



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

**Event:** Zimowy Półmaraton Gór Stołowych  
**Organiser:** Fundacja Maratony Górskie  
**Date:** 2022-01-23  
**Place:** Karłów  
**Distance:** 31 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Parking pod Szczylnicem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
1	<b>RAJCA Michał</b>	<b>241</b>	TRIMP	M-30	1	00:41:10	01:18:42	02:02:06		<b>03:02:31.50</b>		5:53	10.2 (100%)
2	<b>NORBERT Michał</b>	<b>206</b>	KB SOBÓTKA	M-30	2	00:43:55	01:24:26	02:05:03		<b>03:13:07.20</b>	+00:10:35 (5.5%)	6:13	9.6 (94.1%)
3	<b>KITA Michał</b>	<b>119</b>	PĘDZĄCY W MIEJSCU	M-40	1	00:44:21	01:26:21	02:06:46		<b>03:16:41.70</b>	+00:14:10 (7.2%)	6:20	9.5 (93.1%)
4	<b>WILK Maciej</b>	<b>341</b>		M-40	2	00:45:29	01:28:51	02:09:30		<b>03:18:07.75</b>	+00:15:36 (7.9%)	6:23	9.4 (92.2%)
5	<b>GOŚCINIEWICZ Paweł</b>	<b>64</b>	ZIEMOWIT TEAM	M-40	3	00:46:54	01:30:01	02:10:34		<b>03:20:13.30</b>	+00:17:41 (8.8%)	6:27	9.3 (91.2%)
6	<b>RUDZIŃSKI Jacek</b>	<b>250</b>	KB HERMES GRYFINO	M-50	1	00:47:16	01:32:16	02:13:30		<b>03:21:23.00</b>	+00:18:51 (9.4%)	6:29	9.2 (90.2%)
7	<b>JUDA Witold</b>	<b>107</b>		M-40	4		01:27:35	02:10:48		<b>03:21:25.05</b>	+00:18:53 (9.4%)	6:29	9.2 (90.2%)
8	<b>GARLIŃSKI Łukasz</b>	<b>57</b>	KB KROKUS KWIATKOWICE	M-20	1		01:25:21	02:09:56		<b>03:25:44.45</b>	+00:23:12 (11.3%)	6:38	9 (88.2%)
9	<b>RACZAK Maciej</b>	<b>240</b>	42K PRO TEAM	M-30	3	00:47:44	01:32:03	02:14:15		<b>03:28:12.75</b>	+00:25:41 (12.3%)	6:42	8.9 (87.3%)
10	<b>PASTUSZKA Paweł</b>	<b>221</b>	EX TEAM	M-30	4	00:45:31	01:29:44	02:14:41		<b>03:29:27.45</b>	+00:26:55 (12.9%)	6:45	8.9 (87.3%)
11	<b>HOŁYST Andrzej</b>	<b>82</b>	GT RAT	M-40	5	00:47:59	01:32:44	02:16:47		<b>03:30:18.05</b>	+00:27:46 (13.2%)	6:47	8.8 (86.3%)
12	<b>URBAŃCZYK Grzegorz</b>	<b>297</b>	FOR RUN TEAM & ADRUNALINE	M-30	5	00:46:27	01:28:51	02:11:13	00:10:00	<b>03:31:57.70</b>	+00:29:26 (13.9%)	6:30	9.2 (90.2%)
13	<b>KLIMCEWICZ Cezary</b>	<b>336</b>		M-40	6	00:47:37		02:18:40		<b>03:31:57.75</b>	+00:29:26 (13.9%)	6:50	8.8 (86.3%)
14	<b>GORCZYŃSKI Norbert</b>	<b>61</b>	KUDOWIANKA RUN	M-20	2	00:50:08	01:35:34	02:18:10		<b>03:32:47.90</b>	+00:30:16 (14.2%)	6:51	8.7 (85.3%)
15	<b>IWAŃSKI Bartłomiej</b>	<b>86</b>	TEAM KOLARZ POLANICA	M-20	3	00:46:48	01:30:18	02:14:21		<b>03:33:44.30</b>	+00:31:12 (14.6%)	6:53	8.7 (85.3%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
16	<b>MACH Tomasz</b>	<b>170</b>	SPORTFUEL.PL MTB TEAM & PORCELANAWALBRZYCH.PL	M-30	6	00:46:31	01:31:18	02:16:55		<b>03:34:33.60</b>	+00:32:02 (14.9%)	6:55	8.7 (85.3%)
17	<b>BIENIEK Grzegorz</b>	<b>12</b>	APEX.INFO	M-30	7	00:50:09	01:34:48	02:20:02		<b>03:35:31.00</b>	+00:32:59 (15.3%)	6:57	8.6 (84.3%)
18	<b>SOCHA Seweryn</b>	<b>335</b>		M-30	8	00:48:40	01:36:27	02:21:31		<b>03:36:52.10</b>	+00:34:20 (15.8%)	6:59	8.6 (84.3%)
19	<b>KUSAL Tomasz</b>	<b>158</b>		M-20	4	00:46:20	01:31:54	02:18:06		<b>03:38:01.40</b>	+00:35:29 (16.3%)	7:01	8.5 (83.3%)
20	<b>NIEZGÓDKA Tomasz</b>	<b>340</b>		M-50	2	00:52:06	01:40:29	02:23:42		<b>03:39:16.65</b>	+00:36:45 (16.8%)	7:04	8.5 (83.3%)
21	<b>DANAK Przemek</b>	<b>37</b>		M-40	7	00:53:24	01:42:35	02:27:25		<b>03:41:11.90</b>	+00:38:40 (17.5%)	7:08	8.4 (82.4%)
22	<b>KRUPA Marcin</b>	<b>147</b>	AKTYWNA NOWA RUDA	M-40	8	00:50:00	01:37:31	02:25:11		<b>03:42:01.40</b>	+00:39:29 (17.8%)	7:09	8.4 (82.4%)
23	<b>BEDNARZ Sebastian</b>	<b>9</b>	OTM.B	M-50	3	00:50:23	01:37:53	02:23:11		<b>03:44:22.65</b>	+00:41:51 (18.7%)	7:14	8.3 (81.4%)
24	<b>CZOSNOWSKI Krzysztof</b>	<b>36</b>	KB HERMES GRYFINO	M-40	9	00:51:42	01:42:41	02:27:15		<b>03:46:00.20</b>	+00:43:28 (19.2%)	7:17	8.2 (80.4%)
25	<b>GRYGIEL Marek</b>	<b>72</b>	JACEKBIEGA RUNNING TEAM	M-40	10	00:51:41	01:40:50	02:28:27		<b>03:46:45.70</b>	+00:44:14 (19.5%)	7:18	8.2 (80.4%)
26	<b>BIENIAS Łukasz</b>	<b>11</b>	BIELAWSKA AKADEMIA BIEGANIA	M-30	9	00:52:35	01:41:45	02:28:20		<b>03:47:58.05</b>	+00:45:26 (19.9%)	7:21	8.2 (80.4%)
27	<b>KARPOWICZ Rafal</b>	<b>114</b>		M-40	11	00:48:47	01:35:31	02:23:42		<b>03:48:17.70</b>	+00:45:46 (20.0%)	7:21	8.1 (79.4%)
28	<b>POLIŃSKI Robert</b>	<b>231</b>	TRAINING LAB	M-30	10	00:53:13	01:44:19	02:30:39		<b>03:51:22.15</b>	+00:48:50 (21.1%)	7:27	8 (78.4%)
29	<b>CIURASZKIEWICZ Andrzej</b>	<b>30</b>		M-40	12	00:56:32	01:48:04	02:36:59		<b>03:51:51.65</b>	+00:49:20 (21.3%)	7:28	8 (78.4%)
30	<b>MISTYGACZ Jakub</b>	<b>192</b>	ANTONTEAM ACTIVDIAB	M-40	13	00:54:56	01:43:48	02:30:25		<b>03:53:13.60</b>	+00:50:42 (21.7%)	7:31	8 (78.4%)
31	<b>GOSTYŃSKI Krzysztof</b>	<b>63</b>	RUCZAJ ULTRA TEAM	M-40	14	00:59:28	01:49:46	02:34:44		<b>03:53:36.15</b>	+00:51:04 (21.9%)	7:32	8 (78.4%)
32	<b>WOŁOSZYN Konrad</b>	<b>316</b>	ADRENALINA TEAM	M-40	15	00:53:32	01:46:25	02:34:17		<b>03:53:53.15</b>	+00:51:21 (22.0%)	7:32	8 (78.4%)
33	<b>HOTAŁA Sylwia</b>	<b>84</b>	KUDOWIANKA RUN	K-30	1	00:55:21	01:46:30	02:37:03		<b>03:55:06.40</b>	+00:52:34 (22.4%)	7:35	7.9 (77.5%)
34	<b>JANCZ Tomasz</b>	<b>92</b>		M-50	4	00:56:57	01:47:04	02:37:14		<b>03:55:51.45</b>	+00:53:19 (22.6%)	7:36	7.9 (77.5%)
35	<b>SZCZEPARA Wojciech</b>	<b>274</b>		M-20	5	00:54:53	01:45:17	02:33:43		<b>03:56:41.40</b>	+00:54:09 (22.9%)	7:38	7.9 (77.5%)
36	<b>KAPŁOWSKI Jerzy</b>	<b>112</b>		M-40	16	00:57:36	01:49:47	02:37:11		<b>03:58:15.75</b>	+00:55:44 (23.4%)	7:41	7.8 (76.5%)
37	<b>WEINERT Artur</b>	<b>306</b>	RUNNER"S POWER	M-40	17	00:56:50	01:48:31	02:37:12		<b>03:59:21.65</b>	+00:56:50 (23.7%)	7:43	7.8 (76.5%)
38	<b>GUSTAW Łukasz</b>	<b>75</b>		M-30	11	00:51:28	01:43:04	02:36:59		<b>04:00:28.75</b>	+00:57:57 (24.1%)	7:45	7.7 (75.5%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
39	<b>LUBAŃSKI Mateusz</b>	<b>164</b>	KS BARYCZ MILICZ	M-30	12	00:56:13	01:50:23	02:38:12		<b>04:00:31.40</b>	+00:57:59 (24.1%)	7:45	7.7 (75.5%)
40	<b>TELEJKO Łukasz</b>	<b>290</b>	RUN BYDGOSZCZ	M-20	6	00:57:11	01:50:43	02:37:12		<b>04:00:32.90</b>	+00:58:01 (24.1%)	7:45	7.7 (75.5%)
41	<b>KARCZEWSKA Joanna</b>	<b>113</b>	FUNDACJA KIERUNEK ULTRA	K-40	1	00:55:21	01:45:59	02:36:22		<b>04:01:20.75</b>	+00:58:49 (24.4%)	7:47	7.7 (75.5%)
42	<b>MAJ-ROKSZ Maria</b>	<b>176</b>	MAJA TEAM	K-40	2	00:57:37	01:52:14	02:40:43		<b>04:02:04.85</b>	+00:59:33 (24.6%)	7:48	7.7 (75.5%)
43	<b>KRÓL Marcin</b>	<b>146</b>		M-40	18	00:57:31	01:51:46	02:40:02		<b>04:03:19.20</b>	+01:00:47 (25.0%)	7:50	7.6 (74.5%)
44	<b>MIKOŁAJCZYK Tomasz</b>	<b>189</b>		M-40	19	00:50:21	01:37:22	02:26:24		<b>04:03:53.55</b>	+01:01:22 (25.2%)	7:52	7.6 (74.5%)
45	<b>ZERZUT Jarosław</b>	<b>323</b>	FARTY PUSZCZY	M-50	5	00:59:04	01:52:21	02:43:45		<b>04:04:08.45</b>	+01:01:36 (25.2%)	7:52	7.6 (74.5%)
46	<b>ABRAMOWICZ Agata</b>	<b>1</b>		K-20	1	00:56:17	01:49:53	02:39:09		<b>04:04:14.35</b>	+01:01:42 (25.3%)	7:52	7.6 (74.5%)
47	<b>SIKORSKI Szymon</b>	<b>262</b>	NOA	M-40	20	00:55:08	01:47:34	02:38:26		<b>04:06:22.25</b>	+01:03:50 (25.9%)	7:56	7.5 (73.5%)
48	<b>ROGÓRZ Piotr</b>	<b>243</b>		M-40	21	00:53:04	01:48:06	02:39:33		<b>04:06:43.75</b>	+01:04:12 (26.0%)	7:57	7.5 (73.5%)
49	<b>KOŚCIELNIAK Wioletta</b>	<b>134</b>	RUNNERS TEAM NYSA	K-40	3	00:56:02	01:47:49	02:44:19		<b>04:07:32.85</b>	+01:05:01 (26.3%)	7:59	7.5 (73.5%)
50	<b>TOMCZAK Dariusz</b>	<b>294</b>		M-30	13	00:57:02	01:52:47	02:45:17		<b>04:07:39.65</b>	+01:05:08 (26.3%)	7:59	7.5 (73.5%)
51	<b>FIEBIG Stefan</b>	<b>46</b>	WWW.FIEBIG.PL	M-50	6	00:53:12	01:43:28	02:35:37		<b>04:07:41.15</b>	+01:05:09 (26.3%)	7:59	7.5 (73.5%)
52	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>50</b>		K-40	4	00:55:36	01:48:55	02:43:20		<b>04:07:49.70</b>	+01:05:18 (26.4%)	7:59	7.5 (73.5%)
53	<b>KURZAWIAK Grzegorz</b>	<b>157</b>	KUDOWIANKARUN	M-40	22	00:53:58	01:46:45	02:38:00		<b>04:08:02.90</b>	+01:05:31 (26.4%)	8:00	7.5 (73.5%)
54	<b>MATUSZEWSKI Marek</b>	<b>181</b>	RUNNER'S POWER SREM	M-50	7	00:56:48	01:50:51	02:41:37		<b>04:08:10.25</b>	+01:05:38 (26.5%)	8:00	7.5 (73.5%)
55	<b>ROLICZ Marcin</b>	<b>244</b>		M-40	23	00:55:18	01:47:00	02:37:07		<b>04:08:42.85</b>	+01:06:11 (26.6%)	8:01	7.5 (73.5%)
56	<b>MOKRYCKI Krystian</b>	<b>195</b>		M-40	24	01:03:27	01:59:12	02:47:57		<b>04:09:16.40</b>	+01:06:44 (26.8%)	8:02	7.5 (73.5%)
57	<b>PIECUCH Marcin</b>	<b>225</b>		M-30	14	00:57:45	01:49:19	02:37:56		<b>04:09:36.20</b>	+01:07:04 (26.9%)	8:03	7.5 (73.5%)
58	<b>CUPRIAK Daniel</b>	<b>31</b>	AGROAS TEAM	M-50	8	00:56:52	01:53:59	02:46:36		<b>04:11:24.15</b>	+01:08:52 (27.4%)	8:06	7.4 (72.5%)
59	<b>TĘCZA Dariusz</b>	<b>291</b>		M-60	1	00:58:44	01:53:19	02:43:29		<b>04:11:46.60</b>	+01:09:15 (27.5%)	8:07	7.4 (72.5%)
60	<b>WITCZAK Jacek</b>	<b>311</b>		M-40	25	00:56:25	01:49:24	02:42:47		<b>04:12:12.30</b>	+01:09:40 (27.6%)	8:08	7.4 (72.5%)
61	<b>BUDNIAK Tomasz</b>	<b>19</b>	RUNNERS TEAM	M-40	26	00:53:12	01:48:37	02:38:38		<b>04:12:13.05</b>	+01:09:41 (27.6%)	8:08	7.4 (72.5%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
62	<b>KOZAK Vlad</b>	<b>140</b>	HUTINPUJ	M-30	15	00:58:52	01:58:37	02:47:38		<b>04:12:50.45</b>	+01:10:18 (27.8%)	8:09	7.4 (72.5%)
63	<b>NIEDZIELAK Łukasz</b>	<b>200</b>	BHT PETRA PŁOCK	M-30	16	00:57:22	01:48:03	02:36:49		<b>04:12:58.60</b>	+01:10:27 (27.8%)	8:09	7.4 (72.5%)
64	<b>CHORZĘPA Jakub</b>	<b>25</b>		M-40	27	01:00:06	01:55:16	02:46:42		<b>04:13:21.30</b>	+01:10:49 (28.0%)	8:10	7.3 (71.6%)
65	<b>PTASIŃSKI Tomasz</b>	<b>237</b>	CZAJKERSI	M-40	28	00:57:06	01:52:31	02:44:26		<b>04:14:12.90</b>	+01:11:41 (28.2%)	8:12	7.3 (71.6%)
66	<b>PRUCIAK Krzysztof</b>	<b>234</b>	ADRUNALINE TEAM	M-30	17	00:56:13	01:54:30	02:47:22		<b>04:14:40.85</b>	+01:12:09 (28.3%)	8:12	7.3 (71.6%)
67	<b>ZARODA Zbigniew</b>	<b>321</b>	ALOHA DZIKU!	M-50	9	01:01:53	01:57:16	02:48:36		<b>04:14:56.90</b>	+01:12:25 (28.4%)	8:13	7.3 (71.6%)
68	<b>GŁUCHOWSKI Przemysław</b>	<b>59</b>		M-40	29	00:56:52	01:55:20	02:46:27		<b>04:15:31.20</b>	+01:12:59 (28.6%)	8:14	7.3 (71.6%)
69	<b>SMOTER Damian</b>	<b>265</b>		M-40	30	00:57:48		02:49:02		<b>04:16:31.00</b>	+01:13:59 (28.8%)	8:16	7.3 (71.6%)
70	<b>KEPARA Marcin</b>	<b>117</b>	ADVA OPTICAL NETWORKING	M-30	18	01:00:57	01:57:45	02:48:37		<b>04:17:32.60</b>	+01:15:01 (29.1%)	8:18	7.2 (70.6%)
71	<b>OLSZAK Zenon</b>	<b>211</b>	WARSAW RUN CLUB	M-50	10	01:00:15	01:56:20	02:47:45		<b>04:17:34.95</b>	+01:15:03 (29.1%)	8:18	7.2 (70.6%)
72	<b>RZEŹNICZEK Anna</b>	<b>252</b>	STOWARZYSZENIE DZIAŁAMY RAZEM	K-30	2	01:03:48	02:00:31	02:51:58		<b>04:18:36.10</b>	+01:16:04 (29.4%)	8:20	7.2 (70.6%)
73	<b>JACHYMEK Bartłomiej</b>	<b>88</b>	JACEKBIEGA RUNNING TEAM	M-40	31	01:02:02	01:56:30	02:47:22		<b>04:18:38.75</b>	+01:16:07 (29.4%)	8:20	7.2 (70.6%)
74	<b>RABIEGA Marcin</b>	<b>238</b>	OWOCBIEGA TEAM	M-40	32		01:52:15	02:43:14		<b>04:20:01.20</b>	+01:17:29 (29.8%)	8:23	7.2 (70.6%)
75	<b>PĘKALA Kamila</b>	<b>184</b>	#BIEGAJZESŁAWKIEM	K-20	2	01:02:02	02:01:44	02:53:05		<b>04:20:05.40</b>	+01:17:33 (29.8%)	8:23	7.2 (70.6%)
76	<b>KOŁODZIEJSKI Jarek</b>	<b>126</b>	ZDZISŁAW I GRAŻYNKA	M-40	33	00:58:56	01:55:28	02:46:40		<b>04:20:29.15</b>	+01:17:57 (29.9%)	8:24	7.1 (69.6%)
77	<b>KOTRA Jacek</b>	<b>136</b>	POLA&GAJA	M-40	34	01:01:34	02:02:30	02:53:41		<b>04:22:05.15</b>	+01:19:33 (30.4%)	8:27	7.1 (69.6%)
78	<b>ZIEMKIEWICZ Jarek</b>	<b>324</b>	2 KROKI DO METY	M-40	35	00:59:54	02:01:21	02:53:33		<b>04:22:15.50</b>	+01:19:44 (30.4%)	8:27	7.1 (69.6%)
79	<b>FRIDRICH Marcin</b>	<b>52</b>		M-30	19	00:57:39	01:55:38	02:46:39		<b>04:22:53.35</b>	+01:20:21 (30.6%)	8:28	7.1 (69.6%)
80	<b>PAŻUCHA Wojciech</b>	<b>224</b>		M-40	36	01:02:02	01:55:19	02:48:02		<b>04:23:14.40</b>	+01:20:42 (30.7%)	8:29	7.1 (69.6%)
81	<b>ŚWIAT Paweł</b>	<b>288</b>	RNB TEAM POLANICA ZDRÓJ	M-30	20		01:55:02	02:47:27		<b>04:23:43.70</b>	+01:21:12 (30.8%)	8:30	7.1 (69.6%)
82	<b>JANKOWSKI Rafał</b>	<b>93</b>		M-40	37	00:55:49	01:47:55	02:43:37		<b>04:23:50.75</b>	+01:21:19 (30.8%)	8:30	7 (68.6%)
83	<b>MICHALAK Dawid</b>	<b>183</b>	NIAGARA	M-30	21	00:53:15	01:50:40	02:42:52		<b>04:24:23.85</b>	+01:21:52 (31.0%)	8:31	7 (68.6%)
84	<b>CHRZANOWSKI Paweł</b>	<b>26</b>		M-40	38	00:56:46	01:53:58	02:47:23		<b>04:25:01.60</b>	+01:22:30 (31.1%)	8:32	7 (68.6%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
85	SANKOWSKI Jacek	343		M-20	7	00:59:20	01:57:18	02:48:52		<b>04:25:08.75</b>	+01:22:37 (31.2%)	8:33	7 (68.6%)
86	PAPROCKI Krzysztof	219		M-40	39	01:03:02	02:00:29	02:53:44		<b>04:26:54.75</b>	+01:24:23 (31.6%)	8:36	7 (68.6%)
87	PAŁYSA Robert	217	STANWEX II	M-20	8	00:58:51	01:53:40	02:46:22		<b>04:27:06.35</b>	+01:24:34 (31.7%)	8:36	7 (68.6%)
88	JANUSZEWSKI Karol	95	BIEGAM U KOLESI	M-30	22	01:00:47	01:55:50	02:48:06		<b>04:27:15.20</b>	+01:24:43 (31.7%)	8:37	7 (68.6%)
89	HAJDUGA Łukasz	79	WIECZORNE BIEGANIE W OPOLU	M-40	40	01:01:12	01:58:41	02:50:58		<b>04:27:25.65</b>	+01:24:54 (31.7%)	8:37	7 (68.6%)
90	MALCZEWSKI Daniel	177	WIECZORNE BIEGANIE W OPOLU	M-30	23		01:50:46	02:42:49		<b>04:27:25.85</b>	+01:24:54 (31.7%)	8:37	7 (68.6%)
91	KORALEWSKA Edyta	130		K-40	5	01:02:18	02:01:49	02:54:33		<b>04:28:48.95</b>	+01:26:17 (32.1%)	8:40	6.9 (67.6%)
92	PRZYBYSZEWSKI Łukasz	235		M-40	41	00:52:02	01:43:16	02:32:12	00:30:00	<b>04:29:00.15</b>	+01:26:28 (32.1%)	7:42	7.8 (76.5%)
93	WARZECHA Teresa	303	RUNNERS TEAM NYSA	K-60	1	01:01:10	01:58:26	02:52:49		<b>04:29:01.05</b>	+01:26:29 (32.2%)	8:40	6.9 (67.6%)
94	BLONDYN BEZ GRZEBIENIA Łysy	125	PERFEKTA KARŁOWICE	M-40	42	00:58:48	01:58:35	02:53:05		<b>04:29:02.05</b>	+01:26:30 (32.2%)	8:40	6.9 (67.6%)
95	FIGEL Michał	47	MIKI TEAM	M-40	43	01:06:38	02:05:29	03:01:29		<b>04:29:12.00</b>	+01:26:40 (32.2%)	8:41	6.9 (67.6%)
96	JURDZIAK Jakub	108		M-30	24	01:01:39	01:58:22	02:52:14		<b>04:29:18.80</b>	+01:26:47 (32.2%)	8:41	6.9 (67.6%)
97	CHOMIAK Katarzyna	24	BIEGAJ W JEDLINIE	K-40	6	01:02:34	02:01:33	02:54:48		<b>04:30:01.30</b>	+01:27:29 (32.4%)	8:42	6.9 (67.6%)
98	CYMBORSKA Jolanta	32	WARSAW RUN CLUB	K-40	7	01:02:21	02:05:35	02:57:52		<b>04:30:08.90</b>	+01:27:37 (32.4%)	8:42	6.9 (67.6%)
99	KONKIEWICZ Robert	128	GRODZISKI KLUB BIEGACZA	M-50	11	01:00:08	01:58:36	02:54:49		<b>04:30:26.20</b>	+01:27:54 (32.5%)	8:43	6.9 (67.6%)
100	SERAFIN Ewelina	256		K-40	8	01:02:47	02:03:38	02:58:00		<b>04:31:34.75</b>	+01:29:03 (32.8%)	8:45	6.8 (66.7%)
101	KOWALCZYK Paweł	137	KĘCKIE HARPAGANY	M-40	44	01:02:39	02:04:03	02:57:19		<b>04:32:08.75</b>	+01:29:37 (32.9%)	8:46	6.8 (66.7%)
102	POLKOWSKI Piotr	232		M-30	25	01:05:06	02:13:00	03:03:58		<b>04:33:34.35</b>	+01:31:02 (33.3%)	8:49	6.8 (66.7%)
103	WINIAREK Leszek	310	TEAMDKMS	M-40	45	00:56:34	01:54:51	02:51:08		<b>04:33:41.45</b>	+01:31:09 (33.3%)	8:49	6.8 (66.7%)
104	SZCZERBAKOWICZ Kamil	275		M-30	26	01:02:58	02:03:53	02:59:25		<b>04:33:57.25</b>	+01:31:25 (33.4%)	8:50	6.8 (66.7%)
105	WIECZOREK Katarzyna	308	TWISTERTEAM	K-30	3	01:02:43	02:01:45	02:58:16		<b>04:34:46.30</b>	+01:32:14 (33.6%)	8:51	6.8 (66.7%)
106	SIERŻANT Paweł	259		M-40	46	01:01:37	02:01:44	02:55:54		<b>04:35:16.05</b>	+01:32:44 (33.7%)	8:52	6.8 (66.7%)
107	BUSS Jakub	21	KUDOWIANKA RUN	M-50	12	01:04:40	02:11:35	03:06:40		<b>04:35:28.70</b>	+01:32:57 (33.7%)	8:53	6.8 (66.7%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
108	<b>KOWALSKI Andrzej</b>	<b>138</b>		M-60	2	01:04:07	02:02:24	02:56:38		<b>04:35:30.80</b>	+01:32:59 (33.8%)	8:53	6.8 (66.7%)
109	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>4</b>		K-30	4	01:02:04	02:05:31	03:01:16		<b>04:36:40.55</b>	+01:34:09 (34.0%)	8:55	6.7 (65.7%)
110	<b>MIRSKI Jerzy</b>	<b>191</b>	WKURW_TEAM	M-20	9	01:02:05	02:07:46	02:59:56		<b>04:36:47.00</b>	+01:34:15 (34.1%)	8:55	6.7 (65.7%)
111	<b>SZWARC Grzegorz</b>	<b>284</b>	ARVATO S.C. REP	M-30	27	01:07:09	02:09:26	03:06:05		<b>04:37:42.05</b>	+01:35:10 (34.3%)	8:57	6.7 (65.7%)
112	<b>SZNEJDER Anita</b>	<b>281</b>	FUNDACJA KIERUNEK ULTRA	K-40	9	01:04:24	02:06:49	03:01:50		<b>04:38:25.90</b>	+01:35:54 (34.4%)	8:58	6.7 (65.7%)
113	<b>PIOTR Odolak</b>	<b>226</b>	STANWEX II	M-30	28	00:57:00	02:00:06	03:00:15		<b>04:38:51.60</b>	+01:36:20 (34.5%)	8:59	6.7 (65.7%)
114	<b>ZAJĄCZKOWSKI Paweł</b>	<b>318</b>	POWER TRAINING	M-30	29	01:00:51	02:05:16	02:59:53		<b>04:39:03.35</b>	+01:36:31 (34.6%)	9:00	6.7 (65.7%)
115	<b>STUDZIŃSKI Mateusz</b>	<b>272</b>	***** ***	M-30	30	00:59:14	01:57:09	02:47:27		<b>04:39:31.35</b>	+01:36:59 (34.7%)	9:01	6.7 (65.7%)
116	<b>JONCZYK Erwin</b>	<b>105</b>	STANWEX II	M-30	31	01:04:31	02:04:49	03:00:02		<b>04:39:50.35</b>	+01:37:18 (34.8%)	9:01	6.6 (64.7%)
117	<b>BAKAŁA Łukasz</b>	<b>8</b>		M-40	47	01:01:27	02:00:37	02:52:51		<b>04:39:59.95</b>	+01:37:28 (34.8%)	9:01	6.6 (64.7%)
118	<b>SIKORSKI Dariusz</b>	<b>260</b>	INSERT TEAM	M-40	48	01:02:41	02:07:24	02:57:52	00:10:00	<b>04:41:30.15</b>	+01:38:58 (35.2%)	8:45	6.9 (67.6%)
119	<b>SZCZUKA Leszek</b>	<b>337</b>		M-50	13	01:02:43	02:03:29	02:57:22		<b>04:41:49.30</b>	+01:39:17 (35.2%)	9:05	6.6 (64.7%)
120	<b>JABŁOŃSKI Bartosz</b>	<b>87</b>		M-40	49	01:07:52	02:20:10	03:13:13		<b>04:42:32.60</b>	+01:40:01 (35.4%)	9:06	6.6 (64.7%)
121	<b>BAKAŁA Marcin</b>	<b>7</b>		M-40	50	01:00:39	02:00:43	02:54:35		<b>04:42:37.55</b>	+01:40:06 (35.4%)	9:07	6.6 (64.7%)
122	<b>KUCHARSKI Dariusz</b>	<b>153</b>		M-40	51	01:08:10	02:10:37	03:05:10		<b>04:42:37.90</b>	+01:40:06 (35.4%)	9:07	6.6 (64.7%)
123	<b>JAKUBIEC Bartłomiej</b>	<b>89</b>	ROZPIERDOLSI	M-30	32	01:09:39	02:14:18	03:06:57		<b>04:42:40.70</b>	+01:40:09 (35.4%)	9:07	6.6 (64.7%)
124	<b>KONIUSZKO Marcin</b>	<b>127</b>		M-30	33	01:03:31	02:05:51	03:03:07		<b>04:42:40.75</b>	+01:40:09 (35.4%)	9:07	6.6 (64.7%)
125	<b>SZCZUREK Mariusz</b>	<b>276</b>	AGROAS TEAM	M-40	52	01:01:25	02:02:20	02:58:54		<b>04:42:45.75</b>	+01:40:14 (35.4%)	9:07	6.6 (64.7%)
126	<b>LEŚNIAK Marcin</b>	<b>163</b>	STANWEX II	M-30	34	01:04:28	02:07:11	03:05:57		<b>04:42:48.45</b>	+01:40:16 (35.5%)	9:07	6.6 (64.7%)
127	<b>NEUMANN Jacek</b>	<b>199</b>	CENTRUM ŁĄKOWA 1	M-50	14	01:04:46	02:06:57	03:03:10		<b>04:43:44.00</b>	+01:41:12 (35.7%)	9:09	6.6 (64.7%)
128	<b>ŁUKASIEWICZ Ewelina</b>	<b>168</b>		K-20	3	01:07:38	02:09:54	03:05:02		<b>04:44:15.15</b>	+01:41:43 (35.8%)	9:10	6.5 (63.7%)
129	<b>SOBKOWIAK Kamil</b>	<b>266</b>		M-40	53	01:07:27	02:10:04	03:05:00		<b>04:44:25.00</b>	+01:41:53 (35.8%)	9:10	6.5 (63.7%)
130	<b>ORUBA Dawid</b>	<b>213</b>		M-20	10	01:02:46	02:07:00	03:04:23		<b>04:44:55.25</b>	+01:42:23 (35.9%)	9:11	6.5 (63.7%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
131	<b>SYCHOWSKI Dawid</b>	<b>273</b>		M-30	35	01:02:16	02:00:53	03:04:54		<b>04:45:21.40</b>	+01:42:49 (36.0%)	9:12	6.5 (63.7%)
132	<b>MACHALSKI Mateusz</b>	<b>171</b>	ASP WARSZAWA	M-30	36	01:26:49		03:25:44		<b>04:45:37.00</b>	+01:43:05 (36.1%)	9:12	6.5 (63.7%)
133	<b>JASIAK Karol</b>	<b>98</b>	NIE WIEM GDZIE JESTEM	M-30	37	00:58:45	02:06:11	02:58:26		<b>04:46:18.90</b>	+01:43:47 (36.3%)	9:14	6.5 (63.7%)
134	<b>WESOŁEK Paweł</b>	<b>307</b>	RUNNER'S POWER ŚREM	M-40	54	01:05:11	02:09:01	03:04:02		<b>04:46:49.10</b>	+01:44:17 (36.4%)	9:15	6.5 (63.7%)
135	<b>POŁOM Rafał</b>	<b>233</b>	NOA	M-30	38	01:01:23	02:05:24	03:02:39		<b>04:47:30.75</b>	+01:44:59 (36.5%)	9:16	6.5 (63.7%)
136	<b>KÓZKA Przem</b>	<b>143</b>	BIEGAM, BO NIE LUBIĘ	M-40	55	01:05:53	02:10:46	03:06:27		<b>04:47:37.40</b>	+01:45:05 (36.5%)	9:16	6.5 (63.7%)
137	<b>SŁOWIK Grzegorz</b>	<b>264</b>	NIE WIEM GDZIE JESTEM	M-40	56	00:58:43	02:06:13	02:58:27		<b>04:47:46.70</b>	+01:45:15 (36.6%)	9:16	6.5 (63.7%)
138	<b>TKACZYK Katarzyna</b>	<b>292</b>		K-40	10	01:08:06	02:12:28	03:06:48		<b>04:48:18.70</b>	+01:45:47 (36.7%)	9:18	6.5 (63.7%)
139	<b>ZAWADKA Darek</b>	<b>322</b>		M-40	57	01:03:27	02:09:04	03:08:24		<b>04:48:47.55</b>	+01:46:16 (36.8%)	9:18	6.4 (62.7%)
140	<b>WOŹNIAK Paweł</b>	<b>317</b>	LESZ NO LIMITS RUNNERS	M-40	58	01:03:04	02:06:49	03:01:46		<b>04:48:50.10</b>	+01:46:18 (36.8%)	9:19	6.4 (62.7%)
141	<b>KOŁODZIEJ Mariusz</b>	<b>124</b>	FUNTRI	M-40	59	01:04:36	02:07:03	03:03:49		<b>04:49:23.35</b>	+01:46:51 (36.9%)	9:20	6.4 (62.7%)
142	<b>MIKSA Sławomir</b>	<b>205</b>		M-50	15	01:07:54	02:12:00	03:07:24		<b>04:49:39.55</b>	+01:47:08 (37.0%)	9:20	6.4 (62.7%)
143	<b>SERAFIN Robert</b>	<b>257</b>		M-50	16	01:08:01	02:12:19	03:08:23		<b>04:49:54.50</b>	+01:47:23 (37.0%)	9:21	6.4 (62.7%)
144	<b>HACHOŁ Justyna</b>	<b>76</b>		K-40	11	01:07:06	02:13:44	03:09:02		<b>04:50:16.55</b>	+01:47:45 (37.1%)	9:21	6.4 (62.7%)
145	<b>KAŻMIERCZAK Krzysztof</b>	<b>116</b>	KB HERMES GRYFINO	M-50	17	01:11:39	02:15:17	03:10:41		<b>04:50:19.00</b>	+01:47:47 (37.1%)	9:21	6.4 (62.7%)
146	<b>HACHOŁ Tomasz</b>	<b>77</b>		M-40	60	01:05:31	02:04:15	03:00:36		<b>04:50:34.35</b>	+01:48:02 (37.2%)	9:22	6.4 (62.7%)
147	<b>ROSZYK Tomasz</b>	<b>247</b>	DRUŻYNA SZPIKU	M-40	61	01:09:35	02:15:20	03:10:01		<b>04:51:17.80</b>	+01:48:46 (37.3%)	9:23	6.4 (62.7%)
148	<b>ROSZYK Magdalena</b>	<b>248</b>	DRUŻYNA SZPIKU	K-40	12	01:09:39	02:15:19	03:10:01		<b>04:51:18.65</b>	+01:48:47 (37.3%)	9:23	6.4 (62.7%)
149	<b>NIKODEM Klaudiusz</b>	<b>203</b>	CZAJKERSI	M-40	62	01:05:09	02:07:19	03:05:01		<b>04:51:59.85</b>	+01:49:28 (37.5%)	9:25	6.4 (62.7%)
150	<b>ANDRZEJCZAK Paweł</b>	<b>3</b>		M-40	63	01:02:31	02:10:08	03:06:31		<b>04:52:44.20</b>	+01:50:12 (37.6%)	9:26	6.4 (62.7%)
151	<b>GAWRON Bartłomiej</b>	<b>58</b>		M-40	64	01:03:38	02:09:55	03:06:35		<b>04:52:58.10</b>	+01:50:26 (37.7%)	9:27	6.3 (61.8%)
152	<b>MIŚ Piotr</b>	<b>193</b>	DIEHL CONTROLS RUNNING TEAM	M-30	39	01:08:51	02:14:16	03:10:51		<b>04:53:10.60</b>	+01:50:39 (37.7%)	9:27	6.3 (61.8%)
153	<b>ODOLCZYK Jerzy</b>	<b>210</b>		M-60	3	01:14:17	02:20:29	03:16:54		<b>04:54:39.85</b>	+01:52:08 (38.1%)	9:30	6.3 (61.8%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
154	<b>KOSTRZEWSKI Maciej</b>	<b>132</b>		M-30	40	01:11:42	02:13:30	03:12:46		<b>04:55:46.65</b>	+01:53:15 (38.3%)	9:32	6.3 (61.8%)
155	<b>DOLIWKA Paweł</b>	<b>40</b>	LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI	M-40	65	01:12:20	02:16:17	03:15:16		<b>04:58:15.55</b>	+01:55:44 (38.8%)	9:37	6.2 (60.8%)
156	<b>GRABOWICZ Paweł</b>	<b>67</b>		M-40	66	01:08:05	02:12:27	03:06:49	00:10:00	<b>04:58:19.95</b>	+01:55:48 (38.8%)	9:18	6.5 (63.7%)
157	<b>ZIEWIEC Marcin</b>	<b>327</b>		M-30	41	01:04:14	02:11:02	03:07:57		<b>04:58:29.55</b>	+01:55:58 (38.9%)	9:37	6.2 (60.8%)
158	<b>TURNIAK Miłosz</b>	<b>296</b>		M-30	42	01:06:48	02:12:04	03:12:22		<b>04:58:56.05</b>	+01:56:24 (38.9%)	9:38	6.2 (60.8%)
159	<b>WAJDA Maciej</b>	<b>301</b>	SPELEOCLUB WROCŁAW	M-30	43	01:01:17	02:04:19	03:03:58		<b>04:59:05.60</b>	+01:56:34 (39.0%)	9:38	6.2 (60.8%)
160	<b>PTAK Tomasz</b>	<b>236</b>	KLUB BIEGACZA WARTA	M-40	67	00:59:30	02:15:52	03:12:15		<b>04:59:16.10</b>	+01:56:44 (39.0%)	9:39	6.2 (60.8%)
161	<b>MRUSZCZYK Jacek</b>	<b>197</b>	KLUB BIEGACZA WARTA	M-40	68	01:04:26	02:15:54	03:12:16		<b>04:59:17.10</b>	+01:56:45 (39.0%)	9:39	6.2 (60.8%)
162	<b>CZAPRAN Magdalena</b>	<b>35</b>		K-40	13	01:06:37	02:12:05	03:12:20		<b>04:59:24.10</b>	+01:56:52 (39.0%)	9:39	6.2 (60.8%)
163	<b>MELNYK Ivan</b>	<b>182</b>		M-30	44	01:09:28	02:18:15	03:12:50		<b>04:59:32.10</b>	+01:57:00 (39.1%)	9:39	6.2 (60.8%)
164	<b>DAWIDOWICZ Wojciech</b>	<b>38</b>		M-30	45	01:06:55	02:12:34	03:10:15	00:10:00	<b>05:02:07.95</b>	+01:59:36 (39.6%)	9:25	6.4 (62.7%)
165	<b>BARANOWSKI Filip</b>	<b>6</b>	PĘDZĄCE BARANKI	M-40	69	01:08:35	02:13:27	03:13:39		<b>05:03:23.30</b>	+02:00:51 (39.8%)	9:47	6.1 (59.8%)
166	<b>LEDNICKI Michał</b>	<b>162</b>	ARVATO S.C. REP	M-40	70	01:10:27	02:16:54	03:14:27		<b>05:03:23.55</b>	+02:00:52 (39.8%)	9:47	6.1 (59.8%)
167	<b>BŁĘDOWSKA Katarzyna</b>	<b>344</b>	AGRO AS	K-30	5	01:08:40	02:17:36	03:18:10		<b>05:03:52.50</b>	+02:01:21 (39.9%)	9:48	6.1 (59.8%)
168	<b>SZMAGIEREWSKI Wojciech</b>	<b>279</b>		M-50	18	01:10:27	02:15:12	03:17:55		<b>05:05:18.30</b>	+02:02:46 (40.2%)	9:50	6.1 (59.8%)
169	<b>JASICKI Krzysztof</b>	<b>99</b>	RUNHOGS TYCHY	M-40	71	01:12:18	02:20:27	03:18:43		<b>05:05:19.30</b>	+02:02:47 (40.2%)	9:50	6.1 (59.8%)
170	<b>MATUSZEWSKA Małgorzata</b>	<b>180</b>	RUNNER'S POWER SREM	K-40	14	01:12:54	02:24:47	03:24:19		<b>05:05:36.35</b>	+02:03:04 (40.3%)	9:51	6.1 (59.8%)
171	<b>KACZMAREK Mirosław</b>	<b>110</b>	RUNNER'S POWER ŚREM	M-30	46	01:12:51	02:24:48	03:24:19		<b>05:05:36.85</b>	+02:03:05 (40.3%)	9:51	6.1 (59.8%)
172	<b>GRZELIŃSKI Michał</b>	<b>73</b>	□	M-30	47	01:09:01	02:17:44	03:16:35		<b>05:06:15.60</b>	+02:03:44 (40.4%)	9:52	6.1 (59.8%)
173	<b>SAMOLAK Maciek</b>	<b>254</b>		M-40	72	01:05:10	02:09:33	03:08:29	00:10:00	<b>05:06:17.70</b>	+02:03:46 (40.4%)	9:33	6.3 (61.8%)
174	<b>KAŁKA Marcin</b>	<b>332</b>		M-30	48	01:08:20	02:15:26	03:13:25		<b>05:06:26.10</b>	+02:03:54 (40.4%)	9:53	6.1 (59.8%)
175	<b>WOJCIECHOWSKI Aleksander</b>	<b>314</b>	ROWERY MAŁGOŚKA	M-30	49	01:07:38	02:15:16	03:17:31		<b>05:07:17.45</b>	+02:04:45 (40.6%)	9:54	6.1 (59.8%)
176	<b>GAJDOWSKI Przemysław</b>	<b>54</b>		M-30	50	01:14:43	02:27:03	03:24:19		<b>05:07:33.80</b>	+02:05:02 (40.7%)	9:55	6 (58.8%)



Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
177	<b>KUROWSKI Aleksander</b>	<b>156</b>		M-40	73	01:05:05	02:09:15	03:08:28	00:10:00	<b>05:07:46.45</b>	+02:05:14 (40.7%)	9:36	6.2 (60.8%)
178	<b>WOJCIECHOWICZ Leszek</b>	<b>313</b>	DZIECI KOTANA	M-30	51	01:07:20	02:17:40	03:15:37		<b>05:07:54.75</b>	+02:05:23 (40.7%)	9:55	6 (58.8%)
179	<b>POGONOWSKI Tomasz</b>	<b>230</b>	BIEGACZE Z PRZYLESIA	M-40	74	01:07:19	02:17:43	03:15:36		<b>05:07:55.25</b>	+02:05:23 (40.7%)	9:55	6 (58.8%)
180	<b>JANUSZEWSKA Izabela</b>	<b>94</b>	BIEGAM U KOLESI	K-30	6	01:15:07	02:23:47	03:23:38		<b>05:08:33.05</b>	+02:06:01 (40.8%)	9:57	6 (58.8%)
181	<b>MACIEJOWICZ Michał</b>	<b>173</b>		M-30	52	01:09:22	02:15:58	03:19:14		<b>05:08:38.15</b>	+02:06:06 (40.9%)	9:57	6 (58.8%)
182	<b>ZUBRZAK Jacek</b>	<b>329</b>		M-40	75	01:05:29	02:11:05	03:12:32		<b>05:08:58.70</b>	+02:06:27 (40.9%)	9:58	6 (58.8%)
183	<b>JÓZEFOWICZ Sebastian</b>	<b>106</b>		M-40	76	01:05:32	02:11:06	03:12:33		<b>05:08:59.00</b>	+02:06:27 (40.9%)	9:58	6 (58.8%)
184	<b>GRZYWIŃSKI Wojtek</b>	<b>74</b>		M-30	53	01:10:32	02:16:51	03:16:27		<b>05:10:15.80</b>	+02:07:44 (41.2%)	10:00	6 (58.8%)
185	<b>SZMECHTIG-GAUDEN Ewa</b>	<b>280</b>	PODGÓRZ TORUŃ	K-40	15	01:10:27	02:16:49	03:16:26		<b>05:10:36.25</b>	+02:08:04 (41.2%)	10:01	6 (58.8%)
186	<b>KUBIAK Anna</b>	<b>152</b>	STRZEGOMSKA DWUNASTKA	K-40	16	01:09:57	02:23:05	03:22:12		<b>05:12:00.60</b>	+02:09:29 (41.5%)	10:03	6 (58.8%)
187	<b>TOCZEWSKA Anna</b>	<b>293</b>	JACEKBIEGA RUNNING TEAM	K-50	1	01:16:43	02:26:03	03:30:52		<b>05:12:06.60</b>	+02:09:35 (41.5%)	10:04	6 (58.8%)
188	<b>SOBOTKA Monika</b>	<b>267</b>	WARSAW RUN CLUB	K-50	2	01:10:22	02:28:42	03:25:01		<b>05:12:20.45</b>	+02:09:48 (41.6%)	10:04	6 (58.8%)
189	<b>KUBIAK Przemysław</b>	<b>151</b>	STRZEGOMSKA DWUNASTKA	M-40	77	01:09:59	02:23:12	03:22:31		<b>05:12:50.95</b>	+02:10:19 (41.7%)	10:05	5.9 (57.8%)
190	<b>ŁOBASIUK Iwona</b>	<b>167</b>	FUNDACJA KIERUNEK ULTRA	K-40	17	01:12:47	02:23:48	03:24:04		<b>05:13:01.00</b>	+02:10:29 (41.7%)	10:05	5.9 (57.8%)
191	<b>RUCIŃSKI Adam</b>	<b>249</b>		M-50	19	01:10:06	02:17:11	03:19:43		<b>05:14:24.60</b>	+02:11:53 (41.9%)	10:08	5.9 (57.8%)
192	<b>BŁACHNO Marcin</b>	<b>14</b>		M-40	78	01:13:31	02:23:29	03:24:49		<b>05:14:27.30</b>	+02:11:55 (42.0%)	10:08	5.9 (57.8%)
193	<b>MIGDAL Adrian</b>	<b>186</b>		M-40	79	01:13:41	02:20:10	03:22:16		<b>05:14:27.90</b>	+02:11:56 (42.0%)	10:08	5.9 (57.8%)
194	<b>ROGÓRZ Andrzej</b>	<b>242</b>		M-40	80	01:03:09	02:15:51	03:19:48		<b>05:14:39.30</b>	+02:12:07 (42.0%)	10:09	5.9 (57.8%)
195	<b>ZAJĄCZKOWSKI Damian</b>	<b>319</b>	OUTSIDERS	M-40	81	01:05:07	02:11:06	03:12:55		<b>05:16:01.90</b>	+02:13:30 (42.2%)	10:11	5.9 (57.8%)
196	<b>JASIŃSKI Marcin</b>	<b>100</b>	ROGOZIŃSKI KLUB BIEGACZA	M-40	82	01:26:53	02:33:38	03:30:54		<b>05:16:41.85</b>	+02:14:10 (42.4%)	10:12	5.9 (57.8%)
197	<b>SIWEK Grzegorz</b>	<b>338</b>		M-40	83	01:11:56	02:21:30	03:20:08		<b>05:17:25.45</b>	+02:14:53 (42.5%)	10:14	5.9 (57.8%)
198	<b>MAŁACHOWSKA Gabriela</b>	<b>179</b>		K-20	4	01:15:05	02:24:23	03:27:48		<b>05:17:29.45</b>	+02:14:57 (42.5%)	10:14	5.9 (57.8%)
199	<b>SZYMCZAK Marcin</b>	<b>286</b>		M-40	84	01:06:20	02:17:46	03:20:58		<b>05:17:41.00</b>	+02:15:09 (42.5%)	10:14	5.9 (57.8%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
200	<b>ZIENKIEWICZ Justyna</b>	<b>326</b>		K-40	18	01:17:46	02:33:24	03:31:36		<b>05:17:43.00</b>	+02:15:11 (42.6%)	10:14	5.9 (57.8%)
201	<b>ZIENKIEWICZ Agata</b>	<b>325</b>	PIASECZNO RUNNING	K-40	19	01:17:38	02:33:26	03:31:32		<b>05:17:43.05</b>	+02:15:11 (42.6%)	10:14	5.9 (57.8%)
202	<b>URBAŃSKI Rafał</b>	<b>300</b>		M-50	20	01:05:25	02:15:40	03:18:42		<b>05:19:06.95</b>	+02:16:35 (42.8%)	10:17	5.8 (56.9%)
203	<b>SZYNKLEWSKI Maciej</b>	<b>287</b>	QUAY POZNAŃ	M-50	21	01:19:43	02:32:20	03:31:55		<b>05:19:16.20</b>	+02:16:44 (42.8%)	10:17	5.8 (56.9%)
204	<b>KUSZTELSKA Lucyna</b>	<b>159</b>		K-40	20	01:12:31	02:25:22	03:31:31		<b>05:19:29.35</b>	+02:16:57 (42.9%)	10:18	5.8 (56.9%)
205	<b>SZYDŁO Klaudia</b>	<b>285</b>		K-30	7	01:12:33	02:17:49	03:21:36		<b>05:20:02.90</b>	+02:17:31 (43.0%)	10:19	5.8 (56.9%)
206	<b>PODULKA Grzegorz</b>	<b>229</b>		M-40	85	01:11:16	02:21:09	03:22:59		<b>05:21:33.80</b>	+02:19:02 (43.2%)	10:22	5.8 (56.9%)
207	<b>FILIPOWICZ Dominik</b>	<b>48</b>		M-30	54	01:16:10	02:28:13	03:31:29		<b>05:21:50.00</b>	+02:19:18 (43.3%)	10:22	5.8 (56.9%)
208	<b>PIOTROWSKA Anna</b>	<b>228</b>	META NADARZYN / SPARTANIE DZIECIOM	K-50	3	01:12:46	02:28:37	03:29:14		<b>05:22:47.65</b>	+02:20:16 (43.5%)	10:24	5.8 (56.9%)
209	<b>KOSTYK Grzegorz</b>	<b>133</b>		M-40	86	01:17:44	02:28:15	03:33:30		<b>05:23:05.40</b>	+02:20:33 (43.5%)	10:25	5.8 (56.9%)
210	<b>KOWALSKI Szymon</b>	<b>139</b>	HTF LUDWIK SIKORSKI	M-40	87	01:19:03	02:35:39	03:38:39		<b>05:24:03.90</b>	+02:21:32 (43.7%)	10:27	5.7 (55.9%)
211	<b>FAJNAS Katarzyna</b>	<b>44</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K-40	21	01:13:25	02:26:11	03:31:38		<b>05:26:36.75</b>	+02:24:05 (44.1%)	10:32	5.7 (55.9%)
212	<b>MIKOLAJEC Piotr</b>	<b>188</b>		M-30	55	01:16:46	02:34:00	03:33:42		<b>05:29:27.60</b>	+02:26:56 (44.6%)	10:37	5.6 (54.9%)
213	<b>CYWIŃSKI Paweł</b>	<b>33</b>	AKG ŁÓDŹ / HTF	M-40	88	01:18:55	02:37:05	03:38:48		<b>05:31:52.05</b>	+02:29:20 (45.0%)	10:42	5.6 (54.9%)
214	<b>PANEK Aleksandra</b>	<b>218</b>		K-50	4	01:16:42	02:35:47	03:39:06		<b>05:32:38.85</b>	+02:30:07 (45.1%)	10:43	5.6 (54.9%)
215	<b>KOŚNIEWSKA-NOWAK Joanna</b>	<b>135</b>	WIECZORNE BIEGANIE W OPOLU	K-40	22	01:17:30	02:32:54	03:38:30		<b>05:33:38.05</b>	+02:31:06 (45.3%)	10:45	5.6 (54.9%)
216	<b>ILNICKA Monika</b>	<b>85</b>	WIECZORNE BIEGANIE W OPOLU	K-30	8	01:16:57	02:32:53	03:38:29		<b>05:33:38.20</b>	+02:31:06 (45.3%)	10:45	5.6 (54.9%)
217	<b>NOWAK Łukasz</b>	<b>207</b>	WIECZORNE BIEGANIE W OPOLU	M-30	56	01:16:49	02:33:01	03:38:34		<b>05:33:39.65</b>	+02:31:08 (45.3%)	10:45	5.6 (54.9%)
218	<b>PASZKE Agnieszka</b>	<b>222</b>		K-20	5	01:16:36	02:36:24	03:36:50		<b>05:34:38.05</b>	+02:32:06 (45.5%)	10:47	5.6 (54.9%)
219	<b>MACIEJEWSKI Wojciech</b>	<b>172</b>		M-20	11	01:16:29	02:36:23	03:36:51		<b>05:34:38.25</b>	+02:32:06 (45.5%)	10:47	5.6 (54.9%)
220	<b>KRUZEL Rafał</b>	<b>149</b>	BIEGOWE MISIE	M-50	22	01:19:26	02:36:08	03:40:14		<b>05:34:42.70</b>	+02:32:11 (45.5%)	10:47	5.6 (54.9%)
221	<b>GÓRECKI Marcin</b>	<b>65</b>	DZIK KOMANDO	M-40	89	01:14:32	02:33:48	03:39:12		<b>05:34:43.95</b>	+02:32:12 (45.5%)	10:47	5.6 (54.9%)
222	<b>KOZAK Bartosz</b>	<b>141</b>	KOZAKI	M-40	90	01:08:09	02:28:01	03:34:40		<b>05:37:12.65</b>	+02:34:41 (45.9%)	10:52	5.5 (53.9%)

Place	Participant	Number	Club	Category	MCat	Parking pod	Błędne	Lisia	Penalty/ bonus	Net	Pace	Pace	
						Szczelińcem	Skały	Przetęcz		time			Gap
						7km	14km	19.7km					
223	<b>KOZAK Ewa</b>	<b>142</b>	KOZAKI	K-40	23	01:14:41	02:28:26	03:34:59		<b>05:37:42.40</b>	+02:35:10 (46.0%)	10:53	5.5 (53.9%)
224	<b>ZWIERZYŃSKI Roman</b>	<b>333</b>	LECĘ BO CHCĘ	M-60	4	01:14:33	02:28:11	03:36:20		<b>05:41:22.95</b>	+02:38:51 (46.5%)	11:00	5.4 (52.9%)
225	<b>JESIOŁOWSKI Robert</b>	<b>103</b>		M-50	23	01:19:05	02:41:10	03:45:47		<b>05:42:21.60</b>	+02:39:50 (46.7%)	11:02	5.4 (52.9%)
226	<b>OCHOCKI Marcin</b>	<b>209</b>	DZIK KOMANDO	M-40	91	01:23:25	02:42:30	03:47:40		<b>05:43:18.85</b>	+02:40:47 (46.8%)	11:04	5.4 (52.9%)
227	<b>GRĘZEL-GAWRON Jolanta</b>	<b>70</b>		K-40	24	01:20:11	02:39:52	03:44:30		<b>05:44:13.40</b>	+02:41:41 (47.0%)	11:06	5.4 (52.9%)
228	<b>FLORCZAK Monika</b>	<b>49</b>		K-30	9	01:23:16	02:41:47	03:46:22		<b>05:49:15.85</b>	+02:46:44 (47.7%)	11:15	5.3 (52.0%)
229	<b>JEDYNAK-DOROSZ Izabela</b>	<b>101</b>	KB MANIAC POZNAŃ	K-40	25	01:27:41	02:49:00	03:54:12		<b>05:50:33.70</b>	+02:48:02 (47.9%)	11:18	5.3 (52.0%)
230	<b>MACIOŁ Sebastian</b>	<b>174</b>	TTA BIERUŃ	M-40	92	01:12:19	02:33:27	03:43:42		<b>05:54:05.50</b>	+02:51:34 (48.5%)	11:25	5.3 (52.0%)
231	<b>ŁACKI Łukasz</b>	<b>165</b>	MUD FOXES	M-40	93	01:16:23	02:38:01	03:47:08		<b>05:58:51.15</b>	+02:56:19 (49.1%)	11:34	5.2 (51.0%)
232	<b>KRUPCZYŃSKI Mariusz</b>	<b>148</b>	KRUPOLS TEAM	M-60	5	01:16:55	02:31:25	03:36:37		<b>06:00:17.50</b>	+02:57:46 (49.3%)	11:37	5.2 (51.0%)
233	<b>BRZEZIŃSKI Andrzej</b>	<b>339</b>		M-60	6	01:19:06	02:42:27	03:49:20		<b>06:01:21.85</b>	+02:58:50 (49.5%)	11:39	5.1 (50.0%)
234	<b>GARBACZ Marek</b>	<b>56</b>	LEŚNE ULTRA DZIADY	M-50	24	01:17:45	02:40:42	03:50:19		<b>06:01:44.70</b>	+02:59:13 (49.5%)	11:40	5.1 (50.0%)
235	<b>STRZELECKI Krzysztof</b>	<b>271</b>	LEŚNE ULTRA DZIADY	M-50	25	01:17:36	02:40:40	03:51:00		<b>06:03:09.85</b>	+03:00:38 (49.7%)	11:42	5.1 (50.0%)
236	<b>MIELNIK Krzysztof</b>	<b>185</b>	DC TRIATHLON TEAM	M-30	57	01:34:19	03:07:24	04:19:57		<b>06:03:25.60</b>	+03:00:54 (49.8%)	11:43	5.1 (50.0%)
237	<b>PAWŁOWSKA Anna</b>	<b>334</b>		K-40	26	01:21:05	02:46:04	03:58:25		<b>06:20:22.35</b>	+03:17:50 (52.0%)	12:16	4.9 (48.0%)
238	<b>PAWŁOWSKA Anna</b>	<b>342</b>		K-40	27	01:20:59	02:46:03	03:58:27		<b>06:20:22.80</b>	+03:17:51 (52.0%)	12:16	4.9 (48.0%)
239	<b>HOFFMANN Grzegorz</b>	<b>81</b>	KOŚCIAN TEAM	M-40	94	01:26:32	02:56:13	04:06:08		<b>06:22:54.30</b>	+03:20:22 (52.3%)	12:21	4.9 (48.0%)
240	<b>JAKUBOWSKI Wojciech</b>	<b>91</b>	KB GEOTERMIA UNIEJÓW	M-40	95	01:13:45	02:37:01	04:00:06		<b>06:29:35.70</b>	+03:27:04 (53.2%)	12:34	4.8 (47.1%)
241	<b>KRYSZEWSKI Artur</b>	<b>150</b>		M-30	58	01:30:03	02:58:14	04:12:55		<b>06:30:01.50</b>	+03:27:30 (53.2%)	12:34	4.8 (47.1%)
242	<b>KOPACKA Edyta</b>	<b>129</b>	KB SOBÓTKA	K-30	10			04:35:32		<b>06:32:20.50</b>	+03:29:49 (53.5%)	12:39	4.7 (46.1%)
243	<b>JURKIEWICZ Dominik</b>	<b>109</b>		M-30	59	01:28:54	02:53:35	04:07:34		<b>06:35:19.40</b>	+03:32:47 (53.8%)	12:45	4.7 (46.1%)
244	<b>SOWIŃSKA Anetta</b>	<b>269</b>		K-40	28	01:35:55	03:04:47	04:17:32		<b>06:36:33.55</b>	+03:34:02 (54.0%)	12:47	4.7 (46.1%)
245	<b>CISICKA Daria</b>	<b>28</b>		K-30	11	01:34:32	03:07:32	04:19:57		<b>06:41:43.65</b>	+03:39:12 (54.6%)	12:57	4.6 (45.1%)

Place	Participant	Number	Club	Category	MCat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przetęcz 19.7km	Penalty/ bonus	Net time 31km	Gap	Pace min/km	Pace km/h
246	<b>KAWAŁKO Ryszard</b>	<b>115</b>	WOLNY RYŚ 8*	M-50	26	01:24:34	02:56:07	04:12:20		<b>06:44:01.00</b>	+03:41:29 (54.8%)	13:01	4.6 (45.1%)
247	<b>DONAJ Adam</b>	<b>42</b>		M-40	96	01:53:15	03:24:24	04:49:19		<b>07:03:36.50</b>	+04:01:05 (56.9%)	13:39	4.4 (43.1%)
248	<b>PAŁASZYŃSKA Beata</b>	<b>216</b>	MUD FOXES	K-30	12	01:41:02	03:18:00	04:41:43		<b>07:07:21.70</b>	+04:04:50 (57.3%)	13:47	4.4 (43.1%)
249	<b>KOCZOROWSKA Anna</b>	<b>122</b>	TEAM ZABIEGANEDNI	K-40	29			04:02:26			+	12:18	4.9 (48.0%)
250	<b>URBAŃSKA Paulina</b>	<b>298</b>	TRAINING LAB	K-30	13	01:18:40					+	11:14	5.3 (52.0%)
	<b>KOCIOŁEK Zbigniew</b>	<b>121</b>		M-40		01:18:14 DNF	02:42:10 DNF	04:00:59 DNF		<b>DNF</b>		-	- (0.0%)

Total 251 results.