

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

Organizator: Fundacja Bieg Rzeźnika
 Data: 2019-01-26
 Miejsce: Cisna
 Dystans: 44,6 km
 Klasyfikacja wg czasów brutto.

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KOCZWARA TOMASZ	3		Ć	POL	M40	1	M 1	00:00:36	01:15:32	01:55:49	02:29:07	03:00:32		03:18:01.10	03:18:01.10	4:26	13.5
2	KIDA PAWEŁ	659			POL	M20	1	M 2			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	4:40	12.9
3	JENDRYCH ARTUR	701	BIEGAJACY ŚWIDNIK		POL	M20	2	M 3	00:00:31	01:21:07	02:02:34	02:38:45	03:11:22		03:29:59.40	03:29:59.40	4:42	12.7
4	KRUBA MARCIN	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW	POL	M30	1	M 4	00:00:34	01:21:08	02:02:35	02:36:47	03:12:03		03:31:45.45	03:31:45.45	4:44	12.6
5	CZYŻ GRZEGORZ	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	BOGUMIŁOWICE	POL	M50	1	M 5	00:00:37	01:18:10	01:59:39	02:36:03	03:12:19		03:33:00.10	03:33:00.10	4:46	12.6
6	TOMASIK STANISŁAW	641	GORLIĆKA GRUPA BIEGOWA	SZYMBARK	POL	M30	2	M 6	00:01:08	01:22:36	02:06:04	02:42:02	03:15:23		03:33:08.15	03:33:08.15	4:46	12.6
7	ŻUCHOWSKI DANIEL	770	MUAY RUNNING TEAM	KRAKÓW		M30	3	M 7	00:00:25	01:21:07	02:03:48	02:40:21	03:15:13		03:34:16.90	03:34:16.90	4:48	12.5
8	SZAPAR PRZEMYSŁAW	732	BIEGAMINA. SCARPA	GDYNIA	POL	M40	2	M 8	00:00:42	01:21:06	02:03:47	02:40:15	03:17:20		03:39:29.70	03:39:29.70	4:55	12.2
9	PAWŁOWSKI ARKADIUSZ	526	ROCK&RUN	WARSZAWA	POL	M30	4	M 9	00:00:36	01:23:12	02:06:59	02:43:43	03:20:13		03:39:52.90	03:39:52.90	4:55	12.2
10	MORAWA MATEUSZ	754	LACHO TEAM	RADZISZÓW	POL	M40	3	M 10	00:00:42	01:26:59	02:13:07	02:48:42	03:23:22		03:42:49.30	03:42:49.30	4:59	12
11	ZIAJKA KAROL	739		RYMANÓW	POL	M20	3	M 11	00:02:04	01:27:12	02:12:35	02:50:22	03:24:33		03:42:54.20	03:42:54.20	4:59	12
12	BAŁATKA KRZYSZTOF	389	AZS WSGK KUTNO	KUTNO	POL	M30	5	M 12	00:00:29	01:26:09	02:10:55	02:46:15	03:22:59		03:43:43.25	03:43:43.25	5:00	12
13	BARAN WOJTEK	215	OKNOPLAST RUNNING TEAM	ZABAWA/WIELICZKA	POL	M30	6	M 13	00:00:30	01:22:13	02:07:30	02:45:56	03:24:13		03:46:05.50	03:46:05.50	5:04	11.8
14	BIAŁOWAŚ TOMASZ	520	STAJNIA BALONA	RZESZÓW	POL	M30	7	M 14	00:01:10	01:27:07	02:13:25	02:51:00	03:26:47		03:47:20.60	03:47:20.60	5:05	11.8
15	KWIATKOWSKI MICHAEL	56		KRAKÓW	POL	M30	8	M 15	00:00:32	01:24:45	02:09:47	02:48:06	03:27:16		03:48:35.85	03:48:35.85	5:07	11.7
16	WÓJCIK JACEK	449		GWOŹNICA GÓRNA	POL	M40	4	M 16	00:01:14	01:28:11	02:15:21	02:53:25	03:30:29		03:49:32.15	03:49:32.15	5:08	11.7
17	PASIECZNY ROBERT	393	FARTLEK GO	GORZYCE	POL	M40	5	M 17	00:00:38	01:26:09	02:12:34	02:50:37	03:28:13	00:02:00	03:51:12.45	03:51:12.45	5:08	11.7
18	ORŁOWSKI ANDRZEJ	227	POTRENUJEMY?	CEZARYN	POL	M20	4	M 18	00:00:33	01:23:31	02:10:43	02:53:53	03:31:25		03:52:09.10	03:52:09.10	5:12	11.5
19	TRYNIECKI KRZYSZTOF	262		LUBACZÓW	POL	M40	6	M 19	00:01:32	01:56:59					03:54:48.10	03:54:48.10	5:15	11.4
20	GOŚCINIEWICZ PAWEŁ	343	ZIEMOWIT TEAM	KATOWICE	POL	M40	7	M 20	00:00:32	01:27:21	02:16:34	02:58:47	03:36:05		03:54:58.25	03:54:58.25	5:16	11.4
21	ZYSKOWSKI ANDRZEJ	524	GORDON MOTORYZACJA	OLSZTYN	POL	M40	8	M 21	00:01:12	01:30:47	02:17:47	02:57:48	03:35:33		03:56:17.20	03:56:17.20	5:17	11.3
22	KUDŁAK PAWEŁ	567	PORANNY PATROL	KRAKÓW	POL	M30	9	M 22	00:00:47	01:30:52	02:17:40	02:57:58	03:35:27		03:56:43.65	03:56:43.65	5:18	11.3
23	MATYASZEK WALDEMAR	740		JASIEŃ	POL	M40	9	M 23	00:00:50	01:27:21	02:15:22	02:56:14	03:35:33		03:56:49.45	03:56:49.45	5:18	11.3
24	KOBIERSKI PIOTR	14	UKA ULTRAS RUNNERS	WARSZAWA	POL	M40	10	M 24	00:00:38	01:28:32	02:17:13	02:57:42	03:35:31		03:57:03.10	03:57:03.10	5:18	11.3
25	SOKOŁOWSKI MAREK	5	ALPIN SPORT TEAM	MYSŁOWICE-WESOŁA	POL	M50	2	M 25	00:00:34	01:27:55	02:16:20	02:58:19	03:37:01		03:58:43.50	03:58:43.50	5:21	11.2
26	PIETRZYK WOJCIECH	365	LACHO TEAM	KRAKÓW	POL	M40	11	M 26	00:00:43	01:27:15	02:13:44	02:54:45	03:36:34		03:59:15.90	03:59:15.90	5:21	11.2
27	PABIAN PAWEŁ	755	WALKABOUT TEAM	KRASNE	POL	M30	10	M 27	00:01:23	01:28:39	02:17:33	02:59:17	03:37:21		03:59:17.40	03:59:17.40	5:21	11.2
28	JASŁOWSKA JUSTYNA	94	POSMAKUJ RUN TEAM	JEDLUCZE	POL	K30	1	K 1	00:00:54	01:31:42	02:20:47	03:00:35	03:38:00		03:59:19.90	03:59:19.90	5:21	11.2

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
				ć														
29	SZAPORÓW ŁUKASZ	100	INFINITY-GYM	PROSZOWICE	POL	M30	11	M 28	00:00:34	01:26:28	02:15:53	02:58:10	03:38:32		04:01:13.75	04:01:13.75	5:24	11.1
30	WAŻNY STANISŁAW	281	MEDIA LUBACZOWSKIE	LUBACZÓW	POL	M40	12	M 29	00:01:31	01:26:53	02:13:50	02:56:15	03:38:06		04:01:33.55	04:01:33.55	5:24	11.1
31	NIEZGODA MARCIN	381	KKB MOSIR KROSNO	KROSNO	POL	M20	5	M 30	00:00:31	01:30:18	02:20:10	03:00:24	03:39:44		04:01:45.20	04:01:45.20	5:25	11.1
32	STAŃKO PAWEŁ	396	BIESY I CZORTY	LUTOWISKA	POL	M40	13	M 31	00:02:09	01:37:28	02:26:07	03:07:09	03:43:18		04:02:30.40	04:02:30.40	5:26	11
33	MAKA SŁAWOMIR	493	STARGLOSS TEAM OSTROŁĘKA	OSTROŁĘKA	POL	M50	3	M 32	00:00:40	01:31:18	02:20:08	03:01:04	03:40:44		04:03:41.60	04:03:41.60	5:27	11
34	MARZEC GRZEGORZ	236	GMINA STRZELCE OPOLSKIE	SZCZEPANEK	POL	M40	14	M 33	00:00:40	01:34:31	02:24:11	03:05:10	03:43:47		04:04:38.30	04:04:38.30	5:29	10.9
35	BĘTKOWSKI WOJCIECH	263	BRYGADA BESKIDÓW	STRÓŻE	POL	M50	4	M 34	00:00:32	01:30:46	02:21:50	03:04:57	03:43:55		04:05:16.40	04:05:16.40	5:29	10.9
36	DYDIO PIOTR	551	PID-MILL TEAM	SANOK	POL	M50	5	M 35	00:00:49	01:33:40	02:22:12	03:03:51	03:43:57		04:05:49.35	04:05:49.35	5:30	10.9
37	KIMMER JAKUB	238	BIEGING TEAM ZELÓW	ZELÓW	POL	M30	12	M 36	00:00:59	01:35:28	02:24:37	03:05:32	03:44:57		04:05:56.25	04:05:56.25	5:30	10.9
38	LUBAŃSKI ROBERT	670		BUKOWICE	POL	M50	6	M 37	00:01:16	01:33:16	02:23:09	03:05:00	03:44:39		04:07:10.40	04:07:10.40	5:32	10.8
39	PIĘKOŚ MAREK	736		JEDLICZE	POL	M30	13	M 38	00:01:19	01:32:32	02:21:37	03:04:21	03:45:35		04:08:10.70	04:08:10.70	5:33	10.8
40	KORAB ROBERT	78		RZESZÓW	POL	M40	15	M 39	00:00:34	01:33:40	02:23:32	03:05:04	03:46:34		04:09:03.70	04:09:03.70	5:35	10.7
41	MACKIEWICZ ROMAN	181	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	M50	7	M 40	00:02:09	02:17:47					04:09:14.85	04:09:14.85	5:35	10.7
42	GOŁĄB MAREK	216	STAY INSANE	LUBLIN	POL	M30	14	M 41	00:00:42	01:34:10	02:25:56	03:09:48	03:48:47		04:10:06.90	04:10:06.90	5:36	10.7
43	BRENDZOWSKI ADAM	69	SOLINATEAM / RUNONLINETEAM	POLAŃCZYK	POL	M30	15	M 42	00:00:58	01:33:10	02:22:57	03:06:28	03:48:41		04:11:01.55	04:11:01.55	5:37	10.7
44	SZWAJA MATEUSZ	738	OTK RZEŹNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20	6	M 43	00:00:28	01:27:26	02:18:49	03:05:41	03:46:37		04:11:08.60	04:11:08.60	5:37	10.7
45	CHODAKOWSKI RAFAŁ	273	OSTROBIEC	ĆMIELÓW	POL	M40	16	M 44	00:01:34	01:37:28	02:29:43	03:10:39	03:49:42		04:11:13.75	04:11:13.75	5:37	10.7
46	SŁĘCZKA DAMIAN	193	BIOMEDYCYNNA SP. Z O.O. RZESZÓW	RZESZÓW	POL	M30	16	M 45	00:01:16	01:34:42	02:26:00	03:09:17	03:49:45		04:11:37.35	04:11:37.35	5:38	10.6
47	LANGE BEATA	513	BIŁGORAJ BIEGA	BIŁGORAJ	POL	K40	1	K 2	00:01:14	01:35:54	02:26:34	03:09:21	03:49:45		04:11:58.40	04:11:58.40	5:38	10.6
48	KALINOWSKI ŁUKASZ	16		WARSZAWA	POL	M30	17	M 46	00:00:49	01:36:49	02:28:08	03:10:43	03:50:20		04:12:03.25	04:12:03.25	5:39	10.6
49	KLONOWSKI JACEK	264		BIAŁOWIEŻA	POL	M40	17	M 47	00:00:39	01:28:18	02:15:11	03:00:46	03:45:53		04:12:06.80	04:12:06.80	5:39	10.6
50	TAJCHMAN JAROSŁAW	686		RZESZÓW	POL	M30	18	M 48	00:01:16	01:38:55	02:31:19	03:11:45	03:50:21		04:12:07.70	04:12:07.70	5:39	10.6
51	RUDZKI TOMASZ	182	RAJSPORT ACTIVE	KONSTANTY NÓW ŁÓDZKI	POL	M40	18	M 49	00:02:09	02:17:50					04:12:14.70	04:12:14.70	5:39	10.6
52	DYREK MICHAŁ	653	MOK MSZANA DOLNA	MSZANA GÓRNA	POL	M30	19	M 50	00:00:51	01:31:10	02:22:55	03:06:43	03:48:42		04:12:16.70	04:12:16.70	5:39	10.6
53	MAZUREK ROBERT	485	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	LUBLIN	POL	M40	19	M 51	00:00:41	01:34:10	02:25:55	03:09:48	03:49:44		04:14:05.85	04:14:05.85	5:41	10.5
54	ZAGÓRNY ROBERT	368	MBM KAZIMIERÓW	HALINÓW	POL	M40	20	M 52	00:02:20	01:36:47	02:26:36	03:07:00	03:49:54		04:14:21.85	04:14:21.85	5:42	10.5
55	DOMISZEWSKA MARIA	2		USTRZYKI DOLNE	POL	K50	1	K 3	00:00:40	01:33:01	02:23:09	03:08:12	03:48:40	00:02:00	04:14:42.70	04:14:42.70	5:39	10.6
56	PTASZYŃSKI WOJCIECH	543		FROMBORK	POL	M40	21	M 53	00:00:51	01:34:16	02:27:12	03:09:47	03:52:13		04:15:22.35	04:15:22.35	5:43	10.5
57	ROHAN ŁUKASZ	44	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	20	M 54	00:00:48	01:27:52	02:19:39	03:06:06	03:51:25		04:16:23.50	04:16:23.50	5:44	10.4
58	BORYS ANDRZEJ	553		ŁAZY	POL	M40	22	M 55	00:00:37	01:30:54	02:26:01	03:15:38	03:56:06		04:16:24.50	04:16:24.50	5:44	10.4
59	FUS MACIEJ	148		RZESZÓW	POL	M30	21	M 56	00:00:45	01:34:11	02:24:02	03:10:32	03:53:16		04:17:32.65	04:17:32.65	5:46	10.4
60	DYREK MATEUSZ	566		MSZANA GÓRNA	POL	M30	22	M 57	00:00:51	01:33:58	02:25:54	03:10:51	03:54:08		04:18:23.00	04:18:23.00	5:47	10.4
61	BEREŚ ARKADIUSZ	741	STUDIO REBELL	RZESZÓW	POL	M30	23	M 58	00:00:33	01:35:02	02:32:18	03:16:17	03:57:11		04:18:30.00	04:18:30.00	5:47	10.4
62	KMAK SŁAWEK	706	PAPIKI	GRYBÓW	POL	M40	23	M 59	00:00:47	01:34:40	02:27:38	03:12:11	03:55:16		04:18:35.70	04:18:35.70	5:47	10.3

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Ć																		
63	GWIZDAK JUSTYNA	577	WATER TEAM	RZESZÓW	POL	K30	2	K 4	00:01:15	01:37:08	02:30:53	03:16:21	03:57:20		04:19:23.55	04:19:23.55	5:48	10.3
64	DELEKTA JAN	260	DJ	ŁOWISKO	POL	M40	24	M 60	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	5:49	10.3
65	WOLSKI MARCIN	465	WOLSCY BROTHERS TRIATHLON TEAM	KRAKÓW	POL	M30	24	M 61	00:00:45	01:37:29	02:28:08	03:12:26	03:56:27		04:20:06.80	04:20:06.80	5:49	10.3
66	DELEKTA DARIUSZ	235	DELNOVA	ŁOWISKO	POL	M30	25	M 62	00:01:40	01:39:16	02:33:08	03:17:25			04:20:11.20	04:20:11.20	5:50	10.3
67	ŁOSKÓT TOMASZ	562	WILGA	POL	M40		25	M 63	00:00:39	01:34:39	02:28:06	03:14:39	03:57:16		04:20:41.60	04:20:41.60	5:50	10.3
68	FIGLEWICZ PIOTR	572	MYŚLENICE	POL	M30		26	M 64	00:03:26	01:45:35	02:40:48	03:20:26			04:21:25.10	04:21:25.10	5:51	10.2
69	ZUREK PAWEŁ	15	HULL	GBR	M30		27	M 65	00:00:34	01:31:20	02:26:17	03:12:18	03:56:07		04:22:18.70	04:22:18.70	5:52	10.2
70	ŁAKOMY TOMASZ	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	OLESZYCE	POL	M30	28	M 66	00:00:57	01:37:24	02:29:26	03:15:25			04:23:05.55	04:23:05.55	5:53	10.2
71	KRYM KATARZYNA	719	HERZOG RUNNING TEAM	SMOLEC	POL	K40	2	K 5	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	5:54	10.2
72	ŁUKASIK MICHAŁ	286	VELOBIKE SKLEP I SERWIS	BUSKO-ZDRÓJ	POL	M30	29	M 67	00:00:47	01:37:17	02:30:38	03:16:34			04:23:38.65	04:23:38.65	5:54	10.2
73	JANECKA ARTUR	239	BIEGING TEAM ZELÓW	ŁASK	POL	M30	30	M 68	00:02:07	01:37:01	02:29:05	03:15:20			04:24:40.05	04:24:40.05	5:56	10.1
74	GAWRON MARCIN	521	ROOKS TEAM / IDEO ACTIVE TEAM	NOWY BOREK	POL	M30	31	M 69	00:00:47	01:36:51	02:28:43	03:17:46			04:25:17.25	04:25:17.25	5:56	10.1
75	WÓJCİK KRZYSZTOF	114	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40	26	M 70	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	5:57	10.1
76	FLĄDRO DANIEL	274	WOKOWICE	POL	M40		27	M 71	00:00:49	01:33:40	02:26:57	03:16:28			04:25:30.45	04:25:30.45	5:57	10.1
77	POPIEL ANDRZEJ	705	POPSMART.PL	KRAKÓW	POL	M30	32	M 72	00:00:33	01:31:26	02:23:04	03:16:43			04:26:30.00	04:26:30.00	5:58	10
78	GUZIK ŁUKASZ	771	ŁYSOKANIE	M30			33	M 73	00:01:25	01:41:45	02:35:49	03:19:06			04:26:34.30	04:26:34.30	5:58	10
79	SOLAREWICZ TOMASZ	585	LATAJĄCY CYRK MONTY PYTHONA	LUTON	POL	M40	28	M 74	00:01:52	01:37:29	02:29:09	03:16:25	04:03:16		04:27:39.10	04:27:39.10	6:00	10
80	KOMISARCZYK ANNA	537	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30	3	K 6	00:00:36	01:39:06	02:31:45	03:19:43	04:03:21		04:28:03.70	04:28:03.70	6:00	10
81	WALASEK GRZEGORZ	342	BIEGUSIEM.PL	RYKI	POL	M40	29	M 75	00:01:01	01:34:43	02:29:52	03:19:50	04:02:54		04:28:38.65	04:28:38.65	6:01	10
82	JASTRZĄB PIOTR	246	DEKAN LESKO	LESKO	POL	M50	8	M 76	00:00:42	01:38:39	02:34:26	03:23:19	04:06:52		04:28:54.65	04:28:54.65	6:01	10
83	KLIMEK MATEUSZ	199	SZCZECIN	POL	M30		34	M 77	00:00:48	01:36:01	02:30:20	03:19:01	04:03:20		04:29:28.00	04:29:28.00	6:02	9.9
84	POTRZESZCZ TOMASZ	584	LKB RUDNIK	GADKA	POL	M40	30	M 78	00:02:19	01:37:30	02:32:18	03:18:55	04:03:55		04:29:54.60	04:29:54.60	6:03	9.9
85	POTRZESZCZ GRZEGORZ	21	MIRZEC	POL	M40		31	M 79	00:02:20	01:37:54	02:32:12	03:19:19	04:03:55		04:29:54.85	04:29:54.85	6:03	9.9
86	KRAWCZAK PAULINA	144	BIEGUSIEM.PL	DĘBLIN	POL	K30	4	K 7	00:01:01	01:37:47	02:33:43	03:24:21	04:07:04		04:30:28.50	04:30:28.50	6:03	9.9
87	SZPINDA SEBASTIAN	460	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40	32	M 80	00:00:43	01:36:00	02:29:44	03:19:25	04:05:44		04:31:54.80	04:31:54.80	6:05	9.8
88	KOSTKA JANUSZ	637	POSMAKUJ RUN TEAM	SZCZEPAŃCOWA	POL	M50	9	M 81	00:00:55	01:31:46	02:25:06	03:16:08	04:02:53		04:32:19.65	04:32:19.65	6:06	9.8
89	BIESZCZAD MATEUSZ	295	NOWY STYL GROUP RUNNING TEAM	WOJASZÓWKA	POL	M30	35	M 82	00:02:23	01:41:29	02:34:30	03:19:45	04:04:59		04:32:20.70	04:32:20.70	6:06	9.8
90	KUSTROŃ ADAM	629	PULEX	KROSNO	POL	M50	10	M 83	00:02:14	01:38:48	02:29:13	03:19:41	04:05:13		04:32:28.55	04:32:28.55	6:06	9.8
91	DĄBROWICZ JAKUB	548	KOMORNIKI	POL	M30		36	M 84	00:00:44	01:40:49	02:37:16	03:23:49	04:07:52		04:32:48.05	04:32:48.05	6:06	9.8
92	KOŁACKA MARTYNA	176	WODZISŁAW ŚLĄSKI	POL	K30		5	K 8	00:00:48	01:39:35	02:34:15	03:24:14	04:09:15		04:33:40.30	04:33:40.30	6:08	9.8
93	LONC TOMASZ	446	M&T WYJADACZE PARÓWKÓW	RZESZÓW	POL	M40	33	M 85	00:00:43	01:36:25	02:32:58	03:19:07	04:08:42		04:34:10.65	04:34:10.65	6:08	9.8
94	REJ MIROSŁAW	445	M&T WYJADACZE PARÓWKÓW	MIELEC	POL	M30	37	M 86	00:00:41	01:36:22	02:27:30	03:18:22	04:08:39		04:35:02.50	04:35:02.50	6:10	9.7
95	SMOLEN JANUSZ	415	LUTON	POL	M40		34	M 87	00:01:55	01:42:40	02:36:35	03:26:21	04:10:33		04:35:28.70	04:35:28.70	6:10	9.7
96	BAĆMAGA GRZEGORZ	698	BIEGIEM RADOM	RADOM	POL	M50	11	M 88	00:00:39	01:42:25	02:39:48	03:28:10	04:12:12		04:36:48.70	04:36:48.70	6:12	9.7
97	STACHURSKI PIOTR	673	JEDLŃIA LETNISKO	POL	M30		38	M 89	00:00:37	01:33:06	02:29:51	03:22:18	04:11:44		04:37:30.50	04:37:30.50	6:13	9.6

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
98	GRABIEC MARCIN	627		KOLBUSZOWA	POL	M30	39	M 90	00:02:11	01:36:52	02:31:30	03:20:12	04:09:42		04:37:33.20	04:37:33.20	6:13	9.6
99	SARKA BARTŁOMIEJ	86		RABKA-ZDRÓJ	POL	M30	40	M 91	00:01:39	01:44:40	02:43:27	03:31:11	04:13:44		04:37:34.75	04:37:34.75	6:13	9.6
100	TKACZEWSKI PIOTR	224	MIECHÓW	MIECHÓW	POL	M40	35	M 92	00:01:35	01:47:10	02:45:27	03:32:03	04:14:26		04:37:37.25	04:37:37.25	6:13	9.6
101	CIĘŻKOWSKI SŁAWOMIR	153		TARNÓW	POL	M40	36	M 93	00:01:31	01:41:58	02:42:36	03:31:28	04:14:04		04:37:38.35	04:37:38.35	6:13	9.6
102	SIWCZUK ALEKSANDRA	302		WARSZAWA	POL	K30	6	K 9	00:01:20	01:44:55	02:41:52	03:29:45	04:14:07		04:37:51.05	04:37:51.05	6:13	9.6
103	AGRES PAWEŁ	217	KW KOTŁOWNIA	LUBLIN	POL	M30	41	M 94	00:01:03	01:41:21	02:36:59	03:30:27	04:15:01		04:38:06.55	04:38:06.55	6:14	9.6
104	GUDOWSKI KRYSZTIAN	623		SANOK	POL	M30	42	M 95	00:01:48	01:50:46	02:45:16	03:32:20	04:15:28		04:38:08.90	04:38:08.90	6:14	9.6
105	OCHYRA KONRAD	488		LESKO	POL	M20	7	M 96	00:01:27	01:40:09	02:39:00	03:31:40	04:15:40		04:38:10.90	04:38:10.90	6:14	9.6
106	GAWROŃSKI KAMIL	542	BIEGING TEAM ZELÓW	ZELÓW	POL	M20	8	M 97	00:02:13	01:47:18	02:46:56	03:31:53	04:15:39		04:39:04.30	04:39:04.30	6:15	9.6
107	PIASECZNY MARCIN	534	RUN-G	KRAKÓW	POL	M40	37	M 98	00:01:03	01:39:36	02:39:34	03:30:37	04:15:24		04:39:45.05	04:39:45.05	6:16	9.6
108	GRĘBOWIEC MATEUSZ	282	TSA SANDOMIERZ	SANDOMIERZ	POL	M30	43	M 99	00:01:45	01:41:11	02:36:40	03:29:27	04:15:29		04:40:53.40	04:40:53.40	6:17	9.5
109	NALAZEK MARCIN	67	PIASECZNO RUNNING	WARSZAWA	POL	M30	44	M 100	00:02:00	01:42:01	02:39:00	03:29:14	04:15:24		04:41:25.25	04:41:25.25	6:18	9.5
110	ZAJĄC JÓZEF	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	TULIGŁOWY	POL	M40	38	M 101	00:01:36	01:46:24	02:44:31	03:33:46	04:18:24		04:41:42.00	04:41:42.00	6:18	9.5
111	FELUCH KRZYSZTOF	722	ORA WARSZAWA	WARSZAWA	POL	M40	39	M 102	00:01:08	01:46:13	02:46:39	03:37:05	04:19:41		04:42:13.85	04:42:13.85	6:19	9.5
112	JENERALSKI MIŁOSZ	495	FREE PALESTINE	TUCHOLA	POL	M40	40	M 103	00:01:32	01:38:04	02:35:50	03:25:53	04:15:25		04:42:27.05	04:42:27.05	6:19	9.5
113	KUTNIK MIROSŁAW	727	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40	41	M 104	00:03:09	01:45:10	02:44:58	03:32:58	04:17:29		04:42:37.20	04:42:37.20	6:20	9.5
114	KARPIŃSKI TOMASZ	128		RZESZÓW	POL	M40	42	M 105	00:00:46	01:42:39	02:40:54	03:30:23	04:16:16		04:43:04.55	04:43:04.55	6:20	9.5
115	PANTOŁ MIROSŁAW	149		RZESZÓW	POL	M40	43	M 106	00:00:46	01:40:22	02:38:54	03:30:27	04:16:17		04:43:05.05	04:43:05.05	6:20	9.5
116	BARAN MATEUSZ	283	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	M30	45	M 107	00:01:55	01:49:04	02:48:40	03:37:19	04:20:50		04:43:30.00	04:43:30.00	6:21	9.4
117	GAWLEWICZ KRYSZYNA	470	GAWEŁKI TEAM	SANOK	POL	K30	7	K 10	00:01:45	01:45:01	02:42:59	03:33:38	04:19:04		04:43:32.25	04:43:32.25	6:21	9.4
118	WIERNASZ GRZEGORZ	234	KARCHER SUCHODÓŁ	KROSNO	POL	M40	44	M 108	00:01:07	01:46:21	02:44:03	03:31:47	04:18:00		04:44:08.90	04:44:08.90	6:22	9.4
119	MYŚLIWIEC ROBERT	522	WILD & FREE	RZESZÓW	POL	M30	46	M 109	00:02:16	01:44:23	02:43:22	03:32:44	04:18:57		04:44:13.65	04:44:13.65	6:22	9.4
120	DUC-SYPOSZ AURELIUSZ	420		WIELICZKA	POL	M40	45	M 110	00:02:21	01:51:17	02:48:48	03:37:50	04:21:31		04:45:27.45	04:45:27.45	6:24	9.4
121	BONDARA SYLWIA	1	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30	8	K 11	00:00:39	01:41:39	02:42:26	03:32:20	04:19:36		04:45:53.30	04:45:53.30	6:24	9.4
122	POTONIEC GRZEGORZ	117	RODZEŃSTWO	WARSZAWA, LIMANOWA	POL	M30	47	M 111	00:01:14	01:40:06	02:42:42	03:38:13	04:21:04		04:46:17.75	04:46:17.75	6:25	9.3
123	WĘCLAŚ MACIEJ	289	---	GÓRA KALWARIA	POL	M40	46	M 112	00:02:23	01:48:21	02:47:42	03:38:50	04:22:37		04:46:42.25	04:46:42.25	6:25	9.3
124	JÓŻWIAK RAFAŁ	68		WARSZAWA	POL	M30	48	M 113	00:02:04	01:47:05	02:43:53	03:37:44	04:22:05		04:47:19.65	04:47:19.65	6:26	9.3
125	GAWORECKI TOMASZ	47	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M30	49	M 114	00:02:49	01:53:18	02:51:10	03:40:33	04:23:16		04:47:48.65	04:47:48.65	6:27	9.3
126	GAWLEWICZ TOMASZ	471	GAWEŁKI TEAM	SANOK	POL	M40	47	M 115	00:01:46	01:45:00	02:43:00	03:33:39	04:20:22		04:47:51.30	04:47:51.30	6:27	9.3
127	WNUK NORBERT	174	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	50	M 116	00:02:25	01:44:43	02:46:03	03:38:43	04:23:01		04:47:53.00	04:47:53.00	6:27	9.3
128	WŁOCH SŁAWOMIR	241		KROSNO	POL	M40	48	M 117	00:01:07	01:46:18	02:44:08	03:35:38	04:22:24		04:48:05.75	04:48:05.75	6:27	9.3
129	KRENZEL REGINA	734		JAROSŁAW	POL	K30	9	K 12	00:00:45	01:48:30	02:47:01	03:37:14	04:22:55		04:48:35.95	04:48:35.95	6:28	9.3
130	WETHACZ DARIUSZ	763		CISNA	POL	M30	51	M 118	00:01:43	01:49:45	02:51:34	03:42:19	04:24:50		04:49:00.50	04:49:00.50	6:28	9.3
131	DZIRBA TOMASZ	332		NIEMCE	POL	M30	52	M 119	00:01:21	01:52:35	02:49:26	03:38:56	04:23:47		04:49:27.95	04:49:27.95	6:29	9.2
132	MENDYKA ŁUKASZ	171	KB AKTYWNI ŚRODA WLKP.	ŚRODA WLKP.	POL	M30	53	M 120	00:03:00	01:44:46	02:41:44	03:34:03	04:22:13		04:49:28.25	04:49:28.25	6:29	9.2
133	CHRUŚCIEL MICHAŁ	354	FARTLEK GO	GORZYCE	POL	M30	54	M 121	00:01:34	01:43:25	02:43:54	03:36:15	04:23:15		04:49:29.80	04:49:29.80	6:29	9.2
134	WAŁACH-BIŚTA ZUZANNA	458		KATOWICE	POL	K30	10	K 13	00:01:25	01:51:47	02:48:18	03:40:04	04:23:58		04:49:30.20	04:49:30.20	6:29	9.2
135	TROJNAR DAMIAN	661	KS JANUSZE	ŁAŃCUT	POL	M30	55	M 122	00:01:32	01:45:37	02:44:42	03:38:58	04:24:33		04:49:30.75	04:49:30.75	6:29	9.2
136	JABŁOŃSKI TOMASZ	307	INŻYNIERIA BIEGANIA TEAM	MARKŁOWIC E	POL	M40	49	M 123	00:00:42	01:44:03	02:46:54	03:40:36	04:24:05		04:49:31.40	04:49:31.40	6:29	9.2

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
137	KOSIN PAWEŁ	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	KIELCE	POL	M30	56	M 124	00:01:11	01:49:03	02:46:51	03:37:15	04:24:20		04:49:32.50	04:49:32.50	6:29	9.2
138	MACHNICKI RAFAŁ	285		RYKI	POL	M30	57	M 125	00:00:45	01:44:45	02:42:32	03:35:50	04:22:39		04:50:20.85	04:50:20.85	6:30	9.2
139	JASNOWSKI MICHAŁ	675		WARSZAWA	POL	M30	58	M 126	00:01:02	01:44:38	02:43:24	03:37:42	04:24:39		04:50:31.70	04:50:31.70	6:30	9.2
140	KOWALCZYK ALEKSANDER	559		DZIAŁOSZYCE	POL	M30	59	M 127	00:03:02	01:47:44	02:47:20	03:41:28	04:26:05		04:50:38.45	04:50:38.45	6:30	9.2
141	MAJEWICZ GRZEGORZ	336		MIECHÓW	POL	M40	50	M 128	00:01:37	01:52:06	02:51:59	03:42:00	04:26:24		04:50:39.60	04:50:39.60	6:31	9.2
142	TUCZAPSKI ARTUR	721	COMBAT	RUDNA MAŁA	POL	M60	1	M 129	00:01:37	01:47:48	02:46:37	03:38:37	04:24:41		04:51:29.90	04:51:29.90	6:32	9.2
143	CZECH MATEUSZ	610	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20	9	M 130	00:01:57	01:49:40	02:47:13	03:37:24	04:23:57		04:51:30.00	04:51:30.00	6:32	9.2
144	KARUŚ WALDEMAR	720	14 DAS IM. GEN.BRYG.WACŁAWA WIECZORKIEWICZA	ORŁY	POL	M40	51	M 131	00:01:49	01:50:25	02:48:49	03:40:46	04:25:58		04:51:48.10	04:51:48.10	6:32	9.2
145	PODPŁOMYK ANDRZEJ	452	SPORTCZESNA	BARGŁY	POL	M40	52	M 132	00:01:20	01:41:29	02:43:56	03:37:58	04:25:35		04:52:07.55	04:52:07.55	6:32	9.2
146	SIKORA-KOŁODZIEJ IRMINA	601	BIESY I CZORTY	PRZEMYŚL	POL	K30	11	K 14	00:02:22	01:55:07	02:56:34	03:49:06	04:29:58		04:52:11.40	04:52:11.40	6:33	9.2
147	KULIBERDA TOMASZ	501	TEATR O.DE.LA	RZESZÓW	POL	M40	53	M 133	00:02:06	01:52:56	02:52:07	03:39:23	04:25:58		04:52:24.65	04:52:24.65	6:33	9.2
148	PAŃTAK SŁAWOMIR	337	21DAPLOT JAROSŁAW	BIAŁOBRZEGI	POL	M40	54	M 134	00:01:49	01:50:26	02:48:32	03:40:44	04:26:14		04:52:28.80	04:52:28.80	6:33	9.1
149	ROGAŁA GRZEGORZ	136		BOGUCHWAŁA	POL	M40	55	M 135	00:00:54	01:41:40	02:41:00	03:32:30	04:25:09		04:53:28.90	04:53:28.90	6:34	9.1
150	KLAMUT RYSZARD	333	JABŁONICA POLSKA	JABŁONICA POLSKA	POL	M60	2	M 136	00:00:54	01:49:29	02:47:09	03:39:18	04:26:32		04:54:55.70	04:54:55.70	6:36	9.1
151	NOWACZYK IGOR	363		WARSZAWA	POL	M40	56	M 137	00:03:27	01:48:22	02:47:58	03:41:09	04:27:06		04:54:57.20	04:54:57.20	6:36	9.1
152	OLEWICZ PIOTR	540	GMINA STRZELCE OP	STRZELCE OP	POL	M40	57	M 138	00:00:41	01:43:48	02:44:04	03:41:48	04:28:15		04:54:59.35	04:54:59.35	6:36	9.1
153	JĘDZURA DANIEL	22	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	60	M 139	00:02:53	01:47:48	02:48:37	03:40:58	04:27:27		04:55:09.30	04:55:09.30	6:37	9.1
154	MIKOLAJCZYK LUKASZ	557		CZELADŹ	POL	M30	61	M 140	00:01:01	01:48:40	02:47:13	03:40:51	04:27:36		04:55:30.80	04:55:30.80	6:37	9.1
155	SIEMIĘCZUK ROBERT	654		WARSZAWA	POL	M40	58	M 141	00:01:57	01:52:22	02:52:08	03:44:03	04:29:21		04:55:31.15	04:55:31.15	6:37	9.1
156	ŚLIWIŃSKI ANDRZEJ	421		MIECHÓW	POL	M60	3	M 142	00:01:04	01:55:00	02:55:43	03:47:44	04:31:42		04:55:50.45	04:55:50.45	6:37	9
157	BORUSZEWSKA BEATA	375		BYTOM	POL	K40	3	K 15	00:02:30	01:46:54	02:47:14	03:38:05	04:27:13		04:55:56.50	04:55:56.50	6:38	9
158	GARNCARZ PAWEŁ	742		WROCŁAW	POL	M40	59	M 143	00:03:29	01:50:29	02:49:16	03:42:49	04:29:17		04:55:58.65	04:55:58.65	6:38	9
159	SZYK ARTUR	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	JAROSŁAW	POL	M40	60	M 144	00:01:36	01:44:46	02:47:16	03:41:29	04:28:14		04:56:00.50	04:56:00.50	6:38	9
160	JANIK MICHAŁ	597	POSZŁA CZOŁGIEM	WARSZAWA	POL	M40	61	M 145	00:01:04	01:38:47	02:38:31	03:38:09	04:27:24		04:56:13.50	04:56:13.50	6:38	9
161	DUDEK MICHAŁ	764		BĘDZIN		M40	62	M 146	00:02:06	01:50:22	02:51:00	03:43:41	04:29:28		04:56:24.45	04:56:24.45	6:38	9
162	JURCZAK ROMAN	200		RZESZÓW	POL	M60	4	M 147	00:00:31	01:46:02	02:47:12	03:45:47	04:31:45		04:56:47.60	04:56:47.60	6:39	9
163	SIKORA JACEK	582	WATER TEAM	WYŻNE	POL	M40	63	M 148	00:01:15	01:43:45	02:44:09	03:38:01	04:26:37		04:56:48.35	04:56:48.35	6:39	9
164	WIERZBICKI TOMASZ	353		BOGUCHWAŁA	POL	M40	64	M 149	00:02:06	01:50:45	02:49:56	03:42:48	04:30:04		04:56:48.60	04:56:48.60	6:39	9
165	PAWLIKOWSKI BOGUSŁAW	498	DZIKIE ŻYCIE RUN TEAM	KATOWICE	POL	M50	12	M 150	00:02:17	01:43:19	02:46:12	03:45:36	04:31:02		04:56:57.50	04:56:57.50	6:39	9
166	BARAN ZBIGNIEW	208	(OB)LEŚNI BIEGACZE	KRAKÓW	POL	M30	62	M 151	00:02:27	01:54:29	02:56:56	03:45:44	04:31:34		04:57:00.50	04:57:00.50	6:39	9
167	MARCELA MARCIN	46	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40	65	M 152	00:01:07	01:50:24	02:54:16	03:45:20	04:31:01		04:57:03.20	04:57:03.20	6:39	9
168	KOCOT SEBASTIAN	159		SOSNOWIEC	POL	M40	66	M 153	00:02:17	01:45:53	02:46:13	03:46:01	04:31:44		04:57:03.75	04:57:03.75	6:39	9
169	CZAPLA ARKADIUSZ	382		BYTOM	POL	M40	67	M 154	00:01:06	01:49:12	02:54:17	03:45:26	04:31:02		04:57:05.90	04:57:05.90	6:39	9
170	DZIEWA PRZEMYSŁAW	514	SUPERIOR INDUSTRIES	BRANDWICA	POL	M40	68	M 155	00:01:58	01:55:08	02:55:26	03:48:38	04:33:37		04:57:06.70	04:57:06.70	6:39	9
171	KOT KRZYSZTOF	550	MPK - RZESZÓW	RZESZÓW	POL	M40	69	M 156	00:00:59	01:44:56	02:47:10	03:43:52	04:31:11		04:57:12.65	04:57:12.65	6:39	9

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
				Ć														
172	ROGAŁA KRYSZTIAN	663	MTS HAMER	MIASTKO	POL	M30	63	M 157	00:01:04	01:48:55	02:50:15	03:44:48	04:32:14		04:57:41.95	04:57:41.95	6:40	9
173	DUCKI PIOTR	762		POLKOWICE		M30	64	M 158	00:02:08	01:53:37	02:58:11	03:46:23	04:32:39		04:58:32.45	04:58:32.45	6:41	9
174	PORĘBA EUGENIUSZ	695		MIECHÓW	POL	M50	13	M 159	00:01:26	01:56:19	02:54:09	03:45:29	04:33:01		04:58:38.30	04:58:38.30	6:41	9
175	MARUKIEWICZ MAREK	628	BIEGAMDLAZDRO WIA.PL	JEŻÓW SUDECKI	POL	M30	65	M 160	00:02:44	01:48:34	02:51:41	03:48:53	04:33:38		04:58:39.00	04:58:39.00	6:41	9
176	CZARNECKI PIOTR	335	TARCHOŚFIRY	WARSZAWA	POL	M30	66	M 161	00:01:26	01:50:35	02:53:08	03:47:00	04:34:24		04:58:48.45	04:58:48.45	6:41	9
177	KALBARCZYK WOJCIECH	602	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	67	M 162	00:01:43	01:49:31	02:52:14	03:46:04	04:32:28		04:59:30.10	04:59:30.10	6:42	8.9
178	RECZEK SEBASTIAN	724	KS ZIELONO-CZARNI	MIŃSK MAZOWIECKI	POL	M30	68	M 163	00:02:05	01:49:21	02:48:08	03:43:44	04:35:03		04:59:30.30	04:59:30.30	6:42	8.9
179	KOWALCZYK MARIUSZ	632	WOLFPACK	ŻÓŁWIN	POL	M40	70	M 164	00:03:48	01:55:24	02:55:32	03:46:08	04:34:15		04:59:57.30	04:59:57.30	6:43	8.9
180	KONDRZIOŁA KRZYSZTOF	544	STAY INSANE / PERFECT RUNNER LUBLIN	LUBLIN	POL	M30	69	M 165	00:01:25	01:53:48	03:00:02	03:51:17	04:36:47		04:59:58.35	04:59:58.35	6:43	8.9
181	PERENC MICHAŁ	110	HUSARIA RACE TEAM	JAROSŁAW	POL	M20	10	M 166	00:00:53	01:46:35	02:50:35	03:45:30	04:33:54		05:01:49.10	05:01:49.10	6:46	8.9
182	BURANDT MAGDALENA	423	3LIFE TEAM	OLSZTYN	POL	K30	12	K 16	00:01:48	01:50:36	02:53:07	03:47:47	04:35:41		05:01:55.95	05:01:55.95	6:46	8.9
183	JAKUBOWSKI JAKUB	505	NASTUKOŁKI	RZESZÓW	POL	M30	70	M 167	00:01:40	01:55:37	02:59:10	03:51:14	04:36:44		05:01:56.80	05:01:56.80	6:46	8.9
184	KIELTYKA AGNIESZKA	284		RYKI	POL	K30	13	K 17	00:00:48	01:54:53	02:56:06	03:50:02	04:37:49		05:03:01.60	05:03:01.60	6:47	8.8
185	RUTA MIKOŁAJ	687		KRAKÓW	POL	M40	71	M 168	00:01:45	01:55:39	02:55:59	03:49:31	04:37:48		05:03:03.95	05:03:03.95	6:47	8.8
186	KALTENBERG JANUSZ	192		JAROSŁAW	POL	M50	14	M 169	00:02:47	01:55:00	02:53:45	03:43:47	04:33:24		05:03:05.30	05:03:05.30	6:47	8.8
187	KRAUZE TOMASZ	621	GB WROCŁAWSKIE MORSY	WROCŁAW	POL	M50	15	M 170	00:01:52	01:59:20	03:02:04	03:53:55	04:39:00		05:04:03.25	05:04:03.25	6:49	8.8
188	CURZYDŁO BOGDAN	469	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	M40	72	M 171	00:01:48	01:51:00	02:54:20	03:48:24	04:37:08		05:05:07.60	05:05:07.60	6:50	8.8
189	PAJESTKA WOJCIECH	39	POZYTYWNI ZABIEGANI SANOK/AZS PWSZ	SANOK	POL	M40	73	M 172	00:01:48	01:51:12	02:48:41	03:48:26	04:37:08		05:05:07.95	05:05:07.95	6:50	8.8
190	SZYSZŁO TOMASZ	53	POZYTYWNI ZABIEGANI SANOK / RUN ENERGY CLUB	SANOK	POL	M30	71	M 173	00:01:47	01:52:08	02:51:13	03:48:24	04:37:09		05:05:07.95	05:05:07.95	6:50	8.8
191	CHORZEPA MARIUSZ	408	TSA-SANDOMIERZ	SANDOMIERZ	POL	M40	74	M 174	00:01:55	01:50:30	02:51:15	03:46:18	04:38:32		05:05:08.80	05:05:08.80	6:50	8.8
192	KRÓLAK SEBASTIAN	594		KRAKÓW	POL	M30	72	M 175	00:02:58	01:49:13	02:51:03	03:46:27	04:35:44		05:05:11.00	05:05:11.00	6:50	8.8
193	ROŻNIATA IWONA	638	KS GŁOWNO W BIEGU	GŁOWNO	POL	K40	4	K 18	00:00:56	01:54:05	02:58:07	03:50:37	04:38:39		05:05:14.50	05:05:14.50	6:50	8.8
194	WŁODEK MATEUSZ	184		POZNAN	POL	M30	73	M 176	00:02:49	01:56:56	02:57:19	03:51:08	04:39:26		05:05:16.55	05:05:16.55	6:50	8.8
195	MUCHA GRZEGORZ	744		CHŁOPICE	POL	M40	75	M 177	00:00:52	01:38:08	02:37:45	03:41:53	04:38:56		05:05:16.70	05:05:16.70	6:50	8.8
196	KULIGA SŁAWOMIR	650	POSMAKUJ RUN TEAM	KROSNO	POL	M30	74	M 178	00:00:55	01:39:13	02:46:21	03:44:05	04:34:23		05:05:17.45	05:05:17.45	6:50	8.8
197	NIERADA MARCIN	43		KATOWICE	POL	M30	75	M 179	00:01:04	01:44:13	02:46:06	03:42:50	04:34:33		05:05:18.30	05:05:18.30	6:50	8.8
198	NIEGOWSKI TOMASZ	580		KRAKÓW	POL	M20	11	M 180	00:02:06	01:59:21	03:05:57	03:57:10	04:40:39		05:05:19.30	05:05:19.30	6:50	8.8
199	DARCHUK OLEKSANDR	386		WĘGRZCE	POL	M40	76	M 181	00:01:06	01:47:40	02:53:10	03:48:35	04:36:57		05:05:20.60	05:05:20.60	6:50	8.8
200	PIETROŃ BŁAŻEJ	689		WARSZAWA	POL	M20	12	M 182	00:01:15	01:47:18	02:53:02	03:50:31	04:39:18		05:05:21.25	05:05:21.25	6:50	8.8
201	SADY SEBASTIAN	178		OSTROWIEC ŚWIĘTOKRZY SKI	POL	M40	77	M 183	00:02:16	01:50:48	02:52:13	03:49:14	04:39:15		05:06:23.00	05:06:23.00	6:52	8.7
202	ADAMCZAK MICHAŁ	454	BIEGAJ BEZ KOŃCA	MIELEC	POL	M30	76	M 184	00:02:29	01:52:25	02:53:29	03:49:07	04:40:47		05:06:25.75	05:06:25.75	6:52	8.7
203	KADZIK MARCIN	583	KTT	ZAKOPANE	POL	M20	13	M 185	00:03:20	01:55:09	02:57:43	03:50:44	04:37:11		05:06:26.65	05:06:26.65	6:52	8.7
204	SWOBODA JAROSŁAW	41	NIGHT RUNNERS GLIWICE	KNURÓW	POL	M40	78	M 186	00:03:12	01:55:21	02:58:26	03:53:21	04:41:44		05:06:45.90	05:06:45.90	6:52	8.7

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowoś	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
				Ć														
205	BIESIEKIERSKI KRZYSZTOF	362	DRUŻYNA WILKA	OLSZTYN	POL	M40	79	M 187	00:02:57	01:49:40	02:53:37	03:47:27	03:51:16		05:07:55.15	05:07:55.15	6:54	8.7
206	MĘDRYGAŁ PIOTR	401	GJ GOPR	MYSŁOWICE	POL	M30	77	M 188	00:03:22	01:52:43	02:50:04	03:47:13	04:39:12		05:08:28.65	05:08:28.65	6:54	8.7
207	SZYMAŁA MARCIN	223	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	M40	80	M 189	00:00:54	01:44:21	02:46:08	03:50:44	04:40:56		05:08:30.60	05:08:30.60	6:55	8.7
208	BRZOZOWSKI ŁUKASZ	315	STEFAN TEAM	STALOWA WOLA	POL	M30	78	M 190	00:01:48	01:51:47	02:55:16	03:53:09	04:40:44		05:08:35.65	05:08:35.65	6:55	8.7
209	KSUTA MARTYNA	486	X-MEN	KOŃSKIE	POL	K20	1	K 19	00:03:02	02:01:57	03:06:52	03:58:22	04:42:52		05:08:37.30	05:08:37.30	6:55	8.7
210	SULEWSKI MACIEJ	448		OSTROŁĘKA	POL	M40	81	M 191	00:02:04	01:54:02	02:54:48	03:50:24	04:40:09		05:08:57.90	05:08:57.90	6:55	8.7
211	PELA DARIUSZ	535	TMT TORUŃ	TORUŃ	POL	M30	79	M 192	00:01:04	01:49:41	02:50:19	03:51:03	04:40:36		05:10:30.50	05:10:30.50	6:57	8.6
212	OLCZAK MARTA	266	SZWLA	STARGARD	POL	K40	5	K 20	00:01:36	01:53:14	02:54:50	03:53:00	04:41:48		05:10:33.25	05:10:33.25	6:57	8.6
213	SIENKIEL DOMINIK	607		WĘGRZCE	POL	M20	14	M 193	00:01:44	01:55:05	03:05:26	03:59:12	04:43:20		05:10:34.00	05:10:34.00	6:57	8.6
214	DZIERŁĘGA PIOTR	255	PILZNO	PILZNO	POL	M30	80	M 194	00:02:40	01:46:52	02:51:15	03:48:48	04:40:06		05:10:35.30	05:10:35.30	6:57	8.6
215	GRZYWACZ WOJCIECH	447	FARTLEK GO	GORZYCE	POL	M50	16	M 195	00:01:37	01:52:49	02:59:21	03:54:03	04:42:05		05:10:37.55	05:10:37.55	6:57	8.6
216	PRŪFER PAWEŁ	422		KOSIECZYN	POL	M40	82	M 196	00:02:45	01:51:48	02:51:28	03:47:03	04:38:58		05:10:40.50	05:10:40.50	6:57	8.6
217	ŁĘCKI PIOTR	32	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	81	M 197	00:02:54	01:54:20	02:55:41	03:53:21	04:41:44		05:11:17.10	05:11:17.10	6:58	8.6
218	WISZ PIOTR	261		RZESZÓW	POL	M20	15	M 198	00:03:00	01:55:50	03:04:35	04:00:26	04:45:03		05:11:19.00	05:11:19.00	6:58	8.6
219	PASTUŁA ŁUKASZ	10		KOLBUSZOW A	POL	M30	82	M 199	00:00:55	01:44:27	02:47:15	03:45:50	04:42:04		05:11:19.05	05:11:19.05	6:58	8.6
220	PIWOŃSKI ADAM	405		GÓRA KALWARIA	POL	M30	83	M 200	00:02:29	01:54:26	02:56:58	03:53:10	04:42:21		05:11:19.35	05:11:19.35	6:58	8.6
221	KUKUCZKA DOMINIK	622	KUKUCZKA	JAWORZYNK A	POL	M20	16	M 201		01:50:24	04:40:43				05:11:19.35	05:11:19.35	6:58	8.6
222	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	388	KUTNO BIEGA	KUTNO	POL	K40	6	K 21	00:01:39	01:57:06	03:02:30	03:56:16	04:42:51		05:11:21.40	05:11:21.40	6:58	8.6
223	MISKÓW MARCIN	308		ŻORY	POL	M30	84	M 202	00:01:29	01:54:52	02:59:06	03:57:14	04:43:30		05:11:23.35	05:11:23.35	6:58	8.6
224	DOMINIK MARIUSZ	248		BIŁGORAJ	POL	M40	83	M 203	00:01:27	01:54:54	02:57:21	03:57:43	04:44:13		05:11:29.30	05:11:29.30	6:59	8.6
225	KIRILENKO ANETA	482		MARKI	POL	K40	7	K 22	00:00:50	01:48:20	02:54:23	03:55:35	04:43:34		05:11:32.90	05:11:32.90	6:59	8.6
226	SIEMIĄTKOWSKA KATARZYNA	455		POZNAŃ	POL	K30	14	K 23	00:02:08	01:55:45	02:58:02	03:55:38	04:43:29		05:11:39.40	05:11:39.40	6:59	8.6
227	KIRILENKO MARCIN	481		MARKI	POL	M40	84	M 204	00:00:49	01:48:20	02:54:23	03:55:36	04:43:34		05:11:39.60	05:11:39.60	6:59	8.6
228	KOŚCIAK JAN	210	DZIKIE MUSTANGI	PASZCZYNA	POL	M40	85	M 205	00:01:44	01:55:19	03:01:26	03:56:49	04:44:07		05:11:40.80	05:11:40.80	6:59	8.6
229	WITEK KAMIL	558	HUSARIA RACE TEAM	FALMIROWIC E	POL	M20	17	M 206	00:01:44	01:55:17	03:01:29	03:56:52	04:44:12		05:11:42.50	05:11:42.50	6:59	8.6
230	DEMBNY TOMASZ	718		TARCZYN	POL	M40	86	M 207	00:00:54	01:43:10	02:58:42	03:56:22	04:45:48		05:11:43.70	05:11:43.70	6:59	8.6
231	BURBLIS ŁUKASZ	539	BIEGING TEAM ZELÓW	ŁASK	POL	M30	85	M 208	00:02:13	01:50:46	02:54:11	03:50:23	04:40:39		05:12:29.60	05:12:29.60	7:00	8.6
232	KONOPKA BARTOSZ	682	TRÓJKA/ZWIEDZA NIE PRZEZ BIEGANIE	KRAKÓW	POL	M40	87	M 209	00:00:50	01:50:30	02:55:12	03:56:36	04:43:52		05:12:53.10	05:12:53.10	7:00	8.6
233	BŁAJSZCZAK KAROL	395	TSA	SANDOMIERZ	POL	M40	88	M 210	00:01:55	01:53:03	02:55:22	03:50:51	04:43:49		05:13:17.75	05:13:17.75	7:01	8.5
234	STEFANIAK MACIEJ	690	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M30	86	M 211	00:01:14	02:01:40	03:11:57	04:04:57	04:49:20		05:14:00.85	05:14:00.85	7:02	8.5
235	DALKA PAWEŁ	391	BIEGNĚ, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M40	89	M 212	00:01:37	01:51:15	02:54:51	03:53:50	04:45:44		05:14:32.45	05:14:32.45	7:03	8.5
236	FALKOWSKI PIOTR	777	KS PEGAZ PIASECZNO	BRAK DANYCH	POL	M50	17	M 213	00:02:30	01:55:58	03:01:22	03:59:30	04:48:12		05:14:54.25	05:14:54.25	7:03	8.5
237	SZMUC JACEK	177		MYSZKÓW	POL	M40	90	M 214	00:01:20	01:52:03	02:59:26	03:59:49	04:47:55		05:14:54.95	05:14:54.95	7:03	8.5
238	KALISZ KAROLINA	564	WKURW_TEAM	KAMIENICZYK	POL	K20	2	K 24	00:02:04	01:56:29	03:06:10	04:01:06	04:48:15		05:15:00.05	05:15:00.05	7:03	8.5
239	ADAMCZAK BARBARA	568	SMPZ 'TRAVOIS'	KATOWICE	POL	K30	15	K 25	00:01:11	01:54:39	03:00:56	04:03:23	04:49:30		05:15:02.40	05:15:02.40	7:03	8.5
240	FORJASZ PRZEMYSŁAW	97		RZESZÓW	POL	M30	87	M 215	00:01:10	01:52:54	03:11:12	04:03:55	04:49:29		05:15:03.65	05:15:03.65	7:03	8.5
241	MAJCHROWSKI JACEK	87	CKB TARNOBRZEG G	TARNOBRZE	POL	M40	91	M 216	00:00:58	01:51:48	02:55:53	03:57:50	04:47:58		05:15:06.90	05:15:06.90	7:03	8.5
242	BUSZ JACEK	146		RZESZOW	POL	M30	88	M 217	00:01:14	01:51:46	02:53:22	03:50:43	04:45:46		05:15:45.35	05:15:45.35	7:04	8.5
243	KOCHANIEC WALDEMAR	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	GŁOGÓW MAŁOPOLSKI	POL	M40	92	M 218	00:03:14	01:57:09	03:03:46	04:02:41	04:50:36		05:16:22.40	05:16:22.40	7:05	8.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
				Ć														
244	SZOT IWONA	438	WW TEAM	LUBLIN	POL	K40	8	K 26	00:02:54	01:59:28	03:01:14	04:03:21	04:50:33		05:17:15.70	05:17:15.70	7:06	8.4
245	MIROSLAW ALBERT	442	WW TEAM	LUBLIN	POL	M40	93	M 219	00:02:54	01:59:15	03:01:15	04:03:25	04:50:32		05:17:16.00	05:17:16.00	7:06	8.4
246	PARWA MICHAŁ	83	@BIEGIEMNAROWER	DZIEKANOWICE	POL	M30	89	M 220	00:00:50	01:51:05	03:00:57	04:02:07	04:50:58		05:17:17.00	05:17:17.00	7:06	8.4
247	KŁOSOK ADAM	13	INŻYNIERIA BIEGANIA	MARKLOWICE	POL	M40	94	M 221	00:00:46	01:52:46	03:09:00	04:07:57	04:51:29		05:17:18.45	05:17:18.45	7:06	8.4
248	GIERULA PIOTR	137	GREINPLAST RZESZÓW	RZESZÓW	POL	M30	90	M 222	00:01:12	01:54:54	03:11:21	04:03:54	04:50:29		05:17:19.60	05:17:19.60	7:06	8.4
249	NIEDZIELA MARCIN	292	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40	95	M 223	00:01:06	01:58:34	03:02:29	04:01:05	04:50:29		05:18:02.40	05:18:02.40	7:07	8.4
250	JAMA RAFAŁ	525	WATER TEAM	TRZEBOWNIKO	POL	M40	96	M 224	00:01:16	01:52:49	02:55:46	03:58:44	04:49:37		05:18:13.00	05:18:13.00	7:08	8.4
251	BERNAŚ DARIUSZ	569	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40	97	M 225	00:01:25	01:54:58	02:59:14	03:59:48	04:50:28		05:18:59.85	05:18:59.85	7:09	8.4
252	DUDEK ŁUKASZ	392		RZESZÓW	POL	M30	91	M 226	00:02:07	01:55:01	03:02:48	04:03:59	04:52:42		05:19:10.20	05:19:10.20	7:09	8.4
253	BUTRYN WOJCIECH	272		KRAKÓW	POL	M40	98	M 227	00:01:00	01:55:50	03:02:12	04:02:05	04:50:42		05:19:11.40	05:19:11.40	7:09	8.4
254	LIK MAREK	161	CHEŁM BIEGA	CHEŁM	POL	M50	18	M 228	00:01:16	01:55:39	02:59:47	04:03:10	04:52:34		05:19:32.25	05:19:32.25	7:09	8.4
255	MOSTOWSKA MAGDALENA	752	WARSAW MASTERS TEAM	WARSZAWA	POL	K40	9	K 27	00:01:00	01:48:44	02:50:21	03:47:25	04:45:10		05:19:46.15	05:19:46.15	7:10	8.4
256	STEMPKOWICZ JACEK	325		GORLICE	POL	M40	99	M 229	00:01:55	01:45:37	02:54:43	03:56:12	04:48:52		05:19:55.05	05:19:55.05	7:10	8.4
257	AMBROZIAK RAFAŁ	347	KONIUCHY OCR	KUTNO	POL	M40	100	M 230	00:01:39	01:57:05	03:02:29	03:58:20	04:50:29		05:19:58.20	05:19:58.20	7:10	8.4
258	KIERNICKI ŁUKASZ	140	FUN&RUN	CZUDEK	POL	M30	92	M 231	00:03:22	01:58:20	03:03:12	04:03:20	04:52:36		05:20:00.50	05:20:00.50	7:10	8.4
259	KRZAK SZYMON	728	BIS AGH	CIESZYN	POL	M20	18	M 232	00:02:55	01:51:18	02:58:06	04:06:33	04:52:42		05:20:02.15	05:20:02.15	7:10	8.4
260	DRAUS BORYS	398		KRASNE	POL	M30	93	M 233	00:01:42	01:59:21	03:09:45	04:02:30	04:51:32		05:20:02.95	05:20:02.95	7:10	8.4
261	JAKUBAS PAWEŁ	370	WPJ TEAM	WARSZAWA	POL	M40	101	M 234	00:01:14	01:54:49	03:01:40	03:59:51	04:52:38		05:20:30.65	05:20:30.65	7:11	8.3
262	CISZYŃSKI MAREK	42	START KATOWICE	KATOWICE	POL	M50	19	M 235	00:03:12	02:03:51	03:12:25	04:05:48	04:54:11		05:20:57.50	05:20:57.50	7:11	8.3
263	ZIMAK SEBASTIAN	124	SANOK RUBBER RUNNING	POŚADA ZARZYŃSKA	POL	M30	94	M 236	00:01:39	01:53:06	03:00:43	04:02:09	04:52:24		05:21:33.45	05:21:33.45	7:12	8.3
264	JAROSZ JARZEWSKI MATEUSZ	320		WARSZAWA	POL	M30	95	M 237	00:02:05	01:52:27	02:58:14	03:55:08	04:50:40		05:22:23.40	05:22:23.40	7:13	8.3
265	SERAFIN ROBERT	660		GRYBÓW	POL	M40	102	M 238	00:03:12	02:00:56	03:03:31	04:00:02	04:53:27		05:23:34.40	05:23:34.40	7:15	8.3
266	PACHO SYLWESTER	708		GRYBÓW	POL	M40	103	M 239	00:02:02	01:59:42	03:08:32	04:02:23	04:53:28		05:23:34.50	05:23:34.50	7:15	8.3
267	TYMOSZUK MICHAŁ	691	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40	104	M 240	00:03:08	02:01:24	03:09:59	04:09:40	04:57:20		05:23:36.35	05:23:36.35	7:15	8.3
268	ŁUKASIAK ADAM	152	ADAM ŁUKASIAK	WARSZAWA	POL	M30	96	M 241	00:01:31	01:52:36	03:05:31	04:08:31	04:55:15		05:23:37.65	05:23:37.65	7:15	8.3
269	FOGEL EWA	257	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	K40	10	K 28	00:01:31	01:57:32	03:03:25	04:03:42	04:54:20		05:23:38.55	05:23:38.55	7:15	8.3
270	SOBIECH MARCIN	373	GO GARWOLIN:D	GARWOLIN	POL	M30	97	M 242	00:02:49	01:54:36	03:02:49	04:03:29	04:53:09		05:25:29.25	05:25:29.25	7:17	8.2
271	KOCZUR JAKUB	429	NOWA HUTA TEAM	KRAKÓW	POL	M30	98	M 243	00:02:29	01:54:39	03:00:32	04:04:19	04:55:01		05:26:18.30	05:26:18.30	7:18	8.2
272	KARAŚ ŁUKASZ	725	EKIPA Z TARNOWA	TARNÓW	POL	M30	99	M 244	00:03:07	01:55:02	03:04:11	04:02:26	04:56:06		05:26:31.85	05:26:31.85	7:19	8.2
273	SUMARA WOJCIECH	357	NIEZRZESZONY	BRZESKO	POL	M40	105	M 245			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	7:19	8.2
274	CISKI PIOTR	170		WARSZAWA	POL	M40	106	M 246	00:02:20	01:54:51	03:03:55	04:03:51	04:57:20		05:26:35.70	05:26:35.70	7:19	8.2
275	CZAJA ALICJA	160	RODZENSTWO	LIMANOWA	POL	K40	11	K 29	00:01:15	01:53:06	03:00:38	04:02:57	04:53:06		05:26:36.25	05:26:36.25	7:19	8.2
276	WOŹNIAK ŁUKASZ	379	PORANNY PATROL	KRAKÓW	POL	M30	100	M 247	00:03:14	01:58:04	03:09:38	04:07:04	04:56:36		05:26:37.05	05:26:37.05	7:19	8.2
277	GRANDA PAWEŁ	412	12 DAPLOT JAROSŁAW	ZARZECZE	POL	M30	101	M 248	00:01:49	01:55:54	03:05:42	04:05:42	04:57:28		05:26:39.80	05:26:39.80	7:19	8.2
278	TUROSZ ZBIGNIEW	147		LEŻAJSK	POL	M60	5	M 249	00:01:22	01:55:22	03:02:51	04:01:18	04:54:30		05:26:40.40	05:26:40.40	7:19	8.2
279	PIOTROWICZ MAŁGORZATA	102	INFINITY GYM	PROSZOWICE	POL	K30	16	K 30	00:01:48	01:58:03	03:05:51	04:06:12	04:55:19		05:26:43.60	05:26:43.60	7:19	8.2
280	JEDLIŃSKI BARTOSZ	60	MARATOŃCZYK DĘBICA	BRZEŃNICA	POL	M40	107	M 250	00:00:36	01:56:07	03:07:56	04:05:32	04:56:36		05:27:22.90	05:27:22.90	7:20	8.2
281	SUWEZDA JACEK	380		CZĘSTOCHOWA	POL	M50	20	M 251	00:02:30	01:57:39	03:05:50	04:04:31	04:56:06		05:27:28.80	05:27:28.80	7:20	8.2
282	KOSMĘDA PIOTR MICHAŁ	195		WARSZAWA	POL	M40	108	M 252	00:01:02	02:00:23	03:14:38	04:13:34	05:02:36		05:27:30.90	05:27:30.90	7:20	8.2

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
283	ADAMCZYK JAN	692	GORLIKA GRUPA BIEGOWA	GORLICE	POL	M60	6	M 253	00:02:00	01:55:06	03:01:56	04:03:46	04:57:23		05:28:37.00	05:28:37.00	7:22	8.1
284	BALCHAN KRZYSZTOF	77	CPR RZESZÓW	CZUDEC	POL	M30	102	M 254	00:01:40	01:47:47	02:53:43	03:55:30	04:54:05		05:28:38.80	05:28:38.80	7:22	8.1
285	STRZAŁKA DOMINIK	608		BRZEŹNICA	POL	M30	103	M 255	00:01:44	01:55:45	03:06:09	04:04:40	04:56:07		05:28:43.30	05:28:43.30	7:22	8.1
286	SKRZYPEK MATEUSZ	606		BRZEŹNICA	POL	M20	19	M 256	00:01:44	01:56:36	03:06:19	04:03:18	04:56:08		05:28:43.45	05:28:43.45	7:22	8.1
287	POREMSKI LESZEK	183		WARSZAWA	POL	M50	21	M 257	00:03:14	02:01:32	03:10:35	04:12:13	05:00:24		05:29:10.05	05:29:10.05	7:22	8.1
288	HAJDO ROBERT	319		BRZESKO	POL	M40	109	M 258	00:02:32	02:00:05	03:04:37	04:08:52	04:59:39		05:29:15.55	05:29:15.55	7:22	8.1
289	OSZCZĘDA KRZYSZTOF	443	ZARAZIĆ PASJĄ	ŻORY	POL	M40	110	M 259	00:01:34	02:01:18	03:08:18	04:10:09	05:00:36		05:29:16.95	05:29:16.95	7:22	8.1
290	LUTEREK MICHAŁ	688		WARSZAWA	POL	M30	104	M 260	00:03:38	02:00:06	03:12:34	04:07:45	04:58:57		05:29:33.50	05:29:33.50	7:23	8.1
291	KOZŁOWSKI TOMASZ	197	PIASECZNO RUNNING	KONSTANCIN JEZIORNA	POL	M60	7	M 261	00:02:33	02:04:32	03:13:06	04:11:52	05:01:58		05:31:12.25	05:31:12.25	7:25	8.1
292	GOZDZIENIAK SOBIESŁAW	229	KW KOTŁOWNIA	LUBLIN	POL	M30	105	M 262	00:01:03	01:53:12	03:03:19	04:07:11	04:59:14		05:31:14.70	05:31:14.70	7:25	8.1
293	ANDRZEJEWSKI PIOTR	624	RRT	WARSZAWA	POL	M30	106	M 263	00:03:25	01:59:55	03:06:06	04:04:29	05:00:11		05:31:15.80	05:31:15.80	7:25	8.1
294	ZIÓLKOWSKI KRZYSZTOF	402	JA I ONA	GRUDZIĄDZ	POL	M30	107	M 264	00:03:29	02:04:19	03:12:15	04:10:08	05:01:56		05:31:16.70	05:31:16.70	7:25	8.1
295	LEŚNIAK DARIUSZ	11		SZCZECIN	POL	M50	22	M 265	00:00:46	01:56:34	03:09:02	04:11:46	05:02:30		05:31:45.40	05:31:45.40	7:26	8.1
296	STĘPIEŃ WOJCIECH	74	JM RUNNING TEAM	GLIWICE	POL	M40	111	M 266	00:03:19	02:02:22	03:12:43	04:14:37	05:03:55		05:31:52.15	05:31:52.15	7:26	8.1
297	IDZIOR TOMASZ	424		BRZEZINY	POL	M20	20	M 267	00:01:08	01:55:00	03:05:59	04:11:35	05:02:00		05:32:01.85	05:32:01.85	7:26	8.1
298	ROJEK MACIEJ	693		KRAKÓW	POL	M30	108	M 268	00:01:08	01:55:00	03:05:58	04:11:31	05:02:01		05:32:02.80	05:32:02.80	7:26	8.1
299	DADAŚ JANUSZ	27	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	112	M 269	00:02:58	02:03:00	03:16:54	04:18:09	05:04:48		05:32:09.10	05:32:09.10	7:26	8.1
300	WIERZBICKA JOANNA	352		BOGUCHWAŁ A	POL	K40	12	K 31	00:02:05	01:57:52	03:10:18	04:09:37	05:01:53		05:33:03.35	05:33:03.35	7:28	8
301	BERNAŚ DARIUSZ	82	BSCZADY	WETLINA	POL	M30	109	M 270	00:01:32	02:02:16	03:12:04	04:11:49	05:04:13		05:33:48.80	05:33:48.80	7:29	8
302	CICHORACKI PATRYK	230	NIGHT RUNNERS	GRUDZIĄDZ	POL	M30	110	M 271	00:02:41	01:56:01	03:03:03	04:08:44	05:02:08		05:33:52.75	05:33:52.75	7:29	8
303	DUKATA GRZEGORZ	697	MGW	CHUDÓW	POL	M40	113	M 272	00:01:01	02:06:51	03:19:42	04:19:40	05:06:56		05:34:36.15	05:34:36.15	7:30	8
304	BOBER ANNA	265		OSTROWIEC ŚWIĘTOKRZY SKI	POL	K30	17	K 32	00:01:34	02:05:48	03:19:09	04:19:09	05:06:21		05:34:40.85	05:34:40.85	7:30	8
305	BĘBEN ROBERT	613	OSTROBIEC	OSTROWIEC ŚWIĘTOKRZY SKI	POL	M40	114	M 273	00:01:35	02:07:16	03:19:07	04:19:10	05:06:10		05:34:41.45	05:34:41.45	7:30	8
306	STOPA AGATA	570	SP NR 3 RZESZÓW	BOGUCHWAŁ A	POL	K40	13	K 33	00:02:09	01:58:03	03:10:18	04:19:22	05:06:48		05:35:30.70	05:35:30.70	7:31	8
307	JAKUSZEWSKI PAWEŁ	323		JAROSŁAW	POL	M30	111	M 274	00:02:39	02:04:55	03:11:54	04:13:42	05:06:36		05:36:17.40	05:36:17.40	7:32	8
308	ZAJĄC WOJCIECH	617	DŁUGOUCZY	USTRZYKI DOLNE	POL	M30	112	M 275	00:02:22	02:03:09	03:19:11	04:17:27	05:07:40		05:36:28.75	05:36:28.75	7:32	8
309	WRÓBEL STANISŁAW	518	AZS UMED ŁÓDŹ - RUNNING TEAM	CZARNKÓW	POL	M20	21	M 276	00:03:00	01:55:38	03:05:58	04:15:27	05:07:17		05:36:34.25	05:36:34.25	7:32	8
310	KRÓL KONRAD	306		STARY SĄCZ	POL	M20	22	M 277	00:03:00	01:55:39	03:06:00	04:15:28	05:07:17		05:36:54.75	05:36:54.75	7:33	7.9
311	GÓRALCZYK STANISŁAW	750	BUNGEE JUMPING 'MARIO'	HAJNÓWKA	POL	M50	23	M 278	00:02:27	02:00:25	03:16:16	04:21:02	05:10:15		05:37:51.30	05:37:51.30	7:34	7.9
312	JANOWSKI BOGDAN	768		WARSZAWA	M50	24	M 279	M 279	00:02:27	01:57:49	03:06:42	04:12:47	05:04:29		05:38:18.20	05:38:18.20	7:35	7.9
313	BERDYCHOWSKI KRZYSZTOF	765	FESTIWAL BIEGOWY	WARSZAWA	M50	25	M 280	M 280	00:02:29	01:57:55	03:06:41	04:12:43	05:05:11		05:38:18.30	05:38:18.30	7:35	7.9
314	KUŚ SŁAWOMIR	369		CZUDEC	POL	M30	113	M 281	00:01:13	01:52:06	03:08:40	04:13:56	05:06:15		05:38:19.10	05:38:19.10	7:35	7.9
315	NOWAKOWSKI WIESŁAW	425	-	PRZEMYŚL	POL	M60	8	M 282	00:02:48	02:01:06	03:10:04	04:12:18	05:06:37		05:38:20.70	05:38:20.70	7:35	7.9
316	GWIZDAK BARTOSZ	652	PIJEBIMBERNONS TOP	BOGUCHWAŁ A	POL	M30	114	M 283	00:01:15	01:56:32	03:08:39	04:13:55	05:07:43		05:38:24.35	05:38:24.35	7:35	7.9
317	BARADZIEJ BARTŁOMIEJ	515	TERMINAL LOGISTYCZNY PROMONT	TYCHY	POL	M30	115	M 284	00:01:06	01:57:44	03:07:30	04:13:00	05:08:41		05:40:42.40	05:40:42.40	7:38	7.9
318	SZALACHA KATARZYNA	576		RZESZÓW	POL	K30	18	K 34	00:02:37	02:04:29	03:14:26	04:20:32	05:10:48		05:40:49.25	05:40:49.25	7:38	7.9
319	BLACHA JAROSŁAW	517		BIŁGORAJ	POL	M30	116	M 285	00:01:27	02:00:21	03:09:58	04:12:14	05:08:07		05:40:54.15	05:40:54.15	7:38	7.8
320	ZWOLAK GRZEGORZ	328		JAROSŁAW	POL	M30	117	M 286	00:02:39	02:04:40	03:16:36	04:20:10	05:10:31		05:41:32.85	05:41:32.85	7:39	7.8
321	PIEKARSKI WOJCIECH	221	RAP AUGUSTÓW	AUGUSTÓW	POL	M40	115	M 287	00:02:25	02:05:33	03:17:49	04:22:01	05:11:36		05:41:41.25	05:41:41.25	7:39	7.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
				ć														
322	BIEL ŁUKASZ	376		WARSAW	POL	M30	118	M 288	00:02:46	02:07:18	03:27:21	04:24:12	05:13:09		05:41:41.40	05:41:41.40	7:39	7.8
323	DUDZIŃSKI PIOTR	355		RZESZÓW	POL	M30	119	M 289	00:01:12	01:54:54	03:11:42	04:21:08	05:11:17		05:41:43.15	05:41:43.15	7:39	7.8
324	KARKUT MICHAŁ	162	FUN&RUN	ZABORÓW	POL	M30	120	M 290	00:02:38	01:58:55	03:11:38	04:21:07	05:11:20		05:41:43.90	05:41:43.90	7:39	7.8
325	WAWRZAK RYSZARD	48	NIGHT RUNNERS	GLIWICE	POL	M40	116	M 291	00:03:08	02:03:46	03:16:56	04:18:34	05:11:19		05:41:55.60	05:41:55.60	7:39	7.8
			GLIWICE															
326	FRAĆ DARIUSZ	37	NIGHT RUNNERS	GLIWICE	POL	M40	117	M 292	00:03:08	02:03:42	03:16:45	04:20:05	05:12:24		05:41:55.80	05:41:55.80	7:39	7.8
			GLIWICE															
327	BOROWSKI IGOR	431	MAKONDO TEAM	ZAMOŚĆ	POL	M30	121	M 293	00:01:13	01:57:29	03:10:24	04:16:52	05:12:06		05:43:00.70	05:43:00.70	7:41	7.8
328	PAWELEC PIOTR	612		JASŁO	POL	M50	26	M 294	00:02:34	01:58:25	03:17:36	04:25:56	05:16:02		05:43:02.45	05:43:02.45	7:41	7.8
329	PARCHOMIUK ANDRZEJ	138	NIEZRZESZONY	WARSZAWA	POL	M50	27	M 295	00:02:23	02:07:25	03:16:17		05:07:41		05:43:54.90	05:43:54.90	7:42	7.8
330	STEC IWONA	237		WILKOWICE	POL	K20	3	K 35	00:02:23	02:04:57	03:15:10	04:17:55	05:10:15		05:44:15.10	05:44:15.10	7:43	7.8
331	KOZIEŁ TADEUSZ	450	SZCZĘŚCIARZ	RZESZÓW	POL	M20	23	M 296	00:01:10	01:55:03	03:11:48	04:18:30	05:13:03		05:44:35.10	05:44:35.10	7:43	7.8
			BIEGA															
332	NOWICKI ARTUR	435	SPORTCZESNA	BARGŁY	POL	M50	28	M 297	00:01:20	01:56:47	03:16:04	04:24:07	05:16:00		05:44:35.10	05:44:35.10	7:43	7.8
333	BARANOWSKI KRZYSZTOF	351	KUTNO BIEGA	KUTNO	POL	M50	29	M 298	00:01:39	02:03:21	03:17:48	04:23:56	05:15:44		05:44:41.50	05:44:41.50	7:43	7.8
334	STODULSKI KRZYSZTOF	348	KUTNO BIEGA	KRZYŻANÓW	POL	M40	118	M 299	00:01:40	02:03:23	03:17:46	04:25:46	05:15:45		05:44:41.80	05:44:41.80	7:43	7.8
335	KARAŚ SYLWIA	461		IWONICZ-ZD RÓJ	POL	K20	4	K 36	00:00:57	01:59:29	03:14:37	04:21:10	05:12:44		05:44:42.55	05:44:42.55	7:43	7.8
336	SZABŁOWSKA IWONA	731	STRASZYN ULTRA TEAM	JUSZKOWO	POL	K30	19	K 37		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	7:43	7.8
337	RÓZYCKI RYSZARD	772		ZAGÓRZ		M60	9	M 300	00:02:35	02:06:32	03:15:36	04:22:15	05:15:37		05:44:43.15	05:44:43.15	7:43	7.8
338	JĘDRZEJCZYK TOMASZ	512	CHYBA NIE DAM RADY	KRAKÓW	POL	M40	119	M 301	00:02:07	02:04:50	03:18:41	04:22:08	05:13:16		05:44:45.00	05:44:45.00	7:43	7.8
339	AMBICKI MIŁOSZ	635	WKURW_TEAM	RZESZÓW	POL	M30	122	M 302	00:02:31	02:04:22	03:21:07	04:25:54	05:16:41		05:45:16.70	05:45:16.70	7:44	7.8
340	TOKARZ MARCIN	434		LIBERTÓW	POL	M40	120	M 303	00:00:53	02:04:31	03:22:38	04:23:28	05:13:07		05:45:25.40	05:45:25.40	7:44	7.7
341	MAJTYKA TOMASZ	167	LOS TREPOS COMPANIEROS	KRAKÓW	POL	M40	121	M 304	00:02:37	02:06:09	03:18:45	04:26:16	05:17:18		05:45:28.65	05:45:28.65	7:44	7.7
342	GLÓWKA ALFRED	634	KARCZMA U FREDA	KĘDZIERZYN- KOŹLE	POL	M50	30	M 305	00:01:27	01:58:46	03:16:14	04:23:36	05:14:29		05:46:12.35	05:46:12.35	7:45	7.7
343	MYŚLIŃSKA ANNA	639	EKOBIEGI	WARSZAWA	POL	K40	14	K 38	00:01:28	02:05:13	03:17:30	04:20:51	05:15:06		05:46:35.90	05:46:35.90	7:46	7.7
344	RYCERSKI RAFAŁ	678		CZAPLINEK	POL	M30	123	M 306	00:01:36	02:04:29	03:20:56	04:28:03	05:17:32		05:46:36.80	05:46:36.80	7:46	7.7
345	GWIZDZ GRZEGORZ	590		RZESZÓW	POL	M30	124	M 307	00:01:10	01:52:54	03:11:20	04:21:08	05:14:32		05:46:39.85	05:46:39.85	7:46	7.7
346	LATO-KSIĄŻEK KAROLINA	459	LUBLIN BIEGA	LUBLIN	POL	K30	20	K 39	00:03:02	02:15:49	03:27:48	04:26:20	05:18:20		05:46:41.55	05:46:41.55	7:46	7.7
347	KRĘŻAŁEK MARCIN	497		WIETRZNO	POL	M20	24	M 308	00:01:18	01:52:21	03:03:03	04:15:31	05:14:43		05:46:42.00	05:46:42.00	7:46	7.7
348	SOBCZAK HENRYK	523	S.H.T I UKS GIMPEL NOWY TARG	NOWY TARG	POL	M30	125	M 309	00:00:30	02:04:36	03:25:37	04:31:22	05:21:54		05:46:45.55	05:46:45.55	7:46	7.7
349	ZNAMIEC MARCIN	563	IPA PAŁAC MOSTOWSKICH KSP	WARSZAWA	POL	M20	25	M 310	00:03:36	02:08:48	03:23:26	04:27:12	05:18:57		05:47:15.60	05:47:15.60	7:47	7.7
350	DYSZKIEWICZ TOMASZ	436	KUTNO BIEGA	KUTNO	POL	M30	126	M 311	00:01:41	02:03:23	03:17:47	04:24:06	05:15:50		05:47:53.00	05:47:53.00	7:48	7.7
351	BĘŁKOT ARKADIUSZ	703		ŚWIĘTOCHŁO WICE	POL	M40	122	M 312	00:01:46	02:03:43	03:17:33	04:21:11	05:13:07		05:48:04.25	05:48:04.25	7:48	7.7
352	PATRZYK JACEK	527		ŚWIĘTOCHŁO WICE	POL	M40	123	M 313	00:01:46	02:03:47	03:17:35	04:21:13	05:13:08		05:48:04.55	05:48:04.55	7:48	7.7
353	ŻMUDZIEJEWSKI JAKUB	587	WM TRISELF	KRAKÓW	POL	M30	127	M 314	00:03:01	02:00:34	03:11:23	04:20:57	05:12:54		05:48:14.00	05:48:14.00	7:48	7.7
354	PARTYKA MICHAŁ	30		RZESZÓW	POL	M30	128	M 315	00:03:01	02:00:34	03:11:25	04:20:57	05:12:55		05:48:14.10	05:48:14.10	7:48	7.7
355	MISZOGRAJ TOMASZ	480		WARSZAWA	POL	M30	129	M 316	00:03:01	02:00:33	03:11:24	04:20:55	05:12:53		05:48:14.15	05:48:14.15	7:48	7.7
356	KAJA ROBERT	466	WIELUŃ BIEGA	WIELUŃ	POL	M50	31	M 317	00:02:03	02:01:16	03:16:08	04:20:37	05:16:13		05:48:20.60	05:48:20.60	7:48	7.7
357	ŻEBROWSKA JOLANTA	702	POTRENUJEMY?	PUŁAWY	POL	K50	2	K 40	00:00:46	02:05:35	03:21:53	04:23:39	05:15:13		05:48:29.00	05:48:29.00	7:48	7.7
358	OŻANA BARTOSZ	489	NIGHT RUNNERS	POZNAŃ	POL	M20	26	M 318	00:03:00	02:07:57	03:18:40	04:23:29	05:14:34		05:48:31.25	05:48:31.25	7:48	7.7
359	WRÓBEL DARIUSZ	287	TEAM ZABIEGANEDNI	WARSZAWA	POL	M40	124	M 319	00:02:01	02:05:26	03:25:16	04:27:34	05:18:35		05:48:32.65	05:48:32.65	7:48	7.7
360	GRUCA RYSZARD	707		GRYBÓW	POL	M50	32	M 320	00:02:03	01:59:43	03:08:34	04:25:59	05:18:19		05:48:34.40	05:48:34.40	7:48	7.7
361	BIEL TOMASZ	552		KATOWICE	POL	M40	125	M 321	00:02:45	02:07:18	03:27:20	04:27:12	05:19:49		05:48:34.95	05:48:34.95	7:48	7.7
362	DOŁĘGA ANNA	625	ZABIEGANA MAMA	BIALYSTOK	POL	K40	15	K 41	00:01:45	02:08:59	03:25:23	04:27:14	05:19:02		05:50:12.70	05:50:12.70	7:51	7.6

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
Ć																		
363	RYGLEWICZ TOMASZ	427	NIGHT RUNNERS	JEDLICZE	POL	M30	130	M 322	00:01:57	02:02:46	03:15:44	04:23:39	05:18:11		05:50:48.25	05:50:48.25	7:51	7.6
364	STOPA MARCIN	571	WWW.RUNRZESZOW.PL	RZESZÓW	POL	M40	126	M 323	00:02:08	01:54:40	03:05:51	04:19:23	05:16:53		05:51:03.70	05:51:03.70	7:52	7.6
365	ZAKRZEWSKI MAREK	683	EKOBIEGI	WARSZAWA	POL	M40	127	M 324	00:01:25	02:05:14	03:15:57	04:20:52	05:17:55		05:51:04.95	05:51:04.95	7:52	7.6
366	JANICKI TOMASZ	222	21DAPLOT	JAROSŁAW	POL	M30	131	M 325	00:02:31	02:06:34	03:19:22	04:25:03	05:18:15		05:51:05.85	05:51:05.85	7:52	7.6
367	PILECKI ADAM	680	STALOWE DZIKI	STALOWA WOLA	POL	M20	27	M 326	00:01:38	01:59:54	03:12:40	04:25:02	05:18:16		05:51:09.70	05:51:09.70	7:52	7.6
368	SĄDEJ MARCIN	89	STALOWE DZIKI	STALOWA WOLA	POL	M30	132	M 327	00:01:39	01:59:51	03:12:42	04:25:02	05:18:17		05:51:09.80	05:51:09.80	7:52	7.6
369	SAKOWSKA ANETA	92	MARATONKA GRAJEWO	DROZDOWO	POL	K40	16	K 42	00:01:43	02:14:51	03:27:50	04:27:07	05:22:32		05:51:13.50	05:51:13.50	7:52	7.6
370	DZIUMAK JAKUB	487		WARSZAWA	POL	M20	28	M 328	00:01:35	02:05:37	03:19:48	04:24:45	05:22:36		05:51:13.50	05:51:13.50	7:52	7.6
371	NAZIMEK LILIANNA	173	SUO TEMPORE	NOWY SĄCZ	POL	K40	17	K 43	00:01:36	02:08:11	03:22:13	04:28:33	05:22:32		05:51:24.55	05:51:24.55	7:52	7.6
372	TOKARSKI RAFAŁ	626		KRAKÓW	POL	M40	128	M 329	00:02:18	01:58:24	03:14:23	04:23:42	05:18:01		05:52:37.45	05:52:37.45	7:54	7.6
373	PAŚNIK PAWEŁ	598	AKB CRACOVIA	WARSZAWA	POL	M40	129	M 330	00:03:09	02:05:20	03:20:25	04:27:50	05:21:10		05:53:07.00	05:53:07.00	7:55	7.6
374	DOMAGAŁA JERZY	294		RZESZÓW	POL	M50	33	M 331	00:03:23	02:11:33	03:23:58	04:26:04	05:22:29		05:54:41.50	05:54:41.50	7:57	7.5
375	KOBYLIŃSKI MARIUSZ	79	SST LUBCZA	WOLA ZGŁOBIENSKA	POL	M30	133	M 332	00:01:39	01:59:59	03:12:54	04:25:01	05:21:30		05:56:12.15	05:56:12.15	7:59	7.5
376	KOPEĆ RAFAŁ	759		KRAKÓW		M20	29	M 333	00:01:30	02:02:46	03:20:32	04:24:42	05:24:31		05:56:13.40	05:56:13.40	7:59	7.5
377	SZACHEWICZ SŁAWOMIR	554	JEŻOZWIERZE GROUP	WROCŁAW	POL	M40	130	M 334	00:02:59	02:05:16	03:19:14	04:30:28	05:24:28		05:56:14.20	05:56:14.20	7:59	7.5
378	JĘDRZEJOWSKA-DEC ANNA	766		GLIWICE		K40	18	K 44	00:02:43	02:06:08	03:21:09	04:30:21	05:24:44		05:56:17.55	05:56:17.55	7:59	7.5
379	MAĆZKA BRONISŁAW	767		GLIWICE		M60	10	M 335	00:02:43	02:06:06	03:21:10	04:30:21	05:24:45		05:56:17.65	05:56:17.65	7:59	7.5
380	FRAŃCZEK MACIEJ	726		PIASECZNO	POL	M40	131	M 336		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	7:59	7.5
381	SKOWRON RADOŚLAW	364		BALICE	POL	M40	132	M 337	00:05:01	02:16:40	03:29:48	04:35:16	05:27:56		05:56:29.30	05:56:29.30	7:59	7.5
382	BARAN BERNARD	665	OCR TEAM DĘBICA	DĘBICA	POL	M40	133	M 338	00:02:14	02:13:06	03:28:23	04:34:25	05:26:13		05:56:33.85	05:56:33.85	7:59	7.5
383	ZIELONKA MARIUSZ	245		POZNAŃ	POL	M40	134	M 339	00:03:19	02:15:16	03:26:34	04:32:02	05:26:52		05:57:26.95	05:57:26.95	8:00	7.5
384	CHYLAK JAKUB	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	NOWY TOMYŚL	POL	M20	30	M 340	00:03:11	02:08:04	03:27:18	04:30:51	05:26:24		05:57:28.30	05:57:28.30	8:00	7.5
385	WÓJCIK JULIAN	233	SZWLA STARGARD	STARGARD	POL	M60	11	M 341	00:01:50	02:13:36	03:28:05	04:31:10	05:27:28		05:57:28.30	05:57:28.30	8:00	7.5
386	MYGA MICHAŁ	310	HEARTLESS	KATOWICE	POL	M30	134	M 342	00:03:22	02:11:51	03:22:34	04:36:18	05:28:49		05:57:29.40	05:57:29.40	8:00	7.5
387	MYGA ANNA	311	HEARTESS	KATOWICE	POL	K30	21	K 45	00:03:22	02:11:48	03:22:45	04:36:18	05:28:50		05:57:30.15	05:57:30.15	8:00	7.5
388	PIĄTEK RAFAŁ	123	BEFIT24TEAM	KRAKÓW	POL	M30	135	M 343	00:02:36	02:01:27	03:17:30	04:27:02	05:26:46		05:57:30.80	05:57:30.80	8:00	7.5
389	KWAPIEŃ KAROLINA	605	VEGE RUNNERS	BIAŁA PODLASKA	POL	K30	22	K 46	00:02:21	02:06:39	03:23:59	04:31:53	05:25:58		05:58:22.90	05:58:22.90	8:02	7.5
390	BEDRYJ MATEUSZ	604	42 DO SZCZĘŚCIA	MEŁNO	POL	M20	31	M 344	00:02:21	02:06:39	03:24:00	04:31:53	05:25:59		05:58:23.65	05:58:23.65	8:02	7.5
391	FLOREK MICHAŁ	735	JW 6968	KRAKÓW	POL	M30	136	M 345	00:02:42	02:20:47	03:35:09	04:35:28	05:26:44		05:58:26.20	05:58:26.20	8:02	7.5
392	WYSOKIŃSKI JERZY	753	KLUB BIEGACZA BIAŁA PODLASKA	BIAŁA PODLASKA	POL	M50	34	M 346	00:03:11	02:17:55	03:31:06	04:32:57	05:27:17		05:58:26.60	05:58:26.60	8:02	7.5
393	SWOROWSKA IZABELA	463	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40	19	K 47	00:01:55	02:14:50	03:31:23	04:32:56	05:27:51		05:58:28.30	05:58:28.30	8:02	7.5
394	SWOROWSKI MACIEJ	464	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M40	135	M 347	00:01:54	02:14:48	03:31:25	04:32:56	05:27:52		05:58:28.60	05:58:28.60	8:02	7.5
395	JĘDRZEJCZYK KONRAD	399		KRASNE	POL	M20	32	M 348	00:01:42	02:01:33	03:24:15	04:40:28	05:29:57		05:58:28.95	05:58:28.95	8:02	7.5
396	BLASZKE BEATA	329	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	20	K 48	00:02:57	02:07:23	03:26:57	04:39:24	05:29:39		05:58:29.65	05:58:29.65	8:02	7.5
397	PISIGNAS MARIUSZ	400	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	136	M 349	00:02:59	02:09:10	03:26:59	04:39:25	05:29:38		05:58:30.80	05:58:30.80	8:02	7.5
398	MŁODZIK DARIUSZ	592	HUSARIA RACE TEAM	ŁĄCZANY	POL	M30	137	M 350	00:03:08	01:58:27	03:08:13	04:25:14	05:22:41		05:58:36.00	05:58:36.00	8:02	7.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
399	TOCZEWSKA ANNA	751	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K50	3	K 49	00:02:23	02:08:55	03:24:01	04:29:16	05:27:23		05:59:03.75	05:59:03.75	8:03	7.5
400	RAMOTOWSKI MARCIN	93	GERLACH SMUGGLERS	WARSZAWA	POL	M40	137	M 351	00:01:10	02:03:59	03:23:29	04:33:11	05:27:26		05:59:07.95	05:59:07.95	8:03	7.5
401	POLAŃSKI PAWEŁ	749	#KASZANIENAM OKA	GDAŃSK	POL	M30	138	M 352	00:03:07	02:12:23	03:27:54	04:31:32	05:25:16		05:59:08.75	05:59:08.75	8:03	7.5
402	PIASNY PAWEŁ	746		GLIWICE	POL	M40	138	M 353	00:01:01	02:06:52	03:24:49	04:33:08	05:28:03		05:59:13.90	05:59:13.90	8:03	7.4
403	KOWALSKI MACIEJ	268	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	M40	139	M 354	00:01:54	02:02:50	03:20:58	04:31:48	05:29:26		06:00:23.80	06:00:23.80	8:04	7.4
404	ROŻNIATA ANDRZEJ	640	KS GŁÓWNO W BIEGU	GŁÓWNO	POL	M40	140	M 355	00:00:56	01:59:14	03:15:11	04:26:56	05:27:27		06:00:32.50	06:00:32.50	8:05	7.4
405	KISIŃSKI JAROSŁAW	589	COMP S.A. / NOVITUS	NOWY SĄCZ	POL	M40	141	M 356	00:01:08	02:04:26	03:16:40	04:24:50	05:30:12		06:00:32.55	06:00:32.55	8:05	7.4
406	GŁOWACKI ANDRZEJ	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	LEGIONOWO	POL	M40	142	M 357	00:01:03	01:58:31	03:18:09	04:29:06	05:26:03		06:00:38.60	06:00:38.60	8:05	7.4
407	ŁÓJ-KONIECZNA EDYTA	96	INFINITY GYM	PROSZOWICE	POL	K40	21	K 50	00:01:50	02:11:31	03:24:56	04:31:27	05:27:28		06:00:40.35	06:00:40.35	8:05	7.4
408	JEZIORNY RYSZARD	414	WIELUŃ BIEGA	WIELUŃ	POL	M50	35	M 358	00:02:04	02:08:37	03:26:04	04:32:03	05:26:35		06:00:41.85	06:00:41.85	8:05	7.4
409	RYBAK WOJCIECH	595	GOPR BIESZCZADY	ŁAŃCUT	POL	M40	143	M 359		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	8:05	7.4
410	CHUDA ANETA	301		WROCLAW	POL	K30	23	K 51	00:01:04	02:16:14	03:33:25	04:35:20	05:30:31		06:00:49.75	06:00:49.75	8:05	7.4
411	STACHYRA BARTŁOMIEJ	313		LUBLIN	POL	M20	33	M 360	00:02:20	02:06:53	03:20:35	04:30:00	05:28:32		06:01:00.25	06:01:00.25	8:05	7.4
412	CHLEBIŃSKI MACIEJ	615	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30	139	M 361	00:02:55	02:02:48	03:17:45	04:31:06	05:29:32		06:01:32.55	06:01:32.55	8:06	7.4
413	WOJTOWICZ DANIEL	444	NAUKA BIEGA	USTRZYKI DOLNE	POL	M40	144	M 362	00:00:52	02:04:32	03:22:52	04:32:50	05:29:40		06:01:35.95	06:01:35.95	8:06	7.4
414	KOWALSKA JUSTYNA	267	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	K40	22	K 52	00:01:54	02:03:31	03:20:57	04:31:49	05:29:33		06:01:51.25	06:01:51.25	8:06	7.4
415	BUKAŁA TOMASZ	254		WARSZAWA	POL	M30	140	M 363	00:02:12	01:57:15	03:13:08	04:35:39	05:31:44		06:01:55.65	06:01:55.65	8:06	7.4
416	CZUBA MICHAŁ	251		LIGOTA ZAMECKA	POL	M30	141	M 364	00:01:06	02:08:08	03:26:32	04:35:50	05:33:25		06:02:26.35	06:02:26.35	8:07	7.4
417	CIESZKO MAREK	317	KW WARSZAWA	WARSZAWA	POL	M30	142	M 365	00:04:48	02:18:18	03:38:07	04:38:50	05:34:30		06:03:34.80	06:03:34.80	8:09	7.4
418	WAJCOWICZ WITOLD	150	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40	145	M 366	00:01:47	02:12:20	03:30:21	04:37:32	05:32:44		06:04:01.80	06:04:01.80	8:09	7.4
419	LEŚNIAK-POPIEL MARTA	345	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K40	23	K 53	00:02:40	02:12:29	03:30:21	04:37:34	05:32:44		06:04:01.80	06:04:01.80	8:09	7.4
420	KISIŃSKA IRENA	588	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K40	24	K 54	00:01:08	02:04:27	03:16:44	04:24:54	05:30:13		06:04:14.65	06:04:14.65	8:10	7.3
421	WIŚNIEWSKI DOMINIK	647		WARSZAWA	POL	M30	143	M 367	00:01:19	01:59:25	03:15:13	04:30:47	05:30:43		06:04:18.10	06:04:18.10	8:10	7.3
422	WIENER MARCIN	456		KATOWICE	POL	M40	146	M 368	00:03:29	02:11:03	03:26:28	04:34:11	05:29:41		06:04:25.65	06:04:25.65	8:10	7.3
423	BURZYŃSKI TOMASZ	545	-	JÓZEFOSŁAW	POL	M40	147	M 369	00:01:23	02:02:54	03:26:44	04:35:04	05:31:36		06:04:34.25	06:04:34.25	8:10	7.3
424	MIERZYŃSKI RAFAŁ	172	BIEGING TEAM ZELÓW	ZELÓW	POL	M30	144	M 370	00:02:12	02:06:36	03:28:48	04:40:51	05:33:04		06:04:38.35	06:04:38.35	8:10	7.3
425	NIEMCZAK BARBARA	616	IPA PAŁAC MOSTOWSKICH	PIASECZNO	POL	K30	24	K 55	00:02:02	02:09:33	03:27:34	04:38:12	05:32:09		06:04:41.40	06:04:41.40	8:10	7.3
426	BOCHENEK MICHAŁ	101	INFINITY GYM	PROSZOWICE	POL	M30	145	M 371	00:01:48	02:07:12	03:28:20	04:35:50	05:34:09		06:04:52.35	06:04:52.35	8:10	7.3
427	MAŁKIEWICZ DARIUSZ	437	PGB SPORTOWA PACZKA	KATOWICE	POL	M40	148	M 372	00:02:00	02:08:56	03:28:42	04:36:11	05:33:43		06:04:55.05	06:04:55.05	8:10	7.3
428	FOGEL JANUSZ	256	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	M40	149	M 373	00:02:15	02:12:22	03:29:12	04:38:03	05:34:04		06:04:58.55	06:04:58.55	8:10	7.3
429	GAŚIÓROWSKI MACIEJ	555		WARSZAWA	POL	M40	150	M 374	00:04:47	02:21:33	03:41:21	04:43:33	05:36:35		06:05:04.15	06:05:04.15	8:11	7.3
430	JAKUBOWSKI DANIEL	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	ZABAJKA	POL	M40	151	M 375	00:03:15	02:12:09	03:35:26	04:46:14	05:37:33		06:05:17.00	06:05:17.00	8:11	7.3

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
431	OLEKSAK GRZEGORZ	630		BIAŁA PODLASKA	POL	M30	146	M 376	00:03:12	02:14:55	03:30:08	04:34:33	05:31:21		06:06:29.60	06:06:29.60	8:13	7.3
432	KOPER JACEK	756		ALEKSANDR ÓW ŁÓDZKI	POL	M40	152	M 377	00:03:04	02:07:22	03:21:52	04:29:21	05:30:59		06:06:49.40	06:06:49.40	8:13	7.3
433	STONOGA TOMASZ	679	KITE&RUN FAN	OZIMEK	POL	M40	153	M 378	00:01:42	02:14:35	03:32:52	04:36:07	05:33:23		06:06:51.30	06:06:51.30	8:13	7.3
434	KOPROWICZ EWELINA	322	JAROSŁAWSKA GRUPA BIEGOWA	JAROSŁAW	POL	K30	25	K 56	00:02:03	02:12:06	03:31:47	04:41:28	05:36:18		06:06:51.80	06:06:51.80	8:13	7.3
435	BEDNARCZYK JAKUB	249	MATE MOUNTAINS	LUBARTÓW	POL	M30	147	M 379	00:02:21	02:04:35	03:27:42	04:49:34	05:39:49		06:06:57.10	06:06:57.10	8:13	7.3
436	GRZEGÓRZEK ANNA	667	PTG SOKÓŁ ŚWIAT PRACY	KOSZYCE WIELKIE	POL	K40	25	K 57	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:06:58.00	06:06:58.00	8:13	7.3
437	ADAMCZEWSKI JAKUB	231	NIGHT RUNNERS / NBR TEAM	POZNAŃ	POL	M30	148	M 380	00:02:52	02:09:22	03:28:20	04:41:11	05:35:58		06:07:00.65	06:07:00.65	8:13	7.3
438	CWOJDZIŃSKI PIOTR	228	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	M40	154	M 381	00:02:53	02:09:22	03:28:21	04:41:12	05:36:08		06:07:01.85	06:07:01.85	8:13	7.3
439	KWIECIEŃ KRZYSZTOF	668	4K TEAM TARNÓW	TARNÓW	POL	M40	155	M 382	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:07:03.30	06:07:03.30	8:13	7.3
440	MILEWICZ MAREK	704	KUCE Z BRONKSU	GDAŃSK	POL	M30	149	M 383	00:02:52	02:10:39	03:32:11	04:46:26	05:38:33		06:07:09.50	06:07:09.50	8:13	7.3
441	KWIATKOWSKI KAJETAN	684	KUCE Z BRONKSU	GDAŃSK	POL	M30	150	M 384	00:02:51	02:10:39	03:32:12	04:46:26	05:38:35		06:07:09.50	06:07:09.50	8:13	7.3
442	WITKOWSKA BEATA	156		GDAŃSK	POL	K30	26	K 58	00:03:07	02:16:00	03:38:03	04:44:00	05:37:45		06:07:26.65	06:07:26.65	8:14	7.3
443	KOWALCZYK DANIEL	500	EXTREME TRAUMA TEAM	BIELSKO-BIA ŁA	POL	M30	151	M 385	00:02:54	02:04:42	03:28:33	04:38:51	05:35:31		06:07:29.05	06:07:29.05	8:14	7.3
444	KOCZUR KAMILA	504		WARSZAWA	POL	K30	27	K 59	00:01:35	02:15:41	03:35:22	04:41:33	05:35:04	00:02:00	06:07:29.30	06:07:29.30	8:11	7.3
445	BURY MAREK	103		SOSNOWIEC	POL	M40	156	M 386	00:02:19	02:11:15	03:35:23	04:44:49	05:38:30		06:07:29.75	06:07:29.75	8:14	7.3
446	RENKIEL TOMASZ	758		GLIWICE		M40	157	M 387	00:03:17	02:03:36	03:29:57	04:41:36	05:37:34		06:07:31.40	06:07:31.40	8:14	7.3
447	JANIK JANUSZ	91	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	158	M 388	00:03:18	02:03:36	03:29:56	04:41:35	05:37:35		06:07:31.70	06:07:31.70	8:14	7.3
448	WARZYCHA KRZYSZTOF	121	OSK MAXEL	BYTOM	POL	M50	36	M 389	00:01:44	02:11:08	03:32:33	04:37:08	05:35:57		06:07:33.10	06:07:33.10	8:14	7.3
449	BAK AGATA	125	BUSHIDO CENTRUM	SOBIENIE JEZIORY	POL	K30	28	K 60	00:01:23	02:22:19	03:48:02	04:46:12	05:38:31		06:07:42.25	06:07:42.25	8:14	7.3
450	KORBA MICHAŁ	214		WARSZAWA	POL	M40	159	M 390	00:01:25	02:21:54	03:48:01	04:46:12	05:38:30		06:07:43.75	06:07:43.75	8:14	7.3
451	WARZYCHA DAWID	122	PKP INTERCITY	BYTOM	POL	M20	34	M 391	00:01:44	02:11:13	03:32:32	04:37:08	05:35:55		06:08:36.80	06:08:36.80	8:15	7.3
452	CHWALISZEWSKI JAROSŁAW	108	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	160	M 392	00:03:17	02:04:40	03:28:10	04:41:34	05:38:05		06:08:39.40	06:08:39.40	8:15	7.3
453	RUSINEK WITOSŁAW	696	SHOOTIT	RZESZÓW	POL	M30	152	M 393	00:02:25	02:05:18	03:28:01	04:35:43	05:36:24		06:09:52.50	06:09:52.50	8:17	7.2
454	CĘCELEWSKI JAROSŁAW	510		CISIE	POL	M40	161	M 394	00:03:18	02:21:22	03:33:58	04:41:53	05:37:32		06:10:06.60	06:10:06.60	8:17	7.2
455	KĘPKA ANDRZEJ	374	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	M50	37	M 395	00:02:02	02:12:15	03:31:59	04:41:32	05:37:37		06:10:13.30	06:10:13.30	8:18	7.2
456	PIGAN ANNA	360	B B L - JAROSŁAW	SZÓWSKO	POL	K40	26	K 61	00:02:02	02:12:18	03:32:06	04:41:32	05:37:46		06:10:25.25	06:10:25.25	8:18	7.2
457	PIGAN WIESŁAW	361	B B L-JAROSŁAW	SZÓWSKO	POL	M40	162	M 396	00:02:01	02:12:21	03:32:05	04:41:28	05:38:49		06:10:25.80	06:10:25.80	8:18	7.2
458	IRZYK ROBERT	676		GILOWICE	POL	M30	153	M 397	00:01:58	02:05:32	03:26:34	04:36:27	05:36:34		06:10:28.45	06:10:28.45	8:18	7.2
459	ZIAJA ADAM	672		SARNÓW	POL	M30	154	M 398	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	8:18	7.2
460	KOŁODZIEJ JACEK	84	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	163	M 399	00:03:17	02:04:56	03:30:00	04:41:34	05:38:22		06:11:22.55	06:11:22.55	8:19	7.2
461	KAMIENIARZ MARIA	387		POZNAŃ	POL	K30	29	K 62	00:03:21	02:10:40	03:34:04	04:46:03	05:39:22		06:11:23.45	06:11:23.45	8:19	7.2
462	ROSPOND PIOTR	157	TKKF MPK POZNAŃ	POZNAŃ	POL	M50	38	M 400	00:02:28	02:14:12	03:35:29	04:43:16	05:39:48		06:12:08.00	06:12:08.00	8:20	7.2
463	TREPKA AGNIESZKA	163		CRAWLEY	GBR	K30	30	K 63	00:01:30	02:12:26	03:42:45	04:49:01	05:41:29		06:12:13.20	06:12:13.20	8:20	7.2
464	LITWINEK MAREK	209	WKURW_TEAM	LUBARTÓW	POL	M30	155	M 401	00:02:47	02:10:37	03:31:43	04:48:28	05:42:48		06:12:15.25	06:12:15.25	8:20	7.2
465	ZIELIŃSKI RAFAŁ	428		MODLNICZKA	POL	M40	164	M 402	00:01:01	02:12:53	03:37:38	04:50:27	05:41:40		06:12:51.20	06:12:51.20	8:21	7.2
466	PAUL VIOLA	23	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	27	K 64	00:03:16	02:16:25	03:37:47	04:44:01	05:40:06		06:13:06.80	06:13:06.80	8:21	7.2
467	PAWLETA MICHAŁ	24	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	165	M 403	00:03:16	02:16:27	03:37:47	04:44:01	05:40:11		06:13:08.75	06:13:08.75	8:21	7.2

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
468	HALIŻAK NORBERT	474	WIELUŃ BIEGA	WIELUŃ	POL	M40	166	M 404	00:02:04	02:19:52	03:35:07	04:42:03	05:40:33		06:13:12.40	06:13:12.40	8:22	7.2
469	STACH DARIUSZ	709	KOSMOLÓW TEAM	OLKUSZ	POL	M30	156	M 405	00:02:21	02:09:14	03:35:31	04:45:56	05:40:21		06:13:13.15	06:13:13.15	8:22	7.2
470	KOSZAŁKA MARCIN	385		BIELINIEC	POL	M20	35	M 406	00:02:38	02:14:20	03:35:24	04:44:43	05:40:10		06:13:21.50	06:13:21.50	8:22	7.2
471	HOROWSKI TOMASZ	25	RUNHOGS TYCHY	TYCHY	POL	M40	167	M 407	00:01:38	02:10:47	03:27:41	04:40:55	05:38:58		06:13:34.80	06:13:34.80	8:22	7.2
472	WOŁOSOWICZ NATALIA	499		BIAŁA PODLASKA	POL	K40	28	K 65	00:02:36	02:11:46	03:27:53	04:38:13	05:38:13		06:13:39.75	06:13:39.75	8:22	7.2
473	CHODOROWSKI ARKADIUSZ	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	ALEKSANDRÓW	POL	M30	157	M 408	00:03:39	02:20:07	03:42:38	04:46:32	05:43:24		06:13:59.50	06:13:59.50	8:23	7.2
474	BAJOREK JAN	699		OLSZYNY	POL	M40	168	M 409	00:00:56	01:53:28	03:20:21	04:56:08	05:46:40		06:14:00.50	06:14:00.50	8:23	7.2
475	PAROL PAWEŁ	349	-	SZYMANKOW SZCZYŻNA	POL	M40	169	M 410	00:01:31	02:07:09	03:31:40	04:44:12	05:40:28		06:14:09.25	06:14:09.25	8:23	7.2
476	DYBKA RAFAŁ	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	TARNÓW	POL	M40	170	M 411	00:01:34	02:03:44	03:29:13	04:40:16	05:38:32		06:14:36.20	06:14:36.20	8:23	7.1
477	ZBICIAK GRZEGORZ	384	ŁĘCZNA BIEGA	SPICZYN	POL	M40	171	M 412	00:02:20	02:16:23	03:37:08	04:50:31	05:43:16		06:15:09.90	06:15:09.90	8:24	7.1
478	GOSZCZYŃSKI PIOTREK	733		CZĘSTOCHOWA	POL	M40	172	M 413	00:02:30	02:13:26	03:33:44	04:45:30	05:43:00		06:15:14.20	06:15:14.20	8:24	7.1
479	MAZURKIEWICZ JOLANTA	490	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	BYCHAWA	POL	K30	31	K 66	00:01:49	02:18:17	03:38:54	04:52:45	05:44:46		06:15:29.25	06:15:29.25	8:25	7.1
480	DRABIK JACEK	115		KRAKOW	POL	M50	39	M 414	00:01:15	02:09:03	03:30:08	04:43:23	05:42:02		06:15:40.90	06:15:40.90	8:25	7.1
481	KRÓL MICHAŁ	648		NOWY JADÓW	POL	M30	158	M 415	00:03:38	02:20:10	03:42:40	04:46:35	05:43:25		06:15:42.55	06:15:42.55	8:25	7.1
482	CEBRAT EWA	132	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	K40	29	K 67	00:02:40	02:14:32	03:40:15	04:51:21	05:45:50		06:17:05.30	06:17:05.30	8:27	7.1
483	SZPINDA MARTA	409	BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	K40	30	K 68	00:01:26	02:12:38	03:32:22	04:51:18	05:46:39		06:17:06.80	06:17:06.80	8:27	7.1
484	HANDERMANDER AGNIESZKA	394		USTRZYKI DOLNE	POL	K30	32	K 69	00:01:49	02:13:39	03:34:01	04:46:57	05:45:56		06:17:09.05	06:17:09.05	8:27	7.1
485	PARYSZ ANNA	646	STARE BABICE BIEGAJĄ	BLIZNE JASIŃSKIEGO	POL	K50	4	K 70	00:01:56	02:20:12	03:39:02	04:45:41	05:43:36		06:17:48.50	06:17:48.50	8:28	7.1
486	SŁOWIKOWSKI DARIUSZ	529	WKURW_TEAM	WARSZAWA	POL	M30	159	M 416	00:03:19	02:10:08	03:37:22	04:49:34	05:44:53		06:18:02.65	06:18:02.65	8:28	7.1
487	STAŃCZYK ŁUKASZ	532	WKURW_TEAM	WARSZAWA	POL	M30	160	M 417	00:03:19	02:10:09	03:37:22	04:49:34	05:44:52		06:18:02.90	06:18:02.90	8:28	7.1
488	GALUS JACEK	225		TARNÓW	POL	M40	173	M 418	00:01:55	02:20:20	03:39:55	04:52:12	05:47:00		06:18:21.55	06:18:21.55	8:28	7.1
489	PABIJAŃCZYK DAMIAN	478		KRYNICZNO	POL	M30	161	M 419	00:02:59	02:13:47	03:35:21	04:48:17	05:43:45		06:18:25.05	06:18:25.05	8:29	7.1
490	OPALIŃSKI TOMASZ	358		OSTRÓDA	POL	M50	40	M 420	00:02:12	02:06:03	03:25:45	04:51:13	05:48:32		06:18:52.10	06:18:52.10	8:29	7.1
491	SZADKOWSKI PAWEŁ	26	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	162	M 421	00:03:11	02:09:33	03:33:59	04:47:42	05:45:42		06:18:54.00	06:18:54.00	8:29	7.1
492	PAWŁOWSKA ELŻBIETA	298	NOWY STYL RUNNING TEAM	JEDLICZE	POL	K30	33	K 71	00:02:48	02:18:22	03:41:07	04:49:00	05:45:09		06:18:55.55	06:18:55.55	8:29	7.1
493	BIESZCZAD ILONA	296		WOJASZÓWKA	POL	K30	34	K 72	00:02:47	02:18:17	03:41:01	04:49:00	05:45:09		06:18:55.80	06:18:55.80	8:29	7.1
494	WŁODARSKA MAGDALENA	203		TARNÓW	POL	K40	31	K 73	00:02:12	02:19:11	03:35:28	04:50:51	05:48:48		06:18:58.90	06:18:58.90	8:29	7.1
495	JĘDRUSZCZAK ROBERT	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	PIASECZNO	POL	M40	174	M 422	00:02:13	02:08:58	03:31:44	04:45:25	05:44:52		06:19:45.15	06:19:45.15	8:30	7
496	KULA ROBERT	126		TARNÓW	POL	M40	175	M 423	00:01:30	01:59:44	03:31:41	04:55:36	05:51:57		06:19:49.00	06:19:49.00	8:30	7
497	MICHÓŃ KAMIL	593	BIEGAMWARTARNO WIE	TARNÓW	POL	M40	176	M 424	00:01:32	02:07:35	03:32:15	04:51:16	05:48:24		06:21:12.60	06:21:12.60	8:32	7
498	SIKORA TOMASZ	453	RACE BROTHERS	ZGŁOBICE	POL	M30	163	M 425	00:01:33	02:07:48	03:32:16	04:51:36	05:48:25		06:21:12.75	06:21:12.75	8:32	7

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
499	STEPANCZENKO RAFAŁ	112	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	POL	M30	164	M 426	00:01:46	02:14:42	03:37:06	04:47:00	05:50:57		06:21:29.35	06:21:29.35	8:33	7
500	KUCA ROMAN	711		PIENIĘŻNO	POL	M50	41	M 427	00:01:58	02:15:45	03:34:01	04:45:24	05:46:35		06:23:13.60	06:23:13.60	8:35	7
501	SAMOSIEJ JAKUB	473	JUMP&FLY, KABATY	WARSZAWA	POL	M40	177	M 428	00:01:47	02:09:46	03:38:57	04:48:53	05:47:03		06:23:58.75	06:23:58.75	8:36	7
502	SZCZYRBA ROBERT	631	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M30	165	M 429	00:03:07	02:12:07	03:37:02	04:48:49	05:48:30		06:24:02.30	06:24:02.30	8:36	7
503	KŁOSOWICZ MONIKA	671		WROCŁAW	POL	K20	5	K 74	00:02:26	02:18:28	03:43:20	04:55:21	05:52:17		06:24:08.00	06:24:08.00	8:36	7
504	SIKORSKA AGNIESZKA	649	EKOBIEGI	WARSZAWA	POL	K40	32	K 75	00:01:29	02:23:06	03:45:36	04:54:19	05:51:41		06:24:19.75	06:24:19.75	8:37	7
505	MARKIEWICZ RAFAŁ	316		WARSZAWA	POL	M40	178	M 430	00:02:13	02:17:22	03:40:13	04:55:08	05:52:38		06:24:23.95	06:24:23.95	8:37	7
506	ZAWADZKI BARTŁOMIEJ	643		PIEKARY ŚLĄSKIE	POL	M30	166	M 431		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	8:37	7
507	CHMIELARZ DARIUSZ	277		BOCHNIA	POL	M40	179	M 432	00:02:05	02:09:02	03:25:56	04:41:36	05:46:26		06:24:46.35	06:24:46.35	8:37	7
508	KUŁAKOWSKI PIOTR	169	CZŁAPACZE	KONSTANCIN -JEZIORNA	POL	M60	12	M 433	00:03:32	02:21:57	03:43:18	04:55:47	05:52:34		06:25:02.95	06:25:02.95	8:37	7
509	ŁANIEWSKI ŁUKASZ	509	PSZCZÓŁKOWSKI TEAM	OLSZTYN	POL	M30	167	M 434	00:02:06	02:11:58	03:40:54	04:46:17	05:51:19		06:26:23.35	06:26:23.35	8:39	6.9
510	WRÓBEL DOMINIK	321	AZS PWSZ KROSNO	JASŁO	POL	M40	180	M 435	00:03:05	02:18:44	03:35:57	04:46:13	05:49:26		06:26:43.85	06:26:43.85	8:40	6.9
511	KRAWCZAK KAMIL	120	BIEGUSIEM.PL	DĘBLIN	POL	M30	168	M 436	00:02:35	02:17:38	03:39:00	04:53:36	05:52:36		06:26:55.45	06:26:55.45	8:40	6.9
512	LUC ADAM	326	BIEGUSIEM.PL	RYKI	POL	M40	181	M 437	00:02:37	02:17:39	03:39:01	04:53:36	05:52:37		06:26:55.80	06:26:55.80	8:40	6.9
513	GARNCARZ ADAM	743		WROCŁAW	POL	M20	36	M 438	00:03:31	02:15:07	03:42:47	04:56:31	05:51:23		06:26:57.10	06:26:57.10	8:40	6.9
514	RADYK JAKUB	410	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	169	M 439	00:03:10	02:05:45	03:29:37	04:47:34	05:46:20		06:26:58.90	06:26:58.90	8:40	6.9
515	BUJAKOWSKI PATRYK	406		PROSZOWICE	POL	M40	182	M 440	00:03:01	02:22:33	03:49:34	04:53:39	05:53:22		06:27:00.95	06:27:00.95	8:40	6.9
516	KOTOMSKA RENATA	511		ALEKSANDR ÓWKA	POL	K40	33	K 76	00:03:18	02:22:51	03:42:26	04:51:25	05:52:14		06:27:01.95	06:27:01.95	8:40	6.9
517	TUSZYŃSKA KATARZYNA	645	ESKADRA KRAKÓW	KRAKÓW	POL	K40	34	K 77	00:01:37	02:17:08	03:44:23	04:58:48	05:56:27		06:27:02.80	06:27:02.80	8:40	6.9
518	KOZAK MARCIN	107	SAINT-GOBAIN SQUAD	LUBARTÓW	POL	M40	183	M 441	00:02:21	02:04:36	03:27:43	04:49:37	05:46:10		06:27:59.90	06:27:59.90	8:41	6.9
519	KULDANEK MARCIN	204	DOGÓŃ GRODZISK MAZOWIECKI	STANISŁAWÓW	POL	M40	184	M 442	00:02:13	02:15:20	03:41:06	04:54:47	05:52:00		06:28:01.20	06:28:01.20	8:41	6.9
520	FAJNAS KATARZYNA	190	DOGÓŃ GRODZISK MAZOWIECKI / DANFOSS	ŻABIA WOLA	POL	K40	35	K 78	00:02:13	02:15:27	03:41:05	04:54:48	05:52:00		06:28:01.40	06:28:01.40	8:41	6.9
521	SIEDLACZEK ZBIGNIEW	104		LUBLIN	POL	M60	13	M 443	00:02:47	02:13:49	03:38:20	04:53:40	05:52:31		06:28:45.25	06:28:45.25	8:42	6.9
522	ZIELIŃSKI DAMIAN	378	NOVA	PILAWA	POL	M30	170	M 444	00:02:49	02:06:51	03:35:45	04:55:19	05:53:09		06:28:53.60	06:28:53.60	8:43	6.9
523	SEREMET BOŻENA	205	BBL KRAKÓW	KRAKÓW	POL	K50	5	K 79	00:03:11	02:17:39	03:38:39	04:59:26	05:57:02		06:29:11.30	06:29:11.30	8:43	6.9
524	DUBYNA MARIIA	506	MIA	KRAKOW	POL	K30	35	K 80	00:02:29	02:26:02	03:51:22	05:04:54	05:57:34		06:29:24.90	06:29:24.90	8:43	6.9
525	KUSZTAL JUSTYNA	644	KS ESKADRA KRAKÓW	KRAKÓW	POL	K40	36	K 81	00:01:38	02:17:31	03:44:26	04:58:54	05:57:22		06:29:29.35	06:29:29.35	8:43	6.9
526	WILK ANDREAS	127		WYHL	GER	M40	185	M 445	00:01:38	02:17:44	03:44:27	04:58:52	05:57:24		06:29:31.10	06:29:31.10	8:44	6.9
527	KUREK MARIUSZ	496	MARATOŃCZYK DĘBICA	DĘBICA	POL	M40	186	M 446	00:01:45	02:12:33	03:37:19	04:52:09	05:53:19		06:29:34.00	06:29:34.00	8:44	6.9
528	KUREK MICHAŁ	507		DĘBICA	POL	M30	171	M 447	00:01:45	02:12:34	03:37:19	04:52:10	05:53:20		06:29:37.35	06:29:37.35	8:44	6.9
529	SAMBORSKA WERONIKA	62	NOWY STYL GROUP RUNNING TEAM	BRZYSKA	POL	K30	36	K 82	00:02:40	02:23:04	03:49:05	04:59:07	05:58:18		06:30:59.35	06:30:59.35	8:45	6.8
530	RÓŻYCKA DOROTA	1170	NOWY STYL GROUP RUNNING TEAM	JASŁO	POL	K30	37	K 83	00:02:40	02:23:04	03:49:04	04:59:06	05:58:03		06:30:59.50	06:30:59.50	8:45	6.8
531	SANECKI ROBERT	165	SPRINT GORZYCE	GORZYCE	POL	M40	187	M 448	00:01:37	02:12:13	03:39:06	04:59:03	05:59:37		06:32:04.55	06:32:04.55	8:47	6.8
532	SŁONIEWSKI RAFAŁ	669	RMF4RT OCR	GDYNIA	POL	M30	172	M 449	00:01:26	02:16:04	03:44:34	05:01:29	06:00:07		06:32:25.05	06:32:25.05	8:47	6.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
533	KRZAK DOMINIKA	730		WROCŁAW	POL	K30	38	K 84	00:02:22	02:24:05	03:43:25	05:03:14	06:00:18		06:32:37.60	06:32:37.60	8:48	6.8
534	JĘDRZEJCZYK ROBERT	677	CHYBA NIE DAM RADY	PODŁĘŻE	POL	M40	188	M 450	00:02:09	02:18:06	03:41:56	04:53:50	05:59:14		06:32:56.15	06:32:56.15	8:48	6.8
535	PYZEL AGNIESZKA	57	KS PEGAZ	KONSTANCIN-JEZIORNA	POL	K50	6	K 85	00:02:32	02:18:39	03:48:02	05:05:13	06:03:53		06:33:01.15	06:33:01.15	8:48	6.8
536	SZEWCZYK KATARZYNA	586	MONKEYS' TEAM	KRAŚNIK	POL	K40	37	K 86	00:02:15	02:20:26	03:44:27	05:00:50	05:58:16		06:33:02.55	06:33:02.55	8:48	6.8
537	MIKA DAMIAN	151	EKO-OKNA RUNNERS	RACIBÓRZ	POL	M50	42	M 451	00:02:45	02:21:47	03:43:21	04:58:52	05:57:38		06:33:05.90	06:33:05.90	8:48	6.8
538	SZUMNA ALEKSANDRA	600	MONKEYS' TEAM	KRAŚNIK	POL	K30	39	K 87	00:02:15	02:20:27	03:44:28	05:00:49	05:58:17		06:33:12.35	06:33:12.35	8:48	6.8
539	SIKORA SŁAWOMIR	457	RACEBROTHERS	TARNÓW	POL	M40	189	M 452	00:01:33	02:07:52	03:31:22	04:51:39	05:54:42		06:34:58.40	06:34:58.40	8:51	6.8
540	KOWALICKI MARCIN	502	BIEGAM BO MOGĘ	GORNO	POL	M20	37	M 453			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	8:51	6.8
541	JARZEMBOWSKI TOMASZ	419	WYBIEGANI TEAM	PLEWISKA	POL	M30	173	M 454	00:01:14	02:30:37	03:57:13	05:00:18	06:00:30		06:36:37.20	06:36:37.20	8:53	6.7
542	SOBCZAK MIKOŁAJ	371	WYBIEGANI TEAM	SKÓRZEWO	POL	M40	190	M 455	00:01:14	02:30:48	03:57:12	05:00:19	06:00:32		06:36:37.60	06:36:37.60	8:53	6.7
543	GOLUBA KRZYSZTOF	305		WARSZAWA	POL	M40	191	M 456	00:01:17	02:13:17	03:39:18	04:51:56	05:59:07		06:36:47.70	06:36:47.70	8:53	6.7
544	ZGÓRSKI GRZEGORZ	769	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	192	M 457	00:03:02	02:14:08	03:46:26	05:03:10	06:07:15		06:37:15.90	06:37:15.90	8:54	6.7
545	NAMIOTA MAREK	73		DĘBICA	POL	M60	14	M 458	00:00:59	02:14:15	03:41:09	05:01:59	06:01:12		06:37:32.95	06:37:32.95	8:54	6.7
546	STANIŚLAWSKI TOMASZ	142	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	M40	193	M 459	00:01:50	02:24:07	03:46:56	04:59:09	05:59:38		06:37:34.90	06:37:34.90	8:54	6.7
547	KŁOPOTOWSKA SOSNA KASKA	516	UNLIMITED TRIATHLON TEAM	KRAKÓW	POL	K50	7	K 88	00:01:01	02:34:10	03:57:03	05:04:26	06:03:49		06:38:04.25	06:38:04.25	8:55	6.7
548	MISZCZYK MARCIN	417		KRAKÓW	POL	M40	194	M 460	00:02:25	02:35:00	03:57:03	05:04:24	06:03:49		06:39:15.80	06:39:15.80	8:57	6.7
549	ZIELONKA BOGUMIŁ	530	PKB ENDORFINA	PIOTRKÓW TRYB	POL	M40	195	M 461	00:03:18	02:21:51	03:52:46	05:06:29	06:05:43		06:39:52.40	06:39:52.40	8:57	6.7
550	BIERNAT AGNIESZKA	745	KOSMICZNE MUMINKI	WARSZAWA	POL	K20	6	K 89	00:01:19	02:19:14	03:42:36	04:56:57	06:00:59		06:41:06.05	06:41:06.05	8:59	6.7
551	PRZYBYLSKI MARIUSZ	383	PGB SPORTOWA PACZKA	GLIWICE	POL	M40	196	M 462	00:02:02	02:15:59	03:35:58	04:57:24	06:00:53		06:41:12.00	06:41:12.00	8:59	6.7
552	PRYSZCZ MIROŚLAW	50		RUDA ŚLĄSKA	POL	M40	197	M 463	00:02:59	02:14:09	03:46:24	05:03:11	06:07:14		06:42:09.15	06:42:09.15	9:01	6.7
553	WILECZEK ANTONI	618		JUROWCE	POL	M30	174	M 464	00:02:22	02:20:11	03:52:56	05:04:53	06:05:40		06:42:10.30	06:42:10.30	9:01	6.7
554	CHODAKOWSKI KACPER	275	OSTROBIEC	ĆMIELÓW	POL	M20	38	M 465		02:33:20	04:04:49	05:12:50	06:09:34		06:42:11.75	06:42:11.75	9:01	6.7
555	KRZYŻEWSKI ROGER	61		KRAKÓW	POL	M30	175	M 466	00:03:30	02:18:16	03:41:38	04:50:44	05:57:09		06:42:14.35	06:42:14.35	9:01	6.7
556	BAŁA BOŻENA	81		GRABINY	POL	K30	40	K 90	00:00:58	02:14:13	03:41:17	05:05:17	06:05:18		06:42:14.55	06:42:14.55	9:01	6.7
557	NAMIOTA URSZULA	72	1960	DĘBICA	POL	K50	8	K 91	00:00:51	02:13:28	03:41:19	05:05:17	06:05:19		06:42:15.20	06:42:15.20	9:01	6.7
558	JAROSZ-PIWOŃSKA ALDONA	65	KS PEGAZ	GÓRA KALWARIA	POL	K40	38	K 92	00:02:22	02:25:46	03:53:22	05:09:47	06:08:33		06:42:29.80	06:42:29.80	9:01	6.6
559	KOWALEWSKA IZABELA	475	PIASECZNO RUNNING	PIASECZNO	GBR	K30	41	K 93	00:02:22	02:25:46	03:53:20	05:09:42	06:08:35		06:42:29.95	06:42:29.95	9:01	6.6
560	ŻAK OLIVIA	66	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30	42	K 94	00:02:21	02:25:47	03:53:23	05:09:42	06:08:34		06:42:30.10	06:42:30.10	9:01	6.6
561	PECIO KAMIL	748	PIASECZNO RUNNING	WARSZAWA	POL	M30	176	M 467	00:02:22	02:25:46	03:53:21	05:10:04	06:08:36		06:42:30.30	06:42:30.30	9:01	6.6
562	LEWANDOWSKI PAWEŁ	538	SANDOMINGOTE AM	WARSZAWA	POL	M30	177	M 468	00:02:55	02:21:31	03:49:07	05:08:43	06:09:10		06:44:47.10	06:44:47.10	9:04	6.6
563	LEWANDOWSKA OLGA	541		WARSZAWA	POL	K30	43	K 95	00:02:56	02:21:34	03:49:11	05:08:44	06:09:13		06:44:47.20	06:44:47.20	9:04	6.6
564	MARONDEL KATARZYNA	619	FESTIWAL BIEGOWY	BYTOM	POL	K30	44	K 96	00:02:10	02:24:52	03:48:25	05:03:06	06:09:07		06:44:55.05	06:44:55.05	9:04	6.6
565	KAZANOWSKI MARCIN	620	OFIARY KAMIENICA	KAMIENIEC	POL	M40	198	M 469	00:02:10	02:24:53	03:48:27	05:03:08	06:09:09		06:45:07.70	06:45:07.70	9:05	6.6
566	STACHYRA ANDRZEJ	312	LSB	LUBLIN	POL	M50	43	M 470	00:02:20	02:00:20	03:23:56	04:57:55	06:08:59		06:46:40.95	06:46:40.95	9:07	6.6
567	PORĘBSKA DOROTA	338	NOWA HUTA TEAM	KRAKÓW	POL	K40	39	K 97	00:02:28	02:18:24	03:49:14	05:16:32	06:13:29		06:46:41.10	06:46:41.10	9:07	6.6
568	CYGAN LUKASZ	202	KLUB SPORTOWY HAJIME	KRAKOW	POL	M30	178	M 471	00:01:11	02:15:45	03:44:23	04:57:12	06:05:36		06:47:27.90	06:47:27.90	9:08	6.6

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
569	ROMAN PAWEŁ	546	KS BARAKUDA MIŃSK MAZOWIECKI	MIŃSK MAZOWIECKI	POL	M40	199	M 472	00:03:20	02:17:40	03:50:01	05:13:50	06:12:52		06:47:59.15	06:47:59.15	9:08	6.6
570	RYSIAWA MAREK	547	BEZ	MIŃSK MAZOWIECKI	POL	M40	200	M 473	00:03:20	02:17:49	03:49:57	05:13:53	06:13:04		06:47:59.20	06:47:59.20	9:08	6.6
571	KUCIŃSKI TOMASZ	403	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40	201	M 474	00:03:22	02:17:46	03:49:59	05:13:56	06:13:05		06:48:01.70	06:48:01.70	9:08	6.6
572	DYSZKIEWICZ GRZEGORZ	390	KUTNO BIEGA	KUTNO	POL	M30	179	M 475	00:01:40	02:18:25	03:50:48	05:23:08	06:19:08		06:49:08.80	06:49:08.80	9:10	6.5
573	SOKOŁOWSKI ARTUR	36		SUWALKI	POL	M50	44	M 476	00:02:36	02:25:52	03:49:00	05:08:03	06:10:50		06:51:17.00	06:51:17.00	9:13	6.5
574	MATYSEK IRENEUSZ	761		WAŁCZ		M60	15	M 477	00:02:45	02:28:46	03:56:24	05:12:07	06:13:41		06:51:45.50	06:51:45.50	9:13	6.5
575	SOLICH PATRYK	35	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	180	M 478	00:03:16	02:29:00	03:53:26	05:21:35	06:19:18		06:52:41.90	06:52:41.90	9:15	6.5
576	KULIK KATARZYNA	99	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30	45	K 98	00:03:17	02:24:39	03:53:25	05:21:34	06:19:17		06:52:41.95	06:52:41.95	9:15	6.5
577	KUREK STANISŁAW	327		KRAKÓW	POL	M40	202	M 479	00:03:30	02:23:27	03:50:25	05:09:22	06:16:04		06:53:35.60	06:53:35.60	9:16	6.5
578	KORZENIOWSKA JOANNA	129	UMCS BIEGA	LUBLIN	POL	K30	46	K 99	00:02:52	02:34:27	04:02:22	05:20:38	06:19:58		06:54:02.90	06:54:02.90	9:16	6.5
579	KOWALIK ANNA	130	UMCS BIEGA	ŁADA	POL	K30	47	K 100	00:02:52	02:34:30	04:02:24	05:20:39	06:20:00		06:54:04.30	06:54:04.30	9:17	6.5
580	JANOTA MARCIN	413	CREADIS	KRAKÓW	POL	M30	181	M 480	00:01:33	02:19:50	03:53:38	05:11:48	06:14:22		06:54:04.45	06:54:04.45	9:17	6.5
581	CEBULA PAWEŁ	418	CREADIS	KRAKOW	POL	M30	182	M 481	00:01:33	02:19:45	03:53:24	05:11:47	06:14:22		06:54:05.05	06:54:05.05	9:17	6.5
582	TUTAK DANIEL	737	FURIOSI POLANKA	KROSNO	POL	M40	203	M 482	00:02:51	02:30:09	03:57:08	05:14:40	06:17:50		06:54:06.35	06:54:06.35	9:17	6.5
583	OBARSKI NORBERT	220		KIELCE	POL	M50	45	M 483	00:02:58	02:32:54	03:56:20	05:16:18	06:20:06		06:54:12.15	06:54:12.15	9:17	6.5
584	BĘDŹKOWSKI MAREK	479	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	M50	46	M 484	00:02:20	02:45:34	04:11:11	05:20:54	06:20:16		06:55:11.80	06:55:11.80	9:18	6.4
585	BARTO SYLWIA	528		ŁOŚ	POL	K40	40	K 101	00:02:31	02:33:12	04:05:24	05:19:26	06:22:03		06:55:12.45	06:55:12.45	9:18	6.4
586	DYGOŃ MAŁGORZATA	33		GLIWICE	POL	K40	41	K 102	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	9:18	6.4
587	KALICKI IREK	713	GCW ACADEMY	WARSZAWA	POL	M40	204	M 485	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	9:18	6.4
588	BILSKI PIOTR	561	TĘCZA	WARSZAWA	POL	M30	183	M 486	00:02:16	02:21:15	03:50:40	05:12:21	06:15:48		06:55:54.50	06:55:54.50	9:19	6.4
589	GALIŃSKI KAMIL	578	ABY DO METY	KRĘPICE	POL	M30	184	M 487	00:02:59	02:08:36	03:41:52	05:08:42	06:13:26		06:55:56.10	06:55:56.10	9:19	6.4
590	MORAWSKA ANNA	218		WARSZAWA	POL	K60	1	K 103	00:01:17	02:34:00	06:20:21				06:56:07.35	06:56:07.35	9:19	6.4
591	WALCZYŃSKA KAROLINA	29	RUNHOGS TYCHY	TYCHY	POL	K30	48	K 104	00:01:38	02:29:36	04:04:41	05:23:29	06:20:33		06:56:23.55	06:56:23.55	9:20	6.4
592	HEBDA-OLSZÓWKA ALEKSANDRA	51	NIGHT RUNNERS GLIWICE	CHORZÓW	POL	K30	49	K 105	00:03:08	02:37:48	04:02:56	05:26:31	06:23:55		06:56:44.35	06:56:44.35	9:20	6.4
593	TYRANKIEWICZ KAMILA	472	JUMP&FLY, KABATY	WARSZAWA	POL	K40	42	K 106	00:01:46	02:30:23	04:06:15	05:22:17	06:22:36		06:58:55.35	06:58:55.35	9:23	6.4
594	BAĆMAGA JAN	666	JPII - MAZOWSZANY	KOWALA	POL	M40	205	M 488	00:01:46	02:21:41	03:50:44	05:14:52	06:20:22		07:00:44.50	07:00:44.50	9:26	6.4
595	KOSIERKIEWICZ GRZEGORZ	760		KIELCE		M40	206	M 489	00:01:27	02:32:48	04:06:02	05:14:58	06:22:10		07:00:59.65	07:00:59.65	9:26	6.4
596	BOGUCKA MARTYNA	145	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40	43	K 107	00:03:05	02:38:12	04:03:26	05:19:40	06:23:44		07:01:27.60	07:01:27.60	9:26	6.3
597	MAJCHROWICZ MARZENNA	252		KROŚCIENKO WYŻNE	POL	K40	44	K 108	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	9:27	6.3
598	SZYMAŃSKA JOLANTA	59		KIELCE	POL	K30	50	K 109	00:01:44	02:19:28	03:48:38	05:12:30	06:17:43		07:02:16.20	07:02:16.20	9:28	6.3
599	BARWINEK ROBERT	503	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M30	185	M 490	00:01:45	02:18:54	03:48:38	05:12:52	06:17:44		07:02:18.75	07:02:18.75	9:28	6.3
600	WILIMSKI TOMASZ	34	NIGHT RUNNERS	GLIWICE	POL	M40	207	M 491	00:03:16	02:30:08	03:53:42	05:21:37	06:25:26		07:02:19.80	07:02:19.80	9:28	6.3
601	KRĘCISZ ZBIGNIEW	139	AMATOR	RACIBÓRZ	POL	M60	16	M 492	00:01:20	02:24:16	03:55:18	05:19:58	06:24:44		07:02:59.30	07:02:59.30	9:29	6.3
602	DWORAK ADAM	658	TAJFUN	BĘDZIN	POL	M40	208	M 493	00:02:05	02:18:27	03:54:00	05:20:06	06:26:30		07:03:00.50	07:03:00.50	9:29	6.3
603	URBANOWICZ ŁUKASZ	339		KRKAÓW	POL	M40	209	M 494	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	9:29	6.3
604	ADAMSKI BARTŁOMIEJ	366		MODLNICA	POL	M40	210	M 495	00:02:26	02:37:28	04:10:26	05:24:58	06:25:22		07:03:41.00	07:03:41.00	9:29	6.3
605	ZAWADZKA MAGDALENA	143	AKS POLONIA WARSZAWA/TEA M ZABIEGANE DNI	WARSZAWA	POL	K30	51	K 110	00:02:31	02:30:49	04:02:29	05:20:34	06:27:54		07:03:53.45	07:03:53.45	9:30	6.3
606	ZABŁOTNY KAROL	304	TARCHOŚFIRY	WARSZAWA	POL	M30	186	M 496	00:01:26	02:12:30	03:41:17	05:01:27	06:13:09		07:05:05.05	07:05:05.05	9:31	6.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowoś	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
607	PANENKA MAŁGORZATA	63	NIGHT RUNNERS GLIWICE	NIEBOROWIC E	POL	K40	45	K 111	00:03:05	02:38:13	04:03:29	05:26:46	06:27:44		07:05:11.90	07:05:11.90	9:31	6.3
608	FREJ MARCIN	90	ZABIEGANI.TV	WARSZAWA	POL	M30	187	M 497	00:01:21	02:37:20	04:05:09	05:17:28	06:23:43		07:05:52.40	07:05:52.40	9:32	6.3
609	GLINA-KRAWCZYK MAŁGORZATA	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	STARCZÓW	POL	K40	46	K 112	00:02:57	02:29:11	04:03:09	05:23:14	06:30:12		07:06:36.25	07:06:36.25	9:33	6.3
610	KONOPACKI KRZYSZTOF	451	ABY DO METY	ZABKOWICE ŚLĄSKIE	POL	M40	211	M 498	00:02:57	02:29:08	04:03:13	05:23:22	06:30:16		07:06:36.65	07:06:36.65	9:33	6.3
611	ŁOPOKA PRZEMYSŁAW	757	ABY DO METY	ZIĘBICE	POL	M20	39	M 499	00:02:59	02:29:17	04:03:13	05:23:14	06:30:18		07:06:37.10	07:06:37.10	9:33	6.3
612	MAZUR EWELINA	116	BIEGAJ Z TRENERAMI	GLIWICE	POL	K40	47	K 113	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	9:34	6.3
613	MAJONEK ARTUR	714	FITMAJON	WARSZAWA	POL	M30	188	M 500	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	9:34	6.3
614	KACZKIEWICZ DAMIAN	270	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	212	M 501	00:02:51	02:38:14	04:02:57	05:23:32	06:29:09		07:07:14.60	07:07:14.60	9:34	6.3
615	MAJCHROWICZ ANDRZEJ	250		KROŚCIENKO WYŻNE	POL	M40	213	M 502	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	9:37	6.2
616	DUNIEC MAŁGORZATA	206	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30	52	K 114	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	9:40	6.2
617	ŁYSUNIAK-STRAUCH ALEKSANDRA	207	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30	53	K 115	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	9:40	6.2
618	KURKUS ALEKSANDER	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	214	M 503	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	9:40	6.2
619	SUBIRATS CRISTIAN	508		LODZ	ESP	M30	189	M 504	00:02:34	02:34:27	04:10:23	05:23:45	06:32:32		07:12:43.15	07:12:43.15	9:42	6.2
620	GIENIECZKO MARCIN	723		SUCHY DWÓR	POL	M40	215	M 505	00:02:31	02:37:26	04:07:19	05:25:22	06:34:04		07:12:47.50	07:12:47.50	9:42	6.2
621	PAWŁOWSKI PIOTR	491	PRZEMYSŁ BEARS	KRASICZYN	POL	M30	190	M 506	00:02:29	02:26:40	03:53:50	05:31:23	06:34:05		07:13:48.60	07:13:48.60	9:43	6.2
622	GALANTY AGNIESZKA	492		DYBAWKA	POL	K40	48	K 116	00:02:29	02:26:39	03:53:44	05:31:23	06:34:05		07:13:48.90	07:13:48.90	9:43	6.2
623	URBAŃCZYK MARCIN	28	PERSONALTRIAT HLON/TRINERGY	NOWY DWÓR MZAOWIECKI	POL	M30	191	M 507	00:02:55	02:34:52	04:07:40	05:32:29	06:40:25		07:14:56.30	07:14:56.30	9:45	6.2
624	CEBRAT TOMASZ	133	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	M40	216	M 508	00:02:41	02:32:55	04:08:24	05:30:04	06:36:37		07:16:12.75	07:16:12.75	9:46	6.1
625	JABŁOŃSKI KAZIMIERZ	657		PRĄDY	POL	M60	17	M 509	00:02:11	02:36:27	04:02:43	05:23:09	06:35:11		07:16:22.85	07:16:22.85	9:47	6.1
626	SZEWIC MARIAN	240		BILGORAJ	POL	M60	18	M 510	00:01:27	02:31:09	03:56:28	05:22:12	06:33:18		07:17:19.45	07:17:19.45	9:48	6.1
627	WÓJTOWICZ PAWEŁ	131	LUBLIN BIEGA	LUBLIN	POL	M40	217	M 511	00:02:53	02:37:37	04:09:10	05:31:52	06:39:31		07:17:30.75	07:17:30.75	9:48	6.1
628	GÓRECNZY KAMILA	300		PIASECZNO	POL	K40	49	K 117	00:02:30	02:33:49	04:05:26	05:28:12	06:40:25		07:22:23.50	07:22:23.50	9:55	6
629	STASZEL ŁATAS TOMASZ	477	HUSARIA RECE TEAM	JADOWNIKI	POL	M30	192	M 512	00:02:34	02:31:33	04:10:12	05:41:17	06:43:17		07:22:50.35	07:22:50.35	9:55	6
630	WÓJTOWICZ IWONA	232	HUSARIA RACE TEAM	TARNÓW	POL	K40	50	K 118	00:02:33	02:31:43	04:10:12	05:41:18	06:43:17		07:22:50.70	07:22:50.70	9:55	6
631	POPIOŁEK JACEK	95	BIEGYSIEM.PL/LO STINSPOORT	GAŚIORY	POL	M30	193	M 513	00:03:04	02:33:39	04:03:15	05:21:39	06:33:33		07:23:49.70	07:23:49.70	9:57	6
632	WAŚIK KORNELIA	662	BIEGYSIEM.PL	KŁOCZEW	POL	K20	7	K 119	00:03:04	02:33:42	04:03:24	05:21:39	06:33:37		07:23:50.75	07:23:50.75	9:57	6
633	OKARMA WOJTEK	279	WWW.VIRTUTIMIL ITARI.PL	JASŁO	POL	M30	194	M 514	00:02:51	02:32:41	04:03:46	05:29:07	06:46:51		07:26:08.15	07:26:08.15	10:00	6
634	HRYSZKO ROBERT	747	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M50	47	M 515	00:02:40	02:34:18	04:19:00	05:45:38	06:46:52		07:26:24.95	07:26:24.95	10:00	6
635	WOLF WERONIKA	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	SANOK	POL	K40	51	K 120	00:02:41	02:34:18	04:18:59	05:45:38	06:46:51		07:26:25.15	07:26:25.15	10:00	6

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
636	CZYRNIA ANDRZEJ	681	RAJSPOORT ACTIVE (TURAWA)	TURAWA	POL	M30	195	M 516	00:01:44	02:31:50	04:03:59	05:26:34	06:42:34		07:27:08.15	07:27:08.15	10:01	6
637	MALEC BASIA	19		LUBLIN	POL	K50	9	K 121	00:01:56	02:35:55	04:11:09	05:46:37	06:51:04		07:29:46.15	07:29:46.15	10:05	5.9
638	GŁUSZCZAK JERZY	194		ŁÓDŹ	POL	M60	19	M 517	00:04:18	02:32:19	04:08:20	05:35:41	06:48:46		07:34:00.60	07:34:00.60	10:10	5.9
639	MAZIEC DARIUSZ	188	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	NOWY TOMYŚL	POL	M30	196	M 518	00:03:16	02:53:12	04:23:32	05:41:14	06:55:03		07:38:09.30	07:38:09.30	10:16	5.8
640	KRUSZEWSKA EMILIA	674		GDAŃSK	POL	K30	54	K 122	00:00:46	02:39:54	04:20:40		06:55:06		07:38:11.55	07:38:11.55	10:16	5.8
641	SKRZYPSKA IWONA	331		JAROSŁAW	POL	K40	52	K 123	00:02:13	02:35:01	04:18:17	05:48:10	06:57:39		07:38:12.45	07:38:12.45	10:16	5.8
642	JÓZEFOWSKI KAROL	226		NOWY TOMYŚL	POL	M20	40	M 519	00:03:16	02:19:13	03:51:24	05:41:16	06:55:04		07:38:14.15	07:38:14.15	10:16	5.8
643	WAŚOWICZ MAGDALENA	560	HUSARIA RACE TEAM	OPOLE	POL	K20	8	K 124	00:01:43	02:34:31	04:19:19	05:53:20	07:05:20		07:48:17.90	07:48:17.90	10:29	5.7
644	JANICKI PATRYK	288	PORANNY PATROL	KRAKÓW	POL	M30	197	M 520	00:03:15	02:49:40	04:35:23	06:06:02	07:07:19		07:48:55.25	07:48:55.25	10:30	5.7
645	PIECH ADAM	71	PORANNY PATROL	KRAKÓW	POL	M40	218	M 521	00:03:15	02:49:44	04:35:24	06:02:35	07:07:19		07:48:55.40	07:48:55.40	10:30	5.7
646	MARUT KAŚKA	31	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	53	K 125	00:03:09	02:37:10	04:02:10	06:04:05	07:12:34		07:57:44.25	07:57:44.25	10:42	5.6
647	BAJAK MIROŚLAW	119		KRAKÓW	POL	M40	219	M 522	00:01:34	02:51:40	04:37:06	06:07:21	07:26:12		08:02:30.95	08:02:30.95	10:49	5.5
	TYLKA PRZEMYSŁAW	278		KROŚCIENKO WYŻNE	POL	M40			00:02:07	02:44:18	DNF	DNF	DNF		DNF	DNF	-	-
	OBARSKA MAŁGORZATA	219		STARACHOW ICE	POL	K50			00:02:58	02:57:38	DNF	DNF	DNF		DNF	DNF	-	-
	KARWAN BARBARA	633	PLACETOTRI	KRAKÓW	POL	K30			00:00:52	02:04:33	03:22:48	DNF	DNF		DNF	DNF	-	-
	DUDA PAWEŁ	106		JEDLICZE	POL	M30			DNF	DNF	03:50:46	DNF	DNF		DNF	DNF	-	-
	UNIEJEWSKI TOMASZ	573	UMBA	KATOWICE	POL	M40			00:01:17	02:03:02	DNF	DNF	DNF		DNF	DNF	-	-
	PACANOWSKI ŁUKASZ	247	PARA-NIE-DO-PARY	PORĘBA	POL	M30			00:02:17	02:25:14	DNF	DNF	DNF		DNF	DNF	-	-
	MAŚLANKA IRENEUSZ	64	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M50			00:03:40	02:59:48	DNF	DNF	DNF		DNF	DNF	-	-
	SZELER JOANNA	20	SILESIA MARATHON TEAM / BIEGAJĄCA Z PSAMI	WARSZAWA	POL	K40			00:02:40	03:24:30	DNF	DNF	DNF		DNF	DNF	-	-
	KLISZ AGA	18		LUBLIN	POL	K30			00:01:56	DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Kobiety

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	JASŁOWSKA JUSTYNA	94	POSMAKUJ RUN TEAM	JEDLUCZE	POL	K30	1	K 1	00:00:54	01:31:42	02:20:47	03:00:35	03:38:00		03:59:19.90	03:59:19.90	5:21	11.2
2	LANGE BEATA	513	BIŁGORAJ BIEGA	BIŁGORAJ	POL	K40	1	K 2	00:01:14	01:35:54	02:26:34	03:09:21	03:49:45		04:11:58.40	04:11:58.40	5:38	10.6
3	DOMISZEWSKA MARIA	2		USTRZYKI DOLNE	POL	K50	1	K 3	00:00:40	01:33:01	02:23:09	03:08:12	03:48:40	00:02:00	04:14:42.70	04:14:42.70	5:39	10.6
4	GWIZDAK JUSTYNA	577	WATER TEAM	RZESZÓW	POL	K30	2	K 4	00:01:15	01:37:08	02:30:53	03:16:21	03:57:20		04:19:23.55	04:19:23.55	5:48	10.3
5	KRYM KATARZYNA	719	HERZOG RUNNING TEAM	SMOLEC	POL	K40	2	K 5	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	5:54	10.2

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
6	KOMISARCZYK ANNA	537	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30	3	K 6	00:00:36	01:39:06	02:31:45	03:19:43	04:03:21		04:28:03.70	04:28:03.70	6:00	10
7	KRAWCZAK PAULINA	144	BIEGUSIEM.PL	DĘBLIN	POL	K30	4	K 7	00:01:01	01:37:47	02:33:43	03:24:21	04:07:04		04:30:28.50	04:30:28.50	6:03	9.9
8	KOŁACKA MARTYNA	176		WODZISŁAW ŚLĄSKI	POL	K30	5	K 8	00:00:48	01:39:35	02:34:15	03:24:14	04:09:15		04:33:40.30	04:33:40.30	6:08	9.8
9	SIWCZUK ALEKSANDRA	302		WARSZAWA	POL	K30	6	K 9	00:01:20	01:44:55	02:41:52	03:29:45	04:14:07		04:37:51.05	04:37:51.05	6:13	9.6
10	GAWLEWICZ KRYSZYNA	470	GAWELKI TEAM	SANOK	POL	K30	7	K 10	00:01:45	01:45:01	02:42:59	03:33:38	04:19:04		04:43:32.25	04:43:32.25	6:21	9.4
11	BONDARA SYLWIA	1	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30	8	K 11	00:00:39	01:41:39	02:42:26	03:32:20	04:19:36		04:45:53.30	04:45:53.30	6:24	9.4
12	KRENZEL REGINA	734		JAROSŁAW	POL	K30	9	K 12	00:00:45	01:48:30	02:47:01	03:37:14	04:22:55		04:48:35.95	04:48:35.95	6:28	9.3
13	WAŁACH-BIŚTA ZUZANNA	458		KATOWICE	POL	K30	10	K 13	00:01:25	01:51:47	02:48:18	03:40:04	04:23:58		04:49:30.20	04:49:30.20	6:29	9.2
14	SIKORA-KOŁODZIEJ IRMINA	601	BIESY I CZORTY	PRZEMYŚL	POL	K30	11	K 14	00:02:22	01:55:07	02:56:34	03:49:06	04:29:58		04:52:11.40	04:52:11.40	6:33	9.2
15	BORUSZEWSKA BEATA	375		BYTOM	POL	K40	3	K 15	00:02:30	01:46:54	02:47:14	03:38:05	04:27:13		04:55:56.50	04:55:56.50	6:38	9
16	BURANDT MAGDALENA	423	3LIFE TEAM	OLSZTYN	POL	K30	12	K 16	00:01:48	01:50:36	02:53:07	03:47:47	04:35:41		05:01:55.95	05:01:55.95	6:46	8.9
17	KIELTYKA AGNIESZKA	284		RYKI	POL	K30	13	K 17	00:00:48	01:54:53	02:56:06	03:50:02	04:37:49		05:03:01.60	05:03:01.60	6:47	8.8
18	ROŹNIATA IWONA	638	KS GŁOWNO W BIEGU	GŁOWNO	POL	K40	4	K 18	00:00:56	01:54:05	02:58:07	03:50:37	04:38:39		05:05:14.50	05:05:14.50	6:50	8.8
19	KSYTA MARTYNA	486	X-MEN	KOŃSKIE	POL	K20	1	K 19	00:03:02	02:01:57	03:06:52	03:58:22	04:42:52		05:08:37.30	05:08:37.30	6:55	8.7
20	OLCZAK MARTA	266	SZWLA	STARGARD	POL	K40	5	K 20	00:01:36	01:53:14	02:54:50	03:53:00	04:41:48		05:10:33.25	05:10:33.25	6:57	8.6
21	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	388	KUTNO BIEGA	KUTNO	POL	K40	6	K 21	00:01:39	01:57:06	03:02:30	03:56:16	04:42:51		05:11:21.40	05:11:21.40	6:58	8.6
22	KIRILENKO ANETA	482		MARKI	POL	K40	7	K 22	00:00:50	01:48:20	02:54:23	03:55:35	04:43:34		05:11:32.90	05:11:32.90	6:59	8.6
23	SIEMIĄTKOWSKA KATARZYNA	455		POZNAŃ	POL	K30	14	K 23	00:02:08	01:55:45	02:58:02	03:55:38	04:43:29		05:11:39.40	05:11:39.40	6:59	8.6
24	KALISZ KAROLINA	564	WKURW_TEAM	KAMIENIECZYK	POL	K20	2	K 24	00:02:04	01:56:29	03:06:10	04:01:06	04:48:15		05:15:00.05	05:15:00.05	7:03	8.5
25	ADAMCZAK BARBARA	568	SMPZ 'TRAVOIS'	KATOWICE	POL	K30	15	K 25	00:01:11	01:54:39	03:00:56	04:03:23	04:49:30		05:15:02.40	05:15:02.40	7:03	8.5
26	SZOT IWONA	438	WW TEAM	LUBLIN	POL	K40	8	K 26	00:02:54	01:59:28	03:01:14	04:03:21	04:50:33		05:17:15.70	05:17:15.70	7:06	8.4
27	MOSTOWSKA MAGDALENA	752	WARSAW MASTERS TEAM	WARSZAWA	POL	K40	9	K 27	00:01:00	01:48:44	02:50:21	03:47:25	04:45:10		05:19:46.15	05:19:46.15	7:10	8.4
28	FOGEL EWA	257	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	K40	10	K 28	00:01:31	01:57:32	03:03:25	04:03:42	04:54:20		05:23:38.55	05:23:38.55	7:15	8.3
29	CZAJA ALICJA	160	RODZENSTWO	LIMANOWA	POL	K40	11	K 29	00:01:15	01:53:06	03:00:38	04:02:57	04:53:06		05:26:36.25	05:26:36.25	7:19	8.2
30	PIOTROWICZ MAŁGORZATA	102	INFINITY GYM	PROSZOWICE	POL	K30	16	K 30	00:01:48	01:58:03	03:05:51	04:06:12	04:55:19		05:26:43.60	05:26:43.60	7:19	8.2
31	WIERZBICKA JOANNA	352		BOGUCHWAŁA	POL	K40	12	K 31	00:02:05	01:57:52	03:10:18	04:09:37	05:01:53		05:33:03.35	05:33:03.35	7:28	8
32	BOBER ANNA	265		OSTROWIEC ŚWIĘTOKRZYSKI	POL	K30	17	K 32	00:01:34	02:05:48	03:19:09	04:19:09	05:06:21		05:34:40.85	05:34:40.85	7:30	8
33	STOPA AGATA	570	SP NR 3 RZESZÓW	BOGUCHWAŁA	POL	K40	13	K 33	00:02:09	01:58:03	03:10:18	04:19:22	05:06:48		05:35:30.70	05:35:30.70	7:31	8
34	SZALACHA KATARZYNA	576		RZESZÓW	POL	K30	18	K 34	00:02:37	02:04:29	03:14:26	04:20:32	05:10:48		05:40:49.25	05:40:49.25	7:38	7.9
35	STEC IWONA	237		WILKOWICE	POL	K20	3	K 35	00:02:23	02:04:57	03:15:10	04:17:55	05:10:15		05:44:15.10	05:44:15.10	7:43	7.8
36	KARAŚ SYLWIA	461		IWONICZ-ZDRÓJ	POL	K20	4	K 36	00:00:57	01:59:29	03:14:37	04:21:10	05:12:44		05:44:42.55	05:44:42.55	7:43	7.8
37	SZABŁOWSKA IWONA	731	STRASZYN ULTRA TEAM	JUSZKOWO	POL	K30	19	K 37		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	7:43	7.8
38	MYŚLIŃSKA ANNA	639	EKOBIEGI	WARSZAWA	POL	K40	14	K 38	00:01:28	02:05:13	03:17:30	04:20:51	05:15:06		05:46:35.90	05:46:35.90	7:46	7.7
39	LATO-KSIĄŻEK KAROLINA	459	LUBLIN BIEGA	LUBLIN	POL	K30	20	K 39	00:03:02	02:15:49	03:27:48	04:26:20	05:18:20		05:46:41.55	05:46:41.55	7:46	7.7
40	ŻEBROWSKA JOLANTA	702	POTRENUJEMY?	PULAWY	POL	K50	2	K 40	00:00:46	02:05:35	03:21:53	04:23:39	05:15:13		05:48:29.00	05:48:29.00	7:48	7.7
41	DOŁĘGA ANNA	625	ZABIEGANA MAMA	BIAŁYSTOK	POL	K40	15	K 41	00:01:45	02:08:59	03:25:23	04:27:14	05:19:02		05:50:12.70	05:50:12.70	7:51	7.6
42	SAKOWSKA ANETA	92	MARATONKA GRAJEWO	DROZDOWO	POL	K40	16	K 42	00:01:43	02:14:51	03:27:50	04:27:07	05:22:32		05:51:13.50	05:51:13.50	7:52	7.6
43	NAZIMEK LILIANNA	173	SUO TEMPORE	NOWY SĄCZ	POL	K40	17	K 43	00:01:36	02:08:11	03:22:13	04:28:33	05:22:32		05:51:24.55	05:51:24.55	7:52	7.6
44	JĘDRZEJOWSKA-DEC ANNA	766		GLIWICE	POL	K40	18	K 44	00:02:43	02:06:08	03:21:09	04:30:21	05:24:44		05:56:17.55	05:56:17.55	7:59	7.5
45	MYGA ANNA	311	HEARTESS	KATOWICE	POL	K30	21	K 45	00:03:22	02:11:48	03:22:45	04:36:18	05:28:50		05:57:30.15	05:57:30.15	8:00	7.5
46	KWAPIEŃ KAROLINA	605	VEGE RUNNERS	BIAŁA PODLASKA	POL	K30	22	K 46	00:02:21	02:06:39	03:23:59	04:31:53	05:25:58		05:58:22.90	05:58:22.90	8:02	7.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
47	SWOROWSKA IZABELA	463	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40	19	K 47	00:01:55	02:14:50	03:31:23	04:32:56	05:27:51		05:58:28.30	05:58:28.30	8:02	7.5
48	BLASZKE BEATA	329	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	20	K 48	00:02:57	02:07:23	03:26:57	04:39:24	05:29:39		05:58:29.65	05:58:29.65	8:02	7.5
49	TOCZEWSKA ANNA	751	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K50	3	K 49	00:02:23	02:08:55	03:24:01	04:29:16	05:27:23		05:59:03.75	05:59:03.75	8:03	7.5
50	ŁÓJ-KONIECZNA EDYTA	96	INFINITY GYM	PROSZOWICE	POL	K40	21	K 50	00:01:50	02:11:31	03:24:56	04:31:27	05:27:28		06:00:40.35	06:00:40.35	8:05	7.4
51	CHUDA ANETA	301		WROCLAW	POL	K30	23	K 51	00:01:04	02:16:14	03:33:25	04:35:20	05:30:31		06:00:49.75	06:00:49.75	8:05	7.4
52	KOWALSKA JUSTYNA	267	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	K40	22	K 52	00:01:54	02:03:31	03:20:57	04:31:49	05:29:33		06:01:51.25	06:01:51.25	8:06	7.4
53	LEŚNIAK-POPIEL MARTA	345	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K40	23	K 53	00:02:40	02:12:29	03:30:21	04:37:34	05:32:44		06:04:01.80	06:04:01.80	8:09	7.4
54	KISIŃSKA IRENA	588	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K40	24	K 54	00:01:08	02:04:27	03:16:44	04:24:54	05:30:13		06:04:14.65	06:04:14.65	8:10	7.3
55	NIEMCZAK BARBARA	616	IPA PAŁAC MOSTOWSKICH	PIASECZNO	POL	K30	24	K 55	00:02:02	02:09:33	03:27:34	04:38:12	05:32:09		06:04:41.40	06:04:41.40	8:10	7.3
56	KOPROWICZ EWELINA	322	JAROSŁAWSKA GRUPA BIEGOWA	JAROSŁAW	POL	K30	25	K 56	00:02:03	02:12:06	03:31:47	04:41:28	05:36:18		06:06:51.80	06:06:51.80	8:13	7.3
57	GRZEGÓRZEK ANNA	667	PTG SOKÓŁ ŚWIAT PRACY	KOSZYCE WIELKIE	POL	K40	25	K 57	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:06:58.00	06:06:58.00	8:13	7.3
58	WITKOWSKA BEATA	156		GDAŃSK	POL	K30	26	K 58	00:03:07	02:16:00	03:38:03	04:44:00	05:37:45		06:07:26.65	06:07:26.65	8:14	7.3
59	KOCZUR KAMILA	504		WARSZAWA	POL	K30	27	K 59	00:01:35	02:15:41	03:35:22	04:41:33	05:35:04	00:02:00	06:07:29.30	06:07:29.30	8:11	7.3
60	BAK AGATA	125	BUSHIDO CENTRUM	SOBIENIE JEZIORY	POL	K30	28	K 60	00:01:23	02:22:19	03:48:02	04:46:12	05:38:31		06:07:42.25	06:07:42.25	8:14	7.3
61	PIGAN ANNA	360	B B L - JAROSŁAW	SZÓWSKO	POL	K40	26	K 61	00:02:02	02:12:18	03:32:06	04:41:32	05:37:46		06:10:25.25	06:10:25.25	8:18	7.2
62	KAMIENIARZ MARIA	387		POZNAŃ	POL	K30	29	K 62	00:03:21	02:10:40	03:34:04	04:46:03	05:39:22		06:11:23.45	06:11:23.45	8:19	7.2
63	TREPKA AGNIESZKA	163		CRAWLEY	GBR	K30	30	K 63	00:01:30	02:12:26	03:42:45	04:49:01	05:41:29		06:12:13.20	06:12:13.20	8:20	7.2
64	PAUL VIOLA	23	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	27	K 64	00:03:16	02:16:25	03:37:47	04:44:01	05:40:06		06:13:06.80	06:13:06.80	8:21	7.2
65	WOŁOSOWICZ NATALIA	499		BIAŁA PODLASKA	POL	K40	28	K 65	00:02:36	02:11:46	03:27:53	04:38:13	05:38:13		06:13:39.75	06:13:39.75	8:22	7.2
66	MAZURKIEWICZ JOLANTA	490	BYCHAWA RUNNER'S/NAJWI ĘKSZA ARMIA ŚWIATA	BYCHAWA	POL	K30	31	K 66	00:01:49	02:18:17	03:38:54	04:52:45	05:44:46		06:15:29.25	06:15:29.25	8:25	7.1
67	CEBRAT EWA	132	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	K40	29	K 67	00:02:40	02:14:32	03:40:15	04:51:21	05:45:50		06:17:05.30	06:17:05.30	8:27	7.1
68	SZPINDA MARTA	409	BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	K40	30	K 68	00:01:26	02:12:38	03:32:22	04:51:18	05:46:39		06:17:06.80	06:17:06.80	8:27	7.1
69	HANDERMANDER AGNIESZKA	394		USTRZYKI DOLNE	POL	K30	32	K 69	00:01:49	02:13:39	03:34:01	04:46:57	05:45:56		06:17:09.05	06:17:09.05	8:27	7.1
70	PARYSZ ANNA	646	STARE BABICE BIEGAJĄ	BLIZNE JASIŃSKIEGO	POL	K50	4	K 70	00:01:56	02:20:12	03:39:02	04:45:41	05:43:36		06:17:48.50	06:17:48.50	8:28	7.1
71	PAWŁOWSKA ELŻBIETA	298	NOWY STYL RUNNING TEAM	JEDLICZE	POL	K30	33	K 71	00:02:48	02:18:22	03:41:07	04:49:00	05:45:09		06:18:55.55	06:18:55.55	8:29	7.1
72	BIESZCZAD ILONA	296		WOJASZÓWK A	POL	K30	34	K 72	00:02:47	02:18:17	03:41:01	04:49:00	05:45:09		06:18:55.80	06:18:55.80	8:29	7.1
73	WŁODARSKA MAGDALENA	203		TARNÓW	POL	K40	31	K 73	00:02:12	02:19:11	03:35:28	04:50:51	05:48:48		06:18:58.90	06:18:58.90	8:29	7.1
74	KŁOSOWICZ MONIKA	671		WROCLAW	POL	K20	5	K 74	00:02:26	02:18:28	03:43:20	04:55:21	05:52:17		06:24:08.00	06:24:08.00	8:36	7
75	SIKORSKA AGNIESZKA	649	EKOBIEGI	WARSZAWA	POL	K40	32	K 75	00:01:29	02:23:06	03:45:36	04:54:19	05:51:41		06:24:19.75	06:24:19.75	8:37	7
76	KOTOMSKA RENATA	511		ALEKSANDR ÓWKA	POL	K40	33	K 76	00:03:18	02:22:51	03:42:26	04:51:25	05:52:14		06:27:01.95	06:27:01.95	8:40	6.9
77	TUSZYŃSKA KATARZYNA	645	ESKADRA KRAKÓW	KRAKÓW	POL	K40	34	K 77	00:01:37	02:17:08	03:44:23	04:58:48	05:56:27		06:27:02.80	06:27:02.80	8:40	6.9
78	FAJNAS KATARZYNA	190	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	ŻABIA WOLA	POL	K40	35	K 78	00:02:13	02:15:27	03:41:05	04:54:48	05:52:00		06:28:01.40	06:28:01.40	8:41	6.9

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
79	SEREMET BOŻENA	205	BBL KRAKÓW	KRAKÓW	POL	K50	5	K 79	00:03:11	02:17:39	03:38:39	04:59:26	05:57:02		06:29:11.30	06:29:11.30	8:43	6.9
80	DUBYNA MARIJA	506	MIA	KRAKÓW	POL	K30	35	K 80	00:02:29	02:26:02	03:51:22	05:04:54	05:57:34		06:29:24.90	06:29:24.90	8:43	6.9
81	KUSZTAL JUSTYNA	644	KS ESKADRA KRAKÓW	KRAKÓW	POL	K40	36	K 81	00:01:38	02:17:31	03:44:26	04:58:54	05:57:22		06:29:29.35	06:29:29.35	8:43	6.9
82	SAMBORSKA WERONIKA	62	NOWY STYL GROUP RUNNING TEAM	BRZYSKA	POL	K30	36	K 82	00:02:40	02:23:04	03:49:05	04:59:07	05:58:18		06:30:59.35	06:30:59.35	8:45	6.8
83	RÓŻYCKA DOROTA	1170	NOWY STYL GROUP RUNNING TEAM	JASŁO	POL	K30	37	K 83	00:02:40	02:23:04	03:49:04	04:59:06	05:58:03		06:30:59.50	06:30:59.50	8:45	6.8
84	KRZAK DOMINIKA	730		WROCŁAW	POL	K30	38	K 84	00:02:22	02:24:05	03:43:25	05:03:14	06:00:18		06:32:37.60	06:32:37.60	8:48	6.8
85	PYZEL AGNIESZKA	57	KS PEGAZ	KONSTANCIN JEZIORNA	POL	K50	6	K 85	00:02:32	02:18:39	03:48:02	05:05:13	06:03:53		06:33:01.15	06:33:01.15	8:48	6.8
86	SZEWCZYK KATARZYNA	586	MONKEYS' TEAM	KRAŚNIK	POL	K40	37	K 86	00:02:15	02:20:26	03:44:27	05:00:50	05:58:16		06:33:02.55	06:33:02.55	8:48	6.8
87	SZUMNA ALEKSANDRA	600	MONKEYS' TEAM	KRAŚNIK	POL	K30	39	K 87	00:02:15	02:20:27	03:44:28	05:00:49	05:58:17		06:33:12.35	06:33:12.35	8:48	6.8
88	KŁOPOTOWSKA SOSNA KASKA	516	UNLIMITED TRIATHLON TEAM	KRAKÓW	POL	K50	7	K 88	00:01:01	02:34:10	03:57:03	05:04:26	06:03:49		06:38:04.25	06:38:04.25	8:55	6.7
89	BIERNAT AGNIESZKA	745	KOSMICZNE MUMINKI	WARSZAWA	POL	K20	6	K 89	00:01:19	02:19:14	03:42:36	04:56:57	06:00:59		06:41:06.05	06:41:06.05	8:59	6.7
90	BAŁA BOŻENA	81		GRABINY	POL	K30	40	K 90	00:00:58	02:14:13	03:41:17	05:05:17	06:05:18		06:42:14.55	06:42:14.55	9:01	6.7
91	NAMIOTA URSZULA	72	1960	DĘBICA	POL	K50	8	K 91	00:00:51	02:13:28	03:41:19	05:05:17	06:05:19		06:42:15.20	06:42:15.20	9:01	6.7
92	JAROSZ-PIWOŃSKA ALDONA	65	KS PEGAZ	GÓRA KALWARIA	POL	K40	38	K 92	00:02:22	02:25:46	03:53:22	05:09:47	06:08:33		06:42:29.80	06:42:29.80	9:01	6.6
93	KOWALEWSKA IZABELA	475	PIASECZNO RUNNING	PIASECZNO	GBR	K30	41	K 93	00:02:22	02:25:46	03:53:20	05:09:42	06:08:35		06:42:29.95	06:42:29.95	9:01	6.6
94	ŻAK OLIWIA	66	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30	42	K 94	00:02:21	02:25:47	03:53:23	05:09:42	06:08:34		06:42:30.10	06:42:30.10	9:01	6.6
95	LEWANDOWSKA OLGA	541		WARSZAWA	POL	K30	43	K 95	00:02:56	02:21:34	03:49:11	05:08:44	06:09:13		06:44:47.20	06:44:47.20	9:04	6.6
96	MARONDEL KATARZYNA	619	FESTIWAL BIEGOWY	BYTOM	POL	K30	44	K 96	00:02:10	02:24:52	03:48:25	05:03:06	06:09:07		06:44:55.05	06:44:55.05	9:04	6.6
97	PORĘBSKA DOROTA	338	NOWA HUTA TEAM	KRAKÓW	POL	K40	39	K 97	00:02:28	02:18:24	03:49:14	05:16:32	06:13:29		06:46:41.10	06:46:41.10	9:07	6.6
98	KULIK KATARZYNA	99	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30	45	K 98	00:03:17	02:24:39	03:53:25	05:21:34	06:19:17		06:52:41.95	06:52:41.95	9:15	6.5
99	KORZENIOWSKA JOANNA	129	UMCS BIEGA	LUBLIN	POL	K30	46	K 99	00:02:52	02:34:27	04:02:22	05:20:38	06:19:58		06:54:02.90	06:54:02.90	9:16	6.5
100	KOWALIK ANNA	130	UMCS BIEGA	ŁADA	POL	K30	47	K 100	00:02:52	02:34:30	04:02:24	05:20:39	06:20:00		06:54:04.30	06:54:04.30	9:17	6.5
101	BARTO SYLWIA	528		ŁOŚ	POL	K40	40	K 101	00:02:31	02:33:12	04:05:24	05:19:26	06:22:03		06:55:12.45	06:55:12.45	9:18	6.4
102	DYGOŃ MAŁGORZATA	33		GLIWICE	POL	K40	41	K 102	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	9:18	6.4
103	MORAWSKA ANNA	218		WARSZAWA	POL	K60	1	K 103	00:01:17	02:34:00	06:20:21				06:56:07.35	06:56:07.35	9:19	6.4
104	WALCZYŃSKA KAROLINA	29	RUNHOGS TYCHY	TYCHY	POL	K30	48	K 104	00:01:38	02:29:36	04:04:41	05:23:29	06:20:33		06:56:23.55	06:56:23.55	9:20	6.4
105	HEBDA-OLSZÓWKA ALEKSANDRA	51	NIGHT RUNNERS GLIWICE	CHORZÓW	POL	K30	49	K 105	00:03:08	02:37:48	04:02:56	05:26:31	06:23:55		06:56:44.35	06:56:44.35	9:20	6.4
106	TYRANKIEWICZ KAMILA	472	JUMP&FLY, KABATY	WARSZAWA	POL	K40	42	K 106	00:01:46	02:30:23	04:06:15	05:22:17	06:22:36		06:58:55.35	06:58:55.35	9:23	6.4
107	BOGUCKA MARTYNA	145	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40	43	K 107	00:03:05	02:38:12	04:03:26	05:19:40	06:23:44		07:01:27.60	07:01:27.60	9:26	6.3
108	MAJCHROWICZ MARZENNA	252		KROŚCIENKO WYŻNE	POL	K40	44	K 108	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	9:27	6.3
109	SZYMAŃSKA JOLANTA	59		KIELCE	POL	K30	50	K 109	00:01:44	02:19:28	03:48:38	05:12:30	06:17:43		07:02:16.20	07:02:16.20	9:28	6.3
110	ZAWADZKA MAGDALENA	143	AKS POLONIA WARSZAWA/TEAM ZABIEGANIE DNI	WARSZAWA	POL	K30	51	K 110	00:02:31	02:30:49	04:02:29	05:20:34	06:27:54		07:03:53.45	07:03:53.45	9:30	6.3
111	PANENKA MAŁGORZATA	63	NIGHT RUNNERS GLIWICE	NIEBOROWICE	POL	K40	45	K 111	00:03:05	02:38:13	04:03:29	05:26:46	06:27:44		07:05:11.90	07:05:11.90	9:31	6.3
112	GLINA-KRAWCZYK MAŁGORZATA	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	STARCZÓW	POL	K40	46	K 112	00:02:57	02:29:11	04:03:09	05:23:14	06:30:12		07:06:36.25	07:06:36.25	9:33	6.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
113	MAZUR EWELINA	116	BIEGAJ Z TRENERAMI	GLIWICE	POL	K40	47	K 113	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	9:34	6.3
114	DUNIEC MAŁGORZATA	206	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30	52	K 114	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	9:40	6.2
115	ŁYSUNIAK-STRAUCH ALEKSANDRA	207	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30	53	K 115	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	9:40	6.2
116	GALANTY AGNIESZKA	492		DYBAWKA	POL	K40	48	K 116	00:02:29	02:26:39	03:53:44	05:31:23	06:34:05		07:13:48.90	07:13:48.90	9:43	6.2
117	GÓRECZNY KAMILA	300		PIASECZNO	POL	K40	49	K 117	00:02:30	02:33:49	04:05:26	05:28:12	06:40:25		07:22:23.50	07:22:23.50	9:55	6
118	WÓJTOWICZ IWONA	232	HUSARIA RACE TEAM	TARNÓW	POL	K40	50	K 118	00:02:33	02:31:43	04:10:12	05:41:18	06:43:17		07:22:50.70	07:22:50.70	9:55	6
119	WAŚNIK KORNELIA	662	BIEGUSIEM.PL	KŁOCZEW	POL	K20	7	K 119	00:03:04	02:33:42	04:03:24	05:21:39	06:33:37		07:23:50.75	07:23:50.75	9:57	6
120	WOLF WERONIKA	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	SANOK	POL	K40	51	K 120	00:02:41	02:34:18	04:18:59	05:45:38	06:46:51		07:26:25.15	07:26:25.15	10:00	6
121	MALEC BASIA	19		LUBLIN	POL	K50	9	K 121	00:01:56	02:35:55	04:11:09	05:46:37	06:51:04		07:29:46.15	07:29:46.15	10:05	5.9
122	KRUSZEWSKA EMILIA	674		GDAŃSK	POL	K30	54	K 122	00:00:46	02:39:54	04:20:40		06:55:06		07:38:11.55	07:38:11.55	10:16	5.8
123	SKRZYPSKA IWONA	331		JAROSŁAW	POL	K40	52	K 123	00:02:13	02:35:01	04:18:17	05:48:10	06:57:39		07:38:12.45	07:38:12.45	10:16	5.8
124	WAŚOWICZ MAGDALENA	560	HUSARIA RACE TEAM	OPOLE	POL	K20	8	K 124	00:01:43	02:34:31	04:19:19	05:53:20	07:05:20		07:48:17.90	07:48:17.90	10:29	5.7
125	MARUT KAŚKA	31	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	53	K 125	00:03:09	02:37:10	04:02:10	06:04:05	07:12:34		07:57:44.25	07:57:44.25	10:42	5.6
	OBARSKA MAŁGORZATA	219		STARACHOWICE	POL	K50			00:02:58 DNF	02:57:38 DNF	DNF	DNF	DNF		DNF	DNF	-	-
	KARWAN BARBARA	633	PLACETOTRI	KRAKÓW	POL	K30			00:00:52 DNF	02:04:33 DNF	03:22:48 DNF	DNF	DNF		DNF	DNF	-	-
	SZELER JOANNA	20	SILESIA MARATHON TEAM / BIEGAJĄCA Z PSAMI	WARSZAWA	POL	K40			00:02:40 DNF	03:24:30 DNF	DNF	DNF	DNF		DNF	DNF	-	-
	KLISZ AGA	18		LUBLIN	POL	K30			00:01:56 DNF	DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KOCZWARA TOMASZ	3		RADOMYŚL WIELKI	POL	M40	1	M 1	00:00:36	01:15:32	01:55:49	02:29:07	03:00:32		03:18:01.10	03:18:01.10	4:26	13.5
2	KIDA PAWEŁ	659		ŁOWISKO	POL	M20	1	M 2			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	4:40	12.9
3	JENDRYCH ARTUR	701	BIEGAJĄCY ŚWIDNIK	ŚWIDNIK	POL	M20	2	M 3	00:00:31	01:21:07	02:02:34	02:38:45	03:11:22		03:29:59.40	03:29:59.40	4:42	12.7
4	KRUBA MARCIN	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW	POL	M30	1	M 4	00:00:34	01:21:08	02:02:35	02:36:47	03:12:03		03:31:45.45	03:31:45.45	4:44	12.6
5	CZYŻ GRZEGORZ	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	BOGUMIŁOWICE	POL	M50	1	M 5	00:00:37	01:18:10	01:59:39	02:36:03	03:12:19		03:33:00.10	03:33:00.10	4:46	12.6
6	TOMASIK STANISŁAW	641	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	M30	2	M 6	00:01:08	01:22:36	02:06:04	02:42:02	03:15:23		03:33:08.15	03:33:08.15	4:46	12.6
7	ŻUCHOWSKI DANIEL	770	MUAY RUNNING TEAM	KRAKÓW		M30	3	M 7	00:00:25	01:21:07	02:03:48	02:40:21	03:15:13		03:34:16.90	03:34:16.90	4:48	12.5
8	SZAPAR PRZEMYSŁAW	732	BIEGAMINA. SCARPA	GDYNIA	POL	M40	2	M 8	00:00:42	01:21:06	02:03:47	02:40:15	03:17:20		03:39:29.70	03:39:29.70	4:55	12.2

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
9	PAWŁOWSKI ARKADIUSZ	526	ROCK&RUN	WARSZAWA	POL	M30	4	M 9	00:00:36	01:23:12	02:06:59	02:43:43	03:20:13		03:39:52.90	03:39:52.90	4:55	12.2
10	MORAWA MATEUSZ	754	LACHO TEAM	RADZISZÓW	POL	M40	3	M 10	00:00:42	01:26:59	02:13:07	02:48:42	03:23:22		03:42:49.30	03:42:49.30	4:59	12
11	ZIAJKA KAROL	739		RYMANÓW	POL	M20	3	M 11	00:02:04	01:27:12	02:12:35	02:50:22	03:24:33		03:42:54.20	03:42:54.20	4:59	12
12	BAŁATKA KRZYSZTOF	389	AZS WSGK KUTNO	KUTNO	POL	M30	5	M 12	00:00:29	01:26:09	02:10:55	02:46:15	03:22:59		03:43:43.25	03:43:43.25	5:00	12
13	BARAN WOJTEK	215	OKNOPLAST RUNNING TEAM	ZABAWA/WIE LICZKA	POL	M30	6	M 13	00:00:30	01:22:13	02:07:30	02:45:56	03:24:13		03:46:05.50	03:46:05.50	5:04	11.8
14	BIAŁOWĄS TOMASZ	520	STAJNIA BALONA	RZESZÓW	POL	M30	7	M 14	00:01:10	01:27:07	02:13:25	02:51:00	03:26:47		03:47:20.60	03:47:20.60	5:05	11.8
15	KWIATKOWSKI MICHAEL	56		KRAKÓW	POL	M30	8	M 15	00:00:32	01:24:45	02:09:47	02:48:06	03:27:16		03:48:35.85	03:48:35.85	5:07	11.7
16	WÓJCIK JACEK	449		GWOŹNICA GÓRNA	POL	M40	4	M 16	00:01:14	01:28:11	02:15:21	02:53:25	03:30:29		03:49:32.15	03:49:32.15	5:08	11.7
17	PASIECZNY ROBERT	393	FARTLEK GO	GORZYCE	POL	M40	5	M 17	00:00:38	01:26:09	02:12:34	02:50:37	03:28:13	00:02:00	03:51:12.45	03:51:12.45	5:08	11.7
18	ORŁOWSKI ANDRZEJ	227	POTRENUJEMY?	CEZARYN	POL	M20	4	M 18	00:00:33	01:23:31	02:10:43	02:53:53	03:31:25		03:52:09.10	03:52:09.10	5:12	11.5
19	TRYNIECKI KRZYSZTOF	262		LUBACZÓW	POL	M40	6	M 19	00:01:32	01:56:59					03:54:48.10	03:54:48.10	5:15	11.4
20	GOŚCINIOWICZ PAWEŁ	343	ZIEMOWIT TEAM	KATOWICE	POL	M40	7	M 20	00:00:32	01:27:21	02:16:34	02:58:47	03:36:05		03:54:58.25	03:54:58.25	5:16	11.4
21	ZYSKOWSKI ANDRZEJ	524	GORDON MOTORYZACJA	OLSZTYN	POL	M40	8	M 21	00:01:12	01:30:47	02:17:47	02:57:48	03:35:33		03:56:17.20	03:56:17.20	5:17	11.3
22	KUDŁAK PAWEŁ	567	PORANNY PATROL	KRAKÓW	POL	M30	9	M 22	00:00:47	01:30:52	02:17:40	02:57:58	03:35:27		03:56:43.65	03:56:43.65	5:18	11.3
23	MATYASZEK WALDEMAR	740		JASIEŃ	POL	M40	9	M 23	00:00:50	01:27:21	02:15:22	02:56:14	03:35:33		03:56:49.45	03:56:49.45	5:18	11.3
24	KOBIERSKI PIOTR	14	UKA ULTRAS RUNNERS	WARSZAWA	POL	M40	10	M 24	00:00:38	01:28:32	02:17:13	02:57:42	03:35:31		03:57:03.10	03:57:03.10	5:18	11.3
25	SOKOŁOWSKI MAREK	5	ALPIN SPORT TEAM	MYSŁOWICE-WESOŁA	POL	M50	2	M 25	00:00:34	01:27:55	02:16:20	02:58:19	03:37:01		03:58:43.50	03:58:43.50	5:21	11.2
26	PIETRZYK WOJCIECH	365	LACHO TEAM	KRAKÓW	POL	M40	11	M 26	00:00:43	01:27:15	02:13:44	02:54:45	03:36:34		03:59:15.90	03:59:15.90	5:21	11.2
27	PABIAN PAWEŁ	755	WALKABOUT TEAM	KRASNE	POL	M30	10	M 27	00:01:23	01:28:39	02:17:33	02:59:17	03:37:21		03:59:17.40	03:59:17.40	5:21	11.2
28	SZAPORÓW ŁUKASZ	100	INFINITY-GYM	PROSZOWICE	POL	M30	11	M 28	00:00:34	01:26:28	02:15:53	02:58:10	03:38:32		04:01:13.75	04:01:13.75	5:24	11.1
29	WAŻNY STANISŁAW	281	MEDIA LUBACZOWSKIE	LUBACZÓW	POL	M40	12	M 29	00:01:31	01:26:53	02:13:50	02:56:15	03:38:06		04:01:33.55	04:01:33.55	5:24	11.1
30	NIEZGODA MARCIN	381	KKB MOSIR KROSNO	KROSNO	POL	M20	5	M 30	00:00:31	01:30:18	02:20:10	03:00:24	03:39:44		04:01:45.20	04:01:45.20	5:25	11.1
31	STAŃKO PAWEŁ	396	BIESY I CZORTY	LUTOWISKA	POL	M40	13	M 31	00:02:09	01:37:28	02:26:07	03:07:09	03:43:18		04:02:30.40	04:02:30.40	5:26	11
32	MĄKA SŁAWOMIR	493	STARGGLASS TEAM OSTROŁĘKA	OSTROŁĘKA	POL	M50	3	M 32	00:00:40	01:31:18	02:20:08	03:01:04	03:40:44		04:03:41.60	04:03:41.60	5:27	11
33	MARZEC GRZEGORZ	236	GMINA STRZELCE OPOLSKIE	SZCZEPANEK	POL	M40	14	M 33	00:00:40	01:34:31	02:24:11	03:05:10	03:43:47		04:04:38.30	04:04:38.30	5:29	10.9
34	BĘTKOWSKI WOJCIECH	263	BRYGADA BESKIDÓW	STRÓŻE	POL	M50	4	M 34	00:00:32	01:30:46	02:21:50	03:04:57	03:43:55		04:05:16.40	04:05:16.40	5:29	10.9
35	DYDIO PIOTR	551	PID-MILL TEAM	SANOK	POL	M50	5	M 35	00:00:49	01:33:40	02:22:12	03:03:51	03:43:57		04:05:49.35	04:05:49.35	5:30	10.9
36	KIMMER JAKUB	238	BIEGING TEAM ZELÓW	ZELÓW	POL	M30	12	M 36	00:00:59	01:35:28	02:24:37	03:05:32	03:44:57		04:05:56.25	04:05:56.25	5:30	10.9
37	LUBAŃSKI ROBERT	670		BUKOWICE	POL	M50	6	M 37	00:01:16	01:33:16	02:23:09	03:05:00	03:44:39		04:07:10.40	04:07:10.40	5:32	10.8
38	PIĘKOŚ MAREK	736		JEDLICZE	POL	M30	13	M 38	00:01:19	01:32:32	02:21:37	03:04:21	03:45:35		04:08:10.70	04:08:10.70	5:33	10.8
39	KORAB ROBERT	78		RZESZÓW	POL	M40	15	M 39	00:00:34	01:33:40	02:23:32	03:05:04	03:46:34		04:09:03.70	04:09:03.70	5:35	10.7
40	MACKIEWICZ ROMAN	181	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	M50	7	M 40	00:02:09	02:17:47					04:09:14.85	04:09:14.85	5:35	10.7
41	GOŁĄB MAREK	216	STAY INSANE	LUBLIN	POL	M30	14	M 41	00:00:42	01:34:10	02:25:56	03:09:48	03:48:47		04:10:06.90	04:10:06.90	5:36	10.7
42	BRENDZOWSKI ADAM	69	SOLINATEAM / RUNONLINETEAM	POLAŃCZYK	POL	M30	15	M 42	00:00:58	01:33:10	02:22:57	03:06:28	03:48:41		04:11:01.55	04:11:01.55	5:37	10.7
43	SZWAJA MATEUSZ	738	OTK RZEŹNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20	6	M 43	00:00:28	01:27:26	02:18:49	03:05:41	03:46:37		04:11:08.60	04:11:08.60	5:37	10.7
44	CHODAKOWSKI RAFAŁ	273	OSTROBIEC	ĆMIELÓW	POL	M40	16	M 44	00:01:34	01:37:28	02:29:43	03:10:39	03:49:42		04:11:13.75	04:11:13.75	5:37	10.7
45	ŚLĘCZKA DAMIAN	193	BIOMEDYCYNNA SP. Z O.O. RZESZÓW	RZESZÓW	POL	M30	16	M 45	00:01:16	01:34:42	02:26:00	03:09:17	03:49:45		04:11:37.35	04:11:37.35	5:38	10.6

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
46	KALINOWSKI ŁUKASZ	16		WARSZAWA	POL	M30	17	M 46	00:00:49	01:36:49	02:28:08	03:10:43	03:50:20		04:12:03.25	04:12:03.25	5:39	10.6
47	KLONOWSKI JACEK	264		BIAŁOWIEŻA	POL	M40	17	M 47	00:00:39	01:28:18	02:15:11	03:00:46	03:45:53		04:12:06.80	04:12:06.80	5:39	10.6
48	TAJCHMAN JAROSŁAW	686		RZESZÓW	POL	M30	18	M 48	00:01:16	01:38:55	02:31:19	03:11:45	03:50:21		04:12:07.70	04:12:07.70	5:39	10.6
49	RUDZKI TOMASZ	182	RAJSPORT ACTIVE	KONSTANTY NÓW ŁÓDZKI	POL	M40	18	M 49	00:02:09	02:17:50					04:12:14.70	04:12:14.70	5:39	10.6
50	DYREK MICHAŁ	653	MOK MSZANA DOLNA	MSZANA GÓRNA	POL	M30	19	M 50	00:00:51	01:31:10	02:22:55	03:06:43	03:48:42		04:12:16.70	04:12:16.70	5:39	10.6
51	MAZUREK ROBERT	485	LUBELSKIE STOWARZYSZENI E BIEGOWE / LUBELAKY	LUBLIN	POL	M40	19	M 51	00:00:41	01:34:10	02:25:55	03:09:48	03:49:44		04:14:05.85	04:14:05.85	5:41	10.5
52	ZAGÓRNY ROBERT	368	MBM KAZIMIERÓW	HALINÓW	POL	M40	20	M 52	00:02:20	01:36:47	02:26:36	03:07:00	03:49:54		04:14:21.85	04:14:21.85	5:42	10.5
53	PTASZYŃSKI WOJCIECH	543		FROMBORK	POL	M40	21	M 53	00:00:51	01:34:16	02:27:12	03:09:47	03:52:13		04:15:22.35	04:15:22.35	5:43	10.5
54	ROHAN ŁUKASZ	44	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	20	M 54	00:00:48	01:27:52	02:19:39	03:06:06	03:51:25		04:16:23.50	04:16:23.50	5:44	10.4
55	BORYS ANDRZEJ	553		ŁAZY	POL	M40	22	M 55	00:00:37	01:30:54	02:26:01	03:15:38	03:56:06		04:16:24.50	04:16:24.50	5:44	10.4
56	FUS MACIEJ	148		RZESZÓW	POL	M30	21	M 56	00:00:45	01:34:11	02:24:02	03:10:32	03:53:16		04:17:32.65	04:17:32.65	5:46	10.4
57	DYREK MATEUSZ	566		MSZANA GÓRNA	POL	M30	22	M 57	00:00:51	01:33:58	02:25:54	03:10:51	03:54:08		04:18:23.00	04:18:23.00	5:47	10.4
58	BEREŚ ARKADIUSZ	741	STUDIO REBELL	RZESZÓW	POL	M30	23	M 58	00:00:33	01:35:02	02:32:18	03:16:17	03:57:11		04:18:30.00	04:18:30.00	5:47	10.4
59	KMAK SŁAWEK	706	PAPIKI	GRYBÓW	POL	M40	23	M 59	00:00:47	01:34:40	02:27:38	03:12:11	03:55:16		04:18:35.70	04:18:35.70	5:47	10.3
60	DELEKTA JAN	260	DJ	ŁOWISKO	POL	M40	24	M 60	00:01:39	01:38:49	02:33:09	03:17:26	03:56:07		04:20:01.80	04:20:01.80	5:49	10.3
61	WOLSKI MARCIN	465	WOLSCY BROTHERS TRIATHLON TEAM	KRAKÓW	POL	M30	24	M 61	00:00:45	01:37:29	02:28:08	03:12:26	03:56:27		04:20:06.80	04:20:06.80	5:49	10.3
62	DELEKTA DARIUSZ	235	DELNOVA	ŁOWISKO	POL	M30	25	M 62	00:01:40	01:39:16	02:33:08	03:17:25		04:20:11.20	04:20:11.20	5:50	10.3	
63	ŁOSKÓT TOMASZ	562		WILGA	POL	M40	25	M 63	00:00:39	01:34:39	02:28:06	03:14:39	03:57:16		04:20:41.60	04:20:41.60	5:50	10.3
64	FIGLEWICZ PIOTR	572		MYŚLENICE	POL	M30	26	M 64	00:03:26	01:45:35	02:40:48	03:20:26		04:21:25.10	04:21:25.10	5:51	10.2	
65	ZUREK PAWEŁ	15		HULL	GBR	M30	27	M 65	00:00:34	01:31:20	02:26:17	03:12:18	03:56:07		04:22:18.70	04:22:18.70	5:52	10.2
66	ŁAKOMY TOMASZ	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	OLESZYCE	POL	M30	28	M 66	00:00:57	01:37:24	02:29:26	03:15:25		04:23:05.55	04:23:05.55	5:53	10.2	
67	ŁUKASIK MICHAŁ	286	VELOBIKE SKLEP I SERWIS	BUSKO-ZDRO J	POL	M30	29	M 67	00:00:47	01:37:17	02:30:38	03:16:34		04:23:38.65	04:23:38.65	5:54	10.2	
68	JANECKA ARTUR	239	BIEGING TEAM ZELÓW	ŁASK	POL	M30	30	M 68	00:02:07	01:37:01	02:29:05	03:15:20		04:24:40.05	04:24:40.05	5:56	10.1	
69	GAWRON MARCIN	521	ROOKS TEAM / IDEO ACTIVE TEAM	NOWY BOREK	POL	M30	31	M 69	00:00:47	01:36:51	02:28:43	03:17:46		04:25:17.25	04:25:17.25	5:56	10.1	
70	WÓJCİK KRZYSZTOF	114	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40	26	M 70	00:01:02	01:35:50	02:27:37	03:14:10		04:25:29.05	04:25:29.05	5:57	10.1	
71	FLĄDRO DANIEL	274		WOKOWICE	POL	M40	27	M 71	00:00:49	01:33:40	02:26:57	03:16:28		04:25:30.45	04:25:30.45	5:57	10.1	
72	POPIEL ANDRZEJ	705	POPSMART.PL	KRAKÓW	POL	M30	32	M 72	00:00:33	01:31:26	02:23:04	03:16:43		04:26:30.00	04:26:30.00	5:58	10	
73	GUZIK ŁUKASZ	771		ŁYSOKANIE		M30	33	M 73	00:01:25	01:41:45	02:35:49	03:19:06		04:26:34.30	04:26:34.30	5:58	10	
74	SOLAREWICZ TOMASZ	585	LATAJĄCY CYRK MONTY PYTHONA	LUTON	POL	M40	28	M 74	00:01:52	01:37:29	02:29:09	03:16:25	04:03:16		04:27:39.10	04:27:39.10	6:00	10
75	WALASEK GRZEGORZ	342	BIEGUSIEM.PL	RYKI	POL	M40	29	M 75	00:01:01	01:34:43	02:29:52	03:19:50	04:02:54		04:28:38.65	04:28:38.65	6:01	10
76	JĄSTRZĄB PIOTR	246	DEKAN LESKO	LESKO	POL	M50	8	M 76	00:00:42	01:38:39	02:34:26	03:23:19	04:06:52		04:28:54.65	04:28:54.65	6:01	10
77	KLIMEK MATEUSZ	199		SZCZECIN	POL	M30	34	M 77	00:00:48	01:36:01	02:30:20	03:19:01	04:03:20		04:29:28.00	04:29:28.00	6:02	9.9
78	POTRZESZCZ TOMASZ	584	LKB RUDNIK	GADKA	POL	M40	30	M 78	00:02:19	01:37:30	02:32:18	03:18:55	04:03:55		04:29:54.60	04:29:54.60	6:03	9.9
79	POTRZESZCZ GRZEGORZ	21		MIRZEC	POL	M40	31	M 79	00:02:20	01:37:54	02:32:12	03:19:19	04:03:55		04:29:54.85	04:29:54.85	6:03	9.9
80	SZPINDA SEBASTIAN	460	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40	32	M 80	00:00:43	01:36:00	02:29:44	03:19:25	04:05:44		04:31:54.80	04:31:54.80	6:05	9.8
81	KOSTKA JANUSZ	637	POSMAKUJ RUN TEAM	SZCZEPAŃC OWA	POL	M50	9	M 81	00:00:55	01:31:46	02:25:06	03:16:08	04:02:53		04:32:19.65	04:32:19.65	6:06	9.8
82	BIESZCZAD MATEUSZ	295	NOWY STYL GROUP RUNNING TEAM	WOJASZÓWK A	POL	M30	35	M 82	00:02:23	01:41:29	02:34:30	03:19:45	04:04:59		04:32:20.70	04:32:20.70	6:06	9.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
83	KUSTROŃ ADAM	629	PULEX	KROSNO	POL	M50	10	M 83	00:02:14	01:38:48	02:29:13	03:19:41	04:05:13		04:32:28.55	04:32:28.55	6:06	9.8
84	DĄBROWICZ JAKUB	548		KOMORNIKI	POL	M30	36	M 84	00:00:44	01:40:49	02:37:16	03:23:49	04:07:52		04:32:48.05	04:32:48.05	6:06	9.8
85	LONC TOMASZ	446	M&T WYJADACZE PARÓWKÓW	RZESZÓW	POL	M40	33	M 85	00:00:43	01:36:25	02:32:58	03:19:07	04:08:42		04:34:10.65	04:34:10.65	6:08	9.8
86	REJ MIROŚLAW	445	M&T WYJADACZE PARÓWKÓW	MIELEC	POL	M30	37	M 86	00:00:41	01:36:22	02:27:30	03:18:22	04:08:39		04:35:02.50	04:35:02.50	6:10	9.7
87	SMOLEN JANUSZ	415		LUTON	POL	M40	34	M 87	00:01:55	01:42:40	02:36:35	03:26:21	04:10:33		04:35:28.70	04:35:28.70	6:10	9.7
88	BĄCMAGA GRZEGORZ	698	BIEGIEM RADOM	RADOM	POL	M50	11	M 88	00:00:39	01:42:25	02:39:48	03:28:10	04:12:12		04:36:48.70	04:36:48.70	6:12	9.7
89	STACHURSKI PIOTR	673		JEDLNIA LETNISKO	POL	M30	38	M 89	00:00:37	01:33:06	02:29:51	03:22:18	04:11:44		04:37:30.50	04:37:30.50	6:13	9.6
90	GRABIEC MARCIN	627		KOLBUSZOW A	POL	M30	39	M 90	00:02:11	01:36:52	02:31:30	03:20:12	04:09:42		04:37:33.20	04:37:33.20	6:13	9.6
91	SARKA BARTŁOMIEJ	86		RABKA-ZDRÓJ	POL	M30	40	M 91	00:01:39	01:44:40	02:43:27	03:31:11	04:13:44		04:37:34.75	04:37:34.75	6:13	9.6
92	TKACZEWSKI PIOTR	224	MIECHÓW	MIECHÓW	POL	M40	35	M 92	00:01:35	01:47:10	02:45:27	03:32:03	04:14:26		04:37:37.25	04:37:37.25	6:13	9.6
93	CIĘŻKOWSKI SŁAWOMIR	153		TARNÓW	POL	M40	36	M 93	00:01:31	01:41:58	02:42:36	03:31:28	04:14:04		04:37:38.35	04:37:38.35	6:13	9.6
94	AGRES PAWEŁ	217	KW KOTŁOWNIA	LUBLIN	POL	M30	41	M 94	00:01:03	01:41:21	02:36:59	03:30:27	04:15:01		04:38:06.55	04:38:06.55	6:14	9.6
95	GUDOWSKI KRYSZTIAN	623		SANOK	POL	M30	42	M 95	00:01:48	01:50:46	02:45:16	03:32:20	04:15:28		04:38:08.90	04:38:08.90	6:14	9.6
96	OCHYRA KONRAD	488		LESKO	POL	M20	7	M 96	00:01:27	01:40:09	02:39:00	03:31:40	04:15:40		04:38:10.90	04:38:10.90	6:14	9.6
97	GAWROŃSKI KAMIL	542	BIEGING TEAM ZELÓW	ZELÓW	POL	M20	8	M 97	00:02:13	01:47:18	02:46:56	03:31:53	04:15:39		04:39:04.30	04:39:04.30	6:15	9.6
98	PIASECZNY MARCIN	534	RUN-G	KRAKÓW	POL	M40	37	M 98	00:01:03	01:39:36	02:39:34	03:30:37	04:15:24		04:39:45.05	04:39:45.05	6:16	9.6
99	GRĘBOWIEC MATEUSZ	282	TSA	SANDOMIERZ	POL	M30	43	M 99	00:01:45	01:41:11	02:36:40	03:29:27	04:15:29		04:40:53.40	04:40:53.40	6:17	9.5
100	NALAZEK MARCIN	67	PIASECZNO RUNING	WARSZAWA	POL	M30	44	M 100	00:02:00	01:42:01	02:39:00	03:29:14	04:15:24		04:41:25.25	04:41:25.25	6:18	9.5
101	ZAJĄC JÓZEF	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	TULIGŁOWY	POL	M40	38	M 101	00:01:36	01:46:24	02:44:31	03:33:46	04:18:24		04:41:42.00	04:41:42.00	6:18	9.5
102	FELUCH KRZYSZTOF	722	ORA WARSZAWA	WARSZAWA	POL	M40	39	M 102	00:01:08	01:46:13	02:46:39	03:37:05	04:19:41		04:42:13.85	04:42:13.85	6:19	9.5
103	JENERALSKI MIŁOSZ	495	FREE PALESTINE	TUCHOLA	POL	M40	40	M 103	00:01:32	01:38:04	02:35:50	03:25:53	04:15:25		04:42:27.05	04:42:27.05	6:19	9.5
104	KUTNIK MIROŚLAW	727	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40	41	M 104	00:03:09	01:45:10	02:44:58	03:32:58	04:17:29		04:42:37.20	04:42:37.20	6:20	9.5
105	KARPIŃSKI TOMASZ	128		RZESZÓW	POL	M40	42	M 105	00:00:46	01:42:39	02:40:54	03:30:23	04:16:16		04:43:04.55	04:43:04.55	6:20	9.5
106	PANTOŁ MIROŚLAW	149		RZESZÓW	POL	M40	43	M 106	00:00:46	01:40:22	02:38:54	03:30:27	04:16:17		04:43:05.05	04:43:05.05	6:20	9.5
107	BARAN MATEUSZ	283	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	M30	45	M 107	00:01:55	01:49:04	02:48:40	03:37:19	04:20:50		04:43:30.00	04:43:30.00	6:21	9.4
108	WIERNASZ GRZEGORZ	234	KARCHER SUCHODÓŁ	KROSNO	POL	M40	44	M 108	00:01:07	01:46:21	02:44:03	03:31:47	04:18:00		04:44:08.90	04:44:08.90	6:22	9.4
109	MYŚLIWIEC ROBERT	522	WILD & FREE	RZESZÓW	POL	M30	46	M 109	00:02:16	01:44:23	02:43:22	03:32:44	04:18:57		04:44:13.65	04:44:13.65	6:22	9.4
110	DUC-SYPOSZ AURELIUSZ	420		WIELICZKA	POL	M40	45	M 110	00:02:21	01:51:17	02:48:48	03:37:50	04:21:31		04:45:27.45	04:45:27.45	6:24	9.4
111	POTONIEC GRZEGORZ	117	RODZEŃSTWO	WARSZAWA , LIMANOWA	POL	M30	47	M 111	00:01:14	01:40:06	02:42:42	03:38:13	04:21:04		04:46:17.75	04:46:17.75	6:25	9.3
112	WĘCŁĄS MACIEJ	289	---	GÓRA KALWARIA	POL	M40	46	M 112	00:02:23	01:48:21	02:47:42	03:38:50	04:22:37		04:46:42.25	04:46:42.25	6:25	9.3
113	JÓŹWIAK RAFAŁ	68		WARSZAWA	POL	M30	48	M 113	00:02:04	01:47:05	02:43:53	03:37:44	04:22:05		04:47:19.65	04:47:19.65	6:26	9.3
114	GAWORECKI TOMASZ	47	POZYTYWNIIE ZABIEGANI SANOK	SANOK	POL	M30	49	M 114	00:02:49	01:53:18	02:51:10	03:40:33	04:23:16		04:47:48.65	04:47:48.65	6:27	9.3
115	GAWLEWICZ TOMASZ	471	GAWELKI TEAM	SANOK	POL	M40	47	M 115	00:01:46	01:45:00	02:43:00	03:33:39	04:20:22		04:47:51.30	04:47:51.30	6:27	9.3
116	WNUK NORBERT	174	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	50	M 116	00:02:25	01:44:43	02:46:03	03:38:43	04:23:01		04:47:53.00	04:47:53.00	6:27	9.3
117	WŁOCH SŁAWOMIR	241		KROSNO	POL	M40	48	M 117	00:01:07	01:46:18	02:44:08	03:35:38	04:22:24		04:48:05.75	04:48:05.75	6:27	9.3
118	WETHACZ DARIUSZ	763		CISNA	POL	M30	51	M 118	00:01:43	01:49:45	02:51:34	03:42:19	04:24:50		04:49:00.50	04:49:00.50	6:28	9.3
119	DZIRBA TOMASZ	332		NIEMCE	POL	M30	52	M 119	00:01:21	01:52:35	02:49:26	03:38:56	04:23:47		04:49:27.95	04:49:27.95	6:29	9.2
120	MENDYKA ŁUKASZ	171	KB AKTYWNI ŚRODA WLKP.	ŚRODA WLKP.	POL	M30	53	M 120	00:03:00	01:44:46	02:41:44	03:34:03	04:22:13		04:49:28.25	04:49:28.25	6:29	9.2

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
121	CHRUŚCIEL MICHAŁ	354	FARTLEK GO	GORZYCE	POL	M30	54	M 121	00:01:34	01:43:25	02:43:54	03:36:15	04:23:15		04:49:29.80	04:49:29.80	6:29	9.2
122	TROJNAR DAMIAN	661	KS JANUSZE	ŁANCUT	POL	M30	55	M 122	00:01:32	01:45:37	02:44:42	03:38:58	04:24:33		04:49:30.75	04:49:30.75	6:29	9.2
123	JABŁOŃSKI TOMASZ	307	INŻYNIERIA BIEGANIA TEAM	MARKLOWIC E	POL	M40	49	M 123	00:00:42	01:44:03	02:46:54	03:40:36	04:24:05		04:49:31.40	04:49:31.40	6:29	9.2
124	KOSIN PAWEŁ	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	KIELCE	POL	M30	56	M 124	00:01:11	01:49:03	02:46:51	03:37:15	04:24:20		04:49:32.50	04:49:32.50	6:29	9.2
125	MACHNICKI RAFAŁ	285		RYKI	POL	M30	57	M 125	00:00:45	01:44:45	02:42:32	03:35:50	04:22:39		04:50:20.85	04:50:20.85	6:30	9.2
126	JASNOWSKI MICHAŁ	675		WARSZAWA	POL	M30	58	M 126	00:01:02	01:44:38	02:43:24	03:37:42	04:24:39		04:50:31.70	04:50:31.70	6:30	9.2
127	KOWALCZYK ALEKSANDER	559		DZIAŁOSZYC E	POL	M30	59	M 127	00:03:02	01:47:44	02:47:20	03:41:28	04:26:05		04:50:38.45	04:50:38.45	6:30	9.2
128	MAJEWICZ GRZEGORZ	336		MIECHÓW	POL	M40	50	M 128	00:01:37	01:52:06	02:51:59	03:42:00	04:26:24		04:50:39.60	04:50:39.60	6:31	9.2
129	TUCZAPSKI ARTUR	721	COMBAT	RUDNA MAŁA	POL	M60	1	M 129	00:01:37	01:47:48	02:46:37	03:38:37	04:24:41		04:51:29.90	04:51:29.90	6:32	9.2
130	CZECH MATEUSZ	610	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20	9	M 130	00:01:57	01:49:40	02:47:13	03:37:24	04:23:57		04:51:30.00	04:51:30.00	6:32	9.2
131	KARUŚ WALDEMAR	720	14 DAS IM. GEN.BRYG.WACŁ AWA WIECZORKIEWIC ZA	ORŁY	POL	M40	51	M 131	00:01:49	01:50:25	02:48:49	03:40:46	04:25:58		04:51:48.10	04:51:48.10	6:32	9.2
132	PODPŁOMYK ANDRZEJ	452	SPORTCZESNA	BARGŁY	POL	M40	52	M 132	00:01:20	01:41:29	02:43:56	03:37:58	04:25:35		04:52:07.55	04:52:07.55	6:32	9.2
133	KULIBERDA TOMASZ	501	TEATR O.DE.LA	RZESZÓW	POL	M40	53	M 133	00:02:06	01:52:56	02:52:07	03:39:23	04:25:58		04:52:24.65	04:52:24.65	6:33	9.2
134	PĄNTAK SŁAWOMIR	337	21DAPLOT JAROSŁAW	BIAŁOBRZEGI	POL	M40	54	M 134	00:01:49	01:50:26	02:48:32	03:40:44	04:26:14		04:52:28.80	04:52:28.80	6:33	9.1
135	ROGAŁA GRZEGORZ	136		BOGUCHWAŁ A	POL	M40	55	M 135	00:00:54	01:41:40	02:41:00	03:32:30	04:25:09		04:53:28.90	04:53:28.90	6:34	9.1
136	KLAMUT RYSZARD	333	JABŁONICA POLSKA	JABŁONICA POLSKA	POL	M60	2	M 136	00:00:54	01:49:29	02:47:09	03:39:18	04:26:32		04:54:55.70	04:54:55.70	6:36	9.1
137	NOWACZYK IGOR	363		WARSZAWA	POL	M40	56	M 137	00:03:27	01:48:22	02:47:58	03:41:09	04:27:06		04:54:57.20	04:54:57.20	6:36	9.1
138	OLEWICZ PIOTR	540	GMINA STRZELCE OP	STRZELCE OP	POL	M40	57	M 138	00:00:41	01:43:48	02:44:04	03:41:48	04:28:15		04:54:59.35	04:54:59.35	6:36	9.1
139	JĘDZURA DANIEL	22	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	60	M 139	00:02:53	01:47:48	02:48:37	03:40:58	04:27:27		04:55:09.30	04:55:09.30	6:37	9.1
140	MIKOLAJCZYK LUKASZ	557		CZELADŹ	POL	M30	61	M 140	00:01:01	01:48:40	02:47:13	03:40:51	04:27:36		04:55:30.80	04:55:30.80	6:37	9.1
141	SIEMIĘNCZUK ROBERT	654		WARSZAWA	POL	M40	58	M 141	00:01:57	01:52:22	02:52:08	03:44:03	04:29:21		04:55:31.15	04:55:31.15	6:37	9.1
142	ŚLIWIŃSKI ANDRZEJ	421		MIECHÓW	POL	M60	3	M 142	00:01:04	01:55:00	02:55:43	03:47:44	04:31:42		04:55:50.45	04:55:50.45	6:37	9
143	GARNCARZ PAWEŁ	742		WROCŁAW	POL	M40	59	M 143	00:03:29	01:50:29	02:49:16	03:42:49	04:29:17		04:55:58.65	04:55:58.65	6:38	9
144	SZYK ARTUR	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	JAROSŁAW	POL	M40	60	M 144	00:01:36	01:44:46	02:47:16	03:41:29	04:28:14		04:56:00.50	04:56:00.50	6:38	9
145	JANIK MICHAŁ	597	POSZŁA CZOŁGIEM	WARSZAWA	POL	M40	61	M 145	00:01:04	01:38:47	02:38:31	03:38:09	04:27:24		04:56:13.50	04:56:13.50	6:38	9
146	DUDEK MICHAŁ	764		BĘDZIN		M40	62	M 146	00:02:06	01:50:22	02:51:00	03:43:41	04:29:28		04:56:24.45	04:56:24.45	6:38	9
147	JURCZAK ROMAN	200		RZESZÓW	POL	M60	4	M 147	00:00:31	01:46:02	02:47:12	03:45:47	04:31:45		04:56:47.60	04:56:47.60	6:39	9
148	SIKORA JACEK	582	WATER TEAM	WYŻNE	POL	M40	63	M 148	00:01:15	01:43:45	02:44:09	03:38:01	04:26:37		04:56:48.35	04:56:48.35	6:39	9
149	WIERZBICKI TOMASZ	353		BOGUCHWAŁ A	POL	M40	64	M 149	00:02:06	01:50:45	02:49:56	03:42:48	04:30:04		04:56:48.60	04:56:48.60	6:39	9
150	PAWLIKOWSKI BOGUSŁAW	498	DZIKIE ŻYCIE RUN TEAM	KATOWICE	POL	M50	12	M 150	00:02:17	01:43:19	02:46:12	03:45:36	04:31:02		04:56:57.50	04:56:57.50	6:39	9
151	BARAN ZBIGNIEW	208	(OB)LEŚNI BIEGACZE	KRAKÓW	POL	M30	62	M 151	00:02:27	01:54:29	02:56:56	03:45:44	04:31:34		04:57:00.50	04:57:00.50	6:39	9
152	MARCELA MARCIN	46	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40	65	M 152	00:01:07	01:50:24	02:54:16	03:45:20	04:31:01		04:57:03.20	04:57:03.20	6:39	9
153	KOCOT SEBASTIAN	159		SOSNOWIEC	POL	M40	66	M 153	00:02:17	01:45:53	02:46:13	03:46:01	04:31:44		04:57:03.75	04:57:03.75	6:39	9
154	CZAPLA ARKADIUSZ	382		BYTOM	POL	M40	67	M 154	00:01:06	01:49:12	02:54:17	03:45:26	04:31:02		04:57:05.90	04:57:05.90	6:39	9
155	DZIEWA PRZEMYSŁAW	514	SUPERIOR INDUSTRIES	BRANDWICA	POL	M40	68	M 155	00:01:58	01:55:08	02:55:26	03:48:38	04:33:37		04:57:06.70	04:57:06.70	6:39	9

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
156	KOT KRZYSZTOF	550	MPK - RZESZÓW	RZESZÓW	POL	M40	69	M 156	00:00:59	01:44:56	02:47:10	03:43:52	04:31:11		04:57:12.65	04:57:12.65	6:39	9
157	ROGAŁA KRYSZTIAN	663	MTS HAMER	MIASTKO	POL	M30	63	M 157	00:01:04	01:48:55	02:50:15	03:44:48	04:32:14		04:57:41.95	04:57:41.95	6:40	9
158	DUCKI PIOTR	762		POLKOWICE		M30	64	M 158	00:02:08	01:53:37	02:58:11	03:46:23	04:32:39		04:58:32.45	04:58:32.45	6:41	9
159	PORĘBA EUGENIUSZ	695		MIECHÓW	POL	M50	13	M 159	00:01:26	01:56:19	02:54:09	03:45:29	04:33:01		04:58:38.30	04:58:38.30	6:41	9
160	MARUKIEWICZ MAREK	628	BIEGAMDLAZDRO WIA.PL	JEŻÓW	POL	M30	65	M 160	00:02:44	01:48:34	02:51:41	03:48:53	04:33:38		04:58:39.00	04:58:39.00	6:41	9
161	CZARNECKI PIOTR	335	TARCHOŚFIRY	WARSZAWA	POL	M30	66	M 161	00:01:26	01:50:35	02:53:08	03:47:00	04:34:24		04:58:48.45	04:58:48.45	6:41	9
162	KALBARCZYK WOJCIECH	602	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	67	M 162	00:01:43	01:49:31	02:52:14	03:46:04	04:32:28		04:59:30.10	04:59:30.10	6:42	8.9
163	RECZEK SEBASTIAN	724	KS ZIELONO-CZARNI MAZOWIECKI	MIŃSK	POL	M30	68	M 163	00:02:05	01:49:21	02:48:08	03:43:44	04:35:03		04:59:30.30	04:59:30.30	6:42	8.9
164	KOWALCZYK MARIUSZ	632	WOLFPACK	ŻÓŁWIN	POL	M40	70	M 164	00:03:48	01:55:24	02:55:32	03:46:08	04:34:15		04:59:57.30	04:59:57.30	6:43	8.9
165	KONCZKOŁA KRZYSZTOF	544	STAY INSANE / PERFECT RUNNER LUBLIN	LUBLIN	POL	M30	69	M 165	00:01:25	01:53:48	03:00:02	03:51:17	04:36:47		04:59:58.35	04:59:58.35	6:43	8.9
166	PERENC MICHAŁ	110	HUSARIA RACE TEAM	JAROSŁAW	POL	M20	10	M 166	00:00:53	01:46:35	02:50:35	03:45:30	04:33:54		05:01:49.10	05:01:49.10	6:46	8.9
167	JAKUBOWSKI JAKUB	505	NASTUKOŁKI	RZESZÓW	POL	M30	70	M 167	00:01:40	01:55:37	02:59:10	03:51:14	04:36:44		05:01:56.80	05:01:56.80	6:46	8.9
168	RUTA MIKOŁAJ	687		KRAKÓW	POL	M40	71	M 168	00:01:45	01:55:39	02:55:59	03:49:31	04:37:48		05:03:03.95	05:03:03.95	6:47	8.8
169	KALTENBERG JANUSZ	192		JAROSŁAW	POL	M50	14	M 169	00:02:47	01:55:00	02:53:45	03:43:47	04:33:24		05:03:05.30	05:03:05.30	6:47	8.8
170	KRAUZE TOMASZ	621	GB WROCŁAWSKIE MORSY	WROCŁAW	POL	M50	15	M 170	00:01:52	01:59:20	03:02:04	03:53:55	04:39:00		05:04:03.25	05:04:03.25	6:49	8.8
171	CURZYDŁO BOGDAN	469	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40	72	M 171	00:01:48	01:51:00	02:54:20	03:48:24	04:37:08		05:05:07.60	05:05:07.60	6:50	8.8
172	PAJESTKA WOJCIECH	39	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	SANOK	POL	M40	73	M 172	00:01:48	01:51:12	02:48:41	03:48:26	04:37:08		05:05:07.95	05:05:07.95	6:50	8.8
173	SZYSZŁO TOMASZ	53	POZYTYWNE ZABIEGANI SANOK / RUN ENERGY CLUB	SANOK	POL	M30	71	M 173	00:01:47	01:52:08	02:51:13	03:48:24	04:37:09		05:05:07.95	05:05:07.95	6:50	8.8
174	CHORZĘPA MARIUSZ	408	TSA-SANDOMIER Z	SANDOMIERZ	POL	M40	74	M 174	00:01:55	01:50:30	02:51:15	03:46:18	04:38:32		05:05:08.80	05:05:08.80	6:50	8.8
175	KRÓLAK SEBASTIAN	594		KRAKÓW	POL	M30	72	M 175	00:02:58	01:49:13	02:51:03	03:46:27	04:35:44		05:05:11.00	05:05:11.00	6:50	8.8
176	WŁODEK MATEUSZ	184		POZNAN	POL	M30	73	M 176	00:02:49	01:56:56	02:57:19	03:51:08	04:39:26		05:05:16.55	05:05:16.55	6:50	8.8
177	MUCHA GRZEGORZ	744		CHŁOPICE	POL	M40	75	M 177	00:00:52	01:38:08	02:37:45	03:41:53	04:38:56		05:05:16.70	05:05:16.70	6:50	8.8
178	KULIGA SŁAWOMIR	650	POSMAKUJ RUN TEAM	KROSNO	POL	M30	74	M 178	00:00:55	01:39:13	02:46:21	03:44:05	04:34:23		05:05:17.45	05:05:17.45	6:50	8.8
179	NIERADA MARCIN	43		KATOWICE	POL	M30	75	M 179	00:01:04	01:44:13	02:46:06	03:42:50	04:34:33		05:05:18.30	05:05:18.30	6:50	8.8
180	NIEGOWSKI TOMASZ	580		KRAKÓW	POL	M20	11	M 180	00:02:06	01:59:21	03:05:57	03:57:10	04:40:39		05:05:19.30	05:05:19.30	6:50	8.8
181	DARCHUK OLEKSANDR	386		WĘGRZCE	POL	M40	76	M 181	00:01:06	01:47:40	02:53:10	03:48:35	04:36:57		05:05:20.60	05:05:20.60	6:50	8.8
182	PIETROŃ BŁAŻEJ	689		WARSZAWA	POL	M20	12	M 182	00:01:15	01:47:18	02:53:02	03:50:31	04:39:18		05:05:21.25	05:05:21.25	6:50	8.8
183	SADY SEBASTIAN	178		OSTROWIEC ŚWIĘTOKRZY SKI	POL	M40	77	M 183	00:02:16	01:50:48	02:52:13	03:49:14	04:39:15		05:06:23.00	05:06:23.00	6:52	8.7
184	ADAMCZAK MICHAŁ	454	BIEGAJ BEZ KOŃCA	MIELEC	POL	M30	76	M 184	00:02:29	01:52:25	02:53:29	03:49:07	04:40:47		05:06:25.75	05:06:25.75	6:52	8.7
185	KADZIK MARCIN	583	KTT	ZAKOPANE	POL	M20	13	M 185	00:03:20	01:55:09	02:57:43	03:50:44	04:37:11		05:06:26.65	05:06:26.65	6:52	8.7
186	SWOBODA JAROSŁAW	41	NIGHT RUNNERS GLIWICE	KNURÓW	POL	M40	78	M 186	00:03:12	01:55:21	02:58:26	03:53:21	04:41:44		05:06:45.90	05:06:45.90	6:52	8.7
187	BIESIEKIERSKI KRZYSZTOF	362	DRUŻYNA WILKA	OLSZTYN	POL	M40	79	M 187	00:02:57	01:49:40	02:53:37	03:47:27	03:51:16		05:07:55.15	05:07:55.15	6:54	8.7
188	MĘDRYGAŁ PIOTR	401	GJ GOPR	MYSŁOWICE	POL	M30	77	M 188	00:03:22	01:52:43	02:50:04	03:47:13	04:39:12		05:08:28.65	05:08:28.65	6:54	8.7
189	SZYMAŁA MARCIN	223	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	M40	80	M 189	00:00:54	01:44:21	02:46:08	03:50:44	04:40:56		05:08:30.60	05:08:30.60	6:55	8.7

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
190	BRZozowski ŁUKASZ	315	STEFAN TEAM	STALOWA WOLA	POL	M30	78	M 190	00:01:48	01:51:47	02:55:16	03:53:09	04:40:44		05:08:35.65	05:08:35.65	6:55	8.7
191	SULEWSKI MACIEJ	448		OSTROŁĘKA	POL	M40	81	M 191	00:02:04	01:54:02	02:54:48	03:50:24	04:40:09		05:08:57.90	05:08:57.90	6:55	8.7
192	PELA DARIUSZ	535	TMT TORUŃ	TORUŃ	POL	M30	79	M 192	00:01:04	01:49:41	02:50:19	03:51:03	04:40:36		05:10:30.50	05:10:30.50	6:57	8.6
193	SIENKIEL DOMINIK	607		WĘGRZCE	POL	M20	14	M 193	00:01:44	01:55:05	03:05:26	03:59:12	04:43:20		05:10:34.00	05:10:34.00	6:57	8.6
194	DZIERŁĘGA PIOTR	255	PILZNO	PILZNO	POL	M30	80	M 194	00:02:40	01:46:52	02:51:15	03:48:48	04:40:06		05:10:35.30	05:10:35.30	6:57	8.6
195	GRZYWACZ WOJCIECH	447	FARTLEK GO	GORZYCE	POL	M50	16	M 195	00:01:37	01:52:49	02:59:21	03:54:03	04:42:05		05:10:37.55	05:10:37.55	6:57	8.6
196	PRÜFER PAWEŁ	422		KOSIECZYN	POL	M40	82	M 196	00:02:45	01:51:48	02:51:28	03:47:03	04:38:58		05:10:40.50	05:10:40.50	6:57	8.6
197	ŁĘCKI PIOTR	32	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	81	M 197	00:02:54	01:54:20	02:55:41	03:53:21	04:41:44		05:11:17.10	05:11:17.10	6:58	8.6
198	WISZ PIOTR	261		RZESZÓW	POL	M20	15	M 198	00:03:00	01:55:50	03:04:35	04:00:26	04:45:03		05:11:19.00	05:11:19.00	6:58	8.6
199	PASTUŁA ŁUKASZ	10		KOLBUSZOWA	POL	M30	82	M 199	00:00:55	01:44:27	02:47:15	03:45:50	04:42:04		05:11:19.05	05:11:19.05	6:58	8.6
200	PIWOŃSKI ADAM	405		GÓRA KALWARIA	POL	M30	83	M 200	00:02:29	01:54:26	02:56:58	03:53:10	04:42:21		05:11:19.35	05:11:19.35	6:58	8.6
201	KUKUCZKA DOMINIK	622	KUKUCZKA	JAWORZYNKA	POL	M20	16	M 201		01:50:24	04:40:43				05:11:19.35	05:11:19.35	6:58	8.6
202	MISKÓW MARCIN	308		ŻORY	POL	M30	84	M 202	00:01:29	01:54:52	02:59:06	03:57:14	04:43:30		05:11:23.35	05:11:23.35	6:58	8.6
203	DOMINIK MARIUSZ	248		BIŁGORAJ	POL	M40	83	M 203	00:01:27	01:54:54	02:57:21	03:57:43	04:44:13		05:11:29.30	05:11:29.30	6:59	8.6
204	KIRILENKO MARCIN	481		MARKI	POL	M40	84	M 204	00:00:49	01:48:20	02:54:23	03:55:36	04:43:34		05:11:39.60	05:11:39.60	6:59	8.6
205	KOŚCIAK JAN	210	DZIKIE MUSTANGI	PASZCZYNA	POL	M40	85	M 205	00:01:44	01:55:19	03:01:26	03:56:49	04:44:07		05:11:40.80	05:11:40.80	6:59	8.6
206	WITEK KAMIL	558	HUSARIA RACE TEAM	FALMIROWICE	POL	M20	17	M 206	00:01:44	01:55:17	03:01:29	03:56:52	04:44:12		05:11:42.50	05:11:42.50	6:59	8.6
207	DEMBNY TOMASZ	718		TARCZYN	POL	M40	86	M 207	00:00:54	01:43:10	02:58:42	03:56:22	04:45:48		05:11:43.70	05:11:43.70	6:59	8.6
208	BURBLIS ŁUKASZ	539	BIEGING TEAM ZELÓW	ŁASK	POL	M30	85	M 208	00:02:13	01:50:46	02:54:11	03:50:23	04:40:39		05:12:29.60	05:12:29.60	7:00	8.6
209	KONOPKA BARTOSZ	682	TRÓJKA/ZWIEDZA NIE PRZEZ BIEGANIE	KRAKÓW	POL	M40	87	M 209	00:00:50	01:50:30	02:55:12	03:56:36	04:43:52		05:12:53.10	05:12:53.10	7:00	8.6
210	BŁAJSZCZAK KAROL	395	TSA	SANDOMIERZ	POL	M40	88	M 210	00:01:55	01:53:03	02:55:22	03:50:51	04:43:49		05:13:17.75	05:13:17.75	7:01	8.5
211	STEFANIAK MACIEJ	690	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M30	86	M 211	00:01:14	02:01:40	03:11:57	04:04:57	04:49:20		05:14:00.85	05:14:00.85	7:02	8.5
212	DALKA PAWEŁ	391	BIEGNE, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M40	89	M 212	00:01:37	01:51:15	02:54:51	03:53:50	04:45:44		05:14:32.45	05:14:32.45	7:03	8.5
213	FALKOWSKI PIOTR	777	KS PEGAZ PIASECZNO	BRAK DANYCH	POL	M50	17	M 213	00:02:30	01:55:58	03:01:22	03:59:30	04:48:12		05:14:54.25	05:14:54.25	7:03	8.5
214	SZMUC JACEK	177		MYSZKÓW	POL	M40	90	M 214	00:01:20	01:52:03	02:59:26	03:59:49	04:47:55		05:14:54.95	05:14:54.95	7:03	8.5
215	FORJASZ PRZEMYSŁAW	97		RZESZÓW	POL	M30	87	M 215	00:01:10	01:52:54	03:11:12	04:03:55	04:49:29		05:15:03.65	05:15:03.65	7:03	8.5
216	MAJCHROWSKI JACEK	87	CKB TARNOBREZEG	TARNOBREZEG	POL	M40	91	M 216	00:00:58	01:51:48	02:55:53	03:57:50	04:47:58		05:15:06.90	05:15:06.90	7:03	8.5
217	BUSZ JACEK	146		RZESZOW	POL	M30	88	M 217	00:01:14	01:51:46	02:53:22	03:50:43	04:45:46		05:15:45.35	05:15:45.35	7:04	8.5
218	KOCHANIEC WALDEMAR	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	GŁOGÓW MAŁOPOLSKI	POL	M40	92	M 218	00:03:14	01:57:09	03:03:46	04:02:41	04:50:36		05:16:22.40	05:16:22.40	7:05	8.5
219	MIROŚLAW ALBERT	442	WW TEAM	LUBLIN	POL	M40	93	M 219	00:02:54	01:59:15	03:01:15	04:03:25	04:50:32		05:17:16.00	05:17:16.00	7:06	8.4
220	PARWA MICHAŁ	83	@BIEGIEMNAROWER	DZIEKANOWICE	POL	M30	89	M 220	00:00:50	01:51:05	03:00:57	04:02:07	04:50:58		05:17:17.00	05:17:17.00	7:06	8.4
221	KŁOSOK ADAM	13	INŻYNIERIA BIEGANIA	MARKLOWICE	POL	M40	94	M 221	00:00:46	01:52:46	03:09:00	04:07:57	04:51:29		05:17:18.45	05:17:18.45	7:06	8.4
222	GIERULA PIOTR	137	GREINPLAST RZESZÓW	RZESZÓW	POL	M30	90	M 222	00:01:12	01:54:54	03:11:21	04:03:54	04:50:29		05:17:19.60	05:17:19.60	7:06	8.4
223	NIEDZIELA MARCIN	292	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40	95	M 223	00:01:06	01:58:34	03:02:29	04:01:05	04:50:29		05:18:02.40	05:18:02.40	7:07	8.4
224	JAMA RAFAŁ	525	WATER TEAM	TRZEBOWNISKO	POL	M40	96	M 224	00:01:16	01:52:49	02:55:46	03:58:44	04:49:37		05:18:13.00	05:18:13.00	7:08	8.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
225	BERNAŚ DARIUSZ	569	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40	97	M 225	00:01:25	01:54:58	02:59:14	03:59:48	04:50:28		05:18:59.85	05:18:59.85	7:09	8.4
226	DUDEK ŁUKASZ	392		RZESZÓW	POL	M30	91	M 226	00:02:07	01:55:01	03:02:48	04:03:59	04:52:42		05:19:10.20	05:19:10.20	7:09	8.4
227	BUTRYN WOJCIECH	272		KRAKÓW	POL	M40	98	M 227	00:01:00	01:55:50	03:02:12	04:02:05	04:50:42		05:19:11.40	05:19:11.40	7:09	8.4
228	LIK MAREK	161	CHEŁM BIEGA	CHEŁM	POL	M50	18	M 228	00:01:16	01:55:39	02:59:47	04:03:10	04:52:34		05:19:32.25	05:19:32.25	7:09	8.4
229	STEMPKOWICZ JACEK	325		GORLICE	POL	M40	99	M 229	00:01:55	01:45:37	02:54:43	03:56:12	04:48:52		05:19:55.05	05:19:55.05	7:10	8.4
230	AMBROZIAK RAFAŁ	347	KONIUCHY OCR	KUTNO	POL	M40	100	M 230	00:01:39	01:57:05	03:02:29	03:58:20	04:50:29		05:19:58.20	05:19:58.20	7:10	8.4
231	KIERNICKI ŁUKASZ	140	FUN&RUN	CZUDEC	POL	M30	92	M 231	00:03:22	01:58:20	03:03:12	04:03:20	04:52:36		05:20:00.50	05:20:00.50	7:10	8.4
232	KRZAK SZYMON	728	BIS AGH	CIESZYN	POL	M20	18	M 232	00:02:55	01:51:18	02:58:06	04:06:33	04:52:42		05:20:02.15	05:20:02.15	7:10	8.4
233	DRAUS BORYS	398		KRASNE	POL	M30	93	M 233	00:01:42	01:59:21	03:09:45	04:02:30	04:51:32		05:20:02.95	05:20:02.95	7:10	8.4
234	JAKUBAS PAWEŁ	370	WPJ TEAM	WARSZAWA	POL	M40	101	M 234	00:01:14	01:54:49	03:01:40	03:59:51	04:52:38		05:20:30.65	05:20:30.65	7:11	8.3
235	CISZYŃSKI MAREK	42	START KATOWICE	KATOWICE	POL	M50	19	M 235	00:03:12	02:03:51	03:12:25	04:05:48	04:54:11		05:20:57.50	05:20:57.50	7:11	8.3
236	ZIMAK SEBASTIAN	124	SANOK RUBBER RUNNING	POŚADA ZARZYŃSKA	POL	M30	94	M 236	00:01:39	01:53:06	03:00:43	04:02:09	04:52:24		05:21:33.45	05:21:33.45	7:12	8.3
237	JAROSZ JARZEWSKI MATEUSZ	320		WARSZAWA	POL	M30	95	M 237	00:02:05	01:52:27	02:58:14	03:55:08	04:50:40		05:22:23.40	05:22:23.40	7:13	8.3
238	SERAFIN ROBERT	660		GRYBÓW	POL	M40	102	M 238	00:03:12	02:00:56	03:03:31	04:00:02	04:53:27		05:23:34.40	05:23:34.40	7:15	8.3
239	PACHO SYLWESTER	708		GRYBÓW	POL	M40	103	M 239	00:02:02	01:59:42	03:08:32	04:02:23	04:53:28		05:23:34.50	05:23:34.50	7:15	8.3
240	TYMOSZUK MICHAŁ	691	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40	104	M 240	00:03:08	02:01:24	03:09:59	04:09:40	04:57:20		05:23:36.35	05:23:36.35	7:15	8.3
241	ŁUKASIAK ADAM	152	ADAM ŁUKASIAK	WARSZAWA	POL	M30	96	M 241	00:01:31	01:52:36	03:05:31	04:08:31	04:55:15		05:23:37.65	05:23:37.65	7:15	8.3
242	SOBIECH MARCIN	373	GO GARWOLIN:D	GARWOLIN	POL	M30	97	M 242	00:02:49	01:54:36	03:02:49	04:03:29	04:53:09		05:25:29.25	05:25:29.25	7:17	8.2
243	KOCZUR JAKUB	429	NOWA HUTA TEAM	KRAKÓW	POL	M30	98	M 243	00:02:29	01:54:39	03:00:32	04:04:19	04:55:01		05:26:18.30	05:26:18.30	7:18	8.2
244	KARAŚ ŁUKASZ	725	EKIPA Z TARNOWA	TARNÓW	POL	M30	99	M 244	00:03:07	01:55:02	03:04:11	04:02:26	04:56:06		05:26:31.85	05:26:31.85	7:19	8.2
245	SUMARA WOJCIECH	357	NIEZRZESZONY	BRZESKO	POL	M40	105	M 245			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	7:19	8.2
246	CISKI PIOTR	170		WARSZAWA	POL	M40	106	M 246	00:02:20	01:54:51	03:03:55	04:03:51	04:57:20		05:26:35.70	05:26:35.70	7:19	8.2
247	WOŹNIAK ŁUKASZ	379	PORANNY PATROL	KRAKÓW	POL	M30	100	M 247	00:03:14	01:58:04	03:09:38	04:07:04	04:56:36		05:26:37.05	05:26:37.05	7:19	8.2
248	GRANDA PAWEŁ	412	12 DAPLOT JAROSŁAW	ZARZECZE	POL	M30	101	M 248	00:01:49	01:55:54	03:05:42	04:05:42	04:57:28		05:26:39.80	05:26:39.80	7:19	8.2
249	TUROSZ ZBIGNIEW	147		LEŻAJSK	POL	M60	5	M 249	00:01:22	01:55:22	03:02:51	04:01:18	04:54:30		05:26:40.40	05:26:40.40	7:19	8.2
250	JEDLIŃSKI BARTOSZ	60	MARATOŃCZYK DĘBICA	BRZEŃNICA	POL	M40	107	M 250	00:00:36	01:56:07	03:07:56	04:05:32	04:56:36		05:27:22.90	05:27:22.90	7:20	8.2
251	SUWEZDA JACEK	380		CZĘSTOCHO WA	POL	M50	20	M 251	00:02:30	01:57:39	03:05:50	04:04:31	04:56:06		05:27:28.80	05:27:28.80	7:20	8.2
252	KOSMĘDA PIOTR MICHAŁ	195		WARSZAWA	POL	M40	108	M 252	00:01:02	02:00:23	03:14:38	04:13:34	05:02:36		05:27:30.90	05:27:30.90	7:20	8.2
253	ADAMCZYK JAN	692	GORLIICKA GRUPA BIEGOWA	GORLICE	POL	M60	6	M 253	00:02:00	01:55:06	03:01:56	04:03:46	04:57:23		05:28:37.00	05:28:37.00	7:22	8.1
254	BAŁCHAN KRZYSZTOF	77	CPR RZESZÓW	CZUDEC	POL	M30	102	M 254	00:01:40	01:47:47	02:53:43	03:55:30	04:54:05		05:28:38.80	05:28:38.80	7:22	8.1
255	STRZAŁKA DOMINIK	608		BRZEŃNICA	POL	M30	103	M 255	00:01:44	01:55:45	03:06:09	04:04:40	04:56:07		05:28:43.30	05:28:43.30	7:22	8.1
256	SKRZYPEK MATEUSZ	606		BRZEŃNICA	POL	M20	19	M 256	00:01:44	01:56:36	03:06:19	04:03:18	04:56:08		05:28:43.45	05:28:43.45	7:22	8.1
257	POREMBSKI LESZEK	183		WARSZAWA	POL	M50	21	M 257	00:03:14	02:01:32	03:10:35	04:12:13	05:00:24		05:29:10.05	05:29:10.05	7:22	8.1
258	HAJDO ROBERT	319		BRZESKO	POL	M40	109	M 258	00:02:32	02:00:05	03:04:37	04:08:52	04:59:39		05:29:15.55	05:29:15.55	7:22	8.1
259	OSZCZĘDA KRZYSZTOF	443	ZARAZIĆ PASJĄ	ŻORY	POL	M40	110	M 259	00:01:34	02:01:18	03:08:18	04:10:09	05:00:36		05:29:16.95	05:29:16.95	7:22	8.1
260	LUTEREK MICHAŁ	688		WARSZAWA	POL	M30	104	M 260	00:03:38	02:00:06	03:12:34	04:07:45	04:58:57		05:29:33.50	05:29:33.50	7:23	8.1
261	KOZŁOWSKI TOMASZ	197	PIASECZNO RUNNING	KONSTANCIN JEZIORNA	POL	M60	7	M 261	00:02:33	02:04:32	03:13:06	04:11:52	05:01:58		05:31:12.25	05:31:12.25	7:25	8.1
262	GOŹDZIENIAK SOBIEŚLAW	229	KW KOTŁOWNIA	LUBLIN	POL	M30	105	M 262	00:01:03	01:53:12	03:03:19	04:07:11	04:59:14		05:31:14.70	05:31:14.70	7:25	8.1
263	ANDRZEJEWSKI PIOTR	624	RRT	WARSZAWA	POL	M30	106	M 263	00:03:25	01:59:55	03:06:06	04:04:29	05:00:11		05:31:15.80	05:31:15.80	7:25	8.1
264	ZIÓŁKOWSKI KRZYSZTOF	402	JA I ONA	GRUDZIĄDZ	POL	M30	107	M 264	00:03:29	02:04:19	03:12:15	04:10:08	05:01:56		05:31:16.70	05:31:16.70	7:25	8.1
265	LEŚNIAK DARIUSZ	11		SZCZECIN	POL	M50	22	M 265	00:00:46	01:56:34	03:09:02	04:11:46	05:02:30		05:31:45.40	05:31:45.40	7:26	8.1
266	STĘPIEŃ WOJCIECH	74	JM RUNNING TEAM	GLIWICE	POL	M40	111	M 266	00:03:19	02:02:22	03:12:43	04:14:37	05:03:55		05:31:52.15	05:31:52.15	7:26	8.1
267	IDZIOR TOMASZ	424		BRZEZINY	POL	M20	20	M 267	00:01:08	01:55:00	03:05:59	04:11:35	05:02:00		05:32:01.85	05:32:01.85	7:26	8.1
268	ROJEK MACIEJ	693		KRAKÓW	POL	M30	108	M 268	00:01:08	01:55:00	03:05:58	04:11:31	05:02:01		05:32:02.80	05:32:02.80	7:26	8.1

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
269	DADAŚ JANUSZ	27	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	112	M 269	00:02:58	02:03:00	03:16:54	04:18:09	05:04:48		05:32:09.10	05:32:09.10	7:26	8.1
270	BERNAŚ DARIUSZ	82	BSCZADY	WETLINA	POL	M30	109	M 270	00:01:32	02:02:16	03:12:04	04:11:49	05:04:13		05:33:48.80	05:33:48.80	7:29	8
271	CICHORACKI PATRYK	230	NIGHT RUNNERS	GRUDZIĄDZ	POL	M30	110	M 271	00:02:41	01:56:01	03:03:03	04:08:44	05:02:08		05:33:52.75	05:33:52.75	7:29	8
272	DUKATA GRZEGORZ	697	MGW	CHUDÓW	POL	M40	113	M 272	00:01:01	02:06:51	03:19:42	04:19:40	05:06:56		05:34:36.15	05:34:36.15	7:30	8
273	BĘBEN ROBERT	613	OSTROBIEC	OSTROWIEC SWIETOKRZY SKI	POL	M40	114	M 273	00:01:35	02:07:16	03:19:07	04:19:10	05:06:10		05:34:41.45	05:34:41.45	7:30	8
274	JAKUSZEWSKI PAWEŁ	323		JAROSŁAW	POL	M30	111	M 274	00:02:39	02:04:55	03:11:54	04:13:42	05:06:36		05:36:17.40	05:36:17.40	7:32	8
275	ZAJĄC WOJCIECH	617	DŁUGOUCZY	USTRZYKI DOLNE	POL	M30	112	M 275	00:02:22	02:03:09	03:19:11	04:17:27	05:07:40		05:36:28.75	05:36:28.75	7:32	8
276	WRÓBEL STANISŁAW	518	AZS UMED ŁÓDŹ - RUNNING TEAM	CZARNKÓW	POL	M20	21	M 276	00:03:00	01:55:38	03:05:58	04:15:27	05:07:17		05:36:34.25	05:36:34.25	7:32	8
277	KRÓL KONRAD	306		STARY SĄCZ	POL	M20	22	M 277	00:03:00	01:55:39	03:06:00	04:15:28	05:07:17		05:36:54.75	05:36:54.75	7:33	7.9
278	GÓRALCZYK STANISŁAW	750	BUNGEE JUMPING 'MARIO'	HAJNÓWKA	POL	M50	23	M 278	00:02:27	02:00:25	03:16:16	04:21:02	05:10:15		05:37:51.30	05:37:51.30	7:34	7.9
279	JANOWSKI BOGDAN	768		WARSZAWA		M50	24	M 279	00:02:27	01:57:49	03:06:42	04:12:47	05:04:29		05:38:18.20	05:38:18.20	7:35	7.9
280	BERDYCHOWSKI KRZYSZTOF	765	FESTIWAL BIEGOWY	WARSZAWA		M50	25	M 280	00:02:29	01:57:55	03:06:41	04:12:43	05:05:11		05:38:18.30	05:38:18.30	7:35	7.9
281	KUŚ SŁAWOMIR	369		CZUDEK	POL	M30	113	M 281	00:01:13	01:52:06	03:08:40	04:13:56	05:06:15		05:38:19.10	05:38:19.10	7:35	7.9
282	NOWAKOWSKI WIESŁAW	425	-	PRZEMYŚL	POL	M60	8	M 282	00:02:48	02:01:06	03:10:04	04:12:18	05:06:37		05:38:20.70	05:38:20.70	7:35	7.9
283	GWIZDAK BARTOSZ	652	PIJEBIMBERNONS TOP	BOGUCHWAŁ A	POL	M30	114	M 283	00:01:15	01:56:32	03:08:39	04:13:55	05:07:43		05:38:24.35	05:38:24.35	7:35	7.9
284	BARADZIEJ BARTŁOMIEJ	515	TERMINAL LOGISTYCZNY PROMONT	TYCHY	POL	M30	115	M 284	00:01:06	01:57:44	03:07:30	04:13:00	05:08:41		05:40:42.40	05:40:42.40	7:38	7.9
285	BLACHA JAROSŁAW	517		BIŁGORAJ	POL	M30	116	M 285	00:01:27	02:00:21	03:09:58	04:12:14	05:08:07		05:40:54.15	05:40:54.15	7:38	7.8
286	ZWOLAK GRZEGORZ	328		JAROSŁAW	POL	M30	117	M 286	00:02:39	02:04:40	03:16:36	04:20:10	05:10:31		05:41:32.85	05:41:32.85	7:39	7.8
287	PIEKARSKI WOJCIEC	221	RAP AUGUSTÓW	AUGUSTÓW	POL	M40	115	M 287	00:02:25	02:05:33	03:17:49	04:22:01	05:11:36		05:41:41.25	05:41:41.25	7:39	7.8
288	BIEL ŁUKASZ	376		WARSAW	POL	M30	118	M 288	00:02:46	02:07:18	03:27:21	04:24:12	05:13:09		05:41:41.40	05:41:41.40	7:39	7.8
289	DUDZIŃSKI PIOTR	355		RZESZÓW	POL	M30	119	M 289	00:01:12	01:54:54	03:11:42	04:21:08	05:11:17		05:41:43.15	05:41:43.15	7:39	7.8
290	KARKUT MICHAŁ	162	FUN&RUN	ZABORÓW	POL	M30	120	M 290	00:02:38	01:58:55	03:11:38	04:21:07	05:11:20		05:41:43.90	05:41:43.90	7:39	7.8
291	WAWRZAK RYSZARD	48	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	116	M 291	00:03:08	02:03:46	03:16:56	04:18:34	05:11:19		05:41:55.60	05:41:55.60	7:39	7.8
292	FRĄC DARIUSZ	37	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	117	M 292	00:03:08	02:03:42	03:16:45	04:20:05	05:12:24		05:41:55.80	05:41:55.80	7:39	7.8
293	BOROWSKI IGOR	431	MAKONDO TEAM	ZAMOŚĆ	POL	M30	121	M 293	00:01:13	01:57:29	03:10:24	04:16:52	05:12:06		05:43:00.70	05:43:00.70	7:41	7.8
294	PAWELEC PIOTR	612		JASŁO	POL	M50	26	M 294	00:02:34	01:58:25	03:17:36	04:25:56	05:16:02		05:43:02.45	05:43:02.45	7:41	7.8
295	PARCHOMIUK ANDRZEJ	138	NIEZRZESZONY	WARSZAWA	POL	M50	27	M 295	00:02:23	02:07:25	03:16:17		05:07:41		05:43:54.90	05:43:54.90	7:42	7.8
296	KOZIEŁ TADEUSZ	450	SZCZĘŚCIARZ BIEGA	RZESZÓW	POL	M20	23	M 296	00:01:10	01:55:03	03:11:48	04:18:30	05:13:03		05:44:35.10	05:44:35.10	7:43	7.8
297	NOWICKI ARTUR	435	SPORTCZESNA	BARGŁY	POL	M50	28	M 297	00:01:20	01:56:47	03:16:04	04:24:07	05:16:00		05:44:35.10	05:44:35.10	7:43	7.8
298	BARANOWSKI KRZYSZTOF	351	KUTNO BIEGA	KUTNO	POL	M50	29	M 298	00:01:39	02:03:21	03:17:48	04:23:56	05:15:44		05:44:41.50	05:44:41.50	7:43	7.8
299	STODULSKI KRZYSZTOF	348	KUTNO BIEGA	KRZYŻANÓW	POL	M40	118	M 299	00:01:40	02:03:23	03:17:46	04:25:46	05:15:45		05:44:41.80	05:44:41.80	7:43	7.8
300	RÓŻYCKI RYSZARD	772		ZAGÓRZ		M60	9	M 300	00:02:35	02:06:32	03:15:36	04:22:15	05:15:37		05:44:43.15	05:44:43.15	7:43	7.8
301	JĘDRZEJCZYK TOMASZ	512	CHYBA NIE DAM RADY	KRAKÓW	POL	M40	119	M 301	00:02:07	02:04:50	03:18:41	04:22:08	05:13:16		05:44:45.00	05:44:45.00	7:43	7.8
302	AMBICKI MIŁOSZ	635	WKURW_TEAM	RZESZÓW	POL	M30	122	M 302	00:02:31	02:04:22	03:21:07	04:25:54	05:16:41		05:45:16.70	05:45:16.70	7:44	7.8
303	TOKARZ MARCIN	434		LIBERTÓW	POL	M40	120	M 303	00:00:53	02:04:31	03:22:38	04:23:28	05:13:07		05:45:25.40	05:45:25.40	7:44	7.7
304	MAJTYKA TOMASZ	167	LOS TREPOS COMPANIEROS	KRAKÓW	POL	M40	121	M 304	00:02:37	02:06:09	03:18:45	04:26:16	05:17:18		05:45:28.65	05:45:28.65	7:44	7.7
305	GLÓWKA ALFRED	634	KARCZMA U FREDA	KĘDZIERZYN- KOZŁE	POL	M50	30	M 305	00:01:27	01:58:46	03:16:14	04:23:36	05:14:29		05:46:12.35	05:46:12.35	7:45	7.7
306	RYCERSKI RAFAŁ	678		CZAPLINEK	POL	M30	123	M 306	00:01:36	02:04:29	03:20:56	04:28:03	05:17:32		05:46:36.80	05:46:36.80	7:46	7.7
307	GWIZDŹ GRZEGORZ	590		RZESZÓW	POL	M30	124	M 307	00:01:10	01:52:54	03:11:20	04:21:08	05:14:32		05:46:39.85	05:46:39.85	7:46	7.7
308	KRĘŻAŁEK MARCIN	497		WIETRZNO	POL	M20	24	M 308	00:01:18	01:52:21	03:03:03	04:15:31	05:14:43		05:46:42.00	05:46:42.00	7:46	7.7
309	SOBCZAK HENRYK	523	S.H.T I UKS GIMPEL NOWY TARG	NOWY TARG	POL	M30	125	M 309	00:00:30	02:04:36	03:25:37	04:31:22	05:21:54		05:46:45.55	05:46:45.55	7:46	7.7

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
310	ZNAMIEC MARCIN	563	IPA PAŁAC MOSTOWSKICH KSP	WARSZAWA	POL	M20	25	M 310	00:03:36	02:08:48	03:23:26	04:27:12	05:18:57		05:47:15.60	05:47:15.60	7:47	7.7
311	DYSZKIEWICZ TOMASZ	436	KUTNO BIEGA	KUTNO	POL	M30	126	M 311	00:01:41	02:03:23	03:17:47	04:24:06	05:15:50		05:47:53.00	05:47:53.00	7:48	7.7
312	BEŁKOT ARKADIUSZ	703		ŚWIĘTOCHŁO WICE	POL	M40	122	M 312	00:01:46	02:03:43	03:17:33	04:21:11	05:13:07		05:48:04.25	05:48:04.25	7:48	7.7
313	PATRYK JACEK	527		ŚWIĘTOCHŁO WICE	POL	M40	123	M 313	00:01:46	02:03:47	03:17:35	04:21:13	05:13:08		05:48:04.55	05:48:04.55	7:48	7.7
314	ŻMUDZIEJEWSKI JAKUB	587	WM TRISELF	KRAKÓW	POL	M30	127	M 314	00:03:01	02:00:34	03:11:23	04:20:57	05:12:54		05:48:14.00	05:48:14.00	7:48	7.7
315	PARTYKA MICHAŁ	30		RZESZÓW	POL	M30	128	M 315	00:03:01	02:00:34	03:11:25	04:20:57	05:12:55		05:48:14.10	05:48:14.10	7:48	7.7
316	MISZOGRAJ TOMASZ	480		WARSZAWA	POL	M30	129	M 316	00:03:01	02:00:33	03:11:24	04:20:55	05:12:53		05:48:14.15	05:48:14.15	7:48	7.7
317	KAJA ROBERT	466	WIELUŃ BIEGA	WIELUŃ	POL	M50	31	M 317	00:02:03	02:01:16	03:16:08	04:20:37	05:16:13		05:48:20.60	05:48:20.60	7:48	7.7
318	OZANA BARTOSZ	489	NIGHT RUNNERS	POZNAŃ	POL	M20	26	M 318	00:03:00	02:07:57	03:18:40	04:23:29	05:14:34		05:48:31.25	05:48:31.25	7:48	7.7
319	WRÓBEL DARIUSZ	287	TEAM ZABIEGANEDNI	WARSZAWA	POL	M40	124	M 319	00:02:01	02:05:26	03:25:16	04:27:34	05:18:35		05:48:32.65	05:48:32.65	7:48	7.7
320	GRUCA RYSZARD	707		GRYBÓW	POL	M50	32	M 320	00:02:03	01:59:43	03:08:34	04:25:59	05:18:19		05:48:34.40	05:48:34.40	7:48	7.7
321	BIEL TOMASZ	552		KATOWICE	POL	M40	125	M 321	00:02:45	02:07:18	03:27:20	04:27:12	05:19:49		05:48:34.95	05:48:34.95	7:48	7.7
322	RYGLEWICZ TOMASZ	427	NIGHT RUNNERS	JEDLICZE	POL	M30	130	M 322	00:01:57	02:02:46	03:15:44	04:23:39	05:18:11		05:50:48.25	05:50:48.25	7:51	7.6
323	STOPA MARCIN	571	WWW.RUNRZESZ OW.PL	RZESZÓW	POL	M40	126	M 323	00:02:08	01:54:40	03:05:51	04:19:23	05:16:53		05:51:03.70	05:51:03.70	7:52	7.6
324	ZAKRZEWSKI MAREK	683	EKOBIEGI	WARSZAWA	POL	M40	127	M 324	00:01:25	02:05:14	03:15:57	04:20:52	05:17:55		05:51:04.95	05:51:04.95	7:52	7.6
325	JANICKI TOMASZ	222	21DAPLOT	JAROSŁAW	POL	M30	131	M 325	00:02:31	02:06:34	03:19:22	04:25:03	05:18:15		05:51:05.85	05:51:05.85	7:52	7.6
326	PILECKI ADAM	680	STALOWE DZIKI	STALOWA WOLA	POL	M20	27	M 326	00:01:38	01:59:54	03:12:40	04:25:02	05:18:16		05:51:09.70	05:51:09.70	7:52	7.6
327	SĄDEJ MARCIN	89	STALOWE DZIKI	STALOWA WOLA	POL	M30	132	M 327	00:01:39	01:59:51	03:12:42	04:25:02	05:18:17		05:51:09.80	05:51:09.80	7:52	7.6
328	DZIUMAK JAKUB	487		WARSZAWA	POL	M20	28	M 328	00:01:35	02:05:37	03:19:48	04:24:45	05:22:36		05:51:13.50	05:51:13.50	7:52	7.6
329	TOKARSKI RAFAŁ	626		KRAKÓW	POL	M40	128	M 329	00:02:18	01:58:24	03:14:23	04:23:42	05:18:01		05:52:37.45	05:52:37.45	7:54	7.6
330	PAŚNIK PAWEŁ	598	AKB CRACOVIA	WARSZAWA	POL	M40	129	M 330	00:03:09	02:05:20	03:20:25	04:27:50	05:21:10		05:53:07.00	05:53:07.00	7:55	7.6
331	DOMAGAŁA JERZY	294		RZESZÓW	POL	M50	33	M 331	00:03:23	02:11:33	03:23:58	04:26:04	05:22:29		05:54:41.50	05:54:41.50	7:57	7.5
332	KOBYLIŃSKI MARIUSZ	79	SST LUBCZA	WOLA ZGŁOBIEŃSK A	POL	M30	133	M 332	00:01:39	01:59:59	03:12:54	04:25:01	05:21:30		05:56:12.15	05:56:12.15	7:59	7.5
333	KOPEĆ RAFAŁ	759		KRAKÓW		M20	29	M 333	00:01:30	02:02:46	03:20:32	04:24:42	05:24:31		05:56:13.40	05:56:13.40	7:59	7.5
334	SZACHEWICZ SŁAWOMIR	554	JEŻOZWIERZE GROUP	WROCŁAW	POL	M40	130	M 334	00:02:59	02:05:16	03:19:14	04:30:28	05:24:28		05:56:14.20	05:56:14.20	7:59	7.5
335	MĄCZKA BRONISŁAW	767		GLIWICE		M60	10	M 335	00:02:43	02:06:06	03:21:10	04:30:21	05:24:45		05:56:17.65	05:56:17.65	7:59	7.5
336	FRĄCZEK MACIEJ	726		PIASECZNO	POL	M40	131	M 336		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	7:59	7.5
337	SKOWRON RADOSŁAW	364		BALICE	POL	M40	132	M 337	00:05:01	02:16:40	03:29:48	04:35:16	05:27:56		05:56:29.30	05:56:29.30	7:59	7.5
338	BARAN BERNARD	665	OCR TEAM DĘBICA	DĘBICA	POL	M40	133	M 338	00:02:14	02:13:06	03:28:23	04:34:25	05:26:13		05:56:33.85	05:56:33.85	7:59	7.5
339	ZIELONKA MARIUSZ	245		POZNAŃ	POL	M40	134	M 339	00:03:19	02:15:16	03:26:34	04:32:02	05:26:52		05:57:26.95	05:57:26.95	8:00	7.5
340	CHYŁAK JAKUB	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	NOWY TOMYŚL	POL	M20	30	M 340	00:03:11	02:08:04	03:27:18	04:30:51	05:26:24		05:57:28.30	05:57:28.30	8:00	7.5
341	WÓJCIK JULIAN	233	SZWLA STARGARD	STARGARD	POL	M60	11	M 341	00:01:50	02:13:36	03:28:05	04:31:10	05:27:28		05:57:28.30	05:57:28.30	8:00	7.5
342	MYGA MICHAŁ	310	HEARTLESS	KATOWICE	POL	M30	134	M 342	00:03:22	02:11:51	03:22:34	04:36:18	05:28:49		05:57:29.40	05:57:29.40	8:00	7.5
343	PIĄTEK RAFAŁ	123	BEFIT24TEAM	KRAKÓW	POL	M30	135	M 343	00:02:36	02:01:27	03:17:30	04:27:02	05:26:46		05:57:30.80	05:57:30.80	8:00	7.5
344	BEDRYJ MATEUSZ	604	42 DO SZCZĘŚCIA	MEŁNO	POL	M20	31	M 344	00:02:21	02:06:39	03:24:00	04:31:53	05:25:59		05:58:23.65	05:58:23.65	8:02	7.5
345	FLOREK MICHAŁ	735	JW 6968	KRAKÓW	POL	M30	136	M 345	00:02:42	02:20:47	03:35:09	04:35:28	05:26:44		05:58:26.20	05:58:26.20	8:02	7.5
346	WYSOKIŃSKI JERZY	753	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	BIAŁA PODLASKA	POL	M50	34	M 346	00:03:11	02:17:55	03:31:06	04:32:57	05:27:17		05:58:26.60	05:58:26.60	8:02	7.5
347	SWOROWSKI MACIEJ	464	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M40	135	M 347	00:01:54	02:14:48	03:31:25	04:32:56	05:27:52		05:58:28.60	05:58:28.60	8:02	7.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
348	JĘDRZEJCZYK KONRAD	399		KRASNE	POL	M20	32	M 348	00:01:42	02:01:33	03:24:15	04:40:28	05:29:57		05:58:28.95	05:58:28.95	8:02	7.5
349	PISIGNAS MARIUSZ	400	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	136	M 349	00:02:59	02:09:10	03:26:59	04:39:25	05:29:38		05:58:30.80	05:58:30.80	8:02	7.5
350	MŁODZIK DARIUSZ	592	HUSARIA RACE TEAM	ŁĄCZANY	POL	M30	137	M 350	00:03:08	01:58:27	03:08:13	04:25:14	05:22:41		05:58:36.00	05:58:36.00	8:02	7.5
351	RAMOTOWSKI MARCIN	93	GERLACH SMUGGLERS	WARSZAWA	POL	M40	137	M 351	00:01:10	02:03:59	03:23:29	04:33:11	05:27:26		05:59:07.95	05:59:07.95	8:03	7.5
352	POLAŃSKI PAWEŁ	749	#KASZANIENAM OKA	GDAŃSK	POL	M30	138	M 352	00:03:07	02:12:23	03:27:54	04:31:32	05:25:16		05:59:08.75	05:59:08.75	8:03	7.5
353	PIASNY PAWEŁ	746		GLIWICE	POL	M40	138	M 353	00:01:01	02:06:52	03:24:49	04:33:08	05:28:03		05:59:13.90	05:59:13.90	8:03	7.4
354	KOWALSKI MACIEJ	268	MORSY OŚNO LUBUSKIE	OŚNO	POL	M40	139	M 354	00:01:54	02:02:50	03:20:58	04:31:48	05:29:26		06:00:23.80	06:00:23.80	8:04	7.4
355	ROŹNIATA ANDRZEJ	640	KS GŁOWNO W BIEGU	GŁOWNO	POL	M40	140	M 355	00:00:56	01:59:14	03:15:11	04:26:56	05:27:27		06:00:32.50	06:00:32.50	8:05	7.4
356	KISIŃSKI JAROSŁAW	589	COMP S.A. / NOVITUS	NOWY SĄCZ	POL	M40	141	M 356	00:01:08	02:04:26	03:16:40	04:24:50	05:30:12		06:00:32.55	06:00:32.55	8:05	7.4
357	GŁOWACKI ANDRZEJ	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	LEGIONOWO	POL	M40	142	M 357	00:01:03	01:58:31	03:18:09	04:29:06	05:26:03		06:00:38.60	06:00:38.60	8:05	7.4
358	JEZIORNY RYSZARD	414	WIELUŃ BIEGA	WIELUŃ	POL	M50	35	M 358	00:02:04	02:08:37	03:26:04	04:32:03	05:26:35		06:00:41.85	06:00:41.85	8:05	7.4
359	RYBAK WOJCIECH	595	GOPR BIESZCZADY	ŁANCUT	POL	M40	143	M 359		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	8:05	7.4
360	STACHYRA BARTŁOMIEJ	313		LUBLIN	POL	M20	33	M 360	00:02:20	02:06:53	03:20:35	04:30:00	05:28:32		06:01:00.25	06:01:00.25	8:05	7.4
361	CHLEBIŃSKI MACIEJ	615	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30	139	M 361	00:02:55	02:02:48	03:17:45	04:31:06	05:29:32		06:01:32.55	06:01:32.55	8:06	7.4
362	WOJTOWICZ DANIEL	444	NAUKA BIEGA	USTRZYKI DOLNE	POL	M40	144	M 362	00:00:52	02:04:32	03:22:52	04:32:50	05:29:40		06:01:35.95	06:01:35.95	8:06	7.4
363	BUKAŁA TOMASZ	254		WARSZAWA	POL	M30	140	M 363	00:02:12	01:57:15	03:13:08	04:35:39	05:31:44		06:01:55.65	06:01:55.65	8:06	7.4
364	CZUBA MICHAŁ	251		LIGOTA ZAMECKA	POL	M30	141	M 364	00:01:06	02:08:08	03:26:32	04:35:50	05:33:25		06:02:26.35	06:02:26.35	8:07	7.4
365	CIESZKO MAREK	317	KW WARSZAWA	WARSZAWA	POL	M30	142	M 365	00:04:48	02:18:18	03:38:07	04:38:50	05:34:30		06:03:34.80	06:03:34.80	8:09	7.4
366	WAJCOWICZ WITOLD	150	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40	145	M 366	00:01:47	02:12:20	03:30:21	04:37:32	05:32:44		06:04:01.80	06:04:01.80	8:09	7.4
367	WIŚNIEWSKI DOMINIK	647		WARSZAWA	POL	M30	143	M 367	00:01:19	01:59:25	03:15:13	04:30:47	05:30:43		06:04:18.10	06:04:18.10	8:10	7.3
368	WIENER MARCIN	456		KATOWICE	POL	M40	146	M 368	00:03:29	02:11:03	03:26:28	04:34:11	05:29:41		06:04:25.65	06:04:25.65	8:10	7.3
369	BURZYŃSKI TOMASZ	545	-	JÓZEFOSŁAW	POL	M40	147	M 369	00:01:23	02:02:54	03:26:44	04:35:04	05:31:36		06:04:34.25	06:04:34.25	8:10	7.3
370	MIERZYŃSKI RAFAŁ	172	BIEGING TEAM ZELÓW	ZELÓW	POL	M30	144	M 370	00:02:12	02:06:36	03:28:48	04:40:51	05:33:04		06:04:38.35	06:04:38.35	8:10	7.3
371	BOCHENEK MICHAŁ	101	INFINITY GYM	PROSZOWICE	POL	M30	145	M 371	00:01:48	02:07:12	03:28:20	04:35:50	05:34:09		06:04:52.35	06:04:52.35	8:10	7.3
372	MAŁKIEWICZ DARIUSZ	437	PGB SPORTOWA PACZKA	KATOWICE	POL	M40	148	M 372	00:02:00	02:08:56	03:28:42	04:36:11	05:33:43		06:04:55.05	06:04:55.05	8:10	7.3
373	FOGEL JANUSZ	256	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	M40	149	M 373	00:02:15	02:12:22	03:29:12	04:38:03	05:34:04		06:04:58.55	06:04:58.55	8:10	7.3
374	GAŚIOROWSKI MACIEJ	555		WARSZAWA	POL	M40	150	M 374	00:04:47	02:21:33	03:41:21	04:43:33	05:36:35		06:05:04.15	06:05:04.15	8:11	7.3
375	JAKUBOWSKI DANIEL	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	ZABAJKA	POL	M40	151	M 375	00:03:15	02:12:09	03:35:26	04:46:14	05:37:33		06:05:17.00	06:05:17.00	8:11	7.3
376	OLESAK GRZEGORZ	630		BIAŁA PODLASKA	POL	M30	146	M 376	00:03:12	02:14:55	03:30:08	04:34:33	05:31:21		06:06:29.60	06:06:29.60	8:13	7.3
377	KOPER JACEK	756		ALEKSANDR ÓW ŁÓDZKI	POL	M40	152	M 377	00:03:04	02:07:22	03:21:52	04:29:21	05:30:59		06:06:49.40	06:06:49.40	8:13	7.3
378	STONOGA TOMASZ	679	KITE&RUN FAN	OZIMEK	POL	M40	153	M 378	00:01:42	02:14:35	03:32:52	04:36:07	05:33:23		06:06:51.30	06:06:51.30	8:13	7.3
379	BEDNARCZYK JAKUB	249	MATE MOUNTAINS	LUBARTÓW	POL	M30	147	M 379	00:02:21	02:04:35	03:27:42	04:49:34	05:39:49		06:06:57.10	06:06:57.10	8:13	7.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
380	ADAMCZEWSKI JAKUB	231	NIGHT RUNNERS / NBR TEAM	POZNAŃ	POL	M30	148	M 380	00:02:52	02:09:22	03:28:20	04:41:11	05:35:58		06:07:00.65	06:07:00.65	8:13	7.3
381	CWOJZIŃSKI PIOTR	228	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	M40	154	M 381	00:02:53	02:09:22	03:28:21	04:41:12	05:36:08		06:07:01.85	06:07:01.85	8:13	7.3
382	KWIECIEŃ KRZYSZTOF	668	4K TEAM TARNÓW	TARNÓW	POL	M40	155	M 382	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:07:03.30	06:07:03.30	8:13	7.3
383	MILEWICZ MAREK	704	KUCE Z BRONKSU	GDAŃSK	POL	M30	149	M 383	00:02:52	02:10:39	03:32:11	04:46:26	05:38:33		06:07:09.50	06:07:09.50	8:13	7.3
384	KWIATKOWSKI KAJETAN	684	KUCE Z BRONKSU	GDAŃSK	POL	M30	150	M 384	00:02:51	02:10:39	03:32:12	04:46:26	05:38:35		06:07:09.50	06:07:09.50	8:13	7.3
385	KOWALCZYK DANIEL	500	EXTREME TRAUMA TEAM	BIELSKO-BIAŁA	POL	M30	151	M 385	00:02:54	02:04:42	03:28:33	04:38:51	05:35:31		06:07:29.05	06:07:29.05	8:14	7.3
386	BURY MAREK	103		SOSNOWIEC	POL	M40	156	M 386	00:02:19	02:11:15	03:35:23	04:44:49	05:38:30		06:07:29.75	06:07:29.75	8:14	7.3
387	RENKIEL TOMASZ	758		GLIWICE		M40	157	M 387	00:03:17	02:03:36	03:29:57	04:41:36	05:37:34		06:07:31.40	06:07:31.40	8:14	7.3
388	JANIK JANUSZ	91	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	158	M 388	00:03:18	02:03:36	03:29:56	04:41:35	05:37:35		06:07:31.70	06:07:31.70	8:14	7.3
389	WARZYCHA KRZYSZTOF	121	OSK MAXEL	BYTOM	POL	M50	36	M 389	00:01:44	02:11:08	03:32:33	04:37:08	05:35:57		06:07:33.10	06:07:33.10	8:14	7.3
390	KORBA MICHAŁ	214		WARSZAWA	POL	M40	159	M 390	00:01:25	02:21:54	03:48:01	04:46:12	05:38:30		06:07:43.75	06:07:43.75	8:14	7.3
391	WARZYCHA DAWID	122	PKP INTERCITY	BYTOM	POL	M20	34	M 391	00:01:44	02:11:13	03:32:32	04:37:08	05:35:55		06:08:36.80	06:08:36.80	8:15	7.3
392	CHWALISZEWSKI JAROSŁAW	108	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	160	M 392	00:03:17	02:04:40	03:28:10	04:41:34	05:38:05		06:08:39.40	06:08:39.40	8:15	7.3
393	RUSINEK WITOSŁAW	696	SHOOTIT	RZESZÓW	POL	M30	152	M 393	00:02:25	02:05:18	03:28:01	04:35:43	05:36:24		06:09:52.50	06:09:52.50	8:17	7.2
394	CĘCELEWSKI JAROSŁAW	510		CISIE	POL	M40	161	M 394	00:03:18	02:21:22	03:33:58	04:41:53	05:37:32		06:10:06.60	06:10:06.60	8:17	7.2
395	KĘPKA ANDRZEJ	374	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	M50	37	M 395	00:02:02	02:12:15	03:31:59	04:41:32	05:37:37		06:10:13.30	06:10:13.30	8:18	7.2
396	PIGAN WIESŁAW	361	B B L-JAROSŁAW	SZÓWSKO	POL	M40	162	M 396	00:02:01	02:12:21	03:32:05	04:41:28	05:38:49		06:10:25.80	06:10:25.80	8:18	7.2
397	IRZYK ROBERT	676		GIŁOWICE	POL	M30	153	M 397	00:01:58	02:05:32	03:26:34	04:36:27	05:36:34		06:10:28.45	06:10:28.45	8:18	7.2
398	ZIĄJA ADAM	672		SARNÓW	POL	M30	154	M 398	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	8:18	7.2
399	KOŁODZIEJ JACEK	84	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	163	M 399	00:03:17	02:04:56	03:30:00	04:41:34	05:38:22		06:11:22.55	06:11:22.55	8:19	7.2
400	ROSPOND PIOTR	157	TKKF MPK POZNAŃ	POZNAŃ	POL	M50	38	M 400	00:02:28	02:14:12	03:35:29	04:43:16	05:39:48		06:12:08.00	06:12:08.00	8:20	7.2
401	LITWINEK MAREK	209	WKURW_TEAM	LUBARTÓW	POL	M30	155	M 401	00:02:47	02:10:37	03:31:43	04:48:28	05:42:48		06:12:15.25	06:12:15.25	8:20	7.2
402	ZIELIŃSKI RAFAŁ	428		MODLNICZKA	POL	M40	164	M 402	00:01:01	02:12:53	03:37:38	04:50:27	05:41:40		06:12:51.20	06:12:51.20	8:21	7.2
403	PAWLETA MICHAŁ	24	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	165	M 403	00:03:16	02:16:27	03:37:47	04:44:01	05:40:11		06:13:08.75	06:13:08.75	8:21	7.2
404	HALIŻAK NORBERT	474	WIELUŃ BIEGA	WIELUŃ	POL	M40	166	M 404	00:02:04	02:19:52	03:35:07	04:42:03	05:40:33		06:13:12.40	06:13:12.40	8:22	7.2
405	STACH DARIUSZ	709	KOSMOLÓW TEAM	OLKUSZ	POL	M30	156	M 405	00:02:21	02:09:14	03:35:31	04:45:56	05:40:21		06:13:13.15	06:13:13.15	8:22	7.2
406	KOSZAŁKA MARCIN	385		BIELINIEC	POL	M20	35	M 406	00:02:38	02:14:20	03:35:24	04:44:43	05:40:10		06:13:21.50	06:13:21.50	8:22	7.2
407	HOROWSKI TOMASZ	25	RUNHOGS TYCHY	TYCHY	POL	M40	167	M 407	00:01:38	02:10:47	03:27:41	04:40:55	05:38:58		06:13:34.80	06:13:34.80	8:22	7.2
408	CHODOROWSKI ARKADIUSZ	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	ALEKSANDRÓW	POL	M30	157	M 408	00:03:39	02:20:07	03:42:38	04:46:32	05:43:24		06:13:59.50	06:13:59.50	8:23	7.2
409	BAJOREK JAN	699		OLSZYNY	POL	M40	168	M 409	00:00:56	01:53:28	03:20:21	04:56:08	05:46:40		06:14:00.50	06:14:00.50	8:23	7.2
410	PAROL PAWEŁ	349	-	SZYMANKOW SZCZYŻNA	POL	M40	169	M 410	00:01:31	02:07:09	03:31:40	04:44:12	05:40:28		06:14:09.25	06:14:09.25	8:23	7.2
411	DYBKA RAFAŁ	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	TARNÓW	POL	M40	170	M 411	00:01:34	02:03:44	03:29:13	04:40:16	05:38:32		06:14:36.20	06:14:36.20	8:23	7.1
412	ZBICIAK GRZEGORZ	384	ŁĘCZNA BIEGA	SPICZYN	POL	M40	171	M 412	00:02:20	02:16:23	03:37:08	04:50:31	05:43:16		06:15:09.90	06:15:09.90	8:24	7.1
413	GOSZCZYŃSKI PIOTREK	733		CZĘSTOCHOWA	POL	M40	172	M 413	00:02:30	02:13:26	03:33:44	04:45:30	05:43:00		06:15:14.20	06:15:14.20	8:24	7.1
414	DRABIK JACEK	115		KRAKOW	POL	M50	39	M 414	00:01:15	02:09:03	03:30:08	04:43:23	05:42:02		06:15:40.90	06:15:40.90	8:25	7.1
415	KRÓL MICHAŁ	648		NOWY JADÓW	POL	M30	158	M 415	00:03:38	02:20:10	03:42:40	04:46:35	05:43:25		06:15:42.55	06:15:42.55	8:25	7.1

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
416	SŁOWIKOWSKI DARIUSZ	529	WKURW_TEAM	WARSZAWA	POL	M30	159	M 416	00:03:19	02:10:08	03:37:22	04:49:34	05:44:53		06:18:02.65	06:18:02.65	8:28	7.1
417	STAŃCZYK ŁUKASZ	532	WKURW_TEAM	WARSZAWA	POL	M30	160	M 417	00:03:19	02:10:09	03:37:22	04:49:34	05:44:52		06:18:02.90	06:18:02.90	8:28	7.1
418	GALUS JACEK	225		TARNÓW	POL	M40	173	M 418	00:01:55	02:20:20	03:39:55	04:52:12	05:47:00		06:18:21.55	06:18:21.55	8:28	7.1
419	PABIJAŃCZYK DAMIAN	478		KRYNICZNO	POL	M30	161	M 419	00:02:59	02:13:47	03:35:21	04:48:17	05:43:45		06:18:25.05	06:18:25.05	8:29	7.1
420	OPALIŃSKI TOMASZ	358		OSTRÓDA	POL	M50	40	M 420	00:02:12	02:06:03	03:25:45	04:51:13	05:48:32		06:18:52.10	06:18:52.10	8:29	7.1
421	SZADKOWSKI PAWEŁ	26	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	162	M 421	00:03:11	02:09:33	03:33:59	04:47:42	05:45:42		06:18:54.00	06:18:54.00	8:29	7.1
422	JĘDRUSZCZAK ROBERT	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	PIASECZNO	POL	M40	174	M 422	00:02:13	02:08:58	03:31:44	04:45:25	05:44:52		06:19:45.15	06:19:45.15	8:30	7
423	KULA ROBERT	126		TARNÓW	POL	M40	175	M 423	00:01:30	01:59:44	03:31:41	04:55:36	05:51:57		06:19:49.00	06:19:49.00	8:30	7
424	MICHON KAMIL	593	BIEGAMWARTARNO WIE	TARNÓW	POL	M40	176	M 424	00:01:32	02:07:35	03:32:15	04:51:16	05:48:24		06:21:12.60	06:21:12.60	8:32	7
425	SIKORA TOMASZ	453	RACE BROTHERS	ZGŁOBICE	POL	M30	163	M 425	00:01:33	02:07:48	03:32:16	04:51:36	05:48:25		06:21:12.75	06:21:12.75	8:32	7
426	STEPANCZENKO RAFAŁ	112	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	POL	M30	164	M 426	00:01:46	02:14:42	03:37:06	04:47:00	05:50:57		06:21:29.35	06:21:29.35	8:33	7
427	KUCA ROMAN	711		PIENIĘŻNO	POL	M50	41	M 427	00:01:58	02:15:45	03:34:01	04:45:24	05:46:35		06:23:13.60	06:23:13.60	8:35	7
428	SAMOSIEJ JAKUB	473	JUMP&FLY, KABATY	WARSZAWA	POL	M40	177	M 428	00:01:47	02:09:46	03:38:57	04:48:53	05:47:03		06:23:58.75	06:23:58.75	8:36	7
429	SZCZYRBA ROBERT	631	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M30	165	M 429	00:03:07	02:12:07	03:37:02	04:48:49	05:48:30		06:24:02.30	06:24:02.30	8:36	7
430	MARKIEWICZ RAFAŁ	316		WARSZAWA	POL	M40	178	M 430	00:02:13	02:17:22	03:40:13	04:55:08	05:52:38		06:24:23.95	06:24:23.95	8:37	7
431	ZAWADZKI BARTŁOMIEJ	643		PIEKARY ŚLĄSKIE	POL	M30	166	M 431	00:02:13	02:12:09	03:37:04	04:55:08	05:48:30		06:24:28.00	06:24:28.00	8:37	7
432	CHMIELARZ DARIUSZ	277		BOCHNIA	POL	M40	179	M 432	00:02:05	02:09:02	03:25:56	04:41:36	05:46:26		06:24:46.35	06:24:46.35	8:37	7
433	KULAKOWSKI PIOTR	169	CZŁAPACZE	KONSTANCIN -JEZIORNA	POL	M60	12	M 433	00:03:32	02:21:57	03:43:18	04:55:47	05:52:34		06:25:02.95	06:25:02.95	8:37	7
434	ŁANIEWSKI ŁUKASZ	509	PSZCZÓŁKOWSKI TEAM	OLSZTYN	POL	M30	167	M 434	00:02:06	02:11:58	03:40:54	04:46:17	05:51:19		06:26:23.35	06:26:23.35	8:39	6.9
435	WRÓBEL DOMINIK	321	AZS PWSZ KROSNO	JASŁO	POL	M40	180	M 435	00:03:05	02:18:44	03:35:57	04:46:13	05:49:26		06:26:43.85	06:26:43.85	8:40	6.9
436	KRAWCZAK KAMIL	120	BIEGUSIEM.PL	DĘBLIN	POL	M30	168	M 436	00:02:35	02:17:38	03:39:00	04:53:36	05:52:36		06:26:55.45	06:26:55.45	8:40	6.9
437	LUC ADAM	326	BIEGUSIEM.PL	RYKI	POL	M40	181	M 437	00:02:37	02:17:39	03:39:01	04:53:36	05:52:37		06:26:55.80	06:26:55.80	8:40	6.9
438	GARNCARZ ADAM	743		WROCŁAW	POL	M20	36	M 438	00:03:31	02:15:07	03:42:47	04:56:31	05:51:23		06:26:57.10	06:26:57.10	8:40	6.9
439	RADYK JAKUB	410	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	169	M 439	00:03:10	02:05:45	03:29:37	04:47:34	05:46:20		06:26:58.90	06:26:58.90	8:40	6.9
440	BUJAKOWSKI PATRYK	406		PROSZOWICE	POL	M40	182	M 440	00:03:01	02:22:33	03:49:34	04:53:39	05:53:22		06:27:00.95	06:27:00.95	8:40	6.9
441	KOZAK MARCIN	107	SAINT-GOBAIN SQUAD	LUBARTÓW	POL	M40	183	M 441	00:02:21	02:04:36	03:27:43	04:49:37	05:46:10		06:27:59.90	06:27:59.90	8:41	6.9
442	KULDANEK MARCIN	204	DOGÓŃ GRODZISK MAZOWIECKI	STANISŁAWÓ W	POL	M40	184	M 442	00:02:13	02:15:20	03:41:06	04:54:47	05:52:00		06:28:01.20	06:28:01.20	8:41	6.9
443	SIEDLACZEK ZBIGNIEW	104		LUBLIN	POL	M60	13	M 443	00:02:47	02:13:49	03:38:20	04:53:40	05:52:31		06:28:45.25	06:28:45.25	8:42	6.9
444	ZIELIŃSKI DAMIAN	378	NOVA	PILAWA	POL	M30	170	M 444	00:02:49	02:06:51	03:35:45	04:55:19	05:53:09		06:28:53.60	06:28:53.60	8:43	6.9
445	WILK ANDREAS	127		WYHL	GER	M40	185	M 445	00:01:38	02:17:44	03:44:27	04:58:52	05:57:24		06:29:31.10	06:29:31.10	8:44	6.9
446	KUREK MARIUSZ	496	MARATOŃCZYK DĘBICA	DĘBICA	POL	M40	186	M 446	00:01:45	02:12:33	03:37:19	04:52:09	05:53:19		06:29:34.00	06:29:34.00	8:44	6.9
447	KUREK MICHAŁ	507		DĘBICA	POL	M30	171	M 447	00:01:45	02:12:34	03:37:19	04:52:10	05:53:20		06:29:37.35	06:29:37.35	8:44	6.9
448	SANECKI ROBERT	165	SPRINT GORZYCE	GORZYCE	POL	M40	187	M 448	00:01:37	02:12:13	03:39:06	04:59:03	05:59:37		06:32:04.55	06:32:04.55	8:47	6.8
449	SŁONIEWSKI RAFAŁ	669	RMF4RT OCR	GDYNIA	POL	M30	172	M 449	00:01:26	02:16:04	03:44:34	05:01:29	06:00:07		06:32:25.05	06:32:25.05	8:47	6.8
450	JĘDRZEJCZYK ROBERT	677	CHYBA NIE DAM RADY	PODŁĘŻE	POL	M40	188	M 450	00:02:09	02:18:06	03:41:56	04:53:50	05:59:14		06:32:56.15	06:32:56.15	8:48	6.8
451	MIKA DAMIAN	151	EKO-OKNA RUNNERS	RACIBÓRZ	POL	M50	42	M 451	00:02:45	02:21:47	03:43:21	04:58:52	05:57:38		06:33:05.90	06:33:05.90	8:48	6.8
452	SIKORA SŁAWOMIR	457	RACEBROTHERS	TARNÓW	POL	M40	189	M 452	00:01:33	02:07:52	03:31:22	04:51:39	05:54:42		06:34:58.40	06:34:58.40	8:51	6.8
453	KOWALICKI MARCIN	502	BIEGAM BO MOGĘ	GORNO	POL	M20	37	M 453			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	8:51	6.8

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
454	JARZEMBOWSKI TOMASZ	419	WYBIEGANI TEAM	PLEWISKA	POL	M30	173	M 454	00:01:14	02:30:37	03:57:13	05:00:18	06:00:30		06:36:37.20	06:36:37.20	8:53	6.7
455	SOBCZAK MIKOŁAJ	371	WYBIEGANI TEAM	SKÓRZEWO	POL	M40	190	M 455	00:01:14	02:30:48	03:57:12	05:00:19	06:00:32		06:36:37.60	06:36:37.60	8:53	6.7
456	GOLUBA KRZYSZTOF	305		WARSZAWA	POL	M40	191	M 456	00:01:17	02:13:17	03:39:18	04:51:56	05:59:07		06:36:47.70	06:36:47.70	8:53	6.7
457	ZGÓRSKI GRZEGORZ	769	NIGHT RUNNERS GLIWICE	GLIWICE		M40	192	M 457	00:03:02	02:14:08	03:46:26	05:03:10	06:07:15		06:37:15.90	06:37:15.90	8:54	6.7
458	NAMIOTA MAREK	73		DĘBICA	POL	M60	14	M 458	00:00:59	02:14:15	03:41:09	05:01:59	06:01:12		06:37:32.95	06:37:32.95	8:54	6.7
459	STANISŁAWSKI TOMASZ	142	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	M40	193	M 459	00:01:50	02:24:07	03:46:56	04:59:09	05:59:38		06:37:34.90	06:37:34.90	8:54	6.7
460	MISZCZYK MARCIN	417		KRAKÓW	POL	M40	194	M 460	00:02:25	02:35:00	03:57:03	05:04:24	06:03:49		06:39:15.80	06:39:15.80	8:57	6.7
461	ZIELONKA BOGUMIŁ	530	PKB ENDORFINA	PIOTRKÓW TRYB	POL	M40	195	M 461	00:03:18	02:21:51	03:52:46	05:06:29	06:05:43		06:39:52.40	06:39:52.40	8:57	6.7
462	PRZYBYLSKI MARIUSZ	383	PGB SPORTOWA PACZKA	GLIWICE	POL	M40	196	M 462	00:02:02	02:15:59	03:35:58	04:57:24	06:00:53		06:41:12.00	06:41:12.00	8:59	6.7
463	PRYSZCZ MIROSLAW	50		RUDA ŚLĄSKA	POL	M40	197	M 463	00:02:59	02:14:09	03:46:24	05:03:11	06:07:14		06:42:09.15	06:42:09.15	9:01	6.7
464	WILECZEK ANTONI	618		JUROWCE	POL	M30	174	M 464	00:02:22	02:20:11	03:52:56	05:04:53	06:05:40		06:42:10.30	06:42:10.30	9:01	6.7
465	CHODAKOWSKI KACPER	275	OSTROBIEC	ĆMIELÓW	POL	M20	38	M 465		02:33:20	04:04:49	05:12:50	06:09:34		06:42:11.75	06:42:11.75	9:01	6.7
466	KRZYŻEWSKI ROGER	61		KRAKÓW	POL	M30	175	M 466	00:03:30	02:18:16	03:41:38	04:50:44	05:57:09		06:42:14.35	06:42:14.35	9:01	6.7
467	PECIO KAMIL	748	PIASECZNO RUNNING	WARSZAWA	POL	M30	176	M 467	00:02:22	02:25:46	03:53:21	05:10:04	06:08:36		06:42:30.30	06:42:30.30	9:01	6.6
468	LEWANDOWSKI PAWEŁ	538	SANDOMINGOTE AM	WARSZAWA	POL	M30	177	M 468	00:02:55	02:21:31	03:49:07	05:08:43	06:09:10		06:44:47.10	06:44:47.10	9:04	6.6
469	KAZANOWSKI MARCIN	620	OFIARY KAMIEŃCA	KAMIENIEC	POL	M40	198	M 469	00:02:10	02:24:53	03:48:27	05:03:08	06:09:09		06:45:07.70	06:45:07.70	9:05	6.6
470	STACHYRA ANDRZEJ	312	LSB	LUBLIN	POL	M50	43	M 470	00:02:20	02:00:20	03:23:56	04:57:55	06:08:59		06:46:40.95	06:46:40.95	9:07	6.6
471	CYGAN LUKASZ	202	KLUB SPORTOWY HAJIME	KRAKOW	POL	M30	178	M 471	00:01:11	02:15:45	03:44:23	04:57:12	06:05:36		06:47:27.90	06:47:27.90	9:08	6.6
472	ROMAN PAWEŁ	546	KS BARAKUDA MIŃSK MAZOWIECKI	MIŃSK MAZOWIECKI	POL	M40	199	M 472	00:03:20	02:17:40	03:50:01	05:13:50	06:12:52		06:47:59.15	06:47:59.15	9:08	6.6
473	RYSIAWA MAREK	547	BEZ	MIŃSK MAZOWIECKI	POL	M40	200	M 473	00:03:20	02:17:49	03:49:57	05:13:53	06:13:04		06:47:59.20	06:47:59.20	9:08	6.6
474	KUCIŃSKI TOMASZ	403	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40	201	M 474	00:03:22	02:17:46	03:49:59	05:13:56	06:13:05		06:48:01.70	06:48:01.70	9:08	6.6
475	DYSZKIEWICZ GRZEGORZ	390	KUTNO BIEGA	KUTNO	POL	M30	179	M 475	00:01:40	02:18:25	03:50:48	05:23:08	06:19:08		06:49:08.80	06:49:08.80	9:10	6.5
476	SOKOLOWSKI ARTUR	36		SUWALKI	POL	M50	44	M 476	00:02:36	02:25:52	03:49:00	05:08:03	06:10:50		06:51:17.00	06:51:17.00	9:13	6.5
477	MATYSEK IRENEUSZ	761		WAŁCZ	M60		15	M 477	00:02:45	02:28:46	03:56:24	05:12:07	06:13:41		06:51:45.50	06:51:45.50	9:13	6.5
478	SOLICH PATRYK	35	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	180	M 478	00:03:16	02:29:00	03:53:26	05:21:35	06:19:18		06:52:41.90	06:52:41.90	9:15	6.5
479	KUREK STANISŁAW	327		KRAKÓW	POL	M40	202	M 479	00:03:30	02:23:27	03:50:25	05:09:22	06:16:04		06:53:35.60	06:53:35.60	9:16	6.5
480	JANOTA MARCIN	413	CREADIS	KRAKÓW	POL	M30	181	M 480	00:01:33	02:19:50	03:53:38	05:11:48	06:14:22		06:54:04.45	06:54:04.45	9:17	6.5
481	CEBULA PAWEŁ	418	CREADIS	KRAKOW	POL	M30	182	M 481	00:01:33	02:19:45	03:53:24	05:11:47	06:14:22		06:54:05.05	06:54:05.05	9:17	6.5
482	TUTAK DANIEL	737	FURIOSI POLANKA	KROSNO	POL	M40	203	M 482	00:02:51	02:30:09	03:57:08	05:14:40	06:17:50		06:54:06.35	06:54:06.35	9:17	6.5
483	OBARSKI NORBERT	220		KIELCE	POL	M50	45	M 483	00:02:58	02:32:54	03:56:20	05:16:18	06:20:06		06:54:12.15	06:54:12.15	9:17	6.5
484	BĘDŹKOWSKI MAREK	479	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	M50	46	M 484	00:02:20	02:45:34	04:11:11	05:20:54	06:20:16		06:55:11.80	06:55:11.80	9:18	6.4
485	KALICKI IREK	713	GCW ACADEMY	WARSZAWA	POL	M40	204	M 485	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	9:18	6.4
486	BILSKI PIOTR	561	TĘCZA	WARSZAWA	POL	M30	183	M 486	00:02:16	02:21:15	03:50:40	05:12:21	06:15:48		06:55:54.50	06:55:54.50	9:19	6.4
487	GALIŃSKI KAMIL	578	ABY DO METY	KRĘPICE	POL	M30	184	M 487	00:02:59	02:08:36	03:41:52	05:08:42	06:13:26		06:55:56.10	06:55:56.10	9:19	6.4
488	BAĆMAGA JAN	666	JPII - MAZOWSZANY	KOWALA	POL	M40	205	M 488	00:01:46	02:21:41	03:50:44	05:14:52	06:20:22		07:00:44.50	07:00:44.50	9:26	6.4
489	KOSIERKIEWICZ GRZEGORZ	760		KIELCE		M40	206	M 489	00:01:27	02:32:48	04:06:02	05:14:58	06:22:10		07:00:59.65	07:00:59.65	9:26	6.4
490	BARWINEK ROBERT	503	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M30	185	M 490	00:01:45	02:18:54	03:48:38	05:12:52	06:17:44		07:02:18.75	07:02:18.75	9:28	6.3
491	WILIMSKI TOMASZ	34	NIGHT RUNNERS	GLIWICE	POL	M40	207	M 491	00:03:16	02:30:08	03:53:42	05:21:37	06:25:26		07:02:19.80	07:02:19.80	9:28	6.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
492	KRĘCISZ ZBIGNIEW	139	AMATOR	RACIBÓRZ	POL	M60	16	M 492	00:01:20	02:24:16	03:55:18	05:19:58	06:24:44		07:02:59.30	07:02:59.30	9:29	6.3
493	DWORAK ADAM	658	TAJFUN	BĘDZIN	POL	M40	208	M 493	00:02:05	02:18:27	03:54:00	05:20:06	06:26:30		07:03:00.50	07:03:00.50	9:29	6.3
494	URBANOWICZ ŁUKASZ	339		KRKAÓW	POL	M40	209	M 494	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	9:29	6.3
495	ADAMSKI BARTŁOMIEJ	366		MODLNICA	POL	M40	210	M 495	00:02:26	02:37:28	04:10:26	05:24:58	06:25:22		07:03:41.00	07:03:41.00	9:29	6.3
496	ZABŁOTNY KAROL	304	TARCHOŚFIRY	WARSZAWA	POL	M30	186	M 496	00:01:26	02:12:30	03:41:17	05:01:27	06:13:09		07:05:05.05	07:05:05.05	9:31	6.3
497	FREJ MARCIN	90	ZABIEGANI.TV	WARSZAWA	POL	M30	187	M 497	00:01:21	02:37:20	04:05:09	05:17:28	06:23:43		07:05:52.40	07:05:52.40	9:32	6.3
498	KONOPACKI KRZYSZTOF	451	ABY DO METY	ZABKOWICE ŚLĄSKIE	POL	M40	211	M 498	00:02:57	02:29:08	04:03:13	05:23:22	06:30:16		07:06:36.65	07:06:36.65	9:33	6.3
499	ŁOPOKA PRZEMYSŁAW	757	ABY DO METY	ZIĘBICE	POL	M20	39	M 499	00:02:59	02:29:17	04:03:13	05:23:14	06:30:18		07:06:37.10	07:06:37.10	9:33	6.3
500	MAJONEK ARTUR	714	FITMAJON	WARSZAWA	POL	M30	188	M 500	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	9:34	6.3
501	KACZKIEWICZ DAMIAN	270	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	212	M 501	00:02:51	02:38:14	04:02:57	05:23:32	06:29:09		07:07:14.60	07:07:14.60	9:34	6.3
502	MAJCHROWICZ ANDRZEJ	250		KROŚCIENKO WYŻNE	POL	M40	213	M 502	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	9:37	6.2
503	KURKUS ALEKSANDER	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	214	M 503	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	9:40	6.2
504	SUBIRATS CRISTIAN	508		LODZ	ESP	M30	189	M 504	00:02:34	02:34:27	04:10:23	05:23:45	06:32:32		07:12:43.15	07:12:43.15	9:42	6.2
505	GIENIECZKO MARCIN	723		SUCHY DWÓR	POL	M40	215	M 505	00:02:31	02:37:26	04:07:19	05:25:22	06:34:04		07:12:47.50	07:12:47.50	9:42	6.2
506	PAWŁOWSKI PIOTR	491	PRZEMYSŁ BEARS	KRASICZYN	POL	M30	190	M 506	00:02:29	02:26:40	03:53:50	05:31:23	06:34:05		07:13:48.60	07:13:48.60	9:43	6.2
507	URBAŃCZYK MARCIN	28	PERSONALTRIAT HLON/TRINERGY	NOWY DWÓR MZAOWIECKI	POL	M30	191	M 507	00:02:55	02:34:52	04:07:40	05:32:29	06:40:25		07:14:56.30	07:14:56.30	9:45	6.2
508	CEBRAT TOMASZ	133	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	M40	216	M 508	00:02:41	02:32:55	04:08:24	05:30:04	06:36:37		07:16:12.75	07:16:12.75	9:46	6.1
509	JABŁOŃSKI KAZIMIERZ	657		PRĄDY	POL	M60	17	M 509	00:02:11	02:36:27	04:02:43	05:23:09	06:35:11		07:16:22.85	07:16:22.85	9:47	6.1
510	SZEWIC MARIAN	240		BILGORAJ	POL	M60	18	M 510	00:01:27	02:31:09	03:56:28	05:22:12	06:33:18		07:17:19.45	07:17:19.45	9:48	6.1
511	WÓJTOWICZ PAWEŁ	131	LUBLIN BIEGA	LUBLIN	POL	M40	217	M 511	00:02:53	02:37:37	04:09:10	05:31:52	06:39:31		07:17:30.75	07:17:30.75	9:48	6.1
512	STASZEL ŁATAS TOMASZ	477	HUSARIA RECE TEAM	JADOWNIKI	POL	M30	192	M 512	00:02:34	02:31:33	04:10:12	05:41:17	06:43:17		07:22:50.35	07:22:50.35	9:55	6
513	POPIOŁEK JACEK	95	BIEGYSIEM.PL/LO STINSPOORT	GAŚIORY	POL	M30	193	M 513	00:03:04	02:33:39	04:03:15	05:21:39	06:33:33		07:23:49.70	07:23:49.70	9:57	6
514	OKARMA WOJTEK	279	WWW.VIRTUTIMIL ITARI.PL	JASŁO	POL	M30	194	M 514	00:02:51	02:32:41	04:03:46	05:29:07	06:46:51		07:26:08.15	07:26:08.15	10:00	6
515	HRYSZKO ROBERT	747	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M50	47	M 515	00:02:40	02:34:18	04:19:00	05:45:38	06:46:52		07:26:24.95	07:26:24.95	10:00	6
516	CZYRNIA ANDRZEJ	681	RAJSPORT ACTIVE (TURAWA)	TURAWA	POL	M30	195	M 516	00:01:44	02:31:50	04:03:59	05:26:34	06:42:34		07:27:08.15	07:27:08.15	10:01	6
517	GLUSZCZAK JERZY	194		ŁÓDŹ	POL	M60	19	M 517	00:04:18	02:32:19	04:08:20	05:35:41	06:48:46		07:34:00.60	07:34:00.60	10:10	5.9
518	MAZIEC DARIUSZ	188	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	NOWY TOMYŚL	POL	M30	196	M 518	00:03:16	02:53:12	04:23:32	05:41:14	06:55:03		07:38:09.30	07:38:09.30	10:16	5.8
519	JÓZEFOWSKI KAROL	226		NOWY TOMYŚL	POL	M20	40	M 519	00:03:16	02:19:13	03:51:24	05:41:16	06:55:04		07:38:14.15	07:38:14.15	10:16	5.8
520	JANICKI PATRYK	288	PORANNY PATROL	KRAKÓW	POL	M30	197	M 520	00:03:15	02:49:40	04:35:23	06:06:02	07:07:19		07:48:55.25	07:48:55.25	10:30	5.7
521	PIECH ADAM	71	PORANNY PATROL	KRAKÓW	POL	M40	218	M 521	00:03:15	02:49:44	04:35:24	06:02:35	07:07:19		07:48:55.40	07:48:55.40	10:30	5.7
522	BAJAK MIROSŁAW	119		KRAKÓW	POL	M40	219	M 522	00:01:34	02:51:40	04:37:06	06:07:21	07:26:12		08:02:30.95	08:02:30.95	10:49	5.5
	TYLKA PRZEMYSŁAW	278		KROŚCIENKO WYŻNE	POL	M40			00:02:07 DNF	02:44:18 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
	DUDA PAWEŁ	106		JEDLICZE	POL	M30			DNF	DNF	03:50:46 DNF	DNF	DNF		DNF	DNF	-	-
	UNIEJEWSKI TOMASZ	573	UMBA	KATOWICE	POL	M40			00:01:17 DNF	02:03:02 DNF	DNF	DNF	DNF		DNF	DNF	-	-
	PACANOWSKI ŁUKASZ	247	PARA-NIE-DO-PARY	PORĘBA	POL	M30			00:02:17 DNF	02:25:14 DNF	DNF	DNF	DNF		DNF	DNF	-	-
	MAŚLANKA IRENEUSZ	64	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M50			00:03:40 DNF	02:59:48 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KSUTA MARTYNA	486	X-MEN	KOŃSKIE	POL	K20	1	K 19	00:03:02	02:01:57	03:06:52	03:58:22	04:42:52		05:08:37.30	05:08:37.30	6:55	8.7
2	KALISZ KAROLINA	564	WKURW_TEAM	KAMIENICZYK	POL	K20	2	K 24	00:02:04	01:56:29	03:06:10	04:01:06	04:48:15		05:15:00.05	05:15:00.05	7:03	8.5
3	STEC IWONA	237		WILKOWICE	POL	K20	3	K 35	00:02:23	02:04:57	03:15:10	04:17:55	05:10:15		05:44:15.10	05:44:15.10	7:43	7.8
4	KARAŚ SYLWIA	461		IWONICZ-ZD RÓJ	POL	K20	4	K 36	00:00:57	01:59:29	03:14:37	04:21:10	05:12:44		05:44:42.55	05:44:42.55	7:43	7.8
5	KŁOSOWICZ MONIKA	671		WROCŁAW	POL	K20	5	K 74	00:02:26	02:18:28	03:43:20	04:55:21	05:52:17		06:24:08.00	06:24:08.00	8:36	7
6	BIERNAT AGNIESZKA	745	KOSMICZNE MUMINKI	WARSZAWA	POL	K20	6	K 89	00:01:19	02:19:14	03:42:36	04:56:57	06:00:59		06:41:06.05	06:41:06.05	8:59	6.7
7	WAŚNIK KORNELIA	662	BIEGUSIEM.PL	KŁOCZEW	POL	K20	7	K 119	00:03:04	02:33:42	04:03:24	05:21:39	06:33:37		07:23:50.75	07:23:50.75	9:57	6
8	WAŚOWICZ MAGDALENA	560	HUSARIA RACE TEAM	OPOLE	POL	K20	8	K 124	00:01:43	02:34:31	04:19:19	05:53:20	07:05:20		07:48:17.90	07:48:17.90	10:29	5.7

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KIDA PAWEŁ	659		ŁOWISKO	POL	M20	1	M 2			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	4:40	12.9
2	JENDRYCH ARTUR	701	BIEGAJACY ŚWIDNIK	ŚWIDNIK	POL	M20	2	M 3	00:00:31	01:21:07	02:02:34	02:38:45	03:11:22		03:29:59.40	03:29:59.40	4:42	12.7
3	ZIAJKA KAROL	739		RYMANÓW	POL	M20	3	M 11	00:02:04	01:27:12	02:12:35	02:50:22	03:24:33		03:42:54.20	03:42:54.20	4:59	12
4	ORŁOWSKI ANDRZEJ	227	POTRENUJEMY?	CEZARYN	POL	M20	4	M 18	00:00:33	01:23:31	02:10:43	02:53:53	03:31:25		03:52:09.10	03:52:09.10	5:12	11.5
5	NIEZGODA MARCIN	381	KKB MOSIR KROSNO	KROSNO	POL	M20	5	M 30	00:00:31	01:30:18	02:20:10	03:00:24	03:39:44		04:01:45.20	04:01:45.20	5:25	11.1
6	SZWAJA MATEUSZ	738	OTK RZEŹNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20	6	M 43	00:00:28	01:27:26	02:18:49	03:05:41	03:46:37		04:11:08.60	04:11:08.60	5:37	10.7
7	OCHYRA KONRAD	488		LESKO	POL	M20	7	M 96	00:01:27	01:40:09	02:39:00	03:31:40	04:15:40		04:38:10.90	04:38:10.90	6:14	9.6
8	GAWROŃSKI KAMIL	542	BIEGING TEAM ZELÓW	ZELÓW	POL	M20	8	M 97	00:02:13	01:47:18	02:46:56	03:31:53	04:15:39		04:39:04.30	04:39:04.30	6:15	9.6
9	CZECH MATEUSZ	610	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20	9	M 130	00:01:57	01:49:40	02:47:13	03:37:24	04:23:57		04:51:30.00	04:51:30.00	6:32	9.2
10	PERENC MICHAŁ	110	HUSARIA RACE TEAM	JAROSŁAW	POL	M20	10	M 166	00:00:53	01:46:35	02:50:35	03:45:30	04:33:54		05:01:49.10	05:01:49.10	6:46	8.9
11	NIEGOWSKI TOMASZ	580		KRAKÓW	POL	M20	11	M 180	00:02:06	01:59:21	03:05:57	03:57:10	04:40:39		05:05:19.30	05:05:19.30	6:50	8.8
12	PIETROŃ BŁAŻEJ	689		WARSZAWA	POL	M20	12	M 182	00:01:15	01:47:18	02:53:02	03:50:31	04:39:18		05:05:21.25	05:05:21.25	6:50	8.8
13	KADZIK MARCIN	583	KTT	ZAKOPANE	POL	M20	13	M 185	00:03:20	01:55:09	02:57:43	03:50:44	04:37:11		05:06:26.65	05:06:26.65	6:52	8.7
14	SIENKIEL DOMINIK	607		WĘGRZCE	POL	M20	14	M 193	00:01:44	01:55:05	03:05:26	03:59:12	04:43:20		05:10:34.00	05:10:34.00	6:57	8.6
15	WISZ PIOTR	261		RZESZÓW	POL	M20	15	M 198	00:03:00	01:55:50	03:04:35	04:00:26	04:45:03		05:11:19.00	05:11:19.00	6:58	8.6
16	KUKUCZKA DOMINIK	622	KUKUCZKA	JAWORZYŃK A	POL	M20	16	M 201		01:50:24	04:40:43				05:11:19.35	05:11:19.35	6:58	8.6
17	WITEK KAMIL	558	HUSARIA RACE TEAM	FALMIROWIC E	POL	M20	17	M 206	00:01:44	01:55:17	03:01:29	03:56:52	04:44:12		05:11:42.50	05:11:42.50	6:59	8.6
18	KRZAK SZYMON	728	BIS AGH	CIESZYN	POL	M20	18	M 232	00:02:55	01:51:18	02:58:06	04:06:33	04:52:42		05:20:02.15	05:20:02.15	7:10	8.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M20 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
19	SKRZYPEK MATEUSZ	606		BRZEŹNICA	POL	M20	19	M 256	00:01:44	01:56:36	03:06:19	04:03:18	04:56:08		05:28:43.45	05:28:43.45	7:22	8.1
20	IDZIOR TOMASZ	424		BRZEZINY	POL	M20	20	M 267	00:01:08	01:55:00	03:05:59	04:11:35	05:02:00		05:32:01.85	05:32:01.85	7:26	8.1
21	WRÓBEL STANISŁAW	518	AZS UMED ŁÓDŹ - RUNNING TEAM	CZARNKÓW	POL	M20	21	M 276	00:03:00	01:55:38	03:05:58	04:15:27	05:07:17		05:36:34.25	05:36:34.25	7:32	8
22	KRÓL KONRAD	306		STARY SĄCZ	POL	M20	22	M 277	00:03:00	01:55:39	03:06:00	04:15:28	05:07:17		05:36:54.75	05:36:54.75	7:33	7.9
23	KOZIEŁ TADEUSZ	450	SZCZĘSIARZ BIEGA	RZESZÓW	POL	M20	23	M 296	00:01:10	01:55:03	03:11:48	04:18:30	05:13:03		05:44:35.10	05:44:35.10	7:43	7.8
24	KRĘŻALEK MARCIN	497		WIETRZNO	POL	M20	24	M 308	00:01:18	01:52:21	03:03:03	04:15:31	05:14:43		05:46:42.00	05:46:42.00	7:46	7.7
25	ZNAMIEC MARCIN	563	IPA PAŁAC MOSTOWSKICH KSP	WARSZAWA	POL	M20	25	M 310	00:03:36	02:08:48	03:23:26	04:27:12	05:18:57		05:47:15.60	05:47:15.60	7:47	7.7
26	OŻANA BARTOSZ	489	NIGHT RUNNERS	POZNAŃ	POL	M20	26	M 318	00:03:00	02:07:57	03:18:40	04:23:29	05:14:34		05:48:31.25	05:48:31.25	7:48	7.7
27	PILECKI ADAM	680	STALOWE DZIKI	STALOWA WOLA	POL	M20	27	M 326	00:01:38	01:59:54	03:12:40	04:25:02	05:18:16		05:51:09.70	05:51:09.70	7:52	7.6
28	DZIUMAK JAKUB	487		WARSZAWA	POL	M20	28	M 328	00:01:35	02:05:37	03:19:48	04:24:45	05:22:36		05:51:13.50	05:51:13.50	7:52	7.6
29	KOPEĆ RAFAŁ	759		KRAKÓW		M20	29	M 333	00:01:30	02:02:46	03:20:32	04:24:42	05:24:31		05:56:13.40	05:56:13.40	7:59	7.5
30	CHYLAK JAKUB	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	NOWY TOMYŚL	POL	M20	30	M 340	00:03:11	02:08:04	03:27:18	04:30:51	05:26:24		05:57:28.30	05:57:28.30	8:00	7.5
31	BEDRYJ MATEUSZ	604	42 DO SZCZĘŚCIA	MEŁNO	POL	M20	31	M 344	00:02:21	02:06:39	03:24:00	04:31:53	05:25:59		05:58:23.65	05:58:23.65	8:02	7.5
32	JĘDRZEJCZYK KONRAD	399		KRASNE	POL	M20	32	M 348	00:01:42	02:01:33	03:24:15	04:40:28	05:29:57		05:58:28.95	05:58:28.95	8:02	7.5
33	STACHYRA BARTŁOJEW	313		LUBLIN	POL	M20	33	M 360	00:02:20	02:06:53	03:20:35	04:30:00	05:28:32		06:01:00.25	06:01:00.25	8:05	7.4
34	WARZYCHA DAWID	122	PKP INTERCITY	BYTOM	POL	M20	34	M 391	00:01:44	02:11:13	03:32:32	04:37:08	05:35:55		06:08:36.80	06:08:36.80	8:15	7.3
35	KOSZAŁKA MARCIN	385		BIELINIEC	POL	M20	35	M 406	00:02:38	02:14:20	03:35:24	04:44:43	05:40:10		06:13:21.50	06:13:21.50	8:22	7.2
36	GARNCARZ ADAM	743		WROCŁAW	POL	M20	36	M 438	00:03:31	02:15:07	03:42:47	04:56:31	05:51:23		06:26:57.10	06:26:57.10	8:40	6.9
37	KOWALICKI MARCIN	502	BIEGAM BO MOGĘ	GORNO	POL	M20	37	M 453			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	8:51	6.8
38	CHODAKOWSKI KACPER	275		ĆMIELÓW	POL	M20	38	M 465		02:33:20	04:04:49	05:12:50	06:09:34		06:42:11.75	06:42:11.75	9:01	6.7
39	ŁOPOKA PRZEMYSŁAW	757		ABI DO METY	POL	M20	39	M 499	00:02:59	02:29:17	04:03:13	05:23:14	06:30:18		07:06:37.10	07:06:37.10	9:33	6.3
40	JÓZEFOWSKI KAROL	226		NOWY TOMYŚL	POL	M20	40	M 519	00:03:16	02:19:13	03:51:24	05:41:16	06:55:04		07:38:14.15	07:38:14.15	10:16	5.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	JASŁOWSKA JUSTYNA	94	POSMAKUJ RUN TEAM	JEDLUCZE	POL	K30	1	K 1	00:00:54	01:31:42	02:20:47	03:00:35	03:38:00		03:59:19.90	03:59:19.90	5:21	11.2
2	GWIZDAK JUSTYNA	577	WATER TEAM	RZESZÓW	POL	K30	2	K 4	00:01:15	01:37:08	02:30:53	03:16:21	03:57:20		04:19:23.55	04:19:23.55	5:48	10.3
3	KOMISARCZYK ANNA	537	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30	3	K 6	00:00:36	01:39:06	02:31:45	03:19:43	04:03:21		04:28:03.70	04:28:03.70	6:00	10
4	KRAWCZAK PAULINA	144	BIEGUSIEM.PL	DĘBLIN	POL	K30	4	K 7	00:01:01	01:37:47	02:33:43	03:24:21	04:07:04		04:30:28.50	04:30:28.50	6:03	9.9
5	KOŁACKA MARTYNA	176		WODZISŁAW ŚLĄSKI	POL	K30	5	K 8	00:00:48	01:39:35	02:34:15	03:24:14	04:09:15		04:33:40.30	04:33:40.30	6:08	9.8
6	SIWCZUK ALEKSANDRA	302		WARSZAWA	POL	K30	6	K 9	00:01:20	01:44:55	02:41:52	03:29:45	04:14:07		04:37:51.05	04:37:51.05	6:13	9.6
7	GAWLEWICZ KRYSZYNA	470	GAWELKI TEAM	SANOK	POL	K30	7	K 10	00:01:45	01:45:01	02:42:59	03:33:38	04:19:04		04:43:32.25	04:43:32.25	6:21	9.4
8	BONDARA SYLWIA	1	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30	8	K 11	00:00:39	01:41:39	02:42:26	03:32:20	04:19:36		04:45:53.30	04:45:53.30	6:24	9.4
9	KRENZEL REGINA	734		JAROSŁAW	POL	K30	9	K 12	00:00:45	01:48:30	02:47:01	03:37:14	04:22:55		04:48:35.95	04:48:35.95	6:28	9.3
10	WAŁACH-BIŚTA ZUZANNA	458		KATOWICE	POL	K30	10	K 13	00:01:25	01:51:47	02:48:18	03:40:04	04:23:58		04:49:30.20	04:49:30.20	6:29	9.2
11	SIKORA-KOŁODZIEJ IRMINA	601	BIESY I CZORTY	PRZEMYŚL	POL	K30	11	K 14	00:02:22	01:55:07	02:56:34	03:49:06	04:29:58		04:52:11.40	04:52:11.40	6:33	9.2
12	BURANDT MAGDALENA	423	3LIFE TEAM	OLSZTYN	POL	K30	12	K 16	00:01:48	01:50:36	02:53:07	03:47:47	04:35:41		05:01:55.95	05:01:55.95	6:46	8.9
13	KIELTYKA AGNIESZKA	284		RYKI	POL	K30	13	K 17	00:00:48	01:54:53	02:56:06	03:50:02	04:37:49		05:03:01.60	05:03:01.60	6:47	8.8
14	SIEMIĄTKOWSKA KATARZYNA	455		POZNAŃ	POL	K30	14	K 23	00:02:08	01:55:45	02:58:02	03:55:38	04:43:29		05:11:39.40	05:11:39.40	6:59	8.6
15	ADAMCZAK BARBARA	568	SMPZ 'TRAVOIS'	KATOWICE	POL	K30	15	K 25	00:01:11	01:54:39	03:00:56	04:03:23	04:49:30		05:15:02.40	05:15:02.40	7:03	8.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
16	PIOTROWICZ MAŁGORZATA	102	INFINITY GYM	PROSZOWICE	POL	K30	16	K 30	00:01:48	01:58:03	03:05:51	04:06:12	04:55:19		05:26:43.60	05:26:43.60	7:19	8.2
17	BOBER ANNA	265		OSTROWIEC ŚWIĘTOKRZY SKI	POL	K30	17	K 32	00:01:34	02:05:48	03:19:09	04:19:09	05:06:21		05:34:40.85	05:34:40.85	7:30	8
18	SZALACHA KATARZYNA	576		RZESZÓW	POL	K30	18	K 34	00:02:37	02:04:29	03:14:26	04:20:32	05:10:48		05:40:49.25	05:40:49.25	7:38	7.9
19	SZABŁOWSKA IWONA	731	STRASZYN ULTRA TEAM	JUSZKOWO	POL	K30	19	K 37		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	7:43	7.8
20	LATO-KSIAŻEK KAROLINA	459	LUBLIN BIEGA	LUBLIN	POL	K30	20	K 39	00:03:02	02:15:49	03:27:48	04:26:20	05:18:20		05:46:41.55	05:46:41.55	7:46	7.7
21	MYGA ANNA	311	HEARTESS	KATOWICE	POL	K30	21	K 45	00:03:22	02:11:48	03:22:45	04:36:18	05:28:50		05:57:30.15	05:57:30.15	8:00	7.5
22	KWAPIEŃ KAROLINA	605	VEGE RUNNERS	BIAŁA PODLASKA	POL	K30	22	K 46	00:02:21	02:06:39	03:23:59	04:31:53	05:25:58		05:58:22.90	05:58:22.90	8:02	7.5
23	CHUDA ANETA	301		WROCLAW	POL	K30	23	K 51	00:01:04	02:16:14	03:33:25	04:35:20	05:30:31		06:00:49.75	06:00:49.75	8:05	7.4
24	NIEMCZAK BARBARA	616	IPA PAŁAC MOSTOWSKICH	PIASECZNO	POL	K30	24	K 55	00:02:02	02:09:33	03:27:34	04:38:12	05:32:09		06:04:41.40	06:04:41.40	8:10	7.3
25	KOPROWICZ EWELINA	322	JAROSŁAWSKA GRUPA BIEGOWA	JAROSŁAW	POL	K30	25	K 56	00:02:03	02:12:06	03:31:47	04:41:28	05:36:18		06:06:51.80	06:06:51.80	8:13	7.3
26	WITKOWSKA BEATA	156		GDAŃSK	POL	K30	26	K 58	00:03:07	02:16:00	03:38:03	04:44:00	05:37:45		06:07:26.65	06:07:26.65	8:14	7.3
27	KOCZUR KAMILA	504		WARSZAWA	POL	K30	27	K 59	00:01:35	02:15:41	03:35:22	04:41:33	05:35:04	00:02:00	06:07:29.30	06:07:29.30	8:11	7.3
28	BAK AGATA	125	BUSHIDO CENTRUM	SOBIENIE JEZIORY	POL	K30	28	K 60	00:01:23	02:22:19	03:48:02	04:46:12	05:38:31		06:07:42.25	06:07:42.25	8:14	7.3
29	KAMIENIARZ MARIA	387		POZNAŃ	POL	K30	29	K 62	00:03:21	02:10:40	03:34:04	04:46:03	05:39:22		06:11:23.45	06:11:23.45	8:19	7.2
30	TREPKA AGNIESZKA	163		CRAWLEY	GBR	K30	30	K 63	00:01:30	02:12:26	03:42:45	04:49:01	05:41:29		06:12:13.20	06:12:13.20	8:20	7.2
31	MAZURKIEWICZ JOLANTA	490	BYCHAWA RUNNER'S/NAJWI ĘKSZA ARMIA ŚWIATA	BYCHAWA	POL	K30	31	K 66	00:01:49	02:18:17	03:38:54	04:52:45	05:44:46		06:15:29.25	06:15:29.25	8:25	7.1
32	HANDERMANDER AGNIESZKA	394		USTRZYKI DOLNE	POL	K30	32	K 69	00:01:49	02:13:39	03:34:01	04:46:57	05:45:56		06:17:09.05	06:17:09.05	8:27	7.1
33	PAWŁOWSKA ELŻBIETA	298	NOWY STYL RUNNING TEAM	JEDLICZE	POL	K30	33	K 71	00:02:48	02:18:22	03:41:07	04:49:00	05:45:09		06:18:55.55	06:18:55.55	8:29	7.1
34	BIESZCZAD ILONA	296		WOJASZÓWK A	POL	K30	34	K 72	00:02:47	02:18:17	03:41:01	04:49:00	05:45:09		06:18:55.80	06:18:55.80	8:29	7.1
35	DUBYNA MARIIA	506	MIA	KRAKOW	POL	K30	35	K 80	00:02:29	02:26:02	03:51:22	05:04:54	05:57:34		06:29:24.90	06:29:24.90	8:43	6.9
36	SAMBORSKA WERONIKA	62	NOWY STYL GROUP RUNNING TEAM	BRZYSKA	POL	K30	36	K 82	00:02:40	02:23:04	03:49:05	04:59:07	05:58:18		06:30:59.35	06:30:59.35	8:45	6.8
37	RÓZYCKA DOROTA	1170	NOWY STYL GROUP RUNNING TEAM	JASŁO	POL	K30	37	K 83	00:02:40	02:23:04	03:49:04	04:59:06	05:58:03		06:30:59.50	06:30:59.50	8:45	6.8
38	KRZAK DOMINIKA	730		WROCLAW	POL	K30	38	K 84	00:02:22	02:24:05	03:43:25	05:03:14	06:00:18		06:32:37.60	06:32:37.60	8:48	6.8
39	SZUMNA ALEKSANDRA	600	MONKEYS' TEAM	KRAŚNIK	POL	K30	39	K 87	00:02:15	02:20:27	03:44:28	05:00:49	05:58:17		06:33:12.35	06:33:12.35	8:48	6.8
40	BAŁA BOŻENA	81		GRABINY	POL	K30	40	K 90	00:00:58	02:14:13	03:41:17	05:05:17	06:05:18		06:42:14.55	06:42:14.55	9:01	6.7
41	KOWALEWSKA IZABELA	475	PIASECZNO RUNNING	PIASECZNO	GBR	K30	41	K 93	00:02:22	02:25:46	03:53:20	05:09:42	06:08:35		06:42:29.95	06:42:29.95	9:01	6.6
42	ŻAK OLIWIA	66	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30	42	K 94	00:02:21	02:25:47	03:53:23	05:09:42	06:08:34		06:42:30.10	06:42:30.10	9:01	6.6
43	LEWANDOWSKA OLGA	541		WARSZAWA	POL	K30	43	K 95	00:02:56	02:21:34	03:49:11	05:08:44	06:09:13		06:44:47.20	06:44:47.20	9:04	6.6
44	MARONDEL KATARZYNA	619	FESTIWAL BIEGOWY	BYTOM	POL	K30	44	K 96	00:02:10	02:24:52	03:48:25	05:03:06	06:09:07		06:44:55.05	06:44:55.05	9:04	6.6
45	KULIK KATARZYNA	99	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30	45	K 98	00:03:17	02:24:39	03:53:25	05:21:34	06:19:17		06:52:41.95	06:52:41.95	9:15	6.5
46	KORZENIOWSKA JOANNA	129	UMCS BIEGA	LUBLIN	POL	K30	46	K 99	00:02:52	02:34:27	04:02:22	05:20:38	06:19:58		06:54:02.90	06:54:02.90	9:16	6.5
47	KOWALIK ANNA	130	UMCS BIEGA	ŁADA	POL	K30	47	K 100	00:02:52	02:34:30	04:02:24	05:20:39	06:20:00		06:54:04.30	06:54:04.30	9:17	6.5
48	WALCZYŃSKA KAROLINA	29	RUNHOGS TYCHY	TYCHY	POL	K30	48	K 104	00:01:38	02:29:36	04:04:41	05:23:29	06:20:33		06:56:23.55	06:56:23.55	9:20	6.4
49	HEBDA-OLSZÓWKA ALEKSANDRA	51	NIGHT RUNNERS GLIWICE	CHORZÓW	POL	K30	49	K 105	00:03:08	02:37:48	04:02:56	05:26:31	06:23:55		06:56:44.35	06:56:44.35	9:20	6.4
50	SZYMAŃSKA JOLANTA	59		KIELCE	POL	K30	50	K 109	00:01:44	02:19:28	03:48:38	05:12:30	06:17:43		07:02:16.20	07:02:16.20	9:28	6.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
51	ZAWADZKA MAGDALENA	143	AKS POLONIA WARSZAWA/TEA M ZABIEGANE DNI	WARSZAWA	POL	K30	51	K 110	00:02:31	02:30:49	04:02:29	05:20:34	06:27:54		07:03:53.45	07:03:53.45	9:30	6.3
52	DUNIEC MAŁGORZATA	206	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30	52	K 114	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	9:40	6.2
53	ŁYSUNIAK-STRAUCH ALEKSANDRA	207	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30	53	K 115	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	9:40	6.2
54	KRUSZEWSKA EMILIA	674		GDAŃSK	POL	K30	54	K 122	00:00:46	02:39:54	04:20:40		06:55:06		07:38:11.55	07:38:11.55	10:16	5.8
	KARWAN BARBARA	633	PLACETOTRI	KRAKÓW	POL	K30			00:00:52	02:04:33	03:22:48	DNF	DNF		DNF	DNF	-	-
	KLISZ AGA	18		LUBLIN	POL	K30			00:01:56	DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KRUBA MARCIN	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW	POL	M30	1	M 4	00:00:34	01:21:08	02:02:35	02:36:47	03:12:03		03:31:45.45	03:31:45.45	4:44	12.6
2	TOMASIK STANISŁAW	641	GORLIĆKA GRUPA BIEGOWA	SZYMBARK	POL	M30	2	M 6	00:01:08	01:22:36	02:06:04	02:42:02	03:15:23		03:33:08.15	03:33:08.15	4:46	12.6
3	ŻUCHOWSKI DANIEL	770	MUAY RUNNING TEAM	KRAKÓW		M30	3	M 7	00:00:25	01:21:07	02:03:48	02:40:21	03:15:13		03:34:16.90	03:34:16.90	4:48	12.5
4	PAWŁOWSKI ARKADIUSZ	526	ROCK&RUN	WARSZAWA	POL	M30	4	M 9	00:00:36	01:23:12	02:06:59	02:43:43	03:20:13		03:39:52.90	03:39:52.90	4:55	12.2
5	BAŁATKA KRZYSZTOF	389	AZS WSGK KUTNO	KUTNO	POL	M30	5	M 12	00:00:29	01:26:09	02:10:55	02:46:15	03:22:59		03:43:43.25	03:43:43.25	5:00	12
6	BARAN WOJTEK	215	OKNOPLAST RUNNING TEAM	ZABAWA/WIE LICZKA	POL	M30	6	M 13	00:00:30	01:22:13	02:07:30	02:45:56	03:24:13		03:46:05.50	03:46:05.50	5:04	11.8
7	BIAŁOWĄS TOMASZ	520	STAJNIA BALONA	RZESZÓW	POL	M30	7	M 14	00:01:10	01:27:07	02:13:25	02:51:00	03:26:47		03:47:20.60	03:47:20.60	5:05	11.8
8	KWIATKOWSKI MICHAEL	56		KRAKÓW	POL	M30	8	M 15	00:00:32	01:24:45	02:09:47	02:48:06	03:27:16		03:48:35.85	03:48:35.85	5:07	11.7
9	KUDŁAK PAWEŁ	567	PORANNY PATROL	KRAKÓW	POL	M30	9	M 22	00:00:47	01:30:52	02:17:40	02:57:58	03:35:27		03:56:43.65	03:56:43.65	5:18	11.3
10	PABIAN PAWEŁ	755	WALKABOUT TEAM	KRASNE	POL	M30	10	M 27	00:01:23	01:28:39	02:17:33	02:59:17	03:37:21		03:59:17.40	03:59:17.40	5:21	11.2
11	SZAPORÓW ŁUKASZ	100	INFINITY-GYM	PROSZOWICE	POL	M30	11	M 28	00:00:34	01:26:28	02:15:53	02:58:10	03:38:32		04:01:13.75	04:01:13.75	5:24	11.1
12	KIMMER JAKUB	238	BIEGING TEAM ZELÓW	ZELÓW	POL	M30	12	M 36	00:00:59	01:35:28	02:24:37	03:05:32	03:44:57		04:05:56.25	04:05:56.25	5:30	10.9
13	PIĘKOŚ MAREK	736		JEDLICZE	POL	M30	13	M 38	00:01:19	01:32:32	02:21:37	03:04:21	03:45:35		04:08:10.70	04:08:10.70	5:33	10.8
14	GOŁĄB MAREK	216	STAY INSANE	LUBLIN	POL	M30	14	M 41	00:00:42	01:34:10	02:25:56	03:09:48	03:48:47		04:10:06.90	04:10:06.90	5:36	10.7
15	BRENDZOWSKI ADAM	69	SOLINATEAM / RUNONLINETEAM	POLAŃCZYK	POL	M30	15	M 42	00:00:58	01:33:10	02:22:57	03:06:28	03:48:41		04:11:01.55	04:11:01.55	5:37	10.7
16	ŚLĘCZKA DAMIAN	193	BIOMEDYCYNĄ SP. Z O.O. RZESZÓW	RZESZÓW	POL	M30	16	M 45	00:01:16	01:34:42	02:26:00	03:09:17	03:49:45		04:11:37.35	04:11:37.35	5:38	10.6
17	KALINOWSKI ŁUKASZ	16		WARSZAWA	POL	M30	17	M 46	00:00:49	01:36:49	02:28:08	03:10:43	03:50:20		04:12:03.25	04:12:03.25	5:39	10.6
18	TAJCHMAN JAROSŁAW	686		RZESZÓW	POL	M30	18	M 48	00:01:16	01:38:55	02:31:19	03:11:45	03:50:21		04:12:07.70	04:12:07.70	5:39	10.6
19	DYREK MICHAŁ	653	MOK MSZANA DOLNA	MSZANA GÓRNA	POL	M30	19	M 50	00:00:51	01:31:10	02:22:55	03:06:43	03:48:42		04:12:16.70	04:12:16.70	5:39	10.6
20	ROHAN ŁUKASZ	44	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	20	M 54	00:00:48	01:27:52	02:19:39	03:06:06	03:51:25		04:16:23.50	04:16:23.50	5:44	10.4
21	FUS MACIEJ	148		RZESZÓW	POL	M30	21	M 56	00:00:45	01:34:11	02:24:02	03:10:32	03:53:16		04:17:32.65	04:17:32.65	5:46	10.4
22	DYREK MATEUSZ	566		MSZANA GÓRNA	POL	M30	22	M 57	00:00:51	01:33:58	02:25:54	03:10:51	03:54:08		04:18:23.00	04:18:23.00	5:47	10.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
23	BEREŚ ARKADIUSZ	741	STUDIO REBELL	RZESZÓW	POL	M30	23	M 58	00:00:33	01:35:02	02:32:18	03:16:17	03:57:11		04:18:30.00	04:18:30.00	5:47	10.4
24	WOLSKI MARCIN	465	WOLSCY BROTHERS TRIATHLON TEAM	KRAKÓW	POL	M30	24	M 61	00:00:45	01:37:29	02:28:08	03:12:26	03:56:27		04:20:06.80	04:20:06.80	5:49	10.3
25	DELEKTA DARIUSZ	235	DELNOVA	ŁOWISKO	POL	M30	25	M 62	00:01:40	01:39:16	02:33:08	03:17:25			04:20:11.20	04:20:11.20	5:50	10.3
26	FIGLEWICZ PIOTR	572		MYŚLENICE	POL	M30	26	M 64	00:03:26	01:45:35	02:40:48	03:20:26			04:21:25.10	04:21:25.10	5:51	10.2
27	ZUREK PAWEŁ	15		HULL	GBR	M30	27	M 65	00:00:34	01:31:20	02:26:17	03:12:18	03:56:07		04:22:18.70	04:22:18.70	5:52	10.2
28	ŁAKOMY TOMASZ	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	OLESZYCE	POL	M30	28	M 66	00:00:57	01:37:24	02:29:26	03:15:25			04:23:05.55	04:23:05.55	5:53	10.2
29	ŁUKASIK MICHAŁ	286	VELOBIKE SKLEP I SERWIS	BUSKO-ZDROJ	POL	M30	29	M 67	00:00:47	01:37:17	02:30:38	03:16:34			04:23:38.65	04:23:38.65	5:54	10.2
30	JANECKA ARTUR	239	BIEGING TEAM ZELÓW	ŁASK	POL	M30	30	M 68	00:02:07	01:37:01	02:29:05	03:15:20			04:24:40.05	04:24:40.05	5:56	10.1
31	GAWRON MARCIN	521	ROOKS TEAM / IDEO ACTIVE TEAM	NOWY BOREK	POL	M30	31	M 69	00:00:47	01:36:51	02:28:43	03:17:46			04:25:17.25	04:25:17.25	5:56	10.1
32	POPIEL ANDRZEJ	705	POPSMART.PL	KRAKÓW	POL	M30	32	M 72	00:00:33	01:31:26	02:23:04	03:16:43			04:26:30.00	04:26:30.00	5:58	10
33	GUZIK ŁUKASZ	771		ŁYSOKANIE		M30	33	M 73	00:01:25	01:41:45	02:35:49	03:19:06			04:26:34.30	04:26:34.30	5:58	10
34	KLIMEK MATEUSZ	199		SZCZECIN	POL	M30	34	M 77	00:00:48	01:36:01	02:30:20	03:19:01	04:03:20		04:29:28.00	04:29:28.00	6:02	9.9
35	BIESZCZAD MATEUSZ	295	NOWY STYL GROUP RUNNING TEAM	WOJASZÓWKA	POL	M30	35	M 82	00:02:23	01:41:29	02:34:30	03:19:45	04:04:59		04:32:20.70	04:32:20.70	6:06	9.8
36	DĄBROWICZ JAKUB	548		KOMORNIKI	POL	M30	36	M 84	00:00:44	01:40:49	02:37:16	03:23:49	04:07:52		04:32:48.05	04:32:48.05	6:06	9.8
37	REJ MIROSŁAW	445	M&T WYJADACZE PARÓWKÓW	MIELEC	POL	M30	37	M 86	00:00:41	01:36:22	02:27:30	03:18:22	04:08:39		04:35:02.50	04:35:02.50	6:10	9.7
38	STACHURSKI PIOTR	673		JEDLONIA LETNISKO	POL	M30	38	M 89	00:00:37	01:33:06	02:29:51	03:22:18	04:11:44		04:37:30.50	04:37:30.50	6:13	9.6
39	GRABIEC MARCIN	627		KOLBUSZOWA	POL	M30	39	M 90	00:02:11	01:36:52	02:31:30	03:20:12	04:09:42		04:37:33.20	04:37:33.20	6:13	9.6
40	SARKA BARTŁOMIEJ	86		RABKA-ZDRÓJ	POL	M30	40	M 91	00:01:39	01:44:40	02:43:27	03:31:11	04:13:44		04:37:34.75	04:37:34.75	6:13	9.6
41	AGRES PAWEŁ	217	KW KOTŁOWNIA	LUBLIN	POL	M30	41	M 94	00:01:03	01:41:21	02:36:59	03:30:27	04:15:01		04:38:06.55	04:38:06.55	6:14	9.6
42	GUDOWSKI KRYSZTOF	623		SANOK	POL	M30	42	M 95	00:01:48	01:50:46	02:45:16	03:32:20	04:15:28		04:38:08.90	04:38:08.90	6:14	9.6
43	GRĘBOWIEC MATEUSZ	282	TSA SANDOMIERZ	SANDOMIERZ	POL	M30	43	M 99	00:01:45	01:41:11	02:36:40	03:29:27	04:15:29		04:40:53.40	04:40:53.40	6:17	9.5
44	NALAZEK MARCIN	67	PIASECZNO RUNNING	WARSZAWA	POL	M30	44	M 100	00:02:00	01:42:01	02:39:00	03:29:14	04:15:24		04:41:25.25	04:41:25.25	6:18	9.5
45	BARAN MATEUSZ	283	GORLIICKA GRUPA BIEGOWA	SZYMBARK	POL	M30	45	M 107	00:01:55	01:49:04	02:48:40	03:37:19	04:20:50		04:43:30.00	04:43:30.00	6:21	9.4
46	MYŚLIWIEC ROBERT	522	WILD & FREE	RZESZÓW	POL	M30	46	M 109	00:02:16	01:44:23	02:43:22	03:32:44	04:18:57		04:44:13.65	04:44:13.65	6:22	9.4
47	POTONIEC GRZEGORZ	117	RODZENSTWO	WARSZAWA, LIMANOWA	POL	M30	47	M 111	00:01:14	01:40:06	02:42:42	03:38:13	04:21:04		04:46:17.75	04:46:17.75	6:25	9.3
48	JÓŹWIAK RAFAŁ	68		WARSZAWA	POL	M30	48	M 113	00:02:04	01:47:05	02:43:53	03:37:44	04:22:05		04:47:19.65	04:47:19.65	6:26	9.3
49	GAWORECKI TOMASZ	47	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M30	49	M 114	00:02:49	01:53:18	02:51:10	03:40:33	04:23:16		04:47:48.65	04:47:48.65	6:27	9.3
50	WNUK NORBERT	174	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	50	M 116	00:02:25	01:44:43	02:46:03	03:38:43	04:23:01		04:47:53.00	04:47:53.00	6:27	9.3
51	WETHACZ DARIUSZ	763		CISNA		M30	51	M 118	00:01:43	01:49:45	02:51:34	03:42:19	04:24:50		04:49:00.50	04:49:00.50	6:28	9.3
52	DZIRBA TOMASZ	332		NIEMCE	POL	M30	52	M 119	00:01:21	01:52:35	02:49:26	03:38:56	04:23:47		04:49:27.95	04:49:27.95	6:29	9.2
53	MENDYKA ŁUKASZ	171	KB AKTYWNI ŚRODA WLKP.	ŚRODA WLKP.	POL	M30	53	M 120	00:03:00	01:44:46	02:41:44	03:34:03	04:22:13		04:49:28.25	04:49:28.25	6:29	9.2
54	CHRUŚCIEL MICHAŁ	354	FARTLEK GO	GORZYCE	POL	M30	54	M 121	00:01:34	01:43:25	02:43:54	03:36:15	04:23:15		04:49:29.80	04:49:29.80	6:29	9.2
55	TROJNAR DAMIAN	661	KS JANUSZE	ŁANCUT	POL	M30	55	M 122	00:01:32	01:45:37	02:44:42	03:38:58	04:24:33		04:49:30.75	04:49:30.75	6:29	9.2
56	KOSIN PAWEŁ	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	KIELCE	POL	M30	56	M 124	00:01:11	01:49:03	02:46:51	03:37:15	04:24:20		04:49:32.50	04:49:32.50	6:29	9.2

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
57	MACHNICKI RAFAŁ	285		RYKI	POL	M30	57	M 125	00:00:45	01:44:45	02:42:32	03:35:50	04:22:39		04:50:20.85	04:50:20.85	6:30	9.2
58	JASNOWSKI MICHAŁ	675		WARSZAWA	POL	M30	58	M 126	00:01:02	01:44:38	02:43:24	03:37:42	04:24:39		04:50:31.70	04:50:31.70	6:30	9.2
59	KOWALCZYK ALEKSANDER	559		DZIAŁOSZYCE	POL	M30	59	M 127	00:03:02	01:47:44	02:47:20	03:41:28	04:26:05		04:50:38.45	04:50:38.45	6:30	9.2
60	JĘDZURA DANIEL	22	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	60	M 139	00:02:53	01:47:48	02:48:37	03:40:58	04:27:27		04:55:09.30	04:55:09.30	6:37	9.1
61	MIKOLAJCZYK LUKASZ	557		CZELADŹ	POL	M30	61	M 140	00:01:01	01:48:40	02:47:13	03:40:51	04:27:36		04:55:30.80	04:55:30.80	6:37	9.1
62	BARAN ZBIGNIEW	208	(OB)LEŚNI BIEGACZE	KRAKÓW	POL	M30	62	M 151	00:02:27	01:54:29	02:56:56	03:45:44	04:31:34		04:57:00.50	04:57:00.50	6:39	9
63	ROGAŁA KRYSZTIAN	663	MTS HAMER	MIASTKO	POL	M30	63	M 157	00:01:04	01:48:55	02:50:15	03:44:48	04:32:14		04:57:41.95	04:57:41.95	6:40	9
64	DUCKI PIOTR	762		POLKOWICE		M30	64	M 158	00:02:08	01:53:37	02:58:11	03:46:23	04:32:39		04:58:32.45	04:58:32.45	6:41	9
65	MARUKIEWICZ MAREK	628	BIEGAMDLAZDROWIA.PL	JĘŻÓW SUDECKI	POL	M30	65	M 160	00:02:44	01:48:34	02:51:41	03:48:53	04:33:38		04:58:39.00	04:58:39.00	6:41	9
66	CZARNECKI PIOTR	335	TARCHOŚFIRY	WARSZAWA	POL	M30	66	M 161	00:01:26	01:50:35	02:53:08	03:47:00	04:34:24		04:58:48.45	04:58:48.45	6:41	9
67	KALBARCZYK WOJCIECH	602	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	67	M 162	00:01:43	01:49:31	02:52:14	03:46:04	04:32:28		04:59:30.10	04:59:30.10	6:42	8.9
68	RECZEK SEBASTIAN	724	KS ZIELONO-CZARNI	MIŃSK MAZOWIECKI	POL	M30	68	M 163	00:02:05	01:49:21	02:48:08	03:43:44	04:35:03		04:59:30.30	04:59:30.30	6:42	8.9
69	KONCZAK KRZYSZTOF	544	STAY INSANE / PERFECT RUNNER LUBLIN	LUBLIN	POL	M30	69	M 165	00:01:25	01:53:48	03:00:02	03:51:17	04:36:47		04:59:58.35	04:59:58.35	6:43	8.9
70	JAKUBOWSKI JAKUB	505	NASTUKOŁKI	RZESZÓW	POL	M30	70	M 167	00:01:40	01:55:37	02:59:10	03:51:14	04:36:44		05:01:56.80	05:01:56.80	6:46	8.9
71	SZYSZŁO TOMASZ	53	POZYTYWNE ZABIEGANI SANOK / RUN ENERGY CLUB	SANOK	POL	M30	71	M 173	00:01:47	01:52:08	02:51:13	03:48:24	04:37:09		05:05:07.95	05:05:07.95	6:50	8.8
72	KRÓLAK SEBASTIAN	594		KRAKÓW	POL	M30	72	M 175	00:02:58	01:49:13	02:51:03	03:46:27	04:35:44		05:05:11.00	05:05:11.00	6:50	8.8
73	WŁODEK MATEUSZ	184		POZNAN	POL	M30	73	M 176	00:02:49	01:56:56	02:57:19	03:51:08	04:39:26		05:05:16.55	05:05:16.55	6:50	8.8
74	KULIGA SŁAWOMIR	650	POSMAKUJ RUN TEAM	KROSNO	POL	M30	74	M 178	00:00:55	01:39:13	02:46:21	03:44:05	04:34:23		05:05:17.45	05:05:17.45	6:50	8.8
75	NIERADA MARCIN	43		KATOWICE	POL	M30	75	M 179	00:01:04	01:44:13	02:46:06	03:42:50	04:34:33		05:05:18.30	05:05:18.30	6:50	8.8
76	ADAMCZAK MICHAŁ	454	BIEGAJ BEZ KOŃCA	MIELEC	POL	M30	76	M 184	00:02:29	01:52:25	02:53:29	03:49:07	04:40:47		05:06:25.75	05:06:25.75	6:52	8.7
77	MĘDRYGAŁ PIOTR	401	GJ GÓPR	MYSŁOWICE	POL	M30	77	M 188	00:03:22	01:52:43	02:50:04	03:47:13	04:39:12		05:08:28.65	05:08:28.65	6:54	8.7
78	BRZOZOWSKI LUKASZ	315	STEFAN TEAM	STAŁOWA WOLA	POL	M30	78	M 190	00:01:48	01:51:47	02:55:16	03:53:09	04:40:44		05:08:35.65	05:08:35.65	6:55	8.7
79	PELA DARIUSZ	535	TMT TORUŃ	TORUŃ	POL	M30	79	M 192	00:01:04	01:49:41	02:50:19	03:51:03	04:40:36		05:10:30.50	05:10:30.50	6:57	8.6
80	DZIERŁĘGA PIOTR	255	PILZNO	PILZNO	POL	M30	80	M 194	00:02:40	01:46:52	02:51:15	03:48:48	04:40:06		05:10:35.30	05:10:35.30	6:57	8.6
81	ŁĘCKI PIOTR	32	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	81	M 197	00:02:54	01:54:20	02:55:41	03:53:21	04:41:44		05:11:17.10	05:11:17.10	6:58	8.6
82	PASTUŁA LUKASZ	10		KOLBUSZOWA	POL	M30	82	M 199	00:00:55	01:44:27	02:47:15	03:45:50	04:42:04		05:11:19.05	05:11:19.05	6:58	8.6
83	PIWONSKI ADAM	405		GÓRA KALWARIA	POL	M30	83	M 200	00:02:29	01:54:26	02:56:58	03:53:10	04:42:21		05:11:19.35	05:11:19.35	6:58	8.6
84	MISKÓW MARCIN	308		ŻORY	POL	M30	84	M 202	00:01:29	01:54:52	02:59:06	03:57:14	04:43:30		05:11:23.35	05:11:23.35	6:58	8.6
85	BURBLIS LUKASZ	539	BIEGING TEAM ZELÓW	ŁASK	POL	M30	85	M 208	00:02:13	01:50:46	02:54:11	03:50:23	04:40:39		05:12:29.60	05:12:29.60	7:00	8.6
86	STEFANIAK MACIEJ	690	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M30	86	M 211	00:01:14	02:01:40	03:11:57	04:04:57	04:49:20		05:14:00.85	05:14:00.85	7:02	8.5
87	FORJASZ PRZEMYSŁAW	97		RZESZÓW	POL	M30	87	M 215	00:01:10	01:52:54	03:11:12	04:03:55	04:49:29		05:15:03.65	05:15:03.65	7:03	8.5
88	BUSZ JACEK	146		RZESZÓW	POL	M30	88	M 217	00:01:14	01:51:46	02:53:22	03:50:43	04:45:46		05:15:45.35	05:15:45.35	7:04	8.5
89	PARWA MICHAŁ	83	@BIEGIEMNAROWER	DZIEKANOWICE	POL	M30	89	M 220	00:00:50	01:51:05	03:00:57	04:02:07	04:50:58		05:17:17.00	05:17:17.00	7:06	8.4
90	GIERULA PIOTR	137	GREINPLAST RZESZÓW	RZESZÓW	POL	M30	90	M 222	00:01:12	01:54:54	03:11:21	04:03:54	04:50:29		05:17:19.60	05:17:19.60	7:06	8.4
91	DUDEK LUKASZ	392		RZESZÓW	POL	M30	91	M 226	00:02:07	01:55:01	03:02:48	04:03:59	04:52:42		05:19:10.20	05:19:10.20	7:09	8.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
92	KIERNICKI ŁUKASZ	140	FUN&RUN	CZUDEC	POL	M30	92	M 231	00:03:22	01:58:20	03:03:12	04:03:20	04:52:36		05:20:00.50	05:20:00.50	7:10	8.4
93	DRAUS BORYS	398		KRASNE	POL	M30	93	M 233	00:01:42	01:59:21	03:09:45	04:02:30	04:51:32		05:20:02.95	05:20:02.95	7:10	8.4
94	ZIMAK SEBASTIAN	124	SANOK RUBBER RUNNING	POSADA ZARZYSKA	POL	M30	94	M 236	00:01:39	01:53:06	03:00:43	04:02:09	04:52:24		05:21:33.45	05:21:33.45	7:12	8.3
95	JAROSZ JARSZEWSKI MATEUSZ	320		WARSZAWA	POL	M30	95	M 237	00:02:05	01:52:27	02:58:14	03:55:08	04:50:40		05:22:23.40	05:22:23.40	7:13	8.3
96	ŁUKASIAK ADAM	152	ADAM ŁUKASIAK	WARSZAWA	POL	M30	96	M 241	00:01:31	01:52:36	03:05:31	04:08:31	04:55:15		05:23:37.65	05:23:37.65	7:15	8.3
97	SOBIECH MARCIN	373	GO GARWOLIN:D	GARWOLIN	POL	M30	97	M 242	00:02:49	01:54:36	03:02:49	04:03:29	04:53:09		05:25:29.25	05:25:29.25	7:17	8.2
98	KOCZUR JAKUB	429	NOWA HUTA TEAM	KRAKÓW	POL	M30	98	M 243	00:02:29	01:54:39	03:00:32	04:04:19	04:55:01		05:26:18.30	05:26:18.30	7:18	8.2
99	KARAŚ ŁUKASZ	725	EKIPA Z TARNOWA	TARNÓW	POL	M30	99	M 244	00:03:07	01:55:02	03:04:11	04:02:26	04:56:06		05:26:31.85	05:26:31.85	7:19	8.2
100	WOŹNIAK ŁUKASZ	379	PORANNY PATROL	KRAKÓW	POL	M30	100	M 247	00:03:14	01:58:04	03:09:38	04:07:04	04:56:36		05:26:37.05	05:26:37.05	7:19	8.2
101	GRANDA PAWEŁ	412	12 DAPLOT JAROSŁAW	ZARZECZE	POL	M30	101	M 248	00:01:49	01:55:54	03:05:42	04:05:42	04:57:28		05:26:39.80	05:26:39.80	7:19	8.2
102	BALCHAN KRZYSZTOF	77	CPR RZESZÓW	CZUDEC	POL	M30	102	M 254	00:01:40	01:47:47	02:53:43	03:55:30	04:54:05		05:28:38.80	05:28:38.80	7:22	8.1
103	STRZAŁKA DOMINIK	608		BRZEŹNICA	POL	M30	103	M 255	00:01:44	01:55:45	03:06:09	04:04:40	04:56:07		05:28:43.30	05:28:43.30	7:22	8.1
104	LUTEREK MICHAŁ	688		WARSZAWA	POL	M30	104	M 260	00:03:38	02:00:06	03:12:34	04:07:45	04:58:57		05:29:33.50	05:29:33.50	7:23	8.1
105	GOZDZIENIAK SOBIEŚŁAW	229	KW KOTŁOWNIA	LUBLIN	POL	M30	105	M 262	00:01:03	01:53:12	03:03:19	04:07:11	04:59:14		05:31:14.70	05:31:14.70	7:25	8.1
106	ANDRZEJEWSKI PIOTR	624	RRT	WARSZAWA	POL	M30	106	M 263	00:03:25	01:59:55	03:06:06	04:04:29	05:00:11		05:31:15.80	05:31:15.80	7:25	8.1
107	ZIÓLKOWSKI KRZYSZTOF	402	JA I ONA	GRUDZIĄDZ	POL	M30	107	M 264	00:03:29	02:04:19	03:12:15	04:10:08	05:01:56		05:31:16.70	05:31:16.70	7:25	8.1
108	ROJEK MACIEJ	693		KRAKÓW	POL	M30	108	M 268	00:01:08	01:55:00	03:05:58	04:11:31	05:02:01		05:32:02.80	05:32:02.80	7:26	8.1
109	BERNAŚ DARIUSZ	82	BSCZADY	WETLINA	POL	M30	109	M 270	00:01:32	02:02:16	03:12:04	04:11:49	05:04:13		05:33:48.80	05:33:48.80	7:29	8
110	CICHORACKI PATRYK	230	NIGHT RUNNERS	GRUDZIĄDZ	POL	M30	110	M 271	00:02:41	01:56:01	03:03:03	04:08:44	05:02:08		05:33:52.75	05:33:52.75	7:29	8
111	JAKUSZEWSKI PAWEŁ	323		JAROSŁAW	POL	M30	111	M 274	00:02:39	02:04:55	03:11:54	04:13:42	05:06:36		05:36:17.40	05:36:17.40	7:32	8
112	ZAJĄC WOJCIECH	617	DŁUGOUCZY	USTRZYKI DOLNE	POL	M30	112	M 275	00:02:22	02:03:09	03:19:11	04:17:27	05:07:40		05:36:28.75	05:36:28.75	7:32	8
113	KUŚ SŁAWOMIR	369		CZUDEC	POL	M30	113	M 281	00:01:13	01:52:06	03:08:40	04:13:56	05:06:15		05:38:19.10	05:38:19.10	7:35	7.9
114	GWIZDAK BARTOSZ	652	PIJEBIMBERNONS TOP	BOGUCHWAŁ A	POL	M30	114	M 283	00:01:15	01:56:32	03:08:39	04:13:55	05:07:43		05:38:24.35	05:38:24.35	7:35	7.9
115	BARADZIEJ BARTŁOMIEJ	515	TERMINAL LOGISTYCZNY PROMONT	TYCHY	POL	M30	115	M 284	00:01:06	01:57:44	03:07:30	04:13:00	05:08:41		05:40:42.40	05:40:42.40	7:38	7.9
116	BLACHA JAROSŁAW	517		BIŁGORAJ	POL	M30	116	M 285	00:01:27	02:00:21	03:09:58	04:12:14	05:08:07		05:40:54.15	05:40:54.15	7:38	7.8
117	ZWOLAK GRZEGORZ	328		JAROSŁAW	POL	M30	117	M 286	00:02:39	02:04:40	03:16:36	04:20:10	05:10:31		05:41:32.85	05:41:32.85	7:39	7.8
118	BIEL ŁUKASZ	376		WARSZAWA	POL	M30	118	M 288	00:02:46	02:07:18	03:27:21	04:24:12	05:13:09		05:41:41.40	05:41:41.40	7:39	7.8
119	DUDZIŃSKI PIOTR	355		RZESZÓW	POL	M30	119	M 289	00:01:12	01:54:54	03:11:42	04:21:08	05:11:17		05:41:43.15	05:41:43.15	7:39	7.8
120	KARKUT MICHAŁ	162	FUN&RUN	ZABORÓW	POL	M30	120	M 290	00:02:38	01:58:55	03:11:38	04:21:07	05:11:20		05:41:43.90	05:41:43.90	7:39	7.8
121	BOROWSKI IGOR	431	MAKONDO TEAM	ZAMOŚĆ	POL	M30	121	M 293	00:01:13	01:57:29	03:10:24	04:16:52	05:12:06		05:43:00.70	05:43:00.70	7:41	7.8
122	AMBICKI MIŁOSZ	635	WKURW_TEAM	RZESZÓW	POL	M30	122	M 302	00:02:31	02:04:22	03:21:07	04:25:54	05:16:41		05:45:16.70	05:45:16.70	7:44	7.8
123	RYCERSKI RAFAŁ	678		CZAPLINEK	POL	M30	123	M 306	00:01:36	02:04:29	03:20:56	04:28:03	05:17:32		05:46:36.80	05:46:36.80	7:46	7.7
124	GWIŹDZ GRZEGORZ	590		RZESZÓW	POL	M30	124	M 307	00:01:10	01:52:54	03:11:20	04:21:08	05:14:32		05:46:39.85	05:46:39.85	7:46	7.7
125	SOBCZAK HENRYK	523	S.H.T I UKS GIMPEL NOWY TARG	NOWY TARG	POL	M30	125	M 309	00:00:30	02:04:36	03:25:37	04:31:22	05:21:54		05:46:45.55	05:46:45.55	7:46	7.7
126	DYSZKIEWICZ TOMASZ	436	KUTNO BIEGA	KUTNO	POL	M30	126	M 311	00:01:41	02:03:23	03:17:47	04:24:06	05:15:50		05:47:53.00	05:47:53.00	7:48	7.7
127	ŻMUDZIEJEWSKI JAKUB	587	WM TRISELF	KRAKÓW	POL	M30	127	M 314	00:03:01	02:00:34	03:11:23	04:20:57	05:12:54		05:48:14.00	05:48:14.00	7:48	7.7
128	PARTYKA MICHAŁ	30		RZESZÓW	POL	M30	128	M 315	00:03:01	02:00:34	03:11:25	04:20:57	05:12:55		05:48:14.10	05:48:14.10	7:48	7.7
129	MISZOGRAJ TOMASZ	480		WARSZAWA	POL	M30	129	M 316	00:03:01	02:00:33	03:11:24	04:20:55	05:12:53		05:48:14.15	05:48:14.15	7:48	7.7
130	RYGLEWICZ TOMASZ	427	NIGHT RUNNERS	JEDLICZE	POL	M30	130	M 322	00:01:57	02:02:46	03:15:44	04:23:39	05:18:11		05:50:48.25	05:50:48.25	7:51	7.6
131	JANICKI TOMASZ	222	21DAPLOT	JAROSŁAW	POL	M30	131	M 325	00:02:31	02:06:34	03:19:22	04:25:03	05:18:15		05:51:05.85	05:51:05.85	7:52	7.6
132	SĄDEJ MARCIN	89	STAŁOWE DZIKI	STAŁOWA WOLA	POL	M30	132	M 327	00:01:39	01:59:51	03:12:42	04:25:02	05:18:17		05:51:09.80	05:51:09.80	7:52	7.6
133	KOBYLIŃSKI MARIUSZ	79	SST LUBCZA	WOLA ZGŁOBIENSK A	POL	M30	133	M 332	00:01:39	01:59:59	03:12:54	04:25:01	05:21:30		05:56:12.15	05:56:12.15	7:59	7.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
134	MYGA MICHAŁ	310	HEARTLESS	KATOWICE	POL	M30	134	M 342	00:03:22	02:11:51	03:22:34	04:36:18	05:28:49		05:57:29.40	05:57:29.40	8:00	7.5
135	PIĄTEK RAFAŁ	123	BEFIT24TEAM	KRAKÓW	POL	M30	135	M 343	00:02:36	02:01:27	03:17:30	04:27:02	05:26:46		05:57:30.80	05:57:30.80	8:00	7.5
136	FLOREK MICHAŁ	735	JW 6968	KRAKÓW	POL	M30	136	M 345	00:02:42	02:20:47	03:35:09	04:35:28	05:26:44		05:58:26.20	05:58:26.20	8:02	7.5
137	MŁODZIK DARIUSZ	592	HUSARIA RACE TEAM	ŁĄCZANY	POL	M30	137	M 350	00:03:08	01:58:27	03:08:13	04:25:14	05:22:41		05:58:36.00	05:58:36.00	8:02	7.5
138	POLAŃSKI PAWEŁ	749	#KASZANIENAM OKA	GDAŃSK	POL	M30	138	M 352	00:03:07	02:12:23	03:27:54	04:31:32	05:25:16		05:59:08.75	05:59:08.75	8:03	7.5
139	CHLEBIŃSKI MACIEJ	615	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30	139	M 361	00:02:55	02:02:48	03:17:45	04:31:06	05:29:32		06:01:32.55	06:01:32.55	8:06	7.4
140	BUKAŁA TOMASZ	254		WARSZAWA	POL	M30	140	M 363	00:02:12	01:57:15	03:13:08	04:35:39	05:31:44		06:01:55.65	06:01:55.65	8:06	7.4
141	CZUBA MICHAŁ	251		LIGOTA ZAMECKA	POL	M30	141	M 364	00:01:06	02:08:08	03:26:32	04:35:50	05:33:25		06:02:26.35	06:02:26.35	8:07	7.4
142	CIESZKO MAREK	317	KW WARSZAWA	WARSZAWA	POL	M30	142	M 365	00:04:48	02:18:18	03:38:07	04:38:50	05:34:30		06:03:34.80	06:03:34.80	8:09	7.4
143	WIŚNIEWSKI DOMINIK	647		WARSZAWA	POL	M30	143	M 367	00:01:19	01:59:25	03:15:13	04:30:47	05:30:43		06:04:18.10	06:04:18.10	8:10	7.3
144	MIERZYŃSKI RAFAŁ	172	BIEGING TEAM ZELÓW	ZELÓW	POL	M30	144	M 370	00:02:12	02:06:36	03:28:48	04:40:51	05:33:04		06:04:38.35	06:04:38.35	8:10	7.3
145	BOCHENEK MICHAŁ	101	INFINITY GYM	PROSZOWICE	POL	M30	145	M 371	00:01:48	02:07:12	03:28:20	04:35:50	05:34:09		06:04:52.35	06:04:52.35	8:10	7.3
146	OLEKSAK GRZEGORZ	630		BIAŁA PODLASKA	POL	M30	146	M 376	00:03:12	02:14:55	03:30:08	04:34:33	05:31:21		06:06:29.60	06:06:29.60	8:13	7.3
147	BEDNARCZYK JAKUB	249	MATE MOUNTAINS	LUBARTÓW	POL	M30	147	M 379	00:02:21	02:04:35	03:27:42	04:49:34	05:39:49		06:06:57.10	06:06:57.10	8:13	7.3
148	ADAMCZEWSKI JAKUB	231	NIGHT RUNNERS / NBR TEAM	POZNAŃ	POL	M30	148	M 380	00:02:52	02:09:22	03:28:20	04:41:11	05:35:58		06:07:00.65	06:07:00.65	8:13	7.3
149	MILEWICZ MAREK	704	KUCE Z BRONKSU	GDAŃSK	POL	M30	149	M 383	00:02:52	02:10:39	03:32:11	04:46:26	05:38:33		06:07:09.50	06:07:09.50	8:13	7.3
150	KWIATKOWSKI KAJETAN	684	KUCE Z BRONKSU	GDAŃSK	POL	M30	150	M 384	00:02:51	02:10:39	03:32:12	04:46:26	05:38:35		06:07:09.50	06:07:09.50	8:13	7.3
151	KOWALCZYK DANIEL	500	EXTREME TRAUMA TEAM	BIELSKO-BIAŁA	POL	M30	151	M 385	00:02:54	02:04:42	03:28:33	04:38:51	05:35:31		06:07:29.05	06:07:29.05	8:14	7.3
152	RUSINEK WITOSŁAW	696	SHOOTIT	RZESZÓW	POL	M30	152	M 393	00:02:25	02:05:18	03:28:01	04:35:43	05:36:24		06:09:52.50	06:09:52.50	8:17	7.2
153	IRZYK ROBERT	676		GILOWICE	POL	M30	153	M 397	00:01:58	02:05:32	03:26:34	04:36:27	05:36:34		06:10:28.45	06:10:28.45	8:18	7.2
154	ZIAJA ADAM	672		SARNÓW	POL	M30	154	M 398	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	8:18	7.2
155	LITWINEK MAREK	209	WKURW_TEAM	LUBARTÓW	POL	M30	155	M 401	00:02:47	02:10:37	03:31:43	04:48:28	05:42:48		06:12:15.25	06:12:15.25	8:20	7.2
156	STACH DARIUSZ	709	KOSMOLÓW TEAM	OLKUSZ	POL	M30	156	M 405	00:02:21	02:09:14	03:35:31	04:45:56	05:40:21		06:13:13.15	06:13:13.15	8:22	7.2
157	CHODOROWSKI ARKADIUSZ	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	ALEKSANDRÓW	POL	M30	157	M 408	00:03:39	02:20:07	03:42:38	04:46:32	05:43:24		06:13:59.50	06:13:59.50	8:23	7.2
158	KRÓL MICHAŁ	648		NOWY JADÓW	POL	M30	158	M 415	00:03:38	02:20:10	03:42:40	04:46:35	05:43:25		06:15:42.55	06:15:42.55	8:25	7.1
159	SŁOWIKOWSKI DARIUSZ	529	WKURW_TEAM	WARSZAWA	POL	M30	159	M 416	00:03:19	02:10:08	03:37:22	04:49:34	05:44:53		06:18:02.65	06:18:02.65	8:28	7.1
160	STAŃCZYK ŁUKASZ	532	WKURW_TEAM	WARSZAWA	POL	M30	160	M 417	00:03:19	02:10:09	03:37:22	04:49:34	05:44:52		06:18:02.90	06:18:02.90	8:28	7.1
161	PABJAŃCZYK DAMIAN	478		KRYNICZNO	POL	M30	161	M 419	00:02:59	02:13:47	03:35:21	04:48:17	05:43:45		06:18:25.05	06:18:25.05	8:29	7.1
162	SZADKOWSKI PAWEŁ	26	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	162	M 421	00:03:11	02:09:33	03:33:59	04:47:42	05:45:42		06:18:54.00	06:18:54.00	8:29	7.1
163	SIKORA TOMASZ	453	RACE BROTHERS	ZGŁOBICE	POL	M30	163	M 425	00:01:33	02:07:48	03:32:16	04:51:36	05:48:25		06:21:12.75	06:21:12.75	8:32	7
164	STEPANCZENKO RAFAŁ	112	BIĄŁYSTOK BIEGA TEAM	BIĄŁYSTOK	POL	M30	164	M 426	00:01:46	02:14:42	03:37:06	04:47:00	05:50:57		06:21:29.35	06:21:29.35	8:33	7
165	SZCZYRBA ROBERT	631	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M30	165	M 429	00:03:07	02:12:07	03:37:02	04:48:49	05:48:30		06:24:02.30	06:24:02.30	8:36	7
166	ZAWADZKI BARTŁOMIEJ	643		PIEKARY ŚLĄSKIE	POL	M30	166	M 431		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	8:37	7
167	ŁANIEWSKI ŁUKASZ	509	PSZCZÓŁKOWSKI TEAM	OLSZTYN	POL	M30	167	M 434	00:02:06	02:11:58	03:40:54	04:46:17	05:51:19		06:26:23.35	06:26:23.35	8:39	6.9

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M30 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
168	KRAWCZAK KAMIL	120	BIEGUSIEM.PL	DĘBLIN	POL	M30	168	M 436	00:02:35	02:17:38	03:39:00	04:53:36	05:52:36		06:26:55.45	06:26:55.45	8:40	6.9
169	RADYK JAKUB	410	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30	169	M 439	00:03:10	02:05:45	03:29:37	04:47:34	05:46:20		06:26:58.90	06:26:58.90	8:40	6.9
170	ZIELIŃSKI DAMIAN	378	NOVA	PILAWA	POL	M30	170	M 444	00:02:49	02:06:51	03:35:45	04:55:19	05:53:09		06:28:53.60	06:28:53.60	8:43	6.9
171	KUREK MICHAŁ	507		DĘBICA	POL	M30	171	M 447	00:01:45	02:12:34	03:37:19	04:52:10	05:53:20		06:29:37.35	06:29:37.35	8:44	6.9
172	SŁONIEWSKI RAFAŁ	669	RMF4RT OCR	GDYNIA	POL	M30	172	M 449	00:01:26	02:16:04	03:44:34	05:01:29	06:00:07		06:32:25.05	06:32:25.05	8:47	6.8
173	JARZEMBOWSKI TOMASZ	419	WYBIEGANI TEAM	PLEWISKA	POL	M30	173	M 454	00:01:14	02:30:37	03:57:13	05:00:18	06:00:30		06:36:37.20	06:36:37.20	8:53	6.7
174	WILECZEK ANTONI	618		JUROWCE	POL	M30	174	M 464	00:02:22	02:20:11	03:52:56	05:04:53	06:05:40		06:42:10.30	06:42:10.30	9:01	6.7
175	KRZYŻEWSKI ROGER	61		KRAKÓW	POL	M30	175	M 466	00:03:30	02:18:16	03:41:38	04:50:44	05:57:09		06:42:14.35	06:42:14.35	9:01	6.7
176	PECIO KAMIL	748	PIASECZNO RUNNING	WARSZAWA	POL	M30	176	M 467	00:02:22	02:25:46	03:53:21	05:10:04	06:08:36		06:42:30.30	06:42:30.30	9:01	6.6
177	LEWANDOWSKI PAWEŁ	538	SANDOMINGOTE AM	WARSZAWA	POL	M30	177	M 468	00:02:55	02:21:31	03:49:07	05:08:43	06:09:10		06:44:47.10	06:44:47.10	9:04	6.6
178	CYGAN LUKASZ	202	KLUB SPORTOWY HAJIME	KRAKOW	POL	M30	178	M 471	00:01:11	02:15:45	03:44:23	04:57:12	06:05:36		06:47:27.90	06:47:27.90	9:08	6.6
179	DYSZKIEWICZ GRZEGORZ	390	KUTNO BIEGA	KUTNO	POL	M30	179	M 475	00:01:40	02:18:25	03:50:48	05:23:08	06:19:08		06:49:08.80	06:49:08.80	9:10	6.5
180	SOLICH PATRYK	35	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	180	M 478	00:03:16	02:29:00	03:53:26	05:21:35	06:19:18		06:52:41.90	06:52:41.90	9:15	6.5
181	JANOTA MARCIN	413	CREADIS	KRAKÓW	POL	M30	181	M 480	00:01:33	02:19:50	03:53:38	05:11:48	06:14:22		06:54:04.45	06:54:04.45	9:17	6.5
182	CEBULA PAWEŁ	418	CREADIS	KRAKÓW	POL	M30	182	M 481	00:01:33	02:19:45	03:53:24	05:11:47	06:14:22		06:54:05.05	06:54:05.05	9:17	6.5
183	BILSKI PIOTR	561	TĘCZA	WARSZAWA	POL	M30	183	M 486	00:02:16	02:21:15	03:50:40	05:12:21	06:15:48		06:55:54.50	06:55:54.50	9:19	6.4
184	GALIŃSKI KAMIL	578	ABY DO METY	KRĘPICE	POL	M30	184	M 487	00:02:59	02:08:36	03:41:52	05:08:42	06:13:26		06:55:56.10	06:55:56.10	9:19	6.4
185	BARWINEK ROBERT	503	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M30	185	M 490	00:01:45	02:18:54	03:48:38	05:12:52	06:17:44		07:02:18.75	07:02:18.75	9:28	6.3
186	ZABŁOTNY KAROL	304	TARCHOŚFIRY	WARSZAWA	POL	M30	186	M 496	00:01:26	02:12:30	03:41:17	05:01:27	06:13:09		07:05:05.05	07:05:05.05	9:31	6.3
187	FREJ MARCIN	90	ZABIEGANI.TV	WARSZAWA	POL	M30	187	M 497	00:01:21	02:37:20	04:05:09	05:17:28	06:23:43		07:05:52.40	07:05:52.40	9:32	6.3
188	MAJONEK ARTUR	714	FITMAJON	WARSZAWA	POL	M30	188	M 500	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	9:34	6.3
189	SUBIRATS CRISTIAN	508		LODZ	ESP	M30	189	M 504	00:02:34	02:34:27	04:10:23	05:23:45	06:32:32		07:12:43.15	07:12:43.15	9:42	6.2
190	PAWŁOWSKI PIOTR	491	PRZEMYSŁ BEARS	KRASICZYN	POL	M30	190	M 506	00:02:29	02:26:40	03:53:50	05:31:23	06:34:05		07:13:48.60	07:13:48.60	9:43	6.2
191	URBAŃCZYK MARCIN	28	PERSONALTRIAT HLON/TRINERGY	NOWY DWÓR MZAOWIECKI	POL	M30	191	M 507	00:02:55	02:34:52	04:07:40	05:32:29	06:40:25		07:14:56.30	07:14:56.30	9:45	6.2
192	STASZEL ŁATAS TOMASZ	477	HUSARIA RECE TEAM	JADOWNIKI	POL	M30	192	M 512	00:02:34	02:31:33	04:10:12	05:41:17	06:43:17		07:22:50.35	07:22:50.35	9:55	6
193	POPIOŁEK JACEK	95	BIEGUSIEM.PL/LO STINSPOORT	GAŚIORY	POL	M30	193	M 513	00:03:04	02:33:39	04:03:15	05:21:39	06:33:33		07:23:49.70	07:23:49.70	9:57	6
194	OKARMA WOJTEK	279	WWW.VIRTUTIMIL ITARI.PL	JASŁO	POL	M30	194	M 514	00:02:51	02:32:41	04:03:46	05:29:07	06:46:51		07:26:08.15	07:26:08.15	10:00	6
195	CZYRNIA ANDRZEJ	681	RAJSPOORT ACTIVE (TURAWA)	TURAWA	POL	M30	195	M 516	00:01:44	02:31:50	04:03:59	05:26:34	06:42:34		07:27:08.15	07:27:08.15	10:01	6
196	MAZIEC DARIUSZ	188	NKB CHYŻY /WRESTLING CROSS GYM NOWY TOMYŚL	NOWY TOMYŚL	POL	M30	196	M 518	00:03:16	02:53:12	04:23:32	05:41:14	06:55:03		07:38:09.30	07:38:09.30	10:16	5.8
197	JANICKI PATRYK	288	PORANNY PATROL	KRAKÓW	POL	M30	197	M 520	00:03:15	02:49:40	04:35:23	06:06:02	07:07:19		07:48:55.25	07:48:55.25	10:30	5.7
	DUDA PAWEŁ	106		JEDLICZE	POL	M30			DNF	DNF	03:50:46 DNF	DNF	DNF		DNF	DNF	-	-
	PACANOWSKI ŁUKASZ	247	PARA-NIE-DO-PARY	PORĘBA	POL	M30			00:02:17 DNF	02:25:14 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	LANGE BEATA	513	BIŁGORAJ BIEGA	BIŁGORAJ	POL	K40	1	K 2	00:01:14	01:35:54	02:26:34	03:09:21	03:49:45		04:11:58.40	04:11:58.40	5:38	10.6
2	KRYM KATARZYNA	719	HERZOG SMOLEC RUNNING TEAM		POL	K40	2	K 5	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	5:54	10.2
3	BORUSZEWSKA BEATA	375		BYTOM	POL	K40	3	K 15	00:02:30	01:46:54	02:47:14	03:38:05	04:27:13		04:55:56.50	04:55:56.50	6:38	9
4	ROŹNIATA IWONA	638	KS GŁOWNO W BIEGU	GŁOWNO	POL	K40	4	K 18	00:00:56	01:54:05	02:58:07	03:50:37	04:38:39		05:05:14.50	05:05:14.50	6:50	8.8
5	OLCZAK MARTA	266	SZWLA	STARGARD	POL	K40	5	K 20	00:01:36	01:53:14	02:54:50	03:53:00	04:41:48		05:10:33.25	05:10:33.25	6:57	8.6
6	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	388	KUTNO BIEGA	KUTNO	POL	K40	6	K 21	00:01:39	01:57:06	03:02:30	03:56:16	04:42:51		05:11:21.40	05:11:21.40	6:58	8.6
7	KIRILENKO ANETA	482		MARKI	POL	K40	7	K 22	00:00:50	01:48:20	02:54:23	03:55:35	04:43:34		05:11:32.90	05:11:32.90	6:59	8.6
8	SZOT IWONA	438	WW TEAM	LUBLIN	POL	K40	8	K 26	00:02:54	01:59:28	03:01:14	04:03:21	04:50:33		05:17:15.70	05:17:15.70	7:06	8.4
9	MOSTOWSKA MAGDALENA	752	WARSAW MASTERS TEAM	WARSZAWA	POL	K40	9	K 27	00:01:00	01:48:44	02:50:21	03:47:25	04:45:10		05:19:46.15	05:19:46.15	7:10	8.4
10	FOGEL EWA	257	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	K40	10	K 28	00:01:31	01:57:32	03:03:25	04:03:42	04:54:20		05:23:38.55	05:23:38.55	7:15	8.3
11	CZAJA ALICJA	160	RODZENSTWO	LIMANOWA	POL	K40	11	K 29	00:01:15	01:53:06	03:00:38	04:02:57	04:53:06		05:26:36.25	05:26:36.25	7:19	8.2
12	WIERZBICKA JOANNA	352		BOGUCHWAŁ A	POL	K40	12	K 31	00:02:05	01:57:52	03:10:18	04:09:37	05:01:53		05:33:03.35	05:33:03.35	7:28	8
13	STOPA AGATA	570	SP NR 3 RZESZÓW	BOGUCHWAŁ A	POL	K40	13	K 33	00:02:09	01:58:03	03:10:18	04:19:22	05:06:48		05:35:30.70	05:35:30.70	7:31	8
14	MYŚLIŃSKA ANNA	639	EKOBIEGI	WARSZAWA	POL	K40	14	K 38	00:01:28	02:05:13	03:17:30	04:20:51	05:15:06		05:46:35.90	05:46:35.90	7:46	7.7
15	DOŁĘGA ANNA	625	ZABIEGANA MAMA	BIAŁYSTOK	POL	K40	15	K 41	00:01:45	02:08:59	03:25:23	04:27:14	05:19:02		05:50:12.70	05:50:12.70	7:51	7.6
16	SAKOWSKA ANETA	92	MARATONKA GRAJEWO	DROZDOWO	POL	K40	16	K 42	00:01:43	02:14:51	03:27:50	04:27:07	05:22:32		05:51:13.50	05:51:13.50	7:52	7.6
17	NAZIMEK LILIANNA	173	SUO TEMPORE	NOWY SĄCZ	POL	K40	17	K 43	00:01:36	02:08:11	03:22:13	04:28:33	05:22:32		05:51:24.55	05:51:24.55	7:52	7.6
18	JĘDRZEJOWSKA-DEC ANNA	766		GLIWICE		K40	18	K 44	00:02:43	02:06:08	03:21:09	04:30:21	05:24:44		05:56:17.55	05:56:17.55	7:59	7.5
19	SWOROWSKA IZABELA	463	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40	19	K 47	00:01:55	02:14:50	03:31:23	04:32:56	05:27:51		05:58:28.30	05:58:28.30	8:02	7.5
20	BLASZKE BEATA	329	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	20	K 48	00:02:57	02:07:23	03:26:57	04:39:24	05:29:39		05:58:29.65	05:58:29.65	8:02	7.5
21	ŁÓJ-KONIECZNA EDYTA	96	INFINITY GYM	PROSZOWICE	POL	K40	21	K 50	00:01:50	02:11:31	03:24:56	04:31:27	05:27:28		06:00:40.35	06:00:40.35	8:05	7.4
22	KOWALSKA JUSTYNA	267	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	K40	22	K 52	00:01:54	02:03:31	03:20:57	04:31:49	05:29:33		06:01:51.25	06:01:51.25	8:06	7.4
23	LEŚNIAK-POPIEL MARTA	345	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	K40	23	K 53	00:02:40	02:12:29	03:30:21	04:37:34	05:32:44		06:04:01.80	06:04:01.80	8:09	7.4
24	KISIŃSKA IRENA	588	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K40	24	K 54	00:01:08	02:04:27	03:16:44	04:24:54	05:30:13		06:04:14.65	06:04:14.65	8:10	7.3
25	GRZEGÓRZEK ANNA	667	PTG SOKÓŁ ŚWIAT PRACY	KOSZYCE WIELKIE	POL	K40	25	K 57	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:06:58.00	06:06:58.00	8:13	7.3
26	PIGAN ANNA	360	B B L - JAROSŁAW	SZÓWSKO	POL	K40	26	K 61	00:02:02	02:12:18	03:32:06	04:41:32	05:37:46		06:10:25.25	06:10:25.25	8:18	7.2
27	PAUL VIOLA	23	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	27	K 64	00:03:16	02:16:25	03:37:47	04:44:01	05:40:06		06:13:06.80	06:13:06.80	8:21	7.2
28	WOŁOSOWICZ NATALIA	499		BIAŁA PODLASKA	POL	K40	28	K 65	00:02:36	02:11:46	03:27:53	04:38:13	05:38:13		06:13:39.75	06:13:39.75	8:22	7.2
29	CEBRAT EWA	132	POZYTYWNI ZABIEGANI SANOK	SOSNOWIEC	POL	K40	29	K 67	00:02:40	02:14:32	03:40:15	04:51:21	05:45:50		06:17:05.30	06:17:05.30	8:27	7.1
30	SZPINDA MARTA	409	BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	K40	30	K 68	00:01:26	02:12:38	03:32:22	04:51:18	05:46:39		06:17:06.80	06:17:06.80	8:27	7.1
31	WŁODARSKA MAGDALENA	203		TARNÓW	POL	K40	31	K 73	00:02:12	02:19:11	03:35:28	04:50:51	05:48:48		06:18:58.90	06:18:58.90	8:29	7.1
32	SIKORSKA AGNIESZKA	649	EKOBIEGI	WARSZAWA	POL	K40	32	K 75	00:01:29	02:23:06	03:45:36	04:54:19	05:51:41		06:24:19.75	06:24:19.75	8:37	7
33	KOTOMSKA RENATA	511		ALEKSANDR ÓWKA	POL	K40	33	K 76	00:03:18	02:22:51	03:42:26	04:51:25	05:52:14		06:27:01.95	06:27:01.95	8:40	6.9
34	TUSZYŃSKA KATARZYNA	645	ESKADRA KRAKÓW	KRAKÓW	POL	K40	34	K 77	00:01:37	02:17:08	03:44:23	04:58:48	05:56:27		06:27:02.80	06:27:02.80	8:40	6.9

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
35	FAJNAS KATARZYNA	190	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	ŻABIA WOLA	POL	K40	35	K 78	00:02:13	02:15:27	03:41:05	04:54:48	05:52:00		06:28:01.40	06:28:01.40	8:41	6.9
36	KUSZTAL JUSTYNA	644	KS ESKADRA KRAKÓW	KRAKÓW	POL	K40	36	K 81	00:01:38	02:17:31	03:44:26	04:58:54	05:57:22		06:29:29.35	06:29:29.35	8:43	6.9
37	SZEWCZYK KATARZYNA	586	MONKEYS' TEAM	KRAŚNIK	POL	K40	37	K 86	00:02:15	02:20:26	03:44:27	05:00:50	05:58:16		06:33:02.55	06:33:02.55	8:48	6.8
38	JAROSZ-PIWOŃSKA ALDONA	65	KS PEGAZ	GÓRA KALWARIA	POL	K40	38	K 92	00:02:22	02:25:46	03:53:22	05:09:47	06:08:33		06:42:29.80	06:42:29.80	9:01	6.6
39	PORĘBSKA DOROTA	338	NOWA HUTA TEAM	KRAKÓW	POL	K40	39	K 97	00:02:28	02:18:24	03:49:14	05:16:32	06:13:29		06:46:41.10	06:46:41.10	9:07	6.6
40	BARTO SYLWIA	528		ŁOŚ	POL	K40	40	K 101	00:02:31	02:33:12	04:05:24	05:19:26	06:22:03		06:55:12.45	06:55:12.45	9:18	6.4
41	DYGOŃ MAŁGORZATA	33		GLIWICE	POL	K40	41	K 102	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	9:18	6.4
42	TYRANKIEWICZ KAMILA	472	JUMP&FLY, KABATY	WARSZAWA	POL	K40	42	K 106	00:01:46	02:30:23	04:06:15	05:22:17	06:22:36		06:58:55.35	06:58:55.35	9:23	6.4
43	BOGUCKA MARTYNA	145	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40	43	K 107	00:03:05	02:38:12	04:03:26	05:19:40	06:23:44		07:01:27.60	07:01:27.60	9:26	6.3
44	MAJCHROWICZ MARZENNA	252		KROŚCIENKO WYŻNE	POL	K40	44	K 108	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	9:27	6.3
45	PANENKA MAŁGORZATA	63	NIGHT RUNNERS GLIWICE	NIEBOROWIC E	POL	K40	45	K 111	00:03:05	02:38:13	04:03:29	05:26:46	06:27:44		07:05:11.90	07:05:11.90	9:31	6.3
46	GLINA-KRAWCZYK MAŁGORZATA	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	STARCZÓW	POL	K40	46	K 112	00:02:57	02:29:11	04:03:09	05:23:14	06:30:12		07:06:36.25	07:06:36.25	9:33	6.3
47	MAZUR EWELINA	116	BIEGAJ Z TRENERAMI	GLIWICE	POL	K40	47	K 113	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	9:34	6.3
48	GALANTY AGNIESZKA	492		DYBAWKA	POL	K40	48	K 116	00:02:29	02:26:39	03:53:44	05:31:23	06:34:05		07:13:48.90	07:13:48.90	9:43	6.2
49	GÓRECCZY KAMILA	300		PIASECZNO	POL	K40	49	K 117	00:02:30	02:33:49	04:05:26	05:28:12	06:40:25		07:22:23.50	07:22:23.50	9:55	6
50	WÓJTOWICZ IWONA	232	HUSARIA RACE TEAM	TARNÓW	POL	K40	50	K 118	00:02:33	02:31:43	04:10:12	05:41:18	06:43:17		07:22:50.70	07:22:50.70	9:55	6
51	WOLF WERONIKA	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	SANOK	POL	K40	51	K 120	00:02:41	02:34:18	04:18:59	05:45:38	06:46:51		07:26:25.15	07:26:25.15	10:00	6
52	SKRZYPSKA IWONA	331		JAROSŁAW	POL	K40	52	K 123	00:02:13	02:35:01	04:18:17	05:48:10	06:57:39		07:38:12.45	07:38:12.45	10:16	5.8
53	MARUT KAŚKA	31	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	53	K 125	00:03:09	02:37:10	04:02:10	06:04:05	07:12:34		07:57:44.25	07:57:44.25	10:42	5.6
	SZELER JOANNA	20	SILESIA MARATHON TEAM / BIEGAJĄCA Z PSAMI	WARSZAWA	POL	K40			00:02:40 DNF	03:24:30 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KOCZWARA TOMASZ	3		RADOMYŚL WIELKI	POL	M40	1	M 1	00:00:36	01:15:32	01:55:49	02:29:07	03:00:32		03:18:01.10	03:18:01.10	4:26	13.5
2	SZAPAR PRZEMYSŁAW	732	BIEGAMINA. SCARPA	GDYNIA	POL	M40	2	M 8	00:00:42	01:21:06	02:03:47	02:40:15	03:17:20		03:39:29.70	03:39:29.70	4:55	12.2
3	MORAWA MATEUSZ	754	LACHO TEAM	RADZISZÓW	POL	M40	3	M 10	00:00:42	01:26:59	02:13:07	02:48:42	03:23:22		03:42:49.30	03:42:49.30	4:59	12
4	WÓJCIK JACEK	449		GWOŹNICA GÓRNA	POL	M40	4	M 16	00:01:14	01:28:11	02:15:21	02:53:25	03:30:29		03:49:32.15	03:49:32.15	5:08	11.7
5	PASIECZNY ROBERT	393	FARTLEK GO	GORZYCE	POL	M40	5	M 17	00:00:38	01:26:09	02:12:34	02:50:37	03:28:13	00:02:00	03:51:12.45	03:51:12.45	5:08	11.7
6	TRYNIECKI KRZYSZTOF	262		LUBACZÓW	POL	M40	6	M 19	00:01:32	01:56:59					03:54:48.10	03:54:48.10	5:15	11.4
7	GOŚCINIEWICZ PAWEŁ	343	ZIEMOWIT TEAM	KATOWICE	POL	M40	7	M 20	00:00:32	01:27:21	02:16:34	02:58:47	03:36:05		03:54:58.25	03:54:58.25	5:16	11.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
8	ZYSKOWSKI ANDRZEJ	524	GORDON MOTORYZACJA	OLSZTYN	POL	M40	8	M 21	00:01:12	01:30:47	02:17:47	02:57:48	03:35:33		03:56:17.20	03:56:17.20	5:17	11.3
9	MATYASZEK WALDEMAR	740	JASIEŃ		POL	M40	9	M 23	00:00:50	01:27:21	02:15:22	02:56:14	03:35:33		03:56:49.45	03:56:49.45	5:18	11.3
10	KOBIERSKI PIOTR	14	UKA ULTRAS RUNNERS	WARSZAWA	POL	M40	10	M 24	00:00:38	01:28:32	02:17:13	02:57:42	03:35:31		03:57:03.10	03:57:03.10	5:18	11.3
11	PIETRZYK WOJCIECH	365	LACHO TEAM	KRAKÓW	POL	M40	11	M 26	00:00:43	01:27:15	02:13:44	02:54:45	03:36:34		03:59:15.90	03:59:15.90	5:21	11.2
12	WAŻNY STANISŁAW	281	MEDIA LUBACZOWSKIE	LUBACZÓW	POL	M40	12	M 29	00:01:31	01:26:53	02:13:50	02:56:15	03:38:06		04:01:33.55	04:01:33.55	5:24	11.1
13	STAŃKO PAWEŁ	396	BIESY I CZORTY	LUTOWISKA	POL	M40	13	M 31	00:02:09	01:37:28	02:26:07	03:07:09	03:43:18		04:02:30.40	04:02:30.40	5:26	11
14	MARZEC GRZEGORZ	236	GMINA STRZELCE OPOLSKIE	SZCZEPANEK	POL	M40	14	M 33	00:00:40	01:34:31	02:24:11	03:05:10	03:43:47		04:04:38.30	04:04:38.30	5:29	10.9
15	KORAB ROBERT	78	RZESZÓW		POL	M40	15	M 39	00:00:34	01:33:40	02:23:32	03:05:04	03:46:34		04:09:03.70	04:09:03.70	5:35	10.7
16	CHODAKOWSKI RAFAŁ	273	OSTROBIEC	ĆMIELÓW	POL	M40	16	M 44	00:01:34	01:37:28	02:29:43	03:10:39	03:49:42		04:11:13.75	04:11:13.75	5:37	10.7
17	KŁONOWSKI JACEK	264	BIAŁOWIEŻA		POL	M40	17	M 47	00:00:39	01:28:18	02:15:11	03:00:46	03:45:53		04:12:06.80	04:12:06.80	5:39	10.6
18	RUDZKI TOMASZ	182	RAJSPOORT ACTIVE	KONSTANTY NÓW ŁÓDZKI	POL	M40	18	M 49	00:02:09	02:17:50					04:12:14.70	04:12:14.70	5:39	10.6
19	MAZUREK ROBERT	485	LUBELSKIE STOWARZYSZENI E BIEGOWE / LUBELAKY	LUBLIN	POL	M40	19	M 51	00:00:41	01:34:10	02:25:55	03:09:48	03:49:44		04:14:05.85	04:14:05.85	5:41	10.5
20	ZAGÓRNY ROBERT	368	MBM KAZIMIERÓW	HALINÓW	POL	M40	20	M 52	00:02:20	01:36:47	02:26:36	03:07:00	03:49:54		04:14:21.85	04:14:21.85	5:42	10.5
21	PTASZYŃSKI WOJCIECH	543	FROMBORK		POL	M40	21	M 53	00:00:51	01:34:16	02:27:12	03:09:47	03:52:13		04:15:22.35	04:15:22.35	5:43	10.5
22	BORYS ANDRZEJ	553	ŁAZY		POL	M40	22	M 55	00:00:37	01:30:54	02:26:01	03:15:38	03:56:06		04:16:24.50	04:16:24.50	5:44	10.4
23	KMAK SŁAWEK	706	PAPIKI	GRYBÓW	POL	M40	23	M 59	00:00:47	01:34:40	02:27:38	03:12:11	03:55:16		04:18:35.70	04:18:35.70	5:47	10.3
24	DELEKTA JAN	260	DJ	ŁOWISKO	POL	M40	24	M 60	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	5:49	10.3
25	ŁOSKOT TOMASZ	562	WILGA		POL	M40	25	M 63	00:00:39	01:34:39	02:28:06	03:14:39	03:57:16		04:20:41.60	04:20:41.60	5:50	10.3
26	WÓJCIK KRZYSZTOF	114	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40	26	M 70	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	5:57	10.1
27	FLĄDRO DANIEL	274	WOKOWICE		POL	M40	27	M 71	00:00:49	01:33:40	02:26:57	03:16:28			04:25:30.45	04:25:30.45	5:57	10.1
28	SOLAREWICZ TOMASZ	585	LATAJĄCY CYRK MONTY PYTHONA	LUTON	POL	M40	28	M 74	00:01:52	01:37:29	02:29:09	03:16:25	04:03:16		04:27:39.10	04:27:39.10	6:00	10
29	WALASEK GRZEGORZ	342	BIEGUSIEM.PL	RYKI	POL	M40	29	M 75	00:01:01	01:34:43	02:29:52	03:19:50	04:02:54		04:28:38.65	04:28:38.65	6:01	10
30	POTRZESZCZ TOMASZ	584	LKB RUDNIK	GADKA	POL	M40	30	M 78	00:02:19	01:37:30	02:32:18	03:18:55	04:03:55		04:29:54.60	04:29:54.60	6:03	9.9
31	POTRZESZCZ GRZEGORZ	21	MIRZEC		POL	M40	31	M 79	00:02:20	01:37:54	02:32:12	03:19:19	04:03:55		04:29:54.85	04:29:54.85	6:03	9.9
32	SZPINDA SEBASTIAN	460	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40	32	M 80	00:00:43	01:36:00	02:29:44	03:19:25	04:05:44		04:31:54.80	04:31:54.80	6:05	9.8
33	LONC TOMASZ	446	M&T WYJADACZE PARÓWKÓW	RZESZÓW	POL	M40	33	M 85	00:00:43	01:36:25	02:32:58	03:19:07	04:08:42		04:34:10.65	04:34:10.65	6:08	9.8
34	SMOLEN JANUSZ	415	LUTON		POL	M40	34	M 87	00:01:55	01:42:40	02:36:35	03:26:21	04:10:33		04:35:28.70	04:35:28.70	6:10	9.7
35	TKACZEWSKI PIOTR	224	MIECHÓW	MIECHÓW	POL	M40	35	M 92	00:01:35	01:47:10	02:45:27	03:32:03	04:14:26		04:37:37.25	04:37:37.25	6:13	9.6
36	CIĘŻKOWSKI SŁAWOMIR	153	TARNÓW		POL	M40	36	M 93	00:01:31	01:41:58	02:42:36	03:31:28	04:14:04		04:37:38.35	04:37:38.35	6:13	9.6
37	PIASECZNY MARCIN	534	RUN-G	KRAKÓW	POL	M40	37	M 98	00:01:03	01:39:36	02:39:34	03:30:37	04:15:24		04:39:45.05	04:39:45.05	6:16	9.6
38	ZAJĄC JÓZEF	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	TULIGŁOWY	POL	M40	38	M 101	00:01:36	01:46:24	02:44:31	03:33:46	04:18:24		04:41:42.00	04:41:42.00	6:18	9.5
39	FELUCH KRZYSZTOF	722	ORA WARSZAWA	WARSZAWA	POL	M40	39	M 102	00:01:08	01:46:13	02:46:39	03:37:05	04:19:41		04:42:13.85	04:42:13.85	6:19	9.5
40	JENERALSKI MIŁOSZ	495	FREE PALESTINE	TUCHOLA	POL	M40	40	M 103	00:01:32	01:38:04	02:35:50	03:25:53	04:15:25		04:42:27.05	04:42:27.05	6:19	9.5
41	KUTNIK MIROSLAW	727	KB BIAŁA BIEGA PODLASKA	BIAŁA	POL	M40	41	M 104	00:03:09	01:45:10	02:44:58	03:32:58	04:17:29		04:42:37.20	04:42:37.20	6:20	9.5
42	KARPIŃSKI TOMASZ	128	RZESZÓW		POL	M40	42	M 105	00:00:46	01:42:39	02:40:54	03:30:23	04:16:16		04:43:04.55	04:43:04.55	6:20	9.5
43	PANTOŁ MIROSLAW	149	RZESZÓW		POL	M40	43	M 106	00:00:46	01:40:22	02:38:54	03:30:27	04:16:17		04:43:05.05	04:43:05.05	6:20	9.5
44	WIERNASZ GRZEGORZ	234	KARCHER SUCHODÓŁ	KROSNO	POL	M40	44	M 108	00:01:07	01:46:21	02:44:03	03:31:47	04:18:00		04:44:08.90	04:44:08.90	6:22	9.4
45	DUC-SYPOSZ AURELIUSZ	420	WIELICZKA		POL	M40	45	M 110	00:02:21	01:51:17	02:48:48	03:37:50	04:21:31		04:45:27.45	04:45:27.45	6:24	9.4
46	WĘCLAŚ MACIEJ	289	----	GÓRA KALWARIA	POL	M40	46	M 112	00:02:23	01:48:21	02:47:42	03:38:50	04:22:37		04:46:42.25	04:46:42.25	6:25	9.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
47	GAWLEWICZ TOMASZ	471	GAWELKI TEAM	SANOK	POL	M40	47	M 115	00:01:46	01:45:00	02:43:00	03:33:39	04:20:22		04:47:51.30	04:47:51.30	6:27	9.3
48	WŁOCH SŁAWOMIR	241		KROSNO	POL	M40	48	M 117	00:01:07	01:46:18	02:44:08	03:35:38	04:22:24		04:48:05.75	04:48:05.75	6:27	9.3
49	JABŁOŃSKI TOMASZ	307	INŻYNIERIA BIEGANIA TEAM	MARKLOWICE	POL	M40	49	M 123	00:00:42	01:44:03	02:46:54	03:40:36	04:24:05		04:49:31.40	04:49:31.40	6:29	9.2
50	MAJEWICZ GRZEGORZ	336		MIECHÓW	POL	M40	50	M 128	00:01:37	01:52:06	02:51:59	03:42:00	04:26:24		04:50:39.60	04:50:39.60	6:31	9.2
51	KARUŚ WALDEMAR	720	14 DAS IM. GEN.BRYG.WACŁAWA WIECZORKIEWICZA	ORŁY	POL	M40	51	M 131	00:01:49	01:50:25	02:48:49	03:40:46	04:25:58		04:51:48.10	04:51:48.10	6:32	9.2
52	PODPŁOMYK ANDRZEJ	452	SPORTCZESNA	BARGŁY	POL	M40	52	M 132	00:01:20	01:41:29	02:43:56	03:37:58	04:25:35		04:52:07.55	04:52:07.55	6:32	9.2
53	KULIBERDA TOMASZ	501	TEATR O.DE.LA	RZESZÓW	POL	M40	53	M 133	00:02:06	01:52:56	02:52:07	03:39:23	04:25:58		04:52:24.65	04:52:24.65	6:33	9.2
54	PAŃTAK SŁAWOMIR	337	21DAPLOT JAROSŁAW	BIĄŁOBRZEGI	POL	M40	54	M 134	00:01:49	01:50:26	02:48:32	03:40:44	04:26:14		04:52:28.80	04:52:28.80	6:33	9.1
55	ROGAŁA GRZEGORZ	136		BOGUCHWAŁA	POL	M40	55	M 135	00:00:54	01:41:40	02:41:00	03:32:30	04:25:09		04:53:28.90	04:53:28.90	6:34	9.1
56	NOWACZYK IGOR	363		WARSZAWA	POL	M40	56	M 137	00:03:27	01:48:22	02:47:58	03:41:09	04:27:06		04:54:57.20	04:54:57.20	6:36	9.1
57	OLEWICZ PIOTR	540	GMINA STRZELCE OP	STRZELCE OP	POL	M40	57	M 138	00:00:41	01:43:48	02:44:04	03:41:48	04:28:15		04:54:59.35	04:54:59.35	6:36	9.1
58	SIEMIĘCZUK ROBERT	654		WARSZAWA	POL	M40	58	M 141	00:01:57	01:52:22	02:52:08	03:44:03	04:29:21		04:55:31.15	04:55:31.15	6:37	9.1
59	GARNCARZ PAWEŁ	742		WROCŁAW	POL	M40	59	M 143	00:03:29	01:50:29	02:49:16	03:42:49	04:29:17		04:55:58.65	04:55:58.65	6:38	9
60	SZYK ARTUR	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	JAROSŁAW	POL	M40	60	M 144	00:01:36	01:44:46	02:47:16	03:41:29	04:28:14		04:56:00.50	04:56:00.50	6:38	9
61	JANIK MICHAŁ	597	POSZŁA CZOŁGIEM	WARSZAWA	POL	M40	61	M 145	00:01:04	01:38:47	02:38:31	03:38:09	04:27:24		04:56:13.50	04:56:13.50	6:38	9
62	DUDEK MICHAŁ	764		BĘDZIN		M40	62	M 146	00:02:06	01:50:22	02:51:00	03:43:41	04:29:28		04:56:24.45	04:56:24.45	6:38	9
63	SIKORA JACEK	582	WATER TEAM	WYŻNE	POL	M40	63	M 148	00:01:15	01:43:45	02:44:09	03:38:01	04:26:37		04:56:48.35	04:56:48.35	6:39	9
64	WIERZBICKI TOMASZ	353		BOGUCHWAŁA	POL	M40	64	M 149	00:02:06	01:50:45	02:49:56	03:42:48	04:30:04		04:56:48.60	04:56:48.60	6:39	9
65	MARCELA MARCIN	46	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40	65	M 152	00:01:07	01:50:24	02:54:16	03:45:20	04:31:01		04:57:03.20	04:57:03.20	6:39	9
66	KOCOT SEBASTIAN	159		SOSNOWIEC	POL	M40	66	M 153	00:02:17	01:45:53	02:46:13	03:46:01	04:31:44		04:57:03.75	04:57:03.75	6:39	9
67	CZAPLA ARKADIUSZ	382		BYTOM	POL	M40	67	M 154	00:01:06	01:49:12	02:54:17	03:45:26	04:31:02		04:57:05.90	04:57:05.90	6:39	9
68	DZIEWA PRZEMYSŁAW	514	SUPERIOR INDUSTRIES	BRANDWICA	POL	M40	68	M 155	00:01:58	01:55:08	02:55:26	03:48:38	04:33:37		04:57:06.70	04:57:06.70	6:39	9
69	KOT KRZYSZTOF	550	MPK - RZESZÓW	RZESZÓW	POL	M40	69	M 156	00:00:59	01:44:56	02:47:10	03:43:52	04:31:11		04:57:12.65	04:57:12.65	6:39	9
70	KOWALCZYK MARIUSZ	632	WOLFPACK	ŻÓŁWIN	POL	M40	70	M 164	00:03:48	01:55:24	02:55:32	03:46:08	04:34:15		04:59:57.30	04:59:57.30	6:43	8.9
71	RUTA MIKOŁAJ	687		KRAKÓW	POL	M40	71	M 168	00:01:45	01:55:39	02:55:59	03:49:31	04:37:48		05:03:03.95	05:03:03.95	6:47	8.8
72	CURZYDŁO BOGDAN	469	POZYTYWNIEM ZABIEGANI SANOK	SANOK	POL	M40	72	M 171	00:01:48	01:51:00	02:54:20	03:48:24	04:37:08		05:05:07.60	05:05:07.60	6:50	8.8
73	PAJESTKA WOJCIECH	39	POZYTYWNIEM ZABIEGANI SANOK/AZS PWSZ	SANOK	POL	M40	73	M 172	00:01:48	01:51:12	02:48:41	03:48:26	04:37:08		05:05:07.95	05:05:07.95	6:50	8.8
74	CHORZĘPA MARIUSZ	408	TSA-SANDOMIERZ	SANDOMIERZ	POL	M40	74	M 174	00:01:55	01:50:30	02:51:15	03:46:18	04:38:32		05:05:08.80	05:05:08.80	6:50	8.8
75	MUCHA GRZEGORZ	744		CHŁOPICE	POL	M40	75	M 177	00:00:52	01:38:08	02:37:45	03:41:53	04:38:56		05:05:16.70	05:05:16.70	6:50	8.8
76	DARCHUK OLEKSANDR	386		WĘGRZEC	POL	M40	76	M 181	00:01:06	01:47:40	02:53:10	03:48:35	04:36:57		05:05:20.60	05:05:20.60	6:50	8.8
77	SADY SEBASTIAN	178		OSTROWIEC ŚWIĘTOKRZYSKI	POL	M40	77	M 183	00:02:16	01:50:48	02:52:13	03:49:14	04:39:15		05:06:23.00	05:06:23.00	6:52	8.7
78	SWOBODA JAROSŁAW	41	NIGHT RUNNERS GLIWICE	KNURÓW	POL	M40	78	M 186	00:03:12	01:55:21	02:58:26	03:53:21	04:41:44		05:06:45.90	05:06:45.90	6:52	8.7
79	BIESIEKIERSKI KRZYSZTOF	362	DRUŻYNA WILKA	OLSZTYN	POL	M40	79	M 187	00:02:57	01:49:40	02:53:37	03:47:27	03:51:16		05:07:55.15	05:07:55.15	6:54	8.7
80	SZYMAŁA MARCIN	223	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	M40	80	M 189	00:00:54	01:44:21	02:46:08	03:50:44	04:40:56		05:08:30.60	05:08:30.60	6:55	8.7

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
81	SULEWSKI MACIEJ	448		OSTROŁĘKA	POL	M40	81	M 191	00:02:04	01:54:02	02:54:48	03:50:24	04:40:09		05:08:57.90	05:08:57.90	6:55	8.7
82	PRÜFER PAWEŁ	422		KOSIECZYN	POL	M40	82	M 196	00:02:45	01:51:48	02:51:28	03:47:03	04:38:58		05:10:40.50	05:10:40.50	6:57	8.6
83	DOMINIK MARIUSZ	248		BIŁGORAJ	POL	M40	83	M 203	00:01:27	01:54:54	02:57:21	03:57:43	04:44:13		05:11:29.30	05:11:29.30	6:59	8.6
84	KIRILENKO MARCIN	481		MARKI	POL	M40	84	M 204	00:00:49	01:48:20	02:54:23	03:55:36	04:43:34		05:11:39.60	05:11:39.60	6:59	8.6
85	KOŚCIAK JAN	210	DZIKIE MUSTANGI	PASZCZYNA	POL	M40	85	M 205	00:01:44	01:55:19	03:01:26	03:56:49	04:44:07		05:11:40.80	05:11:40.80	6:59	8.6
86	DEMBNY TOMASZ	718		TARCZYN	POL	M40	86	M 207	00:00:54	01:43:10	02:58:42	03:56:22	04:45:48		05:11:43.70	05:11:43.70	6:59	8.6
87	KONOPKA BARTOSZ	682	TRÓJKA/ZWIEDZA NIE PRZEZ BIEGANIE	KRAKÓW	POL	M40	87	M 209	00:00:50	01:50:30	02:55:12	03:56:36	04:43:52		05:12:53.10	05:12:53.10	7:00	8.6
88	BŁAJSZCZAK KAROL	395	TSA	SANDOMIERZ	POL	M40	88	M 210	00:01:55	01:53:03	02:55:22	03:50:51	04:43:49		05:13:17.75	05:13:17.75	7:01	8.5
89	DALKA PAWEŁ	391	BIEGNE, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M40	89	M 212	00:01:37	01:51:15	02:54:51	03:53:50	04:45:44		05:14:32.45	05:14:32.45	7:03	8.5
90	SZMUC JACEK	177		MYSZKÓW	POL	M40	90	M 214	00:01:20	01:52:03	02:59:26	03:59:49	04:47:55		05:14:54.95	05:14:54.95	7:03	8.5
91	MAJCHROWSKI JACEK	87	CKB TARNOBREZEG	TARNOBREZEG	POL	M40	91	M 216	00:00:58	01:51:48	02:55:53	03:57:50	04:47:58		05:15:06.90	05:15:06.90	7:03	8.5
92	KOCHANIEC WALDEMAR	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	GŁOGÓW MAŁOPOLSKI	POL	M40	92	M 218	00:03:14	01:57:09	03:03:46	04:02:41	04:50:36		05:16:22.40	05:16:22.40	7:05	8.5
93	MIROSLAW ALBERT	442	WW TEAM	LUBLIN	POL	M40	93	M 219	00:02:54	01:59:15	03:01:15	04:03:25	04:50:32		05:17:16.00	05:17:16.00	7:06	8.4
94	KŁOSOK ADAM	13	INŻYNIERIA BIEGANIA	MARKLOWIC E	POL	M40	94	M 221	00:00:46	01:52:46	03:09:00	04:07:57	04:51:29		05:17:18.45	05:17:18.45	7:06	8.4
95	NIEDZIELA MARCIN	292	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40	95	M 223	00:01:06	01:58:34	03:02:29	04:01:05	04:50:29		05:18:02.40	05:18:02.40	7:07	8.4
96	JAMA RAFAŁ	525	WATER TEAM	TRZEBOWNISKO	POL	M40	96	M 224	00:01:16	01:52:49	02:55:46	03:58:44	04:49:37		05:18:13.00	05:18:13.00	7:08	8.4
97	BERNAŚ DARIUSZ	569	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40	97	M 225	00:01:25	01:54:58	02:59:14	03:59:48	04:50:28		05:18:59.85	05:18:59.85	7:09	8.4
98	BUTRYN WOJCIECH	272		KRAKÓW	POL	M40	98	M 227	00:01:00	01:55:50	03:02:12	04:02:05	04:50:42		05:19:11.40	05:19:11.40	7:09	8.4
99	STEMPKOWICZ JACEK	325		GORLICE	POL	M40	99	M 229	00:01:55	01:45:37	02:54:43	03:56:12	04:48:52		05:19:55.05	05:19:55.05	7:10	8.4
100	AMBROZIAK RAFAŁ	347	KONIUCHY OCR	KUTNO	POL	M40	100	M 230	00:01:39	01:57:05	03:02:29	03:58:20	04:50:29		05:19:58.20	05:19:58.20	7:10	8.4
101	JAKUBAS PAWEŁ	370	WPJ TEAM	WARSZAWA	POL	M40	101	M 234	00:01:14	01:54:49	03:01:40	03:59:51	04:52:38		05:20:30.65	05:20:30.65	7:11	8.3
102	SERAFIN ROBERT	660		GRYBÓW	POL	M40	102	M 238	00:03:12	02:00:56	03:03:31	04:00:02	04:53:27		05:23:34.40	05:23:34.40	7:15	8.3
103	PACHO SYLWESTER	708		GRYBÓW	POL	M40	103	M 239	00:02:02	01:59:42	03:08:32	04:02:23	04:53:28		05:23:34.50	05:23:34.50	7:15	8.3
104	TYMOSZUK MICHAŁ	691	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40	104	M 240	00:03:08	02:01:24	03:09:59	04:09:40	04:57:20		05:23:36.35	05:23:36.35	7:15	8.3
105	SUMARA WOJCIECH	357	NIEZRZESZONY	BRZESKO	POL	M40	105	M 245			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	7:19	8.2
106	CISKI PIOTR	170		WARSZAWA	POL	M40	106	M 246	00:02:20	01:54:51	03:03:55	04:03:51	04:57:20		05:26:35.70	05:26:35.70	7:19	8.2
107	JEDLIŃSKI BARTOSZ	60	MARATOŃCZYK DĘBICA	BRZEŃNICA	POL	M40	107	M 250	00:00:36	01:56:07	03:07:56	04:05:32	04:56:36		05:27:22.90	05:27:22.90	7:20	8.2
108	KOSMĘDA PIOTR MICHAŁ	195		WARSZAWA	POL	M40	108	M 252	00:01:02	02:00:23	03:14:38	04:13:34	05:02:36		05:27:30.90	05:27:30.90	7:20	8.2
109	HAJDO ROBERT	319		BRZESKO	POL	M40	109	M 258	00:02:32	02:00:05	03:04:37	04:08:52	04:59:39		05:29:15.55	05:29:15.55	7:22	8.1
110	OSZCZĘDA KRZYSZTOF	443	ZARAZIĆ PASJĄ	ŻORY	POL	M40	110	M 259	00:01:34	02:01:18	03:08:18	04:10:09	05:00:36		05:29:16.95	05:29:16.95	7:22	8.1
111	STĘPIEŃ WOJCIECH	74	JM RUNNING TEAM	GLIWICE	POL	M40	111	M 266	00:03:19	02:02:22	03:12:43	04:14:37	05:03:55		05:31:52.15	05:31:52.15	7:26	8.1
112	DADAŚ JANUSZ	27	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	112	M 269	00:02:58	02:03:00	03:16:54	04:18:09	05:04:48		05:32:09.10	05:32:09.10	7:26	8.1
113	DUKATA GRZEGORZ	697	MGW	CHUDÓW	POL	M40	113	M 272	00:01:01	02:06:51	03:19:42	04:19:40	05:06:56		05:34:36.15	05:34:36.15	7:30	8
114	BĘBEN ROBERT	613	OSTROBIEC	OSTROWIEC SWIETOKRZYSKI	POL	M40	114	M 273	00:01:35	02:07:16	03:19:07	04:19:10	05:06:10		05:34:41.45	05:34:41.45	7:30	8
115	PIEKARSKI WOJCIEC	221	RAP AUGUSTÓW	AUGUSTÓW	POL	M40	115	M 287	00:02:25	02:05:33	03:17:49	04:22:01	05:11:36		05:41:41.25	05:41:41.25	7:39	7.8
116	WAWRZAK RYSZARD	48	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	116	M 291	00:03:08	02:03:46	03:16:56	04:18:34	05:11:19		05:41:55.60	05:41:55.60	7:39	7.8
117	FRĄC DARIUSZ	37	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	117	M 292	00:03:08	02:03:42	03:16:45	04:20:05	05:12:24		05:41:55.80	05:41:55.80	7:39	7.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
118	STODULSKI KRZYSZTOF	348	KUTNO BIEGA	KRZYŻANÓW	POL	M40	118	M 299	00:01:40	02:03:23	03:17:46	04:25:46	05:15:45		05:44:41.80	05:44:41.80	7:43	7.8
119	JĘDRZEJCZYK TOMASZ	512	CHYBA NIE DAM RADY	KRAKÓW	POL	M40	119	M 301	00:02:07	02:04:50	03:18:41	04:22:08	05:13:16		05:44:45.00	05:44:45.00	7:43	7.8
120	TOKARZ MARCIN	434		LIBERTÓW	POL	M40	120	M 303	00:00:53	02:04:31	03:22:38	04:23:28	05:13:07		05:45:25.40	05:45:25.40	7:44	7.7
121	MAJTYKA TOMASZ	167	LOS TREPOS COMPANIEROS	KRAKÓW	POL	M40	121	M 304	00:02:37	02:06:09	03:18:45	04:26:16	05:17:18		05:45:28.65	05:45:28.65	7:44	7.7
122	BEŁKOT ARKADIUSZ	703		ŚWIĘTOCHŁO WICE	POL	M40	122	M 312	00:01:46	02:03:43	03:17:33	04:21:11	05:13:07		05:48:04.25	05:48:04.25	7:48	7.7
123	PATRZYK JACEK	527		ŚWIĘTOCHŁO WICE	POL	M40	123	M 313	00:01:46	02:03:47	03:17:35	04:21:13	05:13:08		05:48:04.55	05:48:04.55	7:48	7.7
124	WRÓBEL DARIUSZ	287	TEAM ZABIEGANEDNI	WARSZAWA	POL	M40	124	M 319	00:02:01	02:05:26	03:25:16	04:27:34	05:18:35		05:48:32.65	05:48:32.65	7:48	7.7
125	BIEL TOMASZ	552		KATOWICE	POL	M40	125	M 321	00:02:45	02:07:18	03:27:20	04:27:12	05:19:49		05:48:34.95	05:48:34.95	7:48	7.7
126	STOPA MARCIN	571	WWW.RUNRZESZOW.PL	RZESZÓW	POL	M40	126	M 323	00:02:08	01:54:40	03:05:51	04:19:23	05:16:53		05:51:03.70	05:51:03.70	7:52	7.6
127	ZAKRZEWSKI MAREK	683	EKOBIEGI	WARSZAWA	POL	M40	127	M 324	00:01:25	02:05:14	03:15:57	04:20:52	05:17:55		05:51:04.95	05:51:04.95	7:52	7.6
128	TOKARSKI RAFAŁ	626		KRAKÓW	POL	M40	128	M 329	00:02:18	01:58:24	03:14:23	04:23:42	05:18:01		05:52:37.45	05:52:37.45	7:54	7.6
129	PAŚNIK PAWEŁ	598	AKB CRACOVIA	WARSZAWA	POL	M40	129	M 330	00:03:09	02:05:20	03:20:25	04:27:50	05:21:10		05:53:07.00	05:53:07.00	7:55	7.6
130	SZACHEWICZ SŁAWOMIR	554	JĘŻOZWIERZE GROUP	WROCLAW	POL	M40	130	M 334	00:02:59	02:05:16	03:19:14	04:30:28	05:24:28		05:56:14.20	05:56:14.20	7:59	7.5
131	FRĄCZEK MACIEJ	726		PIASECZNO	POL	M40	131	M 336		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	7:59	7.5
132	SKOWRON RADOSŁAW	364		BALICE	POL	M40	132	M 337	00:05:01	02:16:40	03:29:48	04:35:16	05:27:56		05:56:29.30	05:56:29.30	7:59	7.5
133	BARAN BERNARD	665	OCR TEAM DĘBICA	DĘBICA	POL	M40	133	M 338	00:02:14	02:13:06	03:28:23	04:34:25	05:26:13		05:56:33.85	05:56:33.85	7:59	7.5
134	ZIELONKA MARIUSZ	245		POZNAŃ	POL	M40	134	M 339	00:03:19	02:15:16	03:26:34	04:32:02	05:26:52		05:57:26.95	05:57:26.95	8:00	7.5
135	SWOROWSKI MACIEJ	464	WOLSZTYNSKI KLUB BIEGOWY	WOLSZTYN	POL	M40	135	M 347	00:01:54	02:14:48	03:31:25	04:32:56	05:27:52		05:58:28.60	05:58:28.60	8:02	7.5
136	PISIGNAS MARIUSZ	400	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	136	M 349	00:02:59	02:09:10	03:26:59	04:39:25	05:29:38		05:58:30.80	05:58:30.80	8:02	7.5
137	RAMOTOWSKI MARCIN	93	GERLACH SMUGGLERS	WARSZAWA	POL	M40	137	M 351	00:01:10	02:03:59	03:23:29	04:33:11	05:27:26		05:59:07.95	05:59:07.95	8:03	7.5
138	PIASNY PAWEŁ	746		GLIWICE	POL	M40	138	M 353	00:01:01	02:06:52	03:24:49	04:33:08	05:28:03		05:59:13.90	05:59:13.90	8:03	7.4
139	KOWALSKI MACIEJ	268	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	M40	139	M 354	00:01:54	02:02:50	03:20:58	04:31:48	05:29:26		06:00:23.80	06:00:23.80	8:04	7.4
140	ROŻNIATA ANDRZEJ	640	KS GŁOWNO W BIEGU	GŁOWNO	POL	M40	140	M 355	00:00:56	01:59:14	03:15:11	04:26:56	05:27:27		06:00:32.50	06:00:32.50	8:05	7.4
141	KISIŃSKI JAROSŁAW	589	COMP S.A. / NOVITUS	NOWY SĄCZ	POL	M40	141	M 356	00:01:08	02:04:26	03:16:40	04:24:50	05:30:12		06:00:32.55	06:00:32.55	8:05	7.4
142	GŁOWACKI ANDRZEJ	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	LEGIONOWO	POL	M40	142	M 357	00:01:03	01:58:31	03:18:09	04:29:06	05:26:03		06:00:38.60	06:00:38.60	8:05	7.4
143	RYBAK WOJCIECH	595	GOPR BIESZCZADY	ŁANCUT	POL	M40	143	M 359		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	8:05	7.4
144	WOJTOWICZ DANIEL	444	NAUKA BIEGA	USTRZYKI DOLNE	POL	M40	144	M 362	00:00:52	02:04:32	03:22:52	04:32:50	05:29:40		06:01:35.95	06:01:35.95	8:06	7.4
145	WAJCOWICZ WITOLD	150	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40	145	M 366	00:01:47	02:12:20	03:30:21	04:37:32	05:32:44		06:04:01.80	06:04:01.80	8:09	7.4
146	WIENER MARCIN	456		KATOWICE	POL	M40	146	M 368	00:03:29	02:11:03	03:26:28	04:34:11	05:29:41		06:04:25.65	06:04:25.65	8:10	7.3
147	BURZYŃSKI TOMASZ	545	-	JÓZEFOSŁAW	POL	M40	147	M 369	00:01:23	02:02:54	03:26:44	04:35:04	05:31:36		06:04:34.25	06:04:34.25	8:10	7.3
148	MAŁKIEWICZ DARIUSZ	437	PGB SPORTOWA PACZKA	KATOWICE	POL	M40	148	M 372	00:02:00	02:08:56	03:28:42	04:36:11	05:33:43		06:04:55.05	06:04:55.05	8:10	7.3
149	FOGEL JANUSZ	256	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	M40	149	M 373	00:02:15	02:12:22	03:29:12	04:38:03	05:34:04		06:04:58.55	06:04:58.55	8:10	7.3
150	GAŚIOROWSKI MACIEJ	555		WARSZAWA	POL	M40	150	M 374	00:04:47	02:21:33	03:41:21	04:43:33	05:36:35		06:05:04.15	06:05:04.15	8:11	7.3
151	JAKUBOWSKI DANIEL	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	ZABAJKA	POL	M40	151	M 375	00:03:15	02:12:09	03:35:26	04:46:14	05:37:33		06:05:17.00	06:05:17.00	8:11	7.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
152	KOPER JACEK	756		ALEKSANDR ÓW ŁÓDZKI	POL	M40	152	M 377	00:03:04	02:07:22	03:21:52	04:29:21	05:30:59		06:06:49.40	06:06:49.40	8:13	7.3
153	STONOGA TOMASZ	679	KITE&RUN FAN	OZIMEK	POL	M40	153	M 378	00:01:42	02:14:35	03:32:52	04:36:07	05:33:23		06:06:51.30	06:06:51.30	8:13	7.3
154	CWOJDZIŃSKI PIOTR	228	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	M40	154	M 381	00:02:53	02:09:22	03:28:21	04:41:12	05:36:08		06:07:01.85	06:07:01.85	8:13	7.3
155	KWIECIEŃ KRZYSZTOF	668	4K TEAM TARNÓW	TARNÓW	POL	M40	155	M 382	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		06:07:03.30	06:07:03.30	8:13	7.3
156	BURY MAREK	103		SOSNOWIEC	POL	M40	156	M 386	00:02:19	02:11:15	03:35:23	04:44:49	05:38:30		06:07:29.75	06:07:29.75	8:14	7.3
157	RENKIEL TOMASZ	758		GLIWICE	M40		157	M 387	00:03:17	02:03:36	03:29:57	04:41:36	05:37:34		06:07:31.40	06:07:31.40	8:14	7.3
158	JANIK JANUSZ	91	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	158	M 388	00:03:18	02:03:36	03:29:56	04:41:35	05:37:35		06:07:31.70	06:07:31.70	8:14	7.3
159	KORBA MICHAŁ	214		WARSZAWA	POL	M40	159	M 390	00:01:25	02:21:54	03:48:01	04:46:12	05:38:30		06:07:43.75	06:07:43.75	8:14	7.3
160	CHWALISZEWSKI JAROSŁAW	108	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	160	M 392	00:03:17	02:04:40	03:28:10	04:41:34	05:38:05		06:08:39.40	06:08:39.40	8:15	7.3
161	CĘCELEWSKI JAROSŁAW	510		CISIE	POL	M40	161	M 394	00:03:18	02:21:22	03:33:58	04:41:53	05:37:32		06:10:06.60	06:10:06.60	8:17	7.2
162	PIGAN WIESŁAW	361	B B L-JAROSŁAW	SZÓWSKO	POL	M40	162	M 396	00:02:01	02:12:21	03:32:05	04:41:28	05:38:49		06:10:25.80	06:10:25.80	8:18	7.2
163	KOŁODZIEJ JACEK	84	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	163	M 399	00:03:17	02:04:56	03:30:00	04:41:34	05:38:22		06:11:22.55	06:11:22.55	8:19	7.2
164	ZIELIŃSKI RAFAŁ	428		MODLNICZKA	POL	M40	164	M 402	00:01:01	02:12:53	03:37:38	04:50:27	05:41:40		06:12:51.20	06:12:51.20	8:21	7.2
165	PAWLETA MICHAŁ	24	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	165	M 403	00:03:16	02:16:27	03:37:47	04:44:01	05:40:11		06:13:08.75	06:13:08.75	8:21	7.2
166	HALIŻAK NORBERT	474		WIELUŃ BIEGA	POL	M40	166	M 404	00:02:04	02:19:52	03:35:07	04:42:03	05:40:33		06:13:12.40	06:13:12.40	8:22	7.2
167	HOROWSKI TOMASZ	25	RUNHOGS TYCHY	TYCHY	POL	M40	167	M 407	00:01:38	02:10:47	03:27:41	04:40:55	05:38:58		06:13:34.80	06:13:34.80	8:22	7.2
168	BAJOREK JAN	699		OLSZYNY	POL	M40	168	M 409	00:00:56	01:53:28	03:20:21	04:56:08	05:46:40		06:14:00.50	06:14:00.50	8:23	7.2
169	PAROL PAWEŁ	349	-	SZYMANKOW SZCZYŻNA	POL	M40	169	M 410	00:01:31	02:07:09	03:31:40	04:44:12	05:40:28		06:14:09.25	06:14:09.25	8:23	7.2
170	DYBKA RAFAŁ	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	TARNÓW	POL	M40	170	M 411	00:01:34	02:03:44	03:29:13	04:40:16	05:38:32		06:14:36.20	06:14:36.20	8:23	7.1
171	ZBICIAK GRZEGORZ	384	ŁĘCZNA BIEGA	SPICZYN	POL	M40	171	M 412	00:02:20	02:16:23	03:37:08	04:50:31	05:43:16		06:15:09.90	06:15:09.90	8:24	7.1
172	GOSZCZYŃSKI PIOTREK	733		CZĘSTOCHO WA	POL	M40	172	M 413	00:02:30	02:13:26	03:33:44	04:45:30	05:43:00		06:15:14.20	06:15:14.20	8:24	7.1
173	GALUS JACEK	225		TARNÓW	POL	M40	173	M 418	00:01:55	02:20:20	03:39:55	04:52:12	05:47:00		06:18:21.55	06:18:21.55	8:28	7.1
174	JĘDRUSZCZAK ROBERT	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	PIASECZNO	POL	M40	174	M 422	00:02:13	02:08:58	03:31:44	04:45:25	05:44:52		06:19:45.15	06:19:45.15	8:30	7
175	KULA ROBERT	126		TARNÓW	POL	M40	175	M 423	00:01:30	01:59:44	03:31:41	04:55:36	05:51:57		06:19:49.00	06:19:49.00	8:30	7
176	MICHOŃ KAMIL	593	BIEGAMWTARNO WIE	TARNÓW	POL	M40	176	M 424	00:01:32	02:07:35	03:32:15	04:51:16	05:48:24		06:21:12.60	06:21:12.60	8:32	7
177	SAMOSIEJ JAKUB	473	JUMP&FLY, KABATY	WARSZAWA	POL	M40	177	M 428	00:01:47	02:09:46	03:38:57	04:48:53	05:47:03		06:23:58.75	06:23:58.75	8:36	7
178	MARKIEWICZ RAFAŁ	316		WARSZAWA	POL	M40	178	M 430	00:02:13	02:17:22	03:40:13	04:55:08	05:52:38		06:24:23.95	06:24:23.95	8:37	7
179	CHMIELARZ DARIUSZ	277		BOCHNIA	POL	M40	179	M 432	00:02:05	02:09:02	03:25:56	04:41:36	05:46:26		06:24:46.35	06:24:46.35	8:37	7
180	WRÓBEL DOMINIK	321	AZS PWSZ KROSNO	JASŁO	POL	M40	180	M 435	00:03:05	02:18:44	03:35:57	04:46:13	05:49:26		06:26:43.85	06:26:43.85	8:40	6.9
181	LUC ADAM	326	BIEGUSIEM.PL	RYKI	POL	M40	181	M 437	00:02:37	02:17:39	03:39:01	04:53:36	05:52:37		06:26:55.80	06:26:55.80	8:40	6.9
182	BUJAKOWSKI PATRYK	406		PROSZOWICE	POL	M40	182	M 440	00:03:01	02:22:33	03:49:34	04:53:39	05:53:22		06:27:00.95	06:27:00.95	8:40	6.9
183	KOZAK MARCIN	107	SAINT-GOBAIN SQUAD	LUBARTÓW	POL	M40	183	M 441	00:02:21	02:04:36	03:27:43	04:49:37	05:46:10		06:27:59.90	06:27:59.90	8:41	6.9
184	KULDANEK MARCIN	204	DOGOŃ GRODZISK MAZOWIECKI	STANISŁAWÓ W	POL	M40	184	M 442	00:02:13	02:15:20	03:41:06	04:54:47	05:52:00		06:28:01.20	06:28:01.20	8:41	6.9
185	WILK ANDREAS	127		WYHL	GER	M40	185	M 445	00:01:38	02:17:44	03:44:27	04:58:52	05:57:24		06:29:31.10	06:29:31.10	8:44	6.9
186	KUREK MARIUSZ	496	MARATOŃCZYK DĘBICA	DĘBICA	POL	M40	186	M 446	00:01:45	02:12:33	03:37:19	04:52:09	05:53:19		06:29:34.00	06:29:34.00	8:44	6.9
187	SANECKI ROBERT	165	SPRINT GORZYCE	GORZYCE	POL	M40	187	M 448	00:01:37	02:12:13	03:39:06	04:59:03	05:59:37		06:32:04.55	06:32:04.55	8:47	6.8
188	JĘDRZEJCZYK ROBERT	677	CHYBA NIE DAM RADY	PODŁĘŻE	POL	M40	188	M 450	00:02:09	02:18:06	03:41:56	04:53:50	05:59:14		06:32:56.15	06:32:56.15	8:48	6.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
189	SIKORA SŁAWOMIR	457	RACEBROTHERS	TARNÓW	POL	M40	189	M 452	00:01:33	02:07:52	03:31:22	04:51:39	05:54:42		06:34:58.40	06:34:58.40	8:51	6.8
190	SOBCZAK MIKOŁAJ	371	WYBIEGANI TEAM	SKÓRZEWO	POL	M40	190	M 455	00:01:14	02:30:48	03:57:12	05:00:19	06:00:32		06:36:37.60	06:36:37.60	8:53	6.7
191	GOLUBA KRZYSZTOF	305		WARSZAWA	POL	M40	191	M 456	00:01:17	02:13:17	03:39:18	04:51:56	05:59:07		06:36:47.70	06:36:47.70	8:53	6.7
192	ZGÓRSKI GRZEGORZ	769	NIGHT RUNNERS GLIWICE			M40	192	M 457	00:03:02	02:14:08	03:46:26	05:03:10	06:07:15		06:37:15.90	06:37:15.90	8:54	6.7
193	STANISŁAWSKI TOMASZ	142	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	M40	193	M 459	00:01:50	02:24:07	03:46:56	04:59:09	05:59:38		06:37:34.90	06:37:34.90	8:54	6.7
194	MISZCZYK MARCIN	417		KRAKÓW	POL	M40	194	M 460	00:02:25	02:35:00	03:57:03	05:04:24	06:03:49		06:39:15.80	06:39:15.80	8:57	6.7
195	ZIELONKA BOGUMIŁ	530	PKB ENDORFINA	PIOTRKÓW TRYB	POL	M40	195	M 461	00:03:18	02:21:51	03:52:46	05:06:29	06:05:43		06:39:52.40	06:39:52.40	8:57	6.7
196	PRZYBYLSKI MARIUSZ	383	PGB SPORTOWA PACZKA	GLIWICE	POL	M40	196	M 462	00:02:02	02:15:59	03:35:58	04:57:24	06:00:53		06:41:12.00	06:41:12.00	8:59	6.7
197	PRYSZCZ MIROSLAW	50		RUDA ŚLĄSKA	POL	M40	197	M 463	00:02:59	02:14:09	03:46:24	05:03:11	06:07:14		06:42:09.15	06:42:09.15	9:01	6.7
198	KAZANOWSKI MARCIN	620	OFIARY KAMIENICA	KAMIENIEC	POL	M40	198	M 469	00:02:10	02:24:53	03:48:27	05:03:08	06:09:09		06:45:07.70	06:45:07.70	9:05	6.6
199	ROMAN PAWEŁ	546	KS BARAKUDA MIŃSK MAZOWIECKI	MIŃSK	POL	M40	199	M 472	00:03:20	02:17:40	03:50:01	05:13:50	06:12:52		06:47:59.15	06:47:59.15	9:08	6.6
200	RYSIAWA MAREK	547	BEZ	MIŃSK MAZOWIECKI	POL	M40	200	M 473	00:03:20	02:17:49	03:49:57	05:13:53	06:13:04		06:47:59.20	06:47:59.20	9:08	6.6
201	KUCIŃSKI TOMASZ	403	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40	201	M 474	00:03:22	02:17:46	03:49:59	05:13:56	06:13:05		06:48:01.70	06:48:01.70	9:08	6.6
202	KUREK STANISŁAW	327		KRAKÓW	POL	M40	202	M 479	00:03:30	02:23:27	03:50:25	05:09:22	06:16:04		06:53:35.60	06:53:35.60	9:16	6.5
203	TUTAK DANIEL	737	FURIOSI POLANKA	KROSNO	POL	M40	203	M 482	00:02:51	02:30:09	03:57:08	05:14:40	06:17:50		06:54:06.35	06:54:06.35	9:17	6.5
204	KALICKI IREK	713	GCW ACADEMY	WARSZAWA	POL	M40	204	M 485	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	9:18	6.4
205	BAĆMAGA JAN	666	JPII - MAZOWSZANY	KOWALA	POL	M40	205	M 488	00:01:46	02:21:41	03:50:44	05:14:52	06:20:22		07:00:44.50	07:00:44.50	9:26	6.4
206	KOSIERKIEWICZ GRZEGORZ	760		KIELCE		M40	206	M 489	00:01:27	02:32:48	04:06:02	05:14:58	06:22:10		07:00:59.65	07:00:59.65	9:26	6.4
207	WILIMSKI TOMASZ	34	NIGHT RUNNERS	GLIWICE	POL	M40	207	M 491	00:03:16	02:30:08	03:53:42	05:21:37	06:25:26		07:02:19.80	07:02:19.80	9:28	6.3
208	DWORAK ADAM	658	TAJFUN	BĘDZIN	POL	M40	208	M 493	00:02:05	02:18:27	03:54:00	05:20:06	06:26:30		07:03:00.50	07:03:00.50	9:29	6.3
209	URBANOWICZ ŁUKASZ	339		KRKAÓW	POL	M40	209	M 494	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	9:29	6.3
210	ADAMSKI BARTŁOMIEJ	366		MODLNICA	POL	M40	210	M 495	00:02:26	02:37:28	04:10:26	05:24:58	06:25:22		07:03:41.00	07:03:41.00	9:29	6.3
211	KONOPACKI KRZYSZTOF	451	ABY DO METY	ZABKOWICE ŚLĄSKIE	POL	M40	211	M 498	00:02:57	02:29:08	04:03:13	05:23:22	06:30:16		07:06:36.65	07:06:36.65	9:33	6.3
212	KACZKIEWICZ DAMIAN	270	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40	212	M 501	00:02:51	02:38:14	04:02:57	05:23:32	06:29:09		07:07:14.60	07:07:14.60	9:34	6.3
213	MAJCHROWICZ ANDRZEJ	250		KROŚCIENKO WYŻNE	POL	M40	213	M 502	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	9:37	6.2
214	KURKUS ALEKSANDER	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	214	M 503	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	9:40	6.2
215	GIENIECZKO MARCIN	723		SUCHY DWÓR	POL	M40	215	M 505	00:02:31	02:37:26	04:07:19	05:25:22	06:34:04		07:12:47.50	07:12:47.50	9:42	6.2
216	CEBRAT TOMASZ	133	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	M40	216	M 508	00:02:41	02:32:55	04:08:24	05:30:04	06:36:37		07:16:12.75	07:16:12.75	9:46	6.1
217	WÓJTOWICZ PAWEŁ	131	LUBLIN BIEGA	LUBLIN	POL	M40	217	M 511	00:02:53	02:37:37	04:09:10	05:31:52	06:39:31		07:17:30.75	07:17:30.75	9:48	6.1
218	PIECH ADAM	71	PORANNY PATROL	KRAKÓW	POL	M40	218	M 521	00:03:15	02:49:44	04:35:24	06:02:35	07:07:19		07:48:55.40	07:48:55.40	10:30	5.7
219	BAJAK MIROSLAW	119		KRAKÓW	POL	M40	219	M 522	00:01:34	02:51:40	04:37:06	06:07:21	07:26:12		08:02:30.95	08:02:30.95	10:49	5.5
	TYLKA PRZEMYSŁAW	278		KROŚCIENKO WYŻNE	POL	M40			00:02:07 DNF	02:44:18 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
	UNIEJEWSKI TOMASZ	573	UMBA	KATOWICE	POL	M40			00:01:17 DNF	02:03:02 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	DOMISZEWSKA MARIA	2		USTRZYKI DOLNE	POL	K50	1	K 3	00:00:40	01:33:01	02:23:09	03:08:12	03:48:40	00:02:00	04:14:42.70	04:14:42.70	5:39	10.6
2	ŻEBROWSKA JOLANTA	702	POTRENUJEMY?	PULAWY	POL	K50	2	K 40	00:00:46	02:05:35	03:21:53	04:23:39	05:15:13		05:48:29.00	05:48:29.00	7:48	7.7
3	TOCZEWSKA ANNA	751	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K50	3	K 49	00:02:23	02:08:55	03:24:01	04:29:16	05:27:23		05:59:03.75	05:59:03.75	8:03	7.5
4	PARYSZ ANNA	646	STARE BABICE BIEGAJA	BLIZNE JASIŃSKIEGO	POL	K50	4	K 70	00:01:56	02:20:12	03:39:02	04:45:41	05:43:36		06:17:48.50	06:17:48.50	8:28	7.1
5	SEREMET BOŻENA	205	BBL KRAKÓW	KRAKÓW	POL	K50	5	K 79	00:03:11	02:17:39	03:38:39	04:59:26	05:57:02		06:29:11.30	06:29:11.30	8:43	6.9
6	PYZEL AGNIESZKA	57	KS PEGAZ	KONSTANCIN -JEZIORNA	POL	K50	6	K 85	00:02:32	02:18:39	03:48:02	05:05:13	06:03:53		06:33:01.15	06:33:01.15	8:48	6.8
7	KŁOPOTOWSKA SOSNA KASKA	516	UNLIMITED TRIATHLON TEAM	KRAKÓW	POL	K50	7	K 88	00:01:01	02:34:10	03:57:03	05:04:26	06:03:49		06:38:04.25	06:38:04.25	8:55	6.7
8	NAMIOTA URSZULA	72	1960	DĘBICA	POL	K50	8	K 91	00:00:51	02:13:28	03:41:19	05:05:17	06:05:19		06:42:15.20	06:42:15.20	9:01	6.7
9	MALEC BASIA	19		LUBLIN	POL	K50	9	K 121	00:01:56	02:35:55	04:11:09	05:46:37	06:51:04		07:29:46.15	07:29:46.15	10:05	5.9
	OBARSKA MAŁGORZATA	219		STARACHOW ICE	POL	K50			00:02:58 DNF	02:57:38 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	CZYŻ GRZEGORZ	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	BOGUMIŁOWI CE	POL	M50	1	M 5	00:00:37	01:18:10	01:59:39	02:36:03	03:12:19		03:33:00.10	03:33:00.10	4:46	12.6
2	SOKOŁOWSKI MAREK	5	ALPIN SPORT TEAM	MYSŁOWICE- WESOŁA	POL	M50	2	M 25	00:00:34	01:27:55	02:16:20	02:58:19	03:37:01		03:58:43.50	03:58:43.50	5:21	11.2
3	MAKA SŁAWOMIR	493	STARGLOSS TEAM	OSTROŁĘKA	POL	M50	3	M 32	00:00:40	01:31:18	02:20:08	03:01:04	03:40:44		04:03:41.60	04:03:41.60	5:27	11
4	BĘTKOWSKI WOJCIECH	263	BRYGADA BESKIDÓW	STRÓŻE	POL	M50	4	M 34	00:00:32	01:30:46	02:21:50	03:04:57	03:43:55		04:05:16.40	04:05:16.40	5:29	10.9
5	DYDIO PIOTR	551	PID-MILL TEAM	SANOK	POL	M50	5	M 35	00:00:49	01:33:40	02:22:12	03:03:51	03:43:57		04:05:49.35	04:05:49.35	5:30	10.9
6	LUBAŃSKI ROBERT	670		BUKOWICE	POL	M50	6	M 37	00:01:16	01:33:16	02:23:09	03:05:00	03:44:39		04:07:10.40	04:07:10.40	5:32	10.8
7	MACKIEWICZ ROMAN	181	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	M50	7	M 40	00:02:09	02:17:47					04:09:14.85	04:09:14.85	5:35	10.7
8	JASTRZĄB PIOTR	246	DEKAN LESKO	LESKO	POL	M50	8	M 76	00:00:42	01:38:39	02:34:26	03:23:19	04:06:52		04:28:54.65	04:28:54.65	6:01	10
9	KOSTKA JANUSZ	637	POSMAKUJ RUN TEAM	SZCZEPANĆ OWA	POL	M50	9	M 81	00:00:55	01:31:46	02:25:06	03:16:08	04:02:53		04:32:19.65	04:32:19.65	6:06	9.8
10	KUSTROŃ ADAM	629	PULEX	KROSNO	POL	M50	10	M 83	00:02:14	01:38:48	02:29:13	03:19:41	04:05:13		04:32:28.55	04:32:28.55	6:06	9.8
11	BAĆMAGA GRZEGORZ	698	BIEGIEM RADOM	RADOM	POL	M50	11	M 88	00:00:39	01:42:25	02:39:48	03:28:10	04:12:12		04:36:48.70	04:36:48.70	6:12	9.7
12	PAWLIKOWSKI BOGUSŁAW	498	DZIKIE ŻYCIE RUN TEAM	KATOWICE	POL	M50	12	M 150	00:02:17	01:43:19	02:46:12	03:45:36	04:31:02		04:56:57.50	04:56:57.50	6:39	9
13	PORĘBA EUGENIUSZ	695		MIECHÓW	POL	M50	13	M 159	00:01:26	01:56:19	02:54:09	03:45:29	04:33:01		04:58:38.30	04:58:38.30	6:41	9
14	KALTENBERG JANUSZ	192		JAROSŁAW	POL	M50	14	M 169	00:02:47	01:55:00	02:53:45	03:43:47	04:33:24		05:03:05.30	05:03:05.30	6:47	8.8
15	KRAUZE TOMASZ	621	GB WROCŁAWSKIE MORSY	WROCŁAW	POL	M50	15	M 170	00:01:52	01:59:20	03:02:04	03:53:55	04:39:00		05:04:03.25	05:04:03.25	6:49	8.8
16	GRZYWACZ WOJCIECH	447	FARTLEK GO	GORZYCE	POL	M50	16	M 195	00:01:37	01:52:49	02:59:21	03:54:03	04:42:05		05:10:37.55	05:10:37.55	6:57	8.6
17	FALKOWSKI PIOTR	777	KS PEGAZ PIASECZNO	BRAK DANYCH	POL	M50	17	M 213	00:02:30	01:55:58	03:01:22	03:59:30	04:48:12		05:14:54.25	05:14:54.25	7:03	8.5

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M50 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
18	LIK MAREK	161	CHEŁM BIEGA	CHEŁM	POL	M50	18	M 228	00:01:16	01:55:39	02:59:47	04:03:10	04:52:34		05:19:32.25	05:19:32.25	7:09	8.4
19	CISZYŃSKI MAREK	42	START KATOWICE	KATOWICE	POL	M50	19	M 235	00:03:12	02:03:51	03:12:25	04:05:48	04:54:11		05:20:57.50	05:20:57.50	7:11	8.3
20	SUWEZDA JACEK	380		CZĘSTOCHO WA	POL	M50	20	M 251	00:02:30	01:57:39	03:05:50	04:04:31	04:56:06		05:27:28.80	05:27:28.80	7:20	8.2
21	POREMBSKI LESZEK	183		WARSZAWA	POL	M50	21	M 257	00:03:14	02:01:32	03:10:35	04:12:13	05:00:24		05:29:10.05	05:29:10.05	7:22	8.1
22	LEŚNIAK DARIUSZ	11		SZCZECIN	POL	M50	22	M 265	00:00:46	01:56:34	03:09:02	04:11:46	05:02:30		05:31:45.40	05:31:45.40	7:26	8.1
23	GÓRALCZYK STANISŁAW	750	BUNGEE JUMPING 'MARIO'	HAJNÓWKA	POL	M50	23	M 278	00:02:27	02:00:25	03:16:16	04:21:02	05:10:15		05:37:51.30	05:37:51.30	7:34	7.9
24	JANOWSKI BOGDAN	768		WARSZAWA		M50	24	M 279	00:02:27	01:57:49	03:06:42	04:12:47	05:04:29		05:38:18.20	05:38:18.20	7:35	7.9
25	BERDYCHOWSKI KRZYSZTOF	765	FESTIWAL BIEGOWY	WARSZAWA		M50	25	M 280	00:02:29	01:57:55	03:06:41	04:12:43	05:05:11		05:38:18.30	05:38:18.30	7:35	7.9
26	PAWELEC PIOTR	612		JASŁO	POL	M50	26	M 294	00:02:34	01:58:25	03:17:36	04:25:56	05:16:02		05:43:02.45	05:43:02.45	7:41	7.8
27	PARCHOMIUK ANDRZEJ	138	NIEZRZESZONY	WARSZAWA	POL	M50	27	M 295	00:02:23	02:07:25	03:16:17		05:07:41		05:43:54.90	05:43:54.90	7:42	7.8
28	NOWICKI ARTUR	435	SPORTCZESNA	BARGŁY	POL	M50	28	M 297	00:01:20	01:56:47	03:16:04	04:24:07	05:16:00		05:44:35.10	05:44:35.10	7:43	7.8
29	BARANOWSKI KRZYSZTOF	351	KUTNO BIEGA	KUTNO	POL	M50	29	M 298	00:01:39	02:03:21	03:17:48	04:23:56	05:15:44		05:44:41.50	05:44:41.50	7:43	7.8
30	GŁÓWKA ALFRED	634	KARCZMA U FREDA	KĘDZIERZYN- KOZŁE	POL	M50	30	M 305	00:01:27	01:58:46	03:16:14	04:23:36	05:14:29		05:46:12.35	05:46:12.35	7:45	7.7
31	KAJA ROBERT	466	WIELUŃ BIEGA	WIELUŃ	POL	M50	31	M 317	00:02:03	02:01:16	03:16:08	04:20:37	05:16:13		05:48:20.60	05:48:20.60	7:48	7.7
32	GRUCA RYSZARD	707		GRYBÓW	POL	M50	32	M 320	00:02:03	01:59:43	03:08:34	04:25:59	05:18:19		05:48:34.40	05:48:34.40	7:48	7.7
33	DOMAGAŁA JERZY	294		RZESZÓW	POL	M50	33	M 331	00:03:23	02:11:33	03:23:58	04:26:04	05:22:29		05:54:41.50	05:54:41.50	7:57	7.5
34	WYSOKIŃSKI JERZY	753	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	BIAŁA PODLASKA	POL	M50	34	M 346	00:03:11	02:17:55	03:31:06	04:32:57	05:27:17		05:58:26.60	05:58:26.60	8:02	7.5
35	JEZIORNY RYSZARD	414	WIELUŃ BIEGA	WIELUŃ	POL	M50	35	M 358	00:02:04	02:08:37	03:26:04	04:32:03	05:26:35		06:00:41.85	06:00:41.85	8:05	7.4
36	WARZYCHA KRZYSZTOF	121	OSK MAXEL	BYTOM	POL	M50	36	M 389	00:01:44	02:11:08	03:32:33	04:37:08	05:35:57		06:07:33.10	06:07:33.10	8:14	7.3
37	KĘPKA ANDRZEJ	374	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	M50	37	M 395	00:02:02	02:12:15	03:31:59	04:41:32	05:37:37		06:10:13.30	06:10:13.30	8:18	7.2
38	ROSPOND PIOTR	157	TKKF MPK POZNAŃ	POZNAŃ	POL	M50	38	M 400	00:02:28	02:14:12	03:35:29	04:43:16	05:39:48		06:12:08.00	06:12:08.00	8:20	7.2
39	DRABIK JACEK	115		KRAKOW	POL	M50	39	M 414	00:01:15	02:09:03	03:30:08	04:43:23	05:42:02		06:15:40.90	06:15:40.90	8:25	7.1
40	OPALIŃSKI TOMASZ	358		OSTRÓDA	POL	M50	40	M 420	00:02:12	02:06:03	03:25:45	04:51:13	05:48:32		06:18:52.10	06:18:52.10	8:29	7.1
41	KUCA ROMAN	711		PIENIĘŻNO	POL	M50	41	M 427	00:01:58	02:15:45	03:34:01	04:45:24	05:46:35		06:23:13.60	06:23:13.60	8:35	7
42	MIKA DAMIAN	151	EKO-OKNA RUNNERS	RACIBÓRZ	POL	M50	42	M 451	00:02:45	02:21:47	03:43:21	04:58:52	05:57:38		06:33:05.90	06:33:05.90	8:48	6.8
43	STACHYRA ANDRZEJ	312	LSB	LUBLIN	POL	M50	43	M 470	00:02:20	02:00:20	03:23:56	04:57:55	06:08:59		06:46:40.95	06:46:40.95	9:07	6.6
44	SOKOLOWSKI ARTUR	36		SUWALKI	POL	M50	44	M 476	00:02:36	02:25:52	03:49:00	05:08:03	06:10:50		06:51:17.00	06:51:17.00	9:13	6.5
45	OBARSKI NORBERT	220		KIELCE	POL	M50	45	M 483	00:02:58	02:32:54	03:56:20	05:16:18	06:20:06		06:54:12.15	06:54:12.15	9:17	6.5
46	BĘDŹKOWSKI MAREK	479	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	M50	46	M 484	00:02:20	02:45:34	04:11:11	05:20:54	06:20:16		06:55:11.80	06:55:11.80	9:18	6.4
47	HRYSZKO ROBERT	747	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	M50	47	M 515	00:02:40	02:34:18	04:19:00	05:45:38	06:46:52		07:26:24.95	07:26:24.95	10:00	6
	MAŚLANKA IRENEUSZ	64	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M50			00:03:40 DNF	02:59:48 DNF	DNF	DNF	DNF		DNF	DNF	-	-

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, K60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MORAWSKA ANNA	218		WARSZAWA	POL	K60	1	K 103	00:01:17	02:34:00	06:20:21				06:56:07.35	06:56:07.35	9:19	6.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	TUCZAPSKI ARTUR	721	COMBAT	RUDNA MAŁA	POL	M60	1	M 129	00:01:37	01:47:48	02:46:37	03:38:37	04:24:41		04:51:29.90	04:51:29.90	6:32	9.2
2	KLAMUT RYSZARD	333	JABŁONICA POLSKA	JABŁONICA POLSKA	POL	M60	2	M 136	00:00:54	01:49:29	02:47:09	03:39:18	04:26:32		04:54:55.70	04:54:55.70	6:36	9.1
3	ŚLIWIŃSKI ANDRZEJ	421		MIECHÓW	POL	M60	3	M 142	00:01:04	01:55:00	02:55:43	03:47:44	04:31:42		04:55:50.45	04:55:50.45	6:37	9
4	JURCZAK ROMAN	200		RZESZÓW	POL	M60	4	M 147	00:00:31	01:46:02	02:47:12	03:45:47	04:31:45		04:56:47.60	04:56:47.60	6:39	9
5	TUROSZ ZBIGNIEW	147		LEŻAJSK	POL	M60	5	M 249	00:01:22	01:55:22	03:02:51	04:01:18	04:54:30		05:26:40.40	05:26:40.40	7:19	8.2
6	ADAMCZYK JAN	692	GORLIKA GRUPA BIEGOWA	GORLICE	POL	M60	6	M 253	00:02:00	01:55:06	03:01:56	04:03:46	04:57:23		05:28:37.00	05:28:37.00	7:22	8.1
7	KOZŁOWSKI TOMASZ	197	PIASECZNO RUNNING	KONSTANCIN -JEZIORNA	POL	M60	7	M 261	00:02:33	02:04:32	03:13:06	04:11:52	05:01:58		05:31:12.25	05:31:12.25	7:25	8.1
8	NOWAKOWSKI WIESŁAW	425	-	PRZEMYŚL	POL	M60	8	M 282	00:02:48	02:01:06	03:10:04	04:12:18	05:06:37		05:38:20.70	05:38:20.70	7:35	7.9
9	RÓŻYCKI RYSZARD	772		ZAGÓRZ	M60	M60	9	M 300	00:02:35	02:06:32	03:15:36	04:22:15	05:15:37		05:44:43.15	05:44:43.15	7:43	7.8
10	MĄCZKA BRONISŁAW	767		GLIWICE	M60	M60	10	M 335	00:02:43	02:06:06	03:21:10	04:30:21	05:24:45		05:56:17.65	05:56:17.65	7:59	7.5
11	WÓJCIK JULIAN	233	SZWLA STARGARD	STARGARD	POL	M60	11	M 341	00:01:50	02:13:36	03:28:05	04:31:10	05:27:28		05:57:28.30	05:57:28.30	8:00	7.5
12	KUŁAKOWSKI PIOTR	169	CZŁAPACZE	KONSTANCIN -JEZIORNA	POL	M60	12	M 433	00:03:32	02:21:57	03:43:18	04:55:47	05:52:34		06:25:02.95	06:25:02.95	8:37	7
13	SIEDLACZEK ZBIGNIEW	104		LUBLIN	POL	M60	13	M 443	00:02:47	02:13:49	03:38:20	04:53:40	05:52:31		06:28:45.25	06:28:45.25	8:42	6.9
14	NAMIOTA MAREK	73		DĘBICA	POL	M60	14	M 458	00:00:59	02:14:15	03:41:09	05:01:59	06:01:12		06:37:32.95	06:37:32.95	8:54	6.7
15	MATYSEK IRENEUSZ	761		WAŁCZ	M60	M60	15	M 477	00:02:45	02:28:46	03:56:24	05:12:07	06:13:41		06:51:45.50	06:51:45.50	9:13	6.5
16	KRĘCISZ ZBIGNIEW	139	AMATOR	RACIBÓRZ	POL	M60	16	M 492	00:01:20	02:24:16	03:55:18	05:19:58	06:24:44		07:02:59.30	07:02:59.30	9:29	6.3
17	JABŁOŃSKI KAZIMIERZ	657		PRĄDY	POL	M60	17	M 509	00:02:11	02:36:27	04:02:43	05:23:09	06:35:11		07:16:22.85	07:16:22.85	9:47	6.1
18	SZEWC MARIAN	240		BILGORAJ	POL	M60	18	M 510	00:01:27	02:31:09	03:56:28	05:22:12	06:33:18		07:17:19.45	07:17:19.45	9:48	6.1
19	GŁUSZCZAK JERZY	194		ŁÓDŹ	POL	M60	19	M 517	00:04:18	02:32:19	04:08:20	05:35:41	06:48:46		07:34:00.60	07:34:00.60	10:10	5.9