



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2024-01-20
Miejsce: Karłów
Dystans: 31 km

B4SPORT
INTELIGENTNE 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	BRÝDL Pavel	2172	SALOMON CZ	M-40	1	00:45:15	01:26:48	02:04:24	03:18:14.00	03:18:14.00		6:23	9.4 (100%)
2	MAŁYGA Grzegorz	2183	RMT TEAM PRO	M-30	1	00:45:17	01:28:38	02:08:53	03:26:29.65	03:26:29.90	+00:08:15 (4.0%)	6:39	9 (95.7%)
3	IWAŃSKI Bartłomiej	2169	TEAM KOLARZ POLANICA	M-20	1	00:48:42	01:31:43	02:12:25	03:30:37.85	03:30:39.00	+00:12:25 (5.9%)	6:47	8.8 (93.6%)
4	PILARSKI Tomasz	2195	MARCIN ŚWIERC TEAM	M-40	2	00:47:07	01:31:40	02:12:31	03:31:20.50	03:31:21.00	+00:13:07 (6.2%)	6:49	8.8 (93.6%)
5	SARNOWSKI Paweł	2192	BUDIO.PL	M-30	2	00:48:25	01:32:32	02:14:05	03:34:15.00	03:34:15.50	+00:16:01 (7.5%)	6:54	8.7 (92.6%)
6	JUDA Witold	2143		M-50	1	00:52:13	01:37:16	02:19:52	03:39:24.70	03:39:27.00	+00:21:13 (9.7%)	7:04	8.5 (90.4%)
7	KOŁODZIEJ Roman	2199	MARCIN ŚWIERC TEAM	M-40	3	00:48:46	01:35:12	02:18:20	03:42:23.10	03:42:23.10	+00:24:09 (10.9%)	7:10	8.4 (89.4%)
8	PAROL Piotr	2125	WWW.INSTALACJE-ST.COM.PL	M-20	2	00:50:59	01:37:47	02:21:13	03:42:40.60	03:42:41.95	+00:24:27 (11.0%)	7:10	8.4 (89.4%)
9	RINK Jan	2165		M-40	4	00:51:43		02:23:06	03:46:26.00	03:46:26.00	+00:28:12 (12.5%)	7:18	8.2 (87.2%)
10	KRUPA Marcin	2102	AKTYWNA NOWA RUDA	M-40	5	00:50:18	01:38:13	02:22:44	03:47:15.90	03:47:17.10	+00:29:03 (12.8%)	7:19	8.2 (87.2%)
11	ADAMCZYK Maciej	2069	SKS OBORNIKI	M-40	6	00:50:00	01:37:33	02:21:49	03:47:30.90	03:47:30.90	+00:29:16 (12.9%)	7:20	8.2 (87.2%)
12	LIPNICKA Marta	2043	ULTRAKOTLINA	K-30	1	00:52:17	01:40:35	02:25:16	03:47:49.40	03:47:50.45	+00:29:36 (13.0%)	7:20	8.2 (87.2%)
13	MARCINIAK Jakub	2109	TLENOWA RADOŚĆ TEAM	M-30	3	00:55:34	01:43:36	02:29:28	03:55:30.85	03:55:35.90	+00:37:21 (15.9%)	7:35	7.9 (84.0%)
14	ŚWIĄTEK Paweł	2167	HRW	M-40	7	00:55:19	01:43:43	02:29:36	03:56:54.50	03:57:00.55	+00:38:46 (16.4%)	7:38	7.9 (84.0%)
15	HOŁYST Andrzej	2019	TRIMP	M-40	8	00:55:49	01:46:27	02:33:12	03:58:40.05	03:58:42.00	+00:40:28 (17.0%)	7:41	7.8 (83.0%)
16	SZCZENIOWSKI Jacek	2100	GOPR SUDETY	M-40	9	00:52:16	01:41:38	02:28:09	04:00:48.80	04:00:51.40	+00:42:37 (17.7%)	7:46	7.7 (81.9%)

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
17	BEDNARZ Sebastian	2055	OTM.B	M-50	2	00:54:19	01:43:47	02:30:43	04:01:40.80	04:01:42.45	+00:43:28 (18.0%)	7:47	7.7 (81.9%)
18	FRANKIEWICZ Artur	2157		M-40	10	00:55:50	01:46:23	02:32:18	04:02:21.45	04:02:25.10	+00:44:11 (18.2%)	7:49	7.7 (81.9%)
19	WYRODEK Jakub	2200	TURBOPTYSIE	M-30	4	01:01:47	01:50:47	02:35:13	04:02:06.20	04:02:28.35	+00:44:14 (18.2%)	7:48	7.7 (81.9%)
20	MAJEWSKA Agata	2015		K-40	1	00:55:05	01:44:58	02:33:01	04:03:40.90	04:03:42.70	+00:45:28 (18.7%)	7:51	7.6 (80.9%)
21	KARCZEWSKA Joanna	2118		K-40	2	00:55:05	01:43:55	02:30:27	04:04:20.75	04:04:23.35	+00:46:09 (18.9%)	7:52	7.6 (80.9%)
22	BONIEC-RZEPSKA Gabriela	2188	AW-SZYBCIEJ-TEAM	K-30	2	00:54:20	01:47:02	02:37:04	04:04:48.45	04:04:50.00	+00:46:36 (19.0%)	7:53	7.6 (80.9%)
23	KUŹMIAK Stanisław	2089	ULTRA SPAM ŻARY	M-40	11	01:01:18	01:51:53	02:37:58	04:07:15.95	04:07:25.60	+00:49:11 (19.9%)	7:58	7.5 (79.8%)
24	GÓRSKA Agnieszka	2120	ŻARY ULTRA SPAM	K-40	3	01:01:17	01:51:53	02:38:05	04:07:15.00	04:07:26.15	+00:49:12 (19.9%)	7:58	7.5 (79.8%)
25	SZOPA Marek	2028	DZIKIE DZIKI GORZÓW	M-50	3	00:58:16	01:47:34	02:35:22	04:07:59.35	04:08:03.55	+00:49:49 (20.1%)	7:59	7.5 (79.8%)
26	STACHOWIAK Grzegorz	2093	HULTAJ TEAM	M-40	12	00:54:27	01:44:46	02:32:45	04:09:10.25	04:09:11.30	+00:50:57 (20.4%)	8:02	7.5 (79.8%)
27	KARPOWICZ Rafal	2177		M-40	13	00:59:22	01:49:47	02:38:37	04:11:30.85	04:11:39.10	+00:53:25 (21.2%)	8:06	7.4 (78.7%)
28	KRUŻOŁEK Monika	2042	TURBOPTYSIE	K-30	3	00:59:32	01:51:47	02:39:33	04:11:56.10	04:12:01.50	+00:53:47 (21.3%)	8:07	7.4 (78.7%)
29	MARZEC Karolina	2026	DZIKIE DZIKI GORZÓW	K-40	4	00:59:41	01:51:53		04:13:24.25	04:13:27.80	+00:55:13 (21.8%)	8:10	7.3 (77.7%)
30	SANKOWSKI Jacek	2191	PLACKI TEAM	M-30	5	00:59:32	01:50:12	02:38:55	04:13:44.30	04:13:59.30	+00:55:45 (22.0%)	8:11	7.3 (77.7%)
31	MICHAŁKIEWICZ Wojciech	2182	AKADEMIA WOJSK LĄDOWYCH	M-50	4	00:57:53	01:48:34	02:37:58	04:14:14.35	04:14:14.35	+00:56:00 (22.0%)	8:12	7.3 (77.7%)
32	WILK Jacek	2152		M-50	5	00:58:45	01:50:29	02:40:14	04:14:34.25	04:14:37.50	+00:56:23 (22.1%)	8:12	7.3 (77.7%)
33	CIURASZKIEWICZ Andrzej	2030		M-40	14	01:00:50	01:51:56	02:41:06	04:15:23.05	04:15:28.40	+00:57:14 (22.4%)	8:14	7.3 (77.7%)
34	FIJAŁKOWSKI Sebastian	2096		M-30	6	00:59:46	01:50:49	02:39:45	04:17:28.25	04:17:34.40	+00:59:20 (23.0%)	8:18	7.2 (76.6%)
35	PAŹUCHA Wojciech	2147		M-40	15	01:02:56	01:54:28	02:42:51	04:17:31.00	04:17:35.40	+00:59:21 (23.0%)	8:18	7.2 (76.6%)
36	OSTROWSKI Sławomir	2045	BIEGAJĄCE KREJZOLE	M-40	16	00:58:16	01:51:56	02:42:11	04:17:49.85	04:17:51.40	+00:59:37 (23.1%)	8:19	7.2 (76.6%)
37	GRUND Justyna	2022	MAFIA TEAM LUBLINIEC	K-30	4	00:59:06	01:51:53	02:42:04	04:19:12.70	04:19:15.90	+01:01:01 (23.5%)	8:21	7.2 (76.6%)
38	WITKOWSKI Kornel	2179		M-20	3	01:01:33	01:53:41	02:41:38	04:19:55.10	04:20:05.40	+01:01:51 (23.8%)	8:23	7.2 (76.6%)
39	TYŚ Radek	2098	NOWA RUDA BIEGA	M-30	7	00:56:55	01:49:41	02:40:27	04:21:24.75	04:21:29.05	+01:03:15 (24.2%)	8:25	7.1 (75.5%)
40	NOWAKOWSKI Paweł	2111	ULTRA SPAM ŻARY	M-40	17	01:01:47	01:53:39	02:42:30	04:21:17.80	04:21:32.00	+01:03:18 (24.2%)	8:25	7.1 (75.5%)

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41	KARCZEWSKI Sławomir	2117		M-50	6	00:55:32	01:47:20	02:37:47	04:22:17.10	04:22:19.75	+01:04:05 (24.4%)	8:27	7.1 (75.5%)
42	OPOWICZ Rafał	2178	P-M-A	M-40	18	00:54:16	01:47:25	02:39:14	04:23:02.35	04:23:03.80	+01:04:49 (24.6%)	8:29	7.1 (75.5%)
43	STRZYGOCKI Maciej	2008	BLACKDEVILS	M-40	19	01:02:33	01:57:28	02:48:28	04:24:04.45	04:24:09.80	+01:05:55 (25.0%)	8:31	7 (74.5%)
44	HRAB Wojciech	2037	NIGHT RUNNERS / BIEGAJĄCY KREJZOLE	M-40	20	01:03:04	02:00:07	02:50:12	04:24:24.20	04:24:42.85	+01:06:28 (25.1%)	8:31	7 (74.5%)
45	MROCKOWSKI Piotr	2021	MASZERUJ ALBO GIŃ	M-30	8	01:01:22	01:55:25	02:46:29	04:25:09.50	04:25:14.10	+01:07:00 (25.3%)	8:33	7 (74.5%)
46	NIEDZIELAK Łukasz	2025	BHT PETRA PŁOCK	M-30	9	00:57:45	01:47:27	02:35:39	04:27:11.85	04:27:16.40	+01:09:02 (25.8%)	8:37	7 (74.5%)
47	NAGLAK Łukasz	2170	KOŹMIN BIEGA ULTRA RUNNERS / TLENOWA RADOŚĆ TEAM	M-40	21	01:02:56	01:57:54	02:49:53	04:27:29.30	04:27:36.80	+01:09:22 (25.9%)	8:37	7 (74.5%)
48	KRÓL Marcin	2133		M-40	22	01:01:36	01:56:26	02:47:57	04:27:37.35	04:27:41.50	+01:09:27 (25.9%)	8:37	7 (74.5%)
49	BOGUCKA Emilia	2114	BROWAR FORTUNA TEAM/ WLKP MOUNTAIS ULTRA	K-40	5	01:02:21	01:57:12	02:49:20	04:27:37.95	04:27:42.70	+01:09:28 (26.0%)	8:37	7 (74.5%)
50	SZKÓDLIŃSKI Bartosz	2038	NARAMOWICE BIEGAJĄ	M-40	23	00:59:52	01:53:46	02:47:46	04:27:55.70	04:27:59.55	+01:09:45 (26.0%)	8:38	6.9 (73.4%)
51	SZEPCZYŃSKA Anna	2105	ŻARY RUUNERS TEAM	K-40	6	01:06:44	02:00:28	02:50:43	04:27:50.85	04:28:01.70	+01:09:47 (26.0%)	8:38	6.9 (73.4%)
52	NADOBNIK Bartek	2138	SPORTOWY KAŻMIERZ	M-20	4	01:01:31	01:56:05	02:49:25	04:28:04.10	04:28:11.40	+01:09:57 (26.1%)	8:38	6.9 (73.4%)
53	SZCZERBAKOWICZ Kamil	2014		M-30	10	01:03:08	02:01:32	02:54:42	04:28:20.05	04:28:23.85	+01:10:09 (26.1%)	8:39	6.9 (73.4%)
54	MAGDA Łukasz	2190	DRUŻYNA ORZECHA	M-40	24	01:06:43	01:59:45	02:50:02	04:28:43.35	04:28:52.20	+01:10:38 (26.3%)	8:40	6.9 (73.4%)
55	WINIARSKI Jarosław	2166	S.C. REP ARVATO	M-40	25	01:03:44	01:57:25		04:28:45.55	04:28:53.35	+01:10:39 (26.3%)	8:40	6.9 (73.4%)
56	WALASIK Damian	2009	BLACKDEVILS	M-20	5	01:02:32	01:57:28	02:48:33	04:28:59.45	04:29:05.80	+01:10:51 (26.3%)	8:40	6.9 (73.4%)
57	KONSTANCIUK Dariusz	2060	JAZDA Z KURAMI	M-40	26	00:59:06	01:52:59	02:46:22	04:29:13.45	04:29:15.60	+01:11:01 (26.4%)	8:41	6.9 (73.4%)
58	KRYM Katarzyna	2108	GOOD MOVE	K-40	7	01:05:31	02:01:45	02:53:47	04:30:30.00	04:30:36.55	+01:12:22 (26.7%)	8:43	6.9 (73.4%)
59	SAWCZYN Tomasz	2171	DBS	M-40	27	01:02:28	01:56:03	02:46:38	04:31:18.95	04:31:25.90	+01:13:11 (27.0%)	8:45	6.9 (73.4%)
60	ŚLIŻ Sylwia	2000		K-30	5	01:03:00	02:00:20	02:52:46	04:31:24.55	04:31:26.85	+01:13:12 (27.0%)	8:45	6.9 (73.4%)
61	KONIECZNY Zenon	2139	TS OPATRUNKI TORUŃ	M-50	7	01:09:52	02:04:34	02:55:29	04:31:34.95	04:31:55.45	+01:13:41 (27.1%)	8:45	6.8 (72.3%)
62	ZARODA Zbigniew	2049	TRITON KONIN	M-50	8	00:59:17	01:55:02	02:47:41	04:32:50.75	04:32:53.20	+01:14:39 (27.4%)	8:48	6.8 (72.3%)
63	PIECUCH Karolina	2032		K-30	6	01:01:29	01:57:53	02:50:57	04:33:05.65	04:33:07.70	+01:14:53 (27.4%)	8:48	6.8 (72.3%)
64	KOWALCZYK Krzysztof	2071		M-30	11	01:06:30	02:00:00	02:52:08	04:34:50.10	04:35:13.45	+01:16:59 (28.0%)	8:51	6.8 (72.3%)

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65	TOŚ Sebastian	2005		M-40	28	01:06:03	02:03:07	02:57:30	04:36:20.05	04:36:28.20	+01:18:14 (28.3%)	8:54	6.7 (71.3%)
66	KOWALSKI Andrzej	2201		M-60	1	01:06:30	02:01:36	02:52:46	04:36:55.40	04:37:18.45	+01:19:04 (28.5%)	8:55	6.7 (71.3%)
67	CHOJNACKA Marta	2080	OWOCBIEGA TEAM	K-40	8	01:06:31	02:03:12	02:57:45	04:37:28.55	04:37:33.40	+01:19:19 (28.6%)	8:57	6.7 (71.3%)
68	BOGUCKI Sławomir	2097		M-60	2	01:04:11	02:00:01	02:53:30	04:40:46.00	04:40:52.25	+01:22:38 (29.4%)	9:03	6.6 (70.2%)
69	PYZIK Ewa	2078	MATNER RUNNING TEAM	K-40	9	01:06:47	02:05:37	03:02:04	04:43:36.95	04:43:57.10	+01:25:43 (30.2%)	9:08	6.6 (70.2%)
70	BASTER Krzysztof	2197	MATNER RUNNIG TEAM	M-50	9	01:08:41	02:03:23	03:00:33	04:43:40.40	04:43:57.65	+01:25:43 (30.2%)	9:09	6.6 (70.2%)
71	BRONISZEWSKI Łukasz	2160		M-30	12	01:02:48	02:01:21	02:57:09	04:45:06.35	04:45:09.25	+01:26:55 (30.5%)	9:11	6.5 (69.1%)
72	SIEMIĘCZUK Robert	2180	BLACK HAT ULTRA	M-50	10	01:09:32	02:07:57	03:04:06	04:45:20.55	04:45:26.95	+01:27:12 (30.6%)	9:12	6.5 (69.1%)
73	FIJOLEK Tomek	2146	FIZJOTRAIL HD	M-30	13	01:15:02	02:14:30	03:06:52	04:45:56.50	04:46:00.00	+01:27:46 (30.7%)	9:13	6.5 (69.1%)
73	PACZKOWSKA Katarzyna	2204	WLKP MOUNTAINS ULTRA	K-40	10	01:03:42	02:00:19	02:56:44	04:45:57.60	04:46:00.00	+01:27:46 (30.7%)	9:13	6.5 (69.1%)
75	RYBARCZYK Ilona	2039	KOŁO BIEGA/GRUNT	K-30	7	01:07:28	02:05:14	03:02:26	04:46:24.50	04:46:28.70	+01:28:14 (30.8%)	9:14	6.5 (69.1%)
76	PARUCKI Michał	2186	VEGE RUNNERS / MJP DRUK	M-40	29	01:05:22	02:03:07	02:58:01	04:46:41.35	04:46:48.60	+01:28:34 (30.9%)	9:14	6.5 (69.1%)
77	JARUS Andrzej	2196	POLISH_WINGS	M-50	11	01:06:10	02:04:33	03:00:38	04:46:53.60	04:47:00.45	+01:28:46 (30.9%)	9:15	6.5 (69.1%)
78	CHRZANOWSKI Paweł	2076		M-40	30	00:58:11	01:55:22	02:50:45	04:48:04.90	04:48:07.50	+01:29:53 (31.2%)	9:17	6.5 (69.1%)
79	DRABIK Dawid	2163		M-40	31	01:11:36	02:08:23	03:06:05	04:48:39.50	04:49:09.90	+01:30:55 (31.4%)	9:18	6.4 (68.1%)
80	KRYSINSKI Maciej	2184		M-30	14	00:58:53	01:54:39	02:53:18	04:49:50.60	04:49:53.50	+01:31:39 (31.6%)	9:20	6.4 (68.1%)
81	ROZMIAREK Przemysław	2068	BIEGAJĄCE KREJZOLE	M-40	32	01:10:14	02:08:54	03:04:48	04:51:11.80	04:51:16.95	+01:33:02 (31.9%)	9:23	6.4 (68.1%)
82	JESIONOWSKI Piotr	2063		M-20	6	01:14:31	02:15:15	03:13:25	04:51:28.10	04:52:25.30	+01:34:11 (32.2%)	9:24	6.4 (68.1%)
83	REBIĄŁKOWSKI Jakub	2203	RNB TEAM POLANICA ZDROJ	M-30	15	01:13:04	02:08:22	03:02:59	04:52:12.50	04:52:41.05	+01:34:27 (32.3%)	9:25	6.4 (68.1%)
84	PARWA Michał	2119	MAGAZYN NA SZCZYCIE	M-30	16	01:13:05	02:15:36	03:10:02	04:55:17.85	04:55:24.90	+01:37:10 (32.9%)	9:31	6.3 (67.0%)
85	SIKORSKI Dariusz	2122	INSERT TEAM	M-40	33	01:17:39	02:13:54	03:08:46	04:55:09.85	04:55:50.35	+01:37:36 (33.0%)	9:31	6.3 (67.0%)
86	BUGAJ Alan	2154		M-30	17	01:10:52	02:11:26	03:10:14	04:55:49.30	04:56:07.50	+01:37:53 (33.1%)	9:32	6.3 (67.0%)
87	DUBAS Anna	2145	SPRAWDZAMY-NIERUCHOMOSCI.PL	K-30	8	01:06:02	02:04:39	03:04:43	04:57:08.20	04:57:08.20	+01:38:54 (33.3%)	9:35	6.3 (67.0%)
88	GRĄCKA Agnieszka	2151	COMMERZBANK	K-40	11	01:09:38	02:07:56	03:09:14	04:58:07.10	04:58:12.20	+01:39:58 (33.5%)	9:37	6.2 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod	Błędne	Lisia	Czas	Czas	Różn	Tempo	Tempo
						Szczelińcem	Skały	Przełęcz	netto	brutto			
89	LUBELSKI Adam	2079	JOGIBABUU	M-40	34	01:01:43	01:59:39	02:57:48	04:58:11.65	04:58:19.75	+01:40:05 (33.6%)	9:37	6.2 (66.0%)
90	WRZESIŃSKI Łukasz	2130	POWER&PAKER	M-40	35	01:16:20	02:17:22	03:15:03	04:57:39.80	04:58:22.95	+01:40:08 (33.6%)	9:36	6.2 (66.0%)
91	RUDZKI Martin	2155	PIAST LUTYNIA	M-30	18	01:03:57	02:02:24		04:58:49.45	04:58:58.30	+01:40:44 (33.7%)	9:38	6.2 (66.0%)
92	SOBCZYK Grzegorz	2084	WIELUŃ BIEGA	M-40	36	01:12:16	02:12:58	03:09:34	04:58:36.75	04:58:59.90	+01:40:45 (33.7%)	9:37	6.2 (66.0%)
93	BUGAJ Krzysztof	2142	NIENAŻARTE MISIE	M-30	19	01:13:53	02:17:33	03:17:45	05:00:50.75	05:01:09.40	+01:42:55 (34.2%)	9:42	6.2 (66.0%)
94	BIECHOŃSKI Jarek	2083		M-40	37	01:08:31	02:07:09	03:04:08	05:02:40.70	05:02:50.80	+01:44:36 (34.5%)	9:45	6.1 (64.9%)
95	GRZYWACZ Rafał	2131	NIGHT RUNNERS	M-30	20	01:13:37	02:15:00	03:13:28	05:03:19.95	05:04:00.95	+01:45:46 (34.8%)	9:47	6.1 (64.9%)
96	LUBELCZYK Grzegorz	2101	SPELEOCLUB WROCŁAW	M-50	12	01:09:15	02:09:06	03:09:35	05:03:56.40	05:04:14.40	+01:46:00 (34.8%)	9:48	6.1 (64.9%)
97	CHADUŁA Adrian	2092	NIENAŻARTE MISIE	M-30	21	01:13:30	02:18:51	03:15:44	05:05:22.00	05:05:39.10	+01:47:25 (35.1%)	9:51	6.1 (64.9%)
98	LASKOWSKI Lukasz	2153	SZYBKIE PEDAŁY	M-30	22	01:13:51	02:15:08	03:14:29	05:05:07.00	05:05:40.45	+01:47:26 (35.1%)	9:50	6.1 (64.9%)
99	PROMIŃSKA Karolina	2082	PĘDZĄCE ŻELKI	K-30	9	01:07:57	02:07:53	03:06:35	05:06:10.10	05:06:15.95	+01:48:01 (35.3%)	9:52	6.1 (64.9%)
100	JASIOROWSKI Michał	2081	PĘDZĄCE ŻELKI	M-30	23	01:07:57	02:07:54	03:06:42	05:06:10.30	05:06:16.25	+01:48:02 (35.3%)	9:52	6.1 (64.9%)
101	LEJA Wojciech	2127	ŚLĘZAK TEAM	M-30	24	01:06:22	02:02:23	03:02:11	05:06:25.70	05:06:56.80	+01:48:42 (35.4%)	9:53	6.1 (64.9%)
102	CZECH Marcin	2128		M-20	7	01:14:20	02:14:26	03:11:56	05:06:33.85	05:07:09.15	+01:48:55 (35.5%)	9:53	6.1 (64.9%)
103	KIERZKOWSKI Piotr	2149		M-40	38	01:12:10	02:12:23	03:12:03	05:07:10.80	05:07:30.55	+01:49:16 (35.5%)	9:54	6.1 (64.9%)
104	CIEPŁY Kamil	2033	AW - SZYBCIEJ - TEAM	M-30	25	01:12:06	02:12:34	03:11:02	05:07:53.65	05:08:05.30	+01:49:51 (35.7%)	9:55	6 (63.8%)
105	SZAMBELAN Arkadiusz	2004		M-30	26	01:05:02	02:02:42	03:05:23	05:09:40.55	05:09:49.25	+01:51:35 (36.0%)	9:59	6 (63.8%)
106	MICHALSKA Bogna	2181		K-40	12	01:12:49	02:14:42	03:16:23	05:10:03.10	05:10:11.20	+01:51:57 (36.1%)	10:00	6 (63.8%)
107	CHLUDZIŃSKI Patryk	2140	ARVATO S.C. REP	M-40	39	01:13:49	02:14:28	03:11:23	05:10:26.30	05:10:37.55	+01:52:23 (36.2%)	10:00	6 (63.8%)
108	LEŚNIAK Grzegorz	2077	DIRTY SPARROWS	M-40	40	01:02:44	02:04:48	03:09:43	05:10:41.05	05:10:44.55	+01:52:30 (36.2%)	10:01	6 (63.8%)
109	GÓRECKI Marcin	2064	ALETEAM	M-40	41	01:12:29	02:16:38	03:17:29	05:10:40.60	05:10:45.20	+01:52:31 (36.2%)	10:01	6 (63.8%)
110	LIGUS Maciej	2012		M-40	42	01:17:19	02:18:14	03:17:30	05:10:29.30	05:10:58.20	+01:52:44 (36.3%)	10:00	6 (63.8%)
111	RADWANSKI Tomasz	2185		M-40	43	01:16:09	02:15:25	03:17:09	05:10:02.50	05:11:01.10	+01:52:47 (36.3%)	10:00	6 (63.8%)
112	CHŁAP Ireneusz	2107	HUSARIA SUDETY	M-40	44	01:09:02	02:06:38	03:09:44	05:10:50.50	05:11:09.30	+01:52:55 (36.3%)	10:01	6 (63.8%)

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	BYLINA Bartosz	2095	TRI FOR ME	M-50	13	01:10:29	02:09:17	03:08:04	05:12:13.10	05:12:29.55	+01:54:15 (36.6%)	10:04	6 (63.8%)
114	WOJCIECHOWSKA Małgorzata	2085		K-30	10	01:08:35	02:14:38	03:17:17	05:12:58.00	05:13:01.10	+01:54:47 (36.7%)	10:05	5.9 (62.8%)
115	BARANOWSKI Robert	2040		M-50	14	01:16:29	02:17:42	03:17:05	05:13:04.25	05:13:37.10	+01:55:23 (36.8%)	10:05	5.9 (62.8%)
116	GAJDOWSKI Przemysław	2087	ANIA & PRZEMO TEAM	M-30	27	01:06:16	02:10:09	03:10:20	05:14:48.65	05:14:51.55	+01:56:37 (37.0%)	10:09	5.9 (62.8%)
117	GODLEWSKI Tomasz	2058	SŁYNNI KENIJCZYCY	M-40	45	01:13:24	02:14:30	03:13:13	05:14:51.15	05:15:17.25	+01:57:03 (37.1%)	10:09	5.9 (62.8%)
118	WĘGLARZ Sławowir	2053		M-40	46	01:15:45	02:15:00	03:14:00	05:14:53.35	05:15:20.30	+01:57:06 (37.1%)	10:09	5.9 (62.8%)
119	TOMYŚLAK Magdalena	2132	TAKECONTROL	K-30	11	01:13:47	02:17:08	03:17:32	05:15:11.60	05:15:21.40	+01:57:07 (37.1%)	10:10	5.9 (62.8%)
120	JOHNA Adam	2110	PRESS GLASS BIEGAMY I WSPIERAMY/ SPORT AND SUPPORT	M-40	47	01:08:44	02:12:07	03:14:15	05:15:23.20	05:15:39.55	+01:57:25 (37.2%)	10:10	5.9 (62.8%)
121	TURNIAK Miłosz	2073		M-30	28	01:13:30	02:16:06	03:17:39	05:15:38.60	05:15:52.40	+01:57:38 (37.2%)	10:10	5.9 (62.8%)
121	BAKOWSKI Adam	2074		M-30	28	01:13:27	02:16:00	03:17:30	05:15:35.45	05:15:52.40	+01:57:38 (37.2%)	10:10	5.9 (62.8%)
123	KUSZTELSKA Lucyna	2173	WLKP MOUNTAINS ULTRA	K-40	13	01:13:31	02:16:07	03:24:31	05:15:47.15	05:15:53.70	+01:57:39 (37.2%)	10:11	5.9 (62.8%)
124	ROGUZ Łukasz	2059		M-30	30	01:13:06	02:14:16	03:16:44	05:16:39.35	05:17:06.40	+01:58:52 (37.5%)	10:12	5.9 (62.8%)
125	SZYMKOWIAK Mariusz	2123		M-50	15	01:17:05	02:19:39	03:21:03	05:17:30.80	05:17:56.00	+01:59:42 (37.6%)	10:14	5.9 (62.8%)
126	WALASIK Urszula	2024	BLACKDEVILS	K-50	1	01:17:35	02:20:39	03:25:47	05:18:30.30	05:18:38.15	+02:00:24 (37.8%)	10:16	5.8 (61.7%)
127	KAMELA-KRÓL Iwona	2103	ULTRA BANICI/NIGHT RUNNERS	K-40	14	01:13:25	02:18:59	03:22:06	05:19:53.60	05:19:57.30	+02:01:43 (38.0%)	10:19	5.8 (61.7%)
127	RAJEWSKA Magdalena	2106	ULTRA BANICI / NIGHT RUNNERS	K-30	12	01:13:26	02:18:58	03:22:11	05:19:54.20	05:19:57.30	+02:01:43 (38.0%)	10:19	5.8 (61.7%)
129	SZAROWAR Alicja	2113	KW ZIELONA GÓRA	K-40	15	01:16:14	02:19:41	03:25:25	05:22:24.90	05:22:46.45	+02:04:32 (38.6%)	10:24	5.8 (61.7%)
130	SZPAŁA Jakub	2056	BUTTONS TEAM	M-20	8	01:14:17	02:20:45	03:23:47	05:23:33.45	05:23:45.40	+02:05:31 (38.8%)	10:26	5.7 (60.6%)
131	POŁCZYŃSKI Maciej	2031	STALOWA ŁYDA	M-40	48	01:19:55	02:27:16	03:30:20	05:24:03.10	05:24:26.55	+02:06:12 (38.9%)	10:27	5.7 (60.6%)
132	PIGŁA Michał	2193	SPORTOWY KAŻMIERZ	M-40	49	01:26:35	02:28:52	03:29:59	05:24:29.60	05:24:50.00	+02:06:36 (39.0%)	10:28	5.7 (60.6%)
133	WUJDA Marta	2088	ULTRA SPAM ŻARY	K-40	16	01:17:05	02:24:36	03:30:58	05:25:54.10	05:26:09.05	+02:07:55 (39.2%)	10:30	5.7 (60.6%)
134	CZERKAWSKI Paweł	2016	AWESOMENOMAD	M-30	31	01:18:04	02:20:46	03:25:11	05:30:30.80	05:30:30.80	+02:12:16 (40.0%)	10:39	5.6 (59.6%)
135	OCHOCKI Marcin	2051	WIR	M-40	50	01:09:40	02:12:32	03:17:22	05:30:38.80	05:30:42.60	+02:12:28 (40.1%)	10:39	5.6 (59.6%)
136	BŁAŻEWICZ Paweł	2162	WMKS WYDRY OLSZTYN	M-30	32	01:23:35	02:28:17	03:32:05	05:30:59.20	05:31:19.40	+02:13:05 (40.2%)	10:40	5.6 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod	Błędne	Lisia	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Szczelińcem	Skały	Przełęcz	netto	brutto			
						7km	14km	19.7km	31km	31km			
137	KONIECZNY Wojciech	2124	SII RUNNING TEAM	M-40	51	01:12:45	02:13:41	03:15:01	05:33:05.80	05:33:57.50	+02:15:43 (40.6%)	10:44	5.6 (59.6%)
138	KOZŁOWSKI Wojciech	2062		M-50	16	01:08:34	02:12:36	03:18:47	05:34:05.20	05:34:10.45	+02:15:56 (40.7%)	10:46	5.6 (59.6%)
139	FORYŚ Agnieszka	2150		K-40	17	01:19:24	02:27:35	03:33:15	05:34:04.40	05:34:11.55	+02:15:57 (40.7%)	10:46	5.6 (59.6%)
140	FURS Wiktor	2086		M-20	9	01:10:04	02:10:34	03:12:05	05:34:04.00	05:34:16.15	+02:16:02 (40.7%)	10:46	5.6 (59.6%)
141	PIOTRKOWSKI Rafael	2129		M-40	52	01:17:25	02:21:45	03:25:29	05:34:11.75	05:34:59.30	+02:16:45 (40.8%)	10:46	5.6 (59.6%)
142	GYREK Jacek	2202		M-40	53	01:20:02	02:28:38	03:32:14	05:36:09.05	05:36:33.50	+02:18:19 (41.1%)	10:50	5.5 (58.5%)
143	MELNYK Ivan	2164		M-30	33	01:26:11	02:33:53	03:46:41	05:40:15.45	05:40:52.25	+02:22:38 (41.8%)	10:58	5.5 (58.5%)
144	WESOŁOWSKA Iwona	2175		K-40	18	01:19:13	02:28:50	03:35:57	05:41:49.85	05:41:55.80	+02:23:41 (42.0%)	11:01	5.4 (57.4%)
145	KRACZOWSKI Mirosław	2023		M-50	17	01:24:13	02:34:20	03:38:55	05:41:36.10	05:41:56.85	+02:23:42 (42.0%)	11:01	5.4 (57.4%)
146	NADOBNIK Beata	2137	SPORTOWY KAŻMIERZ	K-50	2	01:26:29	02:33:14	03:41:00	05:42:15.35	05:42:25.60	+02:24:11 (42.1%)	11:02	5.4 (57.4%)
147	BUSZKOWSKI Filip	2176	SPORTOWY KAZMIERZ	M-50	18	01:26:23	02:33:06	03:41:02	05:42:32.75	05:42:53.50	+02:24:39 (42.2%)	11:02	5.4 (57.4%)
148	KACZMAREK Marta	2159	SPORTOWY KAŻMIERZ	K-40	19	01:26:42	02:33:39	03:41:31	05:42:44.15	05:42:55.90	+02:24:41 (42.2%)	11:03	5.4 (57.4%)
149	KACZMAREK Tomasz	2158	SPORTOWY KAŻMIERZ	M-50	19	01:26:40	02:33:15	03:00:22	05:43:21.65	05:43:38.20	+02:25:24 (42.3%)	11:04	5.4 (57.4%)
150	LEWANDOWSKI Janusz	2121		M-50	20	01:17:32	02:24:32	03:31:50	05:45:18.65	05:45:28.65	+02:27:14 (42.6%)	11:08	5.4 (57.4%)
151	BAZYLEWICZ Wojciech	2006	BLACKDEVILS	M-20	10	01:21:49	02:28:57	03:41:31	05:46:37.95	05:46:44.80	+02:28:30 (42.8%)	11:10	5.4 (57.4%)
152	MONIAKOWSKI Adam	2027	BUTTON TEAM	M-50	21	01:17:43	02:25:42	03:34:54	05:47:32.35	05:47:43.55	+02:29:29 (43.0%)	11:12	5.4 (57.4%)
153	STAMM Tomasz	2054		M-50	22	01:18:22	02:28:37	03:35:53	05:47:31.70	05:47:55.25	+02:29:41 (43.0%)	11:12	5.4 (57.4%)
154	TREGUB Igor	2116	KUKURUDZA	M-30	34	01:26:09	02:33:50	03:46:32	05:48:38.55	05:49:16.90	+02:31:02 (43.2%)	11:14	5.3 (56.4%)
155	ŁOBASIUK Iwona	2194		K-50	3	01:20:59	02:35:01	03:45:43	05:49:54.35	05:50:26.35	+02:32:12 (43.4%)	11:17	5.3 (56.4%)
156	TOKARZ Robert	2112		M-50	23	01:15:31	02:28:19	03:37:18	05:51:19.55	05:51:24.80	+02:33:10 (43.6%)	11:19	5.3 (56.4%)
157	PYZIO Magda	2135		K-30	13	01:17:06	02:27:12	03:40:49	05:51:49.70	05:51:58.55	+02:33:44 (43.7%)	11:20	5.3 (56.4%)
157	WALIŃSKA Agata	2144	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	K-40	20	01:19:22	02:28:19	03:40:04	05:51:10.20	05:51:58.55	+02:33:44 (43.7%)	11:19	5.3 (56.4%)
159	PODLASZEWSKI Jacek	2090	SPC	M-50	24	01:18:22	02:28:39	03:39:25	05:52:51.90	05:53:10.20	+02:34:56 (43.9%)	11:22	5.3 (56.4%)
160	FRĄCKOWIAK Dominik	2036		M-30	35	01:20:30	02:29:35	03:41:33	05:53:07.70	05:53:33.20	+02:35:19 (43.9%)	11:23	5.3 (56.4%)

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	ŻURAWSKI Arkadiusz	2099		M-50	25	01:20:57	02:29:00	03:37:46	05:54:50.15	05:55:31.70	+02:37:17 (44.2%)	11:26	5.2 (55.3%)
162	BIRECKA Kamilla	2003		K-50	4	01:22:35	02:36:48	03:45:55	05:56:50.45	05:57:32.30	+02:39:18 (44.6%)	11:30	5.2 (55.3%)
163	BAKA Marcin	2018		M-50	26	01:17:02	02:27:23	03:37:02	05:57:58.65	05:58:12.75	+02:39:58 (44.7%)	11:32	5.2 (55.3%)
164	MORAWSKI Marcin	2029		M-50	27	01:19:20	02:33:13	03:43:34	05:58:02.90	05:58:14.10	+02:40:00 (44.7%)	11:32	5.2 (55.3%)
165	STOŁOWSKI Robert	2065		M-40	54	01:34:54	02:46:27	03:52:38	05:57:51.70	05:58:22.55	+02:40:08 (44.7%)	11:32	5.2 (55.3%)
166	JURKIEWICZ Dominik	2198		M-30	36	01:23:13	02:37:13	03:46:04	05:59:18.80	05:59:42.35	+02:41:28 (44.9%)	11:35	5.2 (55.3%)
167	WIDERA Adrian	2174	CHOOSE YOURSELF JAWORZNO	M-40	55	01:16:08	02:25:03	03:37:43	06:01:47.15	06:01:51.40	+02:43:37 (45.2%)	11:40	5.1 (54.3%)
168	ŻEBRACKI Wojtek	2091	ILE SIĘ MOGŁO TYLE SIĘ BIEGŁO :)	M-30	37	01:25:47	02:37:26	03:48:40	06:01:27.25	06:01:54.40	+02:43:40 (45.2%)	11:39	5.1 (54.3%)
169	KWIATKOWSKA Zuzanna	2072	RNB TEAM POLANICA ZDRÓJ	K-50	5	01:21:01	02:32:35	03:40:47	06:02:21.15	06:02:36.75	+02:44:22 (45.3%)	11:41	5.1 (54.3%)
170	FRĄCZEK Michał	2013	BRONOWICE TEŻ BIEGAJĄ	M-40	56	01:23:07	02:38:01	03:48:27	06:02:43.20	06:03:07.50	+02:44:53 (45.4%)	11:42	5.1 (54.3%)
171	GAJEWSKA Joanna	2057		K-30	14	01:23:17	02:38:12	03:48:38	06:02:44.85	06:03:08.90	+02:44:54 (45.4%)	11:42	5.1 (54.3%)
172	SURDEL Aleksandra	2017		K-40	21	01:15:13	02:28:47	03:43:31	06:03:09.15	06:03:11.75	+02:44:57 (45.4%)	11:42	5.1 (54.3%)
173	DYMOWSKI Piotr	2126		M-40	57	01:21:24	02:30:00	03:43:20	06:02:38.00	06:03:17.60	+02:45:03 (45.4%)	11:41	5.1 (54.3%)
174	SZWARGOT Marta	2156	SPORTOWY KAŻMIERZ	K-30	15	01:26:45	02:35:41	03:46:52	06:05:20.55	06:05:31.30	+02:47:17 (45.8%)	11:47	5.1 (54.3%)
175	CZEKALSKI Tomasz	2075	NARAMOWICE BIEGAJĄ	M-40	58	01:26:29	02:40:09	03:56:50	06:06:46.70	06:07:23.90	+02:49:09 (46.0%)	11:49	5.1 (54.3%)
176	MILLER Agnieszka	2041	BIEGAM BO LUBIĘ LASY BOGDANIEC	K-30	16	01:24:22	02:40:10	03:52:10	06:09:17.90	06:09:38.10	+02:51:24 (46.4%)	11:54	5 (53.2%)
177	CZEKALSKA Magdalena	2070	NARAMOWICE BIEGAJĄ	K-40	22	01:27:10	02:43:23	03:57:04	06:12:02.70	06:12:38.80	+02:54:24 (46.8%)	12:00	5 (53.2%)
178	NOWAK Marta	2148	NARAMOWICE BIEGAJĄ	K-40	23	01:27:14	02:43:24	03:57:49	06:12:41.65	06:13:15.70	+02:55:01 (46.9%)	12:01	5 (53.2%)
179	ZAJĄC Krzysztof	2002	BEZULTRADZIKI/ZAJĄCEHASAJĄCE/WKURW_TEAM	M-40	59	01:29:14	02:44:19	03:57:12	06:25:35.10	06:26:37.30	+03:08:23 (48.7%)	12:26	4.8 (51.1%)
180	WIECZOREK Sławomir	2067		M-50	28	01:34:57	02:46:39	03:58:38	06:33:35.20	06:34:08.25	+03:15:54 (49.7%)	12:41	4.7 (50.0%)
181	SALSKI Jarosław	2161		M-30	38	01:31:25	02:46:32	03:58:21	06:33:39.20	06:34:09.60	+03:15:55 (49.7%)	12:41	4.7 (50.0%)
182	BASTA Grzegorz	2035	BIEGAM BO LUBIĘ LASY BOGDANIEC, BASTA TEAM	M-50	29	01:27:55	02:49:48	04:05:54	06:35:25.30	06:35:45.95	+03:17:31 (49.9%)	12:45	4.7 (50.0%)
183	MICHAŁKIEWICZ Marek	2010		M-40	60	01:30:22	02:51:20	04:15:08	06:39:42.30	06:39:52.50	+03:21:38 (50.4%)	12:53	4.7 (50.0%)
184	DUNOWSKA Ilona	2046	BBL LASY BOGDANIEC	K-50	6	01:36:56	03:02:43	04:23:30	06:55:36.00	06:55:56.30	+03:37:42 (52.3%)	13:24	4.5 (47.9%)

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
185	DUNOWSKI Przemysław	2047	BBL LASY BOGDANIEC	M-50	30	01:35:53	03:02:57	04:23:36	06:56:14.90	06:56:37.85	+03:38:23 (52.4%)	13:25	4.5 (47.9%)
	SOWIŃSKA Anetta	2048		K-50		01:51:41	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 186 wynik(ów)