VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 90 KM

Wydarzenie: Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-12
Miejsce: Cisna
Dystans: 90 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
1	**SEDLAK Michał**	**152**		M40	1	00:54:59	02:16:55	03:32:37	06:09:35	07:37:03	**09:32:28.15**	**09:32:30.05**		6:21	9.4 (100%)
2	**DYBEK Paweł**	**2**	SALOMON SUUNTO TEAM	M40	2	00:54:59	02:20:18	03:42:25	06:11:58	07:56:12	**09:56:27.20**	**09:56:29.50**	+00:23:59 (4.0%)	6:37	9.1 (96.8%)
3	**CHOROŚ Piotr**	**26**	STAY INSANE	M30	1	00:54:57	02:16:52	03:37:39	06:11:35	07:51:55	**09:57:15.95**	**09:57:21.45**	+00:24:51 (4.2%)	6:38	9 (95.7%)
4	**PAWŁOWSKI Arkadiusz**	**129**	ROCK&RUN	M30	2	00:58:18	02:32:57	04:10:34	06:51:36	08:31:36	**10:34:19.75**	**10:34:22.95**	+01:01:52 (9.8%)	7:02	8.5 (90.4%)
5	**WIERNUSZ Krzysztof**	**10**	FINISZ RYMANÓW	M40	3	00:56:28	02:22:38	03:51:17	06:49:11	08:30:02	**10:41:59.30**	**10:42:02.05**	+01:09:32 (10.8%)	7:08	8.4 (89.4%)
6	**KRUŻEL Rafał**	**88**	RYŚ KARPATY	M40	4	00:54:59	02:18:38	03:48:09	06:50:34	08:39:34	**10:58:24.20**	**10:58:26.95**	+01:25:56 (13.1%)	7:18	8.2 (87.2%)
7	**ŚCIESZKA Wojciech**	**8**	13 ELT KRAKÓW-BALICE	M40	5	00:58:21	02:26:57	03:59:22	07:05:08	08:48:39	**11:04:28.10**	**11:04:30.85**	+01:32:00 (13.8%)	7:22	8.1 (86.2%)
8	**KOPEL Rafał**	**6**	7	M30	3	00:59:14	02:31:52	04:05:16	07:04:05	08:52:46	**11:21:03.65**	**11:21:06.45**	+01:48:36 (15.9%)	7:34	7.9 (84.0%)
9	**DEJAS Tomasz**	**32**		M40	6	00:59:32		04:10:13	07:16:15	09:05:07	**11:24:25.00**	**11:24:25.00**	+01:51:54 (16.4%)	7:36	7.9 (84.0%)
10	**WYSOKIŃSKI Konrad**	**185**	MESM	M40	7	00:56:28	02:28:45	04:05:14	07:06:36	09:05:37	**11:27:56.15**	**11:28:00.00**	+01:55:29 (16.8%)	7:38	7.8 (83.0%)
11	**MARZEC Grzegorz**	**107**	GMINA STRZELCE OPOLSKIE	M40	8	01:00:17	02:37:21	04:16:34	07:26:24	09:15:41	**11:28:17.20**	**11:28:20.95**	+01:55:50 (16.8%)	7:38	7.8 (83.0%)
12	**MIKA Tomasz**	**111**	LABOSPORT TEAM	M40	9	01:03:11	02:42:50	04:21:37	07:22:06	09:09:02	**11:28:41.70**	**11:28:44.65**	+01:56:14 (16.9%)	7:39	7.8 (83.0%)
13	**KRAWCZAK Paulina**	**5**	BIEGUSIEM.PL	K30	1	01:01:22	02:41:02	04:19:10		09:12:14	**11:33:29.50**	**11:33:34.85**	+02:01:04 (17.5%)	7:42	7.8 (83.0%)
14	**GRONDYS Paweł**	**54**		M30	4	01:02:20	02:52:56	04:37:12	07:28:14	09:15:44	**11:38:55.75**	**11:38:59.50**	+02:06:29 (18.1%)	7:45	7.7 (81.9%)
15	**PLISZKA Bartosz**	**136**	OLA TEAM	M40	10	00:58:20	02:32:15	04:10:40	07:32:29	09:16:45	**11:39:51.65**	**11:39:54.25**	+02:07:24 (18.2%)	7:46	7.7 (81.9%)
16	**DĄBROWICZ Jakub**	**30**		M30	5	01:00:19	02:38:13	04:16:48	07:26:26	09:16:13	**11:43:23.35**	**11:43:25.85**	+02:10:55 (18.6%)	7:48	7.7 (81.9%)
17	**KOPEL Andrzej**	**81**	7 #7TRTP	M30	6	00:57:50	02:37:24	04:17:03	07:28:24	09:25:34	**11:43:49.85**	**11:43:52.75**	+02:11:22 (18.7%)	7:49	7.7 (81.9%)
18	**SNARSKI Dariusz**	**156**		M40	11	01:05:03	02:47:17	04:21:28	07:32:34	09:23:46	**11:47:12.75**	**11:47:25.80**	+02:14:55 (19.1%)	7:51	7.6 (80.9%)
19	**KOMISARCZYK Anna**	**7**		K30	2	01:00:15	02:42:41	04:21:30	07:23:35	09:22:46	**11:53:58.00**	**11:54:02.10**	+02:21:32 (19.8%)	7:55	7.6 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
20	**FELUCH Krzysztof**	**39**	JACEK BIEGA RUNNING TEAM	M40	12	01:08:26	02:55:40	04:37:57	07:42:39	09:38:37	**12:01:58.05**	**12:02:04.80**	+02:29:34 (20.7%)	8:01	7.5 (79.8%)
21	**ŁACIAK Marcin**	**96**	MESMERIK RUNNERS	M40	13	00:56:26	02:28:45	04:10:20	07:28:25	09:32:23	**12:04:50.70**	**12:04:54.05**	+02:32:24 (21.0%)	8:03	7.4 (78.7%)
22	**PLUTA Daniel**	**137**	TEAM PLUTT	M30	7	01:02:12	02:37:12	04:16:15	07:28:57	09:36:29	**12:13:13.75**	**12:13:19.35**	+02:40:49 (21.9%)	8:08	7.4 (78.7%)
23	**KOŁDER Tomasz**	**78**		M40	14	01:08:57	02:59:23	04:38:23	07:46:33	09:51:24	**12:13:54.70**	**12:14:01.45**	+02:41:31 (22.0%)	8:09	7.4 (78.7%)
24	**DOMISZEWSKA Maria**	**3**	MKS HALICZ	K50	1	00:59:25	02:37:35	04:16:25	07:29:28	09:38:57	**12:18:27.85**	**12:18:31.25**	+02:46:01 (22.5%)	8:12	7.3 (77.7%)
25	**ROWIŃSKI Michał**	**151**		M30	8	01:03:11	02:44:30	04:31:04	07:50:58	09:46:46	**12:25:33.85**	**12:25:39.25**	+02:53:09 (23.2%)	8:17	7.2 (76.6%)
26	**WALASIK Jarosław**	**174**		M40	15	01:05:44	02:46:47	04:31:51	07:47:37	09:46:08	**12:26:27.60**	**12:26:38.45**	+02:54:08 (23.3%)	8:17	7.2 (76.6%)
27	**PRZYPOLSKI Paweł**	**144**	IM-POSSIBLE TEAM	M40	16	01:09:14	03:00:48	04:51:44	08:06:52	10:02:46	**12:30:13.70**	**12:30:23.20**	+02:57:53 (23.7%)	8:20	7.2 (76.6%)
28	**WETHACZ Dariusz**	**200**	A25 SANOK/LOKOMOTIV MAJDAN	M30	9	01:00:09	02:37:32	04:22:57	08:19:06	10:13:12	**12:35:32.80**	**12:35:36.50**	+03:03:06 (24.2%)	8:23	7.1 (75.5%)
29	**BANASZYNSKI Damian**	**146**		M30	10	01:00:07	02:37:32	04:18:34	07:51:07	09:55:48	**12:37:32.35**	**12:37:37.15**	+03:05:07 (24.4%)	8:25	7.1 (75.5%)
30	**WALACIK Adam**	**173**		M20	1	01:02:14	02:42:56	04:28:57	07:51:34	09:56:47	**12:37:43.55**	**12:37:55.65**	+03:05:25 (24.5%)	8:25	7.1 (75.5%)
31	**SZCZYPEK Mariusz**	**194**		M40	17	01:06:22	02:51:38	04:38:11	07:54:02	10:03:52	**12:44:16.25**	**12:44:28.35**	+03:11:58 (25.1%)	8:29	7.1 (75.5%)
32	**PIETLUSZENKO Darek**	**133**		M40	18	01:05:41	02:49:58	04:40:01	08:01:31	10:10:35	**12:50:50.90**	**12:51:07.50**	+03:18:37 (25.8%)	8:33	7 (74.5%)
33	**WOLSKI Piotr**	**181**	ŁUBUDUBU	M30	11	01:00:04	02:41:54	04:23:47	07:44:12	10:04:54	**12:54:30.50**	**12:54:38.00**	+03:22:07 (26.1%)	8:36	7 (74.5%)
34	**JARMOLIŃSKI Piotr**	**65**	WIECZORNE BIEGANIE W SZCZECINIE	M40	19	00:56:38	02:28:44	04:16:00	07:52:12	10:13:32	**12:54:49.60**	**12:54:53.15**	+03:22:23 (26.1%)	8:36	7 (74.5%)
35	**PRZEPIÓRKA Barbara**	**143**		K30	3	01:10:08	03:00:54	04:52:15	08:06:49	10:12:57	**12:56:24.65**	**12:56:33.70**	+03:24:03 (26.3%)	8:37	7 (74.5%)
36	**STAŃCZAK Szymon**	**160**	LASKI WINO I KASYNO	M40	20	01:05:04	02:50:59	04:48:52	08:11:59	10:16:47	**12:58:16.65**	**12:58:23.20**	+03:25:53 (26.5%)	8:38	6.9 (73.4%)
37	**KMAK Sławek**	**76**	PAPIKI	M40	21	01:00:20	02:50:07	04:49:54	08:08:29	10:19:24	**13:03:22.30**	**13:03:25.55**	+03:30:55 (26.9%)	8:42	6.9 (73.4%)
38	**OLESKI Arkadiusz**	**121**	WKB FRAJDA	M40	22	01:03:36	02:44:25	04:29:50	07:59:43	10:10:16	**13:04:34.35**	**13:04:42.20**	+03:32:12 (27.0%)	8:43	6.9 (73.4%)
39	**CEBULA Leszek**	**23**		M40	23	01:02:13	02:44:25	04:29:49	08:15:06	10:19:33	**13:05:10.45**	**13:05:16.15**	+03:32:46 (27.1%)	8:43	6.9 (73.4%)
40	**SUM Lukasz**	**165**		M20	2	01:00:15	02:44:37	04:37:28	08:03:29	10:11:33	**13:11:29.55**	**13:11:35.70**	+03:39:05 (27.7%)	8:47	6.8 (72.3%)
41	**HANKUS Łukasz**	**57**		M30	12	01:05:03	02:50:58	04:49:03	08:11:49	10:27:55	**13:17:54.35**	**13:18:01.40**	+03:45:31 (28.3%)	8:51	6.8 (72.3%)
42	**RECZEK Sebastian**	**44**	KS ZIELONO-CZARNI	M30	13	01:15:00	03:08:42	05:15:14	08:49:46	10:53:02	**13:28:22.55**	**13:28:31.50**	+03:56:01 (29.2%)	8:58	6.7 (71.3%)
43	**PETRYNA Jagoda**	**130**	NOA	K30	4	01:08:59	03:04:14	05:18:29	09:16:24	11:06:39	**13:35:19.50**	**13:35:23.50**	+04:02:53 (29.8%)	9:03	6.6 (70.2%)
44	**STEPAK Włodzimierz**	**162**		M50	1	01:05:44	02:51:41	04:49:12	08:20:31	10:39:42	**13:37:49.15**	**13:37:59.55**	+04:05:29 (30.0%)	9:05	6.6 (70.2%)
45	**GWIZDAK Justyna**	**56**	WKURW_TEAM	K30	5	01:08:44	03:04:46	05:01:20	08:43:03	10:53:37	**13:41:43.75**	**13:42:01.95**	+04:09:31 (30.4%)	9:07	6.6 (70.2%)
46	**RODAK Zbigniew**	**149**	GRUPA BIEGOWA 'BEZ GRANIC'	M30	14	01:08:57	02:59:29	05:00:05	08:34:07	10:53:44	**13:49:38.75**	**13:49:46.25**	+04:17:16 (31.0%)	9:13	6.5 (69.1%)

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47	**WIERZBICKI Tomasz**	**176**		M40	24	01:10:29	03:05:40	05:07:13	08:43:08	10:56:21	**13:52:21.45**	**13:52:39.90**	+04:20:09 (31.2%)	9:14	6.5 (69.1%)
48	**DZIUBALA Karolina**	**9**	ULTRA PARA - BIEGAMY W GÓRACH	K20	1	01:09:15	03:14:11	05:12:57	08:44:48	11:01:27	**13:58:41.75**	**13:58:48.20**	+04:26:18 (31.7%)	9:19	6.4 (68.1%)
49	**POTRZESZCZ Grzegorz**	**140**		M40	25	01:09:56	03:09:13	05:12:02	08:54:54	11:09:43	**13:59:23.80**	**14:00:01.55**	+04:27:31 (31.8%)	9:19	6.4 (68.1%)
50	**POTRZESZCZ Tomasz**	**141**		M40	26	01:10:00	03:09:19	05:12:08	08:54:30	11:09:53	**13:59:29.90**	**14:00:02.10**	+04:27:32 (31.8%)	9:19	6.4 (68.1%)
51	**MARUCHA Tomasz**	**106**	DRUŻYNA Ż	M30	15	01:06:05	02:58:30	04:52:39	08:32:54	10:56:13	**14:06:58.75**	**14:07:15.35**	+04:34:45 (32.4%)	9:24	6.4 (68.1%)
52	**PORĘBA Eugeniusz**	**139**		M50	2	01:18:40	03:20:00	05:18:33	08:58:30	11:19:48	**14:08:41.85**	**14:08:45.25**	+04:36:15 (32.5%)	9:25	6.4 (68.1%)
53	**NOGALSKI Wojciech**	**118**		M30	16	01:14:50	03:13:52	05:13:47	08:51:48	11:10:30	**14:12:33.10**	**14:12:33.10**	+04:40:03 (32.8%)	9:28	6.3 (67.0%)
54	**MICKIEWICZ Adam**	**109**	BAZALT-GRACZE	M50	3	01:15:11	03:34:17	06:01:36			**14:16:02.55**	**14:16:17.55**	+04:43:47 (33.1%)	9:30	6.3 (67.0%)
55	**MAJEWICZ Grzegorz**	**102**		M40	27	01:18:39	03:19:58	05:18:35	08:58:33	11:19:55	**14:20:25.90**	**14:20:31.10**	+04:48:01 (33.5%)	9:33	6.3 (67.0%)
56	**GAWLEWICZ Krystyna**	**264**	GAWEŁKI TEAM/POZYTYWNIE ZABIEGANI SANOK	K30	6	01:03:05	02:53:07	04:47:47	08:32:35	10:55:57	**14:20:34.60**	**14:20:43.65**	+04:48:13 (33.5%)	9:33	6.3 (67.0%)
57	**GAWLEWICZ Tomasz**	**363**	GAWEŁKI TEAM / POZYTYWNIE ZABIEGANI SANOK	M40	28	01:03:04	02:53:07	04:47:40	08:32:40	10:56:04	**14:20:35.05**	**14:20:43.95**	+04:48:13 (33.5%)	9:33	6.3 (67.0%)
58	**SNARSKI Piotr**	**157**	ADIDAS RUNNERS	M30	17	01:08:51	02:55:38	04:48:58	08:38:17	11:09:26	**14:21:39.05**	**14:21:53.00**	+04:49:22 (33.6%)	9:34	6.3 (67.0%)
59	**FOGIEL-PAWŁOWSKA Agnieszka**	**53**		K40	1	01:11:30	03:15:32	05:17:39	08:54:45	11:21:10	**14:24:40.05**	**14:24:43.90**	+04:52:13 (33.8%)	9:36	6.2 (66.0%)
60	**DOBRZYŃSKA Weronika**	**34**	MARATON1984	K30	7	01:12:56	03:13:39	05:18:56	08:56:04	11:22:50	**14:29:05.75**	**14:29:15.90**	+04:56:45 (34.1%)	9:39	6.2 (66.0%)
61	**CHOJNACKI Wiktor**	**25**		M30	18	01:01:03	02:42:40	04:28:49	08:11:22	10:48:20	**14:32:06.90**	**14:32:12.40**	+04:59:42 (34.4%)	9:41	6.2 (66.0%)
62	**KOWALSKI Maciej**	**86**		M40	29	01:09:13	03:03:58	05:06:55	08:49:09	11:07:08	**14:33:11.45**	**14:33:30.80**	+05:01:00 (34.5%)	9:42	6.2 (66.0%)
63	**KONOPKA Bartosz**	**79**	TRÓJKA/BIEGAMBOLUBIĘ	M40	30	01:14:44	03:16:01	05:18:28	08:55:54	11:22:52	**14:34:34.10**	**14:34:39.00**	+05:02:08 (34.5%)	9:43	6.2 (66.0%)
64	**PRÜFER Paweł**	**142**		M40	31	01:09:18	03:08:43	05:17:54	09:05:44	11:33:47	**14:40:11.40**	**14:40:22.90**	+05:07:52 (35.0%)	9:46	6.1 (64.9%)
65	**ZIEMBA Michal**	**189**	ZIOMKI	M30	19	01:07:46	03:05:33	05:09:38	08:49:24	11:29:10	**14:42:05.65**	**14:42:16.55**	+05:09:46 (35.1%)	9:48	6.1 (64.9%)
65	**MERKWA Wojciech**	**108**	ZIOMKI	M30	19	01:07:44	03:05:32	05:09:34	08:49:29	11:29:04	**14:42:05.20**	**14:42:16.55**	+05:09:46 (35.1%)	9:48	6.1 (64.9%)
67	**BANASIK Grzegorz**	**195**	SBG PODBIEG	M40	32	01:08:29	03:00:35	05:01:48	08:54:37	11:27:09	**14:44:43.60**	**14:45:00.80**	+05:12:30 (35.3%)	9:49	6.1 (64.9%)
68	**BIESZCZAD Mateusz**	**18**	NOWY STYL GROUP RUNNING TEAM	M30	21	01:05:06	02:50:00	04:42:32	08:33:02	11:11:15	**14:48:14.15**	**14:48:20.10**	+05:15:50 (35.6%)	9:52	6.1 (64.9%)
69	**SKRABURSKI Piotr**	**155**		M40	33	01:08:48	03:12:50	05:19:28	09:13:07	11:48:17	**14:52:57.00**	**14:53:15.70**	+05:20:45 (35.9%)	9:55	6 (63.8%)
70	**JAMA Rafał**	**63**	WATER TEAM	M40	34	01:10:27	03:12:45	05:21:38	09:08:46	11:39:27	**14:52:58.45**	**14:53:16.80**	+05:20:46 (35.9%)	9:55	6 (63.8%)
71	**GWIZDAK Bartosz**	**55**	PIJE BIMBER NON STOP	M30	22	01:10:28	03:12:46	05:21:38	09:08:45	11:39:26	**14:52:59.40**	**14:53:17.15**	+05:20:47 (35.9%)	9:55	6 (63.8%)
72	**WOJCIECHOWSKA Justyna**	**180**		K30	8	01:12:54	03:13:39	05:18:55	08:56:20	11:28:03	**14:54:19.55**	**14:54:30.70**	+05:22:00 (36.0%)	9:56	6 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
73	**JOSZCZAK Michał**	**71**		M40	35	01:08:41	03:12:53	05:19:46	09:13:00	11:49:11	**14:58:11.00**	**14:58:29.85**	+05:25:59 (36.3%)	9:58	6 (63.8%)
74	**BIAŁEK Rafał**	**17**		M40	36	01:15:26	03:18:10	05:27:21	09:16:43	11:47:51	**14:58:13.30**	**14:58:30.15**	+05:26:00 (36.3%)	9:58	6 (63.8%)
75	**JASKULSKI Kazimierz**	**69**	GRUDZIĄDZ	M50	4	01:13:42	03:20:52	05:38:29	09:16:57	11:56:12	**14:59:06.95**	**14:59:15.35**	+05:26:45 (36.3%)	9:59	6 (63.8%)
76	**JASKULSKA Mirela**	**68**	GRUDZIĄDZ	K50	2	01:13:42	03:20:52	05:38:30	09:16:54	11:55:52	**14:59:07.30**	**14:59:15.65**	+05:26:45 (36.3%)	9:59	6 (63.8%)
77	**URACZ Łukasz**	**172**	HARPAGAN SOSNOWIEC	M40	37	01:11:52	03:12:38	05:17:20	09:07:39	11:48:17	**14:59:40.70**	**15:00:02.00**	+05:27:31 (36.4%)	9:59	6 (63.8%)
78	**SZAREK Rafał**	**166**	KB MCKIS JAWORZNO	M40	38	01:09:23	03:01:07	05:13:34	08:58:53	11:25:03	**15:00:17.20**	**15:00:36.45**	+05:28:06 (36.4%)	10:00	6 (63.8%)
79	**PUCHACZ Piotr**	**1316**	MPK WYBIEGANIE	M40	39	01:10:13	03:15:56	05:20:15	09:06:07	11:47:43	**15:01:18.95**	**15:01:24.35**	+05:28:54 (36.5%)	10:00	6 (63.8%)
80	**MALISZEWSKI Jacek**	**104**	SMASHING PĄPKINS	M40	40	01:10:14	03:15:55	05:20:10	09:05:57	11:47:47	**15:01:20.60**	**15:01:25.40**	+05:28:55 (36.5%)	10:00	6 (63.8%)
81	**ROKITA Andrzej**	**150**		M50	5	01:07:45	03:09:43	05:21:24	09:21:14	12:07:49	**15:01:56.25**	**15:02:04.05**	+05:29:34 (36.5%)	10:01	6 (63.8%)
82	**PASZKOWSKI Piotr**	**127**	WKURW_TEAM	M30	23	00:57:33	02:38:06	04:37:03	08:38:15	11:27:48	**15:04:57.85**	**15:05:02.45**	+05:32:32 (36.7%)	10:03	6 (63.8%)
83	**REINERT Aleksandra**	**148**		K40	2	01:16:00	03:20:14	05:36:43	09:25:11	11:58:26	**15:05:50.85**	**15:06:04.75**	+05:33:34 (36.8%)	10:03	6 (63.8%)
84	**KIELAR Maciej**	**75**	SILNIA!	M30	24	01:14:50	03:23:01	05:29:29	09:16:59	11:49:03	**15:06:02.60**	**15:06:20.70**	+05:33:50 (36.8%)	10:04	6 (63.8%)
85	**DADAŚ Janusz**	**29**	NIGHT RUNNERS GLIWICE	M40	41	01:12:23	03:18:29	05:31:51	09:17:26	11:49:57	**15:06:29.10**	**15:06:35.40**	+05:34:05 (36.9%)	10:04	6 (63.8%)
86	**KOSIN Paweł**	**83**	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	25	01:16:18	03:25:05	05:28:52	09:13:44	11:50:47	**15:07:16.45**	**15:07:33.90**	+05:35:03 (36.9%)	10:04	6 (63.8%)
87	**ŁAGÓD Łukasz**	**97**	WIGO	M30	26	01:06:06	03:04:54	05:07:14	09:10:22	11:46:36	**15:08:55.00**	**15:09:05.10**	+05:36:35 (37.0%)	10:05	5.9 (62.8%)
88	**ODOLCZYK Jerzy**	**120**		M50	6	01:24:20	03:38:35	05:50:20	09:35:43	12:08:52	**15:10:20.70**	**15:10:45.80**	+05:38:15 (37.1%)	10:06	5.9 (62.8%)
89	**MILEWSKI Mateusz**	**112**	WKURW_TEAM	M30	27	01:09:53	03:11:46	05:11:59	08:53:20	11:32:54	**15:17:59.00**	**15:18:03.40**	+05:45:33 (37.6%)	10:11	5.9 (62.8%)
90	**KRASIŃSKI Wojciech**	**87**	TRI4FUN TRIATHLON TEAM PIASECZNO	M30	28	01:07:36	03:04:54	05:10:51	08:59:12	11:55:52	**15:18:08.35**	**15:18:18.95**	+05:45:48 (37.7%)	10:12	5.9 (62.8%)
91	**PAWLAK Maciej**	**128**	3TEAMKONIN/MPEC KONIN	M40	42	01:11:51	03:19:56	05:37:31	09:49:52	12:21:19	**15:22:19.20**	**15:22:37.15**	+05:50:07 (37.9%)	10:14	5.9 (62.8%)
92	**FROŁOW Jakub**	**45**		M40	43	01:05:29	02:59:16	05:07:08	08:55:15	11:52:50	**15:27:31.05**	**15:27:57.05**	+05:55:27 (38.3%)	10:18	5.8 (61.7%)
93	**UCHEREK Mateusz**	**171**	SEA STAR PREMIUM	M30	29	01:02:48	02:52:11	05:10:52	08:52:47	11:53:08	**15:27:52.85**	**15:27:58.75**	+05:55:28 (38.3%)	10:18	5.8 (61.7%)
94	**BANASIK Bartosz Wojciech**	**12**	TRAILOWE BIEGI DUCHOWE TBD	M30	30	01:15:52	03:17:42	05:31:43	09:21:14	11:58:27	**15:28:29.75**	**15:28:39.25**	+05:56:09 (38.4%)	10:19	5.8 (61.7%)
95	**MALESA Radosław**	**103**	LESZKOWICE BIEGAJĄ	M40	44	01:25:38	03:57:13	06:12:47	09:52:38	12:24:48	**15:29:42.35**	**15:29:54.75**	+05:57:24 (38.4%)	10:19	5.8 (61.7%)
96	**ŻYCIŃSKI Paweł**	**192**	BADBULL RUNNIG TEAM	M40	45	01:11:51	03:18:17	05:40:15	09:41:04	12:11:43	**15:31:02.95**	**15:31:17.15**	+05:58:47 (38.5%)	10:20	5.8 (61.7%)
97	**FILIPCZAK Łukasz**	**43**	OKNOPLAST RUNNING TEAM	M30	31	01:14:38	03:29:59	05:53:58	09:52:26	12:31:24	**15:34:04.50**	**15:34:19.80**	+06:01:49 (38.7%)	10:22	5.8 (61.7%)
98	**BODZEK Bartłomiej**	**20**		M30	32	01:22:46	03:40:54	05:56:21	09:52:32	12:24:39	**15:34:09.70**	**15:34:21.45**	+06:01:51 (38.7%)	10:22	5.8 (61.7%)
99	**MOSKAŁA Remigiusz**	**115**		M30	33	01:08:46	03:15:24	05:21:37	09:07:34	11:48:34	**15:34:43.00**	**15:34:51.90**	+06:02:21 (38.8%)	10:23	5.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
100	**KAZIMIERZ Rafał**	**74**	NOA	M30	34	01:08:58	03:04:14	05:18:28	09:16:46	11:59:00	**15:36:57.90**	**15:37:02.30**	+06:04:32 (38.9%)	10:24	5.8 (61.7%)
101	**GINTER Grzegorz**	**50**	AZS COLLEGIUM MEDICUM UJ	M30	35	01:21:59	03:41:56	05:59:36	10:01:41	12:35:20	**15:40:02.30**	**15:40:14.25**	+06:07:44 (39.1%)	10:26	5.7 (60.6%)
102	**CHRZĄŚCIK Anna**	**27**	PŁOMYK OLKUSZ	K40	3	01:14:28	03:20:03	05:28:34	09:28:18	12:11:02	**15:43:37.10**	**15:43:46.25**	+06:11:16 (39.3%)	10:29	5.7 (60.6%)
103	**SULEWSKI Maciej**	**164**	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	46	01:19:39	03:26:28	05:40:38	09:40:21	12:20:53	**15:45:51.25**	**15:45:56.75**	+06:13:26 (39.5%)	10:30	5.7 (60.6%)
104	**MAŃKOWSKI Krzysztof**	**105**	RMF4RT GLADIATORS	M30	36	01:13:37	03:24:52	05:33:31	09:36:02	12:11:04	**15:45:52.85**	**15:45:56.85**	+06:13:26 (39.5%)	10:30	5.7 (60.6%)
105	**GĄSECKI Daniel**	**48**	AKTYWNY DYNÓW	M40	47	01:19:14	03:36:00	05:55:22	10:06:50	12:38:15	**15:45:58.10**	**15:46:18.05**	+06:13:48 (39.5%)	10:30	5.7 (60.6%)
106	**GAJDA Michał**	**46**	KBWYSZKÓW	M30	37	01:11:55	03:23:16	05:40:37	09:50:12	12:31:53	**15:54:22.40**	**15:54:29.45**	+06:21:59 (40.0%)	10:36	5.7 (60.6%)
107	**GĄSIOROWSKI Jacek**	**49**	DRUŻYNA SZPIKU	M40	48	01:07:43	03:08:39	05:21:47	09:21:20	12:08:00	**15:55:34.15**	**15:55:41.95**	+06:23:11 (40.1%)	10:37	5.7 (60.6%)
108	**KORBUT Radosław**	**82**	CROSSFITMGW	M30	38	01:14:03	03:25:59	05:40:08	09:44:20	12:29:40	**15:56:05.15**	**15:56:22.65**	+06:23:52 (40.1%)	10:37	5.6 (59.6%)
109	**DOBRZYŃSKI Henryk**	**35**	MARATON1984	M50	7	01:12:57	03:21:22	05:38:16	09:45:59	12:30:46	**15:59:19.35**	**15:59:29.65**	+06:26:59 (40.3%)	10:39	5.6 (59.6%)
110	**BĘDŹKOWSKI Marek**	**16**	MORSY OSTROŁĘKA	M50	8	01:22:27	03:37:23	06:02:22	10:19:01	12:40:28	**15:59:30.80**	**15:59:35.70**	+06:27:05 (40.3%)	10:39	5.6 (59.6%)
111	**INGLANT Zbigniew**	**60**	RUN LOG COM	M50	9	01:22:28	03:39:38	06:03:46	09:58:43	12:49:28	**16:08:10.30**	**16:08:22.85**	+06:35:52 (40.9%)	10:45	5.6 (59.6%)
112	**PAŁUSZNA Anna**	**126**	WIKOSS SPORT TEAM	K30	9	01:29:42	03:52:40	06:13:31	10:14:08	12:40:37	**16:08:02.10**	**16:08:23.05**	+06:35:53 (40.9%)	10:45	5.6 (59.6%)
113	**SUDER Michał**	**163**	BEZNAPINY	M40	49	01:15:32	03:17:57	05:29:07	09:50:15	12:42:07	**16:12:08.30**	**16:12:15.95**	+06:39:45 (41.1%)	10:48	5.6 (59.6%)
114	**WSZELAK Tomasz**	**184**	ŁUBUDUBU	M40	50	01:18:17	03:36:45	06:00:07	09:56:17	12:46:01	**16:14:40.80**	**16:14:49.15**	+06:42:19 (41.3%)	10:49	5.5 (58.5%)
114	**PACUSZKA Krzysztof**	**124**	ŁUBUDUBU	M40	50	01:18:17	03:36:43	06:00:04	09:57:08	12:45:58	**16:14:40.70**	**16:14:49.15**	+06:42:19 (41.3%)	10:49	5.5 (58.5%)
116	**ZYCH Michal**	**190**	KLUB BIEGACZA RTVEUROAGD	M30	39	01:16:02	03:47:35	06:14:31	10:09:56	12:51:00	**16:22:04.30**	**16:22:12.45**	+06:49:42 (41.7%)	10:54	5.5 (58.5%)
117	**KOKOT Roman**	**77**	WKURW_TEAM	M40	52	01:19:13	03:35:58	05:55:27	10:06:48	12:57:23	**16:26:47.25**	**16:27:07.85**	+06:54:37 (42.0%)	10:57	5.5 (58.5%)
118	**SOFUŁ Tomasz**	**159**		M40	53	01:12:02	03:23:12	05:50:53	10:20:24		**16:31:37.30**	**16:31:50.95**	+06:59:20 (42.3%)	11:01	5.4 (57.4%)
119	**JANISZEWSKI Jakub**	**64**	SPC	M40	54	01:21:34	03:43:04	05:56:57	10:03:05	12:58:11	**16:36:28.65**	**16:36:44.25**	+07:04:14 (42.6%)	11:04	5.4 (57.4%)
120	**DĄBROWSKA Katarzyna**	**31**	PANORAMA OBIEKTY SPORTOWE	K30	10	01:14:03	03:24:35	05:34:37	09:46:42	12:43:06	**16:39:18.45**	**16:39:36.10**	+07:07:06 (42.7%)	11:06	5.4 (57.4%)
121	**KSIĘŻAK Bartosz**	**89**	BEAUTY SPORT TEAM	M40	55	01:15:17	03:29:56	05:47:47	10:02:17	13:03:14	**16:40:48.55**	**16:41:05.80**	+07:08:35 (42.8%)	11:07	5.4 (57.4%)
122	**RADWAŃSKA Justyna**	**145**		K30	11	01:15:11	03:29:54	05:47:48	10:02:16	13:03:04	**16:40:51.60**	**16:41:08.45**	+07:08:38 (42.8%)	11:07	5.4 (57.4%)
123	**KOWALCZYK Marcin**	**84**		M30	40	01:13:15	03:15:29	05:27:39	09:48:14	12:35:31	**16:43:12.45**	**16:43:22.35**	+07:10:52 (42.9%)	11:08	5.4 (57.4%)
124	**SZEWCZYK Michał**	**167**	BBL ZDUŃSKA WOLA	M30	41	01:14:39	03:30:10	05:54:01	10:02:12	13:05:56	**16:44:52.05**	**16:45:06.45**	+07:12:36 (43.0%)	11:09	5.4 (57.4%)
125	**JAGODZIŃSKI Paweł**	**62**	VIKMED 3TEAM KONIN	M40	56	01:11:53	03:20:12	05:49:25	10:11:52	13:00:38	**16:45:43.45**	**16:46:01.20**	+07:13:31 (43.1%)	11:10	5.4 (57.4%)
126	**KAWA Barbara**	**73**	MARATOŃCZYK DĘBICA	K30	12	01:27:22	03:51:53	06:13:14	10:33:59	13:26:33	**16:55:27.20**	**16:55:48.30**	+07:23:18 (43.6%)	11:16	5.3 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
127	**OPALIŃSKI Michał**	**123**	MARATOŃCZYK DĘBICA	M30	42	01:27:24	03:51:54	06:13:16	10:33:58	13:26:39	**16:55:27.75**	**16:55:48.55**	+07:23:18 (43.6%)	11:16	5.3 (56.4%)
128	**IRZYK Robert**	**61**		M30	43	01:24:39	04:00:40	06:34:13	10:22:32	13:28:18	**16:56:28.75**	**16:56:40.45**	+07:24:10 (43.7%)	11:17	5.3 (56.4%)
129	**BAC Żaneta**	**11**		K30	13	01:24:40	04:00:39	06:34:14	10:22:31	13:28:20	**16:56:32.80**	**16:56:43.95**	+07:24:13 (43.7%)	11:17	5.3 (56.4%)
130	**BUCA Rafał**	**21**		M50	10	01:11:21	03:35:58	06:12:14	10:45:03	13:55:31	**16:57:19.95**	**16:57:40.05**	+07:25:10 (43.7%)	11:18	5.3 (56.4%)
131	**PODLASZEWSKI Jacek**	**138**	SPC	M40	57	01:21:37	03:57:07	06:30:53	10:54:34	13:44:34	**16:59:06.60**	**16:59:20.70**	+07:26:50 (43.8%)	11:19	5.3 (56.4%)
Przekroczony limit czasu: 17:00:00															
132	**FERENC Adrian**	**40**	POWIATOWA AKADEMIA SPORTU I REKRACJI W PISZU	M20	3	01:13:10	03:27:05	05:56:39	10:18:47	13:32:25	**17:06:24.35**	**17:06:44.60**	+07:34:14 (44.2%)	11:24	5.3 (56.4%)
133	**BĄK Michał**	**14**	WKURW_TEAM	M30	44	01:25:38	03:52:49	06:12:42	10:17:55	13:18:54	**17:16:32.90**	**17:16:49.45**	+07:44:19 (44.8%)	11:31	5.2 (55.3%)
134	**MODZELEWSKA Karolina**	**114**	SPC	K30	14	01:27:32	04:01:05	06:29:06	10:40:46	13:39:40	**17:19:53.85**	**17:20:08.55**	+07:47:38 (45.0%)	11:33	5.2 (55.3%)
135	**LESZCZYŃSKI Rafał**	**92**	UNITED RUNNERS	M20	4	01:18:41	03:41:01	06:12:38	10:31:22	13:37:51	**17:25:55.40**	**17:26:16.80**	+07:53:46 (45.3%)	11:37	5.2 (55.3%)
136	**CIECIELĄG Piotr**	**28**	WKURW_TEAM	M40	58	01:16:15	03:23:12	05:40:09	10:09:31	13:16:28	**17:37:14.30**	**17:37:29.00**	+08:04:58 (45.9%)	11:44	5.1 (54.3%)
137	**LEWANDOWSKI Paweł**	**93**		M40	59	01:09:11	03:12:43	05:36:19	10:28:58	13:37:09	**17:55:48.45**	**17:55:58.00**	+08:23:27 (46.8%)	11:57	5 (53.2%)
138	**WOŁOSOWICZ Natalia**	**182**	WKURW_TEAM	K40	4	01:13:26	03:36:13	06:12:30	10:38:09	13:38:11			+06:01:13	11:21	5.3 (56.4%)
139	**BADOWSKI Aleksander**	**4**	TEAM MOUNTAIN FUEL POLSKA	M30	45	00:53:15	02:20:43	03:56:08					+00:23:30	6:12	9.7 (103.2%)
140	**KRAWCZYK Daniel**	**196**		M20	5	01:15:39	03:22:34	05:50:02					+02:17:40	9:12	6.5 (69.1%)
141	**LIGĘZA Paweł**	**94**		M30	46	01:10:16	03:27:02	06:03:53					+02:31:27	9:34	6.3 (67.0%)
142	**ŁUCHNIAK Kuba**	**98**		M20	6	01:18:40	03:40:59	06:13:34					+02:41:17	9:49	6.1 (64.9%)
143	**MISZTA Barbara**	**113**	BIEGAM BO LUBIĘ ZABKI TEAM	K40	5	08:23:04							+07:28:03	41:55	1.4 (14.9%)
DQ	**SOBCZAK Mikołaj**	**158**	WYBIEGANI TEAM	M40		01:29:04 DQ	03:57:08 DQ	06:36:57 DQ	DQ	DQ	**09:31:12.35 DQ**	**DQ**		0:00	9.5 (101.1%)
DQ	**JARZEMBOWSKI Tomasz**	**66**	WYBIEGANI TEAM	M30		01:28:40 DQ	03:57:04 DQ	06:36:57 DQ	DQ	DQ	**09:31:13.90 DQ**	**DQ**		0:00	9.5 (101.1%)
	WŁODARCZYK Teresa	**179**	SPC	K50		01:27:32 DNF	04:01:02 DNF	06:29:06 DNF	10:40:48 DNF	13:39:42 DNF	**DNF**	**DNF**		-	- (0.0%)
	FICEK Roman	**41**	CARPHATIAN CHALLENGE	M30		00:54:57 DNF	02:16:54 DNF	03:38:43 DNF	06:34:03 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DZIRBA Tomasz	**37**	STAY INSANE	M30		01:09:38 DNF	02:58:34 DNF	04:44:31 DNF	08:05:28 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOWALIK Marcin	**85**		M30		01:22:38 DNF	04:02:50 DNF	06:30:41 DNF	11:10:16 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	JASIŃSKA Magdalena	**67**		K40		01:32:45 DNF	04:06:56 DNF	06:30:09 DNF	11:19:23 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	REDA Sławomir	**147**	KBP PASJA WARSZAWA	M60		01:32:44 DNF	04:07:28 DNF	06:30:08 DNF	11:19:25 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	CENDROWSKI Mariusz	**24**	WKURW_TEAM	M40		01:19:44 DNF	03:40:40 DNF	06:09:04 DNF	11:19:32 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
	MADEJSKI Sławomir	**101**	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30		00:57:32 DNF	02:43:00 DNF	04:36:54 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MYŚLIWIEC Robert	**117**	WILD & FREE	M30		01:02:09 DNF	02:52:10 DNF	04:47:37 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	GÓRYŃSKI Rafał	**13**	OTK RZEŹNIK	M20		00:59:27 DNF	02:39:14 DNF	04:55:46 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PISKORZ Ireneusz	**135**		M30		01:10:40 DNF	03:15:39 DNF	05:35:09 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DONIEC Sebastian	**36**	WWW.ADWOKATDONIEC.PL	M40		01:08:58 DNF	03:16:18 DNF	05:38:39 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	PIASECKA Monika	**131**		K40		01:13:19 DNF	03:26:17 DNF	05:48:02 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KAPICA Dominik	**72**		M20		01:11:27 DNF	03:30:06 DNF	05:55:35 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MACEWICZ Maciej	**100**	TRI4FUN TEAM PIASECZNO	M30		01:22:46 DNF	03:41:43 DNF	06:21:29 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	KOPEĆ Karol	**80**		M40		01:22:39 DNF	04:02:49 DNF	06:30:40 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	OLESZEK Magdalena	**122**	#CZELADZBIEGA	K30		01:20:26 DNF	03:57:47 DNF	06:30:46 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	DOBRZYŃSKA Małgorzata	**33**	SPC	K50		01:21:40 DNF	03:57:10 DNF	06:30:57 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	WRUK Remigiusz	**183**	BBL OPOLE	M40		01:14:36 DNF	03:34:21 DNF	06:31:01 DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	LIK Michał	**95**		M30		01:20:31 DNF	03:42:33 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	NADULSKI Piotr	**193**	GOODSPACE	M40		01:20:56 DNF	03:51:35 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	TALMA Paweł	**169**		M40		01:25:38 DNF	03:57:13 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BŁASIŃSKA Żaneta	**19**	SPC	K40		01:27:37 DNF	04:01:06 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	BUJARSKI Michał	**22**		M30		01:22:52 DNF	04:02:53 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	IGNACZEWSKA Maja	**59**		K30		01:26:13 DNF	04:05:38 DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MIELOCH Tamara	**110**		K40		01:04:12 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)
	MUCHA Tomasz	**116**	MW	M40		01:31:25 DNF	DNF	DNF	DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 172 wynik(ów)