

**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-scowoś ć	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
1	BIEL ŁUKASZ	376		WARSZAWA	POL	M30		M 0	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
2	KĘPKA ANDRZEJ	374	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	M50		M 0	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
3	SOBIECH MARCIN	373	GO GARWOLIN:D	GARWOLIN	POL	M30		M 0	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
4	PANTOŁ MIROSŁAW	149		RZESZÓW	POL	M40		M 0	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
5	KOPER JACEK	756		ALEKSANDR ÓW ŁÓDZKI	POL	M40		M 0	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
6	ZNAMIEC MARCIN	563	IPA PAŁAC MOSTOWSKICH KSP	WARSZAWA	POL	M40		M 0	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
7	GAWRON MARCIN	521	ROOKS TEAM / IDEO ACTIVE TEAM	NOWY BOREK	POL	M30		M 0	00:00:47	01:36:51	02:28:43	03:17:46			04:25:17.25	04:25:17.25	5:56	10.1
8	JAKUBOWSKI JAKUB	505	NASTUKOŁKI	RZESZÓW	POL	M30		M 0	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
9	MĄKA SŁAWOMIR	493	STARGLASS TEAM OSTROŁĘKA	OSTROŁĘKA	POL	M50		M 0	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
10	STASZEL ŁATAS TOMASZ	477	HUSARIA RECE TEAM	JADOWNIKI	POL	M30		M 0	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
11	CZYRNIA ANDRZEJ	681	RAJSPOK ACTIVE (TURAWA)	TURAWA	POL	M30		M 0	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
12	JĘDRZEJCZYK ROBERT	677	CHYBA NIE DAM RADY	PODŁĘŻE	POL	M40		M 0	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
13	GRZEGÓRZEK ANNA	667	PTG SOKÓŁ ŚWIAT PRACY	KOSZYCE WIELKIE	POL	K40		K 0	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
14	MARUKIEWICZ MAREK	628	BIEGAMDŁAZDRO WIA.PL	JEŻÓW SUDECKI	POL	M30		M 0	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
15	GRABIEC MARCIN	627		KOLBUSZOW A	POL	M30		M 0	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
16	DOŁĘGA ANNA	625	ZABIEGANA MAMA	BIAŁYSTOK	POL	K40		K 0	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
17	KRAUZE TOMASZ	621	GB WROCŁAWSKIE MORSY	WROCŁAW	POL	M50		M 0	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
18	JANIK MICHAŁ	597	POSZŁA CZOŁGIEM	WARSZAWA	POL	M40		M 0	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
19	GAWROŃSKI KAMIL	542	BIEGING TEAM ZELÓW	ZELÓW	POL	M20		M 0	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
20	ADAMCZAK MICHAŁ	454	BIEGAJ BEZ KOŃCA	MIELEC	POL	M30		M 0	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
21	KLAMUT RYSZARD	333	JABŁONICA POLSKA	JABŁONICA POLSKA	POL	M60		M 0	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
22	NIEDZIELA MARCIN	292	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40		M 0	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
23	CWOJDZIŃSKI PIOTR	228	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	M40		M 0	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

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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														
24	STEPANCZENKO RAFAŁ	112	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	POL	M30		M 0	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
25	KOBYLIŃSKI MARIUSZ	79	SST LUBCZA	WOLA ZGŁOBIEŃSKA	POL	M30		M 0	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
26	BRENDZOWSKI ADAM	69	SOLINATEAM / RUNONLINETEAM	POLAŃCZYK	POL	M30		M 0	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
27	WŁOCH SŁAWOMIR	241		KROSNO	POL	M40		M 0	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
28	POREBA EUGENIUSZ	695		MIECHÓW	POL	M50		M 0	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
29	BILSKI PIOTR	561	TECZA	WARSZAWA	POL	M30		M 0	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
30	PELA DARIUSZ	535	TMT TORUŃ	TORUŃ	POL	M30		M 0	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
31	RÓŻYCKI RYSZARD	772		ZAGÓRZ		M60		M 0	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
32	GUZIK ŁUKASZ	771		ŁYSOKANIE		M30		M 0	00:01:25	01:41:45	02:35:49	03:19:06			04:26:34.30	04:26:34.30	5:58	10
33	ZGÓRSKI GRZEGORZ	769	NIGHT RUNNERS GLIWICE	GLIWICE		M40		M 0	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
34	JANOWSKI BOGDAN	768		WARSZAWA		M50		M 0	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
35	MAĆZKA BRONISŁAW	767		GLIWICE		M60		M 0	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
36	JĘDRZEJCZOWSKA-DEC ANNA	766		GLIWICE		K40		K 0	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
37	BERDYCHOWSKI KRZYSZTOF	765	FESTIWAL BIEGOWY	WARSZAWA		M50		M 0	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
38	DWORAK ADAM	658	TAJFUN	BĘDZIN	POL	M40		M 0	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
39	JABŁOŃSKI KAZIMIERZ	657		PRĄDY	POL	M60		M 0	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
40	SIEMIĘCZUK ROBERT	654		WARSZAWA	POL	M40		M 0	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
41	DYREK MICHAŁ	653	MOK MSZANA DOLNA	MSZANA GÓRNA	POL	M30		M 0	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
42	GWIZDAK BARTOSZ	652	PIJEBIMBERNONS TOP	BOGUCHWAŁA	POL	M30		M 0	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
43	BARAN BERNARD	665	OCR TEAM DĘBICA	DĘBICA	POL	M40		M 0	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
44	KOSTKA JANUSZ	637	POSMAKUJ RUN TEAM	SZCZEPANÓWA	POL	M50		M 0	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
45	KULIGA SŁAWOMIR	650	POSMAKUJ RUN TEAM	KROSNO	POL	M30		M 0	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
46	SIKORSKA AGNIESZKA	649	EKOBIEGI	WARSZAWA	POL	K40		K 0	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
47	KRÓL MICHAŁ	648		NOWY JADÓW	POL	M30		M 0	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
48	WIŚNIEWSKI DOMINIK	647		WARSZAWA	POL	M30		M 0	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
49	PARYSZ ANNA	646	STARE BABICE BIEGAJĄ	BLIZNE JASIŃSKIEGO	POL	K50		K 0	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
50	SOBCZAK HENRYK	523	S.H.T I UKS GIMPEL NOWY TARG	NOWY TARG	POL	M30		M 0	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
51	MYŚLIWIEC ROBERT	522	WILD & FREE	RZESZÓW	POL	M30		M 0	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
52	BIAŁOWAŚ TOMASZ	520	STAJNIA BALONA	RZESZÓW	POL	M30		M 0	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
53	WRÓBEL STANISŁAW	518	AZS UMED ŁÓDŹ - RUNNING TEAM	CZARNKÓW	POL	M20		M 0	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
54	BLACHA JAROSŁAW	517		BIŁGORAJ	POL	M30		M 0	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
55	KŁOPOTOWSKA SOSNA KASKA	516	UNLIMITED TRIATHLON TEAM	KRAKÓW	POL	K50		K 0	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
56	DZIEWA PRZEMYSŁAW	514	SUPERIOR INDUSTRIES	BRANDWICA	POL	M40		M 0	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
57	LANGE BEATA	513	BIŁGORAJ BIEGA	BIŁGORAJ	POL	K40		K 0	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
58	JĘDRZEJCZYK TOMASZ	512	CHYBA NIE DAM RADY	KRAKÓW	POL	M40		M 0	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
59	KOTOMSKA RENATA	511		ALEKSANDRÓWKA	POL	K40		K 0	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

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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
<b>Ć</b>																		
60	CĘCELEWSKI JAROSŁAW	510		CISIE	POL	M40		M 0	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
61	ŁANIEWSKI ŁUKASZ	509	PSZCZÓŁKOWSKI TEAM	OLSZTYN	POL	M30		M 0	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
62	SUBIRATS CRISTIAN	508		LODZ	ESP	M30		M 0	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
63	KUREK MICHAŁ	507		DĘBICA	POL	M30		M 0	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
64	PAWŁOWSKI PIOTR	491	PRZEMYSŁ BEARS	KRASICZYN	POL	M30		M 0	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
65	KULIBERDA TOMASZ	501	TEATR O.DE.LA	RZESZÓW	POL	M40		M 0	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
66	KOWALCZYK DANIEL	500	EXTREME TRAUMA TEAM	BIELSKO-BIAŁA	POL	M30		M 0	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
67	WOŁOSOWICZ NATALIA	499		BIAŁA PODLASKA	POL	K40		K 0	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
68	PAWLIKOWSKI BOGUSŁAW	498	DZIKIE ŻYCIE RUN TEAM	KATOWICE	POL	M50		M 0	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
69	KRĘŻAŁEK MARCIN	497		WIETRZNO	POL	M20		M 0	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
70	KUREK MARIUSZ	496	MARATOŃCZYK DĘBICA	DĘBICA	POL	M40		M 0	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
71	JENERALSKI MIŁOSZ	495	FREE PALESTINE	TUCHOLA	POL	M40		M 0	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
72	GALANTY AGNIESZKA	492		DYBAWKA	POL	K40		K 0	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
73	KOCZUR KAMILA	504		WARSZAWA	POL	K30		K 0	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
74	BARWINEK ROBERT	503	BIEGNĘ ŻEBY BARTEK MOGL BIEGAĆ	KIELCE	POL	M30		M 0	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
75	KOWALICKI MARCIN	502	BIEGAM BO MOGĘ	GORNO	POL	M20		M 0			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	8:51	6.8
76	OŻANA BARTOSZ	489	NIGHT RUNNERS	POZNAŃ	POL	M20		M 0	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
77	ŁOPOKA PRZEMYSŁAW	757	ABY DO METY	ZIĘBICE	POL	M20		M 0	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
78	OCHYRA KONRAD	488		LESKO	POL	M20		M 0	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
79	DZIUMAK JAKUB	487		WARSZAWA	POL	M20		M 0	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
80	KSYTA MARTYNA	486	X-MEN	KOŃSKIE	POL	K20		K 0	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
81	MAZURKIEWICZ JOLANTA	490	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	BYCHAWA	POL	K30		K 0	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
82	REJ MIROSŁAW	445	M&T WYJADACZE PARÓWKÓW	MIELEC	POL	M30		M 0	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
83	WOJTOWICZ DANIEL	444	NAUKA BIEGA	USTRZYKI DOLNE	POL	M40		M 0	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
84	OSZCZĘDA KRZYSZTOF	443	ZARAZIĆ PASJĄ	ŻORY	POL	M40		M 0	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
85	MIROSŁAW ALBERT	442	WW TEAM	LUBLIN	POL	M40		M 0	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
86	TOKARZ MARCIN	434		LIBERTÓW	POL	M40		M 0	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
87	BOROWSKI IGOR	431	MAKONDO TEAM	ZAMOŚĆ	POL	M30		M 0	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
88	JANOTA MARCIN	413	CREADIS	KRAKÓW	POL	M30		M 0	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
89	GRANDA PAWEŁ	412	12 DAPLOT JAROSŁAW	ZARZECZE	POL	M30		M 0	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
90	KUCIŃSKI TOMASZ	403	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40		M 0	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
91	ZIÓŁKOWSKI KRZYSZTOF	402	JA I ONA	GRUDZIĄDZ	POL	M30		M 0	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
92	MĘDRYGAŁ PIOTR	401	GJ GOPR	MYSŁOWICE	POL	M30		M 0	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
93	PISIGNAS MARIUSZ	400	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
94	JĘDRZEJCZYK KONRAD	399		KRASNE	POL	M20		M 0	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
95	BAŁATKA KRZYSZTOF	389	AZS WSGK KUTNO	KUTNO	POL	M30		M 0	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
96	DARCHUK OLEKSANDR	386		WĘGRZCE	POL	M40		M 0	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
97	KOSZAŁKA MARCIN	385		BIELINIEC	POL	M20		M 0	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
98	BŁAJSZCZAK KAROL	395	TSA	SANDOMIERZ	POL	M40		M 0	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

**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														
99	DZIRBA TOMASZ	332		NIEMCE	POL	M30		M 0	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
100	SKRZYPSKA IWONA	331		JAROSŁAW	POL	K40		K 0	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
101	BLASZKE BEATA	329	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
102	ZWOLAK GRZEGORZ	328		JAROSŁAW	POL	M30		M 0	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
103	KUREK STANISŁAW	327		KRAKÓW	POL	M40		M 0	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
104	WRÓBEL DOMINIK	321	AZS PWSZ KROSNO	JASŁO	POL	M40		M 0	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
105	JAROSZ JARZEWSKI MATEUSZ	320		WARSZAWA	POL	M30		M 0	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
106	HAJDO ROBERT	319		BRZESKO	POL	M40		M 0	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
107	CIESZKO MAREK	317	KW WARSZAWA	WARSZAWA	POL	M30		M 0	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
108	MARKIEWICZ RAFAŁ	316		WARSZAWA	POL	M40		M 0	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
109	BRZOZOWSKI ŁUKASZ	315	STEFAN TEAM	STALOWA WOLA	POL	M30		M 0	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
110	STACHYRA BARTŁOJEM	313		LUBLIN	POL	M20		M 0	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
111	STACHYRA ANDRZEJ	312	LSB	LUBLIN	POL	M50		M 0	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
112	MYGA ANNA	311	HEARTESS	KATOWICE	POL	K30		K 0	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
113	MYGA MICHAŁ	310	HEARTLESS	KATOWICE	POL	M30		M 0	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
114	KOPROWICZ EWELINA	322	JAROSŁAWSKA GRUPA BIEGOWA	JAROSŁAW	POL	K30		K 0	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
115	PAWŁOWSKA ELŻBIETA	298	NOWY STYL RUNNING TEAM	JEDLICZE	POL	K30		K 0	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
116	MIŚKÓW MARCIN	308		ŻORY	POL	M30		M 0	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
117	BUKAŁA TOMASZ	254		WARSZAWA	POL	M30		M 0	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
118	MAJCHROWICZ MARZENNA	252		KROŚCIENKO WYŻNE	POL	K40		K 0	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	9:27	6.3
119	CZUBA MICHAŁ	251		LIGOTA ZAMECKA	POL	M30		M 0	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
	OBARSKA MAŁGORZATA	219		STARACHOW ICE	POL	K50			00:02:58 DNF	02:57:38 DNF	DNF	DNF	DNF		DNF	DNF	-	-
121	KOŚCIAK JAN	210	DZIKIE MUSTANGI	PASZCZYNA	POL	M40		M 0	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
122	LITWINEK MAREK	209	WKURW_TEAM	LUBARTÓW	POL	M30		M 0	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
123	BARAN ZBIGNIEW	208	(OB)LEŚNI BIEGACZE	KRAKÓW	POL	M30		M 0	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
124	ŁYSUNIAK-STRAUCH ALEKSANDRA	207	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30		K 0	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	9:40	6.2
125	MORAWSKA ANNA	218		WARSZAWA	POL	K60		K 0	00:01:17	02:34:00	06:20:21				06:56:07.35	06:56:07.35	9:19	6.4
126	GOŁĄB MAREK	216	STAY INSANE	LUBLIN	POL	M30		M 0	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
127	BARAN WOJTEK	215	OKNOPLAST RUNNING TEAM	ZABAWA/WIE LICZKA	POL	M30		M 0	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
128	KORBA MICHAŁ	214		WARSZAWA	POL	M40		M 0	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
129	WŁODARSKA MAGDALENA	203		TARNÓW	POL	K40		K 0	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
130	CYGAN ŁUKASZ	202	KLUB SPORTOWY HAJJIME	KRAKOW	POL	M30		M 0	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
131	JURCZAK ROMAN	200		RZESZOW	POL	M60		M 0	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
132	KLIMEK MATEUSZ	199		SZCZECIN	POL	M30		M 0	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
133	FAJNAS KATARZYNA	190	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	ŻABIA WOLA	POL	K40		K 0	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
134	KOZŁOWSKI TOMASZ	197	PIASECZNO RUNNING	KONSTANCIN JEZIORNA	POL	M60		M 0	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
135	KOSMĘDA PIOTR MICHAŁ	195		WARSZAWA	POL	M40		M 0	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
136	GLUSZCZAK JERZY	194		ŁÓDŹ	POL	M60		M 0	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
137	SŁĘCZKA DAMIAN	193	BIOMEDYCYNIA SP. Z O.O. RZESZÓW	RZESZÓW	POL	M30		M 0	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
138	KALTENBERG JANUSZ	192		JAROSŁAW	POL	M50		M 0	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
139	CHYLAŁ JAKUB	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	NOWY TOMYŚL	POL	M20		M 0	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
140	KULDANEK MARCIN	204	DOGOŃ GRODZISK MAZOWIECKI	STANISŁAWÓ W	POL	M40		M 0	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
141	MAZIEC DARIUSZ	188	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	NOWY TOMYŚL	POL	M30		M 0	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
142	SZMUC JACEK	177		MYSZKÓW	POL	M40		M 0	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
143	KOŁACKA MARTYNA	176		WODZISŁAW ŚLĄSKI	POL	K30		K 0	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
144	CISZYŃSKI MAREK	42	START KATOWICE	KATOWICE	POL	M50		M 0	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
145	SZAPAR PRZEMYSŁAW	732	BIEGAMINA. SCARPA	GDYNIA	POL	M40		M 0	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
146	SZYK ARTUR	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	JAROSŁAW	POL	M40		M 0	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
147	BARADZIEJ BARTŁOMIEJ	515	TERMINAL LOGISTYCZNY PROMONT	TYCHY	POL	M30		M 0	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
148	PIETRZYK WOJCIECH	365	LACHO TEAM	KRAKÓW	POL	M40		M 0	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
149	BIESZCZAD MATEUSZ	295	NOWY STYL GROUP RUNNING TEAM	WOJASZÓWK A	POL	M30		M 0	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
150	KACZKIEWICZ DAMIAN	270	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
151	ROJEK MACIEJ	693		KRAKÓW	POL	M30		M 0	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
152	DUDEK MICHAŁ	764		BĘDZIN	POL	M40		M 0	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
153	WETHACZ DARIUSZ	763		CISNA	POL	M30		M 0	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
154	DUCKI PIOTR	762		POLKOWICE	POL	M30		M 0	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
155	MATYSEK IRENEUSZ	761		WAŁCZ	POL	M60		M 0	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
156	KOSIERKIEWICZ GRZEGORZ	760		KIELCE	POL	M40		M 0	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
157	KOPEĆ RAFAŁ	759		KRAKÓW	POL	M20		M 0	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
158	RENKIEL TOMASZ	758		GLIWICE	POL	M40		M 0	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
159	FALKOWSKI PIOTR	777	KS PEGAZ PIASECZNO	BRAK DANYCH	POL	M50		M 0	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
160	PIASNY PAWEŁ	746		GLIWICE	POL	M40		M 0	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
161	BIERNAT AGNIESZKA	745	KOSMICZNE MUMINKI	WARSZAWA	POL	K20		K 0	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
162	MUCHA GRZEGORZ	744		CHŁOPICE	POL	M40		M 0	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
163	MORAWA MATEUSZ	754	LACHO TEAM	RADZISZÓW	POL	M40		M 0	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
164	WYSOKIŃSKI JERZY	753	KLUB BIEGACZA BIAŁA PODLASKA BIEGA/ORANGE POLSKA	BIAŁA PODLASKA	POL	M50		M 0	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
165	MOSTOWSKA MAGDALENA	752	WARSAW MASTERS TEAM	WARSZAWA	POL	K40		K 0	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
166	TOCZEWSKA ANNA	751	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K50		K 0	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

**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
<b>Ć</b>																		
167	GÓRALCZYK STANISŁAW	750	BUNGEE JUMPING 'MARIO'	HAJNÓWKA	POL	M50		M 0	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
168	POLAŃSKI PAWEŁ	749	#KASZANIENAM OKA	GDAŃSK	POL	M30		M 0	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
169	PECIO KAMIL	748	PIASECZNO RUNNING	WARSZAWA	POL	M30		M 0	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
170	HRYSZKO ROBERT	747	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M50		M 0	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
171	PABIAN PAWEŁ	755	WALKABOUT TEAM	KRASNE	POL	M30		M 0	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
172	GARNCARZ ADAM	743		WROCŁAW	POL	M20		M 0	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
173	GARNCARZ PAWEŁ	742		WROCŁAW	POL	M40		M 0	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
174	KMAK SŁAWEK	706	PAPIKI	GRYBÓW	POL	M40		M 0	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
175	SZABLÓWSKA IWONA	731	STRASZYN ULTRA TEAM	JUSZKOWO	POL	K30		K 0		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	7:43	7.8
176	BEREŚ ARKADIUSZ	741	STUDIO REBELL	RZESZÓW	POL	M30		M 0	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
177	MATYASZEK WALDEMAR	740		JASIEŃ	POL	M40		M 0	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
178	ZIAJKA KAROL	739		RYMANÓW	POL	M20		M 0	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
179	SZWAJA MATEUSZ	738	OTK RZEŹNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20		M 0	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
180	TUTAK DANIEL	737	FURIOSI POLANKA	KROSNO	POL	M40		M 0	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
181	PIĘKOŚ MAREK	736		JEDLICZE	POL	M30		M 0	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
182	FLOREK MICHAŁ	735	JW 6968	KRAKÓW	POL	M30		M 0	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
183	KRENZEL REGINA	734		JAROSŁAW	POL	K30		K 0	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
184	KOCZWARA TOMASZ	3		RADOMYŚL WIELKI	POL	M40		M 0	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
185	GOSZCZYŃSKI PIOTREK	733		CZĘSTOCHO WA	POL	M40		M 0	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
186	KRZAK DOMINIKA	730		WROCŁAW	POL	K30		K 0	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
187	KRZAK SZYMON	728	BIS AGH	CIESZYN	POL	M20		M 0	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
188	MAJONEK ARTUR	714	FITMAJON	WARSZAWA	POL	M30		M 0	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	9:34	6.3
189	KUTNIK MIROSLAW	727	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40		M 0	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
190	FRĄCZEK MACIEJ	726		PIASECZNO	POL	M40		M 0		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	7:59	7.5
191	KARAŚ ŁUKASZ	725	EKIPA Z TARNOWA	TARNÓW	POL	M30		M 0	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
192	RECZEK SEBASTIAN	724	KS ZIELONO-CZARNI	MIŃSK MAZOWIECKI	POL	M30		M 0	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
193	GIENIECZKO MARCIN	723		SUCHY DWÓR	POL	M40		M 0	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
194	FELUCH KRZYSZTOF	722	ORA WARSZAWA	WARSZAWA	POL	M40		M 0	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
195	TUCZAPSKI ARTUR	721	COMBAT	RUDNA MAŁA	POL	M60		M 0	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
196	KARUŚ WALDEMAR	720	14 DAS IM. GEN.BRYG.WACŁAWA WIECZORKIEWICZA	ORŁY	POL	M40		M 0	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
197	GRUCA RYSZARD	707		GRYBÓW	POL	M50		M 0	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
198	ADAMCZYK JAN	692	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M60		M 0	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
199	TYMOSZUK MICHAŁ	691	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40		M 0	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
200	STEFANIAK MACIEJ	690	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M30		M 0	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

**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
<b>Ć</b>																		
201	PIETRON BŁAŻEJ	689		WARSZAWA	POL	M20		M 0	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
202	LUTEREK MICHAŁ	688		WARSZAWA	POL	M30		M 0	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
203	RUTA MIKOŁAJ	687		KRAKÓW	POL	M40		M 0	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
204	TAJCHMAN JAROSŁAW	686		RZESZÓW	POL	M30		M 0	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
205	KWIATKOWSKI KAJETAN	684	KUCE Z BRONKSU	GDAŃSK	POL	M30		M 0	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
206	ZAKRZEWSKI MAREK	683	EKOBIEGI	WARSZAWA	POL	M40		M 0	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
207	KONOPKA BARTOSZ	682	TRÓJKA/ZWIEDZA NIE PRZEZ BIEGANIE	KRAKÓW	POL	M40		M 0	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
208	BAĆMAGA JAN	666	JPII - MAZOWSZANY	KOWALA	POL	M40		M 0	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
209	IRZYK ROBERT	676		GIŁOWICE	POL	M30		M 0	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
210	JASNOWSKI MICHAŁ	675		WARSZAWA	POL	M30		M 0	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
211	KRUSZEWSKA EMILIA	674		GDAŃSK	POL	K30		K 0	00:00:46	02:39:54	04:20:40		06:55:06		07:38:11.55	07:38:11.55	10:16	5.8
212	PILECKI ADAM	680	STALOWE DZIKI WOLA	STALOWA	POL	M20		M 0	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
213	STONOGA TOMASZ	679	KITE&RUN FAN	OZIMEK	POL	M40		M 0	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
214	RYCERSKI RAFAŁ	678		CZAPLINEK	POL	M30		M 0	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
215	ROGAŁA KRYSZTIAN	663	MTS HAMER	MIĄSTKO	POL	M30		M 0	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
216	WAŚK KORNELIA	662	BIEGUSIEM.PL	KŁOCZEW	POL	K20		K 0	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
217	TROJNAR DAMIAN	661	KS JANUSZE	ŁAŃCUT	POL	M30		M 0	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
218	SERAFIN ROBERT	660		GRYBÓW	POL	M40		M 0	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
219	KIDA PAWEŁ	659		ŁOWISKO	POL	M20		M 0			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	4:40	12.9
220	KUKUCZKA DOMINIK	622	KUKUCZKA	JAWORZYŃKA	POL	M20		M 0		01:50:24	04:40:43				05:11:19.35	05:11:19.35	6:58	8.6
221	TUSZYŃSKA KATARZYNA	645	ESKADRA KRAKÓW	KRAKÓW	POL	K40		K 0	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
222	KUSZTAL JUSTYNA	644	KS ESKADRA KRAKÓW	KRAKÓW	POL	K40		K 0	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
223	ZAWADZKI BARTŁOMIEJ	643		PIEKARY ŚLĄSKIE	POL	M30		M 0		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	8:37	7
224	TOMASIK STANISŁAW	641	GORLIKA GRUPA BIEGOWA	SZYMBARK	POL	M30		M 0	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
225	ROŻNIATA ANDRZEJ	640	KS GŁOWNO W BIEGU	GŁOWNO	POL	M40		M 0	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
226	MYŚLIŃSKA ANNA	639	EKOBIEGI	WARSZAWA	POL	K40		K 0	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
227	ROŻNIATA IWONA	638	KS GŁOWNO W BIEGU	GŁOWNO	POL	K40		K 0	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
228	AMBICKI MIŁOSZ	635	WKURW_TEAM	RZESZÓW	POL	M30		M 0	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
229	GŁÓWKA ALFRED	634	KARCZMA U FREDA	KĘDZIERZYN-KOŹLE	POL	M50		M 0	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
	KARWAN BARBARA	633	PLACETOTRI	KRAKÓW	POL	K30			00:00:52	02:04:33	03:22:48	DNF	DNF		DNF	DNF	-	-
231	KOWALCZYK MARIUSZ	632	WOLFPACK	ŻÓŁWIN	POL	M40		M 0	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
232	SZCZYRBA ROBERT	631	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M30		M 0	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
233	TOKARSKI RAFAŁ	626		KRAKÓW	POL	M40		M 0	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
234	OLEKSAK GRZEGORZ	630		BIAŁA PODLASKA	POL	M30		M 0	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
235	KUSTROŃ ADAM	629	PULEX	KROSNO	POL	M50		M 0	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
236	ANDRZEJEWSKI PIOTR	624	RRT	WARSZAWA	POL	M30		M 0	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
237	GUDOWSKI KRYSZTIAN	623		SANOK	POL	M30		M 0	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
238	ZAJĄC WOJCIECH	617	DŁUGOUCHY	USTRZYKI DOLNE	POL	M30		M 0	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
239	NIEMCZAK BARBARA	616	IPA PAŁAC MOSTOWSKICH	PIASECZNO	POL	K30		K 0	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

**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
240	CHLEBIŃSKI MACIEJ	615	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30		M 0	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
241	KRUBA MARCIN	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW	POL	M30		M 0	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
242	BIEL TOMASZ	552		KATOWICE	POL	M40		M 0	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
243	DYDIO PIOTR	551	PID-MILL TEAM	SANOK	POL	M50		M 0	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
244	KOT KRZYSZTOF	550	MPK - RZESZÓW	RZESZÓW	POL	M40		M 0	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
245	WAŚOWICZ MAGDALENA	560	HUSARIA RACE TEAM	OPOLE	POL	K20		K 0	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
246	ROMAN PAWEŁ	546	KS BARAKUDA MIŃSK MAZOWIECKI	MIŃSK MAZOWIECKI	POL	M40		M 0	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
247	BURZYŃSKI TOMASZ	545	-	JÓZEFOSŁAW	POL	M40		M 0	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
248	KONDIŹOŁA KRZYSZTOF	544	STAY INSANE / PERFECT RUNNER LUBLIN	LUBLIN	POL	M30		M 0	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
249	PTASZYŃSKI WOJCIECH	543		FROMBORK	POL	M40		M 0	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
250	LEWANDOWSKA OLGA	541		WARSZAWA	POL	K30		K 0	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
251	OLEWICZ PIOTR	540	GMINA STRZELCE OP	STRZELCE OP	POL	M40		M 0	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
252	BURBLIS ŁUKASZ	539	BIEGING TEAM ZELÓW	ŁASK	POL	M30		M 0	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
253	LEWANDOWSKI PAWEŁ	538	SANDOMINGOTE AM	WARSZAWA	POL	M30		M 0	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
254	KOMISARCZYK ANNA	537	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30		K 0	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
255	RYSIAWA MAREK	547	BEZ	MIŃSK MAZOWIECKI	POL	M40		M 0	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
256	STAŃCZYK ŁUKASZ	532	WKURW_TEAM	WARSZAWA	POL	M30		M 0	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
257	CHODOROWSKI ARKADIUSZ	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	ALEKSANDR ÓW	POL	M30		M 0	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
258	ZIELONKA BOGUMIŁ	530	PKB ENDORFINA	PIOTRKÓW TRYB	POL	M40		M 0	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
259	SŁOWIKOWSKI DARIUSZ	529	WKURW_TEAM	WARSZAWA	POL	M30		M 0	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
260	BARTO SYLWIA	528		ŁOŚ	POL	K40		K 0	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
261	DUBYNA MARIIA	506	MIA	KRAKOW	POL	K30		K 0	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
262	PATRZYK JACEK	527		ŚWIĘTOCHŁO WICE	POL	M40		M 0	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
263	PAWŁOWSKI ARKADIUSZ	526	ROCK&RUN	WARSZAWA	POL	M30		M 0	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
264	JAMA RAFAŁ	525	WATER TEAM	TRZEBOWNIS KO	POL	M40		M 0	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
265	ZYSKOWSKI ANDRZEJ	524	GORDON MOTORYZACJA	OLSZTYN	POL	M40		M 0	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
266	SOKOŁOWSKI MAREK	5	ALPIN SPORT TEAM	MYSŁOWICE- WESOŁA	POL	M50		M 0	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
267	KIRILENKO ANETA	482		MARKI	POL	K40		K 0	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
268	KIRILENKO MARCIN	481		MARKI	POL	M40		M 0	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
269	MISZOGRAJ TOMASZ	480		WARSZAWA	POL	M30		M 0	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
270	BĘDŹKOWSKI MAREK	479	MORSY	OSTROŁĘKA	POL	M50		M 0	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

**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
271	PABIJAŃCZYK DAMIAN	478		KRYNICZNO	POL	M30		M 0	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
272	WOLSKI MARCIN	465	WOLSCY BROTHERS TRIATHLON TEAM	KRAKÓW	POL	M30		M 0	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
273	SWOROWSKI MACIEJ	464	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M40		M 0	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
274	KOWALEWSKA IZABELA	475	PIASECZNO RUNNING	PIASECZNO	GBR	K30		K 0	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
275	HALIŻAK NORBERT	474	WIELUŃ BIEGA	WIELUŃ	POL	M40		M 0	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
276	SAMOSIEJ JAKUB	473	JUMP&FLY, KABATY	WARSZAWA	POL	M40		M 0	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
277	TYRANKIEWICZ KAMILA	472	JUMP&FLY, KABATY	WARSZAWA	POL	K40		K 0	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
278	GAWLEWICZ TOMASZ	471	GAWĘŁKI TEAM	SANOK	POL	M40		M 0	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
279	GAWLEWICZ KRYSZYNA	470	GAWĘŁKI TEAM	SANOK	POL	K30		K 0	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
280	CURZYDŁO BOGDAN	469	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40		M 0	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
281	GŁOWACKI ANDRZEJ	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	LEGIONOWO	POL	M40		M 0	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
282	KAJA ROBERT	466	WIELUŃ BIEGA	WIELUŃ	POL	M50		M 0	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
283	SWOROWSKA IZABELA	463	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40		K 0	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
284	KONOPACKI KRZYSZTOF	451	ABY DO METY	ZABKOWICE ŚLĄSKIE	POL	M40		M 0	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
285	KOZIEŁ TADEUSZ	450	SZCZĘŚCIARZ BIEGA	RZESZÓW	POL	M20		M 0	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
286	KARAŚ SYLWIA	461	IWONICZ-ZDRÓJ	IWONICZ-ZDRÓJ	POL	K20		K 0	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
287	SZPINDA SEBASTIAN	460	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40		M 0	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
288	NOWAKOWSKI WIESŁAW	425	-	PRZEMYŚL	POL	M60		M 0	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
289	IDZIOR TOMASZ	424		BRZEZINY	POL	M20		M 0	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
290	BURANDT MAGDALENA	423	3LIFE TEAM	OLSZTYN	POL	K30		K 0	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
291	PRÜFER PAWEŁ	422		KOSIECZYN	POL	M40		M 0	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
292	ŚLIWIŃSKI ANDRZEJ	421		MIECHÓW	POL	M60		M 0	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
293	DUC-SYPOSZ AURELIUSZ	420		WIELICZKA	POL	M40		M 0	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
294	JARZEMBOWSKI TOMASZ	419	WYBIEGANI TEAM	PLEWISKA	POL	M30		M 0	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
295	HANDERMANDER AGNIESZKA	394		USTRZYKI DOLNE	POL	K30		K 0	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
296	PASIECZNY ROBERT	393	FARTLEK GO	GORZYCE	POL	M40		M 0	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
297	DRAUS BORYS	398		KRASNE	POL	M30		M 0	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
298	STANKO PAWEŁ	396	BIESY I CZORTY	LUTOWISKA	POL	M40		M 0	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
299	RADYK JAKUB	410	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
300	SZPINDA MARTA	409	BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	K40		K 0	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
301	CHORZĘPA MARIUSZ	408	TSA-SANDOMIERZ	SANDOMIERZ	POL	M40		M 0	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
302	BUJAKOWSKI PATRYK	406		PROSZOWICE	POL	M40		M 0	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
303	PIWOŃSKI ADAM	405		GÓRA KALWARIA	POL	M30		M 0	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
304	ADAMSKI BARTŁOMIEJ	366		MODLNICA	POL	M40		M 0	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
305	DUDEK ŁUKASZ	392		RZESZÓW	POL	M30		M 0	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
306	DALKA PAWEŁ	391	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M40		M 0	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

**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														
307	DYSZKIEWICZ GRZEGORZ	390	KUTNO BIEGA	KUTNO	POL	M30		M 0	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
308	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	388	KUTNO BIEGA	KUTNO	POL	K40		K 0	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
309	KAMIENIARZ MARIA	387		POZNAŃ	POL	K30		K 0	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
310	ZBICIAK GRZEGORZ	384	ŁĘCZNA BIEGA	SPICZYN	POL	M40		M 0	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
311	PRZYBYLSKI MARIUSZ	383	PGB SPORTOWA PACZKA	GLIWICE	POL	M40		M 0	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
312	BORUSZEWSKA BEATA	375		BYTOM	POL	K40		K 0	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
313	CZAPLA ARKADIUSZ	382		BYTOM	POL	M40		M 0	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
314	NIEZGODA MARCIN	381	KKB MOSIR KROSNO	KROSNO	POL	M20		M 0	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
315	SUWEZDA JACEK	380		CZĘSTOCHOWA	POL	M50		M 0	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
316	WOŹNIAK ŁUKASZ	379	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
317	ZIELIŃSKI DAMIAN	378		PILAWA	POL	M30		M 0	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
318	ZAGÓRNY ROBERT	368	MBM KAZIMIERÓW	HALINÓW	POL	M40		M 0	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
319	SKOWRON RADOSŁAW	364		BALICE	POL	M40		M 0	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
320	NOWACZYK IGOR	363		WARSZAWA	POL	M40		M 0	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
321	BIESIEKIERSKI KRZYSZTOF	362	DRUŻYNA WILKA	OLSZTYN	POL	M40		M 0	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
322	PIGAN WIESŁAW	361	B B L-JAROSŁAW	SZÓWSKO	POL	M40		M 0	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
323	PIGAN ANNA	360	B B L - JAROSŁAW	SZÓWSKO	POL	K40		K 0	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
324	OPALIŃSKI TOMASZ	358		OSTRÓDA	POL	M50		M 0	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
325	SUMARA WOJCIECH	357	NIEZRZESZONY	BRZESKO	POL	M40		M 0			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	7:19	8.2
326	SOBCZAK MIKOŁAJ	371	WYBIEGANI TEAM	SKÓRZEWO	POL	M40		M 0	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
327	JAKUBAS PAWEŁ	370	WPJ TEAM	WARSZAWA	POL	M40		M 0	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
328	KUŚ SŁAWOMIR	369		CZUDEK	POL	M30		M 0	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
329	WIERZBICKI TOMASZ	353		BOGUCHWAŁA	POL	M40		M 0	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
330	LEŚNIAK-POPIEL MARTA	345	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K40		K 0	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
331	GOŚCINIEWICZ PAWEŁ	343	ZIEMOWIT TEAM	KATOWICE	POL	M40		M 0	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
332	WALASEK GRZEGORZ	342	BIEGUSIEM.PL	RYKI	POL	M40		M 0	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
333	DUDZIŃSKI PIOTR	355		RZESZÓW	POL	M30		M 0	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
334	CHRUŚCIEL MICHAŁ	354	FARTLEK GO	GORZYCE	POL	M30		M 0	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
335	LUC ADAM	326	BIEGUSIEM.PL	RYKI	POL	M40		M 0	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
336	STEMPKOWICZ JACEK	325		GORLICE	POL	M40		M 0	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
337	JAKUSZEWSKI PAWEŁ	323		JAROSŁAW	POL	M30		M 0	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
338	URBANOWICZ ŁUKASZ	339		KRKAÓW	POL	M40		M 0	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	9:29	6.3
339	PORĘBSKA DOROTA	338	NOWA HUTA TEAM	KRAKÓW	POL	K40		K 0	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
340	PAŃTAK SŁAWOMIR	337	21DAPLOT JAROSŁAW	BIAŁOBRZEGI	POL	M40		M 0	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
341	MAJEWICZ GRZEGORZ	336		MIECHÓW	POL	M40		M 0	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
342	CZARNECKI PIOTR	335	TARCHOŚFIRY	WARSZAWA	POL	M30		M 0	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
343	JABŁOŃSKI TOMASZ	307	INŻYNIERIA BIEGANIA TEAM	MARKLOWIC	POL	M40		M 0	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
344	KRÓL KONRAD	306		STARY SĄCZ	POL	M20		M 0	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
345	GOLUBA KRZYSZTOF	305		WARSZAWA	POL	M40		M 0	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
346	ZABŁOTNY KAROL	304	TARCHOŚFIRY	WARSZAWA	POL	M30		M 0	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
347	WOLF WERONIKA	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	SANOK	POL	K40		K 0	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-scowoś	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
<b>Ć</b>																		
348	SIWCZUK ALEKSANDRA	302		WARSZAWA	POL	K30		K 0	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
349	CHUDA ANETA	301		WROCLAW	POL	K30		K 0	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
350	GÓRECZNY KAMILA	300		PIASECZNO	POL	K40		K 0	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
351	WĘCLAŚ MACIEJ	289	----	GÓRA	POL	M40		M 0	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
352	JANICKI PATRYK	288	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
353	WRÓBEL DARIUSZ	287	TEAM ZABIEGANEDNI	WARSZAWA	POL	M40		M 0	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
354	ŁUKASIK MICHAŁ	286	VELOBIKE SKLEP I SERWIS	BUSKO-ZDRO J	POL	M30		M 0	00:00:47	01:37:17	02:30:38	03:16:34			04:23:38.65	04:23:38.65	5:54	10.2
355	MACHNICKI RAFAŁ	285		RYKI	POL	M30		M 0	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
356	KIELTYKA AGNIESZKA	284		RYKI	POL	K30		K 0	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
357	BARAN MATEUSZ	283	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	M30		M 0	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
358	GRĘBOWIEC MATEUSZ	282	TSA SANDOMIERZ	SANDOMIERZ	POL	M30		M 0	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
359	WAŻNY STANISŁAW	281	MEDIA LUBACZOWSKIE	LUBACZÓW	POL	M40		M 0	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
360	BIESZCZAD ILONA	296		WOJASZÓWK A	POL	K30		K 0	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
361	DOMAGAŁA JERZY	294		RZESZÓW	POL	M50		M 0	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
362	BUTRYN WOJCIECH	272		KRAKÓW	POL	M40		M 0	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
363	KOWALSKI MACIEJ	268	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	M40		M 0	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
364	OKARMA WOJTEK	279	WWW.VIRTUTIMIL ITARI.PL	JASŁO	POL	M30		M 0	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
	TYLKA PRZEMYSŁAW	278		KROŚCIENKO WYŻNE	POL	M40			00:02:07 DNF	02:44:18 DNF	DNF	DNF	DNF		DNF	DNF	-	-
366	OLCZAK MARTA	266	SZWLA	STARGARD	POL	K40		K 0	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
367	CHMIELARZ DARIUSZ	277		BOCHNIA	POL	M40		M 0	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
368	BOBER ANNA	265		OSTROWIEC ŚWIĘTOKRZY SKI	POL	K30		K 0	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
369	KLONOWSKI JACEK	264		BIAŁOWIEŻA	POL	M40		M 0	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
370	BĘTKOWSKI WOJCIECH	263	BRYGADA BESKIDÓW	STRÓŻE	POL	M50		M 0	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
371	TRYNIECKI KRZYSZTOF	262		LUBACZÓW	POL	M40		M 0	00:01:32	01:56:59					03:54:48.10	03:54:48.10	5:15	11.4
372	CHODAKOWSKI KACPER	275	OSTROBIEC	ĆMIELÓW	POL	M20		M 0		02:33:20	04:04:49	05:12:50	06:09:34		06:42:11.75	06:42:11.75	9:01	6.7
373	FLĄDRO DANIEL	274		WOKOWICE	POL	M40		M 0	00:00:49	01:33:40	02:26:57	03:16:28	04:25:30.45		04:25:30.45	04:25:30.45	5:57	10.1
374	CHODAKOWSKI RAFAŁ	273	OSTROBIEC	ĆMIELÓW	POL	M40		M 0	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
375	DOMISZEWSKA MARIA	2		USTRZYKI DOLNE	POL	K50		K 0	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
376	DYBKA RAFAŁ	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	TARNÓW	POL	M40		M 0	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
377	KOCHANIEC WALDEMAR	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	GŁOGÓW MAŁOPOLSKI	POL	M40		M 0	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
378	FOGEL JANUSZ	256	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	M40		M 0	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
379	DZIERŁĘGA PIOTR	255	PILZNO	PILZNO	POL	M30		M 0	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
380	MAJCHROWICZ ANDRZEJ	250		KROŚCIENKO WYŻNE	POL	M40		M 0	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	9:37	6.2
381	BEDNARCZYK JAKUB	249	MATE MOUNTAINS	LUBARTÓW	POL	M30		M 0	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, 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
382	DOMINIK MARIUSZ	248		BIŁGORAJ	POL	M40		M 0	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
	PACANOWSKI ŁUKASZ	247	PARA-NIE-DO-PARY	POREBA	POL	M30		M 0	00:02:17	02:25:14	DNF	DNF	DNF		DNF	DNF	-	-
384	JASTRZĄB PIOTR	246	DEKAN LESKO	LESKO	POL	M50		M 0	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
385	ZIELONKA MARIUSZ	245		POZNAŃ	POL	M40		M 0	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
386	AGRES PAWEŁ	217	KW KOTŁOWNIA	LUBLIN	POL	M30		M 0	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
387	WISZ PIOTR	261		RZESZÓW	POL	M20		M 0	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
388	DELEKTA JAN	260	DJ	ŁOWISKO	POL	M40		M 0	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	5:49	10.3
389	KIMMER JAKUB	238	BIEGING TEAM ZELÓW	ZELÓW	POL	M30		M 0	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
390	SZYMAŁA MARCIN	223	KLUCZBORSKA GRUPA BIEGOWA	KLUCZBORK	POL	M40		M 0	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
391	JANICKI TOMASZ	222	ZIDAPLOT	JAROSŁAW	POL	M30		M 0	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
392	STEC IWONA	237		WILKOWICE	POL	K20		K 0	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
393	MARZEC GRZEGORZ	236	GMINA STRZELCE OPOLSKIE	SZCZEPANEK	POL	M40		M 0	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
394	DELEKTA DARIUSZ	235	DELNOVA	ŁOWISKO	POL	M30		M 0	00:01:40	01:39:16	02:33:08	03:17:25			04:20:11.20	04:20:11.20	5:50	10.3
395	WIERNASZ GRZEGORZ	234	KARCHER SUCHODÓŁ	KROSNO	POL	M40		M 0	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
396	WÓJCİK JULIAN	233	SZWLA STARGARD	STARGARD	POL	M60		M 0	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
397	WÓJTOWICZ IWONA	232	HUSARIA RACE TEAM	TARNÓW	POL	K40		K 0	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
398	CICHORACKI PATRYK	230	NIGHT RUNNERS	GRUDZIĄDZ	POL	M30		M 0	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
399	GOŹDZIENIAK SOBIEŚŁAW	229	KW KOTŁOWNIA	LUBLIN	POL	M30		M 0	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
400	ORŁOWSKI ANDRZEJ	227	POTRENUJEMY?	CEZARYN	POL	M20		M 0	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
401	JÓZEFOWSKI KAROL	226		NOWY TOMYŚL	POL	M20		M 0	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
402	GALUS JACEK	225		TARNÓW	POL	M40		M 0	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
403	TKACZEWSKI PIOTR	224	MIECHÓW	MIECHÓW	POL	M40		M 0	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
404	JANECKA ARTUR	239	BIEGING TEAM ZELÓW	ŁASK	POL	M30		M 0	00:02:07	01:37:01	02:29:05	03:15:20			04:24:40.05	04:24:40.05	5:56	10.1
405	CZYŻ GRZEGORZ	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	BOGUMIŁOWICE	POL	M50		M 0	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
406	PIEKARSKI WOJCIEC	221	RAP AUGUSTÓW	AUGUSTÓW	POL	M40		M 0	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
407	OBARSKI NORBERT	220		KIELCE	POL	M50		M 0	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
408	WŁODEK MATEUSZ	184		POZNAŃ	POL	M30		M 0	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
409	POREMSKI LESZEK	183		WARSZAWA	POL	M50		M 0	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
410	RUDZKI TOMASZ	182	RAJSPORT ACTIVE	KONSTANTYNÓW ŁÓDZKI	POL	M40		M 0	00:02:09	02:17:50					04:12:14.70	04:12:14.70	5:39	10.6
411	MACKIEWICZ ROMAN	181	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	M50		M 0	00:02:09	02:17:47					04:09:14.85	04:09:14.85	5:35	10.7
412	WNUK NORBERT	174	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
413	NAZIMEK LILIANA	173	SUO TEMPORE	NOWY SĄCZ	POL	K40		K 0	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
414	MIERZYŃSKI RAFAŁ	172	BIEGING TEAM ZELÓW	ZELÓW	POL	M30		M 0	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
415	LIK MAREK	161	CHEŁM BIEGA	CHEŁM	POL	M50		M 0	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
416	TREPKA AGNIESZKA	163		CRAWLEY	GBR	K30		K 0	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
417	CISKI PIOTR	170		WARSZAWA	POL	M40		M 0	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
418	MENDYKA ŁUKASZ	171	KB AKTYWNI ŚRODA WLKP.	ŚRODA WLKP.	POL	M30		M 0	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
419	KUŁAKOWSKI PIOTR	169	CZŁAPACZE	KONSTANCIN JEZIORNA	POL	M60		M 0	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
420	MAJTYKA TOMASZ	167	LOS TREPOS COMPANIEROS	KRAKÓW	POL	M40		M 0	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

**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
<b>Ć</b>																		
421	SANECKI ROBERT	165	SPRINT GORZYCE	GORZYCE	POL	M40		M 0	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
422	KARKUT MICHAŁ	162	FUN&RUN	ZABORÓW	POL	M30		M 0	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
423	KOCOT SEBASTIAN	159		SOSNOWIEC	POL	M40		M 0	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
424	ROSPOND PIOTR	157	TKKF MPK POZNAŃ	POZNAŃ	POL	M50		M 0	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
425	BOGUCA MARTYNA	145	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40		K 0	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
426	WITKOWSKA BEATA	156		GDAŃSK	POL	K30		K 0	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
427	CIĘŻKOWSKI SŁAWOMIR	153		TARNÓW	POL	M40		M 0	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
428	KOBIERSKI PIOTR	14	UKA ULTRAS RUNNERS	WARSZAWA	POL	M40		M 0	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
429	KŁOSOK ADAM	13	INŻYNIERIA BIEGANIA	MARKLOWICE	POL	M40		M 0	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
430	ADAMCZAK BARBARA	568	SMPZ 'TRAVOIS'	KATOWICE	POL	K30		K 0	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
431	KUDŁAK PAWEŁ	567	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
432	KALISZ KAROLINA	564	WKURW_TEAM	KAMIENCZYK	POL	K20		K 0	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
433	ŁOSKOT TOMASZ	562		WILGA	POL	M40		M 0	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
434	WIERZBICKA JOANNA	352		BOGUCHWAŁA	POL	K40		K 0	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
435	BARANOWSKI KRZYSZTOF	351	KUTNO BIEGA	KUTNO	POL	M50		M 0	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
436	PAROL PAWEŁ	349	-	SZYMANKOW SZCZYŻNA	POL	M40		M 0	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
437	STODULSKI KRZYSZTOF	348	KUTNO BIEGA	KRZYŻANÓW	POL	M40		M 0	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
438	AMBROZIAK RAFAŁ	347	KONIUCHY OCR	KUTNO	POL	M40		M 0	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
439	BONDARA SYLWIA	1	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30		K 0	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
440	DUNIEC MAŁGORZATA	206	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30		K 0	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	9:40	6.2
441	SEREMET BOŻENA	205	BBL KRAKÓW	KRAKÓW	POL	K50		K 0	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
	SZELER JOANNA	20	SILESIA MARATHON TEAM / BIEGAJACA Z PSAMI	WARSZAWA	POL	K40			00:02:40 DNF	03:24:30 DNF	DNF	DNF	DNF		DNF	DNF	-	-
443	SWOBODA JAROSŁAW	41	NIGHT RUNNERS GLIWICE	KNURÓW	POL	M40		M 0	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
444	PAJESTKA WOJCIECH	39	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	SANOK	POL	M40		M 0	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
445	ŻUCHOWSKI DANIEL	770	MUAY RUNNING TEAM	KRAKÓW		M30		M 0	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
446	KRYM KATARZYNA	719	HERZOG RUNNING TEAM	SMOLEC	POL	K40		K 0	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	5:54	10.2
447	DEMBNY TOMASZ	718		TARCZYN	POL	M40		M 0	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
448	POPIEL ANDRZEJ	705	POPSMART.PL	KRAKÓW	POL	M30		M 0	00:00:33	01:31:26	02:23:04	03:16:43			04:26:30.00	04:26:30.00	5:58	10
449	MILEWICZ MAREK	704	KUCE Z BRONKSU	GDAŃSK	POL	M30		M 0	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
450	BEŁKOT ARKADIUSZ	703		ŚWIĘTOCHŁOWICE	POL	M40		M 0	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
451	KALICKI IREK	713	GCW ACADEMY	WARSZAWA	POL	M40		M 0	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	9:18	6.4
452	ŻEBROWSKA JOLANTA	702	POTRENUJEMY?	PUŁAWY	POL	K50		K 0	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
453	JENDRYCH ARTUR	701	BIEGAJACY ŚWIDNIK	ŚWIDNIK	POL	M20		M 0	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

**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
<b>Ć</b>																		
454	BAJOREK JAN	699		OLSZYNY	POL	M40		M 0	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
455	BACMAGA GRZEGORZ	698	BIEGIEM RADOM	RADOM	POL	M50		M 0	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
456	DUKATA GRZEGORZ	697	MGW	CHUDÓW	POL	M40		M 0	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
457	KUCA ROMAN	711		PIENIĘŻNO	POL	M50		M 0	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
458	RUSINEK WITOSŁAW	696	SHOOTIT	RZESZÓW	POL	M30		M 0	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
459	STACH DARIUSZ	709	KOSMOŁÓW TEAM	OLKUSZ	POL	M30		M 0	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
460	PACHO SYLWESTER	708		GRYBÓW	POL	M40		M 0	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
461	BĘBEN ROBERT	613	OSTROBIEC	OSTROWIEC SWIETOKRZY SKI	POL	M40		M 0	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
462	PAWELEC PIOTR	612		JASŁO	POL	M50		M 0	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
463	CZECH MATEUSZ	610	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20		M 0	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
464	STRZAŁKA DOMINIK	608		BRZEŹNICA	POL	M30		M 0	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
465	SIENKIEL DOMINIK	607		WĘGRZCE	POL	M20		M 0	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
466	SKRZYPEK MATEUSZ	606		BRZEŹNICA	POL	M20		M 0	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
467	KWAPIEŃ KAROLINA	605	VEGE RUNNERS	BIAŁA PODLASKA	POL	K30		K 0	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
468	BEDRYJ MATEUSZ	604	42 DO SZCZĘŚCIA	MEŁNO	POL	M20		M 0	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
469	KAZANOWSKI MARCIN	620	OFIARY KAMIENCA	KAMIENIEC	POL	M40		M 0	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	MARONDEL KATARZYNA	619	FESTIWAL BIEGOWY	BYTOM	POL	K30		K 0	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
471	WILECZEK ANTONI	618		JUROWCE	POL	M30		M 0	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
472	RYBAK WOJCIECH	595	GOPR BIESZCZADY	ŁAŃCUT	POL	M40		M 0		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	8:05	7.4
473	KRÓLAK SEBASTIAN	594		KRAKÓW	POL	M30		M 0	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
474	KALBARCZYK WOJCIECH	602	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30		M 0	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
475	SIKORA-KOŁODZIEJ IRMINA	601	BIESY I CZORTY	PRZEMYŚL	POL	K30		K 0	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
476	SZUMNA ALEKSANDRA	600	MONKEYS' TEAM	KRAŚNIK	POL	K30		K 0	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
477	PAŚNIK PAWEŁ	598	AKB CRACOVIA	WARSZAWA	POL	M40		M 0	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
478	MICHOŃ KAMIL	593	BIEGAMWARTARNO WIE	TARNÓW	POL	M40		M 0	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
479	MŁODZIK DARIUSZ	592	HUSARIA RACE TEAM	ŁĄCZANY	POL	M30		M 0	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
480	GWIZDŹ GRZEGORZ	590		RZESZÓW	POL	M30		M 0	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
481	KISIŃSKI JAROSŁAW	589	COMP S.A. / NOVITUS	NOWY SĄCZ	POL	M40		M 0	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
482	KISIŃSKA IRENA	588	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K40		K 0	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
483	ŻMUDZIEJEWSKI JAKUB	587	WM TRISELF	KRAKÓW	POL	M30		M 0	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
484	GALIŃSKI KAMIL	578	ABY DO METY	KRĘPICE	POL	M30		M 0	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
485	GWIZDAK JUSTYNA	577	WATER TEAM	RZESZÓW	POL	K30		K 0	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
486	SZALACHA KATARZYNA	576		RZESZÓW	POL	K30		K 0	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
487	SOLAREWICZ TOMASZ	585	LATAJĄCY CYRK MONTY PYTHONA	LUTON	POL	M40		M 0	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
488	SZEWICZ KATARZYNA	586	MONKEYS' TEAM	KRAŚNIK	POL	K40		K 0	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
489	POTRZESZCZ TOMASZ UNIEJEWSKI TOMASZ	584 573	LKB RUDNIK UMBA	GADKA KATOWICE	POL POL	M40 M40		M 0 M 0	00:02:19 00:01:17	01:37:30 02:03:02	02:32:18 DNF	03:18:55 DNF	04:03:55 DNF		04:29:54.60 DNF	04:29:54.60 DNF	6:03 -	9.9 -
491	FIGLEWICZ PIOTR	572		MYŚLENICE	POL	M30		M 0	00:03:26	01:45:35	02:40:48	03:20:26			04:21:25.10	04:21:25.10	5:51	10.2
492	STOPA MARCIN	571	WWW.RUNRZESZOW.PL	RZESZÓW	POL	M40		M 0	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

**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
493	STOPA AGATA	570	SP NR 3 RZESZÓW	BOGUCHWAŁA	POL	K40		K 0	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
494	KADZIK MARCIN	583	KTT	ZAKOPANE	POL	M20		M 0	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
495	BERNAŚ DARIUSZ	569	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40		M 0	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
496	NIEGOWSKI TOMASZ	580		KRAKÓW	POL	M20		M 0	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
497	KOWALCZYK ALEKSANDER	559		DZIAŁOSZYCE	POL	M30		M 0	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
498	WITEK KAMIL	558	HUSARIA RACE TEAM	FALMIROWICE	POL	M20		M 0	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
499	MIKOLAJCZYK LUKASZ	557		CZELADŹ	POL	M30		M 0	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
500	GAŚSIOROWSKI MACIEJ	555		WARSZAWA	POL	M40		M 0	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
501	SZACHEWICZ SŁAWOMIR	554	JEŻOZWIERZE GROUP	WROCŁAW	POL	M40		M 0	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
502	BORYS ANDRZEJ	553		ŁĄŻY	POL	M40		M 0	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
503	LATO-KSIĄŻEK KAROLINA	459	LUBLIN BIEGA	LUBLIN	POL	K30		K 0	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
504	WAŁACH-BIŚTA ZUZANNA	458		KATOWICE	POL	K30		K 0	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
505	SIKORA SŁAWOMIR	457	RACEBROTHERS	TARNÓW	POL	M40		M 0	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
506	WIENER MARCIN	456		KATOWICE	POL	M40		M 0	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
507	SIEMIĄTKOWSKA KATARZYNA	455		POZNAŃ	POL	K30		K 0	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
508	SIKORA TOMASZ	453	RACE BROTHERS	ZGŁOBICE	POL	M30		M 0	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
509	PODPŁOMYK ANDRZEJ	452	SPORTCZESNA	BARGŁY	POL	M40		M 0	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
510	WÓJCIK JACEK	449		GWOŹNICA GÓRNA	POL	M40		M 0	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
511	SULEWSKI MACIEJ	448		OSTROŁĘKA	POL	M40		M 0	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
512	GLINA-KRAWCZYK MAŁGORZATA	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	STARCZÓW	POL	K40		K 0	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
513	SZOT IWONA	438	VV TEAM	LUBLIN	POL	K40		K 0	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
514	GRZYWACZ WOJCIECH	447	FARTLEK GO	GORZYCE	POL	M50		M 0	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
515	LONC TOMASZ	446	M&T WYJADACZE PARÓWKÓW	RZESZÓW	POL	M40		M 0	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
516	MAŁKIEWICZ DARIUSZ	437	PGB SPORTOWA PACZKA	KATOWICE	POL	M40		M 0	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
517	DYSZKIEWICZ TOMASZ	436	KUTNO BIEGA	KUTNO	POL	M30		M 0	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
518	NOWICKI ARTUR	435	SPORTCZESNA	BARGŁY	POL	M50		M 0	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
519	SMOLEN JANUSZ	415		LUTON	POL	M40		M 0	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
520	CEBULA PAWEŁ	418	CREADIS	KRAKOW	POL	M30		M 0	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
521	ZIELIŃSKI RAFAŁ	428		MODLNICZKA	POL	M40		M 0	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
522	RYGLEWICZ TOMASZ	427	NIGHT RUNNERS	JEDLICZE	POL	M30		M 0	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
523	KOCZUR JAKUB	429	NOWA HUTA TEAM	KRAKÓW	POL	M30		M 0	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
524	MISZCZYK MARCIN	417		KRAKÓW	POL	M40		M 0	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
525	JEZIORNY RYSZARD	414	WIELUŃ BIEGA	WIELUŃ	POL	M50		M 0	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
526	SIEDLACZEK ZBIGNIEW	104		LUBLIN	POL	M60		M 0	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
527	JASŁOWSKA JUSTYNA	94	POSMAKUJ RUN TEAM	JEDLUCZE	POL	K30		K 0	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
528	RAMOTOWSKI MARCIN	93	GERLACH SMUGGLERS	WARSZAWA	POL	M40		M 0	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
529	BURY MAREK	103		SOSNOWIEC	POL	M40		M 0	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
530	PIOTROWICZ MAŁGORZATA	102	INFINITY GYM	PROSZOWICE	POL	K30		K 0	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
531	BOCHENEK MICHAŁ	101	INFINITY GYM	PROSZOWICE	POL	M30		M 0	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
532	SZAPORÓW LUKASZ	100	INFINITY-GYM	PROSZOWICE	POL	M30		M 0	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
533	KULIK KATARZYNA	99	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30		K 0	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
534	FORJASZ PRZEMYSŁAW	97		RZESZÓW	POL	M30		M 0	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

**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														
535	ŁÓJ-KONIECZNA EDYTA	96	INFINITY GYM	PROSZOWICE	POL	K40		K 0	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
536	SAKOWSKA ANETA	92	MARATONKA GRAJEWO	DROZDOWO	POL	K40		K 0	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
537	JANIK JANUSZ	91	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
538	PIASECZNY MARCIN	534	RUN-G	KRAKÓW	POL	M40		M 0	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
539	MAZUREK ROBERT	485	LUBELSKIE STOWARZYSZENIE BIEGOWE / LUBELAKY	LUBLIN	POL	M40		M 0	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
540	KOWALSKA JUSTYNA	267	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	K40		K 0	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
541	FOGEL EWA	257	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	K40		K 0	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
542	ADAMCZEWSKI JAKUB	231	NIGHT RUNNERS / NBR TEAM	POZNAŃ	POL	M30		M 0	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
543	ZAJĄC JÓZEF	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	TULIGŁOWY	POL	M40		M 0	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
544	CZAJA ALICJA	160	RODZEŃSTWO	LIMANOWA	POL	K40		K 0	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
545	SZADKOWSKI PAWEŁ	26	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
546	LEŚNIAK DARIUSZ	11		SZCZECIN	POL	M50		M 0	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
547	RÓŻYCKA DOROTA	1170	NOWY STYL GROUP RUNNING TEAM	JASŁO	POL	K30		K 0	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
548	POPIOŁEK JACEK	95	BIEGYSIEM.PL/LO STINSPO	GAŚIORY	POL	M30		M 0	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
549	SAMBORSKA WERONIKA	62	NOWY STYL GROUP RUNNING TEAM	BRZYSKA	POL	K30		K 0	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
550	MARCELA MARCIN	46	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40		M 0	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
551	URBAŃCZYK MARCIN	28	PERSONALTRIAT HLON/TRINERGY	NOWY DWÓR MZAOWIECKI	POL	M30		M 0	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
552	DYREK MATEUSZ	566		MSZANA GÓRNA	POL	M30		M 0	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
553	SZEWIC MARIAN	240		BILGORAJ	POL	M60		M 0	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
554	FRAĆ DARIUSZ	37	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
555	SOKOLOWSKI ARTUR	36		SUWALKI	POL	M50		M 0	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
556	SOLICH PATRYK	35	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
557	ŁĘCKI PIOTR	32	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
558	MARUT KAŚKA	31	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
559	PARTYKA MICHAŁ	30		RZESZÓW	POL	M30		M 0	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
560	WALCZYŃSKA KAROLINA	29	RUNHOGS TYCHY	TYCHY	POL	K30		K 0	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
561	PAUL VIOLA	23	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
562	JĘDZURA DANIEL	22	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
563	POTRZESZCZ GRZEGORZ	21		MIRZEC	POL	M40		M 0	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
564	SADY SEBASTIAN	178		OSTROWIEC ŚWIĘTOKRZYSKI	POL	M40		M 0	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

**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
565	WAJCOWICZ WITOLD	150	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40		M 0	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
566	SIKORA JACEK	582	WATER TEAM	WYŻNE	POL	M40		M 0	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
567	DAJBROWICZ JAKUB	548		KOMORNIKI	POL	M30		M 0	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
568	KURKUS ALEKSANDER	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40		M 0	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	9:40	6.2
569	NAMIOTA MAREK	73		DĘBICA	POL	M60		M 0	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
570	HOROWSKI TOMASZ	25	RUNHOGS TYCHY	TYCHY	POL	M40		M 0	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
571	JAKUBOWSKI DANIEL	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	ZABAJKA	POL	M40		M 0	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
572	STACHURSKI PIOTR	673		JEDLIGNIA LETNISKO	POL	M30		M 0	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
573	ZIAJA ADAM	672		SARNÓW	POL	M30		M 0	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	8:18	7.2
574	KŁOSOWICZ MONIKA	671		WROCŁAW	POL	K20		K 0	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
575	LUBAŃSKI ROBERT	670		BUKOWICE	POL	M50		M 0	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
576	SŁONIEWSKI RAFAŁ	669	RMF4RT OCR	GDYNIA	POL	M30		M 0	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
577	KWIECIEŃ KRZYSZTOF	668	4K TEAM TARNÓW	TARNÓW	POL	M40		M 0	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
578	ŁUKASIAK ADAM	152	ADAM ŁUKASIAK	WARSZAWA	POL	M30		M 0	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
579	MIKA DAMIAN	151	EKO-OKNA RUNNERS	RACIBÓRZ	POL	M50		M 0	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
580	FUS MACIEJ	148		RZESZÓW	POL	M30		M 0	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
581	TUROSZ ZBIGNIEW	147		LEŻAJSK	POL	M60		M 0	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
582	BUSZ JACEK	146		RZESZÓW	POL	M30		M 0	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
583	KRAWCZAK PAULINA	144	BIEGUSIEM.PL	DĘBLIN	POL	K30		K 0	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
584	ZAWADZKA MAGDALENA	143	AKS POLONIA WARSZAWA/TEAM ZABIEGANE DNI	WARSZAWA	POL	K30		K 0	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
585	STANISŁAWSKI TOMASZ	142	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	M40		M 0	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
586	KRĘCISZ ZBIGNIEW	139	AMATOR	RACIBÓRZ	POL	M60		M 0	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
587	PARCHOMIUK ANDRZEJ	138	NIEZRZESZONY	WARSZAWA	POL	M50		M 0	00:02:23	02:07:25	03:16:17		05:07:41		05:43:54.90	05:43:54.90	7:42	7.8
588	GIERULA PIOTR	137	GREINPLAST RZESZÓW	RZESZÓW	POL	M30		M 0	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
589	ROGAŁA GRZEGORZ	136		BOGUCHWAŁA	POL	M40		M 0	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
590	CEBRAT TOMASZ	133	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	M40		M 0	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
591	CEBRAT EWA	132	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	K40		K 0	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
592	WÓJTOWICZ PAWEŁ	131	LUBLIN BIEGA	LUBLIN	POL	M40		M 0	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
593	KOWALIK ANNA	130	UMCS BIEGA	ŁADA	POL	K30		K 0	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
594	KIERNICKI ŁUKASZ	140	FUN&RUN	CZUDEK	POL	M30		M 0	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
595	WILK ANDREAS	127		WYHL	GER	M40		M 0	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
596	KULA ROBERT	126		TARNÓW	POL	M40		M 0	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
597	BAK AGATA	125	BUSHIDO CENTRUM	SOBIENIE JEZIORY	POL	K30		K 0	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

**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
598	ZIMAK SEBASTIAN	124	SANOK RUBBER RUNNING	POSADA ZARZYSZYŃSKA	POL	M30		M 0	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
599	PIĄTEK RAFAŁ	123	BEFIT24TEAM	KRAKÓW	POL	M30		M 0	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
600	WARZYCHA DAWID	122	PKP INTERCITY	BYTOM	POL	M20		M 0	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
601	WARZYCHA KRZYSZTOF	121	OSK MAXEL	BYTOM	POL	M50		M 0	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
602	KRAWCZAK KAMIL	120	BIEGUSIEM.PL	DĘBLIN	POL	M30		M 0	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
603	BAJAK MIROSŁAW	119		KRAKÓW	POL	M40		M 0	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
604	DRABIK JACEK	115		KRAKOW	POL	M50		M 0	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
605	KORZENIOWSKA JOANNA	129	UMCS BIEGA	LUBLIN	POL	K30		K 0	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
606	KARPIŃSKI TOMASZ	128		RZESZÓW	POL	M40		M 0	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
607	POTONIEC GRZEGORZ	117	RODZEŃSTWO	WARSZAWA , LIMANOWA	POL	M30		M 0	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
608	MAZUR EWELINA	116	BIEGAJ Z TRENERAMI	GLIWICE	POL	K40		K 0	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	9:34	6.3
609	WÓJCİK KRZYSZTOF	114	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40		M 0	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	5:57	10.1
610	JĘDRUSZCZAK ROBERT	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	PIASECZNO	POL	M40		M 0	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
611	CHWALISZEWSKI JAROSŁAW	108	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
612	PERENC MICHAŁ	110	HUSARIA RACE TEAM	JAROSŁAW	POL	M20		M 0	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
613	KOZAK MARCIN	107	SAINT-GOBAIN SQUAD	LUBARTÓW	POL	M40		M 0	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
	DUDA PAWEŁ	106		JEDLICZE	POL	M30			DNF	DNF	03:50:46 DNF	DNF	DNF		DNF	DNF	-	-
615	FREJ MARCIN	90	ZABIEGANI.TV	WARSZAWA	POL	M30		M 0	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
616	KOŁODZIEJ JACEK	84	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
617	KWIATKOWSKI MICHAEL	56		KRAKÓW	POL	M30		M 0	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
618	PARWA MICHAŁ	83	@BIEGIEMNAROWER	DZIEKANOWICE	POL	M30		M 0	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
619	BERNAŚ DARIUSZ	82	BSCZADY	WETLINA	POL	M30		M 0	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
620	BAŁA BOŻENA	81		GRABINY	POL	K30		K 0	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
621	KORAB ROBERT	78		RZESZÓW	POL	M40		M 0	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
622	BAŁCHAN KRZYSZTOF	77	CPR RZESZÓW	CZUDEC	POL	M30		M 0	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
623	SĄDEJ MARCIN	89	STAŁOWE DZIKI	STAŁOWA WOLA	POL	M30		M 0	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
624	KOSIN PAWEŁ	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	KIELCE	POL	M30		M 0	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
625	STĘPIEŃ WOJCIECH	74	JM RUNNING TEAM	GLIWICE	POL	M40		M 0	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
626	MAJCHROWSKI JACEK	87	CKB TARNOBREZEG	TARNOBRZEG	POL	M40		M 0	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
627	SARKA BARTŁOMIEJ	86		RABKA-ZDRÓJ	POL	M30		M 0	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
628	NALAZEK MARCIN	67	PIASECZNO RUNING	WARSZAWA	POL	M30		M 0	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
629	ŻAK OLIWIA	66	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30		K 0	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
630	JEDLIŃSKI BARTOSZ	60	MARATOŃCZYK DĘBICA	BRZEŹNICA	POL	M40		M 0	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
631	JAROSZ-PIWOŃSKA ALDONA	65	KS PEGAZ	GÓRA KALWARIA	POL	K40		K 0	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

**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
	MAŚLANKA IRENEUSZ	64	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M50			00:03:40 DNF	02:59:48 DNF	DNF	DNF	DNF		DNF	DNF	-	-
633	PANENKA MAŁGORZATA	63	NIGHT RUNNERS GLIWICE	NIEBOROWIC E	POL	K40		K 0	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
634	KRZYŻEWSKI ROGER	61		KRAKÓW	POL	M30		M 0	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
635	SZYMAŃSKA JOLANTA	59		KIELCE	POL	K30		K 0	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
636	NAMIOTA URSZULA	72	1960	DĘBICA	POL	K50		K 0	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
637	PIECH ADAM	71	PORANNY PATROL	KRAKÓW	POL	M40		M 0	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
638	JÓZWIAK RAFAŁ	68		WARSZAWA	POL	M30		M 0	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
639	PAWLETA MICHAŁ	24	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
640	ŁAKOMY TOMASZ	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	OLESZYCE	POL	M30		M 0	00:00:57	01:37:24	02:29:26	03:15:25			04:23:05.55	04:23:05.55	5:53	10.2
641	SZYSZŁO TOMASZ	53	POZYTYWNE ZABIEGANI SANOK / RUN ENERGY CLUB	SANOK	POL	M30		M 0	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
642	HEBDA-OLSZÓWKA ALEKSANDRA	51	NIGHT RUNNERS GLIWICE	CHORZÓW	POL	K30		K 0	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
643	PRYSZCZ MIROSLAW	50		RUDA ŚLĄSKA	POL	M40		M 0	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
644	WAWRZAK RYSZARD	48	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
645	GAWORECKI TOMASZ	47	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M30		M 0	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
646	PYZEL AGNIESZKA	57	KS PEGAZ	KONSTANCIN JEZIORNA	POL	K50		K 0	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
647	WILIMSKI TOMASZ	34	NIGHT RUNNERS	GLIWICE	POL	M40		M 0	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
648	DYGOŃ MAŁGORZATA	33		GLIWICE	POL	K40		K 0	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	9:18	6.4
649	ROHAN ŁUKASZ	44	PRZEMYSKI KLUB BIEGACZA	PRZEMYSŁ	POL	M30		M 0	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
650	NIERADA MARCIN	43		KATOWICE	POL	M30		M 0	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
651	MALEC BASIA KLISZ AGA	19 18		LUBLIN LUBLIN	POL POL	K50 K30		K 0	00:01:56 DNF	02:35:55 DNF	04:11:09 DNF	05:46:37 DNF	06:51:04 DNF		07:29:46.15 DNF	07:29:46.15 DNF	10:05 -	5.9 -
653	KALINOWSKI ŁUKASZ	16		WARSZAWA	POL	M30		M 0	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
654	ZUREK PAWEŁ	15		HULL	GBR	M30		M 0	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
655	DADAŚ JANUSZ	27	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
656	PASTUŁA ŁUKASZ	10		KOLBUSZOW A	POL	M30		M 0	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

**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	PAUL VIOLA	23	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
2	WALCZYŃSKA KAROLINA	29	RUNHOGS TYCHY	TYCHY	POL	K30		K 0	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
3	MARUT KAŚKA	31	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
4	SAMBORSKA WERONIKA	62	NOWY STYL GROUP RUNNING TEAM	BRZYSKA	POL	K30		K 0	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

**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
5	RÓZYCKA DOROTA	1170	NOWY STYL GROUP RUNNING TEAM	JASŁO	POL	K30		K 0	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
6	CZAJA ALICJA	160	RODZENSTWO	LIMANOWA	POL	K40		K 0	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
7	FOGEL EWA	257	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	K40		K 0	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
8	KOWALSKA JUSTYNA	267	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	K40		K 0	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
9	SAKOWSKA ANETA	92	MARATONKA GRAJEWO	DROZDOWO	POL	K40		K 0	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
10	ŁÓJ-KONIECZNA EDYTA	96	INFINITY GYM	PROSZOWICE	POL	K40		K 0	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
11	KULIK KATARZYNA	99	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30		K 0	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
12	PIOTROWICZ MAŁGORZATA	102	INFINITY GYM	PROSZOWICE	POL	K30		K 0	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
13	JASŁOWSKA JUSTYNA	94	POSMAKUJ RUN TEAM	JEDLUCZE	POL	K30		K 0	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
14	SZOT IWONA	438	VV TEAM	LUBLIN	POL	K40		K 0	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
15	GLINA-KRAWCZYK MAŁGORZATA	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	STARCZÓW	POL	K40		K 0	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
16	SIEMIĄTKOWSKA KATARZYNA	455		POZNAŃ	POL	K30		K 0	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
17	WAŁACH-BIŚTA ZUZANNA	458		KATOWICE	POL	K30		K 0	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
18	LATO-KSIĄŻEK KAROLINA	459	LUBLIN BIEGA	LUBLIN	POL	K30		K 0	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
19	STOPA AGATA	570	SP NR 3 RZESZÓW	BOGUCHWAŁ A	POL	K40		K 0	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
20	SZEWczyk KATARZYNA	586	MONKEYS' TEAM	KRAŚNIK	POL	K40		K 0	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
21	SZALACHA KATARZYNA	576		RZESZÓW	POL	K30		K 0	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
22	GWIZDAK JUSTYNA	577	WATER TEAM	RZESZÓW	POL	K30		K 0	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
23	KISIŃSKA IRENA	588	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K40		K 0	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
24	SZUMNA ALEKSANDRA	600	MONKEYS' TEAM	KRAŚNIK	POL	K30		K 0	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
25	SIKORA-KOŁODZIEJ IRMINA	601	BIESY I CZORTY	PRZEMYŚL	POL	K30		K 0	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
26	MARONDEL KATARZYNA	619	FESTIWAL BIEGOWY	BYTOM	POL	K30		K 0	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
27	KWAPIEŃ KAROLINA	605	VEGE RUNNERS	BIAŁA PODLASKA	POL	K30		K 0	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
28	ŻEBROWSKA JOLANTA	702	POTRENUJEMY?	PULAWY	POL	K50		K 0	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
29	KRYM KATARZYNA	719	HERZOG RUNNING TEAM	SMOLEC	POL	K40		K 0	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	5:54	10.2
30	SEREMET BOŻENA	205	BBL KRAKÓW	KRAKÓW	POL	K50		K 0	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
31	DUNIEC MAŁGORZATA	206	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30		K 0	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	9:40	6.2
32	BONDARA SYLWIA	1	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30		K 0	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
33	WIERZBICKA JOANNA	352		BOGUCHWAŁ A	POL	K40		K 0	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
34	KALISZ KAROLINA	564	WKURW_TEAM	KAMIENIŃCZYK	POL	K20		K 0	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
35	ADAMCZAK BARBARA	568	SMPZ 'TRAVOIS'	KATOWICE	POL	K30		K 0	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
36	MALEC BASIA	19		LUBLIN	POL	K50		K 0	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
37	DYGOŃ MAŁGORZATA	33		GLIWICE	POL	K40		K 0	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	9:18	6.4
38	PYZEL AGNIESZKA	57	KS PEGAZ	KONSTANCIN JEZIORNA	POL	K50		K 0	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
39	HEBDA-OLSZÓWKA ALEKSANDRA	51	NIGHT RUNNERS GLIWICE	CHORZÓW	POL	K30		K 0	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
40	NAMIOTA URSZULA	72	1960	DĘBICA	POL	K50		K 0	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
41	SZYMAŃSKA JOLANTA	59		KIELCE	POL	K30		K 0	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, 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
42	PANENKA MAŁGORZATA	63	NIGHT RUNNERS GLIWICE	NIEBOROWIC E	POL	K40		K 0	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
43	JAROSZ-PIWOŃSKA ALDONA	65	KS PEGAZ	GÓRA KALWARIA	POL	K40		K 0	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
44	ŻAK OLIWIA	66	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30		K 0	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
45	BAŁA BOŻENA	81		GRABINY	POL	K30		K 0	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
46	MAZUR EWELINA	116	BIEGAJ Z TRENERAMI	GLIWICE	POL	K40		K 0	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	9:34	6.3
47	KORZENIOWSKA JOANNA	129	UMCS BIEGA	LUBLIN	POL	K30		K 0	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
48	BAK AGATA	125	BUSHIDO CENTRUM	SOBIENIE JEZIORY	POL	K30		K 0	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
49	KOWALIK ANNA	130	UMCS BIEGA	ŁADA	POL	K30		K 0	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
50	CEBRAT EWA	132	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	K40		K 0	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
51	ZAWADZKA MAGDALENA	143	AKS POLONIA WARSZAWA/TEA M ZABIEGANE DNI	WARSZAWA	POL	K30		K 0	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	KRAWCZAK PAULINA	144	BIEGUSIEM.PL	DĘBLIN	POL	K30		K 0	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
53	WITKOWSKA BEATA	156		GDĄSK	POL	K30		K 0	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
54	BOGUCKA MARTYNA	145	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40		K 0	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
55	TREPKA AGNIESZKA	163		CRAWLEY	GBR	K30		K 0	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
56	NAZIMEK LILIANA	173	SUO TEMPORE	NOWY SĄCZ	POL	K40		K 0	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
57	WÓJTOWICZ IWONA	232	HUSARIA RACE TEAM	TARNÓW	POL	K40		K 0	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
58	STEC IWONA	237		WILKOWICE	POL	K20		K 0	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
59	DOMISZEWSKA MARIA	2		USTRZYKI DOLNE	POL	K50		K 0	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
60	BOBER ANNA	265		OSTROWIEC ŚWIĘTOKRZY SKI	POL	K30		K 0	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
61	OLCZAK MARTA	266	SZWLA	STARGARD	POL	K40		K 0	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
62	BIESZCZAD ILONA	296		WOJASZÓWK A	POL	K30		K 0	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
63	KIELTYKA AGNIESZKA	284		RYKI	POL	K30		K 0	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
64	GÓRECNZY KAMILA	300		PIASECZNO	POL	K40		K 0	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
65	CHUDA ANETA	301		WROCLAW	POL	K30		K 0	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
66	SIWCZUK ALEKSANDRA	302		WARSZAWA	POL	K30		K 0	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
67	WOLF WERONIKA	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	SANOK	POL	K40		K 0	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
68	PORĘBSKA DOROTA	338	NOWA HUTA TEAM	KRAKÓW	POL	K40		K 0	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
69	LEŚNIAK-POPIEL MARTA	345	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	K40		K 0	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
70	PIGAN ANNA	360	B B L - JAROSŁAW	SZÓWSKO	POL	K40		K 0	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
71	BORUSZEWSKA BEATA	375		BYTOM	POL	K40		K 0	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
72	KAMIENIARZ MARIA	387		POZNAŃ	POL	K30		K 0	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
73	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	388	KUTNO BIEGA	KUTNO	POL	K40		K 0	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
74	SZPINDA MARTA	409	BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	K40		K 0	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

**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
75	HANDERMANDER AGNIESZKA	394		USTRZYKI DOLNE	POL	K30		K 0	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
76	BURANDT MAGDALENA	423	3LIFE TEAM	OLSZTYN	POL	K30		K 0	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
77	KARAS SYLWIA	461		IWONICZ-ZD RÓJ	POL	K20		K 0	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
78	SWOROWSKA IZABELA	463	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40		K 0	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
79	GAWLEWICZ KRYSZYNA	470	GAWELKI TEAM	SANOK	POL	K30		K 0	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
80	TYRANKIEWICZ KAMILA	472	JUMP&FLY, KABATY	WARSZAWA	POL	K40		K 0	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
81	KOWALEWSKA IZABELA	475	PIASECZNO RUNNING	PIASECZNO	GBR	K30		K 0	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
82	KIRILENKO ANETA	482		MARKI	POL	K40		K 0	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
83	DUBYNA MARIIA	506	MIA	KRAKOW	POL	K30		K 0	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
84	BARTO SYLWIA	528		ŁOŚ	POL	K40		K 0	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
85	KOMISARCZYK ANNA	537	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30		K 0	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
86	LEWANDOWSKA OLGA	541		WARSZAWA	POL	K30		K 0	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
87	WAŚOWICZ MAGDALENA	560	HUSARIA RACE TEAM	OPOLE	POL	K20		K 0	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
88	NIEMCZAK BARBARA	616	IPA PAŁAC MOSTOWSKICH	PIASECZNO	POL	K30		K 0	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
89	ROŹNIATA IWONA	638	KS GŁOWNO W BIEGU	GŁOWNO	POL	K40		K 0	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
90	MYŚLIŃSKA ANNA	639	EKOBIEGI	WARSZAWA	POL	K40		K 0	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
91	KUSZTAŁ JUSTYNA	644	KS ESKADRA KRAKÓW	KRAKÓW	POL	K40		K 0	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
92	TUSZYŃSKA KATARZYNA	645	ESKADRA KRAKÓW	KRAKÓW	POL	K40		K 0	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
93	WAŚIK KORNELIA	662	BIEGUSIEM.PL	KŁOCZEW	POL	K20		K 0	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
94	KŁOSOWICZ MONIKA	671		WROCŁAW	POL	K20		K 0	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
95	KRUSZEWSKA EMILIA	674		GDAŃSK	POL	K30		K 0	00:00:46	02:39:54	04:20:40	04:55:21	06:55:06		07:38:11.55	07:38:11.55	10:16	5.8
96	KRZAK DOMINIKA	730		WROCŁAW	POL	K30		K 0	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
97	KRENZEL REGINA	734		JAROSŁAW	POL	K30		K 0	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
98	SZABLÓWSKA IWONA	731	STRASZYN ULTRA TEAM	JUSZKOWO	POL	K30		K 0		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	7:43	7.8
99	TOCZEWSKA ANNA	751	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K50		K 0	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
100	MOSTOWSKA MAGDALENA	752	WARSAW MASTERS TEAM	WARSZAWA	POL	K40		K 0	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
101	BIERNAT AGNIESZKA	745	KOSMICZNE MUMINKI	WARSZAWA	POL	K20		K 0	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
102	KOŁACKA MARTYNA	176		WODZISŁAW ŚLĄSKI	POL	K30		K 0	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
103	FAJNAS KATARZYNA	190	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	ŻABIA WOLA	POL	K40		K 0	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
104	WŁODARSKA MAGDALENA	203		TARNÓW	POL	K40		K 0	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
105	MORAWSKA ANNA	218		WARSZAWA	POL	K60		K 0	00:01:17	02:34:00	06:20:21				06:56:07.35	06:56:07.35	9:19	6.4
106	ŁYSUNIAK-STRAUCH ALEKSANDRA	207	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30		K 0	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	9:40	6.2
107	MAJCHROWICZ MARZENNA	252		KROŚCIENKO WYŻNE	POL	K40		K 0	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	9:27	6.3
108	PAWŁOWSKA ELŻBIETA	298	NOWY STYL RUNNING TEAM	JEDLICZE	POL	K30		K 0	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

**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
109	KOPROWICZ EWELINA	322	JAROSŁAWSKA GRUPA BIEGOWA	JAROSŁAW	POL	K30		K 0	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
110	MYGA ANNA	311	HEARTESS	KATOWICE	POL	K30		K 0	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
111	BLASZKE BEATA	329	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
112	SKRZYPSKA IWONA	331		JAROSŁAW	POL	K40		K 0	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
113	MAZURKIEWICZ JOLANTA	490	BYCHAWA RUNNER'S/NAJWI ĘKSZA ARMIA ŚWIATA	BYCHAWA	POL	K30		K 0	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
114	KSYTA MARTYNA	486	X-MEN	KOŃSKIE	POL	K20		K 0	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
115	KOCZUR KAMILA	504		WARSZAWA	POL	K30		K 0	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
116	GALANTY AGNIESZKA	492		DYBAWKA	POL	K40		K 0	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	WOŁOSOWICZ NATALIA	499		BIAŁA PODLASKA	POL	K40		K 0	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
118	KOTOMSKA RENATA	511		ALEKSANDR ÓWKA	POL	K40		K 0	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
119	LANGE BEATA	513	BIŁGORAJ BIEGA	BIŁGORAJ	POL	K40		K 0	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
120	KŁOPOTOWSKA SOSNA KASKA	516	UNLIMITED TRIATHLON TEAM	KRAKÓW	POL	K50		K 0	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
121	PARYSZ ANNA	646	STARE BABICE BIEGAJĄ	BLIZNE JASIŃSKIEGO	POL	K50		K 0	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
122	SIKORSKA AGNIESZKA	649	EKOBIEGI	WARSZAWA	POL	K40		K 0	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
123	JĘDRZEJOWSKA-DEC ANNA	766		GLIWICE	POL	K40		K 0	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
124	DOŁĘGA ANNA	625	ZABIEGANA MAMA	BIAŁYSTOK	POL	K40		K 0	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
125	GRZEGÓRZEK ANNA	667	PTG SOKÓŁ ŚWIAT PRACY	KOSZYCE WIELKIE	POL	K40		K 0	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
	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	-	-
	KARWAN BARBARA	633	PLACETOTRI	KRAKÓW	POL	K30			00:00:52 DNF	02:04:33 DNF	03:22:48 DNF	DNF	DNF		DNF	DNF	-	-
	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, 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	JAKUBOWSKI DANIEL	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	ZABAJKA	POL	M40		M 0	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
2	HOROWSKI TOMASZ	25	RUNHOGS TYCHY	TYCHY	POL	M40		M 0	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
3	NAMIOTA MAREK	73		DĘBICA	POL	M60		M 0	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
4	KURKUS ALEKSANDER	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40		M 0	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	9:40	6.2
5	DĄBROWICZ JAKUB	548		KOMORNIKI	POL	M30		M 0	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

**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
6	SIKORA JACEK	582	WATER TEAM	WYŻNE	POL	M40		M 0	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
7	WAJCOWICZ WITOLD	150	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40		M 0	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
8	SADY SEBASTIAN	178		OSTROWIEC ŚWIĘTOKRZY SKI	POL	M40		M 0	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
9	POTRZESZCZ GRZEGORZ	21		MIRZEC	POL	M40		M 0	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
10	JĘDZURA DANIEL	22	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
11	PARTYKA MICHAŁ	30		RZESZÓW	POL	M30		M 0	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
12	ŁĘCKI PIOTR	32	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
13	SOLICH PATRYK	35	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
14	SOKOLOWSKI ARTUR	36		SUWALKI	POL	M50		M 0	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
15	FRAĆ DARIUSZ	37	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
16	SZEWC MARIAN	240		BILGORAJ	POL	M60		M 0	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
17	DYREK MATEUSZ	566		MSZANA GÓRNA	POL	M30		M 0	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
18	URBAŃCZYK MARCIN	28	PERSONALTRIAT HLON/TRINERGY	NOWY DWÓR MZAOWIECKI	POL	M30		M 0	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
19	MARCELA MARCIN	46	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40		M 0	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
20	POPIOŁEK JACEK	95	BIEGYSIEM.PL/LO STINSPO	GAŚIORY	POL	M30		M 0	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
21	LEŚNIAK DARIUSZ	11		SZCZECIN	POL	M50		M 0	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
22	SZADKOWSKI PAWEŁ	26	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
23	ZAJĄC JÓZEF	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	TULIGŁOWY	POL	M40		M 0	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
24	ADAMCZEWSKI JAKUB	231	NIGHT RUNNERS / NBR TEAM	POZNAŃ	POL	M30		M 0	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
25	MAZUREK ROBERT	485	LUBELSKIE STOWARZYSZENI E BIEGOWE / LUBELAKY	LUBLIN	POL	M40		M 0	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
26	PIASECZNY MARCIN	534	RUN-G	KRAKÓW	POL	M40		M 0	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
27	JANIK JANUSZ	91	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
28	FORJASZ PRZEMYSŁAW	97		RZESZÓW	POL	M30		M 0	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
29	SZAPORÓW ŁUKASZ	100	INFINITY-GYM	PROSZOWICE	POL	M30		M 0	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	BOCHENEK MICHAŁ	101	INFINITY GYM	PROSZOWICE	POL	M30		M 0	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
31	BURY MAREK	103		SOSNOWIEC	POL	M40		M 0	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
32	RAMOTOWSKI MARCIN	93	GERLACH SMUGGLERS	WARSZAWA	POL	M40		M 0	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
33	SIEDLACZEK ZBIGNIEW	104		LUBLIN	POL	M60		M 0	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
34	JEZIORNY RYSZARD	414	WIELUŃ BIEGA	WIELUŃ	POL	M50		M 0	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
35	MISZCZYK MARCIN	417		KRAKÓW	POL	M40		M 0	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
36	KOCZUR JAKUB	429	NOWA HUTA TEAM	KRAKÓW	POL	M30		M 0	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
37	RYGLEWICZ TOMASZ	427	NIGHT RUNNERS	JEDLICZE	POL	M30		M 0	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
38	ZIELIŃSKI RAFAŁ	428		MODLNICZKA	POL	M40		M 0	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
39	CEBULA PAWEŁ	418	CREADIS	KRAKOW	POL	M30		M 0	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
40	SMOLEN JANUSZ	415		LUTON	POL	M40		M 0	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

**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
41	NOWICKI ARTUR	435	SPORTCZESNA	BARGŁY	POL	M50		M 0	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
42	DYSZKIEWICZ TOMASZ	436	KUTNO BIEGA	KUTNO	POL	M30		M 0	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
43	MAŁKIEWICZ DARIUSZ	437	PGB SPORTOWA PACZKA	KATOWICE	POL	M40		M 0	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
44	LONC TOMASZ	446	M&T WYJADACZE PARÓWKÓW	RZESZÓW	POL	M40		M 0	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
45	GRZYWACZ WOJCIECH	447	FARTLEK GO	GORZYCE	POL	M50		M 0	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
46	SULEWSKI MACIEJ	448		OSTROŁĘKA	POL	M40		M 0	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
47	WÓJCIK JACEK	449		GWOŹNICA GÓRNA	POL	M40		M 0	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
48	PODPŁOMYK ANDRZEJ	452	SPORTCZESNA	BARGŁY	POL	M40		M 0	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
49	SIKORA TOMASZ	453	RACE BROTHERS	ZGŁOBICE	POL	M30		M 0	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
50	WIENER MARCIN	456		KATOWICE	POL	M40		M 0	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
51	SIKORA SŁAWOMIR	457	RACEBROTHERS	TARNÓW	POL	M40		M 0	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
52	BORYS ANDRZEJ	553		ŁĄZY	POL	M40		M 0	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
53	SZACHEWICZ SŁAWOMIR	554	JEŻOZWIERZE GROUP	WROCŁAW	POL	M40		M 0	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
54	GAŚSIOROWSKI MACIEJ	555		WARSZAWA	POL	M40		M 0	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
55	MIKOLAJCZYK LUKASZ	557		CZELADŹ	POL	M30		M 0	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
56	WITEK KAMIL	558	HUSARIA RACE TEAM	FALMIROWIC E	POL	M20		M 0	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
57	KOWALCZYK ALEKSANDER	559		DZIAŁOSZYC E	POL	M30		M 0	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
58	NIEGOWSKI TOMASZ	580		KRAKÓW	POL	M20		M 0	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
59	BERNAŚ DARIUSZ	569	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40		M 0	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
60	KADZIK MARCIN	583	KTT	ZAKOPANE	POL	M20		M 0	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
61	STOPA MARCIN	571	WWW.RUNRZESZ OW.PL	RZESZÓW	POL	M40		M 0	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
62	FIGLEWICZ PIOTR	572		MYŚLENICE	POL	M30		M 0	00:03:26	01:45:35	02:40:48	03:20:26			04:21:25.10	04:21:25.10	5:51	10.2
63	POTRZESZCZ TOMASZ	584	LKB RUDNIK	GADKA	POL	M40		M 0	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
64	SOLAREWICZ TOMASZ	585	LATAJĄCY CYRK MONTY PYTHONA	LUTON	POL	M40		M 0	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
65	GALIŃSKI KAMIL	578	ABY DO METY	KRĘPICE	POL	M30		M 0	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
66	ŻMUDZIEJEWSKI JAKUB	587	WM TRISELF	KRAKÓW	POL	M30		M 0	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
67	KISIŃSKI JAROSŁAW	589	COMP S.A. / NOVITUS	NOWY SĄCZ	POL	M40		M 0	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
68	GWIŹDŹ GRZEGORZ	590		RZESZÓW	POL	M30		M 0	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
69	MŁODZIK DARIUSZ	592	HUSARIA RACE TEAM	ŁĄCZANY	POL	M30		M 0	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
70	MICHOŃ KAMIL	593	BIEGAMWARTARNO WIE	TARNÓW	POL	M40		M 0	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
71	PAŚNIK PAWEŁ	598	AKB CRACOVIA	WARSZAWA	POL	M40		M 0	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
72	KALBARCZYK WOJCIECH	602	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30		M 0	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
73	KRÓLAK SEBASTIAN	594		KRAKÓW	POL	M30		M 0	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
74	RYBAK WOJCIECH	595	GOPR BIESZCZADY	ŁAŃCUT	POL	M40		M 0		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	8:05	7.4
75	WILECZEK ANTONI	618		JUROWCE	POL	M30		M 0	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
76	KAZANOWSKI MARCIN	620	OFIARY KAMIENICA	KAMIENIEC	POL	M40		M 0	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
77	BEDRYJ MATEUSZ	604	42 DO SZCZĘŚCIA	MEŁNO	POL	M20		M 0	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
78	SKRZYPEK MATEUSZ	606		BRZEŹNICA	POL	M20		M 0	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
79	SIENKIEL DOMINIK	607		WĘGRZEC	POL	M20		M 0	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
80	STRZAŁKA DOMINIK	608		BRZEŹNICA	POL	M30		M 0	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

**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
81	CZECH MATEUSZ	610	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20		M 0	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
82	PAWELEC PIOTR	612		JASŁO	POL	M50		M 0	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
83	BĘBEN ROBERT	613	OSTROBIEC	OSTROWIEC SWIETOKRZY SKI	POL	M40		M 0	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
84	PACHO SYLWESTER	708		GRYBÓW	POL	M40		M 0	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
85	STACH DARIUSZ	709	KOSMOLÓW TEAM	OLKUSZ	POL	M30		M 0	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
86	RUSINEK WITOSŁAW	696	SHOOTIT	RZESZÓW	POL	M30		M 0	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
87	KUCA ROMAN	711		PIENIĘŻNO	POL	M50		M 0	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
88	DUKATA GRZEGORZ	697	MGW	CHUDÓW	POL	M40		M 0	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
89	BAĆMAGA GRZEGORZ	698	BIEGIEM RADOM	RADOM	POL	M50		M 0	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
90	BAJOREK JAN	699		OLSZYNY	POL	M40		M 0	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
91	JENDRYCH ARTUR	701	BIEGAJĄCY ŚWIDNIK	ŚWIDNIK	POL	M20		M 0	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
92	KALICKI IREK	713	GCW ACADEMY	WARSZAWA	POL	M40		M 0	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	9:18	6.4
93	BEŁKOT ARKADIUSZ	703		ŚWIĘTOCHŁO WICE	POL	M40		M 0	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
94	MILEWICZ MAREK	704	KUCE Z BRONKSU	GDAŃSK	POL	M30		M 0	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
95	POPIEL ANDRZEJ	705	POPSMART.PL	KRAKÓW	POL	M30		M 0	00:00:33	01:31:26	02:23:04	03:16:43			04:26:30.00	04:26:30.00	5:58	10
96	DEMBNY TOMASZ	718		TARCZYN	POL	M40		M 0	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
97	ŻUCHOWSKI DANIEL	770	MUAY RUNNING TEAM	KRAKÓW		M30		M 0	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
98	PAJESTKA WOJCIECH	39	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	SANOK	POL	M40		M 0	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
99	SWOBODA JAROSŁAW	41	NIGHT RUNNERS GLIWICE	KNURÓW	POL	M40		M 0	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
100	AMBROZIAK RAFAŁ	347	KONIUCHY OCR	KUTNO	POL	M40		M 0	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	STODULSKI KRZYSZTOF	348		KUTNO BIEGA KRZYŻANÓW	POL	M40		M 0	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
102	PAROL PAWEŁ	349	-	SZYMANKOW SZCZYŻNA	POL	M40		M 0	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
103	BARANOWSKI KRZYSZTOF	351		KUTNO BIEGA KUTNO	POL	M50		M 0	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
104	ŁOSKOT TOMASZ	562		WILGA	POL	M40		M 0	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
105	KUDŁAK PAWEŁ	567	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
106	KŁOSOK ADAM	13	INŻYNIERIA BIEGANIA	MARKLOWIC E	POL	M40		M 0	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
107	KOBIERSKI PIOTR	14	UKA ULTRAS RUNNERS	WARSZAWA	POL	M40		M 0	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
108	PASTUŁA ŁUKASZ	10		KOLBUSZOW A	POL	M30		M 0	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
109	DADAŚ JANUSZ	27	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
110	ZUREK PAWEŁ	15		HULL	GBR	M30		M 0	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
111	KALINOWSKI ŁUKASZ	16		WARSZAWA	POL	M30		M 0	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
112	NIERADA MARCIN	43		KATOWICE	POL	M30		M 0	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
113	ROHAN ŁUKASZ	44	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
114	WILIMSKI TOMASZ	34	NIGHT RUNNERS	GLIWICE	POL	M40		M 0	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
115	GAWORECKI TOMASZ	47	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M30		M 0	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
116	WAWRZAK RYSZARD	48	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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

**V ZIMOWY MARIATON 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
117	PRYSZCZ MIROSLAW	50		RUDA ŚLĄSKA	POL	M40		M 0	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
118	SZYSZŁO TOMASZ	53	POZYTYWNE ZABIEGANI SANOK / RUN ENERGY CLUB	SANOK	POL	M30		M 0	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
119	ŁAKOMY TOMASZ	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	OLESZYCE	POL	M30		M 0	00:00:57	01:37:24	02:29:26	03:15:25			04:23:05.55	04:23:05.55	5:53	10.2
120	PAWLETA MICHAŁ	24	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
121	JÓZWIAK RAFAŁ	68		WARSZAWA	POL	M30		M 0	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
122	PIECH ADAM	71	PORANNY PATROL	KRAKÓW	POL	M40		M 0	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
123	KRZYŻEWSKI ROGER	61		KRAKÓW	POL	M30		M 0	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
124	JEDLIŃSKI BARTOSZ	60	MARATOŃCZYK DĘBICA	BRZEŹNICA	POL	M40		M 0	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
125	NALAZEK MARCIN	67	PIASECZNO RUNING	WARSZAWA	POL	M30		M 0	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
126	SARKA BARTŁOMIEJ	86		RABKA-ZDRÓ J	POL	M30		M 0	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
127	MAJCHROWSKI JACEK	87	CKB TARNOBRZEG G	TARNOBRZE	POL	M40		M 0	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
128	STĘPIEŃ WOJCIECH	74	JM RUNNING TEAM	GLIWICE	POL	M40		M 0	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
129	KOSIN PAWEŁ	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	KIELCE	POL	M30		M 0	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
130	SĄDEJ MARCIN	89	STALOWE DZIKI	STALOWA WOLA	POL	M30		M 0	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
131	BALCHAN KRZYSZTOF	77	CPR RZESZÓW	CZUDEC	POL	M30		M 0	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
132	KORAB ROBERT	78		RZESZÓW	POL	M40		M 0	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
133	BERNAŚ DARIUSZ	82	BSCZADY	WETLINA	POL	M30		M 0	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
134	PARWA MICHAŁ	83	@BIEGIEMNARO WER	DZIEKANOWI CE	POL	M30		M 0	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
135	KWIATKOWSKI MICHAEL	56		KRAKÓW	POL	M30		M 0	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
136	KOŁODZIEJ JACEK	84	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
137	FREJ MARCIN	90	ZABIEGANI.TV	WARSZAWA	POL	M30		M 0	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
138	KOZAK MARCIN	107	SAINT-GOBAIN SQUAD	LUBARTÓW	POL	M40		M 0	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
139	PERENC MICHAŁ	110	HUSARIA RACE TEAM	JAROSŁAW	POL	M20		M 0	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
140	CHWALISZEWSKI JAROSŁAW	108	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
141	JĘDRUSZCZAK ROBERT	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	PIASECZNO	POL	M40		M 0	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
142	WÓJCIK KRZYSZTOF	114	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40		M 0	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	5:57	10.1
143	POTONIEC GRZEGORZ	117	RODZEŃSTWO	WARSZAWA , LIMANOWA	POL	M30		M 0	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
144	KARPIŃSKI TOMASZ	128		RZESZÓW	POL	M40		M 0	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
145	DRABIK JACEK	115		KRAKÓW	POL	M50		M 0	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
146	BAJAK MIROSLAW	119		KRAKÓW	POL	M40		M 0	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
147	KRAWCZAK KAMIL	120	BIEGUSIEM.PL	DĘBLIN	POL	M30		M 0	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
148	WARZYCHA KRZYSZTOF	121	OSK MAXEL	BYTOM	POL	M50		M 0	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

**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
149	WARZYCHA DAWID	122	PKP INTERCITY	BYTOM	POL	M20		M 0	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
150	PIĄTEK RAFAŁ	123	BEFIT24TEAM	KRAKÓW	POL	M30		M 0	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
151	ZIMAK SEBASTIAN	124	SANOK RUBBER RUNNING	POSADA ZARZYSZYŃSKA	POL	M30		M 0	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
152	KULA ROBERT	126		TARNÓW	POL	M40		M 0	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
153	WILK ANDREAS	127		WYHL	GER	M40		M 0	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
154	KIERNICKI ŁUKASZ	140	FUN&RUN	CZUDEK	POL	M30		M 0	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
155	WÓJTOWICZ PAWEŁ	131	LUBLIN BIEGA	LUBLIN	POL	M40		M 0	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
156	CEBRAT TOMASZ	133	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	M40		M 0	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
157	ROGAŁA GRZEGORZ	136		BOGUCHWAŁ A	POL	M40		M 0	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
158	GIERULA PIOTR	137	GREINPLAST RZESZÓW	RZESZÓW	POL	M30		M 0	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
159	PARCHOMIUK ANDRZEJ	138	NIEZRZESZONY	WARSZAWA	POL	M50		M 0	00:02:23	02:07:25	03:16:17		05:07:41		05:43:54.90	05:43:54.90	7:42	7.8
160	KRĘCISZ ZBIGNIEW	139	AMATOR	RACIBÓRZ	POL	M60		M 0	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
161	STANISŁAWSKI TOMASZ	142	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	M40		M 0	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
162	BUSZ JACEK	146		RZESZÓW	POL	M30		M 0	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
163	TUROSZ ZBIGNIEW	147		LEŻAJSK	POL	M60		M 0	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
164	FUS MACIEJ	148		RZESZÓW	POL	M30		M 0	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
165	MIKA DAMIAN	151	EKO-OKNA RUNNERS	RACIBÓRZ	POL	M50		M 0	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
166	ŁUKASIAK ADAM	152	ADAM ŁUKASIAK	WARSZAWA	POL	M30		M 0	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
167	CIEŻKOWSKI SŁAWOMIR	153		TARNÓW	POL	M40		M 0	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
168	ROSPOND PIOTR	157	TKKF MPK POZNAŃ	POZNAŃ	POL	M50		M 0	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
169	KOCOT SEBASTIAN	159		SOSNOWIEC	POL	M40		M 0	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
170	KARKUT MICHAŁ	162	FUN&RUN	ZABORÓW	POL	M30		M 0	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
171	SANECKI ROBERT	165	SPRINT GORZYCE	GORZYCE	POL	M40		M 0	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
172	MAJTYKA TOMASZ	167	LOS TREPOS COMPANIEROS	KRAKÓW	POL	M40		M 0	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
173	KUŁAKOWSKI PIOTR	169	CZŁAPACZE	KONSTANCIN JEZIORNA	POL	M60		M 0	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
174	MENDYKA ŁUKASZ	171	KB AKTYWNI ŚRODA WLKP.	ŚRODA WLKP.	POL	M30		M 0	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
175	CISKI PIOTR	170		WARSZAWA	POL	M40		M 0	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
176	LIK MAREK	161	CHEŁM BIEGA	CHEŁM	POL	M50		M 0	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
177	MIERZYŃSKI RAFAŁ	172	BIEGING TEAM ZELÓW	ZELÓW	POL	M30		M 0	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
178	WNUK NORBERT	174	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
179	MACKIEWICZ ROMAN	181	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	M50		M 0	00:02:09	02:17:47					04:09:14.85	04:09:14.85	5:35	10.7
180	RUDZKI TOMASZ	182	RAJSPOORT ACTIVE	KONSTANTY NÓW ŁÓDZKI	POL	M40		M 0	00:02:09	02:17:50					04:12:14.70	04:12:14.70	5:39	10.6
181	POREMBSKI LESZEK	183		WARSZAWA	POL	M50		M 0	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
182	WŁODEK MATEUSZ	184		POZNAŃ	POL	M30		M 0	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
183	OBARSKI NORBERT	220		KIELCE	POL	M50		M 0	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
184	PIEKARSKI WOJCIEC	221	RAP AUGUSTÓW	AUGUSTÓW	POL	M40		M 0	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
185	CZYŻ GRZEGORZ	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	BOGUMIŁOWI CE	POL	M50		M 0	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
186	JANECKA ARTUR	239	BIEGING TEAM ZELÓW	ŁASK	POL	M30		M 0	00:02:07	01:37:01	02:29:05	03:15:20			04:24:40.05	04:24:40.05	5:56	10.1
187	TKACZEWSKI PIOTR	224	MIECHÓW	MIECHÓW	POL	M40		M 0	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

**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
188	GALUS JACEK	225		TARNÓW	POL	M40		M 0	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
189	JÓZEFOWSKI KAROL	226		NOWY TOMYŚL	POL	M20		M 0	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
190	ORŁOWSKI ANDRZEJ	227	POTRENUJEMY?	CEZARYN	POL	M20		M 0	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
191	GOZDZIENIAK SOBIEŚŁAW	229	KW KOTŁOWNIA	LUBLIN	POL	M30		M 0	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
192	CICHORACKI PATRYK	230	NIGHT RUNNERS	GRUDZIĄDZ	POL	M30		M 0	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
193	WÓJCIK JULIAN	233	SZWLA	STARGARD	POL	M60		M 0	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
194	WIERNASZ GRZEGORZ	234	KARCHER	SUCHODÓŁ	POL	M40		M 0	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
195	DELEKTA DARIUSZ	235	DELNOVA	ŁOWISKO	POL	M30		M 0	00:01:40	01:39:16	02:33:08	03:17:25			04:20:11.20	04:20:11.20	5:50	10.3
196	MARZEC GRZEGORZ	236	GMINA STRZELCE	SZCZEPANEK	POL	M40		M 0	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
197	JANICKI TOMASZ	222	21DAPLOT	JAROSŁAW	POL	M30		M 0	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
198	SZYMAŁA MARCIN	223	KLUCZBORSKA	KLUCZBORK	POL	M40		M 0	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
199	KIMMER JAKUB	238	BIEGING TEAM	ZELÓW	POL	M30		M 0	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
200	DELEKTA JAN	260	DJ	ŁOWISKO	POL	M40		M 0	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	5:49	10.3
201	WISZ PIOTR	261		RZESZÓW	POL	M20		M 0	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
202	AGRES PAWEŁ	217	KW KOTŁOWNIA	LUBLIN	POL	M30		M 0	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
203	ZIELONKA MARIUSZ	245		POZNAŃ	POL	M40		M 0	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
204	JASTRZĄB PIOTR	246	DEKAN LESKO	LESKO	POL	M50		M 0	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
205	DOMINIK MARIUSZ	248		BIŁGORAJ	POL	M40		M 0	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
206	BEDNARCZYK JAKUB	249	MATE	LUBARTÓW	POL	M30		M 0	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
207	MAJCHROWICZ ANDRZEJ	250		KROŚCIENKO	POL	M40		M 0	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	9:37	6.2
208	DZIERŁĘGA PIOTR	255	PILZNO	PILZNO	POL	M30		M 0	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
209	FOGEL JANUSZ	256	PTG SOKÓŁ	TARNÓW	POL	M40		M 0	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
210	KOCHANIEC WALDEMAR	243	TKKF SOKÓŁ	GŁOGÓW	POL	M40		M 0	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
211	DYBKA RAFAŁ	244	PTG SOKÓŁ	GŁOGÓW	POL	M40		M 0	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
212	CHODAKOWSKI RAFAŁ	273	OSTROBIEC	ĆMIELÓW	POL	M40		M 0	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
213	FLĄDRO DANIEL	274		WOKOWICE	POL	M40		M 0	00:00:49	01:33:40	02:26:57	03:16:28			04:25:30.45	04:25:30.45	5:57	10.1
214	CHODAKOWSKI KACPER	275	OSTROBIEC	ĆMIELÓW	POL	M20		M 0	02:33:20	04:04:49	05:12:50	06:09:34			06:42:11.75	06:42:11.75	9:01	6.7
215	TRYNIECKI KRZYSZTOF	262		LUBACZÓW	POL	M40		M 0	00:01:32	01:56:59					03:54:48.10	03:54:48.10	5:15	11.4
216	BĘTKOWSKI WOJCIECH	263	BRYGADA	STRÓŻE	POL	M50		M 0	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
217	KLONOWSKI JACEK	264		BIAŁOWIEŻA	POL	M40		M 0	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
218	CHMIELARZ DARIUSZ	277		BOCHNIA	POL	M40		M 0	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
219	OKARMA WOJTEK	279	WWW.VIRTUTIMIL	JASŁO	POL	M30		M 0	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
220	KOWALSKI MACIEJ	268	MORSY OŚNO	OŚNO	POL	M40		M 0	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
221	BUTRYN WOJCIECH	272	LUBUSKIE	LUBUSKIE	POL	M40		M 0	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
222	DOMAGAŁA JERZY	294		KRAKÓW	POL	M40		M 0	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
223	WAŻNY STANISŁAW	281	MEDIA	RZESZÓW	POL	M50		M 0	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
224	GRĘBOWIEC MATEUSZ	282	LUBACZOWSKIE	LUBACZÓW	POL	M40		M 0	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
225	BARAN MATEUSZ	283	TSA	SANDOMIERZ	POL	M30		M 0	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
225	BARAN MATEUSZ	283	GORLICKA	SZYMBARK	POL	M30		M 0	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
			GRUPA BIEGOWA															

**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
226	MACHNICKI RAFAŁ	285		RYKI	POL	M30		M 0	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
227	ŁUKASIK MICHAŁ	286	VELOBIKE SKLEP I SERWIS	BUSKO-ZDRÓJ	POL	M30		M 0	00:00:47	01:37:17	02:30:38	03:16:34			04:23:38.65	04:23:38.65	5:54	10.2
228	WRÓBEL DARIUSZ	287	TEAM ZABIEGANEDNI	WARSZAWA	POL	M40		M 0	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
229	JANICKI PATRYK	288	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
230	WĘCŁĄS MACIEJ	289	----	GÓRA KALWARIA	POL	M40		M 0	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
231	ZABŁOTNY KAROL	304	TARCHOŚFIRY	WARSZAWA	POL	M30		M 0	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
232	GOLUBA KRZYSZTOF	305		WARSZAWA	POL	M40		M 0	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
233	KRÓL KONRAD	306		STARY SĄCZ	POL	M20		M 0	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
234	JABŁOŃSKI TOMASZ	307	INŻYNIERIA BIEGANIA TEAM	MARKŁOWICE	POL	M40		M 0	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
235	CZARNECKI PIOTR	335	TARCHOŚFIRY	WARSZAWA	POL	M30		M 0	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
236	MAJEWICZ GRZEGORZ	336		MIECHÓW	POL	M40		M 0	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
237	PĄNTAK SŁAWOMIR	337	21DAPLOT JAROSŁAW	BIAŁOBRZEGI	POL	M40		M 0	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
238	URBANOWICZ ŁUKASZ	339		KRKAÓW	POL	M40		M 0	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	9:29	6.3
239	JAKUSZEWSKI PAWEŁ	323		JAROSŁAW	POL	M30		M 0	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
240	STEMPKOWICZ JACEK	325		GORLICE	POL	M40		M 0	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
241	LUC ADAM	326	BIEGUSIEM.PL	RYKI	POL	M40		M 0	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
242	CHRUSCIEL MICHAŁ	354	FARTLEK GO	GORZYCE	POL	M30		M 0	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
243	DUDZIŃSKI PIOTR	355		RZESZÓW	POL	M30		M 0	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
244	WALASEK GRZEGORZ	342	BIEGUSIEM.PL	RYKI	POL	M40		M 0	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
245	GOŚCINIEWICZ PAWEŁ	343	ZIEMOWIT TEAM	KATOWICE	POL	M40		M 0	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
246	WIERZBICKI TOMASZ	353		BOGUCHWAŁA	POL	M40		M 0	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
247	KUŚ SŁAWOMIR	369		CZUDEK	POL	M30		M 0	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
248	JAKUBAS PAWEŁ	370	WPJ TEAM	WARSZAWA	POL	M40		M 0	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
249	SOBCZAK MIKOŁAJ	371	WYBIEGANI TEAM	SKÓRZEWO	POL	M40		M 0	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
250	SUMARA WOJCIECH	357	NIEZRZESZONY	BRZESKO	POL	M40		M 0			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	7:19	8.2
251	OPALIŃSKI TOMASZ	358		OSTRÓDA	POL	M50		M 0	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
252	PIGAN WIESŁAW	361	B B L-JAROSŁAW	SZÓWKO	POL	M40		M 0	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
253	BIESIĘKIEWSKI KRZYSZTOF	362	DRUŻYNA WILKA	OLSZTYN	POL	M40		M 0	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
254	NOWACZYK IGOR	363		WARSZAWA	POL	M40		M 0	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
255	SKOWRON RADOSŁAW	364		BALICE	POL	M40		M 0	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
256	ZAGÓRNY ROBERT	368	MBM KAZIMIERÓW	HALINÓW	POL	M40		M 0	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
257	ZIELIŃSKI DAMIAN	378	NOVA	PILAWA	POL	M30		M 0	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
258	WOŹNIAK ŁUKASZ	379	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
259	SUWEZDA JACEK	380		CZĘSTOCHOWA	POL	M50		M 0	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
260	NIEZGODA MARCIN	381	KKB MOSIR KROSNO	KROSNO	POL	M20		M 0	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
261	CZAPLA ARKADIUSZ	382		BYTOM	POL	M40		M 0	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
262	PRZYBYLSKI MARIUSZ	383	PGB SPORTOWA PACZKA	GLIWICE	POL	M40		M 0	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
263	ZBICIAK GRZEGORZ	384	ŁĘCZNA BIEGA	SPICZYN	POL	M40		M 0	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
264	DYSZKIEWICZ GRZEGORZ	390	KUTNO BIEGA	KUTNO	POL	M30		M 0	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
265	DALKA PAWEŁ	391	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M40		M 0	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
266	DUDEK ŁUKASZ	392		RZESZÓW	POL	M30		M 0	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
267	ADAMSKI BARTŁOMIEJ	366		MODLNICA	POL	M40		M 0	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
268	PIWŃSKI ADAM	405		GÓRA KALWARIA	POL	M30		M 0	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

**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	BUJAKOWSKI PATRYK	406		PROSZOWICE	POL	M40		M 0	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
270	CHORZĘPA MARIUSZ	408	TSA-SANDOMIERZ	SANDOMIERZ	POL	M40		M 0	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
271	RADYK JAKUB	410	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
272	STAŃKO PAWEŁ	396	BIESY I CZORTY	LUTOWISKA	POL	M40		M 0	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
273	DRAUS BORYS	398		KRASNE	POL	M30		M 0	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
274	PASIECZNY ROBERT	393	FARTLEK GO	GORZYCE	POL	M40		M 0	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
275	JARZEMBOWSKI TOMASZ	419	WYBIEGANI TEAM	PLEWISKA	POL	M30		M 0	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
276	DUC-SYPOSZ AURELIUSZ	420		WIELICZKA	POL	M40		M 0	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
277	ŚLIWIŃSKI ANDRZEJ	421		MIECHÓW	POL	M60		M 0	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
278	PRŪFER PAWEŁ	422		KOSIECZYN	POL	M40		M 0	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
279	IDZIOR TOMASZ	424		BRZEZINY	POL	M20		M 0	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
280	NOWAKOWSKI WIESŁAW	425	-	PRZEMYŚL	POL	M60		M 0	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
281	SZPINDA SEBASTIAN	460	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40		M 0	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
282	KOZIEŁ TADEUSZ	450	SZCZĘŚCIARZ BIEGA	RZESZÓW	POL	M20		M 0	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
283	KONOPACKI KRZYSZTOF	451	ABY DO METY	ZABKOWICE ŚLĄSKIE	POL	M40		M 0	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
284	KAJA ROBERT	466	WIELUŃ BIEGA	WIELUŃ	POL	M50		M 0	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
285	GŁOWACKI ANDRZEJ	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	LEGIONOWO	POL	M40		M 0	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
286	CURZYDŁO BOGDAN	469	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40		M 0	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
287	GAWLEWICZ TOMASZ	471	GAWĘŁKI TEAM	SANOK	POL	M40		M 0	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
288	SAMOSIEJ JAKUB	473	JUMP&FLY, KABATY	WARSZAWA	POL	M40		M 0	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
289	HALIŻAK NORBERT	474	WIELUŃ BIEGA	WIELUŃ	POL	M40		M 0	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
290	SWOROWSKI MACIEJ	464	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	M40		M 0	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
291	WOLSKI MARCIN	465	WOLSCY BROTHERS TRIATHLON TEAM	KRAKÓW	POL	M30		M 0	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
292	PABIJAŃCZYK DAMIAN	478		KRYNICZNO	POL	M30		M 0	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
293	BĘDŹKOWSKI MAREK	479	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	M50		M 0	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
294	MISZOGRAJ TOMASZ	480		WARSZAWA	POL	M30		M 0	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
295	KIRILENKO MARCIN	481		MARKI	POL	M40		M 0	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
296	SOKOŁOWSKI MAREK	5	ALPIN SPORT TEAM	MYSŁOWICE-WESOŁA	POL	M50		M 0	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
297	ZYSKOWSKI ANDRZEJ	524	GORDON MOTORYZACJA	OLSZTYN	POL	M40		M 0	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
298	JAMA RAFAŁ	525	WATER TEAM	TRZEBOWNIS KO	POL	M40		M 0	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
299	PAWŁOWSKI ARKADIUSZ	526	ROCK&RUN	WARSZAWA	POL	M30		M 0	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
300	PATRZYK JACEK	527		ŚWIĘTOCHŁÓWICE	POL	M40		M 0	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
301	SŁOWIKOWSKI DARIUSZ	529	WKURW_TEAM	WARSZAWA	POL	M30		M 0	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
302	ZIELONKA BOGUMIŁ	530	PKB ENDORFINA	PIOTRKÓW TRYB	POL	M40		M 0	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
303	CHODOROWSKI ARKADIUSZ	519	IPA PAŁAC MOSTOSKICH KOMENDA STOLECZNA POLICJI	ALEKSANDRÓW	POL	M30		M 0	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

**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
304	STAŃCZYK ŁUKASZ	532	WKURW_TEAM	WARSZAWA	POL	M30		M 0	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
305	RYŚIAWA MAREK	547	BEZ	MINSK MAZOWIECKI	POL	M40		M 0	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
306	LEWANDOWSKI PAWEŁ	538	SANDOMINGOTE AM	WARSZAWA	POL	M30		M 0	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
307	BURBLIS ŁUKASZ	539	BIEGING TEAM ZELÓW	ŁASK	POL	M30		M 0	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
308	OLEWICZ PIOTR	540	GINA STRZELCE OP	STRZELCE OP	POL	M40		M 0	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
309	PTASZYŃSKI WOJCIECH	543		FROMBORK	POL	M40		M 0	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
310	KONDZIOŁA KRZYSZTOF	544	STAY INSANE / PERFECT RUNNER LUBLIN	LUBLIN	POL	M30		M 0	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
311	BURZYŃSKI TOMASZ	545	-	JÓZEFOSŁAW	POL	M40		M 0	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
312	ROMAN PAWEŁ	546	KS BARAKUDA MINSK MAZOWIECKI	MINSK MAZOWIECKI	POL	M40		M 0	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
313	KOT KRZYSZTOF	550	MPK - RZESZÓW	RZESZÓW	POL	M40		M 0	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
314	DYDIO PIOTR	551	PID-MILL TEAM	SANOK	POL	M50		M 0	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
315	BIEL TOMASZ	552		KATOWICE	POL	M40		M 0	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
316	KRUBA MARCIN	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW	POL	M30		M 0	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
317	CHLEBIŃSKI MACIEJ	615	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30		M 0	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
318	ZAJĄC WOJCIECH	617	DŁUGOUCHY	USTRZYKI DOLNE	POL	M30		M 0	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
319	GUDOWSKI KRYSZTIAN	623		SANOK	POL	M30		M 0	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
320	ANDRZEJEWSKI PIOTR	624	RRT	WARSZAWA	POL	M30		M 0	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
321	KUSTROŃ ADAM	629	PULEX	KROSNO	POL	M50		M 0	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
322	OLEKSAK GRZEGORZ	630		BIAŁA PODLASKA	POL	M30		M 0	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
323	TOKARSKI RAFAŁ	626		KRAKÓW	POL	M40		M 0	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
324	SZCZYRBA ROBERT	631	LECZYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M30		M 0	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
325	KOWALCZYK MARIUSZ	632	WOLFPACK	ŻÓŁWIN	POL	M40		M 0	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
326	GŁÓWKA ALFRED	634	KARCZMA U FREDA	KĘDZIERZYN-KOZŁE	POL	M50		M 0	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
327	AMBICKI MIŁOSZ	635	WKURW_TEAM	RZESZÓW	POL	M30		M 0	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
328	ROŻNIATA ANDRZEJ	640	KS GŁÓWNO W BIEGU	GŁÓWNO	POL	M40		M 0	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
329	TOMASIK STANISŁAW	641	GORLICKA GRUPA BIEGOWA	SZYMBARK	POL	M30		M 0	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
330	ZAWADZKI BARTŁOMIEJ	643		PIEKARY ŚLĄSKIE	POL	M30		M 0		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	8:37	7
331	KUKUCZKA DOMINIK	622	KUKUCZKA	JAWORZYNKA	POL	M20		M 0		01:50:24	04:40:43				05:11:19.35	05:11:19.35	6:58	8.6
332	KIDA PAWEŁ	659		ŁOWISKO	POL	M20		M 0			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	4:40	12.9
333	SERAFIN ROBERT	660		GRYBÓW	POL	M40		M 0	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
334	TROJNAR DAMIAN	661	KS JANUSZE	ŁANCUT	POL	M30		M 0	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
335	ROGAŁA KRYSZTIAN	663	MTS HAMER	MIASTKO	POL	M30		M 0	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
336	RYCERSKI RAFAŁ	678		CZAPLINEK	POL	M30		M 0	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
337	STONOGA TOMASZ	679	KITE&RUN FAN	OZIMEK	POL	M40		M 0	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
338	PILECKI ADAM	680	STAŁOWE DZIKI	STAŁOWA WOLA	POL	M20		M 0	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
339	KWIECIEŃ KRZYSZTOF	668	4K TEAM TARNÓW	TARNÓW	POL	M40		M 0	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

**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
340	SŁONIEWSKI RAFAŁ	669	RMF4RT OCR	GDYNIA	POL	M30		M 0	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
341	LUBAŃSKI ROBERT	670		BUKOWICE	POL	M50		M 0	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
342	ZIAJA ADAM	672		SARNÓW	POL	M30		M 0	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	8:18	7.2
343	STACHURSKI PIOTR	673		JEDLNIA LETNISKO	POL	M30		M 0	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
344	JASNOWSKI MICHAŁ	675		WARSZAWA	POL	M30		M 0	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
345	IRZYK ROBERT	676		GIŁOWICE	POL	M30		M 0	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
346	BAĆMAGA JAN	666	JPII - MAZOWSZANY	KOWALA	POL	M40		M 0	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
347	KONOPKA BARTOSZ	682	TRÓJKA/ZWIEDZA NIE PRZEZ BIEGANIE	KRAKÓW	POL	M40		M 0	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
348	ZAKRZEWSKI MAREK	683	EKOBIEGI	WARSZAWA	POL	M40		M 0	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
349	KWIATKOWSKI KAJETAN	684	KUCE Z BRONKSU	GDAŃSK	POL	M30		M 0	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
350	TAJCHMAN JAROSŁAW	686		RZESZÓW	POL	M30		M 0	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
351	RUTA MIKOŁAJ	687		KRAKÓW	POL	M40		M 0	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
352	LUTEREK MICHAŁ	688		WARSZAWA	POL	M30		M 0	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
353	PIETROŃ BŁAŻEJ	689		WARSZAWA	POL	M20		M 0	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
354	STEFANIAK MACIEJ	690	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M30		M 0	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
355	TYMOSZUK MICHAŁ	691	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40		M 0	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
356	ADAMCZYK JAN	692	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M60		M 0	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
357	GRUCA RYSZARD	707		GRYBÓW	POL	M50		M 0	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
358	KARUŚ WALDEMAR	720	14 DAS IM. GEN.BRYG.WACŁ AWA WIECZORKIEWIC ZA	ORŁY	POL	M40		M 0	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
359	TUCZAPSKI ARTUR	721	COMBAT	RUDNA MAŁA	POL	M60		M 0	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
360	FELUCH KRZYSZTOF	722	ORA WARSZAWA	WARSZAWA	POL	M40		M 0	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
361	GIENIECZKO MARCIN	723		SUCHY DWÓR	POL	M40		M 0	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
362	RECZEK SEBASTIAN	724	KS ZIELONO-CZARNI	MIŃSK MAZOWIECKI	POL	M30		M 0	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
363	KARAŚ ŁUKASZ	725	EKIPA Z TARNOWA	TARNÓW	POL	M30		M 0	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
364	FRĄCZEK MACIEJ	726		PIASECZNO	POL	M40		M 0		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	7:59	7.5
365	KUTNIK MIROSLAW	727	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40		M 0	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
366	MAJONEK ARTUR	714	FITMAJON	WARSZAWA	POL	M30		M 0	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	9:34	6.3
367	KRZAK SZYMON	728	BIS AGH	CIESZYN	POL	M20		M 0	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
368	GOSZCZYŃSKI PIOTREK	733		CZĘSTOCHO WA	POL	M40		M 0	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
369	KOCZWARA TOMASZ	3		RADOMYŚL WIELKI	POL	M40		M 0	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
370	FŁOREK MICHAŁ	735	JW 6968	KRAKÓW	POL	M30		M 0	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
371	PIĘKOŚ MAREK	736		JEDLICZE	POL	M30		M 0	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
372	TUTAK DANIEL	737	FURIOSI POLANKA	KROSNO	POL	M40		M 0	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
373	SZWAJA MATEUSZ	738	OTK RZEŹNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20		M 0	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
374	ZIAJKA KAROL	739		RYMANÓW	POL	M20		M 0	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
375	MATYASZEK WALDEMAR	740		JASIEŃ	POL	M40		M 0	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

**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
376	BEREŚ ARKADIUSZ	741	STUDIO REBELL	RZESZÓW	POL	M30		M 0	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
377	KMAK SŁAWEK	706	PAPIKI	GRYBÓW	POL	M40		M 0	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
378	GARNCARZ PAWEŁ	742		WROCŁAW	POL	M40		M 0	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
379	GARNCARZ ADAM	743		WROCŁAW	POL	M20		M 0	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
380	PABIAN PAWEŁ	755	WALKABOUT TEAM	KRASNE	POL	M30		M 0	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
381	HRYSZKO ROBERT	747	POZYTYWNIEM ZABIEGANI SANOK	SANOK	POL	M50		M 0	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
382	PECIO KAMIL	748	PIASECZNO RUNNING	WARSZAWA	POL	M30		M 0	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
383	POLAŃSKI PAWEŁ	749	#KASZANIENAM OKA	GDAŃSK	POL	M30		M 0	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
384	GÓRALCZYK STANISŁAW	750	BUNGEE JUMPING 'MARIO'	HAJNÓWKA	POL	M50		M 0	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
385	WYSOKIŃSKI JERZY	753	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	BIAŁA PODLASKA	POL	M50		M 0	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
386	MORAWA MATEUSZ	754	LACHO TEAM	RADZISZÓW	POL	M40		M 0	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
387	MUCHA GRZEGORZ	744		CHŁOPICE	POL	M40		M 0	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
388	PIASNY PAWEŁ	746		GLIWICE	POL	M40		M 0	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
389	FALKOWSKI PIOTR	777	KS PEGAZ PIASECZNO	BRAK DANYCH	POL	M50		M 0	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
390	RENKIEL TOMASZ	758		GLIWICE		M40		M 0	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
391	KOPEĆ RAFAŁ	759		KRAKÓW		M20		M 0	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
392	KOSIERKIEWICZ GRZEGORZ	760		KIELCE		M40		M 0	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
393	MATYSEK IRENEUSZ	761		WAŁCZ		M60		M 0	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
394	DUCKI PIOTR	762		POLKOWICE		M30		M 0	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
395	WETHACZ DARIUSZ	763		CISNA		M30		M 0	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
396	DUDEK MICHAŁ	764		BĘDZIN		M40		M 0	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
397	ROJEK MACIEJ	693		KRAKÓW	POL	M30		M 0	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
398	KACZKIEWICZ DAMIAN	270	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
399	BIESZCZAD MATEUSZ	295	NOWY STYL GROUP RUNNING TEAM	WOJASZÓWK A	POL	M30		M 0	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
400	PIETRZYK WOJCIECH	365	LACHO TEAM	KRAKÓW	POL	M40		M 0	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
401	BARADZIEJ BARTŁOMIEJ	515	TERMINAL LOGISTYCZNY PROMONT	TYCHY	POL	M30		M 0	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
402	SZYK ARTUR	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	JAROSŁAW	POL	M40		M 0	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
403	SZAPAR PRZEMYSŁAW	732	BIEGAMINA. SCARPA	GDYNIA	POL	M40		M 0	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
404	CISZYŃSKI MAREK	42	START KATOWICE	KATOWICE	POL	M50		M 0	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
405	SZMUC JACEK	177		MYSZKÓW	POL	M40		M 0	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
406	MAZIEC DARIUSZ	188	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	NOWY TOMYŚL	POL	M30		M 0	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
407	KULDANEK MARCIN	204	DOGOŃ GRODZISK MAZOWIECKI	STANISŁAWÓ W	POL	M40		M 0	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
408	CHYLAŁ JAKUB	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	NOWY TOMYŚL	POL	M20		M 0	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

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

M-ce	Nazwisko i imię	Nr	Klub	M-sconość	Kraj	Kat.	M. kat	K/M	0.1km	18km	26.5km	34.2km	40.7km	Kar/Bon	Netto	Brutto	min/km	km/h
409	KALTENBERG JANUSZ	192		JAROSŁAW	POL	M50		M 0	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
410	SŁĘCZKA DAMIAN	193	BIOMEDYCYNIA SP. Z O.O. RZESZÓW	RZESZÓW	POL	M30		M 0	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
411	GŁUSZCZAK JERZY	194		ŁÓDŹ	POL	M60		M 0	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
412	KOSMĘDA PIOTR MICHAŁ	195		WARSZAWA	POL	M40		M 0	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
413	KOZŁOWSKI TOMASZ	197	PIASECZNO RUNNING	KONSTANCIN JEZIORNA	POL	M60		M 0	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
414	KLIMEK MATEUSZ	199		SZCZECIN	POL	M30		M 0	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
415	JURCZAK ROMAN	200		RZESZÓW	POL	M60		M 0	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
416	CYGAN LUKASZ	202	KLUB SPORTOWY HAJIME	KRAKÓW	POL	M30		M 0	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
417	KORBA MICHAŁ	214		WARSZAWA	POL	M40		M 0	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
418	BARAN WOJTEK	215	OKNOPLAST RUNNING TEAM	ZABAWA/WIE LICZKA	POL	M30		M 0	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
419	GOŁĄB MAREK	216	STAY INSANE	LUBLIN	POL	M30		M 0	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
420	BARAN ZBIGNIEW	208	(OB)LEŚNI BIEGACZE	KRAKÓW	POL	M30		M 0	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
421	LITWINEK MAREK	209	WKURW_TEAM	LUBARTÓW	POL	M30		M 0	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
422	KOŚCIAK JAN	210	DZIKIE MUSTANGI	PASZCZYNA	POL	M40		M 0	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
423	CZUBA MICHAŁ	251		LIGOTA ZAMECKA	POL	M30		M 0	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
424	BUKAŁA TOMASZ	254		WARSZAWA	POL	M30		M 0	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
425	MISKÓW MARCIN	308		ŻORY	POL	M30		M 0	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
426	MYGA MICHAŁ	310	HEARTLESS	KATOWICE	POL	M30		M 0	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
427	STACHYRA ANDRZEJ	312	LSB	LUBLIN	POL	M50		M 0	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
428	STACHYRA BARTŁOMIEJ	313		LUBLIN	POL	M20		M 0	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
429	BRZOZOWSKI LUKASZ	315	STEFAN TEAM	STAŁOWA WOLA	POL	M30		M 0	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
430	MARKIEWICZ RAFAŁ	316		WARSZAWA	POL	M40		M 0	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	CIESZKO MAREK	317	KW WARSZAWA	WARSZAWA	POL	M30		M 0	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
432	HAJDO ROBERT	319		BRZESKO	POL	M40		M 0	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
433	JAROSZ JARSZEWSKI MATEUSZ	320		WARSZAWA	POL	M30		M 0	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
434	WRÓBEL DOMINIK	321	AZS PWSZ KROSNO	JASŁO	POL	M40		M 0	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
435	KUREK STANISŁAW	327		KRAKÓW	POL	M40		M 0	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
436	ZWOLAK GRZEGORZ	328		JAROSŁAW	POL	M30		M 0	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
437	DZIRBA TOMASZ	332		NIEMCE	POL	M30		M 0	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
438	BŁAJSZCZAK KAROL	395	TSA	SANDOMIERZ	POL	M40		M 0	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
439	KOSZAŁKA MARCIN	385		BIELINIEC	POL	M20		M 0	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
440	DARCHUK OLEKSANDR	386		WĘGRZCE	POL	M40		M 0	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
441	BĄŁATKA KRZYSZTOF	389	AZS WSGK KUTNO	KUTNO	POL	M30		M 0	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
442	JĘDRZEJCZYK KONRAD	399		KRASNE	POL	M20		M 0	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
443	PISIGNAS MARIUSZ	400	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
444	MĘDRYGAŁ PIOTR	401	GJ GÓPR	MYSŁOWICE	POL	M30		M 0	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
445	ZIÓŁKOWSKI KRZYSZTOF	402	JA I ONA	GRUDZIĄDZ	POL	M30		M 0	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
446	KUCIŃSKI TOMASZ	403	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M40		M 0	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
447	GRANDA PAWEŁ	412	12 DAPLOT JAROSŁAW	ZARZECZE	POL	M30		M 0	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
448	JANOTA MARCIN	413	CREADIS	KRAKÓW	POL	M30		M 0	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
449	BOROWSKI IGOR	431	MAKONDO TEAM	ZAMOŚĆ	POL	M30		M 0	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
450	TOKARZ MARCIN	434		LIBERTÓW	POL	M40		M 0	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

**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
451	MIROŚLAW ALBERT	442	VV TEAM	LUBLIN	POL	M40		M 0	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
452	OSZCZĘDA KRZYSZTOF	443	ZARAZIĆ PASJĄ	ŻORY	POL	M40		M 0	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
453	WOJTOWICZ DANIEL	444	NAUKA BIEGA	USTRZYKI DOLNE	POL	M40		M 0	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
454	REJ MIROŚLAW	445	M&T WYJADACZE PARÓWKÓW	MIELEC	POL	M30		M 0	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
455	DZIUMAK JAKUB	487		WARSZAWA	POL	M20		M 0	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
456	OCHYRA KONRAD	488		LESKO	POL	M20		M 0	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
457	ŁOPOKA PRZEMYSŁAW	757	ABY DO METY	ZIĘBICE	POL	M20		M 0	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
458	OŻANA BARTOSZ	489	NIGHT RUNNERS	POZNAŃ	POL	M20		M 0	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
459	KOWALICKI MARCIN	502	BIEGAM BO	GORNO	POL	M20		M 0			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	8:51	6.8
460	BARWINEK ROBERT	503	MOGĘ BIEGNĘ ŻEBY BARTEK MOGŁ BIEGAĆ	KIELCE	POL	M30		M 0	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
461	JENERALSKI MIŁOSZ	495	FREE PALESTINE	TUCHOLA	POL	M40		M 0	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
462	KUREK MARIUSZ	496	MARATOŃCZYK	DĘBICA	POL	M40		M 0	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
463	KRĘŻALEK MARCIN	497		WIETRZNO	POL	M20		M 0	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
464	PAWLIKOWSKI BOGUSŁAW	498	DZIKIE ŻYCIE	KATOWICE	POL	M50		M 0	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
465	KOWALCZYK DANIEL	500	EXTREME TRAUMA TEAM	BIELSKO-BIAŁA	POL	M30		M 0	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
466	KULIBERDA TOMASZ	501	TEATR O.DE.LA	RZESZÓW	POL	M40		M 0	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
467	PAWŁOWSKI PIOTR	491	PRZEMYSŁ BEARS	KRASICZYN	POL	M30		M 0	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
468	KUREK MICHAŁ	507		DĘBICA	POL	M30		M 0	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
469	SUBIRATS CRISTIAN	508		LODZ	ESP	M30		M 0	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
470	ŁANIEWSKI ŁUKASZ	509	PSZCZÓŁKOWSKI TEAM	OLSZTYN	POL	M30		M 0	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
471	CĘCELEWSKI JAROSŁAW	510		CISIE	POL	M40		M 0	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
472	JĘDRZEJCZYK TOMASZ	512	CHYBA NIE DAM RADY	KRAKÓW	POL	M40		M 0	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
473	DZIEWA PRZEMYSŁAW	514	SUPERIOR INDUSTRIES	BRANDWICA	POL	M40		M 0	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
474	BLACHA JAROSŁAW	517		BIŁGORAJ	POL	M30		M 0	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
475	WRÓBEL STANISŁAW	518	AZS UMED ŁÓDŹ - RUNNING TEAM	CZARNKÓW	POL	M20		M 0	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
476	BIALOWĄS TOMASZ	520	STAJNIA BALONA	RZESZÓW	POL	M30		M 0	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
477	MYŚLIWIEC ROBERT	522	WILD & FREE	RZESZÓW	POL	M30		M 0	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
478	SOBCZAK HENRYK	523	S.H.T I UKS GIMPEL NOWY TARG	NOWY TARG	POL	M30		M 0	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
479	WIŚNIEWSKI DOMINIK	647		WARSZAWA	POL	M30		M 0	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
480	KRÓL MICHAŁ	648		NOWY JADÓW	POL	M30		M 0	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
481	KULIGA SŁAWOMIR	650	POSMAKUJ RUN TEAM	KROSNO	POL	M30		M 0	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
482	KOSTKA JANUSZ	637	POSMAKUJ RUN TEAM	SZCZEPAŃCOWA	POL	M50		M 0	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
483	BARAN BERNARD	665	OCR TEAM	DĘBICA	POL	M40		M 0	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
484	GWIZDAK BARTOSZ	652	PIJEBIMBERNONS TOP	BOGUCHWAŁA	POL	M30		M 0	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
485	DYREK MICHAŁ	653	MOK MSZANA DOLNA	MSZANA GÓRNA	POL	M30		M 0	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
486	SIEMIĘNCZUK ROBERT	654		WARSZAWA	POL	M40		M 0	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
487	JABŁOŃSKI KAZIMIERZ	657		PRĄDY	POL	M60		M 0	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

**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
488	DWORAK ADAM	658	TAJFUN	BĘDZIN	POL	M40		M 0	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
489	BERDYCHOWSKI KRZYSZTOF	765	FESTIWAL BIEGOWY	WARSZAWA		M50		M 0	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
490	MĄCZKA BRONISŁAW	767		GLIWICE		M60		M 0	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
491	JANOWSKI BOGDAN	768		WARSZAWA		M50		M 0	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
492	ZGÓRSKI GRZEGORZ	769	NIGHT RUNNERS	GLIWICE		M40		M 0	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
493	GUZIK ŁUKASZ	771		ŁYSOKANIE		M30		M 0	00:01:25	01:41:45	02:35:49	03:19:06			04:26:34.30	04:26:34.30	5:58	10
494	RÓŻYCKI RYSZARD	772		ZAGÓRZ		M60		M 0	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
495	PELA DARIUSZ	535	TMT TORUŃ	TORUŃ	POL	M30		M 0	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
496	BILSKI PIOTR	561	TĘCZA	WARSZAWA	POL	M30		M 0	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
497	PORĘBA EUGENIUSZ	695		MIECHÓW	POL	M50		M 0	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
498	WŁOCH SŁAWOMIR	241		KROSNO	POL	M40		M 0	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
499	BRENDZOWSKI ADAM	69	SOLINATEAM / RUNONLINETEAM	POLAŃCZYK	POL	M30		M 0	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
500	KOBYLIŃSKI MARIUSZ	79	SST LUBCZA	WOLA ZGŁOBIEŃSKA	POL	M30		M 0	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
501	STEPANCZENKO RAFAŁ	112	BIAŁYSTOK BIEGA TEAM	BIAŁYSTOK	POL	M30		M 0	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
502	CWOJDZIŃSKI PIOTR	228	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	M40		M 0	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
503	NIEDZIELA MARCIN	292	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40		M 0	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
504	KLAMUT RYSZARD	333	JABŁONICA POLSKA	JABŁONICA POLSKA	POL	M60		M 0	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
505	ADAMCZAK MICHAŁ	454	BIEGAJ BEZ KOŃCA	MIELEC	POL	M30		M 0	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
506	GAWROŃSKI KAMIL	542	BIEGING TEAM ZELÓW	ZELÓW	POL	M20		M 0	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
507	JANIK MICHAŁ	597	POSZŁA CZOŁGIEM	WARSZAWA	POL	M40		M 0	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
508	KRAUZE TOMASZ	621	GB WROCŁAWSKIE MORSY	WROCŁAW	POL	M50		M 0	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
509	GRABIEC MARCIN	627		KOLBUSZOWA	POL	M30		M 0	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
510	MARUKIEWICZ MAREK	628	BIEGAMDLAZDROWIA.PL	JEŻÓW SUDECKI	POL	M30		M 0	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
511	JĘDRZEJCZYK ROBERT	677	CHYBA NIE DAM RADY	PODŁĘŻE	POL	M40		M 0	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
512	CZYRNIA ANDRZEJ	681	RAJSPOORT ACTIVE (TURAWA)	TURAWA	POL	M30		M 0	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
513	STASZEL ŁATAS TOMASZ	477	HUSARIA RECE TEAM	JADOWNIKI	POL	M30		M 0	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
514	MĄKA SŁAWOMIR	493	STARGLASS TEAM OSTROŁĘKA	OSTROŁĘKA	POL	M50		M 0	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
515	JAKUBOWSKI JAKUB	505	NASTUKOŁKI	RZESZÓW	POL	M30		M 0	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
516	GAWRON MARCIN	521	ROOKS TEAM / IDEO ACTIVE TEAM	NOWY BOREK	POL	M30		M 0	00:00:47	01:36:51	02:28:43	03:17:46			04:25:17.25	04:25:17.25	5:56	10.1
517	ZNAMIEC MARCIN	563	IPA PAŁAC MOSTOWSKICH KSP	WARSZAWA	POL	M40		M 0	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
518	KOPER JACEK	756		ALEKSANDRÓW ŁÓDZKI	POL	M40		M 0	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

**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
519	PANTOŁ MIROSLAW	149		RZESZÓW	POL	M40		M 0	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
520	SOBIECH MARCIN	373	GO GARWOLIN:D	GARWOLIN	POL	M30		M 0	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
521	KĘPKA ANDRZEJ	374	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	M50		M 0	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
522	BIEL ŁUKASZ	376		WARSAW	POL	M30		M 0	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
	UNIEJEWSKI TOMASZ	573	UMBA	KATOWICE	POL	M40			00:01:17 DNF	02:03:02 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	-	-
	DUDA PAWEŁ	106		JEDLICZE	POL	M30			DNF	DNF	03:50:46 DNF	DNF	DNF		DNF	DNF	-	-
	PACANOWSKI ŁUKASZ	247	PARA-NIE-DO-PA RY	PORĘBA	POL	M30			00:02:17 DNF	02:25:14 DNF	DNF	DNF	DNF		DNF	DNF	-	-
	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, 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	KALISZ KAROLINA	564	WKURW_TEAM	KAMIĘNCZYK	POL	K20		K 0	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
2	STEC IWONA	237		WILKOWICE	POL	K20		K 0	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
3	KARAŚ SYLWIA	461		IWONICZ-ZD RÓJ	POL	K20		K 0	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
4	WĄSOWICZ MAGDALENA	560	HUSARIA RACE TEAM	OPOLE	POL	K20		K 0	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
5	WĄSIK KORNELIA	662	BIEGUSIEM.PL	KŁOCZEW	POL	K20		K 0	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
6	KŁOSOWICZ MONIKA	671		WROCŁAW	POL	K20		K 0	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
7	BIERNAT AGNIESZKA	745	KOSMICZNE MUMINKI	WARSZAWA	POL	K20		K 0	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
8	KSYTA MARTYNA	486	X-MEN	KOŃSKIE	POL	K20		K 0	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

**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	WITEK KAMIL	558	HUSARIA RACE TEAM	FALMIROWIC E	POL	M20		M 0	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
2	NIEGOWSKI TOMASZ	580		KRAKÓW	POL	M20		M 0	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
3	KADZIK MARCIN	583	KTT	ZAKOPANE	POL	M20		M 0	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
4	BEDRYJ MATEUSZ	604	42 DO SZCZĘŚCIA	MEŁNO	POL	M20		M 0	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
5	SKRZYPEK MATEUSZ	606		BRZEŹNICA	POL	M20		M 0	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
6	SIENKIEL DOMINIK	607		WĘGRZCE	POL	M20		M 0	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
7	CZECH MATEUSZ	610	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20		M 0	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
8	JENDRYCH ARTUR	701	BIEGAJACY ŚWIDNIK	ŚWIDNIK	POL	M20		M 0	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
9	PERENC MICHAŁ	110	HUSARIA RACE TEAM	JAROSŁAW	POL	M20		M 0	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
10	WARZYCHA DAWID	122	PKP INTERCITY	BYTOM	POL	M20		M 0	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
11	JÓZEFOWSKI KAROL	226		NOWY TOMYŚL	POL	M20		M 0	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
12	ORŁOWSKI ANDRZEJ	227	POTRENUJEMY?	CEZARYN	POL	M20		M 0	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
13	WISZ PIOTR	261		RZESZÓW	POL	M20		M 0	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
14	CHODAKOWSKI KACPER	275	OSTROBIEC	ĆMIELÓW	POL	M20		M 0		02:33:20	04:04:49	05:12:50	06:09:34		06:42:11.75	06:42:11.75	9:01	6.7

**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
15	KRÓL KONRAD	306		STARY SĄCZ	POL	M20		M 0	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
16	NIEZGODA MARCIN	381	KKB MOSIR KROSNO	KROSNO	POL	M20		M 0	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
17	IDZIOR TOMASZ	424		BRZEZINY	POL	M20		M 0	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
18	KOZIEŁ TADEUSZ	450	SZCZĘŚCIARZ BIEGA	RZESZÓW	POL	M20		M 0	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
19	KUKUCZKA DOMINIK	622	KUKUCZKA	JAWORZYŃK A	POL	M20		M 0		01:50:24	04:40:43				05:11:19.35	05:11:19.35	6:58	8.6
20	KIDA PAWEŁ	659		ŁOWISKO	POL	M20		M 0			02:02:47	02:36:28	03:10:27		03:28:10.35	03:28:10.35	4:40	12.9
21	PILECKI ADAM	680	STALOWE DZIKI	STALOWA WOLA	POL	M20		M 0	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
22	PIETROŃ BŁAŻEJ	689		WARSZAWA	POL	M20		M 0	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
23	KRZAK SZYMON	728	BIS AGH	CIESZYN	POL	M20		M 0	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
24	SZWAJA MATEUSZ	738	OTK RZĘŻNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20		M 0	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
25	ZIAJKA KAROL	739		RYMANÓW	POL	M20		M 0	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
26	GARNCARZ ADAM	743		WROCŁAW	POL	M20		M 0	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
27	KOPEĆ RAFAŁ	759		KRAKÓW	POL	M20		M 0	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
28	CHYLAK JAKUB	189	AERODYNAMIKA SŁOIKA PO OGÓRKACH	NOWY TOMYŚL	POL	M20		M 0	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
29	STACHYRA BARTŁOJEW	313		LUBLIN	POL	M20		M 0	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
30	KOSZAŁKA MARCIN	385		BIELINIEC	POL	M20		M 0	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
31	JĘDRZEJCZYK KONRAD	399		KRASNE	POL	M20		M 0	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
32	DZIUMAK JAKUB	487		WARSZAWA	POL	M20		M 0	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
33	OCHYRA KONRAD	488		LESKO	POL	M20		M 0	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
34	ŁOPOKA PRZEMYSŁAW	757	ABY DO METY	ZIĘBICE	POL	M20		M 0	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
35	OŻANA BARTOSZ	489	NIGHT RUNNERS	POZNAŃ	POL	M20		M 0	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
36	KOWALICKI MARCIN	502	BIEGAM BO MOGĘ	GORNO	POL	M20		M 0			03:40:32	04:56:29	05:56:04		06:35:08.00	06:35:08.00	8:51	6.8
37	KRĘŻAŁEK MARCIN	497		WIETRZNO	POL	M20		M 0	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
38	WRÓBEL STANISŁAW	518	AZS UMED ŁÓDŹ - RUNNING TEAM	CZARNKÓW	POL	M20		M 0	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
39	GAWROŃSKI KAMIL	542	BIEGING TEAM ZELÓW	ZELÓW	POL	M20		M 0	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

**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	WALCZYŃSKA KAROLINA	29	RUNHOGS TYCHY	TYCHY	POL	K30		K 0	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
2	SAMBORSKA WERONIKA	62	NOWY STYL GROUP RUNNING TEAM	BRZYSKA	POL	K30		K 0	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
3	RÓŻYCKA DOROTA	1170	NOWY STYL GROUP RUNNING TEAM	JASŁO	POL	K30		K 0	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
4	KULIK KATARZYNA	99	NIGHT RUNNERS GLIWICE	BYTOM	POL	K30		K 0	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
5	PIOTROWICZ MAŁGORZATA	102	INFINITY GYM	PROSZOWICE	POL	K30		K 0	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
6	JASŁOWSKA JUSTYNA	94	POSMAKUJ RUN TEAM	JEDLUCZE	POL	K30		K 0	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
7	SIEMIĄTKOWSKA KATARZYNA	455		POZNAŃ	POL	K30		K 0	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
8	WAŁACH-BIŚTA ZUZANNA	458		KATOWICE	POL	K30		K 0	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
9	LATO-KSIĄŻEK KAROLINA	459	LUBLIN BIEGA	LUBLIN	POL	K30		K 0	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
10	SZALACHA KATARZYNA	576		RZESZÓW	POL	K30		K 0	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

**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
11	GWIZDAK JUSTYNA	577	WATER TEAM	RZESZÓW	POL	K30		K 0	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
12	SZUMNA ALEKSANDRA	600	MONKEYS' TEAM	KRAŚNIK	POL	K30		K 0	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
13	SIKORA-KOŁODZIEJ IRMINA	601	BIESY I CZORTY	PRZEMYSŁ	POL	K30		K 0	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
14	MARONDEL KATARZYNA	619	FESTIWAL BIEGOWY	BYTOM	POL	K30		K 0	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
15	KWAPIEŃ KAROLINA	605	VEGE RUNNERS	BIAŁA PODLASKA	POL	K30		K 0	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
16	DUNIEC MAŁGORZATA	206	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30		K 0	00:02:03	02:30:09	06:32:03				07:11:22.75	07:11:22.75	9:40	6.2
17	BONDARA SYLWIA	1	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30		K 0	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
18	ADAMCZAK BARBARA	568	SMPZ 'TRAVOIS'	KATOWICE	POL	K30		K 0	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
19	HEBDA-OLSZÓWKA ALEKSANDRA	51	NIGHT RUNNERS GLIWICE	CHORZÓW	POL	K30		K 0	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
20	SZYMAŃSKA JOLANTA	59		KIELCE	POL	K30		K 0	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
21	ŻAK OLIWIA	66	PIASECZNO RUNNING	JASTRZĘBIE	POL	K30		K 0	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
22	BAŁA BOŻENA	81		GRABINY	POL	K30		K 0	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
23	KORZENIOWSKA JOANNA	129	UMCS BIEGA	LUBLIN	POL	K30		K 0	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
24	BAK AGATA	125	BUSHIDO CENTRUM	SOBIENIE JEZIORY	POL	K30		K 0	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
25	KOWALIK ANNA	130	UMCS BIEGA	ŁADA	POL	K30		K 0	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
26	ZAWADZKA MAGDALENA	143	AKS POLONIA WARSZAWA/TEAM ZABIEGANIE DNI	WARSZAWA	POL	K30		K 0	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
27	KRAWCZAK PAULINA	144	BIEGUSIEM.PL	DĘBLIN	POL	K30		K 0	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
28	WITKOWSKA BEATA	156		GDAŃSK	POL	K30		K 0	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
29	TREPKA AGNIESZKA	163		CRAWLEY	GBR	K30		K 0	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
30	BOBER ANNA	265		OSTROWIEC ŚWIĘOKRZY SKI	POL	K30		K 0	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
31	BIESZCZAD ILONA	296		WOJASZÓWK A	POL	K30		K 0	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
32	KIELTYKA AGNIESZKA	284		RYKI	POL	K30		K 0	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
33	CHUDA ANETA	301		WROCLAW	POL	K30		K 0	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
34	SIWCZUK ALEKSANDRA	302		WARSZAWA	POL	K30		K 0	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
35	KAMIENIARZ MARIA	387		POZNAŃ	POL	K30		K 0	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
36	HANDERMANDER AGNIESZKA	394		USTRYKI DOLNE	POL	K30		K 0	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
37	BURANDT MAGDALENA	423	3LIFE TEAM	OLSZTYN	POL	K30		K 0	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
38	GAWLEWICZ KRYSZYNA	470	GAWELKI TEAM	SANOK	POL	K30		K 0	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
39	KOWALEWSKA IZABELA	475	PIASECZNO RUNNING	PIASECZNO	GBR	K30		K 0	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
40	DUBYNA MARIIA	506	MIA	KRAKOW	POL	K30		K 0	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
41	KOMISARCZYK ANNA	537	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30		K 0	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
42	LEWANDOWSKA OLGA	541		WARSZAWA	POL	K30		K 0	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
43	NIEMCZAK BARBARA	616	IPA PAŁAC MOSTOWSKICH	PIASECZNO	POL	K30		K 0	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
44	KRUSZEWSKA EMILIA	674		GDAŃSK	POL	K30		K 0	00:00:46	02:39:54	04:20:40		06:55:06		07:38:11.55	07:38:11.55	10:16	5.8
45	KRZAK DOMINIKA	730		WROCLAW	POL	K30		K 0	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
46	KRENZEL REGINA	734		JAROSŁAW	POL	K30		K 0	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
47	SZABŁOWSKA IWONA	731	STRASZYN ULTRA TEAM	JUSZKOWO	POL	K30		K 0		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	7:43	7.8

**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
48	KOŁACKA MARTYNA	176		WODZISŁAW ŚLĄSKI	POL	K30		K 0	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
49	ŁYSUNIAK-STRAUCH ALEKSANDRA	207	DOGOŃ GRODZISK MAZOWIECKI	GRODZISK MAZOWIECKI	POL	K30		K 0	00:02:03	02:30:11	06:32:03				07:11:22.80	07:11:22.80	9:40	6.2
50	PAWŁOWSKA ELŻBIETA	298	NOWY STYL RUNNING TEAM	JEDLICZE	POL	K30		K 0	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
51	KOPROWICZ EWELINA	322	JAROSŁAWSKA GRUPA BIEGOWA	JAROSŁAW	POL	K30		K 0	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
52	MYGA ANNA	311	HEARTESS	KATOWICE	POL	K30		K 0	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
53	MAZURKIEWICZ JOLANTA	490	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	BYCHAWA	POL	K30		K 0	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
54	KOCZUR KAMILA	504		WARSZAWA	POL	K30		K 0	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
	KLISZ AGA	18		LUBLIN	POL	K30			00:01:56 DNF	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	-	-

**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	DĄBROWICZ JAKUB	548		KOMORNIKI	POL	M30		M 0	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
2	JĘDZURA DANIEL	22	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
3	PARTYKA MICHAŁ	30		RZESZÓW	POL	M30		M 0	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
4	ŁĘCKI PIOTR	32	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
5	SOLICH PATRYK	35	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
6	DYREK MATEUSZ	566		MSZANA GÓRNA	POL	M30		M 0	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
7	URBAŃCZYK MARCIN	28	PERSONALTRIATHLON/TRINERGY	NOWY DWÓR MZAOWIECKI	POL	M30		M 0	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
8	POPIOŁEK JACEK	95	BIEGYSIEM.PL/LOSTINSPO	GAŚIORY	POL	M30		M 0	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
9	SZADKOWSKI PAWEŁ	26	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30		M 0	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
10	ADAMCZEWSKI JAKUB	231	NIGHT RUNNERS / NBR TEAM	POZNAŃ	POL	M30		M 0	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
11	FORJASZ PRZEMYSŁAW	97		RZESZÓW	POL	M30		M 0	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
12	SZAPORÓW ŁUKASZ	100	INFINITY-GYM	PROSZOWICE	POL	M30		M 0	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
13	BOCHENEK MICHAŁ	101	INFINITY GYM	PROSZOWICE	POL	M30		M 0	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
14	KOCZUR JAKUB	429	NOWA HUTA TEAM	KRAKÓW	POL	M30		M 0	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
15	RYGLEWICZ TOMASZ	427	NIGHT RUNNERS	JEDLICZE	POL	M30		M 0	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
16	CEBULA PAWEŁ	418	CREADIS	KRAKOW	POL	M30		M 0	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
17	DYSZKIEWICZ TOMASZ	436	KUTNO BIEGA	KUTNO	POL	M30		M 0	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
18	SIKORA TOMASZ	453	RACE BROTHERS	ZGŁOBICE	POL	M30		M 0	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
19	MIKOLAJCZYK ŁUKASZ	557		CZELADŹ	POL	M30		M 0	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
20	KOWALCZYK ALEKSANDER	559		DZIAŁOSZYCE	POL	M30		M 0	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
21	FIGLEWICZ PIOTR	572		MYŚLENICE	POL	M30		M 0	00:03:26	01:45:35	02:40:48	03:20:26			04:21:25.10	04:21:25.10	5:51	10.2
22	GALIŃSKI KAMIL	578	ABY DO METY	KRĘPICE	POL	M30		M 0	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
23	ŻMUDZIEJEWSKI JAKUB	587	WM TRISELF	KRAKÓW	POL	M30		M 0	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

**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
24	GWIZDŹ GRZEGORZ	590		RZESZÓW	POL	M30		M 0	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
25	MŁODZIK DARIUSZ	592	HUSARIA RACE TEAM	ŁĄCZANY	POL	M30		M 0	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
26	KALBARCZYK WOJCIECH	602	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30		M 0	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
27	KRÓLAK SEBASTIAN	594		KRAKÓW	POL	M30		M 0	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
28	WILECZEK ANTONI	618		JUROWCE	POL	M30		M 0	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
29	STRZAŁKA DOMINIK	608		BRZEŹNICA	POL	M30		M 0	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
30	STACH DARIUSZ	709	KOSMOLÓW TEAM	OLKUSZ	POL	M30		M 0	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
31	RUSINEK WITOSŁAW	696	SHOOTIT	RZESZÓW	POL	M30		M 0	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
32	MILEWICZ MAREK	704	KUCE Z BRONKSU	GDAŃSK	POL	M30		M 0	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
33	POPIEL ANDRZEJ	705	POSMART.PL	KRAKÓW	POL	M30		M 0	00:00:33	01:31:26	02:23:04	03:16:43			04:26:30.00	04:26:30.00	5:58	10
34	ZUCHOWSKI DANIEL	770	MUAY RUNNING TEAM	KRAKÓW	M30			M 0	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
35	KUDŁAK PAWEŁ	567	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
36	PASTUŁA ŁUKASZ	10		KOLBUSZOW A	POL	M30		M 0	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
37	ZUREK PAWEŁ	15		HULL	GBR	M30		M 0	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
38	KALINOWSKI ŁUKASZ	16		WARSZAWA	POL	M30		M 0	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
39	NIERADA MARCIN	43		KATOWICE	POL	M30		M 0	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
40	ROHAN ŁUKASZ	44	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
41	GAWORECKI TOMASZ	47	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M30		M 0	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
42	SZYSZŁO TOMASZ	53	POZYTYWNE ZABIEGANI SANOK / RUN ENERGY CLUB	SANOK	POL	M30		M 0	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
43	ŁAKOMY TOMASZ	45	DACZA TURYSTY I BIEGACZA ZAKOPANE	OLESZYCE	POL	M30		M 0	00:00:57	01:37:24	02:29:26	03:15:25			04:23:05.55	04:23:05.55	5:53	10.2
44	JÓZWIAK RAFAŁ	68		WARSZAWA	POL	M30		M 0	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
45	KRZYŻEWSKI ROGER	61		KRAKÓW	POL	M30		M 0	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
46	NALAZEK MARCIN	67	PIASECZNO RUNNING	WARSZAWA	POL	M30		M 0	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
47	SARKA BARTŁOMIEJ	86		RABKA-ZDRÓJ	POL	M30		M 0	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
48	KOSIN PAWEŁ	75	KLUB BIEGAJĄCYCH LEŚNIKÓW	KIELCE	POL	M30		M 0	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
49	SĄDEJ MARCIN	89	STALOWE DZIKI	STALOWA WOLA	POL	M30		M 0	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
50	BAŁCHAN KRZYSZTOF	77	CPR RZESZÓW	CZUDEC	POL	M30		M 0	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
51	BERNAŚ DARIUSZ	82	BSCZADY	WETLINA	POL	M30		M 0	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
52	PARWA MICHAŁ	83	@BIEGIEMNAROWER	DZIEKANOWICE	POL	M30		M 0	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
53	KWIATKOWSKI MICHAEL	56		KRAKÓW	POL	M30		M 0	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
54	FREJ MARCIN	90	ZABIEGANI.TV	WARSZAWA	POL	M30		M 0	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
55	POTONIEC GRZEGORZ	117	RODZEŃSTWO	WARSZAWA, LIMANOWA	POL	M30		M 0	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
56	KRAWCZAK KAMIL	120	BIEGUSIEM.PL	DĘBLIN	POL	M30		M 0	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
57	PIĄTEK RAFAŁ	123	BEFIT24TEAM	KRAKÓW	POL	M30		M 0	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

**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
58	ZIMAK SEBASTIAN	124	SANOK RUBBER RUNNING	POSADA ZARZYZYNSKA	POL	M30		M 0	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
59	KIERNICKI ŁUKASZ	140	FUN&RUN	CZUDEK	POL	M30		M 0	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
60	GIERULA PIOTR	137	GREINPLAST RZESZÓW	RZESZÓW	POL	M30		M 0	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
61	BUSZ JACEK	146		RZESZOW	POL	M30		M 0	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
62	FUS MACIEJ	148		RZESZÓW	POL	M30		M 0	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
63	ŁUKASIAK ADAM	152	ADAM ŁUKASIAK	WARSZAWA	POL	M30		M 0	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
64	KARKUT MICHAŁ	162	FUN&RUN	ZABORÓW	POL	M30		M 0	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
65	MENDYKA ŁUKASZ	171	KB AKTYWNI ŚRODA WLKP.	ŚRODA WLKP.	POL	M30		M 0	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
66	MIERZYŃSKI RAFAŁ	172	BIEGING TEAM ZELÓW	ZELÓW	POL	M30		M 0	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
67	WNUK NORBERT	174	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
68	WŁODEK MATEUSZ	184		POZNAN	POL	M30		M 0	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
69	JANECKA ARTUR	239	BIEGING TEAM ZELÓW	ŁASK	POL	M30		M 0	00:02:07	01:37:01	02:29:05	03:15:20			04:24:40.05	04:24:40.05	5:56	10.1
70	GOŹDZIENIAK SOBIESŁAW	229	KW KOTŁOWNIA	LUBLIN	POL	M30		M 0	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
71	CICHORACKI PATRYK	230	NIGHT RUNNERS	GRUDZIĄDZ	POL	M30		M 0	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
72	DELEKTA DARIUSZ	235	DELNOVA	ŁOWISKO	POL	M30		M 0	00:01:40	01:39:16	02:33:08	03:17:25			04:20:11.20	04:20:11.20	5:50	10.3
73	JANICKI TOMASZ	222	21DAPLOT	JAROSŁAW	POL	M30		M 0	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
74	KIMMER JAKUB	238	BIEGING TEAM ZELÓW	ZELÓW	POL	M30		M 0	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
75	AGRES PAWEŁ	217	KW KOTŁOWNIA	LUBLIN	POL	M30		M 0	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
76	BEDNARCZYK JAKUB	249	MATE MOUNTAINS	LUBARTÓW	POL	M30		M 0	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
77	DZIERŁĘGA PIOTR	255	PILZNO	PILZNO	POL	M30		M 0	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
78	OKARMA WOJTEK	279	WWW.VIRTUTIMILITARI.PL	JASŁO	POL	M30		M 0	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
79	GRĘBOWIEC MATEUSZ	282	TSA SANDOMIERZ	SANDOMIERZ	POL	M30		M 0	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
80	BARAN MATEUSZ	283	GORLIKA GRUPA BIEGOWA	SZYMBARK	POL	M30		M 0	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
81	MACHNICKI RAFAŁ	285		RYKI	POL	M30		M 0	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
82	ŁUKASIK MICHAŁ	286	VELOBIKE SKLEP I SERWIS	BUSKO-ZDROJ	POL	M30		M 0	00:00:47	01:37:17	02:30:38	03:16:34			04:23:38.65	04:23:38.65	5:54	10.2
83	JANICKI PATRYK	288	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
84	ZABŁOTNY KAROL	304	TARCHOŚFIRY	WARSZAWA	POL	M30		M 0	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
85	CZARNECKI PIOTR	335	TARCHOŚFIRY	WARSZAWA	POL	M30		M 0	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
86	JAKUSZEWSKI PAWEŁ	323		JAROSŁAW	POL	M30		M 0	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
87	CHRUŚCIEL MICHAŁ	354	FARTLEK GO	GORZYCE	POL	M30		M 0	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
88	DUDZIŃSKI PIOTR	355		RZESZÓW	POL	M30		M 0	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
89	KUŚ SŁAWOMIR	369		CZUDEK	POL	M30		M 0	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
90	ZIELIŃSKI DAMIAN	378	NOVA	PILAWA	POL	M30		M 0	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
91	WOŹNIAK ŁUKASZ	379	PORANNY PATROL	KRAKÓW	POL	M30		M 0	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
92	DYSZKIEWICZ GRZEGORZ	390	KUTNO BIEGA	KUTNO	POL	M30		M 0	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
93	DUDEK ŁUKASZ	392		RZESZÓW	POL	M30		M 0	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
94	PIWŃSKI ADAM	405		GÓRA KALWARIA	POL	M30		M 0	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
95	RADYK JAKUB	410	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	M30		M 0	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
96	DRAUS BORYS	398		KRASNE	POL	M30		M 0	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
97	JARZEMBOWSKI TOMASZ	419	WYBIEGANI TEAM	PLEWISKA	POL	M30		M 0	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
98	WOLSKI MARCIN	465	WOLSCY BROTHERS TRIATHLON TEAM	KRAKÓW	POL	M30		M 0	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

**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
99	PABIJAŃCZYK DAMIAN	478		KRYNICZNO	POL	M30		M 0	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
100	MISZOGRAJ TOMASZ	480		WARSZAWA	POL	M30		M 0	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
101	PAWŁOWSKI ARKADIUSZ	526	ROCK&RUN	WARSZAWA	POL	M30		M 0	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
102	SŁOWIKOWSKI DARIUSZ	529	WKURW_TEAM	WARSZAWA	POL	M30		M 0	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
103	CHODOROWSKI ARKADIUSZ	519	IPA PAŁAC MOSTOSKICH ÓW KOMENDA STOLECZNA POLICJI	ALEKSANDR ÓW	POL	M30		M 0	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
104	STAŃCZYK ŁUKASZ	532	WKURW_TEAM	WARSZAWA	POL	M30		M 0	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
105	LEWANDOWSKI PAWEŁ	538	SANDOMINGOTE AM	WARSZAWA	POL	M30		M 0	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
106	BURBLIS ŁUKASZ	539	BIEGING TEAM ZELÓW	ŁASK	POL	M30		M 0	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
107	KONZIOŁA KRZYSZTOF	544	STAY INSANE / PERFECT RUNNER LUBLIN	LUBLIN	POL	M30		M 0	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
108	KRUBA MARCIN	614	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW	POL	M30		M 0	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
109	CHLEBIŃSKI MACIEJ	615	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30		M 0	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
110	ZAJĄC WOJCIECH	617	DŁUGOUCHY	USTRZYKI DOLNE	POL	M30		M 0	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
111	GUDOWSKI KRYSZTOF	623		SANOK	POL	M30		M 0	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
112	ANDRZEJEWSKI PIOTR	624	RRT	WARSZAWA	POL	M30		M 0	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
113	OLEKSAK GRZEGORZ	630		BIAŁA PODLASKA	POL	M30		M 0	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
114	SZCZYRBA ROBERT	631	LECYMY DURŚ	PIEKARY ŚLĄSKIE	POL	M30		M 0	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
115	AMBICKI MIŁOSZ	635	WKURW_TEAM	RZESZÓW	POL	M30		M 0	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
116	TOMASIK STANISŁAW	641	GORLIĆKA GRUPA BIEGOWA	SZYMBARK	POL	M30		M 0	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
117	ZAWADZKI BARTŁOMIEJ	643		PIEKARY ŚLĄSKIE	POL	M30		M 0		02:12:09	03:37:04		05:48:30		06:24:28.00	06:24:28.00	8:37	7
118	TROJNAR DAMIAN	661	KS JANUSZE	ŁANCUT	POL	M30		M 0	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
119	ROGAŁA KRYSZTOF	663	MTS HAMER	MIASTKO	POL	M30		M 0	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
120	RYCERSKI RAFAŁ	678		CZAPLINEK	POL	M30		M 0	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
121	SŁONIEWSKI RAFAŁ	669	RMF4RT OCR	GDYNIA	POL	M30		M 0	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
122	ZIAJA ADAM	672		SARNÓW	POL	M30		M 0	00:01:58		03:26:02	04:36:26	05:36:39		06:10:36.00	06:10:36.00	8:18	7.2
123	STACHURSKI PIOTR	673		JEDLNIA LETNISKO	POL	M30		M 0	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
124	JASNOWSKI MICHAŁ	675		WARSZAWA	POL	M30		M 0	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
125	IRZYK ROBERT	676		GIŁOWICE	POL	M30		M 0	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
126	KWIATKOWSKI KAJETAN	684	KUCE Z BRONKSU	GDAŃSK	POL	M30		M 0	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
127	TAJCHMAN JAROSŁAW	686		RZESZÓW	POL	M30		M 0	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
128	LUTEREK MICHAŁ	688		WARSZAWA	POL	M30		M 0	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
129	STEFANIAK MACIEJ	690	GRUNWALD TEAM POZNAŃ	POZNAŃ	POL	M30		M 0	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
130	RECZEK SEBASTIAN	724	KS ZIELONO-CZARNI	MIŃSK MAZOWIECKI	POL	M30		M 0	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
131	KARAŚ ŁUKASZ	725	EKIPA Z TARNOWA	TARNÓW	POL	M30		M 0	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
132	MAJONEK ARTUR	714	FITMAJON	WARSZAWA	POL	M30		M 0	00:01:47	02:25:00	06:26:11				07:07:12.40	07:07:12.40	9:34	6.3
133	FLOREK MICHAŁ	735	JW 6968	KRAKÓW	POL	M30		M 0	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

**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	PIĘKOŚ MAREK	736		JEDLICZE	POL	M30		M 0	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
135	BEREŚ ARKADIUSZ	741	STUDIO REBELL	RZESZÓW	POL	M30		M 0	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
136	PABIAN PAWEŁ	755	WALKABOUT TEAM	KRASNE	POL	M30		M 0	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
137	PECIO KAMIL	748	PIASECZNO RUNNING	WARSZAWA	POL	M30		M 0	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
138	POLAŃSKI PAWEŁ	749	#KASZANIENAM OKA	GDAŃSK	POL	M30		M 0	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	DUCKI PIOTR	762		POLKOWICE		M30		M 0	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
140	WETHACZ DARIUSZ	763		CISNA		M30		M 0	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
141	ROJEK MACIEJ	693		KRAKÓW	POL	M30		M 0	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
142	BIESZCZAD MATEUSZ	295	NOWY STYL GROUP RUNNING TEAM	WOJASZÓWK A	POL	M30		M 0	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
143	BARADZIEJ BARTŁOMIEJ	515	TERMINAL LOGISTYCZNY PROMONT	TYCHY	POL	M30		M 0	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
144	MAZIEC DARIUSZ	188	NKB CHYŻY NOWY TOMYŚL /WRESTLING CROSS GYM NOWY TOMYŚL	TOMYŚL	POL	M30		M 0	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
145	ŚLĘCZKA DAMIAN	193	BIOMEDYCYN A SP. Z O.O. RZESZÓW	RZESZÓW	POL	M30		M 0	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
146	KLIMEK MATEUSZ	199		SZCZECIN	POL	M30		M 0	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
147	CYGAN LUKASZ	202	KLUB SPORTOWY HAJIME	KRAKÓW	POL	M30		M 0	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
148	BARAN WOJTEK	215	OKNOPLAST RUNNING TEAM	ZABAWA/WIE LICZKA	POL	M30		M 0	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
149	GOŁĄB MAREK	216	STAY INSANE	LUBLIN	POL	M30		M 0	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
150	BARAN ZBIGNIEW	208	(OB)LEŚNI BIEGACZE	KRAKÓW	POL	M30		M 0	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
151	LITWINEK MAREK	209	WKURW_TEAM	LUBARTÓW	POL	M30		M 0	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
152	CZUBA MICHAŁ	251		LIGOTA ZAMECKA	POL	M30		M 0	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
153	BUKAŁA TOMASZ	254		WARSZAWA	POL	M30		M 0	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
154	MIŚKÓW MARCIN	308		ŻORY	POL	M30		M 0	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
155	MYGA MICHAŁ	310	HEARTLESS	KATOWICE	POL	M30		M 0	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
156	BRZozowski LUKASZ	315	STEFAN TEAM	STALOWA WOLA	POL	M30		M 0	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
157	CIESZKO MAREK	317	KW WARSZAWA	WARSZAWA	POL	M30		M 0	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
158	JAROSZ JARZEWSKI MATEUSZ	320		WARSZAWA	POL	M30		M 0	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
159	ZWOLAK GRZEGORZ	328		JAROSŁAW	POL	M30		M 0	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
160	DZIRBA TOMASZ	332		NIEMCE	POL	M30		M 0	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
161	BALATKA KRZYSZTOF	389	AZS WSGK KUTNO	KUTNO	POL	M30		M 0	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
162	MĘDRYGAŁ PIOTR	401	GJ GÓPR	MYSŁOWICE	POL	M30		M 0	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
163	ZIÓŁKOWSKI KRZYSZTOF	402	JA I ONA	GRUDZIĄDZ	POL	M30		M 0	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
164	GRANDA PAWEŁ	412	12 DAPLOT JAROSŁAW	ZARZECZE	POL	M30		M 0	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
165	JANOTA MARCIN	413	CREADIS	KRAKÓW	POL	M30		M 0	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
166	BOROWSKI IGOR	431	MAKONDO TEAM	ZAMOŚĆ	POL	M30		M 0	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
167	REJ MIROSLAW	445	M&T WYJADACZE PARÓWKÓW	MIELEC	POL	M30		M 0	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
168	BARWINEK ROBERT	503	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M30		M 0	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

**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
169	KOWALCZYK DANIEL	500	EXTREME TRAUMA TEAM	BIELSKO-BIAŁA	POL	M30		M 0	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
170	PAWŁOWSKI PIOTR	491	PRZEMYSŁ BEARS	KRASICZYN	POL	M30		M 0	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
171	KUREK MICHAŁ	507		DĘBICA	POL	M30		M 0	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	SUBIRATS CRISTIAN	508		LODZ	ESP	M30		M 0	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
173	ŁANIEWSKI ŁUKASZ	509	PSZCZÓŁKOWSKI TEAM	OLSZTYN	POL	M30		M 0	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
174	BLACHA JAROSŁAW	517		BIŁGORAJ	POL	M30		M 0	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
175	BIĄŁOWAŚ TOMASZ	520	STAJNIA BALONA	RZESZÓW	POL	M30		M 0	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
176	MYŚLIWIEC ROBERT	522	WILD & FREE	RZESZÓW	POL	M30		M 0	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
177	SOBCZAK HENRYK	523	S.H.T I UKS GIMPEL NOWY TARG	NOWY TARG	POL	M30		M 0	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
178	WIŚNIEWSKI DOMINIK	647		WARSZAWA	POL	M30		M 0	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
179	KRÓL MICHAŁ	648		NOWY JADÓW	POL	M30		M 0	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
180	KULIGA SŁAWOMIR	650	POSMAKUJ RUN TEAM	KROSNO	POL	M30		M 0	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
181	GWIZDAK BARTOSZ	652	PIJEBIMBERNONS TOP	BOGUCHWAŁA	POL	M30		M 0	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
182	DYREK MICHAŁ	653	MOK MSZANA DOLNA	MSZANA GÓRNA	POL	M30		M 0	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
183	GUZIK ŁUKASZ	771		ŁYSOKANIE		M30		M 0	00:01:25	01:41:45	02:35:49	03:19:06			04:26:34.30	04:26:34.30	5:58	10
184	PELA DARIUSZ	535	TMT TORUŃ	TORUŃ	POL	M30		M 0	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
185	BILSKI PIOTR	561	TĘCZA	WARSZAWA	POL	M30		M 0	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
186	BRENDZOWSKI ADAM	69	SOLINATEAM / RUNONLINETEAM	POLAŃCZYK	POL	M30		M 0	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
187	KOBYLIŃSKI MARIUSZ	79	SST LUBCZA	WOLA ZGŁOBIEŃSKA	POL	M30		M 0	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
188	STEPANCZENKO RAFAŁ	112	BIĄŁYSTOK BIEGA TEAM	BIĄŁYSTOK	POL	M30		M 0	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
189	ADAMCZAK MICHAŁ	454	BIEGAJ BEZ KOŃCA	MIELEC	POL	M30		M 0	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
190	GRABIEC MARCIN	627		KOLBUSZOWA	POL	M30		M 0	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
191	MARUKIEWICZ MAREK	628	BIEGAMDLAZDROWIA.PL	JEZÓW SUDECKI	POL	M30		M 0	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
192	CZYRNIA ANDRZEJ	681	RAJSPOKTYWISTY (TURAWA)	TURAWA	POL	M30		M 0	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
193	STASZEL ŁATAS TOMASZ	477	HUSARIA RECE TEAM	JADOWNIKI	POL	M30		M 0	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
194	JAKUBOWSKI JAKUB	505	NASTUKOŁKI	RZESZÓW	POL	M30		M 0	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
195	GAWRON MARCIN	521	ROOKS TEAM / IDEO ACTIVE TEAM	NOWY BOREK	POL	M30		M 0	00:00:47	01:36:51	02:28:43	03:17:46			04:25:17.25	04:25:17.25	5:56	10.1
196	SOBIECH MARCIN	373	GO GARWOLIN:D	GARWOLIN	POL	M30		M 0	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
197	BIEL ŁUKASZ	376		WARSAW	POL	M30		M 0	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
	DUDA PAWEŁ	106		JEDLICZE	POL	M30			DNF	DNF	03:50:46	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	-	-
									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	PAUL VIOLA	23	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
2	MARUT KAŚKA	31	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
3	CZAJA ALICJA	160	RODZENSTWO	LIMANOWA	POL	K40		K 0	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
4	FOGEL EWA	257	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	K40		K 0	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
5	KOWALSKA JUSTYNA	267	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	K40		K 0	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
6	SAKOWSKA ANETA	92	MARATONKA GRAJEWÓ	DROZDOWO	POL	K40		K 0	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
7	ŁÓJ-KONIECZNA EDYTA	96	INFINITY GYM	PROSZOWICE	POL	K40		K 0	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
8	SZOT IWONA	438	VVV TEAM	LUBLIN	POL	K40		K 0	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	GLINA-KRAWCZYK MAŁGORZATA	439	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	STARCZÓW	POL	K40		K 0	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
10	STOPA AGATA	570	SP NR 3 RZESZÓW	BOGUCHWAŁ A	POL	K40		K 0	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
11	SZEWczyk KATARZYNA	586	MONKEYS' TEAM	KRAŚNIK	POL	K40		K 0	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
12	KISIŃSKA IRENA	588	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K40		K 0	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
13	KRYM KATARZYNA	719	HERZOG RUNNING TEAM	SMOLEC	POL	K40		K 0	00:01:30	01:42:30	02:35:48	03:18:38			04:23:26.25	04:23:26.25	5:54	10.2
14	WIERZBICKA JOANNA	352		BOGUCHWAŁ A	POL	K40		K 0	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
15	DYGOŃ MAŁGORZATA	33		GLIWICE	POL	K40		K 0	00:03:09	02:37:02	06:23:33				06:55:13.25	06:55:13.25	9:18	6.4
16	PANENKA MAŁGORZATA	63	NIGHT RUNNERS GLIWICE	NIEBOROWIC E	POL	K40		K 0	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
17	JAROSZ-PIWOŃSKA ALDONA	65	KS PEGAZ	GÓRA KALWARIA	POL	K40		K 0	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
18	MAZUR EWELINA	116	BIEGAJ Z TRENERAMI	GLIWICE	POL	K40		K 0	00:03:10	02:37:55	06:29:10				07:07:11.20	07:07:11.20	9:34	6.3
19	CEBRAT EWA	132	POZYTYWNI ZABIEGANI SANOK	SOSNOWIEC	POL	K40		K 0	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
20	BOGUCKA MARTYNA	145	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40		K 0	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
21	NAZIMEK LILIANA	173	SUO TEMPORE	NOWY SĄCZ	POL	K40		K 0	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
22	WÓJTOWICZ IWONA	232	HUSARIA RACE TEAM	TARNÓW	POL	K40		K 0	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
23	OLCZAK MARTA	266	SZWLA	STARGARD	POL	K40		K 0	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
24	GÓRECZNY KAMILA	300		PIASECZNO	POL	K40		K 0	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
25	WOLF WERONIKA	303	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	SANOK	POL	K40		K 0	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
26	PORĘBSKA DOROTA	338	NOWA HUTA TEAM	KRAKÓW	POL	K40		K 0	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
27	LEŚNIAK-POPIEL MARTA	345	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	K40		K 0	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
28	PIGAN ANNA	360	B B L - JAROSŁAW	SZÓWSKO	POL	K40		K 0	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
29	BORUSZEWSKA BEATA	375		BYTOM	POL	K40		K 0	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
30	ŚWIEŻAWSKA-AMBROZIAK KATARZYNA	388	KUTNO BIEGA	KUTNO	POL	K40		K 0	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
31	SZPINDA MARTA	409	BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	K40		K 0	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

**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
32	SWOROWSKA IZABELA	463	WOLSZTYŃSKI KLUB BIEGOWY	WOLSZTYN	POL	K40		K 0	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
33	TYRANKIEWICZ KAMILA	472	JUMP&FLY, KABATY	WARSZAWA	POL	K40		K 0	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
34	KIRILENKO ANETA	482		MARKI	POL	K40		K 0	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
35	BARTO SYLWIA	528		ŁOŚ	POL	K40		K 0	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
36	ROŻNIATA IWONA	638	KS GŁOWNO W BIEGU	GŁOWNO	POL	K40		K 0	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
37	MYŚLIŃSKA ANNA	639	EKOBIEGI	WARSZAWA	POL	K40		K 0	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
38	KUSZTAL JUSTYNA	644	KS ESKADRA KRAKÓW	KRAKÓW	POL	K40		K 0	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
39	TUSZYŃSKA KATARZYNA	645	ESKADRA KRAKÓW	KRAKÓW	POL	K40		K 0	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
40	MOSTOWSKA MAGDALENA	752	WARSAW MASTERS TEAM	WARSZAWA	POL	K40		K 0	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
41	FAJNAS KATARZYNA	190	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	ŻABIA WOLA	POL	K40		K 0	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
42	WŁODARSKA MAGDALENA	203		TARNÓW	POL	K40		K 0	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
43	MAJCHROWICZ MARZENNA	252		KROŚCIENKO WYŻNE	POL	K40		K 0	00:03:18	02:30:36	06:24:24				07:01:30.00	07:01:30.00	9:27	6.3
44	BLASZKE BEATA	329	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40		K 0	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
45	SKRZYPSKA IWONA	331		JAROSŁAW	POL	K40		K 0	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
46	GALANTY AGNIESZKA	492		DYBAWKA	POL	K40		K 0	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
47	WOŁOSOWICZ NATALIA	499		BIAŁA PODLASKA	POL	K40		K 0	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
48	KOTOMSKA RENATA	511		ALEKSANDR ÓWKA	POL	K40		K 0	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
49	LANGE BEATA	513	BIŁGORAJ BIEGA	BIŁGORAJ	POL	K40		K 0	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
50	SIKORSKA AGNIESZKA	649	EKOBIEGI	WARSZAWA	POL	K40		K 0	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
51	JĘDRZEJOWSKA-DEC ANNA	766		GLIWICE	POL	K40		K 0	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
52	DOŁĘGA ANNA	625	ZABIEGANA MAMA	BIALYSTOK	POL	K40		K 0	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
53	GRZEGÓRZEK ANNA	667	PTG SOKÓŁ ŚWIAT PRACY	KOSZYCE WIELKIE	POL	K40		K 0	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
	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	JAKUBOWSKI DANIEL	242	CENTRUM ANIMACJI SPOŁECZNEJ CARITAS	ZABAJKA	POL	M40		M 0	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
2	HOROWSKI TOMASZ	25	RUNHOGS TYCHY	TYCHY	POL	M40		M 0	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
3	KURKUS ALEKSANDER	259	DOGOŃ GRODZISK MAZOWIECKI / ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40		M 0	00:02:03	02:30:11	06:32:03				07:11:23.10	07:11:23.10	9:40	6.2

**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
4	SIKORA JACEK	582	WATER TEAM	WYŻNE	POL	M40		M 0	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
5	WAJCOWICZ WITOLD	150	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40		M 0	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
6	SADY SEBASTIAN	178		OSTROWIEC ŚWIĘTOKRZY SKI	POL	M40		M 0	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
7	POTRZESZCZ GRZEGORZ	21		MIRZEC	POL	M40		M 0	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
8	FRĄC DARIUSZ	37	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
9	MARCELA MARCIN	46	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40		M 0	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
10	ZAJĄC JÓZEF	180	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	TULIGŁOWY	POL	M40		M 0	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
11	MAZUREK ROBERT	485	LUBELSKIE STOWARZYSZENI E BIEGOWE / LUBELAKY	LUBLIN	POL	M40		M 0	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
12	PIASECZNY MARCIN	534	RUN-G	KRAKÓW	POL	M40		M 0	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
13	JANIK JANUSZ	91	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
14	BURY MAREK	103		SOSNOWIEC	POL	M40		M 0	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
15	RAMOTOWSKI MARCIN	93	GERLACH SMUGGLERS	WARSZAWA	POL	M40		M 0	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
16	MISZCZYK MARCIN	417		KRAKÓW	POL	M40		M 0	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
17	ZIELIŃSKI RAFAŁ	428		MODLNICZKA	POL	M40		M 0	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
18	SMOLEN JANUSZ	415		LUTON	POL	M40		M 0	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
19	MAŁKIEWICZ DARIUSZ	437	PGB SPORTOWA PACZKA	KATOWICE	POL	M40		M 0	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
20	LONC TOMASZ	446	M&T WYJADACZE PARÓWKÓW	RZESZÓW	POL	M40		M 0	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
21	SULEWSKI MACIEJ	448		OSTROŁĘKA	POL	M40		M 0	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
22	WÓJCIK JACEK	449		GWOŹNICA GÓRNA	POL	M40		M 0	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
23	PODPŁOMYK ANDRZEJ	452	SPORTCZESNA	BARGŁY	POL	M40		M 0	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
24	WIENER MARCIN	456		KATOWICE	POL	M40		M 0	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
25	SIKORA SŁAWOMIR	457	RACEBROTHERS	TARNÓW	POL	M40		M 0	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
26	BORYS ANDRZEJ	553		ŁAZY	POL	M40		M 0	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
27	SZACHEWICZ SŁAWOMIR	554	JEŻOZWIERZE GROUP	WROCŁAW	POL	M40		M 0	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
28	GAŚIÓROWSKI MACIEJ	555		WARSZAWA	POL	M40		M 0	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
29	BERNAŚ DARIUSZ	569	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40		M 0	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
30	STOPA MARCIN	571	WWW.RUNRZESZ OW.PL	RZESZÓW	POL	M40		M 0	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
31	POTRZESZCZ TOMASZ	584	LKB RUDNIK	GADKA	POL	M40		M 0	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
32	SOLAREWICZ TOMASZ	585	LATAJĄCY CYRK MONTY PYTHONA	LUTON	POL	M40		M 0	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
33	KISIŃSKI JAROSŁAW	589	COMP S.A. / NOVITUS	NOWY SĄCZ	POL	M40		M 0	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
34	MICHOŃ KAMIL	593	BIEGAMWTARNO WIE	TARNÓW	POL	M40		M 0	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
35	PAŚNIK PAWEŁ	598	AKB CRACOVIA	WARSZAWA	POL	M40		M 0	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
36	RYBAK WOJCIECH	595	GOPR BIESZCZADY	ŁANCUT	POL	M40		M 0		02:06:46	03:20:55	04:35:43	05:31:47		06:00:46.40	06:00:46.40	8:05	7.4
37	KAZANOWSKI MARCIN	620	OFIARY KAMIENCA	KAMIENIEC	POL	M40		M 0	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

**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
38	BĘBEN ROBERT	613	OSTROBIEC	OSTROWIEC SWIETOKRZY SKI	POL	M40		M 0	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
39	PACHO SYLWESTER	708		GRYBÓW	POL	M40		M 0	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
40	DUKATA GRZEGORZ	697	MGW	CHUDÓW	POL	M40		M 0	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
41	BAJOREK JAN	699		OLSZYNY	POL	M40		M 0	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
42	KALICKI IREK	713	GCW ACADEMY	WARSZAWA	POL	M40		M 0	00:01:47	02:25:00	06:19:51				06:55:24.40	06:55:24.40	9:18	6.4
43	BEŁKOT ARKADIUSZ	703		ŚWIĘTOCHŁO WICE	POL	M40		M 0	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
44	DEMBNY TOMASZ	718		TARCZYN	POL	M40		M 0	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
45	PAJESTKA WOJCIECH	39	POZYTYWNE ZABIEGANI SANOK/AZS PWSZ	SANOK	POL	M40		M 0	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
46	SWOBODA JAROSŁAW	41	NIGHT RUNNERS GLIWICE	KNURÓW	POL	M40		M 0	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
47	AMBROZIAK RAFAŁ	347	KONIUCHY OCR	KUTNO	POL	M40		M 0	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
48	STODULSKI KRZYSZTOF	348	KUTNO BIEGA	KRZYŻANÓW	POL	M40		M 0	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
49	PAROL PAWEŁ	349	-	SZYMANKOW SZCZYŻNA	POL	M40		M 0	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
50	ŁOSKOT TOMASZ	562		WILGA	POL	M40		M 0	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
51	KŁOSOK ADAM	13	INŻYNIERIA BIEGANIA	MARKŁOWIC E	POL	M40		M 0	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
52	KOBIERSKI PIOTR	14	UKA ULTRAS RUNNERS	WARSZAWA	POL	M40		M 0	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
53	DADAŚ JANUSZ	27	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
54	WILMSKI TOMASZ	34	NIGHT RUNNERS	GLIWICE	POL	M40		M 0	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
55	WAWRZAK RYSZARD	48	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
56	PRYSZCZ MIROSŁAW	50		RUDA ŚLĄSKA	POL	M40		M 0	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
57	PAWLETA MICHAŁ	24	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
58	PIECH ADAM	71	PORANNY PATROL	KRAKÓW	POL	M40		M 0	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
59	JEDLIŃSKI BARTOSZ	60	MARATOŃCZYK DĘBICA	BRZEŻNICA	POL	M40		M 0	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
60	MAJCHROWSKI JACEK	87	CKB TARNOBRZEG G	TARNOBRZE G	POL	M40		M 0	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
61	STĘPIEŃ WOJCIECH	74	JM RUNNING TEAM	GLIWICE	POL	M40		M 0	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
62	KORAB ROBERT	78		RZESZÓW	POL	M40		M 0	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
63	KOŁODZIEJ JACEK	84	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
64	KOZAK MARCIN	107	SAINT-GOBAIN SQUAD	LUBARTÓW	POL	M40		M 0	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
65	CHWALISZEWSKI JAROSŁAW	108	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
66	JĘDRUSZCZAK ROBERT	113	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEŃ DZIEŃ	PIASECZNO	POL	M40		M 0	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
67	WÓJCIK KRZYSZTOF	114	NIGHT RUNNERS ŚWILCZA	ŚWILCZA	POL	M40		M 0	00:01:02	01:35:50	02:27:37	03:14:10			04:25:29.05	04:25:29.05	5:57	10.1
68	KARPIŃSKI TOMASZ	128		RZESZÓW	POL	M40		M 0	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
69	BAJAK MIROSŁAW	119		KRAKÓW	POL	M40		M 0	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
70	KULA ROBERT	126		TARNÓW	POL	M40		M 0	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

**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
71	WILK ANDREAS	127		WYHL	GER	M40		M 0	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
72	WÓJTOWICZ PAWEŁ	131	LUBLIN BIEGA	LUBLIN	POL	M40		M 0	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
73	CEBRAT TOMASZ	133	POZYTYWNE ZABIEGANI SANOK	SOSNOWIEC	POL	M40		M 0	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
74	ROGAŁA GRZEGORZ	136		BOGUCHWAŁ A	POL	M40		M 0	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
75	STANISŁAWSKI TOMASZ	142	KLUB BIEGACZA RTV EURO AGD	WARSZAWA	POL	M40		M 0	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
76	CIĘŻKOWSKI SŁAWOMIR	153		TARNÓW	POL	M40		M 0	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
77	KOCOT SEBASTIAN	159		SOSNOWIEC	POL	M40		M 0	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
78	SANECKI ROBERT	165	SPRINT GORZYCE	GORZYCE	POL	M40		M 0	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
79	MAJTYKA TOMASZ	167	LOS TREPOS COMPANIEROS	KRAKÓW	POL	M40		M 0	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
80	CISKI PIOTR	170		WARSZAWA	POL	M40		M 0	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
81	RUDZKI TOMASZ	182	RAJSPOORT ACTIVE	KONSTANTY NÓW ŁÓDZKI	POL	M40		M 0	00:02:09	02:17:50					04:12:14.70	04:12:14.70	5:39	10.6
82	PIEKARSKI WOJCIEC	221	RAP AUGUSTÓW	AUGUSTÓW	POL	M40		M 0	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
83	TKACZEWSKI PIOTR	224		MIECHÓW	POL	M40		M 0	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
84	GALUS JACEK	225		TARNÓW	POL	M40		M 0	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
85	WIERNASZ GRZEGORZ	234	KARCHER SUCHODÓŁ	KROSNO	POL	M40		M 0	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
86	MARZEC GRZEGORZ	236	GMINA STRZELCE OPOLSKIE	SZCZEPANEK	POL	M40		M 0	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
87	SZYMAŁA MARCIN	223	KLUCZBORSKA GRUPA BIEGOWA DJ	KLUCZBORK	POL	M40		M 0	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
88	DELEKTA JAN	260		ŁOWISKO	POL	M40		M 0	00:01:39	01:38:49	02:33:09	03:17:26			04:20:01.80	04:20:01.80	5:49	10.3
89	ZIELONKA MARIUSZ	245		POZNAŃ	POL	M40		M 0	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
90	DOMINIK MARIUSZ	248		BIŁGORAJ	POL	M40		M 0	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
91	MAJCHROWICZ ANDRZEJ	250		KROŚCIENKO WYŻNE	POL	M40		M 0	00:03:18	02:30:51	06:28:32				07:09:28.60	07:09:28.60	9:37	6.2
92	FOGEL JANUSZ	256	PTG SOKÓŁ ŚWIAT PRACY	TARNÓW	POL	M40		M 0	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
93	KOCHANIEC WALDEMAR	243	TKKF SOKÓŁ GŁOGÓW MAŁOPOLSKI	GŁOGÓW	POL	M40		M 0	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
94	DYBKA RAFAŁ	244	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	TARNÓW	POL	M40		M 0	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
95	CHODAKOWSKI RAFAŁ	273	OSTROBIEC	ĆMIELÓW	POL	M40		M 0	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
96	FLĄDRO DANIEL	274		WOKOWICE	POL	M40		M 0	00:00:49	01:33:40	02:26:57	03:16:28			04:25:30.45	04:25:30.45	5:57	10.1
97	TRYNIECKI KRZYSZTOF	262		LUBACZÓW	POL	M40		M 0	00:01:32	01:56:59					03:54:48.10	03:54:48.10	5:15	11.4
98	KLONOWSKI JACEK	264		BIAŁOWIEŻA	POL	M40		M 0	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
99	CHMIELARZ DARIUSZ	277		BOCHNIA	POL	M40		M 0	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
100	KOWALSKI MACIEJ	268	MORSY OŚNO LUBUSKIE	OŚNO LUBUSKIE	POL	M40		M 0	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
101	BUTRYN WOJCIECH	272		KRAKÓW	POL	M40		M 0	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
102	WAŻNY STANISŁAW	281	MEDIA LUBACZOWSKIE	LUBACZÓW	POL	M40		M 0	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
103	WRÓBEL DARIUSZ	287	TEAM ZABIEGANEDNI	WARSZAWA	POL	M40		M 0	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
104	WĘCŁAŚ MACIEJ	289	---	GÓRA KALWARIA	POL	M40		M 0	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
105	GOLUBA KRZYSZTOF	305		WARSZAWA	POL	M40		M 0	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
106	JABŁOŃSKI TOMASZ	307	INŻYNIERIA BIEGANIA TEAM	MARKŁOWIC E	POL	M40		M 0	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
107	MAJEWICZ GRZEGORZ	336		MIECHÓW	POL	M40		M 0	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

**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
108	PAŃTAK SŁAWOMIR	337	21DAPLOT JAROSŁAW	BIAŁOBRZEGI	POL	M40		M 0	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
109	URBANOWICZ ŁUKASZ	339		KRKAÓW	POL	M40		M 0	00:02:25	02:36:36	06:25:23				07:03:34.75	07:03:34.75	9:29	6.3
110	STEMPKOWICZ JACEK	325		GORLICE	POL	M40		M 0	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
111	LUC ADAM	326	BIEGUSIEM.PL	RYKI	POL	M40		M 0	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
112	WALASEK GRZEGORZ	342	BIEGUSIEM.PL	RYKI	POL	M40		M 0	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
113	GOŚCINIOWICZ PAWEŁ	343	ZIEMOWIT TEAM	KATOWICE	POL	M40		M 0	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
114	WIERZBICKI TOMASZ	353		BOGUCHWAŁ A	POL	M40		M 0	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
115	JAKUBAS PAWEŁ	370	WPJ TEAM	WARSZAWA	POL	M40		M 0	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
116	SOBCZAK MIKOŁAJ	371	WYBIEGANI TEAM	SKÓRZEWO	POL	M40		M 0	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
117	SUMARA WOJCIECH	357	NIEZRZESZONY	BRZESKO	POL	M40		M 0			03:03:53	04:05:08	04:56:07		05:26:35.20	05:26:35.20	7:19	8.2
118	PIGAN WIESŁAW	361	B B L-JAROSŁAW	SZÓWSKO	POL	M40		M 0	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
119	BIESIĘKIEŃSKI KRZYSZTOF	362	DRUŻYNA WILKA	OLSZTYN	POL	M40		M 0	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
120	NOWACZYK IGOR	363		WARSZAWA	POL	M40		M 0	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
121	SKOWRON RADOŚLAW	364		BALICE	POL	M40		M 0	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
122	ZAGÓRNY ROBERT	368	MBM KAZIMIERÓW	HALINÓW	POL	M40		M 0	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
123	CZAPLA ARKADIUSZ	382		BYTOM	POL	M40		M 0	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
124	PRZYBYLSKI MARIUSZ	383	PGB SPORTOWA PACZKA	GLIWICE	POL	M40		M 0	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
125	ZBICIAK GRZEGORZ	384	ŁĘCZNA BIEGA	SPICZYN	POL	M40		M 0	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
126	DALKA PAWEŁ	391	BIEGNE, ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	M40		M 0	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
127	ADAMSKI BARTŁOMIEJ	366		MODLNICA	POL	M40		M 0	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
128	BUJAKOWSKI PATRYK	406		PROSZOWICE	POL	M40		M 0	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
129	CHORZĘPA MARIUSZ	408	TSA-SANDOMIER Z	SANDOMIERZ	POL	M40		M 0	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
130	STAŃKO PAWEŁ	396	BIESY I CZORTY	LUTOWISKA	POL	M40		M 0	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
131	PASIECZNY ROBERT	393	FARTLEK GO	GORZYCE	POL	M40		M 0	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
132	DUC-SYPOSZ AURELIUSZ	420		WIELICZKA	POL	M40		M 0	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
133	PRÜFER PAWEŁ	422		KOSIĘCZYN	POL	M40		M 0	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
134	SZPINDA SEBASTIAN	460	BUT BIŁGORAJ ULTRA TRAIL	BIŁGORAJ	POL	M40		M 0	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
135	KONOPACKI KRZYSZTOF	451	ABY DO METY	ZABKOWICE ŚLĄSKIE	POL	M40		M 0	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
136	GŁOWACKI ANDRZEJ	468	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	LEGIONOWO	POL	M40		M 0	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
137	CURZYDŁO BOGDAN	469	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M40		M 0	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
138	GAWLEWICZ TOMASZ	471	GAWĘŁKI TEAM	SANOK	POL	M40		M 0	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
139	SAMOSIEJ JAKUB	473	JUMP&FLY, KABATY	WARSZAWA	POL	M40		M 0	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
140	HALIŻAK NORBERT	474	WIELUŃ BIEGA	WIELUŃ	POL	M40		M 0	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
141	SWOROWSKI MACIEJ	464	WOLSZTYNSKI KLUB BIEGOWY	WOLSZTYN	POL	M40		M 0	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
142	KIRILENKO MARCIN	481		MARKI	POL	M40		M 0	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
143	ZYSKOWSKI ANDRZEJ	524	GORDON MOTORYZACJA	OLSZTYN	POL	M40		M 0	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
144	JAMA RAFAŁ	525	WATER TEAM	TRZEBOWNIS KO	POL	M40		M 0	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
145	PATRZYK JACEK	527		ŚWIĘTOCHŁO WICE	POL	M40		M 0	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
146	ZIELONKA BOGUMIŁ	530	PKB ENDORFINA	PIOTRKÓW TRYB	POL	M40		M 0	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

**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
147	RYŚIAWA MAREK	547	BEZ	MIŃSK MAZOWIECKI	POL	M40		M 0	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
148	OLEWICZ PIOTR	540	GINA STRZELCE OP	STRZELCE OP	POL	M40		M 0	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
149	PTASZYŃSKI WOJCIECH	543		FROMBORK	POL	M40		M 0	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
150	BURZYŃSKI TOMASZ	545	-	JÓZEFOSŁAW	POL	M40		M 0	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
151	ROMAN PAWEŁ	546	KS BARAKUDA	MIŃSK MAZOWIECKI	POL	M40		M 0	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
152	KOT KRZYSZTOF	550	MPK - RZESZÓW	RZESZÓW	POL	M40		M 0	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
153	BIEL TOMASZ	552		KATOWICE	POL	M40		M 0	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
154	TOKARSKI RAFAŁ	626		KRAKÓW	POL	M40		M 0	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
155	KOWALCZYK MARIUSZ	632	WOLFPACK	ŻÓŁWIN	POL	M40		M 0	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
156	ROŹNIATA ANDRZEJ	640	KS GŁOWNO W BIEGU	GŁOWNO	POL	M40		M 0	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
157	SERAFIN ROBERT	660		GRYBÓW	POL	M40		M 0	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
158	STONOGA TOMASZ	679	KITE&RUN FAN	OZIMEK	POL	M40		M 0	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
159	KWIECIEŃ KRZYSZTOF	668	4K TEAM	TARNÓW	POL	M40		M 0	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
160	BAĆMAGA JAN	666	JPII - MAZOWSZANY	KOWALA	POL	M40		M 0	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
161	KONOPKA BARTOSZ	682	TRÓJKA/ZWIEDZA NIE PRZEZ BIEGANIE	KRAKÓW	POL	M40		M 0	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
162	ZAKRZEWSKI MAREK	683	EKOBIEGI	WARSZAWA	POL	M40		M 0	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
163	RUTA MIKOLAJ	687		KRAKÓW	POL	M40		M 0	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
164	TYMOSZUK MICHAŁ	691	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40		M 0	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
165	KARUŚ WALDEMAR	720	14 DAS IM. GEN.BRYG.WACŁAWA WIECZORKIEWICZA	ORŁY	POL	M40		M 0	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
166	FELUCH KRZYSZTOF	722	ORA WARSZAWA	WARSZAWA	POL	M40		M 0	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
167	GIENIECZKO MARCIN	723		SUCHY DWÓR	POL	M40		M 0	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
168	FRĄCZEK MACIEJ	726		PIASECZNO	POL	M40		M 0		02:16:42	03:29:50	04:35:31	05:27:55		05:56:28.75	05:56:28.75	7:59	7.5
169	KUTNIK MIROSLAW	727	KB BIAŁA BIEGA	BIAŁA PODLASKA	POL	M40		M 0	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
170	GOSZCZYŃSKI PIOTREK	733		CZĘSTOCHOWA	POL	M40		M 0	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
171	KOCZWARA TOMASZ	3		RADOMYŚL WIELKI	POL	M40		M 0	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
172	TUTAK DANIEL	737	FURIOSI POLANKA	KROSNO	POL	M40		M 0	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
173	MATYASZEK WALDEMAR	740		JASIEŃ	POL	M40		M 0	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
174	KMAK SŁAWEK	706	PAPIKI	GRYBÓW	POL	M40		M 0	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
175	GARNCARZ PAWEŁ	742		WROCŁAW	POL	M40		M 0	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
176	MORAWA MATEUSZ	754	LACHO TEAM	RADZISZÓW	POL	M40		M 0	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
177	MUCHA GRZEGORZ	744		CHŁOPICE	POL	M40		M 0	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	PIASNY PAWEŁ	746		GLIWICE	POL	M40		M 0	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
179	RENKIEL TOMASZ	758		GLIWICE	M40			M 0	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
180	KOSIERKIEWICZ GRZEGORZ	760		KIELCE	M40			M 0	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
181	DUDEK MICHAŁ	764		BĘDZIN	M40			M 0	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
182	KACZKIEWICZ DAMIAN	270	NIGHT RUNNERS	GLIWICE	POL	M40		M 0	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
183	PIETRZYK WOJCIECH	365	LACHO TEAM	KRAKÓW	POL	M40		M 0	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

**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
184	SZYK ARTUR	531	JAROSŁAWSKA GRUPA BIEGOWA 'SOKÓŁ'	JAROSŁAW	POL	M40		M 0	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
185	SZAPAR PRZEMYSŁAW	732	BIEGAMINA. SCARPA	GDYNIA	POL	M40		M 0	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
186	SZMUC JACEK	177		MYSZKÓW	POL	M40		M 0	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
187	KULDANEK MARCIN	204	DOGOŃ GRODZISK MAZOWIECKI	STANISŁAWÓ W	POL	M40		M 0	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
188	KOSMĘDA PIOTR MICHAŁ	195		WARSZAWA	POL	M40		M 0	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
189	KORBA MICHAŁ	214		WARSZAWA	POL	M40		M 0	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
190	KOŚCIAK JAN	210	DZIKIE MUSTANGI	PASZCZYNA	POL	M40		M 0	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
191	MARKIEWICZ RAFAŁ	316		WARSZAWA	POL	M40		M 0	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
192	HAJDO ROBERT	319		BRZESKO	POL	M40		M 0	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
193	WRÓBEL DOMINIK	321	AZS PWSZ KROSNO	JASŁO	POL	M40		M 0	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
194	KUREK STANISŁAW	327		KRAKÓW	POL	M40		M 0	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
195	BŁAJSZCZAK KAROL	395	TSA	SANDOMIERZ	POL	M40		M 0	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
196	DARCHUK OLEKSANDR	386		WĘGRZEC	POL	M40		M 0	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
197	PISIGNAS MARIUSZ	400	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M40		M 0	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
198	KUCIŃSKI TOMASZ	403	MKB DREPTAK	MINSK MAZOWIECKI	POL	M40		M 0	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
199	TOKARZ MARCIN	434		LIBERTÓW	POL	M40		M 0	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
200	MIROSŁAW ALBERT	442	WW TEAM	LUBLIN	POL	M40		M 0	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
201	OSZCZĘDA KRZYSZTOF	443	ZARAZIĆ PASJĄ	ŻORY	POL	M40		M 0	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
202	WOJTOWICZ DANIEL	444	NAUKA BIEGA DOLNE	USTRZYKI	POL	M40		M 0	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
203	JENERALSKI MIŁOSZ	495	FREE PALESTINE	TUCHOLA	POL	M40		M 0	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
204	KUREK MARIUSZ	496	MARATOŃCZYK DĘBICA	DĘBICA	POL	M40		M 0	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
205	KULIBERDA TOMASZ	501	TEATR O.DE.LA	RZESZÓW	POL	M40		M 0	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
206	CECELEWSKI JAROSŁAW	510		CISIE	POL	M40		M 0	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
207	JĘDRZEJCZYK TOMASZ	512	CHYBA NIE DAM RADY	KRAKÓW	POL	M40		M 0	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
208	DZIEWA PRZEMYSŁAW	514	SUPERIOR INDUSTRIES	BRANDWICA	POL	M40		M 0	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
209	BARAN BERNARD	665	OCR TEAM DĘBICA	DĘBICA	POL	M40		M 0	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
210	SIEMIĘCZUK ROBERT	654		WARSZAWA	POL	M40		M 0	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
211	DWORAK ADAM	658	TAJFUN	BĘDZIN	POL	M40		M 0	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
212	ZGÓRSKI GRZEGORZ	769	NIGHT RUNNERS GLIWICE	GLIWICE		M40		M 0	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
213	WŁOCH SŁAWOMIR	241		KROSNO	POL	M40		M 0	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
214	CWOJDZIŃSKI PIOTR	228	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	M40		M 0	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
215	NIEDZIELA MARCIN	292	FAT MAMA'S SPORT CLUB	BYTOM	POL	M40		M 0	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
216	JANIK MICHAŁ	597	POSZŁA CZOŁGIEM	WARSZAWA	POL	M40		M 0	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
217	JĘDRZEJCZYK ROBERT	677	CHYBA NIE DAM RADY	PODŁĘŻE	POL	M40		M 0	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
218	ZNAMIEC MARCIN	563	IPA PAŁAC MOSTOWSKICH KSP	WARSZAWA	POL	M40		M 0	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
219	KOPER JACEK	756		ALEKSANDR ÓW ŁÓDZKI	POL	M40		M 0	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

**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
220	PANTOŁ MIROSLAW	149		RZESZÓW	POL	M40		M 0	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
	UNIEJEWSKI TOMASZ	573	UMBA	KATOWICE	POL	M40			00:01:17	02:03:02	DNF	DNF	DNF		DNF	DNF	-	-
									DNF	DNF								
	TYLKA PRZEMYSŁAW	278		KROŚCIENKO WYŻNE	POL	M40			00:02:07	02:44:18	DNF	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	ŻEBROWSKA JOLANTA	702	POTRENUJEMY?	PULAWY	POL	K50		K 0	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
2	SEREMET BOŻENA	205	BBL KRAKÓW	KRAKÓW	POL	K50		K 0	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
3	MALEC BASIA	19		LUBLIN	POL	K50		K 0	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
4	PYZEL AGNIESZKA	57	KS PEGAZ	KONSTANCIN -JEZIORNA	POL	K50		K 0	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
5	NAMIOTA URSZULA	72	1960	DĘBICA	POL	K50		K 0	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
6	DOMISZEWSKA MARIA	2		USTRYKI DOLNE	POL	K50		K 0	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
7	TOCZEWSKA ANNA	751	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K50		K 0	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
8	KŁOPOTOWSKA SOSNA KASKA	516	UNLIMITED TRIATHLON TEAM	KRAKÓW	POL	K50		K 0	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
9	PARYSZ ANNA	646	STARE BABICE BIEGAJĄ	BLIZNE JASIŃSKIEGO	POL	K50		K 0	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
	OBARSKA MAŁGORZATA	219		STARACHOW ICE	POL	K50			00:02:58	02:57:38	DNF	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	SOKOLOWSKI ARTUR	36		SUWALKI	POL	M50		M 0	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
2	LEŚNIAK DARIUSZ	11		SZCZECIN	POL	M50		M 0	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
3	JEZIORNY RYSZARD	414	WIELUŃ BIEGA	WIELUŃ	POL	M50		M 0	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
4	NOWICKI ARTUR	435	SPORTCZESNA	BARGŁY	POL	M50		M 0	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
5	GRZYWACZ WOJCIECH	447	FARTLEK GO	GORZYCE	POL	M50		M 0	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
6	PAWELEC PIOTR	612		JASŁO	POL	M50		M 0	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
7	KUCA ROMAN	711		PIENIĘŻNO	POL	M50		M 0	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
8	BAĆMAGA GRZEGORZ	698	BIEGIEM RADOM	RADOM	POL	M50		M 0	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
9	BARANOWSKI KRZYSZTOF	351	KUTNO BIEGA	KUTNO	POL	M50		M 0	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
10	DRABIK JACEK	115		KRAKOW	POL	M50		M 0	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
11	WARZYCHA KRZYSZTOF	121	OSK MAXEL	BYTOM	POL	M50		M 0	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
12	PARCHOMIUK ANDRZEJ	138	NIEZRZESZONY	WARSZAWA	POL	M50		M 0	00:02:23	02:07:25	03:16:17	04:37:08	05:07:41		05:43:54.90	05:43:54.90	7:42	7.8
13	MIKA DAMIAN	151	EKO-OKNA RUNNERS	RACIBÓRZ	POL	M50		M 0	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
14	ROSPOND PIOTR	157	TKKF MPK POZNAŃ	POZNAŃ	POL	M50		M 0	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
15	LIK MAREK	161	CHEŁM BIEGA	CHEŁM	POL	M50		M 0	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
16	MACKIEWICZ ROMAN	181	ŁÓDŹ RUNNING TEAM	ŁÓDŹ	POL	M50		M 0	00:02:09	02:17:47					04:09:14.85	04:09:14.85	5:35	10.7
17	POREMSKI LESZEK	183		WARSZAWA	POL	M50		M 0	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
18	OBARSKI NORBERT	220		KIELCE	POL	M50		M 0	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
19	CZYŻ GRZEGORZ	212	GRUPA AZOTY - AUTOMATYKA TARNÓW	BOGUMIŁOWICE	POL	M50		M 0	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
20	JASTRZĄB PIOTR	246	DEKAN LESKO	LESKO	POL	M50		M 0	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

**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
21	BĘTKOWSKI WOJCIECH	263	BRYGADA BESKIDÓW	STRÓŻE	POL	M50		M 0	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
22	DOMAGAŁA JERZY	294		RZESZÓW	POL	M50		M 0	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
23	OPALIŃSKI TOMASZ	358		OSTRÓDA	POL	M50		M 0	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
24	SUWEZDA JACEK	380		CZĘSTOCHO WA	POL	M50		M 0	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
25	KAJA ROBERT	466	WIELUŃ BIEGA	WIELUŃ	POL	M50		M 0	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
26	BĘDŹKOWSKI MAREK	479	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	M50		M 0	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
27	SOKOŁOWSKI MAREK	5	ALPIN SPORT TEAM	MYSŁOWICE- WESOŁA	POL	M50		M 0	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
28	DYDIO PIOTR	551	PID-MILL TEAM	SANOK	POL	M50		M 0	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
29	KUSTROŃ ADAM	629	PULEX	KROSNO	POL	M50		M 0	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
30	GŁÓWKA ALFRED	634	KARCZMA U FREDA	KĘDZIERZYN- KOŹLE	POL	M50		M 0	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	LUBAŃSKI ROBERT	670		BUKOWICE	POL	M50		M 0	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
32	GRUCA RYSZARD	707		GRYBÓW	POL	M50		M 0	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	HRYSZKO ROBERT	747	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M50		M 0	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
34	GÓRALCZYK STANISŁAW	750	BUNGEE JUMPING 'MARIO'	HAJNÓWKA	POL	M50		M 0	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
35	WYSOKIŃSKI JERZY	753	KLUB BIEGACZA BIAŁA BIEGA/ORANGE POLSKA	BIAŁA PODLASKA	POL	M50		M 0	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
36	FALKOWSKI PIOTR	777	KS PEGAZ PIASECZNO	BRAK DANYCH	POL	M50		M 0	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
37	CISZYŃSKI MAREK	42	START KATOWICE	KATOWICE	POL	M50		M 0	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
38	KALTENBERG JANUSZ	192		JAROSŁAW	POL	M50		M 0	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
39	STACHYRA ANDRZEJ	312	LSB	LUBLIN	POL	M50		M 0	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
40	PAWLIKOWSKI BOGUSŁAW	498	DZIKIE ŻYCIE RUN TEAM	KATOWICE	POL	M50		M 0	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
41	KOSTKA JANUSZ	637	POSMAKUJ RUN TEAM	SZCZEPAŃC OWA	POL	M50		M 0	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
42	BERDYCHOWSKI KRZYSZTOF	765	FESTIWAL BIEGOWY	WARSZAWA		M50		M 0	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
43	JANOWSKI BOGDAN	768		WARSZAWA		M50		M 0	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
44	PORĘBA EUGENIUSZ	695		MIECHÓW	POL	M50		M 0	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
45	KRAUZE TOMASZ	621	GB WROCŁAWSKIE MORSY	WROCŁAW	POL	M50		M 0	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
46	MĄKA SŁAWOMIR	493	STARGLASS TEAM	OSTROŁĘKA	POL	M50		M 0	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
47	KĘPKA ANDRZEJ	374	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	M50		M 0	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
	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		K 0	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	NAMIOTA MAREK	73		DĘBICA	POL	M60		M 0	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
2	SZEWC MARIAN	240		BILGORAJ	POL	M60		M 0	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
3	SIEDLACZEK ZBIGNIEW	104		LUBLIN	POL	M60		M 0	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
4	KRĘCISZ ZBIGNIEW	139	AMATOR	RACIBÓRZ	POL	M60		M 0	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
5	TUROSZ ZBIGNIEW	147		LEŻAJSK	POL	M60		M 0	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	KUŁAKOWSKI PIOTR	169	CZŁAPACZE	KONSTANCIN -JEZIORNA	POL	M60		M 0	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
7	WÓJCIK JULIAN	233	SZWLA STARGARD	STARGARD	POL	M60		M 0	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
8	ŚLIWIŃSKI ANDRZEJ	421		MIECHÓW	POL	M60		M 0	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
9	NOWAKOWSKI WIESŁAW	425	-	PRZEMYŚL	POL	M60		M 0	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
10	ADAMCZYK JAN	692	GORLIKA GRUPA BIEGOWA	GORLICE	POL	M60		M 0	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
11	TUCZAPSKI ARTUR	721	COMBAT	RUDNA MAŁA	POL	M60		M 0	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
12	MATYSEK IRENEUSZ	761		WAŁCZ		M60		M 0	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
13	GŁUSZCZAK JERZY	194		ŁÓDŹ	POL	M60		M 0	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
14	KOZŁOWSKI TOMASZ	197	PIASECZNO RUNNING	KONSTANCIN -JEZIORNA	POL	M60		M 0	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
15	JURCZAK ROMAN	200		RZESZOW	POL	M60		M 0	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
16	JABŁOŃSKI KAZIMIERZ	657		PRĄDY	POL	M60		M 0	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
17	MĄCZKA BRONISŁAW	767		GLIWICE		M60		M 0	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
18	RÓŻYCKI RYSZARD	772		ZAGÓRZ		M60		M 0	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
19	KLAMUT RYSZARD	333	JABŁONICA POLSKA	JABŁONICA POLSKA	POL	M60		M 0	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