



ŻWAWĘ WIERCHY - 34 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: PIENINY ULTRA-TRAIL®
Organizator: Fundacja Strefa Przygód
Data: 2023-04-22
Miejsce: Szczawnica
Dystans: 33.8 km

B4SPORT
 INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Premia Górska - OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
1	BIERNAWSKI Piotr	1443	RETIRED BASTARDS	M40	1	01:20:46	02:17:59	02:21:14	02:51:03	02:52:41.30	02:52:43.45	+00:00:00 (-359,900.0%)	5:06	11.7 (100%)
2	ORZEŁ Michał	102		M40	3	01:28:20	02:28:58	02:32:40	03:02:00	03:03:36.60	03:03:43.30	+00:00:26 (-317,642.7%)	5:25	11 (94.0%)
3	JURA Rafał	2161	KMP KRAKÓW	M30	3	01:26:30	02:24:35	02:28:25	02:56:48	02:58:20.35	02:58:22.20	+00:00:34 (-305,767.0%)	5:16	11.4 (97.4%)
4	DUDZIK Łukasz	2538	GÓRAL BIEGA	M30	4	01:28:55	02:29:22	02:33:14	03:00:53	03:02:21.95	03:02:24.80	+00:00:36 (-303,131.4%)	5:23	11.1 (94.9%)
5	BOCZAR Bartłomiej	1221		M20	2	01:28:50	02:29:31	02:33:24	03:03:04	03:04:40.40	03:04:44.10	+00:00:38 (-300,862.2%)	5:27	11 (94.0%)
6	FICOŃ Szymon	1210	SOPOTRAIL	M20	1	01:26:35	02:25:37	02:29:34	02:58:40	03:00:08.40	03:00:10.50	+00:00:41 (-297,364.1%)	5:19	11.3 (96.6%)
7	PORADA Kacper	1457	PODIUM	M20	3	01:25:03	02:29:10	02:33:11	03:06:48	03:08:12.00	03:08:13.80	+00:00:45 (-291,751.5%)	5:34	10.8 (92.3%)
8	MAREK Dariusz	1001		M30	1	01:20:46	02:17:46	02:21:47	02:49:34	02:51:09.50	02:51:11.10	+00:00:46 (-291,268.2%)	5:03	11.8 (101%)
9	HARRIS Douglas	1196	TRUDA BOYS 91	M30	2	01:24:59	02:23:05	02:27:10	02:55:04	02:56:28.50	02:56:29.85	+00:00:50 (-286,521.9%)	5:13	11.5 (98.3%)
10	KOREK Michał	1426	MARCINŚWIERCTEAM	M40	2	01:25:48	02:23:05	02:27:14	02:54:51	02:56:19.15	02:56:20.65	+00:00:53 (-282,153.9%)	5:12	11.5 (98.3%)
11	PIĘKNIK Patryk	1406	TRAIL IS OUR WAY	M30	10	01:32:47	02:37:01	02:41:18	03:14:57	03:16:39.25	03:16:41.55	+00:01:01 (-274,018.8%)	5:49	10.3 (88.0%)
12	WŁODARCZYK Jarosław	1110	TEAM DAREK KRUCZKOWSKI	M40	7	01:34:11	02:40:03	02:44:24	03:19:33	03:21:24.85	03:21:27.65	+00:01:05 (-269,194.1%)	5:57	10.1 (86.3%)
13	GRUND Marek	1377	MAFIA TEAM LUBLINIEC	M30	5	01:28:47	02:30:36	02:35:00	03:06:55	03:08:19.20	03:08:20.50	+00:01:08 (-266,642.5%)	5:34	10.8 (92.3%)
14	TOMASIAK Natalia	1002	SALOMON SUUNTO TEAM	K30	1	01:32:44	02:36:50	02:41:17	03:12:17	03:14:00.90	03:14:03.90	+00:01:11 (-263,544.9%)	5:44	10.5 (89.7%)
15	HALSKA Ania	1323	ANNA HALSKA COACHING	K30	2		02:42:54	02:47:22	03:18:24	03:20:03.85	03:20:07.30	+00:01:12 (-262,610.0%)	5:55	10.1 (86.3%)
16	FICOŃ Łukasz	1211	SOPOTRAIL	M20	4	01:28:24	02:32:12	02:36:40	03:09:07	03:10:38.85	03:10:41.25	+00:01:12 (-262,511.9%)	5:38	10.6 (90.6%)
17	PIĄTEK Mateusz	1158	RMT TEAM	M30	7	01:33:49	02:37:23	02:41:54	03:12:20	03:13:55.95	03:13:58.45	+00:01:15 (-259,988.7%)	5:44	10.5 (89.7%)
18	KOPCEWICZ Tomasz	2537		M30	11	01:35:24	02:43:02	02:47:36	03:18:40	03:20:09.90	03:20:13.30	+00:01:18 (-256,480.4%)	5:55	10.1 (86.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
19	FLOREK Sebastian	1341	PRZEHYBA TRAIL	M30	6	01:29:37	02:34:49	02:39:24	03:10:35	03:12:20.60	03:12:23.50	+00:01:19 (-256,200.1%)	5:41	10.5 (89.7%)
20	TITTENBRUN Aleksander	1326	NIEZŁA KORBA	M30	19	01:46:27	02:54:23	02:59:00	03:30:11	03:31:47.30	03:31:52.90	+00:01:21 (-254,071.2%)	6:15	9.6 (82.1%)
21	DYBIŻBAŃSKI Wojciech	1011	T&D TEAM	M30	8	01:33:49	02:36:45	02:41:22	03:13:08	03:14:50.40	03:14:56.75	+00:01:21 (-253,796.1%)	5:45	10.4 (88.9%)
22	PARZNIIEWSKI Maciej	1347	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	49	02:18:16	03:57:57	04:02:35	04:53:46	04:55:50.10	04:56:41.00	+00:01:22 (-252,701.7%)	8:45	6.9 (59.0%)
23	HAJTO Dominik	1385	STAŃCZAK TEAM	M30	16	01:39:49	02:49:05	02:53:43	03:27:50	03:29:33.95	03:29:38.80	+00:01:23 (-252,565.6%)	6:11	9.7 (82.9%)
24	ANDREYEUSKI Pavel	1261	ADIDAS RUNNERS WARSAW	M30	18	01:40:07	02:51:12	02:55:50	03:29:51	03:31:23.65	03:31:26.10	+00:01:23 (-252,520.2%)	6:15	9.6 (82.1%)
25	KLAPPHOLZ Adriana	1455	BIEGIEM PRZEZ CHYBIE	K50	1	01:49:43	03:03:07	03:07:47	03:43:20	03:45:12.40	03:45:17.30	+00:01:24 (-251,526.7%)	6:39	9 (76.9%)
26	CYTAWA Adrian	1130	FIZJO - SPORT ŁĘCZNA 19 CHEŁMSKI BATALION ZMECHANIZOWANY	M30	21	01:39:05	02:53:49	02:58:31	03:35:46	03:37:30.20	03:37:36.75	+00:01:25 (-250,140.0%)	6:26	9.3 (79.5%)
27	FILAS Witold	1058		M60	1	02:01:22	03:28:48	03:33:31	04:17:25	04:19:47.90	04:19:53.10	+00:01:26 (-249,076.8%)	7:41	7.8 (66.7%)
28	WOWER Bartłomiej	1366	CSC ADVENTURE ACADEMY	M40	8	01:45:17	02:54:51	02:59:35	03:32:23	03:34:13.90	03:34:17.20	+00:01:28 (-247,804.2%)	6:20	9.5 (81.2%)
29	ŁUCKA Artur	1278		M30	26	01:45:08	03:02:30	03:07:16	03:42:11	03:43:46.95	03:43:57.30	+00:01:29 (-246,760.8%)	6:37	9.1 (77.8%)
30	SZAFRANEK Paweł	1396	STAŃCZAK TEAM	M30	9	01:32:38	02:36:38	02:41:24	03:14:28	03:16:25.40	03:16:30.10	+00:01:30 (-246,328.6%)	5:48	10.3 (88.0%)
31	JAKUBOWSKI Zbyszek	1044		M40	11	01:43:16	02:56:23	03:01:09	03:37:47	03:39:43.00	03:39:50.40	+00:01:30 (-246,328.6%)	6:30	9.2 (78.6%)
32	WASIEWICZ Adam	1104	NIE MÓJ CYRK, MOJE MAŁPY	M40	4	01:32:45	02:40:03	02:44:50	03:17:04	03:18:38.70	03:18:50.25	+00:01:31 (-245,383.1%)	5:52	10.2 (87.2%)
33	GOLA Daniel	1263		M30	32	01:46:31	03:03:36	03:08:23	03:47:21	03:49:18.60	03:49:29.30	+00:01:31 (-244,870.4%)	6:47	8.8 (75.2%)
34	BEDNARCZYK Magdalena	1236	STRZEGOMSKA DWUNASTKA	K30	3	01:37:20	02:44:12	02:49:00	03:22:33	03:24:10.05	03:24:13.25	+00:01:31 (-244,785.2%)	6:02	9.9 (84.6%)
35	SKOTNICZNY Michał	1322		M30	12	01:34:17	02:42:02	02:46:51	03:19:44	03:21:23.50	03:21:31.50	+00:01:32 (-244,063.1%)	5:57	10.1 (86.3%)
36	ŁASKI Tomasz	1131	PTASIERADIOBRZOZÓW	M30	14	01:34:06	02:41:40	02:46:29	03:21:54	03:23:49.75	03:23:54.10	+00:01:33 (-243,092.8%)	6:01	10 (85.5%)
37	BARAN Piotr	1373	TRAIL IS OUR WAY	M40	5	01:33:49	02:41:54	02:46:48	03:17:20	03:18:58.10	03:19:00.20	+00:01:37 (-239,736.4%)	5:53	10.2 (87.2%)
38	SZLUFIK Bartłomiej	1400	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M30	23	01:40:53	02:58:02	03:02:55	03:38:29	03:40:06.85	03:40:08.40	+00:01:37 (-239,736.4%)	6:30	9.2 (78.6%)
39	SZEWC Jonasz	1416	MOCNA GRUPA CEZARA	M20	5	01:37:16	02:46:43	02:51:36	03:25:50	03:27:33.55	03:27:39.65	+00:01:38 (-239,369.2%)	6:08	9.8 (83.8%)
40	WYSOKIŃSKI Konrad	1180	MESMERIK RUNNERS / BARUNOWCE	M40	6	01:32:41	02:39:32	02:44:27	03:17:54	03:19:38.60	03:19:41.45	+00:01:39 (-238,840.8%)	5:54	10.2 (87.2%)
41	ŁOZA Mateusz	1450	ZWIEDZANIE PRZEZ BIEGANIE	M30	15	01:33:55	02:44:09	02:49:05		03:27:46.10	03:27:50.65	+00:01:40 (-237,871.3%)	6:08	9.8 (83.8%)
42	RYBARCZYK Kamil	1186	MARMUROWE DZIKI	M30	24	01:43:29	03:01:12	03:06:08	03:40:21	03:41:54.20	03:42:07.05	+00:01:40 (-237,670.3%)	6:33	9.1 (77.8%)
43	WRÓBLEWSKI Adrian	1014	ZGRUPKA PROMOBIL TEAM	M30	22	01:43:23	02:58:18	03:03:15	03:37:47	03:39:23.20	03:39:27.00	+00:01:41 (-236,551.0%)	6:29	9.2 (78.6%)

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						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
44	JACHYMSKI Krzysztof	1414	VEGE RUNNERS	M30	37	01:47:19	03:09:05	03:14:02	03:55:33	03:57:43.20	03:57:54.85	+00:01:41 (-236,511.2%)	7:01	8.5 (72.6%)
45	DEJNECKA Martyna	1336		K30	4	01:49:44	03:03:55	03:08:52	03:45:30	03:47:19.65	03:47:27.15	+00:01:42 (-236,471.4%)	6:43	8.9 (76.1%)
46	KOZA Janusz	1397	SOK Z GÓR	M40	10	01:42:54	02:55:28	03:00:26	03:35:54	03:37:39.40	03:37:48.85	+00:01:42 (-236,312.5%)	6:26	9.3 (79.5%)
47	WOJTUŃ Dawid	1109		M30	108	02:16:37	04:13:43	04:18:42	05:17:06	05:18:45.95	05:19:30.05	+00:01:43 (-235,166.6%)	9:25	6.4 (54.7%)
48	KURUC Maria	1435	STAJNIAK TEAM	K20	1	01:43:08	02:54:54	02:59:54	03:35:37	03:37:13.85	03:37:24.40	+00:01:44 (-234,382.8%)	6:25	9.3 (79.5%)
49	WOŹNIAK Jakub	1425	SPRINT GORZYCE	M20	9	01:57:27	03:24:21	03:29:22	04:11:53	04:14:11.50	04:14:27.65	+00:01:44 (-234,226.6%)	7:31	8 (68.4%)
50	BARTKOWIAK Michał	1069	TABATA&DRINKTEAM	M30	25	01:40:50	02:54:40	02:59:41	03:40:39	03:42:57.40	03:43:03.75	+00:01:45 (-233,565.3%)	6:35	9.1 (77.8%)
51	GRUSZCZYŃSKI Stanisław	1327		M30	43	01:54:55	03:19:54	03:24:58	04:05:38	04:07:22.40	04:07:44.40	+00:01:48 (-231,413.2%)	7:19	8.2 (70.1%)
52	WŁODARCZYK Michał	1422	EVERRUN	M40	9	01:41:51	02:54:16	02:59:24	03:35:35	03:37:14.85	03:37:24.45	+00:01:52 (-228,406.5%)	6:25	9.3 (79.5%)
53	HOŁUBIEC Paweł	1188	YULO RUN TEAM SIEDLCE	M40	37	02:06:36	03:43:33	03:48:45	04:39:25	04:41:35.40	04:41:49.20	+00:01:56 (-225,694.0%)	8:19	7.2 (61.5%)
54	STAŃCZAK Szymon	1325	STAŃCZAK TEAM	M40	15	01:43:30	02:59:22	03:04:35	03:42:26	03:44:28.75	03:44:34.10	+00:01:58 (-224,397.6%)	6:38	9 (76.9%)
55	ZIECINA Mateusz	1048		M30	13	01:33:54	02:41:36	02:46:49	03:21:09	03:22:44.50	03:22:49.05	+00:01:58 (-224,183.0%)	5:59	10 (85.5%)
56	GNIEWEK Justyna	1394		K30	5	01:51:16	03:08:59	03:14:13	03:51:13	03:52:51.95	03:52:58.60	+00:01:59 (-223,648.2%)	6:53	8.7 (74.4%)
57	BRASSE Krystian	1273		M30	30	01:48:04	03:03:42	03:08:57	03:46:41	03:48:30.15	03:48:41.50	+00:01:59 (-223,399.5%)	6:45	8.9 (76.1%)
58	BŁASZCZAK Marek	1099	MOCNA GRUPA CEZARA	M30	38	01:50:40	03:12:15	03:17:31	03:59:47	04:01:34.10	04:01:44.35	+00:02:01 (-222,164.3%)	7:08	8.4 (71.8%)
59	PĘKALA Arkadiusz	1276		M30	29	01:43:11	02:59:08	03:04:26	03:43:34	03:45:34.40	03:45:41.90	+00:02:02 (-221,186.0%)	6:40	9 (76.9%)
60	WOJCIECHOWSKI Mateusz	1117	KTÓRĘDY NAD MORSKIE OKO?	M30	17	01:38:12	02:48:07	02:53:27	03:28:57	03:30:44.40	03:30:47.70	+00:02:04 (-219,734.5%)	6:14	9.6 (82.1%)
61	REDKIEWICZ Agnieszka	1427	BLACK HAT TEAM	K40	2	01:54:18	03:17:28	03:22:49	04:01:27	04:03:29.25	04:03:46.45	+00:02:06 (-218,709.3%)	7:12	8.3 (70.9%)
62	SZARAPANOWSKI Marcin	1142	ULTRA DIABŁY TEAM LUBRZA	M40	17	01:47:00	03:04:01	03:09:23	03:46:36	03:48:23.00	03:48:36.85	+00:02:06 (-218,505.4%)	6:45	8.9 (76.1%)
63	DZIKOWSKI Michał	1181		M20	7	01:49:23	03:08:36	03:13:58	03:54:34	03:56:14.20	03:56:18.45	+00:02:06 (-218,505.4%)	6:59	8.6 (73.5%)
64	PIEKARCZYK Grzegorz	1030	NOWOTARSKI KLUB KOLARSKI	M20	8	01:54:37	03:21:53	03:27:17	04:08:24	04:10:32.35	04:10:59.65	+00:02:08 (-217,088.7%)	7:24	8.1 (69.2%)
65	KLUZ Marcin	1140	PRO-RUN WROCŁAW	M30	28	01:45:35	03:01:50	03:07:15	03:42:40	03:44:15.85	03:44:32.00	+00:02:08 (-216,921.3%)	6:38	9 (76.9%)
66	POCIĘGIEL Michał	1282	SKAWINA BIEGA	M40	68	02:20:44	04:16:22	04:21:46	05:19:43	05:21:44.55	05:22:32.60	+00:02:09 (-216,787.5%)	9:31	6.3 (53.8%)
67	BIENIAS Łukasz	1309	BLACKHATULTRA	M30	35	01:45:05	03:07:40	03:13:05	03:53:41	03:55:30.75	03:55:44.95	+00:02:09 (-216,320.7%)	6:58	8.6 (73.5%)
68	STAL Katarzyna	1064	KS STASZEWSKY	K40	1	01:46:14	02:58:16	03:03:42	03:37:52	03:39:32.40	03:39:57.75	+00:02:10 (-215,558.0%)	6:29	9.2 (78.6%)

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						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
69	TESLUK Kuba	1328		M30	20	01:27:07	02:45:58	02:51:26	03:35:41	03:37:31.00	03:37:32.85	+00:02:11 (-214,964.9%)	6:26	9.3 (79.5%)
70	BRZOZOWSKA Joanna	1417	TEAM ELITA Z NIZIN	K30	7	01:52:35	03:15:21	03:20:48	03:58:46	04:00:23.80	04:00:36.30	+00:02:12 (-214,702.4%)	7:06	8.4 (71.8%)
71	ZAJĄC Stefan	1405		M30	31	01:42:11	02:59:47	03:05:16	03:47:20	03:49:08.65	03:49:12.15	+00:02:13 (-214,016.2%)	6:46	8.9 (76.1%)
72	MOSIOŁEK Monika	1054	NAPRZÓD MŁOCINYBIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K30	6	01:50:37	03:12:25	03:17:54	03:58:01	03:59:45.70	03:59:51.60	+00:02:13 (-213,951.1%)	7:05	8.5 (72.6%)
73	KRUPA Roman	1335		M40	16	01:45:10	03:04:02	03:09:32	03:46:38	03:48:18.30	03:48:31.30	+00:02:13 (-213,593.6%)	6:45	8.9 (76.1%)
74	VAIČAITYTĖ Raimonda	1358	WILD SOULS	K30	13	02:08:56	03:35:24	03:40:54	04:23:52	04:25:30.20	04:25:45.75	+00:02:14 (-213,496.4%)	7:51	7.6 (65.0%)
75	RAKOCZY Krzysztof	1225		M30	48	01:57:06	03:18:21	03:23:52	04:08:11	04:10:19.55	04:10:49.45	+00:02:14 (-212,914.5%)	7:24	8.1 (69.2%)
76	CIECIOROWSKA Aleksandra	1407	OFF-ROAD RUNNERS	K20	2	01:51:13	03:12:41	03:18:12	03:59:05	04:00:54.30	04:00:57.20	+00:02:15 (-212,850.1%)	7:07	8.4 (71.8%)
77	KUCIAK Bartosz	1100		M30	46	01:56:02	03:22:52	03:28:23	04:07:09	04:08:57.50	04:08:57.50	+00:02:15 (-212,592.7%)	7:21	8.1 (69.2%)
78	WIECHETEK Artur	1136	STG WARSZAWA	M40	31	02:01:29	03:37:08	03:42:40	04:23:43	04:25:33.10	04:25:49.00	+00:02:16 (-211,824.1%)	7:51	7.6 (65.0%)
79	FRYSIAK Artur	1183	WIELUŃ ULTRA I NIE TYLKO	M50	1	01:46:52	03:06:40	03:12:12	03:52:51	03:54:40.45	03:54:49.15	+00:02:16 (-211,696.6%)	6:56	8.6 (73.5%)
80	HAJDA Justyna	1380	MAFIA TEAM LUBLINIEC	K20	3	01:55:38	03:20:05	03:25:37	04:05:48	04:07:41.75	04:07:46.40	+00:02:17 (-211,505.5%)	7:19	8.2 (70.1%)
81	GIŁOWSKI Kamil	1122	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	M30	51	01:58:30	03:24:23	03:29:56	04:12:26	04:14:07.25	04:14:18.10	+00:02:17 (-210,966.1%)	7:31	8 (68.4%)
82	URBAN Iwona	1379	42K PRO TEAM	K40	4	02:07:15	03:31:17	03:36:50	04:18:03	04:19:59.85	04:20:03.80	+00:02:17 (-210,966.1%)	7:41	7.8 (66.7%)
83	STANISŁAWSKI Michał	1121	UKS FREE SPORTS BIELSKO-BIAŁA	M30	47	01:58:19	03:20:47	03:26:21	04:07:28	04:08:56.25	04:09:06.50	+00:02:18 (-210,902.8%)	7:21	8.1 (69.2%)
84	KARCZ Grzegorz	1350	BĘDUSKA BRYGADA BIEGOWA	M40	19	01:50:25	03:11:58	03:17:32	03:54:33	03:56:10.20	03:56:15.20	+00:02:18 (-210,618.6%)	6:59	8.6 (73.5%)
85	ŻURAWSKI Sławomir	1005	BARUNOWCE	M40	12	01:45:20	02:58:44	03:04:19	03:40:47	03:42:31.55	03:42:34.05	+00:02:19 (-209,739.0%)	6:35	9.1 (77.8%)
86	RACHWALSKA Oliwia	1224		K30	10	02:03:54	03:30:52	03:36:29	04:15:27	04:17:19.05	04:17:48.95	+00:02:21 (-208,618.9%)	7:36	7.9 (67.5%)
87	RYSULA Konrad	1332	ROAD TO ULTRA	M20	6	01:41:30	03:00:52	03:06:29	03:46:45	03:48:24.30	03:48:26.50	+00:02:21 (-208,464.2%)	6:45	8.9 (76.1%)
88	KONIECKIEWICZ Adam	1149	SLOW JOGGING SIEDLCE	M30	82	02:00:28	03:49:11	03:54:49	04:46:07	04:48:07.70	04:48:21.40	+00:02:22 (-208,340.7%)	8:31	7 (59.8%)
89	ZĄBEK Łukasz	1388	AW - SZYBCIEJ TEAM	M40	14	01:43:59	02:58:39	03:04:18	03:42:12	03:43:49.90	03:43:53.90	+00:02:23 (-207,663.8%)	6:37	9.1 (77.8%)
90	CIEŚLIŃSKA Karolina	1132	STG WARSZAWA	K30	8	01:54:54	03:17:33	03:23:13	04:04:33	04:06:24.90	04:06:36.80	+00:02:24 (-207,143.8%)	7:17	8.2 (70.1%)
91	DOŁĘGA-KOZIEROWSKI Jan	1222		M30	58	01:59:05	03:29:39	03:35:18	04:21:40	04:23:43.10	04:23:52.00	+00:02:24 (-207,082.8%)	7:48	7.7 (65.8%)
92	WINTER Piotr	1361	NIGHT RUNNERS	M30	34	01:49:22	03:07:44	03:13:24	03:52:20	03:54:20.05	03:54:27.05	+00:02:24 (-206,626.4%)	6:55	8.7 (74.4%)
93	CYBA Rafał	1367	RAFKI SNOW&ROCK	M20	13	02:18:22	04:19:46	04:25:29	05:26:00	05:28:22.60	05:28:42.55	+00:02:26 (-205,449.1%)	9:42	6.2 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
94	NOWAK Kamil	2536	LYDENTI TEAM	M20	19	02:33:58	04:43:56	04:49:39	05:45:22	05:47:24.00	05:48:16.45	+00:02:27 (-205,059.6%)	10:16	5.8 (49.6%)
95	POTAPOWICZ Gabriela	1235		K30	11	02:01:33	03:29:04	03:34:48	04:18:41	04:20:38.50	04:21:06.40	+00:02:28 (-204,731.2%)	7:42	7.8 (66.7%)
96	MITIS Marek	1271		M30	90	02:23:08	04:03:01	04:08:45	04:52:39	04:54:42.10	04:54:53.80	+00:02:28 (-204,374.1%)	8:43	6.9 (59.0%)
97	MATUSZCZYK Paweł	1249		M50	2	02:01:08	03:29:11	03:34:55	04:15:11	04:17:04.60	04:17:26.90	+00:02:28 (-204,225.7%)	7:36	7.9 (67.5%)
98	PROCHNO Piotr	1269	TRAIL IS OUR WAY	M30	42	01:51:50	03:17:26	03:23:12	04:04:03	04:06:15.05	04:06:33.35	+00:02:31 (-202,958.3%)	7:17	8.2 (70.1%)
99	RYBKOWSKI Hubert	1226	KTÓRĘDYNADMORSKIEOKO	M40	29	02:03:43	03:31:38	03:37:25	04:23:20	04:25:31.15	04:25:45.80	+00:02:31 (-202,782.7%)	7:51	7.6 (65.0%)
100	LASOTA Arkadiusz	1027		M50	3	02:09:36	03:55:58	04:01:45	04:47:06	04:49:08.30	04:49:27.60	+00:02:31 (-202,607.4%)	8:33	7 (59.8%)
101	KRAJEWSKI Marcin	1185		M30	49	01:59:51	03:24:29	03:30:17	04:09:44	04:11:34.30	04:11:39.35	+00:02:31 (-202,578.2%)	7:26	8.1 (69.2%)
102	PAWELCZYK Krzysztof	1357	SOBASTEAM	M40	28	01:58:15	03:32:01	03:37:50	04:23:31	04:25:22.00	04:25:39.25	+00:02:33 (-201,793.3%)	7:51	7.6 (65.0%)
103	BOCIAĞ Szymon	1159		M40	81	02:19:52	04:27:54	04:33:43	05:40:24	05:42:46.65	05:42:52.45	+00:02:33 (-201,677.5%)	10:08	5.9 (50.4%)
104	PÓŁGĘSEK Bartosz	1259	HARPAGAN RUNNERS	M30	72	02:05:52	03:42:48	03:48:37	04:36:56	04:39:00.15	04:39:46.30	+00:02:33 (-201,648.6%)	8:15	7.3 (62.4%)
105	ISKIERKO Michał	1143	TRIDEA	M30	124	02:19:53	04:27:56	04:33:45	05:40:26	05:42:50.65	05:42:55.50	+00:02:34 (-201,158.2%)	10:08	5.9 (50.4%)
106	ALBRECHT Grzegorz	1223		M40	27	01:58:53	03:29:25	03:35:15	04:21:40	04:23:42.75	04:23:51.85	+00:02:34 (-201,071.9%)	7:48	7.7 (65.8%)
107	WILK Dawid	1111	RESHAPE RUNNERS	M30	27	01:39:54	03:01:34	03:07:24	03:42:41	03:44:22.35	03:44:24.05	+00:02:34 (-200,842.2%)	6:38	9 (76.9%)
108	BRZUSZKIEWICZ Michał	1199	DREAM RUN	M30	33	01:46:34	03:05:32	03:11:23	03:50:20	03:51:59.05	03:52:08.80	+00:02:35 (-200,641.6%)	6:51	8.7 (74.4%)
109	SYPNIEWSKA-LEWANDOWSKA Aleksandra	1107	TRIDEA TEAM	K30	41	02:19:51	04:27:50	04:33:41	05:40:24	05:42:47.85	05:42:52.40	+00:02:35 (-200,613.0%)	10:08	5.9 (50.4%)
110	NAMACZYŃSKI-KAPAŁA Brunon	1239		M30	112	02:19:03	04:19:01	04:24:52	05:19:17	05:21:19.45	05:21:56.75	+00:02:35 (-200,555.7%)	9:30	6.3 (53.8%)
111	KSIĄŻEK Tomasz	1114		M40	84	02:46:32	04:54:48	05:00:40	05:51:50	05:54:14.50	05:54:50.25	+00:02:36 (-199,900.0%)	10:28	5.7 (48.7%)
111	KSIĄŻEK Danuta	1113		K40	26	02:46:32	04:54:49	05:00:42	05:51:50	05:54:14.65	05:54:50.25	+00:02:36 (-199,701.3%)	10:28	5.7 (48.7%)
113	WIDŁAK Krzysztof	1066	BIEGAM BEZ KLUBU	M30	76	02:10:26	03:54:42	04:00:35	04:43:26	04:45:31.70	04:45:57.65	+00:02:37 (-199,389.8%)	8:26	7.1 (60.7%)
114	STĘSIK Tomasz	1262	WOLSZTYŃSKA AKADEMIA BIEGOWA	M30	45	01:59:26	03:19:52	03:25:46	04:05:54	04:08:10.65	04:08:26.70	+00:02:38 (-198,825.9%)	7:20	8.2 (70.1%)
115	SIMKUS Aidas	1300	WILD SOULS	M30	65	02:03:15	03:32:24	03:38:20	04:26:31	04:28:36.40	04:29:13.95	+00:02:39 (-198,041.9%)	7:56	7.6 (65.0%)
116	MAGDA Łukasz	1403	3XL	M30	61	02:03:51	03:38:28	03:44:23	04:25:05	04:26:48.20	04:27:19.40	+00:02:39 (-198,014.0%)	7:53	7.6 (65.0%)
117	NIEMCZYK Dominik	1019	EUROCLEAR RUNNING TEAM	M30	41	01:58:20	03:20:03	03:25:59	04:04:37	04:06:11.05	04:06:19.40	+00:02:40 (-197,846.8%)	7:17	8.2 (70.1%)
118	DULIBAN Tomasz	1148	BIEGAJ Z URSUSEM	M30	95	01:56:55	04:00:42	04:06:38	04:54:23	04:56:27.95	04:57:11.30	+00:02:40 (-197,680.0%)	8:46	6.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
119	BAJAK Wojciech	1125	EKSTRAKLASA.ORG	M30	63	01:54:25	03:29:05	03:35:01	04:25:44	04:27:39.65	04:27:56.40	+00:02:40 (-197,652.2%)	7:55	7.6 (65.0%)
120	AVERIN Pavel	1150		M30	101	01:58:27	04:00:42	04:06:38	05:01:19	05:03:15.20	05:03:58.25	+00:02:40 (-197,541.1%)	8:58	6.7 (57.3%)
121	ORIOLAS Edgaras	1299		M30	92	02:16:08	04:00:30	04:06:27	04:53:00	04:55:08.55	04:55:24.00	+00:02:41 (-196,877.3%)	8:43	6.9 (59.0%)
122	TRZCINSKI Maciej	1334		M40	24	02:01:05	03:29:10	03:35:08	04:14:40	04:16:42.50	04:16:49.80	+00:02:42 (-196,657.1%)	7:35	7.9 (67.5%)
123	DROZD Grzegorz	1268		M30	70	02:06:20	03:37:48	03:43:46	04:35:40	04:37:51.00	04:38:19.10	+00:02:42 (-196,547.1%)	8:13	7.3 (62.4%)
124	FLEJSZAR Marcin	1039		M30	80	02:11:52	03:50:55	03:56:54	04:45:09	04:47:17.60	04:47:48.50	+00:02:43 (-195,835.4%)	8:29	7.1 (60.7%)
125	PAŹDZIERNIK Michał	299		M20	14	02:18:19	04:20:01	04:26:00	05:26:41	05:28:46.65	05:29:08.00	+00:02:43 (-195,835.4%)	9:43	6.2 (53.0%)
126	TWARDOWSKI Bartosz	1354		M40	30	01:59:17	03:28:44	03:34:45	04:23:41	04:25:43.85	04:25:47.80	+00:02:45 (-195,047.7%)	7:51	7.6 (65.0%)
127	ZIMECKI Michał	1156		M40	67	02:22:00	04:20:03	04:26:04	05:19:11	05:21:09.50	05:21:49.70	+00:02:45 (-194,993.6%)	9:30	6.3 (53.8%)
128	TOKARCZYK Tomasz	1097	NONE	M30	54	01:58:11	03:29:35	03:35:36	04:17:29	04:19:14.95	04:19:48.95	+00:02:45 (-194,777.5%)	7:40	7.8 (66.7%)
129	ŁAŻEŃSKI Łukasz	1346		M30	55	01:59:09	03:28:39	03:34:41	04:18:06	04:20:14.85	04:20:19.10	+00:02:46 (-194,078.5%)	7:41	7.8 (66.7%)
130	BOSS Oskar	1448	DREAM RUN	M20	10	02:00:14	03:35:42	03:41:44	04:30:05	04:32:20.65	04:32:31.65	+00:02:47 (-194,051.7%)	8:03	7.4 (63.2%)
131	SZTYLKO Michał	1112		M40	33	02:00:10	03:37:37	03:43:40	04:31:16	04:33:06.50	04:33:37.80	+00:02:47 (-193,757.6%)	8:04	7.4 (63.2%)
132	KRAWIEC Dominik	1245		M30	85	02:13:41	03:54:03	04:00:06	04:48:50	04:51:02.45	04:51:15.55	+00:02:47 (-193,650.9%)	8:36	7 (59.8%)
133	HRAPKOWICZ Marek	1441	CZANIECKIE MAKARONY	M30	56	02:03:01	03:31:32	03:37:36	04:18:36	04:20:39.15	04:20:51.35	+00:02:47 (-193,624.2%)	7:42	7.8 (66.7%)
134	DZIEDZIC Andrzej	1342	ROAD TO ULTRA	M30	78	01:45:48	03:48:42	03:54:46	04:43:14	04:46:26.65	04:46:32.85	+00:02:47 (-193,624.2%)	8:28	7.1 (60.7%)
135	HARASIMOWICZ Aleksandra	1256	PRZEDWOJEWSKI TEAM	K30	12	02:01:22	03:31:04	03:37:08	04:20:02	04:21:57.60	04:22:03.40	+00:02:48 (-193,411.1%)	7:45	7.7 (65.8%)
136	PRZYBYLSKI Paweł	1203	ANATOMIABIEGANIA	M30	60	02:06:23	03:36:41	03:42:44	04:24:16	04:25:54.00	04:26:10.60	+00:02:48 (-193,411.1%)	7:52	7.6 (65.0%)
137	ZBORUCKI Jan	1071	PRZEDWOJEWSKI TEAM	M40	26	02:00:55	03:31:02	03:37:06	04:20:02	04:21:58.20	04:22:03.80	+00:02:48 (-193,065.9%)	7:45	7.7 (65.8%)
138	MOTYKA Jakub	1353	THE HOE COMPANY	M30	52	02:00:17	03:25:30	03:31:34	04:14:52	04:16:41.45	04:17:18.10	+00:02:49 (-192,959.9%)	7:35	7.9 (67.5%)
139	SIENKIEL Bartłomiej	1157	BEŁŻYCE I OKOLICE BIEGAJA	M30	74	02:10:21	03:45:24	03:51:29	04:38:20	04:40:04.80	04:40:52.15	+00:02:49 (-192,642.7%)	8:17	7.2 (61.5%)
140	PARA Aleksandra	1243	PODIUM	K30	19	02:09:32	03:47:16	03:53:22	04:40:50	04:43:05.70	04:43:39.00	+00:02:49 (-192,537.2%)	8:22	7.2 (61.5%)
141	KIBART Antoni	1167		M20	11	02:10:44	04:07:59	04:14:04	05:03:24	05:05:58.00	05:07:08.90	+00:02:50 (-192,458.1%)	9:03	6.6 (56.4%)
142	SZCZECH Łukasz	1147	BRACIAKISQUAD	M30	73	02:09:10	03:45:27	03:51:32	04:37:52	04:39:46.70	04:40:30.45	+00:02:50 (-192,405.5%)	8:16	7.2 (61.5%)
143	STACHOŃ Radosław	1291	RUN 4 FUN	M30	36	01:47:12	03:08:26	03:14:32	03:55:24	03:57:23.05	03:57:31.35	+00:02:51 (-191,723.4%)	7:01	8.5 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
144	LOSKA Tomasz	2882	#ZALINIAMETYTEAM	M30	71	02:10:44	03:46:31	03:52:38	04:37:29	04:39:16.55	04:39:34.60	+00:02:51 (-191,671.1%)	8:15	7.3 (62.4%)
145	KUBIK Tymoteusz	1204		M30	62	02:06:47	03:36:43	03:42:50	04:25:21	04:27:10.95	04:27:28.00	+00:02:51 (-191,540.6%)	7:54	7.6 (65.0%)
146	GZULA Beata	1094	TEAM PARSZCZYŃSKICH	K50	9	02:37:52	04:46:33	04:52:41	05:47:00	05:49:02.95	05:49:17.65	+00:02:52 (-191,228.0%)	10:19	5.8 (49.6%)
147	KIEDROWSKI Bartosz	1059	LUBIĘ KLOPSY	M30	69	02:03:57	03:37:52	03:44:01	04:32:56	04:35:00.55	04:35:07.50	+00:02:53 (-190,476.8%)	8:08	7.4 (63.2%)
148	WOJTALA Bartłomiej	1246	UWAGA NA DZIADA	M40	25	02:07:04	03:31:39	03:37:49	04:17:44	04:19:27.05	04:19:48.70	+00:02:53 (-190,451.0%)	7:40	7.8 (66.7%)
149	WARECKI Radosław	1217	PRZEWORSKA GRUPA BIEGOWA	M40	18	01:45:36	03:03:37	03:09:47	03:52:36	03:54:25.40	03:54:43.10	+00:02:53 (-190,399.4%)	6:56	8.7 (74.4%)
150	RAC Tomasz	1449		M40	51	02:19:51	04:03:55	04:10:05	04:56:30	04:58:31.95	04:58:35.90	+00:02:54 (-190,193.4%)	8:49	6.8 (58.1%)
151	WICINSKA-REUS Dominika	1391	PGE OBRÓT RUN	K40	9	02:22:21	03:55:46	04:01:56	04:51:23	04:53:12.00	04:53:38.75	+00:02:55 (-189,859.5%)	8:40	6.9 (59.0%)
152	CIECKIEWICZ Tomasz	1227		M30	64	02:04:19	03:36:25	03:42:35	04:25:57	04:27:56.80	04:28:13.60	+00:02:55 (-189,808.3%)	7:55	7.6 (65.0%)
153	GARLICKI Marek	1173	STG WARSZAWA	M30	44	01:54:06	03:19:34	03:25:44	04:06:06	04:07:52.35	04:07:52.35	+00:02:55 (-189,705.8%)	7:20	8.2 (70.1%)
154	ULIKOWSKA Martyna	1043	ZĄŁOGA GÓRSKA	K30	15	02:10:01	03:43:37	03:49:49	04:33:40	04:36:06.95	04:36:19.80	+00:02:56 (-189,246.2%)	8:10	7.3 (62.4%)
155	NIEMASZ Aleksandra	1395	100LEJKA	K30	20	02:11:28	03:48:21	03:54:33	04:41:21	04:43:32.10	04:44:02.75	+00:02:56 (-188,915.7%)	8:23	7.2 (61.5%)
156	CIRILLO Saverio	1411		M30	86	02:10:58	03:52:44	03:58:57	04:49:02	04:51:00.15	04:51:37.80	+00:02:56 (-188,865.0%)	8:36	7 (59.8%)
157	PIĄTKIEWICZ Łukasz	1193	MARCINŚWIERCTEAM	M30	57	01:59:39	03:27:58	03:34:11	04:20:32	04:22:43.05	04:23:20.00	+00:02:57 (-188,510.5%)	7:46	7.7 (65.8%)
158	SKOCZEK Tomasz	1359		M40	59	02:18:45	04:08:15	04:14:30	05:07:30	05:09:50.85	05:10:09.20	+00:02:58 (-187,880.8%)	9:10	6.5 (55.6%)
159	PAUZAITE Juste	1286	WILD SOULS	K20	6	02:12:56	04:00:12	04:06:26	05:01:22	05:03:28.10	05:04:06.60	+00:02:58 (-187,855.7%)	8:58	6.7 (57.3%)
160	ŚWIERK Przemek	1209	ULTRA DIABŁY TEAM	M40	23	01:57:03	03:20:01	03:26:16	04:07:20	04:09:26.70	04:09:41.95	+00:02:59 (-187,655.1%)	7:22	8.1 (69.2%)
161	FORTAK Rafał	1265		M30	68	01:58:13	03:38:39	03:44:55	04:31:29	04:33:45.55	04:34:08.55	+00:02:59 (-187,355.1%)	8:05	7.4 (63.2%)
162	FRAĆKOWIAK Krzysztof	1115	PRO-RUN WROCŁAW	M40	32	02:00:05	03:30:27	03:36:43	04:30:02	04:32:12.90	04:32:30.30	+00:03:00 (-187,080.9%)	8:03	7.5 (64.1%)
163	LASZCZYK Anna	1408		K30	23	02:08:25	03:53:12	03:59:28	04:49:17	04:51:16.45	04:51:47.35	+00:03:00 (-187,056.0%)	8:37	7 (59.8%)
164	TYLIŃSKI Jacek	1086	SŁOŃCE JURY	M40	48	02:10:05	03:52:24	03:58:41	04:51:41	04:54:00.35	04:54:22.80	+00:03:00 (-186,956.5%)	8:41	6.9 (59.0%)
165	CYBA Piotr	1163		M50	12	02:18:20	04:19:42	04:25:59	05:25:55	05:28:19.85	05:28:42.75	+00:03:00 (-186,906.8%)	9:42	6.2 (53.0%)
166	NOWIK Kamil	1215	ULTRA DIABŁY TEAM LUBRZA	M40	22	01:57:04	03:20:01	03:26:18	04:05:11	04:07:08.60	04:07:22.95	+00:03:01 (-186,683.4%)	7:18	8.2 (70.1%)
167	CABAJ Paweł	1013	NATIONALE NEDERLANDEN RUNING TEAM	M40	42	02:10:40	03:54:28	04:00:45	04:45:38	04:47:42.40	04:47:52.80	+00:03:01 (-186,609.1%)	8:30	7 (59.8%)
168	MIZGAŁA Łukasz	1084	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	M30	88	02:10:05	03:52:26	03:58:43	04:51:50	04:54:00.60	04:54:23.20	+00:03:01 (-186,485.4%)	8:41	6.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
169	SOŁTAN Jan	1310		M40	43	02:05:29	03:53:29	03:59:47	04:49:11	04:51:15.55	04:51:31.40	+00:03:01 (-186,386.5%)	8:37	7 (59.8%)
170	SEROCZYŃSKI Piotr	1237		M30	87	02:05:50	03:48:23	03:54:41	04:48:47	04:51:10.90	04:51:50.90	+00:03:02 (-186,238.4%)	8:36	7 (59.8%)
171	WISNIEWSKI Krzysztof	1415	DREAM RUN	M40	13	01:40:49	02:57:35	03:03:54	03:41:51	03:43:28.30	03:43:34.50	+00:03:03 (-185,623.7%)	6:36	9.1 (77.8%)
172	ŻAK Barbara	2164	JURA TEAM	K40	5	02:00:35	03:33:19	03:39:38	04:25:46	04:28:00.55	04:28:07.00	+00:03:03 (-185,525.7%)	7:55	7.6 (65.0%)
173	JĘDRASZEK Alicja	1305	TRAIL IS OUR WAY	K40	6	02:07:42	03:35:42	03:42:01	04:26:05	04:28:04.20	04:28:32.60	+00:03:04 (-185,305.7%)	7:55	7.6 (65.0%)
174	BARYCZA Bogumił	1312		M40	72	02:21:28	04:27:36	04:33:56	05:29:04	05:31:35.40	05:32:14.95	+00:03:04 (-184,988.8%)	9:48	6.1 (52.1%)
175	FIREK Rafał	1365	BRAK	M40	89	01:51:18	05:17:16	05:23:37	06:12:54	06:14:52.15	06:14:55.60	+00:03:05 (-184,454.9%)	11:05	5.4 (46.2%)
176	KNAPIK Przemysław	1279	HEINEKEN KRAKOW / TRIWISE	M40	21	01:50:42	03:13:09	03:19:30	04:00:10	04:02:09.00	04:02:12.45	+00:03:05 (-184,430.7%)	7:09	8.4 (71.8%)
177	KOZERA Katarzyna	1023	BUSHIDO	K30	14	02:02:59	03:32:28	03:38:50	04:26:27	04:28:36.05	04:28:41.50	+00:03:06 (-184,213.2%)	7:56	7.6 (65.0%)
178	NAWROT Waldek	1364	J U V E R U N	M50	14	02:16:16	04:15:34	04:21:56	05:27:41	05:30:00.05	05:30:27.40	+00:03:07 (-183,827.9%)	9:45	6.1 (52.1%)
179	GRZELAK Anna	1162	MARMUROWE DZIKI	K30	18	02:11:08	03:46:37	03:53:02	04:39:41	04:41:40.10	04:41:57.15	+00:03:08 (-183,062.0%)	8:20	7.2 (61.5%)
180	MARCINKOWSKA Martyna	1436		K30	25	02:20:47	04:03:15	04:09:39	04:55:19	04:57:20.60	04:57:50.50	+00:03:08 (-182,966.7%)	8:47	6.8 (58.1%)
181	GALEWSKI Adrian	1233		M30	83	02:07:08	03:51:09	03:57:34	04:46:42	04:48:45.75	04:49:14.55	+00:03:09 (-182,776.4%)	8:32	7 (59.8%)
182	PIĘTA Łukasz	1434	INFINITY-GYM	M40	34	02:08:48	03:43:09	03:49:35	04:34:50	04:37:14.05	04:37:26.60	+00:03:09 (-182,657.7%)	8:12	7.3 (62.4%)
183	SALIŃSKI Bartosz	1169	AUGUSTEAM	M30	84	02:10:15	03:52:25	03:58:51	04:47:24	04:49:37.35	04:49:37.35	+00:03:09 (-182,491.8%)	8:34	7 (59.8%)
184	RAMA Andrzej	1338	TATOKUPA	M40	58	02:27:02	04:12:41	04:19:08	05:06:51	05:09:17.05	05:09:52.15	+00:03:11 (-181,831.0%)	9:09	6.6 (56.4%)
185	LUDWIAK Michał	1337	T-MOBILE SPORT TEAM	M30	106	02:27:00	04:12:35	04:19:02	05:09:25	05:11:36.65	05:12:12.40	+00:03:12 (-181,525.8%)	9:13	6.5 (55.6%)
186	RZESZOTARSKI Tomasz	1447	KTÓRĘDYNADMORSKIEOKO	M30	79	02:11:52	03:47:04	03:53:32	04:44:17	04:46:22.45	04:46:36.80	+00:03:12 (-181,361.9%)	8:28	7.1 (60.7%)
187	NYCZ Sławomir	1105		M30	59	02:02:16	03:31:25	03:37:54	04:23:43	04:25:44.25	04:25:52.90	+00:03:12 (-181,221.7%)	7:51	7.6 (65.0%)
188	KOZŁOWSKI Jerzy	1281		M30	40	01:53:40	03:16:07	03:22:35	04:02:26	04:04:09.10	04:04:15.95	+00:03:12 (-181,198.3%)	7:13	8.3 (70.9%)
189	GONCERZEWICZ Anna	1421	ASICS FRONTRUNNER/STARE BABICE BIEGAJĄ	K40	8	02:12:12	03:50:41	03:57:10	04:45:20	04:47:21.70	04:47:46.10	+00:03:12 (-181,128.3%)	8:30	7.1 (60.7%)
190	KOZŁOWSKI Szymon	1320		M40	78	02:18:23	04:32:11	04:38:39	05:36:29	05:38:47.10	05:38:55.80	+00:03:12 (-181,104.9%)	10:01	6 (51.3%)
191	BARANOWSKI Robert	1410		M50	5	02:08:29	03:54:51	04:01:20	04:48:29	04:50:19.35	04:50:37.55	+00:03:13 (-181,058.3%)	8:35	7 (59.8%)
192	PRĘGOWSKI Michał	1139	STARE BABICE BIEGAJĄ / VEGE RUNNERS	M40	40	02:12:11	03:50:38	03:57:07	04:45:19	04:47:20.75	04:47:46.20	+00:03:13 (-180,755.7%)	8:30	7.1 (60.7%)
193	KARASEK Mariusz	1083		M50	10	02:16:20	04:20:07	04:26:37	05:21:28	05:23:39.60	05:23:56.70	+00:03:14 (-180,523.6%)	9:34	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
194	RZĘDZIAN Marcin	1038		M30	93	02:10:56	03:54:55	04:01:26	04:52:38	04:55:01.90	04:55:28.30	+00:03:14 (-180,199.7%)	8:43	6.9 (59.0%)
195	ISKRZYCKI Andrzej	1393		M40	60	02:17:35	04:11:26	04:17:56	05:09:38	05:11:46.05	05:11:56.60	+00:03:15 (-180,107.4%)	9:13	6.5 (55.6%)
196	KOWALSKA Agnieszka	1266		K20	5	02:04:58	03:38:44	03:45:14	04:31:43	04:33:53.45	04:34:06.35	+00:03:15 (-180,084.3%)	8:06	7.4 (63.2%)
197	CIEŚLAK Aleksandra	1189	SKPG KRAKÓW	K20	9	02:40:20	04:49:24	04:55:55	05:56:04	05:58:41.10	05:59:17.45	+00:03:15 (-179,946.0%)	10:36	5.7 (48.7%)
198	KACPEROWSKI Marcin	1242		M40	63	02:08:29	03:51:42	03:58:14	05:09:38	05:12:58.70	05:13:26.35	+00:03:16 (-179,670.1%)	9:15	6.5 (55.6%)
199	MATYSIAK Jakub	1141	STG WARSZAWA	M30	117	02:24:31	04:21:32	04:28:05	05:26:42	05:29:10.00	05:29:26.15	+00:03:17 (-178,938.4%)	9:44	6.2 (53.0%)
200	HENDEL Magda	1413	AZS AWF KRAKÓW MASTERS	K20	4	02:03:36	03:35:04	03:41:37	04:27:13	04:29:17.95	04:29:26.05	+00:03:17 (-178,801.9%)	7:58	7.5 (64.1%)
201	GAJEWSKI Marek	1439		M30	53	01:57:43	03:25:44	03:32:18	04:16:24	04:18:09.15	04:18:19.20	+00:03:18 (-178,574.8%)	7:38	7.9 (67.5%)
202	BUŁAWKA Łukasz	1313	KW KRAKÓW	M30	50	01:50:51	03:19:27	03:26:02	04:09:30	04:11:27.65	04:11:51.60	+00:03:18 (-178,370.9%)	7:26	8.1 (69.2%)
203	ADAMCZYK Łukasz	1251	3XL	M40	70	02:17:15	04:22:57	04:29:31	05:21:41	05:23:39.85	05:24:12.10	+00:03:19 (-178,190.1%)	9:34	6.3 (53.8%)
204	TROJNAR Daniel	1089		M30	96	02:10:45	03:54:04	04:00:40	04:55:03	04:57:27.70	04:57:45.45	+00:03:20 (-177,672.2%)	8:48	6.8 (58.1%)
205	BERNAT Sebastian	1049	STARE WILKI	M40	93	02:41:53	05:08:10	05:14:46	06:25:16	06:27:41.05	06:28:25.95	+00:03:20 (-177,672.2%)	11:28	5.2 (44.4%)
206	MORAWIEC Krzysztof	1451	HUNTERS OCR TEAM	M40	54	02:00:27	03:44:02	03:50:38	04:58:03	05:00:48.80	05:01:24.05	+00:03:20 (-177,515.1%)	8:53	6.7 (57.3%)
207	KIBART Robert	1175		M50	7	02:10:44	04:07:59	04:14:36	05:03:48	05:05:57.90	05:07:09.20	+00:03:21 (-177,090.3%)	9:03	6.6 (56.4%)
208	DROSIO Klaudia	2235	KASZANKI	K30	16	02:11:23	03:44:36	03:51:13	04:35:47	04:37:51.75	04:38:05.30	+00:03:21 (-177,001.2%)	8:13	7.3 (62.4%)
209	GRODZKI Sebastian	1161		M40	20	01:43:54	03:08:18	03:14:56	03:54:40	03:56:19.40	03:56:24.75	+00:03:22 (-176,934.3%)	6:59	8.6 (73.5%)
210	MICHALAK Jacek	1352	OVIME RUN	M40	39	02:08:27	03:47:49	03:54:26	04:44:04	04:46:16.25	04:46:34.45	+00:03:22 (-176,867.6%)	8:28	7.1 (60.7%)
211	BARANYI Zsuzsi	1306	ZSUZS RUNNING TEAM	K30	30	02:27:15	04:12:14	04:18:52	05:06:54	05:08:58.15	05:09:13.40	+00:03:23 (-176,512.3%)	9:08	6.6 (56.4%)
212	TOMASIAK Adam	1192	KB HARCOWNIK	M20	16	02:29:23	04:35:25	04:42:04	05:40:32	05:42:57.60	05:42:57.60	+00:03:24 (-175,916.0%)	10:08	5.9 (50.4%)
213	PIECHOWIAK Mateusz	1006	Z GÓRKI I POD GÓRKĘ	M30	81	02:02:47	03:43:49	03:50:29	04:45:37	04:47:50.85	04:47:54.15	+00:03:24 (-175,850.0%)	8:30	7 (59.8%)
214	KSIĄŻKIEWICZ Jacek	1108	CITY TRAIL TEAM	M40	55	02:16:24	04:01:03	04:07:43	04:57:12	05:02:12.55	05:02:38.80	+00:03:24 (-175,696.2%)	8:56	6.7 (57.3%)
215	STARZYŃSKI Stefan	1085	PERFECT RUNNER LUBLIN	M50	8	02:22:10	04:13:41	04:20:22	05:14:22	05:16:41.70	05:17:07.55	+00:03:25 (-175,520.7%)	9:22	6.4 (54.7%)
216	MAZUR Tomasz	1339	FARTLEK GO	M30	99	02:02:36	04:01:20	04:08:01	04:58:40	05:00:06.90	05:00:26.85	+00:03:25 (-175,455.0%)	8:52	6.8 (58.1%)
217	SWAT Damian	1318		M20	12	02:16:53	04:24:35	04:31:16	05:16:38	05:18:39.45	05:19:01.60	+00:03:26 (-175,192.7%)	9:25	6.4 (54.7%)
218	KUNA Aleksandra	1355		K30	33	02:16:51	04:24:34	04:31:16	05:16:38	05:18:39.30	05:19:01.25	+00:03:26 (-174,974.6%)	9:25	6.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
219	SKOCZYLAS Karolina	1034	STAY INSANE SKOCZYLIWLASY	K30	9	01:59:01	03:23:07	03:29:50	04:08:51	04:10:42.50	04:10:45.70	+00:03:27 (-174,648.6%)	7:25	8.1 (69.2%)
220	CZARNECKI Bartłomiej	1304	UWAGA NA DZIADA	M40	50	02:13:11	03:57:55	04:04:39	04:54:18	04:56:27.60	04:57:14.70	+00:03:28 (-174,064.8%)	8:46	6.8 (58.1%)
221	RATAJCZAK Łukasz	1363	NIGHT RUNNERS	M40	44	02:11:01	03:50:59	03:57:44	04:49:26	04:51:50.40	04:51:57.10	+00:03:28 (-173,914.1%)	8:38	6.9 (59.0%)
222	PENCONEK Agata	1020		K30	27	02:15:30	03:56:28	04:03:13	04:56:56	04:59:02.75	04:59:18.20	+00:03:30 (-173,335.2%)	8:50	6.8 (58.1%)
223	NOWAK Michał	1047	KLUB LENIWYCH BIEGACZY	M30	104	02:20:01	04:14:10	04:20:56	05:06:57	05:09:02.85	05:09:35.10	+00:03:30 (-173,143.1%)	9:08	6.6 (56.4%)
224	MAKÓWKA Justyna	2166		K30	24	02:19:27	03:58:56	04:05:43	04:51:23	04:53:28.40	04:53:49.45	+00:03:31 (-172,823.8%)	8:40	6.9 (59.0%)
225	KORDYSZEWSKI Marek	1232	MGR	M40	45	02:17:16	03:54:47	04:01:34	04:50:29	04:52:29.35	04:52:29.35	+00:03:31 (-172,781.4%)	8:39	6.9 (59.0%)
226	CIEPLIŃSKA Wioletta	1025	NAPRZÓD MŁOCINY	K50	11	02:36:22	04:53:35	05:00:23	06:00:37	06:03:01.90	06:03:32.20	+00:03:32 (-172,611.7%)	10:44	5.6 (47.9%)
227	JELEŃ Bartłomiej	1029	PĘDZĄCY JELEŃ	M30	110	02:17:24	04:17:00	04:23:48	05:17:44	05:19:44.85	05:20:04.25	+00:03:32 (-172,294.4%)	9:27	6.3 (53.8%)
228	ŻERKO Marcin	1036		M40	83	02:37:25	04:46:45	04:53:33	05:49:55	05:52:16.55	05:53:03.30	+00:03:32 (-172,294.4%)	10:25	5.8 (49.6%)
229	SOBULSKI Karol	1418	SB SOBOLE	M40	82	02:31:35	04:38:53	04:45:41	05:44:30	05:46:54.10	05:47:00.30	+00:03:32 (-172,273.3%)	10:15	5.8 (49.6%)
230	WASIEWICZ Jolanta	2163		K30	22	02:09:29	03:48:43	03:55:34	04:44:24	04:46:22.35	04:46:35.90	+00:03:35 (-171,140.9%)	8:28	7.1 (60.7%)
231	WÓJCICKA Agnieszka	1133	ŁĘCZNA BIEGA	K40	18	02:25:46	04:32:33	04:39:25	05:37:09	05:39:31.85	05:39:52.30	+00:03:35 (-170,995.2%)	10:02	6 (51.3%)
232	CZAJKOWSKI Krzysztof	1090	NAPRZÓD MŁOCINY	M30	102	02:12:44	04:03:22	04:10:14	05:01:51	05:03:54.85	05:04:04.90	+00:03:36 (-170,808.2%)	8:59	6.7 (57.3%)
233	KIFNER Hubert	1178	BIEGIEM PO WINO	M40	79	02:25:23	04:31:47	04:38:39	05:37:11	05:39:23.10	05:40:07.90	+00:03:36 (-170,725.2%)	10:02	6 (51.3%)
234	KAŻMIERCZAK Krzysztof	1431		M40	56	02:07:05	04:01:20	04:08:13	05:02:37	05:04:56.15	05:05:05.05	+00:03:37 (-170,373.5%)	9:01	6.7 (57.3%)
235	BACZUK Jakub	1045		M30	105	02:15:39	03:58:41	04:05:34	05:08:07	05:10:25.55	05:10:43.65	+00:03:37 (-170,291.0%)	9:11	6.5 (55.6%)
236	WOŹNIAK Sebastian	1015	INKA TEAM	M30	39	01:48:14	03:11:01	03:17:54	04:01:16	04:03:20.20	04:03:27.05	+00:03:38 (-170,043.8%)	7:11	8.3 (70.9%)
237	JASEK Zofia	1091		K30	29	02:12:24	04:02:48	04:09:42	05:03:47	05:05:51.55	05:06:25.65	+00:03:38 (-169,735.9%)	9:02	6.6 (56.4%)
238	PELCZAR Joanna	1444	TRAIL IS OUR WAY TEAM	K30	26	02:11:08	03:56:53	04:03:48	04:56:01	04:58:05.70	04:58:16.70	+00:03:39 (-169,449.5%)	8:49	6.8 (58.1%)
239	JELEŃ Tomasz	1135	TRIWISE TRIATHLON TEAM/AZS AWF KRAKÓW	M40	52	02:16:05	04:02:33	04:09:29	04:55:57	04:57:57.20	04:58:38.95	+00:03:40 (-169,021.7%)	8:48	6.8 (58.1%)
240	GINTER Grzegorz	1401	AZS COLLEGIUM MEDICUM UJ	M30	94	02:15:20	03:56:29	04:03:25	04:53:58	04:56:05.60	04:56:13.55	+00:03:40 (-168,920.2%)	8:45	6.8 (58.1%)
241	ROŚŁON Cezary	2165		M30	91	02:08:31	03:57:38	04:04:34	04:52:22	04:54:35.05	04:55:17.50	+00:03:41 (-168,879.6%)	8:42	6.9 (59.0%)
242	COFUR Rafal	1165		M40	35	02:01:46	03:39:05	03:46:02	04:35:56	04:37:56.00	04:38:09.40	+00:03:41 (-168,555.6%)	8:13	7.3 (62.4%)
243	MALEC Basia	1032	SPARTA LUBLIN	K60	2	02:51:37	05:21:18	05:28:15	06:32:58	06:35:44.60	06:35:59.05	+00:03:41 (-168,515.2%)	11:42	5.1 (43.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
244	MISIOROWSKI Marcin	1052	STARE WILKI	M40	91	02:41:51	05:10:19	05:17:17	06:25:17	06:27:38.90	06:28:24.85	+00:03:41 (-168,495.0%)	11:28	5.2 (44.4%)
245	PEC Arkadiusz	1144	NAPRZÓD MŁOCINY	M50	4	02:04:46	03:49:15	03:56:13	04:48:06	04:50:15.15	04:50:22.15	+00:03:42 (-168,374.0%)	8:35	7 (59.8%)
246	DĄBKOWSKI Tomasz	1295	AKTYWNIE UZALEŻNIAMY	M40	69	02:20:09	04:15:58	04:22:56	05:20:58	05:23:02.75	05:23:29.70	+00:03:42 (-168,212.8%)	9:33	6.3 (53.8%)
247	DOBOSZ Daniel	1392	AZYMUT	M40	57	02:11:14	04:08:32	04:15:31	05:05:33	05:07:54.95	05:08:00.40	+00:03:42 (-168,192.7%)	9:06	6.6 (56.4%)
248	PIĘTKA Marta	1360		K40	7	02:04:53	03:44:50	03:51:49	04:43:07	04:45:24.50	04:45:30.15	+00:03:43 (-167,991.7%)	8:26	7.1 (60.7%)
249	SURLAS Izabela	1292	PRZEDWOJEWSKI TEAM	K30	17	02:10:35	03:44:24	03:51:24	04:36:53	04:39:07.75	04:39:15.65	+00:03:43 (-167,751.2%)	8:15	7.3 (62.4%)
250	MAŁKOWSKI Tomasz	1166	GRUPA BIEGOWA 65	M50	6	02:01:29	03:44:40	03:51:40	04:49:45	04:52:12.55	04:52:31.55	+00:03:44 (-167,571.2%)	8:38	6.9 (59.0%)
251	DOBRUT Krzysztof	1419	MIG ŚLIMAKI	M30	100	02:14:55	04:00:46	04:07:46	05:01:05	05:03:20.15	05:03:45.00	+00:03:44 (-167,511.3%)	8:58	6.7 (57.3%)
252	ZACHWIEJA Katarzyna	1368		K50	3	02:18:01	04:11:26	04:18:26	05:10:39	05:12:55.90	05:13:34.20	+00:03:45 (-167,133.0%)	9:15	6.5 (55.6%)
253	ZWOLIŃSKI Łukasz	1432		M40	47	02:04:03	03:45:40	03:52:41	04:50:42	04:53:18.10	04:53:26.90	+00:03:45 (-166,994.0%)	8:40	6.9 (59.0%)
254	HAWLENA Marcin	1075	LUBIĘ BURPEES'Y	M50	27	02:41:01	05:03:32	05:10:34	06:23:46	06:26:26.05	06:26:35.60	+00:03:46 (-166,716.8%)	11:25	5.2 (44.4%)
255	PĘCIAK Katarzyna	2532		K30	36	02:29:58	04:26:05	04:33:07	05:26:51	05:29:21.45	05:29:49.55	+00:03:46 (-166,637.7%)	9:44	6.2 (53.0%)
256	ŻYLIŃSKA Urszula	1207		K50	7	02:31:41	04:34:03	04:41:05	05:37:22	05:39:37.05	05:40:07.05	+00:03:47 (-166,381.4%)	10:02	6 (51.3%)
257	ŚWIERC Barbara	1330	MARCINSWIERCTEAM	K30	21	02:10:46	03:49:12	03:56:15	04:44:00	04:46:14.85	04:46:27.65	+00:03:47 (-166,263.3%)	8:28	7.1 (60.7%)
258	ZASADNI Andrzej	1088		M30	116	02:25:11	04:23:33	04:30:38	05:26:48	05:28:59.95	05:29:11.95	+00:03:48 (-165,714.6%)	9:43	6.2 (53.0%)
259	WÓJCIK Bernard	1430	TĘTNO PULSU	M30	109	02:20:04	04:12:07	04:19:11	05:16:48	05:19:09.90	05:19:30.20	+00:03:49 (-165,656.0%)	9:26	6.4 (54.7%)
260	SIKORA Grzegorz	2881	MCBIEGACZE	M40	38	02:14:16	03:52:24	03:59:29	04:42:58	04:44:48.50	04:45:00.80	+00:03:49 (-165,578.0%)	8:25	7.1 (60.7%)
261	BACZYŃSKI Robert	1062		M40	65	02:19:31	04:08:46	04:15:51	05:13:06	05:15:42.95	05:16:23.65	+00:03:49 (-165,480.5%)	9:20	6.4 (54.7%)
262	WRONA Kamila	1343		K20	7	02:22:36	04:30:11	04:37:17	05:27:51	05:29:38.35	05:29:51.55	+00:03:50 (-165,266.5%)	9:45	6.2 (53.0%)
263	SZYMBORSKI Piotr	123	KS AZS AWF KRAKÓW	M40	96	02:34:37	05:00:54	05:08:00	06:40:30	06:43:20.35	06:43:54.15	+00:03:51 (-164,859.6%)	11:55	5 (42.7%)
264	WOJCIECHOWSKI Tadeusz	1293	LULINEK	M30	107	02:19:44	04:07:43	04:14:51	05:10:03	05:12:38.20	05:13:27.40	+00:03:51 (-164,666.5%)	9:14	6.5 (55.6%)
265	ŁĘKAWA Sebastian	1362	AW - SZYBCIEJ TEAM	M40	53	02:20:21	04:04:39	04:11:47	04:58:45	05:00:41.30	05:01:02.65	+00:03:52 (-164,493.1%)	8:53	6.7 (57.3%)
266	ŁĄCZ Małgorzata	1258	.	K40	10	02:13:05	03:57:54	04:05:02	04:56:35	04:58:57.80	04:59:26.50	+00:03:52 (-164,473.8%)	8:50	6.8 (58.1%)
267	BUJNOWSKA Eliza	1250		K40	16	02:26:51	04:34:19	04:41:27	05:36:17	05:38:22.20	05:38:40.50	+00:03:52 (-164,435.4%)	10:00	6 (51.3%)
268	MICHALAK Ildar	1033		M40	76	02:32:42	04:38:44	04:45:53	05:32:48	05:34:37.70	05:35:03.35	+00:03:53 (-163,994.2%)	9:53	6.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
269	GREŃ Krzysztof	1257		M50	9	02:25:43	04:14:09	04:21:18	05:17:39	05:19:49.50	05:20:19.80	+00:03:53 (-163,917.7%)	9:27	6.3 (53.8%)
270	TARGOSZ Justyna	1152	UNICORN BB	K30	47	02:40:58	05:03:23	05:10:32	06:23:10	06:26:27.10	06:26:36.30	+00:03:53 (-163,784.0%)	11:26	5.2 (44.4%)
271	BOJUR Renata	1298		K50	2	02:14:39	04:06:03	04:13:13	05:09:10	05:11:18.75	05:11:27.40	+00:03:54 (-163,612.5%)	9:12	6.5 (55.6%)
272	ZIAJKO Zuza	1340		K40	17	02:26:49	04:34:16	04:41:26	05:36:07	05:38:21.05	05:38:40.60	+00:03:54 (-163,593.5%)	10:00	6 (51.3%)
273	GRZYMAŁA Sebastian	1134	KB RTVEUROAGD/BIEGAJ Z DYMKIEM	M40	61	02:09:34	03:56:13	04:03:24	05:10:01	05:12:36.60	05:12:43.70	+00:03:55 (-163,289.4%)	9:14	6.5 (55.6%)
274	WIERTELORZ Paweł	1195	UNICORN BB	M40	90	02:40:59	05:03:24	05:10:37	06:23:11	06:26:26.95	06:26:35.75	+00:03:57 (-162,440.4%)	11:25	5.2 (44.4%)
275	KORZONEK Karol	2534	SPRINT GORZYCE	M30	67	01:57:24	03:33:38	03:40:52	04:31:19	04:33:44.25	04:34:03.30	+00:03:57 (-162,402.9%)	8:05	7.4 (63.2%)
276	WÓJCICKI Marcin	1446	ŁĘCZNA BIEGA	M40	66	02:13:21	04:11:27	04:18:41	05:16:35	05:18:54.00	05:19:17.20	+00:03:57 (-162,290.4%)	9:26	6.4 (54.7%)
277	JASZEWSKI Tomasz	2162		M40	88	02:34:32	04:49:21	04:56:35	06:01:50	06:04:32.10	06:05:08.75	+00:03:59 (-161,730.3%)	10:47	5.6 (47.9%)
278	BAKIERA Kamil	1022		M30	98	02:12:34	03:57:09	04:04:24	04:58:16	04:59:59.45	05:00:20.50	+00:03:59 (-161,637.3%)	8:52	6.8 (58.1%)
279	CHMIELAK Agata	1409		K30	34	02:19:47	04:22:51	04:30:06	05:19:56	05:21:44.35	05:22:14.05	+00:04:00 (-161,488.8%)	9:31	6.3 (53.8%)
280	CZYCZ Mateusz	1174	CARPATHIAN RUNNERS	M30	75	02:00:55	03:43:11	03:50:27	04:42:28	04:44:58.30	04:45:06.20	+00:04:00 (-161,377.6%)	8:25	7.1 (60.7%)
281	PRZESMYCKI Krzysztof	1374		M30	89	02:10:59	03:55:25	04:02:42	04:51:35	04:54:09.50	04:54:48.60	+00:04:00 (-161,155.6%)	8:42	6.9 (59.0%)
282	AUGUŚCIK Mariusz	1456		M60	3	02:28:36	04:32:14	04:39:30	05:33:46	05:35:54.60	05:36:21.55	+00:04:01 (-161,137.1%)	9:56	6 (51.3%)
283	FLORCZAK Zdzisław	1369	MOCNA GRUPA CEZARA	M70	1	03:02:38	05:30:13	05:37:30	06:37:16	06:39:48.05	06:40:29.60	+00:04:01 (-160,915.8%)	11:49	5.1 (43.6%)
284	OSTROWSKI Rafał	1248	AKTYWNIE - UZALEŻNIAMY	M40	46	02:10:40	03:54:07	04:01:25	04:50:41	04:52:42.90	04:53:08.75	+00:04:02 (-160,695.1%)	8:39	6.9 (59.0%)
285	GRABOWSKI Bartłomiej	166	KL ZIEMIA KŁODZKA	M40	36	02:08:15	03:43:19	03:50:37	04:38:59	04:41:00.45	04:41:34.65	+00:04:02 (-160,456.6%)	8:18	7.2 (61.5%)
286	KANCERSKI Krzysztof	1333		M60	2	02:01:58	03:37:21	03:44:40	04:30:24	04:32:33.60	04:32:57.40	+00:04:03 (-160,273.7%)	8:03	7.4 (63.2%)
287	SZCZEŚNIAK Agnieszka	1420	SB SOBOLE	K40	22	02:31:37	04:38:23	04:45:43	05:44:34	05:46:54.70	05:47:00.20	+00:04:04 (-160,036.5%)	10:15	5.8 (49.6%)
288	KADZIDŁOWSKA Aleksandra	1290		K40	28	02:36:56	04:45:07	04:52:28	05:53:55	05:56:02.80	05:56:15.10	+00:04:05 (-159,401.4%)	10:32	5.7 (48.7%)
289	WOJTKOWIAK Łukasz	1146	BIEGACZAMATOR	M40	99	02:57:32	05:30:57	05:38:18	06:45:20	06:48:17.50	06:48:56.10	+00:04:05 (-159,401.4%)	12:04	5 (42.7%)
290	JĘDRZEJCZYK Agnieszka	1995		K50	5	02:28:36	04:32:11	04:39:32	05:33:42	05:35:54.75	05:36:21.50	+00:04:05 (-159,383.3%)	9:56	6 (51.3%)
291	GODEK Tomasz	1212		M50	11	02:24:23	04:28:25	04:35:47	05:26:11	05:28:04.30	05:28:18.15	+00:04:06 (-159,311.1%)	9:42	6.2 (53.0%)
292	KURAS Olga	1200	NUNEK SPITFIRE	K30	31	02:23:39	04:12:11	04:19:33	05:07:59	05:09:51.05	05:10:18.35	+00:04:06 (-159,220.9%)	9:10	6.5 (55.6%)
293	JANEK Piotr	1308		M30	137	02:57:41	05:30:56	05:38:19	06:45:25	06:48:01.35	06:48:39.35	+00:04:07 (-158,753.4%)	12:04	5 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
294	ŚLIWOWSKI Marcin	1057	STARE WILKI	M40	92	02:41:59	05:10:20	05:17:46	06:25:06	06:27:39.70	06:28:25.65	+00:04:10 (-157,738.1%)	11:28	5.2 (44.4%)
295	KUTYŁA Stanisław	1344	ORANGE POLSKA	M50	17	02:31:18	04:29:16	04:36:42	05:33:46	05:36:19.55	05:36:59.75	+00:04:10 (-157,685.0%)	9:57	6 (51.3%)
296	KRÓLICKI Konrad	1056	STG WARSZAWA	M40	41	02:15:51	03:50:50	03:58:16	04:45:47	04:47:38.70	04:47:49.65	+00:04:10 (-157,596.6%)	8:30	7.1 (60.7%)
297	WRÓBEL Grzegorz	1073	BYLE DO METY	M40	73	02:21:26	04:27:28	04:34:55	05:29:52	05:32:02.35	05:32:41.65	+00:04:11 (-157,314.4%)	9:49	6.1 (52.1%)
298	KRYJAK Tomasz	1194		M30	123	02:38:05	04:33:16	04:40:44	05:39:07	05:41:41.25	05:42:25.25	+00:04:12 (-156,875.6%)	10:06	5.9 (50.4%)
299	BALCERZAK Krysia	1277	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	27	02:37:12	04:45:07	04:52:36	05:53:54	05:56:02.65	05:56:14.95	+00:04:13 (-156,753.1%)	10:32	5.7 (48.7%)
300	ROGÓZ Michał	1331	TĘTNO PULSU	M30	132	02:27:46	04:48:36	04:56:05	06:15:40	06:18:22.40	06:18:46.20	+00:04:13 (-156,683.2%)	11:11	5.4 (46.2%)
301	HOLIK Iwona	1399	GGB	K40	13	02:31:02	04:33:48	04:41:20	05:31:54	05:34:02.05	05:34:21.70	+00:04:16 (-155,608.0%)	9:52	6.1 (52.1%)
302	JONCZAK Radosław	1046	AKTYWNIIE UZALEŻNIAMY	M50	20	02:20:12	04:31:48	04:39:21	05:43:08	05:45:22.90	05:45:51.90	+00:04:16 (-155,487.5%)	10:13	5.9 (50.4%)
303	JASIŃSKI Jarosław	1076	SŁOŃCA JURY	M30	131	02:43:08	05:04:58	05:12:31	06:12:47	06:15:10.80	06:15:33.90	+00:04:17 (-155,281.4%)	11:05	5.4 (46.2%)
304	WIĘSEK Natalia	1329		K30	32	02:19:05	04:15:41	04:23:14	05:13:50	05:16:05.65	05:16:22.30	+00:04:17 (-155,161.4%)	9:21	6.4 (54.7%)
305	BIEL Kinga	1288		K30	35	02:23:57	04:20:22	04:27:56	05:25:10	05:27:32.35	05:27:56.00	+00:04:18 (-154,939.1%)	9:41	6.2 (53.0%)
306	ZAWADA Damian	1370		M30	113	02:24:48	04:20:06	04:27:40	05:25:04	05:27:03.60	05:27:36.90	+00:04:18 (-154,870.8%)	9:40	6.2 (53.0%)
307	GAŁKOWSKI Marcin	1275	LUMBERJACKS CROSS GARAGE	M30	129	02:39:09	04:51:52	04:59:27	06:02:27	06:04:39.80	06:04:56.70	+00:04:19 (-154,462.4%)	10:47	5.6 (47.9%)
308	CHOMA Grażyna	1168	PĘDZĄCELENIWCE	K40	25	02:31:49	04:44:22	04:51:58	05:50:41	05:53:05.30	05:53:41.15	+00:04:20 (-154,225.2%)	10:26	5.7 (48.7%)
309	SKRZYPEK Robert	1093	BIEGNIJ Z PROSERVICE	M50	25	02:38:47	05:11:03	05:18:40	06:19:35	06:22:00.70	06:22:48.35	+00:04:20 (-154,157.5%)	11:18	5.3 (45.3%)
310	WILARY Robert	1371	SZWAGRY TEAM	M50	13	02:13:33	04:18:13	04:25:50	05:27:42	05:29:53.60	05:30:22.00	+00:04:21 (-153,769.7%)	9:45	6.1 (52.1%)
311	STACHURSKI Paweł	1050	KRÓLOWIE ŻYCIA	M30	125	02:24:04	04:25:33	04:33:11	05:39:46	05:42:15.00	05:43:00.20	+00:04:22 (-153,551.3%)	10:07	5.9 (50.4%)
312	SIKORSKA Izabela	1021	MIĘDZYRZECKIE GAZELE	K40	32	02:38:15	04:52:53	05:00:32	06:00:43	06:03:00.10	06:03:33.40	+00:04:23 (-153,400.5%)	10:44	5.6 (47.9%)
313	BRZESKA Agata	1208	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	12	02:15:46	04:11:09	04:18:48	05:15:49	05:17:55.65	05:18:29.90	+00:04:23 (-153,250.0%)	9:24	6.4 (54.7%)
314	WEGNER Patrycja	1007		K30	28	02:17:58	04:01:51	04:09:30	05:04:02	05:06:00.65	05:06:11.60	+00:04:23 (-153,183.2%)	9:03	6.6 (56.4%)
315	KRAJCZYŃSKI Jakub	1182	PKO BANK POLSKI	M40	62	02:15:43	04:11:07	04:18:47	05:10:33	05:12:50.00	05:13:25.75	+00:04:23 (-153,149.9%)	9:15	6.5 (55.6%)
316	RADZIWANOWSKI Agata	1402		K40	24	02:26:57	04:26:08	04:33:47	05:50:26	05:53:27.95	05:53:33.70	+00:04:23 (-153,099.8%)	10:27	5.7 (48.7%)
317	OTRĘBA-SZKLARCZYK Agnieszka	1078	FURBS	K30	37	02:27:34	04:23:49	04:31:29	05:31:21	05:33:26.80	05:33:59.85	+00:04:24 (-152,916.6%)	9:51	6.1 (52.1%)
318	KRZECZKOWSKI Roman	1127	BIEGOWA ŚWIDNICA/CUDO KOMBUCHA TEAM	M50	24	02:42:12	04:53:56	05:01:36	06:05:39	06:08:16.25	06:08:59.15	+00:04:25 (-152,717.3%)	10:53	5.5 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
319	NAWROCKA Natalia	1031		K30	38	02:31:17	04:27:36	04:35:18	05:34:33	05:37:26.95	05:37:54.20	+00:04:26 (-152,270.6%)	9:58	6 (51.3%)
320	SZCZEPANIAK Michał	1124		M30	103	02:11:22	04:02:33	04:10:15	05:01:48	05:04:09.95	05:04:33.90	+00:04:26 (-152,254.2%)	8:59	6.7 (57.3%)
321	ZAJĄC Aga	1253	77CATS_ULTRA	K40	21	02:31:06	04:33:48	04:41:30	05:42:29	05:45:00.20	05:45:20.05	+00:04:26 (-152,155.3%)	10:12	5.9 (50.4%)
322	BARANOWSKI Szymon	1096		M30	97	02:10:46	03:55:26	04:03:09	04:57:12	04:59:11.05	04:59:31.25	+00:04:27 (-151,810.2%)	8:51	6.8 (58.1%)
323	FABISIAK Ewa	1321	ROZBIEGANY SULEJÓWEK	K50	8	02:32:23	04:32:48	04:40:32	05:41:58	05:44:41.25	05:44:59.25	+00:04:28 (-151,630.1%)	10:11	5.9 (50.4%)
324	LARWA Paweł	1079		M30	127	02:28:47	04:38:58	04:46:42	05:48:53	05:51:38.50	05:51:57.80	+00:04:28 (-151,532.0%)	10:24	5.8 (49.6%)
325	WIERBIŁOWICZ Dariusz	1190		M50	21	02:21:49	04:41:14	04:48:59	05:44:17	05:46:31.90	05:47:14.80	+00:04:28 (-151,450.4%)	10:15	5.9 (50.4%)
326	RADŁOWSKA Mariola	1012	#PROSECCOTEAM	K30	39	02:32:40	04:38:40	04:46:25	05:38:10	05:40:23.60	05:40:49.90	+00:04:29 (-151,173.5%)	10:04	6 (51.3%)
327	ZAWADZKI Piotr	1042		M30	120	02:25:28	04:27:14	04:35:00	05:34:03	05:36:23.25	05:36:37.90	+00:04:29 (-151,124.8%)	9:57	6 (51.3%)
328	ZUWAŁA Robert	1004	RAGNAR TEAM	M50	26	02:50:27	05:06:50	05:14:35	06:21:25	06:24:12.05	06:24:22.55	+00:04:30 (-151,076.0%)	11:22	5.3 (45.3%)
329	GWÓŹDŹ Paweł	1241	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	M20	15	02:19:14	04:21:00	04:28:46	05:28:27	05:30:42.60	05:30:50.25	+00:04:30 (-151,011.1%)	9:47	6.1 (52.1%)
330	ZARĘBA Jarosław	1187		M50	21	02:21:54	04:41:14	04:49:00	05:44:19	05:46:30.80	05:47:14.80	+00:04:30 (-151,011.1%)	10:15	5.9 (50.4%)
331	PODLEWSKI Wojciech	1008	KS SPORTIVA	M50	18	02:25:06	04:33:19	04:41:05	05:36:49	05:39:42.05	05:39:44.65	+00:04:30 (-150,978.7%)	10:03	6 (51.3%)
332	PERKOWSKI Tomasz	1412	EUROCASH	M40	101	03:09:51	05:28:23	05:36:09	06:46:56	06:49:39.30	06:50:16.75	+00:04:30 (-150,930.0%)	12:07	5 (42.7%)
333	SEROCZYNSKI Marek	1240		M30	126	02:28:20	04:31:51	04:39:37	05:45:33	05:48:15.60	05:48:54.10	+00:04:31 (-150,703.5%)	10:18	5.8 (49.6%)
334	ZUWAŁA Anna	1009	RAGNAR TEAM	K40	37	02:50:27	05:06:50	05:14:37	06:21:26	06:24:12.40	06:24:22.45	+00:04:31 (-150,687.4%)	11:22	5.3 (45.3%)
335	KORNEK Łukasz	1272		M40	64	02:15:45	04:06:08	04:13:55	05:12:22	05:14:41.95	05:15:22.70	+00:04:31 (-150,671.2%)	9:18	6.4 (54.7%)
336	KOŁODZIEJCZYK Marta	1003	ŁĘCZNA BIEGA	K40	18	02:25:47	04:32:33	04:40:20	05:37:09	05:39:31.85	05:39:52.30	+00:04:31 (-150,606.6%)	10:02	6 (51.3%)
337	PASTUSZAK Ewa	1424	ŁĘCZNA BIEGA	K40	20	02:25:46	04:32:33	04:40:20	05:37:09	05:39:31.10	05:39:52.80	+00:04:32 (-150,429.4%)	10:02	6 (51.3%)
338	WARDA Agnieszka	1028	SPARTA LUBLIN	K40	38	02:59:49	05:21:19	05:29:06	06:32:54	06:35:44.95	06:35:59.70	+00:04:32 (-150,348.9%)	11:42	5.1 (43.6%)
339	PAŁKA Łukasz	1252	3XL	M40	74	02:29:54	04:31:45	04:39:33	05:30:53	05:32:53.20	05:33:27.90	+00:04:32 (-150,300.7%)	9:50	6.1 (52.1%)
340	URBASZEWSKI Sławomir	1126	BIEGAM BO LUBIE	M50	15	02:18:34	04:16:23	04:24:12	05:29:34	05:32:01.40	05:32:38.35	+00:04:33 (-150,060.0%)	9:49	6.1 (52.1%)
341	SREBRO Przemysław	1389	SIETAR	M30	133	02:49:28	05:08:51	05:16:40	06:21:19	06:24:14.25	06:24:47.05	+00:04:33 (-150,012.0%)	11:22	5.3 (45.3%)
342	BACZA Agnieszka	1128	ŁĘCZNA BIEGA	K30	42	02:38:13	04:41:35	04:49:24	05:44:36	05:46:53.45	05:47:14.85	+00:04:34 (-149,804.2%)	10:15	5.8 (49.6%)
343	STARZYŃSKA Marta	1060	PERFECT RUNNER LUBLIN	K50	12	02:41:03	05:00:14	05:08:05	06:07:22	06:09:39.15	06:10:08.05	+00:04:34 (-149,565.1%)	10:56	5.5 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
344	LESZCZYNSKI Bartłomiej	1098	LASY WAWERSKIE	M30	118	02:20:48	04:16:07	04:23:57	05:29:24	05:32:08.30	05:32:20.00	+00:04:34 (-149,549.2%)	9:49	6.1 (52.1%)
345	BREMER Helena	1197		K30	43	02:40:19	04:49:34	04:57:24	05:56:11	05:58:41.85	05:59:17.75	+00:04:34 (-149,549.2%)	10:36	5.7 (48.7%)
346	MARONKA Agnieszka	2369		K50	10	02:34:30	04:45:21	04:53:12	05:53:14	05:56:04.10	05:56:08.95	+00:04:35 (-149,358.5%)	10:32	5.7 (48.7%)
347	GŁADYSZ Jadwiga	1102	ADRHA	K60	1	02:23:52	04:10:26	04:18:17	05:09:08	05:11:11.00	05:11:29.80	+00:04:35 (-149,310.9%)	9:12	6.5 (55.6%)
348	ZAJDEL Szczepan	1106		M30	114	02:21:31	04:15:14	04:23:05	05:24:51	05:27:16.65	05:27:54.80	+00:04:35 (-149,295.0%)	9:40	6.2 (53.0%)
349	KUCHNO Tadeusz	1384	KW KRAKÓW	M50	28	02:46:32	05:17:18	05:25:14	06:32:08	06:34:45.65	06:35:09.75	+00:04:40 (-147,834.8%)	11:40	5.1 (43.6%)
350	SZYDŁOWSKA Agata	1216	2ROWERY.COM.PL	K40	30	02:33:52	04:44:25	04:52:21	05:59:16	06:01:56.15	06:02:34.95	+00:04:40 (-147,741.6%)	10:42	5.6 (47.9%)
351	ADAMCZAK Damian	1170	X	M40	80	02:32:44	04:38:48	04:46:44	05:38:12	05:40:25.85	05:40:51.00	+00:04:40 (-147,710.6%)	10:04	6 (51.3%)
352	BIENIAS Joanna	1103	MIĘDZYRZECKIE GAZELE	K40	32	02:38:17	04:52:11	05:00:08	06:00:44	06:03:00.90	06:03:33.40	+00:04:41 (-147,524.5%)	10:44	5.6 (47.9%)
353	ADAMCZAK Hanna	1171	KB SUPERMARATOŃCZYK KALISZ	K30	40	02:32:41	04:38:45	04:46:43	05:38:10	05:40:23.95	05:40:50.20	+00:04:42 (-147,292.7%)	10:04	6 (51.3%)
354	KRAWCZYK-DANAK Marta	1234		K40	11	02:20:20	04:07:14	04:15:13	05:08:02	05:10:06.45	05:10:23.65	+00:04:43 (-146,846.4%)	9:10	6.5 (55.6%)
355	KRÓL Natalia	1285	KITOWCY	K20	10	02:55:09	05:36:35	05:44:38	06:53:37	06:56:05.40	06:56:24.30	+00:04:47 (-145,750.2%)	12:18	4.9 (41.9%)
356	BUOKAS Tomasz	1382	WILD SOULS	M30	139	02:37:21	06:48:02	06:56:05	07:56:41	07:59:14.05	07:59:52.45	+00:04:47 (-145,735.1%)	14:10	4.2 (35.9%)
357	KUTYŁA Agnieszka	1345	NIEPOŁOMICE BIEGAJĄ	K50	6	02:31:18	04:29:15	04:37:19	05:33:46	05:36:19.35	05:36:59.85	+00:04:48 (-145,463.6%)	9:57	6 (51.3%)
358	HRONOWSKI Piotr	1284	KITOWCY	M20	20	02:55:09	05:36:37	05:44:41	06:53:38	06:56:05.90	06:56:24.20	+00:04:48 (-145,403.4%)	12:18	4.9 (41.9%)
359	ŻUREK Kazimierz	1164		M30	66	01:58:30	03:32:52	03:40:56	04:27:22	04:29:19.75	04:29:29.35	+00:04:48 (-145,298.2%)	7:58	7.5 (64.1%)
360	WYCECH Paweł	1198		M30	128	02:37:04	04:45:43	04:53:48	05:52:59	05:55:51.15	05:56:30.95	+00:04:49 (-144,968.5%)	10:31	5.7 (48.7%)
361	POŁĘĆ Grzegorz	1074		M60	5	02:55:03	05:12:55	05:21:01	06:21:33	06:24:40.70	06:25:14.00	+00:04:50 (-144,849.0%)	11:22	5.3 (45.3%)
362	STUDZIŃSKI Dawid	1303		M30	134	02:34:57	04:47:01	04:55:07	06:22:25	06:25:18.20	06:25:38.95	+00:04:51 (-144,566.0%)	11:23	5.3 (45.3%)
363	GLINKA Agnieszka	1302	BRAVEHEARTS LEGIONOWO	K40	14	02:29:28	04:30:25	04:38:33	05:32:10	05:34:33.55	05:34:58.90	+00:04:52 (-144,017.9%)	9:53	6.1 (52.1%)
364	SZUSZKIEWICZ Marzena	1154		K50	4	02:29:27	04:30:25	04:38:33	05:32:09	05:34:34.30	05:34:59.15	+00:04:52 (-144,003.2%)	9:53	6.1 (52.1%)
365	TUREK Paweł	1051	PRIN-S	M50	23	02:37:04	04:45:43	04:53:52	05:52:55	05:55:51.20	05:56:30.60	+00:04:53 (-143,826.4%)	10:31	5.7 (48.7%)
366	MICHALCZYK Anna	1202	NAPRZÓD MŁOCINY	K40	15	02:30:18	04:30:46	04:38:56	05:35:52	05:38:10.15	05:38:21.50	+00:04:54 (-143,664.7%)	10:00	6 (51.3%)
367	SZLACHCIC Tomasz	1429	TĘTNO PULSU	M30	122	02:27:46	04:28:20	04:36:30	05:36:16	05:38:35.05	05:38:58.55	+00:04:54 (-143,415.5%)	10:01	6 (51.3%)
368	PIATKOWSKI Michał	1270	CROSSFIT MOKOTÓW	M40	87	02:22:58	04:50:42	04:58:54	05:59:33	06:02:07.55	06:02:35.45	+00:04:56 (-142,890.7%)	10:42	5.6 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
369	CENTNAR Pawel	1244	SALOS KRAKÓW	M30	115	02:15:51	04:13:13	04:21:26	05:24:54	05:27:55.30	05:28:34.50	+00:04:57 (-142,586.3%)	9:42	6.2 (53.0%)
370	DOMINIAK-LESZCZYŃSKA Elżbieta	1118	LASY WAWERSKIE	K60	3	03:00:09	05:26:00	05:34:13	06:47:25	06:50:31.50	06:50:45.00	+00:04:58 (-142,456.2%)	12:08	4.9 (41.9%)
371	ZWIERZCHOWSKA Katarzyna	1398		K40	35	02:42:31	04:53:12	05:01:26	06:02:47	06:05:03.70	06:05:29.65	+00:04:58 (-142,412.9%)	10:48	5.6 (47.9%)
372	MILCZAREK Marta	1129		K30	44	02:38:16	04:50:22	04:58:36	05:56:09	05:58:41.65	05:59:25.10	+00:04:58 (-142,268.8%)	10:36	5.7 (48.7%)
373	KRÓL Przemysław	1067	FENOMEN	M40	85	02:39:11	04:42:41	04:50:55	05:53:01	05:55:25.30	05:56:05.80	+00:04:59 (-142,225.6%)	10:30	5.7 (48.7%)
374	SULIGA Wioletta	1172	AUGUSTEAM	K40	36	02:51:15	05:06:47	05:15:03	06:14:09	06:16:37.90	06:16:46.25	+00:04:59 (-141,967.0%)	11:08	5.4 (46.2%)
375	SZALEWICZ Ewa	1184	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	23	02:36:20	04:43:56	04:52:12	05:46:49	05:49:03.90	05:49:37.90	+00:05:00 (-141,766.6%)	10:19	5.8 (49.6%)
376	GANDECKA Beata	1072	MIĘDZYRZECKIE GAZELE	K40	32	02:39:26	04:52:13	05:00:29	05:59:02	06:03:02.05	06:03:33.40	+00:05:01 (-141,652.3%)	10:44	5.6 (47.9%)
377	ROCZNIK Grzegorz	1219	FIZJOAKTIVA/BBL KRAKÓW	M40	86	02:37:39	04:51:54	05:00:11	05:59:10	06:01:27.50	06:02:10.10	+00:05:01 (-141,609.5%)	10:41	5.6 (47.9%)
378	HETEL Beata	1445		K30	46	02:50:07	05:05:54	05:14:12	06:16:49	06:19:22.10	06:19:54.35	+00:05:01 (-141,410.0%)	11:13	5.3 (45.3%)
379	LUBSZCZYK Adrian	1348		M30	130	02:35:36	04:57:54	05:06:13	06:05:15	06:07:33.70	06:08:14.65	+00:05:04 (-140,772.7%)	10:52	5.5 (47.0%)
380	JĘDRAS Łukasz	1063		M40	94	02:46:20	05:19:55	05:28:18	06:27:47	06:30:16.60	06:30:41.40	+00:05:07 (-139,917.9%)	11:32	5.2 (44.4%)
381	JAROSZ Krzysztof	1254		M40	75	02:16:02	04:18:02	04:26:30	05:32:17	05:34:25.95	05:34:42.45	+00:05:13 (-138,225.5%)	9:53	6.1 (52.1%)
382	ZIOMBKA Kuba	1101	WAWRZYNTTEAM	M40	71	02:18:48	04:16:59	04:25:28	05:21:51	05:24:10.35	05:24:25.35	+00:05:13 (-138,116.8%)	9:35	6.3 (53.8%)
383	JODKO Magda	1301		K50	13	02:46:20	05:01:53	05:10:23	06:15:31	06:17:53.70	06:18:11.70	+00:05:14 (-137,872.9%)	11:10	5.4 (46.2%)
384	GARCZYK Przemysław	1077	KB GALOPUJĄCE ŚLIMAKI	M30	111	02:15:05	04:06:18	04:14:49	05:17:40	05:20:16.80	05:20:26.60	+00:05:15 (-137,629.9%)	9:28	6.3 (53.8%)
385	ZAJĄC Anna	1123		K40	31	02:31:09	04:53:20	05:01:51	05:59:35	06:02:09.85	06:02:36.80	+00:05:15 (-137,549.1%)	10:42	5.6 (47.9%)
386	GOLEBIOWSKI Michał	1280	TEAM ZABIEGANEDNI	M40	77	02:26:49	04:34:14	04:42:48	05:36:06	05:38:20.05	05:38:40.50	+00:05:18 (-136,839.4%)	10:00	6 (51.3%)
387	BOCIĄGA Andrzej	1316		M30	135	02:53:43	05:17:51	05:26:27	06:40:05	06:43:11.75	06:43:46.40	+00:05:19 (-136,480.6%)	11:55	5 (42.7%)
388	TOKARSKI Rafał	1372		M40	95	02:52:33	05:11:41	05:20:21	06:30:08	06:32:58.80	06:33:19.85	+00:05:24 (-135,207.1%)	11:37	5.2 (44.4%)
Przekroczony limit czasu: 08:00:00														
389	ZALESKA Aneta	1179	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	46	02:49:51	07:36:48	07:45:29	08:50:02	08:52:29.65	08:53:04.35	+00:05:24 (-135,168.1%)	15:45	3.8 (32.5%)
390	WOROSZYŁO Monika	1229	RYKOWISKO	K40	39	02:52:16	05:18:00	05:26:46	06:40:41	06:42:52.45	06:43:20.10	+00:05:29 (-133,867.8%)	11:55	5 (42.7%)
391	SPRINGER Marta	1314	NIGHT RUNNERS	K30	45	02:54:22	05:02:26	05:11:13	06:09:03	06:11:33.10	06:12:02.60	+00:05:31 (-133,473.7%)	10:59	5.5 (47.0%)
392	MIKSA Sławomir	1349		M50	16	02:23:50	04:29:12	04:38:02	05:31:41	05:33:40.65	05:34:35.85	+00:05:34 (-132,792.7%)	9:52	6.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
393	KULA Damian	1040	SKPB KATOWICE	M30	119	02:20:01	04:17:16	04:26:07	05:29:55	05:32:10.45	05:32:42.50	+00:05:35 (-132,467.3%)	9:49	6.1 (52.1%)
394	WIEDRO Małgorzata	1356	WKURW-TEAM/BIEGNĘ ,ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	47	03:16:43	07:24:54	07:33:46	08:53:13	08:56:27.55	08:56:35.85	+00:05:36 (-132,193.2%)	15:52	3.8 (32.5%)
395	KULAWIŃSKI Marek	1274		M50	29	02:45:36	05:38:33	05:47:29	06:48:00	06:50:41.60	06:51:26.90	+00:05:40 (-131,242.7%)	12:09	4.9 (41.9%)
396	RYMON-LIPIŃSKI Robert	1153	LUBIĘ CHRUŚCIKI	M30	138	02:50:08	05:25:48	05:34:44	06:50:04	06:52:36.10	06:53:20.50	+00:05:40 (-131,218.2%)	12:12	4.9 (41.9%)
397	SZWARC Anna	1255		K40	45	03:00:17	05:51:15	06:00:11	07:24:37	07:27:12.90	07:27:20.50	+00:05:40 (-131,206.0%)	13:13	4.5 (38.5%)
398	KAPAŁKA Bożena	1041	GROMNIK RUN TEAM	K50	16	03:10:39	05:49:06	05:58:05	07:21:04	07:24:09.45	07:24:43.80	+00:05:43 (-130,511.5%)	13:08	4.6 (39.3%)
399	LEWANDOWSKA Monika	1035		K40	44	03:00:17	05:51:03	06:00:12	07:24:39	07:27:12.95	07:27:20.25	+00:05:52 (-128,237.0%)	13:13	4.5 (38.5%)
400	ZDUNEK Małgorzata	1119	#NOLIMITS	K40	29	02:36:33	04:44:10	04:53:21	05:55:54	05:58:29.25	05:59:01.65	+00:05:55 (-127,666.2%)	10:36	5.7 (48.7%)
401	TOKARZ Jerzy	1138	BIEGAMBOLUBIĘ	M60	4	02:34:14	04:51:21	05:00:33	06:07:21	06:10:13.30	06:10:55.15	+00:05:55 (-127,527.2%)	10:57	5.5 (47.0%)
402	RÓŻAŃSKA Renata	1017		K40	42	02:59:51	05:51:00	06:00:12	06:58:34	07:00:46.15	07:00:53.00	+00:05:56 (-127,457.8%)	12:26	4.8 (41.0%)
403	KACZOR Damian	1218		M20	17	02:17:31	04:29:32	04:38:51	05:41:47	05:44:33.90	05:45:14.55	+00:06:03 (-125,893.6%)	10:11	5.9 (50.4%)
404	FRAIS-LIGAJ Agnieszka	1264	NOLIMITS	K50	15	02:56:11	05:30:30	05:39:50	07:02:07	07:04:25.00	07:04:57.25	+00:06:05 (-125,444.1%)	12:33	4.8 (41.0%)
405	SZCZOTKA Katarzyna	1095		K20	8	02:28:06	04:24:46	04:34:13	05:36:53	05:39:27.75	05:39:48.65	+00:06:12 (-123,863.0%)	10:02	6 (51.3%)
406	DOBRYŃSKI Marek	1024	RUN FORREST	M40	100	02:52:07	05:19:14	05:28:42	06:46:35	06:49:48.20	06:50:10.45	+00:06:12 (-123,830.3%)	12:07	4.9 (41.9%)
407	WRÓBLEWSKI Borys	1087		M30	136	02:37:23	05:19:25	05:28:55	06:41:32	06:44:12.10	06:44:27.95	+00:06:14 (-123,438.7%)	11:57	5 (42.7%)
408	KAPAŁKA Krzysztof	1068	GROMNIK RUN TEAM	M60	6	02:36:10	05:03:26	05:13:00	06:28:00	06:31:37.65	06:32:10.95	+00:06:18 (-122,470.5%)	11:35	5.2 (44.4%)
409	BIĄŁOKOS Anna	1428		K40	40	03:09:52	05:28:25	05:38:02	06:47:06	06:49:39.55	06:50:16.70	+00:06:21 (-121,939.2%)	12:07	5 (42.7%)
410	DROSIO Katarzyna	1037		K40	41	03:02:28	05:38:16	05:48:00	06:48:25	06:50:53.95	06:51:19.30	+00:06:28 (-120,403.4%)	12:09	4.9 (41.9%)
411	BŁASZCZYK Magdalena	1378	KUŹNIA TRIATHLONU	K30	49	03:28:40	06:15:15	06:25:07	07:49:30	07:52:19.70	07:52:48.10	+00:06:37 (-118,664.8%)	13:58	4.3 (36.8%)
412	STACHANCZYK Wojciech	1070	MATNER RUNNING TEAM	M40	102	03:10:22	05:38:02	05:47:54	06:50:57	06:53:58.05	06:54:39.50	+00:06:37 (-118,634.7%)	12:14	4.9 (41.9%)
413	GREC Klaudia	1440	HUSARIA RACE TEAM	K30	48	02:50:29	05:43:42	05:53:37	07:02:22	07:04:52.45	07:05:23.05	+00:06:39 (-118,165.8%)	12:34	4.8 (41.0%)
414	KONCA Beata	1351	KB OŻARÓW MAZOWIECKI BIEGA	K40	43	03:04:14	05:48:14	05:58:46	07:07:09	07:09:44.05	07:10:16.75	+00:07:17 (-111,172.7%)	12:42	4.7 (40.2%)
415	KOSTRZEWA Wojciech	2339	ZADYSZKA OŚWIĘCIM/OSTR STAFF	M40	98	02:28:55	05:22:03	05:32:46	06:41:28	06:44:07.60	06:44:12.15	+00:07:27 (-109,406.8%)	11:57	5 (42.7%)
416	KASTELIK Mariusz	1205	ZADYSZKA OŚWIĘCIM	M40	97	02:28:55	05:22:05	05:32:49	06:41:27	06:44:05.25	06:44:09.50	+00:07:28 (-109,151.8%)	11:57	5 (42.7%)
417	WALASEK Przemysław	1381		M40	103	03:02:39	05:51:03	06:01:56	07:43:35	07:47:11.75	07:47:42.70	+00:07:38 (-107,539.4%)	13:49	4.3 (36.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						Przehybie 14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
418	BEDNAREK Remigiusz	1160	STG WARSZAWA	M30	121	02:11:23	04:09:31	04:21:22	05:34:41	05:37:07.25	05:37:18.50	+00:08:35 (- 98,922.2%)	9:58	6 (51.3%)
419	ZYGMUNT Monika	1191		K50	14	02:56:11	05:23:02	05:34:58	06:48:23	06:51:26.70	06:51:59.20	+00:08:41 (- 98,086.4%)	12:10	4.9 (41.9%)
420	SITKO Tomasz	1376	FUNDACJA RAKNROLL	M30	140	04:03:36	07:34:12	07:48:44		09:27:10.95	09:28:02.05	+00:11:16 (- 80,643.4%)	16:46	3.6 (30.8%)

Znaleziono 420 wynik(ów)