

**VI ZIMOWA BIESZCZADZKA DYCHA 2020**

Organizator: Fundacja Bieg Rzeźnika  
 Data: 2020-01-25  
 Miejsce: Cisna  
 Dystans: 10 km  
 Klasyfikacja wg czasów brutto.


**VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN**

| M-ce | Nazwisko i imię         | Nr   | Klub                               | M-scowość          | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|------|------------------------------------|--------------------|------|------|--------|------|----------|---------|-------------|-------------|--------|------|
| 1    | DOMISZEWSKI IGNACY      | 1501 | GUKLA BRATKOWICE                   | USTRZYKI DOLNE     | POL  | M30  | 1      | M 1  | 00:22:14 |         | 00:34:25.00 | 00:34:25.40 | 3:26   | 17.4 |
| 2    | GAJEWSKI MAREK          | 1543 | @ARKENYA_TEAM                      | WARSZAWA           | POL  | M30  | 2      | M 2  | 00:25:21 |         | 00:38:40.85 | 00:38:43.25 | 3:52   | 15.5 |
| 3    | PACHUT JERZY            | 1610 | MUAY RUNNING TEAM                  | SŁOPNICE           | POL  | M20  | 1      | M 3  | 00:26:01 |         | 00:39:09.65 | 00:39:12.25 | 3:55   | 15.3 |
| 4    | NOWAK MARCIN            | 1503 | STALOWOWOLSKI KLUB BIEGACZA        | STALOWA WOLA       | POL  | M30  | 3      | M 4  | 00:25:52 |         | 00:39:20.30 | 00:39:21.20 | 3:56   | 15.2 |
| 5    | GAWRON JANUSZ           | 1704 | BRYGADA BESKIDÓW                   |                    | POL  | M20  | 2      | M 5  | 00:26:04 |         | 00:39:25.25 | 00:39:26.45 | 3:56   | 15.2 |
| 6    | CHLIPAŁA PAWEŁ          | 1521 |                                    | KAMIENICA          | POL  | M20  | 3      | M 6  | 00:26:03 |         | 00:39:43.80 | 00:39:43.80 | 3:58   | 15.1 |
| 7    | ŚWIERAD KRYSZTIAN       | 1671 |                                    | TURZAŃSK           | POL  | M20  | 4      | M 7  | 00:26:04 |         | 00:39:56.05 | 00:39:59.05 | 3:59   | 15   |
| 8    | SZCZEPANIAK DAMIAN      | 1661 | KAMIENICA                          | KAMIENICA          | POL  | M30  | 4      | M 8  | 00:26:45 |         | 00:40:52.05 | 00:40:54.40 | 4:05   | 14.7 |
| 9    | KOŁODZIEJCZYK ŁUKASZ    | 1709 | UKS KOMETA                         | GLIWICE            | POL  | M20  | 5      | M 9  | 00:26:48 |         | 00:40:54.70 | 00:40:56.90 | 4:05   | 14.7 |
| 10   | ADAMCZYK MARTYNA        | 1502 | ALPIN SPORT HOKA ONE ONE TEAM      | SZYDŁOWIEC         | POL  | K20  | 1      | K 1  | 00:27:17 |         | 00:41:31.05 | 00:41:33.25 | 4:09   | 14.5 |
| 11   | CHOJNACKI WIKTOR        | 1523 |                                    | LUTOWISKA          | POL  | M30  | 5      | M 10 | 00:27:41 |         | 00:42:21.65 | 00:42:26.95 | 4:14   | 14.2 |
| 12   | RACHWAŁSKI TOMASZ       | 1628 | BLĘKITNI                           | CHORKUWKA          | POL  | M40  | 1      | M 11 | 00:28:15 |         | 00:42:42.35 | 00:42:51.30 | 4:16   | 14   |
| 13   | MARZEC KRZYSZTOF        | 1596 | STALOWOWOLSKI KLUB BIEGACZA        | TERESZPOL-ZYGMUNTY | POL  | M40  | 2      | M 12 | 00:28:01 |         | 00:43:12.25 | 00:43:13.55 | 4:19   | 13.9 |
| 14   | ŚWIDZIŃSKI TOMASZ       | 1670 | VEGE RUNNERS HAJIME KRAKÓW         | KRAKÓW             | POL  | M40  | 3      | M 13 | 00:28:13 |         | 00:43:26.15 | 00:43:29.00 | 4:20   | 13.8 |
| 15   | ZAWADZKI MARCIN         | 1695 | SZCZWANY TRZMIEL TEAM              | LUBENIA            | POL  | M30  | 6      | M 14 | 00:28:26 |         | 00:44:08.85 | 00:44:10.35 | 4:24   | 13.6 |
| 16   | MARCZAK PAWEŁ           | 1593 | DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO | WARSZAWA           | POL  | M40  | 4      | M 15 | 00:29:04 |         | 00:44:08.05 | 00:44:12.10 | 4:24   | 13.6 |
| 17   | WÓJCIK JÓZEF            | 1687 | CHEŁM BIEGA                        | CHEŁM              | POL  | M50  | 1      | M 16 | 00:29:15 |         | 00:44:54.25 | 00:44:58.75 | 4:29   | 13.4 |
| 18   | SABAT SEBASTIAN         | 1707 |                                    | KOMAŃCZA           | POL  | M20  | 6      | M 17 | 00:29:30 |         | 00:45:08.95 | 00:45:09.40 | 4:30   | 13.3 |
| 19   | FRANCZYK PIOTR          | 1542 | KOT I WILK                         | KRAKÓW             | POL  | M30  | 7      | M 18 | 00:29:27 |         | 00:44:54.20 | 00:45:10.20 | 4:29   | 13.4 |
| 20   | MAJCHROWICZ WIKTOR      | 1730 |                                    | ROGI               | POL  | M40  | 5      | M 19 | 00:29:26 |         | 00:43:57.25 | 00:45:35.95 | 4:23   | 13.7 |
| 21   | KALBARCZYK ADRIANA      | 1505 | DUKLANOWSKI TEAM                   | WARSZAWA           | POL  | K20  | 2      | K 2  | 00:29:52 |         | 00:45:44.50 | 00:45:45.80 | 4:34   | 13.1 |
| 22   | TUROSZ IWONA            | 1703 |                                    | SANOK              | POL  | K30  | 1      | K 3  | 00:30:21 |         | 00:46:12.95 | 00:46:18.25 | 4:37   | 13   |
| 23   | WŁOCH SŁAWOMIR          | 1683 | KROSNO MIASTO SZKŁA                | KROSNO             | POL  | M50  | 2      | M 20 | 00:30:30 |         | 00:46:15.85 | 00:46:20.85 | 4:37   | 13   |
| 24   | WETHACZ MARIUSZ         | 1719 |                                    | CISNA              | POL  | M30  | 8      | M 21 | 00:30:41 |         | 00:46:42.75 | 00:46:49.85 | 4:40   | 12.8 |
| 25   | SZNAJDER RAFAŁ          | 1666 | G.O.A.T. TEAM MICHAŁOWICE          | MICHAŁOWICE        | POL  | M40  | 6      | M 22 | 00:30:54 |         | 00:46:56.20 | 00:46:59.35 | 4:41   | 12.8 |
| 26   | SKOTNICKI JAKUB         | 1638 | ADIDAS RUNNERS WARSAW              | WROCLAW            | POL  | M30  | 9      | M 23 | 00:31:53 |         | 00:47:21.25 | 00:47:34.80 | 4:44   | 12.7 |
| 27   | BODZIOCH GRZEGORZ       | 1513 | GORLIĆKA GRUPA BIEGOWA             | GORLICE            | POL  | M40  | 7      | M 24 | 00:31:00 |         | 00:47:30.40 | 00:47:39.85 | 4:45   | 12.6 |
| 28   | WIESNER LESZEK          | 1679 | NOWA HUTA TEAM                     | KRAKÓW             | POL  | M20  | 7      | M 25 | 00:30:53 |         | 00:47:26.45 | 00:47:43.65 | 4:44   | 12.6 |
| 29   | BARAŃSKI JAROSŁAW       | 1718 |                                    | RADOM              | POL  | M30  | 10     | M 26 | 00:31:33 |         | 00:47:56.45 | 00:48:17.10 | 4:47   | 12.5 |
| 30   | BILSKI MARCIN           | 1512 |                                    | DĘBOWIEC           | POL  | M40  | 8      | M 27 | 00:32:10 |         | 00:48:07.95 | 00:48:20.65 | 4:48   | 12.5 |
| 31   | KSIĄŻKIEWICZ BARTŁOMIEJ | 1577 | ROCKY BALBOA                       | POLAŃCZYK          | POL  | M30  | 11     | M 28 | 00:33:07 |         | 00:49:14.00 | 00:49:14.00 | 4:55   | 12.2 |
| 32   | HORODEJCZYK ANTONI      | 1556 | HORODEJCZYK TEAM                   | OLSZANICA          | POL  | M40  | 9      | M 29 | 00:32:17 |         | 00:49:37.75 | 00:49:39.55 | 4:57   | 12.1 |
| 33   | HADUCH JERZY            | 1552 | SANOK I OKOLICE                    | PISAROWCE          | POL  | M60  | 1      | M 30 | 00:32:41 |         | 00:50:06.40 | 00:50:12.35 | 5:00   | 12   |
| 34   | LORENS MAGDALENA        | 1504 | G.O.A.T. TEAM MICHAŁOWICE          | MICHAŁOWICE        | POL  | K20  | 3      | K 4  | 00:33:12 |         | 00:50:25.45 | 00:50:31.95 | 5:02   | 11.9 |
| 35   | MARCINIAK TOMASZ        | 1591 | RADOMNO BIEGA                      | PUSTKI             | POL  | M30  | 12     | M 31 | 00:33:27 |         | 00:50:20.15 | 00:50:46.30 | 5:02   | 11.9 |
| 36   | SIKORA JAREK            | 1706 |                                    |                    | POL  | M40  | 10     | M 32 | 00:33:30 |         | 00:50:25.90 | 00:50:49.05 | 5:02   | 11.9 |
| 37   | SOLIŃSKA MAGDALENA      | 1648 |                                    | JANKOWICE          | POL  | K40  | 1      | K 5  | 00:33:33 |         | 00:51:01.15 | 00:51:13.85 | 5:06   | 11.8 |
| 38   | PIOTROWSKI PRZEMYSŁAW   | 1619 | NOWA HUTA TEAM                     | KRAKÓW             | POL  | M30  | 13     | M 33 | 00:34:17 |         | 00:51:24.10 | 00:51:41.95 | 5:08   | 11.7 |
| 39   | WOŹNIAK JANUSZ          | 1685 | PORMAT JEDLIĆZE BIEGA              | SKOŁYSZYN          | POL  | M50  | 3      | M 34 | 00:33:51 |         | 00:51:35.00 | 00:51:51.05 | 5:09   | 11.6 |
| 40   | KORONA JAN              | 1574 | KROSNO                             | KROSNO             | POL  | M60  | 2      | M 35 | 00:33:57 |         | 00:51:42.00 | 00:52:00.50 | 5:10   | 11.6 |
| 41   | POGODA KINGA            | 1711 | UKS KOMETA                         | GLIWICE            | POL  | K20  | 4      | K 6  | 00:34:04 |         | 00:52:06.05 | 00:52:08.45 | 5:12   | 11.5 |
| 42   | POLEWKA TOMASZ          | 1712 | UKS KOMETA                         | GLIWICE            | POL  | M40  | 11     | M 36 | 00:34:18 |         | 00:52:26.80 | 00:52:28.80 | 5:14   | 11.4 |
| 43   | SOKOŁOWSKI WOJCIECH     | 1645 |                                    | WARSZAWA           | POL  | M30  | 14     | M 37 | 00:34:16 |         | 00:51:02.75 | 00:52:47.70 | 5:06   | 11.8 |
| 44   | JANKOWSKI MICHAŁ        | 1560 |                                    | TRAWNIKI           | POL  | M40  | 12     | M 38 | 00:33:56 |         | 00:52:44.25 | 00:52:53.35 | 5:16   | 11.4 |
| 45   | ZIELONKA MICHAŁ         | 1691 |                                    | CISNA              | POL  | M20  | 8      | M 39 | 00:35:06 |         | 00:53:27.20 | 00:53:31.90 | 5:20   | 11.2 |

## VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN c.d.

| M-ce | Nazwisko i imię           | Nr   | Klub                             | M-scowość        | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|------|----------------------------------|------------------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 46   | FLASKA ZDENEK             | 1540 | MARAS TEAM                       | KOŚICE           | SVK  | M40  | 13     | M 40 | 00:34:52 |          | 00:52:06.40 | 00:53:58.25 | 5:12   | 11.5 |
| 47   | WRÓBEL BARTŁOMIEJ         | 1724 | CISNA                            | CISNA            | POL  | M40  | 14     | M 41 | 00:34:53 |          | 00:53:59.15 | 00:54:01.05 | 5:24   | 11.1 |
| 48   | SZNAJDER JOANNA           | 1665 | G.O.A.T. TEAM MICHAŁOWICE        | MICHAŁOWICE      | POL  | K30  | 2      | K 7  | 00:35:14 |          | 00:53:59.95 | 00:54:03.40 | 5:24   | 11.1 |
| 49   | SURMA KAROLINA            | 1658 |                                  | GLIWICE          | POL  | K30  | 3      | K 8  | 00:35:08 |          | 00:53:42.90 | 00:54:29.20 | 5:22   | 11.2 |
| 50   | GALICA-NIEPOKÓJ AGNIESZKA | 1545 | BIESZCZADZKI KLUB NORDIC WALKING | ŚREDNIE WIELKIE  | POL  | K30  | 4      | K 9  | 00:36:03 |          | 00:54:59.85 | 00:55:04.20 | 5:30   | 10.9 |
| 51   | ZIEBAKOWSKI MIKOŁAJ       | 1692 |                                  | RADOM            | POL  | M20  | 9      | M 42 | 00:35:17 |          | 00:54:19.95 | 00:55:12.55 | 5:26   | 11   |
| 52   | DUDZIAK AGNIESZKA         | 1537 | POMPA TEAM                       | POKRÓWKa         | POL  | K40  | 2      | K 10 | 00:36:27 |          | 00:53:33.55 | 00:55:13.70 | 5:21   | 11.2 |
| 53   | KOGUT LESZEK              | 1569 |                                  | GROCHOWCE        | POL  | M40  | 15     | M 43 | 00:35:26 |          | 00:54:27.05 | 00:55:15.85 | 5:26   | 11   |
| 54   | JANAS MARIAN              | 1731 |                                  | BALIGRÓD         | POL  | M60  | 3      | M 44 | 00:36:28 |          | 00:55:09.95 | 00:55:22.25 | 5:31   | 10.9 |
| 55   | DUDZIAK DARIUSZ           | 1536 | POMPA TEAM                       | CHEŁM            | POL  | M40  | 16     | M 45 | 00:36:28 |          | 00:53:58.95 | 00:55:39.70 | 5:23   | 11.1 |
| 56   | PODOLAK ZBIGNIEW          | 1624 |                                  | PRZEMYŚL         | POL  | M50  | 4      | M 46 | 00:36:51 |          | 00:55:37.15 | 00:56:22.85 | 5:33   | 10.8 |
| 57   | KANDEFER WOJCIECH         | 1564 |                                  | KORCZYNA         | POL  | M50  | 5      | M 47 | 00:36:18 |          | 00:56:29.05 | 00:56:35.75 | 5:38   | 10.6 |
| 58   | WĘGRZYN PAWEŁ             | 1725 |                                  | ORELEC           | POL  | M20  | 10     | M 48 | 00:36:07 |          | 00:56:55.75 | 00:56:57.95 | 5:41   | 10.5 |
| 59   | DRAG PIOTR                | 1717 |                                  | KRZAKI           | POL  | M30  | 15     | M 49 | 00:36:38 |          | 00:57:23.25 | 00:57:24.60 | 5:44   | 10.5 |
| 60   | PIENKOWSKA KATARZYNA      | 1618 | ADIDAS RUNNERS WARSAW            | WARSZAWA         | POL  | K30  | 5      | K 11 | 00:38:13 |          | 00:57:35.30 | 00:57:51.40 | 5:45   | 10.4 |
| 61   | GRUSZECKA ANNA            | 1549 |                                  | RYBARZOWICE      | POL  | K40  | 3      | K 12 | 00:38:34 |          | 00:57:40.00 | 00:58:03.05 | 5:46   | 10.4 |
| 62   | GWIZDAK JUSTYNA           | 1705 |                                  | RZESZÓW          | POL  | K30  | 6      | K 13 | 00:37:22 |          | 00:57:36.30 | 00:58:41.00 | 5:45   | 10.4 |
| 63   | PŁESZKA MAREK             | 1622 | KLUB SPORTOWY OTRYT I            | LUTOWSKA         | POL  | M40  | 17     | M 50 | 00:31:55 | 00:10:00 | 00:58:57.00 | 00:59:03.00 | 4:53   | 12.3 |
| 64   | KORALEWSKI PAWEŁ          | 1573 | JAGRO TEAM                       | JUTROSIN         | POL  | M30  | 16     | M 51 | 00:38:59 |          | 00:57:19.60 | 00:59:06.10 | 5:44   | 10.5 |
| 65   | ŻÓŁKIEWICZ MATEUSZ        | 1694 |                                  | PIKULICE         | POL  | M20  | 11     | M 52 | 00:37:49 |          | 00:58:15.75 | 00:59:06.15 | 5:49   | 10.3 |
| 66   | WOJCIECHOWSKI WOJCIECH    | 1684 |                                  | GROCHOWCE        | POL  | M20  | 12     | M 53 | 00:37:53 |          | 00:58:24.60 | 00:59:14.45 | 5:50   | 10.3 |
| 67   | SAMUS DARIUSZ             | 1701 | STG RZESZÓW                      | RZESZÓW          | POL  | M30  | 17     | M 54 | 00:39:32 |          | 00:59:01.30 | 00:59:18.85 | 5:54   | 10.2 |
| 68   | DYLAŁ MARLENA             | 1539 | G.O.A.T. TEAM MICHAŁOWICE        | WIĘCŁAWICE STARE | POL  | K20  | 5      | K 14 | 00:39:22 |          | 00:59:14.45 | 00:59:20.70 | 5:55   | 10.1 |
| 69   | RUSIN ALEKSANDER          | 1700 |                                  | RZESZÓW          | POL  | M30  | 18     | M 55 | 00:38:20 |          | 00:58:39.60 | 00:59:22.00 | 5:52   | 10.2 |
| 70   | BURTAN MARCIN             | 1519 | TERMOAKTYWNI.PL                  | RZESZÓW          | POL  | M30  | 19     | M 56 | 00:37:57 |          | 00:57:46.20 | 00:59:24.50 | 5:46   | 10.4 |
| 71   | RUSIN ŁUKASZ              | 1635 |                                  | CHEŁM            | POL  | M30  | 20     | M 57 | 00:38:25 |          | 00:59:14.65 | 00:59:25.45 | 5:55   | 10.1 |
| 72   | MATYKIEWICZ JAROSŁAW      | 1599 |                                  | KIELCE           | POL  | M50  | 6      | M 58 | 00:39:26 |          | 00:57:48.50 | 00:59:47.35 | 5:46   | 10.4 |
| 73   | GAJOS ŁUKASZ              | 1544 | LIGA GENTLEMANÓW                 | KRAKOW           | POL  | M30  | 21     | M 59 | 00:39:19 |          | 00:59:15.15 | 00:59:59.35 | 5:55   | 10.1 |
| 74   | MALINOWSKA IWONA          | 1588 |                                  | SIEDLISKA        | POL  | K40  | 4      | K 15 | 00:39:02 |          | 00:59:10.00 | 01:00:20.45 | 5:55   | 10.1 |
| 75   | ROSTEK ARKADIUSZ          | 1633 | ULTRAMEKI                        | KOSZYCE WIELKIE  | POL  | M40  | 18     | M 60 | 00:40:11 |          | 00:59:19.65 | 01:00:25.50 | 5:56   | 10.1 |
| 76   | GRUSZECKI TOMASZ          | 1550 |                                  | RYBARZOWICE      | POL  | M40  | 18     | M 60 | 00:39:30 |          | 01:00:00.85 | 01:00:25.50 | 6:00   | 10   |
| 77   | DVORŠČAK MILAN            | 1538 | MARAS TEAM                       | PREŠOV           | SVK  | M50  | 7      | M 62 | 00:38:29 |          | 00:58:34.50 | 01:00:25.85 | 5:51   | 10.2 |
| 78   | ANDRASZ PAWEŁ             | 1506 | KMP ŁÓDŹ                         | PRZEMYŚL         | POL  | M20  | 13     | M 63 | 00:39:10 |          | 01:00:16.15 | 01:00:31.60 | 6:01   | 10   |
| 79   | BRUŚŁO ILONA              | 1696 | MAMY RUSZAMY                     | WARSZAWA         | POL  | K30  | 7      | K 16 | 00:33:12 | 00:10:00 | 01:00:34.00 | 01:00:55.00 | 5:03   | 11.9 |
| 80   | STEC ANDRZEJ              | 1654 |                                  | WAŁCZ            | POL  | M50  | 8      | M 64 | 00:39:30 |          | 01:00:02.15 | 01:01:00.80 | 6:00   | 10   |
| 81   | SAMEK ALEKSANDER          | 1636 |                                  | JAWORZYNA ŚLĄSKA | POL  | M30  | 22     | M 65 | 00:39:35 |          | 01:00:45.75 | 01:01:27.45 | 6:04   | 9.9  |
| 82   | SZYMONIAK MARCIN          | 1669 |                                  | POZNAŃ           | POL  | M40  | 20     | M 66 | 00:39:27 |          | 00:59:21.80 | 01:01:28.95 | 5:56   | 10.1 |
| 83   | GAŁUSZKA MARIUSZ          | 1699 | GOPR                             | CISNA            | POL  | M40  | 21     | M 67 | 00:39:22 |          | 01:01:41.10 | 01:01:55.85 | 6:10   | 9.7  |
| 84   | SZAŁ KATARZYNA            | 1660 |                                  | WARSZAWA WESOŁA  | POL  | K30  | 8      | K 17 | 00:39:41 |          | 01:00:09.55 | 01:02:09.15 | 6:01   | 10   |
| 85   | MANIAK ŁUKASZ             | 1589 |                                  | WARSZAWA WESOŁA  | POL  | M40  | 22     | M 68 | 00:39:42 |          | 01:00:10.90 | 01:02:10.50 | 6:01   | 10   |
| 86   | JARMOĆ WOJCIECH           | 1561 | FUNDACJA LATARNIA                | BUKOWSKO         | POL  | M30  | 23     | M 69 | 00:40:30 |          | 01:01:00.60 | 01:02:11.70 | 6:06   | 9.8  |
| 87   | SKRUTEK ADAM              | 1721 |                                  | WIEDŃ            | AUT  | M30  | 24     | M 70 | 00:40:44 |          | 01:00:29.40 | 01:02:15.35 | 6:03   | 9.9  |
| 88   | KŁOS KAMIL                | 1567 |                                  | WARSZAWA         | POL  | M20  | 14     | M 71 | 00:40:44 |          | 01:00:24.30 | 01:02:37.95 | 6:02   | 9.9  |
| 89   | WITKO JERZY               | 1682 | BRAK                             | FREDROPOL        | POL  | M40  | 23     | M 72 | 00:41:03 |          | 01:02:06.40 | 01:02:55.15 | 6:12   | 9.7  |
| 90   | SOKOŁOWSKI JERZY          | 1646 | MOHER SKI TEAM                   | ŁANCUT           | POL  | M50  | 9      | M 73 | 00:41:03 |          | 01:01:12.75 | 01:02:59.45 | 6:07   | 9.8  |
| 91   | STROJNY URSZULA           | 1656 | KOT I WILK                       | KRAKOW           | POL  | K30  | 9      | K 18 | 00:42:25 |          | 01:02:44.60 | 01:03:01.20 | 6:16   | 9.6  |
| 92   | LYPINSKI MIKAEL           | 1176 |                                  | WARSZAWA         | POL  | M40  | 24     | M 74 | 00:41:09 |          | 01:02:50.25 | 01:03:02.40 | 2:43   | 22   |
| 93   | CZARNECKI KONRAD          | 1529 |                                  | RADOM            | POL  | M30  | 25     | M 75 | 00:39:58 |          | 01:01:16.80 | 01:03:06.90 | 6:07   | 9.8  |
| 94   | MAGALSKA NATALIA          | 1586 |                                  | TOLKMICKO        | POL  | K20  | 6      | K 19 | 00:40:00 |          | 01:01:17.90 | 01:03:07.25 | 6:07   | 9.8  |
| 95   | WOJCIECHOWSKI PAWEŁ       | 1729 | J U V E R U N                    | KRAKÓW           | POL  | M30  | 26     | M 76 | 00:40:29 |          | 01:00:40.35 | 01:03:10.35 | 6:04   | 9.9  |
| 96   | KURASZ WITOLD             | 1579 | --                               | PRUCHNIK         | POL  | M50  | 10     | M 77 | 00:42:14 |          | 01:01:01.75 | 01:03:21.45 | 6:06   | 9.8  |
| 97   | CHMIELEWSKI MATEUSZ       | 1522 | HARDCOROWEWYCHYLILYBYMY          | OTWOCK           | POL  | M30  | 27     | M 78 | 00:42:31 |          | 01:02:57.05 | 01:03:29.35 | 6:17   | 9.5  |
| 98   | MARCISZ BOGUSŁAW          | 1592 | ŻANDARMERIA WOJSKOWA RZESZÓW     | RZESZÓW          | POL  | M40  | 25     | M 79 | 00:40:46 |          | 01:02:33.45 | 01:03:40.85 | 6:15   | 9.6  |
| 99   | NIEMCZUK-WARNECKE JUSTYNA | 1603 |                                  | SMEREK           | POL  | K30  | 10     | K 20 | 00:41:25 |          | 01:02:11.10 | 01:03:53.10 | 6:13   | 9.6  |
| 100  | DRĄŻEK ŁUKASZ             | 1534 |                                  | RZESZÓW          | POL  | M30  | 28     | M 80 | 00:40:58 |          | 01:02:23.10 | 01:03:59.35 | 6:14   | 9.6  |
| 101  | ŻELAZNY AGNIESZKA         | 1693 | GORLICKA GRUPA BIEGOWA           | GORLICE          | POL  | K40  | 5      | K 21 | 00:35:21 | 00:10:00 | 01:04:06.00 | 01:04:21.00 | 5:24   | 11.1 |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                                      | M-scowość           | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|------|---|---------------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 102  | WARGA JAN                 | 1736 | MARAS TEAM                                |                     |      | M30  | 29     | M 81  | 00:40:26 |          | 01:03:00.60 | 01:04:52.90 | 6:18   | 9.5  |
| 103  | KOŁODZIEJ KATARZYNA       | 1572 |   | JASŁO               | POL  | K40  | 6      | K 22  | 00:42:31 |          | 01:04:28.20 | 01:04:53.35 | 6:26   | 9.3  |
| 104  | SOBEL NATALIA             | 1710 | UKS KOMETA                                | GLIWICE             | POL  | K20  | 7      | K 23  | 00:42:19 |          | 01:04:50.50 | 01:04:54.10 | 6:29   | 9.3  |
| 105  | WOŹNIAK LIDIA             | 1686 | PORMAT JEDLICZEBIEGA                      | SKOŁYSZYN           | POL  | K50  | 1      | K 24  | 00:42:22 |          | 01:04:44.35 | 01:05:01.25 | 6:28   | 9.3  |
| 106  | WILK-PAWŁOWSKA AGNIESZKA  | 1680 | ROCK&RUN                                  | WARSZAWA            | POL  | K30  | 11     | K 25  | 00:42:51 |          | 01:04:55.10 | 01:05:10.90 | 6:29   | 9.2  |
| 107  | IWANIEC PIOTR             | 1557 | BIEGANIE SZYDERCÓW                        | TARNÓW              | POL  | M30  | 30     | M 82  | 00:42:16 |          | 01:04:10.20 | 01:05:12.70 | 6:25   | 9.4  |
| 108  | CZUBA TOMASZ              | 1531 | FUNDACJA LATARNIA                         | BUKOWSKO            | POL  | M30  | 31     | M 83  | 00:44:54 |          | 01:04:01.05 | 01:05:12.75 | 6:24   | 9.4  |
| 109  | PAWŁOWSKA AGNIESZKA       | 1613 | PRZEMYSKI KLUB BIEGACZA                   | KRASICZYN           | POL  | K40  | 7      | K 26  | 00:42:33 |          | 01:03:26.75 | 01:05:31.20 | 6:20   | 9.5  |
| 110  | NIZIK MAGDALENA           | 1606 | VEGEDOG                                   | WARSZAWA            | POL  | K40  | 8      | K 27  |          |          | 01:04:33.80 | 01:05:48.15 | 6:27   | 9.3  |
| 111  | KOZA SEBASTIAN            | 1575 | SSW TEAM KROSNICE                         | KROTOSZYN           | POL  | M20  | 15     | M 84  | 00:43:32 |          | 01:05:39.25 | 01:05:57.40 | 6:33   | 9.1  |
| 112  | SZPUNAR DANIEL            | 1667 | HUSARIA RACE TEAM                         | DĘBINA              | POL  | M20  | 16     | M 85  | 00:36:20 | 00:10:00 | 01:04:31.00 | 01:05:58.00 | 5:27   | 11   |
| 113  | MAJEWSKA KAMILA           | 1708 |   | LUBLIN              | POL  | K30  | 12     | K 28  | 00:41:42 |          | 01:04:36.10 | 01:06:00.40 | 6:27   | 9.3  |
| 114  | GUCWA MIROSŁAW            | 1551 | BACK ON TRACK                             | KRASNE              | POL  | M40  | 26     | M 86  | 00:39:56 |          | 01:04:26.60 | 01:06:06.20 | 6:26   | 9.3  |
| 115  | KŁODZIŃSKA BARBARA        | 1568 | ULTRAMEKI                                 | TARNÓW              | POL  | K40  | 9      | K 29  | 00:43:36 |          | 01:05:03.70 | 01:06:09.25 | 6:30   | 9.2  |
| 116  | HENNIG WALDEMAR           | 1555 | ECO KAPINO                                | KAPINO              | POL  | M40  | 27     | M 87  | 00:42:34 |          | 01:04:18.15 | 01:06:13.00 | 6:25   | 9.3  |
| 117  | KONDRAK JAN               | 1702 | LUBELSKA FEDERACJA BARDÓW                 | ŚWIDNIK             | POL  | M60  | 4      | M 88  | 00:43:00 |          | 01:04:20.70 | 01:06:23.20 | 6:26   | 9.3  |
| 118  | KOLERA WIOLETA            | 1571 | WODNIAK                                   | OBÓRKI              | POL  | K30  | 13     | K 30  | 00:42:52 |          | 01:06:10.80 | 01:06:34.00 | 6:37   | 9.1  |
| 119  | PISZCZYŃSKA BERNADETA     | 1620 |   | GORZÓW WIELKOPOLSKI | POL  | K40  | 10     | K 31  | 00:42:47 |          | 01:05:56.85 | 01:06:36.45 | 6:35   | 9.1  |
| 120  | KAPLON ANDRZEJ            | 1566 | KS HUDKA SPYRA                            | SCHWALBACH          | GER  | M50  | 11     | M 89  | 00:42:49 |          | 01:04:46.80 | 01:06:42.45 | 6:28   | 9.3  |
| 121  | JANIĆ JACEK               | 1558 |   | BOGUCHWAŁA          | POL  | M40  | 28     | M 90  | 00:30:04 | 00:20:00 | 01:06:21.00 | 01:06:43.00 | 4:38   | 12.9 |
| 122  | BARTOSZEK RENIA           | 1511 |   | WROCŁAW             | POL  | K40  | 11     | K 32  | 00:44:01 |          | 01:06:18.45 | 01:06:58.40 | 6:37   | 9    |
| 123  | STEFANIAK MARIA           | 1655 |   | WARSZAWA            | POL  | K20  | 8      | K 33  | 00:42:48 |          | 01:05:11.55 | 01:07:09.35 | 6:31   | 9.2  |
| 124  | SOBCZYK GRZEGORZ          | 1644 |   | TYCHY               | POL  | M20  | 17     | M 91  | 00:42:47 |          | 01:05:13.55 | 01:07:10.75 | 6:31   | 9.2  |
| 125  | SZADKOWSKA JUSTYNA        | 1659 | NIGHT RUNNERS GLIWICE                     | GLIWICE             | POL  | K30  | 14     | K 34  | 00:43:17 |          | 01:05:41.25 | 01:07:20.05 | 6:34   | 9.1  |
| 126  | ŁUSZCZ PAWEŁ              | 1584 |   | DĘBICA              | POL  | M30  | 32     | M 92  | 00:44:36 |          | 01:06:01.25 | 01:08:03.45 | 6:36   | 9.1  |
| 127  | PENKALA PIOTR             | 1614 | STRANGERS                                 | ZĄBKI               | POL  | M20  | 18     | M 93  | 00:47:21 |          | 01:06:01.60 | 01:08:15.85 | 6:36   | 9.1  |
| 128  | MŁOCKA MATYŁDA            | 1600 |   | WARSZAWA            | POL  | K30  | 15     | K 35  | 00:44:44 |          | 01:06:17.30 | 01:08:38.30 | 6:37   | 9.1  |
| 129  | RABIEJEWSKI ZBIGNIEW      | 1627 | ŻANDARMERIA WOJSKOWA RZESZÓW              | CHMIELNIK           | POL  | M40  | 29     | M 94  | 00:42:35 |          | 01:08:00.30 | 01:09:06.40 | 6:48   | 8.8  |
| 130  | SZUKOWSKA AMELIA          | 1668 |   | LESKO               | POL  | K30  | 16     | K 36  | 00:45:26 |          | 01:07:40.50 | 01:09:11.60 | 6:46   | 8.9  |
| 131  | KUBASIK ANGELIKA          | 1698 |   | PRZEWORSK           | POL  | K20  | 9      | K 37  | 00:45:14 |          | 01:07:59.20 | 01:09:15.00 | 6:48   | 8.8  |
| 132  | PAWLIK TOMASZ             | 1612 | JB WARSAW                                 | WARSZAWA            | POL  | M30  | 33     | M 95  | 00:43:50 |          | 01:07:52.05 | 01:09:49.40 | 6:47   | 8.8  |
| 133  | ŚWIGONIAK ANNA            | 1672 | NOWA HUTA TEAM                            | KRAKÓW              | POL  | K40  | 12     | K 38  | 00:46:06 |          | 01:08:21.45 | 01:10:23.95 | 6:50   | 8.8  |
| 134  | PRUSZKOWSKA KATARZYNA     | 1626 | CROSSFITTER BOX CHEŁM                     | CHEŁM               | POL  | K40  | 13     | K 39  | 00:46:28 |          | 01:08:59.00 | 01:10:44.05 | 6:53   | 8.7  |
| 135  | STACHOWNIUK ARTUR         | 1714 | CROSSFITTER BOX CHEŁM                     | CHEŁMN              | POL  | M30  | 34     | M 96  | 00:46:29 |          | 01:08:59.70 | 01:10:44.15 | 6:54   | 8.7  |
| 136  | MISIEK MARCIN             | 1720 | WQURW                                     | KIELCE              | POL  | M50  | 12     | M 97  | 00:46:07 |          | 01:09:14.00 | 01:11:12.35 | 6:55   | 8.7  |
| 137  | RADON MARCIN              | 1629 | SENNIK.BIZ                                | RZESZÓW             | POL  | M30  | 35     | M 98  | 00:45:23 |          | 01:09:31.60 | 01:11:19.90 | 6:57   | 8.6  |
| 138  | MATUSZAK KLAUDIA          | 1598 | NOWOCZESNYSPORT.PL                        | RZESZÓW             | POL  | K20  | 10     | K 40  | 00:46:16 |          | 01:10:20.35 | 01:11:29.80 | 7:02   | 8.5  |
| 139  | PAWŁAK MAGDALENA          | 1611 | KB V-MAX ADAMÓW                           | ADAMÓW              | POL  | K30  | 17     | K 41  | 00:27:19 | 00:30:00 | 01:11:54.00 | 01:12:00.00 | 4:11   | 14.3 |
| 140  | CHRUŚCIEL LESŁAW          | 1728 |   | NOWY SĄCZ           | POL  | M50  | 13     | M 99  | 00:47:22 |          | 01:10:42.25 | 01:12:02.50 | 7:04   | 8.5  |
| 141  | CHMIELEWSKI MARCIN        | 1733 |   | OTWOCK              | POL  | M40  | 30     | M 100 | 00:45:43 |          | 01:10:02.55 | 01:12:08.30 | 7:00   | 8.6  |
| 142  | CZERSKI KRZYSZTOF         | 1530 |   | CHŁAPOWO            | POL  | M40  | 31     | M 101 | 00:46:49 |          | 01:11:15.85 | 01:12:11.35 | 7:07   | 8.4  |
| 143  | BOGUĆKA MARTYNA           | 1514 | JACEKBIEGA RUNNING TEAM                   | WARSZAWA            | POL  | K40  | 14     | K 42  | 00:47:33 |          | 01:10:43.75 | 01:12:13.65 | 7:04   | 8.5  |
| 144  | GIEŁBAGA ANNA             | 1547 |   | RZESZÓW             | POL  | K40  | 15     | K 43  | 00:46:06 |          | 01:10:43.25 | 01:12:13.70 | 7:04   | 8.5  |
| 145  | PENKALA MARCIN            | 1615 | STRANGERS                                 | ZĄBKI               | POL  | M40  | 32     | M 102 | 00:46:55 |          | 01:10:09.95 | 01:12:25.30 | 7:01   | 8.6  |
| 146  | WÓJCİK KAMILA             | 1688 | LACHO-TEAM                                | KRAKÓW              | POL  | K40  | 16     | K 44  | 00:47:33 |          | 01:12:13.55 | 01:12:34.75 | 7:13   | 8.3  |
| 147  | SKRUTEK JAN               | 1641 | SEKCJA SPORTÓW GÓRSKICH BIESZCZADZKI GOPR | WROCŁAW             | POL  | M60  | 5      | M 103 | 00:46:54 |          | 01:10:48.25 | 01:12:40.10 | 7:04   | 8.5  |
| 148  | SKÓRA MICHAŁ              | 1640 | MICHAŁ TEAM                               | ŁOPUSZKA            | POL  | M40  | 33     | M 104 | 00:47:46 |          | 01:11:48.15 | 01:12:56.50 | 7:10   | 8.4  |
| 149  | MARMON KRZYSZTOF          | 1594 | KKJM ŚNIEŻNE ŁAZY                         | RZESZÓW             | POL  | M30  | 36     | M 105 | 00:47:01 |          | 01:11:54.05 | 01:13:11.65 | 7:11   | 8.3  |
| 150  | MARMON MARCELINA          | 1595 | KKJM ŚNIEŻNE ŁAZY                         | RZESZÓW             | POL  | K20  | 11     | K 45  | 00:48:25 |          | 01:11:54.65 | 01:13:13.70 | 7:11   | 8.3  |
| 151  | SZCZĘSNA - MARMON JUSTYNA | 1663 | KKJM ŚNIEŻNE ŁAZY                         | RZESZÓW             | POL  | K30  | 18     | K 45  | 00:47:04 |          | 01:11:56.20 | 01:13:13.70 | 7:11   | 8.3  |
| 152  | ZEGAR KRZYSZTOF           | 1690 | KKJM ŚNIEŻNE ŁAZY                         | PODKARPACKIE        | POL  | M20  | 19     | M 106 | 00:48:26 |          | 01:11:56.20 | 01:13:15.70 | 7:11   | 8.3  |
| 153  | SKOWROŃ JAKUB             | 1713 | WKURW_TEAM                                | MARUSZÓW            | POL  | M30  | 37     | M 107 | 00:47:57 |          | 01:12:27.30 | 01:13:41.45 | 7:14   | 8.3  |
| 154  | SKOWROŃ IZABELA           | 1639 | WKURW_TEAM                                | OŻARÓW              | POL  | K30  | 19     | K 47  | 00:47:55 |          | 01:12:29.25 | 01:13:44.30 | 7:14   | 8.3  |
| 155  | SOLAREWICZ MONIKA         | 1647 |   | KLISINO             | POL  | K30  | 20     | K 48  | 00:48:28 |          | 01:13:02.80 | 01:13:48.90 | 7:18   | 8.2  |
| 156  | KUŁACZKOWSKI KONRAD       | 1578 |   | STAŁOWA WOLA        | POL  | M30  | 38     | M 108 | 00:48:11 |          | 01:12:56.75 | 01:13:51.30 | 7:17   | 8.2  |
| 157  | WAWRZYŃNIAK KATARZYNA     | 1677 | MAMY RYSZAMY                              | WARSZAWA            | POL  | K30  | 21     | K 49  | 00:47:30 |          | 01:12:30.30 | 01:13:52.85 | 7:15   | 8.3  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                           | M-scowość            | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|--------------------------------|----------------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 158  | KAPLON DANUTA          | 1565 |                                | SCHWALBACH AM TAUNUS | GER  | K60  | 1      | K 50  | 00:47:41 |          | 01:12:02.80 | 01:13:58.35 | 7:12   | 8.3  |
| 159  | SUŁKOWSKA JOANNA       | 1657 |                                | JAROSŁAW             | POL  | K40  | 17     | K 51  | 00:47:24 |          | 01:13:28.75 | 01:14:20.70 | 7:20   | 8.2  |
| 160  | MAJCHROWICZ JUSTYNA    | 1587 | FC PROSIACZEK                  | SOSNOWIEC            | POL  | K30  | 22     | K 52  | 00:47:25 |          | 01:12:30.05 | 01:14:22.05 | 7:15   | 8.3  |
| 161  | SZELA DANIEL           | 1664 | DZIKIE MUSTANGI                | PASZCZYNA            | POL  | M30  | 39     | M 109 | 00:47:45 |          | 01:12:38.30 | 01:14:39.55 | 7:15   | 8.3  |
| 162  | NOWAK TOMASZ           | 1607 | DZIKIE MUSTANGI                | DĘBICA               | POL  | M30  | 40     | M 110 | 00:48:09 |          | 01:12:38.85 | 01:14:40.00 | 7:15   | 8.3  |
| 163  | FORNEK PAULINA         | 1541 | DZIKIE MUSTANGI                | OCIEKA               | POL  | K20  | 12     | K 53  | 00:47:49 |          | 01:12:39.90 | 01:14:40.25 | 7:16   | 8.3  |
| 164  | HARATYK ROKSANA        | 1553 | DZIKIE MUSTANGI                | SĘDZISZÓW MŁP.       | POL  | K30  | 23     | K 54  | 00:47:49 |          | 01:12:39.10 | 01:14:40.35 | 7:15   | 8.3  |
| 165  | TUROSZ CECYLIA         | 1722 |                                | LEŻAJŚC              | POL  | K60  | 2      | K 55  | 00:49:26 |          | 01:14:59.75 | 01:15:54.05 | 7:30   | 8    |
| 166  | PEKAŁSKA ANNA          | 1616 |                                | NIEPORĘT             | POL  | K40  | 18     | K 56  | 00:49:06 |          | 01:14:12.80 | 01:15:56.20 | 7:25   | 8.1  |
| 167  | RADYK ALEKSANDRA       | 1631 | PRZEMYSKI KLUB BIEGACZA        | PRZEMYSŁ             | POL  | K20  | 13     | K 57  | 00:48:03 |          | 01:14:35.65 | 01:16:21.00 | 7:27   | 8    |
| 168  | STANKIEWICZ EWA        | 1651 |                                | KONSTANCIN           | POL  | K30  | 24     | K 58  | 00:47:49 |          | 01:14:34.80 | 01:16:37.70 | 7:27   | 8    |
| 169  | NOWOMIEJSKI MARCIN     | 1608 | BIEGACZ CEGŁÓW                 | MIŃSK MAZOWIECKI     | POL  | M40  | 34     | M 111 | 00:30:22 | 00:30:00 | 01:16:32.00 | 01:16:38.00 | 4:39   | 12.9 |
| 170  | DĄBRÓWKA NINA          | 1532 | FUNDACJA LATARNIA              | BUKOWSKO             | POL  | K30  | 25     | K 59  | 00:49:06 |          | 01:16:47.15 | 01:17:57.60 | 7:40   | 7.8  |
| 171  | SKORUPKA RAFAŁ         | 1637 | FUNDACJA LATARNIA              | BUKOWSKO             | POL  | M30  | 41     | M 112 | 00:49:06 |          | 01:16:47.05 | 01:17:58.45 | 7:40   | 7.8  |
| 172  | STEC SZYMON            | 1726 |                                | WARSZAWA             | POL  | M20  | 20     | M 113 | 00:43:32 | 00:10:00 | 01:15:51.00 | 01:18:09.00 | 6:35   | 9.1  |
| 173  | WELOŃCZYK JOANNA       | 1678 |                                | WARSZAWA             | POL  | K30  | 26     | K 60  | 00:52:33 |          | 01:17:38.75 | 01:18:35.75 | 7:45   | 7.7  |
| 174  | TRZECIAK ALBINA        | 1674 | 1989                           | KRAKÓW               | CZE  | K30  | 27     | K 61  | 00:51:30 |          | 01:17:56.35 | 01:19:27.30 | 7:47   | 7.7  |
| 175  | LESZCZYŃSKI ALEKSANDER | 1723 |                                | KRAKÓW               | POL  | M40  | 35     | M 114 | 00:51:36 |          | 01:18:23.90 | 01:19:52.10 | 7:50   | 7.7  |
| 176  | CZAPLA ANDRZEJ         | 1527 |                                | CHELM                | POL  | M60  | 6      | M 115 | 00:50:43 |          | 01:18:37.05 | 01:20:06.50 | 7:51   | 7.6  |
| 177  | LEŚNIAK BEATA          | 1582 |                                | SZCZECIN             | POL  | K40  | 19     | K 62  | 00:52:10 |          | 01:19:47.60 | 01:20:28.45 | 7:58   | 7.5  |
| 178  | JASIURKOWSKI ROBERT    | 1562 |                                | TARNÓW               | POL  | M40  | 36     | M 116 | 00:53:02 |          | 01:20:20.15 | 01:21:23.95 | 8:02   | 7.5  |
| 179  | STEC SEBASTIAN         | 1652 | SIEMUSZOWA                     | PRZEMYSŁ             | POL  | M40  | 37     | M 117 | 00:46:30 | 00:10:00 | 01:19:17.00 | 01:21:35.00 | 6:55   | 8.7  |
| 180  | CEDROWICZ EWA          | 1520 |                                | WROCLAW              | POL  | K30  | 28     | K 63  | 00:46:03 | 00:10:00 | 01:20:54.00 | 01:22:19.00 | 7:05   | 8.5  |
| 181  | CZAJA WACŁAW           | 1526 |                                | PRZEMYSŁ             | POL  | M40  | 38     | M 118 | 00:51:27 |          | 01:20:42.00 | 01:22:58.85 | 8:04   | 7.4  |
| 182  | KOLASA BARBARA         | 1570 |                                | WARSZAWA-WESOŁA      | POL  | K60  | 3      | K 64  | 00:53:52 |          | 01:25:01.90 | 01:25:40.90 | 8:30   | 7.1  |
| 183  | POCZTOWSKA KATARZYNA   | 1623 |                                | WARSZAWA             | POL  | K30  | 29     | K 65  | 00:53:05 |          | 01:23:45.25 | 01:25:54.55 | 8:22   | 7.2  |
| 184  | RADYK JOANNA           | 1732 | PRZEMYSKI KLUB BIEGACZA        | PRZEMYSŁ             | POL  | K30  | 30     | K 66  | 00:57:09 |          | 01:26:53.10 | 01:28:38.00 | 8:41   | 6.9  |
| 185  | RADYK ANNA             | 1630 | PRZEMYSKI KLUB BIEGACZA        | PRZEMYSŁ             | POL  | K20  | 14     | K 67  | 00:57:12 |          | 01:26:56.40 | 01:28:42.05 | 8:41   | 6.9  |
| 186  | WACHNIK AGNIESZKA      | 1676 | NOWA HUTA TEAM                 | KRAKÓW               | POL  | K30  | 31     | K 68  | 00:59:02 |          | 01:26:57.95 | 01:29:00.35 | 8:41   | 6.9  |
| 187  | CZUBA JADWIGA          | 1697 |                                | LIGOTA ZAMECKA       | K30  |      | 32     | K 69  | 00:52:16 | 00:10:00 | 01:29:51.00 | 01:30:25.00 | 7:59   | 7.5  |
| 188  | SŁOBODA KRZYSZTOF      | 1643 | RUN SŁOBODAN                   | USTRZYKI DOLNE       | POL  | M60  | 7      | M 119 | 00:57:05 |          | 01:29:31.15 | 01:31:36.70 | 8:57   | 6.7  |
| 189  | ROJ DAWID              | 1632 | RUN SŁOBODAN                   | KRAKÓW               | POL  | M30  | 42     | M 120 | 00:57:05 |          | 01:29:31.20 | 01:31:37.15 | 8:57   | 6.7  |
| 190  | JANIK ANNA             | 1559 |                                | BOGUCHWAŁA           | POL  | K40  | 20     | K 70  | 00:46:49 | 00:20:00 | 01:31:25.00 | 01:31:47.00 | 7:08   | 8.4  |
| 191  | DUDEK MONIKA           | 1535 |                                | LUBENIA              | POL  | K30  | 33     | K 71  | 00:46:53 | 00:20:00 | 01:32:23.00 | 01:32:45.00 | 7:14   | 8.3  |
| 192  | LASKOWSKI MARCIN       | 1580 |                                | GDYNIA               | POL  | M50  | 14     | M 121 | 01:00:04 |          | 01:33:38.95 | 01:35:47.15 | 9:21   | 6.4  |
| 193  | BOŚ TOMASZ             | 1727 |                                | WARSZAWA             | POL  | M30  | 43     | M 122 | 00:57:37 | 00:10:00 | 01:34:33.00 | 01:36:32.00 | 8:27   | 7.1  |
| 194  | BOREK WOJCIECH         | 1515 | EP-HEART-TEAM                  | KROSNO               | POL  | M50  | 15     | M 123 | 01:01:39 |          | 01:39:40.15 | 01:41:54.95 | 9:58   | 6    |
| 195  | ANTCZAK ALEKSANDRA     | 1507 |                                | POZNAŃ               | POL  | K30  | 34     | K 72  | 01:01:39 |          | 01:39:39.45 | 01:41:55.25 | 9:58   | 6    |
| 196  | HADAM EWA              | 1735 | SPARTAN TRAINING GROUP RZESZÓW |                      | POL  | K50  | 2      | K 73  | 00:51:49 | 00:30:00 | 01:49:17.00 | 01:50:52.00 | 7:55   | 7.6  |
| 197  | SOŁTYSIAK KRYSZYNA     | 1734 | SPARTAN TRAINING GROUP RZESZÓW |                      | POL  | K50  | 3      | K 74  | 00:51:52 | 00:30:00 | 01:49:22.00 | 01:50:57.00 | 7:56   | 7.6  |
| 198  | SOŁTYSEK SEBASTIAN     | 1649 | UNIVERSAL SOLDIERS             | NISKO                | POL  | M40  | 39     | M 124 | 01:12:03 |          | 01:54:06.90 | 01:55:54.30 | 11:24  | 5.3  |
| 199  | SOŁTYSEK GRZEGORZ      | 1650 | UNIVERSAL SOLDIERS             | GRĘBÓW               | POL  | M40  | 40     | M 125 | 01:12:08 |          | 01:54:06.55 | 01:55:55.15 | 11:24  | 5.3  |
| 200  | GARNCARZ ADAM          | 119  |                                | WROCLAW              | POL  | M20  | 21     | M 126 |          |          |             |             | 0:56   | 63.5 |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, Kobiety**

| M-ce | Nazwisko i imię           | Nr   | Klub                             | M-scowość       | Kraj | Kat. | M. kat | K/M | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|------|----------------------------------|-----------------|------|------|--------|-----|----------|---------|-------------|-------------|--------|------|
| 1    | ADAMCZYK MARTYNA          | 1502 | ALPIN SPORT HOKA ONE ONE TEAM    | SZYDŁOWIEC      | POL  | K20  | 1      | K 1 | 00:27:17 |         | 00:41:31.05 | 00:41:33.25 | 4:09   | 14.5 |
| 2    | KALBARCZYK ADRIANA        | 1505 | DUKLANOWSKI TEAM                 | WARSZAWA        | POL  | K20  | 2      | K 2 | 00:29:52 |         | 00:45:44.50 | 00:45:45.80 | 4:34   | 13.1 |
| 3    | TUROSZ IWONA              | 1703 |                                  | SANOK           | POL  | K30  | 1      | K 3 | 00:30:21 |         | 00:46:12.95 | 00:46:18.25 | 4:37   | 13   |
| 4    | LORENS MAGDALENA          | 1504 | G.O.A.T. TEAM MICHAŁOWICE        | MICHAŁOWICE     | POL  | K20  | 3      | K 4 | 00:33:12 |         | 00:50:25.45 | 00:50:31.95 | 5:02   | 11.9 |
| 5    | SOLIŃSKA MAGDALENA        | 1648 |                                  | JANKOWICE       | POL  | K40  | 1      | K 5 | 00:33:33 |         | 00:51:01.15 | 00:51:13.85 | 5:06   | 11.8 |
| 6    | POGODA KINGA              | 1711 | UKS KOMETA                       | GLIWICE         | POL  | K20  | 4      | K 6 | 00:34:04 |         | 00:52:06.05 | 00:52:08.45 | 5:12   | 11.5 |
| 7    | SZNAJDER JOANNA           | 1665 | G.O.A.T. TEAM MICHAŁOWICE        | MICHAŁOWICE     | POL  | K30  | 2      | K 7 | 00:35:14 |         | 00:53:59.95 | 00:54:03.40 | 5:24   | 11.1 |
| 8    | SURMA KAROLINA            | 1658 |                                  | GLIWICE         | POL  | K30  | 3      | K 8 | 00:35:08 |         | 00:53:42.90 | 00:54:29.20 | 5:22   | 11.2 |
| 9    | GALICA-NIEPOKÓJ AGNIESZKA | 1545 | BIESZCZADZKI KLUB NORDIC WALKING | ŚREDNIE WIELKIE | POL  | K30  | 4      | K 9 | 00:36:03 |         | 00:54:59.85 | 00:55:04.20 | 5:30   | 10.9 |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, Kobiety c.d.**

| M-ce | Nazwisko i imię           | Nr   | Klub                      | M-scowość            | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|------|---------------------------|----------------------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 10   | DUDZIAK AGNIESZKA         | 1537 | POMPA TEAM                | POKRÓWKA             | POL  | K40  | 2      | K 10 | 00:36:27 |          | 00:53:33.55 | 00:55:13.70 | 5:21   | 11.2 |
| 11   | PIENKOWSKA KATARZYNA      | 1618 | ADIDAS RUNNERS WARSAW     | WARSZAWA             | POL  | K30  | 5      | K 11 | 00:38:13 |          | 00:57:35.30 | 00:57:51.40 | 5:45   | 10.4 |
| 12   | GRUSZECKA ANNA            | 1549 |                           | RYBARZOWICE          | POL  | K40  | 3      | K 12 | 00:38:34 |          | 00:57:40.00 | 00:58:03.05 | 5:46   | 10.4 |
| 13   | GWIZDAK JUSTYNA           | 1705 |                           | RZESZÓW              | POL  | K30  | 6      | K 13 | 00:37:22 |          | 00:57:36.30 | 00:58:41.00 | 5:45   | 10.4 |
| 14   | DYLAŁ MARLENA             | 1539 | G.O.A.T. TEAM MICHAŁOWICE | WIĘCŁAWICE STARE     | POL  | K20  | 5      | K 14 | 00:39:22 |          | 00:59:14.45 | 00:59:20.70 | 5:55   | 10.1 |
| 15   | MALINOWSKA IWONA          | 1588 |                           | SIEDLIKA             | POL  | K40  | 4      | K 15 | 00:39:02 |          | 00:59:10.00 | 01:00:20.45 | 5:55   | 10.1 |
| 16   | BRUSIŁO ILONA             | 1696 | MAMY RUSZAMY              | WARSZAWA             | POL  | K30  | 7      | K 16 | 00:33:12 | 00:10:00 | 01:00:34.00 | 01:00:55.00 | 5:03   | 11.9 |
| 17   | SZAL KATARZYNA            | 1660 |                           | WARSZAWA WESOŁA      | POL  | K30  | 8      | K 17 | 00:39:41 |          | 01:00:09.55 | 01:02:09.15 | 6:01   | 10   |
| 18   | STROJNY URSZULA           | 1656 | KOT I WILK                | KRAKOW               | POL  | K30  | 9      | K 18 | 00:42:25 |          | 01:02:44.60 | 01:03:01.20 | 6:16   | 9.6  |
| 19   | MAGALSKA NATALIA          | 1586 |                           | TOLKMICKO            | POL  | K20  | 6      | K 19 | 00:40:00 |          | 01:01:17.90 | 01:03:07.25 | 6:07   | 9.8  |
| 20   | NIEMCZUK-WARNECKE JUSTYNA | 1603 |                           | SMEREK               | POL  | K30  | 10     | K 20 | 00:41:25 |          | 01:02:11.10 | 01:03:53.10 | 6:13   | 9.6  |
| 21   | ŻELAZNY AGNIESZKA         | 1693 | GORLICKA GRUPA BIEGOWA    | GORLICE              | POL  | K40  | 5      | K 21 | 00:35:21 | 00:10:00 | 01:04:06.00 | 01:04:21.00 | 5:24   | 11.1 |
| 22   | KOŁODZIEJ KATARZYNA       | 1572 |                           | JASŁO                | POL  | K40  | 6      | K 22 | 00:42:31 |          | 01:04:28.20 | 01:04:53.35 | 6:26   | 9.3  |
| 23   | SOBEL NATALIA             | 1710 | UKS KOMETA                | GLIWICE              | POL  | K20  | 7      | K 23 | 00:42:19 |          | 01:04:50.50 | 01:04:54.10 | 6:29   | 9.3  |
| 24   | WOŹNIAK LIDIA             | 1686 | PORMAT JEDLICZEBIEGA      | SKOŁYSZYN            | POL  | K50  | 1      | K 24 | 00:42:22 |          | 01:04:44.35 | 01:05:01.25 | 6:28   | 9.3  |
| 25   | WILK-PAWŁOWSKA AGNIESZKA  | 1680 | ROCK&RUN                  | WARSZAWA             | POL  | K30  | 11     | K 25 | 00:42:51 |          | 01:04:55.10 | 01:05:10.90 | 6:29   | 9.2  |
| 26   | PAWŁOWSKA AGNIESZKA       | 1613 | PRZEMYSKI KLUB BIEGACZA   | KRASICZYN            | POL  | K40  | 7      | K 26 | 00:42:33 |          | 01:03:26.75 | 01:05:31.20 | 6:20   | 9.5  |
| 27   | NIZIK MAGDALENA           | 1606 | VEGEDOG                   | WARSZAWA             | POL  | K40  | 8      | K 27 |          |          | 01:04:33.80 | 01:05:48.15 | 6:27   | 9.3  |
| 28   | MAJEWSKA KAMILA           | 1708 |                           | LUBLIN               | POL  | K30  | 12     | K 28 | 00:41:42 |          | 01:04:36.10 | 01:06:00.40 | 6:27   | 9.3  |
| 29   | KŁODZIŃSKA BARBARA        | 1568 | ULTRAMĘKI                 | TARNÓW               | POL  | K40  | 9      | K 29 | 00:43:36 |          | 01:05:03.70 | 01:06:09.25 | 6:30   | 9.2  |
| 30   | KOLERA WIOLETA            | 1571 | WODNIAK                   | OBÓRKI               | POL  | K30  | 13     | K 30 | 00:42:52 |          | 01:06:10.80 | 01:06:34.00 | 6:37   | 9.1  |
| 31   | PISZCZYŃSKA BERNADETA     | 1620 |                           | GORZÓW WIELKOPOLSKI  | POL  | K40  | 10     | K 31 | 00:42:47 |          | 01:05:56.85 | 01:06:36.45 | 6:35   | 9.1  |
| 32   | BARTOSZEK RENIA           | 1511 |                           | WROCŁAW              | POL  | K40  | 11     | K 32 | 00:44:01 |          | 01:06:18.45 | 01:06:58.40 | 6:37   | 9    |
| 33   | STEFANIAK MARIA           | 1655 |                           | WARSZAWA             | POL  | K20  | 8      | K 33 | 00:42:48 |          | 01:05:11.55 | 01:07:09.35 | 6:31   | 9.2  |
| 34   | SZADKOWSKA JUSTYNA        | 1659 | NIGHT RUNNERS GLIWICE     | GLIWICE              | POL  | K30  | 14     | K 34 | 00:43:17 |          | 01:05:41.25 | 01:07:20.05 | 6:34   | 9.1  |
| 35   | MŁOCKA MATYŁDA            | 1600 |                           | WARSZAWA             | POL  | K30  | 15     | K 35 | 00:44:44 |          | 01:06:17.30 | 01:08:38.30 | 6:37   | 9.1  |
| 36   | SZUKOWSKA AMELIA          | 1668 |                           | LESKO                | POL  | K30  | 16     | K 36 | 00:45:26 |          | 01:07:40.50 | 01:09:11.60 | 6:46   | 8.9  |
| 37   | KUBASIK ANGELIKA          | 1698 |                           | PRZEWORSK            | POL  | K20  | 9      | K 37 | 00:45:14 |          | 01:07:59.20 | 01:09:15.00 | 6:48   | 8.8  |
| 38   | ŚWIGONIAK ANNA            | 1672 | NOWA HUTA TEAM            | KRAKÓW               | POL  | K40  | 12     | K 38 | 00:46:06 |          | 01:08:21.45 | 01:10:23.95 | 6:50   | 8.8  |
| 39   | PRUSZKOWSKA KATARZYNA     | 1626 | CROSSFITTER BOX CHELM     | CHELM                | POL  | K40  | 13     | K 39 | 00:46:28 |          | 01:08:59.00 | 01:10:44.05 | 6:53   | 8.7  |
| 40   | MATUSZAK KLAUDIA          | 1598 | NOWOCZESNYSPORT.PL        | RZESZÓW              | POL  | K20  | 10     | K 40 | 00:46:16 |          | 01:10:20.35 | 01:11:29.80 | 7:02   | 8.5  |
| 41   | PAWLAK MAGDALENA          | 1611 | KB V-MAX ADAMÓW           | ADAMÓW               | POL  | K30  | 17     | K 41 | 00:27:19 | 00:30:00 | 01:11:54.00 | 01:12:00.00 | 4:11   | 14.3 |
| 42   | BOGUCKA MARTYNA           | 1514 | JACEKBIEGA RUNNING TEAM   | WARSZAWA             | POL  | K40  | 14     | K 42 | 00:47:33 |          | 01:10:43.75 | 01:12:13.65 | 7:04   | 8.5  |
| 43   | GIEŁBAGA ANNA             | 1547 |                           | RZESZÓW              | POL  | K40  | 15     | K 43 | 00:46:06 |          | 01:10:43.25 | 01:12:13.70 | 7:04   | 8.5  |
| 44   | WÓJCIK KAMILA             | 1688 | LACHO-TEAM                | KRAKÓW               | POL  | K40  | 16     | K 44 | 00:47:33 |          | 01:12:13.55 | 01:12:34.75 | 7:13   | 8.3  |
| 45   | MARMON MARCELINA          | 1595 | KKJM ŚNIEŻNE ŁAZY         | RZESZÓW              | POL  | K20  | 11     | K 45 | 00:48:25 |          | 01:11:54.65 | 01:13:13.70 | 7:11   | 8.3  |
| 46   | SZCZĘSNA - MARMON JUSTYNA | 1663 | KKJM ŚNIEŻNE ŁAZY         | RZESZÓW              | POL  | K30  | 18     | K 45 | 00:47:04 |          | 01:11:56.20 | 01:13:13.70 | 7:11   | 8.3  |
| 47   | SKOWROŃ IZABELA           | 1639 | WKURW_TEAM                | OŻARÓW               | POL  | K30  | 19     | K 47 | 00:47:55 |          | 01:12:29.25 | 01:13:44.30 | 7:14   | 8.3  |
| 48   | SOLAREWICZ MONIKA         | 1647 |                           | KLISINO              | POL  | K30  | 20     | K 48 | 00:48:28 |          | 01:13:02.80 | 01:13:48.90 | 7:18   | 8.2  |
| 49   | WAWRZYŃSKI KATARZYNA      | 1677 | MAMY RYSZAMY              | WARSZAWA             | POL  | K30  | 21     | K 49 | 00:47:30 |          | 01:12:30.30 | 01:13:52.85 | 7:15   | 8.3  |
| 50   | KAPLON DANUTA             | 1565 |                           | SCHWALBACH AM TAUNUS | GER  | K60  | 1      | K 50 | 00:47:41 |          | 01:12:02.80 | 01:13:58.35 | 7:12   | 8.3  |
| 51   | SUŁKOWSKA JOANNA          | 1657 |                           | JAROSŁAW             | POL  | K40  | 17     | K 51 | 00:47:24 |          | 01:13:28.75 | 01:14:20.70 | 7:20   | 8.2  |
| 52   | MAJCHROWICZ JUSTYNA       | 1587 | FC PROSIACZEK             | SOSNOWIEC            | POL  | K30  | 22     | K 52 | 00:47:25 |          | 01:12:30.05 | 01:14:22.05 | 7:15   | 8.3  |
| 53   | FORNEK PAULINA            | 1541 | DZIKIE MUSTANGI           | OCIEKA               | POL  | K20  | 12     | K 53 | 00:47:49 |          | 01:12:39.90 | 01:14:40.25 | 7:16   | 8.3  |
| 54   | HARATYK ROKSANA           | 1553 | DZIKIE MUSTANGI           | SĘDZISZÓW MŁP.       | POL  | K30  | 23     | K 54 | 00:47:49 |          | 01:12:39.10 | 01:14:40.35 | 7:15   | 8.3  |
| 55   | TUROSZ CECYLIA            | 1722 |                           | LEŻAJŚC              | POL  | K60  | 2      | K 55 | 00:49:26 |          | 01:14:59.75 | 01:15:54.05 | 7:30   | 8    |
| 56   | PEKALSKA ANNA             | 1616 |                           | NIEPORĘT             | POL  | K40  | 18     | K 56 | 00:49:06 |          | 01:14:12.80 | 01:15:56.20 | 7:25   | 8.1  |
| 57   | RADYK ALEKSANDRA          | 1631 | PRZEMYSKI KLUB BIEGACZA   | PRZEMYSŁ             | POL  | K20  | 13     | K 57 | 00:48:03 |          | 01:14:35.65 | 01:16:21.00 | 7:27   | 8    |
| 58   | STANKIEWICZ EWA           | 1651 |                           | KONSTANCIN           | POL  | K30  | 24     | K 58 | 00:47:49 |          | 01:14:34.80 | 01:16:37.70 | 7:27   | 8    |
| 59   | DĄBRÓWKA NINA             | 1532 | FUNDACJA LATARNIA         | BUKOWSKO             | POL  | K30  | 25     | K 59 | 00:49:06 |          | 01:16:47.15 | 01:17:57.60 | 7:40   | 7.8  |
| 60   | WELONCZYK JOANNA          | 1678 |                           | WARSZAWA             | POL  | K30  | 26     | K 60 | 00:52:33 |          | 01:17:38.75 | 01:18:35.75 | 7:45   | 7.7  |
| 61   | TRZECIAK ALBINA           | 1674 | 1989                      | KRAKÓW               | CZE  | K30  | 27     | K 61 | 00:51:30 |          | 01:17:56.35 | 01:19:27.30 | 7:47   | 7.7  |
| 62   | LEŚNIAK BEATA             | 1582 |                           | SZCZECIN             | POL  | K40  | 19     | K 62 | 00:52:10 |          | 01:19:47.60 | 01:20:28.45 | 7:58   | 7.5  |
| 63   | CEDROWICZ EWA             | 1520 |                           | WROCŁAW              | POL  | K30  | 28     | K 63 | 00:46:03 | 00:10:00 | 01:20:54.00 | 01:22:19.00 | 7:05   | 8.5  |
| 64   | KOLASA BARBARA            | 1570 |                           | WARSZAWA-WESOŁA      | POL  | K60  | 3      | K 64 | 00:53:52 |          | 01:25:01.90 | 01:25:40.90 | 8:30   | 7.1  |
| 65   | POCZTOWSKA KATARZYNA      | 1623 |                           | WARSZAWA             | POL  | K30  | 29     | K 65 | 00:53:05 |          | 01:23:45.25 | 01:25:54.55 | 8:22   | 7.2  |
| 66   | RADYK JOANNA              | 1732 | PRZEMYSKI KLUB BIEGACZA   | PRZEMYSŁ             | POL  | K30  | 30     | K 66 | 00:57:09 |          | 01:26:53.10 | 01:28:38.00 | 8:41   | 6.9  |

## VI ZIMOWA BIESZCZADZKA DYCHA 2020, Kobiety c.d.

| M-ce | Nazwisko i imię    | Nr   | Klub                           | M-scowość      | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|--------------------|------|--------------------------------|----------------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 67   | RADYK ANNA         | 1630 | PRZEMYSKI KLUB BIEGACZA        | PRZEMYŚL       | POL  | K20  | 14     | K 67 | 00:57:12 |          | 01:26:56.40 | 01:28:42.05 | 8:41   | 6.9  |
| 68   | WACHNIK AGNIESZKA  | 1676 | NOWA HUTA TEAM                 | KRAKÓW         | POL  | K30  | 31     | K 68 | 00:59:02 |          | 01:26:57.95 | 01:29:00.35 | 8:41   | 6.9  |
| 69   | CZUBA JADWIGA      | 1697 |                                | LIGOTA ZAMECKA |      | K30  | 32     | K 69 | 00:52:16 | 00:10:00 | 01:29:51.00 | 01:30:25.00 | 7:59   | 7.5  |
| 70   | JANIK ANNA         | 1559 |                                | BOGUCHWAŁA     | POL  | K40  | 20     | K 70 | 00:46:49 | 00:20:00 | 01:31:25.00 | 01:31:47.00 | 7:08   | 8.4  |
| 71   | DUDEK MONIKA       | 1535 |                                | LUBENIA        | POL  | K30  | 33     | K 71 | 00:46:53 | 00:20:00 | 01:32:23.00 | 01:32:45.00 | 7:14   | 8.3  |
| 72   | ANTCZAK ALEKSANDRA | 1507 |                                | POZNAŃ         | POL  | K30  | 34     | K 72 | 01:01:39 |          | 01:39:39.45 | 01:41:55.25 | 9:58   | 6    |
| 73   | HADAM EWA          | 1735 | SPARTAN TRAINING GROUP RZESZÓW |                | POL  | K50  | 2      | K 73 | 00:51:49 | 00:30:00 | 01:49:17.00 | 01:50:52.00 | 7:55   | 7.6  |
| 74   | SOLTYSIAK KRYSZYNA | 1734 | SPARTAN TRAINING GROUP RZESZÓW |                |      | K50  | 3      | K 74 | 00:51:52 | 00:30:00 | 01:49:22.00 | 01:50:57.00 | 7:56   | 7.6  |

## VI ZIMOWA BIESZCZADZKA DYCHA 2020, Mężczyźni

| M-ce | Nazwisko i imię         | Nr   | Klub                               | M-scowość          | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|------|------------------------------------|--------------------|------|------|--------|------|----------|---------|-------------|-------------|--------|------|
| 1    | DOMISZEWSKI IGNACY      | 1501 | GUKLA BRATKOWICE                   | USTRYKI DOLNE      | POL  | M30  | 1      | M 1  | 00:22:14 |         | 00:34:25.00 | 00:34:25.40 | 3:26   | 17.4 |
| 2    | GAJEWSKI MAREK          | 1543 | @ARKENYA_TEAM                      | WARSZAWA           | POL  | M30  | 2      | M 2  | 00:25:21 |         | 00:38:40.85 | 00:38:43.25 | 3:52   | 15.5 |
| 3    | PACHUT JERZY            | 1610 | MUAY RUNNING TEAM                  | SŁOPNICE           | POL  | M20  | 1      | M 3  | 00:26:01 |         | 00:39:09.65 | 00:39:12.25 | 3:55   | 15.3 |
| 4    | NOWAK MARCIN            | 1503 | STALOWOWOLSKI KLUB BIEGACZA        | STALOWA WOLA       | POL  | M30  | 3      | M 4  | 00:25:52 |         | 00:39:20.30 | 00:39:21.20 | 3:56   | 15.2 |
| 5    | GAWRON JANUSZ           | 1704 | BRYGADA BESKIDÓW                   |                    | POL  | M20  | 2      | M 5  | 00:26:04 |         | 00:39:25.25 | 00:39:26.45 | 3:56   | 15.2 |
| 6    | CHLIPAŁA PAWEŁ          | 1521 |                                    | KAMIENICA          | POL  | M20  | 3      | M 6  | 00:26:03 |         | 00:39:43.80 | 00:39:43.80 | 3:58   | 15.1 |
| 7    | ŚWIERAD KRYSZTIAN       | 1671 |                                    | TURZAŃSK           | POL  | M20  | 4      | M 7  | 00:26:04 |         | 00:39:56.05 | 00:39:59.05 | 3:59   | 15   |
| 8    | SZCZEPANIAK DAMIAN      | 1661 | KAMIENICA                          | KAMIENICA          | POL  | M30  | 4      | M 8  | 00:26:45 |         | 00:40:52.05 | 00:40:54.40 | 4:05   | 14.7 |
| 9    | KOŁODZIEJCZYK ŁUKASZ    | 1709 | UKS KOMETA                         | GLIWICE            | POL  | M20  | 5      | M 9  | 00:26:48 |         | 00:40:54.70 | 00:40:56.90 | 4:05   | 14.7 |
| 10   | CHOJNACKI WIKTOR        | 1523 |                                    | LUTOWISKA          | POL  | M30  | 5      | M 10 | 00:27:41 |         | 00:42:21.65 | 00:42:26.95 | 4:14   | 14.2 |
| 11   | RACHWAŁSKI TOMASZ       | 1628 | BŁĘKITNI                           | CHORKUWKA          | POL  | M40  | 1      | M 11 | 00:28:15 |         | 00:42:42.35 | 00:42:51.30 | 4:16   | 14   |
| 12   | MARZEC KRZYSZTOF        | 1596 | STALOWOWOLSKI KLUB BIEGACZA        | TERESZPOL-ZYGMUNTY | POL  | M40  | 2      | M 12 | 00:28:01 |         | 00:43:12.25 | 00:43:13.55 | 4:19   | 13.9 |
| 13   | ŚWIDZIŃSKI TOMASZ       | 1670 | VEGE RUNNERS HAJIME KRAKÓW         | KRAKÓW             | POL  | M40  | 3      | M 13 | 00:28:13 |         | 00:43:26.15 | 00:43:29.00 | 4:20   | 13.8 |
| 14   | ZAWADZKI MARCIN         | 1695 | SZCZYWANY TRZMIEL TEAM             | LUBENIA            | POL  | M30  | 6      | M 14 | 00:28:26 |         | 00:44:08.85 | 00:44:10.35 | 4:24   | 13.6 |
| 15   | MARCZAK PAWEŁ           | 1593 | DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO | WARSZAWA           | POL  | M40  | 4      | M 15 | 00:29:04 |         | 00:44:08.05 | 00:44:12.10 | 4:24   | 13.6 |
| 16   | WÓJCIK JÓZEF            | 1687 | CHEŁM BIEGA                        | CHEŁM              | POL  | M50  | 1      | M 16 | 00:29:15 |         | 00:44:54.25 | 00:44:58.75 | 4:29   | 13.4 |
| 17   | SABAT SEBASTIAN         | 1707 |                                    | KOMAŃCZA           | POL  | M20  | 6      | M 17 | 00:29:30 |         | 00:45:08.95 | 00:45:09.40 | 4:30   | 13.3 |
| 18   | FRANCZYK PIOTR          | 1542 | KOT I WILK                         | KRAKÓW             | POL  | M30  | 7      | M 18 | 00:29:27 |         | 00:44:54.20 | 00:45:10.20 | 4:29   | 13.4 |
| 19   | MAJCHROWICZ WIKTOR      | 1730 |                                    | ROGI               | POL  | M40  | 5      | M 19 | 00:29:26 |         | 00:43:57.25 | 00:45:35.95 | 4:23   | 13.7 |
| 20   | WŁOCH SŁAWOMIR          | 1683 | KROSNO MIASTO SZKŁA                | KROSNO             | POL  | M50  | 2      | M 20 | 00:30:30 |         | 00:46:15.85 | 00:46:20.85 | 4:37   | 13   |
| 21   | WETHACZ MARIUSZ         | 1719 |                                    | CISNA              | POL  | M30  | 8      | M 21 | 00:30:41 |         | 00:46:42.75 | 00:46:49.85 | 4:40   | 12.8 |
| 22   | SZNAJDER RAFAŁ          | 1666 | G.O.A.T. TEAM MICHAŁOWICE          | MICHAŁOWICE        | POL  | M40  | 6      | M 22 | 00:30:54 |         | 00:46:56.20 | 00:46:59.35 | 4:41   | 12.8 |
| 23   | SKOTNICKI JAKUB         | 1638 | ADIDAS RUNNERS WARSAW              | WROCŁAW            | POL  | M30  | 9      | M 23 | 00:31:53 |         | 00:47:21.25 | 00:47:34.80 | 4:44   | 12.7 |
| 24   | BODZIOCH GRZEGORZ       | 1513 | GORLICKA GRUPA BIEGOWA             | GORLICE            | POL  | M40  | 7      | M 24 | 00:31:00 |         | 00:47:30.40 | 00:47:39.85 | 4:45   | 12.6 |
| 25   | WIESNER LESZEK          | 1679 | NOWA HUTA TEAM                     | KRAKÓW             | POL  | M20  | 7      | M 25 | 00:30:53 |         | 00:47:26.45 | 00:47:43.65 | 4:44   | 12.6 |
| 26   | BARAŃSKI JAROSŁAW       | 1718 |                                    | RADOM              | POL  | M30  | 10     | M 26 | 00:31:33 |         | 00:47:56.45 | 00:48:17.10 | 4:47   | 12.5 |
| 27   | BILSKI MARCIN           | 1512 |                                    | DĘBOWIEC           | POL  | M40  | 8      | M 27 | 00:32:10 |         | 00:48:07.95 | 00:48:20.65 | 4:48   | 12.5 |
| 28   | KSIAŻKIEWICZ BARTŁOMIEJ | 1577 | ROCKY BALBOA                       | POLAŃCZYK          | POL  | M30  | 11     | M 28 | 00:33:07 |         | 00:49:14.00 | 00:49:14.00 | 4:55   | 12.2 |
| 29   | HORODEJCZYK ANTONI      | 1556 | HORODEJCZYK TEAM                   | OLSZANICA          | POL  | M40  | 9      | M 29 | 00:32:17 |         | 00:49:37.75 | 00:49:39.55 | 4:57   | 12.1 |
| 30   | HADUCH JERZY            | 1552 | SANOK I OKOLICE                    | PISAROWCE          | POL  | M60  | 1      | M 30 | 00:32:41 |         | 00:50:06.40 | 00:50:12.35 | 5:00   | 12   |
| 31   | MARCINIAK TOMASZ        | 1591 | RADOMNO BIEGA                      | PUSTKI             | POL  | M30  | 12     | M 31 | 00:33:27 |         | 00:50:20.15 | 00:50:46.30 | 5:02   | 11.9 |
| 32   | SIKORA JAREK            | 1706 |                                    |                    | POL  | M40  | 10     | M 32 | 00:33:30 |         | 00:50:25.90 | 00:50:49.05 | 5:02   | 11.9 |
| 33   | PIOTROWSKI PRZEMYSŁAW   | 1619 | NOWA HUTA TEAM                     | KRAKÓW             | POL  | M30  | 13     | M 33 | 00:34:17 |         | 00:51:24.10 | 00:51:41.95 | 5:08   | 11.7 |
| 34   | WOŹNIAK JANUSZ          | 1685 | PORMAT JEDLICZE BIEGA              | SKOŁYSZYN          | POL  | M50  | 3      | M 34 | 00:33:51 |         | 00:51:35.00 | 00:51:51.05 | 5:09   | 11.6 |
| 35   | KORONA JAN              | 1574 | KROSNO                             | KROSNO             | POL  | M60  | 2      | M 35 | 00:33:57 |         | 00:51:42.00 | 00:52:00.50 | 5:10   | 11.6 |
| 36   | POLEWKA TOMASZ          | 1712 | UKS KOMETA                         | GLIWICE            | POL  | M40  | 11     | M 36 | 00:34:18 |         | 00:52:26.80 | 00:52:28.80 | 5:14   | 11.4 |
| 37   | SOKOŁOWSKI WOJCIECH     | 1645 |                                    | WARSZAWA           | POL  | M30  | 14     | M 37 | 00:34:16 |         | 00:51:02.75 | 00:52:47.70 | 5:06   | 11.8 |
| 38   | JANKOWSKI MICHAŁ        | 1560 |                                    | TRAWNIKI           | POL  | M40  | 12     | M 38 | 00:33:56 |         | 00:52:44.25 | 00:52:53.35 | 5:16   | 11.4 |
| 39   | ZIELONKA MICHAŁ         | 1691 |                                    | CISNA              | POL  | M20  | 8      | M 39 | 00:35:06 |         | 00:53:27.20 | 00:53:31.90 | 5:20   | 11.2 |
| 40   | FLASKA ZDENEK           | 1540 | MARAS TEAM                         | KOŚCICE            | SVK  | M40  | 13     | M 40 | 00:34:52 |         | 00:52:06.40 | 00:53:58.25 | 5:12   | 11.5 |
| 41   | WRÓBEL BARTŁOMIEJ       | 1724 | CISNA                              | CISNA              | POL  | M40  | 14     | M 41 | 00:34:53 |         | 00:53:59.15 | 00:54:01.05 | 5:24   | 11.1 |
| 42   | ZIĘBAKOWSKI MIKOŁAJ     | 1692 |                                    | RADOM              | POL  | M20  | 9      | M 42 | 00:35:17 |         | 00:54:19.95 | 00:55:12.55 | 5:26   | 11   |
| 43   | KOGUT LESZEK            | 1569 |                                    | GROCHOWCE          | POL  | M40  | 15     | M 43 | 00:35:26 |         | 00:54:27.05 | 00:55:15.85 | 5:26   | 11   |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, Mężczyźni c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                         | M-scowość        | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|------------------------------|------------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 44   | JANAS MARIAN           | 1731 |                              | BALIGRÓD         | POL  | M60  | 3      | M 44  | 00:36:28 |          | 00:55:09.95 | 00:55:22.25 | 5:31   | 10.9 |
| 45   | DUDZIAK DARIUSZ        | 1536 | POMPA TEAM                   | CHEŁM            | POL  | M40  | 16     | M 45  | 00:53:28 |          | 00:53:58.95 | 00:55:39.70 | 5:23   | 11.1 |
| 46   | PODOLAK ZBIGNIEW       | 1624 |                              | PRZEMYŚL         | POL  | M50  | 4      | M 46  | 00:36:51 |          | 00:55:37.15 | 00:56:22.85 | 5:33   | 10.8 |
| 47   | KANDEFER WOJCIECH      | 1564 |                              | KORCZYNA         | POL  | M50  | 5      | M 47  | 00:36:18 |          | 00:56:29.05 | 00:56:35.75 | 5:38   | 10.6 |
| 48   | WĘGRZYN PAWEŁ          | 1725 |                              | ORELEC           | POL  | M20  | 10     | M 48  | 00:36:07 |          | 00:56:55.75 | 00:56:57.95 | 5:41   | 10.5 |
| 49   | DRAG PIOTR             | 1717 |                              | KRZAKI           | POL  | M30  | 15     | M 49  | 00:36:38 |          | 00:57:23.25 | 00:57:24.60 | 5:44   | 10.5 |
| 50   | PŁESZKA MAREK          | 1622 | KLUB SPORTOWY OTRYT I        | LUTOWISKA        | POL  | M40  | 17     | M 50  | 00:31:55 | 00:10:00 | 00:58:57.00 | 00:59:03.00 | 4:53   | 12.3 |
| 51   | KORALEWSKI PAWEŁ       | 1573 | JAGRO TEAM                   | JUTROSIN         | POL  | M30  | 16     | M 51  | 00:38:59 |          | 00:57:19.60 | 00:59:06.10 | 5:44   | 10.5 |
| 52   | ŻÓŁKIEWICZ MATEUSZ     | 1694 |                              | PIKULICE         | POL  | M20  | 11     | M 52  | 00:37:49 |          | 00:58:15.75 | 00:59:06.15 | 5:49   | 10.3 |
| 53   | WOJCIECHOWSKI WOJCIECH | 1684 |                              | GROCHOWCE        | POL  | M20  | 12     | M 53  | 00:37:53 |          | 00:58:24.60 | 00:59:14.45 | 5:50   | 10.3 |
| 54   | SAMUS DARIUSZ          | 1701 | STG RZESZÓW                  | RZESZÓW          | POL  | M30  | 17     | M 54  | 00:39:32 |          | 00:59:01.30 | 00:59:18.85 | 5:54   | 10.2 |
| 55   | RUSIN ALEKSANDER       | 1700 |                              | RZESZÓW          | POL  | M30  | 18     | M 55  | 00:38:20 |          | 00:58:39.60 | 00:59:22.00 | 5:52   | 10.2 |
| 56   | BURTAN MARCIN          | 1519 | TERMOAKTYWNIEM.PL            | RZESZÓW          | POL  | M30  | 19     | M 56  | 00:37:57 |          | 00:57:46.20 | 00:59:24.50 | 5:46   | 10.4 |
| 57   | RUSIN ŁUKASZ           | 1635 |                              | CHEŁM            | POL  | M30  | 20     | M 57  | 00:38:25 |          | 00:59:14.65 | 00:59:25.45 | 5:55   | 10.1 |
| 58   | MATYKIEWICZ JAROSŁAW   | 1599 |                              | KIELCE           | POL  | M50  | 6      | M 58  | 00:39:26 |          | 00:57:48.50 | 00:59:47.35 | 5:46   | 10.4 |
| 59   | GAJOS ŁUKASZ           | 1544 | LIGA GENTLEMANÓW             | KRAKOW           | POL  | M30  | 21     | M 59  | 00:39:19 |          | 00:59:15.15 | 00:59:59.35 | 5:55   | 10.1 |
| 60   | ROSTEK ARKADIUSZ       | 1633 | ULTRAMEKI                    | KOSZYCE WIELKIE  | POL  | M40  | 18     | M 60  | 00:40:11 |          | 00:59:19.65 | 01:00:25.50 | 5:56   | 10.1 |
| 61   | GRUSZECKI TOMASZ       | 1550 |                              | RYBARZOWICE      | POL  | M40  | 18     | M 60  | 00:39:30 |          | 01:00:00.85 | 01:00:25.50 | 6:00   | 10   |
| 62   | DWORŚĆAK MILAN         | 1538 | MARAS TEAM                   | PREŠOV           | SVK  | M50  | 7      | M 62  | 00:38:29 |          | 00:58:34.50 | 01:00:25.85 | 5:51   | 10.2 |
| 63   | ANDRASZ PAWEŁ          | 1506 | KMP ŁÓDŹ                     | PRZEMYŚL         | POL  | M20  | 13     | M 63  | 00:39:10 |          | 01:00:16.15 | 01:00:31.60 | 6:01   | 10   |
| 64   | STEC ANDRZEJ           | 1654 |                              | WAŁCZ            | POL  | M50  | 8      | M 64  | 00:39:30 |          | 01:00:02.15 | 01:01:00.80 | 6:00   | 10   |
| 65   | SAMEK ALEKSANDER       | 1636 |                              | JAWORZYNA ŚLĄSKA | POL  | M30  | 22     | M 65  | 00:39:35 |          | 01:00:45.75 | 01:01:27.45 | 6:04   | 9.9  |
| 66   | SZYMONIAK MARCIN       | 1669 |                              | POZNAŃ           | POL  | M40  | 20     | M 66  | 00:39:27 |          | 00:59:21.80 | 01:01:28.95 | 5:56   | 10.1 |
| 67   | GAŁUSZKA MARIUSZ       | 1699 | GOPR                         | CISNA            | POL  | M40  | 21     | M 67  | 00:39:22 |          | 01:01:41.10 | 01:01:55.85 | 6:10   | 9.7  |
| 68   | MANIAK ŁUKASZ          | 1589 |                              | WARSZAWA WESOŁA  | POL  | M40  | 22     | M 68  | 00:39:42 |          | 01:00:10.90 | 01:02:10.50 | 6:01   | 10   |
| 69   | JARMOC WOJCIECH        | 1561 | FUNDACJA LATARNIA            | BUKOWSKO         | POL  | M30  | 23     | M 69  | 00:40:30 |          | 01:01:00.60 | 01:02:11.70 | 6:06   | 9.8  |
| 70   | SKRUTEK ADAM           | 1721 |                              | WIEDEN           | AUT  | M30  | 24     | M 70  | 00:40:44 |          | 01:00:29.40 | 01:02:15.35 | 6:03   | 9.9  |
| 71   | KŁOS KAMIL             | 1567 |                              | WARSZAWA         | POL  | M20  | 14     | M 71  | 00:40:44 |          | 01:00:24.30 | 01:02:37.95 | 6:02   | 9.9  |
| 72   | WITKO JERZY            | 1682 | BRAK                         | FREDROPOL        | POL  | M40  | 23     | M 72  | 00:41:03 |          | 01:02:06.40 | 01:02:55.15 | 6:12   | 9.7  |
| 73   | SOKOŁOWSKI JERZY       | 1646 | MOHER SKI TEAM               | ŁANCUT           | POL  | M50  | 9      | M 73  | 00:41:03 |          | 01:01:12.75 | 01:02:59.45 | 6:07   | 9.8  |
| 74   | LYPINSKI MIKAEL        | 1176 |                              | WARSZAWA         | POL  | M40  | 24     | M 74  | 00:41:09 |          | 01:02:50.25 | 01:03:02.40 | 2:43   | 22   |
| 75   | CZARNECKI KONRAD       | 1529 |                              | RADOM            | POL  | M30  | 25     | M 75  | 00:39:58 |          | 01:01:16.80 | 01:03:06.90 | 6:07   | 9.8  |
| 76   | WOJCIECHOWSKI PAWEŁ    | 1729 | J U V E R U N                | KRAKÓW           | POL  | M30  | 26     | M 76  | 00:40:29 |          | 01:00:40.35 | 01:03:10.35 | 6:04   | 9.9  |
| 77   | KURASZ WITOLD          | 1579 | --                           | PRUCHNIK         | POL  | M50  | 10     | M 77  | 00:42:14 |          | 01:01:01.75 | 01:03:21.45 | 6:06   | 9.8  |
| 78   | CHMIELEWSKI MATEUSZ    | 1522 | HARDCOROWEWYCHLYLYBYMY       | OTWOCK           | POL  | M30  | 27     | M 78  | 00:42:31 |          | 01:02:57.05 | 01:03:29.35 | 6:17   | 9.5  |
| 79   | MARCISZ BOGUSŁAW       | 1592 | ŻANDARMERIA WOJSKOWA RZESZÓW | RZESZÓW          | POL  | M40  | 25     | M 79  | 00:40:46 |          | 01:02:33.45 | 01:03:40.85 | 6:15   | 9.6  |
| 80   | DRAŻEK ŁUKASZ          | 1534 |                              | RZESZÓW          | POL  | M30  | 28     | M 80  | 00:40:58 |          | 01:02:23.10 | 01:03:59.35 | 6:14   | 9.6  |
| 81   | WARGA JAN              | 1736 | MARAS TEAM                   |                  |      | M30  | 29     | M 81  | 00:40:26 |          | 01:03:00.60 | 01:04:52.90 | 6:18   | 9.5  |
| 82   | IWANIEC PIOTR          | 1557 | BIEGANIE SZYDERCÓW           | TARNÓW           | POL  | M30  | 30     | M 82  | 00:42:16 |          | 01:04:10.20 | 01:05:12.70 | 6:25   | 9.4  |
| 83   | CZUBA TOMASZ           | 1531 | FUNDACJA LATARNIA            | BUKOWSKO         | POL  | M30  | 31     | M 83  | 00:44:54 |          | 01:04:01.05 | 01:05:12.75 | 6:24   | 9.4  |
| 84   | KOZA SEBASTIAN         | 1575 | SSW TEAM KROSNICE            | KROTOSZYN        | POL  | M20  | 15     | M 84  | 00:43:32 |          | 01:05:39.25 | 01:05:57.40 | 6:33   | 9.1  |
| 85   | SZPUNAR DANIEL         | 1667 | HUSARIA RACE TEAM            | DĘBINA           | POL  | M20  | 16     | M 85  | 00:36:20 | 00:10:00 | 01:04:31.00 | 01:05:58.00 | 5:27   | 11   |
| 86   | GUCWA MIROSŁAW         | 1551 | BACK ON TRACK                | KRASNE           | POL  | M40  | 26     | M 86  | 00:39:56 |          | 01:04:26.60 | 01:06:06.20 | 6:26   | 9.3  |
| 87   | HENNIG WALDEMAR        | 1555 | ECO KAPINO                   | KAPINO           | POL  | M40  | 27     | M 87  | 00:42:34 |          | 01:04:18.15 | 01:06:13.00 | 6:25   | 9.3  |
| 88   | KONDRAK JAN            | 1702 | LUBELSKA FEDERACJA BARDÓW    | ŚWIDNIK          | POL  | M60  | 4      | M 88  | 00:43:00 |          | 01:04:20.70 | 01:06:23.20 | 6:26   | 9.3  |
| 89   | KAPLON ANDRZEJ         | 1566 | KS HUDKA SPYRA               | SCHWALBACH       | GER  | M50  | 11     | M 89  | 00:42:49 |          | 01:04:46.80 | 01:06:42.45 | 6:28   | 9.3  |
| 90   | JANIK JACEK            | 1558 |                              | BOGUCHWAŁA       | POL  | M40  | 28     | M 90  | 00:30:04 | 00:20:00 | 01:06:21.00 | 01:06:43.00 | 4:38   | 12.9 |
| 91   | SOBCZYK GRZEGORZ       | 1644 |                              | TYCHY            | POL  | M20  | 17     | M 91  | 00:42:47 |          | 01:05:13.55 | 01:07:10.75 | 6:31   | 9.2  |
| 92   | ŁUSZCZ PAWEŁ           | 1584 |                              | DĘBICA           | POL  | M30  | 32     | M 92  | 00:44:36 |          | 01:06:01.25 | 01:08:03.45 | 6:36   | 9.1  |
| 93   | PENKALA PIOTR          | 1614 | STRANGERS                    | ZĄBKI            | POL  | M20  | 18     | M 93  | 00:47:21 |          | 01:06:01.60 | 01:08:15.85 | 6:36   | 9.1  |
| 94   | RABIEJEWSKI ZBIGNIEW   | 1627 | ŻANDARMERIA WOJSKOWA RZESZÓW | CHMIELNIK        | POL  | M40  | 29     | M 94  | 00:42:35 |          | 01:08:00.30 | 01:09:06.40 | 6:48   | 8.8  |
| 95   | PAWLIK TOMASZ          | 1612 | JB WARSAW                    | WARSZAWA         | POL  | M30  | 33     | M 95  | 00:43:50 |          | 01:07:52.05 | 01:09:49.40 | 6:47   | 8.8  |
| 96   | STACHOWNIUK ARTUR      | 1714 | CROSSFITTER BOX CHELM        | CHEŁMN           | POL  | M30  | 34     | M 96  | 00:46:29 |          | 01:08:59.70 | 01:10:44.15 | 6:54   | 8.7  |
| 97   | MISIEK MARCIN          | 1720 | WQURW                        | KIELCE           | POL  | M50  | 12     | M 97  | 00:46:07 |          | 01:09:14.00 | 01:11:12.35 | 6:55   | 8.7  |
| 98   | RADON MARCIN           | 1629 | SENNIK.BIZ                   | RZESZÓW          | POL  | M30  | 35     | M 98  | 00:45:23 |          | 01:09:31.60 | 01:11:19.90 | 6:57   | 8.6  |
| 99   | CHRUŚCIEL LESŁAW       | 1728 |                              | NOWY SĄCZ        | POL  | M50  | 13     | M 99  | 00:47:22 |          | 01:10:42.25 | 01:12:02.50 | 7:04   | 8.5  |
| 100  | CHMIELEWSKI MARCIN     | 1733 |                              | OTWOCK           | POL  | M40  | 30     | M 100 | 00:45:43 |          | 01:10:02.55 | 01:12:08.30 | 7:00   | 8.6  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, Mężczyźni c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                                      | M-scowość        | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|---|------------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 101  | CZERSKI KRZYSZTOF      | 1530 |   | CHŁAPOWO         | POL  | M40  | 31     | M 101 | 00:46:49 |          | 01:11:15.85 | 01:12:11.35 | 7:07   | 8.4  |
| 102  | PENKALA MARCIN         | 1615 | STRANGERS                                 | ZĄBKI            | POL  | M40  | 32     | M 102 | 00:46:55 |          | 01:10:09.95 | 01:12:25.30 | 7:01   | 8.6  |
| 103  | SKRUTEK JAN            | 1641 | SEKCJA SPORTÓW GÓRSKICH BIESZCZADZKI GOPR | WROCŁAW          | POL  | M60  | 5      | M 103 | 00:46:54 |          | 01:10:48.25 | 01:12:40.10 | 7:04   | 8.5  |
| 104  | SKÓRA MICHAŁ           | 1640 | MICHAŁ TEAM                               | ŁOPUSZKA         | POL  | M40  | 33     | M 104 | 00:47:46 |          | 01:11:48.15 | 01:12:56.50 | 7:10   | 8.4  |
| 105  | MARMON KRZYSZTOF       | 1594 | KKJM ŚNIEŻNE ŁAZY                         | RZESZÓW          | POL  | M30  | 36     | M 105 | 00:47:01 |          | 01:11:54.05 | 01:13:11.65 | 7:11   | 8.3  |
| 106  | ZEGAR KRZYSZTOF        | 1690 | KKJM ŚNIEŻNE ŁAZY                         | PODKARPACKIE     | POL  | M20  | 19     | M 106 | 00:48:26 |          | 01:11:56.20 | 01:13:15.70 | 7:11   | 8.3  |
| 107  | SKOWROŃ JAKUB          | 1713 | WKURW_TEAM                                | MARUSZÓW         | POL  | M30  | 37     | M 107 | 00:47:57 |          | 01:12:27.30 | 01:13:41.45 | 7:14   | 8.3  |
| 108  | KUŁACZKOWSKI KONRAD    | 1578 |   | STAŁOWA WOLA     | POL  | M30  | 38     | M 108 | 00:48:11 |          | 01:12:56.75 | 01:13:51.30 | 7:17   | 8.2  |
| 109  | SZELA DANIEL           | 1664 | DZIKIE MUSTANGI                           | PASZCZYNA        | POL  | M30  | 39     | M 109 | 00:47:45 |          | 01:12:38.30 | 01:14:39.55 | 7:15   | 8.3  |
| 110  | NOWAK TOMASZ           | 1607 | DZIKIE MUSTANGI                           | DĘBICA           | POL  | M30  | 40     | M 110 | 00:48:09 |          | 01:12:38.85 | 01:14:40.00 | 7:15   | 8.3  |
| 111  | NOWOMIEJSKI MARCIN     | 1608 | BIEGACZ CEGŁÓW                            | MIŃSK MAZOWIECKI | POL  | M40  | 34     | M 111 | 00:30:22 | 00:30:00 | 01:16:32.00 | 01:16:38.00 | 4:39   | 12.9 |
| 112  | SKORUPKA RAFAŁ         | 1637 | FUNDACJA LATARNIA                         | BUKOWSKO         | POL  | M30  | 41     | M 112 | 00:49:06 |          | 01:16:47.05 | 01:17:58.45 | 7:40   | 7.8  |
| 113  | STEC SZYMON            | 1726 |   | WARSZAWA         | POL  | M20  | 20     | M 113 | 00:43:32 | 00:10:00 | 01:15:51.00 | 01:18:09.00 | 6:35   | 9.1  |
| 114  | LESZCZYŃSKI ALEKSANDER | 1723 |   | KRAKÓW           | POL  | M40  | 35     | M 114 | 00:51:36 |          | 01:18:23.90 | 01:19:52.10 | 7:50   | 7.7  |
| 115  | CZAPLA ANDRZEJ         | 1527 |   | CHELM            | POL  | M60  | 6      | M 115 | 00:50:43 |          | 01:18:37.05 | 01:20:06.50 | 7:51   | 7.6  |
| 116  | JASIURKOWSKI ROBERT    | 1562 |   | TARNÓW           | POL  | M40  | 36     | M 116 | 00:53:02 |          | 01:20:20.15 | 01:21:23.95 | 8:02   | 7.5  |
| 117  | STEC SEBASTIAN         | 1652 | SIEMUSZOWA                                | PRZEMYŚL         | POL  | M40  | 37     | M 117 | 00:46:30 | 00:10:00 | 01:19:17.00 | 01:21:35.00 | 6:55   | 8.7  |
| 118  | CZAJA WAĆŁAW           | 1526 |   | PRZEMYŚL         | POL  | M40  | 38     | M 118 | 00:51:27 |          | 01:20:42.00 | 01:22:58.85 | 8:04   | 7.4  |
| 119  | SŁOBODA KRZYSZTOF      | 1643 | RUN SŁOBODAN                              | USTRZYKI DOLNE   | POL  | M60  | 7      | M 119 | 00:57:05 |          | 01:29:31.15 | 01:31:36.70 | 8:57   | 6.7  |
| 120  | ROJ DAWID              | 1632 | RUN SŁOBODAN                              | KRAKÓW           | POL  | M30  | 42     | M 120 | 00:57:05 |          | 01:29:31.20 | 01:31:37.15 | 8:57   | 6.7  |
| 121  | LASKOWSKI MARCIN       | 1580 |   | GDYNIA           | POL  | M50  | 14     | M 121 | 01:00:04 |          | 01:33:38.95 | 01:35:47.15 | 9:21   | 6.4  |
| 122  | BOŚ TOMASZ             | 1727 |   | WARSZAWA         | POL  | M30  | 43     | M 122 | 00:57:37 | 00:10:00 | 01:34:33.00 | 01:36:32.00 | 8:27   | 7.1  |
| 123  | BOREK WOJCIECH         | 1515 | EP-HEART-TEAM                             | KROSNO           | POL  | M50  | 15     | M 123 | 01:01:39 |          | 01:39:40.15 | 01:41:54.95 | 9:58   | 6    |
| 124  | SOŁTYSEK SEBASTIAN     | 1649 | UNIVERSAL SOLDIERS                        | NISKO            | POL  | M40  | 39     | M 124 | 01:12:03 |          | 01:54:06.90 | 01:55:54.30 | 11:24  | 5.3  |
| 125  | SOŁTYSEK GRZEGORZ      | 1650 | UNIVERSAL SOLDIERS                        | GRĘBÓW           | POL  | M40  | 40     | M 125 | 01:12:08 |          | 01:54:06.55 | 01:55:55.15 | 11:24  | 5.3  |
| 126  | GARNCARZ ADAM          | 119  |   | WROCŁAW          | POL  | M20  | 21     | M 126 |          |          |             |             | 0:56   | 63.5 |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, K20**

| M-ce | Nazwisko i imię    | Nr   | Klub                          | M-scowość        | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|--------------------|------|-------------------------------|------------------|------|------|--------|------|----------|---------|-------------|-------------|--------|------|
| 1    | ADAMCZYK MARTYNA   | 1502 | ALPIN SPORT HOKA ONE ONE TEAM | SZYDŁOWIEC       | POL  | K20  | 1      | K 1  | 00:27:17 |         | 00:41:31.05 | 00:41:33.25 | 4:09   | 14.5 |
| 2    | KALBARCZYK ADRIANA | 1505 | DUKLANOWSKI TEAM              | WARSZAWA         | POL  | K20  | 2      | K 2  | 00:29:52 |         | 00:45:44.50 | 00:45:45.80 | 4:34   | 13.1 |
| 3    | LORENS MAGDALENA   | 1504 | G.O.A.T. TEAM MICHAŁOWICE     | MICHAŁOWICE      | POL  | K20  | 3      | K 4  | 00:33:12 |         | 00:50:25.45 | 00:50:31.95 | 5:02   | 11.9 |
| 4    | POGODA KINGA       | 1711 | UKS KOMETA                    | GLIWICE          | POL  | K20  | 4      | K 6  | 00:34:04 |         | 00:52:06.05 | 00:52:08.45 | 5:12   | 11.5 |
| 5    | DYLAĞ MARLENA      | 1539 | G.O.A.T. TEAM MICHAŁOWICE     | WIĘCŁAWICE STARE | POL  | K20  | 5      | K 14 | 00:39:22 |         | 00:59:14.45 | 00:59:20.70 | 5:55   | 10.1 |
| 6    | MAGALSKA NATALIA   | 1586 |                               | TOLKMICKO        | POL  | K20  | 6      | K 19 | 00:40:00 |         | 01:01:17.90 | 01:03:07.25 | 6:07   | 9.8  |
| 7    | SOBEL NATALIA      | 1710 | UKS KOMETA                    | GLIWICE          | POL  | K20  | 7      | K 23 | 00:42:19 |         | 01:04:50.50 | 01:04:54.10 | 6:29   | 9.3  |
| 8    | STEFANIAK MARIA    | 1655 |                               | WARSZAWA         | POL  | K20  | 8      | K 33 | 00:42:48 |         | 01:05:11.55 | 01:07:09.35 | 6:31   | 9.2  |
| 9    | KUBASIK ANGELIKA   | 1698 |                               | PRZEWORSK        | POL  | K20  | 9      | K 37 | 00:45:14 |         | 01:07:59.20 | 01:09:15.00 | 6:48   | 8.8  |
| 10   | MATUSZAK KLAUDIA   | 1598 | NOWOCZESNYSPORT.PL            | RZESZÓW          | POL  | K20  | 10     | K 40 | 00:46:16 |         | 01:10:20.35 | 01:11:29.80 | 7:02   | 8.5  |
| 11   | MARMON MARCELINA   | 1595 | KKJM ŚNIEŻNE ŁAZY             | RZESZÓW          | POL  | K20  | 11     | K 45 | 00:48:25 |         | 01:11:54.65 | 01:13:13.70 | 7:11   | 8.3  |
| 12   | FORNEK PAULINA     | 1541 | DZIKIE MUSTANGI               | OCIEKA           | POL  | K20  | 12     | K 53 | 00:47:49 |         | 01:12:39.90 | 01:14:40.25 | 7:16   | 8.3  |
| 13   | RADYK ALEKSANDRA   | 1631 | PRZEMYSKI KLUB BIEGACZA       | PRZEMYŚL         | POL  | K20  | 13     | K 57 | 00:48:03 |         | 01:14:35.65 | 01:16:21.00 | 7:27   | 8    |
| 14   | RADYK ANNA         | 1630 | PRZEMYSKI KLUB BIEGACZA       | PRZEMYŚL         | POL  | K20  | 14     | K 67 | 00:57:12 |         | 01:26:56.40 | 01:28:42.05 | 8:41   | 6.9  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, M20**

| M-ce | Nazwisko i imię      | Nr   | Klub              | M-scowość | Kraj | Kat. | M. kat | K/M | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|-------------------|-----------|------|------|--------|-----|----------|---------|-------------|-------------|--------|------|
| 1    | PACHUT JERZY         | 1610 | MUAY RUNNING TEAM | SŁOPNICE  | POL  | M20  | 1      | M 3 | 00:26:01 |         | 00:39:09.65 | 00:39:12.25 | 3:55   | 15.3 |
| 2    | GAWRON JANUSZ        | 1704 | BRYGADA BESKIDÓW  |           | POL  | M20  | 2      | M 5 | 00:26:04 |         | 00:39:25.25 | 00:39:26.45 | 3:56   | 15.2 |
| 3    | CHLIPIAŁA PAWEŁ      | 1521 |                   | KAMIENICA | POL  | M20  | 3      | M 6 | 00:26:03 |         | 00:39:43.80 | 00:39:43.80 | 3:58   | 15.1 |
| 4    | ŚWIERAD KRYSZTOF     | 1671 |                   | TURZAŃSK  | POL  | M20  | 4      | M 7 | 00:26:04 |         | 00:39:56.05 | 00:39:59.05 | 3:59   | 15   |
| 5    | KOŁODZIEJCZYK ŁUKASZ | 1709 | UKS KOMETA        | GLIWICE   | POL  | M20  | 5      | M 9 | 00:26:48 |         | 00:40:54.70 | 00:40:56.90 | 4:05   | 14.7 |



**VI ZIMOWA BIESZCZADZKA DYCHA 2020, M20 c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub               | M-scowość    | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|--------------------|--------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 6    | SABAT SEBASTIAN        | 1707 |                    | KOMAŃCZA     | POL  | M20  | 6      | M 17  | 00:29:30 |          | 00:45:08.95 | 00:45:09.40 | 4:30   | 13.3 |
| 7    | WIESNER LESZEK         | 1679 | NOWA HUTA TEAM     | KRAKÓW       | POL  | M20  | 7      | M 25  | 00:30:53 |          | 00:47:26.45 | 00:47:43.65 | 4:44   | 12.6 |
| 8    | ZIELONKA MICHAŁ        | 1691 |                    | CISNA        | POL  | M20  | 8      | M 39  | 00:35:06 |          | 00:53:27.20 | 00:53:31.90 | 5:20   | 11.2 |
| 9    | ZIĘBAKOWSKI MIKOŁAJ    | 1692 |                    | RADOM        | POL  | M20  | 9      | M 42  | 00:35:17 |          | 00:54:19.95 | 00:55:12.55 | 5:26   | 11   |
| 10   | WĘGRZYN PAWEŁ          | 1725 |                    | ORELEC       | POL  | M20  | 10     | M 48  | 00:36:07 |          | 00:56:55.75 | 00:56:57.95 | 5:41   | 10.5 |
| 11   | ŻÓŁKIEWICZ MATEUSZ     | 1694 |                    | PIKULICE     | POL  | M20  | 11     | M 52  | 00:37:49 |          | 00:58:15.75 | 00:59:06.15 | 5:49   | 10.3 |
| 12   | WOJCIECHOWSKI WOJCIECH | 1684 |                    | GROCHOWCE    | POL  | M20  | 12     | M 53  | 00:37:53 |          | 00:58:24.60 | 00:59:14.45 | 5:50   | 10.3 |
| 13   | ANDRASZ PAWEŁ          | 1506 | KMP ŁÓDŹ           | PRZEMYSŁ     | POL  | M20  | 13     | M 63  | 00:39:10 |          | 01:00:16.15 | 01:00:31.60 | 6:01   | 10   |
| 14   | KLOS KAMIL             | 1567 |                    | WARSZAWA     | POL  | M20  | 14     | M 71  | 00:40:44 |          | 01:00:24.30 | 01:02:37.95 | 6:02   | 9.9  |
| 15   | KOZA SEBASTIAN         | 1575 | SSW TEAM KROSZNICE | KROTOSZYN    | POL  | M20  | 15     | M 84  | 00:43:32 |          | 01:05:39.25 | 01:05:57.40 | 6:33   | 9.1  |
| 16   | SZPUNAR DANIEL         | 1667 | HUSARIA RACE TEAM  | DĘBINA       | POL  | M20  | 16     | M 85  | 00:36:20 | 00:10:00 | 01:04:31.00 | 01:05:58.00 | 5:27   | 11   |
| 17   | SOBCZYK GRZEGORZ       | 1644 |                    | TYCHY        | POL  | M20  | 17     | M 91  | 00:42:47 |          | 01:05:13.55 | 01:07:10.75 | 6:31   | 9.2  |
| 18   | PENKALA PIOTR          | 1614 | STRANGERS          | ZĄBKI        | POL  | M20  | 18     | M 93  | 00:47:21 |          | 01:06:01.60 | 01:08:15.85 | 6:36   | 9.1  |
| 19   | ZEGAR KRZYSZTOF        | 1690 | KKJM ŚNIEŻNE ŁĄZY  | PODKARPACKIE | POL  | M20  | 19     | M 106 | 00:48:26 |          | 01:11:56.20 | 01:13:15.70 | 7:11   | 8.3  |
| 20   | STEC SZYMON            | 1726 |                    | WARSZAWA     | POL  | M20  | 20     | M 113 | 00:43:32 | 00:10:00 | 01:15:51.00 | 01:18:09.00 | 6:35   | 9.1  |
| 21   | GARNCARZ ADAM          | 119  |                    | WROCŁAW      | POL  | M20  | 21     | M 126 |          |          |             |             | 0:56   | 63.5 |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, K30**

| M-ce | Nazwisko i imię           | Nr   | Klub                             | M-scowość       | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|---------------------------|------|----------------------------------|-----------------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1    | TUROSZ IWONA              | 1703 |                                  | SANOK           | POL  | K30  | 1      | K 3  | 00:30:21 |          | 00:46:12.95 | 00:46:18.25 | 4:37   | 13   |
| 2    | SZNAJDER JOANNA           | 1665 | G.O.A.T. TEAM MICHAŁOWICE        | MICHAŁOWICE     | POL  | K30  | 2      | K 7  | 00:35:14 |          | 00:53:59.95 | 00:54:03.40 | 5:24   | 11.1 |
| 3    | SURMA KAROLINA            | 1658 |                                  | GLIWICE         | POL  | K30  | 3      | K 8  | 00:35:08 |          | 00:53:42.90 | 00:54:29.20 | 5:22   | 11.2 |
| 4    | GALICA-NIEPOKÓJ AGNIESZKA | 1545 | BIESZCZADZKI KLUB NORDIC WALKING | ŚRĘDNIE WIELKIE | POL  | K30  | 4      | K 9  | 00:36:03 |          | 00:54:59.85 | 00:55:04.20 | 5:30   | 10.9 |
| 5    | PIENKOWSKA KATARZYNA      | 1618 | ADIDAS RUNNERS WARSAW            | WARSZAWA        | POL  | K30  | 5      | K 11 | 00:38:13 |          | 00:57:35.30 | 00:57:51.40 | 5:45   | 10.4 |
| 6    | GWIZDAK JUSTYNA           | 1705 |                                  | RZESZÓW         | POL  | K30  | 6      | K 13 | 00:37:22 |          | 00:57:36.30 | 00:58:41.00 | 5:45   | 10.4 |
| 7    | BRUSIŁO ILONA             | 1696 | MAMY RUSZAMY                     | WARSZAWA        | POL  | K30  | 7      | K 16 | 00:33:12 | 00:10:00 | 01:00:34.00 | 01:00:55.00 | 5:03   | 11.9 |
| 8    | SZAL KATARZYNA            | 1660 |                                  | WARSZAWA WESOŁA | POL  | K30  | 8      | K 17 | 00:39:41 |          | 01:00:09.55 | 01:02:09.15 | 6:01   | 10   |
| 9    | STROJNY URSZULA           | 1656 | KOT I WILK                       | KRAKOW          | POL  | K30  | 9      | K 18 | 00:42:25 |          | 01:02:44.60 | 01:03:01.20 | 6:16   | 9.6  |
| 10   | NIEMCZUK-WARNECKE JUSTYNA | 1603 |                                  | SMEREK          | POL  | K30  | 10     | K 20 | 00:41:25 |          | 01:02:11.10 | 01:03:53.10 | 6:13   | 9.6  |
| 11   | WILK-PAWŁOWSKA AGNIESZKA  | 1680 | ROCK&RUN                         | WARSZAWA        | POL  | K30  | 11     | K 25 | 00:42:51 |          | 01:04:55.10 | 01:05:10.90 | 6:29   | 9.2  |
| 12   | MAJEWSKA KAMILA           | 1708 |                                  | LUBLIN          | POL  | K30  | 12     | K 28 | 00:41:42 |          | 01:04:36.10 | 01:06:00.40 | 6:27   | 9.3  |
| 13   | KOLERA WIOLETA            | 1571 | WODNIAK                          | OBÓRKI          | POL  | K30  | 13     | K 30 | 00:42:52 |          | 01:06:10.80 | 01:06:34.00 | 6:37   | 9.1  |
| 14   | SZADKOWSKA JUSTYNA        | 1659 | NIGHT RUNNERS GLIWICE            | GLIWICE         | POL  | K30  | 14     | K 34 | 00:43:17 |          | 01:05:41.25 | 01:07:20.05 | 6:34   | 9.1  |
| 15   | MŁOCKA MATYLDA            | 1600 |                                  | WARSZAWA        | POL  | K30  | 15     | K 35 | 00:44:44 |          | 01:06:17.30 | 01:08:38.30 | 6:37   | 9.1  |
| 16   | SZUKOWSKA AMELIA          | 1668 |                                  | LESKO           | POL  | K30  | 16     | K 36 | 00:45:26 |          | 01:07:40.50 | 01:09:11.60 | 6:46   | 8.9  |
| 17   | PAWLAK MAGDALENA          | 1611 | KB V-MAX ADAMÓW                  | ADAMÓW          | POL  | K30  | 17     | K 41 | 00:27:19 | 00:30:00 | 01:11:54.00 | 01:12:00.00 | 4:11   | 14.3 |
| 18   | SZCZĘSNA - MARMON JUSTYNA | 1663 | KKJM ŚNIEŻNE ŁĄZY                | RZESZÓW         | POL  | K30  | 18     | K 45 | 00:47:04 |          | 01:11:56.20 | 01:13:13.70 | 7:11   | 8.3  |
| 19   | SKOWRÓN IZABELA           | 1639 | WKURW_TEAM                       | OŻARÓW          | POL  | K30  | 19     | K 47 | 00:47:55 |          | 01:12:29.25 | 01:13:44.30 | 7:14   | 8.3  |
| 20   | SOLAREWICZ MONIKA         | 1647 |                                  | KLISINO         | POL  | K30  | 20     | K 48 | 00:48:28 |          | 01:13:02.80 | 01:13:48.90 | 7:18   | 8.2  |
| 21   | WAWRZYŃIAK KATARZYNA      | 1677 | MAMY RYSZAMY                     | WARSZAWA        | POL  | K30  | 21     | K 49 | 00:47:30 |          | 01:12:30.30 | 01:13:52.85 | 7:15   | 8.3  |
| 22   | MAJCHROWICZ JUSTYNA       | 1587 | FC PROSIACZEK                    | SOSNOWIEC       | POL  | K30  | 22     | K 52 | 00:47:25 |          | 01:12:30.05 | 01:14:22.05 | 7:15   | 8.3  |
| 23   | HARATYK ROKSANA           | 1553 | DZIKIE MUSTANGI                  | ŚĘDZISZÓW MŁP.  | POL  | K30  | 23     | K 54 | 00:47:49 |          | 01:12:39.10 | 01:14:40.35 | 7:15   | 8.3  |
| 24   | STANKIEWICZ EWA           | 1651 |                                  | KONSTANCIN      | POL  | K30  | 24     | K 58 | 00:47:49 |          | 01:14:34.80 | 01:16:37.70 | 7:27   | 8    |
| 25   | DĄBRÓWKA NINA             | 1532 | FUNDACJA LATARNIA                | BUKOWSKO        | POL  | K30  | 25     | K 59 | 00:49:06 |          | 01:16:47.15 | 01:17:57.60 | 7:40   | 7.8  |
| 26   | WEŁOŃCZYK JOANNA          | 1678 |                                  | WARSZAWA        | POL  | K30  | 26     | K 60 | 00:52:33 |          | 01:17:38.75 | 01:18:35.75 | 7:45   | 7.7  |
| 27   | TRZECIAK ALBINA           | 1674 | 1989                             | KRAKÓW          | CZE  | K30  | 27     | K 61 | 00:51:30 |          | 01:17:56.35 | 01:19:27.30 | 7:47   | 7.7  |
| 28   | CEDROWICZ EWA             | 1520 |                                  | WROCŁAW         | POL  | K30  | 28     | K 63 | 00:46:03 | 00:10:00 | 01:20:54.00 | 01:22:19.00 | 7:05   | 8.5  |
| 29   | POCZTOWSKA KATARZYNA      | 1623 |                                  | WARSZAWA        | POL  | K30  | 29     | K 65 | 00:53:05 |          | 01:23:45.25 | 01:25:54.55 | 8:22   | 7.2  |
| 30   | RADYK JOANNA              | 1732 | PRZEMYSKI KLUB BIEGACZA          | PRZEMYSŁ        | POL  | K30  | 30     | K 66 | 00:57:09 |          | 01:26:53.10 | 01:28:38.00 | 8:41   | 6.9  |
| 31   | WACHNIK AGNIESZKA         | 1676 | NOWA HUTA TEAM                   | KRAKÓW          | POL  | K30  | 31     | K 68 | 00:59:02 |          | 01:26:57.95 | 01:29:00.35 | 8:41   | 6.9  |
| 32   | CZUBA JADWIGA             | 1697 |                                  | LIGOTA ZAMECKA  |      | K30  | 32     | K 69 | 00:52:16 | 00:10:00 | 01:29:51.00 | 01:30:25.00 | 7:59   | 7.5  |
| 33   | DUDEK MONIKA              | 1535 |                                  | LUBENIA         | POL  | K30  | 33     | K 71 | 00:46:53 | 00:20:00 | 01:32:23.00 | 01:32:45.00 | 7:14   | 8.3  |
| 34   | ANTCZAK ALEKSANDRA        | 1507 |                                  | POZNAŃ          | POL  | K30  | 34     | K 72 | 01:01:39 |          | 01:39:39.45 | 01:41:55.25 | 9:58   | 6    |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, M30**

| M-ce | Nazwisko i imię         | Nr   | Klub                        | M-scowość        | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|-------------------------|------|-----------------------------|------------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1    | DOMISZEWSKI IGNACY      | 1501 | GUKLA BRATKOWICE            | USTRZYKI DOLNE   | POL  | M30  | 1      | M 1   | 00:22:14 |          | 00:34:25.00 | 00:34:25.40 | 3:26   | 17.4 |
| 2    | GAJEWSKI MAREK          | 1543 | @ARKENYA_TEAM               | WARSZAWA         | POL  | M30  | 2      | M 2   | 00:25:21 |          | 00:38:40.85 | 00:38:43.25 | 3:52   | 15.5 |
| 3    | NOWAK MARCIN            | 1503 | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA     | POL  | M30  | 3      | M 4   | 00:25:52 |          | 00:39:20.30 | 00:39:21.20 | 3:56   | 15.2 |
| 4    | SZCZEPANIAK DAMIAN      | 1661 | KAMIENICA                   | KAMIENICA        | POL  | M30  | 4      | M 8   | 00:26:45 |          | 00:40:52.05 | 00:40:54.40 | 4:05   | 14.7 |
| 5    | CHOJNACKI WIKTOR        | 1523 |                             | LUTOWISKA        | POL  | M30  | 5      | M 10  | 00:27:41 |          | 00:42:21.65 | 00:42:26.95 | 4:14   | 14.2 |
| 6    | ZAWADZKI MARCIN         | 1695 | SZCZWANY TRZMIEL TEAM       | LUBENIA          | POL  | M30  | 6      | M 14  | 00:28:26 |          | 00:44:08.85 | 00:44:10.35 | 4:24   | 13.6 |
| 7    | FRANCZYK PIOTR          | 1542 | KOT I WILK                  | KRAKÓW           | POL  | M30  | 7      | M 18  | 00:29:27 |          | 00:44:54.20 | 00:45:10.20 | 4:29   | 13.4 |
| 8    | WETHACZ MARIUSZ         | 1719 |                             | CISNA            | POL  | M30  | 8      | M 21  | 00:30:41 |          | 00:46:42.75 | 00:46:49.85 | 4:40   | 12.8 |
| 9    | SKOTNICKI JAKUB         | 1638 | ADIDAS RUNNERS WARSAW       | WROCŁAW          | POL  | M30  | 9      | M 23  | 00:31:53 |          | 00:47:21.25 | 00:47:34.80 | 4:44   | 12.7 |
| 10   | BARAŃSKI JAROSŁAW       | 1718 |                             | RADOM            | POL  | M30  | 10     | M 26  | 00:31:33 |          | 00:47:56.45 | 00:48:17.10 | 4:47   | 12.5 |
| 11   | KSIĄŻKIEWICZ BARTŁOMIEJ | 1577 | ROCKY BALBOA                | POLAŃCZYK        | POL  | M30  | 11     | M 28  | 00:33:07 |          | 00:49:14.00 | 00:49:14.00 | 4:55   | 12.2 |
| 12   | MARCINIAK TOMASZ        | 1591 | RADOMNO BIEGA               | PUSTKI           | POL  | M30  | 12     | M 31  | 00:33:27 |          | 00:50:20.15 | 00:50:46.30 | 5:02   | 11.9 |
| 13   | PIOTROWSKI PRZEMYSŁAW   | 1619 | NOWA HUTA TEAM              | KRAKÓW           | POL  | M30  | 13     | M 33  | 00:34:17 |          | 00:51:24.10 | 00:51:41.95 | 5:08   | 11.7 |
| 14   | SOKOŁOWSKI WOJCIECH     | 1645 |                             | WARSZAWA         | POL  | M30  | 14     | M 37  | 00:34:16 |          | 00:51:02.75 | 00:52:47.70 | 5:06   | 11.8 |
| 15   | DRAG PIOTR              | 1717 |                             | KRZAKI           | POL  | M30  | 15     | M 49  | 00:36:38 |          | 00:57:23.25 | 00:57:24.60 | 5:44   | 10.5 |
| 16   | KORALEWSKI PAWEŁ        | 1573 | JAGRO TEAM                  | JUTROSIN         | POL  | M30  | 16     | M 51  | 00:38:59 |          | 00:57:19.60 | 00:59:06.10 | 5:44   | 10.5 |
| 17   | SAMUS DARIUSZ           | 1701 | STG RZESZÓW                 | RZESZÓW          | POL  | M30  | 17     | M 54  | 00:39:32 |          | 00:59:01.30 | 00:59:18.85 | 5:54   | 10.2 |
| 18   | RUSIN ALEKSANDER        | 1700 |                             | RZESZÓW          | POL  | M30  | 18     | M 55  | 00:38:20 |          | 00:58:39.60 | 00:59:22.00 | 5:52   | 10.2 |
| 19   | BURTAN MARCIN           | 1519 | TERMOAKTYWNIE.PL            | RZESZÓW          | POL  | M30  | 19     | M 56  | 00:37:57 |          | 00:57:46.20 | 00:59:24.50 | 5:46   | 10.4 |
| 20   | RUSIN ŁUKASZ            | 1635 |                             | CHEŁM            | POL  | M30  | 20     | M 57  | 00:38:25 |          | 00:59:14.65 | 00:59:25.45 | 5:55   | 10.1 |
| 21   | GAJOS ŁUKASZ            | 1544 | LIGA GENTLEMANÓW            | KRAKOW           | POL  | M30  | 21     | M 59  | 00:39:19 |          | 00:59:15.15 | 00:59:59.35 | 5:55   | 10.1 |
| 22   | SAMEK ALEKSANDER        | 1636 |                             | JAWORZYNA ŚLĄSKA | POL  | M30  | 22     | M 65  | 00:39:35 |          | 01:00:45.75 | 01:01:27.45 | 6:04   | 9.9  |
| 23   | JARMOC WOJCIECH         | 1561 | FUNDACJA LATARNIA           | BUKOWSKO         | POL  | M30  | 23     | M 69  | 00:40:30 |          | 01:01:00.60 | 01:02:11.70 | 6:06   | 9.8  |
| 24   | SKRUTEK ADAM            | 1721 |                             | WIEDŃ            | AUT  | M30  | 24     | M 70  | 00:40:44 |          | 01:00:29.40 | 01:02:15.35 | 6:03   | 9.9  |
| 25   | CZARNECKI KONRAD        | 1529 |                             | RADOM            | POL  | M30  | 25     | M 75  | 00:39:58 |          | 01:01:16.80 | 01:03:06.90 | 6:07   | 9.8  |
| 26   | WOJCIECHOWSKI PAWEŁ     | 1729 | J U V E R U N               | KRAKÓW           | POL  | M30  | 26     | M 76  | 00:40:29 |          | 01:00:40.35 | 01:03:10.35 | 6:04   | 9.9  |
| 27   | CHMIELEWSKI MATEUSZ     | 1522 | HARDCOROWEWYCHYLILYBYMY     | OTWOCK           | POL  | M30  | 27     | M 78  | 00:42:31 |          | 01:02:57.05 | 01:03:29.35 | 6:17   | 9.5  |
| 28   | DRAŻEK ŁUKASZ           | 1534 |                             | RZESZÓW          | POL  | M30  | 28     | M 80  | 00:40:58 |          | 01:02:23.10 | 01:03:59.35 | 6:14   | 9.6  |
| 29   | WARGA JAN               | 1736 | MARAS TEAM                  |                  |      | M30  | 29     | M 81  | 00:40:26 |          | 01:03:00.60 | 01:04:52.90 | 6:18   | 9.5  |
| 30   | IWANIEC PIOTR           | 1557 | BIEGANIE SZYDERCÓW          | TARNÓW           | POL  | M30  | 30     | M 82  | 00:42:16 |          | 01:04:10.20 | 01:05:12.70 | 6:25   | 9.4  |
| 31   | CZUBA TOMASZ            | 1531 | FUNDACJA LATARNIA           | BUKOWSKO         | POL  | M30  | 31     | M 83  | 00:44:54 |          | 01:04:01.05 | 01:05:12.75 | 6:24   | 9.4  |
| 32   | ŁUSZCZ PAWEŁ            | 1584 |                             | DĘBICA           | POL  | M30  | 32     | M 92  | 00:44:36 |          | 01:06:01.25 | 01:08:03.45 | 6:36   | 9.1  |
| 33   | PAWLIK TOMASZ           | 1612 | JB WARSAW                   | WARSZAWA         | POL  | M30  | 33     | M 95  | 00:43:50 |          | 01:07:52.05 | 01:09:49.40 | 6:47   | 8.8  |
| 34   | STACHOWNIUK ARTUR       | 1714 | CROSSFITTER BOX CHEŁM       | CHEŁMN           | POL  | M30  | 34     | M 96  | 00:46:29 |          | 01:08:59.70 | 01:10:44.15 | 6:54   | 8.7  |
| 35   | RADON MARCIN            | 1629 | SENNIK.BIZ                  | RZESZÓW          | POL  | M30  | 35     | M 98  | 00:45:23 |          | 01:09:31.60 | 01:11:19.90 | 6:57   | 8.6  |
| 36   | MARMON KRZYSZTOF        | 1594 | KKJM ŚNIEŻNE ŁAZY           | RZESZÓW          | POL  | M30  | 36     | M 105 | 00:47:01 |          | 01:11:54.05 | 01:13:11.65 | 7:11   | 8.3  |
| 37   | SKOWROŃ JAKUB           | 1713 | WKURW_TEAM                  | MARUSZÓW         | POL  | M30  | 37     | M 107 | 00:47:57 |          | 01:12:27.30 | 01:13:41.45 | 7:14   | 8.3  |
| 38   | KUŁACZKOWSKI KONRAD     | 1578 |                             | STALOWA WOLA     | POL  | M30  | 38     | M 108 | 00:48:11 |          | 01:12:56.75 | 01:13:51.30 | 7:17   | 8.2  |
| 39   | SZELA DANIEL            | 1664 | DZIKIE MUSTANGI             | PASZCZYNA        | POL  | M30  | 39     | M 109 | 00:47:45 |          | 01:12:38.30 | 01:14:39.55 | 7:15   | 8.3  |
| 40   | NOWAK TOMASZ            | 1607 | DZIKIE MUSTANGI             | DĘBICA           | POL  | M30  | 40     | M 110 | 00:48:09 |          | 01:12:38.85 | 01:14:40.00 | 7:15   | 8.3  |
| 41   | SKORUPKA RAFAŁ          | 1637 | FUNDACJA LATARNIA           | BUKOWSKO         | POL  | M30  | 41     | M 112 | 00:49:06 |          | 01:16:47.05 | 01:17:58.45 | 7:40   | 7.8  |
| 42   | ROJ DAWID               | 1632 | RUN SŁOBODAN                | KRAKÓW           | POL  | M30  | 42     | M 120 | 00:57:05 |          | 01:29:31.20 | 01:31:37.15 | 8:57   | 6.7  |
| 43   | BOŚ TOMASZ              | 1727 |                             | WARSZAWA         | POL  | M30  | 43     | M 122 | 00:57:37 | 00:10:00 | 01:34:33.00 | 01:36:32.00 | 8:27   | 7.1  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, K40**

| M-ce | Nazwisko i imię     | Nr   | Klub                    | M-scowość   | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|---------------------|------|-------------------------|-------------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1    | SOLIŃSKA MAGDALENA  | 1648 |                         | JANKOWICE   | POL  | K40  | 1      | K 5  | 00:33:33 |          | 00:51:01.15 | 00:51:13.85 | 5:06   | 11.8 |
| 2    | DUDZIAK AGNIESZKA   | 1537 | POMPA TEAM              | POKRÓWKA    | POL  | K40  | 2      | K 10 | 00:36:27 |          | 00:53:33.55 | 00:55:13.70 | 5:21   | 11.2 |
| 3    | GRUSZECKA ANNA      | 1549 |                         | RYBARZOWICE | POL  | K40  | 3      | K 12 | 00:38:34 |          | 00:57:40.00 | 00:58:03.05 | 5:46   | 10.4 |
| 4    | MALINOWSKA IWONA    | 1588 |                         | SIEDLISKA   | POL  | K40  | 4      | K 15 | 00:39:02 |          | 00:59:10.00 | 01:00:20.45 | 5:55   | 10.1 |
| 5    | ŻELAZNY AGNIESZKA   | 1693 | GORLIKA GRUPA BIEGOWA   | GORLICE     | POL  | K40  | 5      | K 21 | 00:35:21 | 00:10:00 | 01:04:06.00 | 01:04:21.00 | 5:24   | 11.1 |
| 6    | KOŁODZIEJ KATARZYNA | 1572 |                         | JASŁO       | POL  | K40  | 6      | K 22 | 00:42:31 |          | 01:04:28.20 | 01:04:53.35 | 6:26   | 9.3  |
| 7    | PAWŁOWSKA AGNIESZKA | 1613 | PRZEMYSKI KLUB BIEGACZA | KRASICZYN   | POL  | K40  | 7      | K 26 | 00:42:33 |          | 01:03:26.75 | 01:05:31.20 | 6:20   | 9.5  |
| 8    | NIZIK MAGDALENA     | 1606 | VEGEDOG                 | WARSZAWA    | POL  | K40  | 8      | K 27 | 00:49:06 |          | 01:04:33.80 | 01:05:48.15 | 6:27   | 9.3  |
| 9    | KŁODZIŃSKA BARBARA  | 1568 | ULTRAMEKI               | TARNÓW      | POL  | K40  | 9      | K 29 | 00:43:36 |          | 01:05:03.70 | 01:06:09.25 | 6:30   | 9.2  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, K40 c.d.**

| M-ce | Nazwisko i imię        | Nr   | Klub                    | M-scowość           | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|-------------------------|---------------------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 10   | PISZCZYGLÓWA BERNADETA | 1620 |                         | GORZÓW WIELKOPOLSKI | POL  | K40  | 10     | K 31 | 00:42:47 |          | 01:05:56.85 | 01:06:36.45 | 6:35   | 9.1  |
| 11   | BARTOSZEK RENIA        | 1511 |                         | WROCŁAW             | POL  | K40  | 11     | K 32 | 00:44:01 |          | 01:06:18.45 | 01:06:58.40 | 6:37   | 9    |
| 12   | ŚWIGONIAK ANNA         | 1672 | NOWA HUTA TEAM          | KRAKÓW              | POL  | K40  | 12     | K 38 | 00:46:06 |          | 01:08:21.45 | 01:10:23.95 | 6:50   | 8.8  |
| 13   | PRUSZKOWSKA KATARZYNA  | 1626 | CROSSFITTER BOX CHEŁM   | CHEŁM               | POL  | K40  | 13     | K 39 | 00:46:28 |          | 01:08:59.00 | 01:10:44.05 | 6:53   | 8.7  |
| 14   | BOGUCA MARTYNA         | 1514 | JACEKBIEGA RUNNING TEAM | WARSZAWA            | POL  | K40  | 14     | K 42 | 00:47:33 |          | 01:10:43.75 | 01:12:13.65 | 7:04   | 8.5  |
| 15   | GIEŁBAGA ANNA          | 1547 |                         | RZESZÓW             | POL  | K40  | 15     | K 43 | 00:46:06 |          | 01:10:43.25 | 01:12:13.70 | 7:04   | 8.5  |
| 16   | WÓJCIK KAMILA          | 1688 | LACHO-TEAM              | KRAKÓW              | POL  | K40  | 16     | K 44 | 00:47:33 |          | 01:12:13.55 | 01:12:34.75 | 7:13   | 8.3  |
| 17   | SUŁKOWSKA JOANNA       | 1657 |                         | JAROSŁAW            | POL  | K40  | 17     | K 51 | 00:47:24 |          | 01:13:28.75 | 01:14:20.70 | 7:20   | 8.2  |
| 18   | PEKAŁSKA ANNA          | 1616 |                         | NIEPORĘT            | POL  | K40  | 18     | K 56 | 00:49:06 |          | 01:14:12.80 | 01:15:56.20 | 7:25   | 8.1  |
| 19   | LEŚNIAK BEATA          | 1582 |                         | SZCZECIN            | POL  | K40  | 19     | K 62 | 00:52:10 |          | 01:19:47.60 | 01:20:28.45 | 7:58   | 7.5  |
| 20   | JANIK ANNA             | 1559 |                         | BOGUCHWAŁA          | POL  | K40  | 20     | K 70 | 00:46:49 | 00:20:00 | 01:31:25.00 | 01:31:47.00 | 7:08   | 8.4  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, M40**

| M-ce | Nazwisko i imię        | Nr   | Klub                               | M-scowość          | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|------------------------------------|--------------------|------|------|--------|-------|----------|----------|-------------|-------------|--------|------|
| 1    | RACHWAŁSKI TOMASZ      | 1628 | BŁĘKITNI                           | CHORKUWKA          | POL  | M40  | 1      | M 11  | 00:28:15 |          | 00:42:42.35 | 00:42:51.30 | 4:16   | 14   |
| 2    | MARZEC KRZYSZTOF       | 1596 | STALOWOWOLSKI KLUB BIEGACZA        | TERESZPOL-ZYGMUNTY | POL  | M40  | 2      | M 12  | 00:28:01 |          | 00:43:12.25 | 00:43:13.55 | 4:19   | 13.9 |
| 3    | ŚWIDZIŃSKI TOMASZ      | 1670 | VEGE RUNNERS HAJIME KRAKÓW         | KRAKÓW             | POL  | M40  | 3      | M 13  | 00:28:13 |          | 00:43:26.15 | 00:43:29.00 | 4:20   | 13.8 |
| 4    | MARCZAK PAWEŁ          | 1593 | DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO | WARSZAWA           | POL  | M40  | 4      | M 15  | 00:29:04 |          | 00:44:08.05 | 00:44:12.10 | 4:24   | 13.6 |
| 5    | MAJCHROWICZ WIKTOR     | 1730 |                                    | ROGI               | POL  | M40  | 5      | M 19  | 00:29:26 |          | 00:43:57.25 | 00:45:35.95 | 4:23   | 13.7 |
| 6    | SZNAJDER RAFAŁ         | 1666 | G.O.A.T. TEAM MICHAŁOWICE          | MICHAŁOWICE        | POL  | M40  | 6      | M 22  | 00:30:54 |          | 00:46:56.20 | 00:46:59.35 | 4:41   | 12.8 |
| 7    | BODZIOCH GRZEGORZ      | 1513 | GORLICKA GRUPA BIEGOWA             | GORLICE            | POL  | M40  | 7      | M 24  | 00:31:00 |          | 00:47:30.40 | 00:47:39.85 | 4:45   | 12.6 |
| 8    | BILSKI MARCIN          | 1512 |                                    | DĘBOWIEC           | POL  | M40  | 8      | M 27  | 00:32:10 |          | 00:48:07.95 | 00:48:20.65 | 4:48   | 12.5 |
| 9    | HORODEJCZUK ANTONI     | 1556 | HORODEJCZUK TEAM                   | OLSZANICA          | POL  | M40  | 9      | M 29  | 00:32:17 |          | 00:49:37.75 | 00:49:39.55 | 4:57   | 12.1 |
| 10   | SIKORA JAREK           | 1706 |                                    |                    | POL  | M40  | 10     | M 32  | 00:33:30 |          | 00:50:25.90 | 00:50:49.05 | 5:02   | 11.9 |
| 11   | POLEWKA TOMASZ         | 1712 | UKS KOMETA                         | GLIWICE            | POL  | M40  | 11     | M 36  | 00:34:18 |          | 00:52:26.80 | 00:52:28.80 | 5:14   | 11.4 |
| 12   | JANKOWSKI MICHAŁ       | 1560 |                                    | TRAWNIKI           | POL  | M40  | 12     | M 38  | 00:33:56 |          | 00:52:44.25 | 00:52:53.35 | 5:16   | 11.4 |
| 13   | FLASKA ZDENEK          | 1540 | MARAS TEAM                         | KOŠICE             | SVK  | M40  | 13     | M 40  | 00:34:52 |          | 00:52:06.40 | 00:53:58.25 | 5:12   | 11.5 |
| 14   | WRÓBEL BARTŁOJEW       | 1724 | CISNA                              | CISNA              | POL  | M40  | 14     | M 41  | 00:34:53 |          | 00:53:59.15 | 00:54:01.05 | 5:24   | 11.1 |
| 15   | KOGUT LESZEK           | 1569 |                                    | GROCHOWCE          | POL  | M40  | 15     | M 43  | 00:35:26 |          | 00:54:27.05 | 00:55:15.85 | 5:26   | 11   |
| 16   | DUDZIAK DARIUSZ        | 1536 | POMPA TEAM                         | CHEŁM              | POL  | M40  | 16     | M 45  | 00:36:28 |          | 00:53:58.95 | 00:55:39.70 | 5:23   | 11.1 |
| 17   | PŁESZKA MAREK          | 1622 | KLUB SPORTOWY OTRYT I              | LUTOWISKA          | POL  | M40  | 17     | M 50  | 00:31:55 | 00:10:00 | 00:58:57.00 | 00:59:03.00 | 4:53   | 12.3 |
| 18   | ROSTEK ARKADIUSZ       | 1633 | ULTRAMEJCI                         | KOSZYCE WIELKIE    | POL  | M40  | 18     | M 60  | 00:40:11 |          | 00:59:19.65 | 01:00:25.50 | 5:56   | 10.1 |
| 19   | GRUSZECKI TOMASZ       | 1550 |                                    | RYBARZOWICE        | POL  | M40  | 18     | M 60  | 00:39:30 |          | 01:00:00.85 | 01:00:25.50 | 6:00   | 10   |
| 20   | SZYMONIAK MARCIN       | 1669 |                                    | POZNAŃ             | POL  | M40  | 20     | M 66  | 00:39:27 |          | 00:59:21.80 | 01:01:28.95 | 5:56   | 10.1 |
| 21   | GAŁUSZKA MARIUSZ       | 1699 | GOPR                               | CISNA              | POL  | M40  | 21     | M 67  | 00:39:22 |          | 01:01:41.10 | 01:01:55.85 | 6:10   | 9.7  |
| 22   | MANIAK ŁUKASZ          | 1589 |                                    | WARSZAWA WESOŁA    | POL  | M40  | 22     | M 68  | 00:39:42 |          | 01:00:10.90 | 01:02:10.50 | 6:01   | 10   |
| 23   | WITKO JERZY            | 1682 | BRĄK                               | FREDROPOL          | POL  | M40  | 23     | M 72  | 00:41:03 |          | 01:02:06.40 | 01:02:55.15 | 6:12   | 9.7  |
| 24   | LYPINSKI MIKAEL        | 1176 |                                    | WARSZAWA           | POL  | M40  | 24     | M 74  | 00:41:09 |          | 01:02:50.25 | 01:03:02.40 | 2:43   | 22   |
| 25   | MARCISZ BOGUSŁAW       | 1592 | ŻANDARMERIA WOJSKOWA RZESZÓW       | RZESZÓW            | POL  | M40  | 25     | M 79  | 00:40:46 |          | 01:02:33.45 | 01:03:40.85 | 6:15   | 9.6  |
| 26   | GUCWA MIROŚŁAW         | 1551 | BACK ON TRACK                      | KRASNE             | POL  | M40  | 26     | M 86  | 00:39:56 |          | 01:04:26.60 | 01:06:06.20 | 6:26   | 9.3  |
| 27   | HENNIG WALDEMAR        | 1555 | ECO KAPINO                         | KAPINO             | POL  | M40  | 27     | M 87  | 00:42:34 |          | 01:04:18.15 | 01:06:13.00 | 6:25   | 9.3  |
| 28   | JANIK JACEK            | 1558 |                                    | BOGUCHWAŁA         | POL  | M40  | 28     | M 90  | 00:30:04 | 00:20:00 | 01:06:21.00 | 01:06:43.00 | 4:38   | 12.9 |
| 29   | RABIEJEWSKI ZBIGNIEW   | 1627 | ŻANDARMERIA WOJSKOWA RZESZÓW       | CHMIELNIK          | POL  | M40  | 29     | M 94  | 00:42:35 |          | 01:08:00.30 | 01:09:06.40 | 6:48   | 8.8  |
| 30   | CHMIELEWSKI MARCIN     | 1733 |                                    | OTWOCK             | POL  | M40  | 30     | M 100 | 00:45:43 |          | 01:10:02.55 | 01:12:08.30 | 7:00   | 8.6  |
| 31   | CZERSKI KRZYSZTOF      | 1530 |                                    | CHŁAPOWO           | POL  | M40  | 31     | M 101 | 00:46:49 |          | 01:11:15.85 | 01:12:11.35 | 7:07   | 8.4  |
| 32   | PENKALA MARCIN         | 1615 | STRANGERS                          | ZĄBKI              | POL  | M40  | 32     | M 102 | 00:46:55 |          | 01:10:09.95 | 01:12:25.30 | 7:01   | 8.6  |
| 33   | SKÓRA MICHAŁ           | 1640 | MICHAŁ TEAM                        | ŁOPUSZKA           | POL  | M40  | 33     | M 104 | 00:47:46 |          | 01:11:48.15 | 01:12:56.50 | 7:10   | 8.4  |
| 34   | NOWOMIEJSKI MARCIN     | 1608 | BIEGACZ CEGŁÓW                     | MIŃSK MAZOWIECKI   | POL  | M40  | 34     | M 111 | 00:30:22 | 00:30:00 | 01:16:32.00 | 01:16:38.00 | 4:39   | 12.9 |
| 35   | LESZCZYŃSKI ALEKSANDER | 1723 |                                    | KRAKÓW             | POL  | M40  | 35     | M 114 | 00:51:36 |          | 01:18:23.90 | 01:19:52.10 | 7:50   | 7.7  |
| 36   | JASURKOWSKI ROBERT     | 1562 |                                    | TARNÓW             | POL  | M40  | 36     | M 116 | 00:53:02 |          | 01:20:20.15 | 01:21:23.95 | 8:02   | 7.5  |
| 37   | STEC SEBASTIAN         | 1652 | SIEMUSZOWA                         | PRZEMYŚL           | POL  | M40  | 37     | M 117 | 00:46:30 | 00:10:00 | 01:19:17.00 | 01:21:35.00 | 6:55   | 8.7  |
| 38   | CZAJA WAĆŁAW           | 1526 |                                    | PRZEMYŚL           | POL  | M40  | 38     | M 118 | 00:51:27 |          | 01:20:42.00 | 01:22:58.85 | 8:04   | 7.4  |
| 39   | SOŁTYSEK SEBASTIAN     | 1649 | UNIVERSAL SOLDIERS                 | NISKO              | POL  | M40  | 39     | M 124 | 01:12:03 |          | 01:54:06.90 | 01:55:54.30 | 11:24  | 5.3  |
| 40   | SOŁTYSEK GRZEGORZ      | 1650 | UNIVERSAL SOLDIERS                 | GRĘBÓW             | POL  | M40  | 40     | M 125 | 01:12:08 |          | 01:54:06.55 | 01:55:55.15 | 11:24  | 5.3  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, K50**

| M-ce | Nazwisko i imię    | Nr   | Klub                           | M-scowość | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon  | Netto       | Brutto      | min/km | km/h |
|------|--------------------|------|--------------------------------|-----------|------|------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1    | WOŹNIAK LIDIA      | 1686 | PORMAT JEDLICZEBIEGA           | SKOŁYSZYN | POL  | K50  | 1      | K 24 | 00:42:22 |          | 01:04:44.35 | 01:05:01.25 | 6:28   | 9.3  |
| 2    | HADAM EWA          | 1735 | SPARTAN TRAINING GROUP RZESZÓW |           | POL  | K50  | 2      | K 73 | 00:51:49 | 00:30:00 | 01:49:17.00 | 01:50:52.00 | 7:55   | 7.6  |
| 3    | SOŁTYSIAK KRYSZYNA | 1734 | SPARTAN TRAINING GROUP RZESZÓW |           |      | K50  | 3      | K 74 | 00:51:52 | 00:30:00 | 01:49:22.00 | 01:50:57.00 | 7:56   | 7.6  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, M50**

| M-ce | Nazwisko i imię      | Nr   | Klub                  | M-scowość  | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|-----------------------|------------|------|------|--------|-------|----------|---------|-------------|-------------|--------|------|
| 1    | WÓJCIK JÓZEF         | 1687 | CHEŁM BIEGA           | CHEŁM      | POL  | M50  | 1      | M 16  | 00:29:15 |         | 00:44:54.25 | 00:44:58.75 | 4:29   | 13.4 |
| 2    | WŁOCH SŁAWOMIR       | 1683 | KROSNO MIASTO SZKŁA   | KROSNO     | POL  | M50  | 2      | M 20  | 00:30:30 |         | 00:46:15.85 | 00:46:20.85 | 4:37   | 13   |
| 3    | WOŹNIAK JANUSZ       | 1685 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN  | POL  | M50  | 3      | M 34  | 00:33:51 |         | 00:51:35.00 | 00:51:51.05 | 5:09   | 11.6 |
| 4    | PODOLAK ZBIGNIEW     | 1624 |                       | PRZEMYŚL   | POL  | M50  | 4      | M 46  | 00:36:51 |         | 00:55:37.15 | 00:56:22.85 | 5:33   | 10.8 |
| 5    | KANDEFER WOJCIECH    | 1564 |                       | KORCZYNA   | POL  | M50  | 5      | M 47  | 00:36:18 |         | 00:56:29.05 | 00:56:35.75 | 5:38   | 10.6 |
| 6    | MATYKIEWICZ JAROSŁAW | 1599 |                       | KIELCE     | POL  | M50  | 6      | M 58  | 00:39:26 |         | 00:57:48.50 | 00:59:47.35 | 5:46   | 10.4 |
| 7    | DVORŠČAK MILAN       | 1538 | MARAS TEAM            | PREŠOV     | SVK  | M50  | 7      | M 62  | 00:38:29 |         | 00:58:34.50 | 01:00:25.85 | 5:51   | 10.2 |
| 8    | STEC ANDRZEJ         | 1654 |                       | WAŁCZ      | POL  | M50  | 8      | M 64  | 00:39:30 |         | 01:00:02.15 | 01:01:00.80 | 6:00   | 10   |
| 9    | SOKOŁOWSKI JERZY     | 1646 | MOHER SKI TEAM        | ŁAŃCUT     | POL  | M50  | 9      | M 73  | 00:41:03 |         | 01:01:12.75 | 01:02:59.45 | 6:07   | 9.8  |
| 10   | KURASZ WITOLD        | 1579 | --                    | PRUCHNIK   | POL  | M50  | 10     | M 77  | 00:42:14 |         | 01:01:01.75 | 01:03:21.45 | 6:06   | 9.8  |
| 11   | KAPLON ANDRZEJ       | 1566 | KS HUDKA SPYRA        | SCHWALBACH | GER  | M50  | 11     | M 89  | 00:42:49 |         | 01:04:46.80 | 01:06:42.45 | 6:28   | 9.3  |
| 12   | MISIEK MARCIN        | 1720 | WQURW                 | KIELCE     | POL  | M50  | 12     | M 97  | 00:46:07 |         | 01:09:14.00 | 01:11:12.35 | 6:55   | 8.7  |
| 13   | CHRUŚCIEL LESŁAW     | 1728 |                       | NOWY SĄCZ  | POL  | M50  | 13     | M 99  | 00:47:22 |         | 01:10:42.25 | 01:12:02.50 | 7:04   | 8.5  |
| 14   | LASKOWSKI MARCIN     | 1580 |                       | GDYNIA     | POL  | M50  | 14     | M 121 | 01:00:04 |         | 01:33:38.95 | 01:35:47.15 | 9:21   | 6.4  |
| 15   | BOREK WOJCIECH       | 1515 | EP-HEART-TEAM         | KROSNO     | POL  | M50  | 15     | M 123 | 01:01:39 |         | 01:39:40.15 | 01:41:54.95 | 9:58   | 6    |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, K60**

| M-ce | Nazwisko i imię | Nr   | Klub | M-scowość            | Kraj | Kat. | M. kat | K/M  | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|-----------------|------|------|----------------------|------|------|--------|------|----------|---------|-------------|-------------|--------|------|
| 1    | KAPLON DANUTA   | 1565 |      | SCHWALBACH AM TAUNUS | GER  | K60  | 1      | K 50 | 00:47:41 |         | 01:12:02.80 | 01:13:58.35 | 7:12   | 8.3  |
| 2    | TUROSZ CECYLIA  | 1722 |      | LEŻAJŚC              | POL  | K60  | 2      | K 55 | 00:49:26 |         | 01:14:59.75 | 01:15:54.05 | 7:30   | 8    |
| 3    | KOLASA BARBARA  | 1570 |      | WARSZAWA-WESOŁA      | POL  | K60  | 3      | K 64 | 00:53:52 |         | 01:25:01.90 | 01:25:40.90 | 8:30   | 7.1  |

**VI ZIMOWA BIESZCZADZKA DYCHA 2020, M60**

| M-ce | Nazwisko i imię   | Nr   | Klub                                      | M-scowość      | Kraj | Kat. | M. kat | K/M   | 6.5km    | Kar/Bon | Netto       | Brutto      | min/km | km/h |
|------|-------------------|------|---|----------------|------|------|--------|-------|----------|---------|-------------|-------------|--------|------|
| 1    | HADUCH JERZY      | 1552 | SANOK I OKOLICE                           | PISAROWCE      | POL  | M60  | 1      | M 30  | 00:32:41 |         | 00:50:06.40 | 00:50:12.35 | 5:00   | 12   |
| 2    | KORONA JAN        | 1574 | KROSNO                                    | KROSNO         | POL  | M60  | 2      | M 35  | 00:33:57 |         | 00:51:42.00 | 00:52:00.50 | 5:10   | 11.6 |
| 3    | JANAS MARIAN      | 1731 |   | BALIGRÓD       | POL  | M60  | 3      | M 44  | 00:36:28 |         | 00:55:09.95 | 00:55:22.25 | 5:31   | 10.9 |
| 4    | KONDRAK JAN       | 1702 | LUBELSKA FEDERACJA BARDÓW                 | ŚWIDNIK        | POL  | M60  | 4      | M 88  | 00:43:00 |         | 01:04:20.70 | 01:06:23.20 | 6:26   | 9.3  |
| 5    | SKRUTEK JAN       | 1641 | SEKCJA SPORTÓW GÓRSKICH BIESZCZADZKI GOPR | WROCLAW        | POL  | M60  | 5      | M 103 | 00:46:54 |         | 01:10:48.25 | 01:12:40.10 | 7:04   | 8.5  |
| 6    | CZAPLA ANDRZEJ    | 1527 |   | CHELM          | POL  | M60  | 6      | M 115 | 00:50:43 |         | 01:18:37.05 | 01:20:06.50 | 7:51   | 7.6  |
| 7    | SŁOBODA KRZYSZTOF | 1643 | RUN SŁOBODAN                              | USTRZYKI DOLNE | POL  | M60  | 7      | M 119 | 00:57:05 |         | 01:29:31.15 | 01:31:36.70 | 8:57   | 6.7  |