

**V ZIMOWA BIESZCZADZKA DYCHA 2019**

Organizator: Fundacja Bieg Rzeźnika  
 Data: 2019-01-26  
 Miejsce: Cisna  
 Dystans: 10 km  
 Klasyfikacja wg czasów brutto.


**V ZIMOWA BIESZCZADZKA DYCHA 2019, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MARZĄŁEK PATRYK	2213	CWKS RESOVIA RZESZÓW	RZESZÓW	POL	M20	1	M 1	00:00:24	00:24:12		00:38:42.00	00:38:42.00	3:52	15.5
2	JAKUBKOVIČ DOMINIK	2189	MARAS TEAM	LUBOTÍN	SVK	M20	2	M 2	00:00:30	00:28:24		00:43:55.10	00:43:55.10	4:23	13.7
3	NOWAK MARCIN	2233		STALOWA WOLA		M30	1	M 3	00:00:27	00:28:34		00:44:16.65	00:44:16.65	4:25	13.6
4	SUDACKI SEBASTIAN	2045	OSP CZUDEC	CZUDEC	POL	M20	3	M 4	00:00:50	00:28:23	00:00:30	00:45:39.25	00:45:39.25	4:30	13.3
5	WĘGIEL MARCIN	2002	POLWAX RACING TEAM	JASŁO	POL	M30	2	M 5	00:00:25	00:29:21		00:46:22.95	00:46:22.95	4:38	12.9
6	KOŁODZIEJCZYK ŁUKASZ	2214	RZEŹNIK/UKS KOMETA	GLIWICE	POL	M20	4	M 6	00:01:20	00:31:17		00:48:03.50	00:48:03.50	4:48	12.5
7	ZAWADZKI MARCIN	2076	SZCZYWANY TRZMIEL TEAM	LUBENIA	POL	M30	3	M 7	00:00:52	00:31:05		00:49:09.85	00:49:09.85	4:54	12.2
8	KOWALCZYK AGNIESZKA	2185	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	1	K 1	00:00:31	00:31:30		00:50:05.90	00:50:05.90	5:00	12
9	WETHACZ MARIUSZ	2243		CISNA		M30	4	M 8	00:00:45	00:32:43		00:50:37.40	00:50:37.40	5:03	11.9
10	LORENS MAGDALENA	2173	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K20	1	K 2	00:00:32	00:32:12		00:50:51.05	00:50:51.05	5:05	11.8
11	KALBARCZYK ADRIANA	2144	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K20	2	K 3	00:00:31	00:33:06		00:52:16.85	00:52:16.85	5:13	11.5
12	ROMANOWSKI ŁUKASZ	2063	HUSARIA RACE TEAM	KRAKÓW	POL	M30	5	M 9	00:01:02	00:35:01		00:54:08.90	00:54:08.90	5:24	11.1
13	GAŚCZYK GRZEGORZ	2017	NOWA HUTA TEAM	KRAKÓW	POL	M40	1	M 10	00:00:54	00:35:08		00:54:40.00	00:54:40.00	5:28	11
14	WILCZAK JANUSZ	2005		PRZEMYŚL	POL	M40	2	M 11	00:00:36	00:34:33		00:54:47.20	00:54:47.20	5:28	11
15	PŁESZKA MAREK	2221	OTRYT LUTOWISKA	LUTOWISKA	POL	M40	3	M 12	00:00:38	00:35:16		00:55:20.75	00:55:20.75	5:32	10.8
16	EPA KAROLINA	2001	PZU SPORT TEAM	WARSZAWA	POL	K30	2	K 4	00:00:42	00:34:48		00:55:31.90	00:55:31.90	5:33	10.8
17	ZIELONKA MICHAŁ	2218	RESOVIA RZESZÓW	CISNA	POL	M20	5	M 13	00:00:43	00:35:19		00:55:37.15	00:55:37.15	5:33	10.8
18	KOZAK MARK	2242		CHICAGO	USA	M30	6	M 14	00:00:49	00:35:27		00:55:44.00	00:55:44.00	5:34	10.8
19	HACZ PAWEŁ	2042		KROSNO	POL	M30	7	M 15	00:01:24	00:36:26		00:56:02.65	00:56:02.65	5:36	10.7
20	BODZIOCH GRZEGORZ	2078	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M40	4	M 16	00:01:04	00:35:21		00:56:10.10	00:56:10.10	5:37	10.7
21	SZNAJDER RAFAŁ	2226	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	M40	5	M 17	00:00:53	00:36:59		00:57:30.50	00:57:30.50	5:45	10.4
22	FURS TEODOR	2222	PIERDZĄCE ZAJĄCE	CISNA	POL	M40	6	M 18	00:00:55	00:37:16		00:57:37.75	00:57:37.75	5:45	10.4
23	SZKLANA ANITA	1060		WIEPRZEC	POL	K20	3	K 5	00:00:45	00:36:24		00:58:11.40	00:58:11.40	5:49	10.3
24	POGODA KINGA	2215	OTK RZEŹNIK	GLIWICE	POL	K20	4	K 6	00:01:01	00:37:30		00:58:47.55	00:58:47.55	5:52	10.2
25	ROMEJKO MICHAŁ	2179		OLSZTYN	POL	M40	7	M 19	00:00:56	00:37:32		00:59:01.85	00:59:01.85	5:54	10.2
26	JANKOWSKI KONRAD	2133		POLANCZYK	POL	M30	8	M 20	00:01:12	00:38:28		00:59:06.10	00:59:06.10	5:54	10.2
27	JANKOWSKI MICHAŁ	2065		TRAWNIKI	POL	M40	8	M 21	00:00:54	00:36:53		00:59:34.55	00:59:34.55	5:57	10.1
28	POLEWKA ALEKSANDRA	2217	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	K20	5	K 7	00:01:01	00:38:22		01:00:21.10	01:00:21.10	6:02	9.9
29	HADUCH JERZY	2177	SANOK I OKOLICE	PISAROWCE	POL	M60	1	M 22	00:02:03	00:39:30		01:00:33.30	01:00:33.30	6:03	9.9
30	ŻELAZNY AGNIESZKA	2111	GORLICKA GRUPA BIEGOWA	GORLICE	POL	K40	1	K 8	00:01:00	00:38:54		01:01:08.55	01:01:08.55	6:06	9.8
31	DOMIN WIESŁAW	2168		ZAGÓRZE	POL	M50	1	M 23	00:00:53	00:37:52	00:00:30	01:01:23.95	01:01:23.95	6:05	9.9
32	WRÓBEL BARTŁOMIEJ	2241		CISNA		M40	9	M 24	00:00:48	00:38:25		01:01:26.90	01:01:26.90	6:08	9.8
33	POLEWKA TOMASZ	2216	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	M40	10	M 25		00:39:09		01:01:34.40	01:01:34.40	6:09	9.7
34	MATŁOSZ JOLANTA	2157		STRZYŻÓW	POL	K30	3	K 9	00:00:47	00:38:56		01:01:35.80	01:01:35.80	6:09	9.7
35	CZEPIGA DARIUSZ	2052		GŁOJSCE	POL	M20	6	M 26	00:00:52	00:39:04		01:01:36.55	01:01:36.55	6:09	9.7
36	BRYK GNIEWOMIR	2203		CISNA	POL	M20	7	M 27	00:02:10	00:40:12		01:01:37.25	01:01:37.25	6:09	9.7
37	NYGA JULIA	2212	OTK RZEŹNIK	GLIWICE	POL	K20	6	K 10	00:01:02	00:38:23		01:01:52.80	01:01:52.80	6:11	9.7
38	LORENC WIKTOR	2026		RYMANÓW	POL	M40	11	M 28	00:00:51	00:39:05		01:01:58.45	01:01:58.45	6:11	9.7
39	ŻACZKIEWICZ JACEK	2229		SKIERNIEWICE		M50	2	M 29	00:02:29	00:41:16	00:00:30	01:02:29.50	01:02:29.50	6:11	9.7
40	BURTAN MARCIN	2137	TERMOAKTYWNIE.PL	RZESZÓW	POL	M30	9	M 30	00:01:47	00:41:23		01:02:38.10	01:02:38.10	6:15	9.6
41	ŁAGOŻNY KATARZYNA	2143		SANOK	POL	K20	7	K 11	00:01:25	00:39:29		01:03:36.55	01:03:36.55	6:21	9.4
42	SAWULSKI BARTOSZ	2201		WARSZAWA	POL	M30	10	M 31	00:00:42	00:39:23		01:03:49.70	01:03:49.70	6:22	9.4
43	SIEJKOWSKI KRZYSZTOF	2082		WARSZAWA	POL	M30	11	M 32	00:01:33	00:40:45		01:04:15.30	01:04:15.30	6:25	9.3
44	MROCEK BARTŁOMIEJ	2055		BRZEŹNICA	POL	M30	12	M 33	00:01:47	00:41:24		01:04:26.75	01:04:26.75	6:26	9.3

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
45	FEDAK BOHDAN	2093		ZAGÓRZ	POL	M40	12	M 34	00:02:38	00:43:23		01:04:48.00	01:04:48.00	6:28	9.3
46	SIKORA ARTUR	2106		MAJDAN KRÓLEWSKI	POL	M20	8	M 35	00:02:42	00:41:21		01:04:55.65	01:04:55.65	6:29	9.2
47	JONKISZ EWELINA	2115		ZABRZEG	POL	K30	4	K 12	00:01:39	00:41:33		01:05:05.75	01:05:05.75	6:30	9.2
48	SZYBIAK MACIEJ	2204		KRZYWCZA	POL	M20	9	M 36	00:01:49	00:40:33		01:05:08.95	01:05:08.95	6:30	9.2
49	SUCHOWIECKA SABINA	2077		POLANCZYK	POL	K20	8	K 13	00:00:52	00:41:34		01:05:51.85	01:05:51.85	6:35	9.1
50	WAŁACHOWSKA URSZULA	2176	SOLINA TEAM	NOWOSIÓŁKI	POL	K30	5	K 14	00:00:59	00:41:19		01:06:09.60	01:06:09.60	6:36	9.1
51	SZNAJDER JOANNA	2009	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K30	6	K 15	00:00:53	00:41:50		01:06:16.10	01:06:16.10	6:37	9.1
52	PANEK PIOTR	2033	DZIKI MUSTANG	BRZEŹNICA	POL	M40	13	M 37	00:01:48	00:43:03		01:06:19.55	01:06:19.55	6:37	9.0
53	MANIAK JUSTYNA	2163		JASŁO	POL	K30	7	K 16	00:01:23	00:41:42		01:06:20.50	01:06:20.50	6:38	9.0
54	ŁUSZCZYC KRZYSZTOF	2053		RZESZÓW	POL	M30	13	M 38	00:01:28	00:42:54		01:06:22.45	01:06:22.45	6:38	9.0
55	KUSTRZA MAREK	2030		PULAWY	POL	M30	14	M 39	00:01:42	00:43:00		01:06:24.45	01:06:24.45	6:38	9.0
56	SPORNIAK KRZYSZTOF	2199		TARGOWISKA	POL	M30	15	M 40	00:02:14	00:42:56		01:06:50.10	01:06:50.10	6:41	9.0
57	BERA ADAM	2118	PAN	RZESZÓW	POL	M50	3	M 41	00:01:19	00:42:08		01:07:08.35	01:07:08.35	6:42	8.9
58	NOWICKA ANNA	2039		KRAKÓW	POL	K30	8	K 17	00:01:28	00:43:10		01:07:17.60	01:07:17.60	6:43	8.9
59	MAZUR MARIOLA	2057	DZIKIE MUSTANGI	DĘBICA	POL	K30	9	K 18	00:01:26	00:42:40		01:07:59.95	01:07:59.95	6:47	8.8
60	JURYŚ SŁAWOMIR	2182	AUDYTOR ENERGETYCZNY	KROSNO	POL	M40	14	M 42	00:02:55	00:44:58		01:08:03.15	01:08:03.15	6:48	8.8
61	DOŁOWY ŁUKASZ	2036		WROCŁAW	POL	M30	16	M 43	00:03:39	00:44:17		01:08:10.35	01:08:10.35	6:49	8.8
62	DYLAĞ MARLENA	2044	G.O.A.T. TEAM MICHAŁOWICE	WIĘCŁAWICE STARE	POL	K20	9	K 19	00:00:52	00:42:47		01:08:16.65	01:08:16.65	6:49	8.8
63	GIRAŠEK PETER	2220	MARAS TEAM	VELKY SARIS	SVK	M20	10	M 44	00:02:55	00:42:57		01:08:17.80	01:08:17.80	6:49	8.8
64	GOLIS MAGDALENA	2038		RYKI	POL	K30	10	K 20	00:00:50	00:42:49		01:08:51.45	01:08:51.45	6:53	8.7
65	KOWALCZYK PIOTR	2043	G.O.A.T. TEAM MICHAŁOWICE	ZABORZE	POL	M40	15	M 45	00:00:58	00:43:20		01:09:10.15	01:09:10.15	6:55	8.7
66	PABIAN ARKADIUSZ	2129		SZCZECINEK	POL	M30	17	M 46		00:45:04		01:09:12.75	01:09:12.75	6:55	8.7
67	MARAS LADISLAV	2148	MARAS TEAM	PRESOV	SVK	M50	4	M 47	00:02:51	00:45:10		01:09:13.65	01:09:13.65	6:55	8.7
68	GRUSZECKA ANNA	2067		RYBARZOWICE	POL	K40	2	K 21	00:00:51	00:45:06		01:09:16.45	01:09:16.45	6:55	8.7
69	BOZA BEATA	2141	GREIF TEAM WŁADYSŁAWOWO	GDYNIA	POL	K40	3	K 22	00:02:50	00:45:30		01:09:21.10	01:09:21.10	6:56	8.7
70	ŻACZKIEWICZ IZABELA	2228		SKIERNIEWICE		K50	1	K 23	00:02:30	00:43:44	00:00:30	01:09:23.15	01:09:23.15	6:53	8.7
71	NOWAK WIOLETTA	2051	DZIKIE MUSTANGI	DĘBICA	POL	K30	11	K 24	00:01:27	00:42:39	00:01:30	01:09:30.00	01:09:30.00	6:48	8.8
72	BIEDROŃ ARTUR	2180		WARSZAWA	POL	M40	16	M 48	00:03:17	00:46:51		01:10:37.70	01:10:37.70	7:03	8.5
73	MILLER TOMASZ	2097	BIEGAM BO LUBIĘ ZĄBKI TEAM	ZĄBKI	POL	M30	18	M 49	00:00:42	00:42:00		01:10:56.35	01:10:56.35	7:05	8.5
74	KOGUT LESZEK	2119		GROCHOWCE	POL	M40	17	M 50	00:02:25	00:44:30		01:10:59.30	01:10:59.30	7:05	8.5
75	MARZEC MAREK	2091		KRAKÓW	POL	M40	18	M 51	00:01:29	00:44:16		01:11:00.20	01:11:00.20	7:06	8.5
76	MAZUREK KATARZYNA	2102		LUBLIN	POL	K40	4	K 25	00:02:48	00:45:49		01:11:00.95	01:11:00.95	7:06	8.5
77	BRZEZIŃSKA AGNIESZKA	2124	DUSZA DRZEWA	BUDY BARCZAŃCKIE	POL	K40	5	K 26	00:02:47	00:44:21		01:11:03.30	01:11:03.30	7:06	8.4
78	BRZEZIŃSKI SERGIUSZ	2123	DUSZA DRZEWA	BUDY BARCZAŃCKIE	POL	M40	19	M 52	00:02:47	00:44:20		01:11:03.50	01:11:03.50	7:06	8.4
79	SZABAT KATARZYNA	2029		PULAWY	POL	K20	10	K 27	00:01:43	00:44:19		01:11:20.20	01:11:20.20	7:08	8.4
80	TOKARZ WALDEMAR	2047		PASZCZYNA	POL	M30	19	M 53	00:01:48	00:44:26	00:00:30	01:11:28.00	01:11:28.00	7:05	8.5
81	POKRYWKA STEFAN	2232		CISNA		M60	2	M 54	00:01:37	00:45:58		01:11:30.60	01:11:30.60	7:09	8.4
82	HALUCH ŁUKASZ	2134		NIECHOBRZ	POL	M30	20	M 55	00:01:47	00:44:23		01:11:31.10	01:11:31.10	7:09	8.4
83	STEC ANDRZEJ	2219	SZLACHETNA PACZKA	WAŁCZ	POL	M50	5	M 56	00:01:24	00:45:21		01:11:36.50	01:11:36.50	7:09	8.4
84	RAWSKA ANNA	2074		RADYMNO	POL	K20	11	K 28	00:02:27	00:45:28		01:12:07.90	01:12:07.90	7:12	8.3
85	ROJ DAWID	2121	RUN SŁOBODAN	KRAKÓW	POL	M30	21	M 57	00:03:25	00:47:37		01:12:10.35	01:12:10.35	7:13	8.3
86	GNIECIAK MONIKA	2191	MMTEAM	PULAWY	POL	K30	12	K 29	00:01:15	00:45:56		01:13:35.65	01:13:35.65	7:21	8.2
87	KITOWSKI BARTOSZ	2223		GŁOGÓW MAŁOPOLSKI	POL	M40	20	M 58	00:01:18	00:45:47	00:00:30	01:13:41.50	01:13:41.50	7:19	8.2
88	ARTYM MAGDALENA	2100	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	K40	6	K 30	00:03:13	00:48:27		01:14:34.55	01:14:34.55	7:27	8.0
89	ŚWIERC IWONA	2184		KLUCZBORK	POL	K40	7	K 31	00:01:11	00:45:54	00:00:30	01:14:56.30	01:14:56.30	7:26	8.1
90	STASIAK WŁODZIMIERZ	2117	PRO-RUN WROCŁAW	WROCŁAW	POL	M30	22	M 59	00:03:28	00:47:33		01:15:11.05	01:15:11.05	7:31	8.0
91	MĄDRO MATEUSZ	2059	DZIKIE MUSTANGI	SKRZYSZÓW	POL	M30	23	M 60	00:02:09	00:47:25		01:15:13.80	01:15:13.80	7:31	8.0
92	MĄDRO ANNA	2231		SKRZYSZÓW		K30	13	K 32	00:02:08	00:47:26		01:15:14.05	01:15:14.05	7:31	8.0
93	DOMAGAŁA ANDRZEJ	2235		RZESZÓW		M30	24	M 61	00:01:52	00:47:11		01:15:15.10	01:15:15.10	7:31	8.0
94	BALICKI JACEK	2025	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	M50	6	M 62	00:02:09	00:48:10		01:15:27.55	01:15:27.55	7:32	8.0
95	WYZINA ANDRZEJ	2035		WROCŁAW	POL	M30	25	M 63	00:03:39	00:49:31		01:15:42.40	01:15:42.40	7:34	7.9
96	DVORŠČAK MILAN	2186	MARAS TEAM	PREŠOV	SVK	M50	7	M 64	00:02:48	00:47:28		01:15:45.55	01:15:45.55	7:34	7.9
97	SKRUTEK ADAM	2048		WIEDEN	AUT	M30	26	M 65	00:03:45	00:49:47		01:15:46.80	01:15:46.80	7:34	7.9
98	KŁODZIŃSKI KLAUDIUSZ	2110	ULTRAMEKI	TARNÓW	POL	M40	21	M 66	00:03:33	00:51:49		01:15:52.60	01:15:52.60	7:35	7.9
99	KAMYCKI WIKTOR	2099		RZESZÓW	POL	M20	11	M 67	00:03:19	00:49:36		01:16:11.85	01:16:11.85	7:37	7.9
100	ROMANOWICZ MICHAŁ	2034		POZNAN	POL	M20	12	M 68	00:02:47	00:47:46		01:16:47.05	01:16:47.05	7:40	7.8
101	KOZUBAŁA PAWEŁ	2049	ŻÓŁW ULTRAS TEAM	WARSZAWA	POL	M30	27	M 69	00:03:10	00:47:32		01:17:04.20	01:17:04.20	7:42	7.8

**V ZIMOWA BIESZCZADZKA DYCHA 2019, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
102	KUROPATWA KAZIMIERZ	2126	SZAFKA BIEGACZA TEAM	PRZEMYŚL	POL	M60	3	M 70	00:01:02	00:47:29		01:17:10.85	01:17:10.85	7:43	7.8
103	BĄCZYŃSKI PRZEMYSŁAW	2206		BLASZKI	POL	M30	28	M 71	00:02:18	00:48:08		01:17:13.00	01:17:13.00	7:43	7.8
104	MIKSZA KAROL	2135	CROSSFITTERCHEŁM	CHEŁM	POL	M50	8	M 72	00:03:04	00:48:57		01:17:32.15	01:17:32.15	7:45	7.7
105	WITKO JERZY	2113	BRAK	FREDROPOL	POL	M40	22	M 73	00:02:25	00:49:06		01:17:43.70	01:17:43.70	7:46	7.7
106	KŁODZIŃSKA BARBARA	2112	1971	TARNÓW	POL	K40	8	K 33	00:03:33	00:50:41		01:18:02.25	01:18:02.25	7:48	7.7
107	WOŹNIAK LIDIA	2195	PORMAT JEDLICZE BIEGA	KOŁYSZYN	POL	K50	2	K 34	00:01:05	00:46:49		01:18:03.95	01:18:03.95	7:48	7.7
108	HUDZIK DOMINIKA	2004		GROJEC	POL	K40	9	K 35	00:03:10	00:49:29		01:18:29.35	01:18:29.35	7:50	7.6
109	HUDZIK ROBERT	2003	#ADAMCZERWIŃSKITEAM	GROJEC	POL	M40	23	M 74	00:03:10	00:49:22		01:18:31.40	01:18:31.40	7:51	7.6
110	STARZECKA JOANNA	2023		JAROSLAW	POL	K40	10	K 36	00:02:46	00:49:46		01:19:53.90	01:19:53.90	7:59	7.5
111	WALKOWICZ IWONA	2041		KIELCE	POL	K30	14	K 37	00:01:44	00:48:40		01:19:54.95	01:19:54.95	7:59	7.5
112	GUMNY GRZEGORZ	2028		POZNAŃ	POL	M40	24	M 75	00:02:47	00:48:34		01:19:55.50	01:19:55.50	7:59	7.5
113	SOBOCIŃSKI SZYMON	2146	RUN SŁOBODAN	RACIBÓRZ	POL	M30	29	M 76	00:03:26	00:50:37		01:19:56.80	01:19:56.80	7:59	7.5
114	ŻAK IZABELA	2132		MAĆKOWICE	POL	K20	12	K 38	00:03:21	00:50:48		01:20:00.45	01:20:00.45	8:00	7.5
115	CZERSKI KRZYSZTOF	2142	GREIF TEAM WŁADYSŁAWOWO	CHŁAPOWO	POL	M40	25	M 77	00:02:50	00:50:46		01:20:03.05	01:20:03.05	8:00	7.5
116	SKRUTEK JAN	2008	GOPR BIESZCZADY ST.POZA SŁUŻB.	WROCŁAW	POL	M60	4	M 78	00:03:46	00:51:36		01:20:04.30	01:20:04.30	8:00	7.5
117	TOMASZEWSKI WOJTEK	2014	BRACIAT	WARSZAWA	POL	M40	26	M 79	00:02:43	00:52:04		01:20:09.90	01:20:09.90	8:00	7.5
118	TOMASZEWSKI PIOTR	2015	BRACIAT	LUBLIN	POL	M30	30	M 80	00:02:44	00:51:33		01:20:11.60	01:20:11.60	8:01	7.5
119	SZYMAŁA MONIKA	2032		KLUCZBORK	POL	K20	13	K 39	00:01:58	00:49:19	00:00:30	01:20:19.25	01:20:19.25	7:58	7.5
120	ROSIĄK KAMILA	2069		WILGA	POL	K30	15	K 40	00:03:31	00:50:22		01:20:27.00	01:20:27.00	8:02	7.5
121	BAJER DANIEL	2066		LUBLIN	POL	M30	31	M 81	00:02:56	00:52:18		01:20:38.90	01:20:38.90	8:03	7.4
122	TOMASZEWSKI ROBERT	2062	BRACIAT	JAKUBOWICE KONIŃSKIE	POL	M40	27	M 82	00:02:44	00:52:03	00:00:30	01:20:39.45	01:20:39.45	8:00	7.5
123	NOWAK TOMASZ	2050	DZIKIE MUSTANGI	DĘBICA	POL	M30	32	M 83	00:01:40	00:47:25	00:01:30	01:20:51.65	01:20:51.65	7:56	7.6
124	MAZURKIEWICZ ANGELIKA	2230		WARSZAWA		K20	14	K 41	00:02:06	00:51:44		01:21:18.55	01:21:18.55	8:07	7.4
125	GŁUCHOWSKA JOANNA	2187	RYKI	WARSZAWA	POL	K40	11	K 42	00:01:18	00:49:32		01:21:49.30	01:21:49.30	8:10	7.3
126	WILK-PAWŁOWSKA AGNIESZKA	2139	ROCK&RUN	WARSZAWA	POL	K30	16	K 43	00:01:47	00:51:21		01:21:49.60	01:21:49.60	8:10	7.3
127	JANKOWSKA NATALIA	2192		POLAŃCZYK	POL	K30	17	K 44	00:01:11	00:49:55		01:21:54.10	01:21:54.10	8:11	7.3
128	SŁOWIK ILONA	2108	BIEGANIE SZYDERCÓW	TARNÓW	POL	K30	18	K 45	00:03:32	00:52:21		01:21:54.80	01:21:54.80	8:11	7.3
129	WIERCHOŁA JOANNA	2125		LUBLIN	POL	K60	1	K 46	00:03:05	00:50:56		01:21:56.20	01:21:56.20	8:11	7.3
130	TOKARSKA BOŻENA	2225		KRAKÓW	POL	K40	12	K 47	00:02:19	00:51:01		01:22:01.25	01:22:01.25	8:12	7.3
131	KOŁODZIEJCZYK JOANNA	2239		PRAGA		K30	19	K 48	00:02:07	00:52:47		01:22:02.35	01:22:02.35	8:12	7.3
132	ZAJĄC IRENEUSZ	2165	BIECZ	BIECZ	POL	M60	5	M 84	00:03:13	00:53:05		01:22:02.40	01:22:02.40	8:12	7.3
133	SKOP PAWEŁ	2081	WKURW_TEAM	PRZECŁAW	POL	M30	33	M 85	00:03:30	00:54:02		01:22:04.70	01:22:04.70	8:12	7.3
134	KOPYCIŃSKI MIŁOSZ	2244		GODOWA		M30	34	M 86	00:02:41	00:52:01		01:22:26.40	01:22:26.40	8:14	7.3
135	BOMBA DAWID	2202		RZESZÓW	POL	M20	13	M 87	00:02:42	00:52:02		01:22:29.45	01:22:29.45	8:14	7.3
136	LENAR WOJCIECH	2197	KLUB SPORTOWY PRESTIGE	RZESZÓW	POL	M30	35	M 88	00:03:31	00:53:55		01:22:30.45	01:22:30.45	8:15	7.3
137	GARWACKA BEATA	2160		NIEPORĘT	POL	K50	3	K 49	00:03:12	00:52:51		01:22:51.20	01:22:51.20	8:17	7.2
138	SOBOCIŃSKA DOMINIKA	2147	RUN SŁOBODAN	USTRZYKI DOLNE	POL	K30	20	K 50	00:03:26	00:53:39		01:23:12.90	01:23:12.90	8:19	7.2
139	BARADZIEJ BARBARA	2245		TYCHY		K30	21	K 51	00:01:14	00:51:02		01:24:01.20	01:24:01.20	8:24	7.1
140	SUŁKOWSKA JOANNA	2058		JAROSLAW	POL	K40	13	K 52	00:02:49	00:51:56		01:24:05.20	01:24:05.20	8:24	7.1
141	BEDNARCZUK JOANNA	2193		POLSKA ELBLĄG	POL	K40	14	K 53	00:02:05	00:53:40		01:24:06.90	01:24:06.90	8:24	7.1
142	KIEŁB JAKUB	1056	1998	RZESZÓW	POL	M30	36	M 89	00:03:30	00:54:16		01:24:08.05	01:24:08.05	8:24	7.1
143	BATORA MARCIN	1331	SRTG DĘBICA	DĘBICA	POL	M30	37	M 90	00:03:03	00:54:56		01:24:24.45	01:24:24.45	8:26	7.1
144	ZIMEK DOMINIKA	2090	PANI	RZESZÓW	POL	K30	22	K 54	00:03:20	00:54:27		01:26:53.85	01:26:53.85	8:41	6.9
145	GŁUCHOWSKI WOJCIECH	2188	RYKI	WARSZAWA	POL	M40	28	M 91	00:01:23	00:52:30		01:27:00.30	01:27:00.30	8:42	6.9
146	PTASZYŃSKA MILENA	2162	KOSMOŁÓW TEAM	OLKUSZ	POL	K30	23	K 55	00:02:23	00:55:03		01:27:03.75	01:27:03.75	8:42	6.9
147	BOCEK SŁAWOMIR	2027		BOGUCHWAŁA	POL	M40	29	M 92	00:03:37	00:55:09		01:27:05.15	01:27:05.15	8:42	6.9
148	POPIELA - KAWA SYLWIA	2210	KRYSTEK TEAM	RYGLICE	POL	K30	24	K 56	00:03:15	00:55:07		01:27:06.80	01:27:06.80	8:42	6.9
149	WYBRANIEC WOJCIECH	2211	OFIARY JEDZIENIA KOTLETÓW	SUCHA BESKIDZKA	POL	M40	30	M 93	00:03:15	00:55:08		01:27:07.40	01:27:07.40	8:42	6.9
150	WAJCOWICZ MAŁGORZATA	2200	POZYTYWNIIE ZABIEGANI SANOK	SANOK	POL	K40	15	K 57	00:02:22	00:51:27		01:27:10.80	01:27:10.80	8:43	6.9
151	ADAMCZAK WIESŁAW	2130	BIEGAJ BEZ KOŃCA	MIELEC	POL	M50	9	M 94	00:02:32	00:54:33		01:27:13.00	01:27:13.00	8:43	6.9
152	WOJTOWICZ ELŻBIETA	2073		KRAKÓW	POL	K40	16	K 58	00:00:51	00:53:37		01:27:15.20	01:27:15.20	8:43	6.9
153	SZPREJDA PAULINA	2054	MSMTECHNIC.COM	POZNAŃ	POL	K30	25	K 59	00:03:30	00:52:49		01:27:15.95	01:27:15.95	8:43	6.9
154	SZOSTAK DOROTA	2071	PRUSIE	LUBLIN	POL	K40	17	K 60	00:02:20	00:54:14		01:27:17.30	01:27:17.30	8:43	6.9
155	NAZIMEK MAŁGORZATA	2236		NOWY SĄCZ		K20	15	K 61	00:01:33	00:54:11		01:27:17.80	01:27:17.80	8:43	6.9
156	KNET MARCIN	2247		PRZECŁAW		M30	38	M 95	00:03:30	00:54:31		01:27:19.35	01:27:19.35	8:43	6.9
157	KALINOWSKA LUCYNA	2127		PRZEMYŚL	POL	K50	4	K 62	00:01:45	00:53:42		01:27:22.85	01:27:22.85	8:44	6.9

**V ZIMOWA BIESZCZADZKA DYCHA 2019, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
158	HADAM EWA	2095	SPARTAN RACE TRAINING GROUP RZESZÓW	DYNÓW	POL	K50	5	K 63	00:03:28	00:54:29		01:27:23.30	01:27:23.30	8:44	6.9
159	KAJMOWICZ KASIA	2104		KOSZYCE WIELKIE	POL	K30	26	K 64	00:03:32	00:54:32		01:27:24.60	01:27:24.60	8:44	6.9
160	BORCZ MARCIN	2246		MIKOLICE		M30	39	M 96	00:03:37	00:55:23		01:27:29.90	01:27:29.90	8:44	6.9
161	PEKAŁSKA ANNA	2022		NIEPORĘT	POL	K40	18	K 65	00:03:11	00:55:02		01:27:31.00	01:27:31.00	8:45	6.9
162	GRABOWSKA PAULINA	2194		KRAKÓW	POL	K20	16	K 66	00:03:36	00:56:20		01:27:31.95	01:27:31.95	8:45	6.9
163	DRAZEK ALEKSANDRA	2164		RZESZÓW	POL	K20	17	K 67	00:01:13	00:55:02		01:27:45.80	01:27:45.80	8:46	6.8
164	KRYCZOWSKI ZBIGNIEW	2240		LUBACZÓW		M40	31	M 97	00:02:46	00:53:20		01:27:49.60	01:27:49.60	8:46	6.8
165	STRZĘPEK JAGODA	2098		RZESZÓW	POL	K20	18	K 68	00:03:19	00:55:52		01:28:17.15	01:28:17.15	8:49	6.8
166	GRODON MAGDALENA	2171	TRENUJ Z NAMI	WROCLAW	POL	K40	19	K 69	00:02:19	00:56:31		01:29:24.15	01:29:24.15	8:56	6.7
167	SALUGA BARTLOMIEJ	2172		SOSNOWIEC	POL	M40	32	M 98	00:02:19	00:56:32		01:29:25.20	01:29:25.20	8:56	6.7
168	SKOREK-MASZOTA WERONIKA	2155		GDYNIA	POL	K40	20	K 70	00:02:07	00:56:09		01:29:26.55	01:29:26.55	8:56	6.7
169	ZIOBRO-MYŚLIWIEC ANNA	2234		PRZEDMIEŚCIE CZYDECKIE		K40	21	K 71	00:03:10	00:55:36		01:30:04.50	01:30:04.50	9:00	6.7
170	PACHOLIK KATARZYNA	2116		KOLONIA USTRONSKA	POL	K30	27	K 72	00:03:45	00:55:18		01:31:08.20	01:31:08.20	9:06	6.6
171	TOMASZEWSKI MIKOŁAJ	2175		ŚLESIN	POL	M30	40	M 99	00:03:44	00:55:18		01:31:09.35	01:31:09.35	9:06	6.6
172	STANKIEWICZ EWA	2224		KONSTANCJA-JEZIORNA	POL	K30	28	K 73	00:03:01	00:58:20		01:31:43.00	01:31:43.00	9:10	6.5
173	NAZIMEK MARIUSZ	2237		NOWY SĄCZ		M40	33	M 100	00:01:35	00:57:41		01:31:45.05	01:31:45.05	9:10	6.5
174	TOMASZEWSKI MIKOŁAJ	2024		NOWYTOMYŚL	POL	M40	34	M 101	00:01:24	00:56:14		01:31:45.85	01:31:45.85	9:10	6.5
175	NOWAK KAROLINA	2158		NOWY TOMYŚL	POL	K30	29	K 74	00:01:23	00:56:11		01:31:47.70	01:31:47.70	9:10	6.5
176	SZCZEPANEK EWELINA	2031	POTRENUJEMY?	DĘBLIN	POL	K30	30	K 75	00:00:56	00:56:39		01:32:16.55	01:32:16.55	9:13	6.5
177	KANIA MONIKA	2166	POTRENUJEMY?	DĘBLIN	POL	K30	31	K 76	00:00:55	00:56:41		01:32:16.70	01:32:16.70	9:13	6.5
178	SKORUPKA ANNA	2131		NOWE IGANIE	POL	K30	32	K 77		00:58:34		01:32:35.85	01:32:35.85	9:15	6.5
179	FURDYNA MARIA	2167		WARSZAWA	POL	K30	33	K 78	00:03:37	00:58:55		01:32:38.25	01:32:38.25	9:15	6.5
180	CZAPLA ANDRZEJ	2080		CHEŁM	POL	M60	6	M 102	00:03:33	01:00:36		01:32:42.35	01:32:42.35	9:16	6.5
181	JANKOWSKI MARCIN	2094		BUKOWSKO	POL	M30	41	M 103	00:02:14	00:57:34		01:33:51.30	01:33:51.30	9:23	6.4
182	SŁOBODA KRZYSZTOF	2122	RUN SŁOBODA	USTRZYKI DOLNE	POL	M60	7	M 104	00:03:24	01:00:21		01:33:57.50	01:33:57.50	9:23	6.4
183	ROJ MAGDALENA	2120	RUN SŁOBODAN	KRAKÓW	POL	K30	34	K 79	00:03:24	00:59:55		01:33:57.70	01:33:57.70	9:23	6.4
184	KONARSKA KAROLINA	2128	RUN SŁOBODAN	KRAKÓW	POL	K30	35	K 80	00:03:25	01:00:21		01:33:59.25	01:33:59.25	9:23	6.4
185	CZUBA JADWIGA	2061		LIGOTA ZAMECKA	POL	K30	36	K 81	00:01:09	00:57:14	00:00:30	01:34:17.00	01:34:17.00	9:22	6.4
186	STACHNIUK ARTUR	2196	CROSSFITTER	CHEŁM	POL	M30	42	M 105	00:03:38	00:58:22		01:35:04.45	01:35:04.45	9:30	6.3
187	SULEWSKA KASIA	2085	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	POL	K40	22	K 82	00:03:14	00:58:32		01:35:06.50	01:35:06.50	9:30	6.3
188	CZAJA WACŁAW	2020		PRZEMYSŁ	POL	M40	35	M 106	00:03:37	00:58:33		01:35:08.40	01:35:08.40	9:30	6.3
189	SNOPKOWSKI KRYSZTIAN	2068		KOLBUSZOWA	POL	M30	43	M 107	00:01:36	01:00:18		01:35:11.10	01:35:11.10	9:31	6.3
190	SZEWczyk JAN ADAM	198		JODLOWKA TUCHOWSKA	POL	M30	44	M 108	00:03:39	01:04:14		01:35:12.90	01:35:12.90	9:31	6.3
191	SIONKOWSKA JOANNA	2169	CROSSFITTER CHEŁM	CHEŁM	POL	K40	23	K 83		00:58:36	00:00:30	01:35:32.10	01:35:32.10	9:30	6.3
192	DADAŚ ELŻBIETA	2007	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	24	K 84	00:03:25	00:57:58		01:35:59.60	01:35:59.60	9:35	6.3
193	GAŁUSZEK OLGA	2190		POZNAŃ	POL	K50	6	K 85	00:01:41	01:01:05		01:36:02.15	01:36:02.15	9:36	6.2
194	LAZAROWICZ PIOTR	2227		KROSNO	POL	M30	45	M 109	00:03:42	01:01:34		01:36:21.20	01:36:21.20	9:38	6.2
195	ŠIMKO RADOŠLAV	2207	MARAS TEAM	PREŠOV	SVK	M30	46	M 110	00:02:58	00:59:09		01:37:03.70	01:37:03.70	9:42	6.2
196	MROCZKA AGNIESZKA	2114	BBL JAROSŁAW	JAROSŁAW	POL	K40	25	K 86	00:02:13	01:00:16		01:37:05.75	01:37:05.75	9:42	6.2
197	SĄCZAWA EWA	2140	BBL JAROSŁAW	MUNINA	POL	K40	26	K 87	00:02:13	01:00:17	00:00:30	01:38:20.15	01:38:20.15	9:47	6.1
198	KĘDRA AGNIESZKA	2072		RZESZÓW	POL	K20	19	K 88	00:01:51	00:59:20		01:38:25.10	01:38:25.10	9:50	6.1
199	RADYK JOANNA	2156	PRZEMYSKI KLUB BIEGACZA	PRZEMYSŁ	POL	K30	37	K 89	00:03:13	00:59:22		01:38:26.30	01:38:26.30	9:50	6.1
200	WROTKOWSKA BARBARA	2105		WARSZAWA	POL	K30	38	K 90	00:02:46	01:03:45		01:38:28.50	01:38:28.50	9:50	6.1
201	WILK IZABELA	2174	SEKCJA PIASKI	PIASKI	POL	K40	27	K 91	00:02:18	01:04:13		01:38:29.10	01:38:29.10	9:50	6.1
202	CHRAPEK JOANNA	2079		TORUŃ	POL	K20	20	K 92	00:02:18	01:04:10		01:38:29.40	01:38:29.40	9:50	6.1
203	POLAK LUIZA	2178		RYKI	POL	K40	28	K 93	00:01:23	01:00:42		01:38:29.90	01:38:29.90	9:50	6.1
204	PASZKIEWICZ OLA	2159		SIERADZ	POL	K20	21	K 94	00:02:18	01:04:12		01:38:31.40	01:38:31.40	9:51	6.1
205	OPALSKI WOJCIECH	2107		WARSZAWA	POL	M40	36	M 111	00:02:49	00:44:27		01:38:32.25	01:38:32.25	9:51	6.1
206	WACHNIK AGNIESZKA	2021	NOWA HUTA TEAM	KRAKÓW	POL	K30	39	K 95	00:02:01	01:05:01		01:38:49.00	01:38:49.00	9:52	6.1
207	GRABOWSKA ANNA	2010	1968	DĘBICA	POL	K50	7	K 96	00:01:18	01:04:48		01:40:56.90	01:40:56.90	10:05	5.9
208	JUREWICZ ANETA	2037		KSOWERÓW	POL	K30	40	K 97	00:01:32			01:41:44.90	01:41:44.90	10:10	5.9
209	GAWRON GABRIELA	2103	ROOKS TEAM	NOWY BOREK	POL	K30	41	K 98	00:00:58	01:04:44		01:41:54.85	01:41:54.85	10:11	5.9
210	BURZ JOWITA	2084		RZESZÓW	POL	K40	29	K 99	00:03:53	01:02:42		01:43:30.65	01:43:30.65	10:21	5.8
211	PODOLAK ZBIGNIEW	2183		PRZEMYSŁ	POL	M50	10	M 112	00:00:53	00:39:38		01:43:35.25	01:43:35.25	10:21	5.8
212	PARADOWSKI PAWEŁ	2083		RZESZÓW	POL	M50	11	M 113	00:03:51	01:02:40		01:43:49.80	01:43:49.80	10:22	5.8
213	MIKSZA ANETA	2136		CHEŁM	POL	K40	30	K 100	00:03:06	01:06:12		01:46:35.00	01:46:35.00	10:39	5.6

**V ZIMOWA BIESZCZADZKA DYCHA 2019, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
214	LODWICH MAREK	2238		CHEŁM		M40	37	M 114	00:03:06	01:06:11		01:46:36.35	01:46:36.35	10:39	5.6
215	HERNAS ANETA	1391		LUBLIN	POL	K30	42	K 101	00:03:10	01:07:09		01:48:22.30	01:48:22.30	10:50	5.5
216	FRAĆ ELŻBIETA	2013	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	31	K 102	00:03:27	01:06:29		01:48:22.60	01:48:22.60	10:50	5.5
217	ADAMSKA JOLA	2018	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K50	8	K 103	00:03:40	01:21:21		02:08:26.55	02:08:26.55	12:50	4.7
	JERZAK KRZYSZTOF	2070		KRAKÓW	POL	M30			00:05:12	DNF		DNF	DNF	-	-

**V ZIMOWA BIESZCZADZKA DYCHA 2019, Kobiety**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KOWALCZYK AGNIESZKA	2185	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	1	K 1	00:00:31	00:31:30		00:50:05.90	00:50:05.90	5:00	12
2	LORENS MAGDALENA	2173	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K20	1	K 2	00:00:32	00:32:12		00:50:51.05	00:50:51.05	5:05	11.8
3	KALBARCZYK ADRIANA	2144	ADIDAS RUNNERS WARSAW	WARSAWA	POL	K20	2	K 3	00:00:31	00:52:06		00:52:16.85	00:52:16.85	5:13	11.5
4	EPA KAROLINA	2001	PZU SPORT TEAM	WARSAWA	POL	K30	2	K 4	00:00:42	00:34:48		00:55:31.90	00:55:31.90	5:33	10.8
5	SZKLANA ANITA	1060		WIEPRZEC	POL	K20	3	K 5	00:00:45	00:36:24		00:58:11.40	00:58:11.40	5:49	10.3
6	POGODA KINGA	2215	OTK RZEŹNIK	GLIWICE	POL	K20	4	K 6	00:01:01	00:37:30		00:58:47.55	00:58:47.55	5:52	10.2
7	POLEWKA ALEKSANDRA	2217	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	K20	5	K 7	00:01:01	00:38:22		01:00:21.10	01:00:21.10	6:02	9.9
8	ŻELAZNY AGNIESZKA	2111	GORLICKA GRUPA BIEGOWA	GORLICE	POL	K40	1	K 8	00:01:00	00:38:54		01:01:08.55	01:01:08.55	6:06	9.8
9	MATŁOSZ JOLANTA	2157		STRZYŻÓW	POL	K30	3	K 9	00:00:47	00:38:56		01:01:35.80	01:01:35.80	6:09	9.7
10	NYGA JULIA	2212	OTK RZEŹNIK	GLIWICE	POL	K20	6	K 10	00:01:02	00:38:23		01:01:52.80	01:01:52.80	6:11	9.7
11	ŁAGOŻNY KATARZYNA	2143		SANOK	POL	K20	7	K 11	00:01:25	00:39:29		01:03:36.55	01:03:36.55	6:21	9.4
12	JONKISZ EWELINA	2115		ZABRZEG	POL	K30	4	K 12	00:01:39	00:41:33		01:05:05.75	01:05:05.75	6:30	9.2
13	SUCHOWIECKA SABINA	2077		POLAN CZYK	POL	K20	8	K 13	00:00:52	00:41:34		01:05:51.85	01:05:51.85	6:35	9.1
14	WAŁACHOWSKA URSZULA	2176	SOLINA TEAM	NOWOSIÓŁKI	POL	K30	5	K 14	00:00:59	00:41:19		01:06:09.60	01:06:09.60	6:36	9.1
15	SZNAJDER JOANNA	2009	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K30	6	K 15	00:00:53	00:41:50		01:06:16.10	01:06:16.10	6:37	9.1
16	MANIAK JUSTYNA	2163		JASŁO	POL	K30	7	K 16	00:01:23	00:41:42		01:06:20.50	01:06:20.50	6:38	9
17	NOWICKA ANNA	2039		KRAKÓW	POL	K30	8	K 17	00:01:28	00:43:10		01:07:17.60	01:07:17.60	6:43	8.9
18	MAZUR MARIOLA	2057	DZIKIE MUSTANGI	DĘBICA	POL	K30	9	K 18	00:01:26	00:42:40		01:07:59.95	01:07:59.95	6:47	8.8
19	DYLAŁ MARLENA	2044	G.O.A.T. TEAM MICHAŁOWICE	WIĘCŁAWICE STARE	POL	K20	9	K 19	00:00:52	00:42:47		01:08:16.65	01:08:16.65	6:49	8.8
20	GOLIS MAGDALENA	2038		RYKI	POL	K30	10	K 20	00:00:50	00:42:49		01:08:51.45	01:08:51.45	6:53	8.7
21	GRUSZECKA ANNA	2067		RYBARZOWICE	POL	K40	2	K 21	00:00:51	00:45:06		01:09:16.45	01:09:16.45	6:55	8.7
22	BOZA BEATA	2141	GREIF TEAM WŁADYSŁAWOWO	GDYNIA	POL	K40	3	K 22	00:02:50	00:45:30		01:09:21.10	01:09:21.10	6:56	8.7
23	ŻACZKIEWICZ IZABELA	2228		SKIERNIEWICE		K50	1	K 23	00:02:30	00:43:44	00:00:30	01:09:23.15	01:09:23.15	6:53	8.7
24	NOWAK WIOLETTA	2051	DZIKIE MUSTANGI	DĘBICA	POL	K30	11	K 24	00:01:27	00:42:39	00:01:30	01:09:30.00	01:09:30.00	6:48	8.8
25	MAZUREK KATARZYNA	2102		LUBLIN	POL	K40	4	K 25	00:02:48	00:45:49		01:11:00.95	01:11:00.95	7:06	8.5
26	BRZEZIŃSKA AGNIESZKA	2124	DUSZA DRZEWA	BUDY BARCZAŃKIE	POL	K40	5	K 26	00:02:47	00:44:21		01:11:03.30	01:11:03.30	7:06	8.4
27	SZABAT KATARZYNA	2029		PUŁAWY	POL	K20	10	K 27	00:01:43	00:44:19		01:11:20.20	01:11:20.20	7:08	8.4
28	RAWSKA ANNA	2074		RADYMNO	POL	K20	11	K 28	00:02:27	00:45:28		01:12:07.90	01:12:07.90	7:12	8.3
29	GNIECIAK MONIKA	2191	MMTEAM	PUŁAWY	POL	K30	12	K 29	00:01:15	00:45:56		01:13:35.65	01:13:35.65	7:21	8.2
30	ARTYM MAGDALENA	2100	PRZEMYSKI KLUB BIEGACZA	PRZEMYSŁ	POL	K40	6	K 30	00:03:13	00:48:27		01:14:34.55	01:14:34.55	7:27	8
31	ŚWIERC IWONA	2184		KLUCZBORK	POL	K40	7	K 31	00:01:11	00:45:54	00:00:30	01:14:56.30	01:14:56.30	7:26	8.1
32	MĄDRO ANNA	2231		SKRZYSZÓW		K30	13	K 32	00:02:08	00:47:26		01:15:14.05	01:15:14.05	7:31	8
33	KŁODZIŃSKA BARBARA	2112	1971	TARNÓW	POL	K40	8	K 33	00:03:33	00:50:41		01:18:02.25	01:18:02.25	7:48	7.7
34	WOŹNIAK LIDIA	2195	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	K50	2	K 34	00:01:05	00:46:49		01:18:03.95	01:18:03.95	7:48	7.7
35	HUDZIK DOMINIKA	2004		GROJEC	POL	K40	9	K 35	00:03:10	00:49:29		01:18:29.35	01:18:29.35	7:50	7.6
36	STARZECKA JOANNA	2023		JAROSŁAW	POL	K40	10	K 36	00:02:46	00:49:46		01:19:53.90	01:19:53.90	7:59	7.5
37	WALKOWICZ IWONA	2041		KIELCE	POL	K30	14	K 37	00:01:44	00:48:40		01:19:54.95	01:19:54.95	7:59	7.5
38	ŻAK IZABELA	2132		MAĆKOWICE	POL	K20	12	K 38	00:03:21	00:50:48		01:20:00.45	01:20:00.45	8:00	7.5
39	SZYMAŁA MONIKA	2032		KLUCZBORK	POL	K20	13	K 39	00:01:58	00:49:19	00:00:30	01:20:19.25	01:20:19.25	7:58	7.5
40	ROSIĄK KAMILA	2069		WILGA	POL	K30	15	K 40	00:03:31	00:50:22		01:20:27.00	01:20:27.00	8:02	7.5
41	MAZURKIEWICZ ANGELIKA	2230		WARSAWA		K20	14	K 41	00:02:06	00:51:44		01:21:18.55	01:21:18.55	8:07	7.4
42	GŁUCHOWSKA JOANNA	2187	RYKI	WARSAWA	POL	K40	11	K 42	00:01:18	00:49:32		01:21:49.30	01:21:49.30	8:10	7.3
43	WILK-PAWŁOWSKA AGNIESZKA	2139	ROCK&RUN	WARSAWA	POL	K30	16	K 43	00:01:47	00:51:21		01:21:49.60	01:21:49.60	8:10	7.3
44	JANKOWSKA NATALIA	2192		POLAN CZYK	POL	K30	17	K 44	00:01:11	00:49:55		01:21:54.10	01:21:54.10	8:11	7.3
45	SŁOWIK ILONA	2108	BIEGANIE SZYDERCÓW	TARNÓW	POL	K30	18	K 45	00:03:32	00:52:21		01:21:54.80	01:21:54.80	8:11	7.3

**V ZIMOWA BIESZCZADZKA DYCHA 2019, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
46	WIERCHOŁA JOANNA	2125		LUBLIN	POL	K60	1	K 46	00:03:05	00:50:56		01:21:56.20	01:21:56.20	8:11	7.3
47	TOKARSKA BOŻENA	2225		KRAKÓW	POL	K40	12	K 47	00:02:19	00:51:01		01:22:01.25	01:22:01.25	8:12	7.3
48	KOŁODZIEJCZYK JOANNA	2239		PRAGA		K30	19	K 48	00:02:07	00:52:47		01:22:02.35	01:22:02.35	8:12	7.3
49	GARWACKA BEATA	2160		NIEPORĘT	POL	K50	3	K 49	00:03:12	00:52:51		01:22:51.20	01:22:51.20	8:17	7.2
50	SOBOCIŃSKA DOMINIKA	2147	RUN SŁOBODAN	USTRYKI DOLNE	POL	K30	20	K 50	00:03:26	00:53:39		01:23:12.90	01:23:12.90	8:19	7.2
51	BARADZIEJ BARBARA	2245		TYCHY		K30	21	K 51	00:01:14	00:51:02		01:24:01.20	01:24:01.20	8:24	7.1
52	SUŁKOWSKA JOANNA	2058		JAROSŁAW	POL	K40	13	K 52	00:02:49	00:51:56		01:24:05.20	01:24:05.20	8:24	7.1
53	BEDNARCZUK JOANNA	2193		POLSKA ELBLĄG	POL	K40	14	K 53	00:02:05	00:53:40		01:24:06.90	01:24:06.90	8:24	7.1
54	ZIMEK DOMINIKA	2090	PANI	RZESZÓW	POL	K30	22	K 54	00:03:20	00:54:27		01:26:53.85	01:26:53.85	8:41	6.9
55	PTASZYŃSKA MILENA	2162	KOSMOLÓW TEAM	OLKUSZ	POL	K30	23	K 55	00:02:23	00:55:03		01:27:03.75	01:27:03.75	8:42	6.9
56	POPIELA - KAWA SYLWIA	2210	KRYSTEK TEAM	RYGLICE	POL	K30	24	K 56	00:03:15	00:55:07		01:27:06.80	01:27:06.80	8:42	6.9
57	WAJCOWICZ MAŁGORZATA	2200	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	K40	15	K 57	00:02:22	00:51:27		01:27:10.80	01:27:10.80	8:43	6.9
58	WOJTOWICZ ELŻBIETA	2073		KRAKÓW	POL	K40	16	K 58	00:00:51	00:53:37		01:27:15.20	01:27:15.20	8:43	6.9
59	SZPREJDA PAULINA	2054	MSMTECHNIC.COM	POZNAŃ	POL	K30	25	K 59	00:03:30	00:52:49		01:27:15.95	01:27:15.95	8:43	6.9
60	SZOSTAK DOROTA	2071	PRUSIE	LUBLIN	POL	K40	17	K 60	00:02:20	00:54:14		01:27:17.30	01:27:17.30	8:43	6.9
61	NAZIMEK MAŁGORZATA	2236		NOWY SĄCZ		K20	15	K 61	00:01:33	00:54:11		01:27:17.80	01:27:17.80	8:43	6.9
62	KALINOWSKA LUCYNA	2127		PRZEMYŚL	POL	K50	4	K 62	00:01:45	00:53:42		01:27:22.85	01:27:22.85	8:44	6.9
63	HADAM EWA	2095	SPARTAN RACE TRAINING GROUP RZESZÓW	DYNÓW	POL	K50	5	K 63	00:03:28	00:54:29		01:27:23.30	01:27:23.30	8:44	6.9
64	KAJMOWICZ KASIA	2104		KOSZYCE WIELKIE	POL	K30	26	K 64	00:03:32	00:54:32		01:27:24.60	01:27:24.60	8:44	6.9
65	PEKAŁSKA ANNA	2022		NIEPORĘT	POL	K40	18	K 65	00:03:11	00:55:02		01:27:31.00	01:27:31.00	8:45	6.9
66	GRABOWSKA PAULINA	2194		KRAKÓW	POL	K20	16	K 66	00:03:36	00:56:20		01:27:31.95	01:27:31.95	8:45	6.9
67	DRAZEK ALEKSANDRA	2164		RZESZÓW	POL	K20	17	K 67	00:01:13	00:55:02		01:27:45.80	01:27:45.80	8:46	6.8
68	STRZĘPEK JAGODA	2098		RZESZÓW	POL	K20	18	K 68	00:03:19	00:55:52		01:28:17.15	01:28:17.15	8:49	6.8
69	GRODON MAGDALENA	2171	TRENUJ Z NAMI	WROCLAW	POL	K40	19	K 69	00:02:19	00:56:31		01:29:24.15	01:29:24.15	8:56	6.7
70	SKOREK-MASZOTA WERONIKA	2155		GDYNIA	POL	K40	20	K 70	00:02:07	00:56:09		01:29:26.55	01:29:26.55	8:56	6.7
71	ZIOBRO-MYŚLIWIEC ANNA	2234		PRZEDMIEŚCIE CZYDECKIE		K40	21	K 71	00:03:10	00:55:36		01:30:04.50	01:30:04.50	9:00	6.7
72	PACHOLIK KATARZYNA	2116		KOLONIA USTRONSKA	POL	K30	27	K 72	00:03:45	00:55:18		01:31:08.20	01:31:08.20	9:06	6.6
73	STANKIEWICZ EWA	2224		KONSTANCJA JEZIORNA	POL	K30	28	K 73	00:03:01	00:58:20		01:31:43.00	01:31:43.00	9:10	6.5
74	NOWAK KAROLINA	2158		NOWY TOMYŚL	POL	K30	29	K 74	00:01:23	00:56:11		01:31:47.70	01:31:47.70	9:10	6.5
75	SZCZEPANEK EWELINA	2031	POTRENUJEMY?	DĘBLIN	POL	K30	30	K 75	00:00:56	00:56:39		01:32:16.55	01:32:16.55	9:13	6.5
76	KANIA MONIKA	2166	POTRENUJEMY?	DĘBLIN	POL	K30	31	K 76	00:00:55	00:56:41		01:32:16.70	01:32:16.70	9:13	6.5
77	SKORUPKA ANNA	2131		NOWE IGANIE	POL	K30	32	K 77		00:58:34		01:32:35.85	01:32:35.85	9:15	6.5
78	FURDYNA MARIA	2167		WARSZAWA	POL	K30	33	K 78	00:03:37	00:58:55		01:32:38.25	01:32:38.25	9:15	6.5
79	ROJ MAGDALENA	2120	RUN SŁOBODAN	KRAKÓW	POL	K30	34	K 79	00:03:24	00:59:55		01:33:57.70	01:33:57.70	9:23	6.4
80	KONARSKA KAROLINA	2128	RUN SŁOBODAN	KRAKÓW	POL	K30	35	K 80	00:03:25	01:00:21		01:33:59.25	01:33:59.25	9:23	6.4
81	CZUBA JADWIGA	2061		LIGOTA ZAMECKA	POL	K30	36	K 81	00:01:09	00:57:14	00:00:30	01:34:17.00	01:34:17.00	9:22	6.4
82	SULEWSKA KASIA	2085	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	POL	K40	22	K 82	00:03:14	00:58:32		01:35:06.50	01:35:06.50	9:30	6.3
83	SIONKOWSKA JOANNA	2169	CROSSFITTER CHEŁM	CHEŁM	POL	K40	23	K 83		00:58:36	00:00:30	01:35:32.10	01:35:32.10	9:30	6.3
84	DADAŚ ELŻBIETA	2007	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	24	K 84	00:03:25	00:57:58		01:35:59.60	01:35:59.60	9:35	6.3
85	GAŁUSZEK OLGA	2190		POZNAŃ	POL	K50	6	K 85	00:01:41	01:01:05		01:36:02.15	01:36:02.15	9:36	6.2
86	MROCZKA AGNIESZKA	2114	BBL JAROSŁAW	JAROSŁAW	POL	K40	25	K 86	00:02:13	01:00:16		01:37:05.75	01:37:05.75	9:42	6.2
87	SĄCZAWA EWA	2140	BBL JAROSŁAW	MUNIA	POL	K40	26	K 87	00:02:13	01:00:17	00:00:30	01:38:20.15	01:38:20.15	9:47	6.1
88	KĘDRA AGNIESZKA	2072		RZESZÓW	POL	K20	19	K 88	00:01:51	00:59:20		01:38:25.10	01:38:25.10	9:50	6.1
89	RADYK JOANNA	2156	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	K30	37	K 89	00:03:13	00:59:22		01:38:26.30	01:38:26.30	9:50	6.1
90	WROTKOWSKA BARBARA	2105		WARSZAWA	POL	K30	38	K 90	00:02:46	01:03:45		01:38:28.50	01:38:28.50	9:50	6.1
91	WILK IZABELA	2174	SEKcja PIASKI	PIASKI	POL	K40	27	K 91	00:02:18	01:04:13		01:38:29.10	01:38:29.10	9:50	6.1
92	CHRAPEK JOANNA	2079		TORUŃ	POL	K20	20	K 92	00:02:18	01:04:10		01:38:29.40	01:38:29.40	9:50	6.1
93	POLAK LUIZA	2178		RYKI	POL	K40	28	K 93	00:01:23	01:00:42		01:38:29.90	01:38:29.90	9:50	6.1
94	PASZKIEWICZ OLA	2159		SIERADZ	POL	K20	21	K 94	00:02:18	01:04:12		01:38:31.40	01:38:31.40	9:51	6.1
95	WACHNIK AGNIESZKA	2021	NOWA HUTA TEAM	KRAKÓW	POL	K30	39	K 95	00:02:01	01:05:01		01:38:49.00	01:38:49.00	9:52	6.1
96	GRABOWSKA ANNA	2010	1968	DĘBICA	POL	K50	7	K 96	00:01:18	01:04:48		01:40:56.90	01:40:56.90	10:05	5.9
97	JUREWICZ ANETA	2037		KSAWERÓW	POL	K30	40	K 97	00:01:32			01:41:44.90	01:41:44.90	10:10	5.9
98	GAWRON GABRIELA	2103	ROOKS TEAM	NOWY BOREK	POL	K30	41	K 98	00:00:58	01:04:44		01:41:54.85	01:41:54.85	10:11	5.9
99	BURZ JOWITA	2084		RZESZÓW	POL	K40	29	K 99	00:03:53	01:02:42		01:43:30.65	01:43:30.65	10:21	5.8
100	MIKSZA ANETA	2136		CHEŁM	POL	K40	30	K 100	00:03:06	01:06:12		01:46:35.00	01:46:35.00	10:39	5.6
101	HERNAS ANETA	1391		LUBLIN	POL	K30	42	K 101	00:03:10	01:07:09		01:48:22.30	01:48:22.30	10:50	5.5

**V ZIMOWA BIESZCZADZKA DYCHA 2019, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
102	FRĄC ELŻBIETA	2013	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	31	K 102	00:03:27	01:06:29		01:48:22.60	01:48:22.60	10:50	5.5
103	ADAMSKA JOLA	2018	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K50	8	K 103	00:03:40	01:21:21		02:08:26.55	02:08:26.55	12:50	4.7

**V ZIMOWA BIESZCZADZKA DYCHA 2019, Mężczyźni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MARSZAŁEK PATRYK	2213	CWKS RESOVIA RZESZÓW	RZESZÓW	POL	M20	1	M 1	00:00:24	00:24:12		00:38:42.00	00:38:42.00	3:52	15.5
2	JAKUBKOVIČ DOMINIK	2189	MARAS TEAM	LUBOTÍN	SVK	M20	2	M 2	00:00:30	00:28:24		00:43:55.10	00:43:55.10	4:23	13.7
3	NOWAK MARCIN	2233		STAŁOWA WOLA		M30	1	M 3	00:00:27	00:28:34		00:44:16.65	00:44:16.65	4:25	13.6
4	SUDACKI SEBASTIAN	2045	OSP CZUDEK	CZUDEK	POL	M20	3	M 4	00:00:50	00:28:23	00:00:30	00:45:39.25	00:45:39.25	4:30	13.3
5	WĘGIEL MARCIN	2002	POLWAX RACING TEAM	JASŁO	POL	M30	2	M 5	00:00:25	00:29:21		00:46:22.95	00:46:22.95	4:38	12.9
6	KOŁODZIEJCZYK ŁUKASZ	2214	RZEŹNIK/UKS KOMETA	GLIWICE	POL	M20	4	M 6	00:01:20	00:31:17		00:48:03.50	00:48:03.50	4:48	12.5
7	ZAWADZKI MARCIN	2076	SZCZYWANY TRZMIEL TEAM	LUBENIA	POL	M30	3	M 7	00:00:52	00:31:05		00:49:09.85	00:49:09.85	4:54	12.2
8	WETHACZ MARIUSZ	2243		CISNA		M30	4	M 8	00:00:45	00:32:43		00:50:37.40	00:50:37.40	5:03	11.9
9	ROMANOWSKI ŁUKASZ	2063	HUSARIA RACE TEAM	KRAKÓW	POL	M30	5	M 9	00:01:02	00:35:01		00:54:08.90	00:54:08.90	5:24	11.1
10	GAŚCZYK GRZEGORZ	2017	NOWA HUTA TEAM	KRAKÓW	POL	M40	1	M 10	00:00:54	00:35:08		00:54:40.00	00:54:40.00	5:28	11
11	WILCZAK JANUSZ	2005		PRZEMYŚL	POL	M40	2	M 11	00:00:36	00:34:33		00:54:47.20	00:54:47.20	5:28	11
12	PŁESZKA MAREK	2221	OTRYT LUTOWISKA	LUTOWISKA	POL	M40	3	M 12	00:00:38	00:35:16		00:55:20.75	00:55:20.75	5:32	10.8
13	ZIELONKA MICHAŁ	2218	RESOVIA RZESZÓW	CISNA	POL	M20	5	M 13	00:00:43	00:35:19		00:55:37.15	00:55:37.15	5:33	10.8
14	KOZAK MARK	2242		CHICAGO	USA	M30	6	M 14	00:00:49	00:35:27		00:55:44.00	00:55:44.00	5:34	10.8
15	HACZ PAWEŁ	2042		KROSNO	POL	M30	7	M 15	00:01:24	00:36:26		00:56:02.65	00:56:02.65	5:36	10.7
16	BODZIOCH GRZEGORZ	2078	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M40	4	M 16	00:01:04	00:35:21		00:56:10.10	00:56:10.10	5:37	10.7
17	SZNAJDER RAFAŁ	2226	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	M40	5	M 17	00:00:53	00:36:59		00:57:30.50	00:57:30.50	5:45	10.4
18	FURS TEODOR	2222	PIERDZĄCE ZAJĄCE	CISNA	POL	M40	6	M 18	00:00:55	00:37:16		00:57:37.75	00:57:37.75	5:45	10.4
19	ROMEJKO MICHAŁ	2179		OLSZTYN	POL	M40	7	M 19	00:00:56	00:37:32		00:59:01.85	00:59:01.85	5:54	10.2
20	JANKOWSKI KONRAD	2133		POLAŃCZYK	POL	M30	8	M 20	00:01:12	00:38:28		00:59:06.10	00:59:06.10	5:54	10.2
21	JANKOWSKI MICHAŁ	2065		TRAWNIKI	POL	M40	8	M 21	00:00:54	00:36:53		00:59:34.55	00:59:34.55	5:57	10.1
22	HADUCH JERZY	2177	SANOK I OKOLICE	PISAROWCE	POL	M60	1	M 22	00:02:03	00:39:30		01:00:33.30	01:00:33.30	6:03	9.9
23	DOMIN WIESŁAW	2168		ZAGÓRZE	POL	M50	1	M 23	00:00:53	00:37:52	00:00:30	01:01:23.95	01:01:23.95	6:05	9.9
24	WRÓBEL BARTŁOJEW	2241		CISNA		M40	9	M 24	00:00:48	00:38:25		01:01:26.90	01:01:26.90	6:08	9.8
25	POLEWKA TOMASZ	2216	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	M40	10	M 25	00:00:39	00:39:09		01:01:34.40	01:01:34.40	6:09	9.7
26	CZEPIGA DARIUSZ	2052		GŁOJSCE	POL	M20	6	M 26	00:00:52	00:39:04		01:01:36.55	01:01:36.55	6:09	9.7
27	BRYK GNIEWOMIR	2203		CISNA	POL	M20	7	M 27	00:02:10	00:40:12		01:01:37.25	01:01:37.25	6:09	9.7
28	LORENC WIKTOR	2026		RYMANÓW	POL	M40	11	M 28	00:00:51	00:39:05		01:01:58.45	01:01:58.45	6:11	9.7
29	ŻACZKIEWICZ JACEK	2229		SKIERNIEWICE		M50	2	M 29	00:02:29	00:41:16	00:00:30	01:02:29.50	01:02:29.50	6:11	9.7
30	BURTAN MARCIN	2137	TERMOAKTYWNIE.PL	RZESZÓW	POL	M30	9	M 30	00:01:47	00:41:23		01:02:38.10	01:02:38.10	6:15	9.6
31	SAWULSKI BARTOSZ	2201		WARSZAWA	POL	M30	10	M 31	00:00:42	00:39:23		01:03:49.70	01:03:49.70	6:22	9.4
32	SIEJKOWSKI KRZYSZTOF	2082		WARSZAWA	POL	M30	11	M 32	00:01:33	00:40:45		01:04:15.30	01:04:15.30	6:25	9.3
33	MROZECZ BARTŁOJEW	2055		BRZEŹNICA	POL	M30	12	M 33	00:01:47	00:41:24		01:04:26.75	01:04:26.75	6:26	9.3
34	FEDAK BOHDAN	2093		ZAGÓRZ	POL	M40	12	M 34	00:02:38	00:43:23		01:04:48.00	01:04:48.00	6:28	9.3
35	SIKORA ARTUR	2106		MAJDAN KRÓLEWSKI	POL	M20	8	M 35	00:02:42	00:41:21		01:04:55.65	01:04:55.65	6:29	9.2
36	SZYBIAK MACIEJ	2204		KRZYWCZA	POL	M20	9	M 36	00:01:49	00:40:33		01:05:08.95	01:05:08.95	6:30	9.2
37	PANEK PIOTR	2033	DZIKI MUSTANG	BRZEŹNICA	POL	M40	13	M 37	00:01:48	00:43:03		01:06:19.55	01:06:19.55	6:37	9
38	ŁUSZCZYK KRZYSZTOF	2053		RZESZÓW	POL	M30	13	M 38	00:01:28	00:42:54		01:06:22.45	01:06:22.45	6:38	9
39	KUSTRA MAREK	2030		PULAWY	POL	M30	14	M 39	00:01:42	00:43:00		01:06:24.45	01:06:24.45	6:38	9
40	SPORNIAK KRZYSZTOF	2199		TARGOWISKA	POL	M30	15	M 40	00:02:14	00:42:56		01:06:50.10	01:06:50.10	6:41	9
41	BERA ADAM	2118	PAN	RZESZÓW	POL	M50	3	M 41	00:01:19	00:42:08		01:07:08.35	01:07:08.35	6:42	8.9
42	JURYŚ SŁAWOMIR	2182	AUDYTOR ENERGETYCZNY	KROSNO	POL	M40	14	M 42	00:02:55	00:44:58		01:08:03.15	01:08:03.15	6:48	8.8
43	DOŁOWY ŁUKASZ	2036		WROCŁAW	POL	M30	16	M 43	00:03:39	00:44:17		01:08:10.35	01:08:10.35	6:49	8.8
44	GIRAŚEK PETER	2220	MARAS TEAM	VELKY SARIS	SVK	M20	10	M 44	00:02:55	00:42:57		01:08:17.80	01:08:17.80	6:49	8.8
45	KOWALCZYK PIOTR	2043	G.O.A.T. TEAM MICHAŁOWICE	ZABORZE	POL	M40	15	M 45	00:00:58	00:43:20		01:09:10.15	01:09:10.15	6:55	8.7
46	PABIAN ARKADIUSZ	2129		SZCZECINEK	POL	M30	17	M 46		00:45:04		01:09:12.75	01:09:12.75	6:55	8.7
47	MARAS LADISLAV	2148	MARAS TEAM	PRESOV	SVK	M50	4	M 47	00:02:51	00:45:10		01:09:13.65	01:09:13.65	6:55	8.7
48	BIEDROŃ ARTUR	2180		WARSZAWA	POL	M40	16	M 48	00:03:17	00:46:51		01:10:37.70	01:10:37.70	7:03	8.5
49	MILLER TOMASZ	2097	BIEGAM BO LUBIĘ ZĄBK TEAM	ZĄBKI	POL	M30	18	M 49	00:00:42	00:42:00		01:10:56.35	01:10:56.35	7:05	8.5

**V ZIMOWA BIESZCZADZKA DYCHA 2019, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
50	KOGUT LESZEK	2119		GROCHOWCE	POL	M40	17	M 50	00:02:25	00:44:30		01:10:59.30	01:10:59.30	7:05	8.5
51	MARZEC MAREK	2091		KRAKÓW	POL	M40	18	M 51	00:01:29	00:44:16		01:11:00.20	01:11:00.20	7:06	8.5
52	BRZEZIŃSKI SERGIUSZ	2123	DUSZA DRZEWA	BUDY BARCZAŃKIE	POL	M40	19	M 52	00:02:47	00:44:20		01:11:03.50	01:11:03.50	7:06	8.4
53	TOKARZ WALDEMAR	2047		PASZCZYNA	POL	M30	19	M 53	00:01:48	00:44:26	00:00:30	01:11:28.00	01:11:28.00	7:05	8.5
54	POKRYWKA STEFAN	2232		CISNA	M60		2	M 54	00:01:37	00:45:58		01:11:30.60	01:11:30.60	7:09	8.4
55	HALUCH ŁUKASZ	2134		NIECHOBRZ	POL	M30	20	M 55	00:01:47	00:44:23		01:11:31.10	01:11:31.10	7:09	8.4
56	STEC ANDRZEJ	2219	SZLACHETNA PACZKA	WAŁCZ	POL	M50	5	M 56	00:01:24	00:45:21		01:11:36.50	01:11:36.50	7:09	8.4
57	ROJ DAWID	2121	RUN SŁOBODAN	KRAKÓW	POL	M30	21	M 57	00:03:25	00:47:37		01:12:10.35	01:12:10.35	7:13	8.3
58	KITOWSKI BARTOSZ	2223		GŁOGÓW MAŁOPOLSKI	POL	M40	20	M 58	00:01:18	00:45:47	00:00:30	01:13:41.50	01:13:41.50	7:19	8.2
59	STASIAK WŁODZIMIERZ	2117	PRO-RUN WROCŁAW	WROCŁAW	POL	M30	22	M 59	00:03:28	00:47:33		01:15:11.05	01:15:11.05	7:31	8
60	MĄDRO MATEUSZ	2059	DZIKIE MUSTANGI	SKRZYSZÓW	POL	M30	23	M 60	00:02:09	00:47:25		01:15:13.80	01:15:13.80	7:31	8
61	DOMAGAŁA ANDRZEJ	2235		RZESZÓW	M30		24	M 61	00:01:52	00:47:11		01:15:15.10	01:15:15.10	7:31	8
62	BALICKI JACEK	2025	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	M50	6	M 62	00:02:09	00:48:10		01:15:27.55	01:15:27.55	7:32	8
63	WYZINA ANDRZEJ	2035		WROCŁAW	POL	M30	25	M 63	00:03:39	00:49:31		01:15:42.40	01:15:42.40	7:34	7.9
64	DVORŠČAK MILAN	2186	MARAS TEAM	PREŠOV	SVK	M50	7	M 64	00:02:48	00:47:28		01:15:45.55	01:15:45.55	7:34	7.9
65	SKRUTEK ADAM	2048		WIEN	AUT	M30	26	M 65	00:03:45	00:49:47		01:15:46.80	01:15:46.80	7:34	7.9
66	KŁODZIŃSKI KLAUDIUSZ	2110	ULTRAMEKI	TARNÓW	POL	M40	21	M 66	00:03:33	00:51:49		01:15:52.60	01:15:52.60	7:35	7.9
67	KAMYCKI WIKTOR	2099		RZESZÓW	POL	M20	11	M 67	00:03:19	00:49:36		01:16:11.85	01:16:11.85	7:37	7.9
68	ROMANOWICZ MICHAŁ	2034		POZNAŃ	POL	M20	12	M 68	00:02:47	00:47:46		01:16:47.05	01:16:47.05	7:40	7.8
69	KOZUBAŁA PAWEŁ	2049	ŻÓŁW ULTRAS TEAM	WARSZAWA	POL	M30	27	M 69	00:03:10	00:47:32		01:17:04.20	01:17:04.20	7:42	7.8
70	KUROPATWA KAZIMIERZ	2126	SZAFKA BIEGACZA TEAM	PRZEMYŚL	POL	M60	3	M 70	00:01:02	00:47:29		01:17:10.85	01:17:10.85	7:43	7.8
71	BĄCZYŃSKI PRZEMYSŁAW	2206		BŁASZKI	POL	M30	28	M 71	00:02:18	00:48:08		01:17:13.00	01:17:13.00	7:43	7.8
72	MIKSZA KAROL	2135	CROSSFITTERCHEŁM	CHEŁM	POL	M50	8	M 72	00:03:04	00:48:57		01:17:32.15	01:17:32.15	7:45	7.7
73	WITKO JERZY	2113	BRAC	FREDROPOL	POL	M40	22	M 73	00:02:25	00:49:06		01:17:43.70	01:17:43.70	7:46	7.7
74	HUDZIK ROBERT	2003	#ADAMCZERWIŃSKITEAM	GROJEC	POL	M40	23	M 74	00:03:10	00:49:22		01:18:31.40	01:18:31.40	7:51	7.6
75	GUMNY GRZEGORZ	2028		POZNAŃ	POL	M40	24	M 75	00:02:47	00:48:34		01:19:55.50	01:19:55.50	7:59	7.5
76	SOBOCIŃSKI SZYMON	2146	RUN SŁOBODAN	RACIBÓRZ	POL	M30	29	M 76	00:03:26	00:50:37		01:19:56.80	01:19:56.80	7:59	7.5
77	CZERSKI KRZYSZTOF	2142	GREIF TEAM WŁADYSŁAWOWO	CHŁAPOWO	POL	M40	25	M 77	00:02:50	00:50:46		01:20:03.05	01:20:03.05	8:00	7.5
78	SKRUTEK JAN	2008	GOPR BIESZCZADY ST.POZA SŁUŻB.	WROCŁAW	POL	M60	4	M 78	00:03:46	00:51:36		01:20:04.30	01:20:04.30	8:00	7.5
79	TOMASZEWSKI WOJTEK	2014	BRACIAT	WARSZAWA	POL	M40	26	M 79	00:02:43	00:52:04		01:20:09.90	01:20:09.90	8:00	7.5
80	TOMASZEWSKI PIOTR	2015	BRACIAT	LUBLIN	POL	M30	30	M 80	00:02:44	00:51:33		01:20:11.60	01:20:11.60	8:01	7.5
81	BAJER DANIEL	2066		LUBLIN	POL	M30	31	M 81	00:02:56	00:52:18		01:20:38.90	01:20:38.90	8:03	7.4
82	TOMASZEWSKI ROBERT	2062	BRACIAT	JAKUBOWICE KONIŃSKIE	POL	M40	27	M 82	00:02:44	00:52:03	00:00:30	01:20:39.45	01:20:39.45	8:00	7.5
83	NOWAK TOMASZ	2050	DZIKIE MUSTANGI	DĘBICA	POL	M30	32	M 83	00:01:40	00:47:25	00:01:30	01:20:51.65	01:20:51.65	7:56	7.6
84	ZAJĄC IRENEUSZ	2165	BIECZ	BIECZ	POL	M60	5	M 84	00:03:13	00:53:05		01:22:02.40	01:22:02.40	8:12	7.3
85	SKOP PAWEŁ	2081	WKURW_TEAM	PRZECLAW	POL	M30	33	M 85	00:03:30	00:54:02		01:22:04.70	01:22:04.70	8:12	7.3
86	KOPYCIŃSKI MIŁOSZ	2244		GODOWA	M30		34	M 86	00:02:41	00:52:01		01:22:26.40	01:22:26.40	8:14	7.3
87	BOMBA DAWID	2202		RZESZÓW	POL	M20	13	M 87	00:02:42	00:52:02		01:22:29.45	01:22:29.45	8:14	7.3
88	LENAR WOJCIECH	2197	KLUB SPORTOWY PRESTIGE	RZESZÓW	POL	M30	35	M 88	00:03:31	00:53:55		01:22:30.45	01:22:30.45	8:15	7.3
89	KIEŁB JAKUB	1056	1998	RZESZÓW	POL	M30	36	M 89	00:03:30	00:54:16		01:24:08.05	01:24:08.05	8:24	7.1
90	BATORA MARCIN	1331	SRTG DĘBICA	DĘBICA	POL	M30	37	M 90	00:03:03	00:54:56		01:24:24.45	01:24:24.45	8:26	7.1
91	GŁUCHOWSKI WOJCIECH	2188	RYKI	WARSZAWA	POL	M40	28	M 91	00:01:23	00:52:30		01:27:00.30	01:27:00.30	8:42	6.9
92	BOCEK SŁAWOMIR	2027		BOGUCHWAŁA	POL	M40	29	M 92	00:03:37	00:55:09		01:27:05.15	01:27:05.15	8:42	6.9
93	WYBRANIEC WOJCIECH	2211	OFIARY JEDZIENIA KOTLETÓW	SUCHA BESKIDZKA	POL	M40	30	M 93	00:03:15	00:55:08		01:27:07.40	01:27:07.40	8:42	6.9
94	ADAMCZAK WIESŁAW	2130	BIEGAJ BEZ KOŃCA	MIELEC	POL	M50	9	M 94	00:02:32	00:54:33		01:27:13.00	01:27:13.00	8:43	6.9
95	KNET MARCIN	2247		PRZECLAW	M30		38	M 95	00:03:30	00:54:31		01:27:19.35	01:27:19.35	8:43	6.9
96	BORCZ MARCIN	2246		MIKOLICE	M30		39	M 96	00:03:37	00:55:23		01:27:29.90	01:27:29.90	8:44	6.9
97	KRYCZOWSKI ZBIGNIEW	2240		LUBACZÓW	M40		31	M 97	00:02:46	00:53:20		01:27:49.60	01:27:49.60	8:46	6.8
98	SALUGA BARTLOMIEJ	2172		SOSNOWIEC	POL	M40	32	M 98	00:02:19	00:56:32		01:29:25.20	01:29:25.20	8:56	6.7
99	TOMASZEWSKI MIKOŁAJ	2175		ŚLESIN	POL	M30	40	M 99	00:03:44	00:55:18		01:31:09.35	01:31:09.35	9:06	6.6
100	NAZIMEK MARIUSZ	2237		NOWY SĄCZ	M40		33	M 100	00:01:35	00:57:41		01:31:45.05	01:31:45.05	9:10	6.5
101	TOMASZEWSKI MIKOŁAJ	2024		NOWYTOMYŚL	POL	M40	34	M 101	00:01:24	00:56:14		01:31:45.85	01:31:45.85	9:10	6.5
102	CZAPLA ANDRZEJ	2080		CHEŁM	POL	M60	6	M 102	00:03:33	01:00:36		01:32:42.35	01:32:42.35	9:16	6.5
103	JANKOWSKI MARCIN	2094		BUKOWSKO	POL	M30	41	M 103	00:02:14	00:57:34		01:33:51.30	01:33:51.30	9:23	6.4
104	SŁOBODA KRZYSZTOF	2122	RUN SŁOBODA	USTRZYKI DOLNE	POL	M60	7	M 104	00:03:24	01:00:21		01:33:57.50	01:33:57.50	9:23	6.4
105	STACHNIUK ARTUR	2196	CROSSFITTER	CHEŁM	POL	M30	42	M 105	00:03:38	00:58:22		01:35:04.45	01:35:04.45	9:30	6.3



**V ZIMOWA BIESZCZADZKA DYCHA 2019, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
106	CZAJA WAŁAW	2020		PRZEMYŚL	POL	M40	35	M 106	00:03:37	00:58:33		01:35:08.40	01:35:08.40	9:30	6.3
107	SNOPKOWSKI KRYSZTIAN	2068		KOLBUSZOWA	POL	M30	43	M 107	00:01:36	01:00:18		01:35:11.10	01:35:11.10	9:31	6.3
108	SZEWczyk JAN ADAM	198		JODLOWKA TUCHOWSKA	POL	M30	44	M 108	00:03:39	01:04:14		01:35:12.90	01:35:12.90	9:31	6.3
109	LAZAROWICZ PIOTR	2227		KROSNO	POL	M30	45	M 109	00:03:42	01:01:34		01:36:21.20	01:36:21.20	9:38	6.2
110	ŠIMKO RADOSLAV	2207	MARAS TEAM	PREŠOV	SVK	M30	46	M 110	00:02:58	00:59:09		01:37:03.70	01:37:03.70	9:42	6.2
111	OPALSKI WOJCIECH	2107		WARSZAWA	POL	M40	36	M 111	00:02:49	00:44:27		01:38:32.25	01:38:32.25	9:51	6.1
112	PODOLAK ZBIGNIEW	2183		PRZEMYŚL	POL	M50	10	M 112	00:00:53	00:39:38		01:43:35.25	01:43:35.25	10:21	5.8
113	PARADOWSKI PAWEŁ	2083		RZESZÓW	POL	M50	11	M 113	00:03:51	01:02:40		01:43:49.80	01:43:49.80	10:22	5.8
114	LODWICH MAREK	2238		CHEŁM		M40	37	M 114	00:03:06	01:06:11		01:46:36.35	01:46:36.35	10:39	5.6
	JERZAK KRZYSZTOF	2070		KRAKÓW	POL	M30			00:05:12 DNF	DNF		DNF	DNF	-	-

**V ZIMOWA BIESZCZADZKA DYCHA 2019, K20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	LORENS MAGDALENA	2173	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K20	1	K 2	00:00:32	00:32:12		00:50:51.05	00:50:51.05	5:05	11.8
2	KALBARCZYK ADRIANA	2144	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K20	2	K 3	00:00:31	00:33:06		00:52:16.85	00:52:16.85	5:13	11.5
3	SZKLANA ANITA	1060		WIEPRZEC	POL	K20	3	K 5	00:00:45	00:36:24		00:58:11.40	00:58:11.40	5:49	10.3
4	POGODA KINGA	2215	OTK RZEŹNIK	GLIWICE	POL	K20	4	K 6	00:01:01	00:37:30		00:58:47.55	00:58:47.55	5:52	10.2
5	POLEWKA ALEKSANDRA	2217	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	K20	5	K 7	00:01:01	00:38:22		01:00:21.10	01:00:21.10	6:02	9.9
6	NYGA JULIA	2212	OTK RZEŹNIK	GLIWICE	POL	K20	6	K 10	00:01:02	00:38:23		01:01:52.80	01:01:52.80	6:11	9.7
7	ŁAGOŹNY KATARZYNA	2143		SANOK	POL	K20	7	K 11	00:01:25	00:39:29		01:03:36.55	01:03:36.55	6:21	9.4
8	SUCHOWIECKA SABINA	2077		POLAŃCZYK	POL	K20	8	K 13	00:00:52	00:41:34		01:05:51.85	01:05:51.85	6:35	9.1
9	DYŁAG MARLENA	2044	G.O.A.T. TEAM MICHAŁOWICE	WIĘCŁAWICE STARE	POL	K20	9	K 19	00:00:52	00:42:47		01:08:16.65	01:08:16.65	6:49	8.8
10	SZABAT KATARZYNA	2029		PULAWY	POL	K20	10	K 27	00:01:43	00:44:19		01:11:20.20	01:11:20.20	7:08	8.4
11	RAWSKA ANNA	2074		RADYMNO	POL	K20	11	K 28	00:02:27	00:45:28		01:12:07.90	01:12:07.90	7:12	8.3
12	ŻAK IZABELA	2132		MAĆKOWICE	POL	K20	12	K 38	00:03:21	00:50:48		01:20:00.45	01:20:00.45	8:00	7.5
13	SZYMAŁA MONIKA	2032		KLUCZBORK	POL	K20	13	K 39	00:01:58	00:49:19	00:00:30	01:20:19.25	01:20:19.25	7:58	7.5
14	MAZURKIEWICZ ANGELIKA	2230		WARSZAWA		K20	14	K 41	00:02:06	00:51:44		01:21:18.55	01:21:18.55	8:07	7.4
15	NAZIMEK MAŁGORZATA	2236		NOWY SĄCZ		K20	15	K 61	00:01:33	00:54:11		01:27:17.80	01:27:17.80	8:43	6.9
16	GRABOWSKA PAULINA	2194		KRAKÓW	POL	K20	16	K 66	00:03:36	00:56:20		01:27:31.95	01:27:31.95	8:45	6.9
17	DRAZEK ALEKSANDRA	2164		RZESZÓW	POL	K20	17	K 67	00:01:13	00:55:02		01:27:45.80	01:27:45.80	8:46	6.8
18	STRZEPEK JAGODA	2098		RZESZÓW	POL	K20	18	K 68	00:03:19	00:55:52		01:28:17.15	01:28:17.15	8:49	6.8
19	KĘDRA AGNIESZKA	2072		RZESZÓW	POL	K20	19	K 88	00:01:51	00:59:20		01:38:25.10	01:38:25.10	9:50	6.1
20	CHRAPEK JOANNA	2079		TORUŃ	POL	K20	20	K 92	00:02:18	01:04:10		01:38:29.40	01:38:29.40	9:50	6.1
21	PASZKIEWICZ OLA	2159		SIERADZ	POL	K20	21	K 94	00:02:18	01:04:12		01:38:31.40	01:38:31.40	9:51	6.1

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	MARSZAŁEK PATRYK	2213	CWKS RESOVIA RZESZÓW	RZESZÓW	POL	M20	1	M 1	00:00:24	00:24:12		00:38:42.00	00:38:42.00	3:52	15.5
2	JAKUBKOVIČ DOMINIK	2189	MARAS TEAM	LUBOTÍN	SVK	M20	2	M 2	00:00:30	00:28:24		00:43:55.10	00:43:55.10	4:23	13.7
3	SUDACKI SEBASTIAN	2045	OSP CZUDEK	CZUDEK	POL	M20	3	M 4	00:00:50	00:28:23	00:00:30	00:45:39.25	00:45:39.25	4:30	13.3
4	KOŁODZIEJCZYK ŁUKASZ	2214	RZEŹNIK/UKS KOMETA	GLIWICE	POL	M20	4	M 6	00:01:20	00:31:17		00:48:03.50	00:48:03.50	4:48	12.5
5	ZIELONKA MICHAŁ	2218	RESOVIA RZESZÓW	CISNA	POL	M20	5	M 13	00:00:43	00:35:19		00:55:37.15	00:55:37.15	5:33	10.8
6	CZEPIGA DARIUSZ	2052		GŁOJSCE	POL	M20	6	M 26	00:00:52	00:39:04		01:01:36.55	01:01:36.55	6:09	9.7
7	BRYK GNIEWOMIR	2203		CISNA	POL	M20	7	M 27	00:02:10	00:40:12		01:01:37.25	01:01:37.25	6:09	9.7
8	SIKORA ARTUR	2106		MAJDAN KRÓLEWSKI	POL	M20	8	M 35	00:02:42	00:41:21		01:04:55.65	01:04:55.65	6:29	9.2
9	SZYBIAK MACIEJ	2204		KRZYWCZA	POL	M20	9	M 36	00:01:49	00:40:33		01:05:08.95	01:05:08.95	6:30	9.2
10	GIRAŚEK PETER	2220	MARAS TEAM	VELKY SARIS	SVK	M20	10	M 44	00:02:55	00:42:57		01:08:17.80	01:08:17.80	6:49	8.8
11	KAMYCKI WIKTOR	2099		RZESZÓW	POL	M20	11	M 67	00:03:19	00:49:36		01:16:11.85	01:16:11.85	7:37	7.9
12	ROMANOWICZ MICHAŁ	2034		POZNAN	POL	M20	12	M 68	00:02:47	00:47:46		01:16:47.05	01:16:47.05	7:40	7.8
13	BOMBA DAWID	2202		RZESZÓW	POL	M20	13	M 87	00:02:42	00:52:02		01:22:29.45	01:22:29.45	8:14	7.3

**V ZIMOWA BIESZCZADZKA DYCHA 2019, K30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	KOWALCZYK AGNIESZKA	2185	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	1	K 1	00:00:31	00:31:30		00:50:05.90	00:50:05.90	5:00	12
2	EPA KAROLINA	2001	PZU SPORT TEAM	WARSZAWA	POL	K30	2	K 4	00:00:42	00:34:48		00:55:31.90	00:55:31.90	5:33	10.8
3	MATŁOSZ JOLANTA	2157		STRZYŻÓW	POL	K30	3	K 9	00:00:47	00:38:56		01:01:35.80	01:01:35.80	6:09	9.7
4	JONKISZ EWELINA	2115		ZABRZEG	POL	K30	4	K 12	00:01:39	00:41:33		01:05:05.75	01:05:05.75	6:30	9.2
5	WAŁACHOWSKA URSZULA	2176	SOLINA TEAM	NOWOSIÓŁKI	POL	K30	5	K 14	00:00:59	00:41:19		01:06:09.60	01:06:09.60	6:36	9.1
6	SZNAJDER JOANNA	2009	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K30	6	K 15	00:00:53	00:41:50		01:06:16.10	01:06:16.10	6:37	9.1
7	MANIAK JUSTYNA	2163		JASŁO	POL	K30	7	K 16	00:01:23	00:41:42		01:06:20.50	01:06:20.50	6:38	9
8	NOWICKA ANNA	2039		KRAKÓW	POL	K30	8	K 17	00:01:28	00:43:10		01:07:17.60	01:07:17.60	6:43	8.9
9	MAZUR MARIOLA	2057	DZIKIE MUSTANGI	DĘBICA	POL	K30	9	K 18	00:01:26	00:42:40		01:07:59.95	01:07:59.95	6:47	8.8
10	GOLIS MAGDALENA	2038		RYKI	POL	K30	10	K 20	00:00:50	00:42:49		01:08:51.45	01:08:51.45	6:53	8.7
11	NOWAK WIOLETTA	2051	DZIKIE MUSTANGI	DĘBICA	POL	K30	11	K 24	00:01:27	00:42:39	00:01:30	01:09:30.00	01:09:30.00	6:48	8.8
12	GNIECIAK MONIKA	2191	MMTEAM	PULAWY	POL	K30	12	K 29	00:01:15	00:45:56		01:13:35.65	01:13:35.65	7:21	8.2
13	MĄDRO ANNA	2231		SKRZYSZÓW		K30	13	K 32	00:02:08	00:47:26		01:15:14.05	01:15:14.05	7:31	8
14	WALKOWICZ IWONA	2041		KIELCE	POL	K30	14	K 37	00:01:44	00:48:40		01:19:54.95	01:19:54.95	7:59	7.5
15	ROSIAK KAMILA	2069		WILGA	POL	K30	15	K 40	00:03:31	00:50:22		01:20:27.00	01:20:27.00	8:02	7.5
16	WILK-PAWŁOWSKA AGNIESZKA	2139	ROCK&RUN	WARSZAWA	POL	K30	16	K 43	00:01:47	00:51:21		01:21:49.60	01:21:49.60	8:10	7.3
17	JANKOWSKA NATALIA	2192		POLAŃCZYK	POL	K30	17	K 44	00:01:11	00:49:55		01:21:54.10	01:21:54.10	8:11	7.3
18	SŁOWIK IŁONA	2108	BIEGANIE SZYDERCÓW	TARNÓW	POL	K30	18	K 45	00:03:32	00:52:21		01:21:54.80	01:21:54.80	8:11	7.3
19	KOŁODZIEJCZYK JOANNA	2239		PRAGA		K30	19	K 48	00:02:07	00:52:47		01:22:02.35	01:22:02.35	8:12	7.3
20	SOBOCIŃSKA DOMINIKA	2147	RUN SŁOBODAN	USTRZYKI DOLNE	POL	K30	20	K 50	00:03:26	00:53:39		01:23:12.90	01:23:12.90	8:19	7.2
21	BARADZIEJ BARBARA	2245		TYCHY		K30	21	K 51	00:01:14	00:51:02		01:24:01.20	01:24:01.20	8:24	7.1
22	ZIMEK DOMINIKA	2090	PANI	RZESZÓW	POL	K30	22	K 54	00:03:20	00:54:27		01:26:53.85	01:26:53.85	8:41	6.9
23	PTASZYŃSKA MILENA	2162	KOSMOLÓW TEAM	OLKUSZ	POL	K30	23	K 55	00:02:23	00:55:03		01:27:03.75	01:27:03.75	8:42	6.9
24	POPIELA - KAWA SYLWIA	2210	KRYSTEK TEAM	RYGLICE	POL	K30	24	K 56	00:03:15	00:55:07		01:27:06.80	01:27:06.80	8:42	6.9
25	SZPREJDA PAULINA	2054	MSMTECHNIC.COM	POZNAŃ	POL	K30	25	K 59	00:03:30	00:52:49		01:27:15.95	01:27:15.95	8:43	6.9
26	KAJMOWICZ KASIA	2104		KOSZYCE WIELKIE	POL	K30	26	K 64	00:03:32	00:54:32		01:27:24.60	01:27:24.60	8:44	6.9
27	PACHOLIK KATARZYNA	2116		KOLONIA USTRONSKA	POL	K30	27	K 72	00:03:45	00:55:18		01:31:08.20	01:31:08.20	9:06	6.6
28	STANKIEWICZ EWA	2224		KONSTANCIN-JEZIORNA	POL	K30	28	K 73	00:03:01	00:58:20		01:31:43.00	01:31:43.00	9:10	6.5
29	NOWAK KAROLINA	2158		NOWY TOMYŚL	POL	K30	29	K 74	00:01:23	00:56:11		01:31:47.70	01:31:47.70	9:10	6.5
30	SZCZEPANEK EWELINA	2031	POTRENUJEMY?	DĘBLIN	POL	K30	30	K 75	00:00:56	00:56:39		01:32:16.55	01:32:16.55	9:13	6.5
31	KANIA MONIKA	2166	POTRENUJEMY?	DĘBLIN	POL	K30	31	K 76	00:00:55	00:56:41		01:32:16.70	01:32:16.70	9:13	6.5
32	SKORUPKA ANNA	2131		NOWE IGANIE	POL	K30	32	K 77		00:58:34		01:32:35.85	01:32:35.85	9:15	6.5
33	FURDYNA MARIA	2167		WARSZAWA	POL	K30	33	K 78	00:03:37	00:58:55		01:32:38.25	01:32:38.25	9:15	6.5
34	ROJ MAGDALENA	2120	RUN SŁOBODAN	KRAKÓW	POL	K30	34	K 79	00:03:24	00:59:55		01:33:57.70	01:33:57.70	9:23	6.4
35	KONARSKA KAROLINA	2128	RUN SŁOBODAN	KRAKÓW	POL	K30	35	K 80	00:03:25	01:00:21		01:33:59.25	01:33:59.25	9:23	6.4
36	CZUBA JADWIGA	2061		LIGOTA ZAMECKA	POL	K30	36	K 81	00:01:09	00:57:14	00:00:30	01:34:17.00	01:34:17.00	9:22	6.4
37	RADYK JOANNA	2156	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	K30	37	K 89	00:03:13	00:59:22		01:38:26.30	01:38:26.30	9:50	6.1
38	WROTKOWSKA BARBARA	2105		WARSZAWA	POL	K30	38	K 90	00:02:46	01:03:45		01:38:28.50	01:38:28.50	9:50	6.1
39	WACHNIK AGNIESZKA	2021	NOWA HUTA TEAM	KRAKÓW	POL	K30	39	K 95	00:02:01	01:05:01		01:38:49.00	01:38:49.00	9:52	6.1
40	JUREWICZ ANETA	2037		KSAWERÓW	POL	K30	40	K 97	00:01:32			01:41:44.90	01:41:44.90	10:10	5.9
41	GAWRON GABRIELA	2103	ROOKS TEAM	NOWY BOREK	POL	K30	41	K 98	00:00:58	01:04:44		01:41:54.85	01:41:54.85	10:11	5.9
42	HERNAS ANETA	1391		LUBLIN	POL	K30	42	K 101	00:03:10	01:07:09		01:48:22.30	01:48:22.30	10:50	5.5

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M30**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	NOWAK MARCIN	2233		STAŁOWA WOLA		M30	1	M 3	00:00:27	00:28:34		00:44:16.65	00:44:16.65	4:25	13.6
2	WĘGIEL MARCIN	2002	POLWAX RACING TEAM	JASŁO	POL	M30	2	M 5	00:00:25	00:29:21		00:46:22.95	00:46:22.95	4:38	12.9
3	ZAWADZKI MARCIN	2076	SZCZYWANY TRZMIEL TEAM	LUBENIA	POL	M30	3	M 7	00:00:52	00:31:05		00:49:09.85	00:49:09.85	4:54	12.2
4	WETHACZ MARIUSZ	2243		CISNA		M30	4	M 8	00:00:45	00:32:43		00:50:37.40	00:50:37.40	5:03	11.9
5	ROMANOWSKI ŁUKASZ	2063	HUSARIA RACE TEAM	KRAKÓW	POL	M30	5	M 9	00:01:02	00:35:01		00:54:08.90	00:54:08.90	5:24	11.1
6	KOZAK MARK	2242		CHICAGO	USA	M30	6	M 14	00:00:49	00:35:27		00:55:44.00	00:55:44.00	5:34	10.8
7	HACZ PAWEŁ	2042		KROSNO	POL	M30	7	M 15	00:01:24	00:36:26		00:56:02.65	00:56:02.65	5:36	10.7
8	JANKOWSKI KONRAD	2133		POLAŃCZYK	POL	M30	8	M 20	00:01:12	00:38:28		00:59:06.10	00:59:06.10	5:54	10.2
9	BURTAN MARCIN	2137	TERMOAKTYWNIE.PL	RZESZÓW	POL	M30	9	M 30	00:01:47	00:41:23		01:02:38.10	01:02:38.10	6:15	9.6
10	SAWULSKI BARTOSZ	2201		WARSZAWA	POL	M30	10	M 31	00:00:42	00:39:23		01:03:49.70	01:03:49.70	6:22	9.4

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
11	SIEJKOWSKI KRZYSZTOF	2082		WARSZAWA	POL	M30	11	M 32	00:01:33	00:40:45		01:04:15.30	01:04:15.30	6:25	9.3
12	MROCEK BARTŁOMIEJ	2055		BRZEŹNICA	POL	M30	12	M 33	00:01:47	00:41:24		01:04:26.75	01:04:26.75	6:26	9.3
13	ŁUSZCZYC KRZYSZTOF	2053		RZESZÓW	POL	M30	13	M 38	00:01:28	00:42:54		01:06:22.45	01:06:22.45	6:38	9
14	KUSTRĄ MAREK	2030		PUŁAWY	POL	M30	14	M 39	00:01:42	00:43:00		01:06:24.45	01:06:24.45	6:38	9
15	SPORNIĄ KRZYSZTOF	2199		TARGOWISKA	POL	M30	15	M 40	00:02:14	00:42:56		01:06:50.10	01:06:50.10	6:41	9
16	DOŁOWY ŁUKASZ	2036		WROCŁĄW	POL	M30	16	M 43	00:03:39	00:44:17		01:08:10.35	01:08:10.35	6:49	8.8
17	PABIĄ ARKADIUSZ	2129		SZCZECINEK	POL	M30	17	M 46		00:45:04		01:09:12.75	01:09:12.75	6:55	8.7
18	MILLER TOMASZ	2097	BIEGAM BO LUBIĘ ZĄBKİ TEAM	ZĄBKİ	POL	M30	18	M 49	00:00:42	00:42:00		01:10:56.35	01:10:56.35	7:05	8.5
19	TOKARZ WALDEMAR	2047		PASZCZYNA	POL	M30	19	M 53	00:01:48	00:44:26	00:00:30	01:11:28.00	01:11:28.00	7:05	8.5
20	HALUCH ŁUKASZ	2134		NIECHOBURZ	POL	M30	20	M 55	00:01:47	00:44:23		01:11:31.10	01:11:31.10	7:09	8.4
21	ROJ DAWID	2121	RUN SŁOBODAN	KRAKÓW	POL	M30	21	M 57	00:03:25	00:47:37		01:12:10.35	01:12:10.35	7:13	8.3
22	STASIAK WŁODZIMIERZ	2117	PRO-RUN WROCŁĄW	WROCŁĄW	POL	M30	22	M 59	00:03:28	00:47:33		01:15:11.05	01:15:11.05	7:31	8
23	MĄDRO MATEUSZ	2059	DZIKIE MUSTANGI	KRZYSZÓW	POL	M30	23	M 60	00:02:09	00:47:25		01:15:13.80	01:15:13.80	7:31	8
24	DOMAGALA ANDRZEJ	2235		RZESZÓW		M30	24	M 61	00:01:52	00:47:11		01:15:15.10	01:15:15.10	7:31	8
25	WYZINA ANDRZEJ	2035		WROCŁĄW	POL	M30	25	M 63	00:03:39	00:49:31		01:15:42.40	01:15:42.40	7:34	7.9
26	SKRUTEK ADAM	2048		WIEDEN	AUT	M30	26	M 65	00:03:45	00:49:47		01:15:46.80	01:15:46.80	7:34	7.9
27	KOZUBALA PAWEŁ	2049	ŻÓŁW ULTRAS TEAM	WARSZAWA	POL	M30	27	M 69	00:03:10	00:47:32		01:17:04.20	01:17:04.20	7:42	7.8
28	BĄCZYŃSKI PRZEMYSŁAW	2206		BŁASZKI	POL	M30	28	M 71	00:02:18	00:48:08		01:17:13.00	01:17:13.00	7:43	7.8
29	SOBOCIŃSKI SZYMON	2146	RUN SŁOBODAN	RACIBÓRZ	POL	M30	29	M 76	00:03:26	00:50:37		01:19:56.80	01:19:56.80	7:59	7.5
30	TOMASZEWSKI PIOTR	2015	BRACIĄT	LUBLIN	POL	M30	30	M 80	00:02:44	00:51:33		01:20:11.60	01:20:11.60	8:01	7.5
31	BAJER DANIEL	2066		LUBLIN	POL	M30	31	M 81	00:02:56	00:52:18		01:20:38.90	01:20:38.90	8:03	7.4
32	NOWAK TOMASZ	2050	DZIKIE MUSTANGI	DĘBICA	POL	M30	32	M 83	00:01:40	00:47:25	00:01:30	01:20:51.65	01:20:51.65	7:56	7.6
33	SKOP PAWEŁ	2081	WKURW_TEAM	PRZECŁAW	POL	M30	33	M 85	00:03:30	00:54:02		01:22:04.70	01:22:04.70	8:12	7.3
34	KOPYCIŃSKI MIŁOSZ	2244		GODOWA		M30	34	M 86	00:02:41	00:52:01		01:22:26.40	01:22:26.40	8:14	7.3
35	LENAR WOJCIECH	2197	KLUB SPORTOWY PRESTIGE	RZESZÓW	POL	M30	35	M 88	00:03:31	00:53:55		01:22:30.45	01:22:30.45	8:15	7.3
36	KIEŁB JAKUB	1056	1998	RZESZÓW	POL	M30	36	M 89	00:03:30	00:54:16		01:24:08.05	01:24:08.05	8:24	7.1
37	BĄTORA MARCIN	1331	SRTG DĘBICA	DĘBICA	POL	M30	37	M 90	00:03:03	00:54:56		01:24:24.45	01:24:24.45	8:26	7.1
38	KNET MARCIN	2247		PRZECŁAW		M30	38	M 95	00:03:30	00:54:31		01:27:19.35	01:27:19.35	8:43	6.9
39	BORCZ MARCIN	2246		MIKOLICE		M30	39	M 96	00:03:37	00:55:23		01:27:29.90	01:27:29.90	8:44	6.9
40	TOMASZEWSKI MIKOŁAJ	2175		ŚLESIN	POL	M30	40	M 99	00:03:44	00:55:18		01:31:09.35	01:31:09.35	9:06	6.6
41	JANKOWSKI MARCIN	2094		BUKOWSKO	POL	M30	41	M 103	00:02:14	00:57:34		01:33:51.30	01:33:51.30	9:23	6.4
42	STACHNIUK ARTUR	2196	CROSSFITTER	CHEŁM	POL	M30	42	M 105	00:03:38	00:58:22		01:35:04.45	01:35:04.45	9:30	6.3
43	SNOPKOWSKI KRYSZTIAN	2068		KOLBUSZOWA	POL	M30	43	M 107	00:01:36	01:00:18		01:35:11.10	01:35:11.10	9:31	6.3
44	SZEW CZYK JAN ADAM	198		JODŁOWKA TUCHOWSKA	POL	M30	44	M 108	00:03:39	01:04:14		01:35:12.90	01:35:12.90	9:31	6.3
45	ŁAZAROWICZ PIOTR	2227		KROSNO	POL	M30	45	M 109	00:03:42	01:01:34		01:36:21.20	01:36:21.20	9:38	6.2
46	ŠIMKO RADOSLAV	2207	MARAS TEAM	PREŠOV	SVK	M30	46	M 110	00:02:58	00:59:09		01:37:03.70	01:37:03.70	9:42	6.2
	JERZAK KRZYSZTOF	2070		KRAKÓW	POL	M30			00:05:12	DNF		DNF	DNF	-	-
									DNF						

**V ZIMOWA BIESZCZADZKA DYCHA 2019, K40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	ŻELAZNY AGNIESZKA	2111	GORLICKA GRUPA BIEGOWA	GORLICE	POL	K40	1	K 8	00:01:00	00:38:54		01:01:08.55	01:01:08.55	6:06	9.8
2	GRUSZECKA ANNA	2067		RYBARZOWICE	POL	K40	2	K 21	00:00:51	00:45:06		01:09:16.45	01:09:16.45	6:55	8.7
3	BOZA BEATA	2141	GREIF TEAM WŁADYSŁAWOWO	GDYŃIA	POL	K40	3	K 22	00:02:50	00:45:30		01:09:21.10	01:09:21.10	6:56	8.7
4	MAZUREK KATARZYNA	2102		LUBLIN	POL	K40	4	K 25	00:02:48	00:45:49		01:11:00.95	01:11:00.95	7:06	8.5
5	BRZEZIŃSKA AGNIESZKA	2124	DUSZA DRZEWA	BUDY BARCZAŃKIE	POL	K40	5	K 26	00:02:47	00:44:21		01:11:03.30	01:11:03.30	7:06	8.4
6	ARTYM MAGDALENA	2100	PRZEMYSKI KLUB BIEGACZA	PRZEMYSŁ	POL	K40	6	K 30	00:03:13	00:48:27		01:14:34.55	01:14:34.55	7:27	8
7	ŚWIERC IWONA	2184		KLUCZBORK	POL	K40	7	K 31	00:01:11	00:45:54	00:00:30	01:14:56.30	01:14:56.30	7:26	8.1
8	KŁODZIŃSKA BARBARA	2112	1971	TARNÓW	POL	K40	8	K 33	00:03:33	00:50:41		01:18:02.25	01:18:02.25	7:48	7.7
9	HUDZIK DOMINIKA	2004		GROJEC	POL	K40	9	K 35	00:03:10	00:49:29		01:18:29.35	01:18:29.35	7:50	7.6
10	STARZECKA JOANNA	2023		JAROSŁAW	POL	K40	10	K 36	00:02:46	00:49:46		01:19:53.90	01:19:53.90	7:59	7.5
11	GŁUCHOWSKA JOANNA	2187	RYKI	WARSZAWA	POL	K40	11	K 42	00:01:18	00:49:32		01:21:49.30	01:21:49.30	8:10	7.3
12	TOKARSKA BOŻENA	2225		KRAKÓW	POL	K40	12	K 47	00:02:19	00:51:01		01:22:01.25	01:22:01.25	8:12	7.3
13	SUŁKOWSKA JOANNA	2058		JAROSŁAW	POL	K40	13	K 52	00:02:49	00:51:56		01:24:05.20	01:24:05.20	8:24	7.1
14	BEDNARCZUK JOANNA	2193		POLSKA ELBLĄG	POL	K40	14	K 53	00:02:05	00:53:40		01:24:06.90	01:24:06.90	8:24	7.1

**V ZIMOWA BIESZCZADZKA DYCHA 2019, K40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
15	WAJCOWICZ MAŁGORZATA	2200	POZYTYWNIIE ZABIEGANI SANOK	SANOK	POL	K40	15	K 57	00:02:22	00:51:27		01:27:10.80	01:27:10.80	8:43	6.9
16	WOJTOWICZ ELŻBIETA	2073		KRAKÓW	POL	K40	16	K 58	00:00:51	00:53:37		01:27:15.20	01:27:15.20	8:43	6.9
17	SZOSTAK DOROTA	2071	PRUSIE	LUBLIN	POL	K40	17	K 60	00:02:20	00:54:14		01:27:17.30	01:27:17.30	8:43	6.9
18	PEKAŁSKA ANNA	2022		NIEPOREĆ	POL	K40	18	K 65	00:03:11	00:55:02		01:27:31.00	01:27:31.00	8:45	6.9
19	GRODON MAGDALENA	2171	TRENUJ Z NAMI	WROCLAW	POL	K40	19	K 69	00:02:19	00:56:31		01:29:24.15	01:29:24.15	8:56	6.7
20	SKOREK-MASZOTA WERONIKA	2155		GDYNIA	POL	K40	20	K 70	00:02:07	00:56:09		01:29:26.55	01:29:26.55	8:56	6.7
21	ZIOBRO-MYŚLIWIEC ANNA	2234		PRZEDMIEŚCIE CZYDECKIE		K40	21	K 71	00:03:10	00:55:36		01:30:04.50	01:30:04.50	9:00	6.7
22	SULEWSKA KASIA	2085	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	POL	K40	22	K 82	00:03:14	00:58:32		01:35:06.50	01:35:06.50	9:30	6.3
23	SIONKOWSKA JOANNA	2169	CROSSFITTER CHEŁM	CHEŁM	POL	K40	23	K 83		00:58:36	00:00:30	01:35:32.10	01:35:32.10	9:30	6.3
24	DADAŚ ELŻBIETA	2007	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	24	K 84	00:03:25	00:57:58		01:35:59.60	01:35:59.60	9:35	6.3
25	MROCZKA AGNIESZKA	2114	BBL JAROSŁAW	JAROSŁAW	POL	K40	25	K 86	00:02:13	01:00:16		01:37:05.75	01:37:05.75	9:42	6.2
26	SĄCZAWA EWA	2140	BBL JAROSŁAW	MUNINA	POL	K40	26	K 87	00:02:13	01:00:17	00:00:30	01:38:20.15	01:38:20.15	9:47	6.1
27	WILK IZABELA	2174	SEKCIJA PIASKI	PIASKI	POL	K40	27	K 91	00:02:18	01:04:13		01:38:29.10	01:38:29.10	9:50	6.1
28	POLAK LUIZA	2178		RYKI	POL	K40	28	K 93	00:01:23	01:00:42		01:38:29.90	01:38:29.90	9:50	6.1
29	BURZ JOWITA	2084		RZESZÓW	POL	K40	29	K 99	00:03:53	01:02:42		01:43:30.65	01:43:30.65	10:21	5.8
30	MIKSZA ANETA	2136		CHEŁM	POL	K40	30	K 100	00:03:06	01:06:12		01:46:35.00	01:46:35.00	10:39	5.6
31	FRAĆ ELŻBIETA	2013	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	31	K 102	00:03:27	01:06:29		01:48:22.60	01:48:22.60	10:50	5.5

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	GAŚCZYK GRZEGORZ	2017	NOWA HUTA TEAM	KRAKÓW	POL	M40	1	M 10	00:00:54	00:35:08		00:54:40.00	00:54:40.00	5:28	11
2	WILCZAK JANUSZ	2005		PRZEMYŚL	POL	M40	2	M 11	00:00:36	00:34:33		00:54:47.20	00:54:47.20	5:28	11
3	PŁESZKA MAREK	2221	OTRYT LUTOWISKA	LUTOWISKA	POL	M40	3	M 12	00:00:38	00:35:16		00:55:20.75	00:55:20.75	5:32	10.8
4	BODZIOCH GRZEGORZ	2078	GORLIICKA GRUPA BIEGOWA	GORLICE	POL	M40	4	M 16	00:01:04	00:35:21		00:56:10.10	00:56:10.10	5:37	10.7
5	SZNAJDER RAFAŁ	2226	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	M40	5	M 17	00:00:53	00:36:59		00:57:30.50	00:57:30.50	5:45	10.4
6	FURS TEODOR	2222	PIERDZĄCE ZAJĄCE	CISNA	POL	M40	6	M 18	00:00:55	00:37:16		00:57:37.75	00:57:37.75	5:45	10.4
7	ROMEJKO MICHAŁ	2179		OLSZTYN	POL	M40	7	M 19	00:00:56	00:37:32		00:59:01.85	00:59:01.85	5:54	10.2
8	JANKOWSKI MICHAŁ	2065		TRAWNIKI	POL	M40	8	M 21	00:00:54	00:36:53		00:59:34.55	00:59:34.55	5:57	10.1
9	WRÓBEL BARTŁOMIEJ	2241		CISNA	POL	M40	9	M 24	00:00:48	00:38:25		01:01:26.90	01:01:26.90	6:08	9.8
10	POLEWKA TOMASZ	2216	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	M40	10	M 25		00:39:09		01:01:34.40	01:01:34.40	6:09	9.7
11	LORENC WIKTOR	2026		RYMANÓW	POL	M40	11	M 28	00:00:51	00:39:05		01:01:58.45	01:01:58.45	6:11	9.7
12	FEDAK BOHDAN	2093		ZAGÓRZ	POL	M40	12	M 34	00:02:38	00:43:23		01:04:48.00	01:04:48.00	6:28	9.3
13	PANEK PIOTR	2033	DZIKI MUSTANG	BRZEŹNICA	POL	M40	13	M 37	00:01:48	00:43:03		01:06:19.55	01:06:19.55	6:37	9
14	JURYŚ SŁAWOMIR	2182	AUDYTOR ENERGETYCZNY	KROSNO	POL	M40	14	M 42	00:02:55	00:44:58		01:08:03.15	01:08:03.15	6:48	8.8
15	KOWALCZYK PIOTR	2043	G.O.A.T. TEAM MICHAŁOWICE	ZABORZE	POL	M40	15	M 45	00:00:58	00:43:20		01:09:10.15	01:09:10.15	6:55	8.7
16	BIEDROŃ ARTUR	2180		WARSZAWA	POL	M40	16	M 48	00:03:17	00:46:51		01:10:37.70	01:10:37.70	7:03	8.5
17	KOGUT LESZEK	2119		GROCHOWCE	POL	M40	17	M 50	00:02:25	00:44:30		01:10:59.30	01:10:59.30	7:05	8.5
18	MARZEC MAREK	2091		KRAKÓW	POL	M40	18	M 51	00:01:29	00:44:16		01:11:00.20	01:11:00.20	7:06	8.5
19	BRZEZIŃSKI SERGIUSZ	2123	DUSZA DRZEWA	BUDY BARCZĄCKIE	POL	M40	19	M 52	00:02:47	00:44:20		01:11:03.50	01:11:03.50	7:06	8.4
20	KITOWSKI BARTOSZ	2223		GŁOGÓW MAŁOPOLSKI	POL	M40	20	M 58	00:01:18	00:45:47	00:00:30	01:13:41.50	01:13:41.50	7:19	8.2
21	KŁODZIŃSKI KLAUDIUSZ	2110	ULTRAMEKI	TARNÓW	POL	M40	21	M 66	00:03:33	00:51:49		01:15:52.60	01:15:52.60	7:35	7.9
22	WITKO JERZY	2113	BRAK	FREDROPOL	POL	M40	22	M 73	00:02:25	00:49:06		01:17:43.70	01:17:43.70	7:46	7.7
23	HUDZIK ROBERT	2003	#ADAMCZERWIŃSKITEAM	GROJEC	POL	M40	23	M 74	00:03:10	00:49:22		01:18:31.40	01:18:31.40	7:51	7.6
24	GUMNY GRZEGORZ	2028		POZNAŃ	POL	M40	24	M 75	00:02:47	00:48:34		01:19:55.50	01:19:55.50	7:59	7.5
25	CZERSKI KRZYSZTOF	2142	GREIF TEAM WŁADYSŁAWOWO	CHEŁPOWO	POL	M40	25	M 77	00:02:50	00:50:46		01:20:03.05	01:20:03.05	8:00	7.5
26	TOMASZEWSKI WOJTEK	2014	BRACIAT	WARSZAWA	POL	M40	26	M 79	00:02:43	00:52:04		01:20:09.90	01:20:09.90	8:00	7.5
27	TOMASZEWSKI ROBERT	2062	BRACIAT	JAKUBOWICE KONIŃSKIE	POL	M40	27	M 82	00:02:44	00:52:03	00:00:30	01:20:39.45	01:20:39.45	8:00	7.5
28	GLUCHOWSKI WOJCIECH	2188	RYKI	WARSZAWA	POL	M40	28	M 91	00:01:23	00:52:30		01:27:00.30	01:27:00.30	8:42	6.9
29	BOCEK SŁAWOMIR	2027		BOGUCHWAŁA	POL	M40	29	M 92	00:03:37	00:55:09		01:27:05.15	01:27:05.15	8:42	6.9
30	WYBRANIEC WOJCIECH	2211	OFIARY JEDZIENIA KOTLETÓW	SUCHA BESKIDZKA	POL	M40	30	M 93	00:03:15	00:55:08		01:27:07.40	01:27:07.40	8:42	6.9
31	KRYCZOWSKI ZBIGNIEW	2240		LUBACZÓW		M40	31	M 97	00:02:46	00:53:20		01:27:49.60	01:27:49.60	8:46	6.8
32	SALUGA BARTŁOMIEJ	2172		SOSNOWIEC	POL	M40	32	M 98	00:02:19	00:56:32		01:29:25.20	01:29:25.20	8:56	6.7
33	NAZIMEK MARIUSZ	2237		NOWY SĄCZ	M40		33	M 100	00:01:35	00:57:41		01:31:45.05	01:31:45.05	9:10	6.5
34	TOMASZEWSKI MIKOŁAJ	2024		NOWYTOMYŚL	POL	M40	34	M 101	00:01:24	00:56:14		01:31:45.85	01:31:45.85	9:10	6.5

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M40 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
35	CZAJA WAĆLAW	2020		PRZEMYŚL	POL	M40	35	M 106	00:03:37	00:58:33		01:35:08.40	01:35:08.40	9:30	6.3
36	OPALSKI WOJCIECH	2107		WARSZAWA	POL	M40	36	M 111	00:02:49	00:44:27		01:38:32.25	01:38:32.25	9:51	6.1
37	LODWICH MAREK	2238		CHEŁM		M40	37	M 114	00:03:06	01:06:11		01:46:36.35	01:46:36.35	10:39	5.6

**V ZIMOWA BIESZCZADZKA DYCHA 2019, K50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	ŻACZKIEWICZ IZABELA	2228		SKIERNIEWICE		K50	1	K 23	00:02:30	00:43:44	00:00:30	01:09:23.15	01:09:23.15	6:53	8.7
2	WOŹNIAK LIDIA	2195	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	K50	2	K 34	00:01:05	00:46:49		01:18:03.95	01:18:03.95	7:48	7.7
3	GARWACKA BEATA	2160		NIEPORĘT	POL	K50	3	K 49	00:03:12	00:52:51		01:22:51.20	01:22:51.20	8:17	7.2
4	KALINOWSKA LUCYNA	2127		PRZEMYŚL	POL	K50	4	K 62	00:01:45	00:53:42		01:27:22.85	01:27:22.85	8:44	6.9
5	HADAM EWA	2095	SPARTAN RACE TRAINING GROUP RZESZÓW	DYNÓW	POL	K50	5	K 63	00:03:28	00:54:29		01:27:23.30	01:27:23.30	8:44	6.9
6	GAŁUSZEK OLGA	2190		POZNAŃ	POL	K50	6	K 85	00:01:41	01:01:05		01:36:02.15	01:36:02.15	9:36	6.2
7	GRABOWSKA ANNA	2010	1968	DĘBICA	POL	K50	7	K 96	00:01:18	01:04:48		01:40:56.90	01:40:56.90	10:05	5.9
8	ADAMSKA JOLA	2018	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K50	8	K 103	00:03:40	01:21:21		02:08:26.55	02:08:26.55	12:50	4.7

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	DOMIN WIESŁAW	2168		ZAGÓRZE	POL	M50	1	M 23	00:00:53	00:37:52	00:00:30	01:01:23.95	01:01:23.95	6:05	9.9
2	ŻACZKIEWICZ JACEK	2229		SKIERNIEWICE		M50	2	M 29	00:02:29	00:41:16	00:00:30	01:02:29.50	01:02:29.50	6:11	9.7
3	BERA ADAM	2118	PAN	RZESZÓW	POL	M50	3	M 41	00:01:19	00:42:08		01:07:08.35	01:07:08.35	6:42	8.9
4	MARAS LADISLAV	2148	MARAS TEAM	PRESOV	SVK	M50	4	M 47	00:02:51	00:45:10		01:09:13.65	01:09:13.65	6:55	8.7
5	STEC ANDRZEJ	2219	SZLACHETNA PACZKA	WAŁCZ	POL	M50	5	M 56	00:01:24	00:45:21		01:11:36.50	01:11:36.50	7:09	8.4
6	BALICKI JACEK	2025	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	M50	6	M 62	00:02:09	00:48:10		01:15:27.55	01:15:27.55	7:32	8
7	DVORŠČAK MILAN	2186	MARAS TEAM	PREŠOV	SVK	M50	7	M 64	00:02:48	00:47:28		01:15:45.55	01:15:45.55	7:34	7.9
8	MIKSZA KAROL	2135	CROSSFITTERCHEŁM	CHEŁM	POL	M50	8	M 72	00:03:04	00:48:57		01:17:32.15	01:17:32.15	7:45	7.7
9	ADAMCZAK WIESŁAW	2130	BIEGAJ BEZ KOŃCA	MIELEC	POL	M50	9	M 94	00:02:32	00:54:33		01:27:13.00	01:27:13.00	8:43	6.9
10	PODOLAK ZBIGNIEW	2183		PRZEMYŚL	POL	M50	10	M 112	00:00:53	00:39:38		01:43:35.25	01:43:35.25	10:21	5.8
11	PARADOWSKI PAWEŁ	2083		RZESZÓW	POL	M50	11	M 113	00:03:51	01:02:40		01:43:49.80	01:43:49.80	10:22	5.8

**V ZIMOWA BIESZCZADZKA DYCHA 2019, K60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	WIERCHOŁA JOANNA	2125		LUBLIN	POL	K60	1	K 46	00:03:05	00:50:56		01:21:56.20	01:21:56.20	8:11	7.3

**V ZIMOWA BIESZCZADZKA DYCHA 2019, M60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Kar/Bon	Netto	Brutto	min/km	km/h
1	HADUCH JERZY	2177	SANOK I OKOLICE	PISAROWCE	POL	M60	1	M 22	00:02:03	00:39:30		01:00:33.30	01:00:33.30	6:03	9.9
2	POKRYWKA STEFAN	2232		CISNA		M60	2	M 54	00:01:37	00:45:58		01:11:30.60	01:11:30.60	7:09	8.4
3	KUROPATWA KAZIMIERZ	2126	SZAFKA BIEGACZA TEAM	PRZEMYŚL	POL	M60	3	M 70	00:01:02	00:47:29		01:17:10.85	01:17:10.85	7:43	7.8
4	SKRUTEK JAN	2008	GOPR BIESZCZADY ST.POZA SŁUŻB.	WROCŁAW	POL	M60	4	M 78	00:03:46	00:51:36		01:20:04.30	01:20:04.30	8:00	7.5
5	ZAJĄC IRENEUSZ	2165	BIECZ	BIECZ	POL	M60	5	M 84	00:03:13	00:53:05		01:22:02.40	01:22:02.40	8:12	7.3
6	CZAPLA ANDRZEJ	2080		CHEŁM	POL	M60	6	M 102	00:03:33	01:00:36		01:32:42.35	01:32:42.35	9:16	6.5
7	SŁOBODA KRZYSZTOF	2122	RUN SŁOBODA	USTRZYKI DOLNE	POL	M60	7	M 104	00:03:24	01:00:21		01:33:57.50	01:33:57.50	9:23	6.4