

DYCHA NA JELENI SKOK 2018

B4SPORT

Wydarzenie: IV FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-06-03
Miejsce: Cisna
Dystans: 11 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	LISTOPAD Dariusz	4243		M40	1	00:49:55.65	00:49:57.00		4:32	13.2 (100%)
2	GIŻYŃSKI Damian	4292		M30	1	00:51:09.05	00:51:10.80	+00:01:13 (2.4%)	4:39	12.9 (97.7%)
3	DYŚ Paweł	4149	STAY INSANE	M30	2	00:53:05.50	00:53:05.50	+00:03:08 (5.9%)	4:49	12.4 (93.9%)
4	SKÓRA Tomasz	4208	SKÓRZEC BIEGA	M40	2	00:54:38.45	00:54:41.00	+00:04:44 (8.7%)	4:58	12.1 (91.7%)
5	WALASEK Grzegorz	4255		M40	3	00:54:42.90	00:54:45.70	+00:04:48 (8.8%)	4:58	12.1 (91.7%)
6	STRZESZYŃSKI Wojciech	4228	PAMIR TEAM	M30	3	00:55:16.25	00:55:20.60	+00:05:23 (9.7%)	5:01	11.9 (90.2%)
7	PUDŁO Mateusz	4276		M20	1	00:55:58.25	00:56:01.50	+00:06:04 (10.8%)	5:05	11.8 (89.4%)
8	KAPAON Andrzej	4262		M20	2	00:56:15.90	00:56:18.85	+00:06:21 (11.3%)	5:06	11.7 (88.6%)
9	BALWIERCZAK Piotr	4306		M20	3	00:56:15.75	00:56:26.35	+00:06:29 (11.5%)	5:06	11.7 (88.6%)
10	ŁUKASIK Paweł	4062	RAPY MASTERS	M20	4	00:56:36.20	00:56:46.35	+00:06:49 (12.0%)	5:08	11.7 (88.6%)
11	JENDRYCH Remigiusz	4147		M20	5	00:56:35.20	00:56:51.25	+00:06:54 (12.1%)	5:08	11.7 (88.6%)
12	ĆWIKŁA Krzysztof	4298		M50	1	00:57:02.50	00:57:02.50	+00:07:05 (12.4%)	5:11	11.6 (87.9%)
13	WITKOWSKI Piotr	4193	VEGE RUNNERS	M20	6	00:57:07.05	00:57:08.95	+00:07:11 (12.6%)	5:11	11.6 (87.9%)
14	STĘPNIAK Michał	4078	STAY INSANE	M30	4	00:57:55.50	00:57:59.35	+00:08:02 (13.9%)	5:16	11.4 (86.4%)
15	JAREMA Robert	4187	LOKOMOTIV MAJDAN	M40	4	00:58:03.65	00:58:05.70	+00:08:08 (14.0%)	5:16	11.4 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
16	KOZA Jan	4303	LOCOMOTIV MAJDAN	M20	7	00:58:24.10	00:58:26.00	+00:08:29 (14.5%)	5:18	11.3 (85.6%)
17	NOWAK Artur	4056	A&G CARP TEAM	M40	5	00:58:38.60	00:58:41.30	+00:08:44 (14.9%)	5:19	11.3 (85.6%)
18	SURDAKCI Mateusz	4050		M30	5	00:58:58.95	00:59:05.15	+00:09:08 (15.5%)	5:21	11.2 (84.8%)
19	WETHACZ Mariusz	4304		M30	6	00:59:16.05	00:59:19.30	+00:09:22 (15.8%)	5:23	11.1 (84.1%)
20	MAJER Damian	4248		M40	6	01:00:05.50	01:00:08.35	+00:10:11 (16.9%)	5:27	11 (83.3%)
21	ZAWADZKI Marcin	4297		M30	7	01:00:22.25	01:00:27.20	+00:10:30 (17.4%)	5:29	10.9 (82.6%)
22	CEGIEŁKO Maciej	4333		M14	1	01:00:32.30	01:00:33.90	+00:10:36 (17.5%)	5:30	10.9 (82.6%)
23	SZYBIAK Maciej	4049	AGONA W&M	M14	2	01:01:51.40	01:01:56.95	+00:11:59 (19.4%)	5:37	10.7 (81.1%)
24	ANTOSZ Bogdan	4285		M40	7	01:02:33.75	01:02:39.75	+00:12:42 (20.3%)	5:41	10.6 (80.3%)
25	PIĘTA Piotr	4141	OSTROBIEC	M30	8	01:03:03.00	01:03:03.00	+00:13:06 (20.8%)	5:43	10.5 (79.5%)
26	KRAWCZAK Paulina	4257		K30	1	01:03:08.60	01:03:11.10	+00:13:14 (20.9%)	5:44	10.5 (79.5%)
27		4299				01:03:42.30	01:03:48.05	+00:13:51 (21.7%)	5:47	10.4 (78.8%)
28	PYKA Dawid	4135	BRAK	M30	9	01:03:48.00	01:04:08.00	+00:14:11 (22.1%)	5:48	10.3 (78.0%)
29	KŁOSIŃSKI Rafał	4238		M40	8	01:04:01.40	01:04:16.25	+00:14:19 (22.3%)	5:49	10.3 (78.0%)
30	RUS Marta	4273		K40	1	01:04:01.80	01:04:16.85	+00:14:19 (22.3%)	5:49	10.3 (78.0%)
31	SIESS Jarosław	4155		M50	2	01:04:06.70	01:04:19.00	+00:14:22 (22.3%)	5:49	10.3 (78.0%)
32	KOŻUCH Grzegorz	4182		M30	10	01:04:07.20	01:04:22.15	+00:14:25 (22.4%)	5:49	10.3 (78.0%)
33	RACHWALSKA Marzena	4205		K30	2	01:04:21.90	01:04:23.50	+00:14:26 (22.4%)	5:51	10.3 (78.0%)
34	CYTACKI Dawid	4289		M40	9	01:04:36.65	01:04:41.60	+00:14:44 (22.8%)	5:52	10.2 (77.3%)
35	ZIELONKA Michał	4250		M14	3	01:04:57.05	01:05:01.10	+00:15:04 (23.2%)	5:54	10.2 (77.3%)
36	JAŁOCHA Michał	4133		M40	10	01:05:03.65	01:05:06.60	+00:15:09 (23.3%)	5:54	10.1 (76.5%)
37	JURKOWSKI Szczepan	4044	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M30	11	01:05:04.25	01:05:09.50	+00:15:12 (23.3%)	5:54	10.1 (76.5%)
38	KUŹMA Krzysztof	4209		M40	11	01:04:56.25	01:05:10.45	+00:15:13 (23.4%)	5:54	10.2 (77.3%)

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39	DACYK Sylwester	4183	SAINT-GOBAIN SQUAD	M30	12	01:05:23.55	01:05:38.70	+00:15:41 (23.9%)	5:56	10.1 (76.5%)
40	PAJDOSZ Katarzyna	4207		K30	3	01:05:49.55	01:05:53.25	+00:15:56 (24.2%)	5:59	10 (75.8%)
41	BORGOSZ Eryk	4231		M14	4	01:06:28.10	01:06:31.30	+00:16:34 (24.9%)	6:02	9.9 (75.0%)
42	DŁUGOSZ Kasia	4077	STAY INSANE	K30	4	01:06:45.00	01:06:47.80	+00:16:50 (25.2%)	6:04	9.9 (75.0%)
43	MATUSIAK Oskar	4268		M14	5	01:06:47.05	01:06:50.55	+00:16:53 (25.3%)	6:04	9.9 (75.0%)
44	KAPRAL Mateusz	4196	MKS HALICZ	M14	6	01:06:43.00	01:06:51.45	+00:16:54 (25.3%)	6:03	9.9 (75.0%)
45	WRÓBEL Bartłomiej	4200		M40	12	01:06:52.10	01:06:53.10	+00:16:56 (25.3%)	6:04	9.9 (75.0%)
46	NAWROCKI Marcin	4098	CROSSFIT Z16	M40	13	01:07:57.20	01:08:04.35	+00:18:07 (26.6%)	6:10	9.7 (73.5%)
47	MALECKA-LEŃ Patrycja	4104		K30	5	01:07:59.80	01:08:08.85	+00:18:11 (26.7%)	6:10	9.7 (73.5%)
48	KWIECIŃSKI Feliks	4263		M20	8	01:09:26.80	01:09:29.95	+00:19:32 (28.1%)	6:18	9.5 (72.0%)
49	MARKOWSKI Marcin	4115	BRAVEHEARTS LEGIONOWO	M30	13	01:09:49.55	01:09:51.60	+00:19:54 (28.5%)	6:20	9.5 (72.0%)
50	ZUBA Rafał	4296		M20	9	01:09:52.20	01:09:57.75	+00:20:00 (28.6%)	6:21	9.4 (71.2%)
51	SKÓRA Michał	4081		M40	14	01:09:52.90	01:09:59.50	+00:20:02 (28.6%)	6:21	9.4 (71.2%)
52	ZAWADZKI Grzegorz	4025	KLUB SPORTOWY PRESTIGE	M30	14	01:09:56.55	01:10:01.20	+00:20:04 (28.7%)	6:21	9.4 (71.2%)
53	KAPRAL Adam	4195	MKS HALICZ	M40	15	01:09:54.80	01:10:04.10	+00:20:07 (28.7%)	6:21	9.4 (71.2%)
54	PODLASEK Kamila	4144		K30	6	01:10:32.55	01:10:51.45	+00:20:54 (29.5%)	6:24	9.4 (71.2%)
55	KOŁODZIEJCZYK Tomasz	4154	ADIDAS RUNNERS WARSAW	M40	16	01:10:47.85	01:11:04.60	+00:21:07 (29.7%)	6:26	9.3 (70.5%)
56	ŁAMPIKA Kinga	4307		K30	7	01:11:18.60	01:11:29.05	+00:21:32 (30.1%)	6:29	9.3 (70.5%)
57	KRYM Katarzyna	4305		K40	2	01:11:18.50	01:11:29.35	+00:21:32 (30.1%)	6:29	9.3 (70.5%)
58	KUCHARSKI Piotr	4094	AMATOR - NIEZRZESZONY, CZYLI WSZYSTKO MOGĘ... NIC NIE MUSZĘ...!	M40	17	01:11:24.85	01:11:31.65	+00:21:34 (30.2%)	6:29	9.2 (69.7%)
59	RUDZIARCZYK Karolina	4169	FUCHS OIL TEAM	K20	1	01:11:33.50	01:11:40.95	+00:21:43 (30.3%)	6:30	9.2 (69.7%)
60	KLOCEK Konrad	4165		M30	15	01:11:50.95	01:11:58.80	+00:22:01 (30.6%)	6:31	9.2 (69.7%)
61	KLESSA Paweł	4087	FITNESS24SEVEN	M20	10	01:12:10.30	01:12:30.35	+00:22:33 (31.1%)	6:33	9.1 (68.9%)

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62	SOSZKA Piotr	4294		M20	11	01:12:14.90	01:12:33.05	+00:22:36 (31.2%)	6:34	9.1 (68.9%)
63	DABROWSKA Agnieszka	4079		K30	8	01:12:35.45	01:12:42.70	+00:22:45 (31.3%)	6:35	9.1 (68.9%)
64	KĘDRA Agnieszka	4037		K20	2	01:12:35.50	01:12:53.20	+00:22:56 (31.5%)	6:36	9.1 (68.9%)
65	PIECH Krzysztof	4244		M40	18	01:12:42.30	01:13:09.00	+00:23:12 (31.7%)	6:36	9.1 (68.9%)
66	KORBUT Radosław	4245		M30	16	01:12:52.55	01:13:10.95	+00:23:13 (31.7%)	6:37	9.1 (68.9%)
67	MICZEK Wiesław	4107	NIEZRZESZONY	M50	3	01:13:03.55	01:13:16.65	+00:23:19 (31.8%)	6:38	9 (68.2%)
68	TOMKIEWICZ Jakub	4124		M20	12	01:13:09.25	01:13:20.40	+00:23:23 (31.9%)	6:39	9 (68.2%)
69	DROZD Krystian	4224		M40	19	01:13:13.60	01:13:27.50	+00:23:30 (32.0%)	6:39	9 (68.2%)
70	WYSOCKA Agnieszka	4066	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	K40	3	01:13:26.15	01:13:30.60	+00:23:33 (32.1%)	6:40	9 (68.2%)
71	BIENIECKI Marek	4242		M20	13	01:13:28.50	01:13:34.40	+00:23:37 (32.1%)	6:40	9 (68.2%)
72	MOTYLEWSKA Marta	4288		K20	3	01:13:30.15	01:13:34.80	+00:23:37 (32.1%)	6:40	9 (68.2%)
73	DĘBSKI Michał	4045	NIGHT RUNNERS GLIWICE	M20	14	01:13:33.65	01:13:51.80	+00:23:54 (32.4%)	6:41	9 (68.2%)
74	MOSÓR Mariusz	4159	LISY PUSTYNI	M40	20	01:13:38.15	01:13:52.40	+00:23:55 (32.4%)	6:41	9 (68.2%)
75	OSTRACH Michał	4091		M20	15	01:14:49.90	01:15:07.10	+00:25:10 (33.5%)	6:48	8.8 (66.7%)
76	KOCYŁA Maksymilian	4188		M14	7	01:15:08.45	01:15:17.40	+00:25:20 (33.7%)	6:49	8.8 (66.7%)
77	ANDRASZ Paweł	4125		M20	16	01:15:07.10	01:15:20.35	+00:25:23 (33.7%)	6:49	8.8 (66.7%)
78	KAŁUŻNY Andrzej	4057		M40	21	01:15:21.45	01:15:24.95	+00:25:27 (33.8%)	6:51	8.8 (66.7%)
79	FILIP-KLOCEK Marlena	4166		K30	9	01:15:18.60	01:15:26.30	+00:25:29 (33.8%)	6:50	8.8 (66.7%)
80	NORBERT Michał	4040		M30	17	01:15:00.20	01:15:27.80	+00:25:30 (33.8%)	6:49	8.8 (66.7%)
81	NORBERT Anna	4041		K30	10	01:15:00.70	01:15:28.30	+00:25:31 (33.8%)	6:49	8.8 (66.7%)
82	ŻARÓW Wojciech	4241		M30	18	01:15:21.95	01:15:39.90	+00:25:42 (34.0%)	6:51	8.8 (66.7%)
83	PRZYWARA Dominika	4163	WWF UR/ ZABIEGANI MIELEC	K20	4	01:15:39.05	01:15:43.60	+00:25:46 (34.0%)	6:52	8.7 (65.9%)
84	OSTROWSKA-MARKOWSKA Małgorzata	4082		K30	11	01:15:41.05	01:15:45.30	+00:25:48 (34.1%)	6:52	8.7 (65.9%)

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85	SASAL Monika	4103	FUNDACJA TYLKO BIESZCZADY	K30	12	01:15:37.85	01:15:48.95	+00:25:51 (34.1%)	6:52	8.7 (65.9%)
86	PAWŁOWSKA Elżbieta	4067		K30	13	01:15:40.65	01:15:49.95	+00:25:52 (34.1%)	6:52	8.7 (65.9%)
87	DIEBEL Monika	4278		K30	14	01:16:01.65	01:16:07.55	+00:26:10 (34.4%)	6:54	8.7 (65.9%)
88	DŁUGOSZ-STĘPNIAK Agnieszka	4123		K30	15	01:16:20.70	01:16:24.75	+00:26:27 (34.6%)	6:56	8.6 (65.2%)
89	FALKIEWICZ Łukasz	4223		M30	19	01:16:02.25	01:16:27.00	+00:26:30 (34.7%)	6:54	8.7 (65.9%)
90	LORENC Wiktor	4119		M30	20	01:16:25.20	01:16:38.55	+00:26:41 (34.8%)	6:56	8.6 (65.2%)
91	PYRĆ Krzysztof	4251		M30	21	01:16:41.25	01:16:49.45	+00:26:52 (35.0%)	6:58	8.6 (65.2%)
92	FILA Monika	4234		K30	16	01:17:27.25	01:17:43.85	+00:27:46 (35.7%)	7:02	8.5 (64.4%)
93	MILCZAREK Magdalena	4235		K30	17	01:17:30.00	01:17:46.35	+00:27:49 (35.8%)	7:02	8.5 (64.4%)
94	DANAK Przemysław	4237		M40	22	01:17:45.10	01:17:48.55	+00:27:51 (35.8%)	7:04	8.5 (64.4%)
95	KRAWCZYK Marta	4168	KOSTRZYŃSKA GRUPA BIEGOWA	K30	18	01:17:46.10	01:17:48.75	+00:27:51 (35.8%)	7:04	8.5 (64.4%)
96	SOSZKA Mateusz	4291		K20	5	01:17:33.10	01:17:50.60	+00:27:53 (35.8%)	7:03	8.5 (64.4%)
97	MAŁEK Piotr	4269		M40	23	01:17:49.25	01:17:53.50	+00:27:56 (35.9%)	7:04	8.5 (64.4%)
98	WOJCIECHOWSKI Andrzej	4270		M40	24	01:17:50.25	01:17:53.95	+00:27:56 (35.9%)	7:04	8.5 (64.4%)
99	ŚWIĘTONIOWSKA Justyna	4010	SPARTAN RACE TRAINING GROUP RZESZÓW	K30	19	01:17:35.70	01:18:01.15	+00:28:04 (36.0%)	7:03	8.5 (64.4%)
100	STASIAK Włodzimierz	4083		M30	22	01:17:48.70	01:18:04.75	+00:28:07 (36.0%)	7:04	8.5 (64.4%)
101	PEŁECHATA Julita	4016		K20	6	01:18:32.90	01:18:56.90	+00:28:59 (36.7%)	7:08	8.4 (63.6%)
102	SIWIEC Piotr	4019		M30	23	01:18:32.75	01:18:57.00	+00:29:00 (36.7%)	7:08	8.4 (63.6%)
103	RAPACZ Marcin	4101	FUNDACJA TYLKO BIESZCZADY	M50	4	01:18:49.15	01:18:58.60	+00:29:01 (36.8%)	7:09	8.4 (63.6%)
104	OSTROWSKI Paweł	4128		M30	24	01:19:20.65	01:19:32.05	+00:29:35 (37.2%)	7:12	8.3 (62.9%)
105	BĄCZYK Monika	4202		K40	4	01:19:21.50	01:19:33.30	+00:29:36 (37.2%)	7:12	8.3 (62.9%)
106	KUBISIAK Darek	4198		M50	5	01:19:29.70	01:19:41.25	+00:29:44 (37.3%)	7:13	8.3 (62.9%)
107	MAJSZCZYK Paulina	4267		K20	7	01:19:37.70	01:19:41.85	+00:29:44 (37.3%)	7:14	8.3 (62.9%)

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108	SZAMUS Piotr	4246		K40	5	01:19:35.30	01:19:43.70	+00:29:46 (37.3%)	7:14	8.3 (62.9%)
109	GOLEC Łukasz	4134	HUSARIA RACE TEAM	M30	25	01:19:46.75	01:19:57.90	+00:30:00 (37.5%)	7:15	8.3 (62.9%)
110	PATEREK Grzegorz	4084		M30	26	01:19:43.45	01:20:04.50	+00:30:07 (37.6%)	7:14	8.3 (62.9%)
111	PATEREK Agata	4068	WKURW_TEAM	K30	20	01:19:44.05	01:20:04.60	+00:30:07 (37.6%)	7:14	8.3 (62.9%)
112	KUBISIAK Marta	4199		K20	8	01:20:07.95	01:20:18.70	+00:30:21 (37.8%)	7:17	8.2 (62.1%)
113	CIEĆKO Elżbieta	4046	SAŁ WOLNIEJSI	K20	9	01:20:04.00	01:20:19.65	+00:30:22 (37.8%)	7:16	8.2 (62.1%)
114	CHMIELEWSKI Mateusz	4266		M30	27	01:20:19.20	01:20:22.80	+00:30:25 (37.9%)	7:18	8.2 (62.1%)
115	WITKOWSKI Mariusz	4274		M40	25	01:20:08.60	01:20:23.80	+00:30:26 (37.9%)	7:17	8.2 (62.1%)
116	ROSA Bartosz	4308		M30	28	01:21:02.90	01:21:28.95	+00:31:31 (38.7%)	7:22	8.1 (61.4%)
117	PIETRUCZANIS Paweł	4021	KS AKTYWNI WĘGRÓW	M40	26	01:21:20.15	01:21:45.70	+00:31:48 (38.9%)	7:23	8.1 (61.4%)
118	WIECZOREK Magdalena	4058	PSEUDOULTRASKI	K40	6	01:21:37.35	01:21:49.35	+00:31:52 (39.0%)	7:25	8.1 (61.4%)
119	KURCIŃSKA Lidia	4152		K30	21	01:21:44.95	01:22:03.75	+00:32:06 (39.1%)	7:25	8.1 (61.4%)
120	KUBASIEWICZ Artur	4100		M50	6	01:21:58.95	01:22:03.90	+00:32:06 (39.1%)	7:27	8.1 (61.4%)
121	WARZYŃSKI Beniamin	4055		M30	29	01:21:47.45	01:22:05.70	+00:32:08 (39.2%)	7:26	8.1 (61.4%)
122	POKRYWKA Stefan	4261		M60	1	01:22:09.50	01:22:21.20	+00:32:24 (39.3%)	7:28	8 (60.6%)
123	KAWALEC Kamil	4038	7 PIWEK GÓRNIK LUBLIN	M30	30	01:22:01.35	01:22:23.15	+00:32:26 (39.4%)	7:27	8 (60.6%)
124	STEFANIAK Mirosławe	4284		M50	7	01:22:27.30	01:22:33.65	+00:32:36 (39.5%)	7:29	8 (60.6%)
125	JANOWSKA Anna	4239		K30	22	01:23:14.80	01:23:33.25	+00:33:36 (40.2%)	7:34	7.9 (59.8%)
126	PABISEK Anna	4184		K30	23	01:23:26.30	01:23:37.05	+00:33:40 (40.3%)	7:35	7.9 (59.8%)
127	MACIEJEWSKA Angelika	4140		K20	10	01:23:16.20	01:23:38.00	+00:33:41 (40.3%)	7:34	7.9 (59.8%)
128	KLESSA Anna	4086	FITNESS24SEVEN	K20	11	01:23:18.85	01:23:38.80	+00:33:41 (40.3%)	7:34	7.9 (59.8%)
129	GOLDA-RZEPKA Mariola	4129		K30	24	01:23:38.30	01:23:48.45	+00:33:51 (40.4%)	7:36	7.9 (59.8%)
130	PRZĄDO Monika	4179		K30	25	01:23:37.90	01:23:50.25	+00:33:53 (40.4%)	7:36	7.9 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
131	MAJKOWSKI Marcin	4142		M40	27	01:23:39.55	01:23:52.00	+00:33:55 (40.4%)	7:36	7.9 (59.8%)
132	MAJKOWSKI Wiktor	4143		M20	17	01:23:39.25	01:23:52.05	+00:33:55 (40.4%)	7:36	7.9 (59.8%)
133	SOSNOWSKA-SCHILLER Bernadetta	4031	SCHODY HISZPAŃSKIE	K30	26	01:24:25.20	01:24:42.10	+00:34:45 (41.0%)	7:40	7.8 (59.1%)
134	PIKIEWICZ Maja	4206		K30	27	01:24:42.70	01:24:49.80	+00:34:52 (41.1%)	7:42	7.8 (59.1%)
135	MAJCHRZAK Marta	4232		K30	28	01:24:43.15	01:24:51.05	+00:34:54 (41.1%)	7:42	7.8 (59.1%)
136	PIECHOWICZ Jacek	4279		M30	31	01:24:30.35	01:25:15.10	+00:35:18 (41.4%)	7:41	7.8 (59.1%)
137	PIECHOWICZ-KUROWSKA Agata	4280		K30	29	01:24:47.45	01:25:15.25	+00:35:18 (41.4%)	7:42	7.8 (59.1%)
138	SCHILLER Fryderyk	4036	SCHODY HISZPAŃSKIE	M40	28	01:24:58.90	01:25:16.10	+00:35:19 (41.4%)	7:43	7.8 (59.1%)
139	LIPSKA Paulina	4214		K20	12	01:24:54.35	01:25:17.95	+00:35:20 (41.4%)	7:43	7.8 (59.1%)
140	PAWLYTA Weronika	4215		K30	30	01:24:55.35	01:25:18.20	+00:35:21 (41.4%)	7:43	7.8 (59.1%)
141	GĄSIOROWSKA Dorota	4286		K40	7	01:25:04.50	01:25:20.00	+00:35:23 (41.5%)	7:44	7.8 (59.1%)
142	BUSZKA Mateusz	4181		M20	18	01:25:14.80	01:25:30.55	+00:35:33 (41.6%)	7:45	7.7 (58.3%)
143	WÓJCIK PYRĆ Katarzyna	4253		K30	31	01:25:22.00	01:25:31.45	+00:35:34 (41.6%)	7:45	7.7 (58.3%)
144	RATAJCZAK Karolina	4121		K20	13	01:25:18.05	01:25:36.00	+00:35:39 (41.6%)	7:45	7.7 (58.3%)
145	BARANIAN Izabela	4264		K-OPEN	1	01:25:23.90	01:25:36.95	+00:35:39 (41.7%)	7:45	7.7 (58.3%)
146	PABIAŃCZYK Małgorzata	4007		K30	32	01:25:23.55	01:25:40.15	+00:35:43 (41.7%)	7:45	7.7 (58.3%)
147	SZTANDERA Berenika	4178	VEGE RUNNERS	K30	33	01:25:33.20	01:25:42.15	+00:35:45 (41.7%)	7:46	7.7 (58.3%)
148	ZYGMUNT Monika	4295		K40	8	01:25:30.25	01:25:43.85	+00:35:46 (41.7%)	7:46	7.7 (58.3%)
149	STĘPIEŃ Justyna	4145		K30	34	01:25:41.40	01:26:00.80	+00:36:03 (41.9%)	7:47	7.7 (58.3%)
150	BIAŁEK Robert	4272		M40	29	01:25:58.45	01:26:14.50	+00:36:17 (42.1%)	7:48	7.7 (58.3%)
151	PRZYBYLSKI Marcin	4293		M40	30	01:26:04.85	01:26:20.60	+00:36:23 (42.1%)	7:49	7.7 (58.3%)
152	GARBOS Barbara	4042		K30	35	01:26:01.15	01:26:23.00	+00:36:26 (42.2%)	7:49	7.7 (58.3%)
153	HECIAK Arkadiusz	4073	SAMOTNY WĘDROWIEC	M30	32	01:26:00.95	01:26:23.05	+00:36:26 (42.2%)	7:49	7.7 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
154	ZAWADZKA Agnieszka	4023	KLUB SPORTOWY PRESTIGE	K30	36	01:26:19.25	01:26:24.20	+00:36:27 (42.2%)	7:50	7.6 (57.6%)
155	BIESZKE Iza	4203	WYMIATACZE	K30	37	01:27:02.05	01:27:20.75	+00:37:23 (42.8%)	7:54	7.6 (57.6%)
156	KOWALEWSKA Ewelina	4204		K30	38	01:27:01.75	01:27:20.90	+00:37:23 (42.8%)	7:54	7.6 (57.6%)
157	KĘPKA Robert	4254		M30	33	01:27:23.10	01:27:34.80	+00:37:37 (43.0%)	7:56	7.6 (57.6%)
158	BOCEK Sławomir	4105		M40	31	01:27:11.95	01:27:34.95	+00:37:37 (43.0%)	7:55	7.6 (57.6%)
159	BUKOWSKI Sebastian	4258		K30	39	01:27:32.50	01:27:35.65	+00:37:38 (43.0%)	7:57	7.5 (56.8%)
160	SUWAŁA Anna	4256		K30	40	01:27:24.45	01:27:35.70	+00:37:38 (43.0%)	7:56	7.6 (57.6%)
161	GRABOWSKA-SKALSKA Iwona	4171		K30	41	01:27:20.30	01:27:37.00	+00:37:40 (43.0%)	7:56	7.6 (57.6%)
162	BORCZ Marcin	4109		M20	19	01:27:16.55	01:27:40.00	+00:37:43 (43.0%)	7:56	7.6 (57.6%)
163	STROMECKI Krzysztof	4116		M30	34	01:27:40.35	01:27:45.50	+00:37:48 (43.1%)	7:58	7.5 (56.8%)
164	PONIEWIERSKA Magdalena	4210		K20	14	01:28:16.60	01:28:34.40	+00:38:37 (43.6%)	8:01	7.5 (56.8%)
165	MASZOTA Bartłomiej	4211		M30	35	01:28:18.50	01:28:36.20	+00:38:39 (43.6%)	8:01	7.5 (56.8%)
166	TKACZYK Wojciech	4216		M40	32	01:29:02.30	01:29:12.15	+00:39:15 (44.0%)	8:05	7.4 (56.1%)
167	PŁATEK Katarzyna	4233	WKURW TEAM	K30	42	01:29:02.65	01:29:13.80	+00:39:16 (44.0%)	8:05	7.4 (56.1%)
168	ŁOPĄG Jerzy	4220		M40	33	01:29:07.80	01:29:18.15	+00:39:21 (44.1%)	8:06	7.4 (56.1%)
169	ŁOPĄG Anna	4172	CHEŁMSKA GRUPA TRIATHLONU	K40	9	01:29:08.35	01:29:18.20	+00:39:21 (44.1%)	8:06	7.4 (56.1%)
169	KOMAN Monika	4153	CHEŁMSKA GRUPA TRIATHLONU	K30	43	01:29:08.25	01:29:18.20	+00:39:21 (44.1%)	8:06	7.4 (56.1%)
171	FUDALI Jacek	4069		M30	36	01:29:14.80	01:29:25.75	+00:39:28 (44.1%)	8:06	7.4 (56.1%)
172	UJMA Paweł	4034		M30	37	01:29:15.60	01:29:26.05	+00:39:29 (44.1%)	8:06	7.4 (56.1%)
173	BALCERZAK Agnieszka	4039	PASZCZAKI 3	K40	10	01:29:14.35	01:29:28.90	+00:39:31 (44.2%)	8:06	7.4 (56.1%)
174	KOTARSKI Krzysztof	4060	KOTARY	M40	34	01:29:14.15	01:29:29.00	+00:39:32 (44.2%)	8:06	7.4 (56.1%)
175	URBANOWICZ Agnieszka	4090		K30	44	01:29:40.60	01:30:02.50	+00:40:05 (44.5%)	8:09	7.4 (56.1%)
176	KŁOSIEWICZ Wojciech	4089		M40	35	01:29:40.85	01:30:02.70	+00:40:05 (44.5%)	8:09	7.4 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
177	JĘCZMIŃSKI Adam	4063		M40	36	01:29:52.20	01:30:04.55	+00:40:07 (44.5%)	8:10	7.3 (55.3%)
178	MARASEK Adam	4110		M40	37	01:29:51.50	01:30:04.75	+00:40:07 (44.5%)	8:10	7.3 (55.3%)
179	FOTYGA Agnieszka	4167		K40	11	01:30:31.35	01:30:39.85	+00:40:42 (44.9%)	8:13	7.3 (55.3%)
180	JAROSZ Grzegorz	4102		M40	38	01:30:28.80	01:30:43.05	+00:40:46 (44.9%)	8:13	7.3 (55.3%)
181	SIEPIETOWSKA Natalia	4164	HUSARIA RACE TEAM	K20	15	01:30:23.15	01:30:43.70	+00:40:46 (44.9%)	8:13	7.3 (55.3%)
182	FIGURA Radosław	4229		M30	38	01:30:34.55	01:30:50.70	+00:40:53 (45.0%)	8:14	7.3 (55.3%)
183	KULIBERDA Sylwia	4028		K40	12	01:30:46.25	01:31:06.95	+00:41:09 (45.2%)	8:15	7.3 (55.3%)
184	KACZKIEWICZ Damian	4281		M40	39	01:30:42.40	01:31:07.25	+00:41:10 (45.2%)	8:14	7.3 (55.3%)
185	ADAMOWSKI Jacek	4290		M40	40	01:30:43.65	01:31:07.40	+00:41:10 (45.2%)	8:14	7.3 (55.3%)
186	BLASZKE Beata	4282		K40	13	01:30:43.20	01:31:07.55	+00:41:10 (45.2%)	8:14	7.3 (55.3%)
187	JEŻEWSKI Adam	4186	ETISOFT RUNNING TEAM	M30	39	01:31:11.45	01:31:32.75	+00:41:35 (45.4%)	8:17	7.2 (54.5%)
188	MIKULSKA Aneta	4014	#GOPATI TEAM	K30	45	01:31:11.65	01:31:32.80	+00:41:35 (45.4%)	8:17	7.2 (54.5%)
189	MAŃKA Paulina	4275		K30	46	01:32:07.20	01:32:15.30	+00:42:18 (45.9%)	8:22	7.2 (54.5%)
190	PAJĄK Anna	4106		K40	14	01:32:09.20	01:32:16.95	+00:42:19 (45.9%)	8:22	7.2 (54.5%)
191	BEBŁOT Ewa	4217	SNAILS OF DOOM	K20	16	01:31:56.10	01:32:22.25	+00:42:25 (45.9%)	8:21	7.2 (54.5%)
192	LEWIŃSKA Aleksandra	4227		K30	47	01:33:00.95	01:33:11.10	+00:43:14 (46.4%)	8:27	7.1 (53.8%)
193	SKUZA Malgorzata	4114		K40	15	01:33:44.05	01:33:52.50	+00:43:55 (46.8%)	8:31	7 (53.0%)
194	FRANKOWSKI Dariusz	4113		M40	41	01:33:44.40	01:33:52.70	+00:43:55 (46.8%)	8:31	7 (53.0%)
195	SCHWITALLA Katarzyna	4222		K40	16	01:33:42.75	01:33:54.75	+00:43:57 (46.8%)	8:31	7 (53.0%)
196	TYSZKA Sylwia	4213		K40	17	01:33:58.45	01:34:04.65	+00:44:07 (46.9%)	8:32	7 (53.0%)
197	PAWLAK Ewa	4173		K30	48	01:34:09.35	01:34:30.20	+00:44:33 (47.1%)	8:33	7 (53.0%)
198	BRZEZIŃSKI Andrzej	4015		M40	42	01:34:30.85	01:34:35.70	+00:44:38 (47.2%)	8:35	7 (53.0%)
199	GAWLIK Anna	4221		K30	49	01:34:36.70	01:34:48.90	+00:44:51 (47.3%)	8:36	7 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
200	PAWLIK Marta	4074		K30	50	01:34:56.80	01:35:10.60	+00:45:13 (47.5%)	8:37	7 (53.0%)
201	GÓRECKA Barbara	4259		K30	51	01:35:20.95	01:35:33.70	+00:45:36 (47.7%)	8:40	6.9 (52.3%)
202	GRABOWSKA Natalia	4048	ENDORŚWINKI	K20	17	01:35:20.20	01:35:35.45	+00:45:38 (47.7%)	8:40	6.9 (52.3%)
203	GRABOWSKA Joanna	4043	ENDORŚWINKI	K30	52	01:35:20.90	01:35:36.55	+00:45:39 (47.8%)	8:40	6.9 (52.3%)
204	MAĆZKA Bronisław	4545		M60	2	01:35:25.60	01:35:48.50	+00:45:51 (47.9%)	8:40	6.9 (52.3%)
205	JAWOREK Dariusz	4271	OTK RZEŹNIK	M40	43	01:35:25.55	01:35:48.60	+00:45:51 (47.9%)	8:40	6.9 (52.3%)
206	JĘDRZEJOWSKA Anna	4469		K40	18	01:35:48.95	01:35:48.95	+00:45:51 (47.9%)	8:42	6.9 (52.3%)
207	SANCHEZ Jordi	4260		M40	44	01:35:46.30	01:35:58.30	+00:46:01 (48.0%)	8:42	6.9 (52.3%)
208	STAWSKA Alicja	4201		K30	53	01:36:02.90	01:36:25.15	+00:46:28 (48.2%)	8:43	6.9 (52.3%)
209	JĘDRYSZKA Urszula	4185	KUŹNIA TRIATHLONU	K30	54	01:36:42.30	01:37:07.15	+00:47:10 (48.6%)	8:47	6.8 (51.5%)
210	POMIANOWSKA Anna	4177	KTÓRĘDYDOMETY	K30	55	01:36:49.90	01:37:10.45	+00:47:13 (48.6%)	8:48	6.8 (51.5%)
211	WCISEŁ Kinga	4136	DOGONIĆ ŻÓŁWIA TEAM	K30	56	01:37:22.15	01:37:36.10	+00:47:39 (48.8%)	8:51	6.8 (51.5%)
212	JANICKA Elżbieta	4059		K40	19	01:37:52.25	01:38:09.50	+00:48:12 (49.1%)	8:53	6.7 (50.8%)
213	PAKOSIŃSKI Krzysztof	4162	RUN TEAM CHMIELNIK	M40	45	01:38:11.15	01:38:22.85	+00:48:25 (49.2%)	8:55	6.7 (50.8%)
214	SZYMAŁA Monika	4131		K20	18	01:38:49.20	01:39:14.80	+00:49:17 (49.7%)	8:59	6.7 (50.8%)
215		4240				01:39:19.90	01:39:26.55	+00:49:29 (49.8%)	9:01	6.6 (50.0%)
216	MOSÓR Lilla	4160	LISY PUSTYNI	K40	20	01:39:18.05	01:39:32.60	+00:49:35 (49.8%)	9:01	6.6 (50.0%)
217	OWSIANIK Ewelina	4118		K30	57	01:40:26.50	01:40:33.80	+00:50:36 (50.3%)	9:07	6.6 (50.0%)
218	SAWIŃSKA Natalia	4117		K30	58	01:40:26.20	01:40:33.90	+00:50:36 (50.3%)	9:07	6.6 (50.0%)
219	KACZYŃSKA Julia	4212		K14	1	01:40:20.45	01:40:39.90	+00:50:42 (50.4%)	9:07	6.6 (50.0%)
220	MIECZNIKOWSKA Barbara	4071		K40	21	01:40:25.25	01:40:44.45	+00:50:47 (50.4%)	9:07	6.6 (50.0%)
221	SOBALA Justyna	4226	R K ATHLETICS	K40	22	01:40:43.30	01:40:45.80	+00:50:48 (50.4%)	9:09	6.6 (50.0%)
222	KORZENIOWSKI Robert	4225	R K ATHLETICS	M50	8	01:40:43.90	01:40:46.00	+00:50:49 (50.4%)	9:09	6.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
223	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	4020	KS AKTYWNI WĘGRÓW	K40	23	01:40:57.95	01:41:22.70	+00:51:25 (50.7%)	9:10	6.5 (49.2%)
224	KOCHNOWSKI Marek	4236		M40	46	01:41:25.60	01:41:52.40	+00:51:55 (51.0%)	9:13	6.5 (49.2%)
225	KOŁODZIEJ Anna	4054		K20	19	01:43:04.80	01:43:24.75	+00:53:27 (51.7%)	9:22	6.4 (48.5%)
226	MATUZIK Mateusz	4053	NIGHT RUNNERS	M30	40	01:43:05.00	01:43:24.85	+00:53:27 (51.7%)	9:22	6.4 (48.5%)
227	TORKA-ŁUNERT Grażyna	4283		K50	1	01:43:26.05	01:43:32.25	+00:53:35 (51.8%)	9:24	6.4 (48.5%)
228	BŁACH Piotr	4035	TY I JA	M30	41	01:43:11.35	01:43:34.80	+00:53:37 (51.8%)	9:22	6.4 (48.5%)
228	SALACH Małgorzata	4032	TY I JA	K30	59	01:43:11.05	01:43:34.80	+00:53:37 (51.8%)	9:22	6.4 (48.5%)
230	PLAWIAK-MOWNA Anna	4189		K40	24	01:44:07.25	01:44:24.15	+00:54:27 (52.2%)	9:28	6.3 (47.7%)
231	SIEŃCZYK Marcin	4265		M40	47	01:45:15.35	01:45:25.80	+00:55:28 (52.6%)	9:34	6.3 (47.7%)
232	PIGOŃ Katarzyna	4252		K20	20	01:45:16.40	01:45:26.05	+00:55:29 (52.6%)	9:34	6.3 (47.7%)
233	WAŚ Arkadiusz	4219		M50	9	01:47:04.70	01:47:24.10	+00:57:27 (53.5%)	9:44	6.2 (47.0%)
234	THRUN Aleksandra	4218		K30	60	01:47:05.85	01:47:24.65	+00:57:27 (53.5%)	9:44	6.2 (47.0%)
235	HADAM Ewa	4301		K50	2	01:48:17.65	01:48:43.10	+00:58:46 (54.1%)	9:50	6.1 (46.2%)
236	SKRZYŃSKI Piotr	4120	OLIMPIA LATOWICZ	M30	42	01:50:15.35	01:50:42.95	+01:00:45 (54.9%)	10:01	6 (45.5%)
237	KĘDZIOŁA Jan	4300		M50	10	01:50:47.55	01:50:54.95	+01:00:57 (55.0%)	10:04	6 (45.5%)
238	NOWAKOWSKA Agnieszka	4277		K30	61	01:50:48.25	01:50:55.20	+01:00:58 (55.0%)	10:04	6 (45.5%)
239	KĄDZIOŁKA Emilia	4287		K40	25	01:50:48.00	01:50:55.25	+01:00:58 (55.0%)	10:04	6 (45.5%)
240	NAROLEWSKA Dorota	4302		K30	62	01:51:07.95	01:51:13.05	+01:01:16 (55.1%)	10:06	5.9 (44.7%)
241	SMOGORZEWSKA Marta	4064	WKURW_TEAM	K30	63	01:51:13.55	01:51:38.10	+01:01:41 (55.3%)	10:06	5.9 (44.7%)
242	OŻÓG Dorota	4127		K40	26	01:52:00.50	01:52:17.70	+01:02:20 (55.5%)	10:10	5.9 (44.7%)
243	OŻÓG Iwona	4126		K40	27	01:52:00.65	01:52:17.85	+01:02:20 (55.5%)	10:10	5.9 (44.7%)
244	SZCZETKOWSKI Adrian	4442		M20	20	01:52:44.20	01:53:07.50	+01:03:10 (55.8%)	10:14	5.9 (44.7%)
245	FRAĆ Elżbieta	4011	NIGHT RUNNERS GLIWICE	K40	28	01:56:02.55	01:56:09.50	+01:06:12 (57.0%)	10:33	5.7 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
246	TKACZYK Sylwia	4075		K40	29	01:56:26.50	01:56:35.35	+01:06:38 (57.2%)	10:35	5.7 (43.2%)
247	JAKÓBCZYK Andrzej	4076		M40	48	01:56:26.75	01:56:35.40	+01:06:38 (57.2%)	10:35	5.7 (43.2%)
248	BORKOWSKA Ewa	4003	WKURW-TEAM	K60	1	01:59:52.50	02:00:06.75	+01:10:09 (58.4%)	10:53	5.5 (41.7%)
249	KOLASA Barbara	4004	KLUB J.SŁOWACKIEGO	K60	2	02:00:50.85	02:00:52.65	+01:10:55 (58.7%)	10:59	5.5 (41.7%)
250	KOLASA Andrzej	4006	KLUB J.SŁOWACKIEGO	M60	3	02:00:50.45	02:00:52.95	+01:10:55 (58.7%)	10:59	5.5 (41.7%)
	DRZEWIECKI Robert	4174		M50		DNF	DNF		-	- (0.0%)

Znaleziono 251 wynik(ów)