



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2025-01-18
Miejsce: Karlów
Dystans: 31 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
1	BRÝDL Pavel	1165	SALOMON CZ	M-40	1	00:42:39	01:21:41	03:09:39.45	03:09:39.45		6:07	9.8 (100%)
2	HLAVATÍK Jan	1261	JUMP SPORT F-M	M-40	2	00:43:51		03:10:11.45	03:10:12.05	+00:00:32 (0.3%)	6:08	9.8 (100%)
3	PTAK Wojciech	1162	BLUEBIRDS	M-40	3	00:46:00	01:27:29	03:17:03.35	03:17:04.95	+00:07:25 (3.8%)	6:21	9.4 (95.9%)
4	MAŁYGA Grzegorz	1254	RMT TEAM PRO	M-30	1	00:44:48	01:27:29	03:20:47.05	03:20:47.35	+00:11:07 (5.5%)	6:28	9.3 (94.9%)
5	PETTERS Klaudia	1255		K-20	1	00:49:32	01:32:53	03:25:27.70	03:25:29.55	+00:15:50 (7.7%)	6:37	9.1 (92.9%)
6	GÓRAL Grzegorz	1209	HEJ HEJ GÓRALU	M-40	4	00:48:00	01:31:43	03:27:07.30	03:27:08.75	+00:17:29 (8.4%)	6:40	9 (91.8%)
7	ŻURAW Wiktor	1099		M-20	1	00:48:47	01:32:58	03:27:42.60	03:27:44.85	+00:18:05 (8.7%)	6:42	9 (91.8%)
8	RUTKA Marek	1126	BIEGAJĄCE KREJZOL / LA SPORTIVA POLSKA TEAM	M-40	5	00:46:37	01:31:38	03:28:11.50	03:28:12.95	+00:18:33 (8.9%)	6:42	8.9 (90.8%)
9	KOŁODZIEJ Roman	1237		M-40	6	00:47:51	01:32:28	03:31:15.05	03:31:15.80	+00:21:36 (10.2%)	6:48	8.8 (89.8%)
10	PASTUSZKA Paweł	1240	#ULTRABIBA	M-30	2	00:49:20	01:35:13	03:36:10.05	03:36:10.50	+00:26:31 (12.3%)	6:58	8.6 (87.8%)
11	KITA Michał	1058	PĘDZĄCY W MIEJSCU	M-50	1	00:49:27	01:35:23	03:39:07.90	03:39:10.35	+00:29:30 (13.5%)	7:04	8.5 (86.7%)
12	TOMKIEWICZ Bartosz	1051		M-20	2	00:46:25	01:31:59	03:40:35.55	03:40:36.35	+00:30:56 (14.0%)	7:06	8.4 (85.7%)
13	ŚWIĄTEK Paweł	1074	HRW	M-40	7	00:49:35	01:36:07	03:43:51.95	03:43:53.50	+00:34:14 (15.3%)	7:13	8.3 (84.7%)
14	GRYGIEL Marek	1137	JACEKBIEGA RUNNING TEAM/M&M	M-40	8	00:51:28		03:44:42.15	03:44:44.30	+00:35:04 (15.6%)	7:14	8.3 (84.7%)
15	WEGNER Adrian	1221	BIEGAJĄCE KREJZOLE	M-30	3	00:51:10	01:37:04	03:45:19.50	03:45:24.15	+00:35:44 (15.9%)	7:16	8.3 (84.7%)
16	PŁONOWSKI Maciej	1177	PSZCZÓŁKOWSKI TEAM	M-30	4	00:51:54	01:39:21	03:45:40.20	03:45:47.55	+00:36:08 (16.0%)	7:16	8.2 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
17	KOCOUREK Martin	1250	RUNCAT	M-40	9	00:51:23	01:40:41	03:48:26.10	03:48:29.15	+00:38:49 (17.0%)	7:22	8.1 (82.7%)
18	HERCHEL Arkadiusz	1144		M-40	10	00:55:49	01:44:55	03:48:38.00	03:50:02.00	+00:40:22 (17.6%)	7:22	8.1 (82.7%)
19	MATCZAK Mateusz	1121	SH RUNNING TEAM	M-30	5	00:49:48	01:37:55	03:51:20.45	03:51:21.55	+00:41:42 (18.0%)	7:27	8 (81.6%)
20	BEDNARZ Krzysztof	1034		M-40	11	00:49:16	01:37:02	03:53:17.05	03:53:18.00	+00:43:38 (18.7%)	7:31	8 (81.6%)
21	SZCZENIOWSKI Jacek	1252	GOPR SUDETY	M-40	12	00:52:57	01:42:37	03:53:44.95	03:53:45.85	+00:44:06 (18.9%)	7:32	8 (81.6%)
22	TRZECIAKIEWICZ Mieczysław	1171	MLKS RADKÓW	M-50	2	00:54:23	01:43:12	03:54:13.30	03:54:14.25	+00:44:34 (19.0%)	7:33	7.9 (80.6%)
23	JAROWICZ Jakub	1196	JJ TEAM	M-30	6	00:52:16	01:39:41	03:57:45.90	03:57:49.60	+00:48:10 (20.3%)	7:40	7.8 (79.6%)
24	KRUPA Marcin	1071	AKTYWNA NOWA RUDA	M-40	13	00:51:17	01:39:34	03:58:01.90	03:58:03.75	+00:48:24 (20.3%)	7:40	7.8 (79.6%)
25	WITKOWSKI Kornel	1142		M-20	3	01:00:35	01:52:26	04:01:11.45	04:01:35.00	+00:51:55 (21.5%)	7:46	7.7 (78.6%)
26	WIECZERZAK Magdalena	1138	BIEG LOVELAS /ZABIEGANI MIELEC / M&M	K-30	1	00:56:52	01:49:48	04:03:46.90	04:03:47.95	+00:54:08 (22.2%)	7:51	7.6 (77.6%)
27	WINIARSKI Jarosław	1206	S.C. REP ARVATO	M-50	3	00:57:33	01:50:30	04:04:31.75	04:04:36.40	+00:54:56 (22.5%)	7:53	7.6 (77.6%)
28	ZAMŁYŃSKI Bartosz	1249		M-30	7	00:57:22	01:45:54	04:04:43.95	04:04:54.80	+00:55:15 (22.6%)	7:53	7.6 (77.6%)
29	BUKOWIŃSKI Damian	1047	TRAIL IS OUR WAY	M-40	14	00:57:39	01:49:58	04:06:19.45	04:06:26.10	+00:56:46 (23.0%)	7:56	7.6 (77.6%)
30	JASICZAK Artur	1105		M-30	8	00:59:21	01:49:40	04:07:42.75	04:08:00.80	+00:58:21 (23.5%)	7:59	7.5 (76.5%)
31	BARANOWSKI Jacek	1155	JACEKBIEGA RUNNING TEAM	M-40	15	00:56:36	01:47:00	04:08:02.65	04:08:06.10	+00:58:26 (23.6%)	8:00	7.5 (76.5%)
32	FIJAŁKOWSKI Sebastian	1094		M-30	9	00:56:58	01:50:09	04:08:42.90	04:08:46.15	+00:59:06 (23.8%)	8:01	7.5 (76.5%)
33	NIEDZIELAK Łukasz	1057	BHT PETRA PŁOCK	M-30	10	00:55:24	01:46:58	04:10:02.05	04:10:09.60	+01:00:30 (24.2%)	8:03	7.4 (75.5%)
34	SANKOWSKI Jacek	1230	PLACKI TEAM	M-30	11	00:56:57	01:50:16	04:10:46.85	04:10:51.80	+01:01:12 (24.4%)	8:05	7.4 (75.5%)
35	MOTOWIDŁO Marcin	1164		M-40	16	00:56:30	01:50:32	04:10:50.75	04:10:54.25	+01:01:14 (24.4%)	8:05	7.4 (75.5%)
36	BRONISŁAWSKI Bruno	1211		M-20	4	00:59:33	01:52:17	04:11:02.80	04:11:08.40	+01:01:28 (24.5%)	8:05	7.4 (75.5%)
37	STEPAK Włodzimierz	1079	KB AKTYWNI KONIN	M-50	4	01:00:26	01:52:40	04:11:20.35	04:11:24.10	+01:01:44 (24.6%)	8:06	7.4 (75.5%)
38	SMOTER Damian	1043		M-40	17	00:59:42	01:52:34	04:11:44.05	04:12:06.15	+01:02:26 (24.8%)	8:07	7.4 (75.5%)
39	LUBAŃSKI Robert	1139	MOCNA GRUPA CEZARA	M-50	5	00:57:23	01:49:48	04:12:11.20	04:12:19.25	+01:02:39 (24.8%)	8:08	7.4 (75.5%)
40	WITKOWSKI Wojciech	1118		M-30	12	00:54:30	01:46:00	04:12:25.55	04:12:28.40	+01:02:48 (24.9%)	8:08	7.4 (75.5%)

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41	REGUŁA Piotr	1054		M-20	5	00:57:29	01:50:39	04:13:51.85	04:13:54.75	+01:04:15 (25.3%)	8:11	7.3 (74.5%)
42	DERENCZ Michał	1023		M-40	18	01:00:57	01:51:52	04:13:35.95	04:14:06.30	+01:04:26 (25.4%)	8:10	7.3 (74.5%)
43	PUCEK-MIODUSZEWSKA Ola	1224	KINGRUNNER ULTRA	K-40	1	00:58:06	01:52:05	04:14:09.55	04:14:12.45	+01:04:33 (25.4%)	8:11	7.3 (74.5%)
44	NOWACZYK Piotr	1002	MERIXSTUDIO RUNNING TEAM	M-30	13	00:56:25	01:49:56	04:14:33.10	04:14:39.85	+01:05:00 (25.5%)	8:12	7.3 (74.5%)
45	KOZIEŁ Krzysztof	1247		M-40	19	00:57:26	01:50:34	04:18:02.95	04:18:05.70	+01:08:26 (26.5%)	8:19	7.2 (73.5%)
46	DESKA Leszek	1076	WWW.LESZEKBIEGA.PL	M-40	20	00:55:41	01:49:51	04:18:02.15	04:18:10.20	+01:08:30 (26.5%)	8:19	7.2 (73.5%)
47	KOCIŃSKI Andrzej	1089	UNIQ FIGHT CLUB	M-30	14	00:58:39	01:51:28	04:18:56.00	04:19:03.15	+01:09:23 (26.8%)	8:21	7.2 (73.5%)
48	KASZKOWIAK Bogumil	1216	WRONKI	M-40	21	01:06:56	02:04:18	04:18:53.75	04:19:10.65	+01:09:31 (26.8%)	8:21	7.2 (73.5%)
49	MARZEC Karolina	1066	15 LUBUSKA BRYGADA WOJSK OBRONY TERYTORIALNEJ W SKWIERZYNIE.	K-40	2	00:56:41	01:49:48	04:19:10.80	04:19:12.70	+01:09:33 (26.8%)	8:21	7.2 (73.5%)
50	STEC Adam	1228		M-40	22	01:00:00	01:54:15	04:20:48.40	04:20:52.45	+01:11:13 (27.3%)	8:24	7.1 (72.4%)
51	KURASIEWICZ Mariusz	1041		M-40	23	00:57:52	01:51:52	04:20:44.95	04:21:04.55	+01:11:25 (27.4%)	8:24	7.1 (72.4%)
52	TOMICZEK Tomasz	1199	HEINEKEN KRAKÓW RUNNING CLUB	M-40	24	01:05:14	02:00:45	04:21:13.15	04:21:26.30	+01:11:46 (27.5%)	8:25	7.1 (72.4%)
53	PŁÓCIENNIK Bartosz	1029		M-30	15	00:58:05	01:51:11	04:22:43.00	04:22:50.65	+01:13:11 (27.8%)	8:28	7.1 (72.4%)
54	GARSTKA Zbigniew	1212	LEŚNE DZIADY TEAM	M-40	25	00:59:33	01:53:54	04:23:32.50	04:23:32.50	+01:13:53 (28.0%)	8:30	7.1 (72.4%)
55	KUCHARSKI Michał	1060		M-30	16	00:57:48	01:51:38	04:23:45.50	04:23:47.15	+01:14:07 (28.1%)	8:30	7.1 (72.4%)
56	GARDENER Jacek	1124	JACEKBIEGA RUNNING TEAM	M-50	6	01:03:39	01:59:03	04:23:37.00	04:23:55.05	+01:14:15 (28.1%)	8:30	7.1 (72.4%)
57	ŻMIJA Liliana	1012	FSD RUN DREZDENKO	K-30	2	01:05:23	02:04:22	04:25:14.75	04:25:20.40	+01:15:40 (28.5%)	8:33	7 (71.4%)
58	KROTECKI Damian	1110		M-30	17	00:59:37	01:53:56	04:25:26.15	04:25:45.30	+01:16:05 (28.6%)	8:33	7 (71.4%)
59	POLIWOCZAK Patryk	1202		M-30	18	00:56:21	01:52:15	04:26:40.85	04:26:44.70	+01:17:05 (28.9%)	8:36	7 (71.4%)
60	GOLEC Paweł	1028	CROSSANDACTIVE NYSA	M-40	26	00:58:31	01:53:58	04:28:17.95	04:28:30.20	+01:18:50 (29.4%)	8:39	6.9 (70.4%)
61	KUTRZYK Przemysław	1082		M-40	27	01:00:08	02:00:16	04:28:36.70	04:28:42.90	+01:19:03 (29.4%)	8:39	6.9 (70.4%)
62	BIECUSZEK Tomasz	1198	AKTYWNA NOWA RUDA	M-40	28	00:58:13	01:54:42	04:29:04.05	04:29:06.10	+01:19:26 (29.5%)	8:40	6.9 (70.4%)
63	KONSTANCIUK Dariusz	1148	JAAAZDA Z KURAMI	M-40	29	00:59:24	01:56:02	04:29:08.70	04:29:10.85	+01:19:31 (29.5%)	8:40	6.9 (70.4%)

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64	SZYMAŃSKI Tomasz	1005	VENUS	M-40	30	00:56:54	01:52:35	04:30:32.05	04:30:34.30	+01:20:54 (29.9%)	8:43	6.9 (70.4%)
65	DUBRAVCIK Jakub	1122		M-30	19	01:05:46	02:00:25	04:29:57.30	04:30:44.15	+01:21:04 (29.9%)	8:42	6.9 (70.4%)
66	TOŚ Sebastian	1001		M-40	31	01:00:38	02:01:13	04:32:03.55	04:32:07.35	+01:22:27 (30.3%)	8:46	6.8 (69.4%)
67	ZARODA Zbigniew	1017	TRITON KONIN	M-50	7	01:00:22	01:59:35	04:33:01.15	04:33:04.10	+01:23:24 (30.5%)	8:48	6.8 (69.4%)
68	RUSOŁ Tomasz	1008		M-40	32	01:00:26	01:53:29	04:33:32.00	04:33:49.55	+01:24:10 (30.7%)	8:49	6.8 (69.4%)
69	KRZESIMOWSKI Damian	1068		M-40	33	01:03:20	02:01:00	04:34:07.65	04:34:28.90	+01:24:49 (30.9%)	8:50	6.8 (69.4%)
70	LUBELSKI Adam	1102		M-50	8	01:02:54	02:00:48	04:34:34.15	04:34:38.55	+01:24:59 (30.9%)	8:51	6.8 (69.4%)
71	WELTER Przemysław	1180	KB SZAMOTUŁY	M-30	20	00:57:34	01:54:17	04:34:44.85	04:34:49.45	+01:25:10 (31.0%)	8:51	6.8 (69.4%)
72	GŁÓWKA Maciej	1174	ULTRAWAY.PL	M-30	21	01:05:05	02:04:38	04:38:27.60	04:38:27.60	+01:28:48 (31.9%)	8:58	6.7 (68.4%)
73	FELUCH Krzysztof	1156	JACEK BIEGA RUNNING TEAM	M-50	9	01:04:49	02:04:17	04:38:18.00	04:38:31.00	+01:28:51 (31.9%)	8:58	6.7 (68.4%)
74	PIWOŃSKI Adam	1244	TEAM#R	M-40	34	01:01:03	01:59:51	04:39:37.95	04:39:51.60	+01:30:12 (32.2%)	9:01	6.7 (68.4%)
75	WILK Jacek	1246		M-50	10	00:59:25	01:57:44	04:40:39.70	04:40:42.25	+01:31:02 (32.4%)	9:03	6.6 (67.3%)
76	KRAKOWSKA Anna	1026		K-30	3	01:01:35	02:01:12	04:41:34.20	04:41:37.45	+01:31:58 (32.7%)	9:04	6.6 (67.3%)
77	FRANKOWSKI Andrzej	1033	FRANEK EXTREME TEAM	M-40	35	01:01:13	02:01:19	04:42:31.20	04:42:31.20	+01:32:51 (32.9%)	9:06	6.6 (67.3%)
78	WOJCIECHOWSKI Cyprian	1145		M-20	6	01:03:56	02:01:29	04:43:42.10	04:43:46.60	+01:34:07 (33.2%)	9:09	6.6 (67.3%)
79	VELEK Matej	1070	BEHEJSEPSEM.CZ	M-40	36	01:05:49	02:02:59	04:44:07.20	04:44:29.10	+01:34:49 (33.3%)	9:09	6.5 (66.3%)
80	PYZIK Ewa	1112	MATNER RUNNING TEAM	K-40	3	01:08:16	02:12:07	04:45:18.45	04:45:26.10	+01:35:46 (33.6%)	9:12	6.5 (66.3%)
81	WICZKOWSKI Konrad	1050		M-30	22	00:54:18	01:50:11	04:45:26.05	04:45:27.60	+01:35:48 (33.6%)	9:12	6.5 (66.3%)
82	KRYSIŃSKI Maciej	1087		M-30	23	00:57:23	01:54:09	04:45:26.25	04:45:30.55	+01:35:51 (33.6%)	9:12	6.5 (66.3%)
83	ČERVENÝ David	1010		M-50	11	01:03:35	02:03:55	04:45:26.10	04:45:31.15	+01:35:51 (33.6%)	9:12	6.5 (66.3%)
84	PIEŃKOWSKI Łukasz	1147		M-40	37	01:09:34	02:12:42	04:46:15.50	04:46:37.95	+01:36:58 (33.8%)	9:14	6.5 (66.3%)
85	CHOJNACKA Marta	1100		K-40	4	01:10:47	02:13:33	04:46:43.35	04:47:04.20	+01:37:24 (33.9%)	9:14	6.5 (66.3%)
86	JĘDRZEJCZAK Wojciech	1227		M-60	1	01:10:38	02:12:58	04:46:42.10	04:47:06.55	+01:37:27 (33.9%)	9:14	6.5 (66.3%)
87	GRZEGRZÓŁKA Krzysztof	1097	UNIQ FIGHT CLUB	M-30	24	00:59:21	01:53:40	04:47:33.35	04:47:42.10	+01:38:02 (34.1%)	9:16	6.5 (66.3%)

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88	BIENKOWSKI Kamil	1056		M-40	38	01:05:00	02:04:31	04:47:47.70	04:47:54.55	+01:38:15 (34.1%)	9:17	6.5 (66.3%)
89	ZIOBROWSKI Mateusz	1235		M-30	25	01:05:10	02:04:53	04:47:53.75	04:48:04.75	+01:38:25 (34.2%)	9:17	6.5 (66.3%)
90	SYCHOWSKI Dawid	1085		M-40	39	01:05:05	02:04:56	04:47:54.20	04:48:05.95	+01:38:26 (34.2%)	9:17	6.5 (66.3%)
91	OLEJNIK Agnieszka	1232		K-40	5	01:07:38	02:12:39	04:47:59.30	04:48:11.75	+01:38:32 (34.2%)	9:17	6.5 (66.3%)
92	KACZOREK Robert	1088		M-50	12	01:03:23	02:01:04	04:47:57.40	04:48:11.85	+01:38:32 (34.2%)	9:17	6.5 (66.3%)
93	DEJA Dariusz	1179	BIDFOOD FARUTEX	M-40	40	01:08:43	02:10:21	04:49:03.10	04:50:12.25	+01:40:32 (34.6%)	9:19	6.4 (65.3%)
94	BIAŁEK Mirosław	1217	WRONIECKI KLUB BIEGACZA	M-40	41	01:10:14	02:12:31	04:49:50.50	04:50:15.70	+01:40:36 (34.7%)	9:20	6.4 (65.3%)
95	KARWACKI Grzegorz	1234	GLOBUS	M-50	13	01:04:58	02:04:21	04:50:13.90	04:50:17.15	+01:40:37 (34.7%)	9:21	6.4 (65.3%)
96	KOZAK Ewa	1119	KOZAKI	K-40	6	01:07:45	02:12:01	04:51:23.45	04:51:28.65	+01:41:49 (34.9%)	9:23	6.4 (65.3%)
97	KRZEMIŃSKI Tomasz	1219		M-40	42	00:56:29	01:49:34	04:53:05.45	04:53:10.80	+01:43:31 (35.3%)	9:27	6.3 (64.3%)
98	SMYK Sylwester	1037	KB HARCOWNIK	M-40	43	01:09:47	02:12:56	04:56:11.15	04:56:23.45	+01:46:44 (36.0%)	9:33	6.3 (64.3%)
99	SOSNOWSKA-SMYK Joanna	1036	KB HARCOWNIK	K-40	7	01:09:49	02:12:58	04:56:16.60	04:56:25.55	+01:46:46 (36.0%)	9:33	6.3 (64.3%)
100	MALISZEWSKA Anita	1006		K-20	2	01:10:33	02:27:53	04:56:54.10	04:57:25.10	+01:47:45 (36.2%)	9:34	6.3 (64.3%)
101	PACHOLSKI Łukasz	1169	125 LESZCZYŃSKI BATALION LEKKIEJ PIECHOTY	M-30	26	01:15:42	02:14:54	04:57:02.35	04:58:09.20	+01:48:29 (36.4%)	9:34	6.3 (64.3%)
102	BIECHOŃSKI Jarek	1021		M-40	44	01:05:33	02:06:44	04:58:42.35	04:58:48.60	+01:49:09 (36.5%)	9:38	6.2 (63.3%)
103	FRYZIEL Norbert	1210	ULTRA DZIADY	M-50	14	01:11:41	02:13:50	04:58:56.40	04:59:38.40	+01:49:58 (36.7%)	9:38	6.2 (63.3%)
104	PTAK Tomasz	1039	KLUB BIEGACZA WARTA	M-40	45	01:08:54	02:11:05	04:59:30.90	04:59:39.00	+01:49:59 (36.7%)	9:39	6.2 (63.3%)
105	MARCINIAK Tomasz	1213		M-40	46	01:10:27	02:17:44	04:59:10.15	04:59:39.50	+01:50:00 (36.7%)	9:39	6.2 (63.3%)
106	WRÓBLEWSKI Maciej	1186	OSTATNI BĘDĄ PIERWSZYMI	M-30	27	01:16:01	02:17:40	05:00:24.65	05:01:15.00	+01:51:35 (37.0%)	9:41	6.2 (63.3%)
107	KRASZEWSKI Wojtek	1004		M-20	7	01:03:45	02:28:07	05:00:45.90	05:01:17.55	+01:51:38 (37.1%)	9:42	6.2 (63.3%)
108	WRÓBLEWSKI Krzysztof	1195	OSTATNI BĘDĄ PIERWSZYMI	M-30	28	01:15:44	02:16:53	05:00:12.35	05:01:19.05	+01:51:39 (37.1%)	9:41	6.2 (63.3%)
109	JACHYMEK Bartłomiej	1125	JACEKBIEGA RUNNING TEAM	M-50	15	01:12:06	02:15:49	05:01:12.55	05:01:28.00	+01:51:48 (37.1%)	9:42	6.2 (63.3%)
110	PASIK Michał	1150	KALISIA NORDIC TEAM KNT	M-50	16	01:00:46	02:03:23	05:01:08.15	05:01:44.65	+01:52:05 (37.1%)	9:42	6.2 (63.3%)
111	ROSZAK Karolina	1117	NZS	K-30	4	01:16:18	02:23:01	05:01:22.25	05:01:46.50	+01:52:07 (37.2%)	9:43	6.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
112	KOLASIŃSKI Jakub	1201	DIRTY SPARROWS	M-40	47	01:04:12	02:06:43	05:02:09.30	05:02:14.50	+01:52:35 (37.2%)	9:44	6.2 (63.3%)
113	ZJAWIONY Tomasz	1157	GÓRSKIE BIEGUSIE	M-20	8	00:56:55	01:57:42	05:02:14.35	05:02:16.95	+01:52:37 (37.3%)	9:44	6.2 (63.3%)
114	LUBELCZYK Grzegorz	1044	SPELEOCLUB WROCŁAW	M-50	17	01:16:05	02:19:03	05:02:58.05	05:03:33.35	+01:53:53 (37.5%)	9:46	6.1 (62.2%)
115	BENTKOWSKA Magdalena	1015	DIRTY SPARROWS	K-30	5	01:05:48	02:13:52	05:04:35.20	05:04:41.70	+01:55:02 (37.8%)	9:49	6.1 (62.2%)
116	RUDZKI Martin	1253	PIAST LUTYNIA	M-30	29	01:09:35	02:11:15	05:04:54.20	05:05:24.80	+01:55:45 (37.9%)	9:50	6.1 (62.2%)
117	KOWALSKI Andrzej	1208		M-60	2	01:10:39	02:12:21	05:05:17.60	05:05:55.65	+01:56:16 (38.0%)	9:50	6.1 (62.2%)
118	WIERZBA Jacek	1214	ULTRA DZIADY	M-40	48	01:17:14	02:17:16	05:05:05.30	05:05:56.15	+01:56:16 (38.0%)	9:50	6.1 (62.2%)
119	WACHOWSKI Robert	1251		M-40	49	01:09:39	02:19:13	05:06:01.35	05:06:18.00	+01:56:38 (38.1%)	9:52	6.1 (62.2%)
120	ŻŁOBIŃSKI Tomasz	1149		M-20	9	01:16:52	02:23:46	05:05:36.05	05:06:21.40	+01:56:41 (38.1%)	9:51	6.1 (62.2%)
121	SZAMBELAN Arkadiusz	1014		M-30	30	01:10:19	02:12:43	05:05:47.95	05:06:22.25	+01:56:42 (38.1%)	9:51	6.1 (62.2%)
122	ADAMCZYK Rafał	1072	POCOLOCO	M-50	18	01:10:24	02:13:47	05:05:57.40	05:06:32.25	+01:56:52 (38.1%)	9:52	6.1 (62.2%)
123	KASPERKIEWICZ Maja	1140		K-40	8	01:14:11	02:19:31	05:06:46.10	05:07:06.90	+01:57:27 (38.2%)	9:53	6.1 (62.2%)
124	MAZUR Monika	1055	KAT CROSS	K-40	9	01:14:15	02:18:53	05:06:52.40	05:07:08.80	+01:57:29 (38.3%)	9:53	6.1 (62.2%)
125	JOŃCZYK Rafał	1134	JACEKBIEGA RUNNING TEAM	M-40	50	00:55:29	04:08:43	05:07:08.40	05:07:12.40	+01:57:32 (38.3%)	9:54	6.1 (62.2%)
126	KADZIDŁOWSKI Kamil	1191	OSTATNI BĘDĄ PIERWSZYMI	M-30	31	01:15:55	02:17:38	05:06:19.20	05:07:16.15	+01:57:36 (38.3%)	9:52	6.1 (62.2%)
127	SZCZEPANIAK Adam	1200	DIRTY SPARROWS	M-30	32	01:03:38	02:06:34	05:07:29.10	05:07:29.10	+01:57:49 (38.3%)	9:55	6 (61.2%)
128	JARUS Andrzej	1042	POLISH_WINGS	M-50	19	01:10:05	02:15:32	05:07:40.15	05:07:46.65	+01:58:07 (38.4%)	9:55	6 (61.2%)
129	MIODEK Adrian	1064		M-40	51	01:06:33	02:13:52	05:07:59.65	05:08:08.65	+01:58:29 (38.5%)	9:56	6 (61.2%)
130	JAKUBOWSKI Andrzej	1176	ULTRA DZIADY	M-40	52	01:09:07	02:30:37	05:08:09.55	05:08:57.00	+01:59:17 (38.6%)	9:56	6 (61.2%)
131	HAJNCE Lech	1175	ULTRA DZIADY	M-40	53	01:08:15	02:30:37	05:08:20.00	05:09:08.50	+01:59:29 (38.7%)	9:56	6 (61.2%)
132	SZYCH Robert	1192	RUCHOWA AKADEMIA ZDROWIA SZCZECIN	M-50	20	01:00:43	02:31:15	05:09:12.75	05:09:20.60	+01:59:41 (38.7%)	9:58	6 (61.2%)
133	KRÓL Marcin	1241		M-40	54	01:00:03	02:29:56	05:10:28.25	05:10:31.00	+02:00:51 (38.9%)	10:00	6 (61.2%)
134	HRYCAJ Marcin	1111	KB ODRA OPOLE	M-40	55	01:15:07	02:20:58	05:09:56.10	05:10:35.55	+02:00:56 (38.9%)	9:59	6 (61.2%)
135	BOGUCKI Sławomir	1098		M-60	3	01:09:45	02:15:12	05:10:48.00	05:10:51.15	+02:01:11 (39.0%)	10:01	6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
136	WERETELNIK Katarzyna	1238		K-30	6	01:10:35	02:14:56	05:11:12.70	05:11:26.00	+02:01:46 (39.1%)	10:02	6 (61.2%)
137	JABŁOŃSKI Michał	1220		M-50	21	01:14:25	02:18:35	05:10:39.15	05:11:27.75	+02:01:48 (39.1%)	10:01	6 (61.2%)
138	WOJCIESZYŃSKI Tomasz	1256	BBL GORZÓW	M-50	22	01:08:11	02:11:52	05:11:41.30	05:11:51.45	+02:02:12 (39.2%)	10:03	6 (61.2%)
139	LEŚNIAK Grzegorz	1030	DIRTY SPARROWS	M-50	23	01:08:20	02:13:59	05:12:33.95	05:12:33.95	+02:02:54 (39.3%)	10:04	6 (61.2%)
140	GOLA Radosław	1154		M-40	56	01:17:32	02:22:09	05:12:08.15	05:12:48.10	+02:03:08 (39.4%)	10:04	6 (61.2%)
141	KLAR Marek	1236		M-50	24	01:14:19	02:19:38	05:12:50.10	05:13:05.30	+02:03:25 (39.4%)	10:05	5.9 (60.2%)
142	MYSZKIEWICZ Bartosz	1203		M-50	25	01:18:03	02:26:00	05:13:06.95	05:13:28.75	+02:03:49 (39.5%)	10:06	5.9 (60.2%)
143	CZUBALA Beata	1092	LKS ZIĘBICE	K-40	10	01:20:02	02:29:59	05:13:48.50	05:13:48.50	+02:04:09 (39.6%)	10:07	5.9 (60.2%)
144	BRYLL Łukasz	1061	BISTA TRI TEAM	M-40	57	01:08:23	02:11:20	05:14:34.70	05:14:55.95	+02:05:16 (39.8%)	10:08	5.9 (60.2%)
145	WINCENCIAK Jan	1114		M-20	10	01:12:58	02:18:20	05:14:15.95	05:15:14.65	+02:05:35 (39.8%)	10:08	5.9 (60.2%)
146	WIECZOREK Artur	1019	GÓRSKIE BIEGUSIE	M-40	58	01:09:49	02:24:26	05:15:14.60	05:15:18.70	+02:05:39 (39.9%)	10:10	5.9 (60.2%)
147	TOBYS Marcin	1108		M-30	33	01:15:03	02:22:28	05:15:08.55	05:15:31.80	+02:05:52 (39.9%)	10:09	5.9 (60.2%)
148	KOSTOWSKI Roman	1194		M-30	34	01:09:39	02:17:54	05:15:40.35	05:15:51.20	+02:06:11 (40.0%)	10:10	5.9 (60.2%)
149	CHLUDZIŃSKI Patryk	1197	ARVATO S.C. REP	M-40	59	01:12:00	02:15:57	05:16:02.40	05:16:13.90	+02:06:34 (40.0%)	10:11	5.9 (60.2%)
150	MAKOWSKA Anna	1020		K-40	11	01:10:47	02:20:11	05:16:16.85	05:16:21.80	+02:06:42 (40.1%)	10:12	5.9 (60.2%)
151	WYJATEK Wojciech	1204		M-40	60	01:15:59	02:26:28	05:16:31.20	05:16:59.40	+02:07:19 (40.2%)	10:12	5.9 (60.2%)
152	SYGIET Andrzej	1184	HEDONIŚCI	M-50	26	01:10:53	02:20:41	05:17:26.50	05:17:46.50	+02:08:07 (40.3%)	10:14	5.9 (60.2%)
153	WALECZEK Sławomir	1185		M-40	61	01:10:50	02:19:36	05:17:24.05	05:17:46.55	+02:08:07 (40.3%)	10:14	5.9 (60.2%)
154	SILSKA Sylwia	1170	ATRAKCYJNE TOWARZYSTWO	K-50	1	01:09:46	02:20:04	05:19:11.55	05:19:17.70	+02:09:38 (40.6%)	10:17	5.8 (59.2%)
155	GARUS-SARAMAK Agnieszka	1045		K-40	12	01:15:00	02:22:29	05:18:51.55	05:19:18.35	+02:09:38 (40.6%)	10:17	5.8 (59.2%)
156	KOWALIK Andrzej	1093	KB ODRA OPOLE	M-40	62	01:04:55	02:32:22	05:18:58.65	05:19:34.55	+02:09:55 (40.7%)	10:17	5.8 (59.2%)
157	MOTYCZYŃSKI Maciej	1011	MOTYCZYŃSKI RUNNING	M-50	27	01:05:23	02:30:14	05:19:33.55	05:19:38.45	+02:09:59 (40.7%)	10:18	5.8 (59.2%)
158	KOCJAN Ela	1069		K-30	7	01:16:10	02:22:46	05:19:09.70	05:19:38.90	+02:09:59 (40.7%)	10:17	5.8 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
159	GODLEWSKI Tomasz	1032	SŁYNNI KENIJCZYCY	M-40	63	01:12:04	02:24:16	05:20:43.35	05:20:49.35	+02:11:09 (40.9%)	10:20	5.8 (59.2%)
160	WIŚNIEWSKI Maciej	1205		M-40	64	01:15:57	02:26:29	05:21:08.35	05:21:40.85	+02:12:01 (41.0%)	10:21	5.8 (59.2%)
161	STROJEK Grzegorz	1146		M-50	28	00:59:58	02:29:31	05:21:50.95	05:21:54.65	+02:12:15 (41.1%)	10:22	5.8 (59.2%)
162	MIELNIK Karol	1091		M-30	35	01:15:06	02:24:00	05:21:31.95	05:21:56.90	+02:12:17 (41.1%)	10:22	5.8 (59.2%)
163	GAŁKA Jacek	1187	ULTRA DZIADY	M-40	65	01:15:05	02:23:46	05:21:08.00	05:21:59.35	+02:12:19 (41.1%)	10:21	5.8 (59.2%)
164	ŁOWICKA Maja	1083	AKTYWNI RAZEM/TRAIN WITH MERYNOS	K-30	8	01:14:58	02:22:17	05:22:04.85	05:22:47.35	+02:13:07 (41.2%)	10:23	5.8 (59.2%)
165	NOWACKI Michał	1166	BANICI ULTRA	M-40	66	01:09:31	02:20:43	05:22:54.05	05:22:59.45	+02:13:20 (41.3%)	10:24	5.8 (59.2%)
166	ZIMNIEWICZ Jacek	1151		M-40	67	01:09:38	02:20:47	05:23:00.00	05:23:00.00	+02:13:20 (41.3%)	10:25	5.8 (59.2%)
167	ŻUREK Kazimierz	1080		M-40	68	01:06:49	02:30:02	05:23:24.40	05:23:31.85	+02:13:52 (41.4%)	10:25	5.8 (59.2%)
168	NEĐZA Mikołaj	1141	LESZNOLIMITSRUN	M-40	69	01:04:11	02:30:10	05:23:35.95	05:23:40.45	+02:14:01 (41.4%)	10:26	5.7 (58.2%)
169	SMOLNY Michal	1163		M-30	36	01:05:02	02:30:13	05:23:35.20	05:23:40.55	+02:14:01 (41.4%)	10:26	5.7 (58.2%)
170	DZIAMENTSJEVA Vijaleta	1129	JACEKBIEGA RUNNING TEAM	K-30	9	01:16:20	02:25:34	05:23:24.55	05:23:41.15	+02:14:01 (41.4%)	10:25	5.8 (59.2%)
171	DUDUŚ Marek	1053		M-50	29	01:13:30	02:24:22	05:24:13.05	05:24:24.25	+02:14:44 (41.5%)	10:27	5.7 (58.2%)
172	DEC Mirosław	1222	TRUCHT TEAM OPOLE	M-40	70	01:19:07	02:29:17	05:24:15.90	05:25:06.15	+02:15:26 (41.7%)	10:27	5.7 (58.2%)
173	DURCZEWSKA Daria	1115	GKS DŁUGOŁĘKA	K-50	2	01:07:02	02:33:33	05:26:17.95	05:26:24.50	+02:16:45 (41.9%)	10:31	5.7 (58.2%)
174	STERMULA Krzysztof	1018	PAKSTER TEAM	M-40	71	01:19:15	02:29:22	05:28:10.10	05:28:26.15	+02:18:46 (42.3%)	10:35	5.7 (58.2%)
175	STERMULA Agata	1016	PAKSTER TEAM	K-40	13	01:19:38	02:29:20	05:28:10.35	05:28:27.80	+02:18:48 (42.3%)	10:35	5.7 (58.2%)
176	WAJDZIK Adam	1183		M-30	37	01:06:03	02:30:39	05:29:12.55	05:29:18.25	+02:19:38 (42.4%)	10:37	5.7 (58.2%)
177	PRZYBYTKOWSKI Adam	1207	RNB TEAM POLANICA ZDRÓJ	M-50	30	00:59:52	02:31:26	05:29:29.05	05:29:31.80	+02:19:52 (42.4%)	10:37	5.6 (57.1%)
178	SNIEGOCKI Pawel	1123	BIEGAJACE KREJZOLE	M-40	72	01:09:38	02:16:47	05:29:38.90	05:29:46.00	+02:20:06 (42.5%)	10:38	5.6 (57.1%)
179	PITRACHA-MICHALAK Agata	1022		K-40	14	01:16:16	02:22:32	05:30:45.70	05:31:35.35	+02:21:55 (42.8%)	10:40	5.6 (57.1%)
180	ŻARKOWSKI Paweł	1225	STG-WROCŁAW	M-20	11	00:55:21	02:27:02	05:31:29.95	05:31:42.20	+02:22:02 (42.8%)	10:41	5.6 (57.1%)
181	MICIUK Marcin	1135		M-40	73	01:09:36	02:21:34	05:33:58.40	05:34:02.70	+02:24:23 (43.2%)	10:46	5.6 (57.1%)
182	WACHOWSKI Wiesław	1160		M-50	31	01:13:33	02:21:02	05:33:59.90	05:34:15.10	+02:24:35 (43.3%)	10:46	5.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
183	PISARCZYK Grzegorz	1132		M-30	38	01:18:46	02:33:46	05:35:33.70	05:35:47.15	+02:26:07 (43.5%)	10:49	5.5 (56.1%)
184	KOZAK Bartosz	1120	KOZAKI	M-40	74	01:20:28	02:33:30	05:38:05.60	05:38:16.00	+02:28:36 (43.9%)	10:54	5.5 (56.1%)
185	BUDZYŃSKI Łukasz	1049	PASJA BIEGANIA GNIEZNO	M-40	75	01:08:19	02:17:35	05:38:34.05	05:38:35.40	+02:28:55 (44.0%)	10:55	5.5 (56.1%)
186	ANDRZEJEWSKI Maciej	1048		M-30	39	01:08:17	02:17:28	05:38:33.30	05:38:35.50	+02:28:56 (44.0%)	10:55	5.5 (56.1%)
187	KĘDZIORA Alicja	1258		K-30	10	01:16:24	02:37:48	05:38:30.35	05:39:09.80	+02:29:30 (44.1%)	10:55	5.5 (56.1%)
188	SEMENIUK Konrad	1257		M-30	40	01:16:06	02:37:49	05:38:31.15	05:39:10.60	+02:29:31 (44.1%)	10:55	5.5 (56.1%)
189	CZUCHAJ Anna	1052	ING BANK ŚLĄSKI	K-40	15	01:14:25	02:26:59	05:39:46.00	05:39:52.00	+02:30:12 (44.2%)	10:57	5.5 (56.1%)
190	FLORCZAK Monika	1009		K-30	11	01:16:12	02:31:29	05:39:27.95	05:39:59.35	+02:30:19 (44.2%)	10:57	5.5 (56.1%)
191	NAPIERAŁA Łukasz	1158		M-30	41	01:15:13	02:24:01	05:40:07.60	05:40:31.55	+02:30:52 (44.3%)	10:58	5.5 (56.1%)
192	MODLIŃSKI Łukasz	1103	KLUB BIEGACZA WARTA	M-40	76	01:10:28	02:30:42	05:42:17.15	05:42:27.90	+02:32:48 (44.6%)	11:02	5.4 (55.1%)
193	KWIATKOWSKA Zuzanna	1218	RNB TEAM POLANICA ZDRÓJ	K-50	3	01:15:54	02:26:55	05:42:25.85	05:42:30.00	+02:32:50 (44.6%)	11:02	5.4 (55.1%)
194	STANIK Mariusz	1226	KLUB BIEGACZA WARTA	M-40	77	01:15:07	02:30:35	05:42:19.65	05:42:37.90	+02:32:58 (44.6%)	11:02	5.4 (55.1%)
195	GAWLIK Tomasz	1131		M-20	12	01:16:39	02:33:29	05:45:12.50	05:45:30.35	+02:35:50 (45.1%)	11:08	5.4 (55.1%)
196	BOBER Dorota	1172		K-50	4	01:14:27	02:27:01	05:47:02.25	05:47:05.75	+02:37:26 (45.4%)	11:11	5.4 (55.1%)
197	STAMM Tomasz	1248		M-50	32	01:15:17	02:29:07	05:48:23.20	05:48:37.45	+02:38:58 (45.6%)	11:14	5.3 (54.1%)
198	BRONA Bartłomiej	1188	OSTATNI BĘDĄ PIERWSZYMI	M-30	42	01:17:18	02:25:17	05:49:52.15	05:50:56.10	+02:41:16 (46.0%)	11:17	5.3 (54.1%)
199	FURS Wiktor	1181		M-20	13	01:14:58	02:22:21	05:52:07.80	05:52:33.85	+02:42:54 (46.2%)	11:21	5.3 (54.1%)
200	KUBIAK Anna	1086	STRZEGOMSKA DWUNASTKA	K-40	16	01:20:53	02:38:25	05:52:47.70	05:52:47.70	+02:43:08 (46.2%)	11:22	5.3 (54.1%)
201	TARLOWSKI Hubert	1038		M-40	78	01:21:13	02:35:26	05:52:19.15	05:53:26.40	+02:43:46 (46.3%)	11:21	5.3 (54.1%)
202	SALATA Marcin	1215		M-40	79	01:15:57	02:26:26	05:53:44.35	05:54:17.55	+02:44:38 (46.5%)	11:24	5.3 (54.1%)
203	GRZYWIŃSKA Anna	1025		K-40	17	01:16:08	02:34:38	05:54:46.70	05:55:14.25	+02:45:34 (46.6%)	11:26	5.2 (53.1%)
204	MELLER Piotr	1095		M-30	43	01:15:11	02:19:58	05:55:09.45	05:55:38.30	+02:45:58 (46.7%)	11:27	5.2 (53.1%)
205	SEIFERT Adrian	1133		M-30	44	01:17:24	02:33:30	05:55:21.45	05:55:39.50	+02:46:00 (46.7%)	11:27	5.2 (53.1%)
206	ŚLEBODA Joanna	1046	KOBIETY BIEGAJĄ	K-30	12	01:26:34	02:41:04	05:55:34.60	05:56:08.85	+02:46:29 (46.7%)	11:28	5.2 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
207	TRYLAŃSKA Ewelina	1075	BILIŃSKI TEAM RUN & WALK	K-40	18	01:20:56	02:38:40	05:56:10.70	05:56:55.35	+02:47:15 (46.9%)	11:29	5.2 (53.1%)
208	KACPRZAK Przemysław	1077	BILIŃSKI TEAM RUN & WALK	M-40	80	01:20:52	02:38:38	05:56:09.45	05:56:56.00	+02:47:16 (46.9%)	11:29	5.2 (53.1%)
209	NIZIOŁEK Marek	1127	PEDRAFORCA	M-50	33	01:19:30	02:36:25	05:57:31.75	05:58:12.40	+02:48:32 (47.1%)	11:31	5.2 (53.1%)
210	LUDWIKOWSKI Michał	1229	SZARMANCKIE ŁOSIE	M-40	81	01:17:35	02:30:47	06:00:00.30	06:00:21.45	+02:50:42 (47.4%)	11:36	5.2 (53.1%)
211	KOWAL Ireneusz	1128		M-40	82	01:19:21	02:37:51	05:59:46.90	06:00:22.15	+02:50:42 (47.4%)	11:36	5.2 (53.1%)
212	URBAŃSKI Jakub	1259		M-40	83	01:15:54	02:33:13	06:00:34.10	06:00:46.95	+02:51:07 (47.4%)	11:37	5.2 (53.1%)
213	PRESZ Lukasz	1136		M-30	45	01:17:14	02:31:36	06:02:40.50	06:03:00.15	+02:53:20 (47.8%)	11:41	5.1 (52.0%)
214	PRAJS Bartosz	1223		M-40	84	01:19:49	02:39:28	06:04:45.30	06:04:49.00	+02:55:09 (48.0%)	11:45	5.1 (52.0%)
215	OCHOCKI Marcin	1190	DZIK KOMANDO	M-40	85	01:15:18	02:36:14	06:14:18.40	06:14:18.40	+03:04:38 (49.3%)	12:04	5 (51.0%)
216	CIOSEK Beata	1153	AUGUSTEAM	K-50	5	01:22:44	02:44:04	06:14:41.75	06:15:07.50	+03:05:28 (49.4%)	12:05	5 (51.0%)
217	MURCHA Paweł	1152	AUGUSTEAM	M-50	34	01:22:47	02:44:00	06:14:38.80	06:15:07.60	+03:05:28 (49.4%)	12:05	5 (51.0%)
218	MICHAŁKIEWICZ Marek	1007		M-40	86	01:25:41	02:46:11	06:15:11.65	06:15:43.05	+03:06:03 (49.5%)	12:06	5 (51.0%)
219	KUBIAK Przemysław	1084	STRZEGOMSKA DWUNASTKA	M-40	87	01:20:00	02:38:45	06:17:15.80	06:17:15.80	+03:07:36 (49.7%)	12:10	4.9 (50.0%)
220	KWIATKOWSKI Grzegorz	1063		M-50	35	01:19:16	02:38:14	06:16:38.25	06:17:17.40	+03:07:37 (49.7%)	12:08	4.9 (50.0%)
221	BŁACHNIO Krzysztof	1173	RAZ SZCZECIN	M-60	4	01:19:46	02:40:09	06:17:34.50	06:17:50.00	+03:08:10 (49.8%)	12:10	4.9 (50.0%)
222	KOLAŚNIEWSKI Marek	1013		M-40	88	01:25:42	02:46:01	06:18:25.60	06:18:58.70	+03:09:19 (50.0%)	12:12	4.9 (50.0%)
223	SOLAREWICZ Andrzej	1104	KLUCZBORSKA GRUPA BIEGOWA	M-50	36	01:21:27	02:56:24	06:18:21.05	06:19:01.55	+03:09:22 (50.0%)	12:12	4.9 (50.0%)
224	DOMAGAŁA Konrad	1109		M-30	46	01:24:22	02:56:29	06:18:22.30	06:19:02.10	+03:09:22 (50.0%)	12:12	4.9 (50.0%)
225	POLAŃSKI Mateusz	1090		M-30	47	01:29:29	02:52:13	06:21:01.30	06:22:01.35	+03:12:21 (50.4%)	12:17	4.9 (50.0%)
226	OPASKA Katarzyna	1024	GÓRSKIE BIEGUSIE	K-40	19	01:28:11	02:50:37	06:25:28.60	06:25:44.95	+03:16:05 (50.8%)	12:26	4.8 (49.0%)
227	RUSIN Szymon	1168		M-30	48	01:29:31	02:52:14	06:28:03.35	06:29:03.85	+03:19:24 (51.3%)	12:31	4.8 (49.0%)
228	RAK Cezary	1143	TEAM MŁODY	M-30	49	01:18:10	02:40:07	06:31:18.25	06:31:28.35	+03:21:48 (51.6%)	12:37	4.8 (49.0%)
229	WUJTKO Romuald	1113		M-50	37	01:22:22	02:40:56	06:31:56.60	06:32:05.15	+03:22:25 (51.6%)	12:38	4.7 (48.0%)
230	MACIOŁ Sebastian	1096	TTA BIERUŃ	M-40	89	01:26:15	02:51:11	06:33:20.45	06:34:05.10	+03:24:25 (51.9%)	12:41	4.7 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 31km	Czas brutto 31km	Różn	Tempo min/km	Tempo km/h
231	MODLIŃSKA Kinga	1101	KLUB BIEGACZA WARTA	K-40	20	01:28:13	02:54:46	06:33:59.80	06:34:12.95	+03:24:33 (51.9%)	12:42	4.7 (48.0%)
232	PYTLARCZYK Piotr	1035	KLUB BIEGACZA WARTA	M-50	38	01:29:11	02:54:39	06:33:59.40	06:34:13.15	+03:24:33 (51.9%)	12:42	4.7 (48.0%)
233	WILIŃSKI Ryszard	1233	JUTROSIŃSKI KLUB BIEGACZA	M-50	39	01:22:52	03:03:22	06:36:07.95	06:36:14.70	+03:26:35 (52.1%)	12:46	4.7 (48.0%)
234	KĄDUŁA Klaudia	1065	@INACOCITOKLAUDIA	K-40	21	01:37:30	03:08:15	06:43:54.90	06:44:56.65	+03:35:17 (53.2%)	13:01	4.6 (46.9%)
235	NOWAK - KASPRZAK Anna	1106		K-40	22	01:31:50	03:02:16	06:48:20.80	06:49:20.10	+03:39:40 (53.7%)	13:10	4.6 (46.9%)
236	GNIELKA Dawid	1239		M-30	50	01:31:58	03:01:16	06:50:43.40	06:51:47.35	+03:42:07 (53.9%)	13:14	4.5 (45.9%)
Przekroczony limit czasu: 07:00:00												
237	OLSZEWSKI Maciej	1242		M-40	90	01:30:24	03:09:50	07:04:01.10	07:04:28.80	+03:54:49 (55.3%)	13:40	4.4 (44.9%)
	ROSIAK Michał	1059		M-20		00:47:18	DNF DNF	DNF	DNF	-	-	(0.0%)
	ZAJĄC Krzysztof	1003	ZAJĄCEHASAJACE/BEZULTRADZIKI/WKURWTEAM	M-40		01:37:40	DNF DNF	DNF	DNF	-	-	(0.0%)
	SIEMIĘCZUK Robert	1182	BLACK HAT ULTRA	M-50		DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 240 wynik(ów)