

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

Organizator: Fundacja Bieg Rzeźnika
 Data: 2020-01-25
 Miejsce: Cisna
 Dystans: 23 km
 Klasyfikacja wg czasów brutto.


VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
1	GAWLIK SŁAWEK	1005	DYNAFIT TEAM POLAND	KRAKÓW	POL	M30	1	M 1	00:25:32	00:53:51	01:19:39	01:33:23.10	01:33:23.85	4:03	14.8
2	ŁAGUNA KACPER	1180		WARSZAWA	POL	M30	2	M 2	00:25:38	00:54:29	01:21:13	01:35:15.55	01:35:23.90	4:08	14.5
3	KANIA MICHAŁ	1004	ADIDAS RUNNERS WARSAW	JÓZEFÓW	POL	M20	1	M 3	00:26:01	00:56:33	01:23:05	01:36:57.30	01:36:59.70	4:12	14.2
4	KRUPA PAWEŁ	1008	STALOWOWOLSKI KLUB BIEGACZA	AGATÓWKA	POL	M40	1	M 4	00:27:25	00:57:29	01:23:45	01:38:24.95	01:38:29.20	4:16	14
5	TRACZ ŁUKASZ	1320	WWW.TRENINGFIZJOTERAPIA/AQ UAREH	RADYMNO	POL	M30	3	M 5	00:27:30	00:58:12	01:25:16	01:39:04.55	01:39:06.05	4:18	13.9
6	WAĆHAŁA ŁUKASZ	1336		GOŁKOWICE	POL	M20	2	M 6	00:28:24	00:58:54	01:25:21	01:39:07.75	01:39:12.80	4:18	13.9
7	TRACZ PAULINA	1001	SALCOGARMINTEAM	JAROSŁAW	POL	K30	1	K 1	00:27:31	00:58:36	01:25:23	01:39:26.15	01:39:27.05	4:19	13.9
8	CZERWIAK MATEUSZ	1052	KW KRAKÓW	KRAKÓW	POL	M30	4	M 7	00:26:53	00:57:47	01:25:18	01:40:29.00	01:40:33.35	4:22	13.7
9	PAWŁOWSKI ARKADIUSZ	1246	ROCK&RUN	WARSZAWA	POL	M30	5	M 8	00:28:38	01:00:16	01:27:52	01:42:03.10	01:42:06.30	4:26	13.5
10	KURYŁOWICZ MICHAŁ	1159		KRAKÓW	POL	M40	2	M 9	00:27:16	00:58:29	01:42:21.75	01:42:26.30	01:42:26.30	4:27	13.5
11	DUDZIK ŁUKASZ	1006	GÓRAL BIEGA	KAMIENICA	POL	M30	6	M 10	00:27:43	00:59:04	01:27:55	01:42:46.70	01:42:48.60	4:28	13.4
12	SMOLIK BARTOSZ	1289	TURASZÓWKA	KROSNO	POL	M20	3	M 11	00:28:42	01:00:40	01:29:35	01:44:36.35	01:44:38.65	4:32	13.2
13	JAGIEŁKA MATEUSZ	1101	JERZYK TEAM	LESZNO	POL	M20	4	M 12	00:28:30	01:00:24	01:29:22	01:45:08.65	01:45:22.50	4:34	13.1
14	MIKOŁAJCZUK GRZEGORZ	1212	YULO RUN TEAM SIEDLCE	ZBUCZYN	POL	M40	3	M 13	00:28:58	01:00:27	01:29:50	01:45:33.95	01:45:38.90	4:35	13.1
15	JARMOLIŃSKI PIOTR	1002	MARCINŚWIERCTEAM	MIERZYN	POL	M40	4	M 14	00:29:08	01:01:31	01:30:36	01:45:56.70	01:45:58.60	4:36	13
16	KOSTKA JANUSZ	1144	POSMAKUJ RUN TEAM	SZCZEPAŃCOWA	POL	M50	1	M 15	00:28:39	01:01:42	01:31:18	01:46:35.35	01:46:39.10	4:38	12.9
17	BRENDZOWSKI ADAM	1035	SOLINA TEAM / RUNONLINE.PL TEAM	SOLINA	POL	M30	7	M 16	00:29:27	01:02:19	01:31:33	01:46:51.45	01:46:59.00	4:38	12.9
18	CELMER PIOTR	1043	CTS TRIAWA	WARSZAWA	POL	M40	5	M 17	00:28:52	01:01:59	01:31:33	01:47:07.75	01:47:11.65	4:39	12.9
19	PAPROCKA URSZULA	1239	NOWA HUTA TEAM	KRAKÓW	POL	K30	2	K 2	00:29:32	01:02:27	01:31:46	01:47:06.85	01:47:12.00	4:39	12.9
20	BRYL MARCIN	1038	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	6	M 18	00:30:02	01:03:31	01:32:16	01:47:37.10	01:47:50.15	4:40	12.8
21	SKOTNICZNY MICHAŁ	1285	EUROCLEAR RUNNING TEAM	KRAKÓW	POL	M30	8	M 19	00:29:08	01:02:22	01:33:12	01:49:23.85	01:49:29.20	4:45	12.6
22	WETHACZ DARIUSZ	1339	LOKOMOTIW MAJDAN	DOŁŻYCA	POL	M30	9	M 20	00:29:44	01:02:49	01:34:07	01:50:10.35	01:50:16.35	4:47	12.5
23	MATYSIAK TOMASZ	1204	CTS	WARSZAWA	POL	M40	7	M 21	00:28:54	01:03:41	01:34:38	01:50:17.70	01:50:21.65	4:47	12.5
24	BIGAS JAKUB	1022		LUBLIN	POL	M30	10	M 22	00:30:13	01:04:18	01:34:26	01:49:56.80	01:50:25.35	4:46	12.6
25	WĘGLIŃSKI MIKOŁAJ	1341		JAROCIN	POL	M30	11	M 23	00:28:41	01:01:31	01:32:07	01:50:13.30	01:50:45.65	4:47	12.5
26	LECKI MATEUSZ	1170	TEAM BIEGOWY SZCZECINEK	SZCZECINEK	POL	M30	12	M 24	00:29:57	01:04:25	01:34:41	01:50:25.70	01:50:46.80	4:48	12.5
27	DYMON BARTŁOMIEJ	1064	BIEGAJ-ZAPOBIEGAJ	SZCZAWNO-ZDRÓJ	POL	M40	8	M 25	00:29:56	01:03:32	01:34:31	01:50:36.85	01:50:52.85	4:48	12.5
28	BEM JAKUB	1395	NH TEAM	NOWA HUTA	POL	M20	5	M 26	00:29:09	01:02:33	01:35:16	01:50:53.85	01:50:53.85	4:49	12.4
29	KOWALCZYK AGNIESZKA	1003	DUKLANOWSKI TEAM	LESZNO	POL	K30	3	K 3	00:29:48	01:04:24	01:35:14	01:50:54.40	01:50:55.90	4:49	12.4
30	WAŁDOWSKI DOMINIK	1329	XRUNNERS	GDAŃSK	POL	M40	9	M 27	00:30:04	01:03:45	01:34:49	01:51:20.85	01:51:42.95	4:50	12.4
31	ZALEWSKI BARTŁOMIEJ	1359	BBL ZDUŃSKA WOLA	ZDUŃSKA WOLA	POL	M40	10	M 28	00:31:44	01:05:58	01:36:15	01:51:55.40	01:52:01.50	4:51	12.3
32	ZUBIK MICHAŁ	1368	LUBELSKA GRUPA TRIATHLONU	LUBLIN	POL	M40	11	M 29	00:31:01	01:05:53	01:36:20	01:52:03.00	01:52:33.75	4:52	12.3
33	WIĘCH PIOTR	1382		WOLMIN	POL	M30	13	M 30	00:30:14	01:05:06	01:36:16	01:52:26.10	01:52:44.40	4:53	12.3
34	STEPANIUK ADAM	1301	CHEŁM BIEGA	WIERZBICA - OSIEDLE	POL	M40	12	M 31	00:31:04	01:05:58	01:36:38	01:52:33.55	01:52:52.75	4:53	12.3
35	ŻMUDZIEJEWSKI JAKUB	1369	WM TRISELF	KRAKÓW	POL	M30	14	M 32	00:31:07	01:05:06	01:35:51	01:51:50.15	01:53:18.45	4:51	12.3
36	ŚWIĄDER MIROSLAW	1313	INTEL RUNNERS/RUNPASSION.PL TEAM	KOLBUDY	POL	M50	2	M 33	00:30:16	01:04:34	01:36:14	01:53:45.75	01:53:56.55	4:56	12.1
37	ZIOBROWSKI ŁUKASZ	1365		BRZEG	POL	M40	13	M 34	00:30:20	01:04:39	01:36:45	01:55:21.00	01:55:26.85	5:00	12
38	LATOSZEK RAFAŁ	1168	CTS	WARSZAWA	POL	M40	14	M 35	00:32:04	01:08:41	01:40:30	01:56:18.15	01:56:22.85	5:03	11.9
39	SZCZOT ANDRZEJ	1384		WROCŁAW	POL	M40	15	M 36	00:31:39	01:07:45	01:39:40	01:56:46.70	01:56:56.65	5:04	11.8
40	HEJNAR JAKUB	1093		SZCZEPAŃCOWA	POL	M30	15	M 37	00:33:15	01:06:50	01:38:27	01:55:03.60	01:57:00.30	5:00	12
41	GÓRAK GRZEGORZ	1082	BIEGAM BO LUBIĘ WYZWANIA	KRAKÓW	POL	M40	16	M 38	00:31:54	01:07:52	01:39:50	01:56:45.65	01:57:00.90	5:04	11.8
42	ŁOBODOWSKI MARCIN	1184	RACEFIGHTER GOSIR DĘBE WIELKIE	SIENNICA	POL	M30	16	M 39	00:30:23	01:06:31	01:39:52	01:57:40.45	01:57:40.45	5:06	11.7

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43	GROMALA DANUTA	1085	KW KRAKÓW	KRAKÓW	POL	K20	1	K 4	00:30:52	01:06:46	01:40:06	01:58:07.25	01:58:11.30	5:08	11.7
44	GARDZIEL JERZY	1396		JULIANÓW	POL	M40	17	M 40	00:32:58	01:09:55	01:41:49	01:58:05.90	01:58:19.45	5:08	11.7
45	ZALEWSKA ANNA	1358	BBL ZDUŃSKA WOLA	ZDUŃSKA WOLA	POL	K40	1	K 5	00:32:17	01:08:43	01:41:50	01:58:35.35	01:58:41.75	5:09	11.6
46	SIEMIĄTKOWSKA KATARZYNA	1280	RADOSNE GRZYBKI	POZNAŃ	POL	K30	4	K 6	00:32:47	01:09:15	01:42:12	01:58:50.10	01:59:31.50	5:10	11.6
47	KARDASZ MAREK	1118	SOLINA TEAM	POLANCZYK	POL	M40	18	M 41	00:32:46	01:10:29	01:43:17	01:59:33.05	01:59:41.90	5:11	11.5
48	KRUPA GRZEGORZ	1383	KB SOBÓTKA	STRZEGOMIANY	POL	M40	19	M 42	00:31:40	01:08:08	01:42:24	02:00:13.65	02:00:23.60	5:13	11.5
49	WOŹNICZKA JOLANTA	1353	SBRT WARSZAWA	WARSZAWA	POL	K40	2	K 7	00:31:33	01:08:06	01:41:39	02:00:31.85	02:00:31.85	5:14	11.5
50	PRÜFER PAWEŁ	1263		KOSIECZYN	POL	M40	20	M 43	00:31:47	01:10:34	01:41:49	01:59:58.45	02:00:38.40	5:13	11.5
51	ŁASTOWIECKI RADOSŁAW	1181	KS BARAKUDA MIŃSK MAZOWIECKI	MIŃSK MAZOWIECKI	POL	M40	21	M 44	00:34:18	01:12:41	01:44:29	02:00:21.65	02:01:04.15	5:14	11.5
52	SĄŁEK MATEUSZ	1276	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M20	6	M 45	00:34:23	01:12:16	01:45:05	02:01:34.10	02:01:47.65	5:17	11.4
53	BOJDO KAMIL	1028	STOP ZWOLNIENIOM Z WFU	DEBNO	POL	M20	7	M 46	00:33:20	01:11:11	01:43:47	02:00:57.25	02:02:02.50	5:15	11.4
54	ŚLIWIŃSKI ANDRZEJ	1311		MIECHÓW	POL	M60	1	M 47	00:33:00	01:11:34	01:45:04	02:02:07.90	02:02:13.65	5:18	11.3
55	PIĄTEK BEATA	1253	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	ŁAŃCUT	POL	K30	5	K 8	00:33:29	01:11:38	01:45:18	02:02:11.50	02:02:15.05	5:18	11.3
56	GRZENIA MAŁGORZATA	1088	CENTRUM MEDYCZNE ORTO-OPTYMIST LUBLIN	LUBLIN	POL	K50	1	K 9	00:33:49	01:11:25	01:44:42	02:02:01.85	02:02:30.20	5:18	11.3
57	RAJS MICHAŁ	1270		KRAKÓW	POL	M30	17	M 48	00:32:41	01:10:40	01:43:35	02:01:50.95	02:03:02.45	5:17	11.3
58	WOŁOZYŃ ARTUR	1352		RZESZÓW	POL	M30	18	M 49	00:35:07	01:12:51	01:46:15	02:03:13.50	02:03:22.30	5:21	11.2
59	KALBARCZYK WOJCIECH	1113	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M30	19	M 50	00:34:22	01:12:14	01:45:50	02:03:12.70	02:03:27.20	5:21	11.2
60	CIEPIEŁA PATRYK	1047	NOWA HUTA TEAM	KRAKÓW	POL	M30	20	M 51	00:36:37	01:15:19	01:46:41	02:02:58.15	02:03:59.00	5:20	11.2
61	PAWLIK ROBERT	1244		STASZÓW	POL	M40	22	M 52	00:33:53	01:11:43	01:45:46	02:04:20.10	02:04:33.35	5:24	11.1
62	BIENIECKA ANNA	1400		GLIWICE	POL	K40	3	K 10	00:33:26	01:12:09	01:46:39	02:05:13.60	02:05:18.90	5:26	11.1
63	SOLAREWICZ TOMASZ	1293		KLISINO	POL	M40	23	M 53	00:34:24	01:14:19	01:47:27	02:04:46.55	02:05:30.10	5:25	11.1
64	OSZYWA DAMIAN	1231	DAMCZI RUN	KIELCE	POL	M30	21	M 54	00:34:20	01:13:36	01:47:18	02:05:16.65	02:05:38.95	5:26	11.1
65	GAŚECKI DANIEL	1386	AKTYWNY DYNÓW	DYNÓW	POL	M40	24	M 55	00:35:04	01:14:21	01:47:37	02:05:15.40	02:05:42.80	5:26	11.1
66	ORGAN MICHAŁ	1374		KRAŚNIK	POL	M30	22	M 56	00:33:41	01:11:25	01:46:45	02:05:13.95	02:06:01.85	5:26	11.1
67	KORNOBIS MONIKA	1142	GO APTIV!	MIECHÓW	POL	K20	2	K 11	00:31:03	01:12:26	01:47:50	02:06:18.30	02:06:22.80	5:29	10.9
68	JAGIEŁKA KRZYSZTOF	1100	JERZYK TEAM	LESZNO	POL	M50	3	M 57	00:34:56	01:14:47	01:48:05	02:05:56.50	02:06:28.40	5:28	11.1
69	BORYCKI ARTUR	1033	TGR	DABROWA TARNOWSKA	POL	M40	25	M 58	00:36:44	01:15:01	01:47:21	02:05:03.40	02:07:07.60	5:26	11.1
70	TATARA MATEUSZ	1317	RUN-G	KRAKÓW	POL	M30	23	M 59	00:32:27	01:09:22	01:45:20	02:05:42.60	02:07:53.25	5:27	11.1
71	HENKELMANN DANIEL	1094	VEGE RUNNERS	WARSZAWA	POL	M40	26	M 60	00:35:49	01:15:14	01:48:56	02:06:04.20	02:08:06.45	5:28	10.9
72	KOŁODZIEJSKA MARTA	1134		GDYNIA	POL	K30	6	K 12	00:32:57	01:13:01	01:49:34	02:08:05.85	02:08:15.60	5:34	10.8
73	BASIAK MICHAŁ	1016		JÓZEFÓW	POL	M20	8	M 61	00:35:14	01:15:37	01:50:27	02:07:53.45	02:08:24.15	5:33	10.8
74	POGORZELSKI MARIUSZ	1376		OTWOCK	POL	M40	27	M 62	00:35:10	01:15:33	01:50:31	02:08:40.60	02:09:11.90	5:35	10.7
75	ISKRA GRZEGORZ	1390	KP PSP STRZYŻÓW	CZUDEC	POL	M30	24	M 63	00:35:02	01:15:00	01:50:29	02:08:57.40	02:09:57.15	5:36	10.7
76	CZARTORYSKA SYLWIA	1050	NASTĘPNY KROK	ŁOMŻA	POL	K40	4	K 13	00:37:15	01:17:23	01:51:32	02:09:46.45	02:10:09.90	5:38	10.6
77	SZNAJDER JAROSŁAW	1306		DOBCZYCE	POL	M50	4	M 64	00:33:40	01:15:02	01:51:58	02:10:33.15	02:10:52.10	5:40	10.6
78	DWERNICKI WIKTOR	1062		ZAGÓRZ	POL	M30	25	M 65	00:34:01	01:15:29	01:51:21	02:10:25.65	02:10:59.85	5:40	10.6
79	WARĘCKA KATARZYNA	1007	PIERDZĄCE ZAJĄCE	LESKO	POL	K20	3	K 14	00:34:38	01:14:50	01:51:51	02:11:13.05	02:11:22.05	5:42	10.5
80	MATUSZ TADEUSZ	1201		ROKIETNICA	POL	M40	28	M 66	00:36:33	01:16:10	01:51:53	02:11:02.65	02:11:34.55	5:41	10.5
81	RÓŁKA MARIOLA	1274	BP RUNNING TEAM	GLIWICE	POL	K40	5	K 15	00:38:58	01:19:50	01:53:54	02:10:48.40	02:11:37.60	5:41	10.6
82	SIENKO ŁUKASZ	1281		DYNÓW	POL	M30	26	M 67	00:35:29	01:15:13	01:51:37	02:11:15.15	02:11:45.25	5:42	10.5
83	GARUS ŁUKASZ	1075		BYTOM	POL	M30	27	M 68	00:35:08	01:15:03	01:52:18	02:11:22.65	02:11:54.25	5:42	10.5
84	SŁABOŃ MARIUSZ	1287	KIWK-A BIEGA	WOLBROM	POL	M40	29	M 69	00:35:40	01:17:05	01:53:03	02:11:33.65	02:11:55.65	5:43	10.5
85	LIANA TOMASZ	1174		ZAGÓRZANY	POL	M20	9	M 70	00:37:49	01:17:39	01:52:43	02:10:44.15	02:12:06.85	5:41	10.6
86	KOCHANIEC-MATUSZAK KAROLINA	1132		LUBLIN	POL	K30	7	K 16	00:35:46	01:16:02	01:52:52	02:11:47.75	02:12:16.90	5:43	10.5
87	DROZDOWICZ MICHAŁ	1057		WARSZAWA	POL	M40	30	M 71	00:34:34	01:14:49	01:52:47	02:12:18.85	02:12:36.20	5:45	10.4
88	DRAŻEK SŁAWOMIR	1378		FĄJSŁAWICE	POL	M40	31	M 72	00:36:55	01:17:52	01:54:03	02:12:51.55	02:13:02.40	5:46	10.4
89	ZIĘCINA SYLWIA	1362	ATLANTIC	KRAKÓW	POL	K30	8	K 17	00:36:22	01:15:18	01:51:54	02:11:24.00	02:13:35.95	5:42	10.5
90	BARTOSIEWICZ ADAM	1014	OCR POLSKA	GRYFINO	POL	M40	32	M 73	00:37:02	01:18:32	01:54:12	02:13:18.55	02:13:40.80	5:47	10.4
91	HALUCH ŁUKASZ	1092	POKER TO NIE HAZARD	NIECHOBZ	POL	M30	28	M 74	00:37:40	01:18:44	01:53:50	02:12:22.25	02:13:46.00	5:45	10.4
92	TRZCIELIŃSKI ROMAN	1322	PSY WARSZAWA	WARSZAWA	POL	M60	2	M 75	00:35:30	01:17:39	01:53:45	02:13:29.05	02:13:57.00	5:48	10.3
93	GACEK MICHAŁ	1073		BOREK SZLACHECKI	POL	M30	29	M 76	00:36:02	01:14:19	01:51:38	02:13:06.45	02:14:04.05	5:47	10.4
94	FEDAN ŁUKASZ	1070		ŁASZKI	POL	M30	30	M 77	00:35:27	01:16:51	01:53:18	02:13:31.30	02:14:14.90	5:48	10.3
95	WITKOWSKI WITOLD	1348		BYTOM	POL	M40	33	M 78	00:35:56	01:18:45	01:53:55	02:13:47.70	02:15:02.75	5:49	10.3
96	WYSKIEL DOMINIK	1356	AKTYWNY DYNOW	DYNOW	POL	M30	31	M 79	00:36:06	01:18:47	01:55:22	02:14:52.30	02:15:22.55	5:51	10.2

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
97	RUSZCZYK MAREK	1275		GLIWICE	POL	M40	34	M 80	00:35:12	01:16:52	01:54:46	02:14:38.05	02:15:24.35	5:51	10.3
98	SKUBISZ ALEKSANDRA	1286	AKTYWNY DYNÓW	HARTA	POL	K20	4	K 18	00:35:39	01:18:49	01:55:51	02:15:18.75	02:15:48.40	5:53	10.2
99	MUCHA ŁUKASZ	1216	DUSZPASTERSTWO AKADEMICKIE RADOM	RADOM	POL	M20	10	M 81	00:35:07	01:15:28	01:54:20	02:15:13.25	02:15:49.15	5:52	10.2
100	MĄKA WOJCIECH	1209	TRIWAWA	GRANICA	POL	M40	35	M 82	00:37:41	01:19:11	01:57:06	02:15:05.40	02:15:50.15	5:52	10.2
101	MOSKWA MONIKA	1214		CZUDEC	POL	K20	5	K 19	00:37:15	01:19:09	01:55:41	02:15:30.10	02:16:29.90	5:53	10.2
102	PLUTA SEBASTIAN	1256	DZIKIE MUSTANGI	BRZEŹNICA	POL	M40	36	M 83	00:36:52	01:17:30	01:54:40	02:14:55.50	02:16:43.80	5:51	10.2
103	POSPIECH MICHAŁ	1260		LESZNO	POL	M30	32	M 84	00:37:29	01:18:55	01:56:36	02:15:22.75	02:17:06.05	5:53	10.2
104	KITOWSKA ANNA	1126	PERFECT RUNNER TEAM	GŁOGÓW MAŁOPOLSKI	POL	K40	6	K 20	00:35:43	01:17:45	01:55:46	02:16:27.35	02:17:33.85	5:55	10.1
105	ILAVSKY IGOR	1097		VYSOKE TATRY	SVK	M40	37	M 85	00:36:13	01:17:11	01:56:16	02:17:29.10	02:17:53.05	5:58	10
106	PRUSZKOWSKI MARIUSZ	1264	CHEŁM BIEGA/CROSSFITTER BOX CHEŁM	CHEŁM	POL	M40	38	M 86	00:36:32	01:19:47	01:58:04	02:17:46.75	02:18:19.35	5:59	10
107	RADZIKOWSKI KRZYSZTOF	1269		SIEDLCE	POL	M40	39	M 87	00:35:59	01:17:56	01:52:43	02:10:51.60	02:18:27.60	5:41	10.5
108	SOBCZAK ZBIGNIEW	1290	MAZURSKI WILK	KRAKÓW	POL	M30	33	M 88	00:38:41	01:20:05	01:57:37	02:17:03.40	02:18:27.75	5:57	10.1
109	ŚCIBOR ADRIAN	1309		BRZOZÓW	POL	M30	34	M 89	00:40:24	01:21:05	01:57:20	02:16:17.40	02:18:32.55	5:55	10.1
110	GALEWSKI JACEK	1074	DRUŻYNA TVN	WARSZAWA	POL	M40	40	M 90	00:39:29	01:22:27	01:58:49	02:17:15.85	02:18:44.70	5:58	10.1
111	NOWAKOWSKI WIESŁAW	1226	-	PRZEMYŚL	POL	M60	3	M 91	00:36:28	01:21:01	01:59:23	02:18:37.55	02:18:47.55	6:01	10
112	RADOMIŃSKI TOMASZ	1267	KS BARAKUDA MIŃSK MAZOWIECKI	MIŃSK MAZOWIECKI	POL	M40	41	M 92	00:36:21	01:21:26	01:59:29	02:18:10.50	02:18:52.80	6:00	10
113	WILAMOWSKI DANIEL	1344		DZIAŁDOWO	POL	M20	11	M 93	00:35:29	01:19:55	01:57:38	02:17:49.60	02:19:18.00	5:59	10
114	KOPEĆ MARTA	1138	NOWA HUTA TEAM	KRAKÓW	POL	K20	6	K 21	00:37:28	01:20:12	01:58:46	02:18:32.70	02:19:33.35	6:01	10
115	MAZANEK MICHAŁ	1205		KRAKÓW	POL	M20	12	M 94	00:36:53	01:19:15	01:57:49	02:18:13.80	02:19:41.40	6:00	10
116	BIENIAS-OWCZARCZYK PAULINA	1021		OZORKÓW	POL	K20	7	K 22	00:36:49	01:20:00	01:59:22	02:19:36.70	02:20:11.45	6:04	9.9
117	RAPACZ MARCIN	1271	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	M50	5	M 95	00:39:11	01:22:30	02:00:09	02:20:05.85	02:20:33.15	6:05	9.9
118	MATUSZAK JAKUB	1202	NOWOCZESNYSPOORT.PL	RZESZÓW	POL	M30	35	M 96	00:38:10	01:20:50	01:59:43	02:19:23.70	02:20:33.55	6:03	9.9
119	TOMASZEWSKI MARCIN	1381		BYDGOSZCZ	POL	M40	42	M 97	00:38:15	01:19:38	01:58:14	02:19:20.80	02:20:45.05	6:03	9.9
120	ROZMIAREK SEBASTIAN	1273		SKRZYŃKI	POL	M20	13	M 98	00:35:03	01:14:35	01:54:55	02:19:43.50	02:21:37.15	6:04	9.9
121	STRZEŚAK PATRYCJA	1303		SZCZEPANOWICE	POL	K30	9	K 23	00:38:42	01:23:53	02:01:56	02:21:46.80	02:22:33.70	6:09	9.7
122	PIASECZNA LILIANA	1370	RUN-G	KRAKÓW	POL	K30	10	K 24	00:39:34	01:20:53	01:58:41	02:20:29.15	02:22:39.90	6:06	9.8
123	KORNAGA KAMIL	1140	KS RUDNIANKA RUDNA WIELKA	RUDNA WIELKA	POL	M20	14	M 99	00:36:45	01:19:35	02:00:17	02:22:08.90	02:23:44.15	6:10	9.7
124	WILK MARIUSZ	1346	DUSZPASTERSTWO AKADEMICKIE RADOM	RADOM	POL	M40	43	M 100	00:35:58	01:18:31	01:59:11	02:23:11.35	02:23:47.25	6:13	9.6
125	ŁABUZ PAWEŁ	1177	OVB ALLFINANZ R. CHUDZIAK-MAZUR	RZESZÓW	POL	M40	44	M 101	00:40:09	01:24:32	02:02:21	02:23:06.40	02:24:13.65	6:13	9.6
126	DOBEK HALINA	1389		GORLICE	POL	K40	7	K 25	00:40:02	01:25:11	02:04:45	02:24:32.95	02:24:49.45	6:17	9.5
127	RADWAN ANDRZEJ	1394	NH TEAM	KRAKÓW	POL	M50	6	M 102	00:39:59	01:24:16	02:02:51	02:24:00.85	02:25:03.35	6:15	9.6
128	NOWAK PIOTR	1224		SOSNOWIEC	POL	M30	36	M 103	00:39:40	01:23:37	02:03:13	02:23:21.90	02:25:14.50	6:14	9.6
129	ZUBA RAFAŁ	1367	BLACK RIVER	NOWY SĄCZ	POL	M20	15	M 104	00:38:46	01:24:39	02:02:48	02:24:04.65	02:25:26.20	6:15	9.6
130	MACH ALEKSANDER	1187	ATLANTIC	KRAKÓW	POL	M50	7	M 105	00:41:34	01:27:10	02:03:10	02:23:39.65	02:25:51.95	6:14	9.6
131	CHLIPAŁA MAREK	1045		JASTRZĘBIE-ZDRÓJ	POL	M30	37	M 106	00:36:08	01:20:35	02:02:34	02:25:44.70	02:25:56.40	6:20	9.5
132	GIERZ BARTŁOMIEJ	1079	GO APTIV!	KRAKÓW	POL	M30	38	M 107	00:30:49	01:12:45	01:47:49	02:26:17.00	02:26:22.00	5:29	10.9
133	WOJCIECHOWSKI KRZYSZTOF	1350	ULTRA ŁAŃCUT	ŁAŃCUT	POL	M40	45	M 108	00:37:48	01:21:31	02:04:34	02:26:14.70	02:26:25.20	6:21	9.4
134	GOLBIAK WOJCIECH	1080		MIĘDZYRZEC PODLASKI	POL	M40	46	M 109	00:38:47	01:22:16	02:04:05	02:25:48.15	02:26:27.40	6:20	9.5
135	CHLEBIŃSKI MACIEJ	1044	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M30	39	M 110	00:38:18	01:21:42	02:02:56	02:25:16.70	02:27:02.55	6:19	9.5
136	JURYŚ SŁAWOMIR	1112	JSYSTEM	KROSNO	POL	M40	47	M 111	00:40:42	01:27:59	02:06:09	02:26:09.85	02:27:22.75	6:21	9.4
137	BOJDA PAWEŁ	1027		BOGUCHWAŁA	POL	M30	40	M 112	00:35:50	01:23:19	02:04:59	02:28:18.75	02:28:24.30	6:26	9.3
138	HABRAT DOROTA	1090	HABRAT TEAM	KROSNO	POL	K40	8	K 26	00:38:02	01:23:54	02:05:30	02:27:22.65	02:28:33.80	6:24	9.4
139	ŚWIGOŃ ANETA	1315		KRAKÓW	POL	K30	11	K 27	00:41:38	01:26:23	02:05:26	02:26:53.75	02:28:40.55	6:23	9.4
140	ZAMORSKI ZBIGNIEW	1360	BIEGIEM RADOM	RADOM	POL	M40	48	M 113	00:40:47	01:27:41	02:07:09	02:26:33.15	02:28:46.35	6:22	9.4
141	BIEDROŃ ARTUR	1020	EP-HEART-TEAM	WARSZAWA	POL	M40	49	M 114	00:40:49	01:27:40	02:07:10	02:26:34.45	02:28:48.15	6:22	9.4
142	KONIEC MARIUSZ	1137	BONFIRE BONANZA	KRAKÓW	POL	M30	41	M 115	00:39:36	01:23:20	02:05:10	02:27:32.45	02:29:34.00	6:24	9.4
143	ŁAWROWSKI ADOLF	1373		TARNOBRZEG	POL	M60	4	M 116	00:37:57	01:23:18	02:03:49	02:29:25.30	02:30:06.75	6:29	9.2
144	JAKUBOWSKI WIESŁAW	1104	ATP AUGUSTÓW	PIJAWNE POLSKIE	POL	M50	8	M 117	00:40:03	01:27:04	02:07:22	02:29:25.30	02:30:28.75	6:29	9.2
145	JAKUBOWSKA ANNA	1103	ATP AUGUSTÓW	PIJAWNE POLSKIE	POL	K50	2	K 28	00:40:05	01:27:05	02:07:22	02:29:28.35	02:30:30.40	6:29	9.2
146	WAŁDOWSKA ANNA	1328	XRUNNERS	GDAŃSK	POL	K30	12	K 29	00:40:03	01:25:53	02:07:51	02:30:10.85	02:30:34.55	6:31	9.2
147	TOKARZ MARCIN	1393		LIBERTÓW	POL	M50	9	M 118	00:39:54	01:29:39	02:10:02	02:30:41.25	02:31:06.80	6:33	9.2

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
148	GRZYBOWSKI ARTUR	1089	BONFIRE BONANZA	WIELICZKA	POL	M30	42	M 119	00:37:24	01:23:23	02:05:34	02:29:11.40	02:31:11.75	6:29	9.3
149	SZADKOWSKI PAWEŁ	1385	NIGHT RUNNERS GLIWICE	GLIWICE	POL	M30	43	M 120	00:40:34	01:29:34	02:09:24	02:29:36.15	02:31:14.00	6:30	9.2
150	SKELTON SARAH	1379	VEGE RUNNERS	WARSZAWA	POL	K30	13	K 30	00:37:29	01:31:29	02:11:55	02:31:12.35	02:31:54.05	6:34	9.1
151	LUBAŃSKA ALICJA	1175	SSW TEAM KROŚNICE	BUKOWICE	POL	K50	3	K 31	00:38:42	01:26:06	02:08:43	02:31:48.65	02:32:05.25	6:36	9.1
152	KUSTROŃ ADAM	1161	PULEX	KROSNO	POL	M50	10	M 121	00:38:03	01:20:36	02:02:54	02:30:26.50	02:32:07.00	6:32	9.2
153	KOWALCZYK MONIKA	1147		KROSNO	POL	K40	9	K 32	00:38:03	01:20:36	02:02:54	02:30:27.20	02:32:07.35	6:32	9.2
154	HABRAT MACIEJ	1091	HABRAT TEAM	KROSNO	POL	M40	50	M 122	00:38:19	01:26:24	02:08:32	02:31:15.65	02:32:28.10	6:34	9.1
155	MACIEJEWSKI KAROL	1188		LUBLIN	POL	M30	44	M 123	00:39:47	01:24:05	02:05:17	02:31:08.40	02:32:43.85	6:34	9.1
156	KOLASA ANNA	1133		WARSZAWA	POL	K30	14	K 33	00:41:20	01:27:57	02:09:08	02:31:18.55	02:32:54.40	6:34	9.1
157	DEMSKI ARKADIUSZ	1056		RZESZÓW	POL	M30	45	M 124	00:42:09	01:29:56	02:09:31	02:30:48.75	02:32:55.50	6:33	9.2
158	DEMKA JOANNA	1055		RZESZÓW	POL	K20	8	K 34	00:42:08	01:29:57	02:09:32	02:30:49.85	02:32:56.40	6:33	9.1
159	WEBER AGATA	1337	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K40	10	K 35	00:40:14	01:29:09	02:10:19	02:31:36.25	02:33:01.30	6:35	9.1
160	ORZECZOWSKI MAREK	1229	TAK LUBIĘ SANDOMIERZ	SANDOMIERZ	POL	M50	11	M 125	00:40:10	01:27:35	02:09:45	02:32:56.70	02:33:21.15	6:39	9
161	PASEK WOJCIECH	1241	WOJSKO POLSKIE	GLUSZYCA	POL	M30	46	M 126	00:38:22	01:24:53	02:06:34	02:31:05.20	02:33:27.60	6:34	9.1
162	KĘPISTY MAREK	1123	COPYNET	KIELCE	POL	M40	51	M 127	00:35:33	01:17:20	01:54:09	02:33:03.00	02:33:37.00	5:47	10.4
163	KAWALEC ANNA	1120		TYCZYN	POL	K30	15	K 36	00:40:29	01:32:28	02:13:55	02:34:23.40	02:34:55.90	6:42	8.9
164	PORĘBSKA DOROTA	1259	NOWA HUTA TEAM	KRAKÓW	POL	K40	11	K 37	00:40:41	01:31:07	02:12:24	02:34:01.40	02:35:03.00	6:41	9
165	LASKA ANNA	1166	OCR TEAM DĘBICA	ROPCZYCE	POL	K40	12	K 38	00:40:35	01:28:05	02:10:24	02:33:28.95	02:35:07.35	6:40	9
166	ŁAGOŃSKI MACIEJ	1179	JELEŃIA PLAST SPORT TEAM	JEŻÓW SUDECKI	POL	M40	52	M 128	00:41:24	01:31:27	02:11:47	02:33:43.35	02:35:10.05	6:41	9
167	ŁAGOŃSKA MONIKA	1178	JELEŃIA PLAST SPORT TEAM	JEŻÓW SUDECKI	POL	K40	13	K 39	00:41:26	01:31:27	02:11:49	02:33:43.50	02:35:10.40	6:41	9
168	PEKAŁA JAREK	1252		ZABRZE	POL	M50	12	M 129	00:40:27	01:29:16	02:12:21	02:33:39.70	02:35:27.60	6:40	9
169	SZTANDERA GRZEGORZ	1307		PIEKOSZÓW	POL	M30	47	M 130	00:42:47	01:31:30	02:14:05	02:34:29.90	02:35:34.45	6:43	8.9
170	GRAD-KOWALCZYK BARBARA	1083		ŁAŃCUT	POL	K30	16	K 40	00:42:45	01:31:59	02:12:22	02:33:52.80	02:35:39.80	6:41	9
171	KOWALCZYK PIOTR	1146		ŁAŃCUT	POL	M40	53	M 131	00:42:44	01:31:55	02:12:19	02:33:52.00	02:35:40.00	6:41	9
172	WOŹNY ŁUKASZ	1354		RZESZÓW	POL	M30	48	M 132	00:43:32	01:32:58	02:12:01	02:34:32.40	02:35:41.65	6:43	8.9
173	KĘDZIOR MICHAŁ	1122	DRUŻYNA SZPIKU	RZESZÓW	POL	M30	49	M 133	00:46:16	01:32:58	02:12:01	02:34:35.20	02:35:44.20	6:43	8.9
174	BUGAŁA ROBERT	1041	SOLID HOUSE	LUBLIN	POL	M50	13	M 134	00:40:18	01:31:38	02:12:47	02:35:38.05	02:36:09.05	6:46	8.9
175	BIGAS GRZEGORZ	1023		WARSZAWA	POL	M30	50	M 135	00:39:54	01:27:55	02:11:20	02:35:49.25	02:36:19.05	6:46	8.9
176	SASAL MONIKA	1278	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	K40	14	K 41	00:39:16	01:26:19	02:12:00	02:35:58.75	02:36:24.85	6:46	8.8
177	DZIUBAŁA RADEK	1066	JERZYK TEAM	ŚWIĘCIECHOWA	POL	M50	14	M 136	00:41:19	01:30:49	02:13:49	02:36:09.25	02:36:41.55	6:47	8.8
178	PLUTA MARTA	1257	DZIKIE MUSTANGI	BRZEŹNICA	POL	K40	15	K 42	00:42:05	01:30:21	02:12:49	02:35:03.25	02:36:52.75	6:44	8.9
179	PALCZEWSKA MILENA	1237	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30	17	K 43	00:39:10	01:28:06	02:11:36	02:35:48.15	02:37:13.45	6:46	8.9
180	ŚLĄCZKA ARKADIUSZ	1310	FINISZ RYMANÓW	MIEJSCE PIASTOWE	POL	M30	51	M 137	00:38:40	01:31:06	02:14:27	02:36:05.35	02:37:24.50	6:47	8.8
181	KISZA-GRYNIENKO ANNA	1125		WROCLAW	POL	K30	18	K 44	00:40:40	01:35:00	02:15:57	02:35:57.15	02:37:33.05	6:46	8.8
182	GRYNIENKO PAWEŁ	1087		WROCLAW	POL	M30	52	M 138	00:40:40	01:34:59	02:15:56	02:35:58.05	02:37:34.10	6:46	8.8
183	GREGOROWICZ DARIUSZ	1084		ZAMOSC	POL	M50	15	M 139	00:43:16	01:31:38	02:15:20	02:36:22.30	02:37:36.25	6:47	8.8
184	ŁATKOWSKA MONIKA	1182	GRUPA BIEGOWA CHTMO	CHOTOMÓW	POL	K40	16	K 45	00:44:00	01:33:17	02:16:19	02:37:15.75	02:37:43.55	6:50	8.8
185	BRUDEREK ANNA	1037	RUNNERS TEAM JABŁONNA	JABŁONNA	POL	K40	17	K 46	00:43:58	01:32:49	02:16:18	02:37:15.00	02:37:43.75	6:50	8.8
186	ŁATKOWSKI ŁUKASZ	1183	GRUPA BIEGOWA CHTMO	CHOTOMÓW	POL	M40	54	M 140	00:43:58	01:33:31	02:16:18	02:37:15.10	02:37:44.25	6:50	8.8
187	URBANIEK SYLWESTER	1324		WARSZAWA	POL	M40	55	M 141	00:42:04	01:29:38	02:14:40	02:36:07.15	02:37:48.65	6:47	8.8
188	SAWULSKI BARTOSZ	1279	ROK	WARSZAWA	POL	M30	53	M 142	00:42:23	01:31:07	02:14:45	02:35:56.90	02:37:52.45	6:46	8.8
189	CIUPA WOJCIECH	1049	MULTIMEDIA RUNNERS PUŁAWY	PUŁAWY	POL	M40	56	M 143	00:43:54	01:33:49	02:15:25	02:35:50.05	02:38:13.15	6:46	8.9
190	KUS SŁAWOMIR	1160		WARSZAWA	POL	M40	57	M 144	00:43:48	01:31:40	02:14:12	02:36:07.05	02:38:22.40	6:47	8.8
191	DZIURUŃ PAWEŁ	1067		JÓZEFOSŁAW	POL	M30	54	M 145	00:43:47	01:31:40	02:14:13	02:36:09.85	02:38:25.80	6:47	8.8
192	SZEPIELAK DAWID	1305	BIEGANIE SZYDERCÓW	TARNÓW	POL	M30	55	M 146	00:41:40	01:30:33	02:14:53	02:37:24.45	02:38:27.95	6:50	8.8
193	KŁODZIŃSKI KLAUDIUSZ	1129	ULTRAMEKI	TARNÓW	POL	M40	58	M 147	00:41:16	01:36:19	02:17:35	02:37:33.45	02:38:38.00	6:51	8.8
194	MAJEWICZ DAMIAN	1190		STĘSZEW	POL	M30	56	M 148	00:42:50	01:29:45	02:10:48	02:36:52.90	02:39:14.75	6:49	8.8
195	SOBURA MAGDALENA	1292	WOŹNIAK RUNNING TEAM	KIELCE	POL	K40	18	K 47	00:43:17	01:32:34	02:16:48	02:38:07.75	02:39:16.70	6:52	8.7
196	ŁUSZCZYC ANNA	1186		RZESZÓW	POL	K30	19	K 48	00:44:33	01:35:13	02:16:03	02:38:11.75	02:39:19.75	6:52	8.7
197	KRYSIAK KRZYSZTOF	1152	TRIWAWA	WARSZAWA	POL	M50	16	M 149	00:41:52	01:30:49	02:14:55	02:38:48.25	02:39:33.80	6:54	8.7
198	DZIAMENTSJEVA VIYALETA	1065	JACEKBIEGA RUNNING TEAM	WARSZAWA	POL	K30	20	K 49	00:38:47	01:28:18	02:14:06	02:39:23.85	02:39:36.15	6:55	8.7
199	PAWLIK ANNA	1243	STARIS STASZÓW	STASZÓW	POL	K30	21	K 50	00:41:44	01:32:45	02:17:32	02:40:14.20	02:40:28.35	6:58	8.6
200	KASPROWICZ PIOTR	1119	FUN&RUN	CZUDEC	POL	M40	59	M 150	00:43:21	01:34:16	02:18:50	02:39:36.80	02:40:28.90	6:56	8.6
201	JODŁOWSKI ANDRZEJ	1110	FUN&RUN	CZUDEC	POL	M40	60	M 151	00:43:20	01:34:16	02:18:52	02:39:39.10	02:40:31.65	6:56	8.6
202	GAWLE MIROSLAW	1076	MARATOŃCZYK DĘBICA	ŻYRAKÓW	POL	M40	61	M 152	00:41:53	01:33:30	02:15:50	02:39:11.10	02:40:37.45	6:55	8.7
203	TOTKO PIOTR	1319	MARATOŃCZYK DĘBICA	DĘBICA	POL	M30	57	M 153	00:41:54	01:33:32	02:16:07	02:39:10.15	02:40:37.75	6:55	8.7
204	KUROWSKA MONIKA	1158	ATLANTIC	KRAKÓW	POL	K30	22	K 51	00:36:54	01:18:32	01:57:32	02:38:33.00	02:40:44.00	6:01	10

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
205	BEDNARSKA JOANNA	1018	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	KIELCE	POL	K40	19	K 52	00:43:15	01:32:33	02:17:29	02:39:56.80	02:41:06.20	6:57	8.6
206	NIEMIEC GRZEGORZ	1222	GRUPA BIEGOWA ZARSZYN	ZARSZYN	POL	M40	62	M 154	00:42:35	01:38:51	02:19:11	02:39:55.05	02:41:28.85	6:57	8.6
207	KOMANSKI RAFAŁ	1135	ZARSZYŃSKA GRUPA BIEGOWA	ZARSZYN	POL	M40	63	M 155	00:42:36	01:39:14	02:19:10	02:39:56.95	02:41:30.05	6:57	8.6
208	MAŁEK WOJCIECH	1195	GRUPA BIEGOWA ZARSZYN	ZARSZYN	POL	M40	64	M 156	00:42:37	01:38:52	02:19:13	02:39:59.50	02:41:31.80	6:57	8.6
209	LEWANDOWSKI JANUSZ	1173	BIEGAM DLA KUBY I HANI	SANOK	POL	M30	58	M 157	00:35:08	01:11:40	01:43:09	02:40:00.00	02:42:11.00	5:13	11.5
210	BECHTA DAMIAN	1017	ADIDAS RUNNERS WARSAW	BIAŁA PODLASKA	POL	M20	16	M 158	00:40:34	01:36:27	02:18:24	02:41:05.60	02:42:20.05	7:00	8.6
211	STARZECKA JOANNA	1297		JAROSŁAW	POL	K40	20	K 53	00:44:23	01:33:58	02:17:42	02:41:40.00	02:42:33.05	7:01	8.5
212	POLANOWSKI PAWEŁ	1258	EAGELS OF GALAXY	KRAKÓW	POL	M50	17	M 159	00:41:58	01:29:52	02:16:07	02:40:47.05	02:42:37.60	6:59	8.6
213	PIOTROWSKA ANNA	1255	SPARTANIE DZIECIOM	NADARZYN	POL	K50	4	K 54	00:41:02	01:32:42	02:19:36	02:41:26.85	02:42:44.50	7:01	8.5
214	POŹNIAK-STYCZYŃSKA MAJA	1261	DDC	PUŁAWY	POL	K30	23	K 55	00:40:15	01:31:13	02:16:34	02:40:47.50	02:42:52.15	6:59	8.6
215	GRUCHAŁA ROBERT	1086	PADŁ NA RYJ TEAM	GDYNIA	POL	M40	65	M 160	00:46:29	01:41:53	02:23:55	02:42:17.85	02:43:12.80	7:03	8.5
216	MARCINEK MARTA	1197	DROGA DO ULTRA	ŁÓDŹ	POL	K30	24	K 56	00:40:34	01:35:27	02:18:48	02:42:31.10	02:43:21.05	7:04	8.5
217	SOBOLEWSKA ALEKSANDRA	1291		KRAKÓW	POL	K30	25	K 57	00:42:38	01:32:15	02:18:27	02:42:51.25	02:43:24.40	7:04	8.5
218	CZYŻYKIEWICZ PIOTR	1053	GORLICKA GRUPA BIEGOWA	GORLICE	POL	M50	18	M 161	00:41:58	01:34:05	02:19:19	02:43:50.80	02:44:08.20	7:07	8.4
219	POKRYWKA STEFAN	1380		CISNA	POL	M60	5	M 162	00:40:15	01:30:22	02:18:21	02:44:08.25	02:44:11.15	7:08	8.4
220	KITOWSKI BARTOSZ	1127	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	GŁOGÓW MAŁOPOLSKI	POL	M40	66	M 163	00:41:55	01:31:46	02:19:18	02:43:34.60	02:44:41.70	7:06	8.4
221	NAKONIECZNY JACEK	1391	SII RUNNING TEAM	LUBLIN	POL	M30	59	M 164	00:42:48	01:39:15	02:22:24	02:44:09.95	02:45:22.55	7:08	8.4
222	STACHURA BEATA	1296	ATLANTIC	KRAKÓW	POL	K40	21	K 58	00:36:53	01:18:38	02:00:49	02:43:39.00	02:45:51.00	6:14	9.6
223	BURACZYŃSKA SANDRA	1387	DAWCY ZDROWIA	WROCŁAW	POL	K20	9	K 59	00:39:52	01:31:02	02:18:24	02:45:03.50	02:45:52.10	7:10	8.4
224	LASZCZYK ANNA	1167		WARSZAWA	POL	K30	26	K 60	00:38:37	01:36:24	02:22:08	02:45:28.15	02:45:59.05	7:11	8.3
225	KOSOWSKI TOMASZ	1143	STARE TRAMPY	KRAKÓW	POL	M40	67	M 165	00:45:27	01:38:41	02:21:57	02:44:39.85	02:46:21.35	7:09	8.4
226	MARUT KAŚKA	1198	BP RUNNING TEAM GLIWICE	GLIWICE	POL	K40	22	K 61	00:44:04	01:38:10	02:22:14	02:45:49.85	02:46:40.00	7:12	8.3
227	ZIÓLKOWSKA BOŻENA	1366	BIEGUNY WALBA	KROSNO	POL	K40	23	K 62	00:41:44	01:34:40	02:23:14	02:46:46.75	02:47:59.65	7:15	8.3
228	WALKOWSKA JUSTYNA	1327	JACEKBIEGA RUNNING TEAM	NOWA IWICZNA	POL	K40	24	K 63	00:43:18	01:38:15	02:23:13	02:46:51.90	02:48:17.35	7:15	8.3
229	PEKAŁA ANNA	1251	NIGHT RUNNERS ZABRZE	ZABRZE	POL	K40	25	K 64	00:43:57	01:35:32	02:21:46	02:46:52.55	02:48:40.15	7:15	8.3
230	FUS JACEK	1072		RZESZÓW	POL	M60	6	M 166	00:40:52	01:33:54	02:22:28	02:48:31.70	02:48:42.55	7:19	8.2
231	KOWALCZYK ANNA	1148	DOGOŃ GRODZISK MAZOWIECKI	CZARNY LAS	POL	K40	26	K 65	00:42:58	01:36:50	02:23:47	02:48:05.75	02:48:52.35	7:18	8.2
232	BOZA BEATA	1034	PADŁ NA RYJ TEAM	GDYNIA	POL	K40	27	K 66	00:46:27	01:41:53	02:26:23	02:48:26.90	02:49:22.10	7:19	8.2
233	PSZCZOŁA MACIEJ	1265		LUBLIN	POL	M30	60	M 167	00:40:25	01:32:08	02:23:51	02:47:46.55	02:49:23.65	7:17	8.2
234	MERESTA KONRAD	1211	LW BOGDANKA	ŁĘCZNA	POL	M30	61	M 168	00:48:03	01:43:51	02:26:33	02:48:22.80	02:49:28.10	7:19	8.2
235	PERŁOWSKA-ŁOŚ JUSTYNA	1248		RZESZÓW	POL	K30	27	K 67	00:45:43	01:38:18	02:25:26	02:48:18.85	02:50:25.95	7:19	8.2
236	RODZEŃ KATARZYNA	1272		LUBLIN	POL	K30	28	K 68	00:43:34	01:37:19	02:24:30	02:50:06.85	02:50:55.60	7:23	8.1
237	TRUSZCZYŃSKA JOANNA	1321		GDYNIA	POL	K50	5	K 69	00:46:33	01:41:53	02:26:39	02:50:43.15	02:51:36.80	7:25	8.1
238	ŁUSZCZYK KRZYSZTOF	1185		RZESZÓW	POL	M30	62	M 169	00:46:23	01:42:15	02:28:03	02:50:56.25	02:52:04.70	7:25	8.1
239	DUDA IWONA	1059	LUBELSKA GRUPA TRIATHLONU	LUBLIN	POL	K30	29	K 70	00:45:21	01:41:38	02:26:45	02:50:18.20	02:52:13.85	7:24	8.1
240	DUDA RAFAŁ	1060	LUBELSKA GRUPA TRIATHLONU	LUBLIN	POL	M30	63	M 170	00:45:22	01:41:36	02:26:45	02:50:17.60	02:52:14.10	7:24	8.1
241	DUMA KONRAD	1061		STAŁOWA WOLA	POL	M20	17	M 171	00:47:15	01:40:46	02:27:25	02:51:34.85	02:53:29.75	7:27	8
242	BOROWSKI ROBERT	1032		MRAĞOWO	POL	M30	64	M 172	00:41:24	01:40:13	02:27:15	02:52:58.75	02:53:36.15	7:31	8
243	CZECHOWSKA IZABELA	1051	WW TEAM	LUBLIN	POL	K40	28	K 71	00:42:02	01:39:19	02:27:14	02:53:14.65	02:53:43.55	7:31	8
244	MASZKOWSKA ANNA	1199		LUBLIN	POL	K40	29	K 72	00:46:01	01:46:14	02:31:12	02:52:10.00	02:54:18.80	7:29	8
245	BOROŃ KRZYSZTOF	1031		KRAKÓW	POL	M40	68	M 173	00:45:25	01:37:55	02:26:11	02:53:04.55	02:54:47.00	7:31	8
246	PENCONEK AGATA	1247		WARSZAWA	POL	K30	30	K 73	00:45:53	01:42:10	02:28:15	02:52:59.05	02:54:57.90	7:31	8
247	MAŁACHOWSKI SEBASTIAN	1194		KRAKÓW	POL	M40	69	M 174	00:37:45	01:28:29	02:12:28	02:54:54.00	02:55:02.00	6:44	8.9
248	WAŁĘGA MONIKA	1330		DĘBICA	POL	K30	31	K 74	00:44:28	01:41:59	02:30:08	02:54:46.35	02:55:22.05	7:35	7.9
249	KOBIALKA IREK	1130		DĘBICA	POL	M40	70	M 175	00:44:35	01:41:59	02:30:11	02:54:50.50	02:55:23.65	7:36	7.9
250	ŚWIĘCH ADAM	1314		ZABIEŻKI	POL	M40	71	M 176	00:45:40	01:42:32	02:29:22	02:53:59.15	02:56:04.85	7:33	7.9
251	KORAB GRZEGORZ	1139		OTWOCK	POL	M40	72	M 177	00:45:44	01:42:34	02:29:23	02:54:00.55	02:56:06.30	7:33	7.9
252	MAJSZCZYK PAULINA	1193	HARDCOROWE WYCHYLYBYMY	OTWOCK	POL	K30	32	K 75	00:40:36	01:32:17	02:26:22	02:55:47.10	02:56:19.30	7:38	7.9
253	RAK CEZARY	1377		KARCIEW	POL	M30	65	M 178	00:39:41	01:32:17	02:26:24	02:55:49.35	02:56:20.15	7:38	7.8
254	NOWACKI ROMAN	1223		KUTNO	POL	M40	73	M 179	00:42:22	01:42:53	02:28:44	02:54:39.30	02:56:50.70	7:35	7.9
255	MUJTA EWELINA	1217		LUBIEŃ KUJAWSKI	POL	K30	33	K 76	00:42:23	01:42:53	02:28:46	02:54:38.20	02:56:50.85	7:35	7.9
256	UNIOWSKI TOMASZ	1323	ĆMY BAROWE	LUBLIN	POL	M30	66	M 180	00:48:04	01:44:01	02:31:14	02:56:34.35	02:57:40.25	7:40	7.8
257	SOSZYŃSKA GOSIA	1295	CZŁAPACZE	WARSZAWA	POL	K50	6	K 77	00:46:59	01:40:09	02:30:10	02:55:55.15	02:58:12.35	7:38	7.8
258	MASZKOWSKI RAFAŁ	1200		LUBLIN	POL	M40	74	M 181	00:46:02	01:46:16	02:31:54	02:57:28.20	02:59:36.70	7:42	7.8
259	TOKARZ ADRIAN	1318	DZIKIE MUSTANGI	BRZEŹNICA	POL	M30	67	M 182	00:46:31	01:42:49	02:33:40	02:58:02.90	02:59:51.75	7:44	7.8

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
260	MĄDRO MATEUSZ	1208	DZIKIE MUSTANGI	SKRZYSZÓW	POL	M30	68	M 183	00:46:37	01:43:12	02:33:32	02:57:55.15	02:59:52.50	7:44	7.8
261	KAPUSTA ZUZANNA	1116	DZIKIE MUSTANGI	LUBZINA	POL	K40	30	K 78	00:46:27	01:42:49	02:33:36	02:57:59.60	02:59:52.60	7:44	7.8
262	NOWAK WIOLETTA	1225	DZIKIE MUSTANGI	DĘBICA	POL	K30	34	K 78	00:46:33	01:45:41	02:33:42	02:58:02.95	02:59:52.60	7:44	7.8
263	LAMPART MARTA	1165	DZIKIE MUSTANGI	DĘBICA	POL	K30	35	K 80	00:46:31	01:45:36	02:33:43	02:58:00.90	02:59:54.20	7:44	7.8
264	MAZUR MARIOLA	1206	DZIKIE MUSTANGI	DĘBICA	POL	K30	36	K 81	00:46:41	01:42:49	02:33:36	02:58:01.25	02:59:55.05	7:44	7.8
265	KROCZEK LILIANA	1149	BPRT GLIWICE	GLIWICE	POL	K40	31	K 82	00:46:25	01:44:29	02:32:16	02:59:09.85	02:59:58.75	7:47	7.7
266	LAMPART DOROTA	1164	DZIKIE MUSTANGI	DĘBICA	POL	K30	37	K 83	00:46:34	01:45:38	02:33:46	02:58:14.05	03:00:04.00	7:45	7.7
267	PANEK PIOTR	1238	DZIKIE MUSTANGI	BRZEŹNICA	POL	M40	75	M 184	00:46:33	01:42:46	02:33:47	02:58:14.45	03:00:04.55	7:44	7.7
268	BLAZOWSKI WOJCIECH	1024		RZESZÓW	POL	M40	76	M 185	00:46:41	01:41:07	02:32:33	02:59:44.20	03:00:18.45	7:48	7.7
269	ZIMEK DOMINIKA	1363		RZESZÓW	POL	K30	38	K 84	00:46:35	01:44:06	02:32:35	02:59:52.55	03:00:26.60	7:49	7.7
270	MACKOWIAK-RYDZYŃSKA ANNA	1189		ZBROSŁAWICE	POL	K40	32	K 85	00:42:48	01:43:27	02:31:50	02:59:24.15	03:00:38.30	7:48	7.7
271	FOLTA JAN	1071	GRUPA BIEGOWA ZARSZYN	ZARSZYN	POL	M50	19	M 186	00:42:43	01:38:16	02:29:12	02:59:52.90	03:01:27.55	7:49	7.7
272	ŚWISTAK MATEUSZ	1316		PIASTÓW	POL	M30	69	M 187	00:43:41	01:44:07	02:29:20	03:00:22.10	03:01:34.40	7:50	7.7
273	ZAWADZKI PIOTR	1361		WARSZAWA	POL	M30	70	M 188	00:45:37	01:46:52	02:34:49	02:59:59.25	03:01:56.45	7:49	7.7
274	SIKORSKA AGNIESZKA	1282		WARSZAWA	POL	K30	39	K 86	00:47:44	01:46:20	02:34:30	03:00:00.40	03:02:17.70	7:49	7.7
275	ŚWISTAK KAROLINA	1304		KRAKÓW	POL	K40	33	K 87	00:43:35	01:44:08	02:29:20	03:01:15.90	03:02:27.80	7:52	7.6
276	KUTKOWSKI JAN	1162	DUSZPASTERSTWO AKADEMICKIE RADOM	RADOM	POL	M30	71	M 189	00:43:32	01:39:43	02:33:30	03:03:16.70	03:03:54.85	7:58	7.5
277	PROKOPOWICZ ANNA	1262		GLIWICE	POL	K30	40	K 88	00:47:00	01:43:07	02:34:39	03:02:20.80	03:04:10.30	7:55	7.6
278	WARAS BARBARA	1334		KATOWICE	POL	K30	41	K 89	00:44:38	01:39:33	02:33:50	03:03:34.95	03:05:06.10	7:58	7.5
279	SKOREK MASZOTA WERONIKA	1283	PADŁ NA RYJ TEAM	GDYNIA	POL	K40	34	K 90	00:49:24	01:48:37	02:39:15	03:04:48.10	03:05:42.40	8:02	7.5
280	JASIŃSKA NATALIA	1105	EXTREMEWOLF	SZCZECIN	POL	K30	42	K 91	00:50:49	01:49:08	02:38:34	03:05:34.55	03:06:35.55	8:04	7.4
281	WIERCHOŁA JOANNA	1343		LUBLIN	POL	K60	1	K 92	00:46:39	01:49:15	02:39:16	03:06:22.20	03:07:09.30	8:06	7.4
282	POL ROB	1371	NOĆNE WOŁKI	STRZYŻÓW	POL	M40	77	M 190	00:45:38	01:37:53	02:23:14	03:07:12.00	03:08:02.00	7:16	8.3
283	KLIMCZAK PAWEŁ	1128		WARSZAWA	POL	M40	78	M 191	00:47:22	01:42:51	02:37:15	03:06:09.95	03:08:26.70	8:05	7.4
284	KULPAN AGATA	1157		WARSZAWA	POL	K30	43	K 93	00:47:19	01:42:51	02:37:14	03:06:10.70	03:08:27.30	8:05	7.4
285	KORNILÓW PIOTR	1141		WARSZAWA	POL	M50	20	M 192	00:47:59	01:47:14	02:39:49	03:06:43.15	03:08:46.70	8:07	7.4
286	KIELIŃSKA KAMILA	1124		BOLSZEWO	POL	K30	44	K 94	00:49:20	01:51:34	02:42:28	03:08:49.75	03:09:00.95	8:12	7.3
287	BALON MARCIN	1011	B&B RUNNERS	KROSNO	POL	M40	79	M 193	00:49:02	01:50:53	02:41:31	03:08:44.20	03:10:04.95	8:12	7.3
288	BIDNIK JAKUB	1019	B&B RUNNERS	KROSNO	POL	M40	80	M 194	00:48:59	01:50:53	02:41:28	03:08:43.90	03:10:05.70	8:12	7.3
289	GORAJEK MICHAŁ	1081	ALA&LILA	NOWY KRĘPIEC	POL	M40	81	M 195	00:46:43	01:49:59	02:39:35	03:08:23.75	03:10:20.15	8:11	7.3
290	WINIARCZYK ŁUKASZ	1347	KLUB#SMARTRUN	LUBLIN	POL	M40	82	M 196	00:46:47	01:50:01	02:39:37	03:08:41.50	03:10:36.95	8:12	7.3
291	KULITA ELA	1156	TAK LUBIE SANDOMIERZ	SANDOMIERZ	POL	K40	35	K 95	00:45:54	01:43:06	02:43:48	03:10:24.65	03:10:48.65	8:16	7.2
292	MATUSZCZYK ADRIAN	1203		SZCZEPANEK	POL	M40	83	M 197	00:45:03	01:50:30	02:40:53	03:11:16.65	03:11:53.95	8:18	7.2
293	KRYŚIAK JAKUB	1151	TRIWAWA	WARSZAWA	POL	M20	18	M 198	00:42:43	01:45:46	02:43:46	03:11:57.35	03:12:42.10	8:20	7.2
294	SPIEWAK KAROLINA	1312	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN	POL	K30	45	K 96	00:50:51	01:52:39	02:43:33	03:12:08.50	03:13:10.10	8:21	7.2
295	ADAMCZAK WIESŁAW	1009	BIEGAJ BEZ KOŃCA	MIELEC	POL	M60	7	M 199	00:49:08	01:51:57	02:41:35	03:12:23.10	03:13:33.25	8:21	7.2
296	JABŁOŃSKI KAROL	1099	KS ZIELONO - CZARNI	MIŃSK MAZOWIECKI	POL	M30	72	M 200	00:46:08	01:59:16	02:45:57	03:14:00.50	03:14:41.30	8:26	7.1
297	WĘGLIŃSKA JOANNA	1340	MKB DREPTAK	MIŃSK MAZ	POL	K40	36	K 97	00:46:43	01:58:12	02:46:12	03:14:02.65	03:14:44.25	8:26	7.1
298	WĘGLIŃSKI SEBUŚ	1342	MKB DREPTAK	MIŃSK MAZOWIECKI	POL	M30	73	M 201	00:46:42	01:59:14	02:45:55	03:14:03.25	03:14:44.95	8:26	7.1
299	KRYSTOFIAK DAWID	1153		WARSZAWA	POL	M20	19	M 202	00:49:31	01:43:34	02:54:58	03:13:24.50	03:14:46.30	8:24	7.1
300	KAMIONOWSKI MARIUSZ-JACEK	1115	MORSY OSTROŁĘKA	OSTROŁĘKA	POL	M50	21	M 203	00:52:08	02:00:53	02:49:42	03:13:15.70	03:14:49.30	8:24	7.1
301	PAWŁOWSKA- LIS MARIA	1245	MARUSIABIEGAPL	JANOWIEC	POL	K40	37	K 98	00:52:08	01:57:06	02:47:00	03:13:16.20	03:14:49.95	8:24	7.1
302	CUBER ANETA	1392		POŁANIEC	POL	K20	10	K 99	00:47:02	01:50:10	02:44:47	03:14:41.15	03:15:07.30	8:27	7.1
303	DĄBRÓWKA RADOŚLAŃ	1054	FUNDACJA LATARNIA	BUKOWSKO	POL	M30	74	M 204	00:49:07	01:40:57	02:27:06	03:14:20.00	03:15:30.00	7:34	7.9
304	GENDERA NARCYZ	1077		GOSTYŃ	POL	M30	75	M 205	00:52:03	01:50:42	02:44:54	03:13:49.20	03:15:33.05	8:25	7.1
305	PACUŁA KRZYSZTOF	1236		PRZEMYŚL	POL	M30	76	M 206	00:46:11	01:58:07	02:47:36	03:14:58.70	03:15:36.75	8:28	7.1
306	JEZIOREK JOZI	1108		ŁAPCZYCA	POL	M40	84	M 207	00:50:16	01:49:08	02:41:44	03:14:16.80	03:15:56.35	8:26	7.1
307	SOŁTYS TERESA	1294	WKURW_TEAM	STAŁOWA WOLA	POL	K30	46	K 100	00:46:27	01:49:13	02:42:08	03:14:21.50	03:16:13.30	8:27	7.1
308	SZYMANOWSKA MONIKA	1308		TUREK	POL	K40	38	K 101	00:49:19	01:52:30	02:47:04	03:16:18.40	03:16:18.40	8:32	7
309	FAFARA AGNIESZKA	1069		ŁÓDŹ	POL	K40	39	K 102	00:53:16	01:56:14	02:49:32	03:14:14.35	03:16:20.65	8:26	7.1
310	PIECH ADAM	1254	PORANNY PATROL	KRAKÓW	POL	M40	85	M 208	00:49:20	01:56:00	02:47:26	03:14:30.80	03:16:22.90	8:27	7.1
311	BASAK JUSTYNA	1015	WKURW_TEAM	DWIKOZY	POL	K30	47	K 103	00:46:32	01:49:14	02:42:08	03:14:37.40	03:16:28.95	8:27	7.1
312	PUZIO ANNA	1266	MARATOŃCZYK DĘBICA	DĘBICA	POL	K60	2	K 104	00:50:24	01:54:20	02:47:00	03:15:03.95	03:16:31.75	8:28	7.1
313	WAŚOWSKA JAGODA	1441	PEGAZ	PIASECZNO	POL	K50	7	K 105	00:52:14	02:03:08	02:52:13	03:14:53.40	03:16:37.25	8:28	7.1
314	MAMCZYŃSKA GRAŻYNA	1196		KATOWICE	POL	K50	8	K 106	00:54:18	01:57:04	02:47:38	03:16:48.60	03:17:58.50	8:33	7

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	6.5km	13.3km	19.4km	Netto	Brutto	min/km	km/h
315	KULESZYŃSKI JACEK	1155	PENTATHLON SZCZECINEK	SZCZECINEK	POL	M30	77	M 209	00:43:45	01:50:21	02:43:33	03:17:57.70	03:18:34.00	8:36	7
316	MYŚLIŃSKI TOMASZ	1218	BIEGUSIEM.PL	WIELOGÓRA	POL	M40	86	M 210	00:47:22	01:49:52	02:47:32	03:18:04.20	03:18:41.95	8:36	7
317	PABIAŃCZYK MAŁGORZATA	1235		KRAKÓW	POL	K40	40	K 107	00:48:22	01:49:38	02:46:55	03:17:58.15	03:19:44.85	8:36	7
318	KALINOWSKI JANUSZ	1114		ŁÓDŹ	POL	M60	8	M 211	00:53:19	01:56:13	02:49:38	03:19:53.30	03:21:58.00	8:41	6.9
319	LAZAROWICZ PIOTR	1169	WKURW_TEAM	KROSNO	POL	M40	87	M 212	00:53:05	02:04:05	02:54:46	03:21:27.50	03:22:39.80	8:45	6.9
320	WELONCZYK BARTOSZ	1338	ZUCHWAŁY ZAJĄC	WARSZAWA	POL	M30	78	M 213	00:47:30	02:07:51	02:55:04	03:21:55.45	03:22:52.15	8:46	6.8
321	JAWORSKA AGNIESZKA	1107		WARSZAWA	POL	K40	41	K 108	00:52:56	02:04:00	02:56:26	03:24:07.70	03:24:40.85	8:52	6.8
322	WÓJCIK ŁUKASZ	1355	SII RUNNING TEAM	LUBLIN	POL	M30	79	M 214	00:50:52	01:51:10	02:48:02	03:23:55.30	03:25:08.95	8:51	6.8
323	KOT WIKTORIA	1145		RZESZÓW	POL	K20	11	K 109	00:52:07	01:54:29	02:51:42	03:24:26.95	03:25:48.20	8:53	6.7
324	WYSOKIŃSKI TOMASZ	1357	BONFIRE BONANZA	KRAKOW	POL	M30	80	M 215	00:49:59	02:00:04	02:52:59	03:24:29.55	03:26:30.25	8:53	6.7
325	BOREK SABINA	1029	BONFIRE BONANZA	KRAKÓW	POL	K20	12	K 110	00:50:01	02:00:04	02:53:07	03:24:30.20	03:26:30.75	8:53	6.7
326	WASILEWSKA MAŁGORZATA	1335		WARSZAWA	POL	K30	48	K 111	00:53:36	01:57:48	02:53:31	03:25:02.95	03:26:44.70	8:54	6.7
327	JEŻEWSKA ANGELIKA	1109		WARSZAWA	POL	K30	49	K 112	00:53:36	01:57:47	02:53:31	03:25:04.40	03:26:45.45	8:54	6.7
328	NASARZEWSKA JOANNA	1221	WEST COAST RUNNERS CYPRUS	BRZEZINY	POL	K40	42	K 113	00:48:34	02:05:06	02:58:16	03:25:45.30	03:27:14.45	8:56	6.7
329	LEN MARIUSZ	1171		WARSZAWA	POL	M50	22	M 216	02:54:14			03:27:57.45	03:27:57.45	9:02	6.6
330	URBANIAK AGNIESZKA	1325		LEGIONOWO	POL	K40	43	K 114	00:53:49	01:59:12	02:56:31	03:26:48.55	03:28:51.80	8:59	6.7
331	ZIOBRO-MYŚLIWIEC ANNA	1364	FUN&RUN	PRZEDMIEŚCIE CZUDECKIE	POL	K40	44	K 115	00:49:07	02:00:14	02:56:04	03:29:01.15	03:29:55.45	9:05	6.6
332	MYŚLIWIEC WOJCIECH	1219	FUN&RUN	PRZEDMIEŚCIE CZUDECKIE	POL	M40	88	M 217	00:49:08	02:00:15	02:56:05	03:29:02.20	03:29:55.85	9:05	6.6
333	SKORUPKA ANNA	1284		NOWE IGANIE	POL	K40	45	K 116	00:55:34	01:59:37	02:59:26	03:29:58.50	03:31:01.30	9:07	6.6
334	WISZNIEWSKI KAROL	1388	AKS POLONIA WARSZAWA	WARSZAWA	POL	M30	81	M 218	00:42:00	02:15:04	03:03:50	03:29:46.60	03:31:04.30	9:07	6.6
335	JABŁONKA RADOSŁAW	1098	DZIADY OCR	WYSZKÓW	POL	M40	89	M 219	00:42:44	02:15:00	03:03:49	03:29:54.80	03:31:12.80	9:07	6.6
336	PASZKIEL ALICJA	1242		WARSZAWA	POL	K20	13	K 117	00:49:26	01:44:11	02:55:11	03:31:03.40	03:32:25.50	9:10	6.5
337	MAKOSA KONRAD	1210		WARSZAWA	POL	M40	90	M 220	00:51:59	02:07:21	03:01:33	03:31:16.45	03:32:54.55	9:11	6.5
338	OBARSKA MAŁGORZATA	328		STARACHOWICE	POL	K50	9	K 118	00:54:42	02:04:23	03:00:44	03:31:49.50	03:33:47.10	9:12	6.5
339	DZIURZYŃSKA ULKA	1068	GOODCOACHTEAM	KRAKÓW	POL	K40	46	K 119	00:53:49	02:10:05	03:04:58	03:31:38.80	03:33:53.05	9:12	6.5
340	OŻÓG DOROTA	1232		CHEŁM	POL	K40	47	K 120	00:54:00	02:05:25	03:02:28	03:33:09.90	03:34:26.25	9:16	6.5
341	ZDROJEWSKI ANDRZEJ	1375	ADIDAS RUNNERS WARSAW	BIAŁYSTOK	POL	M40	91	M 221	00:52:27	02:15:21	03:09:01	03:33:15.50	03:34:31.05	9:16	6.5
342	OŻÓG IWONA	1233		CHEŁM	POL	K40	48	K 121	00:54:03	02:05:26	03:02:52	03:33:23.30	03:34:39.60	9:16	6.5
343	MAJEWSKA SONIA	1192		GOSTYŃ	POL	K20	14	K 122	00:52:05	01:50:41	02:45:30	03:35:02.00	03:36:46.00	8:28	7.1
344	BAREŁA ANDRZEJ	1013	FIFARFAFA	STALOWA WOLA	POL	M40	92	M 222	00:52:58	02:02:06	03:03:10	03:36:02.70	03:37:07.80	9:23	6.4
345	JASIUL MARIOLA	1106		LEGIONOWO	POL	K40	49	K 123	00:56:11	02:04:49	03:04:09	03:35:55.75	03:37:29.50	9:23	6.4
346	PARADOWSKI PAWEŁ	1240		RZESZÓW	POL	M50	23	M 223	00:53:33	02:09:24	03:09:55	03:41:42.50	03:42:26.85	9:38	6.2
347	BURZ JOWITA	1042		RZESZÓW	POL	K40	50	K 124	00:53:35	02:09:25	03:09:57	03:41:53.60	03:42:37.25	9:38	6.2
348	STRASSBERGER KATARZYNA	1302		GLIWICE	POL	K50	10	K 125	00:59:00	02:14:44	03:09:10	03:42:43.80	03:44:05.70	9:41	6.2
349	PĘDOWSKA BOŻENA	1249		GLIWICE	POL	K50	11	K 126	00:58:59	02:14:58	03:08:54	03:42:43.80	03:44:06.35	9:41	6.2
350	PĘDOWSKI WOJCIECH	1250		GLIWICE	POL	M50	24	M 224	00:58:04	02:14:47	03:09:36	03:42:44.90	03:44:07.70	9:41	6.2
351	BRODECKI ADAM	1036	WATAHA ŁĄCZY NAS BIEGANIE	RADZYŃ PODLASKI	POL	M20	20	M 225	00:53:23	02:15:01	03:12:34	03:43:46.80	03:46:01.85	9:43	6.2
352	GRABOWSKA ANNA	1372	„ MARATOŃCZYK" DĘBICA	DĘBICA	POL	K50	12	K 127	00:55:32	02:16:10	03:19:15	03:53:37.25	03:54:38.45	10:09	5.9
353	SAMEK ARTUR	1277		BOCHNIA	POL	M40	93	M 226				03:58:35.00	03:58:35.00	10:22	5.8
354	BORKOWSKA EWA	1030	WKURW-TEAM	ZŁOTOW	POL	K60	3	K 128	01:00:05	02:18:09	03:26:09	04:01:20.15	04:02:52.65	10:29	5.7
355	GENDERA EWA	1078	NIGHT RUNNERS	POZNAŃ	POL	K40	51	K 129	01:01:08	02:31:15	03:32:48	04:06:55.35	04:08:20.65	10:44	5.6
356	WANDEL AGNIESZKA	1332	FACE NORDIC WALKING TEAM	POZNAŃ	POL	K40	52	K 130	01:01:09	02:31:15	03:32:48	04:06:57.60	04:08:22.15	10:44	5.6