



**Wydarzenie:** Duch Pogorza  
**Organizator:** Stowarzyszenie Duch Pogorza  
**Data:** 2022-03-26  
**Miejsce:** Dubiecko  
**Dystans:** 34 km

# DUSZEK

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                | Numer      | Klub                                      | Kategoria                  | Mkat | 9km      | 28km     | Czas netto 34km    | Czas brutto 34km   | Różn                 | Tempo min/km | Tempo km/h      |
|-----|-------------------------|------------|---|----------------------------|------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 1   | <b>RZESZOWSKI Rekin</b> | <b>121</b> |   | OPEN<br>Mężczyźni          | 1    | 00:50:30 |          | <b>02:59:21.00</b> | <b>02:59:21.00</b> |                      | 5:16         | 11.4<br>(100%)  |
| 2   | <b>ZĘBATKA Lary</b>     | <b>166</b> |   | OPEN<br>Mężczyźni          | 2    | 00:50:46 |          | <b>03:01:13.00</b> | <b>03:01:13.00</b> | +00:01:52<br>(1.0%)  | 5:19         | 11.3<br>(99.1%) |
| 3   | <b>SIWEK Michał</b>     | <b>126</b> | NIEPOŁOMICE BIEGAJĄ                       | OPEN<br>Mężczyźni          | 3    | 00:50:32 | 02:13:51 | <b>03:04:08.00</b> | <b>03:04:08.00</b> | +00:04:47<br>(2.6%)  | 5:24         | 11.1<br>(97.4%) |
| 4   | <b>MAZAN Piotr</b>      | <b>78</b>  | FINISZ RYMANÓW                            | OPEN<br>Mężczyźni          | 4    | 00:50:29 | 02:11:59 | <b>03:06:03.00</b> | <b>03:06:03.00</b> | +00:06:42<br>(3.6%)  | 5:28         | 11<br>(96.5%)   |
| 5   | <b>ZIĘBA Robert</b>     | <b>168</b> | TRAIL IS OUR WAY / BOBOWSKA GRUPA BIEGOWA | OPEN<br>Mężczyźni          | 5    | 00:50:56 | 02:17:15 | <b>03:10:30.00</b> | <b>03:10:30.00</b> | +00:11:09<br>(5.9%)  | 5:36         | 10.7<br>(93.9%) |
| 6   | <b>PORADA Kacper</b>    | <b>112</b> | PODIUM                                    | OPEN<br>Mężczyźni          | 6    | 00:54:59 | 02:21:09 | <b>03:16:12.00</b> | <b>03:16:12.00</b> | +00:16:51<br>(8.6%)  | 5:46         | 10.4<br>(91.2%) |
| 7   | <b>CIOCH Cezary</b>     | <b>14</b>  | KALLIPSO RUNNERS TEAM                     | OPEN<br>Mężczyźni          | 7    | 00:52:17 | 02:21:13 | <b>03:18:13.00</b> | <b>03:18:13.00</b> | +00:18:52<br>(9.5%)  | 5:49         | 10.3<br>(90.4%) |
| 8   | <b>ZYGMUNT Tomasz</b>   | <b>170</b> | OSP GIEDLAROWA                            | Służby<br>Mundurowe -<br>M | 1    | 00:54:09 | 02:23:37 | <b>03:20:14.00</b> | <b>03:20:14.00</b> | +00:20:53<br>(10.4%) | 5:53         | 10.2<br>(89.5%) |
| 9   | <b>JAKUBOWSKI Jakub</b> | <b>39</b>  | DZIKITIM                                  | OPEN<br>Mężczyźni          | 8    | 00:57:29 | 02:27:33 | <b>03:20:59.00</b> | <b>03:20:59.00</b> | +00:21:38<br>(10.8%) | 5:54         | 10.2<br>(89.5%) |
| 10  | <b>GUT Jacek</b>        | <b>34</b>  | BLACK JACK TEAM                           | Służby<br>Mundurowe -<br>M | 2    | 00:53:31 | 02:21:25 | <b>03:21:14.00</b> | <b>03:21:14.00</b> | +00:21:53<br>(10.9%) | 5:55         | 10.1<br>(88.6%) |
| 11  | <b>ŚLANDA Maciej</b>    | <b>142</b> | KS JANUSZE                                | OPEN<br>Mężczyźni          | 9    | 00:54:52 | 02:25:47 | <b>03:23:18.00</b> | <b>03:23:18.00</b> | +00:23:57<br>(11.8%) | 5:58         | 10<br>(87.7%)   |
| 12  | <b>ŁASKI Tomasz</b>     | <b>68</b>  | PTASIE RADIO BRZOZÓW                      | OPEN<br>Mężczyźni          | 10   | 00:54:39 | 02:26:20 | <b>03:24:40.00</b> | <b>03:24:40.00</b> | +00:25:19<br>(12.4%) | 6:01         | 10<br>(87.7%)   |
| 13  | <b>TROJNAR Damian</b>   | <b>146</b> | KS JANUSZE                                | Służby<br>Mundurowe -<br>M | 3    | 00:55:37 | 02:27:36 | <b>03:26:19.00</b> | <b>03:26:19.00</b> | +00:26:58<br>(13.1%) | 6:04         | 9.9<br>(86.8%)  |
| 14  | <b>WĘGIEL Marcin</b>    | <b>150</b> | PKO BANK POLSKI                           | OPEN<br>Mężczyźni          | 11   | 00:54:43 | 02:30:11 | <b>03:31:42.00</b> | <b>03:31:42.00</b> | +00:32:21<br>(15.3%) | 6:13         | 9.6<br>(84.2%)  |

| Msc | Zawodnik                   | Numer      | Klub   | Kategoria            | Mkat | 9km      | 28km     | Czas netto 34km    | Czas brutto 34km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|--|----------------------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 15  | <b>LASOTA Robert</b>       | <b>62</b>  | DOM I LAS 7  | OPEN Mężczyźni       | 12   | 00:52:52 | 02:29:32 | <b>03:34:46.00</b> | <b>03:34:46.00</b> | +00:35:25 (16.5%) | 6:19         | 9.5 (83.3%) |
| 16  | <b>OGŁUSZKA Michał</b>     | <b>95</b>  | SAFEPRO USŁUGI BHP                                   | OPEN Mężczyźni       | 13   | 00:57:24 | 02:33:34 | <b>03:34:51.00</b> | <b>03:34:51.00</b> | +00:35:30 (16.5%) | 6:19         | 9.5 (83.3%) |
| 17  | <b>MYŚLIWIEC Robert</b>    | <b>89</b>  | DZIKI & WOLNY  | OPEN Mężczyźni       | 14   | 00:55:55 | 02:32:16 | <b>03:36:37.00</b> | <b>03:36:37.00</b> | +00:37:16 (17.2%) | 6:22         | 9.4 (82.5%) |
| 18  | <b>HANULAK Paweł</b>       | <b>37</b>  |  | OPEN Mężczyźni       | 15   | 00:56:30 | 02:32:49 | <b>03:36:52.00</b> | <b>03:36:52.00</b> | +00:37:31 (17.3%) | 6:22         | 9.4 (82.5%) |
| 19  | <b>MAKARSKI Krzysztof</b>  | <b>72</b>  | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ                      | OPEN Mężczyźni       | 16   | 00:56:41 | 02:36:07 | <b>03:37:03.00</b> | <b>03:37:03.00</b> | +00:37:42 (17.4%) | 6:23         | 9.4 (82.5%) |
| 20  | <b>KARUŚ Waldemar</b>      | <b>44</b>  | 14 DAS JAROSŁAW IM.GEN. BRYG WACŁAWA WIECZORKIEWICZA | Służby Mundurowe - M | 4    | 00:58:02 | 02:39:35 | <b>03:39:53.00</b> | <b>03:39:53.00</b> | +00:40:32 (18.4%) | 6:28         | 9.3 (81.6%) |
| 21  | <b>SAMOJEDNY Dominik</b>   | <b>122</b> | PROSWIM  | OPEN Mężczyźni       | 17   | 00:59:19 | 02:39:16 | <b>03:41:41.00</b> | <b>03:41:41.00</b> | +00:42:20 (19.1%) | 6:31         | 9.2 (80.7%) |
| 22  | <b>SOCHA Norbert</b>       | <b>131</b> | KALLIPSO RUNNERS TEAM                                | OPEN Mężczyźni       | 18   | 00:55:10 | 02:34:16 | <b>03:43:26.00</b> | <b>03:43:26.00</b> | +00:44:05 (19.7%) | 6:34         | 9.1 (79.8%) |
| 23  | <b>WILK Antoni</b>         | <b>156</b> |  | OPEN Mężczyźni       | 19   | 01:02:05 | 02:42:08 | <b>03:43:50.00</b> | <b>03:43:50.00</b> | +00:44:29 (19.9%) | 6:35         | 9.1 (79.8%) |
| 24  | <b>MATUSZ Krystian</b>     | <b>75</b>  |  | OPEN Mężczyźni       | 20   | 00:57:55 | 02:36:05 | <b>03:45:17.00</b> | <b>03:45:17.00</b> | +00:45:56 (20.4%) | 6:37         | 9.1 (79.8%) |
| 25  | <b>WNUK Norbert</b>        | <b>160</b> | PRZEMYSKI KLUB BIEGACZA                              | OPEN Mężczyźni       | 21   | 01:03:07 | 02:45:52 | <b>03:45:22.00</b> | <b>03:45:22.00</b> | +00:46:01 (20.4%) | 6:37         | 9.1 (79.8%) |
| 26  | <b>ZIĘBA Mariusz</b>       | <b>169</b> | TRAIL IS OUR WAY/BOBOWSKA GRUPA BIEGOWA              | OPEN Mężczyźni       | 22   | 00:59:56 | 02:42:20 | <b>03:45:55.00</b> | <b>03:45:55.00</b> | +00:46:34 (20.6%) | 6:38         | 9 (78.9%)   |
| 27  | <b>WÓJCIK Łukasz</b>       | <b>163</b> | SZYBCIEJ NIE DAM RADY                                | OPEN Mężczyźni       | 23   | 00:58:44 | 02:41:11 | <b>03:46:29.00</b> | <b>03:46:29.00</b> | +00:47:08 (20.8%) | 6:39         | 9 (78.9%)   |
| 28  | <b>DEC Piotr</b>           | <b>15</b>  |  | OPEN Mężczyźni       | 24   | 01:01:42 | 02:46:05 | <b>03:47:10.00</b> | <b>03:47:10.00</b> | +00:47:49 (21.0%) | 6:40         | 9 (78.9%)   |
| 29  | <b>PŁONKA Rafał</b>        | <b>109</b> | GÓRAL Z MAZUR RUNNING TEAM                           | OPEN Mężczyźni       | 25   | 01:01:45 | 02:46:01 | <b>03:49:01.00</b> | <b>03:49:01.00</b> | +00:49:40 (21.7%) | 6:44         | 8.9 (78.1%) |
| 30  | <b>FILIPPIŃSKI Bartosz</b> | <b>22</b>  | SUPER KLUB B   | OPEN Mężczyźni       | 26   | 00:59:16 | 02:46:16 | <b>03:49:19.00</b> | <b>03:49:19.00</b> | +00:49:58 (21.8%) | 6:44         | 8.9 (78.1%) |
| 31  | <b>BUJDASZ Kacper</b>      | <b>9</b>   |  | OPEN Mężczyźni       | 27   | 01:00:39 |          | <b>03:50:11.00</b> | <b>03:50:11.00</b> | +00:50:50 (22.1%) | 6:46         | 8.9 (78.1%) |
| 32  | <b>PRYCZ Kamil</b>         | <b>114</b> |  | OPEN Mężczyźni       | 28   | 01:00:37 | 02:45:03 | <b>03:50:12.00</b> | <b>03:50:12.00</b> | +00:50:51 (22.1%) | 6:46         | 8.9 (78.1%) |
| 33  | <b>FURTEK Iwona</b>        | <b>25</b>  | LACHO TEAM   | OPEN Kobiety         | 1    | 01:04:48 | 02:47:49 | <b>03:51:19.00</b> | <b>03:51:19.00</b> | +00:51:58 (22.5%) | 6:48         | 8.8 (77.2%) |
| 34  | <b>WILKOS Mateusz</b>      | <b>158</b> |  | OPEN Mężczyźni       | 29   | 00:58:56 | 02:41:09 | <b>03:51:39.00</b> | <b>03:51:39.00</b> | +00:52:18 (22.6%) | 6:48         | 8.8 (77.2%) |
| 35  | <b>KUDŁA Szymon</b>        | <b>58</b>  |  | OPEN Mężczyźni       | 30   | 01:02:28 | 02:48:32 | <b>03:52:09.00</b> | <b>03:52:09.00</b> | +00:52:48 (22.7%) | 6:49         | 8.8 (77.2%) |
| 36  | <b>STARZEC Michał</b>      | <b>134</b> | PRZEWORSKA GRUPA BIEGOWA                             | Służby Mundurowe - M | 5    | 01:01:10 |          | <b>03:53:19.00</b> | <b>03:53:19.00</b> | +00:53:58 (23.1%) | 6:51         | 8.7 (76.3%) |

| Msc | Zawodnik                  | Numer | Klub                    | Kategoria            | Mkat | 9km      | 28km     | Czas netto 34km | Czas brutto 34km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|-------------------------|----------------------|------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 37  | WIECZOREK Agata           | 151   |                         | OPEN Kobiety         | 2    | 01:03:50 | 02:49:09 | 03:53:23.00     | 03:53:23.00      | +00:54:02 (23.2%) | 6:51         | 8.7 (76.3%) |
| 38  | WÓJTOWICZ Piotr Wójtowicz | 164   |                         | OPEN Mężczyźni       | 31   | 01:03:55 | 02:50:03 | 03:57:16.00     | 03:57:16.00      | +00:57:55 (24.4%) | 6:58         | 8.6 (75.4%) |
| 39  | LEWANDOWSKI Miłosz        | 217   | PODIUM TEAM             | OPEN Mężczyźni       | 32   |          |          | 03:58:04.00     | 03:58:04.00      | +00:58:43 (24.7%) | 7:00         | 8.6 (75.4%) |
| 40  | MATUSZEWSKI Arkadiusz     | 77    |                         | OPEN Mężczyźni       | 33   |          | 02:56:30 | 04:04:09.00     | 04:04:09.00      | +01:04:48 (26.5%) | 7:10         | 8.4 (73.7%) |
| 41  | MALINOWSKI Łukasz         | 219   | SZCZYTOGRAFIA           | OPEN Mężczyźni       | 34   |          |          | 04:04:38.00     | 04:04:38.00      | +01:05:17 (26.7%) | 7:11         | 8.3 (72.8%) |
| 42  | ŚCIUBA Tomasz             | 141   |                         | OPEN Mężczyźni       | 35   | 01:04:54 | 02:56:28 | 04:06:06.00     | 04:06:06.00      | +01:06:45 (27.1%) | 7:14         | 8.3 (72.8%) |
| 43  | DELEŻUCH Wojciech         | 16    | POZIOMKI                | Służby Mundurowe - M | 6    | 01:04:01 | 02:56:24 | 04:07:06.00     | 04:07:06.00      | +01:07:45 (27.4%) | 7:16         | 8.3 (72.8%) |
| 44  | KOPPLINGER Grzegorz       | 51    | ASSECO ACTIVE TEAM      | OPEN Mężczyźni       | 36   | 01:04:33 | 02:57:33 | 04:07:41.00     | 04:07:41.00      | +01:08:20 (27.6%) | 7:17         | 8.2 (71.9%) |
| 45  | WILKOS Kamil              | 157   |                         | OPEN Mężczyźni       | 37   | 01:04:06 | 02:55:19 | 04:09:21.00     | 04:09:21.00      | +01:10:00 (28.1%) | 7:20         | 8.2 (71.9%) |
| 46  | KOPEĆ Paweł               | 50    |                         | OPEN Mężczyźni       | 38   | 01:02:36 | 02:53:25 | 04:09:55.00     | 04:09:55.00      | +01:10:34 (28.2%) | 7:21         | 8.2 (71.9%) |
| 47  | GIBADLO Maksymilian       | 54    |                         | OPEN Mężczyźni       | 39   | 01:04:45 | 02:59:11 | 04:09:59.00     | 04:09:59.00      | +01:10:38 (28.3%) | 7:21         | 8.2 (71.9%) |
| 48  | PIASECZNY Marcin          | 103   | RUN-G                   | OPEN Mężczyźni       | 40   | 01:05:54 | 02:57:04 | 04:12:17.00     | 04:12:17.00      | +01:12:56 (28.9%) | 7:25         | 8.1 (71.1%) |
| 49  | WOJTACZKA Witold          | 161   | BOBOWSKA GRUPA BIEGOWA  | OPEN Mężczyźni       | 41   | 01:02:24 | 02:57:39 | 04:14:05.00     | 04:14:05.00      | +01:14:44 (29.4%) | 7:28         | 8 (70.2%)   |
| 50  | KOŁAKOWSKI Przemysław     | 48    |                         | Służby Mundurowe - M | 7    | 01:05:31 | 03:03:51 | 04:14:24.00     | 04:14:24.00      | +01:15:03 (29.5%) | 7:28         | 8 (70.2%)   |
| 51  | WIERZCHOŃ Michał          | 153   | MR. DOC                 | OPEN Mężczyźni       | 42   | 01:05:02 | 02:59:23 | 04:14:37.00     | 04:14:37.00      | +01:15:16 (29.6%) | 7:29         | 8 (70.2%)   |
| 52  | RAWSKA Marta              | 118   | OSP ŁUKAWIEC            | Służby Mundurowe - K | 1    | 01:05:51 | 03:04:48 | 04:15:03.00     | 04:15:03.00      | +01:15:42 (29.7%) | 7:30         | 8 (70.2%)   |
| 53  | MOŻEJKO Artur             | 87    |                         | OPEN Mężczyźni       | 43   | 01:03:10 | 02:55:30 | 04:15:22.00     | 04:15:22.00      | +01:16:01 (29.8%) | 7:30         | 8 (70.2%)   |
| 54  | ŚNIEŻEK Piotr             | 145   | PRZEMYSKI KLUB BIEGACZA | OPEN Mężczyźni       | 44   | 01:07:56 | 03:05:10 | 04:16:45.00     | 04:16:45.00      | +01:17:24 (30.1%) | 7:33         | 7.9 (69.3%) |
| 55  | SKORUPKA Piotr            | 129   | UNBROKEN STORE          | OPEN Mężczyźni       | 45   | 01:12:39 | 03:09:50 | 04:18:48.00     | 04:18:48.00      | +01:19:27 (30.7%) | 7:36         | 7.9 (69.3%) |
| 56  | DUDA Natalia              | 20    |                         | Służby Mundurowe - K | 2    | 01:07:03 | 03:07:02 | 04:19:18.00     | 04:19:18.00      | +01:19:57 (30.8%) | 7:37         | 7.9 (69.3%) |
| 57  | PIWOŃSKI Adam             | 7     |                         | OPEN Mężczyźni       | 46   |          |          | 04:19:39.00     | 04:19:39.00      | +01:20:18 (30.9%) | 7:38         | 7.9 (69.3%) |

| Msc | Zawodnik            | Numer | Klub   | Kategoria            | Mkat | 9km      | 28km     | Czas netto 34km | Czas brutto 34km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|--|----------------------|------|----------|----------|-----------------|------------------|-------------------|--------------|-------------|
| 58  | PREJZNAR Maciek     | 113   |  | OPEN Mężczyźni       | 47   | 01:08:30 | 03:07:00 | 04:19:43.00     | 04:19:43.00      | +01:20:22 (30.9%) | 7:38         | 7.9 (69.3%) |
| 59  | PRZONDZIONO Adam    | 115   |  | OPEN Mężczyźni       | 48   | 01:07:50 | 03:08:30 | 04:19:46.00     | 04:19:46.00      | +01:20:25 (31.0%) | 7:38         | 7.9 (69.3%) |
| 60  | ŚCIBOR Adrian       | 140   |  | OPEN Mężczyźni       | 49   | 01:11:09 | 03:06:39 | 04:20:37.00     | 04:20:37.00      | +01:21:16 (31.2%) | 7:39         | 7.8 (68.4%) |
| 61  | GAWROŃSKI Ireneusz  | 29    | AMATOR   | OPEN Mężczyźni       | 50   | 01:10:36 | 03:07:53 | 04:21:05.00     | 04:21:05.00      | +01:21:44 (31.3%) | 7:40         | 7.8 (68.4%) |
| 62  | GANCZEWSKI Paweł    | 26    |  | OPEN Mężczyźni       | 51   | 01:09:06 | 03:06:32 | 04:25:55.00     | 04:25:55.00      | +01:26:34 (32.6%) | 7:49         | 7.7 (67.5%) |
| 63  | MOSKOWICZ Stefan    | 86    | PRZEMYSKI KLUB BIEGACZA I PRZEMYSKA GRUPA ROWEROWA | Służby Mundurowe - M | 8    | 01:10:23 | 03:09:46 | 04:27:33.00     | 04:27:33.00      | +01:28:12 (33.0%) | 7:52         | 7.6 (66.7%) |
| 64  | PILCH Patryk        | 106   |  | OPEN Mężczyźni       | 52   | 01:09:13 | 03:08:34 | 04:28:17.00     | 04:28:17.00      | +01:28:56 (33.1%) | 7:53         | 7.6 (66.7%) |
| 65  | SMYKA Michał        | 130   |  | OPEN Mężczyźni       | 53   | 01:09:55 | 03:12:26 | 04:28:25.00     | 04:28:25.00      | +01:29:04 (33.2%) | 7:53         | 7.6 (66.7%) |
| 66  | FORNAL Brygida      | 24    | #ZALINIAMETYTEAM                                   | OPEN Kobiety         | 3    | 01:12:04 | 03:14:41 | 04:31:53.00     | 04:31:53.00      | +01:32:32 (34.0%) | 7:59         | 7.5 (65.8%) |
| 67  | KREŻAŁEK Marcin     | 55    |  | OPEN Mężczyźni       | 54   | 01:11:58 | 03:14:37 | 04:32:02.00     | 04:32:02.00      | +01:32:41 (34.1%) | 8:00         | 7.5 (65.8%) |
| 68  | SITKO Krzysztof     | 125   | EME AERO   | OPEN Mężczyźni       | 55   | 01:10:49 | 03:14:49 | 04:32:20.00     | 04:32:20.00      | +01:32:59 (34.1%) | 8:00         | 7.5 (65.8%) |
| 69  | BYSTREK Bernard     | 10    |  | OPEN Mężczyźni       | 56   | 01:01:27 | 03:08:04 | 04:33:41.00     | 04:33:41.00      | +01:34:20 (34.5%) | 8:02         | 7.5 (65.8%) |
| 70  | CHRUŚCIEL Michał    | 203   | FARTLEG GO   | OPEN Mężczyźni       | 57   |          |          | 04:33:51.00     | 04:33:51.00      | +01:34:30 (34.5%) | 8:03         | 7.4 (64.9%) |
| 71  | MITURA Wojciech     | 85    | POZIOMKI   | OPEN Mężczyźni       | 58   | 01:11:13 | 03:15:11 | 04:33:55.00     | 04:33:55.00      | +01:34:34 (34.5%) | 8:03         | 7.4 (64.9%) |
| 72  | SZKODA Robert       | 138   | BUT BIŁGORAJ ULTRA TRAIL                           | OPEN Mężczyźni       | 59   | 01:09:19 | 02:45:58 | 04:34:55.00     | 04:34:55.00      | +01:35:34 (34.8%) | 8:05         | 7.4 (64.9%) |
| 73  | MASŁOWSKI Dominik   | 74    | PODIUM   | OPEN Mężczyźni       | 60   | 01:09:47 | 03:14:44 | 04:37:02.00     | 04:37:02.00      | +01:37:41 (35.3%) | 8:08         | 7.4 (64.9%) |
| 74  | REPECKI Marcin      | 120   | ZAMOŚĆ BIEGA                                       | OPEN Mężczyźni       | 61   | 01:10:32 | 03:16:45 | 04:39:39.00     | 04:39:39.00      | +01:40:18 (35.9%) | 8:13         | 7.3 (64.0%) |
| 75  | SZABLAN Wioletta    | 136   | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ                    | OPEN Kobiety         | 4    | 01:17:01 | 03:26:00 | 04:39:56.00     | 04:39:56.00      | +01:40:35 (35.9%) | 8:14         | 7.3 (64.0%) |
| 76  | BARAN-HAŁASA Lucyna | 4     | ZAMOSC BIEGA                                       | Służby Mundurowe - K | 3    |          |          | 04:40:22.00     | 04:40:22.00      | +01:41:01 (36.0%) | 8:14         | 7.3 (64.0%) |
| 77  | ŁĄCZNY Marcin       | 69    | GALOPUJĄCE DŹDŻOWNICE                              | OPEN Mężczyźni       | 62   | 01:11:40 | 03:22:24 | 04:41:52.00     | 04:41:52.00      | +01:42:31 (36.4%) | 8:17         | 7.2 (63.2%) |
| 78  | HOŁÓWKA Sławomir    | 38    | LACHO TEAM   | OPEN Mężczyźni       | 63   | 01:13:27 | 03:23:17 | 04:41:59.00     | 04:41:59.00      | +01:42:38 (36.4%) | 8:17         | 7.2 (63.2%) |
| 79  | BAJSAROWICZ Kamil   | 2     | MRÓWKA JAROSŁAW ACTIVE TEAM                        | OPEN Mężczyźni       | 64   | 01:20:03 |          | 04:42:17.00     | 04:42:17.00      | +01:42:56 (36.5%) | 8:18         | 7.2 (63.2%) |

| Msc | Zawodnik                   | Numer      | Klub                              | Kategoria      | Mkat | 9km      | 28km     | Czas netto 34km    | Czas brutto 34km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|-----------------------------------|----------------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 80  | <b>ORZECHOWSKI Robert</b>  | <b>100</b> |                                   | OPEN Mężczyźni | 65   | 01:16:17 | 03:26:38 | <b>04:42:30.00</b> | <b>04:42:30.00</b> | +01:43:09 (36.5%) | 8:18         | 7.2 (63.2%) |
| 81  | <b>SIKORA Jacek</b>        | <b>124</b> | SAMOTNY WILK                      | OPEN Mężczyźni | 66   | 01:11:54 | 03:22:16 | <b>04:42:43.00</b> | <b>04:42:43.00</b> | +01:43:22 (36.6%) | 8:18         | 7.2 (63.2%) |
| 82  | <b>ŻELAZNY Judyta</b>      | <b>171</b> | MRÓWKA JAROSŁAW ACTIV TEAM        | OPEN Kobiety   | 5    | 01:20:01 | 03:27:08 | <b>04:42:45.00</b> | <b>04:42:45.00</b> | +01:43:24 (36.6%) | 8:18         | 7.2 (63.2%) |
| 83  | <b>WIGLUSZ Tomasz</b>      | <b>154</b> |                                   | OPEN Mężczyźni | 67   | 01:12:33 | 03:18:23 | <b>04:44:01.00</b> | <b>04:44:01.00</b> | +01:44:40 (36.9%) | 8:21         | 7.2 (63.2%) |
| 84  | <b>URBANEK Patryk</b>      | <b>147</b> |                                   | OPEN Mężczyźni | 68   | 01:04:27 | 03:23:04 | <b>04:46:14.00</b> | <b>04:46:14.00</b> | +01:46:53 (37.3%) | 8:25         | 7.1 (62.3%) |
| 85  | <b>OPENCHOWSKA Monika</b>  | <b>98</b>  | PODIUM/NOCNY BÓR TEAM             | OPEN Kobiety   | 6    | 01:14:27 | 03:24:17 | <b>04:46:36.00</b> | <b>04:46:36.00</b> | +01:47:15 (37.4%) | 8:25         | 7.1 (62.3%) |
| 86  | <b>WOŹNIAK Janusz</b>      | <b>162</b> | PORMAT JEDLICZE BIEGA             | OPEN Mężczyźni | 69   | 01:11:15 | 03:23:54 | <b>04:47:36.00</b> | <b>04:47:36.00</b> | +01:48:15 (37.6%) | 8:27         | 7.1 (62.3%) |
| 87  | <b>WAGNER Tomasz</b>       | <b>148</b> | TOMASZOWSKA GRUPA BIEGOWA         | OPEN Mężczyźni | 70   | 01:10:16 | 03:18:34 | <b>04:48:04.00</b> | <b>04:48:04.00</b> | +01:48:43 (37.7%) | 8:28         | 7.1 (62.3%) |
| 87  | <b>ŚLIWA Anna</b>          | <b>144</b> | UKS SABAUDIA                      | OPEN Kobiety   | 7    | 01:10:15 | 03:19:24 | <b>04:48:04.00</b> | <b>04:48:04.00</b> | +01:48:43 (37.7%) | 8:28         | 7.1 (62.3%) |
| 89  | <b>KUNYSZ Mateusz</b>      | <b>59</b>  | BORGWARNER RUNNING TEAM           | OPEN Mężczyźni | 71   | 01:14:14 | 03:25:26 | <b>04:48:22.00</b> | <b>04:48:22.00</b> | +01:49:01 (37.8%) | 8:28         | 7.1 (62.3%) |
| 90  | <b>GWOZDA Grzegorz</b>     | <b>36</b>  | UCZNIOWSKI KLUB SPORTOWY SABAUDIA | OPEN Mężczyźni | 72   | 01:12:06 | 03:19:13 | <b>04:48:58.00</b> | <b>04:48:58.00</b> | +01:49:37 (37.9%) | 8:29         | 7.1 (62.3%) |
| 91  | <b>GOLONKA Dawid</b>       | <b>32</b>  | JASIELSKIE PIORUNY                | OPEN Mężczyźni | 73   | 01:10:59 | 03:19:35 | <b>04:49:04.00</b> | <b>04:49:04.00</b> | +01:49:43 (38.0%) | 8:30         | 7.1 (62.3%) |
| 92  | <b>SZCZEPUCH Dorota</b>    | <b>137</b> | ZAMOŚĆ BIEGA                      | OPEN Kobiety   | 8    | 01:13:45 | 03:24:33 | <b>04:49:09.00</b> | <b>04:49:09.00</b> | +01:49:48 (38.0%) | 8:30         | 7.1 (62.3%) |
| 93  | <b>OGŁUSZKA Elżbieta</b>   | <b>96</b>  | SAFEPRO USŁUGI BHP                | OPEN Kobiety   | 9    | 01:14:34 | 03:27:18 | <b>04:49:34.00</b> | <b>04:49:34.00</b> | +01:50:13 (38.1%) | 8:31         | 7 (61.4%)   |
| 94  | <b>ŚLEDZIOWSKI Andrzej</b> | <b>143</b> | LACHO TEAM                        | OPEN Mężczyźni | 74   | 01:15:00 | 03:25:36 | <b>04:50:09.00</b> | <b>04:50:09.00</b> | +01:50:48 (38.2%) | 8:32         | 7 (61.4%)   |
| 95  | <b>CHROMNIAK Marcin</b>    | <b>13</b>  |                                   | OPEN Mężczyźni | 75   | 01:14:35 | 03:23:47 | <b>04:50:19.00</b> | <b>04:50:19.00</b> | +01:50:58 (38.2%) | 8:32         | 7 (61.4%)   |
| 96  | <b>KOCOT Aleksandra</b>    | <b>47</b>  | WARSZTAT RUCHU                    | OPEN Kobiety   | 10   | 01:14:19 | 03:26:50 | <b>04:50:39.00</b> | <b>04:50:39.00</b> | +01:51:18 (38.3%) | 8:32         | 7 (61.4%)   |
| 97  | <b>LITWINEK Marek</b>      | <b>65</b>  | WKURW_TEAM / AKM PROMILEK         | OPEN Mężczyźni | 76   | 01:12:46 | 03:24:21 | <b>04:53:12.00</b> | <b>04:53:12.00</b> | +01:53:51 (38.8%) | 8:37         | 7 (61.4%)   |
| 98  | <b>MIARA Fabian</b>        | <b>221</b> | FABIAŃSKI TEAM                    | OPEN Mężczyźni | 77   |          |          | <b>04:54:27.00</b> | <b>04:54:27.00</b> | +01:55:06 (39.1%) | 8:39         | 6.9 (60.5%) |
| 99  | <b>BANASZEWSKI Łukasz</b>  | <b>3</b>   |                                   | OPEN Mężczyźni | 78   | 01:18:15 |          | <b>04:54:28.00</b> | <b>04:54:28.00</b> | +01:55:07 (39.1%) | 8:39         | 6.9 (60.5%) |
| 100 | <b>SOLIŃSKA Magdalena</b>  | <b>133</b> |                                   | OPEN Kobiety   | 11   | 01:15:43 | 03:27:15 | <b>04:54:38.00</b> | <b>04:54:38.00</b> | +01:55:17 (39.1%) | 8:39         | 6.9 (60.5%) |
| 101 | <b>SZMIT Iwona</b>         | <b>139</b> |                                   | OPEN Kobiety   | 12   | 01:14:09 | 03:26:35 | <b>04:56:36.00</b> | <b>04:56:36.00</b> | +01:57:15 (39.5%) | 8:43         | 6.9 (60.5%) |
| 102 | <b>KACZOR Lech</b>         | <b>42</b>  |                                   | OPEN Mężczyźni | 79   | 01:11:01 | 03:25:29 | <b>05:01:13.00</b> | <b>05:01:13.00</b> | +02:01:52 (40.5%) | 8:51         | 6.8 (59.6%) |

| Msc | Zawodnik                     | Numer      | Klub                                   | Kategoria            | Mkat | 9km      | 28km     | Czas netto 34km    | Czas brutto 34km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|--|----------------------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 103 | <b>GAWRON Marcin</b>         | <b>28</b>  |  | OPEN Mężczyźni       | 80   | 01:11:43 | 03:19:09 | <b>05:01:23.00</b> | <b>05:01:23.00</b> | +02:02:02 (40.5%) | 8:51         | 6.8 (59.6%) |
| 104 | <b>GUT Marcin</b>            | <b>35</b>  |  | OPEN Mężczyźni       | 81   | 01:19:06 | 03:35:35 | <b>05:02:20.00</b> | <b>05:02:20.00</b> | +02:02:59 (40.7%) | 8:53         | 6.7 (58.8%) |
| 105 | <b>PIECHOWSKI Wiesiek</b>    | <b>104</b> | BEKATEAM                               | OPEN Mężczyźni       | 82   | 01:15:41 | 03:32:51 | <b>05:03:29.00</b> | <b>05:03:29.00</b> | +02:04:08 (40.9%) | 8:55         | 6.7 (58.8%) |
| 106 | <b>GROMEK Edyta</b>          | <b>33</b>  | SZYBCIEJ NIE DAM RADY                  | OPEN Kobiety         | 13   | 01:20:20 | 03:38:04 | <b>05:03:31.00</b> | <b>05:03:31.00</b> | +02:04:10 (40.9%) | 8:55         | 6.7 (58.8%) |
| 107 | <b>ŁAPIŃSKA Anna</b>         | <b>66</b>  | JUMPING STARS TEAM/ PODIUM             | OPEN Kobiety         | 14   | 01:18:04 | 03:39:42 | <b>05:03:37.00</b> | <b>05:03:37.00</b> | +02:04:16 (40.9%) | 8:55         | 6.7 (58.8%) |
| 108 | <b>MAZUR Ireneusz</b>        | <b>80</b>  | DĘBICKIE GEPARDY                       | OPEN Mężczyźni       | 83   | 01:20:18 | 03:40:12 | <b>05:03:40.00</b> | <b>05:03:40.00</b> | +02:04:19 (40.9%) | 8:55         | 6.7 (58.8%) |
| 109 | <b>LIPIŃSKA Ewelina</b>      | <b>64</b>  | PODIUM/ NOCNY BÓR                      | OPEN Kobiety         | 15   | 01:18:02 | 03:38:08 | <b>05:04:24.00</b> | <b>05:04:24.00</b> | +02:05:03 (41.1%) | 8:57         | 6.7 (58.8%) |
| 110 | <b>BIELÓWKA Roman</b>        | <b>8</b>   | GRODZISKA GRUPA BIEGOWA SZALONE ŻÓŁWIE | OPEN Mężczyźni       | 84   | 01:14:36 |          | <b>05:09:32.00</b> | <b>05:09:32.00</b> | +02:10:11 (42.1%) | 9:06         | 6.6 (57.9%) |
| 111 | <b>DOLIWKA Paweł</b>         | <b>18</b>  | LUBAWA KOCHA BIEGAĆ                    | OPEN Mężczyźni       | 85   | 01:18:17 | 03:33:50 | <b>05:10:59.00</b> | <b>05:10:59.00</b> | +02:11:38 (42.3%) | 9:08         | 6.6 (57.9%) |
| 112 | <b>GŁOWACKA Renata</b>       | <b>31</b>  | PANTERA                                | OPEN Kobiety         | 16   | 01:17:42 | 03:39:39 | <b>05:12:24.00</b> | <b>05:12:24.00</b> | +02:13:03 (42.6%) | 9:11         | 6.5 (57.0%) |
| 113 | <b>REINERT Aleksandra</b>    | <b>119</b> |  | OPEN Kobiety         | 17   | 01:24:58 | 03:48:58 | <b>05:15:04.00</b> | <b>05:15:04.00</b> | +02:15:43 (43.1%) | 9:16         | 6.5 (57.0%) |
| 113 | <b>JÓZEFIAK Jakub</b>        | <b>41</b>  |  | OPEN Mężczyźni       | 86   | 01:20:28 | 03:43:45 | <b>05:15:04.00</b> | <b>05:15:04.00</b> | +02:15:43 (43.1%) | 9:16         | 6.5 (57.0%) |
| 115 | <b>MURDZIA Marcin</b>        | <b>88</b>  |  | OPEN Mężczyźni       | 87   | 01:15:38 | 03:40:30 | <b>05:19:37.00</b> | <b>05:19:37.00</b> | +02:20:16 (43.9%) | 9:24         | 6.4 (56.1%) |
| 116 | <b>KOTOWICZ Iwona</b>        | <b>52</b>  | PODIUM                                 | Służby Mundurowe - K | 4    | 01:18:07 | 03:40:28 | <b>05:19:39.00</b> | <b>05:19:39.00</b> | +02:20:18 (43.9%) | 9:24         | 6.4 (56.1%) |
| 117 | <b>KSENIAK Tomasz</b>        | <b>57</b>  | ZAMOJSKI KLUB MORSA                    | OPEN Mężczyźni       | 88   | 01:17:24 | 03:45:01 | <b>05:22:41.00</b> | <b>05:22:41.00</b> | +02:23:20 (44.4%) | 9:29         | 6.3 (55.3%) |
| 118 | <b>BEDNARZ Paweł</b>         | <b>6</b>   | LENIWIE DO PRZODU                      | OPEN Mężczyźni       | 89   |          |          | <b>05:22:42.00</b> | <b>05:22:42.00</b> | +02:23:21 (44.4%) | 9:29         | 6.3 (55.3%) |
| 119 | <b>FOLTA Jan</b>             | <b>23</b>  |  | OPEN Mężczyźni       | 90   | 01:21:41 | 03:51:08 | <b>05:24:14.00</b> | <b>05:24:14.00</b> | +02:24:53 (44.7%) | 9:32         | 6.3 (55.3%) |
| 120 | <b>JOP Marta</b>             | <b>40</b>  | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ        | OPEN Kobiety         | 18   | 01:20:06 | 03:43:59 | <b>05:24:58.00</b> | <b>05:24:58.00</b> | +02:25:37 (44.8%) | 9:33         | 6.3 (55.3%) |
| 121 | <b>KĘPKA Andrzej</b>         | <b>45</b>  | PRZEWORSKA GRUPA BIEGOWA               | OPEN Mężczyźni       | 91   | 01:18:41 | 03:40:16 | <b>05:25:01.00</b> | <b>05:25:01.00</b> | +02:25:40 (44.8%) | 9:33         | 6.3 (55.3%) |
| 122 | <b>NAZIEMKOWSKI Bogusław</b> | <b>92</b>  |  | OPEN Mężczyźni       | 92   | 01:16:49 | 03:45:57 | <b>05:25:52.00</b> | <b>05:25:52.00</b> | +02:26:31 (45.0%) | 9:35         | 6.3 (55.3%) |
| 123 | <b>DRWIĘGA Maciej</b>        | <b>19</b>  | POZYTYWNIIE ZABIEGANI SANOK            | OPEN Mężczyźni       | 93   | 01:15:39 | 03:45:56 | <b>05:25:57.00</b> | <b>05:25:57.00</b> | +02:26:36 (45.0%) | 9:35         | 6.3 (55.3%) |
| 124 | <b>CHLEBEK Tomasz</b>        | <b>11</b>  |  | OPEN Mężczyźni       | 94   | 01:18:11 | 03:48:03 | <b>05:26:10.00</b> | <b>05:26:10.00</b> | +02:26:49 (45.0%) | 9:35         | 6.3 (55.3%) |

| Msc | Zawodnik                     | Numer      | Klub                | Kategoria            | Mkat | 9km      | 28km     | Czas netto 34km    | Czas brutto 34km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|------------|---------------------|----------------------|------|----------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 125 | <b>PLISZCZYŃSKA Justyna</b>  | <b>108</b> |                     | Służby Mundurowe - K | 5    | 01:24:55 | 03:56:59 | <b>05:27:50.00</b> | <b>05:27:50.00</b> | +02:28:29 (45.3%) | 9:38         | 6.2 (54.4%) |
| 126 | <b>PUBRAT Waldemar</b>       | <b>116</b> | PUBRATTEAM          | OPEN Mężczyźni       | 95   | 01:18:21 | 03:50:48 | <b>05:28:06.00</b> | <b>05:28:06.00</b> | +02:28:45 (45.3%) | 9:39         | 6.2 (54.4%) |
| 127 | <b>SKOLARCZYK Bartłomiej</b> | <b>128</b> |                     | OPEN Mężczyźni       | 96   | 01:24:50 | 03:55:42 | <b>05:28:29.00</b> | <b>05:28:29.00</b> | +02:29:08 (45.4%) | 9:39         | 6.2 (54.4%) |
| 128 | <b>MAGDA Łukasz</b>          | <b>70</b>  |                     | OPEN Mężczyźni       | 97   | 01:26:55 | 03:59:39 | <b>05:31:00.00</b> | <b>05:31:00.00</b> | +02:31:39 (45.8%) | 9:44         | 6.2 (54.4%) |
| 129 | <b>WILK Łukasz</b>           | <b>155</b> |                     | OPEN Mężczyźni       | 98   | 01:27:01 | 03:59:20 | <b>05:31:10.00</b> | <b>05:31:10.00</b> | +02:31:49 (45.8%) | 9:44         | 6.2 (54.4%) |
| 130 | <b>KOŁTUNIEWICZ Andrzej</b>  | <b>49</b>  | WIEŚ TAŃCZY I BIEGA | OPEN Mężczyźni       | 99   | 01:25:05 | 03:57:35 | <b>05:31:54.00</b> | <b>05:31:54.00</b> | +02:32:33 (46.0%) | 9:45         | 6.1 (53.5%) |
| 131 | <b>OSTROWSKI Paweł</b>       | <b>102</b> |                     | OPEN Mężczyźni       | 100  | 01:19:39 | 03:55:54 | <b>05:36:30.00</b> | <b>05:36:30.00</b> | +02:37:09 (46.7%) | 9:53         | 6.1 (53.5%) |
| 132 | <b>NOWICKA Marianna</b>      | <b>94</b>  | DĘBICKIE GEPARDY    | OPEN Kobiety         | 19   | 01:25:07 | 04:01:55 | <b>05:38:16.00</b> | <b>05:38:16.00</b> | +02:38:55 (47.0%) | 9:56         | 6 (52.6%)   |
| 133 | <b>WALCZYK Anna</b>          | <b>149</b> | DĘBICKIE GEPARDY    | OPEN Kobiety         | 20   | 01:25:01 | 04:01:52 | <b>05:38:18.00</b> | <b>05:38:18.00</b> | +02:38:57 (47.0%) | 9:57         | 6 (52.6%)   |
| 134 | <b>KAPUSTA Zuzanna</b>       | <b>43</b>  | DZIKIE MUSTANGI     | OPEN Kobiety         | 21   | 01:27:40 | 04:04:14 | <b>05:45:22.00</b> | <b>05:45:22.00</b> | +02:46:01 (48.1%) | 10:09        | 5.9 (51.8%) |
| 135 | <b>BARSZCZOWSKA Ewelina</b>  | <b>5</b>   | PODIUM □ /NOCNY BÓR | OPEN Kobiety         | 22   |          |          | <b>05:45:25.00</b> | <b>05:45:25.00</b> | +02:46:04 (48.1%) | 10:09        | 5.9 (51.8%) |
| 135 | <b>SURMAN Mariusz</b>        | <b>135</b> | DZIKIE MUSTANGI     | OPEN Mężczyźni       | 101  | 01:27:43 | 04:04:18 | <b>05:45:25.00</b> | <b>05:45:25.00</b> | +02:46:04 (48.1%) | 10:09        | 5.9 (51.8%) |
| 137 | <b>LAMPART Marta</b>         | <b>61</b>  | DZIKIE MUSTANGI     | OPEN Kobiety         | 23   | 01:27:45 | 04:05:16 | <b>05:45:52.00</b> | <b>05:45:52.00</b> | +02:46:31 (48.1%) | 10:10        | 5.9 (51.8%) |
| 138 | <b>MENDOCHA Jakub</b>        | <b>81</b>  |                     | OPEN Mężczyźni       | 102  | 01:27:51 | 04:08:24 | <b>05:46:26.00</b> | <b>05:46:26.00</b> | +02:47:05 (48.2%) | 10:11        | 5.9 (51.8%) |
| 139 | <b>SIEDLACZEK Zbigniew</b>   | <b>123</b> |                     | OPEN Mężczyźni       | 103  | 01:24:08 | 04:05:15 | <b>05:52:57.00</b> | <b>05:52:57.00</b> | +02:53:36 (49.2%) | 10:22        | 5.8 (50.9%) |
| 140 | <b>MAJCHROWSKI Marcin</b>    | <b>71</b>  | EGGER RUNS          | OPEN Mężczyźni       | 104  | 01:20:31 | 04:06:05 | <b>05:56:32.00</b> | <b>05:56:32.00</b> | +02:57:11 (49.7%) | 10:29        | 5.7 (50.0%) |
| 141 | <b>MISIAK Mateusz</b>        | <b>83</b>  |                     | OPEN Mężczyźni       | 105  | 01:20:12 | 04:13:59 | <b>05:56:33.00</b> | <b>05:56:33.00</b> | +02:57:12 (49.7%) | 10:29        | 5.7 (50.0%) |
| 142 | <b>FALKOWSKI Bartosz</b>     | <b>21</b>  |                     | OPEN Mężczyźni       | 106  | 01:25:54 | 04:22:28 | <b>06:00:18.00</b> | <b>06:00:18.00</b> | +03:00:57 (50.2%) | 10:35        | 5.7 (50.0%) |
| 143 | <b>KOZIARA Patryk</b>        | <b>53</b>  | DZIKIE MUSTANGI     | OPEN Mężczyźni       | 107  | 01:31:22 | 04:20:37 | <b>06:04:31.00</b> | <b>06:04:31.00</b> | +03:05:10 (50.8%) | 10:43        | 5.6 (49.1%) |
| 144 | <b>OPALIŃSKI Michał</b>      | <b>97</b>  | MARATOŃCZYK DĘBICA  | OPEN Mężczyźni       | 108  | 01:32:27 | 04:33:15 | <b>06:08:10.00</b> | <b>06:08:10.00</b> | +03:08:49 (51.3%) | 10:49        | 5.5 (48.2%) |
| 145 | <b>NIEMIEC Monika</b>        | <b>93</b>  | DZIKIE MUSTANGI     | OPEN Kobiety         | 24   | 01:32:31 | 04:33:18 | <b>06:08:13.00</b> | <b>06:08:13.00</b> | +03:08:52 (51.3%) | 10:49        | 5.5 (48.2%) |
| 146 | <b>PINDRAL Paweł</b>         | <b>107</b> |                     | Służby Mundurowe - M | 9    | 01:28:02 | 03:32:42 | <b>06:08:42.00</b> | <b>06:08:42.00</b> | +03:09:21 (51.4%) | 10:50        | 5.5 (48.2%) |

| Msc                                       | Zawodnik                    | Numer      | Klub                       | Kategoria            | Mkat | 9km          | 28km         | Czas netto 34km    | Czas brutto 34km   | Różn              | Tempo min/km | Tempo km/h  |
|---|-----------------------------|------------|----------------------------|----------------------|------|--------------|--------------|--------------------|--------------------|-------------------|--------------|-------------|
| 147                                       | <b>MAZUR Kinga</b>          | <b>79</b>  | DĘBICKIE GEPARDY           | OPEN Kobiety         | 25   | 01:31:17     | 04:26:18     | <b>06:11:54.00</b> | <b>06:11:54.00</b> | +03:12:33 (51.8%) | 10:56        | 5.5 (48.2%) |
| 148                                       | <b>NAUKA Wiesław</b>        | <b>91</b>  | DĘBICKIE GEPARDY           | OPEN Mężczyźni       | 109  | 01:31:25     | 04:26:15     | <b>06:11:56.00</b> | <b>06:11:56.00</b> | +03:12:35 (51.8%) | 10:56        | 5.5 (48.2%) |
| 149                                       | <b>KIM Renata</b>           | <b>46</b>  |                            | OPEN Kobiety         | 26   | 01:40:29     | 04:33:23     | <b>06:12:30.00</b> | <b>06:12:30.00</b> | +03:13:09 (51.9%) | 10:57        | 5.5 (48.2%) |
| 150                                       | <b>DERDA Joanna</b>         | <b>17</b>  |                            | OPEN Kobiety         | 27   | 01:40:24     | 04:33:28     | <b>06:18:23.00</b> | <b>06:18:23.00</b> | +03:19:02 (52.6%) | 11:07        | 5.4 (47.4%) |
| 151                                       | <b>ZAJDEL Wojciech</b>      | <b>167</b> |                            | OPEN Mężczyźni       | 110  | 01:40:27     | 04:33:41     | <b>06:18:24.00</b> | <b>06:18:24.00</b> | +03:19:03 (52.6%) | 11:07        | 5.4 (47.4%) |
| 152                                       | <b>ŁASKAWSKA Justyna</b>    | <b>67</b>  |                            | OPEN Kobiety         | 28   | 01:39:54     | 04:37:43     | <b>06:28:18.00</b> | <b>06:28:18.00</b> | +03:28:57 (53.8%) | 11:25        | 5.3 (46.5%) |
| 153                                       | <b>CHODAKOWSKA Beata</b>    | <b>12</b>  |                            | OPEN Kobiety         | 29   | 01:35:01     | 04:38:33     | <b>06:30:13.00</b> | <b>06:30:13.00</b> | +03:30:52 (54.0%) | 11:28        | 5.2 (45.6%) |
| 154                                       | <b>WIERCHOŁA Joanna</b>     | <b>152</b> |                            | OPEN Kobiety         | 30   | 01:40:21     | 04:40:14     | <b>06:33:06.00</b> | <b>06:33:06.00</b> | +03:33:45 (54.4%) | 11:33        | 5.2 (45.6%) |
| 155                                       | <b>WÓJTOWICZ Paweł</b>      | <b>165</b> | AKM PROMILEK               | OPEN Mężczyźni       | 111  | 01:39:50     | 04:40:05     | <b>06:33:22.00</b> | <b>06:33:22.00</b> | +03:34:01 (54.4%) | 11:34        | 5.2 (45.6%) |
| 156                                       | <b>GIEMZA Paweł</b>         | <b>30</b>  |                            | OPEN Mężczyźni       | 112  | 01:32:49     | 05:08:27     | <b>06:44:01.00</b> | <b>06:44:01.00</b> | +03:44:40 (55.6%) | 11:52        | 5 (43.9%)   |
| 157                                       | <b>MISZTAL Katarzyna</b>    | <b>84</b>  | SKRZYDLACI DZIECIOM        | OPEN Kobiety         | 31   | 01:44:49     | 04:47:25     | <b>06:47:30.00</b> | <b>06:47:30.00</b> | +03:48:09 (56.0%) | 11:59        | 5 (43.9%)   |
| 158                                       | <b>KRÓL Robert</b>          | <b>56</b>  | SKRZYDLACI DZIECIOM        | OPEN Mężczyźni       | 113  | 01:44:53     | 04:47:28     | <b>06:47:34.00</b> | <b>06:47:34.00</b> | +03:48:13 (56.0%) | 11:59        | 5 (43.9%)   |
| 159                                       | <b>GAWLAK Barbara</b>       | <b>27</b>  |                            | OPEN Kobiety         | 32   | 01:41:51     | 04:51:54     | <b>06:51:20.00</b> | <b>06:51:20.00</b> | +03:51:59 (56.4%) | 12:05        | 5 (43.9%)   |
| 160                                       | <b>MARONDEL Katarzyna</b>   | <b>73</b>  | SILESIA NORDIC TEAM        | OPEN Kobiety         | 33   | 01:47:40     | 05:02:11     | <b>07:04:04.00</b> | <b>07:04:04.00</b> | +04:04:43 (57.7%) | 12:28        | 4.8 (42.1%) |
| 161                                       | <b>KUPIBIDA Bogusława</b>   | <b>60</b>  | SILESIA NORDIC TEAM        | OPEN Kobiety         | 34   | 01:47:28     | 05:02:08     | <b>07:04:05.00</b> | <b>07:04:05.00</b> | +04:04:44 (57.7%) | 12:28        | 4.8 (42.1%) |
| 162                                       | <b>POLAK Agnieszka</b>      | <b>110</b> |                            | OPEN Kobiety         | 35   | 01:53:53     | 05:32:42     | <b>07:35:17.00</b> | <b>07:35:17.00</b> | +04:35:56 (60.6%) | 13:23        | 4.5 (39.5%) |
| <b>Przekroczony limit czasu: 08:00:00</b> |                             |            |                            |                      |      |              |              |                    |                    |                   |              |             |
| 163                                       | <b>KARPIŃSKA Nina</b>       | <b>209</b> | PAWKO RUNNER TEAM          | OPEN Kobiety         | 36   |              |              | <b>09:07:00.00</b> | <b>09:07:00.00</b> | +06:07:39 (67.2%) | 16:05        | 3.7 (32.5%) |
| 164                                       | <b>NAUKA Edyta</b>          | <b>90</b>  | DĘBICKIE GEPARDY           | OPEN Kobiety         | 37   | 01:20:24     | 03:40:07     |                    |                    |                   | 7:51         | 7.6 (66.7%) |
|   | <b>PIELECHA Rafał</b>       | <b>105</b> | FITNESS FREAKS             | OPEN Mężczyźni       |      | 01:16:44 DNF | 04:21:14 DNF | <b>DNF</b>         | <b>DNF</b>         |                   | -            | - (0.0%)    |
|   | <b>ORYSZCZAK Bartłomiej</b> | <b>99</b>  | MTB ROZTOCZE               | Służby Mundurowe - M |      | 01:07:51 DNF | DNF          | <b>DNF</b>         | <b>DNF</b>         |                   | -            | - (0.0%)    |
|   | <b>SOCHACKI Maciej</b>      | <b>132</b> | IPA PRZEMYŚL, KMP PRZEMYŚL | Służby Mundurowe - M |      | 01:10:40 DNF | DNF          | <b>DNF</b>         | <b>DNF</b>         |                   | -            | - (0.0%)    |



