

VIII ZIMOWA BIESZCZADZKA DYCHA 2022

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2022
Fundacja Bieg Rzeźnika
2022-01-29
Cisna
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WETHACZ Dariusz	1046	ON RUNNING POLSKA	M30	1	00:55:26.80		5:32	10.8 (100%)
2	JAKUBIK Marcin	1071	MKS HALICZ	M30	2	00:55:42.50	+00:00:16 (0.5%)	5:34	10.8 (100%)
3	GAZDOWICZ Michał	1188		M30	3	00:56:38.70	+00:01:12 (2.1%)	5:39	10.6 (98.1%)
4	MICHAŁ Targosz	1042	#ADAMCZERWIŃSKITEAM	M40	1	00:58:56.10	+00:03:29 (5.9%)	5:53	10.2 (94.4%)
5	BRENDZOWSKI Adam	1161	SOLINA TEAM	M30	4	01:00:23.35	+00:04:59 (8.2%)	6:02	9.9 (91.7%)
6	SZYBIAK Maciej	1108	PRZEMYSKI KLUB BIEGACZA	M20	1	01:02:35.20	+00:07:08 (11.4%)	6:15	9.6 (88.9%)
7	MLAŚ Ireneusz	1168	IPA PRZEMYŚL	M30	5	01:02:32.50	+00:07:12 (11.5%)	6:15	9.6 (88.9%)
8	ZAWADZKI Marcin	1147	SZCZEWANY TRZMIEL TEAM	M30	6	01:03:14.45	+00:07:48 (12.3%)	6:19	9.5 (88.0%)
9	SOKOŁOWSKI Wojciech	1065		M30	7	01:04:51.55	+00:09:32 (14.7%)	6:29	9.3 (86.1%)
10	FEDAK Bohdan	1175	SKITUROWE BIESZCZADY	M40	2	01:06:21.45	+00:10:59 (16.5%)	6:38	9 (83.3%)
11	KRZEMINSKI Marcin	1167		M40	3	01:06:25.45	+00:10:59 (16.5%)	6:38	9 (83.3%)
12	KAPUSTA-SZYDŁAK Sylwia	1117	RZESZÓW	K40	1	01:07:09.30	+00:11:43 (17.4%)	6:42	8.9 (82.4%)
13	GAŁUSZKA Tomasz	1092	SKITUROWE BIESZCZADY	M40	4	01:07:14.45	+00:11:53 (17.7%)	6:43	8.9 (82.4%)
14	WETHACZ Mateusz	2320		M30	8	01:07:30.25	+00:12:09 (18.0%)	6:45	8.9 (82.4%)
15	KSIĄŻKIEWICZ Bartłomiej	1152	ROCKY BALBOA	M40	5	01:08:31.40	+00:13:06 (19.1%)	6:51	8.8 (81.5%)
16	KEDZIOR Maciej	1009		M40	6	01:08:37.90	+00:13:16 (19.3%)	6:51	8.7 (80.6%)
17	BAŁUCKI Artur	1079	NOWA HUTA TEAM	M40	7	01:08:54.35	+00:13:29 (19.6%)	6:53	8.7 (80.6%)
18	CAPINSKI Paweł	1148		M40	8	01:09:18.80	+00:13:54 (20.0%)	6:55	8.7 (80.6%)
19	TAJAK Bartłomiej	1119		M30	9	01:09:19.85	+00:14:02 (20.2%)	6:55	8.7 (80.6%)
20	TOKARSKI Dominik	1101		M30	10	01:10:21.75	+00:15:00 (21.3%)	7:02	8.5 (78.7%)
21	WOJDYŁO Jakub	1043		M40	9	01:11:10.60	+00:15:46 (22.1%)	7:07	8.4 (77.8%)
22	BIESZCZAD Magdalena	1179	TRESERTEAM	K30	1	01:11:31.80	+00:16:05 (22.5%)	7:09	8.4 (77.8%)
23	ROGOWSKI Tomasz	1133	ŻOŁYŃSKA GRUPA BIEGOWA "ZOŚKA"	M30	11	01:11:35.75	+00:16:12 (22.6%)	7:09	8.4 (77.8%)
24	SZNAJDER Joanna	1039	G.O.A.T. TEAM MICHAŁOWICE	K40	2	01:12:25.05	+00:17:01 (23.5%)	7:14	8.3 (76.9%)
25	SZNAJDER Rafał	1134	G.O.A.T. TEAM MICHAŁOWICE	M40	10	01:13:02.80	+00:17:38 (24.1%)	7:18	8.2 (75.9%)
26	CIERPIAŁ Adriana	1021	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K30	2	01:13:42.20	+00:18:19 (24.8%)	7:22	8.1 (75.0%)
27	FRANCISZEK Rościński	1008	SAMOTNY WILK	M50	1	01:14:02.70	+00:18:39 (25.2%)	7:24	8.1 (75.0%)
28	GOŁONKA Dawid	1014		M20	2	01:14:33.40	+00:19:09 (25.7%)	7:27	8 (74.1%)
29	GAŚCZYK Grzegorz	1058	NOWA HUTA TEAM	M40	11	01:15:06.10	+00:19:42 (26.2%)	7:30	8 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
30	ŁACNY Sebastian	1149	JW 2771	M30	12	01:16:05.75	+00:20:42 (27.2%)	7:36	7.9 (73.1%)
31	GODYŃ Michał	1146		M30	13	01:16:05.70	+00:20:42 (27.2%)	7:36	7.9 (73.1%)
32	RATAJ Barbara	1030	JEJKOWICE BIEGAJĄ	K30	3	01:16:37.70	+00:21:11 (27.6%)	7:39	7.8 (72.2%)
33	ROJECKI Mateusz	1172	NIE JESTEŚMY Z WARSZAWY	M30	14	01:16:16.40	+00:21:18 (27.7%)	7:37	7.9 (73.1%)
34	KASPERZEC Joanna	1034	JEJKOWICE BIEGAJĄ	K40	3	01:17:00.35	+00:21:34 (28.0%)	7:42	7.8 (72.2%)
35	GRASELA Ernest	1159	JASIELSKIE PIORUNY	M40	12	01:17:03.00	+00:21:45 (28.2%)	7:42	7.8 (72.2%)
36	PODOLAK Zbigniew	1087		M60	1	01:17:14.65	+00:21:55 (28.3%)	7:43	7.8 (72.2%)
37	KOSTKA Robert	1006	TEAM ZALEWSKI	M40	13	01:17:24.30	+00:21:59 (28.4%)	7:44	7.8 (72.2%)
38	LEWICKI Wojciech	1170	WŻW RZESZÓW	M30	15	01:17:40.75	+00:22:30 (28.9%)	7:46	7.7 (71.3%)
39	KRZAN Tomasz	2266		M40	14	01:17:36.45	+00:22:35 (28.9%)	7:45	7.7 (71.3%)
40	CICHOŃ Sabina	1061		K30	4	01:18:15.30	+00:22:57 (29.3%)	7:49	7.7 (71.3%)
41	BIELECKA Beata	1116	TGB/MORSY SPOD MŁYNA	K40	4	01:18:30.10	+00:23:06 (29.4%)	7:51	7.6 (70.4%)
42	WERESINSKI Michał	1083		M30	16	01:18:16.70	+00:23:07 (29.4%)	7:49	7.7 (71.3%)
43	UJMA Stanisław	1164		M60	2	01:18:55.60	+00:23:31 (29.8%)	7:53	7.6 (70.4%)
44	SOBOL Ludwik	1191	OTK RZEŹNIK	M50	2	01:19:16.60	+00:23:52 (30.1%)	7:55	7.6 (70.4%)
45	MARKOWICZ Dawid	1120		M20	3	01:19:21.65	+00:24:05 (30.3%)	7:56	7.6 (70.4%)
46	NIEMIEC Grzegorz	1144	GRUPA BIEGOWA ZARSZYN	M40	15	01:19:39.45	+00:24:18 (30.5%)	7:57	7.5 (69.4%)
47	ZATORSKI Paweł	1013	NIGHT DRINKERS	M40	16	01:19:40.00	+00:24:21 (30.5%)	7:58	7.5 (69.4%)
48	MALINOWSKI Marcin	1189		M30	17	01:19:48.85	+00:24:33 (30.7%)	7:58	7.5 (69.4%)
49	KOPEĆ Mariusz	1126		M30	18	01:20:19.15	+00:24:59 (31.0%)	8:01	7.5 (69.4%)
50	CHUDA Kamila	2076		K20	1	01:20:21.95	+00:25:02 (31.1%)	8:02	7.5 (69.4%)
51	CHMIEL Damian	2075		M20	4	01:20:22.30	+00:25:02 (31.1%)	8:02	7.5 (69.4%)
52	KASPRZYK Mikołaj	1155		M20	5	01:20:17.35	+00:25:05 (31.1%)	8:01	7.5 (69.4%)
53	KOWALSKA Agnieszka	1186	KOMANDOS TEAM	K20	2	01:20:56.45	+00:25:31 (31.5%)	8:05	7.4 (68.5%)
54	WRÓBEL Bartłomiej	1156	CISNA GÓRĄ	M40	17	01:21:01.30	+00:25:36 (31.6%)	8:06	7.4 (68.5%)
55	JANAS Marian	1096	BŁYSKAWICA	M60	3	01:21:16.30	+00:25:52 (31.8%)	8:07	7.4 (68.5%)
56	BAŁDAK Jolanta	1091	3T BIAŁYSTOK	K20	3	01:21:18.60	+00:25:55 (31.8%)	8:07	7.4 (68.5%)
57	LEŃCZUK Andrzej	1165		M50	3	01:21:31.25	+00:26:12 (32.1%)	8:09	7.4 (68.5%)
58	KURCEWICZ Kamila	1128		K30	5	01:21:51.95	+00:26:21 (32.2%)	8:11	7.3 (67.6%)
59	POŁOZYNSKI Andrzej	1011		M40	18	01:21:41.65	+00:26:23 (32.2%)	8:10	7.3 (67.6%)
60	WOŹNIAK Janusz	1016	PORMAT JEDLICZE BIEGA	M50	4	01:21:47.35	+00:26:27 (32.3%)	8:10	7.3 (67.6%)
61	DUDEK Arkadiusz	1094		M50	5	01:22:07.85	+00:26:51 (32.6%)	8:12	7.3 (67.6%)
62	DRABIK Paweł	2267	PRZEWORSK	M40	19	01:21:54.80	+00:26:52 (32.6%)	8:11	7.3 (67.6%)
63	TUROWSKI Tomasz	1089		M40	20	01:22:09.70	+00:26:54 (32.6%)	8:12	7.3 (67.6%)
64	NAWROCKI Jan	1136		M30	19	01:22:15.40	+00:26:55 (32.7%)	8:13	7.3 (67.6%)
65	DRZEWIECKI Jakub	1135		M30	20	01:23:20.20	+00:28:13 (33.7%)	8:20	7.2 (66.7%)
66	PIETRZAK Rafał	1174		M30	21	01:23:57.65	+00:28:40 (34.1%)	8:23	7.1 (65.7%)
67	SOKOŁOWSKI Jerzy	1066	MOHER SKI TEAM	M60	4	01:24:39.10	+00:29:19 (34.6%)	8:27	7.1 (65.7%)
68	KORNET Grzegorz	1103	#NOLIMITS	M40	21	01:24:38.90	+00:29:22 (34.6%)	8:27	7.1 (65.7%)
69	OSIADŁY Bartosz	1184		M40	22	01:24:57.00	+00:29:31 (34.7%)	8:29	7.1 (65.7%)
70	OLESINSKA Agnieszka	1024		K40	5	01:24:48.85	+00:29:31 (34.7%)	8:28	7.1 (65.7%)
71	NEWMAN Marta	1026	TUR	K50	1	01:25:05.10	+00:29:49 (35.0%)	8:30	7.1 (65.7%)
72	KANIA Józef	1097		M50	6	01:26:03.20	+00:30:37 (35.6%)	8:36	7 (64.8%)
73	WOJDYŁO Piotr	1111		M40	23	01:25:55.50	+00:30:41 (35.6%)	8:35	7 (64.8%)

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74	MAZUR Sebastian	1055		M30	22	01:26:04.75	+00:30:47 (35.7%)	8:36	7 (64.8%)
75	BRZEZIŃSKI Bartłomiej	1176	SKITUROWE BIESZCZADY	M40	24	01:26:37.15	+00:31:15 (36.0%)	8:39	6.9 (63.9%)
76	CHLEBIŃSKI Maciej	1130	RZESZOWSKIE GAZELE I GEPARDY	M30	23	01:26:44.60	+00:31:31 (36.2%)	8:40	6.9 (63.9%)
77	KWIASOWSKA Aleksandra	1150		K30	6	01:26:29.50	+00:31:35 (36.3%)	8:38	6.9 (63.9%)
78	LEBODA Katarzyna	1166	WILD DOGS TEAM	K30	7	01:26:30.75	+00:31:35 (36.3%)	8:39	6.9 (63.9%)
79	SKUPIEŃ Izabela	1173	ALBATROSY	K40	6	01:27:55.30	+00:32:36 (37.0%)	8:47	6.8 (63.0%)
80	GARCZYŃSKA Ania	1005		K40	7	01:28:15.25	+00:33:05 (37.4%)	8:49	6.8 (63.0%)
81	KUSZ Andrzej	1099		M40	25	01:28:17.20	+00:33:08 (37.4%)	8:49	6.8 (63.0%)
82	KOMAŃSKI Rafał	1143	GRUPA BIEGOWA ZARSZYN	M40	26	01:28:47.20	+00:33:26 (37.6%)	8:52	6.8 (63.0%)
83	CZECH Agata	1035		K30	8	01:29:17.30	+00:34:00 (38.0%)	8:55	6.7 (62.0%)
84	SKRUTEK Adam	1062		M30	24	01:30:02.35	+00:34:53 (38.6%)	9:00	6.7 (62.0%)
85	FOLTA Jan	1139	GRUPA BIEGOWA ZARSZYN	M50	7	01:30:54.40	+00:35:31 (39.0%)	9:05	6.6 (61.1%)
86	GUCWA Mirosław	1037	LET'S GO WILD	M40	27	01:31:40.30	+00:36:18 (39.5%)	9:10	6.5 (60.2%)
87	DYŁĄG Katarzyna	1171	GGB	K40	8	01:32:18.90	+00:36:58 (40.0%)	9:13	6.5 (60.2%)
88	HOLIK Iwona	1163	GGB	K40	9	01:32:19.45	+00:36:59 (40.0%)	9:13	6.5 (60.2%)
89	MAZUR Krystian	1050		M40	28	01:32:14.90	+00:37:00 (40.0%)	9:13	6.5 (60.2%)
90	PAWLUS Marek	1060		M30	25	01:32:17.50	+00:37:02 (40.0%)	9:13	6.5 (60.2%)
91	ZAJCHOWSKA Ewelina	1122		K40	10	01:32:33.80	+00:37:12 (40.1%)	9:15	6.5 (60.2%)
92	KISZA Anna	1056		K30	9	01:32:37.05	+00:37:14 (40.2%)	9:15	6.5 (60.2%)
93	GRYNIENKO Paweł	1057		M30	26	01:32:38.75	+00:37:16 (40.2%)	9:15	6.5 (60.2%)
94	KARDYŚ Paweł	1051		M30	27	01:32:33.45	+00:37:18 (40.2%)	9:15	6.5 (60.2%)
95	SZPURA Kamila	1145	NOWA HUTA TEAM	K30	10	01:32:38.50	+00:37:22 (40.2%)	9:15	6.5 (60.2%)
96	JAŁOSZEWSKI Mateusz	1121		M30	28	01:32:52.00	+00:37:30 (40.3%)	9:17	6.5 (60.2%)
97	BROŻYNA Magda	1018		K40	11	01:32:52.80	+00:37:35 (40.4%)	9:17	6.5 (60.2%)
98	GRALEC Dariusz	1193		M40	29	01:34:07.25	+00:38:56 (41.2%)	9:24	6.4 (59.3%)
99	CIEŚLA Łukasz	1131	ŻOLYŃSKA GRUPA BIEGOWA "ZOSKA"	M30	29	01:35:27.70	+00:40:04 (41.9%)	9:32	6.3 (58.3%)
100	DYJAK Agnieszka	1059		K20	4	01:35:27.85	+00:40:13 (42.0%)	9:32	6.3 (58.3%)
101	NOWACZEK Ewa	1114	#NOLIMITS	K30	11	01:36:06.35	+00:40:48 (42.4%)	9:36	6.2 (57.4%)
102	BEMBNISTA Aleksandra	1190		K40	12	01:36:12.80	+00:41:00 (42.5%)	9:37	6.2 (57.4%)
103	FRANKOWSKA Joanna	1069	SKITUROWE BIESZCZADY	K40	13	01:36:24.75	+00:41:05 (42.5%)	9:38	6.2 (57.4%)
104	GAŁUSZKA Mariusz	1180	SKITUROWE BIESZCZADY	M40	30	01:36:25.10	+00:41:05 (42.5%)	9:38	6.2 (57.4%)
105	SIUCIAK Robert	1129		M50	8	01:36:21.80	+00:41:13 (42.6%)	9:38	6.2 (57.4%)
106	DZIADOSZ Katarzyna	1181	PODIUM	K40	14	01:36:42.15	+00:41:24 (42.7%)	9:40	6.2 (57.4%)
107	ANDRASZ Paweł	1001		M20	6	01:36:54.10	+00:41:34 (42.8%)	9:41	6.2 (57.4%)
108	DROZD Piotr	1127		M30	30	01:36:54.00	+00:41:34 (42.8%)	9:41	6.2 (57.4%)
109	KUSZ Małgorzata	1085		K30	12	01:37:22.55	+00:42:13 (43.2%)	9:44	6.2 (57.4%)
110	FOLTA Anita	1138	GRUPA BIEGOWA ZARSZYN	K50	2	01:38:14.10	+00:42:51 (43.6%)	9:49	6.1 (56.5%)
111	KARDASZ Jacek	1082		M40	31	01:38:06.50	+00:42:53 (43.6%)	9:48	6.1 (56.5%)
112	"GENY" PASTWA Grzegorz	1169		M30	31	01:40:14.20	+00:44:49 (44.7%)	10:01	6 (55.6%)
113	RADYK Aleksandra	1110	PRZEMYSKI KLUB BIEGACZA	K20	5	01:41:32.25	+00:46:13 (45.4%)	10:09	5.9 (54.6%)
114	KRZYŻANOWSKI Tomasz	1064		M40	32	01:41:47.45	+00:46:29 (45.6%)	10:10	5.9 (54.6%)
115	ŁYGAS Grzegorz	1112	ABM GREIFFENBERGER POLSKA	M20	7	01:41:53.20	+00:46:31 (45.6%)	10:11	5.9 (54.6%)
116	GALEK Michał	1109		M30	32	01:41:56.40	+00:46:32 (45.6%)	10:11	5.9 (54.6%)
117	MICHNO Agata	1151	NOWA HUTA TEAM	K20	6	01:42:01.95	+00:46:38 (45.7%)	10:12	5.9 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
118	STEC Andrzej	1132		M50	9	01:42:12.70	+00:46:59 (45.9%)	10:13	5.9 (54.6%)
119	WÓJTOWICZ Katarzyna	1038		K40	15	01:42:21.75	+00:47:01 (45.9%)	10:14	5.9 (54.6%)
120	STASZEL -ŁATAS Tomasz	1086		M30	33	01:42:22.65	+00:47:01 (45.9%)	10:14	5.9 (54.6%)
121	SOWA Sara	1075	NH TEAM	K20	7	01:42:24.15	+00:47:01 (45.9%)	10:14	5.9 (54.6%)
122	SMEREKA Wojciech	1153		M30	34	01:42:26.25	+00:47:12 (46.0%)	10:14	5.9 (54.6%)
123	GALUS Jacek	1090		M50	10	01:42:27.30	+00:47:12 (46.0%)	10:14	5.9 (54.6%)
124	LATAWSKA Adela	1183		K50	3	01:42:34.45	+00:47:16 (46.0%)	10:15	5.8 (53.7%)
125	GRABOWSKA Paulina	1032		K30	13	01:42:27.30	+00:47:16 (46.0%)	10:14	5.9 (54.6%)
126	KOPEĆ Paweł	1048	BLIND FURY WEAR	M40	33	01:43:36.50	+00:48:25 (46.6%)	10:21	5.8 (53.7%)
127	SZWED Karolina	1080	SUSKA GRUPA BIEGOWA	K30	14	01:44:01.65	+00:48:37 (46.7%)	10:24	5.8 (53.7%)
128	GÓRKA Jolanta	1015		K40	16	01:44:09.25	+00:48:39 (46.7%)	10:24	5.8 (53.7%)
129	CELER Kinga	1078	NH TEAM	K30	15	01:44:23.90	+00:49:08 (47.0%)	10:26	5.7 (52.8%)
130	GAJDZIK Monika	1077	FITSMILE SPORT & PERFORMANCE	K40	17	01:44:38.10	+00:49:20 (47.1%)	10:27	5.7 (52.8%)
131	DZIEWA Magdalena	1040		K60	1	01:44:54.15	+00:49:36 (47.2%)	10:29	5.7 (52.8%)
132	KLUZ Robert	1154		M50	11	01:45:03.90	+00:49:40 (47.2%)	10:30	5.7 (52.8%)
133	WRÓBEL Barbara	1157	CISNA GÓRĄ	K20	8	01:45:11.20	+00:49:46 (47.3%)	10:31	5.7 (52.8%)
134	MACHOWSKI Jakub	1178		M40	34	01:45:18.60	+00:50:06 (47.5%)	10:31	5.7 (52.8%)
135	BIENIARZ Ilona	1142		K30	16	01:45:31.25	+00:50:15 (47.5%)	10:33	5.7 (52.8%)
136	KRASICKI Adam	1185	KOMANDOS TEAM	M30	35	01:45:42.60	+00:50:17 (47.5%)	10:34	5.7 (52.8%)
137	KULA Milena	1123		K30	17	01:46:12.25	+00:50:55 (47.8%)	10:37	5.6 (51.9%)
138	PARA Aleksandra	1052	PODIUM	K30	18	01:46:49.20	+00:51:31 (48.1%)	10:40	5.6 (51.9%)
139	RÓŻYCKI Paweł	1160		M40	35	01:46:45.20	+00:51:34 (48.2%)	10:40	5.6 (51.9%)
140	KUTA Anna	1036		K40	18	01:46:43.45	+00:51:34 (48.2%)	10:40	5.6 (51.9%)
141	NAWROT Waldek	2119	J U V E R U N	M40	36	01:47:12.50	+00:52:08 (48.4%)	10:43	5.6 (51.9%)
142	NAWROT Magdalena	2124	J U V E R U N	K40	19	01:47:14.75	+00:52:12 (48.5%)	10:43	5.6 (51.9%)
143	GEMZIK Agata	2125	J U V E R U N	K30	19	01:47:17.35	+00:52:12 (48.5%)	10:43	5.6 (51.9%)
144	KUCZYŃSKA Agnieszka	1084	BIAŁYSTOK BIEGA TEAM	K40	20	01:47:38.30	+00:52:32 (48.6%)	10:45	5.6 (51.9%)
145	STEĆ Marcin	1106		M30	36	01:47:55.15	+00:52:34 (48.6%)	10:47	5.6 (51.9%)
146	SKROK Izabela	1124	KLUB BIEGACZA ORANGE	K40	21	01:47:55.85	+00:52:46 (48.7%)	10:47	5.6 (51.9%)
147	POPIELA-KAWA Sylwia	1182		K30	20	01:48:14.80	+00:53:00 (48.9%)	10:49	5.5 (50.9%)
148	OPALIŃSKI Paweł	1049		M40	37	01:48:13.70	+00:53:01 (48.9%)	10:49	5.5 (50.9%)
149	WOŹNIAK Lidia	1017	PORMAT JEDLICZE BIEGA	K50	4	01:49:43.45	+00:54:13 (49.4%)	10:58	5.5 (50.9%)
150	DZIERZYPOLSKA Iwona	1053		K40	22	01:49:38.10	+00:54:16 (49.4%)	10:57	5.5 (50.9%)
151	SZADKOWSKA Justyna	1076		K30	21	01:51:28.35	+00:56:02 (50.2%)	11:08	5.4 (50.0%)
152	MAZUREK Łukasz	1107		M30	37	01:51:29.60	+00:56:07 (50.3%)	11:08	5.4 (50.0%)
153	KORSZLA-MAZUREK Anna	1113		K40	23	01:51:30.50	+00:56:07 (50.3%)	11:09	5.4 (50.0%)
154	CZAPLA Andrzej	1019		M60	5	01:52:22.55	+00:57:01 (50.7%)	11:14	5.3 (49.1%)
155	LIPIŃSKI Łukasz	1074	AKADEMIA SPORTU MEDYK ŁOMŻA	M30	38	01:53:18.95	+00:58:05 (51.1%)	11:19	5.3 (49.1%)
156	CHILIŃSKA Edyta	1072		K30	22	01:53:20.80	+00:58:07 (51.2%)	11:20	5.3 (49.1%)
157	ZAPALSKI Adam	1125	KLUB BIEGACZA ORANGE	M30	39	01:53:22.05	+00:58:13 (51.2%)	11:20	5.3 (49.1%)
158	CZUBA Jadwiga	1054		K30	23	01:54:29.10	+00:59:07 (51.6%)	11:26	5.2 (48.1%)
159	GEMZIK Jacek	1098	J U V E R U N	M40	38	01:54:19.10	+00:59:12 (51.6%)	11:25	5.2 (48.1%)
160	KILJAN Anna	1023		K30	24	01:56:44.00	+01:01:14 (52.5%)	11:40	5.1 (47.2%)
161	SKRZYPEK Daniel	1192		M50	12	01:59:01.70	+01:03:56 (53.5%)	11:54	5 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
162	FURMAN Agnieszka	1044	OCHAJORUN & FRIENDS	K30	25	01:59:10.90	+01:04:03 (53.6%)	11:55	5 (46.3%)
163	FURMAN Michał	1045	OCHAJORUN & FRIENDS	M30	40	01:59:52.80	+01:04:45 (53.8%)	11:59	5 (46.3%)
164	KOBOS Beata	1073	NOWA HUTA TEAM	K30	26	02:00:28.10	+01:05:12 (54.0%)	12:02	5 (46.3%)
165	SKOREK-MASZOTA Weronika	2012	PADŁ NA RYJ TEAM	K40	24	02:05:54.95	+01:10:41 (56.0%)	12:35	4.8 (44.4%)
166	BOZA Beata	2033	PADŁ NA RYJ	K40	25	02:05:54.15	+01:10:41 (56.0%)	12:35	4.8 (44.4%)
167	CZERSKI Krzysztof	1033		M40	39	02:06:12.45	+01:10:57 (56.1%)	12:37	4.8 (44.4%)
168	TARGOŃSKA Marta	1004	PADŁ NA RYJ TEAM	K40	26	02:08:59.85	+01:13:48 (57.1%)	12:53	4.7 (43.5%)
169	OSIŃSKA Agata	1067		K50	5	02:21:11.60	+01:26:00 (60.8%)	14:07	4.2 (38.9%)
170	SAKOWICZ Łukasz	1115		M30	41	02:52:07.85	+01:56:46 (67.8%)	17:12	3.5 (32.4%)
171	BAŁDAK Piotr	1093		M30	42	02:52:22.95	+01:56:52 (67.8%)	17:14	3.5 (32.4%)

Znaleziono 171 wynik(ów)