



|                       |     |
|-----------------------|-----|
| <b>PUNKT</b><br>62 km | 🍴💧🩹 |
| ⌚ LIMIT: 10:00 h      |     |
| <b>PUNKT WYBORU</b>   |     |

|                      |     |
|----------------------|-----|
| <b>START</b>         | 🍴💧🩹 |
| <b>META</b><br>20 km | 🍴💧🩹 |
| ⌚ LIMIT: 3:30 h      |     |
| <b>META</b><br>42 km | 🍴💧🩹 |
| ⌚ LIMIT: 8:00 h      |     |
| <b>META</b><br>63 km | 🍴💧🩹 |
| ⌚ LIMIT: 12:00 h     |     |
| <b>META</b><br>75 km | 🍴💧🩹 |
| ⌚ LIMIT: 13:00 h     |     |

|                        |     |
|------------------------|-----|
| <b>PUNKT</b><br>9.5 km | 🍴💧🩹 |
| ⌚ LIMIT: 2:00 h        |     |
| <b>PUNKT</b><br>25 km  | 🍴💧🩹 |
| ⌚ LIMIT: 4:30 h        |     |
| <b>PUNKT</b><br>49 km  | 🍴💧🩹 |
| ⌚ LIMIT: 9:30 h        |     |

|                         |     |
|-------------------------|-----|
| <b>PUNKT</b><br>12.5 km | 🍴💧🩹 |
| ⌚ LIMIT: 2:30 h         |     |
| <b>PUNKT</b><br>29 km   | 🍴💧🩹 |
| ⌚ LIMIT: 5:30 h         |     |
| <b>PUNKT</b><br>53 km   | 🍴💧🩹 |
| ⌚ LIMIT: 10:30 h        |     |

|                       |     |
|-----------------------|-----|
| <b>PUNKT</b><br>36 km | 🍴💧🩹 |
| ⌚ LIMIT: 6:30 h       |     |
| <b>PUNKT</b><br>70 km | 🍴💧🩹 |
| ⌚ LIMIT: 12:00 h      |     |

# 3X BISKUPIA KOPA

PÓLMARATON MARATON ULTRA PLUS

