

# V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Zimowy Maraton Bieszczadzki 2019  
Fundacja Bieg Rzeźnika  
2019-01-26  
Cisna  
23 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>BODURKA Krzysztof</b>	<b>1001</b>	ALPIN SPORT	M20	1	00:00:23	00:24:23	00:55:19	01:23:20		<b>01:38:48.75</b>	<b>01:38:48.75</b>		4:17	14
2	<b>DOMISZEWSKI Ignacy</b>	<b>1003</b>	MKS HALICZ	M20	2	00:00:26	00:26:31	01:01:38	01:31:49		<b>01:48:38.50</b>	<b>01:48:38.50</b>	+00:09:49	4:43	12.7
3	<b>KANIA Michał</b>	<b>1273</b>	ADIDAS RUNNERS WARSAW	M20	3	00:00:29	00:28:26	01:04:23	01:36:33		<b>01:53:41.55</b>	<b>01:53:41.55</b>	+00:14:52	4:56	12.1
4	<b>GAWLIK Sławek</b>	<b>1059</b>	MARCIN ŚWERCTEAM	M30	1	00:00:26	00:28:55	01:05:15	01:37:30		<b>01:54:20.30</b>	<b>01:54:20.30</b>	+00:15:31	4:58	12.1
5	<b>WYWŁOKA Paulina</b>	<b>1385</b>	SALCO GARMIN TEAM	K20	1	00:00:33	00:29:27	01:06:46	01:38:08		<b>01:55:30.75</b>	<b>01:55:30.75</b>	+00:16:42	5:01	11.9
6	<b>SOLIŃSKA Katarzyna</b>	<b>1438</b>		K20	2	00:00:33	00:29:34	01:06:54	01:39:11		<b>01:56:57.35</b>	<b>01:56:57.35</b>	+00:18:08	5:05	11.8
7	<b>BRZAŃKALSKI Krzysiek</b>	<b>1370</b>		M20	4	00:00:28	00:29:00	01:05:33	01:39:14		<b>01:58:03.75</b>	<b>01:58:03.75</b>	+00:19:15	5:07	11.7
8	<b>DUDZIK Łukasz</b>	<b>1002</b>	GÓRAL BIEGA	M30	2	00:00:34	00:29:52	01:07:12	01:40:42		<b>01:58:41.35</b>	<b>01:58:41.35</b>	+00:19:52	5:09	11.6
9	<b>TRACZ Łukasz</b>	<b>1384</b>	WWW.TRENINGFIZJOTERAPIA.PL	M30	3	00:00:33	00:29:50	01:07:17	01:41:35		<b>01:59:55.20</b>	<b>01:59:55.20</b>	+00:21:06	5:12	11.5
10	<b>BYRCZEK Jan</b>	<b>1428</b>	OTK RZEŹNIK/UKS KOMETA GLIWICE	M20	5	00:00:51	00:31:08	01:08:53	01:43:08		<b>02:01:25.20</b>	<b>02:01:25.20</b>	+00:22:36	5:16	11.4
11	<b>KOZA Kamil</b>	<b>1253</b>	STALOWOLSKI KLUB BIEGACZA	M20	6	00:01:09	00:30:59	01:09:35	01:43:08		<b>02:02:02.20</b>	<b>02:02:02.20</b>	+00:23:13	5:18	11.3
12	<b>PRĘTNIK Sławomir</b>	<b>1297</b>		M30	4	00:02:03	00:32:47	01:10:42	01:44:12		<b>02:02:18.90</b>	<b>02:02:18.90</b>	+00:23:30	5:19	11.3
13	<b>GŁUSZKO Przemysław</b>	<b>1250</b>	SOLINA TEAM	M30	5	00:00:33	00:30:08	01:09:39	01:44:59		<b>02:03:53.95</b>	<b>02:03:53.95</b>	+00:25:05	5:23	11.1
14	<b>WINIARSKA Katarzyna</b>	<b>1396</b>	PRZEMYSKI KLUB BIEGACZA	K30	1	00:00:34	00:31:02	01:11:00	01:45:30		<b>02:04:02.60</b>	<b>02:04:02.60</b>	+00:25:13	5:23	11.1
15	<b>ŠTRAUB Daniel</b>	<b>1105</b>		M20	7	00:01:10	00:32:12	01:12:13	01:45:52		<b>02:04:14.30</b>	<b>02:04:14.30</b>	+00:25:25	5:24	11.1
16	<b>MARZEC Krzysztof</b>	<b>1234</b>		M40	1	00:00:32	00:31:07	01:10:07	01:45:32		<b>02:04:31.50</b>	<b>02:04:31.50</b>	+00:25:42	5:24	11.1
17	<b>JARMOLIŃSKI Piotr</b>	<b>1164</b>	WECZORNE BIEGANIE WSZCZECINIE	M40	2	00:00:34	00:31:11	01:11:01	01:46:04		<b>02:05:09.95</b>	<b>02:05:09.95</b>	+00:26:21	5:26	11
18	<b>ADAMCZYK Przemysław</b>	<b>1099</b>	ADIDAS RUNNERS WARSAW	M40	3	00:00:27	00:31:13	01:12:22	01:47:31		<b>02:06:12.65</b>	<b>02:06:12.65</b>	+00:27:23	5:29	10.9
19	<b>ODOWSKI Michał</b>	<b>1341</b>		M20	8		01:48:32				<b>02:07:22.80</b>	<b>02:07:22.80</b>	+00:28:34	5:32	10.8
20	<b>MILER Marcin</b>	<b>1461</b>		M40	4	00:01:03	00:32:37	01:13:02	01:48:33		<b>02:07:31.30</b>	<b>02:07:31.30</b>	+00:28:42	5:32	10.8
21	<b>JURA Maciej</b>	<b>1022</b>	ITMBW KRAKÓW	M20	9	00:00:57	00:32:33	01:13:41	01:49:12		<b>02:08:02.00</b>	<b>02:08:02.00</b>	+00:29:13	5:34	10.8
22	<b>KOWALCZYK Adam</b>	<b>1375</b>	ADIDAS RUNNERS WARSAW	M30	6	00:00:32	00:32:00	01:13:25	01:49:53		<b>02:10:04.45</b>	<b>02:10:04.45</b>	+00:31:15	5:39	10.6
23	<b>BORDUN Maciej</b>	<b>1236</b>	SIARKA TARNOBREZEG	M30	7	00:00:32	00:31:06	01:10:54	01:48:33		<b>02:10:18.80</b>	<b>02:10:18.80</b>	+00:31:30	5:39	10.6
24	<b>WIĘCH Piotr</b>	<b>1444</b>		M30	8	00:01:29	00:33:33	01:15:01	01:51:21		<b>02:10:39.40</b>	<b>02:10:39.40</b>	+00:31:50	5:40	10.6
25	<b>RATYŃSKI Marek</b>	<b>1063</b>	OTWOCKI TUPTACZ	M40	5	00:00:53	00:32:15	01:15:06	01:52:53		<b>02:13:02.50</b>	<b>02:13:02.50</b>	+00:34:13	5:47	10.4
26	<b>ZAWADA Michał</b>	<b>1228</b>	MARYSIN WAWERSKI	M30	9	00:00:35	00:31:46	01:13:48	01:52:43		<b>02:13:26.20</b>	<b>02:13:26.20</b>	+00:34:37	5:48	10.3
27	<b>SKOTNICZNY Michał</b>	<b>1128</b>	EUROCLEAR RUNNING TEAM	M20	10	00:00:35	00:32:06	01:13:57	01:51:58		<b>02:13:38.55</b>	<b>02:13:38.55</b>	+00:34:49	5:48	10.3
28	<b>DYMON Bartłomiej</b>	<b>1296</b>		M40	6	00:00:58	00:33:14	01:14:23	01:52:38		<b>02:14:24.25</b>	<b>02:14:24.25</b>	+00:35:35	5:50	10.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
29	<b>NOWICKI Kamil</b>	<b>1058</b>		M30	10	00:00:35	00:33:40	01:17:30	01:55:43		<b>02:15:25.55</b>	<b>02:15:25.55</b>	+00:36:36	5:53	10.2
30	<b>SZCZOT Andrzej</b>	<b>1452</b>	KB SOBÓTKA	M40	7	00:00:41	00:32:57	01:17:16	01:56:24		<b>02:17:35.35</b>	<b>02:17:35.35</b>	+00:38:46	5:58	10
31	<b>NEUFELD Marcin</b>	<b>1237</b>	INTEL RUNNERS / RUNPASSION.PL TEAM	M40	8	00:00:39	00:32:23	01:17:54	01:57:13		<b>02:17:50.35</b>	<b>02:17:50.35</b>	+00:39:01	5:59	10
32	<b>MAŚLANY Daniel</b>	<b>1123</b>		M40	9	00:00:59	00:33:08	01:17:13	01:56:43		<b>02:19:40.05</b>	<b>02:19:40.05</b>	+00:40:51	6:04	9.9
33	<b>STEPANIUK Adam</b>	<b>1354</b>	CHEŁM BIEGA	M40	10	00:01:53	00:36:13	01:21:18	01:58:22	00:01:00	<b>02:20:03.40</b>	<b>02:20:03.40</b>	+00:41:14	6:02	9.9
34	<b>MARCZAK Paweł</b>	<b>1142</b>	ADIDAS RUNNERS WARSAW	M40	11	00:00:52	00:34:47	01:18:45	01:58:44		<b>02:20:21.95</b>	<b>02:20:21.95</b>	+00:41:33	6:06	9.8
35	<b>JAGIELKA Mateusz</b>	<b>1311</b>	LINKLATERS RUNNING TEAM	M20	11	00:00:53	00:34:07	01:18:09	01:57:35		<b>02:21:13.00</b>	<b>02:21:13.00</b>	+00:42:24	6:08	9.8
36	<b>KORZEP-CZEKALSKA Dorota</b>	<b>1220</b>	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	1	00:01:08	00:35:33	01:21:34	02:00:40		<b>02:21:31.95</b>	<b>02:21:31.95</b>	+00:42:43	6:09	9.8
37	<b>JACHIMOWSKI Jarosław</b>	<b>1324</b>	POZYTYWNIIE ZABIEGANI SANOK	M30	11	00:02:43	00:37:53	01:21:31	02:00:45		<b>02:21:40.70</b>	<b>02:21:40.70</b>	+00:42:51	6:09	9.7
38	<b>BUDNIAK Tomasz</b>	<b>1231</b>	KB TKKF PROMYK CIECHANÓW	M30	12		00:35:18	01:20:49	02:00:20		<b>02:22:08.05</b>	<b>02:22:08.05</b>	+00:43:19	6:10	9.7
39	<b>MIKOŁAJCZYK Tomasz</b>	<b>1147</b>		M30	13	00:01:12	00:35:11	01:20:41	02:01:16		<b>02:22:42.50</b>	<b>02:22:42.50</b>	+00:43:53	6:12	9.7
40	<b>HORODEJCZUK Antoni</b>	<b>1406</b>	HORODEJCZUK TEAM	M40	12	00:00:32	00:34:29	01:19:49	02:00:50		<b>02:22:59.15</b>	<b>02:22:59.15</b>	+00:44:10	6:13	9.7
41	<b>KACPERSKI Olaf</b>	<b>1458</b>		M40	13	00:01:11	00:37:33	01:24:10	02:03:20		<b>02:23:05.10</b>	<b>02:23:05.10</b>	+00:44:16	6:13	9.6
42	<b>STRZAŁKOWSKI Artur</b>	<b>1095</b>	ADIDAS RUNNERS	M20	12	00:01:43	00:37:54	01:24:36	02:03:24		<b>02:23:14.05</b>	<b>02:23:14.05</b>	+00:44:25	6:13	9.6
43	<b>NOWOMIEJSKI Marcin</b>	<b>1194</b>	BIEGACZ CEGŁÓW	M40	14	00:00:57	00:33:56	01:19:09	02:00:53		<b>02:23:20.40</b>	<b>02:23:20.40</b>	+00:44:31	6:13	9.6
44	<b>WALEWSKI Lukasz</b>	<b>1166</b>	DENTISTOO	M40	15	00:00:44	00:35:52	01:22:01	02:02:16		<b>02:23:43.40</b>	<b>02:23:43.40</b>	+00:44:54	6:14	9.6
45	<b>CHAJDAŚ Mateusz</b>	<b>1315</b>		M20	13	00:01:16	00:37:55	01:24:02	02:03:21		<b>02:23:47.00</b>	<b>02:23:47.00</b>	+00:44:58	6:15	9.6
45	<b>WOŁOCH Michał</b>	<b>1320</b>	DIATA SPARTA	M30	14	00:01:16	00:37:56	01:24:00	02:03:22		<b>02:23:47.00</b>	<b>02:23:47.00</b>	+00:44:58	6:15	9.6
47	<b>KRUPA Grzegorz</b>	<b>1451</b>		M40	16	00:00:56	00:36:37	01:23:52	02:03:49		<b>02:24:43.40</b>	<b>02:24:43.40</b>	+00:45:54	6:17	9.5
48	<b>DWORAKOWSKI Andrzej</b>	<b>1235</b>		M40	17	00:03:17	00:41:55	01:27:06	02:05:19		<b>02:25:10.25</b>	<b>02:25:10.25</b>	+00:46:21	6:18	9.5
49	<b>GÓRKA Łukasz</b>	<b>1393</b>	PODRÓŻE Z MARATONEM	M30	15	00:01:06	00:37:34	01:24:59	02:05:18		<b>02:25:39.80</b>	<b>02:25:39.80</b>	+00:46:51	6:19	9.5
50	<b>BAŁON Konrad</b>	<b>1272</b>		M20	14	00:02:28	00:37:39	01:24:04	02:03:23		<b>02:25:41.00</b>	<b>02:25:41.00</b>	+00:46:52	6:20	9.5
51	<b>TUCZAPSKI Piotr</b>	<b>1358</b>	XRUNNERS	M20	15	00:00:35	00:34:02	01:19:52	02:03:33		<b>02:25:43.05</b>	<b>02:25:43.05</b>	+00:46:54	6:20	9.5
52	<b>WĘGRZYN Emil</b>	<b>1359</b>	WARBUD RUNNIK TEAM	M30	16	00:00:44	00:34:54	01:22:19	02:04:25		<b>02:26:19.50</b>	<b>02:26:19.50</b>	+00:47:30	6:21	9.4
53	<b>WARĘCKA Kasia</b>	<b>1230</b>		K20	3	00:00:39	00:35:57	01:24:09	02:05:30		<b>02:27:41.00</b>	<b>02:27:41.00</b>	+00:48:52	6:25	9.3
54	<b>SIWAK Ryszard</b>	<b>1233</b>	TEAM RYŚ SKI	M40	18	00:01:54	00:38:15	01:25:35	02:06:10		<b>02:28:16.00</b>	<b>02:28:16.00</b>	+00:49:27	6:26	9.3
55	<b>KOŁODZIEJ Łukasz</b>	<b>1202</b>		M30	17	00:01:31	00:36:33	01:25:24	02:06:23		<b>02:28:31.90</b>	<b>02:28:31.90</b>	+00:49:43	6:27	9.3
56	<b>WOJTASIK Grzegorz</b>	<b>1270</b>		M40	19	00:01:28	00:37:42	01:24:02	02:06:52		<b>02:29:02.65</b>	<b>02:29:02.65</b>	+00:50:13	6:28	9.3
57	<b>MICAŁ Łukasz</b>	<b>1413</b>	ITMBW KRAKÓW	M20	16	00:01:25	00:35:50	01:24:43	02:06:06		<b>02:29:27.05</b>	<b>02:29:27.05</b>	+00:50:38	6:29	9.2
58	<b>KONKEL Katarzyna</b>	<b>1407</b>	MAJA TEAM	K20	4	00:00:52	00:34:19	01:31:43	02:09:11		<b>02:29:53.20</b>	<b>02:29:53.20</b>	+00:51:04	6:31	9.2
59	<b>TOKARZ Adrian</b>	<b>1048</b>	DZIKIE MUSTANGI	M30	18	00:01:37	00:39:15	01:26:45	02:07:22		<b>02:30:30.95</b>	<b>02:30:30.95</b>	+00:51:42	6:32	9.2
60	<b>WOŹNIAK Grzegorz</b>	<b>1156</b>		M30	19	00:00:47	00:35:11	01:24:55	02:06:50		<b>02:30:37.65</b>	<b>02:30:37.65</b>	+00:51:48	6:32	9.2
61	<b>SUŁKOWSKI Maciej</b>	<b>655</b>	TRIATHLON JAROSŁAW	M40	20	00:02:49	00:42:31	01:28:58	02:08:49		<b>02:30:39.50</b>	<b>02:30:39.50</b>	+00:51:50	6:33	9.2
62	<b>BALON Piotr</b>	<b>1409</b>	BAKOMAT TEAM	M30	20	00:02:16	00:39:24	01:25:24	02:08:02		<b>02:30:44.70</b>	<b>02:30:44.70</b>	+00:51:55	6:33	9.2
63	<b>WEREMKO Grzegorz</b>	<b>1145</b>	MULTIMEDIA RUNNERS PUŁAWY	M40	21	00:01:37	00:38:35	01:29:38	02:11:00		<b>02:31:32.20</b>	<b>02:31:32.20</b>	+00:52:43	6:35	9.1
64	<b>SKORUPKA Leszek</b>	<b>1249</b>	M3 SIEDLCE	M30	21	00:02:21	00:40:03	01:29:05	02:10:03		<b>02:31:49.90</b>	<b>02:31:49.90</b>	+00:53:01	6:36	9.1
65	<b>GRACZYK Karolina</b>	<b>1437</b>		K30	2	00:00:41	00:38:26	01:29:41	02:10:48		<b>02:32:43.40</b>	<b>02:32:43.40</b>	+00:53:54	6:38	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
66	<b>GRZENIA Małgorzata</b>	<b>1144</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	K50	1	00:01:11	00:36:25	01:25:31	02:09:49		<b>02:33:31.00</b>	<b>02:33:31.00</b>	+00:54:42	6:40	9
67	<b>SZYBIAK Waldemar</b>	<b>1420</b>		M50	1	00:01:49	00:39:46	01:29:26	02:10:59		<b>02:33:37.00</b>	<b>02:33:37.00</b>	+00:54:48	6:40	9
68	<b>MACH Tomasz</b>	<b>1159</b>	LUBELSKA GRUPA TRIATHLONU	M40	22	00:00:48	00:34:01	01:32:24	02:12:32		<b>02:34:23.00</b>	<b>02:34:23.00</b>	+00:55:34	6:42	8.9
69	<b>SZYMEŁ Jacek</b>	<b>1411</b>	HUSARIA RACE TEAM	M30	22	00:01:45	00:40:01	01:27:36	02:10:16	00:01:00	<b>02:34:24.90</b>	<b>02:34:24.90</b>	+00:55:36	6:40	9
70	<b>KONIECZNY Mariusz</b>	<b>1419</b>		M50	2	00:01:50	00:39:13	01:28:29	02:10:59		<b>02:34:35.55</b>	<b>02:34:35.55</b>	+00:55:46	6:43	8.9
71	<b>ISKRA Grzegorz</b>	<b>1023</b>	KP PSP STRZYŻÓW	M30	23	00:01:41	00:39:37	01:29:25	02:11:54	00:01:00	<b>02:35:44.95</b>	<b>02:35:44.95</b>	+00:56:56	6:43	8.9
72	<b>MATYSIAK Tomasz</b>	<b>1328</b>		M40	23	00:00:49	00:34:05	01:31:45	02:13:33		<b>02:36:05.95</b>	<b>02:36:05.95</b>	+00:57:17	6:47	8.8
73	<b>PLUTA Sebastian</b>	<b>1140</b>	DZIKIE MUSTANGI	M40	24	00:01:59	00:39:16	01:28:00	02:11:43		<b>02:36:27.40</b>	<b>02:36:27.40</b>	+00:57:38	6:48	8.8
74	<b>CHMIEL Damian</b>	<b>1267</b>		M20	17	00:00:37	00:41:28	01:31:30	02:13:32		<b>02:36:40.80</b>	<b>02:36:40.80</b>	+00:57:52	6:48	8.8
75	<b>KLABISZ Dawid</b>	<b>1462</b>		M30	24	00:01:03	00:33:12	01:32:30	02:14:20		<b>02:36:52.25</b>	<b>02:36:52.25</b>	+00:58:03	6:49	8.8
76	<b>DRĄŻEK Sławomir</b>	<b>1106</b>	1971	M40	25	00:00:52	00:36:13	01:25:45	02:10:48		<b>02:37:10.05</b>	<b>02:37:10.05</b>	+00:58:21	6:50	8.8
77	<b>HYDZIK Łukasz</b>	<b>1071</b>	LIDER SANOK	M40	26	00:01:06	00:37:51	01:27:49	02:12:08		<b>02:37:34.00</b>	<b>02:37:34.00</b>	+00:58:45	6:51	8.8
78	<b>PIĄT Jakub</b>	<b>1152</b>	MULTIMEDIA RUNNERS PUŁAWY	M30	25	00:01:36	00:39:05	01:29:40	02:13:07		<b>02:37:34.70</b>	<b>02:37:34.70</b>	+00:58:45	6:51	8.8
79	<b>WOŹNICKA Ewa</b>	<b>1134</b>		K20	5	00:01:24	00:40:53	01:31:22	02:13:31		<b>02:38:27.60</b>	<b>02:38:27.60</b>	+00:59:38	6:53	8.7
80	<b>KANIA Przemysław</b>	<b>269</b>		M30	26	00:02:26	00:38:49	01:28:06	02:13:27		<b>02:38:39.45</b>	<b>02:38:39.45</b>	+00:59:50	6:53	8.7
81	<b>ZAWROTNIAK Paweł</b>	<b>1304</b>		M20	18	00:02:47	00:39:20		02:13:15		<b>02:38:39.80</b>	<b>02:38:39.80</b>	+00:59:51	6:53	8.7
82	<b>MAZANEK Michał</b>	<b>1190</b>		M20	19	00:03:01	00:41:15	01:33:55	02:15:10		<b>02:38:48.95</b>	<b>02:38:48.95</b>	+01:00:00	6:54	8.7
83	<b>JUROSZEK Józef</b>	<b>1269</b>		M30	27	00:02:31	00:43:04	01:36:48	02:17:47		<b>02:39:01.05</b>	<b>02:39:01.05</b>	+01:00:12	6:54	8.7
84	<b>TOMAS Dariusz</b>	<b>80</b>		M50	3	00:02:47	00:42:31	01:31:41	02:14:04		<b>02:39:25.40</b>	<b>02:39:25.40</b>	+01:00:36	6:55	8.7
85	<b>ŻEBRAKOWSKA Katarzyna</b>	<b>1446</b>		K40	2	00:02:30	00:41:13	01:33:17	02:16:39		<b>02:39:30.35</b>	<b>02:39:30.35</b>	+01:00:41	6:56	8.7
86	<b>ZIĘBA Emil</b>	<b>1143</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	M40	27	00:01:33	00:39:44	01:32:03	02:15:19		<b>02:39:55.10</b>	<b>02:39:55.10</b>	+01:01:06	6:57	8.6
87	<b>ZYGMUNT Marcin</b>	<b>1321</b>	SAPERZY	M20	20	00:01:15	00:38:05	01:25:36	02:11:57		<b>02:40:06.90</b>	<b>02:40:06.90</b>	+01:01:18	6:57	8.6
88	<b>KANDEFER Beata</b>	<b>1342</b>	KB „ATHLETIC”ZREĆIN	K40	3	00:00:51	00:37:29	01:32:20	02:15:55		<b>02:40:12.10</b>	<b>02:40:12.10</b>	+01:01:23	6:57	8.6
89	<b>SZUMNY Nina</b>	<b>1356</b>		K30	3	00:00:33	00:39:00	01:33:35	02:16:58		<b>02:40:13.95</b>	<b>02:40:13.95</b>	+01:01:25	6:57	8.6
90	<b>NAWROT Bartłomiej</b>	<b>1031</b>	KAMIENIOŁOM	M30	28	00:01:45	00:39:06	01:30:11	02:15:43		<b>02:40:37.25</b>	<b>02:40:37.25</b>	+01:01:48	6:59	8.6
91	<b>SZYBIAK Joanna</b>	<b>1421</b>		K40	4	00:01:50	00:39:44	01:32:04	02:16:35		<b>02:40:41.15</b>	<b>02:40:41.15</b>	+01:01:52	6:59	8.6
92	<b>OSZYWA Damian</b>	<b>1460</b>		M30	29	00:01:42	00:41:00	01:36:10	02:18:48		<b>02:40:47.75</b>	<b>02:40:47.75</b>	+01:01:59	6:59	8.6
93	<b>WOŹNIAK Janusz</b>	<b>1327</b>	PORMAT JEDLICZE BIEGA	M50	4	00:01:02	00:38:39	01:31:33	02:17:36		<b>02:41:31.00</b>	<b>02:41:31.00</b>	+01:02:42	7:01	8.5
94	<b>BOGDAŃSKA Katarzyna</b>	<b>1443</b>		K20	6	00:01:02	00:39:32	01:32:25	02:16:59		<b>02:41:46.10</b>	<b>02:41:46.10</b>	+01:02:57	7:02	8.5
95	<b>KONOPKA Henryk</b>	<b>1440</b>		M60	1	00:00:58	00:39:11	01:32:02	02:17:33		<b>02:42:33.70</b>	<b>02:42:33.70</b>	+01:03:44	7:04	8.5
96	<b>OBROŚLAK Grzegorz</b>	<b>341</b>	TRAPER-BIEGOMANIA LUBACZÓW	M40	28	00:01:31	00:39:38	01:33:22	02:17:33		<b>02:42:34.95</b>	<b>02:42:34.95</b>	+01:03:46	7:04	8.5
97	<b>BARANEK Piotr</b>	<b>1137</b>		M50	5	00:02:49	00:43:22	01:35:31	02:18:05		<b>02:43:33.05</b>	<b>02:43:33.05</b>	+01:04:44	7:06	8.4
98	<b>PITURA Eliza</b>	<b>1155</b>	LUBELSKA GRUPA TRIATHLONU	K40	5	00:00:49	00:37:31	01:31:25	02:18:04		<b>02:43:50.30</b>	<b>02:43:50.30</b>	+01:05:01	7:07	8.4
99	<b>LIPA Piotr</b>	<b>1352</b>	OCR TEAM DĘBICA	M30	30	00:02:04	00:34:45	01:34:00	02:17:52		<b>02:43:53.20</b>	<b>02:43:53.20</b>	+01:05:04	7:07	8.4
100	<b>HERMANIUK Tomasz</b>	<b>1135</b>	TAURUS TEAM	M40	29	00:03:11	00:43:30	01:35:41	02:19:44		<b>02:44:03.85</b>	<b>02:44:03.85</b>	+01:05:15	7:07	8.4
101	<b>ŁUSZCZYC Anna</b>	<b>1256</b>		K30	4	00:01:28	00:42:52	01:36:39	02:21:38		<b>02:44:56.45</b>	<b>02:44:56.45</b>	+01:06:07	7:10	8.4
102	<b>BAJSAROWICZ Marlena</b>	<b>1193</b>	WKURW_TEAM	K20	7	00:02:26	00:41:27	01:33:55	02:20:18		<b>02:45:04.90</b>	<b>02:45:04.90</b>	+01:06:16	7:10	8.4
103	<b>WAŚNIEWSKI Krzysztof</b>	<b>1037</b>		M30	31	00:02:22	00:39:37	01:33:56	02:20:19		<b>02:45:21.90</b>	<b>02:45:21.90</b>	+01:06:33	7:11	8.3
104	<b>OLESIŃSKA Agnieszka</b>	<b>359</b>	BOCHNIA BIEGA	K40	6		00:44:02	01:38:05	02:22:43		<b>02:45:29.80</b>	<b>02:45:29.80</b>	+01:06:41	7:11	8.3
105	<b>SOBIERAJ Kamil</b>	<b>1191</b>	WKURW_TEAM	M20	21	00:01:41	00:37:17	01:32:22	02:19:32		<b>02:46:35.10</b>	<b>02:46:35.10</b>	+01:07:46	7:14	8.3
106	<b>BEDNARZ Anna</b>	<b>1289</b>		K20	8	00:03:29	00:44:41	01:36:34	02:21:29		<b>02:46:41.00</b>	<b>02:46:41.00</b>	+01:07:52	7:14	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						2km	6.5km	13km	18.5km		netto 23km	brutto 23km			Różn
107	<b>BIEL Sebastian</b>	<b>1240</b>	BIEGANIESZYDERCÓW	M30	32	00:03:31	00:46:40	01:40:28	02:23:44		<b>02:46:48.65</b>	<b>02:46:48.65</b>	+01:07:59	7:15	8.3
108	<b>FLOREK Tomasz</b>	<b>1241</b>	BIEGANIE SZYDERCÓW	M40	30	00:03:28	00:46:42	01:38:18	02:22:51		<b>02:46:48.70</b>	<b>02:46:48.70</b>	+01:07:59	7:15	8.3
109	<b>CZEKALSKI Mariusz</b>	<b>1366</b>	BBL OSTROŁĘKA	M40	31	00:02:18	00:42:23	01:38:13	02:22:53		<b>02:47:33.20</b>	<b>02:47:33.20</b>	+01:08:44	7:17	8.2
110	<b>KRYSIAK Jakub</b>	<b>1172</b>	TRIWAWA	M20	22	00:02:06	00:40:38	01:34:49	02:22:30		<b>02:47:49.55</b>	<b>02:47:49.55</b>	+01:09:00	7:17	8.2
111	<b>DOMIN Bartosz</b>	<b>1349</b>	COLLEGIUM MEDICUM UJ	M30	33	00:00:53	00:38:14	01:32:42	02:20:27		<b>02:49:05.40</b>	<b>02:49:05.40</b>	+01:10:16	7:21	8.2
112	<b>MICHALIK Michał</b>	<b>1055</b>	NOWA HUTA TEAM	M20	23	00:01:48	00:40:52	01:40:00	02:26:30		<b>02:49:41.80</b>	<b>02:49:41.80</b>	+01:10:53	7:22	8.1
113	<b>MOLASY Dorota</b>	<b>1348</b>	AKTYWNIE Z MOLKAMI	K30	5	00:02:51	00:43:55	01:40:05	02:26:41		<b>02:49:50.95</b>	<b>02:49:50.95</b>	+01:11:02	7:23	8.1
114	<b>KSYCINSKI Michal</b>	<b>1098</b>		M20	24	00:03:20	00:47:29	01:41:18	02:27:01		<b>02:49:54.55</b>	<b>02:49:54.55</b>	+01:11:05	7:23	8.1
115	<b>PIOTROWSKI Tomasz</b>	<b>1238</b>	GREMBSKI TRIATHLON	M30	34	00:01:52	00:40:50	01:37:18	02:25:20		<b>02:49:57.15</b>	<b>02:49:57.15</b>	+01:11:08	7:23	8.1
116	<b>HONKISZ Maciej</b>	<b>1203</b>		M60	2	00:02:03	00:42:13	01:36:47	02:22:47		<b>02:50:28.50</b>	<b>02:50:28.50</b>	+01:11:39	7:24	8.1
117	<b>OSTROWSKI Łukasz</b>	<b>1448</b>		M30	35	00:03:12	00:42:11	01:38:05	02:25:06		<b>02:50:30.20</b>	<b>02:50:30.20</b>	+01:11:41	7:24	8.1
118	<b>SKUBISZ Aleksandra</b>	<b>1345</b>		K20	9	00:01:02	00:41:41	01:39:07	02:25:19		<b>02:50:53.25</b>	<b>02:50:53.25</b>	+01:12:04	7:25	8.1
119	<b>CHMIEL Michał</b>	<b>1399</b>	RZESZOWSKIE GAZELE I GEPARDY	M30	36	00:02:33	00:45:32	01:38:54	02:26:39		<b>02:51:10.85</b>	<b>02:51:10.85</b>	+01:12:22	7:26	8.1
120	<b>SOWA Dariusz</b>	<b>1165</b>	RZESZOWSKIE GAZELE I GEPARDY	M50	6	00:01:55	00:43:10	01:36:38	02:24:06		<b>02:52:24.85</b>	<b>02:52:24.85</b>	+01:13:36	7:29	8
121	<b>PARTYKA Andrzej</b>	<b>1435</b>	RZESZOWSKIE GAZELE I GEPARDY	M40	32	00:02:32	00:45:31	01:39:08	02:26:40		<b>02:52:56.30</b>	<b>02:52:56.30</b>	+01:14:07	7:31	8
122	<b>KUSY Rajmund</b>	<b>1133</b>		M20	25	00:01:25	00:42:10	01:40:03	02:26:53		<b>02:53:57.95</b>	<b>02:53:57.95</b>	+01:15:09	7:33	7.9
123	<b>SALA Kamil Adam</b>	<b>1087</b>	POTRENUJEMY?	M30	37	00:00:47	00:38:45	01:38:19	02:27:35		<b>02:53:59.50</b>	<b>02:53:59.50</b>	+01:15:10	7:33	7.9
124	<b>KAWA Rafał</b>	<b>1404</b>		M30	38	00:02:15	00:43:26	01:38:51	02:26:49		<b>02:54:10.75</b>	<b>02:54:10.75</b>	+01:15:22	7:34	7.9
125	<b>GRABOWSKA Aleksandra</b>	<b>1261</b>	LOTNICZA AKADEMIA WOJSKOWA	K20	10	00:00:56	00:43:50	01:40:19	02:28:01		<b>02:54:25.15</b>	<b>02:54:25.15</b>	+01:15:36	7:35	7.9
126	<b>SOBURA-DURMA Magdalena</b>	<b>1450</b>		K40	7	00:02:54	00:44:23	01:41:53	02:28:21		<b>02:54:35.25</b>	<b>02:54:35.25</b>	+01:15:46	7:35	7.9
127	<b>RAPACZ Marcin</b>	<b>1004</b>	FUNDACJA TYLKO BIESZCZADY	M50	7	00:01:53	00:42:20	01:38:06	02:26:04		<b>02:54:38.60</b>	<b>02:54:38.60</b>	+01:15:49	7:35	7.9
128	<b>FRANCZYK Piotr</b>	<b>1424</b>		M30	39	00:03:00	00:42:33	01:36:22	02:26:05		<b>02:54:49.00</b>	<b>02:54:49.00</b>	+01:16:00	7:36	7.9
129	<b>WIDZ Łukasz</b>	<b>1072</b>	POTRENUJEMY?	M30	40	00:00:47	00:38:47	01:38:19	02:27:36		<b>02:55:23.55</b>	<b>02:55:23.55</b>	+01:16:34	7:37	7.9
130	<b>RECZKOWSKI Andrzej</b>	<b>1456</b>		M60	3	00:00:54	00:39:12	01:34:38	02:25:32		<b>02:56:10.95</b>	<b>02:56:10.95</b>	+01:17:22	7:39	7.8
131	<b>NYCZ Arkadiusz</b>	<b>1276</b>	CROSSFITTER BOX CHEŁM	M50	8	00:03:22	00:43:57	01:38:24	02:26:33		<b>02:56:13.90</b>	<b>02:56:13.90</b>	+01:17:25	7:39	7.8
132	<b>KAMYSZ Robert</b>	<b>1187</b>		M40	33	00:01:37	00:43:23	01:39:38	02:27:34		<b>02:56:15.60</b>	<b>02:56:15.60</b>	+01:17:26	7:39	7.8
133	<b>ŻUROWSKI Jacek</b>	<b>1214</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	M50	9	00:02:54	00:44:31	01:42:34	02:28:33		<b>02:56:16.20</b>	<b>02:56:16.20</b>	+01:17:27	7:39	7.8
134	<b>CZARNECKI Konrad</b>	<b>1257</b>	KIEDYŚ TO BYŁO	M30	41		00:43:48	01:39:19	02:25:25		<b>02:56:30.65</b>	<b>02:56:30.65</b>	+01:17:41	7:40	7.8
135	<b>FRĄCZEK Dariusz</b>	<b>1265</b>		M30	42	00:02:52	00:45:24	01:42:31	02:28:41		<b>02:56:36.40</b>	<b>02:56:36.40</b>	+01:17:47	7:40	7.8
136	<b>MAKA Wojciech</b>	<b>1329</b>	TRIWAWA	M40	34	00:02:17	00:43:56	01:44:12	02:31:46		<b>02:56:37.40</b>	<b>02:56:37.40</b>	+01:17:48	7:40	7.8
137	<b>BARAŃSKI Jarek</b>	<b>1259</b>	KIEDYŚ TO BYŁO	M30	43		02:25:29				<b>02:56:40.90</b>	<b>02:56:40.90</b>	+01:17:52	7:40	7.8
138	<b>MOLASY Tomasz</b>	<b>1350</b>	AKTYWNIE Z MOLKAMI	M30	44	00:02:51	00:43:57	01:40:06	02:28:58		<b>02:57:53.25</b>	<b>02:57:53.25</b>	+01:19:04	7:44	7.8
139	<b>STACHNIUK Marcin</b>	<b>1244</b>	CROSSFITTER CHEŁ,	M30	45	00:03:30	00:45:29	01:40:29	02:29:15		<b>02:57:57.20</b>	<b>02:57:57.20</b>	+01:19:08	7:44	7.8
140	<b>PYSKATY Marta</b>	<b>1454</b>		K40	8	00:02:09	00:46:26	01:45:00	02:30:57		<b>02:57:59.05</b>	<b>02:57:59.05</b>	+01:19:10	7:44	7.8
141	<b>TKACZYK Wojciech</b>	<b>1266</b>		M40	35	00:02:46	00:44:28	01:44:50	02:29:59		<b>02:58:03.15</b>	<b>02:58:03.15</b>	+01:19:14	7:44	7.8
142	<b>PLUTA Marta</b>	<b>2056</b>	DZIKIEMUSTANGI	K40	9	00:02:10	00:46:25	01:45:01	02:30:56		<b>02:58:04.95</b>	<b>02:58:04.95</b>	+01:19:16	7:44	7.7
143	<b>HABRAT Dorota</b>	<b>1181</b>	HABRAT TEAM	K40	10	00:02:15	00:43:24	01:40:33	02:29:47		<b>02:58:24.30</b>	<b>02:58:24.30</b>	+01:19:35	7:45	7.7
144	<b>ROCH Kamil</b>	<b>1381</b>		M20	26	00:03:36	00:42:34	01:34:53	02:28:11		<b>02:58:25.35</b>	<b>02:58:25.35</b>	+01:19:36	7:45	7.7
145	<b>KRASOWSKI Mateusz</b>	<b>1201</b>		M30	46	00:01:32	00:42:24	01:40:16	02:29:53		<b>02:58:26.25</b>	<b>02:58:26.25</b>	+01:19:37	7:45	7.7
146	<b>KRASOWSKI Łukasz</b>	<b>1200</b>	PROSWIM	M30	47	00:01:32	00:42:30	01:40:18	02:29:52		<b>02:58:27.20</b>	<b>02:58:27.20</b>	+01:19:38	7:45	7.7
147	<b>RACZEK Natalia</b>	<b>1285</b>	EXTREME TRAUMA TEAM	K20	11	00:02:55	00:45:39	01:44:44	02:31:43		<b>02:58:27.70</b>	<b>02:58:27.70</b>	+01:19:38	7:45	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Zczas	Zczas	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		netto	brutto		23km	23km
148	<b>KANCLERZ-MAZURCZUK Monika</b>	<b>1243</b>	CROSSFITTER BOX CHEŁM	K40	11	00:03:29	00:46:05	01:41:41	02:31:35		<b>02:58:30.35</b>	<b>02:58:30.35</b>	+01:19:41	7:45	7.7
149	<b>BODZIOCH Agnieszka</b>	<b>1077</b>	ITMBW KRAKÓW	K20	12	00:01:25	00:41:54	01:39:37	02:29:46		<b>02:59:04.30</b>	<b>02:59:04.30</b>	+01:20:15	7:47	7.7
150	<b>OŻÓG Paweł</b>	<b>1410</b>		M30	48	00:02:46	00:46:07	01:40:09	02:30:02		<b>02:59:05.05</b>	<b>02:59:05.05</b>	+01:20:16	7:47	7.7
151	<b>BOBUSIA Michał</b>	<b>1416</b>	AZS PWSZ KROSNO	M30	49	00:01:30	00:40:51	01:39:21	02:28:48		<b>02:59:08.10</b>	<b>02:59:08.10</b>	+01:20:19	7:47	7.7
152	<b>OWOC Krystian</b>	<b>1457</b>		M30	50	00:03:09	00:44:24	01:37:25	02:29:18		<b>02:59:12.45</b>	<b>02:59:12.45</b>	+01:20:23	7:47	7.7
153	<b>RZEMIŃSKI Jacek</b>	<b>1132</b>		M40	36	00:02:46	00:45:07	01:44:14	02:32:07		<b>02:59:14.15</b>	<b>02:59:14.15</b>	+01:20:25	7:47	7.7
154	<b>MUCHA Łukasz</b>	<b>1430</b>		M20	27	00:02:37	00:50:19	01:46:21	02:32:24		<b>02:59:14.90</b>	<b>02:59:14.90</b>	+01:20:26	7:47	7.7
155	<b>PARYS Michał</b>	<b>1445</b>		M30	51	00:01:24	00:39:31	01:38:55	02:30:34		<b>02:59:16.20</b>	<b>02:59:16.20</b>	+01:20:27	7:47	7.7
156	<b>ŁOKIETEK Michał</b>	<b>1290</b>	NOWOSOLSCY BIMBROWNICY	M30	52	00:02:11	00:50:02	01:48:52	02:34:35		<b>02:59:59.20</b>	<b>02:59:59.20</b>	+01:21:10	7:49	7.7
157	<b>PRUSZKOWSKI Mariusz</b>	<b>1277</b>	CROSSFITTER BOX CHEŁM/CHEŁM BIEGA/24 BLP	M40	37	00:01:52	00:42:14	01:43:40	02:31:50		<b>03:00:20.55</b>	<b>03:00:20.55</b>	+01:21:31	7:50	7.7
158	<b>ZAKRZEWSKI Szymon</b>	<b>1161</b>		M30	53	00:03:17	00:46:34	01:41:19	02:28:39		<b>03:00:41.55</b>	<b>03:00:41.55</b>	+01:21:52	7:51	7.6
159	<b>MAĆZKA Krystyna</b>	<b>1441</b>		K60	1	00:02:57	00:44:38	01:46:07	02:34:48		<b>03:01:24.65</b>	<b>03:01:24.65</b>	+01:22:35	7:53	7.6
160	<b>KUBACKA Marta</b>	<b>1334</b>	DRUŻYNA TVN	K30	6	00:01:34	00:43:21	01:44:14	02:33:19		<b>03:01:45.70</b>	<b>03:01:45.70</b>	+01:22:56	7:54	7.6
161	<b>PISKADŁO Jacek</b>	<b>1232</b>	NOWY STYL GROUP RUNNING TEAM	M30	54	00:02:23	00:44:40	01:43:27	02:33:24		<b>03:01:46.75</b>	<b>03:01:46.75</b>	+01:22:58	7:54	7.6
162	<b>BILSKI Marek</b>	<b>1080</b>	VEGEDOG	M40	38	00:01:53	00:44:56	01:49:16	02:37:00		<b>03:01:48.55</b>	<b>03:01:48.55</b>	+01:22:59	7:54	7.6
163	<b>CZAJKOWSKI Michał</b>	<b>1372</b>	LAGIEWNICKA 35	M40	39	00:02:57	00:47:13	01:44:44	02:33:33	00:01:00	<b>03:01:51.90</b>	<b>03:01:51.90</b>	+01:23:03	7:51	7.6
164	<b>MAŁEK Wojciech</b>	<b>1423</b>		M40	40	00:02:24	00:46:09	01:47:10	02:36:56		<b>03:01:57.65</b>	<b>03:01:57.65</b>	+01:23:08	7:54	7.6
165	<b>NIEMIEC Grzegorz</b>	<b>1432</b>		M40	41	00:02:24	00:46:09	01:47:12	02:36:58		<b>03:02:29.90</b>	<b>03:02:29.90</b>	+01:23:41	7:56	7.6
166	<b>KOMAŃSKI Rafał</b>	<b>1343</b>	DRUŻYNA SZPIKU	M40	42	00:02:24	00:46:44	01:47:11	02:37:21		<b>03:02:45.05</b>	<b>03:02:45.05</b>	+01:23:56	7:56	7.6
167	<b>SOKÓŁ Sylwia</b>	<b>1043</b>		K30	7	00:03:39	00:48:40	01:45:38	02:34:36		<b>03:02:52.45</b>	<b>03:02:52.45</b>	+01:24:03	7:57	7.5
168	<b>PACZYŃSKI Kamil</b>	<b>1222</b>		M30	55	00:01:56	00:43:21	01:40:24	02:34:35		<b>03:03:05.50</b>	<b>03:03:05.50</b>	+01:24:16	7:57	7.5
169	<b>BAŁABAN Waldemar</b>	<b>1192</b>	WALBA	M50	10	00:02:34	00:48:25	01:48:17	02:37:50		<b>03:03:33.15</b>	<b>03:03:33.15</b>	+01:24:44	7:58	7.5
170	<b>KUBACKI Maciej</b>	<b>1333</b>	ŁAGIEWNICKA TEAM	M40	43	00:02:54	00:44:08	01:44:47	02:34:35		<b>03:04:28.05</b>	<b>03:04:28.05</b>	+01:25:39	8:01	7.5
171	<b>KITOWSKA Anna</b>	<b>1434</b>	HUSARIA RACE TEAM	K40	12	00:01:19	00:46:09	01:47:59	02:36:49		<b>03:04:51.90</b>	<b>03:04:51.90</b>	+01:26:03	8:02	7.5
172	<b>CZENCZEK Krystian</b>	<b>1395</b>	CUTLINE	M30	56		00:51:31	01:47:17	02:38:39		<b>03:04:58.45</b>	<b>03:04:58.45</b>	+01:26:09	8:02	7.5
173	<b>NADOLSKI Stanisław</b>	<b>1278</b>	CROSSFITTER BOX CHEŁM	M40	44	00:03:31	00:46:57	01:46:34	02:35:51		<b>03:05:17.30</b>	<b>03:05:17.30</b>	+01:26:28	8:03	7.4
174	<b>MACIĄG Andrzej</b>	<b>1212</b>	DZIKIE MUSTANGI	M40	45	00:03:28	00:47:12	01:45:09	02:36:21		<b>03:05:19.00</b>	<b>03:05:19.00</b>	+01:26:30	8:03	7.4
175	<b>HABRAT Maciej</b>	<b>1186</b>	HABRAT TEAM	M40	46	00:02:15	00:43:25	01:47:23	02:37:46		<b>03:05:30.75</b>	<b>03:05:30.75</b>	+01:26:42	8:03	7.4
176	<b>CHŁAP Elżbieta</b>	<b>1163</b>	DOLINIARZ	K40	13	00:03:03	00:47:29	01:50:29	02:39:31	00:01:00	<b>03:06:20.35</b>	<b>03:06:20.35</b>	+01:27:31	8:03	7.4
177	<b>KISZA-GRYNIENKO Anna</b>	<b>2153</b>		K30	8	00:03:21	00:47:26	01:46:27	02:36:47		<b>03:06:29.00</b>	<b>03:06:29.00</b>	+01:27:40	8:06	7.4
178	<b>GRYNIENKO Paweł</b>	<b>2154</b>		M30	57	00:03:22	00:47:20	01:46:23	02:36:48		<b>03:06:30.50</b>	<b>03:06:30.50</b>	+01:27:41	8:06	7.4
179	<b>DUDEK Arkadiusz</b>	<b>1171</b>		M50	11	00:02:48	00:49:05	01:51:58	02:39:58		<b>03:06:44.20</b>	<b>03:06:44.20</b>	+01:27:55	8:07	7.4
180	<b>KURKOWIAK Krzysztof</b>	<b>1097</b>	WKURW_TEAM	M30	58	00:01:51	00:44:14	01:45:26	02:38:38		<b>03:07:20.25</b>	<b>03:07:20.25</b>	+01:28:31	8:08	7.4
181	<b>CIEŚLA Magda</b>	<b>1283</b>		K30	9	00:02:23	00:46:30	01:48:28	02:38:37		<b>03:07:42.80</b>	<b>03:07:42.80</b>	+01:28:54	8:09	7.4
182	<b>GWOZDZIOWSKI Marcin</b>	<b>1141</b>		M40	47	00:01:35	00:43:09	01:43:04	02:36:12		<b>03:07:43.25</b>	<b>03:07:43.25</b>	+01:28:54	8:09	7.4
183	<b>WRÓBLESKA Weronika</b>	<b>1150</b>	BIEGUSIEM.PL	K30	10	00:02:41	00:50:25	01:51:56	02:41:40		<b>03:07:44.65</b>	<b>03:07:44.65</b>	+01:28:55	8:09	7.4
184	<b>WOJCIECHOWSKA Andżelika</b>	<b>1248</b>		K20	13	00:02:45	00:50:07	01:51:31	02:40:11		<b>03:07:46.40</b>	<b>03:07:46.40</b>	+01:28:57	8:09	7.3
185	<b>SUSZEK Damian</b>	<b>1176</b>	LALUS SQUAD	M30	59	00:02:45	00:50:06	01:51:31	02:40:23		<b>03:07:47.00</b>	<b>03:07:47.00</b>	+01:28:58	8:09	7.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		23km	23km		min/km	km/h
186	IWANIEC Piotr	1292	BIEGANIE SZYDERCÓW	M30	60	00:03:32	00:46:50	01:45:38	02:37:57		03:07:58.00	03:07:58.00	+01:29:09	8:10	7.3
187	DROZD Piotr	1336	SOLINA TEAM	M30	61	00:01:53	00:47:31	01:48:29	02:39:23		03:08:07.70	03:08:07.70	+01:29:18	8:10	7.3
188	GRZESIK Michał	1062		M30	62	00:02:57	00:47:13	01:51:19	02:40:26		03:08:28.20	03:08:28.20	+01:29:39	8:11	7.3
189	SKRZYPEK Krzysztof	611	KLINCZU TEAM	M30	63	00:02:41	00:47:54	01:47:40	02:39:12		03:08:40.15	03:08:40.15	+01:29:51	8:12	7.3
190	LUBAŃSKA Alicja	1339		K50	2	00:01:36	00:44:02	01:45:30	02:38:12		03:08:46.40	03:08:46.40	+01:29:57	8:12	7.3
191	ZAWADZKI Grzegorz	1065	KLUB SPORTOWY PRESTIGE RZESZÓW	M30	64	00:03:31	00:50:18	01:53:00	02:42:12		03:08:57.10	03:08:57.10	+01:30:08	8:12	7.3
192	BAR Aleksandra	1308	GMINA STRZELCE OPOLSKIE	K40	14	00:02:50	00:48:21	01:53:45	02:41:59		03:08:59.95	03:08:59.95	+01:30:11	8:13	7.3
193	BODNIAK Tomasz	1112		M30	65	00:01:49	00:47:32	01:49:12	02:39:58		03:09:02.65	03:09:02.65	+01:30:13	8:13	7.3
194	MINKINA Tomasz	1076		M40	48	00:02:47	00:45:28	01:48:35	02:44:01		03:09:03.70	03:09:03.70	+01:30:14	8:13	7.3
195	ORZECH Artur	1387	KROKODYLE KOLBUSZOWA	M40	49	00:03:20	00:48:23	01:47:36	02:40:55		03:09:41.45	03:09:41.45	+01:30:52	8:14	7.3
196	ŚWIĘCICKI Samuel	1309	TEAM REMMERS	M30	66	00:01:02	00:44:45	01:46:54	02:39:55		03:10:30.25	03:10:30.25	+01:31:41	8:16	7.2
197	BULWAN Radosław	1402		M40	50		00:51:34	01:47:16	02:41:57		03:10:35.65	03:10:35.65	+01:31:46	8:17	7.2
198	MATERNIA Karolina	1263		K30	11	00:03:31	00:51:30	01:56:48	02:44:26		03:11:02.60	03:11:02.60	+01:32:13	8:18	7.2
199	SMURA Rafał	1109		M30	67	00:03:25	00:55:44	01:56:48	02:44:27		03:11:04.20	03:11:04.20	+01:32:15	8:18	7.2
200	JOB Weronika	1075		K30	12	00:02:43	00:45:38	01:48:30	02:44:00		03:12:09.10	03:12:09.10	+01:33:20	8:21	7.2
201	KRÓLIKOWSKA Anna	1271	HUSARIA RACE TEAM	K20	14	00:01:09	00:43:43	01:51:00	02:41:28		03:12:26.55	03:12:26.55	+01:33:37	8:22	7.2
202	WITCZAK Paweł	1199	WELUŃ BIEGA	M40	51	00:02:04	00:44:26	01:47:20	02:41:46		03:12:39.75	03:12:39.75	+01:33:51	8:22	7.2
202	KAŁOWSKI Irek	1153	WWW.POMOCDLAKAROLINY.PL	M40	52	00:02:35	00:48:11	01:49:33	02:43:14		03:12:39.75	03:12:39.75	+01:33:51	8:22	7.2
204	OKRÓJ Dawid	1110	DEAF RUNNING	M30	68	00:00:36	00:42:04	01:47:52	02:43:05		03:13:28.70	03:13:28.70	+01:34:39	8:24	7.1
205	SOSZYŃSKA - PSTROKOŃSKA Joanna	1119	GAZELE NA STARCIE	K30	13	00:02:59	00:56:34	01:56:16	02:45:35		03:13:30.45	03:13:30.45	+01:34:41	8:24	7.1
206	JASZCZAK Marzena	1173	ZAKRZOWEC TEAM CHALLENGE	K30	14	00:01:08	00:46:10	01:55:58	02:45:53		03:13:32.05	03:13:32.05	+01:34:43	8:24	7.1
207	KAIM Mariusz	1174	ZAKRZOWEC TEAM CHALLENGE	M30	69	00:01:08	00:46:11	01:56:01	02:45:53		03:13:32.15	03:13:32.15	+01:34:43	8:24	7.1
208	SOBCZAK Zbigniew	1221	MAZURSKI WILK	M30	70						03:13:40.00	03:13:40.00	+01:34:51	8:25	7.1
209	HERMAN Ireneusz	1323	LECA Z SIEMIANOWIC	M30	71	00:01:29	00:45:19	01:54:02	02:44:30		03:14:18.15	03:14:18.15	+01:35:29	8:26	7.1
210	GRABOWSKI Damian	1433	WKURW_TEAM	M40	53	00:01:39	00:45:08	01:45:41	02:42:48		03:14:19.95	03:14:19.95	+01:35:31	8:26	7.1
211	SMOLUCH Ryszard	111		M40	54	00:03:03	00:47:30	01:46:52	02:43:16		03:15:11.85	03:15:11.85	+01:36:23	8:29	7.1
212	MATUŁA Przemysław	1034	UMCS BIEGA	M50	12	00:02:59	00:49:33	01:56:23	02:46:24		03:15:16.00	03:15:16.00	+01:36:27	8:29	7.1
213	MAGER Bartosz	1027		M40	55	00:03:03	00:49:26	01:53:23	02:45:00		03:15:17.20	03:15:17.20	+01:36:28	8:29	7.1
214	MAGER Olga	1028		K40	15	00:03:03	00:49:30	01:53:23	02:45:00		03:15:17.35	03:15:17.35	+01:36:28	8:29	7.1
215	GRUSZECKI Tomasz	1169		M40	56	00:00:47	00:46:32	01:50:34	02:44:28		03:15:18.40	03:15:18.40	+01:36:29	8:29	7.1
216	POSIM Tomasz	1319	MIMDO	M30	72	00:02:42	00:50:28	01:51:57	02:45:34		03:15:20.05	03:15:20.05	+01:36:31	8:29	7.1
217	KLAUS Dominik	1114	KS PIASECZNO	M40	57	00:03:43	00:50:57	01:51:22	02:46:38		03:15:31.65	03:15:31.65	+01:36:42	8:30	7.1
218	KONDRACIUK Katarzyna	1335	PROJEKT 'K JAK KAJAKI'	K40	16	00:01:50	00:46:22	01:52:25	02:45:03		03:15:34.45	03:15:34.45	+01:36:45	8:30	7.1
219	HEBANOWSKI Łukasz	1330		M40	58	00:02:08	00:46:56	01:53:22	02:46:42		03:15:34.85	03:15:34.85	+01:36:46	8:30	7.1
220	BŁASZCZAK Błażej	1299		M30	73	00:01:36	00:47:09	01:52:04	02:46:23		03:15:36.50	03:15:36.50	+01:36:47	8:30	7.1
221	SZMUC Anna	1093	MYSZKÓW BIEGA	K40	17	00:01:26	00:47:00	01:52:45	02:45:32		03:16:09.40	03:16:09.40	+01:37:20	8:31	7
222	CEGLARSKI Jacek	1398	WKURW_TEAM	M40	59	00:03:27	00:50:41	01:58:19	02:49:44		03:16:42.20	03:16:42.20	+01:37:53	8:33	7
223	WAWRZYNEK Michał	1455		M20	28	00:01:36	00:47:09	01:51:36	02:46:28		03:16:45.80	03:16:45.80	+01:37:57	8:33	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas			Tempo min/km	Tempo km/h
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km	Różn		
224	JANIK Łukasz	1377		M30	74	00:02:14	00:46:23	01:54:47	02:46:22		03:16:47.00	03:16:47.00	+01:37:58	8:33	7
225	DĄBRÓWKA Radosław	1361	FUNDACJA LATARNIA	M30	75	00:02:14	00:44:27	01:54:45	02:46:23		03:17:13.65	03:17:13.65	+01:38:24	8:34	7
226	GAWRON Piotr	1380	KB MCKIS JAWORZNO	M30	76	00:03:38	00:47:08	02:03:36	02:52:21		03:17:17.50	03:17:17.50	+01:38:28	8:34	7
227	KOTERBICKA-PAŚKO Agnieszka	1085	ELEKTRONIK PRZEMYSŁ	K40	18	00:01:23	00:45:34	01:56:13	02:48:35		03:19:09.50	03:19:09.50	+01:40:20	8:39	6.9
228	PAŚKO Rafał	1086	TEATR S.A.N. I PRZEMYSKI KLUB BIEGACZA	M40	60	00:01:24	00:45:27	01:56:12	02:48:39		03:19:11.10	03:19:11.10	+01:40:22	8:39	6.9
229	ŁAMPIKA Kinga	1388		K30	15	00:03:39	00:50:49	02:00:02	02:51:33		03:19:12.25	03:19:12.25	+01:40:23	8:39	6.9
230	BALWIERCZAK Piotr	1383	HERCOG RUNNING TEAM	M20	29	00:03:39	00:50:49	02:00:03	02:51:33		03:19:12.55	03:19:12.55	+01:40:23	8:39	6.9
231	SASAL Monika	1005	FUNDACJA TYLKO BIESZCZADY	K40	19	00:02:04	00:46:13	01:53:47	02:48:43		03:19:13.50	03:19:13.50	+01:40:24	8:39	6.9
232	PĘKALA Jarosław	1226		M50	13	00:02:43	00:49:57	01:56:00	02:50:08		03:19:15.20	03:19:15.20	+01:40:26	8:39	6.9
233	KRAL Sebastian	1379		M30	77	00:03:38	00:45:40	02:02:18	02:52:23		03:19:17.25	03:19:17.25	+01:40:28	8:39	6.9
234	SOBCZAK Maciej	1129	RAZEM TRENUJEMY SPORT	M30	78	00:01:28	00:47:08	01:52:08	02:48:18		03:19:31.50	03:19:31.50	+01:40:42	8:40	6.9
235	SEBZDA Malgorzata	1390	HUSARIA RACE TEAM	K40	20	00:01:19	00:46:08	01:49:28	02:45:41	00:01:00	03:20:06.25	03:20:06.25	+01:41:17	8:39	6.9
236	PLISZCZYŃSKA Justyna	1044		K40	21	00:02:20	00:50:50	01:55:43	02:50:00		03:20:56.40	03:20:56.40	+01:42:07	8:44	6.9
237	SIONKOWSKI Maciej	1275	CROSSFITTER CHEŁM	M40	61		02:51:40				03:20:57.40	03:20:57.40	+01:42:08	8:44	6.9
238	SOSZYŃSKA Gosia	168	CZŁAPACZE	K50	3	00:03:32	00:52:50	01:56:51	02:52:05		03:21:35.45	03:21:35.45	+01:42:46	8:45	6.8
239	KOŃKA Mariusz	1092		M40	62	00:01:19	00:45:15	01:48:07	02:47:26		03:23:06.75	03:23:06.75	+01:44:18	8:49	6.8
240	FUS Jacek	1046		M60	4	00:01:30	00:45:10	01:53:24	02:50:18		03:23:10.20	03:23:10.20	+01:44:21	8:50	6.8
241	LEGIERSKI Piotr	1417		M40	63	00:02:55	00:46:52	01:52:58	02:49:58		03:23:12.25	03:23:12.25	+01:44:23	8:50	6.8
242	KRAKOWSKI Maciej	1459		M20	30	00:03:34	00:50:13	01:53:52	02:50:39		03:23:13.15	03:23:13.15	+01:44:24	8:50	6.8
243	PĘKALA Anna	1225	NIGHT RUNNERS ZABRZE	K40	22	00:02:44	00:50:24	01:56:02	02:50:23		03:23:13.25	03:23:13.25	+01:44:24	8:50	6.8
244	WÓJCIK Justyna	1397	WKURW_TEAM	K30	16	00:03:26	00:50:42	01:59:28	02:52:08		03:23:14.15	03:23:14.15	+01:44:25	8:50	6.8
245	GAJEWSKA Anna	1041		K40	23	00:03:39	00:51:35	01:56:19	02:51:34		03:23:17.75	03:23:17.75	+01:44:29	8:50	6.8
246	STASZCZUK Jarosław	1217	WATAHA-ŁĄCZY NAS BIEGANIE	M40	64	00:01:21	00:47:27	01:56:29	02:52:24		03:23:22.80	03:23:22.80	+01:44:34	8:50	6.8
247	BACZEWSKA Klaudia	1207	BIEGAM BO LUBIĘ OSTROŁĘKA	K20	15	00:03:13	00:58:17	02:03:33	02:55:45		03:23:24.25	03:23:24.25	+01:44:35	8:50	6.8
248	MOTYKA Adam	1403		M30	79		00:57:06	01:57:13	02:51:49		03:23:35.00	03:23:35.00	+01:44:46	8:51	6.8
249	KALWARA Maciej	1353		M30	80	00:03:31	00:51:32	01:55:19	02:50:51		03:23:37.45	03:23:37.45	+01:44:48	8:51	6.8
250	STRZĘPKA Krzysztof	1389	KROKODYLE KOLBUSZOWA	M50	14	00:03:20	00:48:24	01:49:14	02:47:36		03:23:40.95	03:23:40.95	+01:44:52	8:51	6.8
250	TABACZYŃSKA Martyna	1215	NIGHT RUNNERS	K20	16	00:03:00	00:52:05	01:57:05	02:54:04		03:23:40.95	03:23:40.95	+01:44:52	8:51	6.8
252	STEC Sebastian	1307	SIEMUSZOWA	M40	65	00:01:53	00:50:26	01:56:13	02:51:37		03:23:47.85	03:23:47.85	+01:44:59	8:51	6.8
253	KOZIOŁ Łukasz	1036		M30	81	00:02:23	00:48:12	01:57:28	02:53:23		03:24:09.55	03:24:09.55	+01:45:20	8:52	6.8
254	KIERSNOWSKA Agnieszka	1223	CYBER ŁANIA	K40	24	00:01:38	00:46:28	01:54:50	02:50:47		03:24:51.45	03:24:51.45	+01:46:02	8:54	6.7
255	GREGIER Krzysztof	1429		M40	66	00:02:43	00:49:27	01:56:56	02:51:42		03:25:01.15	03:25:01.15	+01:46:12	8:54	6.7
256	WĘGRZYN Radosław	1280		M20	31	00:03:33	00:51:52	01:59:07	02:55:12		03:25:05.70	03:25:05.70	+01:46:16	8:55	6.7
257	CZERWIŃSKA Julia	1264		K20	17	00:03:33	00:51:51	01:59:07	02:55:12		03:25:06.10	03:25:06.10	+01:46:17	8:55	6.7
258	KWIATKOWSKA Iska	1305	WKURW_TEAM	K30	17		00:47:27	01:56:24	02:52:42		03:25:07.00	03:25:07.00	+01:46:18	8:55	6.7
259	BOBALA Krystian	1363		M20	32	00:02:50	00:50:43	01:57:38	02:54:05		03:25:21.10	03:25:21.10	+01:46:32	8:55	6.7
260	KARWACKA Aneta	1074	WKURW_TEAM	K40	25	00:01:20	00:47:19	01:56:24	02:52:41		03:25:53.90	03:25:53.90	+01:47:05	8:57	6.7
261	HERMANIUK Iwona	1136	TAURUS TEAM	K40	26	00:03:03	00:52:33	02:00:53	02:55:07		03:25:54.75	03:25:54.75	+01:47:06	8:57	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		23km	23km		min/km	km/h
262	WYSZYŃSKA Kinga	1218		K30	18	00:03:03	00:52:33	02:00:54	02:55:11		03:25:55.50	03:25:55.50	+01:47:06	8:57	6.7
263	PIASEK Paweł	1138	TRIUNLIMITED	M20	33	00:03:05	00:54:07	02:01:54	02:56:21		03:25:57.95	03:25:57.95	+01:47:09	8:57	6.7
264	PIASEK Piotr	1139	TRIUNLIMITED	M50	15	00:03:06	00:54:07	02:04:15	02:56:25		03:25:58.40	03:25:58.40	+01:47:09	8:57	6.7
265	KIN Rafał	1211	AZS PWSZ KROSNO	M30	82	00:02:31	00:52:24	01:57:46	02:55:10		03:26:25.20	03:26:25.20	+01:47:36	8:58	6.7
266	GAŁĄZKA Marcin	1314	ESK EKO SERWIS KOTŁY TEAM	M40	67	00:03:21	00:51:28	01:56:03	02:53:06		03:26:41.50	03:26:41.50	+01:47:52	8:59	6.7
267	SIERADZKA Agnieszka	1154	BIEGAJ Z TRENERAMI	K30	19	00:03:09	00:48:15	02:03:36	02:56:49		03:26:46.05	03:26:46.05	+01:47:57	8:59	6.7
268	SIERADZKI Dariusz	1024		M30	83	00:03:09	00:48:11	02:07:44	02:56:50		03:26:46.85	03:26:46.85	+01:47:58	8:59	6.7
269	DZIANO Łukasz	1014		M30	84	00:02:00	00:51:30	02:14:01	02:58:49		03:26:48.10	03:26:48.10	+01:47:59	8:59	6.7
270	ZIÓŁKOWSKA Bożena	1213	WALBA	K40	27	00:02:33	00:49:25	01:56:49	02:55:09		03:29:30.45	03:29:30.45	+01:50:41	9:06	6.6
271	SOSZYŃSKI Piotr	1117	GAZELE NA STARCIE	M40	68	00:02:58	00:56:53	01:59:58	02:57:16		03:29:31.55	03:29:31.55	+01:50:42	9:06	6.6
272	DANIEL Maria	1414		K30	20	00:03:21	00:53:31	02:00:02	02:53:59		03:29:32.00	03:29:32.00	+01:50:43	9:06	6.6
273	BUBICZ Krzysztof	1045	WKURW_TEAM	M30	85	00:02:44	00:50:08	02:02:15	02:56:23		03:29:33.50	03:29:33.50	+01:50:44	9:06	6.6
274	DOMANSKI Jarek	1168	GAZELE NA STARCIE	M30	86	00:02:59	00:54:49	01:59:55	02:58:45		03:29:33.60	03:29:33.60	+01:50:44	9:06	6.6
275	NIEMIEC Tomasz	1298	NH TEAM	M30	87	00:00:53	00:44:21	01:53:10	02:53:20		03:29:35.35	03:29:35.35	+01:50:46	9:06	6.6
276	PANCZENKO Kamil	1412	WKURW_TEAM	M20	34	00:02:54	00:52:19	02:04:29	03:00:03		03:29:37.15	03:29:37.15	+01:50:48	9:06	6.6
277	SCHILLER Fryderyk	1167	SCHODY HISZPAŃSKIE	M40	69	00:02:27	00:53:04	02:00:13	02:57:00		03:30:11.60	03:30:11.60	+01:51:22	9:08	6.6
278	WRONA Sylwester	1405		M40	70	00:02:41	00:49:42	01:57:00	02:56:20		03:30:55.75	03:30:55.75	+01:52:07	9:10	6.5
279	FEDAN Łukasz	1079		M30	88	00:02:44	00:50:16	02:03:45	02:59:02		03:31:17.85	03:31:17.85	+01:52:29	9:11	6.5
280	SZEPIELAK Dawid	1246	BIEGANIE SZYDERCÓW	M30	89	00:03:28	00:52:54	01:59:14	02:58:19		03:31:27.55	03:31:27.55	+01:52:38	9:11	6.5
281	WYWRÓT Klaudia	1078		K30	21	00:02:43	00:50:17	02:03:45	02:59:01		03:31:28.45	03:31:28.45	+01:52:39	9:11	6.5
282	ZABIELSKI Grzegorz	1073	WKURW_TEAM	M40	71	00:01:21	00:48:39	02:01:19	02:55:13		03:32:04.40	03:32:04.40	+01:53:15	9:13	6.5
283	GROMADZKA-JĘDRUSZCZAK Renata	1035	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	K40	28	00:02:17	00:51:20	01:57:46	02:58:53		03:32:19.60	03:32:19.60	+01:53:30	9:13	6.5
284	WILK Rafał	1364	SEKCJA PIASKI	M40	72	00:02:16	00:51:50	01:58:10	02:57:28		03:32:45.35	03:32:45.35	+01:53:56	9:15	6.5
285	MOCIO Michał	1362	PRZEMYSKIE SERCA	M30	90	00:02:50	00:50:53	01:57:40	02:58:04		03:32:45.95	03:32:45.95	+01:53:57	9:15	6.5
286	STACHOWIAK Aneta	1376		K40	29	00:03:24	00:55:48	02:06:39	03:00:52		03:32:47.10	03:32:47.10	+01:53:58	9:15	6.5
287	JANOWICZ Agnieszka	1453		K40	30	00:02:57	00:51:43	02:01:52	03:00:15		03:32:48.25	03:32:48.25	+01:53:59	9:15	6.5
288	WAŁĘGA Monika	1313		K30	22	00:03:08	00:52:56	02:07:46	03:02:46		03:32:49.25	03:32:49.25	+01:54:00	9:15	6.5
289	KOBIĄŁKA Irek	1316		M40	73	00:03:09	00:52:57	02:07:47	03:02:47		03:32:50.10	03:32:50.10	+01:54:01	9:15	6.5
290	GARBOWSKA Monika	1017		K40	31	00:03:26	00:53:16	02:09:39	03:04:37		03:32:51.95	03:32:51.95	+01:54:03	9:15	6.5
291	KORDOWSKA-WOCH Katarzyna	1197		K30	23	00:03:29	00:55:57	02:02:09	03:00:51		03:34:59.30	03:34:59.30	+01:56:10	9:20	6.4
292	WOCH Sławomir	1422		M30	91	00:03:29	00:55:50	02:02:12	03:00:31		03:34:59.40	03:34:59.40	+01:56:10	9:20	6.4
293	JASIURSKI Grzegorz	1340	CORPORA EX ARMARIO	M40	74	00:02:15	00:52:31	02:01:49	03:00:41		03:36:40.30	03:36:40.30	+01:57:51	9:25	6.4
294	GOŁOŚ Michał	1347	CORPORA EX ARMARIO	M30	92	00:02:15	00:52:32	02:01:48	03:00:41		03:36:41.00	03:36:41.00	+01:57:52	9:25	6.4
295	PAWEŁAS Marta	1382		K30	24	00:02:02	00:48:28	02:04:21	03:02:51		03:36:41.30	03:36:41.30	+01:57:52	9:25	6.4
296	PISZCZYGŁOWA Bernadeta	1160		K40	32	00:02:45	00:53:37	02:01:55	03:00:57		03:36:43.50	03:36:43.50	+01:57:54	9:25	6.4
297	WIŚNIEWSKI Piotr	1427	PIOTR WŚNIEWSKI DOUBLE DIGIT	M30	93	00:03:42	00:52:35	02:02:29	03:01:20		03:36:44.60	03:36:44.60	+01:57:55	9:25	6.4
298	PABIAŃCZYK Małgorzata	1118		K40	33	00:03:27	00:51:25	02:04:15	03:02:51		03:36:45.65	03:36:45.65	+01:57:56	9:25	6.4
299	STAWSKA Joanna	1006	BIEGAJ Z TRENERAMI	K50	4	00:03:06	00:53:27	02:04:49	03:02:08		03:36:47.50	03:36:47.50	+01:57:58	9:25	6.4



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
300	<b>BUTKIEWICZ Mateusz</b>	<b>1295</b>	NOWOSOLSCY BIMBROWNICY	M20	35	00:02:11	00:50:05	02:03:00	03:03:43		<b>03:36:57.15</b>	<b>03:36:57.15</b>	+01:58:08	9:25	6.4
301	<b>BACZA Piotr</b>	<b>1426</b>		M40	75	00:02:42	00:49:24	01:56:09	03:01:42		<b>03:37:01.70</b>	<b>03:37:01.70</b>	+01:58:12	9:26	6.4
302	<b>PELCZAR Jakub</b>	<b>1337</b>		M30	94	00:02:06	00:52:16	02:03:22	03:02:25		<b>03:37:02.00</b>	<b>03:37:02.00</b>	+01:58:13	9:26	6.4
303	<b>GAWCZYŃSKA BACZA Izabela</b>	<b>1425</b>		K40	34	00:02:42	00:49:20	01:56:10	03:01:43		<b>03:37:02.45</b>	<b>03:37:02.45</b>	+01:58:13	9:26	6.4
304	<b>WOŹNY Łukasz</b>	<b>1216</b>		M30	95	00:03:16	00:51:37	02:06:23	03:00:04		<b>03:37:04.45</b>	<b>03:37:04.45</b>	+01:58:15	9:26	6.4
305	<b>LASZCZYK Anna</b>	<b>1287</b>	LINKLATERS RUNNING TEAM	K30	25	00:01:25	00:47:14	02:11:48	03:01:08		<b>03:37:07.85</b>	<b>03:37:07.85</b>	+01:58:19	9:26	6.4
306	<b>SOBOTKA Monika</b>	<b>1288</b>	DZIKIE SKRZYDŁO/WYBIEGANIE MPK	K40	35	00:01:24	00:47:25	02:11:49	03:01:09		<b>03:37:09.70</b>	<b>03:37:09.70</b>	+01:58:20	9:26	6.4
307	<b>CHORBIŃSKI Krystian</b>	<b>1338</b>		M30	96	00:02:06	00:52:17	02:03:22	03:02:27		<b>03:37:12.40</b>	<b>03:37:12.40</b>	+01:58:23	9:26	6.4
308	<b>BŁOCH Szymon</b>	<b>1303</b>		M20	36	00:02:11	00:50:55	02:01:18	03:02:18		<b>03:37:49.00</b>	<b>03:37:49.00</b>	+01:59:00	9:28	6.3
309	<b>BŁOCH Beata</b>	<b>1057</b>	EPOKA NORDICA	K50	5	00:02:10	00:50:59	02:01:17	03:02:26		<b>03:37:52.95</b>	<b>03:37:52.95</b>	+01:59:04	9:28	6.3
310	<b>MATUSZAK Jakub</b>	<b>1061</b>	NOWOCZESNYSPORT.PL	M30	97	00:03:16	00:51:38	02:06:29	03:00:05		<b>03:38:01.40</b>	<b>03:38:01.40</b>	+01:59:12	9:28	6.3
311	<b>KĘDZIOR Michał</b>	<b>1052</b>	DRUŻYNA SZPIKU	M30	98	00:03:16	00:51:39	02:06:23	03:00:05		<b>03:38:03.00</b>	<b>03:38:03.00</b>	+01:59:14	9:28	6.3
312	<b>POSTÓŁ Karolina</b>	<b>1013</b>		K30	26	00:03:26	00:53:38		03:04:53		<b>03:38:52.70</b>	<b>03:38:52.70</b>	+02:00:03	9:30	6.3
313	<b>KASPROWICZ Piotr</b>	<b>1439</b>	FUN&RUN	M30	99	00:03:22	00:48:18	02:00:29	03:06:48		<b>03:39:19.80</b>	<b>03:39:19.80</b>	+02:00:31	9:32	6.3
314	<b>POLAK Robert</b>	<b>1368</b>		M50	16	00:01:23	00:50:23	02:06:05	03:04:08		<b>03:39:58.30</b>	<b>03:39:58.30</b>	+02:01:09	9:33	6.3
315	<b>CHOMIUK Adrian</b>	<b>1325</b>	BIAŁA PODLASKA	M30	100	00:01:51	00:52:55	02:11:11	03:08:40		<b>03:40:35.70</b>	<b>03:40:35.70</b>	+02:01:46	9:35	6.3
316	<b>WYDRO Agata</b>	<b>1242</b>	FUN & RUN	K40	36	00:02:19	00:55:30	02:24:13	03:14:56		<b>03:40:56.90</b>	<b>03:40:56.90</b>	+02:02:08	9:36	6.2
317	<b>KUCHARZAK Norbert</b>	<b>1326</b>	JAZZANOVA PUB BIAŁA PODLASKA	M20	37	00:01:50	00:52:57	02:11:11	03:08:41		<b>03:41:31.15</b>	<b>03:41:31.15</b>	+02:02:42	9:37	6.2
318	<b>MIERZEJEWSKA Małgorzata</b>	<b>1229</b>	MORSY OSTROLEKA	K30	27	00:03:14	00:58:22	02:08:45	03:06:39		<b>03:42:26.75</b>	<b>03:42:26.75</b>	+02:03:38	9:40	6.2
319	<b>CHYLAK Paweł</b>	<b>1054</b>		M30	101	00:01:46	00:47:15	02:00:19	03:04:17		<b>03:42:28.25</b>	<b>03:42:28.25</b>	+02:03:39	9:40	6.2
320	<b>SZLICHTYNG Łukasz</b>	<b>1279</b>	CROSSFITTER BOX CHEŁM	M30	102	00:03:34	00:51:26	01:58:46	03:04:28		<b>03:42:38.00</b>	<b>03:42:38.00</b>	+02:03:49	9:40	6.2
321	<b>NOWOSADZKI Wojciech</b>	<b>1208</b>		M30	103	00:02:33	00:55:54	02:04:35	03:08:03		<b>03:42:41.85</b>	<b>03:42:41.85</b>	+02:03:53	9:40	6.2
322	<b>PAPROCKA Kamila</b>	<b>1400</b>		K20	18		01:00:31	02:16:52	03:10:50		<b>03:42:46.90</b>	<b>03:42:46.90</b>	+02:03:58	9:41	6.2
323	<b>WAŻNY Andrzej</b>	<b>1394</b>	TYNEXPOL	M40	76		01:00:31	02:16:51	03:10:51		<b>03:42:48.10</b>	<b>03:42:48.10</b>	+02:03:59	9:41	6.2
324	<b>CYPARSKA Anna</b>	<b>1188</b>	-	K40	37	00:02:48	00:51:37	02:05:02	03:07:33		<b>03:42:53.00</b>	<b>03:42:53.00</b>	+02:04:04	9:41	6.2
325	<b>CYPARSKI Atrur</b>	<b>1182</b>	-	M40	77	00:02:49	00:51:29	02:05:00	03:07:27		<b>03:42:53.10</b>	<b>03:42:53.10</b>	+02:04:04	9:41	6.2
326	<b>KROCZEK Liliana</b>	<b>1007</b>	NIGH RUNNERS	K40	38	00:03:07	00:53:12	02:10:38	03:06:41		<b>03:43:55.05</b>	<b>03:43:55.05</b>	+02:05:06	9:44	6.2
327	<b>LASKA Anna</b>	<b>1015</b>	OCR TEAM DĘBICA	K30	28	00:02:18	00:54:57	02:14:46	03:10:54		<b>03:44:04.60</b>	<b>03:44:04.60</b>	+02:05:15	9:44	6.2
328	<b>MYŚLIŃSKI Tomasz</b>	<b>1040</b>	BIEGUSIEM.PL	M40	78	00:02:37	00:50:52	02:03:42	03:08:05		<b>03:44:43.80</b>	<b>03:44:43.80</b>	+02:05:55	9:46	6.1
329	<b>KUTKOWSKI Jan</b>	<b>1401</b>	HYUNDAI RADOM	M30	104	00:02:38	00:50:52	02:03:42	03:08:06		<b>03:44:45.00</b>	<b>03:44:45.00</b>	+02:05:56	9:46	6.1
330	<b>BEDNARSKA Joanna</b>	<b>2151</b>	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K30	29	00:02:56	00:56:30	02:14:07	03:12:22		<b>03:44:46.85</b>	<b>03:44:46.85</b>	+02:05:58	9:46	6.1
331	<b>BALON Marcin</b>	<b>1371</b>	VOLUME TRADING	M40	79	00:02:28	00:52:52	02:05:32	03:07:23		<b>03:44:48.25</b>	<b>03:44:48.25</b>	+02:05:59	9:46	6.1
332	<b>BIDNIK Jakub</b>	<b>1374</b>		M40	80	00:02:28	00:52:53	02:05:32	03:07:21		<b>03:44:59.85</b>	<b>03:44:59.85</b>	+02:06:11	9:46	6.1
333	<b>NALEPA Tomasz</b>	<b>1291</b>		M30	105	00:01:17	00:48:07	02:03:19	03:10:56		<b>03:45:12.90</b>	<b>03:45:12.90</b>	+02:06:24	9:47	6.1
334	<b>ZAWADZKA Agnieszka</b>	<b>1064</b>	KLUB SPORTOWY PRESTIGE RZESZÓW	K30	30	00:03:32	00:53:42	02:04:36	03:06:40		<b>03:45:40.65</b>	<b>03:45:40.65</b>	+02:06:51	9:48	6.1
335	<b>MAGOŃ Łukasz</b>	<b>1415</b>	HUSARIA RACE TEAM	M30	106	00:02:00	00:55:22	02:10:27	03:05:47		<b>03:45:41.80</b>	<b>03:45:41.80</b>	+02:06:53	9:48	6.1
336	<b>KOWALCZYK Ewa</b>	<b>1178</b>	HUSARIA RACE TEAM	K30	31	00:02:39	00:55:05	02:10:27	03:06:13		<b>03:45:44.80</b>	<b>03:45:44.80</b>	+02:06:56	9:48	6.1
337	<b>GRUCHAŁA Anna</b>	<b>1012</b>	MK TEAM	K30	32	00:01:59	00:51:54	02:14:00	03:11:28		<b>03:45:45.75</b>	<b>03:45:45.75</b>	+02:06:57	9:48	6.1
338	<b>NAKONIECZNY Jacek</b>	<b>1367</b>	SII POWER PEOPLE	M30	107	00:03:19	00:55:06	02:14:36	03:11:57		<b>03:46:34.20</b>	<b>03:46:34.20</b>	+02:07:45	9:51	6.1
339	<b>RADYMSKA Małgorzata</b>	<b>1051</b>		K30	33	00:01:51	00:54:54	02:13:17	03:15:34		<b>03:46:55.30</b>	<b>03:46:55.30</b>	+02:08:06	9:51	6.1
340	<b>OZIMKOWSKA Judyta</b>	<b>1183</b>		K20	19	00:03:27	00:54:30	02:04:59	03:09:39		<b>03:48:26.90</b>	<b>03:48:26.90</b>	+02:09:38	9:55	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		23km	23km		min/km	km/h
341	KOWALEWSKA Dorota	700	SPARTANIE DZIECIOM	K50	6	00:02:33	00:56:30	02:12:02	03:13:06		03:48:49.95	03:48:49.95	+02:10:01	9:56	6
342	KAJCA Jakub	1318	ESKIE STARS	M30	108	00:03:47	01:06:00	02:19:16	03:16:20		03:49:03.20	03:49:03.20	+02:10:14	9:57	6
343	PRZYBYŁ Sławomir	1210		M40	81	00:01:41	00:52:34	02:12:42	03:11:38		03:49:03.60	03:49:03.60	+02:10:14	9:57	6
344	MACHNIK Marta	1317	BABY W GÓRACH	K20	20	00:03:46	01:06:01	02:19:15	03:16:17		03:49:03.70	03:49:03.70	+02:10:14	9:57	6
345	SZTUREMSKA-PRZYBYŁ Agata	1209		K40	39	00:01:42	00:52:41	02:12:40	03:12:21		03:49:04.15	03:49:04.15	+02:10:15	9:57	6
346	GAJDA Piotr	1301	#YOLOTEAMKRK	M50	17	00:03:44	00:58:42	02:24:25	03:16:36		03:49:05.75	03:49:05.75	+02:10:17	9:57	6
347	KALBARCZYK Izabella	1047	ADIDAS RUNNERS WARSAW	K30	34	00:01:34	00:51:38	02:12:35	03:14:17		03:49:56.20	03:49:56.20	+02:11:07	9:59	6
348	ZUBA Rafał	1442		M20	38	00:01:30	00:42:31	01:58:51	03:06:23		03:51:10.80	03:51:10.80	+02:12:22	10:03	6
349	CZOCHARA Robert	1083	AMATOR	M40	82	00:03:42	00:52:15	02:21:31	03:12:59		03:51:14.20	03:51:14.20	+02:12:25	10:03	6
350	CZOCHARA Marta	1082	AMATOR	K40	40	00:03:41	00:57:19	02:21:32	03:17:57		03:51:14.40	03:51:14.40	+02:12:25	10:03	6
351	SZPAKOWSKI Andrzej	155	FUN&RUN	M40	83	00:02:20	00:55:41	02:24:14	03:18:45		03:51:30.35	03:51:30.35	+02:12:41	10:03	6
352	WYDRO Rafał	154	FUN&RUN	M40	84	00:02:19	00:55:43	02:24:14	03:18:46		03:51:58.55	03:51:58.55	+02:13:09	10:05	5.9
353	WIEDRO Małgorzata	651	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ/WOŹNIAK RUNNING /WKURW_TEAM	K40	41	00:02:56	00:56:29	02:14:09	03:16:19		03:52:10.05	03:52:10.05	+02:13:21	10:05	5.9
354	KRZEMIŃSKA Agata	1126	STEFAN TEAM	K50	7	00:02:00	00:58:39	02:18:04	03:17:45		03:52:15.25	03:52:15.25	+02:13:26	10:05	5.9
355	BRZOZOWSKA Paulina	1102	STEFAN TEAM	K30	35	00:01:59	00:58:38	02:18:04	03:17:44		03:52:16.90	03:52:16.90	+02:13:28	10:05	5.9
356	WOŹNIAK Aleksandra	1103		K30	36	00:02:40	00:58:14	02:18:08	03:17:45		03:52:17.35	03:52:17.35	+02:13:28	10:05	5.9
357	IWANIEK Sebastian	1069	BIEGUSIEM.PL	M30	109	00:02:41	00:52:23	02:13:49	03:16:34		03:52:39.45	03:52:39.45	+02:13:50	10:06	5.9
358	DRZAŁ Damian	1258		M30	110	00:01:18	00:48:05	02:03:20	03:11:20		03:53:45.85	03:53:45.85	+02:14:57	10:09	5.9
359	ROMANOWICZ Karolina	1070	NIGHT RUNNERS POZNAŃ	K30	37	00:02:53	01:00:09	02:21:52	03:20:10		03:53:56.90	03:53:56.90	+02:15:08	10:10	5.9
360	DOJS Aleksandra	1088	NIGHT RUNNERS	K30	38	00:02:53	00:54:00	02:30:09	03:26:36		03:54:04.55	03:54:04.55	+02:15:15	10:10	5.9
361	KRASOŃ Justyna	1094	TSA SANDOMIERZ	K30	39	00:02:01	00:57:59	02:25:04	03:20:56		03:54:45.45	03:54:45.45	+02:15:56	10:12	5.9
362	LESZCZYŃSKI Aleksander	1189	WKURW_TEAM	M30	111	00:03:02	00:58:48	02:13:34	03:17:12		03:55:52.90	03:55:52.90	+02:17:04	10:15	5.9
363	LEJA Marek	1026	TAK LUBIĘ SANDOMIERZ	M40	85	00:02:47	00:45:41	02:02:59	03:11:49		03:56:02.35	03:56:02.35	+02:17:13	10:15	5.8
364	MAKOSA Konrad	1029	WKURW_TEAM	M40	86	00:03:28	00:59:35	02:14:51	03:20:13		03:57:01.90	03:57:01.90	+02:18:13	10:18	5.8
365	SZYMANOWSKA Monika	1151		K40	42	00:03:24	00:56:09	02:25:01	03:21:11		03:57:53.85	03:57:53.85	+02:19:05	10:20	5.8
366	OLEKSY Barbara	1206		K30	40	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.00	03:57:54.00	+02:19:05	10:20	5.8
366	OLEKSY Przemysław	1205		M40	87	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.00	03:57:54.00	+02:19:05	10:20	5.8
368	PIASTKA Daniel	1130		M40	88	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.10	03:57:54.10	+02:19:05	10:20	5.8
369	GAJDA Beata	1300	#YOLOTEAMKRK	K40	43	00:03:44	00:59:00	02:24:22	03:23:32		03:58:08.50	03:58:08.50	+02:19:19	10:21	5.8
370	KRYSPIN Marta	1149	JA I ON	K30	41	00:03:28	00:58:32	02:21:55	03:24:06		03:59:04.45	03:59:04.45	+02:20:15	10:23	5.8
371	GAŚIOREK Kamila	1021		K30	42	00:01:21	00:56:18	02:20:57	03:23:37		03:59:14.65	03:59:14.65	+02:20:25	10:24	5.8
372	STRASSBERGER Katarzyna	1198		K50	8	00:02:50	00:58:16	02:22:32	03:22:17		04:00:45.05	04:00:45.05	+02:21:56	10:28	5.7
373	SZKAMRUK Małgorzata	1227		K30	43	00:02:50	00:58:15	02:22:32	03:22:15		04:00:45.35	04:00:45.35	+02:21:56	10:28	5.7
374	SOT Lucjan	1116	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	18	00:01:59	00:59:54	02:17:11	03:24:17		04:01:27.55	04:01:27.55	+02:22:38	10:29	5.7
375	CHOLEWA Łukasz	1053		M30	112	00:02:16	00:55:16	02:23:20	03:25:21		04:01:29.40	04:01:29.40	+02:22:40	10:29	5.7
376	OKOŃSKI Krzysztof	1224		M20	39	00:02:12	01:00:25	02:30:04	03:29:44		04:01:31.75	04:01:31.75	+02:22:43	10:30	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
377	<b>PAWELEC Justyna</b>	<b>1125</b>	TSA SANDOMIERZ	K30	44	00:03:18	00:59:24	02:24:19	03:24:47		<b>04:03:33.30</b>	<b>04:03:33.30</b>	+02:24:44	10:35	5.7
378	<b>WRZOSEK Justyna</b>	<b>1124</b>	TSA SANDOMIERZ	K30	45	00:03:18	00:59:23	02:24:19	03:24:44		<b>04:03:33.40</b>	<b>04:03:33.40</b>	+02:24:44	10:35	5.7
379	<b>MARCINIAK Julia</b>	<b>549</b>	NATURAL BORN RUNNERS	K30	46	00:02:42	00:59:26	02:18:27	03:24:33		<b>04:05:10.85</b>	<b>04:05:10.85</b>	+02:26:22	10:39	5.6
380	<b>WÓJCIK Łukasz</b>	<b>1355</b>	CYTRYNOWE CURRY???	M30	113	00:03:45	00:59:58	02:14:37	03:22:26		<b>04:06:33.40</b>	<b>04:06:33.40</b>	+02:27:44	10:43	5.6
381	<b>FORDOŃSKA Katarzyna</b>	<b>1255</b>	RUNFORFUN	K40	44	00:03:20	01:00:46	02:27:46	03:30:38		<b>04:08:59.25</b>	<b>04:08:59.25</b>	+02:30:10	10:49	5.5
382	<b>JAWORSKA Agnieszka</b>	<b>1286</b>		K30	47	00:01:29	00:57:30	02:24:37	03:29:40		<b>04:09:01.10</b>	<b>04:09:01.10</b>	+02:30:12	10:49	5.5
383	<b>OSZCZĘDA Marzena</b>	<b>1177</b>	ZARAZIC PASJA	K40	45	00:01:34	00:57:31	02:24:37	03:29:42		<b>04:09:01.95</b>	<b>04:09:01.95</b>	+02:30:13	10:49	5.5
384	<b>CZECHOWSKA Izabela</b>	<b>1392</b>	WV TEAM	K40	46	00:03:01	01:06:56	02:30:15	03:33:08		<b>04:09:09.60</b>	<b>04:09:09.60</b>	+02:30:20	10:49	5.5
385	<b>JAKUBIEC Justyna</b>	<b>1408</b>	LUBELSKA GRUPA TRIATHLONU	K40	47	00:03:10	01:06:17	02:30:16	03:33:10		<b>04:09:09.65</b>	<b>04:09:09.65</b>	+02:30:20	10:49	5.5
386	<b>SKOWRON Jakub</b>	<b>1009</b>		M30	114	00:02:44	00:59:02	02:20:23	03:28:11		<b>04:11:03.45</b>	<b>04:11:03.45</b>	+02:32:14	10:54	5.5
387	<b>PRZYBYŁA Krzysztof</b>	<b>1090</b>		M40	89	00:02:53	01:06:30	02:31:09	03:36:56		<b>04:12:08.05</b>	<b>04:12:08.05</b>	+02:33:19	10:57	5.5
388	<b>SAMEK Artur</b>	<b>1449</b>		M40	90	00:03:10	01:00:34	02:26:01	03:28:47		<b>04:12:40.30</b>	<b>04:12:40.30</b>	+02:33:51	10:59	5.5
389	<b>RYSIAWA Joanna</b>	<b>1252</b>	BEZ	K40	48	00:03:20	01:00:45	02:27:43	03:32:44		<b>04:13:27.70</b>	<b>04:13:27.70</b>	+02:34:38	11:01	5.4
390	<b>KRZYCH Marcin</b>	<b>1038</b>	POLSOURCE	M30	115	00:02:24	01:00:57	02:19:47	03:31:29		<b>04:13:52.00</b>	<b>04:13:52.00</b>	+02:35:03	11:02	5.4
391	<b>GŁOWACKA Aleksandra</b>	<b>1195</b>	MŁODY VS. STARY	K40	49	00:01:09	00:59:52	02:29:27	03:36:58		<b>04:16:41.20</b>	<b>04:16:41.20</b>	+02:37:52	11:09	5.4
392	<b>ZIEŃKOWSKA Izabela</b>	<b>166</b>		K30	48	00:02:56	01:03:06	02:31:33	03:39:00		<b>04:16:54.50</b>	<b>04:16:54.50</b>	+02:38:05	11:10	5.4
393	<b>WASILEWSKI Marcin</b>	<b>211</b>	WV TEAM	M40	91	00:02:56	01:03:07	02:31:33	03:39:01		<b>04:16:54.95</b>	<b>04:16:54.95</b>	+02:38:06	11:10	5.4
394	<b>JASIK Joanna</b>	<b>1050</b>	TSA SANDOMIERZ	K40	50	00:02:01	00:59:39	02:25:08	03:38:37		<b>04:19:21.40</b>	<b>04:19:21.40</b>	+02:40:32	11:16	5.3
395	<b>GRĘBOWIEC Dominika</b>	<b>1049</b>	TSA SANDOMIERZ	K30	49	00:02:01	00:58:21	02:25:04	03:38:02		<b>04:19:21.70</b>	<b>04:19:21.70</b>	+02:40:32	11:16	5.3
396	<b>PRZYBYŁA Aleksandra</b>	<b>1091</b>		K30	50	00:02:53	01:06:31	02:30:11	03:38:29		<b>04:21:10.30</b>	<b>04:21:10.30</b>	+02:42:21	11:21	5.3
397	<b>BĄDZIUL Dorota</b>	<b>1011</b>		K30	51	00:01:17	01:05:24	02:31:20	03:46:49		<b>04:26:06.00</b>	<b>04:26:06.00</b>	+02:47:17	11:34	5.2
398	<b>JEZIOREK Józef</b>	<b>1115</b>		M40	92	00:03:07	01:00:13	02:24:00	03:34:46		<b>04:27:01.25</b>	<b>04:27:01.25</b>	+02:48:12	11:36	5.2
399	<b>ŁAGOWSKA Katarzyna</b>	<b>1447</b>		K40	51	00:03:12	01:05:22	02:30:39	03:47:34		<b>04:27:56.85</b>	<b>04:27:56.85</b>	+02:49:08	11:38	5.2
400	<b>BORKOWSKA Ewa</b>	<b>1030</b>	WKURW-TEAM	K60	2	00:03:23	01:08:11	02:36:08	03:53:17		<b>04:37:33.60</b>	<b>04:37:33.60</b>	+02:58:44	12:04	5
401	<b>REY Andrzej</b>	<b>1184</b>		M40	93	00:03:35	01:00:55	02:38:19			<b>04:46:36.75</b>	<b>04:46:36.75</b>	+03:07:48	12:27	4.8
402	<b>MIRECKI Jan</b>	<b>1120</b>		M40	94	00:03:06	01:14:41	02:50:06	04:12:52		<b>05:02:56.15</b>	<b>05:02:56.15</b>	+03:24:07	13:10	4.6
	<b>GÓRYŃSKI Rafał</b>	<b>1239</b>		M20		DNF	03:50:46 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	-
		<b>1495</b>				DNF	03:50:54 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	-

Znaleziono 404 wynik(ów)