

**V ZIMOWA BIESZCZADZKA DYCHA 2019**

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


**V ZIMOWA BIESZCZADZKA DYCHA 2019, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Netto	Brutto	min/km	km/h
1	MARZAŁEK PATRYK	2213	CWKS RESOVIA RZESZÓW	RZESZÓW	POL	M20	1	M 1	00:00:24	00:24:12	00:38:42.00	00:38:42.00	3:52	15.5
2	JAKUBKOVIČ DOMINIK	2189	MARAS TEAM	LUBOTÍN	SVK	M20	2	M 2	00:00:30	00:28:24	00:43:55.10	00:43:55.10	4:23	13.7
3	NOWAK MARCIN	2233		STAŁOWA WOLA		M30	1	M 3	00:00:27	00:28:34	00:44:16.65	00:44:16.65	4:25	13.6
4	SUDACKI SEBASTIAN	2045	OSP CZUDEC	CZUDEC	POL	M20	3	M 4	00:00:50	00:28:23	00:45:39.25	00:45:39.25	4:30	13.3
5	WĘGIEL MARCIN	2002	POLWAX RACING TEAM	JASŁO	POL	M30	2	M 5	00:00:25	00:29:21	00:46:22.95	00:46:22.95	4:38	12.9
6	KOŁODZIEJCZYK ŁUKASZ	2214	RZEŹNIK/UKS KOMETA	GLIWICE	POL	M20	4	M 6	00:01:20	00:31:17	00:48:03.50	00:48:03.50	4:48	12.5
7	ZAWADZKI MARCIN	2076	SZCZWANY TRZMIEL TEAM	LUBENIA	POL	M30	3	M 7	00:00:52	00:31:05	00:49:09.85	00:49:09.85	4:54	12.2
8	KOWALCZYK AGNIESZKA	2185	ADIDAS RUNNERS WARSAW	LESZNO	POL	K30	1	K 1	00:00:31	00:31:30	00:50:05.90	00:50:05.90	5:00	12
9	WETHACZ MARIUSZ	2243		CISNA		M30	4	M 8	00:00:45	00:32:43	00:50:37.40	00:50:37.40	5:03	11.9
10	LORENS MAGDALENA	2173	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K20	1	K 2	00:00:32	00:32:12	00:50:51.05	00:50:51.05	5:05	11.8
11	KALBARCZYK ADRIANA	2144	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K20	2	K 3	00:00:31	00:33:06	00:52:16.85	00:52:16.85	5:13	11.5
12	ROMANOWSKI ŁUKASZ	2063	HUSARIA RACE TEAM	KRAKÓW	POL	M30	5	M 9	00:01:02	00:35:01	00:54:08.90	00:54:08.90	5:24	11.1
13	GAŚCZYK GRZEGORZ	2017	NOWA HUTA TEAM	KRAKÓW	POL	M40	1	M 10	00:00:54	00:35:08	00:54:40.00	00:54:40.00	5:28	11
14	WILCZAK JANUSZ	2005		PRZEMYŚL		M40	2	M 11	00:00:36	00:34:33	00:54:47.20	00:54:47.20	5:28	11
15	PŁESZKA MAREK	2221	OTRYT LUTOWISKA	LUTOWISKA	POL	M40	3	M 12	00:00:38	00:35:16	00:55:20.75	00:55:20.75	5:32	10.8
16	EPA KAROLINA	2001	PZU SPORT TEAM	WARSZAWA	POL	K30	2	K 4	00:00:42	00:34:48	00:55:31.90	00:55:31.90	5:33	10.8
17	ZIELONKA MICHAŁ	2218	RESOVIA RZESZÓW	CISNA	POL	M20	5	M 13	00:00:43	00:35:19	00:55:37.15	00:55:37.15	5:33	10.8
18	KOZAK MARK	2242		CHICAGO	USA	M30	6	M 14	00:00:49	00:35:27	00:55:44.00	00:55:44.00	5:34	10.8
19	HACZ PAWEŁ	2042		KROSNO	POL	M30	7	M 15	00:01:24	00:36:26	00:56:02.65	00:56:02.65	5:36	10.7
20	BODZIOCH GRZEGORZ	2078	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M40	4	M 16	00:01:04	00:35:21	00:56:10.10	00:56:10.10	5:37	10.7
21	SZNAJDER RAFAŁ	2226	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	M40	5	M 17	00:00:53	00:36:59	00:57:30.50	00:57:30.50	5:45	10.4
22	FURS TEODOR	2222	PIERDZĄCE ZAJĄCE	CISNA	POL	M40	6	M 18	00:00:55	00:37:16	00:57:37.75	00:57:37.75	5:45	10.4
23	SZKLANA ANITA	1060		WIEPRZEC	POL	K20	3	K 5	00:00:45	00:36:24	00:58:11.40	00:58:11.40	5:49	10.3
24	POGODA KINGA	2215	OTK RZEŹNIK	GLIWICE	POL	K20	4	K 6	00:01:01	00:37:30	00:58:47.55	00:58:47.55	5:52	10.2
25	ROMEJKO MICHAŁ	2179		OLSZTYN	POL	M40	7	M 19	00:00:56	00:37:32	00:59:01.85	00:59:01.85	5:54	10.2
26	JANKOWSKI KONRAD	2133		POLAŃCZYK	POL	M30	8	M 20	00:01:12	00:38:28	00:59:06.10	00:59:06.10	5:54	10.2
27	JANKOWSKI MICHAŁ	2065		TRAWNIKI	POL	M40	8	M 21	00:00:54	00:36:53	00:59:34.55	00:59:34.55	5:57	10.1
28	POLEWKA ALEKSANDRA	2217	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	K20	5	K 7	00:01:01	00:38:22	01:00:21.10	01:00:21.10	6:02	9.9
29	HADUCH JERZY	2177	SANOK I OKOLICE	PISAROWCE	POL	M60	1	M 22	00:02:03	00:39:30	01:00:33.30	01:00:33.30	6:03	9.9
30	ŻELAZNY AGNIESZKA	2111	GORLICKA GRUPA BIEGOWA	GORLICE	POL	K40	1	K 8	00:01:00	00:38:54	01:01:08.55	01:01:08.55	6:06	9.8
31	DOMIN WIESŁAW	2168		ZAGÓRZE	POL	M50	1	M 23	00:00:53	00:37:52	01:01:23.95	01:01:23.95	6:05	9.9
32	WRÓBEL BARTŁOMIEJ	2241		CISNA		M40	9	M 24	00:00:48	00:38:25	01:01:26.90	01:01:26.90	6:08	9.8
33	POLEWKA TOMASZ	2216	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	GLIWICE	POL	M40	10	M 25		00:39:09	01:01:34.40	01:01:34.40	6:09	9.7
34	MATŁOSZ JOLANTA	2157		STRZYŻÓW	POL	K30	3	K 9	00:00:47	00:38:56	01:01:35.80	01:01:35.80	6:09	9.7
35	CZEPIGA DARIUSZ	2052		GŁOJSCE	POL	M20	6	M 26	00:00:52	00:39:04	01:01:36.55	01:01:36.55	6:09	9.7
36	BRYK GNIEWOMIR	2203		CISNA	POL	M20	7	M 27	00:02:10	00:40:12	01:01:37.25	01:01:37.25	6:09	9.7
37	NYGA JULIA	2212	OTK RZEŹNIK	GLIWICE	POL	K20	6	K 10	00:01:02	00:38:23	01:01:52.80	01:01:52.80	6:11	9.7
38	LORENC WIKTOR	2026		RYMANÓW	POL	M40	11	M 28	00:00:51	00:39:05	01:01:58.45	01:01:58.45	6:11	9.7
39	ŻACZKIEWICZ JACEK	2229		SKIERNIEWICE		M50	2	M 29	00:02:29	00:41:16	01:02:29.50	01:02:29.50	6:11	9.7
40	BURTAN MARCIN	2137	TERMOAKTYWNIE.PL	RZESZÓW	POL	M30	9	M 30	00:01:47	00:41:23	01:02:38.10	01:02:38.10	6:15	9.6
41	ŁAGOŻNY KATARZYNA	2143		SANOK	POL	K20	7	K 11	00:01:25	00:39:29	01:03:36.55	01:03:36.55	6:21	9.4
42	SAWULSKI BARTOSZ	2201		WARSZAWA	POL	M30	10	M 31	00:00:42	00:39:23	01:03:49.70	01:03:49.70	6:22	9.4
43	SIEJKOWSKI KRZYSZTOF	2082		WARSZAWA	POL	M30	11	M 32	00:01:33	00:40:45	01:04:15.30	01:04:15.30	6:25	9.3
44	MROCEK BARTŁOMIEJ	2055		BRZEŹNICA	POL	M30	12	M 33	00:01:47	00:41:24	01:04:26.75	01:04:26.75	6:26	9.3
45	FEDAK BOHDAN	2093		ZAGÓRZ	POL	M40	12	M 34	00:02:38	00:43:23	01:04:48.00	01:04:48.00	6:28	9.3
46	SIKORA ARTUR	2106		MAJDAN KRÓLEWSKI	POL	M20	8	M 35	00:02:42	00:41:21	01:04:55.65	01:04:55.65	6:29	9.2

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Netto	Brutto	min/km	km/h
47	JONKISZ EWELINA	2115		ZABRZEG	POL	K30	4	K 12	00:01:39	00:41:33	01:05:05.75	01:05:05.75	6:30	9.2
48	SZYBIAK MACIEJ	2204		KRZYWCZA	POL	M20	9	M 36	00:01:49	00:40:33	01:05:08.95	01:05:08.95	6:30	9.2
49	SUCHOWIECKA SABINA	2077		POLAŃCZYK	POL	K20	8	K 13	00:00:52	00:41:34	01:05:51.85	01:05:51.85	6:35	9.1
50	WAŁACHOWSKA URSZULA	2176	SOLINA TEAM	NOWOSIÓŁKI	POL	K30	5	K 14	00:00:59	00:41:19	01:06:09.60	01:06:09.60	6:36	9.1
51	SZNAJDER JOANNA	2009	G.O.A.T. TEAM MICHAŁOWICE	MICHAŁOWICE	POL	K30	6	K 15	00:00:53	00:41:50	01:06:16.10	01:06:16.10	6:37	9.1
52	PANEK PIOTR	2033	DZIKI MUSTANG	BRZEŹNICA	POL	M40	13	M 37	00:01:48	00:43:03	01:06:19.55	01:06:19.55	6:37	9
53	MANIAK JUSTYNA	2163		JASŁO	POL	K30	7	K 16	00:01:23	00:41:42	01:06:20.50	01:06:20.50	6:38	9
54	ŁUSZCZYC KRZYSZTOF	2053		RZESZÓW	POL	M30	13	M 38	00:01:28	00:42:54	01:06:22.45	01:06:22.45	6:38	9
55	KUSTRA MAREK	2030		PUŁAWY	POL	M30	14	M 39	00:01:42	00:43:00	01:06:24.45	01:06:24.45	6:38	9
56	SPORNIAK KRZYSZTOF	2199		TARGOWISKA	POL	M30	15	M 40	00:02:14	00:42:56	01:06:50.10	01:06:50.10	6:41	9
57	BERA ADAM	2118	PAN	RZESZÓW	POL	M50	3	M 41	00:01:19	00:42:08	01:07:08.35	01:07:08.35	6:42	8.9
58	NOWICKA ANNA	2039		KRAKÓW	POL	K30	8	K 17	00:01:28	00:43:10	01:07:17.60	01:07:17.60	6:43	8.9
59	MAZUR MARIOLA	2057	DZIKIE MUSTANGI	DĘBICA	POL	K30	9	K 18	00:01:26	00:42:40	01:07:59.95	01:07:59.95	6:47	8.8
60	JURYŚ SŁAWOMIR	2182	AUDYTOR ENERGETYCZNY	KROSNO	POL	M40	14	M 42	00:02:55	00:44:58	01:08:03.15	01:08:03.15	6:48	8.8
61	DOŁOWY ŁUKASZ	2036		WROCŁAW	POL	M30	16	M 43	00:03:39	00:44:17	01:08:10.35	01:08:10.35	6:49	8.8
62	DYLAĞ MARLENA	2044	G.O.A.T. TEAM MICHAŁOWICE	WIĘCŁAWICE STARE	POL	K20	9	K 19	00:00:52	00:42:47	01:08:16.65	01:08:16.65	6:49	8.8
63	GIRAŠEK PETER	2220	MARAS TEAM	VELKY SARIS	SVK	M20	10	M 44	00:02:55	00:42:57	01:08:17.80	01:08:17.80	6:49	8.8
64	GOLIS MAGDALENA	2038		RYKI	POL	K30	10	K 20	00:00:50	00:42:49	01:08:51.45	01:08:51.45	6:53	8.7
65	KOWALCZYK PIOTR	2043	G.O.A.T. TEAM MICHAŁOWICE	ZBORZE	POL	M40	15	M 45	00:00:58	00:43:20	01:09:10.15	01:09:10.15	6:55	8.7
66	PABIAN ARKADIUSZ	2129		SZCZECINEK	POL	M30	17	M 46		00:45:04	01:09:12.75	01:09:12.75	6:55	8.7
67	MARAS LADISLAV	2148	MARAS TEAM	PRESOV	SVK	M50	4	M 47	00:02:51	00:45:10	01:09:13.65	01:09:13.65	6:55	8.7
68	GRUSZECKA ANNA	2067		RYBARZOWICE	POL	K40	2	K 21	00:00:51	00:45:06	01:09:16.45	01:09:16.45	6:55	8.7
69	BOZA BEATA	2141	GREIF TEAM WŁADYSŁAWOWO	GDYNIA	POL	K40	3	K 22	00:02:50	00:45:30	01:09:21.10	01:09:21.10	6:56	8.7
70	ŻACZKIEWICZ IZABELA	2228		SKIERNIEWICE		K50	1	K 23	00:02:30	00:43:44	01:09:23.15	01:09:23.15	6:53	8.7
71	NOWAK WIOLETTA	2051	DZIKIE MUSTANGI	DĘBICA	POL	K30	11	K 24	00:01:27	00:42:39	01:09:30.00	01:09:30.00	6:48	8.8
72	BIEDROŃ ARTUR	2180		WARSZAWA	POL	M40	16	M 48	00:03:17	00:46:51	01:10:37.70	01:10:37.70	7:03	8.5
73	MILLER TOMASZ	2097	BIEGAM BO LUBIĘ ŻĄBK TEAM	ŻĄBK	POL	M30	18	M 49	00:00:42	00:42:00	01:10:56.35	01:10:56.35	7:05	8.5
74	KOGUT LESZEK	2119		GROCHOWCE	POL	M40	17	M 50	00:02:25	00:44:30	01:10:59.30	01:10:59.30	7:05	8.5
75	MARZEC MAREK	2091		KRAKÓW	POL	M40	18	M 51	00:01:29	00:44:16	01:11:00.20	01:11:00.20	7:06	8.5
76	MAZUREK KATARZYNA	2102		LUBLIN	POL	K40	4	K 25	00:02:48	00:45:49	01:11:00.95	01:11:00.95	7:06	8.5
77	BRZEZIŃSKA AGNIESZKA	2124	DUSZA DRZEWA	BUDY BARCZAŃKIE	POL	K40	5	K 26	00:02:47	00:44:21	01:11:03.30	01:11:03.30	7:06	8.4
78	BRZEZIŃSKI SERGIUSZ	2123	DUSZA DRZEWA	BUDY BARCZAŃKIE	POL	M40	19	M 52	00:02:47	00:44:20	01:11:03.50	01:11:03.50	7:06	8.4
79	SZABAT KATARZYNA	2029		PUŁAWY	POL	K20	10	K 27	00:01:43	00:44:19	01:11:20.20	01:11:20.20	7:08	8.4
80	TOKARZ WALDEMAR	2047		PASZCZYNA	POL	M30	19	M 53	00:01:48	00:44:26	01:11:28.00	01:11:28.00	7:05	8.5
81	POKRYWKA STEFAN	2232		CISNA		M60	2	M 54	00:01:37	00:45:58	01:11:30.60	01:11:30.60	7:09	8.4
82	HALUCH ŁUKASZ	2134		NIECHOBZ	POL	M30	20	M 55	00:01:47	00:44:23	01:11:31.10	01:11:31.10	7:09	8.4
83	STEC ANDRZEJ	2219	SZLACHETNA PACZKA	WAŁCZ	POL	M50	5	M 56	00:01:24	00:45:21	01:11:36.50	01:11:36.50	7:09	8.4
84	RAWSKA ANNA	2074		RADYMNO	POL	K20	11	K 28	00:02:27	00:45:28	01:12:07.90	01:12:07.90	7:12	8.3
85	ROJ DAWID	2121	RUN SŁOBODAN	KRAKÓW	POL	M30	21	M 57	00:03:25	00:47:37	01:12:10.35	01:12:10.35	7:13	8.3
86	GNIĘCIAK MONIKA	2191	MMTEAM	PUŁAWY	POL	K30	12	K 29	00:01:15	00:45:56	01:13:35.65	01:13:35.65	7:21	8.2
87	KITOWSKI BARTOSZ	2223		GŁOGÓW MAŁOPOLSKI	POL	M40	20	M 58	00:01:18	00:45:47	01:13:41.50	01:13:41.50	7:19	8.2
88	ARTYM MAGDALENA	2100	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	K40	6	K 30	00:03:13	00:48:27	01:14:34.55	01:14:34.55	7:27	8
89	ŚWIERC IWONA	2184		KLUCZBORK	POL	K40	7	K 31	00:01:11	00:45:54	01:14:56.30	01:14:56.30	7:26	8.1
90	STASIAK WŁODZIMIERZ	2117	PRO-RUN WROCŁAW	WROCŁAW	POL	M30	22	M 59	00:03:28	00:47:33	01:15:11.05	01:15:11.05	7:31	8
91	MĄDRO MATEUSZ	2059	DZIKIE MUSTANGI	SKRZYSZÓW	POL	M30	23	M 60	00:02:09	00:47:25	01:15:13.80	01:15:13.80	7:31	8
92	MĄDRO ANNA	2231		SKRZYSZÓW		K30	13	K 32	00:02:08	00:47:26	01:15:14.05	01:15:14.05	7:31	8
93	DOMAGAŁA ANDRZEJ	2235		RZESZÓW		M30	24	M 61	00:01:52	00:47:11	01:15:15.10	01:15:15.10	7:31	8
94	BALICKI JACEK	2025	BIEGACZ NOWOSOLNA	ŁÓDŹ	POL	M50	6	M 62	00:02:09	00:48:10	01:15:27.55	01:15:27.55	7:32	8
95	WYZINA ANDRZEJ	2035		WROCŁAW	POL	M30	25	M 63	00:03:39	00:49:31	01:15:42.40	01:15:42.40	7:34	7.9
96	DVORŠÁK MILAN	2186	MARAS TEAM	PREŠOV	SVK	M50	7	M 64	00:02:48	00:47:28	01:15:45.55	01:15:45.55	7:34	7.9
97	SKRUTEK ADAM	2048		WIEDEN	AUT	M30	26	M 65	00:03:45	00:49:47	01:15:46.80	01:15:46.80	7:34	7.9
98	KŁODZIŃSKI KLAUDIUSZ	2110	ULTRAMEKI	TARNÓW	POL	M40	21	M 66	00:03:33	00:51:49	01:15:52.60	01:15:52.60	7:35	7.9
99	KAMYCKI WIKTOR	2099		RZESZÓW	POL	M20	11	M 67	00:03:19	00:49:36	01:16:11.85	01:16:11.85	7:37	7.9
100	ROMANOWICZ MICHAŁ	2034		POZNAN	POL	M20	12	M 68	00:02:47	00:47:46	01:16:47.05	01:16:47.05	7:40	7.8
101	KOZUBAŁA PAWEŁ	2049	ŻÓŁW ULTRAS TEAM	WARSZAWA	POL	M30	27	M 69	00:03:10	00:47:32	01:17:04.20	01:17:04.20	7:42	7.8
102	KUROPATWA KAZIMIERZ	2126	SZAFA BIEGACZA TEAM	PRZEMYŚL	POL	M60	3	M 70	00:01:02	00:47:29	01:17:10.85	01:17:10.85	7:43	7.8
103	BĄCZYŃSKI PRZEMYSŁAW	2206		BŁASZKI	POL	M30	28	M 71	00:02:18	00:48:08	01:17:13.00	01:17:13.00	7:43	7.8

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Netto	Brutto	min/km	km/h
104	MIKSZA KAROL	2135	CROSSFITTERCHEŁM	CHEŁM	POL	M50	8	M 72	00:03:04	00:48:57	01:17:32.15	01:17:32.15	7:45	7.7
105	WITKO JERZY	2113	BRAK	FREDROPOL	POL	M40	22	M 73	00:02:25	00:49:06	01:17:43.70	01:17:43.70	7:46	7.7
106	KŁODZIŃSKA BARBARA	2112	1971	TARNÓW	POL	K40	8	K 33	00:03:33	00:50:41	01:18:02.25	01:18:02.25	7:48	7.7
107	WOŹNIAK LIDIA	2195	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	K50	2	K 34	00:01:05	00:46:49	01:18:03.95	01:18:03.95	7:48	7.7
108	HUDZIK DOMINIKA	2004		GROJEC	POL	K40	9	K 35	00:03:10	00:49:29	01:18:29.35	01:18:29.35	7:50	7.6
109	HUDZIK ROBERT	2003	#ADAMCZERWIŃSKITEAM	GROJEC	POL	M40	23	M 74	00:03:10	00:49:22	01:18:31.40	01:18:31.40	7:51	7.6
110	STARZECKA JOANNA	2023		JAROSŁAW	POL	K40	10	K 36	00:02:46	00:49:46	01:19:53.90	01:19:53.90	7:59	7.5
111	WALKOWICZ IWONA	2041		KIELCE	POL	K30	14	K 37	00:01:44	00:48:40	01:19:54.95	01:19:54.95	7:59	7.5
112	GUMNY GRZEGORZ	2028		POZNAŃ	POL	M40	24	M 75	00:02:47	00:48:34	01:19:55.50	01:19:55.50	7:59	7.5
113	SOBOCIŃSKI SZYMON	2146	RUN SŁOBODAN	RACIBÓRZ	POL	M30	29	M 76	00:03:26	00:50:37	01:19:56.80	01:19:56.80	7:59	7.5
114	ŻAK IZABELA	2132		MAĆKOWICE	POL	K20	12	K 38	00:03:21	00:50:48	01:20:00.45	01:20:00.45	8:00	7.5
115	CZERSKI KRZYSZTOF	2142	GREIF TEAM WŁADYSŁAWOWO	CHEŁM	POL	M40	25	M 77	00:02:50	00:50:46	01:20:03.05	01:20:03.05	8:00	7.5
116	SKRUTEK JAN	2008	GOPR BIESZCZADY ST.POZA SŁUŻB.	WROCŁAW	POL	M60	4	M 78	00:03:46	00:51:36	01:20:04.30	01:20:04.30	8:00	7.5
117	TOMASZEWSKI WOJTEK	2014	BRACIAT	WARSZAWA	POL	M40	26	M 79	00:02:43	00:52:04	01:20:09.90	01:20:09.90	8:00	7.5
118	TOMASZEWSKI PIOTR	2015	BRACIAT	LUBLIN	POL	M30	30	M 80	00:02:44	00:51:33	01:20:11.60	01:20:11.60	8:01	7.5
119	SZYMAŁA MONIKA	2032		KLUCZBORK	POL	K20	13	K 39	00:01:58	00:49:19	01:20:19.25	01:20:19.25	7:58	7.5
120	ROSIĄK KAMILA	2069		WILGA	POL	K30	15	K 40	00:03:31	00:50:22	01:20:27.00	01:20:27.00	8:02	7.5
121	BAJER DANIEL	2066		LUBLIN	POL	M30	31	M 81	00:02:56	00:52:18	01:20:38.90	01:20:38.90	8:03	7.4
122	TOMASZEWSKI ROBERT	2062	BRACIAT	JAKUBOWICE KONIŃSKIE	POL	M40	27	M 82	00:02:44	00:52:03	01:20:39.45	01:20:39.45	8:00	7.5
123	NOWAK TOMASZ	2050	DZIKIE MUSTANGI	DĘBICA	POL	M30	32	M 83	00:01:40	00:47:25	01:20:51.65	01:20:51.65	7:56	7.6
124	MAZURKIEWICZ ANGELIKA	2230		WARSZAWA		K20	14	K 41	00:02:06	00:51:44	01:21:18.55	01:21:18.55	8:07	7.4
125	GŁUCHOWSKA JOANNA	2187	RYKI	WARSZAWA	POL	K40	11	K 42	00:01:18	00:49:32	01:21:49.30	01:21:49.30	8:10	7.3
126	WILK-PAWŁOWSKA AGNIESZKA	2139	ROCK&RUN	WARSZAWA	POL	K30	16	K 43	00:01:47	00:51:21	01:21:49.60	01:21:49.60	8:10	7.3
127	JANKOWSKA NATALIA	2192		POLAŃCZYK	POL	K30	17	K 44	00:01:11	00:49:55	01:21:54.10	01:21:54.10	8:11	7.3
128	SŁOWIK ILONA	2108	BIEGANIE SZYDERCÓW	TARNÓW	POL	K30	18	K 45	00:03:32	00:52:21	01:21:54.80	01:21:54.80	8:11	7.3
129	WIERCHOŁA JOANNA	2125		LUBLIN	POL	K60	1	K 46	00:03:05	00:50:56	01:21:56.20	01:21:56.20	8:11	7.3
130	TOKARSKA BOŻENA	2225		KRAKÓW	POL	K40	12	K 47	00:02:19	00:51:01	01:22:01.25	01:22:01.25	8:12	7.3
131	KOŁODZIEJCZYK JOANNA	2239		PRAGA		K30	19	K 48	00:02:07	00:52:47	01:22:02.35	01:22:02.35	8:12	7.3
132	ZAJĄC IRENEUSZ	2165	BIECZ	BIECZ	POL	M60	5	M 84	00:03:13	00:53:05	01:22:02.40	01:22:02.40	8:12	7.3
133	SKOP PAWEŁ	2081	WKURW_TEAM	PRZEĆŁAW	POL	M30	33	M 85	00:03:30	00:54:02	01:22:04.70	01:22:04.70	8:12	7.3
134	KOPYCIŃSKI MIŁOSZ	2244		GODOWA		M30	34	M 86	00:02:41	00:52:01	01:22:26.40	01:22:26.40	8:14	7.3
135	BOMBA DAWID	2202		RZESZÓW	POL	M20	13	M 87	00:02:42	00:52:02	01:22:29.45	01:22:29.45	8:14	7.3
136	LENAR WOJCIECH	2197	KLUB SPORTOWY PRESTIGE	RZESZÓW	POL	M30	35	M 88	00:03:31	00:53:55	01:22:30.45	01:22:30.45	8:15	7.3
137	GARWACKA BEATA	2160		NIEPORĘT	POL	K50	3	K 49	00:03:12	00:52:51	01:22:51.20	01:22:51.20	8:17	7.2
138	SOBOCIŃSKA DOMINIKA	2147	RUN SŁOBODAN	USTRYKI DOLNE	POL	K30	20	K 50	00:03:26	00:53:39	01:23:12.90	01:23:12.90	8:19	7.2
139	BARADZIEJ BARBARA	2245		TYCHY		K30	21	K 51	00:01:14	00:51:02	01:24:01.20	01:24:01.20	8:24	7.1
140	SUŁKOWSKA JOANNA	2058		JAROSŁAW	POL	K40	13	K 52	00:02:49	00:51:56	01:24:05.20	01:24:05.20	8:24	7.1
141	BEDNARCZUK JOANNA	2193		POLSKA ELBLĄG	POL	K40	14	K 53	00:02:05	00:53:40	01:24:06.90	01:24:06.90	8:24	7.1
142	KIEŁB JAKUB	1056	1998	RZESZÓW	POL	M30	36	M 89	00:03:30	00:54:16	01:24:08.05	01:24:08.05	8:24	7.1
143	BATORA MARCIN	1331	SRTG DĘBICA	DĘBICA	POL	M30	37	M 90	00:03:03	00:54:56	01:24:24.45	01:24:24.45	8:26	7.1
144	ZIMEK DOMINIKA	2090	PANI	RZESZÓW	POL	K30	22	K 54	00:03:20	00:54:27	01:26:53.85	01:26:53.85	8:41	6.9
145	GŁUCHOWSKI WOJCIECH	2188	RYKI	WARSZAWA	POL	M40	28	M 91	00:01:23	00:52:30	01:27:00.30	01:27:00.30	8:42	6.9
146	PTASZYŃSKA MIŁENA	2162	KOSMOLÓW TEAM	OLKUSZ	POL	K30	23	K 55	00:02:23	00:55:03	01:27:03.75	01:27:03.75	8:42	6.9
147	BOCEK SŁAWOMIR	2027		BOGUCHWAŁA	POL	M40	29	M 92	00:03:37	00:55:09	01:27:05.15	01:27:05.15	8:42	6.9
148	POPIELA - KAWA SYLWIA	2210	KRYSTEK TEAM	RYGLICE	POL	K30	24	K 56	00:03:15	00:55:07	01:27:06.80	01:27:06.80	8:42	6.9
149	WYBRANIEC WOJCIECH	2211	OFIARY JEDZIENIA KOTLETÓW	SUCHA BESKIDZKA	POL	M40	30	M 93	00:03:15	00:55:08	01:27:07.40	01:27:07.40	8:42	6.9
150	WAJCOWICZ MAŁGORZATA	2200	POZYTYWNI ZABIEGANI SANOK	SANOK	POL	K40	15	K 57	00:02:22	00:51:27	01:27:10.80	01:27:10.80	8:43	6.9
151	ADAMCZAK WIESŁAW	2130	BIEGAJ BEZ KOŃCA	MIELEC	POL	M50	9	M 94	00:02:32	00:54:33	01:27:13.00	01:27:13.00	8:43	6.9
152	WOJTOWICZ ELŻBIETA	2073		KRAKÓW	POL	K40	16	K 58	00:00:51	00:53:37	01:27:15.20	01:27:15.20	8:43	6.9
153	SZPREJDA PAULINA	2054	MSMTECHNIC.COM	POZNAŃ	POL	K30	25	K 59	00:03:30	00:52:49	01:27:15.95	01:27:15.95	8:43	6.9
154	SZOSTAK DOROTA	2071	PRUSIE	LUBLIN	POL	K40	17	K 60	00:02:20	00:54:14	01:27:17.30	01:27:17.30	8:43	6.9
155	NAZIMEK MAŁGORZATA	2236		NOWY SĄCZ		K20	15	K 61	00:01:33	00:54:11	01:27:17.80	01:27:17.80	8:43	6.9
156	KNET MARCIN	2247		PRZEĆŁAW		M30	38	M 95	00:03:30	00:54:31	01:27:19.35	01:27:19.35	8:43	6.9
157	KALINOWSKA LUCYNA	2127		PRZEMYŚL	POL	K50	4	K 62	00:01:45	00:53:42	01:27:22.85	01:27:22.85	8:44	6.9
158	HADAM EWA	2095	SPARTAN RACE TRAINING GROUP	DYNÓW	POL	K50	5	K 63	00:03:28	00:54:29	01:27:23.30	01:27:23.30	8:44	6.9
159	KAJMOWICZ KASIA	2104		KOSZYCE WIELKIE	POL	K30	26	K 64	00:03:32	00:54:32	01:27:24.60	01:27:24.60	8:44	6.9

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Netto	Brutto	min/km	km/h
160	BORCZ MARCIN	2246		MIKOLICE		M30	39	M 96	00:03:37	00:55:23	01:27:29.90	01:27:29.90	8:44	6.9
161	PEKALSKA ANNA	2022		NIEPORĘT	POL	K40	18	K 65	00:03:11	00:55:02	01:27:31.00	01:27:31.00	8:45	6.9
162	GRABOWSKA PAULINA	2194		KRAKÓW	POL	K20	16	K 66	00:03:36	00:56:20	01:27:31.95	01:27:31.95	8:45	6.9
163	DRAZEK ALEKSANDRA	2164		RZESZÓW	POL	K20	17	K 67	00:01:13	00:55:02	01:27:45.80	01:27:45.80	8:46	6.8
164	KRYCZOWSKI ZBIGNIEW	2240		LUBACZÓW		M40	31	M 97	00:02:46	00:53:20	01:27:49.60	01:27:49.60	8:46	6.8
165	STRZEPEK JAGODA	2098		RZESZÓW	POL	K20	18	K 68	00:03:19	00:55:52	01:28:17.15	01:28:17.15	8:49	6.8
166	GRODON MAGDALENA	2171	TRENUJ Z NAMI	WROCLAW	POL	K40	19	K 69	00:02:19	00:56:31	01:29:24.15	01:29:24.15	8:56	6.7
167	SALUGA BARTLOMIEJ	2172		SOSNOWIEC	POL	M40	32	M 98	00:02:19	00:56:32	01:29:25.20	01:29:25.20	8:56	6.7
168	SKOREK-MASZOTA WERONIKA	2155		GDYNIA	POL	K40	20	K 70	00:02:07	00:56:09	01:29:26.55	01:29:26.55	8:56	6.7
169	ZIOBRO-MYŚLIWIEC ANNA	2234		PRZEDMIEŚCIE CZYDECKIE		K40	21	K 71	00:03:10	00:55:36	01:30:04.50	01:30:04.50	9:00	6.7
170	PACHOLIK KATARZYNA	2116		KOLONIA USTROŃSKA	POL	K30	27	K 72	00:03:45	00:55:18	01:31:08.20	01:31:08.20	9:06	6.6
171	TOMASZEWSKI MIKOŁAJ	2175		ŚLESIN	POL	M30	40	M 99	00:03:44	00:55:18	01:31:09.35	01:31:09.35	9:06	6.6
172	STANKIEWICZ EWA	2224		KONSTANCIN-JEZIORNA	POL	K30	28	K 73	00:03:01	00:58:20	01:31:43.00	01:31:43.00	9:10	6.5
173	NAZIMEK MARIUSZ	2237		NOWY SĄCZ		M40	33	M 100	00:01:35	00:57:41	01:31:45.05	01:31:45.05	9:10	6.5
174	TOMASZEWSKI MIKOŁAJ	2024		NOWYTOMYŚL	POL	M40	34	M 101	00:01:24	00:56:14	01:31:45.85	01:31:45.85	9:10	6.5
175	NOWAK KAROLINA	2158		NOWY TOMYŚL	POL	K30	29	K 74	00:01:23	00:56:11	01:31:47.70	01:31:47.70	9:10	6.5
176	SZCZEPANEK EWELINA	2031	POTRENUJEMY?	DĘBLIN	POL	K30	30	K 75	00:00:56	00:56:39	01:32:16.55	01:32:16.55	9:13	6.5
177	KANIA MONIKA	2166	POTRENUJEMY?	DĘBLIN	POL	K30	31	K 76	00:00:55	00:56:41	01:32:16.70	01:32:16.70	9:13	6.5
178	SKORUPKA ANNA	2131		NOWE IGANIE	POL	K30	32	K 77	00:00:56	00:56:39	01:32:16.55	01:32:16.55	9:13	6.5
179	FURDYNA MARIA	2167		WARSZAWA	POL	K30	33	K 78	00:03:37	00:58:55	01:32:38.25	01:32:38.25	9:15	6.5
180	CZAPLA ANDRZEJ	2080		CHEŁM	POL	M60	6	M 102	00:03:33	01:00:36	01:32:42.35	01:32:42.35	9:16	6.5
181	JANKOWSKI MARCIN	2094		BUKOWSKO	POL	M30	41	M 103	00:02:14	00:57:34	01:33:51.30	01:33:51.30	9:23	6.4
182	SŁOBODA KRZYSZTOF	2122	RUN SŁOBODA	USTRYKI DOLNE	POL	M60	7	M 104	00:03:24	01:00:21	01:33:57.50	01:33:57.50	9:23	6.4
183	ROJ MAGDALENA	2120	RUN SŁOBODAN	KRAKÓW	POL	K30	34	K 79	00:03:24	00:59:55	01:33:57.70	01:33:57.70	9:23	6.4
184	KONARSKA KAROLINA	2128	RUN SŁOBODAN	KRAKÓW	POL	K30	35	K 80	00:03:25	01:00:21	01:33:59.25	01:33:59.25	9:23	6.4
185	CZUBA JADWIGA	2061		LIGOTA ZAMECKA	POL	K30	36	K 81	00:01:09	00:57:14	01:34:17.00	01:34:17.00	9:22	6.4
186	STACHINIUK ARTUR	2196	CROSSFITTER	CHEŁM	POL	M30	42	M 105	00:03:38	00:58:22	01:35:04.45	01:35:04.45	9:30	6.3
187	SULEWSKA KASJA	2085	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	POL	K40	22	K 82	00:03:14	00:58:32	01:35:06.50	01:35:06.50	9:30	6.3
188	CZAJA WAĆLAW	2020		PRZEMYŚL	POL	M40	35	M 106	00:03:37	00:58:33	01:35:08.40	01:35:08.40	9:30	6.3
189	SNOPKOWSKI KRYSZTYAN	2068		KOLBUSZOWA	POL	M30	43	M 107	00:01:36	01:00:18	01:35:11.10	01:35:11.10	9:31	6.3
190	SZEWCZYK JAN ADAM	198		JODŁOWKA TUCHOWSKA	POL	M30	44	M 108	00:03:39	01:04:14	01:35:12.90	01:35:12.90	9:31	6.3
191	SIONKOWSKA JOANNA	2169	CROSSFITTER CHEŁM	CHEŁM	POL	K40	23	K 83		00:58:36	01:35:32.10	01:35:32.10	9:30	6.3
192	DADAŚ ELŻBIETA	2007	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	24	K 84	00:03:25	00:57:58	01:35:59.60	01:35:59.60	9:35	6.3
193	GAŁUSZEK OLGA	2190		POZNAŃ	POL	K50	6	K 85	00:01:41	01:01:05	01:36:02.15	01:36:02.15	9:36	6.2
194	ŁAZAROWICZ PIOTR	2227		KROSNO	POL	M30	45	M 109	00:03:42	01:01:34	01:36:21.20	01:36:21.20	9:38	6.2
195	ŠIMKO RADOSLAV	2207	MARAS TEAM	PREŠOV	SVK	M30	46	M 110	00:02:58	00:59:09	01:37:03.70	01:37:03.70	9:42	6.2
196	MROZKA AGNIESZKA	2114	BBL JAROSŁAW	JAROSŁAW	POL	K40	25	K 86	00:02:13	01:00:16	01:37:05.75	01:37:05.75	9:42	6.2
197	SĄCZAWA EWA	2140	BBL JAROSŁAW	MUNINA	POL	K40	26	K 87	00:02:13	01:00:17	01:38:20.15	01:38:20.15	9:47	6.1
198	KĘDRA AGNIESZKA	2072		RZESZÓW	POL	K20	19	K 88	00:01:51	00:59:20	01:38:25.10	01:38:25.10	9:50	6.1
199	RADYK JOANNA	2156	PRZEMYSKI KLUB BIEGACZA	PRZEMYŚL	POL	K30	37	K 89	00:03:13	00:59:22	01:38:26.30	01:38:26.30	9:50	6.1
200	WROTKOWSKA BARBARA	2105		WARSZAWA	POL	K30	38	K 90	00:02:46	01:03:45	01:38:28.50	01:38:28.50	9:50	6.1
201	WILK IZABELA	2174	SEKCJA PIASKI	PIASKI	POL	K40	27	K 91	00:02:18	01:04:13	01:38:29.10	01:38:29.10	9:50	6.1
202	CHRAPEK JOANNA	2079		TORUŃ	POL	K20	20	K 92	00:02:18	01:04:10	01:38:29.40	01:38:29.40	9:50	6.1
203	POLAK LUIZA	2178		RYKI	POL	K40	28	K 93	00:01:23	01:00:42	01:38:29.90	01:38:29.90	9:50	6.1
204	PASZKIEWICZ OLA	2159		SIERADZ	POL	K20	21	K 94	00:02:18	01:04:12	01:38:31.40	01:38:31.40	9:51	6.1
205	OPALSKI WOJCIECH	2107		WARSZAWA	POL	M40	36	M 111	00:02:49	00:44:27	01:38:32.25	01:38:32.25	9:51	6.1
206	WACHNIK AGNIESZKA	2021	NOWA HUTA TEAM	KRAKÓW	POL	K30	39	K 95	00:02:01	01:05:01	01:38:49.00	01:38:49.00	9:52	6.1
207	GRABOWSKA ANNA	2010	1968	DĘBICA	POL	K50	7	K 96	00:01:18	01:04:48	01:40:56.90	01:40:56.90	10:05	5.9
208	JUREWICZ ANETA	2037		KSAWERÓW	POL	K30	40	K 97	00:01:32		01:41:44.90	01:41:44.90	10:10	5.9
209	GAWRON GABRIELA	2103	ROOKS TEAM	NOWY BOREK	POL	K30	41	K 98	00:00:58	01:04:44	01:41:54.85	01:41:54.85	10:11	5.9
210	BURZ JOWITA	2084		RZESZÓW	POL	K40	29	K 99	00:03:53	01:02:42	01:43:30.65	01:43:30.65	10:21	5.8
211	PODOLAK ZBIGNIEW	2183		PRZEMYŚL	POL	M50	10	M 112	00:00:53	00:39:38	01:43:35.25	01:43:35.25	10:21	5.8
212	PARADOWSKI PAWEŁ	2083		RZESZÓW	POL	M50	11	M 113	00:03:51	01:02:40	01:43:49.80	01:43:49.80	10:22	5.8
213	MIKSZA ANETA	2136		CHEŁM	POL	K40	30	K 100	00:03:06	01:06:12	01:46:35.00	01:46:35.00	10:39	5.6
214	ŁODWICH MAREK	2238		CHEŁM		M40	37	M 114	00:03:06	01:06:11	01:46:36.35	01:46:36.35	10:39	5.6
215	HERNAS ANETA	1391		LUBLIN	POL	K30	42	K 101	00:03:10	01:07:09	01:48:22.30	01:48:22.30	10:50	5.5
216	FRAĆ ELŻBIETA	2013	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K40	31	K 102	00:03:27	01:06:29	01:48:22.60	01:48:22.60	10:50	5.5

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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.1km	5.5km	Netto	Brutto	min/km	km/h
217	ADAMSKA JOLA	2018	NIGHT RUNNERS GLIWICE	GLIWICE	POL	K50	8	K 103	00:03:40	01:21:21	02:08:26.55	02:08:26.55	12:50	4.7
	JERZAK KRZYSZTOF	2070		KRAKÓW	POL	M30			00:05:12	DNF	DNF	DNF	-	-
									DNF					