

X ULTRAMARATON BIESZCZADZKI - 14 KM

B4SPORT

Wydarzenie: X ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-08
Miejsce: Cisna
Dystans: 14 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	SIKOŃCZYK Miłosz	1001	TS WISŁA KRAKÓW	M20	1	01:07:49.80	01:07:49.80		4:50	12.4 (100%)
2	TRACZ Łukasz	1226	TRENINGFIZJO/AQUAREH	M30	1	01:13:11.20	01:13:11.20	+00:05:21 (7.3%)	5:13	11.5 (92.7%)
3	ZĄBIK Marek	1227		M30	2	01:13:59.50	01:13:59.50	+00:06:09 (8.3%)	5:17	11.4 (91.9%)
4	ŻŁOBECKI Piotr	1102	DANIEL WOSIK TERVEL TEAM	M40	1	01:16:35.60	01:16:35.60	+00:08:45 (11.4%)	5:28	11 (88.7%)
5	PĘKALA Łukasz	1012		M30	3	01:16:37.40	01:16:37.40	+00:08:47 (11.5%)	5:28	11 (88.7%)
6	TRACZ Paulina	1225	BUFF/THENORTHFACE/TRENINGFIZJO	K30	1	01:16:58.65	01:16:58.65	+00:09:08 (11.9%)	5:29	10.9 (87.9%)
7	BUSZ Jacek	1028	STAJNIA BALONA/OLD SCHOOL TRIAL RUNNING	M30	4	01:19:32.30	01:19:32.30	+00:11:42 (14.7%)	5:40	10.6 (85.5%)
8	BOLECHOWSKA Dominika	1256	ALPIN SPORT TEAM	K40	1	01:21:51.90	01:21:51.90	+00:14:02 (17.1%)	5:50	10.3 (83.1%)
9	JEDLIŃSKI Norbert	1206		M20	2	01:21:54.65	01:21:54.65	+00:14:04 (17.2%)	5:51	10.3 (83.1%)
10	WRONECKA Emilia	1196	ALCHEMIA BIEGANIA	K30	2	01:24:29.60	01:24:29.60	+00:16:39 (19.7%)	6:02	9.9 (79.8%)
11	ŚWIĄDER Mirosław	1148	RUNPASSION.PL	M50	1	01:24:36.70	01:24:36.70	+00:16:46 (19.8%)	6:02	9.9 (79.8%)
12	WÓJCIK Józef	1195	CHEŁM BIEGA	M50	2	01:24:49.30	01:24:49.30	+00:16:59 (20.0%)	6:03	9.9 (79.8%)
13	JANDZIŚ Wiesław	1220	AKTYWNY DYNÓW	M40	2	01:24:50.50	01:24:50.50	+00:17:00 (20.1%)	6:03	9.9 (79.8%)
14	SOKOŁOWSKI Marek	1151	ALPIN SPORT TEAM	M50	3	01:25:00.30	01:25:00.30	+00:17:10 (20.2%)	6:04	9.9 (79.8%)
15	ZAWADZKI Marcin	1209	SZCZWANY TRZMIEL TEAM	M30	5	01:25:03.00	01:25:03.00	+00:17:13 (20.2%)	6:04	9.9 (79.8%)
16	BODZIOCH Grzegorz	1178		M40	3	01:25:05.70	01:25:05.70	+00:17:15 (20.3%)	6:04	9.9 (79.8%)
17	PĘKALA Kamila	1011	BIEGAJ ZE SŁAWKIEM	K20	1	01:25:11.30	01:25:11.30	+00:17:21 (20.4%)	6:05	9.9 (79.8%)
18	ŚWIDZIŃSKI Tomasz	1230	LOKOMOTIV MAJDAN	M40	4	01:26:23.70	01:26:23.70	+00:18:33 (21.5%)	6:10	9.7 (78.2%)
19	LATUSEK Daniel	1223		M30	6	01:27:02.20	01:27:02.20	+00:19:12 (22.1%)	6:13	9.7 (78.2%)
20	PYRZAK Jacek	1045		M40	5	01:27:27.25	01:27:27.25	+00:19:37 (22.4%)	6:14	9.6 (77.4%)
21	SHABLEI Volodymyr	1167		M30	7	01:28:16.55	01:28:16.55	+00:20:26 (23.2%)	6:18	9.5 (76.6%)
22	STACH Tomasz	1171	BIEGAJĄCA RODZINKA	M40	6	01:28:23.35	01:28:23.35	+00:20:33 (23.3%)	6:18	9.5 (76.6%)
23	BRODA Sławomir	1253		M40	7	01:28:27.70	01:28:27.70	+00:20:37 (23.3%)	6:19	9.5 (76.6%)
24	HERMANIUK Tomasz	1131	TAURUS RZESZÓW	M40	8	01:29:30.80	01:29:30.80	+00:21:41 (24.2%)	6:23	9.4 (75.8%)
25	KOPIENIAK Emil	1200	TRĄBIKI	M30	8	01:29:53.50	01:29:53.50	+00:22:03 (24.5%)	6:25	9.3 (75.0%)
26	PAŹDZIOCH Kacper	1169	KS BARAKUDA MIŃSK MAZOWIECKI	M20	3	01:30:07.70	01:30:07.70	+00:22:17 (24.7%)	6:26	9.3 (75.0%)
27	MAZURKIEWICZ Tomasz	1136		M50	4	01:30:12.50	01:30:12.50	+00:22:22 (24.8%)	6:26	9.3 (75.0%)
28	RAK Wojciech	1147	SII RUNNING TEAM	M30	9	01:30:27.05	01:30:27.05	+00:22:37 (25.0%)	6:27	9.3 (75.0%)
29	FALKOWSKI Piotr	1257	KS PEGAZ PIASECZNO	M50	5	01:30:34.55	01:30:34.55	+00:22:44 (25.1%)	6:28	9.3 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
30	BEŚKA Michał	1130	SPRINT GORZYCE	M30	10	01:31:56.15	01:31:56.15	+00:24:06 (26.2%)	6:34	9.1 (73.4%)
31	KORŻYK Marek	1157		M40	9	01:32:29.00	01:32:29.00	+00:24:39 (26.7%)	6:36	9.1 (73.4%)
32	WOŹNIAK Janusz	1013	PORMAT JEDLICZE BIEGA	M50	6	01:32:32.90	01:32:32.90	+00:24:43 (26.7%)	6:36	9.1 (73.4%)
33	WĄSIK Łukasz	1118		M30	11	01:33:23.95	01:33:23.95	+00:25:34 (27.4%)	6:40	9 (72.6%)
34	MŁODZIK Anna	1244		K30	3	01:33:25.90	01:33:25.90	+00:25:36 (27.4%)	6:40	9 (72.6%)
35	ŚLIWIŃSKI Andrzej	1120		M60	1	01:33:38.75	01:33:38.75	+00:25:48 (27.6%)	6:41	9 (72.6%)
36	ŁYCZKO Anna	1218		K30	4	01:33:42.40	01:33:42.40	+00:25:52 (27.6%)	6:41	9 (72.6%)
37	PRUS Tomasz	1158		M40	10	01:33:43.95	01:33:43.95	+00:25:54 (27.6%)	6:41	9 (72.6%)
38	JAGIEŁŁO Katarzyna	1165	BIEGAJACE ZĄBKI	K40	2	01:33:58.75	01:33:58.75	+00:26:08 (27.8%)	6:42	8.9 (71.8%)
39	BANCERZ Szymon	1105	TRAWNIKI BIEGAJĄ	M20	4	01:34:28.25	01:34:28.25	+00:26:38 (28.2%)	6:44	8.9 (71.8%)
40	GRABSKA Ewa	1233	SEKCJA BIEGOWA GRUPY PIWNEJ	K30	5	01:34:31.70	01:34:31.70	+00:26:41 (28.2%)	6:45	8.9 (71.8%)
41	BUSZ Monika	1029		K30	6	01:34:46.05	01:34:46.05	+00:26:56 (28.4%)	6:46	8.9 (71.8%)
42	WRÓBEL Jakub	1208		M30	12	01:34:50.25	01:34:50.25	+00:27:00 (28.5%)	6:46	8.9 (71.8%)
43	MROCZEK Dawid	1054		M20	5	01:34:55.90	01:34:55.90	+00:27:06 (28.5%)	6:46	8.8 (71.0%)
44	SCHWITALLA Adrian	1243		M40	11	01:34:58.10	01:34:58.10	+00:27:08 (28.6%)	6:47	8.8 (71.0%)
45	ZYGMUNT Paweł	1155		M40	12	01:35:04.00	01:35:04.00	+00:27:14 (28.7%)	6:47	8.8 (71.0%)
46	LATUSEK Joanna	1224		K30	7	01:35:08.20	01:35:08.20	+00:27:18 (28.7%)	6:47	8.8 (71.0%)
47	SZWAGRZYK Marcin	1234	SEKCJA BIEGOWA GRUPY PIWNEJ	M30	13	01:35:40.90	01:35:40.90	+00:27:51 (29.1%)	6:50	8.8 (71.0%)
48	TARNAWSKI Jakub	1258	WOŁOPATOŁO	M50	7	01:36:09.45	01:36:09.45	+00:28:19 (29.5%)	6:52	8.7 (70.2%)
49	GAŁUSZKA Tomasz	1217	SKITUROWE BIESZCZADY	M40	13	01:36:40.20	01:36:40.20	+00:28:50 (29.8%)	6:54	8.7 (70.2%)
50	MALEC Marcin	1037		M20	6	01:36:41.40	01:36:41.40	+00:28:51 (29.8%)	6:54	8.7 (70.2%)
51	ROŚCIŃSKI Franciszek	5330	SAMOTNY-WILK	M50	8	01:36:44.45	01:36:44.45	+00:28:54 (29.9%)	6:54	8.7 (70.2%)
52	KRZYŻOWSKI Hubert	1184		M40	14	01:36:59.05	01:36:59.05	+00:29:09 (30.1%)	6:55	8.7 (70.2%)
53	PANASIUK Sergej	5333	OTKRZEŹNIK	M40	15	01:37:00.90	01:37:00.90	+00:29:11 (30.1%)	6:55	8.7 (70.2%)
54	STACH Jacek	1156		M40	16	01:38:04.10	01:38:04.10	+00:30:14 (30.8%)	7:00	8.6 (69.4%)
55	NIEMCZUK Robert	1239		M40	17	01:39:10.75	01:39:10.75	+00:31:20 (31.6%)	7:05	8.5 (68.5%)
56	ŻYREK Jarosław	1092	RYPIN RYSIANKA TEAM	M30	14	01:39:16.60	01:39:16.60	+00:31:26 (31.7%)	7:05	8.5 (68.5%)
57	KOŁODZIEJCZYK Krzysztof	1186	WATAHA	M40	18	01:39:25.45	01:39:25.45	+00:31:35 (31.8%)	7:06	8.4 (67.7%)
58	KRYNICKI Jakub	1238	GALICJA CISNA	M30	15	01:39:46.10	01:39:46.10	+00:31:56 (32.0%)	7:07	8.4 (67.7%)
59	TWARDOWSKI Bartosz	1144		M40	19	01:40:11.40	01:40:11.40	+00:32:21 (32.3%)	7:09	8.4 (67.7%)
60	GELIOS Maciej	1065		M30	16	01:40:31.35	01:40:31.35	+00:32:41 (32.5%)	7:10	8.4 (67.7%)
61	SALA Paweł	1185	MIZUNO TURBACZ TEAM	M40	20	01:42:03.20	01:42:03.20	+00:34:13 (33.5%)	7:17	8.2 (66.1%)
62	ORZECHOWSKI Maciej	1140		M20	7	01:43:33.40	01:43:33.40	+00:35:43 (34.5%)	7:23	8.1 (65.3%)
63	LATUSEK Katarzyna	1228		K20	2	01:43:34.35	01:43:34.35	+00:35:44 (34.5%)	7:23	8.1 (65.3%)
64	DRAŹEK Sławomir	1232		M50	9	01:43:49.60	01:43:49.60	+00:35:59 (34.7%)	7:24	8.1 (65.3%)
65	OLSZYK Tadeusz	1062	MKL MARATON ŚWINOUJŚCIE	M60	2	01:45:33.15	01:45:33.15	+00:37:43 (35.7%)	7:32	8 (64.5%)
66	PELA Tomasz	1254		M20	8	01:45:39.40	01:45:39.40	+00:37:49 (35.8%)	7:32	8 (64.5%)
67	JANAS Marian	1251		M60	3	01:46:24.15	01:46:24.15	+00:38:34 (36.3%)	7:36	7.9 (63.7%)
68	NIEMIEC-DRWIĘGA Bernadeta	1134	BIEGAMBOLUBIE	K40	3	01:46:30.60	01:46:30.60	+00:38:40 (36.3%)	7:36	7.9 (63.7%)
69	PALIŚ Przemysław	1119		M30	17	01:46:48.35	01:46:48.35	+00:38:58 (36.5%)	7:37	7.9 (63.7%)
70	PYRZAK Karolina	1043		K20	3	01:46:56.30	01:46:56.30	+00:39:06 (36.6%)	7:38	7.9 (63.7%)
71	DRZEWIECKI Jakub	1128		M30	18	01:46:58.25	01:46:58.25	+00:39:08 (36.6%)	7:38	7.9 (63.7%)
72	NICIEJA Anna	1019		K40	4	01:47:18.25	01:47:18.25	+00:39:28 (36.8%)	7:39	7.8 (62.9%)
73	MAJDYŚ Wojciech	1018		M40	21	01:47:18.45	01:47:18.45	+00:39:28 (36.8%)	7:39	7.8 (62.9%)

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74	KĘDZIOR Katarzyna	1121	LEŚNA BIEGUNKA	K40	5	01:47:42.70	01:47:42.70	+00:39:52 (37.0%)	7:41	7.8 (62.9%)
75	MANGILI Alberto	1083		M40	22	01:47:42.90	01:47:42.90	+00:39:53 (37.0%)	7:41	7.8 (62.9%)
76	DYJAK Agnieszka	1103		K20	4	01:47:46.90	01:47:46.90	+00:39:57 (37.1%)	7:41	7.8 (62.9%)
77	ADAMCZYK Kamil	1010		M30	19	01:48:48.30	01:48:48.30	+00:40:58 (37.7%)	7:46	7.7 (62.1%)
78	GRABARCZYK Ilona	1060		K40	6	01:48:51.75	01:48:51.75	+00:41:01 (37.7%)	7:46	7.7 (62.1%)
79	KONDZIOŁA Krzysztof	1210	STAY INSANE / PERFECT RUNNER LUBLIN	M30	20	01:49:04.55	01:49:04.55	+00:41:14 (37.8%)	7:47	7.7 (62.1%)
80	SUCHOJAD Małgorzata	1139	GUMIGUTAPAJHIWO	K40	7	01:49:22.90	01:49:22.90	+00:41:33 (38.0%)	7:48	7.7 (62.1%)
81	WYSOCKA Iwona	1050	BEKATEAM	K30	8	01:49:27.95	01:49:27.95	+00:41:38 (38.0%)	7:49	7.7 (62.1%)
82	WYSOCKI Bartosz	1051	BEKATEAM	M40	23	01:49:28.70	01:49:28.70	+00:41:38 (38.0%)	7:49	7.7 (62.1%)
83	GRANOS Sławomir	1229	BIESZCZADZKIE DESEROWE	M50	10	01:49:44.65	01:49:44.65	+00:41:54 (38.2%)	7:50	7.7 (62.1%)
84	MAJEWSKA Fabiana	1213		K20	5	01:50:08.25	01:50:08.25	+00:42:18 (38.4%)	7:52	7.6 (61.3%)
85	BOBYK Paweł	1143	SANOK BIEGA	M40	24	01:50:09.10	01:50:09.10	+00:42:19 (38.4%)	7:52	7.6 (61.3%)
86	DUDEK Marcin	1211	LEŚNA BIEGUNKA	M40	25	01:50:14.55	01:50:14.55	+00:42:24 (38.5%)	7:52	7.6 (61.3%)
87	DZIADUS Marcin	1183		M30	21	01:50:42.80	01:50:42.80	+00:42:53 (38.7%)	7:54	7.6 (61.3%)
88	JEZIELSKI Kamil	1255	GALVALINO ŁÓDŹ	M20	9	01:50:49.45	01:50:49.45	+00:42:59 (38.8%)	7:54	7.6 (61.3%)
89	ORŁOWSKA Wiesława	1096		K60	1	01:51:18.15	01:51:18.15	+00:43:28 (39.1%)	7:57	7.5 (60.5%)
90	BROŻYNA Magda	1097		K40	8	01:51:24.70	01:51:24.70	+00:43:34 (39.1%)	7:57	7.5 (60.5%)
91	MAGER Bartosz	1222		M40	26	01:52:13.15	01:52:13.15	+00:44:23 (39.6%)	8:00	7.5 (60.5%)
92	GANCARZ Barbara	1071		K30	9	01:52:52.60	01:52:52.60	+00:45:02 (39.9%)	8:03	7.4 (59.7%)
93	PIERZCHAŁA Anna	1085		K40	9	01:53:31.75	01:53:31.75	+00:45:41 (40.3%)	8:06	7.4 (59.7%)
94	STEFANIAK Marcin	1104		M40	27	01:54:19.35	01:54:19.35	+00:46:29 (40.7%)	8:09	7.3 (58.9%)
95	KLUCZYŃSKA Honorata	1081		K40	10	01:54:25.75	01:54:25.75	+00:46:35 (40.7%)	8:10	7.3 (58.9%)
96	KUBALA Alicja	1098		K40	11	01:54:33.40	01:54:33.40	+00:46:43 (40.8%)	8:10	7.3 (58.9%)
97	KOVALSKA Anastasiia	1237		K30	10	01:54:43.75	01:54:43.75	+00:46:53 (40.9%)	8:11	7.3 (58.9%)
98	PUDŁO Rita	1111		K20	6	01:54:50.65	01:54:50.65	+00:47:00 (40.9%)	8:12	7.3 (58.9%)
99	PUDŁO Marcin	1110		M40	28	01:55:00.85	01:55:00.85	+00:47:11 (41.0%)	8:12	7.3 (58.9%)
100	BLAŻEVIČIUS Tomas	1123		M40	29	01:55:09.80	01:55:09.80	+00:47:20 (41.1%)	8:13	7.3 (58.9%)
101	PINTSCHER Paulina	1259	EXPRESSMAP	K30	11	01:55:51.05	01:55:51.05	+00:48:01 (41.5%)	8:16	7.3 (58.9%)
102	SPORNIAK Krzysztof	1149		M30	22	01:55:52.60	01:55:52.60	+00:48:02 (41.5%)	8:16	7.2 (58.1%)
103	SWIERK Jakub	1248	LIBERA REGIA CIVITAS	M40	30	01:55:58.50	01:55:58.50	+00:48:08 (41.5%)	8:17	7.2 (58.1%)
104	MEGGER Iwona	1025	IRON TEAM	K40	12	01:56:11.40	01:56:11.40	+00:48:21 (41.6%)	8:17	7.2 (58.1%)
105	BANAJSKI Damian	1080		M30	23	01:56:18.10	01:56:18.10	+00:48:28 (41.7%)	8:18	7.2 (58.1%)
106	STRZYŻEWSKI Arkadiusz	1017	GÓRA BIEGA	M40	31	01:56:43.05	01:56:43.05	+00:48:53 (41.9%)	8:20	7.2 (58.1%)
107	ŁASZKIEWICZ Piotr	1035	ATHLETICS TEAM PRUSICE	M60	4	01:56:48.95	01:56:48.95	+00:48:59 (41.9%)	8:20	7.2 (58.1%)
108	GRZECHYNKA Agnieszka	1049	GO PUBLIC	K30	12	01:56:53.90	01:56:53.90	+00:49:04 (42.0%)	8:20	7.2 (58.1%)
109	ZYGMUNT Monika	1115		K50	1	01:56:54.25	01:56:54.25	+00:49:04 (42.0%)	8:21	7.2 (58.1%)
110	TUCZAPSKI Artur	1214	COMTAT	M60	5	01:57:03.05	01:57:03.05	+00:49:13 (42.1%)	8:21	7.2 (58.1%)
111	TUCZAPSKA Maria	1215	COMTAT	K40	13	01:57:03.20	01:57:03.20	+00:49:13 (42.1%)	8:21	7.2 (58.1%)
112	LEŃ Jakub	5331		M40	32	01:57:33.10	01:57:33.10	+00:49:43 (42.3%)	8:23	7.1 (57.3%)
113	PASZKO Wojciech	1068	CHEŁM BIEGA	M40	33	01:57:40.70	01:57:40.70	+00:49:50 (42.4%)	8:24	7.1 (57.3%)
114	GULCZYŃSKA Beata	1006		K30	13	01:57:52.95	01:57:52.95	+00:50:03 (42.5%)	8:25	7.1 (57.3%)
115	CZABAN Katarzyna	1044	KULAM SIĘ JAK GUMIKLYJZY	K30	14	01:58:05.80	01:58:05.80	+00:50:16 (42.6%)	8:26	7.1 (57.3%)
116	WIĘSEK Natalia	1061		K20	7	01:58:23.15	01:58:23.15	+00:50:33 (42.7%)	8:27	7.1 (57.3%)
117	DOBROWOLSKI Lukasz	1090		M50	11	01:58:26.00	01:58:26.00	+00:50:36 (42.7%)	8:27	7.1 (57.3%)

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118	POŁAWSKA Ewa	1182		K30	15	01:58:37.70	01:58:37.70	+00:50:47 (42.8%)	8:28	7.1 (57.3%)
119	ZEMŁA Piotr	1150		M50	12	01:58:51.55	01:58:51.55	+00:51:01 (42.9%)	8:29	7.1 (57.3%)
120	MAKUCH Agnieszka	1141		K40	14	01:58:52.10	01:58:52.10	+00:51:02 (42.9%)	8:29	7.1 (57.3%)
121	WANAT Barbara	1048	FOREVER BUSINESS TEAM	K40	15	01:59:22.45	01:59:22.45	+00:51:32 (43.2%)	8:31	7 (56.5%)
122	PROTSIV Katarzyna	1204		K30	16	01:59:27.10	01:59:27.10	+00:51:37 (43.2%)	8:31	7 (56.5%)
123	PROTSIV Jarosław	1203		M30	24	01:59:27.35	01:59:27.35	+00:51:37 (43.2%)	8:31	7 (56.5%)
124	BORKOWSKI Artur	1236	TECHNO ŚWIRY CZACHA DYMI	M30	25	01:59:46.50	01:59:46.50	+00:51:56 (43.4%)	8:33	7 (56.5%)
125	JANKOWSKI Michał	1082		M50	13	02:00:16.70	02:00:16.70	+00:52:26 (43.6%)	8:35	7 (56.5%)
126	CHMIELEWSKA Monika	1181	EAZYMUT.PL	K40	16	02:00:37.45	02:00:37.45	+00:52:47 (43.8%)	8:36	7 (56.5%)
127	BECHTA Katarzyna	1246	BRACTWO BIEGOWE BGK	K20	8	02:00:43.80	02:00:43.80	+00:52:54 (43.8%)	8:37	7 (56.5%)
128	MALINOWSKA Katarzyna	1142		K40	17	02:00:52.40	02:00:52.40	+00:53:02 (43.9%)	8:38	6.9 (55.6%)
129	AUGUSTOWSKA Izabela	1095	KB GEOTERMIA UNIEJÓW	K40	18	02:01:13.15	02:01:13.15	+00:53:23 (44.0%)	8:39	6.9 (55.6%)
130	BOROŃSKA Joanna	1221		K40	19	02:01:19.30	02:01:19.30	+00:53:29 (44.1%)	8:39	6.9 (55.6%)
131	WOJEWÓDZKA Agnieszka	1168		K40	20	02:01:32.50	02:01:32.50	+00:53:42 (44.2%)	8:40	6.9 (55.6%)
132	WÓJCIK Barbara	1235	TECHNO ŚWIRY CZACHA DYMI	K30	17	02:01:47.70	02:01:47.70	+00:53:57 (44.3%)	8:41	6.9 (55.6%)
133	SALA Anna	1159		K30	18	02:02:37.85	02:02:37.85	+00:54:48 (44.7%)	8:45	6.9 (55.6%)
134	KICIŃSKI Piotr	1117		M40	34	02:02:46.30	02:02:46.30	+00:54:56 (44.8%)	8:46	6.8 (54.8%)
135	HERMANIUK Iwona	1132	TAURUS RZESZÓW	K40	21	02:03:18.10	02:03:18.10	+00:55:28 (45.0%)	8:48	6.8 (54.8%)
136	MAGER Olga	1093		K40	22	02:03:18.20	02:03:18.20	+00:55:28 (45.0%)	8:48	6.8 (54.8%)
137	TUREK Michał	1193	ROCHE RUNNERS	M40	35	02:03:30.10	02:03:30.10	+00:55:40 (45.1%)	8:49	6.8 (54.8%)
138	KĘDZIOR Justyna	1091		K30	19	02:04:04.35	02:04:04.35	+00:56:14 (45.3%)	8:51	6.8 (54.8%)
139	KOWALSKI Krzysztof	1245		M20	10	02:04:39.80	02:04:39.80	+00:56:50 (45.6%)	8:54	6.7 (54.0%)
140	NOWAKOWSKA Magdalena	1066		K20	9	02:04:46.25	02:04:46.25	+00:56:56 (45.6%)	8:54	6.7 (54.0%)
141	KACZMARSKI Wojciech	1135		M50	14	02:04:51.60	02:04:51.60	+00:57:01 (45.7%)	8:55	6.7 (54.0%)
142	KRAMKOWSKA Agnieszka	1198	ROCHE RUNNERS	K30	20	02:04:51.75	02:04:51.75	+00:57:01 (45.7%)	8:55	6.7 (54.0%)
143	MISIEK Marcin	1212		M50	15	02:05:40.85	02:05:40.85	+00:57:51 (46.0%)	8:58	6.7 (54.0%)
144	RABCZEWSKA Elżbieta	1137	MKS MECHANIK WŁODAWA	K50	2	02:05:52.60	02:05:52.60	+00:58:02 (46.1%)	8:59	6.7 (54.0%)
145	PUZOŃ Jan	1192	IGOSPORT SKLEP DLA BIEGACZA	M30	26	02:06:27.90	02:06:27.90	+00:58:38 (46.4%)	9:01	6.6 (53.2%)
146	ADACH-SOSNOWSKA Magdalena	1074		K40	23	02:06:42.40	02:06:42.40	+00:58:52 (46.5%)	9:03	6.6 (53.2%)
147	WALUK Paweł	1067		M20	11	02:06:47.40	02:06:47.40	+00:58:57 (46.5%)	9:03	6.6 (53.2%)
148	FILIPOWSKA Anna	1113		K40	24	02:07:29.35	02:07:29.35	+00:59:39 (46.8%)	9:06	6.6 (53.2%)
149	GRUDZIECKI Mirosław	1249		M30	27	02:08:19.95	02:08:19.95	+01:00:30 (47.1%)	9:09	6.5 (52.4%)
150	GÓRA Anna	1160	FIZJOKULTURA	K30	21	02:09:21.30	02:09:21.30	+01:01:31 (47.6%)	9:14	6.5 (52.4%)
151	SYMA Jakub	1059		M20	12	02:09:37.95	02:09:37.95	+01:01:48 (47.7%)	9:15	6.5 (52.4%)
152	RYŻYŃSKI Tomasz	1075	CHEŁM	M40	36	02:09:57.30	02:09:57.30	+01:02:07 (47.8%)	9:16	6.5 (52.4%)
153	LEŚNIEWSKI Tomek	1108	BIESZCZADZKIE DESEROWE	M40	37	02:10:14.90	02:10:14.90	+01:02:25 (47.9%)	9:18	6.4 (51.6%)
154	CHILIŃSKA Edyta	1038		K30	22	02:12:07.45	02:12:07.45	+01:04:17 (48.7%)	9:26	6.4 (51.6%)
155	KUSTRA Kamil	1191		M30	28	02:12:08.85	02:12:08.85	+01:04:19 (48.7%)	9:26	6.4 (51.6%)
156	STEPANIUK Joanna	1127	BIEGAMY DZISIAJ? WIERZBICA	K50	3	02:12:30.40	02:12:30.40	+01:04:40 (48.8%)	9:27	6.3 (50.8%)
157	WINIARSKA-BISZCZAN Anna	1126	BIEGAMY DZISIAJ? WIERZBICA	K40	25	02:12:30.50	02:12:30.50	+01:04:40 (48.8%)	9:27	6.3 (50.8%)
158	RUDZIŃSKA-PIECYK Julita	1087	SŁONECZKO	K30	23	02:14:21.45	02:14:21.45	+01:06:31 (49.5%)	9:35	6.3 (50.8%)
159	RZĘDZIAN Beata	1027	ŁĘCZNA BIEGA	K30	24	02:14:28.85	02:14:28.85	+01:06:39 (49.6%)	9:36	6.2 (50.0%)
160	ZEMŁA Dorota	1015		K20	10	02:14:41.05	02:14:41.05	+01:06:51 (49.6%)	9:37	6.2 (50.0%)
161	ANDRASZ Paweł	1205		M20	13	02:15:20.60	02:15:20.60	+01:07:30 (49.9%)	9:40	6.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						14km	14km			
162	GABRYŚ Jakub	1106		M50	16	02:15:24.05	02:15:24.05	+01:07:34 (49.9%)	9:40	6.2 (50.0%)
163	RAK Michał	1180		M20	14	02:16:35.60	02:16:35.60	+01:08:45 (50.3%)	9:45	6.2 (50.0%)
164	RYŻYŃSKA Agnieszka	1076	CHEŁM BIEGA	K40	26	02:17:20.00	02:17:20.00	+01:09:30 (50.6%)	9:48	6.1 (49.2%)
165	RUTKOWSKI Rafał	1122	OBIEGUWKA	M20	15	02:17:44.00	02:17:44.00	+01:09:54 (50.8%)	9:50	6.1 (49.2%)
166	TWARDUŚ Leszek	1161		M40	38	02:17:58.95	02:17:58.95	+01:10:09 (50.8%)	9:51	6.1 (49.2%)
167	MOCZYŃSKA Joanna	1034		K30	25	02:18:37.35	02:18:37.35	+01:10:47 (51.1%)	9:54	6.1 (49.2%)
168	WACŁAWEK Marta	1005	POWER TRAINING	K40	27	02:19:06.95	02:19:06.95	+01:11:17 (51.2%)	9:56	6 (48.4%)
169	WOŹNIAK Lidia	1014	PORMAT JEDLICZE BIEGA	K50	4	02:19:52.40	02:19:52.40	+01:12:02 (51.5%)	9:59	6 (48.4%)
170	BŁOŃSKI Maciej	1008		M30	29	02:20:34.20	02:20:34.20	+01:12:44 (51.7%)	10:02	6 (48.4%)
171	PYSZKO Janusz	1146	GO HARD OR GO HOME	M30	30	02:20:53.50	02:20:53.50	+01:13:03 (51.9%)	10:03	6 (48.4%)
172	PASIEKA Agnieszka	1247		K40	28	02:21:04.20	02:21:04.20	+01:13:14 (51.9%)	10:04	6 (48.4%)
173	KACZMARCZYK Dorota	1154		K50	5	02:21:04.35	02:21:04.35	+01:13:14 (51.9%)	10:04	6 (48.4%)
174	KILJAN Anna	1020		K30	26	02:21:34.90	02:21:34.90	+01:13:45 (52.1%)	10:06	5.9 (47.6%)
175	KUR Barbara	1021		K30	27	02:22:44.80	02:22:44.80	+01:14:55 (52.5%)	10:11	5.9 (47.6%)
176	NAJDER Maciej	1070		M30	31	02:23:41.60	02:23:41.60	+01:15:51 (52.8%)	10:15	5.8 (46.8%)
177	BANCERZ Jolanta	1099	TRAWNIKI BIEGAJĄ	K40	29	02:24:00.25	02:24:00.25	+01:16:10 (52.9%)	10:17	5.8 (46.8%)
178	JANDZIŚ Ewa	1219	AKTYWNY DYNÓW	K40	30	02:24:41.45	02:24:41.45	+01:16:51 (53.1%)	10:20	5.8 (46.8%)
179	CHMIEL-ŁOIŃSKA Monika	1073	DAM RADĘ	K40	31	02:24:44.75	02:24:44.75	+01:16:54 (53.1%)	10:20	5.8 (46.8%)
180	KOJDER Anna	1112		K40	32	02:25:35.50	02:25:35.50	+01:17:45 (53.4%)	10:23	5.8 (46.8%)
181	CZERNECKA Julia	1152		K20	11	02:25:56.20	02:25:56.20	+01:18:06 (53.5%)	10:25	5.8 (46.8%)
182	DOBOSZ Damian	1170		M20	16	02:25:56.60	02:25:56.60	+01:18:06 (53.5%)	10:25	5.8 (46.8%)
183	KOGUT Katarzyna	1177	SII RUNNING TEAM	K30	28	02:28:00.20	02:28:00.20	+01:20:10 (54.2%)	10:34	5.7 (46.0%)
184	JEDLIŃSKA Izabela	1207		K40	33	02:29:01.10	02:29:01.10	+01:21:11 (54.5%)	10:38	5.6 (45.2%)
185	KULA Lidia	1116		K40	34	02:29:19.20	02:29:19.20	+01:21:29 (54.6%)	10:39	5.6 (45.2%)
186	OLSZEWSKA Ewa	1039	BS ŁĘCZNA	K30	29	02:29:21.15	02:29:21.15	+01:21:31 (54.6%)	10:40	5.6 (45.2%)
187	CZAPLA Andrzej	1055		M60	6	02:29:21.30	02:29:21.30	+01:21:31 (54.6%)	10:40	5.6 (45.2%)
188	MARCINIAK Barbara	1114	RADOMNO BIEGA	K40	35	02:36:44.60	02:36:44.60	+01:28:54 (56.7%)	11:11	5.4 (43.5%)
189	ŻERO Stanisław	1190		M20	17	02:37:40.70	02:37:40.70	+01:29:50 (57.0%)	11:15	5.3 (42.7%)
190	KOBOS Beata	1023	NOWA HUTA TEAM	K30	30	02:39:02.95	02:39:02.95	+01:31:13 (57.4%)	11:21	5.3 (42.7%)
191	POPIS Justyna	1166		K40	36	02:42:38.35	02:42:38.35	+01:34:48 (58.3%)	11:37	5.2 (41.9%)
192	LOBA Jerzy	1174	LUKS BAŁTYK DZIWNÓW	M60	7	02:43:57.05	02:43:57.05	+01:36:07 (58.6%)	11:42	5.1 (41.1%)
193	JAKUBIEC Justyna	1201		K50	6	02:45:52.00	02:45:52.00	+01:38:02 (59.1%)	11:50	5.1 (41.1%)
194	JAKUBIEC Tomasz	1202		M50	17	02:45:52.20	02:45:52.20	+01:38:02 (59.1%)	11:50	5.1 (41.1%)
195	RAK Dorota	1179		K60	2	02:47:57.25	02:47:57.25	+01:40:07 (59.6%)	11:59	5 (40.3%)
196	GOTOWIEC Bogumiła	1173	BÓBR TŁUSZCZ	K40	37	02:48:14.00	02:48:14.00	+01:40:24 (59.7%)	12:01	5 (40.3%)
197	MILEWSKI Konrad	1188	KODA ROBOTY ZIEMNE	M30	32	02:55:32.65	02:55:32.65	+01:47:42 (61.4%)	12:32	4.8 (38.7%)
198	MICHALAK Aleksandra	1032		K40	38	02:59:26.00	02:59:26.00	+01:51:36 (62.2%)	12:49	4.7 (37.9%)
199	WOJTCZAK Marta	1026		K20	12	02:59:51.00	02:59:51.00	+01:52:01 (62.3%)	12:50	4.7 (37.9%)
200	BĄCZEK Krzysztof	1260	GRUPA JURA'PL	M40	39	03:00:32.55	03:00:32.55	+01:52:42 (62.4%)	12:53	4.7 (37.9%)
201	JABŁOŃSKI Kazimierz	1199	SPRINTER PRĄDY	M60	8	03:02:05.35	03:02:05.35	+01:54:15 (62.7%)	13:00	4.6 (37.1%)
202	WRÓBEL Barbara	2360	CISNA GÓRĄ	K20	13	03:03:28.15	03:03:28.15	+01:55:38 (63.0%)	13:06	4.6 (37.1%)
203	KSOBIECH Marcin	1072		M40	40	03:04:42.20	03:04:42.20	+01:56:52 (63.3%)	13:11	4.5 (36.3%)
204	KALER Karolina	1064		K40	39	03:06:16.80	03:06:16.80	+01:58:27 (63.6%)	13:18	4.5 (36.3%)
205	TESCHE Basia	1242		K40	40	03:08:28.05	03:08:28.05	+02:00:38 (64.0%)	13:27	4.5 (36.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
206	TESCHE Tomasz	1241		M40	41	03:08:29.50	03:08:29.50	+02:00:39 (64.0%)	13:27	4.5 (36.3%)
207	SKARBOWSKA Izabela	1089	RAK'N'ROLL	K40	41	03:09:10.85	03:09:10.85	+02:01:21 (64.1%)	13:30	4.4 (35.5%)
208	WOJCIECHOWSKA Violetta	1100	TARTARIA	K50	7	03:11:30.45	03:11:30.45	+02:03:40 (64.6%)	13:40	4.4 (35.5%)
209	SIEWIERSKA Iga	1031	BOLAĆE PISZCZELE BEŁCHATÓW KLUB NORDIC WALKING	K20	14	03:13:29.90	03:13:29.90	+02:05:40 (64.9%)	13:49	4.3 (34.7%)
210	PASIEKA Magda	1041	OSP NAKŁO NAD NOTECIĄ	K40	42	03:13:54.80	03:13:54.80	+02:06:05 (65.0%)	13:51	4.3 (34.7%)
211	KLINIKOWSKA Bogusia	1042		K40	43	03:13:55.05	03:13:55.05	+02:06:05 (65.0%)	13:51	4.3 (34.7%)
212	KOLASA Anna	1176	SII RUNNING TEAM	K30	31	03:18:09.45	03:18:09.45	+02:10:19 (65.8%)	14:09	4.2 (33.9%)
212	SIEWIERSKA Urszula	1030	BOLAĆE PISZCZELE BEŁCHATÓW KLUB NORDIC WALKING	K40	44	03:18:09.45	03:18:09.45	+02:10:19 (65.8%)	14:09	4.2 (33.9%)
214	LIPIŃSKI Łukasz	1056	AKADEMIA SPORTU MEDYK	M30	33	03:18:30.60	03:18:30.60	+02:10:40 (65.8%)	14:10	4.2 (33.9%)
215	GORCZYCA Angelika	1172		K20	15	03:30:55.00	03:30:55.00	+02:23:05 (67.8%)	15:03	4 (32.3%)
215	KOZAK Mateusz	1175		M30	34	03:30:55.00	03:30:55.00	+02:23:05 (67.8%)	15:03	4 (32.3%)
217	CHOJNACKI Rafał	1187		M20	18	03:31:35.60	03:31:35.60	+02:23:45 (67.9%)	15:06	4 (32.3%)
218	URBAŃSKI Mikołaj	1022		M20	19	03:31:35.90	03:31:35.90	+02:23:46 (67.9%)	15:06	4 (32.3%)
219	REY Patryk	1088	REYRUNNINGTEAM	M20	20	03:36:50.90	03:36:50.90	+02:29:01 (68.7%)	15:29	3.9 (31.5%)
220	REY Andrzej	1046	REYRUNNINGTEAM	M40	42	03:36:52.05	03:36:52.05	+02:29:02 (68.7%)	15:29	3.9 (31.5%)
221	BARYGA Mateusz	1250	ATLAS RUN TEAM	M40	43	03:48:46.95	03:48:46.95	+02:40:57 (70.4%)	16:20	3.7 (29.8%)
222	PAKOSIŃSKI Krzysztof	1252		M40	44	03:48:47.30	03:48:47.30	+02:40:57 (70.4%)	16:20	3.7 (29.8%)
223	GÓRA Kamil	1162	FIZJOKULTURA	M30	35	04:06:35.15	04:06:35.15	+02:58:45 (72.5%)	17:36	3.4 (27.4%)
224	KUMAR Kristina	1231		K20	16	04:24:43.35	04:24:43.35	+03:16:53 (74.4%)	18:54	3.2 (25.8%)

Znaleziono 224 wynik(ów)