

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LIPIŃSKI Mateusz	521		Senior Mężczyzn	1	00:15:00	00:31:02.80	00:31:04.15		3:06	19.3 (100%)
2	POCIECHA Tomasz	77	TLC GORLICE	Senior Mężczyzn	2	00:15:00	00:31:44.40	00:31:45.85	+00:00:41 (2.2%)	3:10	18.9 (97.9%)
3	DOMISZEWSKI Ignacy	105	GUKLA BRATKOWICE KORZENIOWSKI.PL	Senior Mężczyzn	3	00:15:00	00:31:50.45	00:31:51.60	+00:00:47 (2.5%)	3:11	18.8 (97.4%)
4	SUŁKOWSKI Rafał	532		Senior Mężczyzn	4	00:15:01	00:33:01.25	00:33:02.50	+00:01:58 (6.0%)	3:18	18.2 (94.3%)
5	BUŻNIAK Arkadiusz	68	BRYGADA BESKIDÓW	Senior Mężczyzn	5	00:15:16	00:34:15.85	00:34:17.50	+00:03:13 (9.4%)	3:25	17.5 (90.7%)
6	BIEŃ Przemysław	80	KS RYGLICE-SEKCJA BIEGOWA	Senior Mężczyzn	6	00:15:44	00:34:27.75	00:34:30.20	+00:03:26 (10.0%)	3:26	17.4 (90.2%)
7	DUDCZAK Kacper	158	LLKS WSCHOWA SIĘŃ	Senior Mężczyzn	7	00:16:25	00:35:03.95	00:35:06.70	+00:04:02 (11.5%)	3:30	17.1 (88.6%)
8	MALEC Łukasz	32	NIEDZICA TEAM	Master Mężczyzn	1	00:16:17	00:35:10.75	00:35:13.95	+00:04:09 (11.8%)	3:31	17.1 (88.6%)
9	WICHA Iwona	124	ŁOBODZIŃSKI TEAM/PRELBET SONAROL	Senior Kobiet	1	00:16:48	00:35:26.40	00:35:28.05	+00:04:23 (12.4%)	3:32	16.9 (87.6%)
10	CZYŻ Grzegorz	117	GRUPA AZOTY-AUTOMATYKA TARNÓW	Weteran Senior Mężczyzn	1	00:16:44	00:35:48.00	00:35:50.15	+00:04:46 (13.3%)	3:34	16.8 (87.0%)
11	BOCHNIAK Maciej	529		Master Mężczyzn	2	00:16:43	00:36:09.90	00:36:11.90	+00:05:07 (14.2%)	3:36	16.6 (86.0%)
12	GUZOWSKI Dariusz	38	TALEX BORZYTUCHOM	Weteran Senior Mężczyzn	2	00:16:44	00:36:23.20	00:36:25.55	+00:05:21 (14.7%)	3:38	16.5 (85.5%)
13	POCIECHA Piotr	537		Senior Mężczyzn	8	00:16:20	00:36:51.15	00:36:52.70	+00:05:48 (15.8%)	3:41	16.3 (84.5%)
14	RODZOCH Daniel	166		Senior Mężczyzn	9	00:17:21	00:36:52.70	00:36:55.45	+00:05:51 (15.9%)	3:41	16.3 (84.5%)
15	CZUBA Wojciech	123	CHARTY Z POŁUDNIA	Master Mężczyzn	3	00:16:55	00:37:08.20	00:37:11.70	+00:06:07 (16.5%)	3:42	16.2 (83.9%)

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16	KMIEĆ Katarzyna	533		Senior Kobiet	2	00:17:34	00:37:16.05	00:37:18.15	+00:06:14 (16.7%)	3:43	16.1 (83.4%)
17	JANUS Jacek	146	R.T.C.K. W ŻYCIU	Weteran Senior Mężczyzn	3	00:16:52	00:37:31.85	00:37:34.15	+00:06:30 (17.3%)	3:45	16 (82.9%)
18	DARŁAK Lucasz	420	STAJNIA BALONA	Senior Mężczyzn	10	00:17:50	00:37:37.90	00:37:40.35	+00:06:36 (17.5%)	3:45	16 (82.9%)
19	HEBDA Adrian	107		Senior Mężczyzn	11	00:17:04	00:37:46.20	00:37:48.80	+00:06:44 (17.8%)	3:46	15.9 (82.4%)
20	CHOJNACKI Wiktor	111	DWERNIK KAMIEŃ TRAIL	Master Mężczyzn	4	00:16:46	00:37:55.45	00:37:58.20	+00:06:54 (18.2%)	3:47	15.8 (81.9%)
21	KULKA-MNICH Regina	153		Senior Kobiet	3	00:17:50	00:38:01.05	00:38:03.20	+00:06:59 (18.4%)	3:48	15.8 (81.9%)
22	KUBACKI Krzysztof	104	LASY PAŃSTWOWE	Senior Mężczyzn	12	00:17:30	00:39:16.15	00:39:19.40	+00:08:15 (21.0%)	3:55	15.3 (79.3%)
23	KRASIŃSKI Marcin	535		Master Mężczyzn	5	00:18:29	00:40:03.75	00:40:08.45	+00:09:04 (22.6%)	4:00	15 (77.7%)
24	GŁÓWKA Michał	121		Senior Mężczyzn	13	00:18:31	00:40:14.25	00:40:17.30	+00:09:13 (22.9%)	4:01	14.9 (77.2%)
25	SKALSKA Anna	142	CARBON SILESIA SPORT	Master Kobiet	1	00:18:46	00:40:17.60	00:40:20.25	+00:09:16 (23.0%)	4:01	14.9 (77.2%)
26	ŚLEPIAK Adam	151	STAJNIA BALONA	Senior Mężczyzn	14	00:18:15	00:40:29.70	00:40:32.80	+00:09:28 (23.4%)	4:02	14.8 (76.7%)
27	SZWAJKA Kacper	81	STAJNIA BALONA	Senior Mężczyzn	15	00:19:36	00:41:04.65	00:41:09.50	+00:10:05 (24.5%)	4:06	14.6 (75.6%)
28	KRUK Emilia	450		Senior Kobiet	4	00:19:37	00:41:10.10	00:41:12.40	+00:10:08 (24.6%)	4:07	14.6 (75.6%)
29	SMOŁUCH Tomasz	141	SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM	Master Mężczyzn	6	00:19:10	00:41:31.65	00:41:34.55	+00:10:30 (25.3%)	4:09	14.5 (75.1%)
30	KOMARNICKI David	155	NOWY STYL RUNNING TEAM	Senior Mężczyzn	16	00:18:57	00:42:07.95	00:42:12.45	+00:11:08 (26.4%)	4:12	14.2 (73.6%)
31	JASIULEWICZ Anna	2222	BIAŁYSTOK BIEGA TEAM	Weteran Senior Kobiet	1	00:19:10	00:42:17.65	00:42:19.80	+00:11:15 (26.6%)	4:13	14.2 (73.6%)
32	STOGOWSKI Grzegorz	16	BRAK	Master Mężczyzn	7	00:19:54	00:42:12.00	00:42:22.25	+00:11:18 (26.7%)	4:13	14.2 (73.6%)
33	NALEPA Paweł	75	CHILLOUT CREW	Senior Mężczyzn	17	00:19:05	00:42:19.15	00:42:23.90	+00:11:19 (26.7%)	4:13	14.2 (73.6%)
34	BRZozowicz Jakub	98	TS AKS CHORZÓW	Master Mężczyzn	8	00:19:37	00:42:27.15	00:42:30.40	+00:11:26 (26.9%)	4:14	14.1 (73.1%)
35	JAWORSKA Wioleta	71	TEAM KOPEĆ	Senior Kobiet	5	00:19:46	00:42:31.65	00:42:36.40	+00:11:32 (27.1%)	4:15	14.1 (73.1%)
36	ŚWIRSZCZ Andrzej	27	ANAFIZJOTERAPIA	Senior Mężczyzn	18	00:18:56	00:42:40.45	00:42:46.40	+00:11:42 (27.4%)	4:16	14.1 (73.1%)
37	SIKORA Rafał	159		Senior Mężczyzn	19	00:19:35	00:42:42.70	00:42:49.35	+00:11:45 (27.4%)	4:16	14.1 (73.1%)
38	ZBOROWSKI Józef	459		Weteran Senior Mężczyzn	4	00:19:25	00:42:48.35	00:42:51.40	+00:11:47 (27.5%)	4:16	14 (72.5%)

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39	SIBIK Andrzej	134	ITMBW KRAKÓW	Senior Mężczyzn	20	00:19:00	00:43:17.80	00:43:21.60	+00:12:17 (28.3%)	4:19	13.9 (72.0%)
40	HOMA Rafał	507	HOTEL KLIMEK****SPA	Senior Mężczyzn	21	00:20:29	00:43:20.85	00:43:24.35	+00:12:20 (28.4%)	4:20	13.8 (71.5%)
41	DAWID Katarzyna	29		Master Kobiet	2	00:20:08	00:43:21.05	00:43:25.30	+00:12:21 (28.4%)	4:20	13.8 (71.5%)
42	LEWCZUK Norbert	534		Master Mężczyzn	9	00:20:25	00:43:44.80	00:43:52.35	+00:12:48 (29.2%)	4:22	13.7 (71.0%)
43	KOŁEK Tomasz	97		Senior Mężczyzn	22	00:20:46	00:43:55.70	00:44:02.05	+00:12:57 (29.4%)	4:23	13.7 (71.0%)
44	STARZEC Malgorzata	102	SUSKA GRUPA BIEGOWA	Master Kobiet	3	00:20:29	00:43:56.45	00:44:02.30	+00:12:58 (29.4%)	4:23	13.7 (71.0%)
45	KAŁUŻYŃSKI Bogdan	506	HOTEL KLIMEK****SPA	Weteran Senior Mężczyzn	5	00:21:36	00:43:50.20	00:44:02.60	+00:12:58 (29.5%)	4:23	13.7 (71.0%)
46	ISKRZYCKI Andrzej	510	HOTEL KLIMEK****SPA	Weteran Senior Mężczyzn	6	00:21:35	00:43:49.60	00:44:02.70	+00:12:58 (29.5%)	4:22	13.7 (71.0%)
47	KICZKA Kamil	59	DOJO AKADEMIA	Senior Mężczyzn	23	00:20:54	00:43:54.10	00:44:03.25	+00:12:59 (29.5%)	4:23	13.7 (71.0%)
48	DUBIEL Jaroslaw	137	IAC DÜREN	Weteran Senior Mężczyzn	7	00:19:53	00:43:57.95	00:44:06.65	+00:13:02 (29.6%)	4:23	13.7 (71.0%)
49	DUNAL Paweł	90	ŚLĘZAK TEAM	Master Mężczyzn	10	00:21:11	00:44:09.70	00:44:20.00	+00:13:15 (29.9%)	4:24	13.6 (70.5%)
50	KANIA Marian	457		Weteran Senior Mężczyzn	8	00:20:12	00:44:19.40	00:44:23.55	+00:13:19 (30.0%)	4:25	13.5 (69.9%)
51	ANDERSON Avash	119		Senior Mężczyzn	24	00:20:40	00:44:45.65	00:44:48.40	+00:13:44 (30.7%)	4:28	13.4 (69.4%)
52	NADRATOWSKI Sławomir	145		Weteran Senior Mężczyzn	9	00:20:49	00:44:47.95	00:44:53.20	+00:13:49 (30.8%)	4:28	13.4 (69.4%)
53	SADO Tomasz Sado	2	AZS AWF KRAKÓW MASTERS	Senior Mężczyzn	25	00:20:48	00:44:45.10	00:44:56.55	+00:13:52 (30.9%)	4:28	13.4 (69.4%)
54	SIDOWSKI Krzysztof	150	BBL OSTROWIEC ŚWIĘTOKRZYSKI	Weteran Senior Mężczyzn	10	00:20:24	00:44:55.50	00:45:01.60	+00:13:57 (31.0%)	4:29	13.4 (69.4%)
55	SKIBICKI Krzysztof	109	D.A.M.Y.R.A.D.E.	Weteran Senior Mężczyzn	11	00:20:30	00:44:56.35	00:45:02.80	+00:13:58 (31.0%)	4:29	13.4 (69.4%)
56	KORULCZYK Katarzyna	149	BBL OSTROWIEC ŚWIĘTOKRZYSKI	Master Kobiet	4	00:20:24	00:45:14.45	00:45:20.70	+00:14:16 (31.5%)	4:31	13.3 (68.9%)
57	MAGIERA Marek	152	ULTRA BESKID SPORT	Weteran Master Mężczyzn	1	00:20:53	00:45:25.70	00:45:30.60	+00:14:26 (31.7%)	4:32	13.2 (68.4%)
58	STROIŃSKI Franciszek	498		Weteran Senior Mężczyzn	12	00:20:22	00:45:32.65	00:45:34.65	+00:14:30 (31.8%)	4:33	13.2 (68.4%)
59	ZOSGÓRNIK Aleksandra	46	F4 / O CO BIEGA W KALETACH	Master Kobiet	5	00:20:37	00:45:39.50	00:45:43.30	+00:14:39 (32.0%)	4:33	13.1 (67.9%)
60	ZŁOCKI Arkadiusz	144		Senior Mężczyzn	26	00:21:06	00:45:44.60	00:45:51.60	+00:14:47 (32.3%)	4:34	13.1 (67.9%)
61	GAJOWSKI Dariusz	531		Master Mężczyzn	11	00:21:26	00:46:04.60	00:46:08.10	+00:15:03 (32.7%)	4:36	13 (67.4%)

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62	ZALEŚNY Janusz	44	JASIELSKIE STOWARZYSZENIE CYKLISTÓW	Weteran Senior Mężczyzn	13	00:21:09	00:46:10.95	00:46:17.30	+00:15:13 (32.9%)	4:37	13 (67.4%)
63	ANDRZEJEWSKI Krzysztof	12		Weteran Senior Mężczyzn	14	00:21:18	00:46:39.30	00:46:47.10	+00:15:42 (33.6%)	4:39	12.9 (66.8%)
64	NOWOTNY Marian	63	NIEPOŁOMICE BIEGAJĄ	Weteran Master Mężczyzn	2	00:20:37	00:46:39.35	00:46:50.90	+00:15:46 (33.7%)	4:39	12.9 (66.8%)
65	DAWID Mateusz	35	AQUA FITNESS BIELSKO-BIAŁA	Senior Mężczyzn	27	00:22:22	00:46:54.40	00:46:58.60	+00:15:54 (33.9%)	4:41	12.8 (66.3%)
66	ŁACNY Łukasz	76		Senior Mężczyzn	28	00:21:23	00:46:59.35	00:47:03.15	+00:15:59 (34.0%)	4:41	12.8 (66.3%)
67	ORZYSZEK Roksana	50		Senior Kobiet	6	00:21:40	00:47:16.05	00:47:19.55	+00:16:15 (34.4%)	4:43	12.7 (65.8%)
68	MLEKO Roman	74	ITMBW KRAKÓW	Weteran Master Mężczyzn	3	00:21:24	00:47:21.30	00:47:25.30	+00:16:21 (34.5%)	4:44	12.7 (65.8%)
69	DYDA Krzysztof	163		Master Mężczyzn	12	00:21:15	00:47:21.05	00:47:28.05	+00:16:23 (34.5%)	4:44	12.7 (65.8%)
70	ZBOROWSKI Kazimierz	96		Weteran Senior Mężczyzn	15	00:22:02	00:47:38.10	00:47:43.80	+00:16:39 (34.9%)	4:45	12.6 (65.3%)
71	GNUTEK Wioletta	130		Master Kobiet	6	00:21:30	00:47:36.35	00:47:47.50	+00:16:43 (35.0%)	4:45	12.6 (65.3%)
72	SKAWIŃSKA Justyna	125		Master Kobiet	7	00:21:32	00:47:42.85	00:47:49.90	+00:16:45 (35.0%)	4:46	12.6 (65.3%)
73	NOWOTNY Jarosław	517		Master Mężczyzn	13	00:21:53	00:47:43.05	00:47:55.25	+00:16:51 (35.2%)	4:46	12.6 (65.3%)
74	KAPRAL Adam	114	DWERNIK KAMIEŃ TRAIL	Weteran Senior Mężczyzn	16	00:22:13	00:47:58.05	00:48:06.30	+00:17:02 (35.4%)	4:47	12.5 (64.8%)
75	WESOŁOWSKI Robert	536		Master Mężczyzn	14	00:22:27	00:47:54.75	00:48:07.80	+00:17:03 (35.4%)	4:47	12.5 (64.8%)
76	SZYMAŃSKI Michał	133		Master Mężczyzn	15	00:21:58	00:47:58.25	00:48:09.40	+00:17:05 (35.5%)	4:47	12.5 (64.8%)
77	NALEPA Maciek	84		Master Mężczyzn	16	00:21:52	00:48:16.05	00:48:25.50	+00:17:21 (35.8%)	4:49	12.4 (64.2%)
78	JOŃSKI Tomasz	522		Senior Mężczyzn	29	00:23:45	00:48:23.10	00:48:25.80	+00:17:21 (35.8%)	4:50	12.4 (64.2%)
79	FIRLEJ Anna	2176		Master Kobiet	8	00:22:32	00:48:18.00	00:48:26.55	+00:17:22 (35.9%)	4:49	12.4 (64.2%)
80	DOMISZEWSKI Wojciech	165		Weteran Senior Mężczyzn	17	00:22:13	00:48:23.25	00:48:31.15	+00:17:27 (36.0%)	4:50	12.4 (64.2%)
81	DAWID Piotr	30		Weteran Senior Mężczyzn	18	00:22:01	00:48:41.90	00:48:49.45	+00:17:45 (36.4%)	4:52	12.3 (63.7%)
82	KILAR Marcin	519		Master Mężczyzn	17	00:22:09	00:48:53.15	00:49:00.35	+00:17:56 (36.6%)	4:53	12.3 (63.7%)
83	HERMAN Ireneusz	67		Master Mężczyzn	18	00:22:59	00:49:13.60	00:49:23.50	+00:18:19 (37.1%)	4:55	12.2 (63.2%)
84	KICZKA Natalia	60	DOJO AKADEMIA SPORTOWA MUSZYNA	Senior Kobiet	7	00:23:33	00:49:15.80	00:49:24.40	+00:18:20 (37.1%)	4:55	12.2 (63.2%)

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85	WIŚNIEWSKA Anna	129	STREFA FIT	Senior Kobiet	8	00:22:46	00:49:48.35	00:49:57.85	+00:18:53 (37.8%)	4:58	12 (62.2%)
86	MORDARSKI Jacek	118	BIEGAM BO LUBIĘ	Weteran Master Mężczyzn	4	00:22:57	00:50:10.15	00:50:15.90	+00:19:11 (38.2%)	5:01	12 (62.2%)
87	SOWA Jacek	525		Master Mężczyzn	19	00:23:14	00:50:04.55	00:50:19.55	+00:19:15 (38.3%)	5:00	12 (62.2%)
88	PŁYWACZYK Maciej	147	TEAM PLESZEW	Weteran Senior Mężczyzn	19	00:23:09	00:50:31.05	00:50:36.40	+00:19:32 (38.6%)	5:03	11.9 (61.7%)
89	PILCH Marek	419	GŁOS SENIORA	Weteran Master Mężczyzn	5	00:22:25	00:50:45.95	00:50:49.00	+00:19:44 (38.9%)	5:04	11.8 (61.1%)
90	DALEWSKI Michał	58		Master Mężczyzn	20	00:23:05	00:50:42.95	00:50:52.10	+00:19:47 (38.9%)	5:04	11.8 (61.1%)
91	PANEK Marek	526		Senior Mężczyzn	30	00:24:04	00:50:57.60	00:51:12.30	+00:20:08 (39.3%)	5:05	11.8 (61.1%)
92	TRELA Jacek	115	AZS AWF KRAKÓW MASTERS	Weteran Master Mężczyzn	6	00:24:16	00:51:11.55	00:51:23.45	+00:20:19 (39.5%)	5:07	11.7 (60.6%)
93	WITEK Natalia	8	AZS AWF KRAKÓW MASTERS	Senior Kobiet	9	00:24:17	00:51:12.45	00:51:23.60	+00:20:19 (39.5%)	5:07	11.7 (60.6%)
94	DUBIEL Beata	138	IAC DÜREN	Weteran Senior Kobiet	2	00:23:03	00:51:23.75	00:51:33.55	+00:20:29 (39.7%)	5:08	11.7 (60.6%)
95	WÓJTOWICZ Paweł	472		Weteran Senior Mężczyzn	20	00:22:57	00:51:23.30	00:51:38.25	+00:20:34 (39.8%)	5:08	11.7 (60.6%)
96	WRĘCZYCKA Iwona	43	O CO BIEGA W KALETACH	Weteran Senior Kobiet	3	00:23:32	00:51:35.15	00:51:40.60	+00:20:36 (39.9%)	5:09	11.6 (60.1%)
97	LACHCIK Iwona	527		Master Kobiet	9	00:23:34	00:51:46.90	00:51:53.75	+00:20:49 (40.1%)	5:10	11.6 (60.1%)
98	NOWIK Jerzy	110		Weteran Senior Mężczyzn	21	00:23:52	00:51:59.40	00:52:11.65	+00:21:07 (40.5%)	5:11	11.5 (59.6%)
99	RZEMIŃSKA Kinga	99		Senior Kobiet	10	00:23:35	00:52:10.80	00:52:16.65	+00:21:12 (40.6%)	5:13	11.5 (59.6%)
100	RÓZYCKA Iwona	94		Master Kobiet	10	00:23:32	00:52:24.55	00:52:34.60	+00:21:30 (40.9%)	5:14	11.5 (59.6%)
101	OLEŚ Rafał	508	HOTEL KLIMEK****SPA	Senior Mężczyzn	31	00:24:06	00:52:38.15	00:52:50.40	+00:21:46 (41.2%)	5:15	11.4 (59.1%)
102	PIĘTA Marlena	66	OSTROBIEC	Master Kobiet	11	00:25:05	00:52:42.50	00:52:55.85	+00:21:51 (41.3%)	5:16	11.4 (59.1%)
103	PRZYSTAŚ Agata	127	FORREST KRYNICA	Master Kobiet	12	00:24:37	00:53:14.30	00:53:24.00	+00:22:19 (41.8%)	5:19	11.3 (58.5%)
104	KALBARCZYK Waldemar	474		Weteran Master Mężczyzn	7	00:24:40	00:53:36.95	00:53:42.30	+00:22:38 (42.1%)	5:21	11.2 (58.0%)
105	MRÓZ Teresa	53		Weteran Senior Kobiet	4	00:24:53	00:53:37.70	00:53:43.10	+00:22:38 (42.2%)	5:21	11.2 (58.0%)
106	KRÓL Edyta	511		Senior Kobiet	11	00:24:54	00:53:53.95	00:53:57.45	+00:22:53 (42.4%)	5:23	11.1 (57.5%)
107	MAZUR Oliwer	62	O CO BIEGA W KALETACH	Senior Mężczyzn	32	00:24:19	00:54:11.90	00:54:16.20	+00:23:12 (42.8%)	5:25	11.1 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	GAJDA Beata	40	#YOLOTEAM	Weteran Senior Kobiet	5	00:24:23	00:54:09.55	00:54:20.40	+00:23:16 (42.8%)	5:24	11.1 (57.5%)
109	CYRAN Andrzej	10	NOWY ŻMIGRÓD BIEGA	Weteran Senior Mężczyzn	22	00:25:52	00:54:27.15	00:54:44.40	+00:23:40 (43.2%)	5:26	11 (57.0%)
110	BALON Adam	140		Senior Mężczyzn	33	00:26:56	00:54:43.35	00:54:56.70	+00:23:52 (43.5%)	5:28	11 (57.0%)
111	SZOZDA Damian	487		Senior Mężczyzn	34	00:25:00	00:55:00.75	00:55:17.25	+00:24:13 (43.8%)	5:30	10.9 (56.5%)
112	MUCHA Orest	128		Master Mężczyzn	21	00:23:07	00:55:23.95	00:55:29.10	+00:24:24 (44.0%)	5:32	10.8 (56.0%)
113	REPELEWICZ Natalia	56		Senior Kobiet	12	00:25:41	00:55:18.30	00:55:30.70	+00:24:26 (44.0%)	5:31	10.8 (56.0%)
114	SZEWCZYK Nina	69		Senior Kobiet	13	00:24:36	00:55:24.35	00:55:36.80	+00:24:32 (44.1%)	5:32	10.8 (56.0%)
115	STANEK Tomasz	538		Weteran Senior Mężczyzn	23	00:24:17	00:55:29.25	00:55:37.05	+00:24:32 (44.1%)	5:32	10.8 (56.0%)
116	POLAK Bogusława	57		Weteran Senior Kobiet	6	00:25:01	00:55:37.20	00:55:42.85	+00:24:38 (44.2%)	5:33	10.8 (56.0%)
117	KACZMAREK Mariusz	161	BBL	Senior Mężczyzn	35	00:25:31	00:55:35.65	00:55:51.60	+00:24:47 (44.4%)	5:33	10.8 (56.0%)
118	BURNUS Beata	101		Master Kobiet	13	00:25:45	00:56:09.65	00:56:22.80	+00:25:18 (44.9%)	5:36	10.7 (55.4%)
119	MAZUR Danka	61	O CO BIEGA W KALETACH	Weteran Senior Kobiet	7	00:25:03	00:56:28.05	00:56:34.20	+00:25:30 (45.1%)	5:38	10.6 (54.9%)
120	KOŁAKOWSKI Dariusz	122		Weteran Senior Mężczyzn	24	00:23:32	00:56:28.15	00:56:34.70	+00:25:30 (45.1%)	5:38	10.6 (54.9%)
121	MICHNO Agata	132		Senior Kobiet	14	00:26:38	00:56:29.45	00:56:41.20	+00:25:37 (45.2%)	5:38	10.6 (54.9%)
122	SZEWCZYK Bożena	154		Weteran Senior Kobiet	8	00:25:18	00:56:37.05	00:56:44.30	+00:25:40 (45.2%)	5:39	10.6 (54.9%)
123	SOSNOWSKA Stella	13		Master Kobiet	14	00:25:23	00:56:41.10	00:56:48.75	+00:25:44 (45.3%)	5:40	10.6 (54.9%)
124	SPYRKA Ewelina	136		Senior Kobiet	15	00:26:24	00:57:07.60	00:57:16.30	+00:26:12 (45.8%)	5:42	10.5 (54.4%)
125	SKIBA Kamila	157		Master Kobiet	15	00:26:45	00:57:47.95	00:57:57.60	+00:26:53 (46.4%)	5:46	10.4 (53.9%)
126	KOSMAŁA Przemek	73		Senior Mężczyzn	36	00:27:54	00:57:42.15	00:57:58.20	+00:26:54 (46.4%)	5:46	10.4 (53.9%)
127	MŁOCKA Agata	524		Senior Kobiet	16	00:25:04	00:58:09.75	00:58:19.90	+00:27:15 (46.7%)	5:48	10.3 (53.4%)
128	SZWACZKA Sebastian	106		Master Mężczyzn	22	00:26:29	00:58:20.35	00:58:26.30	+00:27:22 (46.8%)	5:50	10.3 (53.4%)
129	PIĄTEK Paweł	528		Weteran Senior Mężczyzn	25	00:26:32	00:58:13.25	00:58:27.20	+00:27:23 (46.8%)	5:49	10.3 (53.4%)
130	KRAWCZYK Jakub	82		Senior Mężczyzn	37	00:25:53	00:58:30.60	00:58:35.65	+00:27:31 (47.0%)	5:51	10.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	MICHALIK Karolina	2134		Master Kobiet	16	00:27:54	00:58:33.75	00:58:41.85	+00:27:37 (47.1%)	5:51	10.2 (52.8%)
132	BRZESKI Mirosław	64		Master Mężczyzn	23	00:28:13	00:58:46.00	00:59:01.15	+00:27:57 (47.4%)	5:52	10.2 (52.8%)
133	BRZESKA Iwona	65		Master Kobiet	17	00:28:13	00:58:47.15	00:59:01.35	+00:27:57 (47.4%)	5:52	10.2 (52.8%)
134	URBANIAK Anna	523		Weteran Senior Kobiet	9	00:25:01	00:58:55.00	00:59:05.60	+00:28:01 (47.4%)	5:53	10.2 (52.8%)
135	KACZOR Lukasz	100	ŁUKASZ KACZOR	Master Mężczyzn	24	00:26:12	00:59:09.55	00:59:23.05	+00:28:18 (47.7%)	5:54	10.1 (52.3%)
136	JASTRZĘBSKA Barbara	160		Weteran Senior Kobiet	10	00:25:43	00:59:18.90	00:59:31.40	+00:28:27 (47.8%)	5:55	10.1 (52.3%)
137	FLOREK Beata	9		Master Kobiet	18	00:26:22	00:59:25.20	00:59:32.70	+00:28:28 (47.8%)	5:56	10.1 (52.3%)
138	FLOREK Tomasz	7		Master Mężczyzn	25	00:26:26	00:59:25.35	00:59:32.95	+00:28:28 (47.8%)	5:56	10.1 (52.3%)
139	JANIK Zofia	493		Senior Kobiet	17	00:29:29	00:59:58.20	01:00:09.65	+00:29:05 (48.4%)	5:59	10 (51.8%)
140	STAJSZCZYK Barbara	113	NIEPOŁOMICE BIEGAJĄ	Master Kobiet	19	00:27:48	01:00:11.20	01:00:24.80	+00:29:20 (48.6%)	6:01	10 (51.8%)
141	KOPACKA Wioletta	11		Master Kobiet	20	00:27:14	01:00:55.20	01:00:55.20	+00:29:51 (49.0%)	6:05	9.8 (50.8%)
142	MARKIEWICZ Urszula	468		Senior Kobiet	18	00:27:49	01:00:51.75	01:01:03.10	+00:29:58 (49.1%)	6:05	9.9 (51.3%)
143	BAŁAZIŃSKA Anna	88		Master Kobiet	21	00:27:35	01:01:22.90	01:01:33.45	+00:30:29 (49.5%)	6:08	9.8 (50.8%)
144	BAŁAZIŃSKI Sebastian	89		Master Mężczyzn	26	00:27:36	01:01:25.50	01:01:35.85	+00:30:31 (49.6%)	6:08	9.8 (50.8%)
145	NOWAK Paulina	26		Master Kobiet	22	00:28:11	01:02:06.70	01:02:22.35	+00:31:18 (50.2%)	6:12	9.7 (50.3%)
146	PIĄTKOWSKI Paweł	23		Master Mężczyzn	27	00:28:10	01:02:06.95	01:02:22.40	+00:31:18 (50.2%)	6:12	9.7 (50.3%)
147	KRÓL Natalia	83	LUBELSKI BANK SPÓŁDZIELCZY	Senior Kobiet	19	00:26:52	01:03:04.40	01:03:08.35	+00:32:04 (50.8%)	6:18	9.5 (49.2%)
148	MARASOIU Eveline	162		Senior Kobiet	20		01:03:23.00	01:03:23.00	+00:32:18 (51.0%)	6:20	9.5 (49.2%)
149	KILAR Anna	518		Senior Kobiet	21	00:28:56	01:03:18.65	01:03:31.20	+00:32:27 (51.1%)	6:19	9.5 (49.2%)
150	WÓJTOWICZ Zdzisław	530		Weteran Master Mężczyzn	8	00:29:02	01:03:29.15	01:03:40.45	+00:32:36 (51.2%)	6:20	9.5 (49.2%)
151	STOPNICKI Ignacy	116	TUPOT USTKA	Weteran Master Mężczyzn	9	00:28:49	01:03:47.45	01:03:55.85	+00:32:51 (51.4%)	6:22	9.4 (48.7%)
152	BOŻEK Agnieszka	112	NIEPOŁOMICE BIEGAJĄ	Master Kobiet	23	00:29:47	01:04:02.25	01:04:16.65	+00:33:12 (51.7%)	6:24	9.4 (48.7%)
153	SOJKA Małgorzata	495		Master Kobiet	24	00:29:46	01:04:03.00	01:04:17.05	+00:33:12 (51.7%)	6:24	9.4 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	SZCZEPOCKI Andrzej	31		Weteran Senior Mężczyzn	26	00:29:50	01:04:10.15	01:04:24.70	+00:33:20 (51.8%)	6:25	9.4 (48.7%)
155	ZAWIŚLAN Agnieszka	167		Senior Kobiet	22	00:27:02	01:04:26.85	01:04:36.55	+00:33:32 (51.9%)	6:26	9.3 (48.2%)
156	HABEL Ewa	509	HOTEL KLIMEK****SPA	Master Kobiet	25	00:29:39	01:04:45.85	01:04:58.85	+00:33:54 (52.2%)	6:28	9.3 (48.2%)
157	BEDNAREK-KŁOS Sandra	91		Senior Kobiet	23	00:30:06	01:04:57.15	01:05:07.70	+00:34:03 (52.3%)	6:29	9.2 (47.7%)
157	BŁASZCZUK-MALIK Ewa	95		Senior Kobiet	23	00:30:06	01:04:57.15	01:05:07.70	+00:34:03 (52.3%)	6:29	9.2 (47.7%)
159	BAŁAZIŃSKI Mieczysław	520		Weteran Master Mężczyzn	10	00:29:01	01:05:51.50	01:06:00.35	+00:34:56 (52.9%)	6:35	9.1 (47.2%)
160	WRONICZ Zygmunt	164		Weteran Master Mężczyzn	11	00:30:03	01:06:03.80	01:06:16.80	+00:35:12 (53.1%)	6:36	9.1 (47.2%)
161	PABIAN Katarzyna	481		Senior Kobiet	25	00:30:45	01:07:39.60	01:07:57.20	+00:36:53 (54.3%)	6:45	8.9 (46.1%)
162	TALAGA Konrad	482		Senior Mężczyzn	38	00:30:45	01:07:43.65	01:08:01.70	+00:36:57 (54.3%)	6:46	8.9 (46.1%)
163	STANEK Agnieszka	143		Master Kobiet	26	00:30:00	01:08:31.65	01:08:38.95	+00:37:34 (54.7%)	6:51	8.8 (45.6%)
164	MIELCZAREK Halina	5	AM.TRENER TEAM	Weteran Senior Kobiet	11	00:29:44	01:08:51.20	01:09:00.35	+00:37:56 (55.0%)	6:53	8.7 (45.1%)
165	MIELCZAREK Grzegorz	15	AM.TRENER TEAM	Weteran Senior Mężczyzn	27	00:29:44	01:08:51.55	01:09:00.95	+00:37:56 (55.0%)	6:53	8.7 (45.1%)
166	WIKTOREK Jadwiga	467		Weteran Master Kobiet	1	00:31:15	01:08:59.80	01:09:11.65	+00:38:07 (55.1%)	6:53	8.7 (45.1%)
167	MUSZ Helena	452		Weteran Master Kobiet	2	00:31:15	01:11:21.15	01:11:25.45	+00:40:21 (56.5%)	7:08	8.4 (43.5%)
168	ŚLIWA Maciej	156	BRAK	Weteran Senior Mężczyzn	28	00:37:05	01:21:52.55	01:22:03.10	+00:50:58 (62.1%)	8:11	7.3 (37.8%)

Znaleziono 168 wynik(ów)