



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Wszyscy

BIESZCZADZKI WEEKEND BIEGOWY RYSIA - PO 3 ETAPACH

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia 2022
Organizator: GOKSiT Polańczyk
Data: 2022-10-22
Miejsce: Polańczyk
Dystans: 42 km

 **HERKULES**
www.herkules.org.pl

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
1	KIPER Maciej	69	JAROSŁAWSKI BIEGACZ	M-40	1	01:04:10.00	00:23:17.00	01:57:33.00	03:25:00.00		4:52	12.3 (100%)
2	WILKOS Mateusz	177	NIEMCE TEAM	M-30	1	01:06:30.00	00:23:02.00	01:57:07.00	03:26:39.00	+00:01:39 (0.8%)	4:55	12.2 (99.2%)
3	GUT Jacek	49	BLACK JACK TEAM	M-30	2	01:07:55.00	00:24:16.00	01:58:14.00	03:30:25.00	+00:05:25 (2.6%)	5:00	12 (97.6%)
4	JAKUBIK Marcin	58	MKS HALICZ	M-30	3	01:09:26.00	00:24:15.00	01:59:22.00	03:33:03.00	+00:08:03 (3.8%)	5:04	11.8 (95.9%)
5	WIERZBICKI Janusz	176	SIENIAWA	M-30	4	01:10:01.00	00:24:29.00	02:01:11.00	03:35:41.00	+00:10:41 (5.0%)	5:08	11.7 (95.1%)
6	SZMIST Jarosław	159	ATHLETIC ZRĘCIN	M-40	2	01:10:17.00	00:25:06.00	02:05:27.00	03:40:50.00	+00:15:50 (7.2%)	5:15	11.4 (92.7%)
7	CISEK Andrzej	28	RZESZOWSKIE GAZELE I GEPARDY	M-40	3	01:13:33.00	00:25:21.00	02:02:53.00	03:41:47.00	+00:16:47 (7.6%)	5:16	11.4 (92.7%)
8	JANAS Marcin	59		M-40	4	01:10:34.00	00:25:48.00	02:06:34.00	03:42:56.00	+00:17:56 (8.0%)	5:18	11.3 (91.9%)
9	NIEDZIELSKI Dariusz	115	AKTYWNY DYNÓW	M-40	5	01:13:41.00	00:25:50.00	02:05:41.00	03:45:12.00	+00:20:12 (9.0%)	5:21	11.2 (91.1%)
10	BURY Maro	21	MTB CZUDEC	M-40	6	01:13:20.00	00:25:19.00	02:09:05.00	03:47:44.00	+00:22:44 (10.0%)	5:25	11.1 (90.2%)
11	WEREMKO Grzegorz	172	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	01:14:13.00	00:25:33.00	02:09:29.00	03:49:15.00	+00:24:15 (10.6%)	5:27	11 (89.4%)
12	RÓG Piotr	146	RZESZOWSKIE GAZELE I GEPARDY	M-40	8	01:14:22.00	00:27:13.00	02:10:20.00	03:51:55.00	+00:26:55 (11.6%)	5:31	10.9 (88.6%)
13	BANASIK Krzysztof	7	KAŃCZUCKA GRUPA BIEGOWA	M-40	9	01:16:39.00	00:26:33.00	02:11:32.00	03:54:44.00	+00:29:44 (12.7%)	5:35	10.7 (87.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
13	KOT Łukasz	76	RZESZOWSKIE GAZELE I GEPARDY	M-40	9	01:14:48.00	00:27:41.00	02:12:15.00	03:54:44.00	+00:29:44 (12.7%)	5:35	10.7 (87.0%)
15	OGŁUSZKA Michał	121	RZESZOWSKIE GAZELE I GEPARDY	M-30	5	01:16:19.00	00:28:30.00	02:11:42.00	03:56:31.00	+00:31:31 (13.3%)	5:37	10.7 (87.0%)
16	PIETRASIEWICZ Maciej	133	KRESOWIANIE	M-30	6	01:16:00.00	00:26:12.00	02:17:41.00	03:59:53.00	+00:34:53 (14.5%)	5:42	10.5 (85.4%)
17	JACHIMOWSKI Jarosław	57	SANOK BIEGA	M-30	7	01:19:50.00	00:26:45.00	02:14:01.00	04:00:36.00	+00:35:36 (14.8%)	5:43	10.5 (85.4%)
18	ŁAKOMY Tomasz	89	KRESOWIANIE	M-30	8	01:18:00.00	00:26:51.00	02:15:51.00	04:00:42.00	+00:35:42 (14.8%)	5:43	10.5 (85.4%)
19	KACZMARSKI Grzegorz	65	KACZMARSKI TEAM / K&O TEAM	M-30	9	01:14:32.00	00:26:40.00	02:21:25.00	04:02:37.00	+00:37:37 (15.5%)	5:46	10.4 (84.6%)
20	PEŁDIAK Mateusz	132	DZIKIE ŚWINKI	M-30	10	01:17:07.00	00:27:53.00	02:23:18.00	04:08:18.00	+00:43:18 (17.4%)	5:54	10.1 (82.1%)
21	RACHWALSKI Tomasz	138	BŁĘKITNI ŻEGLCE	M-50	1	01:16:01.00	00:28:34.00	02:24:00.00	04:08:35.00	+00:43:35 (17.5%)	5:55	10.1 (82.1%)
22	KURZYDŁO Michał	84	WAR TEAM	M-16	1	01:18:40.00	00:27:53.00	02:22:59.00	04:09:32.00	+00:44:32 (17.8%)	5:56	10.1 (82.1%)
23	BERNAT Tomasz	13		M-40	11	01:19:46.00	00:27:14.00	02:25:04.00	04:12:04.00	+00:47:04 (18.7%)	6:00	10 (81.3%)
24	PASTERZ Piotr	131		M-30	11	01:22:15.00	00:27:32.00	02:25:01.00	04:14:48.00	+00:49:48 (19.5%)	6:04	9.9 (80.5%)
25	DELEŻUCH Wojciech	34	POZIOMKI	M-40	12	01:22:05.00	00:27:30.00	02:26:21.00	04:15:56.00	+00:50:56 (19.9%)	6:05	9.8 (79.7%)
26	JASTRZĄB Piotr	62	DEKAN LESKO	M-50	2	01:21:49.00	00:27:18.00	02:26:55.00	04:16:02.00	+00:51:02 (19.9%)	6:05	9.8 (79.7%)
27	MACIEJKO Rafał	93	KRESOWIANIE	M-40	13	01:23:12.00	00:27:24.00	02:25:58.00	04:16:34.00	+00:51:34 (20.1%)	6:06	9.8 (79.7%)
28	ŚCIUBA Tomasz	163		M-40	14	01:22:22.00	00:28:55.00	02:25:41.00	04:16:58.00	+00:51:58 (20.2%)	6:07	9.8 (79.7%)
29	STADNYK Janusz	156	KOZACKI TEAM HŁOMCZA	M-16	2	01:21:35.00	00:27:45.00	02:27:59.00	04:17:19.00	+00:52:19 (20.3%)	6:07	9.8 (79.7%)
30	ANTOSZ Bogdan	3	SIENIAWA	M-50	3	01:23:01.00	00:28:40.00	02:27:05.00	04:18:46.00	+00:53:46 (20.8%)	6:09	9.7 (78.9%)
31	ROMAN Krzysztof	143	KOZACKI TEAM HŁOMCZA	M-30	12	01:17:08.00	00:26:54.00	02:35:09.00	04:19:11.00	+00:54:11 (20.9%)	6:10	9.7 (78.9%)
32	SOCHA Krzysztof	154	RZESZOWSKIE GAZELE I GEPARDY	M-30	13	01:24:41.00	00:28:16.00	02:26:18.00	04:19:15.00	+00:54:15 (20.9%)	6:10	9.7 (78.9%)
33	LEŚ Michał	85	SANOK BIEGA	M-30	14	01:18:02.00	00:29:57.00	02:31:53.00	04:19:52.00	+00:54:52 (21.1%)	6:11	9.7 (78.9%)
34	RYCAK Andrzej	148	NJNSABAUDY	M-50	4	01:22:52.00	00:29:07.00	02:27:56.00	04:19:55.00	+00:54:55 (21.1%)	6:11	9.7 (78.9%)
35	ZATOR Janusz	184	DĘBICKIE GEPRADY	M-50	5	01:26:02.00	00:29:15.00	02:27:56.00	04:23:13.00	+00:58:13 (22.1%)	6:16	9.6 (78.0%)
36	RÓG Dorota	145	RZESZOWSKIE GAZELE I GEPARDY	K-40	1	01:23:16.00	00:28:53.00	02:32:23.00	04:24:32.00	+00:59:32 (22.5%)	6:17	9.5 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
37	KLATKA Kamil	71	ATHLETIC ZRĘCIN	M-30	15	01:21:20.00	00:25:13.00	02:39:00.00	04:25:33.00	+01:00:33 (22.8%)	6:19	9.5 (77.2%)
38	GAWORECKI Tomasz	45	SANOK BIEGA	M-40	15	01:24:56.00	00:29:01.00	02:36:15.00	04:30:12.00	+01:05:12 (24.1%)	6:26	9.3 (75.6%)
39	ŚWIĘCH Anna	167	DZIKIE ŚWINKI	K-40	2	01:25:05.00	00:30:10.00	02:35:37.00	04:30:52.00	+01:05:52 (24.3%)	6:26	9.3 (75.6%)
40	RYBA Piotr	147	DZIKIE ŚWINKI	M-40	16	01:25:06.00	00:30:10.00	02:35:38.00	04:30:54.00	+01:05:54 (24.3%)	6:27	9.3 (75.6%)
41	GRUSZCZYŃSKI Romuald	48	KRESOWIANIE	M-30	16	01:18:32.00	00:28:07.00	02:44:47.00	04:31:26.00	+01:06:26 (24.5%)	6:27	9.3 (75.6%)
42	KRAKOWIAN Marek	81	JEST LEPIEJ RUN TEAM	M-30	17	01:23:01.00	00:29:20.00	02:39:19.00	04:31:40.00	+01:06:40 (24.5%)	6:28	9.3 (75.6%)
43	KOBYLARZ Piotr	73	RZESZOWSKIE GAZELE I GEPARDY	M-30	18	01:18:39.00	00:27:22.00	02:49:30.00	04:35:31.00	+01:10:31 (25.6%)	6:33	9.1 (74.0%)
44	KIELAR Daniel	68	KRESOWIANIE	M-40	17	01:24:17.00	00:29:56.00	02:41:21.00	04:35:34.00	+01:10:34 (25.6%)	6:33	9.1 (74.0%)
45	ŚNIEŻEK Piotr	166	PRZEMYSKI KLUB BIEGACZA	M-50	6	01:24:48.00	00:30:37.00	02:41:42.00	04:37:07.00	+01:12:07 (26.0%)	6:35	9.1 (74.0%)
46	GAJEK Magdalena	43	AKM PROMILEK	K-40	3	01:29:10.00	00:29:41.00	02:38:40.00	04:37:31.00	+01:12:31 (26.1%)	6:36	9.1 (74.0%)
47	GAJEK Grzegorz	44	AKM PROMILEK	M-40	18	01:29:10.00	00:29:42.00	02:38:41.00	04:37:33.00	+01:12:33 (26.1%)	6:36	9.1 (74.0%)
48	ROGOWSKA Anna	141	RZESZOWSKIE GAZELE I GEPARDY K	K-40	4	01:27:17.00	00:35:57.00	02:37:35.00	04:40:49.00	+01:15:49 (27.0%)	6:41	9 (73.2%)
49	BRYŁA-CRUZ Agnieszka	19	AKM PROMILEK	K-40	5	01:25:24.00	00:28:31.00	02:47:59.00	04:41:54.00	+01:16:54 (27.3%)	6:42	8.9 (72.4%)
50	WAGNER Tomasz	171	KRESOWIANIE	M-30	19	01:22:48.00	00:30:00.00	02:51:02.00	04:43:50.00	+01:18:50 (27.8%)	6:45	8.9 (72.4%)
51	HOŁUB Wacław	54	JAROSŁAWSKI BIEGACZ	M-50	7	01:26:40.00	00:30:30.00	02:46:44.00	04:43:54.00	+01:18:54 (27.8%)	6:45	8.9 (72.4%)
52	KŁÓSEK Paweł	72	DĘBICKIE GEPARDY	M-40	19	01:28:59.00	00:29:49.00	02:47:07.00	04:45:55.00	+01:20:55 (28.3%)	6:48	8.8 (71.5%)
53	SIEŃKO Łukasz	152	AKTYWNY DYNÓW	M-30	20	01:31:09.00	00:30:59.00	02:43:48.00	04:45:56.00	+01:20:56 (28.3%)	6:48	8.8 (71.5%)
54	MATERNA Roman	101	RZESZOWSKIE GAZELE I GEPARDY	M-50	8	01:31:00.00	00:31:47.00	02:44:24.00	04:47:11.00	+01:22:11 (28.6%)	6:50	8.8 (71.5%)
55	CZAJKA Tomasz	30	DZIKIE MORSY KARŁOWICE	M-40	20	01:32:55.00	00:31:23.00	02:43:15.00	04:47:33.00	+01:22:33 (28.7%)	6:50	8.8 (71.5%)
56	KOZŁOWSKI Sylwester	80	KOZACKI TEAM HŁOMCZA	M-30	21	01:22:00.00	00:29:44.00	02:58:02.00	04:49:46.00	+01:24:46 (29.3%)	6:53	8.7 (70.7%)
57	ŚLIWA Anna	164	KRESOWIANIE	K-40	6	01:28:27.00	00:28:40.00	02:53:51.00	04:50:58.00	+01:25:58 (29.5%)	6:55	8.7 (70.7%)
58	JARZYNKA Krzysztof	61	K2	M-50	9	01:32:40.00	00:32:40.00	02:47:26.00	04:52:46.00	+01:27:46 (30.0%)	6:58	8.6 (69.9%)
59	BRZEZICKI Maciej	20	TREC TEAM	M-40	21	01:31:57.00	00:31:29.00	02:49:39.00	04:53:05.00	+01:28:05 (30.1%)	6:58	8.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
60	KUBICKI Łukasz	82		M-30	22	01:28:41.00	00:31:38.00	02:52:52.00	04:53:11.00	+01:28:11 (30.1%)	6:58	8.6 (69.9%)
61	DUDA Natalia	36	NIEMCE TEAM	K-16	1	01:34:09.00	00:30:15.00	02:50:00.00	04:54:24.00	+01:29:24 (30.4%)	7:00	8.6 (69.9%)
62	TELEGA Robert	169	BLOK_B	M-50	10	01:33:37.00	00:31:50.00	02:50:33.00	04:56:00.00	+01:31:00 (30.7%)	7:02	8.5 (69.1%)
63	MITURA Wojtek	107	POZIOMKI	M-40	22	01:30:11.00	00:30:02.00	02:56:15.00	04:56:28.00	+01:31:28 (30.9%)	7:03	8.5 (69.1%)
64	RĘPALSKA Agata	140	DZIKIE ŚWINKI	K-30	1	01:27:42.00	00:30:44.00	02:58:16.00	04:56:42.00	+01:31:42 (30.9%)	7:03	8.5 (69.1%)
65	JARACZ Marcin	60		M-40	23	01:31:58.00	00:31:11.00	02:54:07.00	04:57:16.00	+01:32:16 (31.0%)	7:04	8.5 (69.1%)
66	NYLEC Tomek	117	DZIKIE ŚWINKI	M-16	3	01:31:13.00	00:32:10.00	02:54:40.00	04:58:03.00	+01:33:03 (31.2%)	7:05	8.5 (69.1%)
67	TRZONEK Andrzej	170	JGBS	M-50	11	01:35:50.00	00:31:35.00	02:52:39.00	05:00:04.00	+01:35:04 (31.7%)	7:08	8.4 (68.3%)
68	GWOZDA Grzegorz	50	KRESOWIANIE	M-40	24	01:34:00.00	00:30:31.00	02:55:36.00	05:00:07.00	+01:35:07 (31.7%)	7:08	8.4 (68.3%)
69	BANASIEWICZ Witold	6	SANOK BIEGA	M-40	25	01:32:50.00	00:32:36.00	02:55:41.00	05:01:07.00	+01:36:07 (31.9%)	7:10	8.4 (68.3%)
70	OCHYRA Karolina	118	SANOK BIEGA	K-16	2	01:34:42.00	00:30:54.00	02:58:02.00	05:03:38.00	+01:38:38 (32.5%)	7:13	8.3 (67.5%)
71	JĘDRZEJCZYK Agnieszka	63	RZESZOWSKIE GAZELE I GEPARDY K	K-40	7	01:38:02.00	00:33:15.00	02:54:54.00	05:06:11.00	+01:41:11 (33.0%)	7:17	8.2 (66.7%)
72	HYDZIK Łukasz	56	KOZACKI TEAM HŁOMCZA	M-40	26	01:35:22.00	00:32:24.00	03:01:59.00	05:09:45.00	+01:44:45 (33.8%)	7:22	8.1 (65.9%)
73	LEWCZUK Norbert	86	BIEGACZE POMAGACZE/EDYTA LEWANDOWSKA TEAM	M-30	23	01:33:12.00	00:32:43.00	03:04:57.00	05:10:52.00	+01:45:52 (34.1%)	7:24	8.1 (65.9%)
74	RECZKOWSKI Andrzej	190	ATHLETIC ZRĘCIN	M-60+	1	01:34:22.00	00:32:38.00	03:04:10.00	05:11:10.00	+01:46:10 (34.1%)	7:24	8.1 (65.9%)
75	BERNAŚ Dariusz	12	BSCZADY	M-30	24	01:35:49.00	00:35:06.00	03:00:50.00	05:11:45.00	+01:46:45 (34.2%)	7:25	8.1 (65.9%)
76	OGŁUSZKA Elżbieta	122	RZESZOWSKIE GAZELE I GEPARDY K	K-30	2	01:36:57.00	00:31:56.00	03:05:08.00	05:14:01.00	+01:49:01 (34.7%)	7:28	8 (65.0%)
77	OCHYRA Krzysztof	119		M-50	12	01:40:39.00	00:34:12.00	03:00:24.00	05:15:15.00	+01:50:15 (35.0%)	7:30	8 (65.0%)
78	WÓJCICKI Damian	180	AKM PROMILEK	M-30	25	01:38:01.00	00:31:35.00	03:08:06.00	05:17:42.00	+01:52:42 (35.5%)	7:33	7.9 (64.2%)
79	BOCEK Sławomir	17	DZIKIE ŚWINKI	M-40	27	01:36:12.00	00:33:39.00	03:08:53.00	05:18:44.00	+01:53:44 (35.7%)	7:35	7.9 (64.2%)
80	KACZMARSKI Artur	66	KACZMARSKI TEAM	M-40	28	01:37:58.00	00:31:43.00	03:12:41.00	05:22:22.00	+01:57:22 (36.4%)	7:40	7.8 (63.4%)
81	KISIELEWICZ Marcin	70	ATHLETIC ZRĘCIN	M-30	26	01:37:42.00	00:33:26.00	03:11:35.00	05:22:43.00	+01:57:43 (36.5%)	7:41	7.8 (63.4%)
82	NAUKA Edyta	112	DĘBICKIE GEPARDY	K-50	1	01:45:19.00	00:33:11.00	03:06:54.00	05:25:24.00	+02:00:24 (37.0%)	7:44	7.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
83	BEDNARZ Iwona	11	WATAHA FIT	K-30	3	01:42:58.00	00:35:28.00	03:08:57.00	05:27:23.00	+02:02:23 (37.4%)	7:47	7.7 (62.6%)
84	ROŚĆ Dawid	144		M-40	29	01:46:05.00	00:32:49.00	03:08:59.00	05:27:53.00	+02:02:53 (37.5%)	7:48	7.7 (62.6%)
85	SMAGACZ Henryk	153	DĘBICKIE GEPARDY	M-60+	2	01:44:43.00	00:36:58.00	03:10:50.00	05:32:31.00	+02:07:31 (38.3%)	7:55	7.6 (61.8%)
86	SERAFIN Jacek	150	KGB KORCZYNA	M-50	13	01:39:28.00	00:35:44.00	03:19:00.00	05:34:12.00	+02:09:12 (38.7%)	7:57	7.5 (61.0%)
87	MICHNO Małgorzata	104	JAROSŁAWSKI BIEGACZ	K-40	8	01:44:45.00	00:34:53.00	03:15:55.00	05:35:33.00	+02:10:33 (38.9%)	7:59	7.5 (61.0%)
88	RAGAN Monika	139	WATAHA FIT	K-30	4	01:43:52.00	00:35:20.00	03:18:42.00	05:37:54.00	+02:12:54 (39.3%)	8:02	7.5 (61.0%)
89	ORLOWSKA Beata	125	STALOWOWOLSKI KLUB BIEGACZA	K-50	2	01:49:41.00	00:33:40.00	03:15:58.00	05:39:19.00	+02:14:19 (39.6%)	8:04	7.4 (60.2%)
90	BOGDAN Jarosław	18		M-40	30	01:44:52.00	00:32:12.00	03:22:20.00	05:39:24.00	+02:14:24 (39.6%)	8:04	7.4 (60.2%)
91	ZARĘBA Jolanta	183	RZESZOWSKIE GAZELE I GEPARDY K	K-50	3	01:49:20.00	00:36:32.00	03:15:58.00	05:41:50.00	+02:16:50 (40.0%)	8:08	7.4 (60.2%)
92	ĆWIAKAŁA Halina	32	ATHLETIC ZRĘCIN	K-40	9	01:47:41.00	00:35:42.00	03:18:58.00	05:42:21.00	+02:17:21 (40.1%)	8:09	7.4 (60.2%)
93	NAMIOTA Urszula	110	MARATOŃCZYK DĘBICA	K-60+	1	01:52:29.00	00:35:40.00	03:16:51.00	05:45:00.00	+02:20:00 (40.6%)	8:12	7.3 (59.3%)
94	OŻÓG Jacek	129		M-40	31	01:46:38.00	00:37:15.00	03:22:42.00	05:46:35.00	+02:21:35 (40.9%)	8:15	7.3 (59.3%)
95	PASEK Janusz	130	DĘBICKIE GEPARDY	M-50	14	01:49:49.00	00:36:48.00	03:20:42.00	05:47:19.00	+02:22:19 (41.0%)	8:16	7.3 (59.3%)
96	WAWRZYŃSKA Wioletta	188		K-50	4	01:45:01.00	00:35:13.00	03:28:16.00	05:48:30.00	+02:23:30 (41.2%)	8:17	7.2 (58.5%)
97	NAZIEMKOWSKI Bogusław	114		M-40	32	01:47:30.00	00:36:22.00	03:26:23.00	05:50:15.00	+02:25:15 (41.5%)	8:20	7.2 (58.5%)
98	MOGILANY Łukasz	108		M-30	27	01:46:13.00	00:37:03.00	03:28:16.00	05:51:32.00	+02:26:32 (41.7%)	8:22	7.2 (58.5%)
99	SIEDLACZEK Zbigniew	151		M-60+	3	01:47:27.00	00:34:44.00	03:30:11.00	05:52:22.00	+02:27:22 (41.8%)	8:23	7.2 (58.5%)
100	POLAŃSKI Robert	135	NOĆNE WOŁKI	M-40	33	01:51:47.00	00:36:26.00	03:25:47.00	05:54:00.00	+02:29:00 (42.1%)	8:25	7.1 (57.7%)
101	NAUKA Wiesław	113	DĘBICKIE GEPARDY	M-50	15	01:50:25.00	00:36:06.00	03:27:35.00	05:54:06.00	+02:29:06 (42.1%)	8:25	7.1 (57.7%)
102	NAMIOTA Marek	111		M-60+	4	01:52:29.00	00:38:33.00	03:36:31.00	06:07:33.00	+02:42:33 (44.2%)	8:45	6.9 (56.1%)
103	FIL Hubert	37	JAROSŁAWSKI BIEGACZ	M-16	4	01:49:17.00	00:37:23.00	03:46:16.00	06:12:56.00	+02:47:56 (45.0%)	8:52	6.8 (55.3%)
104	FOLTA Anita	39	DZIKIE ŚWINKI	K-50	5	01:55:31.00	00:40:24.00	03:37:29.00	06:13:24.00	+02:48:24 (45.1%)	8:53	6.7 (54.5%)
105	WIATROWICZ Barbara	173	STALOWOWOLSKI KLUB BIEGACZA	K-60+	2	01:55:03.00	00:38:28.00	03:42:05.00	06:15:36.00	+02:50:36 (45.4%)	8:56	6.7 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
106	NOWACZEK Aleksandra	116	MULTIMEDIA RUNNERS PUŁAWY	K-30	5	01:53:06.00	00:38:35.00	03:44:55.00	06:16:36.00	+02:51:36 (45.6%)	8:58	6.7 (54.5%)
107	CELEK Katarzyna	24	RZESZOWSKIE GAZELE I GEPARDY K	K-30	6	01:48:47.00	00:34:02.00	03:54:29.00	06:17:18.00	+02:52:18 (45.7%)	8:59	6.7 (54.5%)
108	SZCZOTKA Agata	158	JAROSŁAWSKI BIEGACZ	K-40	10	02:00:47.00	00:38:04.00	03:39:57.00	06:18:48.00	+02:53:48 (45.9%)	9:01	6.7 (54.5%)
109	FOLTA Jan	40	DZIKIE ŚWINKI	M-60+	5	01:55:57.00	00:36:52.00	03:46:17.00	06:19:06.00	+02:54:06 (45.9%)	9:01	6.6 (53.7%)
110	MAJCHROWICZ Marzenna	97		K-40	11	02:02:04.00	00:38:22.00	03:39:30.00	06:19:56.00	+02:54:56 (46.0%)	9:02	6.6 (53.7%)
111	MAJCHROWICZ Andrzej	96		M-50	16	01:56:46.00	00:42:29.00	03:43:58.00	06:23:13.00	+02:58:13 (46.5%)	9:07	6.6 (53.7%)
112	MAZUR Kinga	102	DĘBICKIE GEPARDY	K-30	7	02:01:51.00	00:36:44.00	03:48:14.00	06:26:49.00	+03:01:49 (47.0%)	9:12	6.5 (52.8%)
113	SOJA Tomek	155	DZIKIE ŚWINKI	M-50	17	01:57:11.00	00:41:26.00	03:48:31.00	06:27:08.00	+03:02:08 (47.0%)	9:13	6.5 (52.8%)
114	ORŁOWSKI Wojciech	126	STALOWOWOLSKI KLUB BIEGACZA	M-50	18	01:54:18.00	00:36:14.00	04:05:08.00	06:35:40.00	+03:10:40 (48.2%)	9:25	6.4 (52.0%)
115	DRĄG Piotr	35	STALOWOWOLSKI KLUB BIEGACZA	M-30	28	01:42:55.00	00:33:32.00	04:20:37.00	06:37:04.00	+03:12:04 (48.4%)	9:27	6.3 (51.2%)
116	HEJDUK Monika	52	UMCS BIEGA	K-40	12	01:49:17.00	00:34:41.00	04:17:23.00	06:41:21.00	+03:16:21 (48.9%)	9:33	6.3 (51.2%)
117	WIERCHOŁA Joanna	174		K-60+	3	02:07:22.00	00:41:31.00	03:53:19.00	06:42:12.00	+03:17:12 (49.0%)	9:34	6.3 (51.2%)
118	MAZUREK Małgorzata	103	AKM PROMILEK	K-40	13	01:55:18.00	00:41:34.00	04:17:21.00	06:54:13.00	+03:29:13 (50.5%)	9:51	6.1 (49.6%)
119	WISZNIEWSKA Marzenna	178	DZIKIE MORSY KARŁOWICE	K-30	8	01:57:51.00	00:40:58.00	04:17:19.00	06:56:08.00	+03:31:08 (50.7%)	9:54	6.1 (49.6%)
120	KORDOWSKA Kasia	75		K-40	14	02:05:56.00	00:38:43.00	04:29:47.00	07:14:26.00	+03:49:26 (52.8%)	10:20	5.8 (47.2%)
121	TARKOWSKI Dawid	168	PRZEMYSKI KLUB BIEGACZA	M-30	29	02:13:22.00	00:42:58.00	04:29:47.00	07:26:07.00	+04:01:07 (54.0%)	10:37	5.6 (45.5%)
122	CHUDY Paulina	27		K-40	15	02:12:45.00	00:44:24.00	04:29:46.00	07:26:55.00	+04:01:55 (54.1%)	10:38	5.6 (45.5%)
123	BŁUDOW Walery	16		M-60+	6	02:20:28.00	00:45:23.00	04:33:42.00	07:39:33.00	+04:14:33 (55.4%)	10:56	5.5 (44.7%)
124	OCHYRA Konrad	90	SOLINA TEAM	M-30	30	02:44:01.00	00:28:00.00	04:33:42.00	07:45:43.00	+04:20:43 (56.0%)	11:05	5.4 (43.9%)
	BANASIK Monika	8	KAŃCZUCKA GRUPA BIEGOWA	K-30		00:00:00.00 DNF	00:28:39.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	PLAWGO Marek	194		M-40		00:00:00.00 DNF	00:33:45.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	ZACNY Łukasz	192	SOLINA TEAM	M-30		00:00:00.00 DNF	00:34:56.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	CHMIELEWSKI Krzysztof	26		M-50		00:00:00.00 DNF	00:36:27.00 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
	MARUT Wojciech	99		M-30	00:00:00.00 DNF	00:38:03.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	ŁAKOMA Małgorzata	88	KRESOWIANIE	K-30	00:00:00.00 DNF	00:38:05.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	MACIUŁA - KIELAR Monika	95	KRESOWIANIE	K-40	00:00:00.00 DNF	00:38:30.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	KOWALSKA Joanna	77		K-30	00:00:00.00 DNF	00:41:11.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	ŁĘTOWSKA Marlena	91		K-30	00:00:00.00 DNF	00:41:25.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	PIETRASIEWICZ Beata	134	KRESOWIANIE	K-16	00:00:00.00 DNF	00:41:34.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	BURAK Andrzej	189		M-50	00:00:00.00 DNF	00:42:18.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	CZAJKA Renata	29	DZIKIE MORSY KARŁOWICE	K-40	00:00:00.00 DNF	00:42:28.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	MACIEJKO Anna	94	KRESOWIANIE	K-40	00:00:00.00 DNF	00:42:35.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	SZYNAL Halina	161	KRESOWIANIE	K-40	00:00:00.00 DNF	00:42:51.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	MSZANECKI Tomasz	109	35 BLP SANOK	M-30	01:29:01.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	HAŁOŃ Łukasz	51	35 BLP SANOK	M-30	01:35:33.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	BUSZ Jacek	22	STAJNIA BALONA/OLD SCHOOL TRAIL RUNNING	M-30	01:16:22.00 DNF	00:27:51.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	MIELCZARSKA Monika	106		K-30	01:46:33.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	CEBERAK Bartek	23		M-30	00:00:00.00 DNF	00:00:00.00 DNF	01:47:25.00 DNF	DNF	-	-	(0.0%)
	BARAŃSKI Przemysław	10		M-30	01:51:34.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	MARUT Wojciech	100		M-30	01:52:40.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	ZDERSKI Paweł	186		M-40	01:56:59.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	FORNAL Jacek	41	ZBIKI	M-30	02:06:09.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	FORNAL Ewelina	42	ŻBIKI	K-30	02:06:09.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	SZPUNAR Jakub	160		M-30	02:06:39.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	BARAŃSKA Anna	9		K-30	02:08:12.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	OCZOŚ Przemysław	120		M-40	01:37:10.00 DNF	00:35:52.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
	KACZMAR Marek	64		M-30	02:13:04.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	KULON Piotr	83		M-30	01:39:51.00 DNF	00:34:09.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	ŻAK Paweł	187	KLUB BIEGACZA DYDMIA	M-16	00:00:00.00 DNF	00:00:00.00 DNF	02:22:54.00 DNF	DNF	-	-	(0.0%)
	ROGOWSKI Marek	142		M-40	02:23:07.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	FILIPCZAK Marek	38	S.O.S. BIKEPIERNIKOWE MALOWANKI AGI	M-40	02:23:07.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	GOŁDA Edyta	47		K-40	02:23:07.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	WIERZBICKA Anna	175	SIENIAWA	K-30	01:50:46.00 DNF	00:37:15.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	GŁUSZKO Justyna	33	SOLINA TEAM	K-30	02:29:13.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	PUC Małgorzata	137	BBL	K-50	02:29:35.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	STEC Iwona	157	RUNISGIRL	K-30	01:50:34.00 DNF	00:39:48.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	OLEŚ Tomasz	124		M-40	01:50:51.00 DNF	00:40:22.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	HOŁUB Agata	53	JAROSŁAWSKI BIEGACZ	K-50	01:55:55.00 DNF	00:41:57.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	OSYPANKA Daniel	127	PRZEMYSKI KLUB BIEGACZA	M-30	01:58:35.00 DNF	00:39:55.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	CZERWIŃSKA Małgorzata	31	JUMPING STARS TEAM/PODIUM	K-40	02:01:43.00 DNF	00:39:54.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	POKORA Roman	191	KS DOLINY SANU I TANWI	M-50	02:42:47.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	MACHOWSKI Krzysztof	92		M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:44:05.00 DNF	DNF	-	-	(0.0%)
	KOWALSKI Sebastian	78		M-30	02:06:38.00 DNF	00:41:10.00 DNF	00:00:00.00 DNF	DNF	-	-	(0.0%)
	GOGACZ Sebastian	46	UKS TRÓJKA PUŁAWY	M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:48:39.00 DNF	DNF	-	-	(0.0%)
	ANDREARCZYK Patryk	2		M-30	00:00:00.00 DNF	00:00:00.00 DNF	02:50:11.00 DNF	DNF	-	-	(0.0%)
	BILIŃSKI Tomasz	15	PRZEMYSKI KLUB BIEGACZA	M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:51:12.00 DNF	DNF	-	-	(0.0%)
	BIELÓWKA Roman	14	GRODZISKA GRUPA BIEGOWA SZALONE ŻÓŁWIE	M-60+	00:00:00.00 DNF	00:00:00.00 DNF	02:53:23.00 DNF	DNF	-	-	(0.0%)
	POŻNIAK Grzegorz	136		M-40	00:00:00.00 DNF	00:00:00.00 DNF	02:53:47.00 DNF	DNF	-	-	(0.0%)
	LIS Paulina	87	GŁOGOVIA GŁOGW MAŁOPOLSKI	K-30	00:00:00.00 DNF	00:00:00.00 DNF	02:54:40.00 DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 13km	Etap 6km	Etap 22km	Czas netto 42km	Różn	Tempo min/km	Tempo km/h
	ZATORSKA Karolina	185	TREC TEAM	K-30	00:00:00.00 DNF	00:00:00.00 DNF	02:56:50.00 DNF	DNF		-	- (0.0%)
	WÓJCIK-BILIŃSKA Marta	181		K-40	00:00:00.00 DNF	00:00:00.00 DNF	02:59:51.00 DNF	DNF		-	- (0.0%)
	BABIŃSKA Inga	4	PRZEMYSKI KLUB BIEGACZA	K-40	00:00:00.00 DNF	00:00:00.00 DNF	03:28:12.00 DNF	DNF		-	- (0.0%)
	WYSKIEL Maciej	182	AKTYWNY DYNÓW	M-40	00:00:00.00 DNF	00:31:39.00 DNF	03:06:51.00 DNF	DNF		-	- (0.0%)
	ŚNIEŻEK Lidia	165	PKB	K-50	00:00:00.00 DNF	00:00:00.00 DNF	03:40:37.00 DNF	DNF		-	- (0.0%)

Znaleziono 179 wynik(ów)