



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## III ZIMOWA BIESZCZADZKA DYCHA 2017

Zimowy Maraton Bieszczadzki 2017  
Fundacja Bieg Rzeźnika  
2017-01-29  
Cisna  
10 km

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>1000</b>	MKS HALICZ	M20	1	00:00:28	00:22:57	<b>00:36:06.00</b>	<b>00:36:06.00</b>		3:36	16.6
2	<b>LIPA Wojciech</b>	<b>1216</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	1	00:00:28	00:28:20	<b>00:42:25.00</b>	<b>00:42:25.00</b>	+00:06:19	4:14	14.1
3	<b>GAWRON Janusz</b>	<b>1337</b>	BRYGADA BESKIDÓW	M20	2	00:00:31	00:28:47	<b>00:43:12.35</b>	<b>00:43:12.35</b>	+00:07:06	4:19	13.9
4	<b>PRZEBIROWSKI Karol</b>	<b>1200</b>	FRASSATI FAJSŁAWCE	M20	3	00:00:42	00:29:50	<b>00:44:40.25</b>	<b>00:44:40.25</b>	+00:08:34	4:28	13.4
5	<b>NOWAK Marcin</b>	<b>1238</b>	STALOWOWOLSKI KLUB BIEGACZA	M30	2	00:00:29	00:29:42	<b>00:44:42.05</b>	<b>00:44:42.05</b>	+00:08:36	4:28	13.4
6	<b>PAWLAK Magdalena</b>	<b>1137</b>	BIEGACZ CEGŁÓW	K20	1	00:00:40	00:29:23	<b>00:44:46.55</b>	<b>00:44:46.55</b>	+00:08:40	4:28	13.4
7	<b>MAZURKIEWICZ Tomasz</b>	<b>1331</b>	ZAPOROWY MARATON TEAM	M40	1	00:00:33	00:29:52	<b>00:45:11.75</b>	<b>00:45:11.75</b>	+00:09:05	4:31	13.3
8	<b>WITEK Elżbieta</b>	<b>1334</b>		K20	2	00:00:31	00:30:01	<b>00:45:46.30</b>	<b>00:45:46.30</b>	+00:09:40	4:34	13.1
9	<b>BAŁCHAN Krzysztof</b>	<b>1012</b>	CPR RZESZOW	M30	3	00:00:50	00:30:22	<b>00:46:08.40</b>	<b>00:46:08.40</b>	+00:10:02	4:36	13
10	<b>ŚWIDZIŃSKI Tomasz</b>	<b>1263</b>	VEGE RUNNERS	M40	2	00:00:40	00:31:08	<b>00:46:43.70</b>	<b>00:46:43.70</b>	+00:10:37	4:40	12.8
11	<b>BRENDZOWSKI Adam</b>	<b>1011</b>	SOLINA TEAM	M30	4	00:00:47	00:31:01	<b>00:46:58.55</b>	<b>00:46:58.55</b>	+00:10:52	4:41	12.8
12	<b>KASPROWICZ Marcin</b>	<b>1196</b>	ALGORYTM.EDU.PL	M30	5	00:01:07	00:31:11	<b>00:46:59.70</b>	<b>00:46:59.70</b>	+00:10:53	4:41	12.8
13	<b>PŁACZEK Paweł</b>	<b>1329</b>		M30	6	00:00:57	00:31:02	<b>00:47:13.10</b>	<b>00:47:13.10</b>	+00:11:07	4:43	12.7
14	<b>ZAWADZKI Łukasz</b>	<b>1250</b>	NOWOSARZYŃSKA GRUPA BIEGOWA	M20	4	00:01:05	00:31:29	<b>00:47:29.55</b>	<b>00:47:29.55</b>	+00:11:23	4:44	12.6
15	<b>BEREZOWSKI Waldemar</b>	<b>1289</b>	PGE RUN OBRÓT	M40	3	00:01:59	00:32:02	<b>00:47:33.60</b>	<b>00:47:33.60</b>	+00:11:27	4:45	12.6
16	<b>MERCIK Agnieszka</b>	<b>1090</b>	PRZEMYSKI KLUB BIEGACZA	K30	1	00:00:51	00:32:03	<b>00:47:44.05</b>	<b>00:47:44.05</b>	+00:11:38	4:46	12.6
17	<b>CIĄGŁO Jacek</b>	<b>1251</b>	NOWOSARZYŃSKA GRUPA BIEGOWA	M30	7	00:01:04	00:32:00	<b>00:47:45.30</b>	<b>00:47:45.30</b>	+00:11:39	4:46	12.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	<b>GOŁĄBEK Wojciech</b>	<b>1160</b>	MOSIR DUKLA	M40	4	00:01:27	00:32:04	<b>00:47:55.10</b>	<b>00:47:55.10</b>	+00:11:49	4:47	12.5
19	<b>TELESZ Mateusz</b>	<b>1087</b>		M30	8	00:00:32	00:31:59	<b>00:48:26.90</b>	<b>00:48:26.90</b>	+00:12:20	4:50	12.4
20	<b>OCZOŚ Hubert</b>	<b>1162</b>		M20	5	00:01:57	00:32:25	<b>00:48:47.65</b>	<b>00:48:47.65</b>	+00:12:41	4:52	12.3
21	<b>MATUSIK Oskar</b>	<b>1323</b>		M20	6	00:00:44	00:32:52	<b>00:48:52.85</b>	<b>00:48:52.85</b>	+00:12:46	4:53	12.3
22	<b>KOWALIK Marcin</b>	<b>1190</b>	PGE RUN OBRÓT	M30	9	00:02:03	00:33:07	<b>00:48:55.50</b>	<b>00:48:55.50</b>	+00:12:49	4:53	12.3
23	<b>KŁOSIŃSKI Rafał</b>	<b>1106</b>	MKB DREPTAK	M40	5	00:00:53	00:32:32	<b>00:49:00.15</b>	<b>00:49:00.15</b>	+00:12:54	4:54	12.2
24	<b>KOPEL Andrzej</b>	<b>1059</b>	7	M20	7	00:00:51	00:33:08	<b>00:49:03.15</b>	<b>00:49:03.15</b>	+00:12:57	4:54	12.2
25	<b>KORZONEK Karol</b>	<b>1299</b>	SPRINT GORZYCE	M30	10	00:02:14	00:33:44	<b>00:49:06.35</b>	<b>00:49:06.35</b>	+00:13:00	4:54	12.2
26	<b>MALCZEWSKI Piotr</b>	<b>1098</b>	MTB MOSIR DUKLA	M30	11	00:01:27	00:32:38	<b>00:49:38.00</b>	<b>00:49:38.00</b>	+00:13:32	4:57	12.1
27	<b>LEWANDOWSKI Paweł</b>	<b>1281</b>	KLUB SZALONEGO BIEGACZA	M30	12	00:01:06	00:32:51	<b>00:49:40.15</b>	<b>00:49:40.15</b>	+00:13:34	4:58	12.1
28	<b>ISKRA Grzegorz</b>	<b>1044</b>	KP PSP STRZYŻÓW	M30	13	00:00:56	00:33:05	<b>00:49:59.40</b>	<b>00:49:59.40</b>	+00:13:53	4:59	12
29	<b>ODRZYWÓŁ VEL NAWENTURA Wojciech</b>	<b>1114</b>	ŁÓDŹ KOCHA SPORT	M30	14	00:01:19	00:33:17	<b>00:50:04.30</b>	<b>00:50:04.30</b>	+00:13:58	5:00	12
30	<b>GURGUL Mateusz</b>	<b>1092</b>	AROMAT NÓG	M30	15	00:01:02	00:34:21	<b>00:50:05.95</b>	<b>00:50:05.95</b>	+00:13:59	5:00	12
31	<b>ASKUNTOWICZ Wojciech</b>	<b>1294</b>	TOUR THE RUN	M20	8	00:01:45	00:33:56	<b>00:50:15.20</b>	<b>00:50:15.20</b>	+00:14:09	5:01	11.9
32	<b>WÓJCIK Jerzy</b>	<b>1271</b>	AKTYWNA STRONA ŻYCIA	M30	16	00:01:45	00:34:18	<b>00:50:47.35</b>	<b>00:50:47.35</b>	+00:14:41	5:04	11.8
33	<b>PROCHERA Damian</b>	<b>1159</b>	7	M30	17	00:00:51	00:33:27	<b>00:50:51.25</b>	<b>00:50:51.25</b>	+00:14:45	5:05	11.8
34	<b>KAJDROWICZ Grzegorz</b>	<b>1310</b>	WWW.PRZEMYSLNEPODROZE.PL	M40	6	00:00:50	00:34:03	<b>00:50:58.90</b>	<b>00:50:58.90</b>	+00:14:52	5:05	11.8
35	<b>BŁYSKAL Krzysztof</b>	<b>1258</b>	MKS HALICZ USTRZYKI DOLNE	M30	18	00:02:19	00:34:02	<b>00:50:59.70</b>	<b>00:50:59.70</b>	+00:14:53	5:05	11.8
36	<b>BIELKOWSKI Wojciech</b>	<b>1167</b>	COCERUNNERS	M40	7	00:00:41	00:34:09	<b>00:51:09.00</b>	<b>00:51:09.00</b>	+00:15:03	5:06	11.7
37	<b>PŁESZKA Marek</b>	<b>1311</b>	OTRYT LUTOWSKA	M40	8	00:01:07	00:34:48	<b>00:51:10.60</b>	<b>00:51:10.60</b>	+00:15:04	5:07	11.7
38	<b>BOBER Marcin</b>	<b>1241</b>		M30	19	00:01:06	00:33:57	<b>00:51:35.05</b>	<b>00:51:35.05</b>	+00:15:29	5:09	11.6
39	<b>PAŁAC Adam</b>	<b>1240</b>	S M	M30	20	00:01:07	00:33:58	<b>00:51:36.05</b>	<b>00:51:36.05</b>	+00:15:30	5:09	11.6
40	<b>HERMANIUK Tomasz</b>	<b>1064</b>		M40	9	00:01:50	00:35:12	<b>00:51:41.05</b>	<b>00:51:41.05</b>	+00:15:35	5:10	11.6
41	<b>PODOLAK Paweł</b>	<b>1174</b>		M30	21	00:01:24	00:34:46	<b>00:51:54.25</b>	<b>00:51:54.25</b>	+00:15:48	5:11	11.6
42	<b>JAREMA Maciej</b>	<b>1298</b>	LOKOMOTIV MAJDAN	M30	22	00:00:42	00:34:17	<b>00:51:57.05</b>	<b>00:51:57.05</b>	+00:15:51	5:11	11.5
43	<b>SZTUBA Robert</b>	<b>1291</b>	GUTI TEAM	M30	23	00:01:21	00:35:12	<b>00:52:24.45</b>	<b>00:52:24.45</b>	+00:16:18	5:14	11.5
44	<b>WŁODYKA Sławomir</b>	<b>1070</b>	RUN PGE OBRÓT	M20	9	00:02:00	00:34:51	<b>00:52:35.30</b>	<b>00:52:35.30</b>	+00:16:29	5:15	11.4
45	<b>WAWRZYNEK Michał</b>	<b>1180</b>		M20	10	00:00:45	00:35:17	<b>00:52:39.80</b>	<b>00:52:39.80</b>	+00:16:33	5:15	11.4
46	<b>WYSOCKI Mariusz</b>	<b>1022</b>	FUNDACJA LATARNIA	M30	24	00:01:20	00:34:52	<b>00:52:42.75</b>	<b>00:52:42.75</b>	+00:16:36	5:16	11.4
47	<b>WOŹNIAK Janusz</b>	<b>1034</b>	PORMAT JEDLICZE BIEGA	M50	1	00:01:05	00:35:05	<b>00:53:08.55</b>	<b>00:53:08.55</b>	+00:17:02	5:18	11.3
48	<b>DRAŻEK Sławomir</b>	<b>1324</b>		M40	10	00:01:05	00:35:20	<b>00:53:32.35</b>	<b>00:53:32.35</b>	+00:17:26	5:21	11.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
49	<b>JAGIEŁA Tomasz</b>	<b>1269</b>		M30	25	00:00:49	00:35:10	<b>00:53:37.20</b>	<b>00:53:37.20</b>	+00:17:31	5:21	11.2
50	<b>SNOPKIEWICZ Joanna</b>	<b>1135</b>	BIEGACZ CEGŁÓW	K40	1	00:00:49	00:36:14	<b>00:53:37.75</b>	<b>00:53:37.75</b>	+00:17:31	5:21	11.2
51	<b>NOWOMIEJSKI Marcin</b>	<b>1129</b>	BYLE DOBIEC	M30	26	00:00:49	00:33:03	<b>00:53:39.75</b>	<b>00:53:39.75</b>	+00:17:33	5:21	11.2
52	<b>SOJKA Agnieszka</b>	<b>1194</b>	PRZEMYSKI KLUB BIEGACZA	K30	2	00:01:10	00:35:35	<b>00:53:40.80</b>	<b>00:53:40.80</b>	+00:17:34	5:22	11.2
53	<b>ŁUSZCZYC Anna</b>	<b>1297</b>		K30	3	00:02:11	00:36:13	<b>00:53:41.25</b>	<b>00:53:41.25</b>	+00:17:35	5:22	11.2
54	<b>MAZUR Jacek</b>	<b>1252</b>	SPARTAN RACE TRAINING GROUP RZESZÓW	M20	11	00:02:10	00:36:45	<b>00:53:41.55</b>	<b>00:53:41.55</b>	+00:17:35	5:22	11.2
55	<b>BŁASZCZAK Błażej</b>	<b>1179</b>		M20	12	00:00:45	00:35:15	<b>00:53:46.10</b>	<b>00:53:46.10</b>	+00:17:40	5:22	11.2
56	<b>WILCZAK Janusz</b>	<b>1243</b>		M40	11	00:00:52	00:35:02	<b>00:54:06.75</b>	<b>00:54:06.75</b>	+00:18:00	5:24	11.1
57	<b>MORCINEK Marcin</b>	<b>1029</b>	BLUSZCZA	M30	27	00:01:27	00:36:08	<b>00:54:08.25</b>	<b>00:54:08.25</b>	+00:18:02	5:24	11.1
58	<b>BŁASZCZAK Grzegorz</b>	<b>1035</b>	NIGHT RUNNERS PŁOCK	M30	28	00:00:40	00:35:47	<b>00:54:25.60</b>	<b>00:54:25.60</b>	+00:18:19	5:26	11
59	<b>GUZOWSKI Dariusz</b>	<b>1066</b>	COKE RUNNERS	M50	2	00:00:41	00:36:07	<b>00:54:36.90</b>	<b>00:54:36.90</b>	+00:18:30	5:27	11
60	<b>PARWA Michał</b>	<b>1208</b>		M30	29	00:01:33	00:36:29	<b>00:54:38.90</b>	<b>00:54:38.90</b>	+00:18:32	5:27	11
61	<b>MACIĄG Michał</b>	<b>1141</b>	BIEGUSIEM.PL	M30	30	00:03:00	00:37:48	<b>00:54:45.50</b>	<b>00:54:45.50</b>	+00:18:39	5:28	11
62	<b>CHOJNACKI Wiktor</b>	<b>1212</b>	NADLEŚNICTWO LUTOWSKA	M30	31	00:01:07	00:36:43	<b>00:54:53.40</b>	<b>00:54:53.40</b>	+00:18:47	5:29	10.9
63	<b>POLOZYNSKI Andrzej</b>	<b>1205</b>	ZACISZE NIGHT RUNNERS	M30	32	00:02:04	00:37:42	<b>00:54:59.15</b>	<b>00:54:59.15</b>	+00:18:53	5:29	10.9
64	<b>KARDASZ Marek</b>	<b>1223</b>	BIESZCZADY TEAM	M30	33	00:00:51	00:36:42	<b>00:55:05.00</b>	<b>00:55:05.00</b>	+00:18:59	5:30	10.9
65	<b>BOGUTA Monika</b>	<b>1288</b>	VW TEAM	K30	4	00:00:48	00:35:52	<b>00:55:18.55</b>	<b>00:55:18.55</b>	+00:19:12	5:31	10.8
66	<b>STANKIEWICZ Jacek</b>	<b>1245</b>		M40	12	00:00:41	00:36:10	<b>00:55:20.55</b>	<b>00:55:20.55</b>	+00:19:14	5:32	10.8
67	<b>DZIEDZIC Krzysztof</b>	<b>1300</b>		M30	34	00:01:04	00:38:09	<b>00:55:44.30</b>	<b>00:55:44.30</b>	+00:19:38	5:34	10.8
68	<b>WARZYCHA Dawid</b>	<b>1038</b>		M20	13	00:02:08	00:37:31	<b>00:55:47.05</b>	<b>00:55:47.05</b>	+00:19:41	5:34	10.8
69	<b>WODYŃSKI Jacek</b>	<b>1101</b>	EQUIDO TEAM SCHODZI Z ASFALTU	M40	13	00:01:36	00:38:02	<b>00:55:56.45</b>	<b>00:55:56.45</b>	+00:19:50	5:35	10.7
70	<b>DOROSZ Barbara</b>	<b>1094</b>		K30	5	00:01:11	00:37:06	<b>00:56:03.80</b>	<b>00:56:03.80</b>	+00:19:57	5:36	10.7
71	<b>MAJEWSKA Joanna</b>	<b>1072</b>	RUN PGE OBRÓT	K40	2	00:02:13	00:36:24	<b>00:56:09.55</b>	<b>00:56:09.55</b>	+00:20:03	5:36	10.7
72	<b>WRÓBEL Bartłomiej</b>	<b>1309</b>	CISNA GÓRĄ	M40	14	00:00:54	00:36:58	<b>00:56:10.70</b>	<b>00:56:10.70</b>	+00:20:04	5:37	10.7
73	<b>SAWICKI Radek</b>	<b>1051</b>	DZIKIE GRUBASY SZATANA	M30	35	00:01:34	00:37:09	<b>00:56:11.50</b>	<b>00:56:11.50</b>	+00:20:05	5:37	10.7
74	<b>GUJSKI Marcin</b>	<b>1187</b>	TRIPAKA	M30	36	00:00:59	00:37:35	<b>00:56:12.20</b>	<b>00:56:12.20</b>	+00:20:06	5:37	10.7
75	<b>RYZIŃSKI Ryszard</b>	<b>1030</b>		M40	15	00:00:56	00:38:24	<b>00:56:49.30</b>	<b>00:56:49.30</b>	+00:20:43	5:40	10.6
76	<b>RYBIŃSKA Anna</b>	<b>1249</b>		K20	3	00:01:28	00:38:07	<b>00:56:50.10</b>	<b>00:56:50.10</b>	+00:20:44	5:41	10.6
77	<b>RYŁKO Mariola</b>	<b>1235</b>	SOLINA TEAM	K40	3	00:00:52	00:37:01	<b>00:57:00.85</b>	<b>00:57:00.85</b>	+00:20:54	5:42	10.5
78	<b>MURAWSKI Łukasz</b>	<b>1171</b>	FUNDACJA LATARNIA	M30	37	00:01:21	00:37:30	<b>00:57:01.60</b>	<b>00:57:01.60</b>	+00:20:55	5:42	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
79	<b>PAWŁOWSKI Piotr</b>	<b>1280</b>		M30	38	00:01:39	00:38:17	<b>00:57:02.35</b>	<b>00:57:02.35</b>	+00:20:56	5:42	10.5
80	<b>KARDASZ Jacek</b>	<b>1084</b>	ATTYLA RUNNING CLUB	M30	39	00:01:22	00:38:29	<b>00:57:06.85</b>	<b>00:57:06.85</b>	+00:21:00	5:42	10.5
81	<b>STACHURSKI Mirosław</b>	<b>1296</b>	MBTEAM	M30	40	00:02:10	00:38:26	<b>00:57:22.70</b>	<b>00:57:22.70</b>	+00:21:16	5:44	10.5
82	<b>GARBARZ Monika</b>	<b>1293</b>		K30	6	00:01:43	00:38:33	<b>00:57:25.10</b>	<b>00:57:25.10</b>	+00:21:19	5:44	10.4
83	<b>KŁOŚ Artur</b>	<b>1247</b>	PKO BANK POLSKI	M30	41	00:01:28	00:38:47	<b>00:57:33.95</b>	<b>00:57:33.95</b>	+00:21:27	5:45	10.4
84	<b>NIEDZIAŁEK Katarzyna</b>	<b>1161</b>	BIEGAJĄCY ŚWIDNIK	K20	4	00:02:12	00:38:15	<b>00:57:43.75</b>	<b>00:57:43.75</b>	+00:21:37	5:46	10.4
85	<b>RAPACZ Marcin</b>	<b>1075</b>		M40	16	00:01:19	00:36:41	<b>00:58:09.20</b>	<b>00:58:09.20</b>	+00:22:03	5:48	10.3
86	<b>TALACH Krzysztof</b>	<b>1183</b>	50 TWARZY GRZYBIARZY	M30	42	00:02:02	00:38:23	<b>00:58:12.60</b>	<b>00:58:12.60</b>	+00:22:06	5:49	10.3
87	<b>SZYBIAK Maciej</b>	<b>1121</b>	AGONA W&M	M20	14	00:01:42	00:38:20	<b>00:58:32.45</b>	<b>00:58:32.45</b>	+00:22:26	5:51	10.3
88	<b>ŻELAZNY Agnieszka</b>	<b>1204</b>		K40	4	00:02:22	00:39:23	<b>00:58:34.25</b>	<b>00:58:34.25</b>	+00:22:28	5:51	10.2
89	<b>WODYŃSKA Dagmara</b>	<b>1100</b>	EQUIDO TEAM SCHODZI Z ASFALTU	K40	5	00:01:36	00:39:08	<b>00:58:37.10</b>	<b>00:58:37.10</b>	+00:22:31	5:51	10.2
90	<b>BERNAŚ Dariusz</b>	<b>1322</b>	DOM PSTRĄGA	M30	43	00:01:32	00:39:14	<b>00:58:37.75</b>	<b>00:58:37.75</b>	+00:22:31	5:51	10.2
91	<b>SKOCZYŁAS Kamil</b>	<b>1303</b>	GUKS MODLIBORZYCE	M30	44	00:01:12	00:38:50	<b>00:58:38.65</b>	<b>00:58:38.65</b>	+00:22:32	5:51	10.2
92	<b>BAJOREK Sebastian</b>	<b>1266</b>	TECHNIKUM LEŚNE W LESKU	M20	15	00:03:10	00:39:06	<b>00:58:39.95</b>	<b>00:58:39.95</b>	+00:22:33	5:51	10.2
93	<b>KLEPACKI Maciej</b>	<b>1091</b>	YO!ZEN	M30	45	00:02:49	00:39:16	<b>00:58:41.10</b>	<b>00:58:41.10</b>	+00:22:35	5:52	10.2
94	<b>MALCZEWSKI Konrad</b>	<b>1330</b>	MOSIR DUKLA	M30	46	00:01:34	00:39:04	<b>00:58:42.25</b>	<b>00:58:42.25</b>	+00:22:36	5:52	10.2
95	<b>SASAL Monika</b>	<b>1295</b>		K30	7	00:01:21	00:38:00	<b>00:58:44.35</b>	<b>00:58:44.35</b>	+00:22:38	5:52	10.2
96	<b>LENART-KŁOŚ Katarzyna</b>	<b>1248</b>	PKO BANK POLSKI	K30	8	00:01:28	00:38:48	<b>00:58:45.05</b>	<b>00:58:45.05</b>	+00:22:39	5:52	10.2
97	<b>BRZEZIŃSKI Arkadiusz</b>	<b>1061</b>	RUN BABY RUN TEAM PL	M40	17	00:02:56	00:39:19	<b>00:58:47.60</b>	<b>00:58:47.60</b>	+00:22:41	5:52	10.2
98	<b>BUGAJSKI Artur</b>	<b>1105</b>	JABIEGAM	M40	18	00:02:56	00:39:41	<b>00:58:59.35</b>	<b>00:58:59.35</b>	+00:22:53	5:53	10.2
99	<b>MAŚLANY Daniel</b>	<b>1217</b>		M30	47	00:02:12	00:40:08	<b>00:59:09.10</b>	<b>00:59:09.10</b>	+00:23:03	5:54	10.1
100	<b>LEDWOLORZ Anna</b>	<b>1068</b>	VEGE RUNNERS	K30	9	00:01:36	00:38:36	<b>00:59:43.55</b>	<b>00:59:43.55</b>	+00:23:37	5:58	10
101	<b>BODZIOCH Grzegorz</b>	<b>1268</b>	GORLICKA GRUPA BIEGOWA	M40	19	00:02:22	00:39:26	<b>00:59:50.45</b>	<b>00:59:50.45</b>	+00:23:44	5:59	10
102	<b>LITWINEK Marek</b>	<b>1256</b>		M30	48	00:02:43	00:40:00	<b>01:00:27.50</b>	<b>01:00:27.50</b>	+00:24:21	6:02	9.9
103	<b>DUCH Piotr</b>	<b>1123</b>		M50	3	00:01:07	00:38:01	<b>01:00:32.40</b>	<b>01:00:32.40</b>	+00:24:26	6:03	9.9
104	<b>MOTYLEWSKA Marta</b>	<b>1319</b>	BIEGAM W SFETRZE	K20	5	00:02:14	00:39:43	<b>01:00:44.00</b>	<b>01:00:44.00</b>	+00:24:38	6:04	9.9
105	<b>MISIOŁEK Marcin</b>	<b>1095</b>	MOSIR DUKLA	M30	49	00:01:35	00:39:42	<b>01:00:46.10</b>	<b>01:00:46.10</b>	+00:24:40	6:04	9.9
106	<b>LUBAŃSKA Alicja</b>	<b>1199</b>		K40	6	00:02:34	00:40:26	<b>01:01:15.00</b>	<b>01:01:15.00</b>	+00:25:09	6:07	9.8
107	<b>KOBIĄŁKA Paulina</b>	<b>1336</b>		K30	10	00:01:51	00:40:21	<b>01:01:15.75</b>	<b>01:01:15.75</b>	+00:25:09	6:07	9.8
108	<b>MAZUREK Katarzyna</b>	<b>1113</b>	SKLEP BIEGACZA LUBLIN TEAM / LSB	K40	7	00:02:04	00:40:47	<b>01:01:16.40</b>	<b>01:01:16.40</b>	+00:25:10	6:07	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
109	<b>CZAJKOWSKI Łukasz</b>	<b>1127</b>		M30	50	00:02:58	00:41:45	<b>01:01:23.40</b>	<b>01:01:23.40</b>	+00:25:17	6:08	9.8
110	<b>DĄBRÓWKA Radosław</b>	<b>1021</b>	FUNDACJA LATARNIA	M30	51	00:01:20	00:38:53	<b>01:01:54.00</b>	<b>01:01:54.00</b>	+00:25:48	6:11	9.7
111	<b>MAJDA Robert</b>	<b>1149</b>	ROMB	M40	20	00:01:30	00:40:05	<b>01:01:55.15</b>	<b>01:01:55.15</b>	+00:25:49	6:11	9.7
112	<b>KADŁUBEK Aleksander</b>	<b>1286</b>	TKTJ	M30	52	00:02:47	00:42:07	<b>01:01:55.80</b>	<b>01:01:55.80</b>	+00:25:49	6:11	9.7
113	<b>KRUK Krzysztof</b>	<b>1267</b>	CROSSFITZABRZE	M30	53	00:02:34	00:41:15	<b>01:01:56.90</b>	<b>01:01:56.90</b>	+00:25:50	6:11	9.7
114	<b>LISOWSKA Kamila</b>	<b>1115</b>		K30	11	00:02:27	00:41:23	<b>01:01:58.80</b>	<b>01:01:58.80</b>	+00:25:52	6:11	9.7
115	<b>HERBERT Jarosław</b>	<b>1042</b>	WYDZIAŁ WYCHOWANIA FIZYCZNEGO UNIwersYTET RZESZOWSKI	M30	54	00:03:12	00:41:30	<b>01:02:17.95</b>	<b>01:02:17.95</b>	+00:26:11	6:13	9.6
116	<b>BODNIAK Tomasz</b>	<b>1058</b>		M30	55	00:01:31	00:40:55	<b>01:02:20.20</b>	<b>01:02:20.20</b>	+00:26:14	6:14	9.6
117	<b>DZIEDZIC Joanna</b>	<b>1233</b>		K30	12	00:01:05	00:40:28	<b>01:02:24.30</b>	<b>01:02:24.30</b>	+00:26:18	6:14	9.6
118	<b>NIEDZWIECKI Zenon</b>	<b>1226</b>		M40	21	00:03:10	00:40:46	<b>01:02:32.00</b>	<b>01:02:32.00</b>	+00:26:26	6:15	9.6
119	<b>CZARNIK Stanisław</b>	<b>1117</b>	MIECHOWICKA GRUPA BIEGOWA	M30	56	00:03:02	00:41:37	<b>01:02:32.90</b>	<b>01:02:32.90</b>	+00:26:26	6:15	9.6
120	<b>KRÓLIK Rafał</b>	<b>1192</b>		M20	16	00:03:09	00:41:04	<b>01:02:34.25</b>	<b>01:02:34.25</b>	+00:26:28	6:15	9.6
121	<b>BIAŁECKA Magdalena</b>	<b>1147</b>	EPIDEMIASPORTU	K30	13	00:01:53	00:41:08	<b>01:03:00.25</b>	<b>01:03:00.25</b>	+00:26:54	6:18	9.5
122	<b>GRUDZIEŃ Sandra</b>	<b>1176</b>	50 TWARZY GRZYBIARZY	K30	14	00:02:02	00:41:35	<b>01:04:19.15</b>	<b>01:04:19.15</b>	+00:28:13	6:25	9.3
123	<b>MAĆZKA Krystyna</b>	<b>1313</b>	OTKRZEŹNIK	K60	1	00:01:45	00:42:01	<b>01:04:28.50</b>	<b>01:04:28.50</b>	+00:28:22	6:26	9.3
124	<b>SURMACZ Dorota</b>	<b>1292</b>		K30	15	00:01:51	00:42:03	<b>01:04:34.05</b>	<b>01:04:34.05</b>	+00:28:28	6:27	9.3
125	<b>LENKIEWICZ-BARDZIŃSKA Agata</b>	<b>1211</b>	NADLEŚNICTWO LUTOWSKA, MKS HALICZ USTRZYKI	K30	16	00:01:07	00:41:32	<b>01:04:35.10</b>	<b>01:04:35.10</b>	+00:28:29	6:27	9.3
126	<b>ZAWADZKI Marcin</b>	<b>1039</b>	SZCZWANY TRZMIEL TEAM	M30	57	00:02:40	00:43:25	<b>01:04:36.30</b>	<b>01:04:36.30</b>	+00:28:30	6:27	9.3
127	<b>WOLSKA Małgorzata</b>	<b>1049</b>	WOLSCY BROTHERS TRIATHLON TEAM	K50	1	00:00:56	00:40:29	<b>01:04:39.70</b>	<b>01:04:39.70</b>	+00:28:33	6:27	9.3
128	<b>WARZYCHA Krzysztof</b>	<b>1037</b>		M50	4	00:02:09	00:43:37	<b>01:04:40.55</b>	<b>01:04:40.55</b>	+00:28:34	6:28	9.3
129	<b>BILSKI Marek</b>	<b>1081</b>		M40	22	00:00:56	00:41:24	<b>01:04:46.05</b>	<b>01:04:46.05</b>	+00:28:40	6:28	9.3
130	<b>QUIRINI Ewa</b>	<b>1232</b>		K30	17	00:02:07	00:42:13	<b>01:04:46.60</b>	<b>01:04:46.60</b>	+00:28:40	6:28	9.3
131	<b>KNAP Ewa</b>	<b>1215</b>	ALBATROSY	K30	18	00:01:38	00:42:33	<b>01:05:03.95</b>	<b>01:05:03.95</b>	+00:28:57	6:30	9.2
132	<b>HANAS Mirosław</b>	<b>1096</b>	MTB MOSIR DUKLA	M30	58	00:01:53	00:41:37	<b>01:05:05.10</b>	<b>01:05:05.10</b>	+00:28:59	6:30	9.2
133	<b>ŁADA Karol</b>	<b>1124</b>		M30	59	00:02:31	00:42:58	<b>01:05:06.00</b>	<b>01:05:06.00</b>	+00:29:00	6:30	9.2
134	<b>PAWELCZYK Anita</b>	<b>1274</b>		K30	19	00:02:30	00:42:21	<b>01:05:06.90</b>	<b>01:05:06.90</b>	+00:29:00	6:30	9.2
135	<b>KASPROWICZ Wioletta</b>	<b>1198</b>	ALGORYTM.EDU.PL	K20	6	00:01:08	00:41:54	<b>01:05:15.60</b>	<b>01:05:15.60</b>	+00:29:09	6:31	9.2
136	<b>KONOPKA Grzegorz</b>	<b>1056</b>	DZIKIE GRUBASY SZATANA	M30	60	00:01:40	00:41:16	<b>01:05:27.40</b>	<b>01:05:27.40</b>	+00:29:21	6:32	9.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
137	<b>KASZUBA Robert</b>	<b>1076</b>		M40	23	00:01:52	00:40:54	<b>01:05:53.40</b>	<b>01:05:53.40</b>	+00:29:47	6:35	9.1
138	<b>ŻYREK Jarosław</b>	<b>1031</b>		M30	61	00:01:52	00:42:23	<b>01:06:05.10</b>	<b>01:06:05.10</b>	+00:29:59	6:36	9.1
139	<b>PREJZNAR Nina</b>	<b>1097</b>		K30	20	00:01:44	00:42:16	<b>01:06:11.20</b>	<b>01:06:11.20</b>	+00:30:05	6:37	9.1
140	<b>KRZYSZTOFIK Damian</b>	<b>1318</b>		M30	62	00:00:50	00:42:22	<b>01:06:13.20</b>	<b>01:06:13.20</b>	+00:30:07	6:37	9.1
141	<b>GALANTY Agnieszka</b>	<b>1279</b>		K40	8	00:01:41	00:43:00	<b>01:06:15.10</b>	<b>01:06:15.10</b>	+00:30:09	6:37	9.1
142	<b>SZYBIAK Joanna</b>	<b>1120</b>	AGONA W&M	K40	9	00:01:42	00:43:08	<b>01:06:20.25</b>	<b>01:06:20.25</b>	+00:30:14	6:38	9
143	<b>KORZENIOWSKA Joanna</b>	<b>1253</b>	UMCS BIEGA	K30	21	00:02:43	00:43:35	<b>01:06:20.95</b>	<b>01:06:20.95</b>	+00:30:14	6:38	9
144	<b>WOJCIECHOWSKI Paweł</b>	<b>1201</b>		M30	63	00:03:13	00:43:19	<b>01:06:21.80</b>	<b>01:06:21.80</b>	+00:30:15	6:38	9
145	<b>WUJDA Magdalena</b>	<b>1157</b>		K30	22	00:03:13	00:43:20	<b>01:06:23.05</b>	<b>01:06:23.05</b>	+00:30:17	6:38	9
146	<b>NAWROT Waldek</b>	<b>1156</b>		M40	24	00:03:13	00:43:22	<b>01:06:23.90</b>	<b>01:06:23.90</b>	+00:30:17	6:38	9
147	<b>CYBULSKA Dominika</b>	<b>1172</b>		K40	10	00:02:29	00:43:31	<b>01:06:33.65</b>	<b>01:06:33.65</b>	+00:30:27	6:39	9
148	<b>HARTMAN Jadwiga</b>	<b>1317</b>		K20	7	00:02:13	00:44:08	<b>01:06:34.65</b>	<b>01:06:34.65</b>	+00:30:28	6:39	9
149	<b>CZECHOWICZ Dariusz</b>	<b>1301</b>	DZIKIE ŻYCIE RUN TEAM	M40	25	00:02:56	00:43:56	<b>01:06:35.50</b>	<b>01:06:35.50</b>	+00:30:29	6:39	9
150	<b>ZADROŻNA Ania</b>	<b>1145</b>		K30	23	00:02:07	00:43:15	<b>01:06:41.35</b>	<b>01:06:41.35</b>	+00:30:35	6:40	9
151	<b>WASILEWSKI Marcin</b>	<b>1287</b>	WW TEAM	M40	26	00:02:48	00:42:03	<b>01:06:54.55</b>	<b>01:06:54.55</b>	+00:30:48	6:41	9
152	<b>NIERADKA Katarzyna</b>	<b>1224</b>		K30	24	00:03:10	00:44:25	<b>01:07:06.05</b>	<b>01:07:06.05</b>	+00:31:00	6:42	8.9
153	<b>MYGA Łukasz</b>	<b>1320</b>	HEARTLESS	M30	64	00:02:34	00:44:01	<b>01:07:10.90</b>	<b>01:07:10.90</b>	+00:31:04	6:43	8.9
154	<b>STARCZEWSKA Sylwia</b>	<b>1175</b>	MINDFULNESS INSIDE	K40	11	00:02:33	00:44:13	<b>01:07:12.90</b>	<b>01:07:12.90</b>	+00:31:06	6:43	8.9
155	<b>KAPUSTA Krzysztof</b>	<b>1221</b>	KISPLUS	M30	65	00:02:14	00:44:04	<b>01:07:17.15</b>	<b>01:07:17.15</b>	+00:31:11	6:43	8.9
156	<b>GARCZYŃSKA Ania</b>	<b>1026</b>		K40	12	00:02:09	00:43:53	<b>01:07:18.65</b>	<b>01:07:18.65</b>	+00:31:12	6:43	8.9
157	<b>CYBULSKI Piotr</b>	<b>1173</b>		M40	27	00:02:29	00:44:05	<b>01:07:20.45</b>	<b>01:07:20.45</b>	+00:31:14	6:44	8.9
158	<b>BANASIK Wiesław</b>	<b>1136</b>		M50	5	00:02:53	00:44:15	<b>01:07:22.10</b>	<b>01:07:22.10</b>	+00:31:16	6:44	8.9
159	<b>DROZDOWSKI Wojciech</b>	<b>1332</b>	BIEGAJ Z TRENERAMI	M30	66	00:01:30	00:43:22	<b>01:07:23.05</b>	<b>01:07:23.05</b>	+00:31:17	6:44	8.9
160	<b>GUTKOWSKI Wojciech</b>	<b>1265</b>		M40	28	00:02:55	00:44:30	<b>01:07:28.15</b>	<b>01:07:28.15</b>	+00:31:22	6:44	8.9
161	<b>STARZECKA Joanna</b>	<b>1130</b>		K40	13	00:02:14	00:43:53	<b>01:07:49.85</b>	<b>01:07:49.85</b>	+00:31:43	6:46	8.8
162	<b>BURDA Sławomir</b>	<b>1308</b>		M30	67	00:01:36	00:44:07	<b>01:07:50.45</b>	<b>01:07:50.45</b>	+00:31:44	6:47	8.8
163	<b>CECUŁA Rafał</b>	<b>1152</b>	POZYTYWNIIE ZABIEGANI SANOK	M30	68	00:02:12	00:43:58	<b>01:08:06.65</b>	<b>01:08:06.65</b>	+00:32:00	6:48	8.8
164	<b>MAZUR Joanna</b>	<b>1153</b>		K30	25	00:01:24	00:44:10	<b>01:08:10.75</b>	<b>01:08:10.75</b>	+00:32:04	6:49	8.8
165	<b>MAZUR Sebastian</b>	<b>1154</b>		M40	29	00:01:24	00:44:11	<b>01:08:11.10</b>	<b>01:08:11.10</b>	+00:32:05	6:49	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
166	DANILUK Andrzej	1164	ZACISZE NIGHT RUNNERS	M30	69	00:02:04	00:44:40	<b>01:08:11.95</b>	<b>01:08:11.95</b>	+00:32:05	6:49	8.8
167	GĘBSKA Karolina	1307		K20	8	00:01:56	00:44:14	<b>01:08:13.20</b>	<b>01:08:13.20</b>	+00:32:07	6:49	8.8
168	CZAJA Wacław	1229		M40	30			<b>01:08:33.95</b>	<b>01:08:33.95</b>	+00:32:27	6:51	8.8
169	GARBOWSKA Monika	1244	NIGHT RUNNERS	K30	26	00:01:34	00:45:03	<b>01:08:34.65</b>	<b>01:08:34.65</b>	+00:32:28	6:51	8.8
170	KUROPATWA Kazimierz	1230	SARAFIS	M60	1	00:02:01	00:44:12	<b>01:08:36.95</b>	<b>01:08:36.95</b>	+00:32:30	6:51	8.7
171	WYSZYŃSKA Kinga	1060		K30	27	00:01:59	00:44:06	<b>01:08:37.90</b>	<b>01:08:37.90</b>	+00:32:31	6:51	8.7
172	MATYJASIK Tomasz	1023	FUNDACJA LATARNIA	M30	70	00:01:25	00:44:22	<b>01:08:39.85</b>	<b>01:08:39.85</b>	+00:32:33	6:51	8.7
173	HERMANIUK Iwona	1063		K40	14	00:01:59	00:44:02	<b>01:08:40.90</b>	<b>01:08:40.90</b>	+00:32:34	6:52	8.7
174	NOWAK Katarzyna	1053	DZIKIE GRUBASY SZATANA	K30	28	00:01:40	00:43:17	<b>01:08:42.00</b>	<b>01:08:42.00</b>	+00:32:36	6:52	8.7
175	BARTOSIEWICZ Daria	1071	DZIKIE GRUBASY SZATANA	K30	29	00:01:39	00:43:19	<b>01:08:44.30</b>	<b>01:08:44.30</b>	+00:32:38	6:52	8.7
176	GUZEK Ewa	1050	DZIKIE GRUBASY SZATANA	K30	30	00:01:36	00:43:18	<b>01:08:46.25</b>	<b>01:08:46.25</b>	+00:32:40	6:52	8.7
177	SAMUŚ Dariusz	1262	SRTG RZESZÓW	M30	71	00:02:37	00:44:59	<b>01:08:47.45</b>	<b>01:08:47.45</b>	+00:32:41	6:52	8.7
178	GAŃSKI Filip	1225	BIEGAJĄCY ŚWIDNIK	M30	72	00:02:54	00:43:26	<b>01:08:51.90</b>	<b>01:08:51.90</b>	+00:32:45	6:53	8.7
179	KOWALIK Anna	1254	UMCS BIEGA	K30	31	00:02:42	00:43:45	<b>01:09:27.40</b>	<b>01:09:27.40</b>	+00:33:21	6:56	8.6
180	RAZNATOWSKA Anastazja	1257	UMCS BIEGA	K30	32	00:02:43	00:43:45	<b>01:09:27.90</b>	<b>01:09:27.90</b>	+00:33:21	6:56	8.6
181	ZABURKO Mateusz	1083		M30	73	00:01:35	00:43:46	<b>01:09:28.65</b>	<b>01:09:28.65</b>	+00:33:22	6:56	8.6
182	CETNARSKI Łukasz	1118	KROKODYLE KOLBUSZOWA	M30	74	00:02:18	00:45:39	<b>01:09:40.95</b>	<b>01:09:40.95</b>	+00:33:34	6:58	8.6
183	KĘDRA Agnieszka	1210	PODKARPACKA SZKOŁA KRAV MAGA	K20	9	00:01:42	00:44:06	<b>01:09:57.80</b>	<b>01:09:57.80</b>	+00:33:51	6:59	8.6
184	ZIEŃKOWSKA Izabela	1185	LUBLIN BIEGA/ WW TEAM	K30	33	00:02:48	00:44:46	<b>01:10:03.05</b>	<b>01:10:03.05</b>	+00:33:57	7:00	8.6
185	GLINIANY Małgorzata	1126	ZABIEGANA RODZINKA	K40	15	00:03:07	00:45:25	<b>01:10:08.70</b>	<b>01:10:08.70</b>	+00:34:02	7:00	8.6
186	GLINIANY Adam	1125	ZABIEGANA RODZINKA	M40	31	00:03:07	00:45:17	<b>01:10:09.45</b>	<b>01:10:09.45</b>	+00:34:03	7:00	8.6
187	KOZIEŁ Szymon	569	TOUR DE RUN	M30	75	00:01:58	00:42:05	<b>01:10:10.45</b>	<b>01:10:10.45</b>	+00:34:04	7:01	8.6
188	MUCHA Justyna	1246		K30	34	00:02:18	00:45:39	<b>01:10:19.70</b>	<b>01:10:19.70</b>	+00:34:13	7:01	8.5
189	POSTÓŁ Karolina	1020	NIGHT RUNNERS GLIWICE	K30	35	00:01:33	00:45:08	<b>01:10:20.35</b>	<b>01:10:20.35</b>	+00:34:14	7:02	8.5
190	MARMUROWICZ Krystian	1073	SILESIA RUNNING TEAM	M40	32	00:03:02	00:45:14	<b>01:10:20.90</b>	<b>01:10:20.90</b>	+00:34:14	7:02	8.5
191	BYCZAK Karolina	1285		K30	36	00:02:47	00:45:23	<b>01:10:21.75</b>	<b>01:10:21.75</b>	+00:34:15	7:02	8.5
192	KUPIDŁO Joanna	1284		K30	37	00:02:47	00:45:23	<b>01:10:22.15</b>	<b>01:10:22.15</b>	+00:34:16	7:02	8.5
193	SZPINDA Marta	1057		K30	38	00:01:41	00:45:11	<b>01:10:23.65</b>	<b>01:10:23.65</b>	+00:34:17	7:02	8.5
194	SZPYT Justyna	1062		K40	16	00:01:41	00:45:10	<b>01:10:24.25</b>	<b>01:10:24.25</b>	+00:34:18	7:02	8.5
195	ŻEBRAKOWSKI Artur	1228	SPARTAN RACE TRAINING GROUP RZESZÓW	M30	76	00:02:04	00:44:59	<b>01:10:25.45</b>	<b>01:10:25.45</b>	+00:34:19	7:02	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
196	<b>SADOWIŃSKA Adriana</b>	<b>1151</b>	NOWA HUTA TEAM	K40	17	00:02:57	00:45:40	<b>01:10:26.20</b>	<b>01:10:26.20</b>	+00:34:20	7:02	8.5
197	<b>KOZAKIEWICZ Aneta</b>	<b>1316</b>		K40	18	00:02:01	00:45:20	<b>01:10:39.45</b>	<b>01:10:39.45</b>	+00:34:33	7:03	8.5
198	<b>STRYCZEK Aleksandra</b>	<b>1046</b>		K20	10	00:00:57	00:43:48	<b>01:10:42.85</b>	<b>01:10:42.85</b>	+00:34:36	7:04	8.5
199	<b>FLIS Piotr</b>	<b>1116</b>	DANIEL'S TEAM	M30	77	00:02:06	00:46:08	<b>01:10:51.85</b>	<b>01:10:51.85</b>	+00:34:45	7:05	8.5
200	<b>SZWEJKA Renata</b>	<b>1326</b>		K40	19	00:02:48	00:47:28	<b>01:10:59.90</b>	<b>01:10:59.90</b>	+00:34:53	7:05	8.5
201	<b>WENECKA-FLIS Anna</b>	<b>1333</b>		K30	39	00:02:05	00:46:09	<b>01:11:08.35</b>	<b>01:11:08.35</b>	+00:35:02	7:06	8.4
202	<b>GOSIACZEK Lusina</b>	<b>1213</b>	50 TWARZY GRZYBIARZY	K30	40	00:02:02	00:46:03	<b>01:11:09.20</b>	<b>01:11:09.20</b>	+00:35:03	7:06	8.4
203	<b>ROSIEK Anna</b>	<b>1155</b>	MKS HALICZ USTRZYKI DOLNE	K30	41	00:02:59	00:45:46	<b>01:11:10.75</b>	<b>01:11:10.75</b>	+00:35:04	7:07	8.4
204	<b>KORYCKA Mariola</b>	<b>1314</b>		K30	42	00:03:07	00:47:15	<b>01:11:33.05</b>	<b>01:11:33.05</b>	+00:35:27	7:09	8.4
205	<b>POTRACHA Katarzyna</b>	<b>1312</b>		K30	43	00:02:25	00:45:59	<b>01:11:58.00</b>	<b>01:11:58.00</b>	+00:35:52	7:11	8.3
206	<b>KARPIŃSKA Aneta</b>	<b>1260</b>		K30	44	00:02:08	00:45:37	<b>01:12:00.35</b>	<b>01:12:00.35</b>	+00:35:54	7:12	8.3
207	<b>KARPIŃSKA Anna</b>	<b>1283</b>	DZIKIE GRUBASY SZATANA	K40	20	00:01:39	00:46:40	<b>01:12:02.60</b>	<b>01:12:02.60</b>	+00:35:56	7:12	8.3
208	<b>DOROTA Jola</b>	<b>1048</b>	RUN RUN OLESZYCE	K40	21	00:02:20	00:46:45	<b>01:12:07.20</b>	<b>01:12:07.20</b>	+00:36:01	7:12	8.3
209	<b>BUCZKO Marek</b>	<b>1018</b>	RUN RUN OLESZYCE	M50	6	00:02:27	00:46:25	<b>01:12:08.35</b>	<b>01:12:08.35</b>	+00:36:02	7:12	8.3
210	<b>KRYGOWSKI Zbigniew</b>	<b>1014</b>	AKADEMIA SPORTU LUBACZÓW	M40	33	00:02:27	00:46:26	<b>01:12:09.55</b>	<b>01:12:09.55</b>	+00:36:03	7:12	8.3
211	<b>AUGUSTYŃSKA Kinga</b>	<b>1033</b>	LACHO TEAM	K30	45	00:02:19	00:46:24	<b>01:12:21.10</b>	<b>01:12:21.10</b>	+00:36:15	7:14	8.3
212	<b>WIECZOREK Beata</b>	<b>1074</b>	DZIKIE GRUBASY SZATANA	K30	46	00:01:42	00:46:42	<b>01:12:29.75</b>	<b>01:12:29.75</b>	+00:36:23	7:14	8.3
213	<b>GABRYŚ Jola</b>	<b>1321</b>	NIGHT RUNNERS GLIWICE	K40	22	00:01:34	00:45:31	<b>01:12:34.50</b>	<b>01:12:34.50</b>	+00:36:28	7:15	8.3
214	<b>SZWEJKA Krzysztof</b>	<b>1325</b>		M40	34	00:02:48	00:47:24	<b>01:12:37.00</b>	<b>01:12:37.00</b>	+00:36:31	7:15	8.3
215	<b>CHODOROWSKI Wojciech</b>	<b>1222</b>	KOLBUSZOWSKIE ZAKAPIORY	M30	78	00:02:18	00:46:35	<b>01:13:20.70</b>	<b>01:13:20.70</b>	+00:37:14	7:20	8.2
216	<b>ANUSZEWSKA Agata</b>	<b>1328</b>		K20	11	00:02:24	00:46:43	<b>01:13:26.45</b>	<b>01:13:26.45</b>	+00:37:20	7:20	8.2
217	<b>KOZDRAŚ Marcin</b>	<b>1282</b>	JOY RUNNERS TEAM	M30	79	00:02:25	00:46:45	<b>01:13:31.15</b>	<b>01:13:31.15</b>	+00:37:25	7:21	8.2
218	<b>RAPAŁA Beata</b>	<b>1290</b>		K40	23	00:02:53	00:47:11	<b>01:13:32.55</b>	<b>01:13:32.55</b>	+00:37:26	7:21	8.2
219	<b>RADZICKA Aleksandra</b>	<b>1264</b>	ZGRABNE ŁANIE	K30	47	00:01:33	00:46:03	<b>01:13:34.35</b>	<b>01:13:34.35</b>	+00:37:28	7:21	8.2
220	<b>WÓJCIK Agnieszka</b>	<b>1270</b>	TRUCHT TARCHOMIN TEAM	K30	48	00:01:32	00:45:55	<b>01:13:37.45</b>	<b>01:13:37.45</b>	+00:37:31	7:21	8.2
221	<b>HADAM Ewa</b>	<b>1335</b>	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	2	00:02:49	00:46:56	<b>01:13:39.60</b>	<b>01:13:39.60</b>	+00:37:33	7:21	8.1
222	<b>POPOWICZ Marcela</b>	<b>1209</b>		K30	49	00:02:59	00:47:49	<b>01:13:40.70</b>	<b>01:13:40.70</b>	+00:37:34	7:22	8.1
223	<b>KUROWSKI Jaromir</b>	<b>1327</b>		M40	35	00:02:59	00:47:44	<b>01:13:41.90</b>	<b>01:13:41.90</b>	+00:37:35	7:22	8.1



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
224	<b>MICHALSKA Marta</b>	<b>1278</b>	TECHNIKUM LEŚNE W LESKU	K30	50	00:03:10	00:48:23	<b>01:13:42.95</b>	<b>01:13:42.95</b>	+00:37:36	7:22	8.1
225	<b>LUZAR Monika</b>	<b>1079</b>	MIA	K40	24	00:01:00	00:46:53	<b>01:13:43.70</b>	<b>01:13:43.70</b>	+00:37:37	7:22	8.1
226	<b>LUZAR Andrzej</b>	<b>1080</b>	MIA	M40	36	00:01:00	00:45:48	<b>01:13:44.35</b>	<b>01:13:44.35</b>	+00:37:38	7:22	8.1
227	<b>BARANOWSKI Krzysztof</b>	<b>1195</b>		M40	37	00:03:03	00:46:28	<b>01:13:45.90</b>	<b>01:13:45.90</b>	+00:37:39	7:22	8.1
228	<b>GIEŁWANOWSKA Justyna</b>	<b>1140</b>		K20	12	00:02:37	00:48:14	<b>01:14:46.75</b>	<b>01:14:46.75</b>	+00:38:40	7:28	8
229	<b>BAJAK Mirosław</b>	<b>1045</b>		M40	38	00:02:40	00:50:04	<b>01:14:47.35</b>	<b>01:14:47.35</b>	+00:38:41	7:28	8
230	<b>PELC Kacper</b>	<b>1275</b>		M30	80	00:02:16	00:48:53	<b>01:15:55.95</b>	<b>01:15:55.95</b>	+00:39:49	7:35	7.9
231	<b>HYZIAK Joanna</b>	<b>1103</b>	JJ.RUNNERS	K40	25	00:02:06	00:49:12	<b>01:16:01.05</b>	<b>01:16:01.05</b>	+00:39:55	7:36	7.9
232	<b>BADZIO Dominika</b>	<b>1047</b>	ENDORŚWINKI	K20	13	00:02:19	00:48:01	<b>01:16:02.05</b>	<b>01:16:02.05</b>	+00:39:56	7:36	7.9
233	<b>PRZECH-FUS Agnieszka</b>	<b>1158</b>	LUBELSKA GRUPA TRIATHLONU	K50	3	00:02:44	00:48:38	<b>01:16:03.15</b>	<b>01:16:03.15</b>	+00:39:57	7:36	7.9
234	<b>ZAJĄC Monika</b>	<b>1206</b>		K40	26	00:02:37	00:47:49	<b>01:16:03.55</b>	<b>01:16:03.55</b>	+00:39:57	7:36	7.9
235	<b>LIS Maria</b>	<b>1259</b>		K20	14	00:02:16	00:48:53	<b>01:16:14.15</b>	<b>01:16:14.15</b>	+00:40:08	7:37	7.9
236	<b>ŻERULIK Jarosław</b>	<b>1315</b>		M30	81	00:03:08	00:47:47	<b>01:16:14.85</b>	<b>01:16:14.85</b>	+00:40:08	7:37	7.9
237	<b>PYREK Marek</b>	<b>1016</b>		M30	82	00:02:56	00:50:00	<b>01:16:48.95</b>	<b>01:16:48.95</b>	+00:40:42	7:40	7.8
238	<b>CYPCAR Anna</b>	<b>1166</b>		K20	15	00:02:32	00:49:05	<b>01:17:46.70</b>	<b>01:17:46.70</b>	+00:41:40	7:46	7.7
239	<b>CYPCAR Grzegorz</b>	<b>1165</b>		M20	17	00:02:33	00:49:07	<b>01:17:48.05</b>	<b>01:17:48.05</b>	+00:41:42	7:46	7.7
240	<b>TERLECKI Józef</b>	<b>1242</b>		M60	2		00:48:37	<b>01:17:53.00</b>	<b>01:17:53.00</b>	+00:41:47	7:47	7.7
241	<b>GAJGER Joanna</b>	<b>1227</b>		K30	51	00:03:05	00:49:47	<b>01:18:28.75</b>	<b>01:18:28.75</b>	+00:42:22	7:50	7.6
242	<b>JAWOREK Dariusz</b>	<b>1304</b>	OTK RZEŻNIK	M40	39	00:02:48	00:48:27	<b>01:18:39.85</b>	<b>01:18:39.85</b>	+00:42:33	7:51	7.6
243	<b>SUCHODOLSKA Wioletta</b>	<b>1189</b>		K40	27	00:02:36	00:52:11	<b>01:19:56.65</b>	<b>01:19:56.65</b>	+00:43:50	7:59	7.5
244	<b>MICHNO Anna</b>	<b>1032</b>	LACHO TEAM	K40	28	00:02:19	00:51:23	<b>01:20:12.05</b>	<b>01:20:12.05</b>	+00:44:06	8:01	7.5
245	<b>KALINOWSKA Lucyna</b>	<b>1261</b>		K50	4	00:01:40	00:49:23	<b>01:21:50.35</b>	<b>01:21:50.35</b>	+00:45:44	8:11	7.3
246	<b>NIEDŹWIECKA Natalia</b>	<b>1193</b>		K20	16	00:02:35	00:52:42	<b>01:21:59.80</b>	<b>01:21:59.80</b>	+00:45:53	8:11	7.3
247	<b>NIEDZWIECKA Barbara</b>	<b>1188</b>		K40	29	00:02:36	00:52:37	<b>01:22:06.40</b>	<b>01:22:06.40</b>	+00:46:00	8:12	7.3
248	<b>FURMAN Michał</b>	<b>1169</b>	OCHAJO RUN&FRIENDS	M30	83	00:02:12	00:53:02	<b>01:23:14.90</b>	<b>01:23:14.90</b>	+00:47:08	8:19	7.2
249	<b>FURMAN Agnieszka</b>	<b>1168</b>	OCHAJO RUN&FRIENDS	K30	52	00:02:12	00:53:11	<b>01:23:15.55</b>	<b>01:23:15.55</b>	+00:47:09	8:19	7.2
250	<b>OWOCKA Ewa</b>	<b>1170</b>	MIECHOWICKA GRUPA BIEGOWA	K30	53	00:03:02	00:53:46	<b>01:23:46.30</b>	<b>01:23:46.30</b>	+00:47:40	8:22	7.2
251	<b>MARONDEL Katarzyna</b>	<b>1181</b>	FESTIWAL BIEGOWY	K30	54	00:02:00	00:53:46	<b>01:23:48.75</b>	<b>01:23:48.75</b>	+00:47:42	8:22	7.2
252	<b>SWATEK Anna</b>	<b>1017</b>		K20	17	00:03:00	00:53:44	<b>01:23:59.15</b>	<b>01:23:59.15</b>	+00:47:53	8:23	7.1
253	<b>GLINSKA Aleksandra</b>	<b>1133</b>		K30	55	00:03:01	00:53:54	<b>01:24:45.85</b>	<b>01:24:45.85</b>	+00:48:39	8:28	7.1
254	<b>SZYJA Dariusz</b>	<b>1134</b>	ADS MASNA KRYTYCZNA	M40	40	00:03:00	00:53:55	<b>01:24:46.15</b>	<b>01:24:46.15</b>	+00:48:40	8:28	7.1
255	<b>WABNIC Klaudia</b>	<b>1027</b>	NIGHTRUNNERS ZABRZE	K20	18	00:03:00	00:53:57	<b>01:24:46.50</b>	<b>01:24:46.50</b>	+00:48:40	8:28	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
256	<b>WASIELEWSKA Teresa</b>	<b>1082</b>	KLUB SPORTOWY ZDZIESZOWCE-BIKETEAM	K40	30	00:01:42	00:54:34	<b>01:25:05.75</b>	<b>01:25:05.75</b>	+00:48:59	8:30	7.1
257	<b>ŚWIGONIAK Anna</b>	<b>1131</b>	NOWA HUTA TEAM	K30	56	00:02:58	00:54:37	<b>01:25:07.25</b>	<b>01:25:07.25</b>	+00:49:01	8:30	7
258	<b>OLEKSY Sabina</b>	<b>1979</b>	NOWA HUTA TEAM	K30	57	00:02:58	00:54:39	<b>01:25:33.35</b>	<b>01:25:33.35</b>	+00:49:27	8:33	7
259	<b>DĘBSKA Małgorzata</b>	<b>1119</b>	NOWA HUTA TEAM	K30	58	00:02:58	00:54:38	<b>01:25:53.95</b>	<b>01:25:53.95</b>	+00:49:47	8:35	7
260	<b>FRĄC Elżbieta</b>	<b>1146</b>	NIGHT RUNNERS GLIWCE	K40	31	00:03:14	00:54:03	<b>01:26:20.80</b>	<b>01:26:20.80</b>	+00:50:14	8:38	6.9
261	<b>SEREWA Paulina</b>	<b>1078</b>	OWM LUBLIN	K20	19	00:03:06	00:55:51	<b>01:26:21.50</b>	<b>01:26:21.50</b>	+00:50:15	8:38	6.9
262	<b>PANCZENKO Kamil</b>	<b>1085</b>	OWM LUBLIN	M20	18	00:03:06	00:55:52	<b>01:26:22.75</b>	<b>01:26:22.75</b>	+00:50:16	8:38	6.9
263	<b>STAWSKA Natalia</b>	<b>1043</b>	LACHO TEAM	K30	59	00:03:06	00:56:46	<b>01:26:49.40</b>	<b>01:26:49.40</b>	+00:50:43	8:40	6.9
264	<b>CZAPLA Andrzej</b>	<b>1255</b>		M60	3	00:03:12	00:56:16	<b>01:26:52.15</b>	<b>01:26:52.15</b>	+00:50:46	8:41	6.9
265	<b>WIŚNIEWSKA- PIĄTY Katarzyna</b>	<b>1040</b>		K30	60	00:03:18	00:56:29	<b>01:28:59.25</b>	<b>01:28:59.25</b>	+00:52:53	8:53	6.7
266	<b>PIĄTY Kamil</b>	<b>1041</b>		M30	84	00:03:17	00:56:32	<b>01:29:00.90</b>	<b>01:29:00.90</b>	+00:52:54	8:54	6.7
267	<b>SŁOBODA Magdalena</b>	<b>1231</b>	SISTARS	K30	61	00:03:01	00:57:59	<b>01:29:57.90</b>	<b>01:29:57.90</b>	+00:53:51	8:59	6.7
268	<b>SŁOBODA Krzysztof</b>	<b>1191</b>	DLA SIEBIE	M60	4	00:03:01	00:58:36	<b>01:30:11.55</b>	<b>01:30:11.55</b>	+00:54:05	9:01	6.7
269	<b>BĘBAS Krystyna</b>	<b>1104</b>	BIEGUSIEM.PL	K60	2	00:03:03	00:58:35	<b>01:35:00.75</b>	<b>01:35:00.75</b>	+00:58:54	9:30	6.3
270	<b>JACYNA Adam</b>	<b>1024</b>	FUNDACJA LATARNIA	M40	41	00:01:23	00:59:37	<b>01:36:45.00</b>	<b>01:36:45.00</b>	+01:00:39	9:40	6.2
271	<b>KOLAKOWSKA Anna</b>	<b>1138</b>	NIGHT RUNNERS GLIWCE	K40	32	00:03:15	01:03:22	<b>01:41:50.90</b>	<b>01:41:50.90</b>	+01:05:44	10:11	5.9
272	<b>GRABOWSKA Anna</b>	<b>1305</b>	-	K40	33	00:00:59	01:03:21	<b>01:41:52.05</b>	<b>01:41:52.05</b>	+01:05:46	10:11	5.9
273	<b>MIRECKI Jan</b>	<b>1184</b>		M40	42	00:03:23	01:09:15	<b>01:51:39.80</b>	<b>01:51:39.80</b>	+01:15:33	11:09	5.4

Znaleziono 273 wynik(ów)