



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 31 KM

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN

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

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

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

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

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

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

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

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154	PARZYŃSKI Łukasz	264		M-30	40	01:50:08	03:14:35	04:42:32	06:55:06.25	+04:28:55 (64.8%)	13:23	4.5 (35.4%)
155	MYSZYWODA Monika	281		K-30	15	01:57:14	03:37:48	05:13:36	08:27:28.20	+06:01:17 (71.2%)	16:22	3.7 (29.1%)
156	KĘPSKI Grzegorz	280		M-30	41	01:57:18	03:37:39	05:13:40	08:27:34.25	+06:01:23 (71.2%)	16:22	3.7 (29.1%)
	KRĘT Tomasz	263		M-30		02:13:40 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 157 wynik(ów)