:32	9.2 (72.4%)
13	<b>KRUPA Marcin</b>	<b>243</b>	AKTYWNA NOWA RUDA	M-40	7	00:50:17	01:34:45	02:23:17	<b>03:22:44.25</b>	+00:56:33 (27.9%)	6:32	9.2 (72.4%)
14	<b>FORTUNA Norbert</b>	<b>217</b>	BARTOSZ GORCZYCA TEAM/ KGHM ZG RUN	M-30	4	00:48:17	01:31:30	02:20:29	<b>03:23:37.15</b>	+00:57:26 (28.2%)	6:34	9.1 (71.7%)
15	<b>JAZŁOCKI Łukasz</b>	<b>111</b>	LLAMA IN MY LIVING ROOM	M-30	5	00:50:27	01:34:32	02:23:23	<b>03:23:53.40</b>	+00:57:42 (28.3%)	6:34	9.1 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
16	<b>HARASIUK Adam</b>	<b>277</b>	ALIANCA DE MISERICORDIA EQUIPE DE CORRIDA	M-30	6	00:50:43	01:34:48	02:25:44	<b>03:27:20.60</b>	+01:01:09 (29.5%)	6:41	9 (70.9%)
17	<b>STASZCZAK Łukasz</b>	<b>231</b>	TRI TEAM LUBAŃ	M-40	8	00:52:24	01:36:03	02:26:38	<b>03:27:53.85</b>	+01:01:42 (29.7%)	6:42	8.9 (70.1%)
18	<b>SKIBA Adam</b>	<b>250</b>	MAFIA TEAM LUBLINIEC	M-30	7	00:49:55	01:36:27	02:28:08	<b>03:31:58.90</b>	+01:05:47 (31.0%)	6:50	8.8 (69.3%)
19	<b>BEDNARZ Sebastian</b>	<b>219</b>	OTM.B	M-50	2	00:51:36	01:39:34	02:29:31	<b>03:33:28.75</b>	+01:07:17 (31.5%)	6:53	8.7 (68.5%)
20	<b>LAZAR Damian</b>	<b>255</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW/NESSI ŻORY	M-30	8	00:53:22	01:41:15	02:32:12	<b>03:34:18.50</b>	+01:08:07 (31.8%)	6:54	8.7 (68.5%)
21	<b>KUSNIERCZAK Wiesław</b>	<b>284</b>		M-40	9	00:52:15	01:38:56	02:43:42	<b>03:37:41.70</b>	+01:11:30 (32.8%)	7:01	8.5 (66.9%)
22	<b>GRUND Marek</b>	<b>292</b>		M-30	9	00:52:21	01:42:10	02:33:35	<b>03:37:48.10</b>	+01:11:36 (32.9%)	7:01	8.5 (66.9%)
23	<b>PRZYBYSZEWSKI Łukasz</b>	<b>270</b>		M-30	10	00:51:26	01:41:10	02:32:40	<b>03:40:06.60</b>	+01:13:55 (33.6%)	7:06	8.5 (66.9%)
24	<b>GOSTYŃSKI Krzysztof</b>	<b>206</b>	RUCZAJ ULTRA TEAM	M-40	10	00:56:08	01:43:47	02:35:29	<b>03:42:01.25</b>	+01:15:50 (34.2%)	7:09	8.4 (66.1%)
25	<b>PRZYBYSZ Ryszard</b>	<b>123</b>		M-50	3	00:54:41	01:45:14	02:37:52	<b>03:44:43.75</b>	+01:18:32 (35.0%)	7:14	8.3 (65.4%)
26	<b>HERCHEL Arkadiusz</b>	<b>146</b>		M-40	11	00:53:45	01:42:57	02:37:32	<b>03:44:49.70</b>	+01:18:38 (35.0%)	7:15	8.3 (65.4%)
27	<b>MUSIAŁ Szymon</b>	<b>234</b>	PRZEBIEGLI UNISŁAW	M-30	11	00:57:18	01:46:13	02:37:45	<b>03:45:42.05</b>	+01:19:30 (35.2%)	7:16	8.2 (64.6%)
28	<b>KARPOWICZ Rafal</b>	<b>225</b>		M-40	12	00:53:32	01:41:10	01:55:27	<b>03:46:47.25</b>	+01:20:36 (35.5%)	7:18	8.2 (64.6%)
29	<b>CUPRIAK Daniel</b>	<b>212</b>		M-40	13	00:58:32	01:48:55	02:42:23	<b>03:47:38.55</b>	+01:21:27 (35.8%)	7:20	8.2 (64.6%)
30	<b>ANISZEWSKI Bartłomiej</b>	<b>235</b>	ROSSMANN	M-30	12	00:55:20	01:42:36	02:36:11	<b>03:49:26.15</b>	+01:23:15 (36.3%)	7:24	8.1 (63.8%)
31	<b>PIETRZAK Romek</b>	<b>273</b>	SKS OBORNKI	M-50	4	00:58:32	01:49:27	02:43:09	<b>03:50:47.05</b>	+01:24:35 (36.7%)	7:26	8.1 (63.8%)
32	<b>ZIEMKIEWICZ Jarosław</b>	<b>245</b>	2 KROKI DO METY	M-40	14	00:57:34	01:48:56	02:43:52	<b>03:52:35.85</b>	+01:26:24 (37.2%)	7:30	8 (63.0%)
33	<b>LUBAŃSKI Robert</b>	<b>153</b>		M-50	5	01:00:31	01:50:16	02:45:08	<b>03:53:12.70</b>	+01:27:01 (37.3%)	7:31	8 (63.0%)
34	<b>KACZMAREK Mateusz</b>	<b>138</b>		M-30	13	00:56:54	01:51:34	02:49:45	<b>03:53:55.40</b>	+01:27:44 (37.5%)	7:32	8 (63.0%)
35	<b>DEINIUK Roman</b>	<b>113</b>		M-20	3	00:58:23	01:49:26	02:43:55	<b>03:54:00.80</b>	+01:27:49 (37.5%)	7:32	7.9 (62.2%)
36	<b>HOTAŁA Sylwia</b>	<b>290</b>	KUDOWIANKA RUN	K-30	1	01:00:25	01:53:14	02:47:25	<b>03:54:12.90</b>	+01:28:01 (37.6%)	7:33	7.9 (62.2%)
37	<b>MICHAŁKIEWICZ Wojciech</b>	<b>106</b>	NOA	M-50	6	00:55:41	01:45:27	02:41:48	<b>03:55:13.30</b>	+01:29:02 (37.9%)	7:35	7.9 (62.2%)
38	<b>STANUCHIEWICZ Oskar</b>	<b>107</b>		M-40	15	00:53:07	01:46:07	02:42:36	<b>03:55:49.95</b>	+01:29:38 (38.0%)	7:36	7.9 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
39	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>143</b>		K-40	1	01:06:18	01:56:39	02:50:44	<b>03:56:06.65</b>	+01:29:55 (38.1%)	7:36	7.9 (62.2%)
40	<b>BODEK Tomasz</b>	<b>229</b>	ZAKOCHAJ SIĘ W BIEGANIU	M-30	14	01:00:15	01:50:53	02:53:44	<b>03:57:08.50</b>	+01:30:57 (38.4%)	7:38	7.8 (61.4%)
41	<b>LUBAŃSKI Mateusz</b>	<b>279</b>		M-30	15	00:58:07	01:46:53	02:49:45	<b>03:57:45.10</b>	+01:31:33 (38.5%)	7:40	7.8 (61.4%)
42	<b>WEINERT Artur</b>	<b>204</b>	RUNNER'S POWER	M-30	16	00:58:45	01:47:31	02:49:36	<b>03:57:48.20</b>	+01:31:37 (38.5%)	7:40	7.8 (61.4%)
43	<b>ZIEMBA Damian</b>	<b>232</b>	HRT/ANTONTEAM	M-40	16	01:00:34	01:52:33	02:47:55	<b>03:59:14.35</b>	+01:33:03 (38.9%)	7:43	7.8 (61.4%)
44	<b>DZIUBA Piotr</b>	<b>178</b>		M-40	17	00:59:40	01:53:05		<b>04:01:01.85</b>	+01:34:50 (39.3%)	7:46	7.7 (60.6%)
45	<b>TĘCZA Dariusz</b>	<b>244</b>	BIEGAJ W JEDLINIE	M-50	7	01:12:22	02:03:45	02:56:03	<b>04:05:47.65</b>	+01:39:36 (40.5%)	7:55	7.6 (59.8%)
46	<b>MICHALIK Joanna</b>	<b>185</b>		K-40	2	01:03:26	01:56:46	02:51:58	<b>04:06:41.50</b>	+01:40:30 (40.7%)	7:57	7.5 (59.1%)
47	<b>LEWKOWSKI Aleksander</b>	<b>154</b>		M-30	17	01:00:21	01:54:14	02:51:57	<b>04:06:44.60</b>	+01:40:33 (40.8%)	7:57	7.5 (59.1%)
48	<b>RZEŹNICZEK Anna</b>	<b>224</b>		K-30	2	01:02:12	01:53:42	02:49:23	<b>04:06:57.85</b>	+01:40:46 (40.8%)	7:57	7.5 (59.1%)
49	<b>ANTKOWIAK Michał</b>	<b>239</b>	MUAY RUNNING TEAM	M-30	18	01:03:30	01:57:03	02:55:45	<b>04:08:47.15</b>	+01:42:36 (41.2%)	8:01	7.5 (59.1%)
50	<b>ANTKOWIAK Monika</b>	<b>238</b>	MUAY RUNNING TEAM	K-30	3	01:03:48	01:57:11	02:55:52	<b>04:08:55.05</b>	+01:42:43 (41.3%)	8:01	7.5 (59.1%)
51	<b>PURCZYŃSKI Grzegorz</b>	<b>242</b>		M-40	18	00:56:45	01:50:52	02:51:35	<b>04:11:13.40</b>	+01:45:02 (41.8%)	8:06	7.4 (58.3%)
52	<b>NOWICKI Marcin</b>	<b>158</b>		M-40	19	00:59:57	01:51:34	02:50:46	<b>04:11:40.65</b>	+01:45:29 (41.9%)	8:07	7.4 (58.3%)
53	<b>KORCZYŃSKI Łukasz</b>	<b>246</b>	BIEGOWA POGORZAŁA	M-40	20	01:03:36	01:55:36	02:51:53	<b>04:11:54.25</b>	+01:45:43 (42.0%)	8:07	7.4 (58.3%)
54	<b>ZIMNY Tomasz</b>	<b>124</b>		M-60	1	01:07:09	01:59:23	02:56:46	<b>04:12:02.55</b>	+01:45:51 (42.0%)	8:07	7.4 (58.3%)
55	<b>STANKOWSKI Przemysław</b>	<b>286</b>	#BIEGAJZESŁAWKIEM	M-40	21	01:05:20	02:00:46	02:57:59	<b>04:12:52.00</b>	+01:46:40 (42.2%)	8:09	7.4 (58.3%)
56	<b>KACZOR Marcin</b>	<b>265</b>		M-40	22	01:03:49	01:57:19	02:56:43	<b>04:13:44.55</b>	+01:47:33 (42.4%)	8:11	7.3 (57.5%)
57	<b>ZERZÁN Dominik</b>	<b>163</b>	MATTONI FREE RUN NÁCHOD BĚLOVES	M-50	8	01:00:49	01:55:26	02:55:00	<b>04:13:50.45</b>	+01:47:39 (42.4%)	8:11	7.3 (57.5%)
58	<b>LITWIN Michał</b>	<b>260</b>	LITEWIN TEAM	M-30	19	00:56:08	01:46:49	02:47:39	<b>04:16:24.75</b>	+01:50:13 (43.0%)	8:16	7.3 (57.5%)
59	<b>PAŻUCHA Wojciech</b>	<b>112</b>		M-40	23	01:02:31	01:56:21	02:58:11	<b>04:17:55.25</b>	+01:51:44 (43.3%)	8:19	7.2 (56.7%)
60	<b>MAĆKOWSKI Mateusz</b>	<b>148</b>	NATURAL BORN COFFEE LOVERS	M-40	24	01:00:17	01:54:42	03:01:32	<b>04:18:38.35</b>	+01:52:27 (43.5%)	8:20	7.2 (56.7%)
61	<b>SZPAŁA Jakub</b>	<b>101</b>		M-20	4	01:05:47	02:03:10	02:59:12	<b>04:19:02.40</b>	+01:52:51 (43.6%)	8:21	7.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
62	<b>HALMANN Mirosław</b>	<b>269</b>	PGB SPORTOWA PACZKA	M-30	20		01:53:21	02:52:18	<b>04:19:27.30</b>	+01:53:16 (43.7%)	8:22	7.2 (56.7%)
63	<b>PLUCIŃSKI Jakub</b>	<b>132</b>	DRAGON RUNNERS	M-30	21	00:59:49	01:56:13	02:54:36	<b>04:20:57.35</b>	+01:54:46 (44.0%)	8:25	7.1 (55.9%)
64	<b>CHŁAP Ireneusz</b>	<b>175</b>	HUSARIA SUDETY	M-40	25	00:59:54	01:56:20	02:54:46	<b>04:21:07.30</b>	+01:54:56 (44.0%)	8:25	7.1 (55.9%)
65	<b>TURNIAK Miłosz</b>	<b>117</b>		M-30	22	01:04:05	02:00:06	03:00:46	<b>04:21:24.85</b>	+01:55:13 (44.1%)	8:25	7.1 (55.9%)
66	<b>CZAPRAN Magdalena</b>	<b>114</b>		K-30	4	01:04:12	02:00:17	03:00:55	<b>04:21:38.10</b>	+01:55:26 (44.1%)	8:26	7.1 (55.9%)
67	<b>CIURASZKIEWICZ Andrzej</b>	<b>100</b>		M-40	26	01:04:44	01:57:54	02:57:59	<b>04:24:10.45</b>	+01:57:59 (44.7%)	8:31	7 (55.1%)
68	<b>KOWALSKI Andrzej</b>	<b>160</b>		M-60	2	01:04:54	01:58:15	02:58:09	<b>04:24:18.65</b>	+01:58:07 (44.7%)	8:31	7 (55.1%)
69	<b>WESOŁEK Paweł</b>	<b>210</b>	RUNNER'S POWER ŚREM	M-40	27	01:03:13	01:59:52	03:01:39	<b>04:26:12.15</b>	+02:00:01 (45.1%)	8:35	7 (55.1%)
70	<b>PIKUL Piotr</b>	<b>203</b>		M-40	28	01:08:38	02:07:24	03:09:13	<b>04:26:32.45</b>	+02:00:21 (45.2%)	8:35	7 (55.1%)
71	<b>SMOTER Damian</b>	<b>105</b>		M-30	23	01:03:33	01:59:49	03:05:24	<b>04:26:47.15</b>	+02:00:36 (45.2%)	8:36	7 (55.1%)
72	<b>SKOKOWSKI Jacek</b>	<b>287</b>		M-50	9	01:08:27	02:08:46	03:11:21	<b>04:28:38.05</b>	+02:02:26 (45.6%)	8:39	6.9 (54.3%)
73	<b>RADZIWOŃ Anna</b>	<b>274</b>	GRUPA NIENACHALNIE HEROICZNA	K-40	3	01:06:51	02:06:10	03:10:05	<b>04:30:26.40</b>	+02:04:15 (45.9%)	8:43	6.9 (54.3%)
74	<b>GOSIŃSKI Sławomir</b>	<b>294</b>		M-30	24	01:04:35	02:01:26	03:10:07	<b>04:33:04.35</b>	+02:06:53 (46.5%)	8:48	6.8 (53.5%)
75	<b>KUCHARSKI Dariusz</b>	<b>267</b>		M-40	29	01:04:22	02:03:29	03:07:43	<b>04:33:06.60</b>	+02:06:55 (46.5%)	8:48	6.8 (53.5%)
76	<b>KUCIŃSKA Magdalena</b>	<b>126</b>		K-30	5	01:08:10	02:06:06	03:07:49	<b>04:33:38.05</b>	+02:07:26 (46.6%)	8:49	6.8 (53.5%)
77	<b>MIGDAŁ Adrian</b>	<b>168</b>		M-40	30	01:09:50	02:10:37	03:15:53	<b>04:34:48.25</b>	+02:08:37 (46.8%)	8:51	6.8 (53.5%)
78	<b>QUIRINI Ewa</b>	<b>170</b>		K-30	6	01:08:53	02:11:21	03:14:51	<b>04:35:11.40</b>	+02:09:00 (46.9%)	8:52	6.8 (53.5%)
79	<b>NERLO Krzysztof</b>	<b>116</b>		M-30	25	01:07:10	02:09:09	03:13:00	<b>04:39:23.80</b>	+02:13:12 (47.7%)	9:00	6.7 (52.8%)
80	<b>RYBAK Paweł</b>	<b>186</b>		M-40	31	01:09:19	02:10:04	03:14:29	<b>04:39:32.35</b>	+02:13:21 (47.7%)	9:01	6.7 (52.8%)
81	<b>STACHURA Rafał</b>	<b>156</b>		M-40	32	01:07:22	02:09:16	03:13:11	<b>04:39:33.25</b>	+02:13:22 (47.7%)	9:01	6.7 (52.8%)
82	<b>KOCHMAŃSKI Jakub</b>	<b>149</b>	SOWY	M-40	33	01:07:23	02:09:30	03:13:26	<b>04:39:40.45</b>	+02:13:29 (47.7%)	9:01	6.7 (52.8%)
83	<b>AUGUSCIK Mariusz</b>	<b>209</b>		M-50	10	01:10:46	02:08:25	03:15:42	<b>04:40:31.90</b>	+02:14:20 (47.9%)	9:02	6.6 (52.0%)
84	<b>JASICKI Krzysztof</b>	<b>145</b>	RUNHOGS TYCHY	M-40	34	01:07:26	02:09:11		<b>04:40:53.75</b>	+02:14:42 (48.0%)	9:03	6.6 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
85	<b>FRANKIEWICZ Jakub</b>	<b>110</b>	ANIOŁKI CHARLIEGO	M-40	35	01:09:49	02:11:11	03:15:46	<b>04:42:07.30</b>	+02:15:56 (48.2%)	9:06	6.6 (52.0%)
86	<b>KOZŁOWSKI Wojciech</b>	<b>151</b>		M-50	11	01:02:51	02:01:34	03:12:55	<b>04:43:05.25</b>	+02:16:54 (48.4%)	9:07	6.6 (52.0%)
87	<b>JACKOWIAK Szymon</b>	<b>202</b>	RUNNER'S POWER	M-40	36	01:17:47	02:20:57	03:24:28	<b>04:44:59.35</b>	+02:18:48 (48.7%)	9:11	6.5 (51.2%)
88	<b>JACKOWIAK Agnieszka</b>	<b>201</b>	RUNNER'S POWER	K-30	7	01:17:51	02:21:03	03:24:10	<b>04:45:04.55</b>	+02:18:53 (48.7%)	9:11	6.5 (51.2%)
89	<b>BŁĘDKOWSKA Katarzyna</b>	<b>262</b>		K-30	8	01:12:25	02:14:38	03:20:56	<b>04:45:56.90</b>	+02:19:45 (48.9%)	9:13	6.5 (51.2%)
90	<b>SROKA Marcin</b>	<b>133</b>	ST RUNNERS	M-40	37	01:13:38	02:13:39	03:23:46	<b>04:46:06.40</b>	+02:19:55 (48.9%)	9:13	6.5 (51.2%)
91	<b>BARANOWSKI Filip</b>	<b>226</b>		M-40	38	01:11:33	02:13:30	03:20:16	<b>04:46:27.80</b>	+02:20:16 (49.0%)	9:14	6.5 (51.2%)
92	<b>FABISZ Rafal</b>	<b>248</b>	NO NAME	M-40	39	01:07:28	02:09:42	03:15:27	<b>04:47:09.90</b>	+02:20:58 (49.1%)	9:15	6.5 (51.2%)
93	<b>BYLINA Bartosz</b>	<b>247</b>		M-40	40	01:07:55	02:09:51	03:15:40	<b>04:47:18.50</b>	+02:21:07 (49.1%)	9:16	6.5 (51.2%)
94	<b>MICHALAK Sławomir</b>	<b>276</b>	INŻYNIER.EU NOSI TRAILOWE BOTKI	M-50	12	01:15:26	02:17:56	03:23:29	<b>04:48:30.40</b>	+02:22:19 (49.3%)	9:18	6.4 (50.4%)
95	<b>SZYGENDA Sebastian</b>	<b>115</b>	TIGER TEAM	M-40	41	01:10:47	02:15:43	03:24:24	<b>04:48:33.00</b>	+02:22:21 (49.3%)	9:18	6.4 (50.4%)
96	<b>KWIATKOWSKI Przemysław</b>	<b>121</b>	PWSD	M-40	42	01:11:00	02:15:52	03:24:36	<b>04:48:42.30</b>	+02:22:31 (49.4%)	9:18	6.4 (50.4%)
97	<b>TOMASZEWSKI Dawid</b>	<b>104</b>	WLKP MOUNTAINS ULTRA	M-40	43	01:13:50	02:13:54	03:24:00	<b>04:49:24.30</b>	+02:23:13 (49.5%)	9:20	6.4 (50.4%)
98	<b>BACHURSKI Tomasz</b>	<b>215</b>		M-40	44	01:09:11	02:14:07		<b>04:54:37.75</b>	+02:28:26 (50.4%)	9:30	6.3 (49.6%)
99	<b>WOJCIECHOWICZ Leszek</b>	<b>127</b>	DZIECI KOTANA	M-30	26	01:12:07	02:16:05	03:24:45	<b>04:55:19.85</b>	+02:29:08 (50.5%)	9:31	6.3 (49.6%)
100	<b>GINTER Grzegorz</b>	<b>120</b>	AZS COLLEGIUM MEDICUM UJ	M-30	27	01:14:38	02:19:21	03:29:02	<b>04:55:23.90</b>	+02:29:12 (50.5%)	9:31	6.3 (49.6%)
101	<b>FIJAŁKOWSKI Wojciech</b>	<b>162</b>	MONAR-GRACZE	M-60	3	01:13:16	02:16:18	03:24:50	<b>04:55:32.95</b>	+02:29:21 (50.5%)	9:32	6.3 (49.6%)
102	<b>SZPYTMA Remigiusz</b>	<b>258</b>		M-30	28	01:09:13	02:11:38	03:18:24	<b>04:58:23.20</b>	+02:32:12 (51.0%)	9:37	6.2 (48.8%)
103	<b>TRZEPACZ Dorota</b>	<b>240</b>	KB LUPUS OLEŚNICA	K-40	4	01:08:55	02:16:15	03:28:58	<b>04:58:56.60</b>	+02:32:45 (51.1%)	9:38	6.2 (48.8%)
104	<b>MACIEJEWSKI Adam</b>	<b>230</b>		M-30	29	01:12:00	02:12:02	03:20:45	<b>04:59:08.45</b>	+02:32:57 (51.1%)	9:38	6.2 (48.8%)
105	<b>FILIPOWICZ Dominik</b>	<b>271</b>		M-30	30	01:13:31	02:20:56	03:30:06	<b>04:59:47.20</b>	+02:33:36 (51.2%)	9:40	6.2 (48.8%)
106	<b>KOSTYK Grzegorz</b>	<b>272</b>		M-40	45	01:13:43	02:20:58	03:30:06	<b>05:00:00.30</b>	+02:33:49 (51.3%)	9:40	6.2 (48.8%)
107	<b>MATUSZEWSKA Małgorzata</b>	<b>119</b>	RUNNER'S POWER ŚREM	K-40	5	01:18:00	02:21:22	03:30:43	<b>05:00:28.10</b>	+02:34:16 (51.3%)	9:41	6.2 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
108	<b>KACZMAREK Mirosław</b>	<b>191</b>	RUNNER'S POWER	M-30	31	01:18:12	02:21:31	03:30:58	<b>05:00:37.60</b>	+02:34:26 (51.4%)	9:41	6.2 (48.8%)
109	<b>MATUSZEWSKI Marek</b>	<b>291</b>	RUNNER'S POWER	M-40	46	01:18:09	02:21:36	03:30:59	<b>05:00:43.25</b>	+02:34:32 (51.4%)	9:42	6.2 (48.8%)
110	<b>BAKA Marcin</b>	<b>122</b>	GTS TRADYCJA	M-50	13	01:12:45	02:18:54	03:28:31	<b>05:02:32.60</b>	+02:36:21 (51.7%)	9:45	6.1 (48.0%)
111	<b>BISKUP Rafał</b>	<b>177</b>	RUN DZIADU RUN	M-50	14	01:14:46	02:19:39	03:01:43	<b>05:06:43.60</b>	+02:40:32 (52.3%)	9:53	6.1 (48.0%)
112	<b>SMUGA Łukasz</b>	<b>134</b>	SZEREGOWY BIEGACZ	M-30	32	01:21:51	02:30:59	03:40:39	<b>05:07:54.70</b>	+02:41:43 (52.5%)	9:55	6 (47.2%)
113	<b>LEONARSKA Małgorzata</b>	<b>128</b>	DZIKI BIEG	K-30	9	01:21:04	02:30:59	03:40:43	<b>05:08:01.85</b>	+02:41:50 (52.5%)	9:56	6 (47.2%)
114	<b>KURKOWIAK Krzysztof</b>	<b>135</b>	#TEAMNICPOŃ	M-30	33	01:14:44	02:21:47	03:35:17	<b>05:11:01.95</b>	+02:44:50 (53.0%)	10:01	6 (47.2%)
115	<b>MARONKA Agnieszka</b>	<b>180</b>		K-40	6	01:18:56	02:26:07	03:37:21	<b>05:11:38.30</b>	+02:45:27 (53.1%)	10:03	6 (47.2%)
116	<b>KARKOSZ Aurelia</b>	<b>197</b>		K-30	10	01:17:20	02:23:56	03:33:18	<b>05:12:06.25</b>	+02:45:55 (53.2%)	10:04	6 (47.2%)
117	<b>MAZUREK Marita</b>	<b>193</b>		K-30	11	01:13:01	02:17:31	03:31:30	<b>05:12:14.70</b>	+02:46:03 (53.2%)	10:04	6 (47.2%)
118	<b>SAMOLAK Maciek</b>	<b>169</b>		M-40	47	01:13:33	02:22:35	03:37:29	<b>05:12:58.80</b>	+02:46:47 (53.3%)	10:05	5.9 (46.5%)
119	<b>KRUZEL Rafał</b>	<b>157</b>	BIEGOWE MISIE	M-50	15	01:17:59	02:27:06	03:40:44	<b>05:13:05.20</b>	+02:46:54 (53.3%)	10:05	5.9 (46.5%)
120	<b>RADZIWOŃ Krzysztof</b>	<b>275</b>	GRUPA NIENACHALNIE HEROICZNA	M-40	48	01:21:04	02:32:01	03:44:15	<b>05:14:24.00</b>	+02:48:12 (53.5%)	10:08	5.9 (46.5%)
121	<b>KLIMECKI Krzysztof</b>	<b>233</b>	NSK RUNS	M-20	5	01:13:41	02:24:09	03:36:16	<b>05:15:22.60</b>	+02:49:11 (53.6%)	10:10	5.9 (46.5%)
122	<b>ARGASIŃSKI Mateusz</b>	<b>295</b>		M-30	34	01:13:43	02:18:33	03:33:59	<b>05:16:10.30</b>	+02:49:59 (53.8%)	10:11	5.9 (46.5%)
123	<b>STASZEWSKI Dariusz</b>	<b>289</b>		M-30	35	01:14:52	02:26:39	03:39:31	<b>05:16:37.30</b>	+02:50:26 (53.8%)	10:12	5.9 (46.5%)
124	<b>SAMOLAK Łukasz</b>	<b>172</b>	10BLOG	M-30	36	01:13:35	02:22:56	03:37:45	<b>05:17:23.55</b>	+02:51:12 (53.9%)	10:14	5.9 (46.5%)
125	<b>MACIOŁ Sebastian</b>	<b>125</b>	TTA BIERUŃ	M-40	49	01:11:32	02:26:07	03:40:37	<b>05:20:39.00</b>	+02:54:27 (54.4%)	10:20	5.8 (45.7%)
126	<b>MACIEJEWSKI Tomasz</b>	<b>228</b>	ZAP-KOOPERACJA	M-30	37	01:18:07	02:26:18	03:39:59	<b>05:24:31.65</b>	+02:58:20 (55.0%)	10:28	5.7 (44.9%)
127	<b>SZYNKLEWSKI Maciej</b>	<b>164</b>	QUAY POZNAŃ	M-50	16	01:16:11	02:26:45	03:46:57	<b>05:25:01.25</b>	+02:58:50 (55.0%)	10:29	5.7 (44.9%)
128	<b>RESPONDEK Dariusz</b>	<b>254</b>		M-40	50	01:18:17	02:27:48	03:42:11	<b>05:31:34.50</b>	+03:05:23 (55.9%)	10:41	5.6 (44.1%)
129	<b>SZELAĞ Piotr</b>	<b>194</b>	TURBO JEŻE TEAM	M-40	51	01:25:13	02:33:09	03:52:40	<b>05:32:30.10</b>	+03:06:18 (56.0%)	10:43	5.6 (44.1%)
130	<b>MŁODZIKOWSKI Rafał</b>	<b>137</b>	SŁYNNI KENIJCZYCY	M-40	52	01:28:35	02:40:39	04:04:53	<b>05:37:14.30</b>	+03:11:03 (56.7%)	10:52	5.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
131	<b>KIEŁBOWICZ Aneta</b>	<b>129</b>	SŁYNNI KENIJCZYCY	K-30	12	01:28:33	02:40:48	04:05:10	<b>05:37:20.60</b>	+03:11:09 (56.7%)	10:52	5.5 (43.3%)
132	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>141</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	7	01:24:35	02:31:51	03:54:18	<b>05:37:35.40</b>	+03:11:24 (56.7%)	10:53	5.5 (43.3%)
133	<b>MIREK Waldemar</b>	<b>181</b>		M-60	4	01:19:47	02:33:24	03:53:18	<b>05:41:14.10</b>	+03:15:02 (57.2%)	11:00	5.5 (43.3%)
134	<b>LEDNICKI Michał</b>	<b>139</b>		M-30	38	01:18:47	02:32:44	03:49:15	<b>05:41:43.40</b>	+03:15:32 (57.2%)	11:01	5.4 (42.5%)
135	<b>MATUŁA Bartłomiej</b>	<b>213</b>	PRZEBIEGLI UNISŁAW	M-40	53	01:21:35	02:31:57	03:56:55	<b>05:41:51.25</b>	+03:15:40 (57.2%)	11:01	5.4 (42.5%)
136	<b>BLACHOWSKI Waldemar</b>	<b>102</b>		M-40	54	01:21:37	02:32:06	03:57:01	<b>05:41:54.15</b>	+03:15:43 (57.2%)	11:01	5.4 (42.5%)
137	<b>LOSOR Agnieszka</b>	<b>288</b>	BIEGACZKOWO	K-40	8	01:18:06	02:30:13	03:50:20	<b>05:42:07.40</b>	+03:15:56 (57.3%)	11:02	5.4 (42.5%)
138	<b>SZWARC Grzegorz</b>	<b>192</b>		M-30	39	01:19:08	02:33:04	03:50:12	<b>05:42:08.20</b>	+03:15:57 (57.3%)	11:02	5.4 (42.5%)
139	<b>LEDNICKA Lidia</b>	<b>155</b>		K-30	13	01:19:06	02:32:58	03:50:06	<b>05:42:26.50</b>	+03:16:15 (57.3%)	11:02	5.4 (42.5%)
140	<b>GĘSIAREK Grzegorz</b>	<b>144</b>		M-40	55	01:11:37	02:21:13	03:37:45	<b>05:43:53.75</b>	+03:17:42 (57.5%)	11:05	5.4 (42.5%)
141	<b>KOZAK Bartosz</b>	<b>183</b>	KOZAKI	M-40	56	01:22:32	02:33:38	03:57:01	<b>05:44:32.95</b>	+03:18:21 (57.6%)	11:06	5.4 (42.5%)
142	<b>KOZAK Ewa</b>	<b>184</b>	KOZAKI	K-40	9	01:22:25	02:33:49	03:57:20	<b>05:44:45.35</b>	+03:18:34 (57.6%)	11:07	5.4 (42.5%)
143	<b>LUPA Mirosław</b>	<b>282</b>	LUPUSTEAM	M-50	17	01:21:44	02:42:22	04:03:51	<b>05:54:35.35</b>	+03:28:24 (58.8%)	11:26	5.2 (40.9%)
144	<b>KORNAŚ Marcin</b>	<b>136</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	M-40	57	01:30:02	02:47:12	04:11:12	<b>05:58:39.70</b>	+03:32:28 (59.2%)	11:34	5.2 (40.9%)
145	<b>URBAŃSKI Rafał</b>	<b>252</b>		M-50	18	01:20:27	02:44:32	04:11:56	<b>06:03:43.50</b>	+03:37:32 (59.8%)	11:43	5.1 (40.2%)
146	<b>LOSOR Andrzej</b>	<b>293</b>		M-40	58	01:31:13	02:50:57	04:20:13	<b>06:23:04.25</b>	+03:56:53 (61.8%)	12:21	4.9 (38.6%)
147	<b>BECHTA Damian</b>	<b>216</b>	ADIDAS RUNNERS WARSAW	M-20	6	01:29:47	02:58:15	04:25:48	<b>06:25:05.85</b>	+03:58:54 (62.0%)	12:25	4.8 (37.8%)
148	<b>PERKA Barbara</b>	<b>159</b>		K-40	10	01:34:17	03:03:52	04:27:45	<b>06:26:53.90</b>	+04:00:42 (62.2%)	12:28	4.8 (37.8%)
149	<b>DĄBROWSKI Michał</b>	<b>103</b>	ULTRAPOSLADACH / TEAM ZABIEGANEDNI	M-40	59	01:36:12	03:03:05	04:27:25	<b>06:29:02.00</b>	+04:02:50 (62.4%)	12:32	4.8 (37.8%)
150	<b>WILK Magdalena</b>	<b>109</b>	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	K-40	11	01:36:26	03:03:14	04:27:53	<b>06:29:04.90</b>	+04:02:53 (62.4%)	12:33	4.8 (37.8%)
151	<b>HOFFMANN Grzegorz</b>	<b>118</b>	KOSCIAN TEAM	M-40	60	01:28:48	02:58:43	04:25:23	<b>06:32:29.05</b>	+04:06:17 (62.8%)	12:39	4.7 (37.0%)
152	<b>STĘPIEŃ Tomasz</b>	<b>261</b>	FEN CREW	M-40	61	01:29:45	02:57:04	04:25:46	<b>06:39:30.60</b>	+04:13:19 (63.4%)	12:53	4.7 (37.0%)
153	<b>PIELICHATA Magdalena</b>	<b>249</b>		K-30	14	01:28:01	02:57:16	04:25:48	<b>06:39:39.70</b>	+04:13:28 (63.4%)	12:53	4.7 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Różn	Tempo min/km	Tempo km/h
154	<b>PARZYŃSKI Łukasz</b>	<b>264</b>		M-30	40	01:50:08	03:14:35	04:42:32	<b>06:55:06.25</b>	+04:28:55 (64.8%)	13:23	4.5 (35.4%)
155	<b>MYSZYWODA Monika</b>	<b>281</b>		K-30	15	01:57:14	03:37:48	05:13:36	<b>08:27:28.20</b>	+06:01:17 (71.2%)	16:22	3.7 (29.1%)
156	<b>KĘPSKI Grzegorz</b>	<b>280</b>		M-30	41	01:57:18	03:37:39	05:13:40	<b>08:27:34.25</b>	+06:01:23 (71.2%)	16:22	3.7 (29.1%)
	<b>KRĘT Tomasz</b>	<b>263</b>		M-30		02:13:40 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 157 wynik(ów)