

**Wydarzenie:** Europejski Festiwal Biegowy  
**Organizator:** Fundacja na Ratunek  
**Data:** 2021-09-04  
**Miejsce:** Krynica Zdrój  
**Dystans:** 42 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Deptak 0.5km	Przełęcz Beskid 14km	Przełęcz Beskid 26km	Tylicz Ski 34km	Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
1	<b>MILEWSKI Dominik</b>	<b>4199</b>	RYKOWISKO TEAM	Senior Mężczyzn	1	00:02:58	01:02:13	02:08:18	02:57:01	<b>03:39:49.00</b>	<b>03:39:49.00</b>		5:06	11.7 (100%)
2	<b>MACECEK Tomas</b>	<b>411</b>	SALOMON/SUUNTO CZECH REPUBLIC	Senior Mężczyzn	2	00:02:57	00:59:58	02:08:18	02:57:05	<b>03:43:12.30</b>	<b>03:43:12.30</b>	+00:03:23 (1.5%)	5:11	11.6 (99.1%)
3	<b>SOBAS Jacek</b>	<b>473</b>		Master Mężczyzn	1	00:03:00	01:01:59	02:12:44	03:01:06	<b>03:48:47.25</b>	<b>03:48:47.25</b>	+00:08:58 (3.9%)	5:19	11.3 (96.6%)
4	<b>ŻUCHOWSKI Daniel</b>	<b>4169</b>		Senior Mężczyzn	3	00:03:00	01:01:54	02:13:39	03:06:24	<b>03:54:33.30</b>	<b>03:54:33.30</b>	+00:14:44 (6.3%)	5:27	11 (94.0%)
5	<b>BALIGA Cezary</b>	<b>2146</b>		Senior Mężczyzn	4	00:02:59	01:01:56	02:13:11		<b>03:57:04.90</b>	<b>03:57:04.90</b>	+00:17:15 (7.3%)	5:30	10.9 (93.2%)
6	<b>WĄCHAŁA Łukasz</b>	<b>4206</b>		Senior Mężczyzn	5	00:03:05	01:01:53	02:12:15	03:07:41	<b>04:06:01.70</b>	<b>04:06:01.70</b>	+00:26:12 (10.7%)	5:43	10.5 (89.7%)
7	<b>ŚLIWA Arkadiusz</b>	<b>471</b>		Senior Mężczyzn	6	00:03:17	01:04:09	02:17:20	03:12:38	<b>04:09:30.60</b>	<b>04:09:30.60</b>	+00:29:41 (11.9%)	5:48	10.3 (88.0%)
8	<b>SZUMIEC Łukasz</b>	<b>516</b>		Master Mężczyzn	2	00:02:57	01:00:00	02:11:03	03:11:14	<b>04:11:42.00</b>	<b>04:11:42.00</b>	+00:31:53 (12.7%)	5:51	10.3 (88.0%)
9	<b>ZIĘBA Robert</b>	<b>4022</b>	BOBOWSKA GRUPA BIEGOWA	Master Mężczyzn	3	00:03:04	01:06:50	02:26:28	03:23:47	<b>04:17:51.65</b>	<b>04:17:51.65</b>	+00:38:02 (14.8%)	5:59	10 (85.5%)
10	<b>PAPROCKA Urszula</b>	<b>4180</b>	NOWA HUTA TEAM	Senior Kobiet	1	00:03:14	01:11:12	02:31:15	03:28:15	<b>04:18:43.25</b>	<b>04:18:43.25</b>	+00:38:54 (15.0%)	6:01	10 (85.5%)
11	<b>PRĘTNIK Sławomir</b>	<b>515</b>		Master Mężczyzn	4	00:03:12	01:08:32	02:26:54	03:28:00	<b>04:23:48.90</b>	<b>04:23:48.90</b>	+00:43:59 (16.7%)	6:08	9.8 (83.8%)
12	<b>FABIAN Bogusław</b>	<b>502</b>		Weteran Senior Mężczyzn	1	00:03:04	01:08:38	02:28:17	03:28:28	<b>04:26:04.15</b>	<b>04:26:04.15</b>	+00:46:15 (17.4%)	6:11	9.7 (82.9%)
13	<b>WINIARSKA Katarzyna</b>	<b>4062</b>	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Master Kobiet	1	00:03:13	01:13:14	02:38:06	03:39:14	<b>04:36:41.50</b>	<b>04:36:41.50</b>	+00:56:52 (20.6%)	6:26	9.3 (79.5%)
14	<b>KOWOLIK Maciej</b>	<b>4006</b>		Senior Mężczyzn	7	00:03:07	01:09:02	02:30:48	03:29:23	<b>04:37:34.30</b>	<b>04:37:34.30</b>	+00:57:45 (20.8%)	6:27	9.3 (79.5%)
15	<b>DYREK Michał</b>	<b>4014</b>	MOK MSZANA DOLNA	Master Mężczyzn	5	00:03:14	01:11:09	02:35:52	03:39:28	<b>04:39:15.40</b>	<b>04:39:15.40</b>	+00:59:26 (21.3%)	6:29	9.2 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz			Tylicz	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Ski 34km	netto 43km	brutto 43km			
16	<b>GLEŃ Robert</b>	<b>4028</b>	MUKS "PODKARPACIE" JEDLICZE	Master Mężczyzn	6	00:03:05	01:11:11	02:34:57	03:39:36	<b>04:41:08.70</b>	<b>04:41:08.70</b>	+01:01:19 (21.8%)	6:32	9.2 (78.6%)
17	<b>FLĄDRO Daniel</b>	<b>412</b>		Master Mężczyzn	7	00:03:15	01:13:16	02:38:01	03:40:36	<b>04:41:27.55</b>	<b>04:41:27.55</b>	+01:01:38 (21.9%)	6:32	9.2 (78.6%)
18	<b>OBSTÓJ Karolina</b>	<b>410</b>	#SOBASTEAM	Senior Kobiet	2	00:03:16	01:12:21	02:41:21	03:45:36	<b>04:43:02.85</b>	<b>04:43:02.85</b>	+01:03:13 (22.3%)	6:34	9.1 (77.8%)
19	<b>TAJCHMAN Jarosław</b>	<b>4100</b>	STAJNIA BALONA	Master Mężczyzn	8	00:03:08	01:12:52	02:42:23	03:48:45	<b>04:47:57.00</b>	<b>04:47:57.00</b>	+01:08:08 (23.7%)	6:41	9 (76.9%)
20	<b>TOPOLSKI Marcin</b>	<b>4195</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	Master Mężczyzn	9	00:03:18	01:14:12	02:38:45	03:42:32	<b>04:51:34.20</b>	<b>04:51:34.20</b>	+01:11:45 (24.6%)	6:46	8.8 (75.2%)
21	<b>WIERNEK Tomek</b>	<b>4002</b>	STAJNIA BALONA	Master Mężczyzn	10	00:03:17	01:18:08	02:48:42	03:53:53	<b>04:57:28.40</b>	<b>04:57:28.40</b>	+01:17:39 (26.1%)	6:55	8.7 (74.4%)
22	<b>KOSTERKIEWICZ Marcin</b>	<b>4043</b>	KOPER TEAM	Master Mężczyzn	11	00:03:14	01:15:40	02:46:24	03:57:26	<b>05:05:21.15</b>	<b>05:05:21.15</b>	+01:25:32 (28.0%)	7:06	8.4 (71.8%)
23	<b>BURY Mateusz</b>	<b>1145</b>	POLACY NIC SIĘ STALO	Senior Mężczyzn	8	00:03:44	01:13:38	02:42:53	03:55:36	<b>05:07:49.35</b>	<b>05:07:49.35</b>	+01:28:00 (28.6%)	7:09	8.4 (71.8%)
24	<b>WYLEŻAŁEK Alina</b>	<b>4183</b>		Senior Kobiet	3	00:03:28	01:17:46	02:48:53	04:03:13	<b>05:07:59.45</b>	<b>05:07:59.45</b>	+01:28:10 (28.6%)	7:09	8.4 (71.8%)
25	<b>DYGACZ Agnieszka</b>	<b>4057</b>	42K PRO TEAM	Master Kobiet	2	00:03:18	01:13:16	02:44:46	03:56:13	<b>05:10:15.00</b>	<b>05:10:15.00</b>	+01:30:26 (29.1%)	7:12	8.3 (70.9%)
26	<b>DUDEK Wojciech</b>	<b>4107</b>		Master Mężczyzn	12	00:03:29	01:13:32	02:46:29	03:57:31	<b>05:10:15.50</b>	<b>05:10:15.50</b>	+01:30:26 (29.2%)	7:12	8.3 (70.9%)
27	<b>BĘTKOWSKI Wojciech</b>	<b>4127</b>		Weteran Senior Mężczyzn	2	00:04:02	01:17:39	02:55:20	04:03:52	<b>05:14:31.45</b>	<b>05:14:31.45</b>	+01:34:42 (30.1%)	7:18	8.2 (70.1%)
28	<b>BERGAŃSKI Michał</b>	<b>4077</b>	BRYGADA BESKIDÓW	Master Mężczyzn	13	00:03:44	01:17:47	02:55:15	04:03:26	<b>05:14:31.80</b>	<b>05:14:31.80</b>	+01:34:42 (30.1%)	7:18	8.2 (70.1%)
29	<b>MARUCHA Tomasz</b>	<b>4065</b>	DRUŻYNA Ż	Master Mężczyzn	14		01:25:36	03:05:17	04:13:43	<b>05:16:38.45</b>	<b>05:16:38.45</b>	+01:36:49 (30.6%)	7:21	8.1 (69.2%)
30	<b>RAK Wojciech</b>	<b>4152</b>	SII RUNNING TEAM	Senior Mężczyzn	9	00:03:37	01:24:27	03:03:19	04:12:35	<b>05:17:06.60</b>	<b>05:17:06.60</b>	+01:37:17 (30.7%)	7:22	8.1 (69.2%)
31	<b>RAINKO Marcin</b>	<b>4044</b>		Master Mężczyzn	15	00:03:41	01:23:30	03:02:03	04:12:19	<b>05:17:11.90</b>	<b>05:17:11.90</b>	+01:37:22 (30.7%)	7:22	8.1 (69.2%)
32	<b>ZIĘBA Mariusz</b>	<b>4024</b>	BOBOWSKA GRUPA BIEGOWA	Weteran Senior Mężczyzn	3	00:03:27	01:17:33	03:02:09	04:13:25	<b>05:17:37.30</b>	<b>05:17:37.30</b>	+01:37:48 (30.8%)	7:23	8.1 (69.2%)
33	<b>MIGACZ Mateusz</b>	<b>4041</b>		Senior Mężczyzn	10	00:03:50	01:16:47	02:56:14	04:13:31	<b>05:17:42.35</b>	<b>05:17:42.35</b>	+01:37:53 (30.8%)	7:23	8.1 (69.2%)
34	<b>JAKUBOWSKI Bartek</b>	<b>4027</b>		Master Mężczyzn	16	00:03:34	01:17:49	02:54:58	04:07:04	<b>05:18:30.30</b>	<b>05:18:30.30</b>	+01:38:41 (31.0%)	7:24	8.1 (69.2%)
35	<b>SZPUNAR Marek</b>	<b>484</b>		Master Mężczyzn	17	00:03:39	01:17:48	02:56:23	04:09:16	<b>05:19:58.30</b>	<b>05:19:58.30</b>	+01:40:09 (31.3%)	7:26	8.1 (69.2%)
36	<b>MAGDA Katarzyna</b>	<b>497</b>		Master Kobiet	3	00:03:34	01:26:36	03:03:15	04:13:36	<b>05:20:08.35</b>	<b>05:20:08.35</b>	+01:40:19 (31.3%)	7:26	8.1 (69.2%)
37	<b>KŁOS Wojciech</b>	<b>4156</b>		Senior Mężczyzn	11	00:04:00	01:17:43	02:57:44	04:10:00	<b>05:20:57.30</b>	<b>05:20:57.30</b>	+01:41:08 (31.5%)	7:27	8 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Tylicz Ski 34km					
38	<b>SZOSTAK Anna</b>	<b>4140</b>	UKS OLIMPIA ZABRZE	Senior Kobiet	4	00:03:57	01:25:54	03:07:06	04:17:56	<b>05:21:06.45</b>	<b>05:21:06.45</b>	+01:41:17 (31.5%)	7:28	8 (68.4%)
39	<b>STEC Krzysztof</b>	<b>4202</b>	SALT RUNNERS BOCHNIA	Master Mężczyzn	18	00:03:22	01:23:16	03:03:15	04:17:47	<b>05:25:22.65</b>	<b>05:25:22.65</b>	+01:45:33 (32.4%)	7:34	7.9 (67.5%)
40	<b>FRĄCZEK Justyna</b>	<b>479</b>		Master Kobiet	4	00:03:48	01:24:51	03:04:21	04:14:47	<b>05:26:12.20</b>	<b>05:26:12.20</b>	+01:46:23 (32.6%)	7:35	7.9 (67.5%)
41	<b>SAINTEMARIE Arnaud</b>	<b>4164</b>	MARCINSWIERCTEAM	Master Mężczyzn	19	00:04:12	01:23:59	03:04:10	04:13:50	<b>05:26:12.85</b>	<b>05:26:12.85</b>	+01:46:23 (32.6%)	7:35	7.9 (67.5%)
42	<b>ŁAJSZCZAK-GAJDA Dorota</b>	<b>4146</b>	RESHAPE	Master Kobiet	5	00:04:03	01:26:39	03:09:04	04:20:50	<b>05:28:45.65</b>	<b>05:28:45.65</b>	+01:48:56 (33.1%)	7:38	7.8 (66.7%)
43	<b>JUSZKO Krzysztof</b>	<b>4182</b>		Weteran Senior Mężczyzn	4	00:04:08	01:26:40	03:08:54	04:20:13	<b>05:28:50.55</b>	<b>05:28:50.55</b>	+01:49:01 (33.2%)	7:38	7.8 (66.7%)
44	<b>CIEŻKOWSKI Sławomir</b>	<b>4174</b>		Weteran Senior Mężczyzn	5	00:03:47	01:21:45	03:04:07	04:18:10	<b>05:30:43.25</b>	<b>05:30:43.25</b>	+01:50:54 (33.5%)	7:41	7.8 (66.7%)
45	<b>ROHAN Łukasz</b>	<b>4040</b>	PRZEMYSKI KLUB BIEGACZA	Master Mężczyzn	20	00:03:13	01:08:33	02:43:39	04:00:29	<b>05:31:17.60</b>	<b>05:31:17.60</b>	+01:51:28 (33.6%)	7:42	7.8 (66.7%)
46	<b>PASTWA Krzysztof</b>	<b>4177</b>		Senior Mężczyzn	12	00:03:59	01:23:17	03:05:48	04:21:06	<b>05:36:01.30</b>	<b>05:36:01.30</b>	+01:56:12 (34.6%)	7:48	7.7 (65.8%)
47	<b>WIECZOREK Agata</b>	<b>4163</b>		Master Kobiet	6	00:03:40	01:24:52	03:09:06	04:26:53	<b>05:38:36.30</b>	<b>05:38:36.30</b>	+01:58:47 (35.1%)	7:52	7.6 (65.0%)
48	<b>KMAK Sławek</b>	<b>4201</b>		Weteran Senior Mężczyzn	6	00:03:43	01:25:00	03:10:12	04:25:39	<b>05:39:11.75</b>	<b>05:39:11.75</b>	+01:59:22 (35.2%)	7:53	7.6 (65.0%)
49	<b>KUŚMIDER Jakub</b>	<b>4031</b>	PRZEMYSKI KLUB BIEGACZA	Master Mężczyzn	21	00:03:47	01:24:54	03:03:18	04:12:42	<b>05:41:02.00</b>	<b>05:41:02.00</b>	+02:01:13 (35.5%)	7:55	7.6 (65.0%)
50	<b>SZABOŃ Tomasz</b>	<b>4200</b>	UKS REFLEX RYBNIK	Master Mężczyzn	22	00:04:06	01:21:21	03:09:53	04:24:55	<b>05:41:07.35</b>	<b>05:41:07.35</b>	+02:01:18 (35.6%)	7:55	7.6 (65.0%)
51	<b>MOLASY Dorota</b>	<b>4026</b>	AKTYWNIE Z MOLKAMI	Senior Kobiet	5	00:03:51	01:28:26	03:21:36		<b>05:41:53.40</b>	<b>05:41:53.40</b>	+02:02:04 (35.7%)	7:57	7.5 (64.1%)
52	<b>SKRZYPEK Sylwia</b>	<b>4130</b>		Master Kobiet	7	00:04:37	01:31:30	03:20:02	04:35:30	<b>05:44:45.95</b>	<b>05:44:45.95</b>	+02:04:56 (36.2%)	8:01	7.5 (64.1%)
53	<b>DOPART Tomasz</b>	<b>4144</b>	DWERNIK KAMIEŃ TRAIL	Master Mężczyzn	23	00:03:56	01:21:11	03:09:37	04:25:08	<b>05:46:12.45</b>	<b>05:46:12.45</b>	+02:06:23 (36.5%)	8:03	7.5 (64.1%)
54	<b>GRZEBIELUCHA Katarzyna</b>	<b>456</b>		Master Kobiet	8	00:03:38	01:25:58	03:10:01	04:31:00	<b>05:46:37.60</b>	<b>05:46:37.60</b>	+02:06:48 (36.6%)	8:03	7.4 (63.2%)
55	<b>PODOLAK Paweł</b>	<b>4145</b>	MKS HALICZ	Master Mężczyzn	24	00:03:56	01:20:45	03:09:36	04:26:42	<b>05:47:23.40</b>	<b>05:47:23.40</b>	+02:07:34 (36.7%)	8:04	7.4 (63.2%)
56	<b>LABURDA Kinga</b>	<b>4036</b>	BRZYSKI TRI TEAM	Master Kobiet	9	00:04:10	01:27:43	03:19:28	04:35:43	<b>05:49:16.60</b>	<b>05:49:16.60</b>	+02:09:27 (37.1%)	8:07	7.4 (63.2%)
57	<b>POROWSKI Piotr</b>	<b>4179</b>	SAMSARA	Master Mężczyzn	25	00:03:38	01:23:23	03:14:33	04:32:03	<b>05:49:18.40</b>	<b>05:49:18.40</b>	+02:09:29 (37.1%)	8:07	7.4 (63.2%)
58	<b>STANGRECIAK Adam</b>	<b>4119</b>	TIGRES DEL PAPA	Senior Mężczyzn	13	00:03:37	01:28:20	03:20:38	04:36:25	<b>05:50:10.70</b>	<b>05:50:10.70</b>	+02:10:21 (37.2%)	8:08	7.4 (63.2%)
59	<b>CITUK Grzegorz</b>	<b>4138</b>	42K PRO TEAM	Master Mężczyzn	26	00:04:26	01:24:25	03:18:27	04:37:24	<b>05:52:58.00</b>	<b>05:52:58.00</b>	+02:13:09 (37.7%)	8:12	7.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Tylicz Ski 34km					
60	<b>LEŚ Michał</b>	<b>4061</b>		Senior Mężczyzn	14	00:04:03	01:29:21	03:20:29	04:39:30	<b>05:53:22.30</b>	<b>05:53:22.30</b>	+02:13:33 (37.8%)	8:13	7.3 (62.4%)
61	<b>MROZEK Krzysztof</b>	<b>4072</b>		Master Mężczyzn	27	00:04:27	01:29:35	03:19:54	04:39:10	<b>05:54:37.95</b>	<b>05:54:37.95</b>	+02:14:48 (38.0%)	8:14	7.3 (62.4%)
62	<b>SADOWSKA Jagoda</b>	<b>4187</b>	#YOLOTEAMKRK	Senior Kobiet	6	00:03:49	01:26:34	03:13:05	04:39:03	<b>05:56:37.20</b>	<b>05:56:37.20</b>	+02:16:48 (38.4%)	8:17	7.2 (61.5%)
63	<b>MARTUŚ Jacek</b>	<b>4016</b>	BOBOWSKA GRUPA BIEGOWA	Master Mężczyzn	28	00:03:53	01:23:44	03:09:28	04:37:17	<b>05:57:40.70</b>	<b>05:57:40.70</b>	+02:17:51 (38.5%)	8:19	7.2 (61.5%)
64	<b>ZAWADZKI Grzegorz</b>	<b>505</b>		Master Mężczyzn	29	00:03:41	01:25:04	03:13:46	04:34:31	<b>05:57:42.25</b>	<b>05:57:42.25</b>	+02:17:53 (38.5%)	8:19	7.2 (61.5%)
65	<b>WĄSOWSKA Milena</b>	<b>4191</b>	BIEGAMBOLUBIĘ	Senior Kobiet	7	00:04:17	01:32:02	03:27:03	04:46:52	<b>05:58:00.30</b>	<b>05:58:00.30</b>	+02:18:11 (38.6%)	8:19	7.2 (61.5%)
66	<b>PARWA Michał</b>	<b>496</b>		Master Mężczyzn	30	00:03:41	01:25:03	03:20:14	04:39:35	<b>05:58:03.70</b>	<b>05:58:03.70</b>	+02:18:14 (38.6%)	8:19	7.2 (61.5%)
67	<b>PASIEKA Agnieszka</b>	<b>4165</b>	KB ATHLETIC ZRĘCIN	Master Kobiet	10	00:04:07	01:31:15	03:26:31	04:46:58	<b>05:58:28.50</b>	<b>05:58:28.50</b>	+02:18:39 (38.7%)	8:20	7.2 (61.5%)
68	<b>DZIOB Grzegorz</b>	<b>4101</b>	NIEPOŁOMICE BIEGAJĄ	Master Mężczyzn	31	00:04:01	01:26:42	03:14:03	04:38:55	<b>06:00:52.10</b>	<b>06:00:52.10</b>	+02:21:03 (39.1%)	8:23	7.1 (60.7%)
69	<b>KULA Robert</b>	<b>4170</b>		Weteran Senior Mężczyzn	7	00:03:49	01:32:12	03:23:34	04:42:49	<b>06:02:24.35</b>	<b>06:02:24.35</b>	+02:22:35 (39.3%)	8:25	7.1 (60.7%)
70	<b>MOSKWIAK Mateusz</b>	<b>4094</b>	TRZECH KUMPLI	Senior Mężczyzn	15	00:04:54	01:31:12	03:21:30	04:39:22	<b>06:04:30.20</b>	<b>06:04:30.20</b>	+02:24:41 (39.7%)	8:28	7.1 (60.7%)
71	<b>KULAS Łukasz</b>	<b>4166</b>	SOLO	Master Mężczyzn	32	00:03:47	01:25:45	03:20:26	04:41:24	<b>06:04:46.40</b>	<b>06:04:46.40</b>	+02:24:57 (39.7%)	8:28	7.1 (60.7%)
72	<b>MARUT Artur</b>	<b>4172</b>	FITNESS FREAKS	Master Mężczyzn	33	00:04:03	01:27:39	03:31:33	04:45:21	<b>06:05:17.30</b>	<b>06:05:17.30</b>	+02:25:28 (39.8%)	8:29	7.1 (60.7%)
73	<b>KUŚ Gabriela</b>	<b>4042</b>	KB MCKIS JAWORZNO	Weteran Senior Kobiet	1	00:04:04	01:33:44	03:27:22	04:49:18	<b>06:06:48.65</b>	<b>06:06:48.65</b>	+02:26:59 (40.1%)	8:31	7 (59.8%)
74	<b>GEIŹDŹ Marcin</b>	<b>4030</b>	KANDAHAR	Weteran Senior Mężczyzn	8	00:03:37	01:33:44	03:30:12	04:49:11	<b>06:06:48.90</b>	<b>06:06:48.90</b>	+02:26:59 (40.1%)	8:31	7 (59.8%)
75	<b>GRUMBIANIN Paulina</b>	<b>4037</b>		Weteran Senior Kobiet	2	00:03:51	01:33:16	03:29:49	04:49:40	<b>06:07:30.50</b>	<b>06:07:30.50</b>	+02:27:41 (40.2%)	8:32	7 (59.8%)
76	<b>FRYCA Karolina</b>	<b>4204</b>		Senior Kobiet	8	00:04:12	01:33:03	03:33:18	04:56:15	<b>06:09:07.65</b>	<b>06:09:07.65</b>	+02:29:18 (40.4%)	8:35	7 (59.8%)
77	<b>SIEMIESZ Paweł</b>	<b>4075</b>		Senior Mężczyzn	16	00:04:13	01:33:21	03:27:55	04:48:14	<b>06:09:14.25</b>	<b>06:09:14.25</b>	+02:29:25 (40.5%)	8:35	7 (59.8%)
78	<b>MAZUR Ireneusz</b>	<b>4012</b>	DĘBICKIE GEPARDY	Master Mężczyzn	34	00:04:30	01:33:04	03:26:24	04:51:23	<b>06:11:05.55</b>	<b>06:11:05.55</b>	+02:31:16 (40.8%)	8:37	7 (59.8%)
79	<b>SURMAN Mariusz</b>	<b>4106</b>	DZIEKIE MUSTANGI	Senior Mężczyzn	17	00:04:31	01:29:28	03:26:45	04:51:33	<b>06:11:21.70</b>	<b>06:11:21.70</b>	+02:31:32 (40.8%)	8:38	6.9 (59.0%)
80	<b>CZAPIEWSKI Janusz</b>	<b>500</b>		Weteran Senior Mężczyzn	9	00:04:34	01:38:19	03:40:43	04:58:15	<b>06:11:37.35</b>	<b>06:11:37.35</b>	+02:31:48 (40.8%)	8:38	6.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Tylicz Ski 34km					
81	<b>NOWAK Agnieszka</b>	<b>4113</b>		Master Kobiet	11	00:04:16	01:29:20	03:29:27	04:55:04	<b>06:15:35.45</b>	<b>06:15:35.45</b>	+02:35:46 (41.5%)	8:44	6.9 (59.0%)
82	<b>JANIK Grzegorz</b>	<b>4078</b>	CREATIVE BOCHNIA BIEGA TEAM	Master Mężczyzn	35	00:04:16	01:32:46	03:25:11	04:51:05	<b>06:17:36.10</b>	<b>06:17:36.10</b>	+02:37:47 (41.8%)	8:46	6.8 (58.1%)
83	<b>MAŚLANY Mariusz</b>	<b>4153</b>	ELEKTROMETAL ENERGETYKA SA	Weteran Senior Mężczyzn	10	00:03:48	01:35:33	03:34:25	04:53:56	<b>06:18:06.15</b>	<b>06:18:06.15</b>	+02:38:17 (41.9%)	8:47	6.8 (58.1%)
84	<b>JAKUB Hajduga</b>	<b>4159</b>		Master Mężczyzn	36		01:33:58	03:36:17	04:56:55	<b>06:18:06.45</b>	<b>06:18:06.45</b>	+02:38:17 (41.9%)	8:47	6.8 (58.1%)
85	<b>MIELCZAREK Grzegorz</b>	<b>4035</b>	AM.TRENER TEAM	Weteran Senior Mężczyzn	11	00:03:59	01:32:11	03:32:17	04:55:44	<b>06:18:50.20</b>	<b>06:18:50.20</b>	+02:39:01 (42.0%)	8:48	6.8 (58.1%)
86	<b>LASOTA Arkadiusz</b>	<b>4098</b>		Weteran Senior Mężczyzn	12	00:04:44	01:41:39	03:45:01	05:06:04	<b>06:19:36.50</b>	<b>06:19:36.50</b>	+02:39:47 (42.1%)	8:49	6.8 (58.1%)
87	<b>PRZESMYCKI Krzysztof</b>	<b>4133</b>		Master Mężczyzn	37	00:04:00	01:35:07	03:38:48	05:03:22	<b>06:19:59.50</b>	<b>06:19:59.50</b>	+02:40:10 (42.2%)	8:50	6.8 (58.1%)
88	<b>ŚCIBOR Adrian</b>	<b>4089</b>		Senior Mężczyzn	18	00:04:54	01:37:21	03:24:54	05:03:38	<b>06:24:58.35</b>	<b>06:24:58.35</b>	+02:45:09 (42.9%)	8:57	6.7 (57.3%)
89	<b>MŁOCKA-GORCZYŃSKA Matylda</b>	<b>4069</b>		Master Kobiet	12	00:04:01	01:35:07	03:37:52	05:04:14	<b>06:25:30.95</b>	<b>06:25:30.95</b>	+02:45:41 (43.0%)	8:57	6.7 (57.3%)
90	<b>GARNCARCZYK Piotr</b>	<b>4129</b>		Weteran Senior Mężczyzn	13	00:04:17	01:33:10	03:36:18	05:03:02	<b>06:25:36.75</b>	<b>06:25:36.75</b>	+02:45:47 (43.0%)	8:58	6.7 (57.3%)
91	<b>MADEJ Magdalena</b>	<b>4076</b>		Master Kobiet	13	00:04:11	01:38:17	03:41:46	05:07:17	<b>06:30:26.75</b>	<b>06:30:26.75</b>	+02:50:37 (43.7%)	9:04	6.6 (56.4%)
92	<b>GORCZYŃSKI Wojciech</b>	<b>4070</b>		Master Mężczyzn	38	00:04:01	01:35:13	03:44:48	05:11:34	<b>06:30:37.40</b>	<b>06:30:37.40</b>	+02:50:48 (43.7%)	9:05	6.6 (56.4%)
93	<b>WĘGLIŃSKI Mikołaj</b>	<b>4116</b>		Senior Mężczyzn	19	00:03:12	01:08:39	04:15:28	05:25:36	<b>06:30:48.30</b>	<b>06:30:48.30</b>	+02:50:59 (43.8%)	9:05	6.6 (56.4%)
94	<b>PIELECHA Rafał</b>	<b>4171</b>	FITNESS FREAKS	Master Mężczyzn	39	00:04:03	01:28:30	03:31:58	05:00:54	<b>06:35:12.45</b>	<b>06:35:12.45</b>	+02:55:23 (44.4%)	9:11	6.5 (55.6%)
95	<b>BLICHARZ Artur</b>	<b>4155</b>		Senior Mężczyzn	20	00:04:36	01:39:27	03:51:52	05:14:08	<b>06:35:40.55</b>	<b>06:35:40.55</b>	+02:55:51 (44.4%)	9:12	6.5 (55.6%)
96	<b>DYREK Marcin</b>	<b>4018</b>		Master Mężczyzn	40	00:04:30	01:42:27	03:48:02	05:13:52	<b>06:35:42.90</b>	<b>06:35:42.90</b>	+02:55:53 (44.5%)	9:12	6.5 (55.6%)
97	<b>MLEKO Michał</b>	<b>4178</b>		Senior Mężczyzn	21	00:03:47	01:31:04	03:28:43	04:58:00	<b>06:36:44.60</b>	<b>06:36:44.60</b>	+02:56:55 (44.6%)	9:13	6.5 (55.6%)
98	<b>TOMKIEWICZ Przemysław</b>	<b>4148</b>		Weteran Senior Mężczyzn	14	00:03:48	01:35:36	03:41:51	05:14:51	<b>06:39:50.65</b>	<b>06:39:50.65</b>	+03:00:01 (45.0%)	9:17	6.5 (55.6%)
99	<b>PORZYCKI Tomasz</b>	<b>4088</b>		Senior Mężczyzn	22	00:04:21	01:39:45	03:43:50	05:12:15	<b>06:41:17.15</b>	<b>06:41:17.15</b>	+03:01:28 (45.2%)	9:19	6.4 (54.7%)
100	<b>PLUTA Sebastian</b>	<b>4083</b>	DZIKIE MUSTANGI	Master Mężczyzn	41	00:04:31	01:34:59	03:44:57	05:15:50	<b>06:41:25.70</b>	<b>06:41:25.70</b>	+03:01:36 (45.2%)	9:20	6.4 (54.7%)
101	<b>MIŁKOWSKI Dawid</b>	<b>4091</b>		Senior Mężczyzn	23	00:04:26	01:33:59	03:46:36	05:18:16	<b>06:43:29.85</b>	<b>06:43:29.85</b>	+03:03:40 (45.5%)	9:23	6.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Tylicz Ski 34km					
102	<b>GĄLCZYK Grzegorz</b>	<b>4142</b>	#YOLOTEAMKRK	Master Mężczyzn	42	00:04:07	01:35:31	03:46:08	05:13:29	<b>06:43:44.60</b>	<b>06:43:44.60</b>	+03:03:55 (45.6%)	9:23	6.4 (54.7%)
103	<b>CZAPIEWSKI Dariusz</b>	<b>499</b>		Senior Mężczyzn	24	00:04:34	01:38:20	03:40:43	05:15:40	<b>06:44:33.75</b>	<b>06:44:33.75</b>	+03:04:44 (45.7%)	9:24	6.4 (54.7%)
103	<b>SAJ Paweł</b>	<b>4068</b>	DZIKIE MUSTANGI	Master Mężczyzn	43	00:04:30	01:34:34	03:36:08	05:12:11	<b>06:44:33.75</b>	<b>06:44:33.75</b>	+03:04:44 (45.7%)	9:24	6.4 (54.7%)
105	<b>PACHO Sylwester</b>	<b>408</b>		Senior Mężczyzn	25	00:04:32	01:45:29	03:52:17	05:20:47	<b>06:45:47.60</b>	<b>06:45:47.60</b>	+03:05:58 (45.8%)	9:26	6.4 (54.7%)
105	<b>GRUCA Ryszard</b>	<b>409</b>		Senior Mężczyzn	25	00:04:32	01:45:30	03:52:19	05:20:35	<b>06:45:47.60</b>	<b>06:45:47.60</b>	+03:05:58 (45.8%)	9:26	6.4 (54.7%)
107	<b>PASZKO Stanisław</b>	<b>4117</b>	DINOZAUUR Z ROZTOCZA	Weteran Master Mężczyzn	1	00:04:39	01:43:53	03:54:33	05:20:43	<b>06:45:54.35</b>	<b>06:45:54.35</b>	+03:06:05 (45.8%)	9:26	6.4 (54.7%)
108	<b>JAKUBOWSKA Renata</b>	<b>4003</b>		Weteran Master Kobiet	1	00:04:11	01:38:34	03:53:25	05:27:38	<b>06:45:55.80</b>	<b>06:45:55.80</b>	+03:06:06 (45.8%)	9:26	6.4 (54.7%)
109	<b>KOWALCZUK Michał</b>	<b>4186</b>		Master Mężczyzn	44	00:04:33	01:28:31	03:35:58	05:18:03	<b>06:48:26.40</b>	<b>06:48:26.40</b>	+03:08:37 (46.2%)	9:29	6.3 (53.8%)
110	<b>KOŁODZIEJCZYK Adam</b>	<b>4137</b>	#CZELADZBIEGA	Master Mężczyzn	45	00:04:30	01:46:13	03:55:44	05:23:35	<b>06:49:13.85</b>	<b>06:49:13.85</b>	+03:09:24 (46.3%)	9:31	6.3 (53.8%)
111	<b>KUDRYCKI Jakub</b>	<b>4032</b>	BILCZABIEGA	Weteran Senior Mężczyzn	15	00:04:24	01:33:09	03:45:53	05:17:57	<b>06:51:48.60</b>	<b>06:51:48.60</b>	+03:11:59 (46.6%)	9:34	6.3 (53.8%)
112	<b>PASTWA Janusz</b>	<b>4175</b>		Weteran Senior Mężczyzn	16	00:03:58	01:38:17	03:55:36	05:23:50	<b>06:52:27.55</b>	<b>06:52:27.55</b>	+03:12:38 (46.7%)	9:35	6.3 (53.8%)
113	<b>RYMAR Alan</b>	<b>4048</b>		Senior Mężczyzn	27	00:04:51	01:44:16	03:56:48	05:29:53	<b>06:53:39.70</b>	<b>06:53:39.70</b>	+03:13:50 (46.9%)	9:37	6.2 (53.0%)
114	<b>MOSOŃ Kamil</b>	<b>4051</b>		Senior Mężczyzn	28	00:04:51	01:44:18	03:56:47	05:29:59	<b>06:53:40.55</b>	<b>06:53:40.55</b>	+03:13:51 (46.9%)	9:37	6.2 (53.0%)
115	<b>MÓL Wioletta</b>	<b>4114</b>	#CZELADZBIEGA	Weteran Senior Kobiet	3	00:04:35	01:45:48	04:03:42	05:28:58	<b>06:53:47.15</b>	<b>06:53:47.15</b>	+03:13:58 (46.9%)	9:37	6.2 (53.0%)
116	<b>TKACZ Przemysław</b>	<b>4081</b>	PRZEMYSKI KLUB BIEGACZA	Weteran Senior Mężczyzn	17	00:04:23	01:45:43	03:57:00	05:29:42	<b>06:54:58.65</b>	<b>06:54:58.65</b>	+03:15:09 (47.0%)	9:39	6.2 (53.0%)
117	<b>KURZAWA Adam</b>	<b>4118</b>	TIGRES DEL PAPA	Senior Mężczyzn	29	00:04:27	01:45:46	04:02:15	05:32:14	<b>06:57:20.30</b>	<b>06:57:20.30</b>	+03:17:31 (47.3%)	9:42	6.2 (53.0%)
118	<b>CIEŻAK Magdalena</b>	<b>4110</b>		Master Kobiet	14	00:04:19	01:45:40	04:01:56	05:29:11	<b>06:57:23.00</b>	<b>06:57:23.00</b>	+03:17:34 (47.3%)	9:42	6.2 (53.0%)
119	<b>KACZMARCZYK Agnieszka</b>	<b>4173</b>	RESHAPE RUNNERS	Senior Kobiet	9	00:04:52	01:45:41	03:58:36	05:29:35	<b>06:57:51.80</b>	<b>06:57:51.80</b>	+03:18:02 (47.4%)	9:43	6.2 (53.0%)
120	<b>WRĘCZYCKI Łukasz</b>	<b>4055</b>		Senior Mężczyzn	30	00:03:45	01:39:46	03:53:31	05:30:35	<b>06:57:54.20</b>	<b>06:57:54.20</b>	+03:18:05 (47.4%)	9:43	6.2 (53.0%)
121	<b>MARKIEWICZ Tomasz</b>	<b>4120</b>	TIGRES DEL PAPA	Senior Mężczyzn	31	00:04:27	01:45:35	04:02:21	05:32:18	<b>06:57:59.80</b>	<b>06:57:59.80</b>	+03:18:10 (47.4%)	9:43	6.2 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Przełęcz Beskid 26km	Tylicz Ski 34km					
122	<b>JĘDRZEJCZAK Anna</b>	<b>4066</b>	MCKIS JAWORZNO	Weteran Senior Kobiet	4	00:04:10	01:40:27	03:57:38	05:32:32	<b>06:59:33.05</b>	<b>06:59:33.05</b>	+03:19:44 (47.6%)	9:45	6.1 (52.1%)
123	<b>STACH Tomasz</b>	<b>4082</b>	ALIGATOR TEAM	Master Mężczyzn	46	00:04:04	01:42:23	03:59:51	05:32:08	<b>07:01:25.45</b>	<b>07:01:25.45</b>	+03:21:36 (47.8%)	9:48	6.1 (52.1%)
124	<b>NOWICKA Katarzyna</b>	<b>4007</b>		Senior Kobiet	10	00:04:09	01:34:46	03:55:47	05:29:06	<b>07:01:42.25</b>	<b>07:01:42.25</b>	+03:21:53 (47.9%)	9:48	6.1 (52.1%)
125	<b>FAJER Marek</b>	<b>4189</b>	ZWIK MYSZKÓW MYSZKÓW BIEGA	Weteran Master Mężczyzn	2	00:04:22	01:42:12	04:00:50	05:35:59	<b>07:03:03.20</b>	<b>07:03:03.20</b>	+03:23:14 (48.0%)	9:50	6.1 (52.1%)
126	<b>JASIŃSKI Sebastian</b>	<b>4126</b>		Weteran Senior Mężczyzn	18	00:04:29	01:40:28	04:05:01	05:29:16	<b>07:06:45.35</b>	<b>07:06:45.35</b>	+03:26:56 (48.5%)	9:55	6 (51.3%)
127	<b>POCIĘGIEL Michał</b>	<b>4011</b>	SKAWINA BIEGA	Master Mężczyzn	47	00:04:55	01:48:12	03:57:44	05:32:40	<b>07:07:20.75</b>	<b>07:07:20.75</b>	+03:27:31 (48.6%)	9:56	6 (51.3%)
128	<b>KLEJSZTA Grzegorz</b>	<b>4105</b>	#CZELADZBIEGA	Weteran Senior Mężczyzn	19	00:04:31	01:46:02	04:03:43	05:36:55	<b>07:07:32.55</b>	<b>07:07:32.55</b>	+03:27:43 (48.6%)	9:56	6 (51.3%)
129	<b>BARTOSIK Tomasz</b>	<b>4184</b>		Senior Mężczyzn	32	00:04:53	01:46:12	04:00:51	05:35:22	<b>07:08:54.90</b>	<b>07:08:54.90</b>	+03:29:05 (48.8%)	9:58	6 (51.3%)
130	<b>MICHALCZAK Paweł</b>	<b>4181</b>		Master Mężczyzn	48	00:05:04	01:43:55	04:04:22	05:32:54	<b>07:09:57.50</b>	<b>07:09:57.50</b>	+03:30:08 (48.9%)	9:59	6 (51.3%)
131	<b>IWANICKI Władysław</b>	<b>4074</b>		Weteran Master Mężczyzn	3	00:04:29	01:54:33	04:22:36	05:45:30	<b>07:12:11.80</b>	<b>07:12:11.80</b>	+03:32:22 (49.1%)	10:03	6 (51.3%)
132	<b>NOWAK Łukasz</b>	<b>4112</b>	#CZELADZBIEGA	Senior Mężczyzn	33	00:04:38	01:45:48	04:04:18	05:38:59	<b>07:15:18.65</b>	<b>07:15:18.65</b>	+03:35:29 (49.5%)	10:07	5.9 (50.4%)
133	<b>SZATON Bogusław</b>	<b>4198</b>	MOSIR TKKF SATURN CZELADŹ	Weteran Senior Mężczyzn	20	00:03:54	01:45:49	04:01:57	05:45:22	<b>07:17:57.20</b>	<b>07:17:57.20</b>	+03:38:08 (49.8%)	10:11	5.9 (50.4%)
134	<b>RAK Monika</b>	<b>4193</b>		Master Kobiet	15	00:04:16	01:45:33	04:14:24	05:49:52	<b>07:18:05.45</b>	<b>07:18:05.45</b>	+03:38:16 (49.8%)	10:11	5.9 (50.4%)
135	<b>BULANDA Barbara</b>	<b>4095</b>	BULANDA BARBARA	Master Kobiet	16	00:04:16	01:45:34	04:14:22	05:49:59	<b>07:18:06.85</b>	<b>07:18:06.85</b>	+03:38:17 (49.8%)	10:11	5.9 (50.4%)
136	<b>PLISZCZYŃSKA Justyna</b>	<b>4168</b>		Weteran Senior Kobiet	5	00:04:19	01:48:31	04:11:52	05:51:33	<b>07:18:41.35</b>	<b>07:18:41.35</b>	+03:38:52 (49.9%)	10:12	5.9 (50.4%)
137	<b>KRASZKIEWICZ Aleksander</b>	<b>4203</b>	MARATOŃCZYK DĘBICA	Master Mężczyzn	49	00:04:40	01:50:36	04:21:43	05:54:32	<b>07:21:52.90</b>	<b>07:21:52.90</b>	+03:42:03 (50.3%)	10:16	5.8 (49.6%)
138	<b>SZTURC Łukasz</b>	<b>4122</b>		Master Mężczyzn	50	00:04:24	01:48:42	04:09:56	05:45:16	<b>07:21:54.05</b>	<b>07:21:54.05</b>	+03:42:05 (50.3%)	10:16	5.8 (49.6%)
139	<b>PELCZAR Jakub</b>	<b>4190</b>		Senior Mężczyzn	34	00:04:26	01:45:44	04:00:01	05:45:26	<b>07:21:54.55</b>	<b>07:21:54.55</b>	+03:42:05 (50.3%)	10:16	5.8 (49.6%)
140	<b>KĘDZIOR Wiesława</b>	<b>4185</b>	MARATOŃCZYK DĘBICA	Weteran Senior Kobiet	6	00:04:40	01:50:56	04:21:43	05:54:21	<b>07:24:41.30</b>	<b>07:24:41.30</b>	+03:44:52 (50.6%)	10:20	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Tylicz Ski 34km					
141	<b>SZARMACH Izabela</b>	<b>4085</b>		Master Kobiet	17	00:04:28	01:52:07	04:21:56	05:55:00	<b>07:25:41.45</b>	<b>07:25:41.45</b>	+03:45:52 (50.7%)	10:21	5.8 (49.6%)
142	<b>KRUSZYNSKA - REMBIEWSKA Agnieszka</b>	<b>4103</b>		Master Kobiet	18	00:04:28	01:52:04	04:21:51	05:55:06	<b>07:25:42.15</b>	<b>07:25:42.15</b>	+03:45:53 (50.7%)	10:21	5.8 (49.6%)
143	<b>PABIAŃCZYK Małgorzata</b>	<b>4039</b>		Master Kobiet	19	00:04:33	01:46:11	04:12:44	05:53:03	<b>07:26:09.55</b>	<b>07:26:09.55</b>	+03:46:20 (50.7%)	10:22	5.8 (49.6%)
144	<b>PIORKOWSKA Olga</b>	<b>4097</b>		Master Kobiet	20	00:04:28	01:52:06	04:21:53	05:55:30	<b>07:27:08.05</b>	<b>07:27:08.05</b>	+03:47:19 (50.8%)	10:23	5.8 (49.6%)
145	<b>TUCHOWSKI Janusz</b>	<b>4059</b>		Weteran Senior Mężczyzn	21	00:04:31	01:40:18	04:12:38	05:56:55	<b>07:30:23.30</b>	<b>07:30:23.30</b>	+03:50:34 (51.2%)	10:28	5.7 (48.7%)
146	<b>SERENDA Robert</b>	<b>429</b>		Weteran Senior Mężczyzn	22	00:04:22	01:46:39	04:12:50	05:52:27	<b>07:30:47.10</b>	<b>07:30:47.10</b>	+03:50:58 (51.2%)	10:29	5.7 (48.7%)
147	<b>PIECZARA Agnieszka</b>	<b>4196</b>		Master Kobiet	21	00:04:17	01:54:50	04:18:41	05:57:14	<b>07:31:16.00</b>	<b>07:31:16.00</b>	+03:51:27 (51.3%)	10:29	5.7 (48.7%)
148	<b>DYBKA Rafał</b>	<b>4139</b>	GRUPA SKROMNYCH BIEGACZY	Weteran Senior Mężczyzn	23	00:04:12	01:49:42	04:22:27	05:55:18	<b>07:31:25.00</b>	<b>07:31:25.00</b>	+03:51:36 (51.3%)	10:29	5.7 (48.7%)
149	<b>PUZIO Waldemar</b>	<b>485</b>	MARATOŃCZYK DĘBICA	Weteran Master Mężczyzn	4	00:04:39	01:50:52	04:21:39	05:45:11	<b>07:34:28.55</b>	<b>07:34:28.55</b>	+03:54:39 (51.6%)	10:34	5.7 (48.7%)
150	<b>MONGRID Anna</b>	<b>501</b>		Master Kobiet	22	00:04:42	01:51:48	04:25:19	06:05:04	<b>07:34:54.30</b>	<b>07:34:54.30</b>	+03:55:05 (51.7%)	10:34	5.7 (48.7%)
151	<b>PROMIŃSKA Karolina</b>	<b>4017</b>	PĘDZĄCE ŻELKI	Senior Kobiet	11	00:04:25	01:45:32	04:09:55	05:45:08	<b>07:35:58.80</b>	<b>07:35:58.80</b>	+03:56:09 (51.8%)	10:36	5.7 (48.7%)
152	<b>JASIOROWSKI Michał</b>	<b>4015</b>	PĘDZĄCE ŻELKI	Senior Mężczyzn	35	00:04:25	01:45:27	04:09:54	05:45:00	<b>07:35:59.00</b>	<b>07:35:59.00</b>	+03:56:10 (51.8%)	10:36	5.7 (48.7%)
153	<b>SEREMET Bożena</b>	<b>4067</b>	SIEPRAWSKA PIĄTKA	Weteran Senior Kobiet	7	00:05:04	01:53:53	04:29:28	06:10:22	<b>07:42:09.80</b>	<b>07:42:09.80</b>	+04:02:20 (52.4%)	10:44	5.6 (47.9%)
154	<b>KRUPA-SZCZĘSNY Izabela</b>	<b>4111</b>	#CZELADZBIEGA	Weteran Senior Kobiet	8	00:04:48	01:53:50	04:23:23	06:03:32	<b>07:42:47.75</b>	<b>07:42:47.75</b>	+04:02:58 (52.5%)	10:45	5.6 (47.9%)
155	<b>TATUŚKO Tomasz</b>	<b>4071</b>		Weteran Senior Mężczyzn	24	00:04:32	01:45:38	04:14:54	06:03:52	<b>07:44:43.00</b>	<b>07:44:43.00</b>	+04:04:54 (52.7%)	10:48	5.6 (47.9%)
156	<b>DADAŚ Janusz</b>	<b>4009</b>	BP RUNNING TEAM GLIWICE	Weteran Senior Mężczyzn	25	00:04:43	01:54:07	04:31:59	06:11:08	<b>07:51:03.95</b>	<b>07:51:03.95</b>	+04:11:14 (53.3%)	10:57	5.5 (47.0%)
157	<b>BURLIGA Marzena</b>	<b>4194</b>		Weteran Senior Kobiet	9	00:04:43	01:54:12	04:32:01	06:11:24	<b>07:51:04.10</b>	<b>07:51:04.10</b>	+04:11:15 (53.3%)	10:57	5.5 (47.0%)
158	<b>WILK Magdalena</b>	<b>4020</b>	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	Master Kobiet	23	00:04:14	01:53:40	04:39:57	06:26:46	<b>07:52:55.15</b>	<b>07:52:55.15</b>	+04:13:06 (53.5%)	10:59	5.5 (47.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przełęcz				Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
						Deptak 0.5km	Beskid 14km	Beskid 26km	Tylicz Ski 34km					
159	<b>BUDKA Agata</b>	<b>4050</b>	KB MCK I S JAWORZNO	Weteran Senior Kobiet	10	00:04:13	01:56:04	04:39:33	06:19:12	<b>07:53:33.65</b>	<b>07:53:33.65</b>	+04:13:44 (53.6%)	11:00	5.4 (46.2%)
160	<b>BARAŃSKI Jakub</b>	<b>4054</b>	AZS UJ	Senior Mężczyzn	36	00:04:13	01:58:39	04:32:38	06:24:23	<b>07:53:36.90</b>	<b>07:53:36.90</b>	+04:13:47 (53.6%)	11:00	5.4 (46.2%)
161	<b>LEGIEĆ-KWAŚNY Monika</b>	<b>4058</b>	WILD BUCHAYS	Master Kobiet	24	00:04:25	01:58:19	04:33:05	06:24:03	<b>07:53:37.50</b>	<b>07:53:37.50</b>	+04:13:48 (53.6%)	11:00	5.4 (46.2%)
162	<b>KAŁDON Sławomir</b>	<b>4124</b>		Senior Mężczyzn	37	00:04:18	01:46:34	04:31:50	06:24:07	<b>07:53:40.50</b>	<b>07:53:40.50</b>	+04:13:51 (53.6%)	11:00	5.4 (46.2%)
163	<b>CZOPEK Agnieszka</b>	<b>4121</b>	KB MCKIS JAWORZNO	Master Kobiet	25	00:04:13	01:59:31	04:39:35	06:21:29	<b>07:58:09.00</b>	<b>07:58:09.00</b>	+04:18:20 (54.0%)	11:07	5.4 (46.2%)
164	<b>KOWALCZYK- GROCHLA Agata</b>	<b>4123</b>	KB MCKIS JAWORZNO	Master Kobiet	26	00:04:15	01:59:28	04:39:34	06:21:33	<b>07:58:09.15</b>	<b>07:58:09.15</b>	+04:18:20 (54.0%)	11:07	5.4 (46.2%)
165	<b>BARAŃSKA Wanda</b>	<b>4052</b>		Weteran Senior Kobiet	11	00:04:50	02:06:19	04:49:34	06:31:16	<b>08:01:13.95</b>	<b>08:01:13.95</b>	+04:21:24 (54.3%)	11:11	5.4 (46.2%)
166	<b>MARCINOWSKI Tomasz</b>	<b>4131</b>	KB MCKIS JAWORZNO	Master Mężczyzn	51	00:04:20	01:56:20	04:52:27	06:27:50	<b>08:02:15.75</b>	<b>08:02:15.75</b>	+04:22:26 (54.4%)	11:12	5.3 (45.3%)
167	<b>MARCINOWSKA Marta</b>	<b>4132</b>	KB MCKIS JAWORZNO	Master Kobiet	27	00:04:20	01:56:25	04:52:25	06:28:03	<b>08:02:43.65</b>	<b>08:02:43.65</b>	+04:22:54 (54.5%)	11:13	5.3 (45.3%)
168	<b>MILCARZ Andrzej</b>	<b>4161</b>	FESTINA LENTE	Weteran Master Mężczyzn	5	00:04:55	01:48:52	04:26:39	06:25:20	<b>08:03:35.30</b>	<b>08:03:35.30</b>	+04:23:46 (54.5%)	11:14	5.3 (45.3%)
169	<b>OPARA Maja</b>	<b>4197</b>	BRAVEHEARTS LEGIONOWO	Master Kobiet	28	00:04:30	01:54:38	04:41:07	06:25:52	<b>08:07:37.30</b>	<b>08:07:37.30</b>	+04:27:48 (54.9%)	11:20	5.3 (45.3%)
170	<b>GLINKA Agnieszka</b>	<b>4188</b>	BRAVEHEARTS LEGIONOWO	Weteran Senior Kobiet	12	00:04:30	01:54:42	04:41:09	06:25:38	<b>08:07:37.70</b>	<b>08:07:37.70</b>	+04:27:48 (54.9%)	11:20	5.3 (45.3%)
171	<b>DĄBROWSKI Michał</b>	<b>4013</b>	ULTRAPOŚLADACH	Master Mężczyzn	52	00:04:14	01:53:10	04:46:24	06:26:51	<b>08:08:03.30</b>	<b>08:08:03.30</b>	+04:28:14 (55.0%)	11:21	5.3 (45.3%)
172	<b>BURY Krzysztof</b>	<b>4093</b>		Senior Mężczyzn	38	00:04:56	01:52:31	04:41:31	06:31:30	<b>08:13:04.40</b>	<b>08:13:04.40</b>	+04:33:15 (55.4%)	11:28	5.2 (44.4%)
173	<b>STYLIŃSKI Norbert</b>	<b>4049</b>	BESKIDNIK	Master Mężczyzn	53	00:04:26	01:54:05	04:33:00	06:30:53	<b>08:15:38.25</b>	<b>08:15:38.25</b>	+04:35:49 (55.6%)	11:31	5.2 (44.4%)
174	<b>PASTWA Monika</b>	<b>4176</b>		Weteran Senior Kobiet	13	00:04:21	02:05:58	04:50:37	06:33:10	<b>08:29:17.35</b>	<b>08:29:17.35</b>	+04:49:28 (56.8%)	11:50	5.1 (43.6%)
175	<b>LATAŁA Wojciech</b>	<b>4033</b>	LEŚNE GRUBASY	Master Mężczyzn	54	00:05:04	02:10:55	05:02:27	06:58:47	<b>08:50:18.20</b>	<b>08:50:18.20</b>	+05:10:29 (58.5%)	12:19	4.9 (41.9%)
176	<b>SZCZEPOCKI Andrzej</b>	<b>4053</b>		Weteran Senior Mężczyzn	26		02:08:48	05:10:50	07:26:50	<b>09:35:02.65</b>	<b>09:35:02.65</b>	+05:55:13 (61.8%)	13:22	4.5 (38.5%)
177	<b>CZARNOTA Dorota</b>	<b>4004</b>	WYBIEGAJ SIEBIE	Master Kobiet	29	00:04:58	02:19:25	05:44:05	07:45:29	<b>09:39:54.30</b>	<b>09:39:54.30</b>	+06:00:05 (62.1%)	13:29	4.4 (37.6%)
178	<b>MARYNIAK Katarzyna</b>	<b>4038</b>	WYBIEGAJ SIEBIE	Master Kobiet	30	00:04:59	02:19:46	05:44:04	07:45:42	<b>09:39:55.40</b>	<b>09:39:55.40</b>	+06:00:06 (62.1%)	13:29	4.4 (37.6%)
179	<b>FRYŚ Justyna</b>	<b>4005</b>	WYBIEGAJ SIEBIE	Master Kobiet	31	00:04:59	02:19:22	05:44:07	07:48:18	<b>09:56:20.35</b>	<b>09:56:20.35</b>	+06:16:31 (63.1%)	13:52	4.3 (36.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Deptak 0.5km	Przełęcz Beskid 14km	Przełęcz Beskid 26km	Tylicz Ski 34km	Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
	<b>PAWIŃSKI Artur</b>	<b>4001</b>	ADIDAS RUNNERS WARSAW	Master Mężczyzn		00:04:04 DNF	01:34:33 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KOSEDA Robert</b>	<b>4125</b>	HONEY BADGER	Weteran Senior Mężczyzn		00:04:29 DNF	01:40:21 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OZIMKOWSKA Judyta</b>	<b>4160</b>		Senior Kobiet		00:06:09 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIERZCHAŁA Anna</b>	<b>4025</b>		Weteran Senior Kobiet		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 183 wynik(ów)