

**Wydarzenie:** Łemkowyna Ultra-Trail 2021  
**Organizator:** Fundacja Ultra  
**Data:** 2021-05-15  
**Miejsce:** Komańcza  
**Dystans:** 48 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Kara/ bonifikata	Czas netto 47.7km	Różn	Tempo min/km	Tempo km/h
1	<b>SZKARADEK Mariusz</b>	<b>2437</b>	VISEGRAD MARATON RYTRO	Open M	1		00:02:00	<b>04:11:42.35</b>		5:14	11.5
2	<b>MORMUL Przemek</b>	<b>2288</b>	DSV	Open M	2	01:34:36		<b>04:14:01.65</b>	+00:02:19	5:19	11.3
3	<b>HADRYŚ Tomasz</b>	<b>2134</b>	TMTEAM	Open M	3	01:43:55		<b>04:29:38.30</b>	+00:17:55	5:39	10.6
4	<b>CZYRNIA Martin</b>	<b>2066</b>	MAFIA TEAM LUBLINIEC	Open M	4	01:39:12		<b>04:33:47.60</b>	+00:22:05	5:44	10.5
5	<b>KAMIŃSKI Piotr</b>	<b>2170</b>	ŁÓDŹ KOCHA SPORT/RUN YOUR TRAIL	Open M	5	01:39:23		<b>04:34:08.15</b>	+00:22:25	5:44	10.4
6	<b>WYSOKIŃSKI Konrad</b>	<b>2664</b>	MESMERIK RUNNERS	Open M	6	01:35:24		<b>04:36:03.95</b>	+00:24:21	5:47	10.4
7	<b>ZAWADZKI Wit</b>	<b>2666</b>	MATNER RUNNING TEAM	Open M	7	01:35:14		<b>04:37:39.00</b>	+00:25:56	5:49	10.3
8	<b>ARAK Tomasz</b>	<b>2546</b>	TRIWAWA / MESMERIK RUNNERS	Open M	8	01:34:40		<b>04:38:28.30</b>	+00:26:45	5:50	10.3
9	<b>PISKADŁO Jacek</b>	<b>2618</b>	NOWY STYL GROUP RUNNING TEAM	Open M	9	01:43:38		<b>04:40:31.00</b>	+00:28:48	5:52	10.2
10	<b>ZBORUCKI Jan</b>	<b>2667</b>	LATAJĄCY CYRK	Open M	10	01:50:59		<b>04:44:21.25</b>	+00:32:38	5:57	10.1
11	<b>DYŚ Paweł</b>	<b>2557</b>	STAY INSANE	Open M	11	01:40:38		<b>04:45:26.00</b>	+00:33:43	5:59	10
12	<b>DUDEK Wojciech</b>	<b>2555</b>		Open M	12	01:41:48		<b>04:46:13.10</b>	+00:34:30	6:00	10
13	<b>ŠTRAUB Daniel</b>	<b>2416</b>		Open M	13	01:38:18		<b>04:48:13.95</b>	+00:36:31	6:02	9.9
14	<b>ORCZYKOWSKI Bogdan</b>	<b>2613</b>		Open M	14	01:49:57		<b>04:48:37.80</b>	+00:36:55	6:03	9.9
15	<b>KACZMAREK Tomasz</b>	<b>2577</b>		Open M	15	01:44:24		<b>04:52:02.85</b>	+00:40:20	6:07	9.8
16	<b>LEŚIAK Tomasz</b>	<b>2237</b>		Open M	16	01:45:47		<b>04:53:55.65</b>	+00:42:13	6:09	9.7
17	<b>DĄBROWSKI Michał</b>	<b>2072</b>	CINCLUS	Open M	17	01:45:22		<b>04:54:04.65</b>	+00:42:22	6:09	9.7
18	<b>KRAUSE Kuba</b>	<b>2525</b>	NATURAL BORN RUNNERS	Open M	18	01:47:03		<b>04:57:30.45</b>	+00:45:48	6:14	9.6
19	<b>CZARNOTA Piotr</b>	<b>2063</b>		Open M	19	01:48:26		<b>04:57:34.85</b>	+00:45:52	6:14	9.6
20	<b>ZIĘBA Tomasz</b>	<b>2668</b>	JACEKBIEGA RUNNING TEAM	Open M	20	01:48:02		<b>04:58:12.30</b>	+00:46:29	6:15	9.6
21	<b>GWIZDEK Marcin</b>	<b>2132</b>	KASY-SHOP.PL	Open M	21	01:47:24		<b>05:04:15.30</b>	+00:52:32	6:22	9.4
22	<b>GLAB Krzysztof</b>	<b>2564</b>	VEGE KLOBUCK	Open M	22	01:48:03		<b>05:06:30.70</b>	+00:54:48	6:25	9.3
23	<b>DĄBROWSKI Marcin</b>	<b>2073</b>	OBOZYBIEGOWE.PL	Open M	23	01:51:52		<b>05:08:18.85</b>	+00:56:36	6:27	9.3
24	<b>BORUSZEWSKA Beata</b>	<b>2040</b>		Open K	1	01:52:00		<b>05:09:09.40</b>	+00:57:27	6:28	9.3
25	<b>KOZARSKI Krzysztof</b>	<b>2586</b>	RK LEGAL	Open M	24	01:52:54		<b>05:09:40.10</b>	+00:57:57	6:29	9.2
26	<b>STAROBRAT Arkadiusz</b>	<b>2640</b>	ALETEMPO	Open M	25	01:52:11		<b>05:10:24.05</b>	+00:58:41	6:30	9.2
27	<b>MICHALSKI Damian</b>	<b>2275</b>	ALIOR RUNNING TEAM	Open M	26	01:47:39		<b>05:12:25.00</b>	+01:00:42	6:32	9.2
28	<b>MAŚLANY Daniel</b>	<b>2603</b>		Open M	27	01:52:19		<b>05:14:24.10</b>	+01:02:41	6:35	9.1
29	<b>LEŚNIAK Karolina</b>	<b>2238</b>		Open K	2	01:57:20		<b>05:14:33.35</b>	+01:02:51	6:35	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas netto	Różn	Tempo min/km	Tempo km/h
						Górne	Kara/bonifikata				
30	<b>PĄPROWICZ Wojciech</b>	<b>2335</b>		Open M	28	01:53:56		<b>05:14:41.25</b>	+01:02:58	6:35	9.1
31	<b>FURTEK Iwona</b>	<b>2103</b>	LACHO TEAM	Open K	3	01:59:54		<b>05:16:54.35</b>	+01:05:12	6:38	9
32	<b>WALERCZYK Bartosz</b>	<b>2471</b>		Open M	29	01:59:33		<b>05:18:16.75</b>	+01:06:34	6:40	9
33	<b>MRÓWKA Michał</b>	<b>2607</b>		Open M	30	02:01:25		<b>05:19:30.95</b>	+01:07:48	6:41	9
34	<b>ASŁANOWICZ Marcin</b>	<b>2008</b>		Open M	31	01:56:59		<b>05:20:49.45</b>	+01:09:07	6:43	8.9
35	<b>KUFFEL Piotr</b>	<b>2223</b>	BRACTWO BIEGOWE BGK	Open M	32	01:55:41		<b>05:21:42.05</b>	+01:09:59	6:44	8.9
36	<b>SITEK Andrzej</b>	<b>2393</b>		Open M	33	01:53:14		<b>05:21:58.20</b>	+01:10:15	6:44	8.9
37	<b>GĘBORYS Patryk</b>	<b>2563</b>		Open M	34	01:50:43		<b>05:23:16.50</b>	+01:11:34	6:46	8.9
38	<b>KRENZEL Regina</b>	<b>2213</b>		Open K	4	02:01:55		<b>05:23:43.50</b>	+01:12:01	6:47	8.8
39	<b>JURKOWSKI Adrian</b>	<b>2575</b>	ŁÓDŹ KOCHA SPORT	Open M	35	02:06:10		<b>05:25:14.65</b>	+01:13:32	6:49	8.8
40	<b>ANISZEWSKI Bartłomiej</b>	<b>2544</b>	ROSSMANN	Open M	36	01:58:53		<b>05:25:22.00</b>	+01:13:39	6:49	8.8
41	<b>FIEDOROWICZ Asia</b>	<b>2558</b>		Open K	5	01:58:48		<b>05:26:10.50</b>	+01:14:28	6:50	8.8
42	<b>DADEJ Grzegorz</b>	<b>2069</b>	KS MASTERS JORDAN KRAKÓW	Open M	37	01:57:17		<b>05:26:36.30</b>	+01:14:53	6:50	8.8
43	<b>PIETRZAK Jacek</b>	<b>2617</b>	WAKA/JAWAKA	Open M	38	02:00:29		<b>05:29:31.25</b>	+01:17:48	6:54	8.7
44	<b>RECLIK Łukasz</b>	<b>2370</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Open M	39	02:02:29		<b>05:31:49.55</b>	+01:20:07	6:57	8.6
45	<b>HOŁÓWKA Sławomir</b>	<b>2138</b>		Open M	40	01:59:06		<b>05:33:03.35</b>	+01:21:21	6:58	8.6
46	<b>OCHREMIAK Michał</b>	<b>2313</b>		Open M	41	01:55:10		<b>05:33:38.80</b>	+01:21:56	6:59	8.6
47	<b>WYCZÓŁKOWSKI Grzegorz</b>	<b>2499</b>	JÓZEF CYTRUS TEAM	Open M	42	02:01:13		<b>05:33:56.50</b>	+01:22:14	7:00	8.6
48	<b>STPICZYŃSKI Marcin</b>	<b>2414</b>		Open M	43	02:07:11		<b>05:34:11.70</b>	+01:22:29	7:00	8.6
49	<b>REGULSKI Cezary</b>	<b>2625</b>		Open M	44	02:06:24		<b>05:34:19.35</b>	+01:22:37	7:00	8.6
50	<b>ZIĘBA Witold</b>	<b>2514</b>		Open M	45	02:05:11		<b>05:35:21.30</b>	+01:23:38	7:01	8.5
51	<b>ZAJĄC Mateusz</b>	<b>2504</b>		Open M	46	02:01:20		<b>05:36:00.85</b>	+01:24:18	7:02	8.5
52	<b>BLADY Bogdan</b>	<b>2031</b>		Open M	47	02:06:05		<b>05:36:41.45</b>	+01:24:59	7:03	8.5
53	<b>JANDA Piotr</b>	<b>2145</b>	GDAŃSCY POMYKACZE	Open M	48	01:59:01		<b>05:36:43.85</b>	+01:25:01	7:03	8.5
54	<b>JEGER Piotr</b>	<b>2574</b>	SKLEP BIEGACZA RUNNING TEAM	Open M	49	02:04:50		<b>05:38:22.30</b>	+01:26:39	7:05	8.5
55	<b>MONCZYŃSKI Bartłomiej</b>	<b>2286</b>	REMMERS RUNNING TEAM / #OWOCBIEGA	Open M	50	01:56:28		<b>05:38:40.90</b>	+01:26:58	7:05	8.5
56	<b>PANEK Damian</b>	<b>2326</b>	MUKS PODKARPACIE JEDLICZE	Open M	51	01:58:13		<b>05:38:54.05</b>	+01:27:11	7:06	8.4
57	<b>KULIK Karolina</b>	<b>2224</b>		Open K	6	02:00:08		<b>05:39:56.10</b>	+01:28:13	7:07	8.4
58	<b>MIRSKI Maciej</b>	<b>2280</b>		Open M	52	01:57:27		<b>05:40:33.30</b>	+01:28:50	7:08	8.4
59	<b>CZARNECKI Zbigniew</b>	<b>2553</b>	STARE BABICE BIEGAJĄ	Open M	53	02:02:35		<b>05:40:55.80</b>	+01:29:13	7:08	8.4
60	<b>WIKTOROWICZ Tomasz</b>	<b>2660</b>		Open M	54	02:01:31		<b>05:42:51.00</b>	+01:31:08	7:11	8.3
61	<b>LACHOWICZ Jerzy</b>	<b>2595</b>	PCTSPORT	Open M	55	01:58:03		<b>05:43:20.80</b>	+01:31:38	7:11	8.3
62	<b>PRELICH Tomasz</b>	<b>2358</b>	DABEX-BOLT	Open M	56	02:08:35		<b>05:44:05.25</b>	+01:32:22	7:12	8.3
63	<b>GNIADEK Gosia</b>	<b>2117</b>	DABEX - BOLT	Open K	7	02:08:32		<b>05:44:05.35</b>	+01:32:23	7:12	8.3
64	<b>KURASZKIEWICZ Robert</b>	<b>2228</b>		Open M	57	01:57:40		<b>05:44:09.60</b>	+01:32:27	7:12	8.3
65	<b>SMOLIŃSKI Piotr</b>	<b>2637</b>		Open M	58	02:06:23		<b>05:44:36.10</b>	+01:32:53	7:13	8.3
66	<b>WAŁACH-BIŚTA Zuza</b>	<b>2654</b>		Open K	8	02:03:29		<b>05:45:25.65</b>	+01:33:43	7:14	8.3
67	<b>RATKA Adriana</b>	<b>2624</b>		Open K	9	02:05:26		<b>05:45:55.60</b>	+01:34:13	7:15	8.3
68	<b>SOJDA Adam</b>	<b>2639</b>	DZIECI OJCA MARKA	Open M	59	02:03:05		<b>05:46:49.40</b>	+01:35:07	7:16	8.3
69	<b>KACZMAREK Tomasz</b>	<b>2166</b>		Open M	60	02:00:43		<b>05:48:06.60</b>	+01:36:24	7:17	8.2
70	<b>BODKOWSKI Paweł</b>	<b>2033</b>		Open M	61	02:06:41		<b>05:49:25.75</b>	+01:37:43	7:19	8.2
71	<b>STEFANOWICZ Adam</b>	<b>2410</b>	WM TRISELF	Open M	62	02:03:59		<b>05:49:33.90</b>	+01:37:51	7:19	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas netto	Różn	Tempo min/km	Tempo km/h
						Górne	Kara/bonifikata				
72	<b>STRZESAK Patrycja</b>	<b>2419</b>		Open K	10	02:12:17		<b>05:50:25.25</b>	+01:38:42	7:20	8.2
73	<b>ŚCIBOR Adrian</b>	<b>2450</b>		Open M	63	02:12:03		<b>05:50:51.70</b>	+01:39:09	7:21	8.2
74	<b>GORCZYŃSKI Wojciech</b>	<b>2123</b>	AIRBUS	Open M	64	02:01:59		<b>05:51:00.50</b>	+01:39:18	7:21	8.2
75	<b>GAŃKIEWICZ Paweł</b>	<b>2114</b>	ESKADRA KRAKÓW	Open M	65	02:04:30		<b>05:51:23.80</b>	+01:39:41	7:21	8.1
76	<b>GRABOWSKA Aleksandra</b>	<b>2129</b>		Open K	11	02:07:20		<b>05:51:44.70</b>	+01:40:02	7:22	8.1
77	<b>KOWALSKI Szymon</b>	<b>2585</b>	HTF LUDWMK SIKORSKI	Open M	66	02:05:30		<b>05:53:29.90</b>	+01:41:47	7:24	8.1
78	<b>KUTERNOGA Michał</b>	<b>2593</b>	RĘKAW RZESZOWSKI KLUB SPORTÓW WALKI	Open M	67	02:06:20		<b>05:53:50.15</b>	+01:42:07	7:25	8.1
79	<b>KOSIELSKI Robert</b>	<b>2202</b>		Open M	68	02:02:18		<b>05:54:01.85</b>	+01:42:19	7:25	8.1
80	<b>CZAPRAN Magdalena</b>	<b>2062</b>		Open K	12	02:05:14		<b>05:54:19.65</b>	+01:42:37	7:25	8.1
81	<b>KORZENIOWSKA Anna</b>	<b>2583</b>	GALANCI CIEKACZE	Open K	13	02:10:42		<b>05:54:26.20</b>	+01:42:43	7:25	8.1
82	<b>KOSTKA Małgorzata</b>	<b>2205</b>	CUBE TEAM	Open K	14	02:04:01		<b>05:55:14.10</b>	+01:43:31	7:26	8.1
83	<b>NOWOSADZKI Wojciech</b>	<b>2312</b>	FF	Open M	69	02:09:58		<b>05:55:25.35</b>	+01:43:43	7:27	8.1
84	<b>KOSTKA Andrzej</b>	<b>2204</b>	CUBE TEAM	Open M	70	02:05:26		<b>05:56:46.25</b>	+01:45:03	7:28	8
85	<b>MARCINIAK Rafał</b>	<b>2601</b>	8A.PL	Open M	71	02:07:17		<b>05:57:09.70</b>	+01:45:27	7:29	8
86	<b>CZAJKA Roman</b>	<b>2061</b>		Open M	72	02:02:53		<b>05:57:57.40</b>	+01:46:15	7:30	8
87	<b>GRABOWSKA Justyna</b>	<b>2127</b>	HTF LUDWMK SIKORSKI	Open K	15	02:10:05		<b>05:58:00.80</b>	+01:46:18	7:30	8
88	<b>SZPAŁA Jakub</b>	<b>2441</b>		Open M	73	02:06:06		<b>05:58:10.60</b>	+01:46:28	7:30	8
89	<b>RAGHAVJEE Yashin</b>	<b>2526</b>	CAPE TOWN	Open M	74	01:59:27		<b>05:58:13.90</b>	+01:46:31	7:30	8
90	<b>GONCERZEWICZ Anna</b>	<b>2566</b>	STARE BABICE BIEGAJĄ	Open K	16	02:13:41		<b>05:58:37.95</b>	+01:46:55	7:31	8
91	<b>ZAPOROWSKI Marcin</b>	<b>2665</b>		Open M	75	02:09:44		<b>05:58:51.05</b>	+01:47:08	7:31	8
92	<b>WARMUŁA Piotr</b>	<b>2474</b>	FUNTRI	Open M	76	02:06:15		<b>05:59:19.25</b>	+01:47:36	7:31	8
93	<b>HACZ Paweł</b>	<b>2133</b>	WWW.FIZJO-TOP.PL	Open M	77	02:02:13		<b>05:59:45.50</b>	+01:48:03	7:32	8
94	<b>KAZUBOWSKA Aleksandra</b>	<b>2180</b>	PARKRUN GORZÓW WLKP.	Open K	17	02:07:34		<b>06:01:01.05</b>	+01:49:18	7:34	7.9
95	<b>POPEK Dominika</b>	<b>2620</b>	WM TRISELF	Open K	18	02:06:42		<b>06:01:17.90</b>	+01:49:35	7:34	7.9
96	<b>TURNIAK Miłosz</b>	<b>2652</b>		Open M	78	02:05:17		<b>06:01:19.20</b>	+01:49:36	7:34	7.9
97	<b>KALISZUK Szymon</b>	<b>2168</b>		Open M	79	01:51:52		<b>06:01:46.25</b>	+01:50:03	7:35	7.9
98	<b>WARZOCHA Paweł</b>	<b>2656</b>	NIECHBIEGA	Open M	80	02:07:55		<b>06:01:46.55</b>	+01:50:04	7:35	7.9
99	<b>NOWAK Dominik</b>	<b>2611</b>		Open M	81	02:06:25		<b>06:02:30.70</b>	+01:50:48	7:35	7.9
100	<b>MŁYNARCZYK Krzysztof</b>	<b>2284</b>		Open M	82	02:06:47		<b>06:02:54.20</b>	+01:51:11	7:36	7.9
101	<b>FURMANIUK Jaromir</b>	<b>2102</b>	SAMOTNY BIAŁY ŻAGIEL	Open M	83	02:10:33		<b>06:03:05.70</b>	+01:51:23	7:36	7.9
102	<b>DUDZIEC Mateusz</b>	<b>2084</b>		Open M	84	02:03:47		<b>06:03:37.45</b>	+01:51:55	7:37	7.9
103	<b>ZYGMUNT Paweł</b>	<b>2518</b>		Open M	85	02:02:06		<b>06:03:48.45</b>	+01:52:06	7:37	7.9
104	<b>IDZIKOWSKI Piotr</b>	<b>2569</b>		Open M	86	02:23:17		<b>06:04:30.25</b>	+01:52:47	7:38	7.9
105	<b>JANOWSKI Paweł</b>	<b>2149</b>		Open M	87	02:15:12		<b>06:04:58.30</b>	+01:53:15	7:39	7.8
106	<b>PAŁUSZNA Anna</b>	<b>2325</b>	HARPAGAN SOSNOWEC	Open K	19	02:15:19		<b>06:04:58.65</b>	+01:53:16	7:39	7.8
107	<b>JANOWICZ Rafał</b>	<b>2571</b>	MIĘKKI ŻELEK	Open M	88	02:13:15		<b>06:05:40.95</b>	+01:53:58	7:39	7.8
108	<b>JAWOREK Grzegorz</b>	<b>2573</b>	MIG TEAM	Open M	89	02:01:46		<b>06:05:45.80</b>	+01:54:03	7:40	7.8
109	<b>SŁABOŃ Mariusz</b>	<b>2398</b>	KIWK-A BIEGA	Open M	90	02:04:33		<b>06:06:33.05</b>	+01:54:50	7:41	7.8
110	<b>TARNAWSKI Marcin</b>	<b>2454</b>		Open M	91	02:10:49		<b>06:06:36.25</b>	+01:54:53	7:41	7.8
111	<b>WIKLIŃSKI Jarosław</b>	<b>2659</b>	CZYSTA AMATORKA	Open M	92	02:08:22		<b>06:07:30.15</b>	+01:55:47	7:42	7.8
112	<b>ŚLAŚKI Bartosz</b>	<b>2644</b>	DZIK KOMANDO	Open M	93	02:01:59		<b>06:08:51.80</b>	+01:57:09	7:43	7.8
113	<b>KACZMAREK Łukasz</b>	<b>2576</b>	DZIK KOMANDO	Open M	94	02:00:01		<b>06:08:52.15</b>	+01:57:09	7:43	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas netto	Różn	Tempo min/km	Tempo km/h
						Górne	Kara/bonifikata				
114	<b>JAKIMIEC Tadeusz</b>	<b>2570</b>	K.S.HUSARIA SZCZECINEK	Open M	95	01:57:14		<b>06:09:41.25</b>	+01:57:58	7:45	7.7
115	<b>SIEMIESZ Paweł</b>	<b>2632</b>		Open M	96	02:04:05		<b>06:09:45.30</b>	+01:58:02	7:45	7.7
116	<b>ROSIECKI Marcin</b>	<b>2373</b>		Open M	97	02:02:56		<b>06:10:06.90</b>	+01:58:24	7:45	7.7
117	<b>PROKOPCZUK Łukasz</b>	<b>2622</b>		Open M	98	02:03:40		<b>06:10:18.40</b>	+01:58:36	7:45	7.7
118	<b>WITKOWSKI Robert</b>	<b>2483</b>		Open M	99	02:13:32		<b>06:12:26.50</b>	+02:00:44	7:48	7.7
119	<b>MRYCZKO Roman</b>	<b>2292</b>	AKTYWNY DYNÓW	Open M	100	02:11:30		<b>06:13:26.80</b>	+02:01:44	7:49	7.7
120	<b>PIĄTOŃ Piotr</b>	<b>2616</b>	NIEPOŁOMICE BIEGAJĄ	Open M	101	02:15:48		<b>06:13:52.95</b>	+02:02:10	7:50	7.7
121	<b>BAŁCHAN Krzysztof</b>	<b>2013</b>	CPR RZESZÓW	Open M	102	01:56:22		<b>06:14:51.25</b>	+02:03:08	7:51	7.6
122	<b>PRĘGOWSKI Michał</b>	<b>2621</b>	VEGE RUNNERS / STARE BABICE BIEGAJĄ	Open M	103	02:18:21		<b>06:15:52.25</b>	+02:04:09	7:52	7.6
123	<b>KARGOL Marcin</b>	<b>2176</b>	NBR TEAM / SMASHING PĄPKINS	Open M	104	02:13:55		<b>06:15:53.15</b>	+02:04:10	7:52	7.6
124	<b>LIPIŃSKI Damian</b>	<b>2596</b>	RADZYMIN RUN TEAM	Open M	105	02:15:34		<b>06:15:53.45</b>	+02:04:11	7:52	7.6
125	<b>JELONEK Piotr</b>	<b>2158</b>	FUNTRI	Open M	106	02:06:57		<b>06:16:25.90</b>	+02:04:43	7:53	7.6
126	<b>GRABCZAK Jarosław</b>	<b>2567</b>	WIECZORNE BIEGANIE W OPOLU	Open M	107	02:13:26		<b>06:16:31.65</b>	+02:04:49	7:53	7.6
127	<b>BODZIOCH Grzegorz</b>	<b>2035</b>	GORLICKA GRUPA BEGOWA	Open M	108	02:06:59		<b>06:16:54.00</b>	+02:05:11	7:54	7.6
128	<b>PISKORSKI Krzysztof</b>	<b>2619</b>		Open M	109	02:20:28		<b>06:17:36.90</b>	+02:05:54	7:54	7.6
129	<b>KACZMAREK Katarzyna</b>	<b>2167</b>	#ADAMCZERWNSKITEAM	Open K	20	02:17:03		<b>06:17:52.20</b>	+02:06:09	7:55	7.6
130	<b>KRUKAR Michał</b>	<b>2215</b>	FINISZ RYMANÓW	Open M	110	02:11:20		<b>06:18:53.80</b>	+02:07:11	7:56	7.6
131	<b>CEGIEŁKO Paweł</b>	<b>2050</b>		Open M	111	02:12:21		<b>06:18:59.20</b>	+02:07:16	7:56	7.6
132	<b>TYLIBA Ireneusz</b>	<b>2467</b>	JURA TEAM	Open M	112	02:06:10		<b>06:19:03.65</b>	+02:07:21	7:56	7.6
133	<b>GANCZEWSKI Paweł</b>	<b>2110</b>	KS STASZEWSKY	Open M	113	02:05:40		<b>06:19:29.90</b>	+02:07:47	7:57	7.5
134	<b>WÓLKIEWICZ Paweł</b>	<b>2495</b>	KS STASZEWSKY	Open M	114	02:04:41		<b>06:19:32.05</b>	+02:07:49	7:57	7.5
135	<b>ZBOROWSKI Kazimierz</b>	<b>2510</b>	VEGE RUNNERS	Open M	115	02:16:59		<b>06:20:13.15</b>	+02:08:30	7:58	7.5
136	<b>CHMIELEWSKI Grzegorz Chmielewski</b>	<b>2052</b>	FUNTRI	Open M	116	02:00:52		<b>06:20:38.00</b>	+02:08:55	7:58	7.5
137	<b>TOL Kamil Tol</b>	<b>2459</b>	MAFIA TEAM LUBLINIEC	Open M	117	02:16:34		<b>06:20:49.00</b>	+02:09:06	7:59	7.5
138	<b>WIĄCKIEWICZ Piotr</b>	<b>2658</b>	DZIK KOMANDO	Open M	118	01:59:22		<b>06:22:58.45</b>	+02:11:16	8:01	7.5
139	<b>ŚLEMP Tomasz</b>	<b>2645</b>		Open M	119	02:09:30		<b>06:23:09.35</b>	+02:11:27	8:01	7.5
140	<b>CHODZIŃSKI Piotr</b>	<b>2551</b>		Open M	120	02:18:09		<b>06:23:18.80</b>	+02:11:36	8:02	7.5
141	<b>SOŁTYSIAK Marta</b>	<b>2407</b>		Open K	21	02:09:36		<b>06:23:47.20</b>	+02:12:04	8:02	7.5
142	<b>BORYCKI Artur</b>	<b>2041</b>	TGR	Open M	121	02:05:50		<b>06:24:27.40</b>	+02:12:45	8:03	7.4
143	<b>DZIEWONSKI Konrad</b>	<b>2090</b>		Open M	122	02:12:24		<b>06:25:47.10</b>	+02:14:04	8:05	7.4
144	<b>ŻMUDZIŃSKI Krzysztof</b>	<b>2669</b>		Open M	123	02:23:15		<b>06:27:46.45</b>	+02:16:04	8:07	7.4
145	<b>LATOS Sławomir</b>	<b>2235</b>		Open M	124	02:19:53		<b>06:27:56.50</b>	+02:16:14	8:07	7.4
146	<b>TOKARSKI Piotr</b>	<b>2647</b>		Open M	125	02:09:53		<b>06:28:53.15</b>	+02:17:10	8:09	7.4
147	<b>BAKALARSKI Paweł</b>	<b>2011</b>		Open M	126	02:10:06		<b>06:30:26.40</b>	+02:18:44	8:11	7.3
148	<b>WRÓBLEWSKI Jacek</b>	<b>2497</b>		Open M	127	02:08:50		<b>06:30:57.05</b>	+02:19:14	8:11	7.3
149	<b>BURCHARD Beata</b>	<b>2046</b>		Open K	22	02:22:04		<b>06:31:56.80</b>	+02:20:14	8:12	7.3
150	<b>SIEDLECKI Cezary</b>	<b>2388</b>		Open M	128	02:15:59		<b>06:33:22.95</b>	+02:21:40	8:14	7.3
151	<b>RZEPNIEWSKA Joanna</b>	<b>2630</b>	MARKOW BIEGACZE	Open K	23	02:22:14		<b>06:33:26.15</b>	+02:21:43	8:14	7.3
152	<b>MOSZ Tomasz</b>	<b>2606</b>	W POGONI ZA DUCHEM	Open M	129	02:23:20		<b>06:34:03.70</b>	+02:22:21	8:15	7.3
153	<b>PAKULSKA-TOMZA Dorota</b>	<b>2323</b>		Open K	24	02:25:22		<b>06:34:28.40</b>	+02:22:46	8:16	7.3
154	<b>PARFIENIUK Michał</b>	<b>2528</b>	BIAŁYSTOK BIEGA TEAM	Open M	130	02:22:49		<b>06:35:10.30</b>	+02:23:27	8:17	7.2
155	<b>KUCZYŃSKI Grzegorz</b>	<b>2527</b>	BIAŁYSTOK BIEGA TEAM	Open M	131	02:22:51		<b>06:35:10.70</b>	+02:23:28	8:17	7.2
156	<b>CHYLIŃSKI Łukasz</b>	<b>2054</b>		Open M	132	02:14:53		<b>06:35:23.05</b>	+02:23:40	8:17	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Kara/ bonifikata	Czas netto 47.7km	Różn	Tempo min/km	Tempo km/h
157	<b>MARCHLEWICZ Przemysław</b>	<b>2600</b>		Open M	133	02:14:50		<b>06:36:44.85</b>	+02:25:02	8:19	7.2
158	<b>KACZMAREK Adam</b>	<b>2165</b>	MAXIMUS CNC	Open M	134	02:14:23		<b>06:36:51.45</b>	+02:25:09	8:19	7.2
159	<b>STRYCZNIEWICZ Krzysztof</b>	<b>2418</b>	555	Open M	135	02:16:30		<b>06:37:00.80</b>	+02:25:18	8:19	7.2
160	<b>ŻYLIŃSKA Agnieszka</b>	<b>2523</b>	555	Open K	25	02:16:34		<b>06:37:01.85</b>	+02:25:19	8:19	7.2
161	<b>TOMASZEWSKA Ewa</b>	<b>2649</b>		Open K	26	02:24:36		<b>06:37:11.95</b>	+02:25:29	8:19	7.2
162	<b>SUŁEK Tomek</b>	<b>2423</b>		Open M	136	02:12:00		<b>06:37:20.40</b>	+02:25:38	8:19	7.2
163	<b>TOMALA Marek</b>	<b>2648</b>	DZIECI OJCA MARKA	Open M	137	02:18:23		<b>06:37:23.25</b>	+02:25:40	8:19	7.2
164	<b>NAZIM Adam</b>	<b>2300</b>	RUNONLINE	Open M	138	02:07:45		<b>06:38:02.75</b>	+02:26:20	8:20	7.2
165	<b>NOWAKOWSKI Wiesław</b>	<b>2612</b>	-	Open M	139	02:16:41		<b>06:39:35.40</b>	+02:27:53	8:22	7.2
166	<b>DYCKOWSKI Andrzej</b>	<b>2556</b>	KS HUSARIA SZCZECINEK	Open M	140	02:13:34		<b>06:40:14.80</b>	+02:28:32	8:23	7.2
167	<b>MIGDAŁ Marcin</b>	<b>2277</b>	MM_BB	Open M	141	02:16:39		<b>06:40:43.15</b>	+02:29:00	8:24	7.1
168	<b>MUSIOLIK Mariusz</b>	<b>2608</b>		Open M	142	02:11:40		<b>06:41:09.50</b>	+02:29:27	8:24	7.1
169	<b>BIAŁECKI Aleksander</b>	<b>2549</b>	BIEGAMYSŁOWICE	Open M	143	02:22:31		<b>06:41:44.20</b>	+02:30:01	8:25	7.1
170	<b>SZREK Łukasz</b>	<b>2642</b>		Open M	144	02:15:54		<b>06:41:52.95</b>	+02:30:10	8:25	7.1
171	<b>MAMCARCZYK Tomasz</b>	<b>2598</b>	EKOBIEGI	Open M	145	02:16:00		<b>06:41:53.95</b>	+02:30:11	8:25	7.1
172	<b>ZAKRZEWSKI Piotr</b>	<b>2505</b>		Open M	146	02:20:57		<b>06:42:29.35</b>	+02:30:47	8:26	7.1
173	<b>HRABEC KOTULKOVA Sona</b>	<b>2141</b>	COLUMBIA MONTRAIL/RUNNING2.CZ	Open K	27	02:25:02		<b>06:43:01.70</b>	+02:31:19	8:26	7.1
174	<b>KREMPA Sławomir</b>	<b>2587</b>	LEMIESZ TEAM	Open M	147	02:25:11		<b>06:43:32.60</b>	+02:31:50	8:27	7.1
175	<b>FIRA-KREMPA Edyta</b>	<b>2560</b>		Open K	28	02:25:15		<b>06:43:33.50</b>	+02:31:51	8:27	7.1
176	<b>FILIP-PASEK Kasia</b>	<b>2093</b>		Open K	29	02:22:54		<b>06:43:51.20</b>	+02:32:08	8:27	7.1
177	<b>SMORAWIŃSKI Marcin</b>	<b>2638</b>	SQUASHTeam	Open M	148	02:17:01		<b>06:44:33.20</b>	+02:32:50	8:28	7.1
178	<b>KRZESIŃSKA Renata</b>	<b>2219</b>		Open K	30	02:26:46		<b>06:44:40.25</b>	+02:32:57	8:29	7.1
179	<b>SZYMANIK Paweł</b>	<b>2447</b>		Open M	149	02:26:37		<b>06:44:40.85</b>	+02:32:58	8:29	7.1
180	<b>JARZYNA Jan</b>	<b>2154</b>	POLSKIE KWASY	Open M	150	02:27:26		<b>06:44:44.65</b>	+02:33:02	8:29	7.1
181	<b>MARJAŃSKI Tomasz</b>	<b>2258</b>	KS PIDRINA GDYNIA	Open M	151	02:26:42		<b>06:45:04.10</b>	+02:33:21	8:29	7.1
182	<b>POCIĘGIEL Michał</b>	<b>2351</b>	SKAWNA BIEGA	Open M	152	02:22:12		<b>06:45:06.60</b>	+02:33:24	8:29	7.1
183	<b>ZIELENKIEWICZ Marcin</b>	<b>2511</b>		Open M	153	02:14:27		<b>06:45:09.10</b>	+02:33:26	8:29	7.1
184	<b>TOMASZEWSKI Michał</b>	<b>2651</b>		Open M	154	02:32:55		<b>06:45:43.10</b>	+02:34:00	8:30	7.1
185	<b>OSTASZEWSKI Mariusz</b>	<b>2614</b>		Open M	155	02:19:00		<b>06:46:06.70</b>	+02:34:24	8:30	7
186	<b>RABSZTYN Andrzej</b>	<b>2363</b>		Open M	156	02:19:00		<b>06:46:24.60</b>	+02:34:42	8:31	7
187	<b>RUDNIK Sławomir</b>	<b>2628</b>	NADAKTYWNI BIAŁYSTOK - PODLASIE 4X4	Open M	157	02:14:46		<b>06:49:06.45</b>	+02:37:24	8:34	7
188	<b>DEMKO Anna</b>	<b>2074</b>	ŻÓŁTYCZERWONYPANDA	Open K	31	02:19:07		<b>06:50:13.30</b>	+02:38:30	8:35	7
189	<b>FIGUŁA Sławomir</b>	<b>2559</b>		Open M	158	02:22:42		<b>06:50:20.25</b>	+02:38:37	8:36	7
190	<b>LACHERA Tomasz</b>	<b>2594</b>		Open M	159	02:27:37		<b>06:50:49.05</b>	+02:39:06	8:36	7
191	<b>BAZYLUK Andrzej</b>	<b>2548</b>	KB ERGO	Open M	160	02:17:44		<b>06:51:59.65</b>	+02:40:17	8:38	6.9
192	<b>SKÓRA Marcin</b>	<b>2395</b>		Open M	161	02:23:47		<b>06:52:02.55</b>	+02:40:20	8:38	6.9
193	<b>MARONKA Agnieszka</b>	<b>2261</b>		Open K	32	02:27:59		<b>06:52:07.05</b>	+02:40:24	8:38	6.9
194	<b>HUNKIEWICZ Ewelina</b>	<b>2568</b>	MARKOW BIEGACZE	Open K	33	02:28:15		<b>06:52:35.30</b>	+02:40:52	8:38	6.9
195	<b>SIEŃSKA-PROKOPCZUK Anna</b>	<b>2633</b>		Open K	34	02:24:35		<b>06:52:39.70</b>	+02:40:57	8:39	6.9
196	<b>ROMANOWSKA Monika</b>	<b>2626</b>		Open K	35	02:24:42		<b>06:52:41.30</b>	+02:40:58	8:39	6.9
197	<b>FRAŃCZEK Iwona</b>	<b>2097</b>	NOA	Open K	36	02:21:53		<b>06:53:09.10</b>	+02:41:26	8:39	6.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
						Górne 18.7km	netto 47.7km		Różn			
198	<b>SZELAĞ Piotr</b>	<b>2434</b>	TURBO JEŻE TEAM	Open M	162	02:28:23			<b>06:53:50.55</b>	+02:42:08	8:40	6.9
199	<b>GADAMSKA-KABATA Paulina</b>	<b>2108</b>		Open K	37	02:30:23			<b>06:54:26.75</b>	+02:42:44	8:41	6.9
200	<b>WITKOWSKI Michał</b>	<b>2484</b>		Open M	163	02:31:45			<b>06:54:49.20</b>	+02:43:06	8:41	6.9
201	<b>WRĘCZYCKI Łukasz</b>	<b>2662</b>	5 PUŁK CHEMICZNY	Open M	164	02:29:21			<b>06:56:24.75</b>	+02:44:42	8:43	6.9
202	<b>OSIKOWSKA Teresa</b>	<b>2320</b>		Open K	38	02:23:25			<b>06:57:16.45</b>	+02:45:34	8:44	6.9
203	<b>RÓŻYCKA Dorota</b>	<b>2376</b>	NOWY STYL GROUP RUNNING TEAM	Open K	39	02:26:18			<b>06:58:33.00</b>	+02:46:50	8:46	6.8
204	<b>TROCHANOWSKA Kamila</b>	<b>2462</b>	RUSYN-LEM	Open K	40	02:25:12			<b>06:58:55.00</b>	+02:47:12	8:46	6.8
205	<b>WŁODEK-JARZYNA Magdalena</b>	<b>2487</b>	POLSKIE KWASY	Open K	41	02:31:58			<b>06:59:40.35</b>	+02:47:58	8:47	6.8
206	<b>BUDZYŃSKI Mateusz</b>	<b>2045</b>		Open M	165	02:22:38			<b>06:59:56.55</b>	+02:48:14	8:48	6.8
207	<b>BAKA Marcin</b>	<b>2547</b>	GTS	Open M	166	02:27:29			<b>07:00:38.35</b>	+02:48:56	8:49	6.8
208	<b>RZUCIDŁO Paweł</b>	<b>2631</b>	EUROCLEAR RUNNING TEAM	Open M	167	02:18:14			<b>07:05:49.80</b>	+02:54:07	8:55	6.7
209	<b>KUBIK Marek</b>	<b>2589</b>		Open M	168	02:15:38			<b>07:05:59.50</b>	+02:54:17	8:55	6.7
210	<b>BIEDROŃ Artur</b>	<b>2025</b>	ERP HEART TEAM	Open M	169	02:27:14			<b>07:06:31.00</b>	+02:54:48	8:56	6.7
211	<b>HOROSZCZAK Adrian</b>	<b>2140</b>	RUSYN-LEM	Open M	170	02:22:18			<b>07:07:16.40</b>	+02:55:34	8:57	6.7
212	<b>POPIELSKI Błażej</b>	<b>2354</b>		Open M	171	02:12:36			<b>07:08:01.90</b>	+02:56:19	8:58	6.7
213	<b>SZYMANSKA Agata</b>	<b>2448</b>	RADZYMIN RUN TEAM	Open K	42	02:31:31			<b>07:08:31.70</b>	+02:56:49	8:59	6.7
213	<b>JARZĄBEK Agnieszka</b>	<b>2153</b>	RADZYMIN RUN TEAM	Open K	42	02:31:19			<b>07:08:31.70</b>	+02:56:49	8:59	6.7
215	<b>CAŁKA Agnieszka</b>	<b>2048</b>	RADZYMIN RUN TEAM	Open K	44	02:31:26			<b>07:08:33.40</b>	+02:56:51	8:59	6.7
216	<b>KWIATEK Monika</b>	<b>2229</b>		Open K	45	02:33:29			<b>07:08:47.65</b>	+02:57:05	8:59	6.7
217	<b>WYPCHAŁOWSKI Jakub</b>	<b>2501</b>		Open M	172	02:28:00			<b>07:08:49.60</b>	+02:57:07	8:59	6.7
218	<b>FYDA Piotr</b>	<b>2105</b>		Open M	173	02:20:27			<b>07:09:46.55</b>	+02:58:04	9:00	6.7
219	<b>PARYSZ Anna</b>	<b>2327</b>	STARE BABICE BIEGAJĄ	Open K	46	02:40:56			<b>07:10:28.85</b>	+02:58:46	9:01	6.6
220	<b>JANDA Rafał</b>	<b>2146</b>	GDAŃSCY POMYKACZE	Open M	174	02:22:30			<b>07:11:19.80</b>	+02:59:37	9:02	6.6
221	<b>SZYMELFENIG Gabriela</b>	<b>2643</b>	AKADEMIABIEGACZA.PL S.L SALOS-WODNA ŁÓDŹ	Open K	47	02:29:07			<b>07:11:24.65</b>	+02:59:42	9:02	6.6
222	<b>PASEK Łukasz</b>	<b>2328</b>		Open M	175	02:30:31			<b>07:12:08.60</b>	+03:00:26	9:03	6.6
223	<b>RZYMOWSKA Krystyna</b>	<b>2384</b>		Open K	48	02:33:10			<b>07:14:02.55</b>	+03:02:20	9:05	6.6
224	<b>BŁASZAK Monika</b>	<b>2032</b>	UBS KRAKOW RUNNING TEAM	Open K	49	02:27:52			<b>07:15:43.10</b>	+03:04:00	9:08	6.6
225	<b>ŻUBER Leszek</b>	<b>2521</b>		Open M	176	02:39:50			<b>07:16:20.95</b>	+03:04:38	9:08	6.6
225	<b>KRYPCZYK Katarzyna</b>	<b>2217</b>		Open K	50	02:39:53			<b>07:16:20.95</b>	+03:04:38	9:08	6.6
227	<b>HELIŃSKI Jacek</b>	<b>2137</b>	DZIKIE ŻYCIE RUN TEAM	Open M	177	02:20:36			<b>07:17:42.00</b>	+03:05:59	9:10	6.5
228	<b>WEIN Tomasz</b>	<b>2657</b>		Open M	178	02:37:48			<b>07:18:51.10</b>	+03:07:08	9:12	6.5
229	<b>ZYGMUNT Monika</b>	<b>2519</b>		Open K	51	02:24:16			<b>07:18:56.65</b>	+03:07:14	9:12	6.5
230	<b>KUMIEGA Józef</b>	<b>2227</b>		Open M	179	02:29:41			<b>07:19:06.25</b>	+03:07:23	9:12	6.5
231	<b>BUTOWSKI Michał</b>	<b>2047</b>	BYDGOSZCZ NA START	Open M	180	02:35:38			<b>07:19:38.30</b>	+03:07:55	9:12	6.5
232	<b>NASKRĘT Arkadiusz</b>	<b>2610</b>	JACEKBIEGA RUNNING TEAM	Open M	181	02:42:49			<b>07:21:11.25</b>	+03:09:28	9:14	6.5
233	<b>DWORZAŃSKI Marcin</b>	<b>2085</b>	BIEGAM BO LUBIĘ	Open M	182	02:33:40			<b>07:21:33.95</b>	+03:09:51	9:15	6.5
234	<b>WIŚNIEWSKA Ewa</b>	<b>2481</b>		Open K	52	02:27:20			<b>07:21:50.90</b>	+03:10:08	9:15	6.5
235	<b>SKOLIMOWSKA Aga</b>	<b>2394</b>	SOLORUN	Open K	53	02:41:37			<b>07:22:35.60</b>	+03:10:53	9:16	6.5
236	<b>KORECKI Marcin</b>	<b>2200</b>	4FI16	Open M	183	02:34:33			<b>07:22:35.95</b>	+03:10:53	9:16	6.5
237	<b>NAKONIECZNY Jacek</b>	<b>2609</b>	SII RUNNING TEAM	Open M	184	02:33:02			<b>07:23:16.30</b>	+03:11:33	9:17	6.5
238	<b>SKROBEK Karolina</b>	<b>2635</b>	VEGE RUNNERS	Open K	54	02:34:44			<b>07:23:41.90</b>	+03:11:59	9:18	6.5
239	<b>NIEDŹWIEDŹ Grzegorz</b>	<b>2304</b>	STA BIEGATON MIKOŁÓW	Open M	185	02:35:03			<b>07:23:44.45</b>	+03:12:02	9:18	6.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Kara/ bonifikata	Czas netto 47.7km	Różn	Tempo min/km	Tempo km/h
240	<b>ROMANOWICZ Katarzyna</b>	<b>2371</b>		Open K	55	02:44:21		<b>07:25:47.65</b>	+03:14:05	9:20	6.4
241	<b>MISZCZYK Marcin</b>	<b>2282</b>		Open M	186	02:33:42		<b>07:27:42.75</b>	+03:16:00	9:23	6.4
242	<b>JABŁOŃSKA Małgorzata</b>	<b>2144</b>	WTORKOWY TRENING	Open K	56	02:39:02		<b>07:28:53.35</b>	+03:17:11	9:24	6.4
243	<b>WOŁOWIEC Krzysztof</b>	<b>2492</b>	LABORATORYJNIE.PL	Open M	187	02:30:17		<b>07:32:53.95</b>	+03:21:11	9:29	6.3
244	<b>DĄBROWSKI Marcin</b>	<b>2554</b>		Open M	188	02:27:32		<b>07:33:08.70</b>	+03:21:26	9:29	6.3
245	<b>SOCHA Jacek</b>	<b>2404</b>		Open M	189	02:33:16		<b>07:33:58.35</b>	+03:22:16	9:31	6.3
246	<b>URBANOWICZ Łukasz</b>	<b>2468</b>		Open M	190	02:33:33		<b>07:35:19.50</b>	+03:23:37	9:32	6.3
247	<b>BIELIŃSKI Tomasz</b>	<b>2029</b>		Open M	191	02:28:16		<b>07:36:54.10</b>	+03:25:11	9:34	6.3
248	<b>ADAMSKI Bartłomiej</b>	<b>2003</b>		Open M	192	02:44:31		<b>07:37:16.65</b>	+03:25:34	9:35	6.3
249	<b>MAJEWSKA Regina</b>	<b>2251</b>	KS "TĘCZA"	Open K	57	02:41:49		<b>07:37:23.45</b>	+03:25:41	9:35	6.3
250	<b>MAJEWSKI Błażej Majewski</b>	<b>2252</b>	FANCLUB PAPA DANCE	Open M	193	02:41:56		<b>07:37:24.35</b>	+03:25:42	9:35	6.3
251	<b>WALUGA Michał</b>	<b>2472</b>		Open M	194	02:41:12		<b>07:37:28.20</b>	+03:25:45	9:35	6.3
252	<b>ARGALSKI Grzegorz</b>	<b>2007</b>	KWT / DZIKIE WIEPRZE PÓŁNOCY	Open M	195	02:35:40		<b>07:40:26.35</b>	+03:28:44	9:39	6.2
253	<b>PYRZEWSKI Dariusz</b>	<b>2362</b>		Open M	196	02:35:43		<b>07:40:27.65</b>	+03:28:45	9:39	6.2
254	<b>DYBCZYŃSKI Jan</b>	<b>2086</b>		Open M	197	02:33:13		<b>07:41:36.95</b>	+03:29:54	9:40	6.2
255	<b>MICHALCZUK Zenon</b>	<b>2274</b>	SEMPER ACTIVE	Open M	198	02:42:46		<b>07:42:19.95</b>	+03:30:37	9:41	6.2
256	<b>ROSTEK Andrzej</b>	<b>2627</b>	MARKOW BIEGACZE	Open M	199	02:41:57		<b>07:42:47.75</b>	+03:31:05	9:42	6.2
257	<b>JAROCH Michał</b>	<b>2572</b>	MARKOW BIEGACZE	Open M	200	02:41:43		<b>07:42:48.50</b>	+03:31:06	9:42	6.2
258	<b>PAPIERNIK Aneta</b>	<b>2524</b>	MARKOW BIEGACZE	Open K	58	02:44:20		<b>07:45:18.85</b>	+03:33:36	9:45	6.2
259	<b>STRADOMSKA Agnieszka</b>	<b>2641</b>	MARKOW BIEGACZE	Open K	59	02:44:16		<b>07:45:19.20</b>	+03:33:36	9:45	6.2
260	<b>MZYK Fabian</b>	<b>2295</b>	STS BIEGATON MIKOŁÓW	Open M	201	02:35:25		<b>07:45:44.15</b>	+03:34:01	9:45	6.1
261	<b>ŁĄCKA Ilona</b>	<b>2247</b>	EKOBIEGI	Open K	60	02:47:31		<b>07:46:09.85</b>	+03:34:27	9:46	6.1
262	<b>CZERWONKA Zbigniew</b>	<b>2064</b>	ESKADRA ŁÓDŹ	Open M	202	02:52:48		<b>07:53:50.90</b>	+03:42:08	9:56	6
263	<b>ANTUSZEWSKI Michał</b>	<b>2545</b>		Open M	203	02:41:32		<b>07:54:05.05</b>	+03:42:22	9:56	6
264	<b>JUSZCZYK Małgorzata</b>	<b>2163</b>	NIEPOŁOMICE BIEGAJĄ	Open K	61	02:49:56		<b>07:55:01.00</b>	+03:43:18	9:57	6
265	<b>SIŁAKOWSKI Ariel</b>	<b>2392</b>	WTORKOWY TRENING	Open M	204	02:40:59		<b>07:55:02.05</b>	+03:43:19	9:57	6
266	<b>TALAGA Bartosz</b>	<b>2646</b>	MARATONKA GRAJEWO	Open M	205	02:45:35		<b>07:55:13.60</b>	+03:43:31	9:57	6
267	<b>GAWORECKI Sławomir</b>	<b>2113</b>	KLUB SPORTOWY HUSARIA SZCZECINEK, NADLEŚNICTWO BORNE SULINOWO	Open M	206	02:31:36		<b>07:55:14.95</b>	+03:43:32	9:57	6
268	<b>SZCZEPOCKI Andrzej</b>	<b>2432</b>	NIEPOŁOMICE BIEGAJĄ	Open M	207	02:50:19		<b>07:55:38.65</b>	+03:43:56	9:58	6
269	<b>WARA-WĄSOWSKI Maciej</b>	<b>2655</b>		Open M	208	02:41:52		<b>07:56:00.70</b>	+03:44:18	9:58	6
270	<b>KOZŁOWSKI Piotr</b>	<b>2209</b>	KS HUSARIA SZCZECINEK	Open M	209	02:39:25		<b>07:59:01.05</b>	+03:47:18	10:02	6
<b>Przekroczony limit czasu: 08:00:00</b>											
271	<b>MAŁKIEWICZ Maciej</b>	<b>2257</b>		Open M	210	02:44:00		<b>08:02:32.55</b>	+03:50:50	10:06	5.9
272	<b>NAPIÓRKOWSKA Ingrid</b>	<b>2297</b>	BOAT CITY TEAM	Open K	62	03:01:11		<b>08:02:39.70</b>	+03:50:57	10:07	5.9
273	<b>RYSIAWA Joanna</b>	<b>2381</b>		Open K	63	02:49:31		<b>08:06:39.60</b>	+03:54:57	10:12	5.9
274	<b>PATYK Joanna</b>	<b>2333</b>		Open K	64	02:56:53		<b>08:11:03.35</b>	+03:59:21	10:17	5.8
275	<b>GARNCARZ Lucyna</b>	<b>2561</b>		Open K	65	02:58:40		<b>09:03:35.55</b>	+04:51:53	11:23	5.3
276	<b>MANIURA Adam</b>	<b>2599</b>		Open M	211	03:21:57		<b>09:17:47.50</b>	+05:06:05	11:41	5.1
	<b>BIAŁAS Andrzej</b>	<b>2021</b>		Open M		02:39:20 DNF		<b>DNF</b>	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Kara/ bonifikata	Czas netto 47.7km	Różn	Tempo min/km	Tempo km/h
	<b>LASEK Piotr</b>	<b>2233</b>		Open M		02:58:12 DNF		<b>DNF</b>		-	-
	<b>NAPIÓRKOWSKI Michał</b>	<b>2298</b>	BOAT CITY TEAM	Open M		03:44:18 DNF		<b>DNF</b>		-	-

Znaleziono 279 wynik(ów)