



**ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Półmaraton Gór Stołowych
Fundacja Maratony Górskie
2023-01-22
Kartów
31 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

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INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
1	PETR Jiří	1168	SALOMON	M-40	1	00:40:00	01:15:15	01:50:23	02:56:01.55	02:56:01.55		5:40	10.6 (100%)
2	NORBERT Michał	1057	KB SOBÓTKA	M-30	1	00:43:04	01:22:15	02:01:24	03:18:33.20	03:18:33.20	+00:22:31 (11.3%)	6:24	9.4 (88.7%)
3	STANKIEWICZ Tomasz	1100	PLANYBIEGOWE.PL	M-30	2	00:44:54	01:24:22	02:03:06	03:19:32.60	03:19:32.60	+00:23:31 (11.8%)	6:26	9.3 (87.7%)
4	KACZMARCZYK Łukasz	1173	ELITE RUNNERS	M-30	3	00:45:02	01:25:13	02:05:11	03:24:32.80	03:24:32.80	+00:28:31 (13.9%)	6:35	9.1 (85.8%)
5	KRUPA Marcin	1115	AKTYWNA NOWA RUDA	M-40	2	00:48:10	01:30:22	02:13:21	03:30:48.80	03:30:48.80	+00:34:47 (16.5%)	6:48	8.8 (83.0%)
6	PASTUSZKA Paweł	1040	EX TEAM	M-30	4	00:48:56	01:31:11	02:13:47	03:33:35.25	03:33:35.25	+00:37:33 (17.6%)	6:53	8.7 (82.1%)
7	LIPNICKA Marta	1170	ULTRAKOTLINA TEAM	K-30	1	00:48:45	01:31:16	02:13:35	03:34:33.55	03:34:33.55	+00:38:32 (18.0%)	6:55	8.7 (82.1%)
8	ADAMCZYK Maciej	1106	SKS OBORNIKI	M-40	3	00:48:42	01:30:54	02:13:53	03:35:44.40	03:35:44.40	+00:39:42 (18.4%)	6:57	8.6 (81.1%)
9	MACH Tomasz	1198	SPORTFUEL.PL MTB TEAM & WWW.PORCELANAWALBRZYCH.PL	M-30	5	00:48:09	01:30:21	02:14:43	03:37:20.55	03:37:20.55	+00:41:19 (19.0%)	7:00	8.6 (81.1%)
10	TRZEPAK Łukasz	1171		M-30	6	00:50:55	01:34:55	02:18:26	03:38:00.95	03:38:00.95	+00:41:59 (19.3%)	7:01	8.5 (80.2%)
11	NADKIERNICZNY Zbyszek	1118	GRYFUS SZCZECIN	M-40	4	00:55:00	01:40:26	02:22:48	03:39:58.30	03:39:58.30	+00:43:56 (20.0%)	7:05	8.5 (80.2%)
12	KULIK-GAWĘDA Iwona	1038	KUDOWIANKA RUN	K-30	2	00:48:51	01:31:10	02:15:07	03:41:24.70	03:41:24.70	+00:45:23 (20.5%)	7:08	8.4 (79.2%)
13	GORCZYŃSKI Norbert	1011	KUDOWIANKA RUN	M-20	1	00:53:53	01:39:19	02:22:32	03:50:12.35	03:50:12.35	+00:54:10 (23.5%)	7:25	8.1 (76.4%)
14	RĘBIAŁKOWSKI Jakub	1056	RNB TEAM POLANICA ZDRÓJ	M-30	7	00:56:33	01:42:27	02:27:23	03:52:17.60	03:52:17.60	+00:56:16 (24.2%)	7:29	8 (75.5%)
15	CIURASZKIEWICZ Andrzej	1153		M-40	5	00:54:10	01:40:23	02:26:06	03:52:20.95	03:52:20.95	+00:56:19 (24.2%)	7:29	8 (75.5%)
16	MARCINIAK Jakub	1086	KOŹMIN BIEGA ULTRA RUNNERS	M-30	8	00:54:20	01:41:08	02:27:37	03:52:43.15	03:52:43.15	+00:56:41 (24.4%)	7:30	8 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
17	ADAMCZAK Artur	1050		M-30	9	00:49:36	01:32:12	02:17:40	03:54:55.95	03:54:55.95	+00:58:54 (25.1%)	7:34	7.9 (74.5%)
18	MAZIK Wojciech	1021	KW KRAKOW	M-30	10	00:50:53	01:35:43	02:22:02	03:55:50.45	03:55:50.45	+00:59:48 (25.4%)	7:36	7.9 (74.5%)
19	HOŁYST Andrzej	1010	GT RAT	M-40	6	00:52:46	01:39:48	02:25:51	03:55:54.15	03:55:54.15	+00:59:52 (25.4%)	7:36	7.9 (74.5%)
20	SMOTER Damian	1120		M-40	7	00:53:27	01:39:58	02:24:37	03:56:31.90	03:56:31.90	+01:00:30 (25.6%)	7:37	7.9 (74.5%)
21	HERCHEL Arkadiusz	1061		M-40	8	00:54:43	01:42:35	02:30:29	03:57:04.15	03:57:04.15	+01:01:02 (25.7%)	7:38	7.8 (73.6%)
22	KACZOROWSKI Michał	1162	KWIDZYN BIEGA	M-30	11	00:55:57	01:42:51	02:30:02	03:57:55.95	03:57:55.95	+01:01:54 (26.0%)	7:40	7.8 (73.6%)
23	ROGÓRZ Piotr	1195		M-40	9	00:55:17	01:44:40	02:32:00	03:58:07.45	03:58:07.45	+01:02:05 (26.1%)	7:40	7.8 (73.6%)
24	MOKRYCKI Krystian	1194		M-40	10	00:59:22	01:48:58	02:33:42	03:58:10.45	03:58:10.45	+01:02:08 (26.1%)	7:40	7.8 (73.6%)
25	DUC-SYPOSZ Aureliusz	1023		M-40	11	00:56:32	01:45:01	02:33:38	04:02:23.00	04:02:23.00	+01:06:21 (27.4%)	7:49	7.7 (72.6%)
26	PIWOWOŃSKI Paweł	1200		M-40	12	00:57:26	01:44:41	02:32:21	04:03:56.40	04:03:56.40	+01:07:54 (27.8%)	7:52	7.6 (71.7%)
27	RUSOŁ Tomasz	1138		M-40	13	00:53:17	01:40:08	02:29:51	04:04:38.05	04:04:38.05	+01:08:36 (28.0%)	7:53	7.6 (71.7%)
28	TRZECIAKIEWICZ Mieczysław	1053	INŻYNIERIA BIEGANIA	M-50	1	01:00:56	01:48:44	02:34:59	04:05:45.00	04:05:45.00	+01:09:43 (28.4%)	7:55	7.6 (71.7%)
29	WILK Jacek	1180		M-50	2	00:54:30	01:42:08	02:30:38	04:07:13.85	04:07:13.85	+01:11:12 (28.8%)	7:58	7.5 (70.8%)
30	WOŁOSZYN Konrad	1165	BRACIAKTRANS	M-40	14	00:59:20	01:48:46	02:35:18	04:07:17.30	04:07:17.30	+01:11:15 (28.8%)	7:58	7.5 (70.8%)
31	PĘCHRA Mateusz	1090	ULTRA TURY	M-30	12	00:56:45	01:47:05	02:34:32	04:07:52.75	04:07:52.75	+01:11:51 (29.0%)	7:59	7.5 (70.8%)
32	KRZESAK Damian	1146	ZAWISZA LEGNICA	M-30	13	01:00:58	01:49:52	02:37:55	04:08:03.40	04:08:03.40	+01:12:01 (29.0%)	8:00	7.5 (70.8%)
33	CHOWANIEC Sebastian	1081	SUNFIT STUDIO	M-30	14	00:56:16	01:45:10	02:34:10	04:08:13.40	04:08:13.40	+01:12:11 (29.1%)	8:00	7.5 (70.8%)
34	SIKORSKI Dariusz	1121	INSERT TEAM	M-40	15	01:06:56	01:55:14	02:41:50	04:09:15.90	04:09:15.90	+01:13:14 (29.4%)	8:02	7.5 (70.8%)
35	KARPOWICZ Rafal	1191		M-40	16	00:54:58	01:43:18	02:32:04	04:10:06.10	04:10:06.10	+01:14:04 (29.6%)	8:04	7.4 (69.8%)
36	KRÓL Marcin	1157		M-40	17	01:03:25	01:53:12	02:41:26	04:10:48.40	04:10:48.40	+01:14:46 (29.8%)	8:05	7.4 (69.8%)
37	NAPIERAŁA Tomasz	1078		M-40	18	00:59:33	01:48:45	02:37:35	04:11:05.25	04:11:05.25	+01:15:03 (29.9%)	8:05	7.4 (69.8%)
38	MICHALAK Dawid	1143	NIAGARA	M-40	19	00:54:12	01:44:58	02:36:21	04:11:57.35	04:11:57.35	+01:15:55 (30.1%)	8:07	7.4 (69.8%)
39	ŚWIAT Paweł	1054	RNB TEAM POLANICA ZDRÓJ	M-30	15	00:56:29	01:42:42	02:31:47	04:13:20.30	04:13:20.30	+01:17:18 (30.5%)	8:10	7.3 (68.9%)
40	LAMEK Andrzej	1149	AKTYWNY OSTRZESZÓW	M-50	3	01:00:37	01:48:55	02:38:28	04:13:48.10	04:13:48.10	+01:17:46 (30.6%)	8:11	7.3 (68.9%)

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41	ZIOBROWSKI Łukasz	1199	SZTUKA RUCHU	M-40	20	00:58:28	01:48:41	02:38:12	04:13:57.55	04:13:57.55	+01:17:56 (30.7%)	8:11	7.3 (68.9%)
42	MATCZAK Mateusz	1071	SH RUNNING TEAM	M-30	16	00:58:17	01:48:56	02:39:55	04:14:15.90	04:14:15.90	+01:18:14 (30.8%)	8:12	7.3 (68.9%)
43	VISENTIN Eric	1018	NOA	M-40	21	00:59:21	01:50:42	02:40:45	04:15:26.25	04:15:26.25	+01:19:24 (31.1%)	8:14	7.3 (68.9%)
44	FIGEL Michał	1008	MIKI TEAM	M-40	22	00:57:21	01:48:25	02:37:48	04:15:57.40	04:15:57.40	+01:19:55 (31.2%)	8:15	7.3 (68.9%)
45	SZKÓDLIŃSKI Bartosz	1102	ODDYCHAJSWOBODNIE.PL	M-40	23	00:59:19	01:49:25	02:40:07	04:17:07.70	04:17:07.70	+01:21:06 (31.5%)	8:17	7.2 (67.9%)
46	JAZ Ernest	1183	ENDORFINY WAŚOSZ	M-40	24	00:59:15	01:52:11	02:41:45	04:20:43.80	04:20:43.80	+01:24:42 (32.5%)	8:24	7.1 (67.0%)
47	KOWALSKI Andrzej	1152		M-60	1	01:00:46	01:53:02	02:42:35	04:21:45.25	04:21:45.25	+01:25:43 (32.8%)	8:26	7.1 (67.0%)
48	BONIEC-RZEPSKA Gabriela	1006	ANDRZEJ WITEK SZYBCIEJ TEAM	K-30	3	00:55:40	01:47:16	02:38:23	04:22:25.90	04:22:25.90	+01:26:24 (32.9%)	8:27	7.1 (67.0%)
49	WIECZOREK Piotr	1093	SULEJOWSKIE MORSY	M-40	25	01:06:50	01:58:36	02:46:15	04:23:34.65	04:23:34.65	+01:27:33 (33.2%)	8:30	7.1 (67.0%)
50	ZARODA Zbigniew	1036	TRITON KONIN	M-50	4	00:58:52	01:52:57	02:44:02	04:24:02.45	04:24:02.45	+01:28:00 (33.3%)	8:31	7 (66.0%)
51	PIECUCH Karolina	1105		K-30	4	00:59:56	01:53:07	02:44:57	04:24:29.05	04:24:29.05	+01:28:27 (33.4%)	8:31	7 (66.0%)
52	ROGOZIK Mariusz	1150		M-30	17	00:59:25	01:52:10	02:43:49	04:25:23.60	04:25:23.60	+01:29:22 (33.7%)	8:33	7 (66.0%)
53	GNITECKA Katarzyna	1160	KUDOWIANKA RUN	K-30	5	01:02:53	01:57:04	02:49:25	04:25:25.40	04:25:25.40	+01:29:23 (33.7%)	8:33	7 (66.0%)
54	CHRZANOWSKI Paweł	1017		M-40	26	00:55:17	01:45:46	02:36:11	04:26:05.15	04:26:05.15	+01:30:03 (33.8%)	8:35	7 (66.0%)
55	PABIN Paweł	1107	#PABINY	M-30	18	00:56:34	01:47:09	02:40:03	04:26:11.85	04:26:11.85	+01:30:10 (33.9%)	8:35	7 (66.0%)
56	KRÓL Marcin	1058		M-40	27	01:01:34	01:55:08	02:46:11	04:26:42.35	04:26:42.35	+01:30:40 (34.0%)	8:36	7 (66.0%)
57	HAJDA Justyna	1080	MAFIA TEAM LUBLINIEC	K-20	1	01:04:04	01:58:34	02:50:06	04:26:43.40	04:26:43.40	+01:30:41 (34.0%)	8:36	7 (66.0%)
58	CZYRNIA Andrzej	1099	ULTRA TURY	M-40	28	00:59:34	01:53:11	02:45:55	04:27:42.65	04:27:42.65	+01:31:41 (34.2%)	8:38	6.9 (65.1%)
59	TYŚ Radek	1147	NOWA RUDA BIEGA	M-30	19	01:04:16	01:57:31	02:49:18	04:27:47.65	04:27:47.65	+01:31:46 (34.3%)	8:38	6.9 (65.1%)
60	BIECUSZEK Tomasz	1096	AKTYWNA NOWA RUDA	M-40	29	00:56:43	01:49:24	02:43:55	04:28:00.15	04:28:00.15	+01:31:58 (34.3%)	8:38	6.9 (65.1%)
61	MARIANOWSKI Krzysztof	1112	KWIDZYN BIEGA	M-40	30	01:03:03	01:58:35	02:51:25	04:28:46.50	04:28:46.50	+01:32:44 (34.5%)	8:40	6.9 (65.1%)
62	PLISZKA Bartosz	1148	OLA TEAM	M-50	5	01:02:59	01:58:05	02:50:17	04:29:18.35	04:29:18.35	+01:33:16 (34.6%)	8:41	6.9 (65.1%)
63	MIERCZAK Dawid	1104	PENDOLINO TEAM	M-30	20	01:01:31	01:54:49	02:47:51	04:29:27.45	04:29:27.45	+01:33:25 (34.7%)	8:41	6.9 (65.1%)
64	ABRAMOWICZ Agata	1159		K-20	2	01:02:11	01:55:26	02:47:40	04:31:00.95	04:31:00.95	+01:34:59 (35.0%)	8:44	6.9 (65.1%)

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65	PIELATOWSKI Adam	1001	DIRTY SPARROWS	M-30	21	01:01:47	01:52:58	02:42:56	04:31:01.35	04:31:01.35	+01:34:59 (35.1%)	8:44	6.9 (65.1%)
66	HETMAN Łukasz	1139		M-40	31	00:58:02	01:48:42	02:41:34	04:31:02.60	04:31:02.60	+01:35:01 (35.1%)	8:44	6.9 (65.1%)
67	CUPRIAK Daniel	1079	AGROAS TEAM	M-50	6	01:04:17	01:57:06	02:49:31	04:31:28.05	04:31:28.05	+01:35:26 (35.2%)	8:45	6.9 (65.1%)
68	WESOŁOWSKI Krzysztof	1085	LASKOWE LUDKI	M-40	32	00:54:36	01:44:57	02:37:57	04:32:12.60	04:32:12.60	+01:36:11 (35.3%)	8:46	6.8 (64.2%)
69	TECZA Dariusz	1161		M-60	2	01:04:34	01:58:01	02:50:23	04:32:18.15	04:32:18.15	+01:36:16 (35.4%)	8:47	6.8 (64.2%)
70	LUBELCZYK Grzegorz	1066	SPELEOCLUB WROCŁAW	M-50	7	01:07:16	02:01:05	02:54:25	04:32:27.65	04:32:27.65	+01:36:26 (35.4%)	8:47	6.8 (64.2%)
71	KADYS Łukasz	1169	LKS ISKRA JASZKOWA	M-40	33	01:01:35	01:53:31	02:41:12	04:32:44.35	04:32:44.35	+01:36:42 (35.5%)	8:47	6.8 (64.2%)
72	FORTUNA Marcin	1033	ANTONTEAM/ŚWISZCZĄCY ŁAŃCUCH	M-40	34	01:02:47	01:57:07	02:49:35	04:32:49.30	04:32:49.30	+01:36:47 (35.5%)	8:48	6.8 (64.2%)
73	DUNAJ Paweł	1029		M-40	35	01:07:49	02:06:04	03:00:13	04:34:06.85	04:34:06.85	+01:38:05 (35.8%)	8:50	6.8 (64.2%)
74	GÓRECKI Marcin	1179	WIR	M-40	36	01:02:23	01:57:39	02:52:14	04:36:48.35	04:36:48.35	+01:40:46 (36.4%)	8:55	6.7 (63.2%)
75	KARKOSZ Andrzej	1032		M-30	22	01:03:04	01:56:01	02:48:02	04:37:26.15	04:37:26.15	+01:41:24 (36.6%)	8:56	6.7 (63.2%)
76	PARZONKA Michał	1028	ŚWISZCZĄCY ŁAŃCUCH	M-30	23	01:03:00	01:55:55	02:50:31	04:39:55.70	04:39:55.70	+01:43:54 (37.1%)	9:01	6.6 (62.3%)
77	ŁANGOWICZ Borys	1103		M-20	2	01:05:27	01:59:47	02:50:13	04:40:02.65	04:40:02.65	+01:44:01 (37.1%)	9:02	6.6 (62.3%)
78	RADZIWOŃ Anna	1108	GRUPA NIENACHALNIE HEROICZNA	K-40	1	01:06:46	02:03:29	02:58:50	04:41:19.35	04:41:19.35	+01:45:17 (37.4%)	9:04	6.6 (62.3%)
79	GONSIOR Tomasz	1070		M-30	24	01:07:14	02:02:14	02:57:10	04:41:58.35	04:41:58.35	+01:45:56 (37.6%)	9:05	6.6 (62.3%)
80	CIEŚLA Bartosz	1190	MOCNOPRZYGODOWY.PL	M-30	25	01:01:13	01:55:04	02:47:29	04:42:01.60	04:42:01.60	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
81	PAWLAK Sylwester	1188		M-40	37	01:04:03	01:58:20	02:54:06	04:42:02.00	04:42:02.00	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
82	MACHAJEWSKA Aneta	1187		K-40	2	01:04:06	01:58:22	02:54:34	04:42:02.10	04:42:02.10	+01:46:00 (37.6%)	9:05	6.6 (62.3%)
83	STANKOWSKI Przemysław	1013		M-40	38	01:07:34	02:05:54	02:58:26	04:42:07.05	04:42:07.05	+01:46:05 (37.6%)	9:06	6.6 (62.3%)
84	ŁUKASIEWICZ Ewelina	1151	POLFERRIES/PŻB	K-20	3	01:05:29	02:00:30	02:57:30	04:42:48.00	04:42:48.00	+01:46:46 (37.8%)	9:07	6.6 (62.3%)
85	SAWCZYN Tomasz	1052	DWÓJKA BEZ SERNIKA	M-40	39	01:03:41	02:00:33	02:54:19	04:45:39.20	04:45:39.20	+01:49:37 (38.4%)	9:12	6.5 (61.3%)
86	SYCHOWSKI Dawid	1024		M-30	26	01:01:29	01:56:39	02:53:47	04:46:17.85	04:46:17.85	+01:50:16 (38.5%)	9:14	6.5 (61.3%)
87	WAJDA Maciej	1076	SPELEOCLUB WROCŁAW	M-30	27	01:05:32	02:01:59	02:56:55	04:46:42.65	04:46:42.65	+01:50:41 (38.6%)	9:14	6.5 (61.3%)
88	JASIŃSKI Marcin	1051		M-40	40	01:03:05	01:57:40	02:49:51	04:47:28.45	04:47:28.45	+01:51:26 (38.8%)	9:16	6.5 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
89	KOWALSKA Justyna	1140	MORSY OŚNO LUBUSKIE	K-40	3	01:04:53	02:03:05	02:59:31	04:47:40.30	04:47:40.30	+01:51:38 (38.8%)	9:16	6.5 (61.3%)
90	DRESZLER Wiesław	1142		M-50	8	01:11:58	02:08:57	03:03:06	04:47:42.70	04:47:42.70	+01:51:41 (38.8%)	9:16	6.5 (61.3%)
91	WOLF Weronika	1062	W GÓRACH JEST WSZYSTKO CO KOCHAM ♥	K-40	4	01:09:44	02:05:40	03:01:32	04:48:18.55	04:48:18.55	+01:52:17 (38.9%)	9:18	6.5 (61.3%)
92	NATKANIEC Krystian	1111	JULJAN	M-50	9	01:01:35	01:57:19	02:53:19	04:48:39.85	04:48:39.85	+01:52:38 (39.0%)	9:18	6.4 (60.4%)
93	SIKORA Michał	1030	PASTERKA PANY	M-40	41	01:07:43	02:05:14	03:01:14	04:48:50.75	04:48:50.75	+01:52:49 (39.1%)	9:19	6.4 (60.4%)
94	SOBKOWIAK Kamil	1154	ZESPÓŁ SZKÓŁ RATAJE	M-40	42	01:05:30	02:00:31	02:57:35	04:49:32.45	04:49:32.45	+01:53:30 (39.2%)	9:20	6.4 (60.4%)
95	LEWANDOWSKI Wojciech	1113	ODRA TRAIL	M-30	28	01:13:14	02:13:06	03:05:41	04:52:50.40	04:52:50.40	+01:56:48 (39.9%)	9:26	6.4 (60.4%)
96	KONSTANCIUK Dariusz	1059	JAZDA	M-40	43	00:57:57	01:53:10	02:52:01	04:53:00.30	04:53:00.30	+01:56:58 (39.9%)	9:27	6.3 (59.4%)
97	WEYNA Rafał	1031	BIAŁY DOMEK BIEGA	M-50	10	00:59:42	01:55:48	02:53:34	04:54:37.80	04:54:37.80	+01:58:36 (40.3%)	9:30	6.3 (59.4%)
98	SZCZEPAŃSKI Marcin	1067	STRZELIŃSKI KLUB BIEGACZA GRANIT	M-30	29	01:06:48	02:05:59	03:02:29	04:54:38.60	04:54:38.60	+01:58:37 (40.3%)	9:30	6.3 (59.4%)
99	KOSTOWSKI Roman	1097		M-30	30	01:04:33	02:03:21	03:01:00	04:55:14.85	04:55:14.85	+01:59:13 (40.4%)	9:31	6.3 (59.4%)
100	GAŁEK Wojciech	1003	NO PAIN NO GAIN	M-40	44	01:12:42	02:12:59	03:10:27	04:58:30.05	04:58:30.05	+02:02:28 (41.0%)	9:37	6.2 (58.5%)
101	STASIAK Łukasz	1019		M-40	45	01:13:04	02:13:47	03:11:13	04:58:36.15	04:58:36.15	+02:02:34 (41.1%)	9:37	6.2 (58.5%)
102	JASICKI Krzysztof	1116	RUNHOGS	M-40	46	01:11:55	02:13:03	03:12:31	04:58:38.05	04:58:38.05	+02:02:36 (41.1%)	9:38	6.2 (58.5%)
103	SZMAGIEREWSKI Wojciech	1075		M-50	11	01:08:54	02:04:38	03:02:19	04:59:53.95	04:59:53.95	+02:03:52 (41.3%)	9:40	6.2 (58.5%)
104	CHOMIAK Katarzyna	1083		K-40	5	01:09:31	02:08:27	03:06:23	04:59:54.20	04:59:54.20	+02:03:52 (41.3%)	9:40	6.2 (58.5%)
105	MACIEJOWICZ Michał	1044	VEGERUNNERS	M-30	31	01:02:32	01:57:55	02:58:05	05:00:37.80	05:00:37.80	+02:04:36 (41.4%)	9:41	6.2 (58.5%)
106	BALCERZAK Robert	1117	KLUB BIEGACZA WARTA	M-40	47	01:03:11	02:02:46	03:02:37	05:01:23.05	05:01:23.05	+02:05:21 (41.6%)	9:43	6.2 (58.5%)
107	GÓRECKI Krzysztof	1193		M-50	12	01:05:59	02:03:20	03:01:51	05:02:36.55	05:02:36.55	+02:06:35 (41.8%)	9:45	6.1 (57.5%)
108	RADWANSKI Tomasz	1177	PIECHOTĄ PO SCHODACH	M-40	48	01:06:13	02:04:28	03:05:47	05:03:26.75	05:03:26.75	+02:07:25 (42.0%)	9:47	6.1 (57.5%)
109	DIERING Tomasz	1065	ROWERY MAŁGOŚKA	M-30	32	01:10:37	02:10:49	03:08:46	05:03:36.40	05:03:36.40	+02:07:34 (42.0%)	9:47	6.1 (57.5%)
109	WALISZEWSKI Jakub	1166	ROWERY MAŁGOŚKA	M-30	32	01:10:23	02:10:47	03:08:34	05:03:36.40	05:03:36.40	+02:07:34 (42.0%)	9:47	6.1 (57.5%)
111	GRUNDKOWSKI Oskar	1064		M-20	3	01:10:11	02:08:05	03:02:43	05:03:37.15	05:03:37.15	+02:07:35 (42.0%)	9:47	6.1 (57.5%)
112	IWACHÓW Sławomir	1082	MXTECH	M-40	49	01:09:57	02:12:57	03:11:18	05:04:36.85	05:04:36.85	+02:08:35 (42.2%)	9:49	6.1 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
113	ZAMYŚLEWSKI Krzysztof	1155	KWIDZYN BIEGA	M-40	50	01:09:29	02:11:45	03:11:15	05:06:09.45	05:06:09.45	+02:10:07 (42.5%)	9:52	6.1 (57.5%)
114	KRÓL Jakub	1114		M-30	34	00:58:38	01:57:30	02:59:26	05:07:20.10	05:07:20.10	+02:11:18 (42.7%)	9:54	6.1 (57.5%)
115	RADZIWOŃ Krzysztof	1109	GRUPA NIENACHALNIE HEROICZNA	M-40	51	01:12:19	02:13:34	03:14:29	05:09:09.00	05:09:09.00	+02:13:07 (43.1%)	9:58	6 (56.6%)
116	BRUSS Krzysztof	1034	DRUŻYNA SZPIKU	M-50	13	01:12:36	02:16:18	03:17:17	05:11:54.80	05:11:54.80	+02:15:53 (43.6%)	10:03	6 (56.6%)
117	GARBACZ Marek	1101	LEŚNE ULTRA DZIADY	M-50	14	01:11:59	02:17:17	03:17:06	05:11:56.00	05:11:56.00	+02:15:54 (43.6%)	10:03	6 (56.6%)
118	WOSIAK Katarzyna	1201		K-30	6	01:04:09	02:02:05	03:03:33	05:13:13.60	05:13:13.60	+02:17:12 (43.8%)	10:06	5.9 (55.7%)
119	ŁOWICKA Maja	1094	AKTYWNI RAZEM	K-30	7	01:12:09	02:11:51	03:11:10	05:14:09.80	05:14:09.80	+02:18:08 (44.0%)	10:08	5.9 (55.7%)
120	TRZCIŃSKI Robert	1055	SSW TEAM KROŚNICE	M-30	35	01:16:43	02:19:51	03:18:57	05:14:19.05	05:14:19.05	+02:18:17 (44.0%)	10:08	5.9 (55.7%)
121	RADWAŃSKA Justyna	1175		K-40	6	01:23:31	02:25:23	03:29:35	05:17:05.35	05:17:05.35	+02:21:03 (44.5%)	10:13	5.9 (55.7%)
122	KUBIAK Anna	1137	STRZEGOMSKA DWUNASTKA	K-40	7	01:18:54	02:25:19	03:25:20	05:18:02.10	05:18:02.10	+02:22:00 (44.7%)	10:15	5.8 (54.7%)
123	BOBERSKI Maciej	1073		M-40	52	01:14:49	02:18:31	03:21:40	05:20:14.20	05:20:14.20	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
124	KOPYCZYŃSKI Tomasz	1074		M-40	53	01:15:32	02:18:34	03:21:44	05:20:14.40	05:20:14.40	+02:24:12 (45.0%)	10:19	5.8 (54.7%)
125	GRAU Joanna	1089	KWIDZYN BIEGA	K-40	8	01:12:12	02:17:13	03:18:40	05:20:49.65	05:20:49.65	+02:24:48 (45.1%)	10:20	5.8 (54.7%)
126	SUCHORSKI Sebastian	1158	KOSTRZYŃSKI KLUB SPORTOWY DO CELU	M-40	54	01:10:12	02:11:43	03:14:33	05:21:32.95	05:21:32.95	+02:25:31 (45.3%)	10:22	5.8 (54.7%)
127	SERAFIN Ewelina	1037		K-40	9	01:08:38	02:11:39	03:14:19	05:23:11.05	05:23:11.05	+02:27:09 (45.5%)	10:25	5.8 (54.7%)
128	CZUBALA Beata	1123	LKS ZIĘBICE	K-40	10	01:18:18	02:25:18	03:25:00	05:24:23.80	05:24:23.80	+02:28:22 (45.7%)	10:27	5.7 (53.8%)
129	SZYŃKLEWSKI Maciej	1110	QUAY POZNAŃ	M-50	15	01:17:00	02:24:39	03:26:24	05:26:12.90	05:26:12.90	+02:30:11 (46.0%)	10:31	5.7 (53.8%)
130	DRAJERCZAK Marlena	1132		K-40	11	01:19:20	02:24:51	03:26:20	05:27:20.15	05:27:20.15	+02:31:18 (46.2%)	10:33	5.7 (53.8%)
131	SZAL Małgorzata	1068	TENIS CENTRUM AS	K-30	8	01:12:37	02:19:50	03:23:19	05:27:22.00	05:27:22.00	+02:31:20 (46.2%)	10:33	5.7 (53.8%)
132	PISKORSKI Łukasz	1130		M-40	55	01:12:05	02:16:32	03:19:19	05:27:24.35	05:27:24.35	+02:31:22 (46.2%)	10:33	5.7 (53.8%)
133	FILIPIAK Sebastian	1015	EKIPA LIPA	M-40	56	01:13:51	02:20:15	03:25:48	05:30:12.75	05:30:12.75	+02:34:11 (46.7%)	10:39	5.6 (52.8%)
134	SAMBORSKA Anna	1184	ROSSMANN	K-30	9	01:18:07	02:27:01	03:34:40	05:37:15.05	05:37:15.05	+02:41:13 (47.8%)	10:52	5.5 (51.9%)
135	ZWIERZYŃSKI Roman	1087	LECĘ BO CHCĘ	M-60	3	01:15:48	02:22:35	03:34:56	05:37:36.70	05:37:36.70	+02:41:35 (47.9%)	10:53	5.5 (51.9%)
136	STRZELECKI Krzysztof	1129	LEŚNE ULTRA DZIADY	M-50	16	01:12:18	02:19:48	03:24:54	05:38:38.50	05:38:38.50	+02:42:36 (48.0%)	10:55	5.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
137	HERZOG Dobromir	1172	LEŚNE ULTRA DZIADY	M-40	57	01:12:15	02:19:50	03:24:58	05:38:38.75	05:38:38.75	+02:42:37 (48.0%)	10:55	5.5 (51.9%)
138	SZYMAŃSKI Arkadiusz	1141	BIEGIEM RADOM!	M-40	58	01:16:36	02:20:37	03:26:42	05:42:30.00	05:42:30.00	+02:46:28 (48.6%)	11:02	5.4 (50.9%)
139	LEWANDOWSKA Karolina	1192		K-30	10	01:14:02	02:20:13	03:33:56	05:44:41.05	05:44:41.05	+02:48:39 (48.9%)	11:07	5.4 (50.9%)
140	ZAKRZEWSKA Anna	1088		K-40	12	01:22:02	02:30:14	03:37:16	05:47:47.10	05:47:47.10	+02:51:45 (49.4%)	11:13	5.3 (50.0%)
141	PANEK Aleksandra	1084		K-50	1	01:18:56	02:31:24	03:37:59	05:47:58.20	05:47:58.20	+02:51:56 (49.4%)	11:13	5.3 (50.0%)
142	BISKUP Rafał	1048		M-50	17	01:22:07	02:36:09	03:51:04	05:48:11.40	05:48:11.40	+02:52:09 (49.4%)	11:13	5.3 (50.0%)
143	FOKT Rafał	1092		M-30	36	01:04:12	02:10:25	03:24:48	05:49:58.75	05:49:58.75	+02:53:57 (49.7%)	11:17	5.3 (50.0%)
144	GAŁECKI Tomasz	1197		M-50	18	01:18:17	02:27:53	03:32:45	05:51:25.65	05:51:25.65	+02:55:24 (49.9%)	11:20	5.3 (50.0%)
145	FRĄCKOWIAK Dominik	1133		M-30	37	01:14:51	02:24:35	03:36:30	05:51:29.00	05:51:29.00	+02:55:27 (49.9%)	11:20	5.3 (50.0%)
146	JURKIEWICZ Dominik	1144		M-30	38	01:13:38	02:24:37	03:36:14	05:52:50.30	05:52:50.30	+02:56:48 (50.1%)	11:22	5.3 (50.0%)
147	DRACHAL Krzysztof	1181		M-40	59	01:15:48	02:15:19	03:27:29	05:55:19.15	05:55:19.15	+02:59:17 (50.5%)	11:27	5.2 (49.1%)
148	SERAFIN Robert	1039		M-50	19	01:09:52	02:14:30	03:26:01	05:55:56.85	05:55:56.85	+02:59:55 (50.5%)	11:28	5.2 (49.1%)
149	KUBIAK Przemysław	1136	STRZEGOMSKA DWUNASTKA	M-40	60	01:18:57	02:26:00	03:34:15	05:56:36.25	05:56:36.25	+03:00:34 (50.6%)	11:30	5.2 (49.1%)
150	KWIATKOWSKA Zuzanna	1043	RNB TEAM POLANICA ZDRÓJ	K-50	2	01:18:07	02:23:53	03:29:23	05:56:38.90	05:56:38.90	+03:00:37 (50.6%)	11:30	5.2 (49.1%)
151	ŁYSAKOWSKI Marek	1022		M-40	61	01:19:22	02:28:29	03:35:13	05:56:46.90	05:56:46.90	+03:00:45 (50.7%)	11:30	5.2 (49.1%)
152	MORAWSKI Marcin	1091	RANGER SURVIVAL CLUB	M-50	20	01:20:00	02:32:56	03:43:53	06:00:01.30	06:00:01.30	+03:03:59 (51.1%)	11:36	5.2 (49.1%)
153	GAŚIOR Paweł	1174	ROZBIEGANY SUSZ	M-30	39	01:17:39	02:27:17	03:39:14	06:00:22.25	06:00:22.25	+03:04:20 (51.2%)	11:37	5.2 (49.1%)
154	KOŁODZIEJCZYK Kasia	1164		K-30	11	01:23:35	02:31:31	03:41:13	06:04:46.30	06:04:46.30	+03:08:44 (51.7%)	11:46	5.1 (48.1%)
155	KOŁODZIEJCZYK Łukasz	1163		M-30	40	01:23:37	02:31:33	03:41:09	06:04:46.80	06:04:46.80	+03:08:45 (51.7%)	11:46	5.1 (48.1%)
156	WOJCIESZAK Klaudia	1009	TEAM ZABIEGANEDNI	K-40	13	01:23:48	02:41:00	03:56:12	06:05:16.00	06:05:16.00	+03:09:14 (51.8%)	11:46	5.1 (48.1%)
157	JURASZ Aleksandra	1035		K-30	12	01:21:09	02:31:38	03:41:52	06:06:04.00	06:06:04.00	+03:10:02 (51.9%)	11:48	5.1 (48.1%)
158	BAK Katarzyna	1041	SPARTANIE DZIECIOM	K-30	13	01:19:19	02:29:07	03:42:14	06:06:09.40	06:06:09.40	+03:10:07 (51.9%)	11:48	5.1 (48.1%)
159	ROGÓRZ Andrzej	1135	LOTNIK WROCŁAW	M-40	62	01:13:19	02:22:48	03:37:00	06:06:36.70	06:06:36.70	+03:10:35 (52.0%)	11:49	5.1 (48.1%)
160	MACIOŁ Sebastian	1189	TTA BIERUŃ	M-40	63	01:30:23	02:39:53	03:52:27	06:13:39.35	06:13:39.35	+03:17:37 (52.9%)	12:03	5 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Lisia Przełęcz 19.7km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
161	JARCZYŃSKA Katarzyna	1005	DRUŻYNA BELGUSA	K-40	14	01:27:04	02:40:43	03:57:41	06:17:10.90	06:17:10.90	+03:21:09 (53.3%)	12:10	4.9 (46.2%)
162	PASZKIEL Agnieszka	1145	LEŚNE ULTRA DZIADY	K-50	3	01:23:34	02:41:20	03:56:22	06:21:59.15	06:21:59.15	+03:25:57 (53.9%)	12:19	4.9 (46.2%)
163	PASZKIEL Artur	1134	LUDZ	M-50	21	01:23:22	02:41:21	03:56:18	06:22:00.20	06:22:00.20	+03:25:58 (53.9%)	12:19	4.9 (46.2%)
164	WRÓBEL Dariusz	1196	TEAM ZABIEGANEDNI	M-50	22	01:20:15	02:38:26	03:58:38	06:32:38.40	06:32:38.40	+03:36:36 (55.2%)	12:39	4.7 (44.3%)
165	BIEŃ Małgorzata	1014		K-40	15	01:26:42	02:50:26	04:06:29	06:32:39.85	06:32:39.85	+03:36:38 (55.2%)	12:39	4.7 (44.3%)
166	BIEŃ Piotr	1004		M-30	41	01:26:44	02:50:29	04:06:33	06:32:39.95	06:32:39.95	+03:36:38 (55.2%)	12:39	4.7 (44.3%)
167	KRZYSZTOFOWICZ Karolina	1186	ULTRASZY	K-40	16	01:28:26	02:48:58	04:04:23	06:38:34.80	06:38:34.80	+03:42:33 (55.8%)	12:51	4.7 (44.3%)
168	KRZYSZTOFOWICZ Andrzej	1185	ULTRASZY	M-40	64	01:26:25	02:48:59	04:04:53	06:38:35.00	06:38:35.00	+03:42:33 (55.8%)	12:51	4.7 (44.3%)
169	CZOSZYK- KAWALA Olga	1131	ŚWIERCZEWO RUN	K-40	17	01:28:34	02:43:21	04:05:17	06:39:41.20	06:39:41.20	+03:43:39 (56.0%)	12:53	4.7 (44.3%)
170	BINKOWSKA Marta	1122	ŚWIERCZEWO RUN	K-30	14	01:26:58	02:43:23	04:04:16	06:39:41.25	06:39:41.25	+03:43:39 (56.0%)	12:53	4.7 (44.3%)
171	KOŚCIELNIAK Marek	1126	M&M BIEGAMY RAZEM	M-40	65	01:29:07	02:43:52	04:04:10	06:44:31.95	06:44:31.95	+03:48:30 (56.5%)	13:02	4.6 (43.4%)
172	LOBA Damian	1127	ŚWIERCZEWO RUN	M-50	23	01:28:36	02:43:20		06:44:34.30	06:44:34.30	+03:48:32 (56.5%)	13:03	4.6 (43.4%)
173	ROSIŃSKA Agnieszka	1128	ŚWIERCZEWO RUN	K-40	18	01:29:03	02:43:58	04:06:37	06:44:35.35	06:44:35.35	+03:48:33 (56.5%)	13:03	4.6 (43.4%)
174	PALUSZKIEWICZ Rafał	1125	ŚWIERCZEWO RUN	M-40	66	01:28:44	02:44:00	04:04:06	06:44:36.15	06:44:36.15	+03:48:34 (56.5%)	13:03	4.6 (43.4%)
175	LOSOR Andrzej	1182		M-40	67	01:29:56	02:52:33	04:20:19	06:57:11.00	06:57:11.00	+04:01:09 (57.8%)	13:27	4.5 (42.5%)

Znaleziono 175 wynik(ów)