



## BIEG SZLAK TRAFI | 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** Bieg Szlak Trafi  
**Organiser:** Fundacja Ruszaj Na Szlak  
**Date:** 2022-08-06  
**Place:** Kazimierz Dolny  
**Distance:** 21 km

Classification: All

| Place | Participant         | Number | Club                             | Category  | MCat | Drużyna 1           | Net time<br>21km | Czas<br>brutto<br>21km | Gap                  | Pace<br>min/km | Pace<br>km/h    |
|-------|---------------------|--------|----------------------------------|-----------|------|---------------------|------------------|------------------------|----------------------|----------------|-----------------|
| 1     | KWARTA Maciej       | 61     | 1WBPA NC / KWARTA / ŻÓRAWSKITEAM | Mężczyźni | 1    | Żórawski Team       | 01:44:50.80      | 01:44:52.95            |                      | 4:59           | 12<br>(100%)    |
| 2     | TICHORUK Karol      | 17     | BIEGAJĄCY ŚWIDNIK                | Mężczyźni | 2    |                     | 01:49:47.25      | 01:49:50.30            | +00:04:57<br>(4.5%)  | 5:13           | 11.5<br>(95.8%) |
| 3     | LIPIŃSKI Tomasz     | 64     | IMPLOZJA CHEŁM                   | Mężczyźni | 3    |                     | 01:53:48.30      | 01:53:50.50            | +00:08:57<br>(7.9%)  | 5:25           | 11.1<br>(92.5%) |
| 4     | ŚLIWKA Paweł        | 101    |                                  | Mężczyźni | 4    |                     | 01:54:21.60      | 01:54:23.60            | +00:09:30<br>(8.3%)  | 5:26           | 11<br>(91.7%)   |
| 5     | PAROL Rafał         | 81     | DZIKIE GRUBASY SZATANA           | Mężczyźni | 5    |                     | 01:56:32.30      | 01:56:34.45            | +00:11:41<br>(10.0%) | 5:32           | 10.8<br>(90.0%) |
| 6     | WIĘCH Piotr         | 142    |                                  | Mężczyźni | 6    |                     | 01:59:43.00      | 01:59:47.50            | +00:14:54<br>(12.4%) | 5:42           | 10.5<br>(87.5%) |
| 7     | BIELAK Tomasz       | 9      |                                  | Mężczyźni | 7    |                     | 02:02:26.55      | 02:02:31.95            | +00:17:39<br>(14.4%) | 5:49           | 10.3<br>(85.8%) |
| 8     | STOŃ Wojciech       | 96     | PACMAN RUNNING TEAM              | Mężczyźni | 8    | Pacman Running Team | 02:03:13.40      | 02:03:16.90            | +00:18:23<br>(14.9%) | 5:52           | 10.2<br>(85.0%) |
| 9     | KOWALSKI Daniel     | 56     | BIEGAJĄCY ŚWIDNIK                | Mężczyźni | 9    | Biegający Świdnik   | 02:04:39.15      | 02:04:41.90            | +00:19:48<br>(15.9%) | 5:56           | 10.1<br>(84.2%) |
| 10    | FLORCZAK Bartłomiej | 36     |                                  | Mężczyźni | 10   |                     | 02:06:00.05      | 02:06:02.25            | +00:21:09<br>(16.8%) | 6:00           | 10<br>(83.3%)   |
| 11    | CHMIEL Przemysław   | 20     | ALBATROSY                        | Mężczyźni | 11   |                     | 02:06:37.45      | 02:06:41.80            | +00:21:48<br>(17.2%) | 6:01           | 10<br>(83.3%)   |
| 12    | WOLSZCZAK Damian    | 139    | WKZ KOZIENICE BBL                | Mężczyźni | 12   | WKZ KOZIENICE BBL   | 02:07:42.85      | 02:07:46.30            | +00:22:53<br>(17.9%) | 6:04           | 9.9<br>(82.5%)  |
| 13    | GARDZIEL Jerzy      | 132    | KONDYCJA                         | Mężczyźni | 13   |                     | 02:12:05.05      | 02:12:12.40            | +00:27:19<br>(20.7%) | 6:17           | 9.5<br>(79.2%)  |

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|-------|----------------------|--------|-------------------------------------|-----------|------|---------------------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 14    | ŚLIWIAK Jakub        | 100    | BIEGOWY WARIAT RUNNING TEAM         | Mężczyźni | 14   |                                 | 02:12:57.45         | 02:13:00.30            | +00:28:07<br>(21.1%) | 6:19           | 9.5<br>(79.2%) |
| 15    | RAKOCZY Marcin       | 86     | SPELEOKLUB ŚWIĘTOKRZYSKI W KIELCACH | Mężczyźni | 15   | Speleoklub Świętokrzyski Kielce | 02:14:25.85         | 02:14:34.75            | +00:29:41<br>(22.1%) | 6:24           | 9.4<br>(78.3%) |
| 16    | SOBIESZEK Sylwia     | 92     | ZWOLEŃNICY BIEGANIA                 | Kobiety   | 1    |                                 | 02:14:54.70         | 02:14:59.30            | +00:30:06<br>(22.3%) | 6:25           | 9.3<br>(77.5%) |
| 17    | DEJNECKA Martyna     | 24     |                                     | Kobiety   | 2    |                                 | 02:15:43.55         | 02:15:46.20            | +00:30:53<br>(22.7%) | 6:27           | 9.3<br>(77.5%) |
| 18    | JERZYK Marcin        | 50     | FORMATIO.PL                         | Mężczyźni | 16   |                                 | 02:15:51.10         | 02:15:55.40            | +00:31:02<br>(22.8%) | 6:28           | 9.3<br>(77.5%) |
| 19    | WRÓBEL Krzysztof     | 116    | BIEGAJĄCY ŚWIDNIK                   | Mężczyźni | 17   | Biegający Świdnik               | 02:16:06.95         | 02:16:14.65            | +00:31:21<br>(23.0%) | 6:28           | 9.3<br>(77.5%) |
| 20    | MAZUREK Karol        | 134    |                                     | Mężczyźni | 18   |                                 | 02:16:22.35         | 02:16:35.35            | +00:31:42<br>(23.2%) | 6:29           | 9.2<br>(76.7%) |
| 21    | DZIEDZIC Jacek       | 30     |                                     | Mężczyźni | 19   |                                 | 02:16:20.15         | 02:16:48.50            | +00:31:55<br>(23.3%) | 6:29           | 9.2<br>(76.7%) |
| 22    | ZAWROTNY Łukasz      | 125    |                                     | Mężczyźni | 20   |                                 | 02:17:06.90         | 02:17:22.40            | +00:32:29<br>(23.7%) | 6:31           | 9.2<br>(76.7%) |
| 23    | FURTAK Krzysiek      | 39     | MULTIMEDIA RUNNERS PUŁAWY           | Mężczyźni | 21   | Multimedia Runners Puławy       | 02:17:38.50         | 02:17:44.45            | +00:32:51<br>(23.9%) | 6:33           | 9.2<br>(76.7%) |
| 24    | TYMICKI Zbigniew     | 107    |                                     | Mężczyźni | 22   |                                 | 02:20:23.85         | 02:20:37.40            | +00:35:44<br>(25.4%) | 6:41           | 9<br>(75.0%)   |
| 25    | PAĆKO Michał         | 79     | SPARTA LUBLIN                       | Mężczyźni | 23   |                                 | 02:21:24.35         | 02:21:33.10            | +00:36:40<br>(25.9%) | 6:44           | 8.9<br>(74.2%) |
| 26    | BROMKE Łukasz        | 15     | ORANGE POLSKA                       | Mężczyźni | 24   |                                 | 02:25:35.85         | 02:25:42.75            | +00:40:49<br>(28.0%) | 6:55           | 8.7<br>(72.5%) |
| 27    | PABIS Szymon         | 78     |                                     | Mężczyźni | 25   |                                 | 02:26:53.85         | 02:26:58.35            | +00:42:05<br>(28.6%) | 6:59           | 8.6<br>(71.7%) |
| 28    | WIŚNIEWSKA Agnieszka | 144    |                                     | Kobiety   | 3    |                                 | 02:27:04.45         | 02:27:12.70            | +00:42:19<br>(28.8%) | 7:00           | 8.6<br>(71.7%) |
| 29    | TRUK Artur           | 103    |                                     | Mężczyźni | 26   |                                 | 02:27:54.65         | 02:27:57.55            | +00:43:04<br>(29.1%) | 7:02           | 8.5<br>(70.8%) |
| 30    | KŁOŚ Artur           | 135    | STAY INSANE                         | Mężczyźni | 27   | STAY INSANE                     | 02:28:12.70         | 02:28:16.60            | +00:43:23<br>(29.3%) | 7:03           | 8.5<br>(70.8%) |
| 31    | BIDAS Michał         | 7      | STAY INSANE                         | Mężczyźni | 28   |                                 | 02:28:20.05         | 02:28:28.65            | +00:43:35<br>(29.4%) | 7:03           | 8.5<br>(70.8%) |
| 32    | FABISIAK Andrzej     | 31     | ZARAŻENI BÓLEM                      | Mężczyźni | 29   |                                 | 02:28:32.55         | 02:28:38.25            | +00:43:45<br>(29.4%) | 7:04           | 8.5<br>(70.8%) |
| 33    | CIOTUCHA Paweł       | 23     | MULTIMEDIA RUNNERS                  | Mężczyźni | 30   | Multimedia Runners Puławy       | 02:28:45.45         | 02:28:55.35            | +00:44:02<br>(29.6%) | 7:05           | 8.5<br>(70.8%) |
| 34    | POROWSKI Łukasz      | 143    |                                     | Mężczyźni | 31   |                                 | 02:31:29.90         | 02:31:33.40            | +00:46:40<br>(30.8%) | 7:12           | 8.3<br>(69.2%) |
| 35    | KOZACZUK Maria       | 58     |                                     | Kobiety   | 4    |                                 | 02:31:48.15         | 02:31:52.65            | +00:46:59<br>(30.9%) | 7:13           | 8.3<br>(69.2%) |
| 36    | BREWCZAK Maciej      | 14     | SAVE LIFE                           | Mężczyźni | 32   |                                 | 02:31:48.85         | 02:31:53.90            | +00:47:00<br>(31.0%) | 7:13           | 8.3<br>(69.2%) |

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|-------|-----------------------|--------|----------------------------------|-----------|------|-----------|---------------------|------------------------|----------------------|----------------|----------------|
| 37    | JARZYNKA Krzysztof    | 49     | K2                               | Mężczyźni | 33   |           | 02:31:47.15         | 02:31:55.70            | +00:47:02<br>(31.0%) | 7:13           | 8.3<br>(69.2%) |
| 38    | POCHWAT Błażej        | 85     | 1SGS                             | Mężczyźni | 34   |           | 02:31:46.10         | 02:31:56.60            | +00:47:03<br>(31.0%) | 7:13           | 8.3<br>(69.2%) |
| 39    | NOWAK Konrad          | 73     |                                  | Mężczyźni | 35   |           | 02:32:32.45         | 02:32:48.05            | +00:47:55<br>(31.4%) | 7:15           | 8.3<br>(69.2%) |
| 40    | ZALEWSKI Dominik      | 121    |                                  | Mężczyźni | 36   |           | 02:32:47.65         | 02:32:51.65            | +00:47:58<br>(31.4%) | 7:16           | 8.2<br>(68.3%) |
| 41    | PARYS Michał          | 82     |                                  | Mężczyźni | 37   |           | 02:32:58.05         | 02:33:02.95            | +00:48:10<br>(31.5%) | 7:17           | 8.2<br>(68.3%) |
| 42    | SOKOŁOWSKA Marta      | 93     | ATP AUGUSTÓW                     | Kobiety   | 5    |           | 02:32:56.50         | 02:33:04.55            | +00:48:11<br>(31.5%) | 7:16           | 8.2<br>(68.3%) |
| 43    | BRYGOŁA Andrzej       | 16     | LUBLIN                           | Mężczyźni | 38   |           | 02:33:14.20         | 02:33:23.45            | +00:48:30<br>(31.6%) | 7:17           | 8.2<br>(68.3%) |
| 44    | FALBA Zbigniew        | 33     |                                  | Mężczyźni | 39   |           | 02:33:43.25         | 02:33:51.30            | +00:48:58<br>(31.8%) | 7:19           | 8.2<br>(68.3%) |
| 45    | KAŻMIERCZAK Krzysztof | 53     |                                  | Mężczyźni | 40   |           | 02:34:30.65         | 02:34:34.35            | +00:49:41<br>(32.1%) | 7:21           | 8.2<br>(68.3%) |
| 46    | SAŁUSTOWICZ Patrycja  | 89     | #NOLIMITS                        | Kobiety   | 6    |           | 02:34:26.05         | 02:34:37.10            | +00:49:44<br>(32.2%) | 7:21           | 8.2<br>(68.3%) |
| 47    | BIELAK Michał         | 10     |                                  | Mężczyźni | 41   |           | 02:34:31.85         | 02:34:39.55            | +00:49:46<br>(32.2%) | 7:21           | 8.2<br>(68.3%) |
| 48    | BANCERZ Grzegorz      | 3      | TRAWNIKI BIEGAJĄ                 | Mężczyźni | 42   |           | 02:35:20.90         | 02:35:31.30            | +00:50:38<br>(32.6%) | 7:23           | 8.1<br>(67.5%) |
| 49    | KOWALIK Piotr         | 55     | TRAWNIKI BIEGAJĄ                 | Mężczyźni | 43   |           | 02:35:21.30         | 02:35:32.00            | +00:50:39<br>(32.6%) | 7:23           | 8.1<br>(67.5%) |
| 50    | FILIPCZAK Stanisław   | 34     |                                  | Mężczyźni | 44   |           | 02:35:53.30         | 02:36:03.30            | +00:51:10<br>(32.8%) | 7:25           | 8.1<br>(67.5%) |
| 51    | ZABŁOCKA Anna         | 118    | POLISH RUNNERS CLUB IRELAND      | Kobiety   | 7    |           | 02:35:55.60         | 02:36:05.15            | +00:51:12<br>(32.8%) | 7:25           | 8.1<br>(67.5%) |
| 52    | MAKUCH Jacek          | 67     |                                  | Mężczyźni | 45   |           | 02:36:08.50         | 02:36:18.70            | +00:51:25<br>(32.9%) | 7:26           | 8.1<br>(67.5%) |
| 53    | URBAŃSKI Mirosław     | 108    |                                  | Mężczyźni | 46   |           | 02:37:27.35         | 02:37:39.30            | +00:52:46<br>(33.5%) | 7:29           | 8<br>(66.7%)   |
| 54    | MAMEJ Piotr           | 69     | LUBELSKIE STOWARZYSZENIE BIEGOWE | Mężczyźni | 47   |           | 02:38:40.35         | 02:38:53.55            | +00:54:00<br>(34.0%) | 7:33           | 7.9<br>(65.8%) |
| 55    | REPCZUK Agata         | 87     |                                  | Kobiety   | 8    |           | 02:39:12.65         | 02:39:16.55            | +00:54:23<br>(34.2%) | 7:34           | 7.9<br>(65.8%) |
| 56    | ZAWROTNA Monika       | 124    |                                  | Kobiety   | 9    |           | 02:41:04.15         | 02:41:18.95            | +00:56:26<br>(35.0%) | 7:40           | 7.8<br>(65.0%) |
| 57    | CHODNIEWICZ Michał    | 21     |                                  | Mężczyźni | 48   |           | 02:42:08.40         | 02:42:17.90            | +00:57:24<br>(35.4%) | 7:43           | 7.8<br>(65.0%) |
| 58    | KOWALSKI Łukasz       | 57     |                                  | Mężczyźni | 49   |           | 02:42:52.30         | 02:42:59.65            | +00:58:06<br>(35.7%) | 7:45           | 7.7<br>(64.2%) |
| 59    | JĘDRYKA Grzegorz      | 51     |                                  | Mężczyźni | 50   |           | 02:43:39.75         | 02:43:46.80            | +00:58:53<br>(36.0%) | 7:47           | 7.7<br>(64.2%) |

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|-------|----------------------|--------|-----------------------------------------------|-----------|------|---------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 60    | BERNACIK Michał      | 148    |                                               | Mężczyźni | 51   |                     | 02:44:09.95         | 02:44:23.70            | +00:59:30<br>(36.2%) | 7:49           | 7.7<br>(64.2%) |
| 61    | BARSZCZEWSKI Mateusz | 4      |                                               | Mężczyźni | 52   |                     | 02:44:28.75         | 02:44:38.75            | +00:59:45<br>(36.3%) | 7:49           | 7.7<br>(64.2%) |
| 62    | ZIÓŁEK Mirosław      | 126    | SAINT GOBAIN SQAD/ STAY INSANE/ BANDA GRUDNIA | Mężczyźni | 53   |                     | 02:44:37.90         | 02:44:44.40            | +00:59:51<br>(36.3%) | 7:50           | 7.7<br>(64.2%) |
| 63    | WÓJTOWICZ Justyna    | 114    | KS PULASKI WARKA                              | Kobiety   | 10   |                     | 02:44:36.45         | 02:44:45.20            | +00:59:52<br>(36.3%) | 7:50           | 7.7<br>(64.2%) |
| 64    | SZUMPUR Mariusz      | 99     | KS START PUŁASKI WARKA                        | Mężczyźni | 54   |                     | 02:44:36.80         | 02:44:45.50            | +00:59:52<br>(36.3%) | 7:50           | 7.7<br>(64.2%) |
| 65    | ADAMOWICZ Agnieszka  | 2      | ZWOLEŃNICY BIEGANIA                           | Kobiety   | 11   | Zwoleńnicy Biegania | 02:47:15.45         | 02:47:21.60            | +01:02:28<br>(37.3%) | 7:57           | 7.5<br>(62.5%) |
| 66    | OSMENDA Michał       | 77     |                                               | Mężczyźni | 55   |                     | 02:47:20.65         | 02:47:27.10            | +01:02:34<br>(37.4%) | 7:58           | 7.5<br>(62.5%) |
| 67    | WRÓBEL Barbara       | 115    | BIEGAJĄCY ŚWIDNIK                             | Kobiety   | 12   | Biegający Świdnik   | 02:47:25.65         | 02:47:33.20            | +01:02:40<br>(37.4%) | 7:58           | 7.5<br>(62.5%) |
| 68    | JANOSZCZYK Monika    | 48     |                                               | Kobiety   | 13   |                     | 02:47:54.00         | 02:48:12.50            | +01:03:19<br>(37.6%) | 7:59           | 7.5<br>(62.5%) |
| 69    | CHUDZIAN Nina        | 141    |                                               | Kobiety   | 14   |                     | 02:48:20.10         | 02:48:25.15            | +01:03:32<br>(37.7%) | 8:00           | 7.5<br>(62.5%) |
| 70    | BETLEJEWSKI Rafał    | 6      |                                               | Mężczyźni | 56   |                     | 02:48:24.60         | 02:48:29.65            | +01:03:36<br>(37.8%) | 8:01           | 7.5<br>(62.5%) |
| 71    | GAWROŃSKI Jacek      | 40     | BIEGAJĄCY ŚWIDNIK                             | Mężczyźni | 57   | Biegający Świdnik   | 02:48:57.85         | 02:49:07.05            | +01:04:14<br>(38.0%) | 8:02           | 7.5<br>(62.5%) |
| 72    | DĘBSKI Artur         | 25     |                                               | Mężczyźni | 58   |                     | 02:49:05.60         | 02:49:11.45            | +01:04:18<br>(38.0%) | 8:03           | 7.5<br>(62.5%) |
| 73    | KROPIAK Katarzyna    | 59     | VEGE RUNNERS                                  | Kobiety   | 15   |                     | 02:49:07.40         | 02:49:13.25            | +01:04:20<br>(38.0%) | 8:03           | 7.5<br>(62.5%) |
| 74    | WOLSZCZAK Ryszard    | 113    | WKZ KOZIENICE BBL                             | Mężczyźni | 59   | WKZ KOZIENICE BBL   | 02:49:12.80         | 02:49:16.55            | +01:04:23<br>(38.0%) | 8:03           | 7.4<br>(61.7%) |
| 75    | ROSA Magdalena       | 88     | LUBELSKIBIEGACZ.PL TEAM                       | Kobiety   | 16   |                     | 02:49:11.05         | 02:49:17.65            | +01:04:24<br>(38.0%) | 8:03           | 7.4<br>(61.7%) |
| 76    | ZAGOZDON Sławomir    | 120    |                                               | Mężczyźni | 60   |                     | 02:49:30.05         | 02:49:37.60            | +01:04:44<br>(38.2%) | 8:04           | 7.4<br>(61.7%) |
| 77    | KAŻMIERCZAK Eryk     | 54     |                                               | Mężczyźni | 61   |                     | 02:49:52.60         | 02:49:56.70            | +01:05:03<br>(38.3%) | 8:05           | 7.4<br>(61.7%) |
| 78    | DUDEK Paweł          | 28     | RUCH IZBICA                                   | Mężczyźni | 62   |                     | 02:50:01.40         | 02:50:15.70            | +01:05:22<br>(38.4%) | 8:05           | 7.4<br>(61.7%) |
| 79    | BUŚ Katarzyna        | 19     |                                               | Kobiety   | 17   |                     | 02:51:00.95         | 02:51:06.60            | +01:06:13<br>(38.7%) | 8:08           | 7.4<br>(61.7%) |
| 80    | OSETEK Mariusz       | 76     | KRAŚNIK BIEGA                                 | Mężczyźni | 63   |                     | 02:51:00.55         | 02:51:06.70            | +01:06:13<br>(38.7%) | 8:08           | 7.4<br>(61.7%) |
| 81    | STERNIK Daniel       | 95     | NAJWIĘKSZA ARMIA ŚWIATA                       | Mężczyźni | 64   |                     | 02:51:04.45         | 02:51:22.20            | +01:06:29<br>(38.8%) | 8:08           | 7.4<br>(61.7%) |
| 82    | WIĘCH Arek           | 110    |                                               | Mężczyźni | 65   |                     | 02:51:12.95         | 02:51:24.00            | +01:06:31<br>(38.8%) | 8:09           | 7.4<br>(61.7%) |

| Place                              | Participant                | Number | Club                   | Category  | MCat | Drużyna 1                    | Net<br>time<br>21km | Czas<br>brutto<br>21km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|------------------------------------|----------------------------|--------|------------------------|-----------|------|------------------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 83                                 | MAZEK Łukasz               | 147    | STOPKA PILAWA          | Mężczyźni | 66   |                              | 02:51:34.45         | 02:51:52.10            | +01:06:59<br>(39.0%) | 8:10           | 7.3<br>(60.8%) |
| 84                                 | FOSCARINI Daniele          | 62     |                        | Mężczyźni | 67   | Multimedia Runners<br>Puławy | 02:52:08.05         | 02:52:24.90            | +01:07:31<br>(39.2%) | 8:11           | 7.3<br>(60.8%) |
| 85                                 | OGRODNICZUK Józef          | 74     |                        | Mężczyźni | 68   |                              | 02:52:38.10         | 02:52:46.20            | +01:07:53<br>(39.3%) | 8:13           | 7.3<br>(60.8%) |
| 86                                 | ZWOLAKIEWICZ<br>Przemysław | 128    | NAŚ/HEŃTEAM            | Mężczyźni | 69   |                              | 02:53:54.45         | 02:54:08.35            | +01:09:15<br>(39.8%) | 8:16           | 7.2<br>(60.0%) |
| 87                                 | KUCZA Mateusz              | 60     |                        | Mężczyźni | 70   |                              | 02:53:45.80         | 02:54:08.60            | +01:09:15<br>(39.8%) | 8:16           | 7.3<br>(60.8%) |
| 88                                 | BARTOSIEWICZ Daria         | 5      | DZIKIE GRUBASY SZATANA | Kobiety   | 18   | Dzikie Grubasy Szatana       | 02:54:10.30         | 02:54:15.80            | +01:09:22<br>(39.8%) | 8:17           | 7.2<br>(60.0%) |
| 89                                 | SOLAN Łukasz               | 94     | #RUNNINGTEAM83         | Mężczyźni | 71   |                              | 02:54:48.55         | 02:54:58.05            | +01:10:05<br>(40.1%) | 8:19           | 7.2<br>(60.0%) |
| 90                                 | RADZIWONOWICZ<br>Adriana   | 136    |                        | Kobiety   | 19   |                              | 02:54:57.10         | 02:55:04.50            | +01:10:11<br>(40.1%) | 8:19           | 7.2<br>(60.0%) |
| 91                                 | ISASI-KURAN Agata          | 47     | MARKOWI BIEGACZE       | Kobiety   | 20   |                              | 02:55:05.35         | 02:55:24.60            | +01:10:31<br>(40.2%) | 8:20           | 7.2<br>(60.0%) |
| 92                                 | PNIEWSKI Rafał             | 84     | BIEGAM NA TARCHOMINIE  | Mężczyźni | 72   |                              | 02:55:29.65         | 02:55:41.95            | +01:10:49<br>(40.3%) | 8:21           | 7.2<br>(60.0%) |
| 93                                 | TADLA Izabela              | 146    | #NOLIMITS              | Kobiety   | 21   |                              | 02:56:00.75         | 02:56:12.40            | +01:11:19<br>(40.5%) | 8:22           | 7.2<br>(60.0%) |
| 94                                 | WNUK Kuba                  | 112    | BOSCO TEAM LUBLIN      | Mężczyźni | 73   |                              | 02:56:52.80         | 02:57:06.65            | +01:12:13<br>(40.8%) | 8:25           | 7.1<br>(59.2%) |
| 95                                 | BIDAS Paweł                | 8      | BIKE EQUIPA SANDOMIERZ | Mężczyźni | 74   | Bike Equipa Sandomierz       | 02:58:06.60         | 02:58:24.20            | +01:13:31<br>(41.2%) | 8:28           | 7.1<br>(59.2%) |
| 96                                 | WRZESIEŃ Jerzy             | 117    | BIKE EQUIPA SANDOMIERZ | Mężczyźni | 75   | Bike Equipa Sandomierz       | 02:58:53.95         | 02:59:10.50            | +01:14:17<br>(41.5%) | 8:31           | 7<br>(58.3%)   |
| 97                                 | ŚWIRCH Damian              | 102    | VEGE RUNNERS           | Mężczyźni | 76   |                              | 02:59:34.75         | 02:59:41.80            | +01:14:48<br>(41.6%) | 8:33           | 7<br>(58.3%)   |
| Przekroczony limit czasu: 03:00:00 |                            |        |                        |           |      |                              |                     |                        |                      |                |                |
| 98                                 | GOLAWSKA Joanna            | 41     |                        | Kobiety   | 22   |                              | 03:00:16.45         | 03:00:27.50            | +01:15:34<br>(41.9%) | 8:35           | 7<br>(58.3%)   |
| 99                                 | FLASIŃSKA Anna             | 35     |                        | Kobiety   | 23   |                              | 03:00:41.35         | 03:00:51.45            | +01:15:58<br>(42.0%) | 8:36           | 7<br>(58.3%)   |
| 100                                | KARCZEWSKI Zenon           | 52     |                        | Mężczyźni | 77   |                              | 03:00:41.90         | 03:00:51.60            | +01:15:58<br>(42.0%) | 8:36           | 7<br>(58.3%)   |
| 101                                | WIĘCKOWSKA Beata           | 111    | HEŃTEAM                | Kobiety   | 24   |                              | 03:02:53.45         | 03:03:05.20            | +01:18:12<br>(42.7%) | 8:42           | 6.9<br>(57.5%) |
| 102                                | ŻUK Agata                  | 129    | HEŃTEAM                | Kobiety   | 25   | Heńteam                      | 03:02:53.75         | 03:03:05.50            | +01:18:12<br>(42.7%) | 8:42           | 6.9<br>(57.5%) |
| 103                                | ISASI Gorka                | 46     | BILBAO                 | Mężczyźni | 78   |                              | 03:03:56.70         | 03:04:15.95            | +01:19:23<br>(43.1%) | 8:45           | 6.9<br>(57.5%) |
| 104                                | SIERY Artur                | 90     |                        | Mężczyźni | 79   |                              | 03:05:20.70         | 03:05:31.30            | +01:20:38<br>(43.5%) | 8:49           | 6.8<br>(56.7%) |
| 105                                | SZAŁAS Andrzej             | 97     | TRUCHTACZ.PL           | Mężczyźni | 80   |                              | 03:05:20.85         | 03:05:31.40            | +01:20:38<br>(43.5%) | 8:49           | 6.8<br>(56.7%) |

| Place | Participant               | Number | Club                      | Category  | MCat | Drużyna 1                 | Net<br>time<br>21km | Czas<br>brutto<br>21km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|---------------------------|--------|---------------------------|-----------|------|---------------------------|---------------------|------------------------|----------------------|----------------|----------------|
| 106   | HUK Mateusz               | 44     |                           | Mężczyźni | 81   |                           | 03:06:59.60         | 03:07:14.00            | +01:22:21<br>(44.0%) | 8:54           | 6.7<br>(55.8%) |
| 107   | MONTES PEREZ Luis Enrique | 72     |                           | Mężczyźni | 82   |                           | 03:07:43.70         | 03:08:01.00            | +01:23:08<br>(44.2%) | 8:56           | 6.7<br>(55.8%) |
| 108   | LECH Andrzej              | 63     |                           | Mężczyźni | 83   |                           | 03:08:41.70         | 03:08:49.40            | +01:23:56<br>(44.5%) | 8:59           | 6.7<br>(55.8%) |
| 109   | ZADURA Agnieszka          | 119    | MULTIMEDIA RUNNERS PUŁAWY | Kobiety   | 26   | Multimedia Runners Puławy | 03:14:29.75         | 03:14:40.60            | +01:29:47<br>(46.1%) | 9:15           | 6.5<br>(54.2%) |
| 110   | ŻUROWSKI Jacek            | 131    | HEŃTEAM                   | Mężczyźni | 84   | Heńteam                   | 03:20:27.70         | 03:20:42.70            | +01:35:49<br>(47.7%) | 9:32           | 6.3<br>(52.5%) |
| 111   | ŻUREK Piotr               | 130    | HEŃTEAM                   | Mężczyźni | 85   |                           | 03:20:27.25         | 03:20:42.85            | +01:35:49<br>(47.7%) | 9:32           | 6.3<br>(52.5%) |
| 111   | SZEWCUK Joanna            | 98     | HEŃTEAM                   | Kobiety   | 27   |                           | 03:20:30.15         | 03:20:42.85            | +01:35:49<br>(47.7%) | 9:32           | 6.3<br>(52.5%) |
| 113   | FABISIAK Ewa              | 32     | ZARAŻENI BÓLEM            | Kobiety   | 28   |                           | 03:21:14.65         | 03:21:26.95            | +01:36:34<br>(47.9%) | 9:34           | 6.3<br>(52.5%) |
| 114   | FRANKOWSKA Dorota         | 38     |                           | Kobiety   | 29   |                           | 03:21:19.80         | 03:21:32.50            | +01:36:39<br>(48.0%) | 9:35           | 6.3<br>(52.5%) |
| 115   | TRZCIŃSKI Michał          | 104    |                           | Mężczyźni | 86   |                           | 03:22:29.45         | 03:22:37.80            | +01:37:44<br>(48.2%) | 9:38           | 6.2<br>(51.7%) |
| 116   | BIJAK Adriana             | 11     |                           | Kobiety   | 30   |                           | 03:22:53.60         | 03:23:04.45            | +01:38:11<br>(48.4%) | 9:39           | 6.2<br>(51.7%) |
| 117   | CHOMIK Marcin             | 22     | GUŁAJ TEAM                | Mężczyźni | 87   |                           | 03:26:54.05         | 03:27:10.60            | +01:42:17<br>(49.4%) | 9:51           | 6.1<br>(50.8%) |
| 118   | MAŁEK Monika              | 138    |                           | Kobiety   | 31   |                           | 03:31:08.00         | 03:31:23.00            | +01:46:30<br>(50.4%) | 10:03          | 6<br>(50.0%)   |
| 119   | MARCINKIEWICZ Anna        | 145    |                           | Kobiety   | 32   |                           | 03:35:25.20         | 03:35:33.15            | +01:50:40<br>(51.3%) | 10:15          | 5.8<br>(48.3%) |
| 120   | GRZECZNIK Tomasz          | 137    |                           | Mężczyźni | 88   |                           | 03:38:20.80         | 03:38:36.70            | +01:53:43<br>(52.0%) | 10:23          | 5.8<br>(48.3%) |
| 121   | SŁAWIŃSKI Andrzej         | 91     |                           | Mężczyźni | 89   |                           | 03:38:25.10         | 03:38:41.70            | +01:53:48<br>(52.0%) | 10:24          | 5.8<br>(48.3%) |
| 122   | ZIÓŁEK Teresa             | 127    | STAY INSANE               | Kobiety   | 33   |                           | 03:43:43.30         | 03:43:55.25            | +01:59:02<br>(53.2%) | 10:39          | 5.6<br>(46.7%) |
| 123   | RAK Paweł                 | 140    | BIEGAJĄCY ŚWIDNIK         | Mężczyźni | 90   |                           | 03:49:22.25         | 03:49:36.05            | +02:04:43<br>(54.3%) | 10:55          | 5.5<br>(45.8%) |
| 124   | MACIĄG Alina              | 65     | BIKE EQUIPA SANDOMIERZ    | Kobiety   | 34   | Biegający Świdnik         | 03:50:37.40         | 03:50:55.60            | +02:06:02<br>(54.6%) | 10:58          | 5.5<br>(45.8%) |
| 125   | ZAWÓŁ Paweł               | 123    | BIKE EQUIPA SANDOMIERZ    | Mężczyźni | 91   |                           | 03:50:38.60         | 03:50:55.90            | +02:06:02<br>(54.6%) | 10:58          | 5.5<br>(45.8%) |
| 126   | KORDOWICZ Łukasz          | 133    | BUT                       | Mężczyźni | 92   |                           | 04:00:33.15         | 04:00:54.75            | +02:16:01<br>(56.5%) | 11:27          | 5.2<br>(43.3%) |
| 126   | BUCZKO Marek              | 18     | RUN RUN OLESZYCE          | Mężczyźni | 92   |                           | 04:00:33.15         | 04:00:54.75            | +02:16:01<br>(56.5%) | 11:27          | 5.2<br>(43.3%) |

| Place | Participant              | Number | Club             | Category  | MCat | Drużyna 1 | Net<br>time<br>21km | Czas<br>brutto<br>21km | Gap                  | Pace<br>min/km | Pace<br>km/h   |
|-------|--------------------------|--------|------------------|-----------|------|-----------|---------------------|------------------------|----------------------|----------------|----------------|
| 128   | DOROTA Jola              | 26     | RUN RUN OLESZYCE | Kobiety   | 35   |           | 04:00:32.75         | 04:00:54.80            | +02:16:01<br>(56.5%) | 11:27          | 5.2<br>(43.3%) |
| 129   | MALEC Basia              | 68     |                  | Kobiety   | 36   |           | 04:06:55.95         | 04:07:09.00            | +02:22:16<br>(57.6%) | 11:45          | 5.1<br>(42.5%) |
| 130   | WARDA Agnieszka<br>Tonny | 109    | SPARTA LUBLIN    | Kobiety   | 37   |           | 04:07:09.20         | 04:07:09.20            | +02:22:16<br>(57.6%) | 11:46          | 5.1<br>(42.5%) |
|       | ORKISZEWSKI Arkadiusz    | 75     |                  | Mężczyźni |      |           | DNF                 | DNF                    |                      | -              | -<br>(0.0%)    |

Total 131 results.