

DFBG



**KUDOWSKA
SZTAFETA
GÓRSKA**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Kudowska Sztafeta Górską
Fundacja MARATONY GÓRSKIE
2025-04-13
Kudowa-Zdrój
21 km

PÓŁMARATON BŁĘDNYCH SKAŁ

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	MATUSZCZAK Rafał	4313	SALOMON TEAM	M-30	1	00:51:30	01:19:30	01:36:17.00	01:36:17.00		4:35	13.1 (100%)
2	MATUSZCZAK Weronika	4262	SALOMON	K-20	1	00:56:01	01:24:04	01:41:48.10	01:41:48.10	+00:05:31 (5.4%)	4:50	12.4 (94.7%)
3	LULIS Dawid	4306	SOBOTA TO SOBOTA	M-30	2	00:55:56	01:24:44	01:44:31.25	01:44:31.25	+00:08:14 (7.9%)	4:58	12.1 (92.4%)
4	PILARSKI Tomasz	4292	MARCIN ŚWIERC TEAM	M-40	1	00:59:15	01:28:54	01:48:34.35	01:48:34.35	+00:12:17 (11.3%)	5:10	11.6 (88.5%)
5	GRYNKIEWICZ Krzysztof	4103		M-20	1	01:01:43	01:31:12	01:50:39.25	01:50:39.25	+00:14:22 (13.0%)	5:16	11.4 (87.0%)
6	ŻUREK Patryk	4295		M-30	3	01:01:40	01:33:51	01:53:10.25	01:53:10.25	+00:16:53 (14.9%)	5:23	11.1 (84.7%)
7	SOŁTYSIK Kamil	4294		M-40	2	01:03:02	01:34:21	01:54:16.00	01:54:16.00	+00:17:59 (15.7%)	5:26	11 (84.0%)
8	SZCZEPANIAK Witold	4015		M-50	1	01:03:20	01:34:18	01:54:18.25	01:54:18.25	+00:18:01 (15.8%)	5:26	11 (84.0%)
9	KWIATKOWSKA Kinga	4266	HOKA GARMIN TEAM	K-30	1	01:05:14	01:36:14	01:56:08.55	01:56:08.55	+00:19:51 (17.1%)	5:31	10.8 (82.4%)
10	FILIPKOWSKI Olaf	4219		M-20	2	01:07:09	01:40:12	02:02:07.50	02:02:07.50	+00:25:50 (21.2%)	5:48	10.3 (78.6%)
11	ADAMSKI Krzysztof	4252	HRW	M-40	3	01:07:06	01:41:55	02:03:05.40	02:03:05.40	+00:26:48 (21.8%)	5:51	10.2 (77.9%)
12	PATERAK Łukasz	4279	LKS BRYKSJUSZ GOŚCIĘCIN	M-20	3	01:05:28	01:40:41	02:03:32.25	02:03:32.25	+00:27:15 (22.1%)	5:52	10.2 (77.9%)

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13	KAMPA Paweł	4293	SPORTOWE TEOPE	M-30	4	01:07:16	01:42:08	02:04:05.40	02:04:05.40	+00:27:48 (22.4%)	5:54	10.2 (77.9%)
14	WOJTULEWSKI Dariusz	4050		M-50	2	01:06:26	01:44:10	02:05:10.70	02:05:10.70	+00:28:53 (23.1%)	5:57	10.1 (77.1%)
15	BEDNAREK Bartłomiej	4307		M-40	4	01:10:41	01:45:21	02:09:06.65	02:09:06.65	+00:32:49 (25.4%)	6:08	9.8 (74.8%)
16	DOWGIAŁO Sebastian	4081		M-40	5	01:12:59	01:48:54	02:11:23.00	02:11:23.00	+00:35:06 (26.7%)	6:15	9.6 (73.3%)
17	MARIN Alberto	4064		M-30	5	01:13:06	01:49:00	02:12:05.80	02:12:05.80	+00:35:48 (27.1%)	6:17	9.5 (72.5%)
18	BUNIKOWSKI Michał	4209	TS REGLE SZKLARSKA POREBA	M-40	6	01:13:48	01:49:12	02:12:09.35	02:12:09.35	+00:35:52 (27.1%)	6:17	9.5 (72.5%)
19	NYKA Jan	4308	NOMI BIOTECH	M-50	3	01:13:03	01:49:29	02:13:17.80	02:13:17.80	+00:37:00 (27.8%)	6:20	9.5 (72.5%)
20	PĘCZAR Aneta	4241	MAD RUNNERS	K-30	2	01:13:57	01:49:46	02:13:59.55	02:13:59.55	+00:37:42 (28.1%)	6:22	9.4 (71.8%)
21	PIHIL Piotr	4235		M-40	7	01:11:50	01:49:48	02:14:22.00	02:14:22.00	+00:38:05 (28.3%)	6:23	9.4 (71.8%)
22	GROBELNY Rafał	4218	TERYTORIALSI	M-40	8	01:13:10	01:49:34	02:14:34.45	02:14:34.45	+00:38:17 (28.5%)	6:24	9.4 (71.8%)
23	LIPSKI Kamil	4177		M-20	4	01:14:52	01:50:36	02:14:49.95	02:14:49.95	+00:38:32 (28.6%)	6:25	9.3 (71.0%)
24	DŁUGOŁĘCKI Konrad	4120	BIEGOWA ŚWIDNICA	M-40	9	01:13:57	01:52:22	02:16:37.50	02:16:37.50	+00:40:20 (29.5%)	6:30	9.2 (70.2%)
25	JACHYMSKI Krzysztof	4070	VEGE RUNNERS	M-30	6	01:13:09	01:51:06	02:16:41.20	02:16:41.20	+00:40:24 (29.6%)	6:30	9.2 (70.2%)
26	MICHAŁOWSKI Marcin	4018	BIEGOWYDZIKTEAM	M-40	10	01:16:11	01:52:16	02:16:58.45	02:16:58.45	+00:40:41 (29.7%)	6:31	9.2 (70.2%)
27	SZAJDA Marcin	4296	IRRACJONALNIE MASZERUJĄCY	M-40	11	01:15:47	01:53:06	02:17:22.05	02:17:22.05	+00:41:05 (29.9%)	6:32	9.2 (70.2%)
28	LOMAGISTRO Pietro	4315	XC TEAM ASD	M-40	12	01:15:50	01:54:44	02:17:59.40	02:17:59.40	+00:41:42 (30.2%)	6:34	9.1 (69.5%)
29	PODOLUK Marek	4162		M-50	4	01:13:45	01:51:42	02:18:02.25	02:18:02.25	+00:41:45 (30.2%)	6:34	9.1 (69.5%)
30	ORŁOWSKA Katarzyna	4314		K-30	3	01:16:12	01:54:07	02:18:04.90	02:18:04.90	+00:41:47 (30.3%)	6:34	9.1 (69.5%)
31	KĘDZIERSKA Karolina	4131	FIZJOBIEGACZE SZCZECIN	K-40	1	01:16:09	01:54:38	02:18:17.85	02:18:17.85	+00:42:00 (30.4%)	6:35	9.1 (69.5%)
32	FIEBIG Stefan	4147	WWW.FIEBIG.PL	M-50	5	01:15:51	01:53:25	02:18:37.00	02:18:37.00	+00:42:20 (30.5%)	6:36	9.1 (69.5%)
33	JONCZAK Radosław	4062	AKTYWNIE UZALEŻNIAMY PŁOCK	M-50	6	01:16:08	01:54:56	02:20:37.25	02:20:37.25	+00:44:20 (31.5%)	6:41	9 (68.7%)
34	PIWOWARCZYK Grzegorz	4248		M-40	13	01:15:45	01:55:31	02:20:45.30	02:20:45.30	+00:44:28 (31.6%)	6:42	9 (68.7%)
35	WOJCIECHOWSKI Cyprian	4282		M-20	5	01:18:11	01:56:52	02:21:06.25	02:21:06.25	+00:44:49 (31.8%)	6:43	8.9 (67.9%)

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36	WORONOWICZ Piotr	4233	NOTORYCZNI DEBIUTANCI	M-30	7	01:19:20	01:57:37	02:21:29.30	02:21:29.30	+00:45:12 (31.9%)	6:44	8.9 (67.9%)
37	MIELCAREK Szymon	4011		M-30	8	01:16:12	01:55:00	02:22:20.90	02:22:20.90	+00:46:03 (32.4%)	6:46	8.9 (67.9%)
38	JASIK Wojciech	4202	BARTOSZGORCZYCATEAM	M-30	9	01:19:05	01:58:09	02:22:44.15	02:22:44.15	+00:46:27 (32.5%)	6:47	8.8 (67.2%)
39	STANEK Sergiusz	4199		M-50	7	01:18:27	01:57:22	02:23:24.55	02:23:24.55	+00:47:07 (32.9%)	6:49	8.8 (67.2%)
40	GRAD Łukasz	4161	FITNESS PIEKARY LEGNICA	M-40	14	01:18:26	01:59:34	02:24:05.20	02:24:05.20	+00:47:48 (33.2%)	6:51	8.7 (66.4%)
41	BIELKOWSKI Wojciech	4194	ULTRA PAZUR	M-40	15	01:21:39	02:00:15	02:25:08.65	02:25:08.65	+00:48:51 (33.7%)	6:54	8.7 (66.4%)
42	MARKIEWICZ Agnieszka	4212	AW-SZYBCIEJ-TEAM	K-30	4	01:18:58	01:59:30	02:25:32.55	02:25:32.55	+00:49:15 (33.8%)	6:55	8.7 (66.4%)
43	SKÓRA Szymon	4008		M-40	16	01:18:20	01:58:25	02:25:36.70	02:25:36.70	+00:49:19 (33.9%)	6:56	8.7 (66.4%)
44	MAGIER Jerzy	4253		M-50	8	01:16:17	01:57:45	02:25:40.85	02:25:40.85	+00:49:23 (33.9%)	6:56	8.6 (65.6%)
45	SKORA Mateusz	4288		M-40	17	01:20:48	02:00:11	02:26:04.65	02:26:04.65	+00:49:47 (34.1%)	6:57	8.6 (65.6%)
46	PARZNIEWSKI Maciej	4044	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M-40	18	01:15:44	02:01:07	02:26:08.95	02:26:08.95	+00:49:51 (34.1%)	6:57	8.6 (65.6%)
47	GRYNKIEWICZ Michał	4285		M-40	19	01:20:36	02:00:58	02:26:15.80	02:26:15.80	+00:49:58 (34.2%)	6:57	8.6 (65.6%)
48	DUSZYŃSKI Tomasz	4204	FUNDACJI BIEGANIE NA ŚNIADANIE ŚMIGIEL	M-40	20	01:19:00	01:59:30	02:27:07.50	02:27:07.50	+00:50:50 (34.6%)	7:00	8.6 (65.6%)
49	ORŁOWSKI Paweł	4196		M-40	21	01:18:29	02:00:42	02:27:40.50	02:27:40.50	+00:51:23 (34.8%)	7:01	8.5 (64.9%)
50	SZPAŁA Jakub	4277	BUTTONS TEAM	M-20	6	01:18:09	01:58:47	02:27:44.05	02:27:44.05	+00:51:27 (34.8%)	7:02	8.5 (64.9%)
51	RUTKOWSKI Leszek	4268	CIĘŻKO WRAŻLIWI	M-40	22	01:22:05	02:00:57	02:28:24.90	02:28:24.90	+00:52:07 (35.1%)	7:04	8.5 (64.9%)
52	GAŁKA Marcin	4286		M-30	10	01:20:08	02:01:41	02:28:35.85	02:28:35.85	+00:52:18 (35.2%)	7:04	8.5 (64.9%)
53	DZITKOWSKI Witold	4273	INNVIGO	M-40	23	01:22:01	02:03:42	02:29:28.70	02:29:28.70	+00:53:11 (35.6%)	7:07	8.4 (64.1%)
54	GASPERSICH Mark	4260		M-50	9	01:23:41	02:02:23	02:29:44.30	02:29:44.30	+00:53:27 (35.7%)	7:07	8.4 (64.1%)
55	KALNINS Kristaps	4099		M-30	11	01:21:41	02:02:19	02:29:55.35	02:29:55.35	+00:53:38 (35.8%)	7:08	8.4 (64.1%)
56	KRZESIMOWSKI Damian	4077	ENERGENT POLSKA	M-40	24	01:24:04	02:04:00	02:30:00.05	02:30:00.05	+00:53:43 (35.8%)	7:08	8.4 (64.1%)
57	GALASIAK Lukasz	4276		M-40	25	01:24:50	02:05:32	02:30:25.25	02:30:25.25	+00:54:08 (36.0%)	7:09	8.4 (64.1%)
58	JACHNIK Sabina	4193	PUSZCZYK BUKOWY	K-50	1	01:20:34	02:04:35	02:30:35.35	02:30:35.35	+00:54:18 (36.1%)	7:10	8.4 (64.1%)

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59	RATAJCZAK Hubert	4205	BIEGANIE NA ŚNIADANIE	M-40	26	01:23:45	02:06:27	02:31:03.30	02:31:03.30	+00:54:46 (36.3%)	7:11	8.3 (63.4%)
60	LIPSKI Jakub	4132		M-20	7	01:24:48	02:05:49	02:31:09.65	02:31:09.65	+00:54:52 (36.3%)	7:11	8.3 (63.4%)
61	WIĘCEK Maria	4234	NOTORYCZNI DEBIUTANCI	K-30	5	01:23:46	02:05:13	02:31:10.20	02:31:10.20	+00:54:53 (36.3%)	7:11	8.3 (63.4%)
62	SMURA Rafał	4221		M-30	12	01:26:26	02:06:23	02:31:16.95	02:31:16.95	+00:54:59 (36.4%)	7:12	8.3 (63.4%)
63	GIEROŃ Mariusz	4160	ACCENTURE	M-40	27	01:23:38	02:08:03	02:32:11.65	02:32:11.65	+00:55:54 (36.7%)	7:14	8.3 (63.4%)
64	DUSZYŃSKI Łukasz	4211	BIEGANIE NA ŚNIADANIE ŚMIGIEL	M-30	13	01:23:47	02:06:28	02:32:28.75	02:32:28.75	+00:56:11 (36.9%)	7:15	8.3 (63.4%)
65	ZBORALSKI Michał	4109		M-50	10	01:20:37	02:04:45	02:33:48.35	02:33:48.35	+00:57:31 (37.4%)	7:19	8.2 (62.6%)
66	KUR Bogusław	4197		M-50	11	01:20:34	02:05:50	02:34:03.20	02:34:03.20	+00:57:46 (37.5%)	7:20	8.2 (62.6%)
67	BUGAJ Alan	4121		M-30	14	01:24:02	02:06:21	02:34:18.80	02:34:18.80	+00:58:01 (37.6%)	7:20	8.2 (62.6%)
68	PRZYBYSZEWSKI Łukasz	4281		M-40	28	01:26:27	02:07:19	02:34:47.80	02:34:47.80	+00:58:30 (37.8%)	7:22	8.1 (61.8%)
69	JASION Robert	4301	SPORTEM PRZEZ ŻYCIE	M-30	15	01:27:26	02:08:19	02:35:27.25	02:35:27.25	+00:59:10 (38.1%)	7:24	8.1 (61.8%)
70	JASCHOK Marcin	4114		M-40	29	01:24:52	02:08:50	02:35:44.35	02:35:44.35	+00:59:27 (38.2%)	7:24	8.1 (61.8%)
71	MILIŃSKA Lilianna	4006		K-40	2	01:26:30	02:08:11	02:35:52.35	02:35:52.35	+00:59:35 (38.2%)	7:25	8.1 (61.8%)
72	KASHCHEEV Andrei	4024		M-30	16	01:26:00	02:08:21	02:35:56.30	02:35:56.30	+00:59:39 (38.3%)	7:25	8.1 (61.8%)
73	JAROSIŃSKA Barbara	4078	FUNDACJA BIEGANIE NA ŚNIADANIE	K-30	6	01:26:57	02:09:17	02:36:18.50	02:36:18.50	+01:00:01 (38.4%)	7:26	8.1 (61.8%)
74	MOLENDĄ Maciek	4259		M-30	17	01:26:59	02:10:53	02:36:45.70	02:36:45.70	+01:00:28 (38.6%)	7:27	8 (61.1%)
75	SZYDŁOWSKI Kamil	4022	TRIGYM SZCZECIN	M-30	18	01:26:06	02:11:59	02:37:27.45	02:37:27.45	+01:01:10 (38.9%)	7:29	8 (61.1%)
76	GRUDZIEN-JURKOWSKA Malgorzata	4148		K-40	3	01:28:14	02:11:04	02:37:31.55	02:37:31.55	+01:01:14 (38.9%)	7:30	8 (61.1%)
77	SORBIAN Gaweł	4172		M-40	30	01:29:39	02:10:58	02:37:46.65	02:37:46.65	+01:01:29 (39.0%)	7:30	8 (61.1%)
78	PIETRZAK Bartłomiej	4250		M-50	12	01:25:06	02:09:37	02:38:13.65	02:38:13.65	+01:01:56 (39.1%)	7:32	8 (61.1%)
79	MORÁVEK David	4139		M-40	31	01:24:00	02:11:04	02:38:35.20	02:38:35.20	+01:02:18 (39.3%)	7:33	7.9 (60.3%)
80	ŁUSIAK Katarzyna	4151	GOOD MOVE	K-30	7	01:26:04	02:09:33	02:38:48.35	02:38:48.35	+01:02:31 (39.4%)	7:33	7.9 (60.3%)
81	BLICHARZ Jarosław	4045	POLICE	M-50	13	01:21:59	02:09:10	02:38:55.70	02:38:55.70	+01:02:38 (39.4%)	7:34	7.9 (60.3%)

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82	SZYMKOWIAK Dominik	4028		M-40	32	01:24:49	02:10:26	02:39:01.80	02:39:01.80	+01:02:44 (39.5%)	7:34	7.9 (60.3%)
83	ROMANIUK Bartosz	4084		M-30	19	01:28:12	02:12:07	02:39:42.65	02:39:42.65	+01:03:25 (39.7%)	7:36	7.9 (60.3%)
84	MĄDRY Aleksander	4171	AM FIT STUDIO TRENINGU PERSONALNEGO	M-30	20	01:29:28	02:11:10	02:39:46.20	02:39:46.20	+01:03:29 (39.7%)	7:36	7.9 (60.3%)
85	MAĆKOWIAK Marcin	4291		M-30	21	01:27:36	02:12:37	02:41:40.65	02:41:40.65	+01:05:23 (40.4%)	7:41	7.8 (59.5%)
86	STEFAŃSKA Malwina	4188		K-40	4	01:29:36	02:12:00	02:42:01.30	02:42:01.30	+01:05:44 (40.6%)	7:42	7.8 (59.5%)
87	MOSKOWICZ Stefan	4021	PRZEMYSKI KLUB BIEGACZA	M-60	1	01:26:19	02:14:10	02:42:57.30	02:42:57.30	+01:06:40 (40.9%)	7:45	7.7 (58.8%)
88	GANDYRA Rafał	4165		M-40	33	01:27:46	02:13:17	02:42:58.10	02:42:58.10	+01:06:41 (40.9%)	7:45	7.7 (58.8%)
89	HAJDA Bogusław	4244		M-50	14	01:25:40	02:11:57	02:42:58.15	02:42:58.15	+01:06:41 (40.9%)	7:45	7.7 (58.8%)
90	ZIÓŁKOWSKI Jarosław	4102		M-40	34	01:29:33	02:14:34	02:43:39.35	02:43:39.35	+01:07:22 (41.2%)	7:47	7.7 (58.8%)
91	JARONI Bartosz	4203		M-30	22	01:31:32	02:15:44	02:43:53.75	02:43:53.75	+01:07:36 (41.3%)	7:48	7.7 (58.8%)
92	KRZESŁOWSKI Jakub	4290	42K PRO	M-40	35	01:26:56	02:15:15	02:43:59.90	02:43:59.90	+01:07:42 (41.3%)	7:48	7.7 (58.8%)
93	REIJMERS Agnieszka	4026	LEIDEN ATLETIEK	K-50	2	01:28:12	02:15:29	02:45:11.50	02:45:11.50	+01:08:54 (41.7%)	7:51	7.6 (58.0%)
94	REBIAŁKOWSKI Jakub	4119	RNB POLANICA ZDROJ	M-30	23	01:30:02	02:17:57	02:45:35.35	02:45:35.35	+01:09:18 (41.9%)	7:53	7.6 (58.0%)
95	FILAR Tomasz	4256	KARL STORZ POLSKA	M-50	15	01:25:59	02:15:16	02:46:06.40	02:46:06.40	+01:09:49 (42.0%)	7:54	7.6 (58.0%)
96	KACZMARCZYK Mariusz	4074		M-50	16	01:31:36	02:18:20	02:48:08.45	02:48:08.45	+01:11:51 (42.7%)	8:00	7.5 (57.3%)
97	ŁESKE Jan	4010	ZA LINIĄ METY TEAM	M-40	36	01:31:40	02:17:39	02:48:19.85	02:48:19.85	+01:12:02 (42.8%)	8:00	7.5 (57.3%)
98	SZCZOTKA Katarzyna	4182	TRAIL IS OUR WAY	K-30	8	01:32:03	02:18:16	02:48:40.50	02:48:40.50	+01:12:23 (42.9%)	8:01	7.5 (57.3%)
99	GAJLEWICZ Piotr	4274	PGP LEGAL	M-40	37	01:31:25	02:19:35	02:48:55.10	02:48:55.10	+01:12:38 (43.0%)	8:02	7.5 (57.3%)
100	SZCZEŚNIAK Alicja	4020	SPORTOWY KAŻMIERZ	K-40	5	01:31:58	02:20:05	02:48:56.45	02:48:56.45	+01:12:39 (43.0%)	8:02	7.5 (57.3%)
101	MAMROŁ Piotr	4140	SILESIA GO	M-30	24	01:38:31	02:22:57	02:48:57.85	02:48:57.85	+01:12:40 (43.0%)	8:02	7.5 (57.3%)
102	PABIJAŃCZYK Damian	4312		M-40	38	01:31:30	02:19:58	02:49:08.60	02:49:08.60	+01:12:51 (43.1%)	8:03	7.4 (56.5%)
103	ZBORALSKA Joanna	4110	TARNOWO PODGÓRNE BIEGA	K-40	6	01:33:04	02:20:00	02:49:22.05	02:49:22.05	+01:13:05 (43.2%)	8:03	7.4 (56.5%)
104	FALISZEWSKI Sebastian	4224	ULTRAWAY.PL	M-50	17	01:30:22	02:19:33	02:49:34.95	02:49:34.95	+01:13:17 (43.2%)	8:04	7.4 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
105	WIJATYK Adam	4225		M-30	25	01:37:06	02:22:07	02:49:42.60	02:49:42.60	+01:13:25 (43.3%)	8:04	7.4 (56.5%)
106	TARNOWSKA Katarzyna	4112		K-40	7	01:31:24	02:19:59	02:50:01.60	02:50:01.60	+01:13:44 (43.4%)	8:05	7.4 (56.5%)
107	KRUPA Justyna	4186	AKTYWNA NOWA RUDA	K-40	8	01:34:02	02:19:19	02:50:15.50	02:50:15.50	+01:13:58 (43.4%)	8:06	7.4 (56.5%)
107	STOMAL Marzena	4187	AKTYWNA NOWA RUDA	K-40	8	01:34:04	02:19:19	02:50:15.50	02:50:15.50	+01:13:58 (43.4%)	8:06	7.4 (56.5%)
109	ORCZYK Łukasz	4035	KARL STORZ POLSKA	M-40	39	01:26:02	02:13:15	02:50:33.60	02:50:33.60	+01:14:16 (43.5%)	8:07	7.4 (56.5%)
110	WRZESZCZ Marta	4267	GOOD MOVE	K-30	9	01:31:28	02:20:01	02:50:42.90	02:50:42.90	+01:14:25 (43.6%)	8:07	7.4 (56.5%)
111	BAJER Karol	4063		M-40	40	01:34:01	02:21:52	02:51:09.90	02:51:09.90	+01:14:52 (43.7%)	8:09	7.4 (56.5%)
112	ZAJĄC Aleksander	4056		M-40	41	01:31:59	02:19:46	02:51:18.85	02:51:18.85	+01:15:01 (43.8%)	8:09	7.4 (56.5%)
113	TRÁVNÍČKOVÁ Eliška	4133		K-50	3	01:29:37	02:20:23	02:51:21.50	02:51:21.50	+01:15:04 (43.8%)	8:09	7.4 (56.5%)
114	KĘDZIORA Jacek	4198	FUNDACJA BIEGANIE NA ŚNIADANIE	M-40	42	01:30:32	02:18:46	02:51:41.25	02:51:41.25	+01:15:24 (43.9%)	8:10	7.3 (55.7%)
115	JANOWICZ Wojciech	4298		M-30	26	01:35:15	02:21:43	02:52:27.25	02:52:27.25	+01:16:10 (44.2%)	8:12	7.3 (55.7%)
116	JARCZYŃSKA-DOMINIK Jolanta	4164		K-40	10	01:34:06	02:22:32	02:52:33.00	02:52:33.00	+01:16:16 (44.2%)	8:13	7.3 (55.7%)
117	KUBIK Marta	4271		K-30	10	01:35:00	02:23:54	02:52:51.05	02:52:51.05	+01:16:34 (44.3%)	8:13	7.3 (55.7%)
118	KUBIK Mateusz	4299	FIZJOBIEGACZE SZCZECIN	M-30	27	01:34:59	02:23:54	02:52:51.65	02:52:51.65	+01:16:34 (44.3%)	8:13	7.3 (55.7%)
119	CYBULSKA Anna	4264	TARNOWO PODGÓRNE BIEGA	K-40	11	01:29:34	02:22:59	02:53:58.65	02:53:58.65	+01:17:41 (44.7%)	8:17	7.2 (55.0%)
120	ŚWISTOŃ Hanna	4125	FIZJOBIEGACZE SZCZECIN	K-40	12	01:30:15	02:21:35	02:54:24.35	02:54:24.35	+01:18:07 (44.8%)	8:18	7.2 (55.0%)
121	DROZDOWSKI Adrian	4280		M-40	43	01:36:54	02:24:57	02:54:29.55	02:54:29.55	+01:18:12 (44.8%)	8:18	7.2 (55.0%)
122	MIKOŁAJCZAK Bartosz	4089		M-40	44	01:29:41	02:27:19	02:54:42.50	02:54:42.50	+01:18:25 (44.9%)	8:19	7.2 (55.0%)
123	FABISIAK Marcin	4058	TEAM ZABIEGANEDNI	M-40	45	01:36:06	02:26:25	02:55:14.50	02:55:14.50	+01:18:57 (45.1%)	8:20	7.2 (55.0%)
123	SAWICKI Michał	4030	TEAM ZABIEGANEDNI	M-40	45	01:34:43	02:26:09	02:55:14.50	02:55:14.50	+01:18:57 (45.1%)	8:20	7.2 (55.0%)
123	MULAK Michał	4261	TEAM ZABIEGANEDNI	M-40	45	01:34:46	02:26:07	02:55:14.50	02:55:14.50	+01:18:57 (45.1%)	8:20	7.2 (55.0%)
126	MORUS Urszula	4033	FIZJOBIEGACZE SZCZECIN	K-40	13	01:38:53	02:27:55	02:55:36.25	02:55:36.25	+01:19:19 (45.2%)	8:21	7.2 (55.0%)
127	KOPACZYŃSKA Beata	4184	SOBAS TEAM	K-50	4	01:36:47	02:26:05	02:55:40.55	02:55:40.55	+01:19:23 (45.2%)	8:21	7.2 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
128	TUROWSKI Krzysztof	4269	UMLAUT	M-50	18	01:34:52	02:22:25	02:55:46.25	02:55:46.25	+01:19:29 (45.2%)	8:22	7.2 (55.0%)
129	GIERA Sandra	4027	FIZJOBIEGACZE SZCZECIN	K-30	11	01:36:03	02:25:20	02:55:47.00	02:55:47.00	+01:19:30 (45.2%)	8:22	7.2 (55.0%)
130	FORYSIAK Michał	4278	QUALPRO	M-40	48	01:35:36	02:23:40	02:55:47.10	02:55:47.10	+01:19:30 (45.2%)	8:22	7.2 (55.0%)
131	SARACEN Tomasz	4305		M-30	28	01:33:58	02:25:28	02:56:08.25	02:56:08.25	+01:19:51 (45.3%)	8:23	7.2 (55.0%)
132	KOZŁOWSKA Monika	4041		K-30	12	01:36:59	02:26:58	02:56:29.30	02:56:29.30	+01:20:12 (45.4%)	8:24	7.1 (54.2%)
133	MAMCARZ Krzysztof	4042		M-30	29	01:36:59	02:26:58	02:56:29.35	02:56:29.35	+01:20:12 (45.4%)	8:24	7.1 (54.2%)
134	PRZYSTUPA Michał	4208	BROWAR GWAREK	M-30	30	01:33:54	02:24:25	02:56:35.80	02:56:35.80	+01:20:18 (45.5%)	8:24	7.1 (54.2%)
135	LACKORZYŃSKA Katarzyna	4093		K-30	13	01:33:05	02:26:24	02:56:43.55	02:56:43.55	+01:20:26 (45.5%)	8:24	7.1 (54.2%)
136	HAIDA Marcin	4012		M-40	49	01:28:08	02:27:00	02:56:44.40	02:56:44.40	+01:20:27 (45.5%)	8:24	7.1 (54.2%)
137	KASTELIK Anna	4169	BRAK	K-30	14	01:29:22	02:27:56	02:56:57.45	02:56:57.45	+01:20:40 (45.6%)	8:25	7.1 (54.2%)
138	URBAŃSKI Jakub	4309	NOMI BIOTECH	M-40	50	01:29:03	02:25:11	02:57:00.90	02:57:00.90	+01:20:43 (45.6%)	8:25	7.1 (54.2%)
139	ŚMIAŁEK Filip	4068	NKB CHYŻY NOWY TOMYŚL	M-20	8	01:39:50	02:26:49	02:57:09.00	02:57:09.00	+01:20:52 (45.6%)	8:26	7.1 (54.2%)
140	HOROBIEŃSKA Ewa	4189	KLUB WYSOKOGÓRSKI ZIELONA GÓRA	K-50	5	01:38:55	02:27:41	02:57:26.85	02:57:26.85	+01:21:09 (45.7%)	8:26	7.1 (54.2%)
141	JANICKI Marcin	4157		M-20	9	01:33:01	02:24:42	02:57:28.30	02:57:28.30	+01:21:11 (45.7%)	8:27	7.1 (54.2%)
142	KACZMAREK Natalia	4031	FIZJOBIEGACZE SZCZECIN	K-30	15	01:31:57	02:22:58	02:57:29.55	02:57:29.55	+01:21:12 (45.8%)	8:27	7.1 (54.2%)
143	IMIŃSKI Cezary	4086		M-50	19	01:36:45	02:26:56	02:57:39.75	02:57:39.75	+01:21:22 (45.8%)	8:27	7.1 (54.2%)
144	KOLIS Tomasz	4047		M-40	51	01:32:02	02:24:18	02:57:43.45	02:57:43.45	+01:21:26 (45.8%)	8:27	7.1 (54.2%)
145	BARANOWSKI Szymon	4183		M-30	31	01:36:43	02:27:13	02:57:46.70	02:57:46.70	+01:21:29 (45.8%)	8:27	7.1 (54.2%)
146	ZAŁUSKI Wojciech	4237		M-20	10	01:34:00	02:33:59	02:58:18.75	02:58:18.75	+01:22:01 (46.0%)	8:29	7.1 (54.2%)
147	MARTYŃSKI Piotr	4275		M-40	52	01:34:52	02:27:42	02:58:22.15	02:58:22.15	+01:22:05 (46.0%)	8:29	7.1 (54.2%)
148	BURZYŃSKA Emilia	4043	BIEGAJĄCE KREJZOLE	K-30	16	01:42:00	02:28:56	02:58:29.75	02:58:29.75	+01:22:12 (46.1%)	8:29	7.1 (54.2%)
149	MOTYCZYŃSKI Maciej	4002	MOTYCZYŃSKI RUNNING	M-50	20	01:37:02	02:27:18	02:58:33.10	02:58:33.10	+01:22:16 (46.1%)	8:30	7.1 (54.2%)
150	FRANKOWSKA Katarzyna	4310	MISTRZOWSKI TRENING	K-40	14	01:39:06	02:29:34	02:59:50.90	02:59:50.90	+01:23:33 (46.5%)	8:33	7 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
151	PYREK Dawid	4246	TOROS DE ESPANA	M-30	32	01:38:59	02:28:41	03:00:03.15	03:00:03.15	+01:23:46 (46.5%)	8:34	7 (53.4%)
152	DOBEK Mateusz	4082	JAWOR RIVER GYM	M-40	53	01:39:04	02:27:41	03:00:11.65	03:00:11.65	+01:23:54 (46.6%)	8:34	7 (53.4%)
153	GOLIŃSKI Krzysztof	4034	FIZJOBIEGCZE SZCZECIN	M-40	54	01:38:54	02:29:52	03:01:20.40	03:01:20.40	+01:25:03 (46.9%)	8:38	6.9 (52.7%)
154	CHOMIUK Marta	4032	FIZJOBIEGACZE SZCZECIN	K-30	17	01:38:51	02:29:52	03:01:20.60	03:01:20.60	+01:25:03 (46.9%)	8:38	6.9 (52.7%)
155	MARCINIAK Irmina	4071	BIEGANIE NA ŚNIADANIE	K-40	15	01:39:00	02:29:12	03:02:15.50	03:02:15.50	+01:25:58 (47.2%)	8:40	6.9 (52.7%)
156	LIBEREK Renata	4258		K-50	6	01:36:41	02:28:17	03:02:57.95	03:02:57.95	+01:26:40 (47.4%)	8:42	6.9 (52.7%)
157	DYBAŚ Dorota	4066	DYCZUŚ TEAM	K-30	18	01:39:52	02:32:01	03:03:05.85	03:03:05.85	+01:26:48 (47.4%)	8:43	6.9 (52.7%)
158	RATAJCZAK Grzegorz	4124		M-60	2	01:39:14	02:30:13	03:03:08.50	03:03:08.50	+01:26:51 (47.4%)	8:43	6.9 (52.7%)
159	KUBICKI Robert	4176		M-50	21	01:41:45	02:33:49	03:03:19.30	03:03:19.30	+01:27:02 (47.5%)	8:43	6.9 (52.7%)
160	RAPACZ Michał	4179	NOWE ŻYCIE NA ŚNIADANIE	M-30	33	01:39:51	02:31:29	03:03:57.25	03:03:57.25	+01:27:40 (47.7%)	8:45	6.8 (51.9%)
161	SOJA Emilia	4178	NOWE ŻYCIE NA ŚNIADANIE	K-20	2	01:39:12	02:31:29	03:03:57.40	03:03:57.40	+01:27:40 (47.7%)	8:45	6.8 (51.9%)
162	KONARSKA Katarzyna	4214		K-30	19	01:39:58	02:30:18	03:04:30.10	03:04:30.10	+01:28:13 (47.8%)	8:47	6.8 (51.9%)
163	ROSIECKI Grzegorz	4207		M-40	55	01:40:27	02:30:08	03:05:02.80	03:05:02.80	+01:28:45 (48.0%)	8:48	6.8 (51.9%)
164	STASZEWSKI Piotr	4311		M-50	22	01:39:07	02:31:07	03:05:07.25	03:05:07.25	+01:28:50 (48.0%)	8:48	6.8 (51.9%)
165	FURGAŁ-ŻUREK Joanna	4073		K-40	16	01:42:09	02:32:25	03:05:27.05	03:05:27.05	+01:29:10 (48.1%)	8:49	6.8 (51.9%)
166	DĄBROWSKA Iwona	4229		K-40	17	01:42:01	02:33:55	03:05:32.20	03:05:32.20	+01:29:15 (48.1%)	8:50	6.8 (51.9%)
167	MACHULA Anna	4106	SZWADRON BASKIJSKI ALFA	K-30	20	01:41:59	02:33:41	03:06:06.15	03:06:06.15	+01:29:49 (48.3%)	8:51	6.8 (51.9%)
168	JÓZEF Marek	4038	ULTRAJÓZKI	M-40	56	01:39:02	02:33:08	03:06:16.45	03:06:16.45	+01:29:59 (48.3%)	8:52	6.8 (51.9%)
169	STASZEWSKI Dariusz	4231		M-40	57	01:39:11	02:30:12	03:06:20.45	03:06:20.45	+01:30:03 (48.3%)	8:52	6.8 (51.9%)
170	KASPRZYK Marcin	4217		M-20	11	01:39:03	02:33:20	03:06:24.30	03:06:24.30	+01:30:07 (48.3%)	8:52	6.8 (51.9%)
171	GNIZA Karolina	4057		K-20	3	01:39:59	02:31:23	03:06:41.40	03:06:41.40	+01:30:24 (48.4%)	8:53	6.7 (51.1%)
172	WÓJCIK Jarek	4158		M-50	23	01:39:45	02:34:16	03:07:03.65	03:07:03.65	+01:30:46 (48.5%)	8:54	6.7 (51.1%)
173	WÓJCIK Eliza	4152	ASICS FRONTRUNNER	K-50	7	01:39:48	02:34:16	03:07:03.75	03:07:03.75	+01:30:46 (48.5%)	8:54	6.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
174	HOŃKA Aneta	4051	DYCZUŚ TEAM	K-40	18	01:39:09	02:33:48	03:07:18.50	03:07:18.50	+01:31:01 (48.6%)	8:55	6.7 (51.1%)
175	RADWAN Justyna	4215		K-40	19	01:32:01	02:28:11	03:07:47.60	03:07:47.60	+01:31:30 (48.7%)	8:56	6.7 (51.1%)
176	OSSOWSKI Igor	4130		M-20	12	01:43:54	02:36:58	03:08:02.65	03:08:02.65	+01:31:45 (48.8%)	8:57	6.7 (51.1%)
177	ŻYTNIK Szymon	4129		M-20	13	01:43:53	02:36:58	03:08:02.70	03:08:02.70	+01:31:45 (48.8%)	8:57	6.7 (51.1%)
178	DOMBEK Andrzej	4003		M-50	24	01:41:58	02:35:32	03:08:03.00	03:08:03.00	+01:31:46 (48.8%)	8:57	6.7 (51.1%)
179	KAMIŃSKA Krystyna	4007		K-50	8	01:41:57	02:35:33	03:08:08.70	03:08:08.70	+01:31:51 (48.8%)	8:57	6.7 (51.1%)
180	POPOWICZ Joanna	4303	TEAM ZABIEGANEDNI	K-40	20	01:41:55	02:35:31	03:08:58.75	03:08:58.75	+01:32:41 (49.1%)	8:59	6.7 (51.1%)
181	PILEWSKA Anita	4126	TEAM ZABIEGANEDNI	K-50	9	01:42:03	02:37:00	03:09:38.70	03:09:38.70	+01:33:21 (49.2%)	9:01	6.6 (50.4%)
182	MALESZKA-BAGIŃSKA Kinga	4206		K-40	21	01:46:29	02:36:09	03:09:46.25	03:09:46.25	+01:33:29 (49.3%)	9:02	6.6 (50.4%)
183	KOZŁOWSKI Tomasz	4192	BBL LASY BOGDANIEC	M-40	58	01:38:58	02:36:43	03:10:11.20	03:10:11.20	+01:33:54 (49.4%)	9:03	6.6 (50.4%)
184	MILLER Agnieszka	4181	BBL LASY BOGDANIEC	K-30	21	01:38:56	02:36:43	03:10:11.35	03:10:11.35	+01:33:54 (49.4%)	9:03	6.6 (50.4%)
185	LISKE Dorota	4222		K-50	10	01:43:22	02:38:12	03:11:15.60	03:11:15.60	+01:34:58 (49.7%)	9:06	6.6 (50.4%)
186	BULIKOWSKA Natalia	4242		K-20	4	01:37:05	02:31:54	03:11:21.90	03:11:21.90	+01:35:04 (49.7%)	9:06	6.6 (50.4%)
187	JAGIEŁOWICZ Szymon	4243		M-20	14	01:37:04	02:31:53	03:11:22.20	03:11:22.20	+01:35:05 (49.7%)	9:06	6.6 (50.4%)
188	OSTROWSKI Łukasz	4055	BIEGOWA ŚRODA	M-40	59	01:43:19	02:37:34	03:11:52.20	03:11:52.20	+01:35:35 (49.8%)	9:08	6.6 (50.4%)
189	GOSTYŃSKA Beata	4156	BIEGAJĄCE KREJZOLE	K-40	22	01:40:13	02:38:38	03:11:53.30	03:11:53.30	+01:35:36 (49.8%)	9:08	6.6 (50.4%)
190	SZAL Małgorzata	4053	TENIS CENTRUM AS	K-30	22	01:42:06	02:38:22	03:12:07.55	03:12:07.55	+01:35:50 (49.9%)	9:08	6.6 (50.4%)
191	NAWROT Artur	4083		M-40	60	01:43:51	02:37:24	03:12:16.25	03:12:16.25	+01:35:59 (49.9%)	9:09	6.6 (50.4%)
192	KŁOCZKO Aleksander	4080		M-20	15	01:42:08	02:38:01	03:12:18.05	03:12:18.05	+01:36:01 (49.9%)	9:09	6.6 (50.4%)
193	WOJAKOWSKA Katarzyna	4289	K&K RUN	K-40	23	01:36:40	02:38:39	03:12:52.95	03:12:52.95	+01:36:35 (50.1%)	9:11	6.5 (49.6%)
194	LEŻAK Kamila	4251	WEBER ACTIVE TEAM	K-30	23	01:41:51	02:40:45	03:13:05.75	03:13:05.75	+01:36:48 (50.1%)	9:11	6.5 (49.6%)
195	GALEWSKI Łukasz	4168	PSY NA KANAPY NIE NA ŁAŃCUCHY	M-30	34	01:43:09	02:37:44	03:13:12.75	03:13:12.75	+01:36:55 (50.2%)	9:12	6.5 (49.6%)
196	LULKA Marcin	4108		M-50	25	01:29:45	02:38:11	03:13:34.35	03:13:34.35	+01:37:17 (50.3%)	9:13	6.5 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
197	KARLA Wojciech	4220		M-30	35	01:39:49	02:34:39	03:14:03.20	03:14:03.20	+01:37:46 (50.4%)	9:14	6.5 (49.6%)
198	KRZYSZTOŃ Grzegorz	4016	OBORYGENI	M-50	26	01:46:27	02:41:16	03:14:54.95	03:14:54.95	+01:38:37 (50.6%)	9:16	6.5 (49.6%)
199	GRADYS Arkadiusz	4096		M-30	36	01:40:31	02:42:13	03:15:48.45	03:15:48.45	+01:39:31 (50.8%)	9:19	6.4 (48.9%)
199	GRADYS Konrad	4097		M-40	61	01:41:07	02:42:30	03:15:48.45	03:15:48.45	+01:39:31 (50.8%)	9:19	6.4 (48.9%)
201	GRADYS Kamil	4098		M-30	37	01:40:32	02:42:14	03:15:48.75	03:15:48.75	+01:39:31 (50.8%)	9:19	6.4 (48.9%)
202	TWOMEY Mark	4255		M-40	62	01:41:18	02:38:45	03:16:01.80	03:16:01.80	+01:39:44 (50.9%)	9:20	6.4 (48.9%)
203	MACEK Michal	4239	BIEGAJODZERA	M-40	63	01:44:22	02:42:09	03:16:31.95	03:16:31.95	+01:40:14 (51.0%)	9:21	6.4 (48.9%)
203	MACEK Edyta	4240	BIEGAJODZERA	K-40	24	01:44:25	02:42:08	03:16:31.95	03:16:31.95	+01:40:14 (51.0%)	9:21	6.4 (48.9%)
205	BASTA Grzegorz	4180	BBL LASY BOGDANIEC	M-50	27	01:46:20	02:44:08	03:16:46.15	03:16:46.15	+01:40:29 (51.1%)	9:22	6.4 (48.9%)
206	MOŹDZIERZ Agata	4088		K-30	24	01:46:31	02:43:57	03:16:50.85	03:16:50.85	+01:40:33 (51.1%)	9:22	6.4 (48.9%)
207	ŁĄCKA Małgorzata	4138	RUNNING RENEGADES	K-40	25	01:39:54	02:43:59	03:16:57.25	03:16:57.25	+01:40:40 (51.1%)	9:22	6.4 (48.9%)
208	ŁĄCKI Marcin	4137	RUNNING RENEGADES	M-40	64	01:39:56	02:44:22	03:16:57.40	03:16:57.40	+01:40:40 (51.1%)	9:22	6.4 (48.9%)
209	SERWIK Agnieszka	4146	RUNNING RENEGADES	K-40	26	01:41:19	02:43:52	03:16:57.50	03:16:57.50	+01:40:40 (51.1%)	9:22	6.4 (48.9%)
210	FICEK Tomasz	4094		M-30	38	01:42:30	02:39:54	03:17:01.00	03:17:01.00	+01:40:44 (51.1%)	9:22	6.4 (48.9%)
211	NOGA Aleksandra	4101		K-40	27	01:49:30	02:46:34	03:17:53.35	03:17:53.35	+01:41:36 (51.3%)	9:25	6.4 (48.9%)
212	WAJDA Tomasz	4223		M-40	65	01:53:23		03:18:26.70	03:18:26.70	+01:42:09 (51.5%)	9:26	6.3 (48.1%)
213	RODAK Damian	4287		M-30	39	01:44:33	02:45:34	03:19:00.30	03:19:00.30	+01:42:43 (51.6%)	9:28	6.3 (48.1%)
214	SADOWSKA Magdalena	4104		K-40	28	01:49:29	02:46:39	03:19:47.45	03:19:47.45	+01:43:30 (51.8%)	9:30	6.3 (48.1%)
215	MĄDRA Magda	4134	AM FIT ODOLANÓW	K-30	25	01:43:55	02:43:25	03:19:54.40	03:19:54.40	+01:43:37 (51.8%)	9:31	6.3 (48.1%)
216	OLECHNOWICZ Magda	4107	BBL GORZÓW	K-50	11	01:47:27	02:46:51	03:20:17.95	03:20:17.95	+01:44:00 (51.9%)	9:32	6.3 (48.1%)
217	BLACHOWSKI Jacek	4170		M-50	28	01:47:28	02:45:04	03:20:26.65	03:20:26.65	+01:44:09 (52.0%)	9:32	6.3 (48.1%)
218	PIETRUSIAK Krzysztof	4135		M-40	66	01:47:17	02:47:20	03:20:36.10	03:20:36.10	+01:44:19 (52.0%)	9:33	6.3 (48.1%)
219	POŁCZYŃSKI Maciej	4226	STALOWA ŁYDA	M-40	67	01:51:55	02:53:14	03:20:41.95	03:20:41.95	+01:44:24 (52.0%)	9:33	6.3 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
220	ŻYTNIK Piotr	4128		M-50	29	01:45:21	02:44:02	03:20:44.55	03:20:44.55	+01:44:27 (52.0%)	9:33	6.3 (48.1%)
221	PIETRUSIAK Agnieszka	4136		K-40	29	01:47:07	02:47:20	03:20:50.65	03:20:50.65	+01:44:33 (52.1%)	9:33	6.3 (48.1%)
222	CIŻYŃSKA Katarzyna	4304		K-20	5	01:46:39	02:46:51	03:21:10.25	03:21:10.25	+01:44:53 (52.1%)	9:34	6.3 (48.1%)
223	RZECZYŃSKA Anna	4185	BBL GORZÓW WLKP	K-50	12	01:47:25	02:47:47	03:21:31.20	03:21:31.20	+01:45:14 (52.2%)	9:35	6.3 (48.1%)
224	DWORCZAK Małgorzata	4100	WHY NOT	K-40	30	01:50:47	02:47:15	03:22:28.95	03:22:28.95	+01:46:11 (52.4%)	9:38	6.2 (47.3%)
224	MAĆKOWIAK Michał	4263	MAĆKOWIAK TEAM	M-40	68	01:50:49	02:47:15	03:22:28.95	03:22:28.95	+01:46:11 (52.4%)	9:38	6.2 (47.3%)
226	SOBIELARSKA Joanna	4004	TEAM ZABIEGANEDNI	K-30	26	01:45:22	02:44:59	03:23:18.40	03:23:18.40	+01:47:01 (52.6%)	9:40	6.2 (47.3%)
227	PLACHIMOWICZ Natalia	4297	MOCNA GRUPA CEZARA	K-40	31	01:49:28	02:48:23	03:23:53.10	03:23:53.10	+01:47:36 (52.8%)	9:42	6.2 (47.3%)
228	MATYJASZCZYK Marcin	4200	TARNOWO PODGÓRNE BIEGA	M-30	40	01:44:07	02:49:12	03:24:25.20	03:24:25.20	+01:48:08 (52.9%)	9:44	6.2 (47.3%)
229	SĘK Julianna	4019		K-20	6	01:49:26	02:48:06	03:25:04.85	03:25:04.85	+01:48:47 (53.1%)	9:45	6.1 (46.6%)
230	WINCENCIAK Jan	4023		M-20	16	01:49:25	02:48:06	03:25:05.05	03:25:05.05	+01:48:48 (53.1%)	9:45	6.1 (46.6%)
231	TOWPIK Piotr	4095		M-40	69	01:43:38	02:44:56	03:25:16.05	03:25:16.05	+01:48:59 (53.1%)	9:46	6.1 (46.6%)
232	SZACHT Izabela	4061		K-40	32	01:51:40	02:51:01	03:26:31.15	03:26:31.15	+01:50:14 (53.4%)	9:50	6.1 (46.6%)
233	ŚLIWIŃSKI Jan	4195		M-30	41	01:43:19	02:49:13	03:31:06.75	03:31:06.75	+01:54:49 (54.4%)	10:03	6 (45.8%)
234	ROKITA-MATYKA Martyna	4155		K-30	27	01:55:44	02:56:20	03:31:19.40	03:31:19.40	+01:55:02 (54.4%)	10:03	6 (45.8%)
235	KWIATKOWSKA Marta	4265		K-40	33	01:44:39	02:46:26	03:31:45.75	03:31:45.75	+01:55:28 (54.5%)	10:05	6 (45.8%)
236	BERNACKA Kinga	4036		K-40	34	01:45:33	02:51:06	03:32:33.05	03:32:33.05	+01:56:16 (54.7%)	10:07	5.9 (45.0%)
237	CZAPIK Marta	4236	SKILL2B	K-30	28	01:51:27	02:56:54	03:33:41.60	03:33:41.60	+01:57:24 (54.9%)	10:10	5.9 (45.0%)
238	GŁUSZCZAK Jerzy	4227	AKG ŁÓDŹ	M-60	3	01:46:26	02:51:20	03:34:40.05	03:34:40.05	+01:58:23 (55.1%)	10:13	5.9 (45.0%)
239	KOWALSKI Damian	4213		M-30	42	01:46:44	02:53:49	03:34:53.75	03:34:53.75	+01:58:36 (55.2%)	10:13	5.9 (45.0%)
240	GAJLEWICZ Natalia	4272		K-30	29	01:48:34	02:56:49	03:35:12.75	03:35:12.75	+01:58:55 (55.3%)	10:14	5.9 (45.0%)
241	BIENIEK Bartłomiej	4232		M-20	17	01:57:08	02:59:15	03:35:28.70	03:35:28.70	+01:59:11 (55.3%)	10:15	5.8 (44.3%)
242	FABISIAK Anna	4025	TEAM ZABIEGANEDNI	K-40	35	01:58:48	03:03:39	03:35:50.50	03:35:50.50	+01:59:33 (55.4%)	10:16	5.8 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
243	DEMCZAR Jacek	4173	W STRONĘ ULTRA	M-50	30	01:53:25	02:58:27	03:36:05.50	03:36:05.50	+01:59:48 (55.4%)	10:17	5.8 (44.3%)
243	JASTRZĘBSKA-DEMCZAR Aneta	4174		K-50	13	01:49:36	02:57:46	03:36:05.50	03:36:05.50	+01:59:48 (55.4%)	10:17	5.8 (44.3%)
245	MAZIJ Aleksander	4257	SPARTA ŚWIDNICA	M-40	70	01:49:53	02:53:28	03:36:54.90	03:36:54.90	+02:00:37 (55.6%)	10:19	5.8 (44.3%)
246	ROCHOWIAK Janusz	4254		M-60	4	01:53:21	02:59:09	03:38:54.25	03:38:54.25	+02:02:37 (56.0%)	10:25	5.8 (44.3%)
247	CHMIELEWSKI Jan	4249		M-40	71	01:51:53	03:00:22	03:39:28.50	03:39:28.50	+02:03:11 (56.1%)	10:27	5.7 (43.5%)
248	PIEKAROWICZ Magdalena	4300		K-50	14	01:55:49	03:02:44	03:40:45.45	03:40:45.45	+02:04:28 (56.4%)	10:30	5.7 (43.5%)
249	RYBARCZYK Agnieszka	4117	#BIEGIEMWLAS	K-40	36	01:49:23	03:05:14	03:41:09.05	03:41:09.05	+02:04:52 (56.5%)	10:31	5.7 (43.5%)
250	WORONOWICZ-GOSIENIECKA Agnieszka	4210		K-40	37	01:55:47	03:05:14	03:41:09.30	03:41:09.30	+02:04:52 (56.5%)	10:31	5.7 (43.5%)
251	KWAPIŃSKA Anna	4166		K-40	38	01:56:35	03:05:51	03:45:16.40	03:45:16.40	+02:08:59 (57.3%)	10:43	5.6 (42.7%)
252	LINART Jakub	4085		M-30	43	01:42:05	03:05:19	03:45:55.80	03:45:55.80	+02:09:38 (57.4%)	10:45	5.6 (42.7%)
253	KASPRZAK Łukasz	4216	DOLNY ŚLĄSK	M-40	72	01:56:10	03:06:31	03:47:58.30	03:47:58.30	+02:11:41 (57.8%)	10:51	5.5 (42.0%)
254	MAKSYS Ievgen	4167	DRUŻYNA JOB	M-30	44	01:58:52	03:07:29	03:49:32.25	03:49:32.25	+02:13:15 (58.1%)	10:55	5.5 (42.0%)
255	GOŁĘBIEWSKI Sławomir	4048	OSP ŚREM	M-30	45	01:58:43	03:10:43	03:49:56.75	03:49:56.75	+02:13:39 (58.1%)	10:56	5.5 (42.0%)
256	FLACZYŃSKA Aldona	4049	ŻÓŁWICE W BIEGU	K-40	39	01:58:45	03:10:40	03:49:57.20	03:49:57.20	+02:13:40 (58.1%)	10:57	5.5 (42.0%)
257	WOLANIN Piotr	4191	KWZG, IGGY&WRANGLER	M-50	31	01:56:15	03:07:02	03:49:59.70	03:49:59.70	+02:13:42 (58.1%)	10:57	5.5 (42.0%)
258	INOROWICZ Joanna	4201		K-40	40	01:58:56	03:12:37	03:50:02.70	03:50:02.70	+02:13:45 (58.1%)	10:57	5.5 (42.0%)
259	KOŁACIŃSKA Ewelina	4076	TEAM ZABIEGANEDNI	K-40	41	02:02:52	03:13:02	03:50:42.80	03:50:42.80	+02:14:25 (58.3%)	10:59	5.5 (42.0%)
260	KONIECZNA Aleksandra	4037		K-40	42	01:55:39	03:15:39	03:51:44.60	03:51:44.60	+02:15:27 (58.5%)	11:02	5.4 (41.2%)
261	JAKUBOWSKI Mikołaj	4054	KARYKATURYZACZAROWANYOLOWEK.PL	M-30	46	01:58:54	03:13:47	03:53:59.25	03:53:59.25	+02:17:42 (58.9%)	11:08	5.4 (41.2%)
262	PIEKAROWICZ Piotr	4163		M-60	5	02:04:47	03:13:29	03:54:08.55	03:54:08.55	+02:17:51 (58.9%)	11:08	5.4 (41.2%)
263	SZYMCZAK Marcin	4060		M-40	73	01:55:10	03:10:05	03:54:15.90	03:54:15.90	+02:17:58 (58.9%)	11:09	5.4 (41.2%)
264	KASZUBIAK Bożena	4069		K-50	15	01:58:51	03:11:44	03:56:23.35	03:56:23.35	+02:20:06 (59.3%)	11:15	5.3 (40.5%)
265	MASZTALSKA Joanna	4302		K-20	7	01:58:46	03:11:43	03:56:24.15	03:56:24.15	+02:20:07 (59.3%)	11:15	5.3 (40.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Błędne Skały 10km	Jakubowice 16km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
266	STAJER Edyta	4059		K-50	16	01:59:42	03:14:16	03:56:30.10	03:56:30.10	+02:20:13 (59.3%)	11:15	5.3 (40.5%)
267	SIERANT Marian	4079		M-60	6	02:05:47	03:16:23	03:57:21.60	03:57:21.60	+02:21:04 (59.4%)	11:18	5.3 (40.5%)
268	MARCINIAK Barbara	4245		K-40	43	02:01:59	03:16:35	03:59:55.65	03:59:55.65	+02:23:38 (59.9%)	11:25	5.3 (40.5%)
269	PISULA Maja	4115		K-40	44	02:05:50	03:18:48	04:02:17.55	04:02:17.55	+02:26:00 (60.3%)	11:32	5.2 (39.7%)
270	PISULA Łukasz	4116		M-40	74	02:05:48	03:18:48	04:02:17.80	04:02:17.80	+02:26:00 (60.3%)	11:32	5.2 (39.7%)
271	BIECZYNSKA Anna	4005		K-40	45	02:04:55	03:22:57	04:08:38.85	04:08:38.85	+02:32:21 (61.3%)	11:50	5.1 (38.9%)
272	ŻUREK Michał	4087		M-40	75	02:04:52	03:16:31	04:08:49.85	04:08:49.85	+02:32:32 (61.3%)	11:50	5.1 (38.9%)
273	MACIAS Waldemar	4175	YOU ROCK IT GRANDPA	M-60	7	02:13:18	03:30:07	04:14:38.70	04:14:38.70	+02:38:21 (62.2%)	12:07	4.9 (37.4%)
274	ŁABENDA Lonia	4141		K-50	17	01:59:39	03:22:21	04:16:17.25	04:16:17.25	+02:40:00 (62.4%)	12:12	4.9 (37.4%)
274	ŁABENDA Piotr	4142		M-20	18	01:59:40	03:22:22	04:16:17.25	04:16:17.25	+02:40:00 (62.4%)	12:12	4.9 (37.4%)
276	SKÓRSKI Stanisław	4075	RAZ SZCZECIN	M-60	8	01:54:08	03:23:36	04:18:57.65	04:18:57.65	+02:42:40 (62.8%)	12:19	4.9 (37.4%)
277	DUNOWSKA Ilona	4149	BBL LASY BOGDANIEC	K-50	18	02:13:07	03:34:17	04:23:23.75	04:23:23.75	+02:47:06 (63.4%)	12:32	4.8 (36.6%)
278	DUNOWSKI Przemysław	4150	BBL LASY BOGDANIEC	M-50	32	02:13:08	03:34:14	04:23:24.05	04:23:24.05	+02:47:07 (63.4%)	12:32	4.8 (36.6%)
279	MILLER Paweł	4001	BBL LASY BOGDANIEC	M-30	47	02:17:40	03:46:17	04:39:22.00	04:39:22.00	+03:03:05 (65.5%)	13:18	4.5 (34.4%)
280	KOWALEWSKA Katarzyna	4040		K-50	19	02:27:54	03:51:31	04:46:42.05	04:46:42.05	+03:10:25 (66.4%)	13:39	4.4 (33.6%)
	KIEŁBASIEWICZ Dawid	4052	BALTIC HOME ŚWINOUJŚCIE	M-30		01:26:21 DNF	DNF	DNF	DNF		-	- (0.0%)
	CIEŻ Marcelina	4145		K-30		01:26:24 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 282 wynik(ów)