



BIEG SZLAK TRAFI | 21KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Bieg Szlak Trafi
Organizator: Fundacja Ruszaj Na Szlak
Data: 2022-08-06
Miejsce: Kazimierz Dolny
Dystans: 21 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|--------------------------------|-----------|------|---------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | KWARTA Maciej | 61 | 1WBPA NC /KWARTA /ŻÓRAWSKITEAM | Mężczyźni | 1 | Żórawski Team | 01:44:50.80 | 01:44:52.95 | | 4:59 | 12 (100%) |
| 2 | TICHORUK Karol | 17 | BIEGAJĄCY ŚWIDNIK | Mężczyźni | 2 | | 01:49:47.25 | 01:49:50.30 | +00:04:57 (4.5%) | 5:13 | 11.5 (95.8%) |
| 3 | LIPIŃSKI Tomasz | 64 | IMPLOZJA CHEŁM | Mężczyźni | 3 | | 01:53:48.30 | 01:53:50.50 | +00:08:57 (7.9%) | 5:25 | 11.1 (92.5%) |
| 4 | ŚLIWKA Paweł | 101 | | Mężczyźni | 4 | | 01:54:21.60 | 01:54:23.60 | +00:09:30 (8.3%) | 5:26 | 11 (91.7%) |
| 5 | PAROL Rafał | 81 | DZIKIE GRUBASY SZATANA | Mężczyźni | 5 | | 01:56:32.30 | 01:56:34.45 | +00:11:41 (10.0%) | 5:32 | 10.8 (90.0%) |
| 6 | WIĘCH Piotr | 142 | | Mężczyźni | 6 | | 01:59:43.00 | 01:59:47.50 | +00:14:54 (12.4%) | 5:42 | 10.5 (87.5%) |
| 7 | BIELAK Tomasz | 9 | | Mężczyźni | 7 | | 02:02:26.55 | 02:02:31.95 | +00:17:39 (14.4%) | 5:49 | 10.3 (85.8%) |
| 8 | STOŃ Wojciech | 96 | PACMAN RUNNING TEAM | Mężczyźni | 8 | Pacman Running Team | 02:03:13.40 | 02:03:16.90 | +00:18:23 (14.9%) | 5:52 | 10.2 (85.0%) |
| 9 | KOWALSKI Daniel | 56 | BIEGAJĄCY ŚWIDNIK | Mężczyźni | 9 | Biegający Świdnik | 02:04:39.15 | 02:04:41.90 | +00:19:48 (15.9%) | 5:56 | 10.1 (84.2%) |
| 10 | FLORCZAK Bartłomiej | 36 | | Mężczyźni | 10 | | 02:06:00.05 | 02:06:02.25 | +00:21:09 (16.8%) | 6:00 | 10 (83.3%) |
| 11 | CHMIEL Przemysław | 20 | ALBATROSY | Mężczyźni | 11 | | 02:06:37.45 | 02:06:41.80 | +00:21:48 (17.2%) | 6:01 | 10 (83.3%) |
| 12 | WOLSZCZAK Damian | 139 | WKZ KOZIENICE BBL | Mężczyźni | 12 | WKZ KOZIENICE BBL | 02:07:42.85 | 02:07:46.30 | +00:22:53 (17.9%) | 6:04 | 9.9 (82.5%) |
| 13 | GARDZIEL Jerzy | 132 | KONDYCJA | Mężczyźni | 13 | | 02:12:05.05 | 02:12:12.40 | +00:27:19 (20.7%) | 6:17 | 9.5 (79.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------------------------------|-----------|------|---------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 14 | ŚLIWIAK Jakub | 100 | BIEGOWY WARIAT RUNNING TEAM | Mężczyźni | 14 | | 02:12:57.45 | 02:13:00.30 | +00:28:07 (21.1%) | 6:19 | 9.5 (79.2%) |
| 15 | RAKOCZY Marcin | 86 | SPELEOKLUB ŚWIĘTOKRZYSKI W KIELCACH | Mężczyźni | 15 | Speleoklub Świętokrzyski Kielce | 02:14:25.85 | 02:14:34.75 | +00:29:41 (22.1%) | 6:24 | 9.4 (78.3%) |
| 16 | SOBIESZEK Sylwia | 92 | ZWOLEŃNICY BIEGANIA | Kobiety | 1 | | 02:14:54.70 | 02:14:59.30 | +00:30:06 (22.3%) | 6:25 | 9.3 (77.5%) |
| 17 | DEJNECKA Martyna | 24 | | Kobiety | 2 | | 02:15:43.55 | 02:15:46.20 | +00:30:53 (22.7%) | 6:27 | 9.3 (77.5%) |
| 18 | JERZYK Marcin | 50 | FORMATIO.PL | Mężczyźni | 16 | | 02:15:51.10 | 02:15:55.40 | +00:31:02 (22.8%) | 6:28 | 9.3 (77.5%) |
| 19 | WRÓBEL Krzysztof | 116 | BIEGAJĄCY ŚWIDNIK | Mężczyźni | 17 | Biegający Świdnik | 02:16:06.95 | 02:16:14.65 | +00:31:21 (23.0%) | 6:28 | 9.3 (77.5%) |
| 20 | MAZUREK Karol | 134 | | Mężczyźni | 18 | | 02:16:22.35 | 02:16:35.35 | +00:31:42 (23.2%) | 6:29 | 9.2 (76.7%) |
| 21 | DZIEDZIC Jacek | 30 | | Mężczyźni | 19 | | 02:16:20.15 | 02:16:48.50 | +00:31:55 (23.3%) | 6:29 | 9.2 (76.7%) |
| 22 | ZAWROTNY Łukasz | 125 | | Mężczyźni | 20 | | 02:17:06.90 | 02:17:22.40 | +00:32:29 (23.7%) | 6:31 | 9.2 (76.7%) |
| 23 | FURTAK Krzysiek | 39 | MULTIMEDIA RUNNERS PUŁAWY | Mężczyźni | 21 | Multimedia Runners Puławy | 02:17:38.50 | 02:17:44.45 | +00:32:51 (23.9%) | 6:33 | 9.2 (76.7%) |
| 24 | TYMICKI Zbigniew | 107 | | Mężczyźni | 22 | | 02:20:23.85 | 02:20:37.40 | +00:35:44 (25.4%) | 6:41 | 9 (75.0%) |
| 25 | PAĆKO Michał | 79 | SPARTA LUBLIN | Mężczyźni | 23 | | 02:21:24.35 | 02:21:33.10 | +00:36:40 (25.9%) | 6:44 | 8.9 (74.2%) |
| 26 | BROMKE Łukasz | 15 | ORANGE POLSKA | Mężczyźni | 24 | | 02:25:35.85 | 02:25:42.75 | +00:40:49 (28.0%) | 6:55 | 8.7 (72.5%) |
| 27 | PABIS Szymon | 78 | | Mężczyźni | 25 | | 02:26:53.85 | 02:26:58.35 | +00:42:05 (28.6%) | 6:59 | 8.6 (71.7%) |
| 28 | WIŚNIEWSKA Agnieszka | 144 | | Kobiety | 3 | | 02:27:04.45 | 02:27:12.70 | +00:42:19 (28.8%) | 7:00 | 8.6 (71.7%) |
| 29 | TRUK Artur | 103 | | Mężczyźni | 26 | | 02:27:54.65 | 02:27:57.55 | +00:43:04 (29.1%) | 7:02 | 8.5 (70.8%) |
| 30 | KŁOŚ Artur | 135 | STAY INSANE | Mężczyźni | 27 | STAY INSANE | 02:28:12.70 | 02:28:16.60 | +00:43:23 (29.3%) | 7:03 | 8.5 (70.8%) |
| 31 | BIDAS Michał | 7 | STAY INSANE | Mężczyźni | 28 | | 02:28:20.05 | 02:28:28.65 | +00:43:35 (29.4%) | 7:03 | 8.5 (70.8%) |
| 32 | FABISIAK Andrzej | 31 | ZARAŻENI BÓLEM | Mężczyźni | 29 | | 02:28:32.55 | 02:28:38.25 | +00:43:45 (29.4%) | 7:04 | 8.5 (70.8%) |
| 33 | CIOTUCHA Paweł | 23 | MULTIMEDIA RUNNERS | Mężczyźni | 30 | Multimedia Runners Puławy | 02:28:45.45 | 02:28:55.35 | +00:44:02 (29.6%) | 7:05 | 8.5 (70.8%) |
| 34 | POROWSKI Łukasz | 143 | | Mężczyźni | 31 | | 02:31:29.90 | 02:31:33.40 | +00:46:40 (30.8%) | 7:12 | 8.3 (69.2%) |
| 35 | KOZACZUK Maria | 58 | | Kobiety | 4 | | 02:31:48.15 | 02:31:52.65 | +00:46:59 (30.9%) | 7:13 | 8.3 (69.2%) |
| 36 | BREWCZAK Maciej | 14 | SAVE LIFE | Mężczyźni | 32 | | 02:31:48.85 | 02:31:53.90 | +00:47:00 (31.0%) | 7:13 | 8.3 (69.2%) |

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|-----|-----------------------|-------|----------------------------------|-----------|------|-----------|-----------------|------------------|-------------------|--------------|-------------|
| 37 | JARZYŃKA Krzysztof | 49 | K2 | Mężczyźni | 33 | | 02:31:47.15 | 02:31:55.70 | +00:47:02 (31.0%) | 7:13 | 8.3 (69.2%) |
| 38 | POCHWAT Błażej | 85 | 1SGS | Mężczyźni | 34 | | 02:31:46.10 | 02:31:56.60 | +00:47:03 (31.0%) | 7:13 | 8.3 (69.2%) |
| 39 | NOWAK Konrad | 73 | | Mężczyźni | 35 | | 02:32:32.45 | 02:32:48.05 | +00:47:55 (31.4%) | 7:15 | 8.3 (69.2%) |
| 40 | ZALEWSKI Dominik | 121 | | Mężczyźni | 36 | | 02:32:47.65 | 02:32:51.65 | +00:47:58 (31.4%) | 7:16 | 8.2 (68.3%) |
| 41 | PARYS Michał | 82 | | Mężczyźni | 37 | | 02:32:58.05 | 02:33:02.95 | +00:48:10 (31.5%) | 7:17 | 8.2 (68.3%) |
| 42 | SOKOŁOWSKA Marta | 93 | ATP AUGUSTÓW | Kobiety | 5 | | 02:32:56.50 | 02:33:04.55 | +00:48:11 (31.5%) | 7:16 | 8.2 (68.3%) |
| 43 | BRYGOŁA Andrzej | 16 | LUBLIN | Mężczyźni | 38 | | 02:33:14.20 | 02:33:23.45 | +00:48:30 (31.6%) | 7:17 | 8.2 (68.3%) |
| 44 | FALBA Zbigniew | 33 | | Mężczyźni | 39 | | 02:33:43.25 | 02:33:51.30 | +00:48:58 (31.8%) | 7:19 | 8.2 (68.3%) |
| 45 | KAŻMIERCZAK Krzysztof | 53 | | Mężczyźni | 40 | | 02:34:30.65 | 02:34:34.35 | +00:49:41 (32.1%) | 7:21 | 8.2 (68.3%) |
| 46 | SAŁUSTOWICZ Patrycja | 89 | #NOLIMITS | Kobiety | 6 | | 02:34:26.05 | 02:34:37.10 | +00:49:44 (32.2%) | 7:21 | 8.2 (68.3%) |
| 47 | BIELAK Michał | 10 | | Mężczyźni | 41 | | 02:34:31.85 | 02:34:39.55 | +00:49:46 (32.2%) | 7:21 | 8.2 (68.3%) |
| 48 | BANCERZ Grzegorz | 3 | TRAWNIKI BIEGAJĄ | Mężczyźni | 42 | | 02:35:20.90 | 02:35:31.30 | +00:50:38 (32.6%) | 7:23 | 8.1 (67.5%) |
| 49 | KOWALIK Piotr | 55 | TRAWNIKI BIEGAJĄ | Mężczyźni | 43 | | 02:35:21.30 | 02:35:32.00 | +00:50:39 (32.6%) | 7:23 | 8.1 (67.5%) |
| 50 | FILIPCZAK Stanisław | 34 | | Mężczyźni | 44 | | 02:35:53.30 | 02:36:03.30 | +00:51:10 (32.8%) | 7:25 | 8.1 (67.5%) |
| 51 | ZABŁOCKA Anna | 118 | POLISH RUNNERS CLUB IRELAND | Kobiety | 7 | | 02:35:55.60 | 02:36:05.15 | +00:51:12 (32.8%) | 7:25 | 8.1 (67.5%) |
| 52 | MAKUCH Jacek | 67 | | Mężczyźni | 45 | | 02:36:08.50 | 02:36:18.70 | +00:51:25 (32.9%) | 7:26 | 8.1 (67.5%) |
| 53 | URBAŃSKI Mirosław | 108 | | Mężczyźni | 46 | | 02:37:27.35 | 02:37:39.30 | +00:52:46 (33.5%) | 7:29 | 8 (66.7%) |
| 54 | MAMEJ Piotr | 69 | LUBELSKIE STOWARZYSZENIE BIEGOWE | Mężczyźni | 47 | | 02:38:40.35 | 02:38:53.55 | +00:54:00 (34.0%) | 7:33 | 7.9 (65.8%) |
| 55 | REPCZUK Agata | 87 | | Kobiety | 8 | | 02:39:12.65 | 02:39:16.55 | +00:54:23 (34.2%) | 7:34 | 7.9 (65.8%) |
| 56 | ZAWROTNA Monika | 124 | | Kobiety | 9 | | 02:41:04.15 | 02:41:18.95 | +00:56:26 (35.0%) | 7:40 | 7.8 (65.0%) |
| 57 | CHODNIEWICZ Michał | 21 | | Mężczyźni | 48 | | 02:42:08.40 | 02:42:17.90 | +00:57:24 (35.4%) | 7:43 | 7.8 (65.0%) |
| 58 | KOWALSKI Łukasz | 57 | | Mężczyźni | 49 | | 02:42:52.30 | 02:42:59.65 | +00:58:06 (35.7%) | 7:45 | 7.7 (64.2%) |
| 59 | JĘDRYKA Grzegorz | 51 | | Mężczyźni | 50 | | 02:43:39.75 | 02:43:46.80 | +00:58:53 (36.0%) | 7:47 | 7.7 (64.2%) |

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| 60 | BERNACIK Michał | 148 | | Mężczyźni | 51 | | 02:44:09.95 | 02:44:23.70 | +00:59:30 (36.2%) | 7:49 | 7.7 (64.2%) |
| 61 | BARSZCZEWSKI Mateusz | 4 | | Mężczyźni | 52 | | 02:44:28.75 | 02:44:38.75 | +00:59:45 (36.3%) | 7:49 | 7.7 (64.2%) |
| 62 | ZIÓŁEK Mirosław | 126 | SAINT GOBAIN SQAD/ STAY INSANE/ BANDA GRUDNIA | Mężczyźni | 53 | | 02:44:37.90 | 02:44:44.40 | +00:59:51 (36.3%) | 7:50 | 7.7 (64.2%) |
| 63 | WÓJTOWICZ Justyna | 114 | KS PULASKI WARKA | Kobiety | 10 | | 02:44:36.45 | 02:44:45.20 | +00:59:52 (36.3%) | 7:50 | 7.7 (64.2%) |
| 64 | SZUMPUR Mariusz | 99 | KS START PUŁASKI WARKA | Mężczyźni | 54 | | 02:44:36.80 | 02:44:45.50 | +00:59:52 (36.3%) | 7:50 | 7.7 (64.2%) |
| 65 | ADAMOWICZ Agnieszka | 2 | ZWOLEŃNICY BIEGANIA | Kobiety | 11 | Zwoleńnicy Biegania | 02:47:15.45 | 02:47:21.60 | +01:02:28 (37.3%) | 7:57 | 7.5 (62.5%) |
| 66 | OSMENDA Michał | 77 | | Mężczyźni | 55 | | 02:47:20.65 | 02:47:27.10 | +01:02:34 (37.4%) | 7:58 | 7.5 (62.5%) |
| 67 | WRÓBEL Barbara | 115 | BIEGAJĄCY ŚWIDNIK | Kobiety | 12 | Biegający Świdnik | 02:47:25.65 | 02:47:33.20 | +01:02:40 (37.4%) | 7:58 | 7.5 (62.5%) |
| 68 | JANOSZCZYK Monika | 48 | | Kobiety | 13 | | 02:47:54.00 | 02:48:12.50 | +01:03:19 (37.6%) | 7:59 | 7.5 (62.5%) |
| 69 | CHUDZIAN Nina | 141 | | Kobiety | 14 | | 02:48:20.10 | 02:48:25.15 | +01:03:32 (37.7%) | 8:00 | 7.5 (62.5%) |
| 70 | BETLEJEWSKI Rafał | 6 | | Mężczyźni | 56 | | 02:48:24.60 | 02:48:29.65 | +01:03:36 (37.8%) | 8:01 | 7.5 (62.5%) |
| 71 | GAWROŃSKI Jacek | 40 | BIEGAJĄCY ŚWIDNIK | Mężczyźni | 57 | Biegający Świdnik | 02:48:57.85 | 02:49:07.05 | +01:04:14 (38.0%) | 8:02 | 7.5 (62.5%) |
| 72 | DĘBSKI Artur | 25 | | Mężczyźni | 58 | | 02:49:05.60 | 02:49:11.45 | +01:04:18 (38.0%) | 8:03 | 7.5 (62.5%) |
| 73 | KROPIAK Katarzyna | 59 | VEGE RUNNERS | Kobiety | 15 | | 02:49:07.40 | 02:49:13.25 | +01:04:20 (38.0%) | 8:03 | 7.5 (62.5%) |
| 74 | WOLSZCZAK Ryszard | 113 | WKZ KOZIENICE BBL | Mężczyźni | 59 | WKZ KOZIENICE BBL | 02:49:12.80 | 02:49:16.55 | +01:04:23 (38.0%) | 8:03 | 7.4 (61.7%) |
| 75 | ROSA Magdalena | 88 | LUBELSKIBIEGACZ.PL TEAM | Kobiety | 16 | | 02:49:11.05 | 02:49:17.65 | +01:04:24 (38.0%) | 8:03 | 7.4 (61.7%) |
| 76 | ZAGOZDON Sławomir | 120 | | Mężczyźni | 60 | | 02:49:30.05 | 02:49:37.60 | +01:04:44 (38.2%) | 8:04 | 7.4 (61.7%) |
| 77 | KAŻMIERCZAK Eryk | 54 | | Mężczyźni | 61 | | 02:49:52.60 | 02:49:56.70 | +01:05:03 (38.3%) | 8:05 | 7.4 (61.7%) |
| 78 | DUDEK Paweł | 28 | RUCH IZBICA | Mężczyźni | 62 | | 02:50:01.40 | 02:50:15.70 | +01:05:22 (38.4%) | 8:05 | 7.4 (61.7%) |
| 79 | BUŚ Katarzyna | 19 | | Kobiety | 17 | | 02:51:00.95 | 02:51:06.60 | +01:06:13 (38.7%) | 8:08 | 7.4 (61.7%) |
| 80 | OSETEK Mariusz | 76 | KRAŚNIK BIEGA | Mężczyźni | 63 | | 02:51:00.55 | 02:51:06.70 | +01:06:13 (38.7%) | 8:08 | 7.4 (61.7%) |
| 81 | STERNIK Daniel | 95 | NAJWIĘKSZA ARMIA ŚWIATA | Mężczyźni | 64 | | 02:51:04.45 | 02:51:22.20 | +01:06:29 (38.8%) | 8:08 | 7.4 (61.7%) |
| 82 | WIĘCH Arek | 110 | | Mężczyźni | 65 | | 02:51:12.95 | 02:51:24.00 | +01:06:31 (38.8%) | 8:09 | 7.4 (61.7%) |

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| 83 | MAZEK Łukasz | 147 | STOPKA PILAWA | Mężczyźni | 66 | | 02:51:34.45 | 02:51:52.10 | +01:06:59 (39.0%) | 8:10 | 7.3 (60.8%) |
| 84 | FOSCARINI Daniele | 62 | | Mężczyźni | 67 | Multimedia Runners Puławy | 02:52:08.05 | 02:52:24.90 | +01:07:31 (39.2%) | 8:11 | 7.3 (60.8%) |
| 85 | OGRODNICZUK Józef | 74 | | Mężczyźni | 68 | | 02:52:38.10 | 02:52:46.20 | +01:07:53 (39.3%) | 8:13 | 7.3 (60.8%) |
| 86 | ZWOLAKIEWICZ Przemysław | 128 | NAŚ/HEŃTEAM | Mężczyźni | 69 | | 02:53:54.45 | 02:54:08.35 | +01:09:15 (39.8%) | 8:16 | 7.2 (60.0%) |
| 87 | KUCZA Mateusz | 60 | | Mężczyźni | 70 | | 02:53:45.80 | 02:54:08.60 | +01:09:15 (39.8%) | 8:16 | 7.3 (60.8%) |
| 88 | BARTOSIEWICZ Daria | 5 | DZIKIE GRUBASY SZATANA | Kobiety | 18 | Dzikie Grubasy Szatana | 02:54:10.30 | 02:54:15.80 | +01:09:22 (39.8%) | 8:17 | 7.2 (60.0%) |
| 89 | SOLAN Łukasz | 94 | #RUNNINGTEAM83 | Mężczyźni | 71 | | 02:54:48.55 | 02:54:58.05 | +01:10:05 (40.1%) | 8:19 | 7.2 (60.0%) |
| 90 | RADZIWONOWICZ Adriana | 136 | | Kobiety | 19 | | 02:54:57.10 | 02:55:04.50 | +01:10:11 (40.1%) | 8:19 | 7.2 (60.0%) |
| 91 | ISASI-KURAN Agata | 47 | MARKOWI BIEGACZE | Kobiety | 20 | | 02:55:05.35 | 02:55:24.60 | +01:10:31 (40.2%) | 8:20 | 7.2 (60.0%) |
| 92 | PNIEWSKI Rafał | 84 | BIEGAM NA TARCHOMINIE | Mężczyźni | 72 | | 02:55:29.65 | 02:55:41.95 | +01:10:49 (40.3%) | 8:21 | 7.2 (60.0%) |
| 93 | TADLA Izabela | 146 | #NOLIMITS | Kobiety | 21 | | 02:56:00.75 | 02:56:12.40 | +01:11:19 (40.5%) | 8:22 | 7.2 (60.0%) |
| 94 | WNUK Kuba | 112 | BOSCO TEAM LUBLIN | Mężczyźni | 73 | | 02:56:52.80 | 02:57:06.65 | +01:12:13 (40.8%) | 8:25 | 7.1 (59.2%) |
| 95 | BIDAS Paweł | 8 | BIKE EQUIPA SANDOMIERZ | Mężczyźni | 74 | Bike Equipa Sandomierz | 02:58:06.60 | 02:58:24.20 | +01:13:31 (41.2%) | 8:28 | 7.1 (59.2%) |
| 96 | WRZESIEŃ Jerzy | 117 | BIKE EQUIPA SANDOMIERZ | Mężczyźni | 75 | Bike Equipa Sandomierz | 02:58:53.95 | 02:59:10.50 | +01:14:17 (41.5%) | 8:31 | 7 (58.3%) |
| 97 | ŚWIR CZ Damian | 102 | VEGE RUNNERS | Mężczyźni | 76 | | 02:59:34.75 | 02:59:41.80 | +01:14:48 (41.6%) | 8:33 | 7 (58.3%) |
| 98 | GOLAWSKA Joanna | 41 | | Kobiety | 22 | | 03:00:16.45 | 03:00:27.50 | +01:15:34 (41.9%) | 8:35 | 7 (58.3%) |
| 99 | FLASIŃSKA Anna | 35 | | Kobiety | 23 | | 03:00:41.35 | 03:00:51.45 | +01:15:58 (42.0%) | 8:36 | 7 (58.3%) |
| 100 | KARCZEWSKI Zenon | 52 | | Mężczyźni | 77 | | 03:00:41.90 | 03:00:51.60 | +01:15:58 (42.0%) | 8:36 | 7 (58.3%) |
| 101 | WIĘCKOWSKA Beata | 111 | HEŃTEAM | Kobiety | 24 | | 03:02:53.45 | 03:03:05.20 | +01:18:12 (42.7%) | 8:42 | 6.9 (57.5%) |
| 102 | ŻUK Agata | 129 | HEŃTEAM | Kobiety | 25 | Heńteam | 03:02:53.75 | 03:03:05.50 | +01:18:12 (42.7%) | 8:42 | 6.9 (57.5%) |
| 103 | ISASI Gorka | 46 | BILBAO | Mężczyźni | 78 | | 03:03:56.70 | 03:04:15.95 | +01:19:23 (43.1%) | 8:45 | 6.9 (57.5%) |
| 104 | SIERY Artur | 90 | | Mężczyźni | 79 | | 03:05:20.70 | 03:05:31.30 | +01:20:38 (43.5%) | 8:49 | 6.8 (56.7%) |
| 105 | SZAŁAS Andrzej | 97 | TRUCHTACZ.PL | Mężczyźni | 80 | | 03:05:20.85 | 03:05:31.40 | +01:20:38 (43.5%) | 8:49 | 6.8 (56.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|---------------------------|-----------|------|---------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 106 | HUK Mateusz | 44 | | Mężczyźni | 81 | | 03:06:59.60 | 03:07:14.00 | +01:22:21 (44.0%) | 8:54 | 6.7 (55.8%) |
| 107 | MONTES PEREZ Luis Enrique | 72 | | Mężczyźni | 82 | | 03:07:43.70 | 03:08:01.00 | +01:23:08 (44.2%) | 8:56 | 6.7 (55.8%) |
| 108 | LECH Andrzej | 63 | | Mężczyźni | 83 | | 03:08:41.70 | 03:08:49.40 | +01:23:56 (44.5%) | 8:59 | 6.7 (55.8%) |
| 109 | ZADURA Agnieszka | 119 | MULTIMEDIA RUNNERS PUŁAWY | Kobiety | 26 | Multimedia Runners Puławy | 03:14:29.75 | 03:14:40.60 | +01:29:47 (46.1%) | 9:15 | 6.5 (54.2%) |
| 110 | ŻUROWSKI Jacek | 131 | HEŃTEAM | Mężczyźni | 84 | Heńteam | 03:20:27.70 | 03:20:42.70 | +01:35:49 (47.7%) | 9:32 | 6.3 (52.5%) |
| 111 | ŻUREK Piotr | 130 | HEŃTEAM | Mężczyźni | 85 | | 03:20:27.25 | 03:20:42.85 | +01:35:49 (47.7%) | 9:32 | 6.3 (52.5%) |
| 111 | SZEWCUK Joanna | 98 | HEŃTEAM | Kobiety | 27 | | 03:20:30.15 | 03:20:42.85 | +01:35:49 (47.7%) | 9:32 | 6.3 (52.5%) |
| 113 | FABISIAK Ewa | 32 | ZARAŻENI BÓLEM | Kobiety | 28 | | 03:21:14.65 | 03:21:26.95 | +01:36:34 (47.9%) | 9:34 | 6.3 (52.5%) |
| 114 | FRANKOWSKA Dorota | 38 | | Kobiety | 29 | | 03:21:19.80 | 03:21:32.50 | +01:36:39 (48.0%) | 9:35 | 6.3 (52.5%) |
| 115 | TRZCIŃSKI Michał | 104 | | Mężczyźni | 86 | | 03:22:29.45 | 03:22:37.80 | +01:37:44 (48.2%) | 9:38 | 6.2 (51.7%) |
| 116 | BIJAK Adriana | 11 | | Kobiety | 30 | | 03:22:53.60 | 03:23:04.45 | +01:38:11 (48.4%) | 9:39 | 6.2 (51.7%) |
| 117 | CHOMIK Marcin | 22 | GUŁAJ TEAM | Mężczyźni | 87 | | 03:26:54.05 | 03:27:10.60 | +01:42:17 (49.4%) | 9:51 | 6.1 (50.8%) |
| 118 | MAŁEK Monika | 138 | | Kobiety | 31 | | 03:31:08.00 | 03:31:23.00 | +01:46:30 (50.4%) | 10:03 | 6 (50.0%) |
| 119 | MARCINKIEWICZ Anna | 145 | | Kobiety | 32 | | 03:35:25.20 | 03:35:33.15 | +01:50:40 (51.3%) | 10:15 | 5.8 (48.3%) |
| 120 | GRZECZNIK Tomasz | 137 | | Mężczyźni | 88 | | 03:38:20.80 | 03:38:36.70 | +01:53:43 (52.0%) | 10:23 | 5.8 (48.3%) |
| 121 | SŁAWIŃSKI Andrzej | 91 | | Mężczyźni | 89 | | 03:38:25.10 | 03:38:41.70 | +01:53:48 (52.0%) | 10:24 | 5.8 (48.3%) |
| 122 | ZIÓŁEK Teresa | 127 | STAY INSANE | Kobiety | 33 | | 03:43:43.30 | 03:43:55.25 | +01:59:02 (53.2%) | 10:39 | 5.6 (46.7%) |
| 123 | RAK Paweł | 140 | BIEGAJĄCY ŚWIDNIK | Mężczyźni | 90 | | 03:49:22.25 | 03:49:36.05 | +02:04:43 (54.3%) | 10:55 | 5.5 (45.8%) |
| 124 | MACIĄG Alina | 65 | BIKE EQUIPA SANDOMIERZ | Kobiety | 34 | Biegający Świdnik | 03:50:37.40 | 03:50:55.60 | +02:06:02 (54.6%) | 10:58 | 5.5 (45.8%) |
| 125 | ZAWÓŁ Paweł | 123 | BIKE EQUIPA SANDOMIERZ | Mężczyźni | 91 | | 03:50:38.60 | 03:50:55.90 | +02:06:02 (54.6%) | 10:58 | 5.5 (45.8%) |
| 126 | KORDOWICZ Łukasz | 133 | BUT | Mężczyźni | 92 | | 04:00:33.15 | 04:00:54.75 | +02:16:01 (56.5%) | 11:27 | 5.2 (43.3%) |
| 126 | BUCZKO Marek | 18 | RUN RUN OLESZYCE | Mężczyźni | 92 | | 04:00:33.15 | 04:00:54.75 | +02:16:01 (56.5%) | 11:27 | 5.2 (43.3%) |
| 128 | DOROTA Jola | 26 | RUN RUN OLESZYCE | Kobiety | 35 | | 04:00:32.75 | 04:00:54.80 | +02:16:01 (56.5%) | 11:27 | 5.2 (43.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Drużyna 1 | Czas netto 21km | Czas brutto 21km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------|-----------|------|-----------|--------------------|--------------------|----------------------|--------------|----------------|
| 129 | MALEC Basia | 68 | | Kobiety | 36 | | 04:06:55.95 | 04:07:09.00 | +02:22:16 (57.6%) | 11:45 | 5.1 (42.5%) |
| 130 | WARDA Agnieszka Tonny | 109 | SPARTA LUBLIN | Kobiety | 37 | | 04:07:09.20 | 04:07:09.20 | +02:22:16 (57.6%) | 11:46 | 5.1 (42.5%) |
| | ORKISZEWSKI Arkadiusz | 75 | | Mężczyźni | | | DNF | DNF | | - | - (0.0%) |

Znaleziono 131 wynik(ów)