BIESZCZADZKI PÓŁMARATON RYSIA - 23 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2019
Organizator: GOKSiT Polańczyk
Data: 2019-10-20
Miejsce: Polańczyk
Dystans: 23 km

HERKULES
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	**CHENIKALO Oleksandr**	**36**	RUN4U	M-16	1	00:22:07	01:09:21	01:21:46	01:41:43	**01:46:16.72**		4:37	13 (100%)
2	**DOBRANSKYY Bogdan**	**50**	FLAVIO RUNNING	M-16	2	00:22:09	01:09:22	01:21:48	01:41:46	**01:47:15.92**	+00:00:59 (0.9%)	4:39	12.9 (99.2%)
3	**JAŁOCHA Mieczysław**	**97**	PRZEMYSKI KLUB BIEGACZA 2	M-50	1	00:25:49	01:15:20	01:27:16	01:48:15	**01:54:01.27**	+00:07:44 (6.8%)	4:57	12.1 (93.1%)
4	**SZEREMETA Tomasz**	**286**		M-40	1	00:25:50	01:15:21	01:27:15	01:48:15	**01:54:13.98**	+00:07:57 (7.0%)	4:58	12.1 (93.1%)
5	**KOBYLARZ Piotr**	**113**	RZESZOWSKIE GAZELE I GEPARDY	M-30	1	00:25:00	01:15:10	01:27:15	01:49:44	**01:55:20.36**	+00:09:03 (7.9%)	5:00	12 (92.3%)
6	**MAŁEK Andrzej**	**150**	PRZEMYSKI KLUB BIEGACZA 5	M-40	2	00:26:25	01:16:32	01:29:17	01:51:39	**01:57:47.28**	+00:11:30 (9.8%)	5:07	11.7 (90.0%)
7	**KOSTERKIEWICZ Marcin**	**123**	FANTASTYCZNA TRÓJKA	M-40	3	00:26:33	01:19:00	01:31:16	01:52:45	**01:58:08.79**	+00:11:52 (10.0%)	5:08	11.7 (90.0%)
8	**ROHAN Łukasz**	**207**	PRZEMYSKI KLUB BIEGACZA 2	M-30	2	00:26:02	01:16:18	01:29:11	01:52:08	**01:58:39.20**	+00:12:22 (10.4%)	5:09	11.6 (89.2%)
9	**BRENDZOWSKI Adam**	**29**	SOLINATEAM	M-30	3	00:25:50	01:16:00	01:29:29	01:53:57	**02:00:16.36**	+00:13:59 (11.6%)	5:13	11.5 (88.5%)
10	**MICHALEC Marcin**	**158**	KKB MOSIR KROSNO	M-30	4	00:25:19	01:16:56	01:30:46	01:54:38	**02:00:34.29**	+00:14:17 (11.9%)	5:14	11.4 (87.7%)
11	**DUTKEVYCH Viktoriya**	**63**		K-16	1	00:27:39	01:21:07	01:37:24	01:59:53	**02:06:15.56**	+00:19:58 (15.8%)	5:29	10.9 (83.8%)
12	**WINIARSKA Katarzyna**	**267**	FANTASTYCZNA TRÓJKA	K-30	1	00:27:43	01:22:37	01:37:55	02:00:40	**02:06:54.05**	+00:20:37 (16.3%)	5:31	10.9 (83.8%)
13	**ROGOWSKA Anna**	**135**	DECARUN RZESZÓW	K-30	2	00:32:17	01:33:06	01:48:43	02:15:42	**02:23:16.23**	+00:36:59 (25.8%)	6:13	9.6 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
14	**KLINGER Weronika**	**110**	PRZEMYSKI KLUB BIEGACZA 1	K-30	3	00:32:29	01:34:10	01:50:09	02:17:44	**02:24:45.46**	+00:38:28 (26.6%)	6:17	9.5 (73.1%)
15	**MATYSIAK Agnieszka**	**20**	KOPALNIA MOCY TARNOBRZEG	K-30	4	00:32:34	01:34:47	01:51:09	02:18:53	**02:26:34.37**	+00:40:17 (27.5%)	6:22	9.4 (72.3%)
16	**STEFAŃSKA Maria**	**235**	PRZEMYSKI KLUB BIEGACZA 1	K-40	1	00:32:56	01:36:29	01:53:26	02:21:44	**02:29:17.77**	+00:43:01 (28.8%)	6:29	9.2 (70.8%)
17	**AMROŻKIEWICZ - GROMEK Judyta**	**3**	AMROŻKIEWICZ TEAM/ SAN-REH BOGDAN GROMEK	K-30	5	00:34:03	01:38:48	01:56:44	02:25:57	**02:34:57.10**	+00:48:40 (31.4%)	6:44	8.9 (68.5%)
18	**OGŁUSZKA Elżbieta**	**179**	DECARUN RZESZÓW	K-30	6	00:33:50	01:41:42	01:59:52	02:30:17	**02:38:21.17**	+00:52:04 (32.9%)	6:53	8.7 (66.9%)
19	**OLEKSZYK Joanna**	**182**	DECARUN RZESZÓW	K-16	2	00:34:06	01:41:38	02:00:08	02:30:34	**02:39:03.35**	+00:52:46 (33.2%)	6:54	8.7 (66.9%)
20	**CYPRYŚ Joanna**	**44**	DECARUN RZESZÓW	K-16	3	00:34:03	01:41:46	02:00:12	02:30:31	**02:39:04.93**	+00:52:48 (33.2%)	6:55	8.7 (66.9%)
21	**PEMPUŚ Bernard**	**192**	PRZEMYSKI KLUB BIEGACZA 2	M-16	3	00:27:37	01:19:37	01:31:32	01:54:33	**02:00:37.82**	+00:14:21 (11.9%)	5:14	11.4 (87.7%)
22	**SKAWIŃSKI Tomasz**	**222**	DWERNIK KAMIEŃ TRAIL	M-30	5	00:26:29	01:19:23	01:32:24	01:54:49	**02:00:59.84**	+00:14:43 (12.2%)	5:15	11.4 (87.7%)
23	**STAŃKO Paweł**	**231**	BIESY I CZORTY	M-40	4	00:26:22	01:19:20	01:32:31	01:54:50	**02:01:00.25**	+00:14:43 (12.2%)	5:15	11.4 (87.7%)
24	**KOZŁOWSKI Krzysztof**	**126**	PRZEMYSKI KLUB BIEGACZA	M-40	5	00:27:21	01:19:35	01:32:20	01:54:59	**02:01:05.07**	+00:14:48 (12.2%)	5:15	11.4 (87.7%)
25	**CHOJNACKI Wiktor**	**118**		M-30	6	00:25:51	01:18:49	01:32:04	01:54:47	**02:01:29.93**	+00:15:13 (12.5%)	5:16	11.4 (87.7%)
26	**GIEFERT Tomasz**	**74**	PRZEMYSKI KLUB BIEGACZA 2,5	M-30	7	00:26:56	01:20:34	01:34:39	01:58:18	**02:05:52.55**	+00:19:35 (15.6%)	5:28	11 (84.6%)
27	**KUŚMIDER Jakub**	**112**	FANTASTYCZNA TRÓJKA	M-30	8	00:29:23	01:24:32	01:38:46	02:00:58	**02:06:57.78**	+00:20:41 (16.3%)	5:31	10.9 (83.8%)
28	**KOHUT Dariusz**	**115**	PRZEMYSKI KLUB BIEGACZA 2,5	M-40	6	00:27:50	01:22:39	01:38:03	02:00:35	**02:07:07.66**	+00:20:50 (16.4%)	5:31	10.9 (83.8%)
29	**PREISNER Robert**	**199**	PRZEMYSKI KLUB BIEGACZA 2,5	M-50	2	00:27:09	01:21:21	01:35:10	02:00:18	**02:07:21.61**	+00:21:04 (16.6%)	5:32	10.8 (83.1%)
30	**WEREMKO Grzegorz**	**260**	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	00:27:12	01:22:45	01:38:11	02:01:43	**02:08:38.62**	+00:22:21 (17.4%)	5:35	10.7 (82.3%)
31	**OLEJARSKI Marcin**	**181**	PRUCHNICKA GRUPA BIEGOWA	M-30	9	00:29:02	01:25:37	01:39:28	02:02:28	**02:08:54.55**	+00:22:37 (17.6%)	5:36	10.7 (82.3%)
32	**GUT Jacek**	**87**	CENTRUM ANIMACJI SPOŁECZNEJ	M-16	4	00:27:57	01:23:10	01:38:23	02:02:01	**02:08:56.54**	+00:22:39 (17.6%)	5:36	10.7 (82.3%)
33	**DELEŻUCH Wojciech**	**49**	OSP NIEMCE	M-40	8	00:27:55	01:24:00	01:39:08	02:02:49	**02:09:38.38**	+00:23:21 (18.0%)	5:38	10.6 (81.5%)
34	**RUCIŃSKI Piotr**	**211**		M-30	10	00:28:37	01:26:23	01:40:45	02:06:06	**02:12:26.43**	+00:26:09 (19.8%)	5:45	10.4 (80.0%)
35	**OCZOŚ Hubert**	**177**	OSTR STUFF	M-30	11	00:28:47	01:26:18	01:41:24	02:06:07	**02:13:10.77**	+00:26:54 (20.2%)	5:47	10.4 (80.0%)
36	**KANIECKI Paweł**	**106**	MIEJSCE BLOK B	M-30	12	00:29:29	01:26:32	01:41:00	02:06:26	**02:13:46.55**	+00:27:29 (20.6%)	5:48	10.3 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
37	**NEBOHA Nikita**	**170**	NIKE RUN CLUB	M-16	5	00:27:45	01:24:04	01:40:30	02:07:45	**02:15:23.83**	+00:29:07 (21.5%)	5:53	10.2 (78.5%)
38	**KACZMARSKI Grzegorz**	**104**	KACZMARSKI TEAM	M-30	13	00:26:05	01:20:30	01:37:31	02:04:20	**02:15:24.92**	+00:29:08 (21.5%)	5:53	10.2 (78.5%)
39	**HOROSZKO Ernest**	**92**	SWR SOSBIKE SANOK	M-30	14	00:29:38	01:28:58	01:43:12	02:09:10	**02:16:09.25**	+00:29:52 (21.9%)	5:55	10.1 (77.7%)
40	**BANASIK Krzysiek**	**15**	PRUCHNICKA GRUPA BIEGOWA	M-30	15	00:28:56	01:27:02	01:42:10	02:09:15	**02:16:15.54**	+00:29:58 (22.0%)	5:55	10.1 (77.7%)
41	**BERNAT Tomasz**	**21**		M-40	9	00:28:14	01:27:18	01:42:15	02:09:10	**02:16:19.67**	+00:30:02 (22.0%)	5:55	10.1 (77.7%)
42	**WASYLÓW Jacek**	**259**	ANTEK TEAM LIPOWICA-PRZEMYŚL	M-30	16	00:28:34	01:27:50	01:43:09	02:09:44	**02:16:38.52**	+00:30:21 (22.2%)	5:56	10.1 (77.7%)
43	**RADYK Jakub**	**203**	PRZEMYSKI KLUB BIEGACZA	M-30	17	00:29:03	01:27:26	01:43:09	02:09:28	**02:16:44.83**	+00:30:28 (22.3%)	5:56	10.1 (77.7%)
44	**PYRZAK Jacek**	**202**	CENTRUM ANIMACJI SPOŁECZNEJ	M-30	18	00:30:56	01:30:44	01:45:57	02:10:12	**02:17:01.11**	+00:30:44 (22.4%)	5:57	10.1 (77.7%)
45	**CHODOWIEC Emil**	**39**		M-30	19	00:29:18	01:28:26	01:44:39	02:10:28	**02:17:24.59**	+00:31:07 (22.7%)	5:58	10 (76.9%)
46	**ZAWISZA Grzegorz**	**277**		M-16	6	00:29:04	01:27:27	01:43:14	02:09:47	**02:17:25.32**	+00:31:08 (22.7%)	5:58	10 (76.9%)
47	**BODNAR Krystian**	**26**		M-16	7	00:29:56	01:29:22	01:44:58	02:10:39	**02:17:26.70**	+00:31:09 (22.7%)	5:58	10 (76.9%)
48	**OGŁUSZKA Michał**	**180**	DECARUN RZESZÓW 2	M-30	20	00:30:14	01:28:24	01:44:04	02:10:41	**02:17:45.55**	+00:31:28 (22.9%)	5:59	10 (76.9%)
49	**STADNIK Wojciech**	**229**	PRZEMYSKI KLUB BIEGACZA 3	M-40	10	00:29:51	01:28:59	01:44:06	02:10:36	**02:17:53.20**	+00:31:36 (22.9%)	5:59	10 (76.9%)
50	**TUTKA Dominik**	**253**	NALEŚNIKI	M-30	21	00:30:41	01:29:46	01:44:56	02:11:56	**02:19:52.61**	+00:33:35 (24.0%)	6:04	9.9 (76.2%)
51	**BODNAR Adrian**	**25**		M-16	8	00:30:40	01:29:50	01:44:46	02:12:03	**02:19:57.07**	+00:33:40 (24.1%)	6:05	9.9 (76.2%)
52	**KARDASZ Marek**	**108**	SOLINA TEAM	M-40	11	00:31:02	01:30:39	01:46:40	02:13:16	**02:20:22.11**	+00:34:05 (24.3%)	6:06	9.8 (75.4%)
53	**PODOLAK Paweł**	**198**	MKS UKB HALICZ	M-30	22	00:29:08	01:29:28	01:45:08	02:12:27	**02:20:39.22**	+00:34:22 (24.4%)	6:06	9.8 (75.4%)
54	**OPAŁKA Rafał**	**184**		M-40	12	00:29:33	01:29:34	01:45:44	02:12:39	**02:20:39.37**	+00:34:22 (24.4%)	6:06	9.8 (75.4%)
55	**ORYSZCZAK Bartłomiej**	**185**	MTB ROZTOCZE	M-30	23	00:30:31	01:31:50	01:46:35	02:13:07	**02:20:45.22**	+00:34:28 (24.5%)	6:07	9.8 (75.4%)
56	**JACHIMOWSKI Jarosław**	**94**	POZYTYWNIE ZABIEGANI SANOK	M-30	24	00:30:41	01:30:48	01:47:06	02:13:57	**02:21:14.60**	+00:34:57 (24.8%)	6:08	9.8 (75.4%)
57	**CURZYDŁO Bogdan**	**42**	POZYTYWNIE ZABIEGANI SANOK	M-40	13	00:30:32	01:30:55	01:46:55	02:13:51	**02:21:16.00**	+00:34:59 (24.8%)	6:08	9.8 (75.4%)
58	**WOLIŃSKI Ryszard**	**274**	NOWY STYL RUNNIG TEAM	M-30	25	00:30:10	01:30:15	01:46:47	02:13:43	**02:21:43.84**	+00:35:27 (25.0%)	6:09	9.7 (74.6%)
59	**HANDZIAK Tomasz**	**89**		M-30	26	00:32:04	01:34:12	01:49:14	02:14:59	**02:22:01.48**	+00:35:44 (25.2%)	6:10	9.7 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
60	**KRUSZYŃSKI Marek**	**130**	PRZEMYSKI KLUB BIEGACZA 4	M-50	3	00:32:30	01:34:43	01:49:36	02:15:46	**02:22:52.48**	+00:36:35 (25.6%)	6:12	9.7 (74.6%)
61	**DOPART Tomasz**	**51**	DWERNIK KAMIEŃ TRAIL	M-40	14	00:30:26	01:31:48	01:47:23		**02:23:05.68**	+00:36:48 (25.7%)	6:13	9.6 (73.8%)
62	**MAJ Witold**	**147**	OLDBOYS TRUSKOLASY	M-50	4	00:29:33	01:29:13	01:46:21	02:14:57	**02:23:12.47**	+00:36:55 (25.8%)	6:13	9.6 (73.8%)
63	**WIERZBICKI Janusz**	**263**		M-30	27	00:29:05	01:30:07	01:47:34	02:15:54	**02:23:53.85**	+00:37:37 (26.1%)	6:15	9.6 (73.8%)
64	**GRYCIUK Walenty**	**85**		M-50	5	00:30:04	01:32:06	01:48:07	02:15:31	**02:24:21.70**	+00:38:04 (26.4%)	6:16	9.6 (73.8%)
65	**PIETRASIEWICZ Maciej**	**194**	KRESOWIANIE	M-30	28	00:30:56	01:32:00	01:49:32	02:16:56	**02:25:09.00**	+00:38:52 (26.8%)	6:18	9.5 (73.1%)
66	**MACIEJKO Rafał**	**145**	KRESOWIANIE	M-40	15	00:31:11	01:31:59	01:49:35	02:17:00	**02:25:09.30**	+00:38:52 (26.8%)	6:18	9.5 (73.1%)
67	**SZYSZŁO Tomasz**	**251**	POZYTYWNIE ZABIEGANI SANOK	M-30	29	00:32:14	01:34:52	01:51:21	02:19:21	**02:27:14.28**	+00:40:57 (27.8%)	6:24	9.4 (72.3%)
68	**SOBOL Krystian**	**225**		M-40	16	00:31:56	01:34:23	01:51:05	02:18:53	**02:27:17.65**	+00:41:00 (27.8%)	6:24	9.4 (72.3%)
69	**ĆWIĄKAŁA Michał**	**46**	ATHLETIC ZRĘCIN	M-30	30	00:30:57	01:36:34	01:53:29	02:19:57	**02:27:33.06**	+00:41:16 (28.0%)	6:24	9.4 (72.3%)
70	**PAJESTKA Wojtek**	**187**	POZYTYWNIE ZABIEGANI SANOK	M-40	17	00:32:49	01:36:03	01:53:40	02:20:53	**02:27:46.43**	+00:41:29 (28.1%)	6:25	9.3 (71.5%)
71	**GAWORECKI Tomasz**	**73**	POZYTYWNIE ZABIEGANI SANOK	M-30	31	00:32:51	01:35:56	01:53:42	02:20:58	**02:28:29.15**	+00:42:12 (28.4%)	6:27	9.3 (71.5%)
72	**FURS Teodor**	**70**	PIERDZĄCE ZAJĄCE	M-40	18	00:31:59	01:35:38	01:51:49	02:20:45	**02:28:58.23**	+00:42:41 (28.7%)	6:28	9.3 (71.5%)
73	**FEDIO Marek**	**65**	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	32	00:31:44	01:34:41	01:52:36	02:22:08	**02:30:22.43**	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
74	**PRZYBYŁA Piotr**	**201**	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-16	9	00:31:41	01:34:36	01:52:40	02:21:57	**02:30:22.44**	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
75	**ŁAŃCUCKI Łukasz**	**141**	5 BATALION STRZELCÓW PODHALAŃSKICH	M-40	19					**02:30:22.44**	+00:44:05 (29.3%)	6:32	9.2 (70.8%)
76	**SAWICKI Robert**	**217**	BEE IS RUNNING	M-40	20	00:33:34	01:38:26	01:55:06	02:22:56	**02:31:03.13**	+00:44:46 (29.6%)	6:34	9.1 (70.0%)
77	**PIETRYSZYN Mariusz**	**195**	SZYBKIE ŻABY	M-40	21	00:32:35	01:37:46	01:55:06	02:23:08	**02:31:19.15**	+00:45:02 (29.8%)	6:34	9.1 (70.0%)
78	**WINIARSKI Krystian**	**268**		M-30	33	00:30:06	01:33:03	01:51:00	02:22:44	**02:32:23.41**	+00:46:06 (30.3%)	6:37	9.1 (70.0%)
79	**SUDACKI Sebastian**	**307**		M-16	10	00:29:39	01:33:10	01:52:22	02:25:08	**02:33:45.72**	+00:47:28 (30.9%)	6:41	9 (69.2%)
80	**DRYNIAK Daniel**	**58**	PRZEMYSKI KLUB BIEGACZA	M-40	22	00:34:58	01:41:17	01:59:05	02:26:46	**02:34:03.33**	+00:47:46 (31.0%)	6:41	9 (69.2%)
81	**NYKIEL Tomasz**	**175**	PRZEMYSKI KLUB BIEGACZA 3	M-50	6	00:32:46	01:36:28	01:54:02	02:25:32	**02:34:13.12**	+00:47:56 (31.1%)	6:42	8.9 (68.5%)
82	**ANTOSZ Bogdan**	**5**		M-40	23	00:32:46	01:37:30	01:56:23	02:26:20	**02:35:14.53**	+00:48:57 (31.5%)	6:44	8.9 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
83	**KAWA Tomasz**	**109**	SZYBKIE ŻABY	M-30	34	00:32:40	01:40:00	01:58:44	02:29:03	**02:35:45.44**	+00:49:28 (31.8%)	6:46	8.9 (68.5%)
84	**ŁAPCZYŃSKI Krzysztof**	**142**	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	11	00:30:51	01:37:30	01:57:37	02:27:36	**02:36:39.69**	+00:50:22 (32.2%)	6:48	8.8 (67.7%)
85	**MAZEK Przemysław**	**156**	SZYBKIE ŻABY	M-16	12	00:32:36	01:41:29	01:58:37	02:29:10	**02:37:26.27**	+00:51:09 (32.5%)	6:50	8.8 (67.7%)
86	**SOCHA Marcin**	**226**	AKTYWNY DYNÓW	M-30	35	00:33:28	01:41:27	01:59:22	02:28:57	**02:37:29.43**	+00:51:12 (32.5%)	6:50	8.8 (67.7%)
87	**GŁOWACKI Marcin**	**77**	NALEŚNIKI	M-16	13	00:31:47	01:35:54	01:53:01	02:29:11	**02:37:52.46**	+00:51:35 (32.7%)	6:51	8.7 (66.9%)
88	**KUBICKI Łukasz**	**131**	KUBICCY	M-30	36	00:33:15	01:38:54	01:57:08	02:28:12	**02:37:53.05**	+00:51:36 (32.7%)	6:51	8.7 (66.9%)
89	**SZADURSKI Tomasz**	**239**	PRZEMYSKI KLUB BIEGACZA	M-40	24	00:33:28	01:40:18	01:59:21	02:29:56	**02:38:05.28**	+00:51:48 (32.8%)	6:52	8.7 (66.9%)
90	**ZBIEĆ Dariusz**	**279**	DARFIK TEAM	M-30	37	00:33:38	01:40:32	01:59:23	02:29:56	**02:38:08.53**	+00:51:51 (32.8%)	6:52	8.7 (66.9%)
91	**KLOCEK Konrad**	**111**		M-30	38	00:33:01	01:40:32	01:59:10	02:30:10	**02:39:24.92**	+00:53:08 (33.3%)	6:55	8.7 (66.9%)
92	**SOPEL Wiesław**	**227**	KRESOWIANIE	M-50	7	00:34:07	01:41:01	02:01:23	02:31:51	**02:40:46.41**	+00:54:29 (33.9%)	6:59	8.6 (66.2%)
93	**BRZOZOWSKI Marek**	**31**		M-30	39	00:41:10	02:04:03	02:23:28	02:33:15	**02:40:47.63**	+00:54:30 (33.9%)	6:59	8.6 (66.2%)
94	**KAPRAL Adam**	**315**	DWERNIK KAMIEŃ TRAIL	M-40	25	00:36:03	01:43:27	02:01:34	02:32:18	**02:40:50.45**	+00:54:33 (33.9%)	6:59	8.6 (66.2%)
95	**FILIPOWICZ Krzysztof**	**67**		M-40	26	00:36:43	01:49:48	02:06:26		**02:40:52.67**	+00:54:35 (33.9%)	6:59	8.6 (66.2%)
96	**MYTYCH Wiesław**	**169**		M-40	27	00:36:53	01:49:50	02:06:36	02:33:50	**02:40:52.98**	+00:54:36 (33.9%)	6:59	8.6 (66.2%)
97	**GUT Marcin**	**88**		M-30	40	00:34:49	01:43:32	02:00:46	02:31:37	**02:41:04.99**	+00:54:48 (34.0%)	7:00	8.6 (66.2%)
98	**DROZD Jerzy**	**54**	LUBELAKY	M-60+	1	00:36:00	01:44:03	02:02:08	02:32:25	**02:41:05.62**	+00:54:48 (34.0%)	7:00	8.6 (66.2%)
99	**GRASZA Ireneusz**	**84**	PRZEMYSKI KLUB BIEGACZA 4	M-40	28	00:35:30	01:41:47	02:00:39	02:32:13	**02:41:58.54**	+00:55:41 (34.4%)	7:02	8.5 (65.4%)
100	**WOTA Łukasz**	**275**	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	41	00:35:52	01:45:20	02:04:07	02:36:03	**02:43:50.16**	+00:57:33 (35.1%)	7:07	8.4 (64.6%)
101	**KIAMUT Ryszard**	**310**	KGB KORCZYNA	M-60+	2	00:33:22	01:41:32	01:59:47	02:33:50	**02:44:19.90**	+00:58:03 (35.3%)	7:08	8.4 (64.6%)
102	**DOROSZ Barbara**	**52**	PRZEMYSKI KLUB BIEGACZA 1	K-30	7	00:30:19	01:48:46	02:07:44		**02:44:40.01**	+00:58:23 (35.5%)	7:09	8.4 (64.6%)
103	**WYSOCKI Dariusz**	**294**	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	M-30	42	00:35:35	01:47:49	02:08:04	02:37:42	**02:45:08.91**	+00:58:52 (35.6%)	7:10	8.4 (64.6%)
104	**KISIELEWICZ Marcin**	**313**	ATHLETIC ZRĘCIN	M-30	43	00:34:18	01:46:27	02:04:57	02:36:55	**02:45:21.53**	+00:59:04 (35.7%)	7:11	8.3 (63.8%)
105	**KUZŁO Andrzej**	**136**		M-30	44	00:35:45	01:45:26	02:04:26	02:36:25	**02:45:23.11**	+00:59:06 (35.7%)	7:11	8.3 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
106	**KONOPKA Henryk**	**137**	ZIELONY CIEŃ	M-60+	3	00:37:42	01:46:49	02:05:17	02:36:39	**02:45:53.53**	+00:59:36 (35.9%)	7:12	8.3 (63.8%)
107	**AMAROWICZ Jacek**	**2**	5 BATALION STRZELCÓW PODHALAŃSKICH 1	M-30	45					**02:45:54.20**	+00:59:37 (35.9%)	7:12	8.3 (63.8%)
108	**BACH Dawid**	**8**	MSR	M-30	46					**02:45:54.79**	+00:59:38 (35.9%)	7:12	8.3 (63.8%)
109	**ŁABUDZKI Marcin**	**140**	PRZEMYSKI KLUB BIEGACZA	M-30	47	00:36:19	01:48:33	02:07:44	02:37:10	**02:45:55.02**	+00:59:38 (35.9%)	7:12	8.3 (63.8%)
110	**STEFAŃSKI Ireneusz**	**236**	PRZEMYSKI KLUB BIEGACZA	M-40	29	00:36:34	01:48:41	02:07:55	02:37:21	**02:46:01.70**	+00:59:44 (36.0%)	7:13	8.3 (63.8%)
111	**BEŁCH Michał**	**19**		M-30	48	00:37:05	01:48:07	02:06:04	02:37:47	**02:46:22.97**	+01:00:06 (36.1%)	7:14	8.3 (63.8%)
112	**ŚCIBOR Jarosław**	**252**	PRZEMYSKI KLUB BIEGACZA	M-30	49	00:37:49	01:48:57	02:08:13	02:37:40	**02:46:23.00**	+01:00:06 (36.1%)	7:14	8.3 (63.8%)
113	**SUSABOWSKI Andrzej**	**238**		M-30	50	00:33:32	01:41:46	02:01:14	02:35:54	**02:46:45.20**	+01:00:28 (36.3%)	7:15	8.3 (63.8%)
114	**CIEPAŁOWICZ Ewa**	**40**	PRZEMYSKI KLUB BIEGACZA	K-30	8	00:36:46	01:48:55	02:08:11	02:38:54	**02:47:11.44**	+01:00:54 (36.4%)	7:16	8.3 (63.8%)
115	**JARACZ Marcin**	**291**		M-30	51	00:31:10	01:42:22	02:03:33	02:38:39	**02:48:13.53**	+01:01:56 (36.8%)	7:18	8.2 (63.1%)
116	**DRĄG Paweł**	**53**	DECARUN RZESZÓW 2	M-30	52	00:38:07	01:48:51	02:08:16	02:39:55	**02:48:29.28**	+01:02:12 (36.9%)	7:19	8.2 (63.1%)
117	**KOZIEŁ Tadeusz**	**124**	SZCZĘŚCIARZ BIEGA	M-16	14	00:33:13	01:46:58	02:06:22	02:39:43	**02:48:30.00**	+01:02:13 (36.9%)	7:19	8.2 (63.1%)
118	**SZYMALA-LIPKA Magdalena**	**247**	LIPKI RULEZ	K-30	9	00:36:25	01:48:43	02:08:32	02:39:42	**02:48:30.84**	+01:02:14 (36.9%)	7:19	8.2 (63.1%)
119	**ĆWIĄKAŁA Halina**	**47**	ATHLETIC ZRĘCIN	K-40	2	00:35:49	01:48:33	02:08:41	02:40:18	**02:49:13.01**	+01:02:56 (37.2%)	7:21	8.2 (63.1%)
120	**CHLEBEK Tomasz**	**37**	RESOVIA	M-16	15	00:36:08	01:46:51	02:07:16	02:40:22	**02:49:23.20**	+01:03:06 (37.3%)	7:21	8.1 (62.3%)
121	**ZAKRZACKI Damian**	**276**	5 BATALION STRZELCÓW PODHALAŃSKICH	M-30	53	00:35:35	01:46:14	02:07:08	02:40:43	**02:50:16.82**	+01:04:00 (37.6%)	7:24	8.1 (62.3%)
122	**MATUŁA Przemysław**	**154**	UMCS BIEGA	M-50	8	00:33:53	01:45:47	02:07:00	02:40:33	**02:50:18.34**	+01:04:01 (37.6%)	7:24	8.1 (62.3%)
123	**RYBIŃSKI Grzegorz**	**212**	RYBKA RUNNERS TEAM PROSZOWICE	M-40	30	00:35:11	01:48:29	02:08:31	02:40:46	**02:50:38.41**	+01:04:21 (37.7%)	7:25	8.1 (62.3%)
124	**PLACHA Piotr**	**196**	KOPALNIA MOCY TARNOBRZEG	M-40	31	00:37:52	01:51:03	02:10:42	02:42:45	**02:50:56.87**	+01:04:40 (37.8%)	7:25	8.1 (62.3%)
125	**WARĘCKA Katarzyna**	**258**	PIERDZĄCE ZAJĄCE	K-16	4	00:35:13	01:49:35	02:09:45	02:42:40	**02:51:31.06**	+01:05:14 (38.0%)	7:27	8 (61.5%)
126	**KOŁTUNIEWICZ Andrzej**	**116**	WIEŚ TAŃCZY I BIEGA	M-40	32	00:38:20	01:52:17	02:13:49	02:43:03	**02:51:33.60**	+01:05:16 (38.1%)	7:27	8 (61.5%)
127	**AST Grzegorz**	**7**	AMSTAFF TEAM JEDLICZE	M-16	16	00:35:26	01:49:45	02:09:27	02:42:40	**02:51:35.75**	+01:05:19 (38.1%)	7:27	8 (61.5%)
128	**MISIAK Mateusz**	**165**		M-16	17	00:36:08	01:50:51	02:10:29	02:42:46	**02:51:39.59**	+01:05:22 (38.1%)	7:27	8 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
129	**WAJCOWICZ Witold**	**257**	KILOMETRY ODDECHÓW	M-40	33	00:34:46	01:49:08	02:09:51	02:42:09	**02:52:09.62**	+01:05:52 (38.3%)	7:29	8 (61.5%)
130	**SMOLIŃSKI Paweł**	**224**	KILOMETRY ODDECHÓW	M-40	34	00:34:44	01:49:06	02:10:07	02:41:59	**02:52:10.49**	+01:05:53 (38.3%)	7:29	8 (61.5%)
131	**DRWIĘGA Maciej**	**56**	POZYTYWNIE ZABIEGANI SANOK	M-40	35	00:35:06	01:49:11	02:09:25	02:41:51	**02:52:10.95**	+01:05:54 (38.3%)	7:29	8 (61.5%)
132	**DRWIĘGA Beata**	**55**	SWIMRUN FOX TEAM	K-40	3	00:34:57	01:49:15	02:09:46	02:42:23	**02:52:11.89**	+01:05:55 (38.3%)	7:29	8 (61.5%)
133	**NIEMIEC-DRWIĘGA Bernadeta**	**172**	NA PRZEKÓR	K-40	4	00:34:51	01:49:19	02:09:59	02:42:49	**02:52:12.60**	+01:05:55 (38.3%)	7:29	8 (61.5%)
134	**DROBOT Piotr**	**312**	NA PRZEKÓR	M-40	36	00:34:55	01:49:18	02:10:05	02:42:48	**02:52:12.79**	+01:05:56 (38.3%)	7:29	8 (61.5%)
135	**DRYLA Piotr**	**57**	1 BATALION CZOŁGÓW	M-40	37	00:36:59	01:52:31	02:13:59	02:44:44	**02:53:59.60**	+01:07:42 (38.9%)	7:33	7.9 (60.8%)
136	**KULIK Anna**	**132**		K-40	5	00:35:26	01:51:33	02:12:27	02:46:34	**02:56:05.72**	+01:09:48 (39.6%)	7:39	7.8 (60.0%)
137	**KOZIOŁ Mariusz**	**125**	PRZEMYSKI KLUB BIEGACZA 3	M-40	38	00:27:28	01:42:07	02:03:40	02:46:50	**02:56:10.21**	+01:09:53 (39.7%)	7:39	7.8 (60.0%)
138	**ŁOPATKIEWICZ Beata**	**143**		K-50	1	00:37:27	01:53:08	02:13:46	02:47:13	**02:57:48.17**	+01:11:31 (40.2%)	7:43	7.8 (60.0%)
139	**KOPCZYK Waldemar**	**119**	BIDA PRZEMYŚL	M-40	39	00:36:20	01:58:08	02:18:25	02:50:29	**02:59:02.78**	+01:12:46 (40.6%)	7:47	7.7 (59.2%)
140	**GRADOWSKA Katarzyna**	**83**	PRZEMYSKI KLUB BIEGACZA	K-30	10	00:36:30	01:58:10	02:18:30	02:50:32	**02:59:02.97**	+01:12:46 (40.6%)	7:47	7.7 (59.2%)
141	**WILECZEK Antoni**	**265**		M-30	54	00:39:45	01:57:54	02:18:18	02:50:47	**02:59:12.47**	+01:12:55 (40.7%)	7:47	7.7 (59.2%)
142	**CZURA Renata**	**45**	PRZEMYSKI KLUB BIEGACZA 5	K-40	6	00:40:19	02:00:29	02:18:51	02:51:09	**02:59:29.37**	+01:13:12 (40.8%)	7:48	7.7 (59.2%)
143	**OSZCZYPKO Piotr**	**186**	PRZEMYŚL BEARS	M-16	18	00:38:18	01:53:58	02:16:41	02:51:12	**02:59:37.73**	+01:13:21 (40.8%)	7:48	7.7 (59.2%)
144	**OLSZYK Tadeusz**	**183**	BIEGACZE ŚWINOUJŚCIE	M-60+	4	00:38:25	01:55:37	02:16:51	02:51:05	**03:00:08.01**	+01:13:51 (41.0%)	7:49	7.7 (59.2%)
145	**GÓRA Agnieszka**	**205**	"ZABIEGANI NOCĄ"	K-40	7	00:37:35	01:54:27	02:15:18	02:51:08	**03:00:18.95**	+01:14:02 (41.1%)	7:50	7.7 (59.2%)
146	**SUCHODOLSKA Anna**	**221**		K-30	11	00:37:13	01:54:25	02:15:44	02:51:03	**03:00:19.15**	+01:14:02 (41.1%)	7:50	7.7 (59.2%)
147	**KORZENIOWSKA Joanna**	**120**	UMCS BIEGA	K-30	12	00:38:12	01:57:07	02:20:16	02:52:02	**03:00:36.98**	+01:14:20 (41.2%)	7:51	7.6 (58.5%)
148	**BAJSAROWICZ Maciej**	**9**	PRUCHNICKA GRUPA BIEGOWA	M-16	19	00:37:12	01:52:05	02:16:01	02:52:15	**03:01:26.41**	+01:15:09 (41.4%)	7:53	7.6 (58.5%)
149	**PASIERB Grzegorz**	**189**	DECARUN RZESZÓW 2	M-40	40	00:38:50	01:58:18	02:20:29	02:53:54	**03:02:13.97**	+01:15:57 (41.7%)	7:55	7.6 (58.5%)
150	**ZARĘBA Jolanta**	**305**	RZESZOWSKIE GAZELE I GEPARDY	K-50	2	00:38:36	01:57:54	02:19:05	02:53:22	**03:02:42.78**	+01:16:26 (41.8%)	7:56	7.6 (58.5%)
151	**WOLF Weronika**	**273**	POZYTYWNIE ZABIEGANI SANOK	K-40	8	00:37:50	01:56:34	02:19:41	02:52:49	**03:02:58.71**	+01:16:41 (41.9%)	7:57	7.5 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
152	**MAŚLAK Marzena**	**152**	POZYTYWNIE ZABIEGANI SANOK	K-30	13	00:37:55	01:56:48	02:19:48	02:52:56	**03:02:58.88**	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
153	**MAŚLAK Jacek**	**153**	POZYTYWNIE ZABIEGANI SANOK	M-40	41	00:38:04	01:57:02	02:20:01	02:53:06	**03:02:59.21**	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
154	**ŁUCZYCKA Iwona**	**144**	POZYTYWNIE ZABIEGANI SANOK	K-40	9	00:38:08	01:56:47	02:20:03	02:52:54	**03:02:59.70**	+01:16:42 (41.9%)	7:57	7.5 (57.7%)
155	**MITURA Wojtek**	**166**		M-40	42	00:38:43	01:57:09	02:20:09	02:53:06	**03:03:03.10**	+01:16:46 (41.9%)	7:57	7.5 (57.7%)
156	**ZIELIŃSKI Sebastian**	**282**	POZYTYWNIE ZABIEGANI SANOK	M-30	55	00:38:00	01:56:59	02:20:09	02:53:11	**03:03:09.88**	+01:16:53 (42.0%)	7:57	7.5 (57.7%)
157	**LUHOVSKYI Dmytro**	**296**	MISTO PEREMOE	M-30	56	00:35:41	01:53:43	02:16:57	02:53:53	**03:03:36.68**	+01:17:19 (42.1%)	7:58	7.5 (57.7%)
158	**CHODNICKI Radosław**	**38**		M-40	43	00:39:19	02:01:41	02:22:24	02:54:59	**03:04:02.23**	+01:17:45 (42.3%)	8:00	7.5 (57.7%)
159	**HOCEK Jakub**	**91**	5 BATALION STRZELCÓW PODHALAŃSKICH	M-16	20	00:40:33	02:02:32	02:25:01	02:56:06	**03:05:34.00**	+01:19:17 (42.7%)	8:04	7.4 (56.9%)
160	**BIERNACKI Rene**	**301**		M-60+	5	00:40:23	01:58:16	02:21:05	02:55:50	**03:05:48.71**	+01:19:31 (42.8%)	8:04	7.4 (56.9%)
161	**SUCHOWIECKA Sabina**	**237**		K-16	5	00:38:50	01:56:46	02:23:48	02:56:25	**03:05:57.79**	+01:19:41 (42.8%)	8:05	7.4 (56.9%)
162	**DUDEK Pawel**	**60**		M-40	44	00:38:23	01:57:25	02:21:15	02:56:27	**03:06:07.60**	+01:19:50 (42.9%)	8:05	7.4 (56.9%)
163	**PODOLAK Zbigniew**	**197**	STOWARZYSZENIE SZWEJKOWSKIE	M-50	9	00:38:25	01:58:49	02:20:18	02:56:34	**03:08:02.21**	+01:21:45 (43.5%)	8:10	7.3 (56.2%)
164	**WOJDON Monika**	**271**	DECARUN RZESZÓW	K-40	10	00:40:14	02:03:29	02:26:02	03:00:50	**03:10:16.93**	+01:24:00 (44.1%)	8:16	7.3 (56.2%)
165	**GŁOWACKI Krzysztof**	**76**	NALEŚNIKI	M-16	21	00:36:05	01:57:45	02:19:07	02:58:12	**03:10:18.36**	+01:24:01 (44.2%)	8:16	7.3 (56.2%)
166	**MIKUSEK Ryszard**	**161**	WARSZAWSKA DRUŻYNA	M-40	45	00:39:16	02:02:30	02:26:42	03:01:10	**03:11:21.17**	+01:25:04 (44.5%)	8:19	7.2 (55.4%)
167	**JAKUBOWSKI Daniel**	**95**	CENTRUM ANIMACJI SPOŁECZNEJ	M-40	46	00:42:07	02:04:23	02:27:53	03:02:57	**03:12:14.47**	+01:25:57 (44.7%)	8:21	7.2 (55.4%)
168	**DUDEK Katarzyna**	**59**	PRZEMYSKI KLUB BIEGACZA	K-30	14	00:42:18	02:06:17	02:28:25	03:03:57	**03:12:23.27**	+01:26:06 (44.8%)	8:21	7.2 (55.4%)
169	**KONIECZNA Joanna**	**117**	POZYTYWNIE ZABIEGANI SANOK	K-40	11	00:41:33	02:04:03	02:25:46	03:02:18	**03:12:32.21**	+01:26:15 (44.8%)	8:22	7.2 (55.4%)
170	**BANASIEWICZ Paweł**	**13**	POZYTYWNIE ZABIEGANI SANOK	M-30	57	00:41:28	02:04:04	02:25:23	03:02:20	**03:12:32.25**	+01:26:15 (44.8%)	8:22	7.2 (55.4%)
171	**ZAORSKA Justyna**	**319**	STALOWOWOLSKI KLUB BIEGACZA	K-40	12	00:39:27	01:59:18	02:21:56	03:03:38	**03:12:38.19**	+01:26:21 (44.8%)	8:22	7.2 (55.4%)
172	**LEVICKIJ Yurij**	**297**	RUN STYLE	M-40	47	00:39:36	01:59:26	02:22:11	03:03:33	**03:13:03.19**	+01:26:46 (44.9%)	8:23	7.1 (54.6%)
173	**BASARAB Grzegorz**	**17**		M-40	48	00:41:50	02:06:22	02:28:27	03:04:03	**03:13:23.10**	+01:27:06 (45.0%)	8:24	7.1 (54.6%)
174	**KRÓL Grażyna**	**127**		K-40	13	00:41:46	02:06:15	02:28:15		**03:13:23.65**	+01:27:06 (45.0%)	8:24	7.1 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
175	**RZESZUTEK Anna**	**215**	DECARUN RZESZÓW	K-16	6	00:42:23	02:06:56	02:28:48	03:04:07	**03:14:12.49**	+01:27:55 (45.3%)	8:26	7.1 (54.6%)
176	**BURAK Adam**	**33**	1 BATALION CZOŁGÓW	M-40	49	00:37:18	01:52:41	02:15:09	02:59:54	**03:14:14.24**	+01:27:57 (45.3%)	8:26	7.1 (54.6%)
177	**MOSKAL Marzena**	**167**		K-40	14	00:42:25	02:06:46	02:29:10	03:04:43	**03:14:48.26**	+01:28:31 (45.4%)	8:28	7.1 (54.6%)
178	**BRZUSZKO Jacek**	**32**		M-50	10	00:41:52	02:03:11	02:24:15	03:04:48	**03:16:23.72**	+01:30:06 (45.9%)	8:32	7 (53.8%)
179	**SIEDLACZEK Zbigniew**	**219**	SKLEP BIEGACZA LUBLIN TEAM	M-60+	6	00:39:31	02:05:42	02:28:07	03:05:55	**03:17:17.53**	+01:31:00 (46.1%)	8:34	7 (53.8%)
180	**ROJEK Dawid**	**209**	NIECHBIEGA	M-16	22	00:42:16	02:08:39	02:30:22	03:07:39	**03:18:50.60**	+01:32:33 (46.6%)	8:38	6.9 (53.1%)
181	**MAŁEK Paweł**	**149**	DECARUN RZESZÓW 2	M-40	50	00:42:00	02:05:02	02:30:26	03:08:41	**03:18:59.58**	+01:32:42 (46.6%)	8:39	6.9 (53.1%)
182	**BABINSKA Inga**	**290**	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:43:37	02:09:17	02:30:09	03:07:53	**03:19:00.35**	+01:32:43 (46.6%)	8:39	6.9 (53.1%)
183	**PERŁOWSKA-ŁOŚ Justyna**	**193**		K-30	15	00:42:02	02:09:02	02:31:06	03:09:12	**03:19:34.87**	+01:33:18 (46.7%)	8:40	6.9 (53.1%)
184	**JAŁOCHA Barbara**	**96**	PRZEMYSKI KLUB BIEGACZA 5	K-50	3	00:43:59	02:12:33	02:35:40	03:14:43	**03:25:06.86**	+01:38:50 (48.2%)	8:55	6.7 (51.5%)
185	**ZĄBEK Paweł**	**308**	ŻYWCEM ZABIEGANI	M-40	51	00:43:38	02:13:23	02:36:01	03:15:08	**03:25:55.72**	+01:39:38 (48.4%)	8:57	6.7 (51.5%)
186	**CUDZIŁO Joanna**	**41**	PKO BANK POLSKI S.A.	K-40	16	00:42:27	02:10:23	02:34:13	03:15:02	**03:25:57.53**	+01:39:40 (48.4%)	8:57	6.7 (51.5%)
187	**SYCZ Barbara**	**304**	PRZEMYSKI KLUB BIEGACZA	K-40	17	00:42:50	02:12:49	02:37:01	03:15:43	**03:26:02.09**	+01:39:45 (48.4%)	8:57	6.7 (51.5%)
188	**KALINOWSKA Lucyna**	**105**		K-50	4	00:42:20	02:20:44	02:46:09	03:26:31	**03:36:36.31**	+01:50:19 (50.9%)	9:25	6.4 (49.2%)
189	**RADYK Joanna**	**204**	PRZEMYSKI KLUB BIEGACZA	K-30	16	00:44:52	02:25:20	02:49:39	03:27:50	**03:38:22.02**	+01:52:05 (51.3%)	9:29	6.3 (48.5%)
190	**PAWLOWSKA Agnieszka**	**190**	PRZEMYSKI KLUB BIEGACZA	K-40	18	00:45:00	02:25:23	02:50:12	03:29:16	**03:40:05.87**	+01:53:49 (51.7%)	9:34	6.3 (48.5%)
191	**GAWEŁ Marzena**	**72**	PRZEMYSKI KLUB BIEGACZA 5	K-40	19	00:44:56	02:25:14	02:49:53	03:29:06	**03:40:06.15**	+01:53:49 (51.7%)	9:34	6.3 (48.5%)
192	**BANAS Małgorzata**	**306**		K-50	5	00:45:33	02:26:30	02:52:53	03:35:44	**03:47:22.29**	+02:01:05 (53.3%)	9:53	6.1 (46.9%)
193	**FERFECKI Paweł**	**66**	KOLBUSZOWSKI KLUB NORDIC WALKING	M-30	58	00:45:17	02:24:48	02:54:07	03:43:50	**03:56:31.34**	+02:10:14 (55.1%)	10:17	5.8 (44.6%)
194	**FORNEK Paulina**	**311**	DZIKIE MUSTANGI	K-16	7	00:45:15	02:24:49	02:54:20	03:43:53	**03:56:32.34**	+02:10:15 (55.1%)	10:17	5.8 (44.6%)
195	**WILCZYNSKI Mariusz**	**264**	SZLACHETNA PACZKA	M-30	59	00:45:11	02:27:02	02:55:47	03:43:56	**03:56:34.08**	+02:10:17 (55.1%)	10:17	5.8 (44.6%)
196	**OCHYRA Konrad**	**303**	SOLINA TEAM	M-30	60	00:45:51	02:53:05	03:04:10	03:51:10	**04:03:02.92**	+02:16:46 (56.3%)	10:34	5.7 (43.8%)
197	**GŁUSZKO Justyna**	**78**	SOLINA TEAM	K-30	17	00:46:13	02:30:45	03:03:00	03:51:16	**04:03:03.88**	+02:16:47 (56.3%)	10:34	5.7 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	15km	19km	22km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
198	**MATUSZEWSKI Piotr**	**155**	SOLINA TEAM	M-30	61	00:46:02	02:30:42	03:02:34	03:51:06	**04:03:04.35**	+02:16:47 (56.3%)	10:34	5.7 (43.8%)
199	**WŁUDZIK Michał**	**270**	W23 ARCHITEKCI	M-30	62	00:45:55	02:30:53	03:01:04	03:51:02	**04:03:14.79**	+02:16:58 (56.3%)	10:34	5.7 (43.8%)
	KUROPATWA Kazimierz	**133**	PRZEMYSKI KLUB BIEGACZA	M-60+		00:41:06 DNF	DNF	DNF	DNF	**DNF**		-	- (0.0%)

Znaleziono 200 wynik(ów)