



HUNT RUN - 12KM

B4SPORT

Wydarzenie: HUNT RUN BAŁTÓW
Organizator: Organic Barbara Sułowska
Data: 2017-07-01
Miejsce: Bałtów
Dystans: 12 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Michał	593	MKB DREPTAK	#3OPEN	2	00:34:36	01:13:16	01:41:18.50		8:26	7.1 (100%)
2	WALASEK Grzegorz	ELITE M 3	BIEGUSIEM.PL	Masters	1	00:35:28	01:13:48	01:43:43.40	+00:02:24 (2.3%)	8:38	6.9 (97.2%)
3	KOSTRZEWA Paweł	ELITE M 72		Masters	2	00:36:04	01:14:41	01:45:49.75	+00:04:31 (4.3%)	8:49	6.8 (95.8%)
4	MICHALAK Paweł	392	V-MAX ŁAWKI	#2OPEN	6	00:37:22	01:17:19	01:49:14.00	+00:07:55 (7.3%)	9:06	6.6 (93.0%)
5	SZALA Dariusz	528	BUDZIWOJAKI	#3OPEN	7	00:16:08	01:11:36	01:50:45.40	+00:09:26 (8.5%)	9:13	6.5 (91.5%)
6	KOWALEWSKI Dominik	377	SZAKALE BAŁUT ŁÓDŹ	#2OPEN	9	00:40:06	01:20:42	01:51:28.15	+00:10:09 (9.1%)	9:17	6.5 (91.5%)
7	WOSIEK Paweł	ELITE M 38	OSTROWIEC	#1OPEN	9	00:38:29	01:20:55	01:53:51.25	+00:12:32 (11.0%)	9:29	6.3 (88.7%)
8	TARTANUS Piotr	ELITE M 46	POWER TRAINING	Masters	3	00:40:25	01:22:19	01:56:31.70	+00:15:13 (13.1%)	9:42	6.2 (87.3%)
9	KIEPAS Marcin	1624		#8OPEN	4	00:39:30	01:21:42	01:56:40.85	+00:15:22 (13.2%)	9:43	6.2 (87.3%)
10	SIEJKA Mariusz	1919	REPREZENTACJA NARODOWA SAN ESCOBAR	#10OPEN	3	00:39:08	01:23:38	01:57:16.25	+00:15:57 (13.6%)	9:46	6.1 (85.9%)
11	GAŁCZYŃSKI Wojciech Tomcat	1180	STARSTROOPERS	#6OPEN	6	00:39:20	01:24:26	01:57:43.10	+00:16:24 (13.9%)	9:48	6.1 (85.9%)
12	PUTKIEWICZ Daniel	1907	KKO	#10OPEN	5	00:18:35	01:15:46	01:58:09.20	+00:16:50 (14.3%)	9:50	6.1 (85.9%)
13	KASPROWICZ Sławomir	633	VIKINGS	#3OPEN	9	00:42:28	01:27:41	02:01:00.15	+00:19:41 (16.3%)	10:05	5.9 (83.1%)
14	LUDWICZAK Jacek	ELITE M 4	BOZONY HIGGSA	Masters	4	00:41:05	01:25:04	02:01:06.45	+00:19:47 (16.3%)	10:05	5.9 (83.1%)
15	KOSMAŁA Grzegorz	8	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	#1OPEN	18	00:42:26	01:25:59	02:01:10.40	+00:19:51 (16.4%)	10:05	5.9 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1	Point_2	Czas	Różn	Tempo	Tempo
						3km	6km	netto			
16	STARBA Krzysztof	1244		#6OPEN	7	00:38:55	01:24:24	02:02:49.80	+00:21:31 (17.5%)	10:14	5.9 (83.1%)
17	GZARA Michał	396	V-MAX ŁAWKI	#2OPEN	16	00:40:49	01:28:25	02:04:20.95	+00:23:02 (18.5%)	10:21	5.8 (81.7%)
18	OSIŃSKA Monika	394	V-MAX ŁAWKI	#2OPEN	17	00:42:17	01:28:36	02:04:21.10	+00:23:02 (18.5%)	10:21	5.8 (81.7%)
19	NIEVIAROUSKI Kiryl	54	HUSARIA RACE TEAM	#1OPEN	21	00:41:08	01:26:40	02:04:24.95	+00:23:06 (18.6%)	10:22	5.8 (81.7%)
20	PAŁASZ Paweł	ELITE M 73		Masters	5	00:43:26	01:26:48	02:04:27.20	+00:23:08 (18.6%)	10:22	5.8 (81.7%)
21	MAJDER Artur	941	CSWISLEŻAJSK	#5OPEN	7	00:44:32	01:33:16	02:05:04.40	+00:23:45 (19.0%)	10:25	5.8 (81.7%)
22	MARTYNIAK Andrzej	431		#2OPEN	19	00:43:33	01:30:50	02:05:44.35	+00:24:25 (19.4%)	10:28	5.7 (80.3%)
23	MACH Tomasz	84	LUBELSKA GRUPA TRIATHLONU	#1OPEN	23	00:46:02	01:29:55	02:05:51.50	+00:24:33 (19.5%)	10:29	5.7 (80.3%)
24	PITURA Eliza	83	LUBELSKA GRUPA TRIATHLONU	#1OPEN	24	00:46:04	01:29:55	02:05:52.50	+00:24:34 (19.5%)	10:29	5.7 (80.3%)
25	OLSZAK Zenon	42	DRINK TEAM	#1OPEN	26	00:43:11	01:32:41	02:08:50.65	+00:27:32 (21.4%)	10:44	5.6 (78.9%)
26	SIEKIERSKA Natalia	ELITE K 109	UNDEFEATED RUNNING TEAM	Masters	6	00:45:03	01:33:09	02:10:02.00	+00:28:43 (22.1%)	10:50	5.5 (77.5%)
27	ANNUSEWICZ Bartomiej	994	LIONS ESTATE	#5OPEN	11	00:46:58	01:34:24	02:10:37.15	+00:29:18 (22.4%)	10:53	5.5 (77.5%)
28	KRAWCZYK Łukasz	195	OSTROWIEC	#1OPEN	32	00:46:16	01:33:03	02:11:10.50	+00:29:52 (22.8%)	10:55	5.5 (77.5%)
29	KONKOLEWSKI Mariusz	795	POWER TRAINING	Masters	7	00:46:25	01:34:22	02:11:34.05	+00:30:15 (23.0%)	10:57	5.5 (77.5%)
30	PEKALA Mariusz	900	:-)	#5OPEN	14	00:40:41	01:30:55	02:11:36.70	+00:30:18 (23.0%)	10:58	5.5 (77.5%)
31	KIERCZYŃSKA Wioletta	6	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	34	00:47:53	01:35:17	02:12:19.40	+00:31:00 (23.4%)	11:01	5.4 (76.1%)
32	OSOCHA Mariusz	395	V-MAX ŁAWKI	#2OPEN	30	00:43:02	01:31:36	02:12:29.95	+00:31:11 (23.5%)	11:02	5.4 (76.1%)
33	HORODECKI Grzegorz	1169	REHABILITANCI.ORG.PL	#6OPEN	12	00:48:10	01:39:18	02:13:09.05	+00:31:50 (23.9%)	11:05	5.4 (76.1%)
34	ŁOPUCH Robert	865	KONIUCHY	#4OPEN	21	00:45:15	01:35:54	02:14:11.50	+00:32:53 (24.5%)	11:11	5.4 (76.1%)
35	ADAMCZYK Jacek	379	TECHNICY MAGICY	#2OPEN	33	00:44:31	01:38:05	02:16:32.95	+00:35:14 (25.8%)	11:22	5.3 (74.6%)
36	WAŚ Grzegorz	661		#3OPEN	24	00:50:42	01:42:02	02:17:03.30	+00:35:44 (26.1%)	11:25	5.3 (74.6%)
37	MALEC Piotr	935	CSWIS LEŻAJSK	#5OPEN	22	00:48:20	01:41:17	02:18:29.45	+00:37:10 (26.8%)	11:32	5.2 (73.2%)
38	BANASZEK Sławomir	636	WIKINGS	#3OPEN	26	00:45:34	01:37:23	02:18:38.85	+00:37:20 (26.9%)	11:33	5.2 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 12km				
39	PYDYN Małgorzata	276	BRAVEHEARTS LEGIONOWO	#2OPEN	36	00:36:11	01:34:58	02:18:49.05	+00:37:30 (27.0%)	11:34	5.2 (73.2%)	
40	PIĘTA Sławomir	283	BUDZIWOJAKI	#2OPEN	37	00:45:45	01:41:15	02:18:59.45	+00:37:40 (27.1%)	11:34	5.2 (73.2%)	
41	MASINA Jarosław	1926		#10OPEN	9	00:45:50	01:38:53	02:19:00.20	+00:37:41 (27.1%)	11:35	5.2 (73.2%)	
42	TABAKA Andrzej	596	ODDAJMISIE	#3OPEN	28	00:55:05	01:43:55	02:19:31.95	+00:38:13 (27.4%)	11:37	5.2 (73.2%)	
43	OSIŃSKI Arkadiusz	52	FERDEKKIEPSKISUPERSTAR	#1OPEN	48	00:51:38	01:39:07	02:20:46.35	+00:39:27 (28.0%)	11:43	5.1 (71.8%)	
44	MADEJ Wojciec	129	RUDA TEAM	#1OPEN	50	00:47:41	01:38:54	02:21:09.30	+00:39:50 (28.2%)	11:45	5.1 (71.8%)	
44	KUDŁA Grzegorz	1035	WACKI	#5OPEN	26	00:49:48	01:42:18	02:21:09.30	+00:39:50 (28.2%)	11:45	5.1 (71.8%)	
46	CHOŁAŚCIŃSKI Wojciech	1560	HUSARIA RACE TEAM	#8OPEN	12	00:45:42	01:43:04	02:21:20.35	+00:40:01 (28.3%)	11:46	5.1 (71.8%)	
47	CHMIEL Sylwester	1538	DZIDA 4X4	#8OPEN	13	00:46:09	01:42:22	02:21:21.10	+00:40:02 (28.3%)	11:46	5.1 (71.8%)	
48	PAWLAK Grzegorz	1541	DZIDA 4X4	#8OPEN	15	00:45:52	01:42:22	02:21:22.05	+00:40:03 (28.3%)	11:46	5.1 (71.8%)	
49	WAWRYSZUK Adam	1540	DZIDA 4X4	#8OPEN	16	00:46:11	01:42:23	02:21:22.30	+00:40:03 (28.3%)	11:46	5.1 (71.8%)	
50	IMIOLCZYK Roland	869		#4OPEN	26	00:46:58	01:44:06	02:21:52.20	+00:40:33 (28.6%)	11:49	5.1 (71.8%)	
51	GRABSKI Paweł	587	KWP RADOM	#3OPEN	33	00:49:02	01:41:44	02:22:17.25	+00:40:58 (28.8%)	11:51	5.1 (71.8%)	
52	MIKLASZEWSKI Paweł	6003	POWER TRAINING	Masters	8	00:50:32	01:41:08	02:23:20.90	+00:42:02 (29.3%)	11:56	5 (70.4%)	
53	NALEWAJK Tomasz	93	NATURAL FORCE WORKOUT	#1OPEN	54	00:49:45	01:41:44	02:23:34.10	+00:42:15 (29.4%)	11:57	5 (70.4%)	
54	KAROŃ Wojciech	369		#2OPEN	43	00:47:57	01:43:57	02:24:26.15	+00:43:07 (29.9%)	12:02	5 (70.4%)	
55	ŁĘCKA-MILISZLIEWICZ Izabela	199		#1OPEN	57	00:53:25	01:46:16	02:25:37.50	+00:44:19 (30.4%)	12:08	4.9 (69.0%)	
56	KOZŁOWSKI Paweł	ELITE M 7	BRAVEHEARTS LEGIONOWO	Masters	9	00:50:50	01:43:28	02:25:52.80	+00:44:34 (30.6%)	12:09	4.9 (69.0%)	
57	ŻAK Grzegorz	7103	TROCHĘ CYKAM	#2OPEN	47	00:45:37	01:41:57	02:28:23.45	+00:47:04 (31.7%)	12:22	4.9 (69.0%)	
58	ZAJĄC Piotr	662		#3OPEN	42	00:52:09	01:52:36	02:28:26.35	+00:47:07 (31.8%)	12:22	4.9 (69.0%)	
59	LACH Agnieszka	309	EKSPEDYCJA MRÓWKA	#2OPEN	53	00:52:51	01:51:36	02:31:21.60	+00:50:03 (33.1%)	12:36	4.8 (67.6%)	
60	GRZYB Sławek	310	EKSPEDYCJA MRÓWKA	#2OPEN	54	00:52:55	01:51:37	02:31:22.05	+00:50:03 (33.1%)	12:36	4.8 (67.6%)	
61	MROCZEK Przemysław	1034	UMCS BIEGA	#5OPEN	33	00:51:25	01:47:43	02:32:06.65	+00:50:48 (33.4%)	12:40	4.7 (66.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
62	MARCISZ Joanna	436		#2OPEN	58			02:34:06.00	+00:52:47 (34.3%)	12:50	4.7 (66.2%)
63	WOTLIŃSKI Andrzej	1302	AAA	#7OPEN	22	00:54:18		02:35:07.55	+00:53:49 (34.7%)	12:55	4.6 (64.8%)
64	KUK Urszula	142	SOFTSOL	#1OPEN	62	00:52:28	01:50:52	02:35:33.80	+00:54:15 (34.9%)	12:57	4.6 (64.8%)
65	MATYJASIAK Konrad	141	SOFTSOL	#1OPEN	64	00:52:45	01:50:53	02:35:34.95	+00:54:16 (34.9%)	12:57	4.6 (64.8%)
66	KOSTRZON Maciej	1404		#7OPEN	23	00:52:14	01:52:34	02:35:40.05	+00:54:21 (34.9%)	12:58	4.6 (64.8%)
67	ŚLIWOWSKI Marcin	672		#3OPEN	46	00:54:52	01:54:51	02:35:52.85	+00:54:34 (35.0%)	12:59	4.6 (64.8%)
68	KUBAT Wacław	ELITE M 80		Masters	10	00:51:48	01:45:27	02:36:48.55	+00:55:30 (35.4%)	13:04	4.6 (64.8%)
69	KONOPACKI Krzysztof	500	ABY DO METY	#3OPEN	47	00:52:36	01:53:10	02:37:52.35	+00:56:33 (35.8%)	13:09	4.6 (64.8%)
70	BAĆ Robert	864		#4OPEN	48	00:48:24	01:54:20	02:37:57.70	+00:56:39 (35.9%)	13:09	4.6 (64.8%)
71	KURZAWA Grzegorz	44	DZIKIE BOBRY	#1OPEN	72	00:55:43	01:53:35	02:38:43.15	+00:57:24 (36.2%)	13:13	4.5 (63.4%)
72	BARAN Arkadiusz	1377	ZWOLEŃ BIEGA	#7OPEN	24	00:37:51	01:48:30	02:38:49.85	+00:57:31 (36.2%)	13:14	4.5 (63.4%)
73	GUZEK Agnieszka	277	BRAVEHEARTS LEGIONOWO	#1OPEN	74	00:57:42	01:54:45	02:39:20.25	+00:58:01 (36.4%)	13:16	4.5 (63.4%)
74	SOBIESZEK Cezary	53	HARDCOROWE WYCHYLYBYMY	#1OPEN	80	00:56:02	01:53:08	02:40:08.25	+00:58:49 (36.7%)	13:20	4.5 (63.4%)
75	PLACHA Piotr	1533	CKB TARNOBRZEG	#6OPEN	38	00:58:59	01:59:56	02:40:56.40	+00:59:37 (37.1%)	13:24	4.5 (63.4%)
76	SAGAN Zbigniew	940	CSWISLEŻAJSK	#5OPEN	52	00:58:00	01:58:59	02:43:02.10	+01:01:43 (37.9%)	13:35	4.4 (62.0%)
77	DMITROWSKI Grzegorz	931	CSWIS LEŻAJSK	#5OPEN	55	00:57:50	02:00:23	02:43:31.95	+01:02:13 (38.1%)	13:37	4.4 (62.0%)
78	WNOROWSKA Magdalena	30	BYLE DO METY	#1OPEN	86	00:59:35	01:58:30	02:43:52.30	+01:02:33 (38.2%)	13:39	4.4 (62.0%)
79	JUGO Katarzyna	1528	CKB TARNOBRZEG	#8OPEN	25	00:14:45	01:36:51	02:44:29.80	+01:03:11 (38.4%)	13:42	4.4 (62.0%)
80	MACIUSZKO Wiesia	1146	OUTDOOR TRAINING BIAŁYSTOK	#6OPEN	43	00:57:39	02:00:08	02:44:51.15	+01:03:32 (38.5%)	13:44	4.4 (62.0%)
81	MARKIEWICZ Agnieszka	1359	POWER TRAINING	#3OPEN	66	00:55:56	02:01:52	02:45:56.55	+01:04:38 (38.9%)	13:49	4.3 (60.6%)
82	GÓRSKI Piotr	317	HARDCOROWE WYCHYLYBYMY	#3OPEN	67	00:56:02	02:01:53	02:45:56.85	+01:04:38 (39.0%)	13:49	4.3 (60.6%)
83	NOWICKI Grzegorz	p194		#6OPEN	49	01:05:35	02:03:53	02:46:43.25	+01:05:24 (39.2%)	13:53	4.3 (60.6%)
84	TARKA-GARBACZ Anna	503	AKADEMIA HOLISTYCZNA	#3OPEN	70	01:01:24	02:03:00	02:46:44.45	+01:05:25 (39.2%)	13:53	4.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
85	WOJTYŚ Staszek	705	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	#4OPEN	68	00:53:09	01:57:00	02:47:47.15	+01:06:28 (39.6%)	13:58	4.3 (60.6%)
86	STAWCZYK Jarosław	599	OSTROWIEC	#3OPEN	71	00:54:42	02:04:10	02:50:24.15	+01:09:05 (40.5%)	14:12	4.2 (59.2%)
87	PĘKALA Monika	371	JURAPARK	#5OPEN	61	00:56:49	02:02:27	02:50:25.60	+01:09:07 (40.6%)	14:12	4.2 (59.2%)
88	JAKUBSKI Grzegorz	127	RED LION CLUB	#1OPEN	98	00:57:09	01:58:42	02:51:26.55	+01:10:08 (40.9%)	14:17	4.2 (59.2%)
89	ŚCIBORSKI Aleksander	916	BPAT	#5OPEN	64	00:56:55	02:01:21	02:51:54.95	+01:10:36 (41.1%)	14:19	4.2 (59.2%)
90	NATORSKA Izabela	1600		#8OPEN	31	00:56:02	02:02:17	02:52:50.85	+01:11:32 (41.4%)	14:24	4.2 (59.2%)
91	CHARKIEWICZ Szymon	1575	NAGATO.PL	#8OPEN	33	00:52:41	01:57:52	02:53:40.20	+01:12:21 (41.7%)	14:28	4.1 (57.7%)
92	MACHALEWSKI Piotr	962	HARPAGANY LANSU	#5OPEN	65	00:56:50	02:02:02	02:53:45.05	+01:12:26 (41.7%)	14:28	4.1 (57.7%)
93	GŁOWACKI Leszek	847		#4OPEN	84	00:59:19	02:07:51	02:54:08.95	+01:12:50 (41.8%)	14:30	4.1 (57.7%)
94	KRZYSZTOFOWICZ Jacek	336	KRZYSZTOFKI TEAM	#2OPEN	87	01:03:34	02:08:53	02:54:42.30	+01:13:23 (42.0%)	14:33	4.1 (57.7%)
95	DZIKI Adam Dzik	934	CSWIS LEŻAJSK	#5OPEN	67	01:01:19	02:05:46	02:56:23.20	+01:15:04 (42.6%)	14:41	4.1 (57.7%)
96	MIREK Tomasz	939	CSWISLEŻAJSK	#5OPEN	68	01:01:14	02:05:45	02:56:23.45	+01:15:04 (42.6%)	14:41	4.1 (57.7%)
97	TABIN-DZIKI Dorota	932	CSWIS LEŻAJSK	#5OPEN	69	01:01:31	02:05:47	02:56:25.20	+01:15:06 (42.6%)	14:42	4.1 (57.7%)
98	ZONTEK Paweł	975	KUDLATY4	#5OPEN	70	01:01:50	02:06:35	02:56:28.80	+01:15:10 (42.6%)	14:42	4.1 (57.7%)
99	DEREN Wojciech	1202		#6OPEN	60	01:07:08	02:05:09	02:56:35.10	+01:15:16 (42.6%)	14:42	4.1 (57.7%)
100	DURAJSKI Jarosław	1597		#8OPEN	39	00:55:32	02:05:08	02:56:48.45	+01:15:29 (42.7%)	14:44	4.1 (57.7%)
101	WINIARCZYK Tomek	908	AZS UJK KIELCE	#5OPEN	81	00:58:59	02:05:45	02:58:34.00	+01:17:15 (43.3%)	14:52	4 (56.3%)
102	HANKE Magdalena	355	OCR TEAM WŁOCŁAWEK	#2OPEN	92	01:05:45	02:11:15	02:59:32.75	+01:18:14 (43.6%)	14:57	4 (56.3%)
103	DYMIŃSKA Monika	352	OCR TEAM WŁOCŁAWEK	#2OPEN	94	01:05:27	02:11:19	02:59:38.95	+01:18:20 (43.6%)	14:58	4 (56.3%)
104	WASILEWSKA Joanna	555	DIAITA SPARTA	#3OPEN	78	01:03:06	02:06:28	03:01:03.25	+01:19:44 (44.0%)	15:05	4 (56.3%)
105	WIERZBICKI Paweł	630	TSA SANDOMIERZ	#3OPEN	81	00:56:50	02:06:49	03:01:38.70	+01:20:20 (44.2%)	15:08	4 (56.3%)
106	MISIOROWSKI Marcin	616	STARE WILKI	#3OPEN	82	00:57:23	02:10:59	03:02:28.05	+01:21:09 (44.5%)	15:12	3.9 (54.9%)
107	BERNAT Sebastian	617	STARE WILKI	#3OPEN	83	00:57:30	02:11:02	03:02:29.05	+01:21:10 (44.5%)	15:12	3.9 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
108	WRONKOWSKA Katarzyna	602	POWER TRAINING	#1OPEN	119	01:04:52	02:11:28	03:02:43.45	+01:21:24 (44.6%)	15:13	3.9 (54.9%)
109	FROŚ Grzegorz	1355	POSITIVE ENERGY	#7OPEN	38	01:02:08	02:11:18	03:02:45.90	+01:21:27 (44.6%)	15:13	3.9 (54.9%)
110	MUSZYŃSKI Maciej	558	DZIKI Z PYRLANDII	#3OPEN	84	00:54:55	02:13:00	03:03:13.35	+01:21:54 (44.7%)	15:16	3.9 (54.9%)
111	KUFFEL Michał	117	POWER TRAINING	#1OPEN	120	01:05:05	02:11:25	03:03:15.20	+01:21:56 (44.7%)	15:16	3.9 (54.9%)
112	ZYCH Edyta	525	BIEGNĘ,ALE DOKĄD? "BAD"	#3OPEN	89	00:47:45	02:11:43	03:03:55.85	+01:22:37 (44.9%)	15:19	3.9 (54.9%)
113	PODLECKI Robert	619	STOWARZYSZENIE SĘDZIÓW PIŁKI NOŻNEJ LUBELSZCZYZNY	#3OPEN	91	00:56:12	02:18:05	03:04:00.50	+01:22:42 (44.9%)	15:20	3.9 (54.9%)
114	JUSZT Tomasz	758	KASIASYLWIA	#4OPEN	92	01:00:24	02:13:05	03:04:00.95	+01:22:42 (44.9%)	15:20	3.9 (54.9%)
115	BIŃKOWSKI Janusz	780	PAPRYKARZE	#4OPEN	93	01:03:10	02:14:18	03:04:06.45	+01:22:47 (45.0%)	15:20	3.9 (54.9%)
116	PIESZKE Stanisław	559	DZIKI Z PYRLANDII	#3OPEN	93	00:55:46	02:13:07	03:04:13.35	+01:22:54 (45.0%)	15:21	3.9 (54.9%)
117	MARKS Maciej	779	PAPRYKARZE	#4OPEN	95	01:03:27	02:14:28	03:04:17.20	+01:22:58 (45.0%)	15:21	3.9 (54.9%)
118	GARBACZ Jarosław	502	AKADEMIA HOLISTYCZNA	#3OPEN	97	01:02:53	02:16:31	03:04:45.10	+01:23:26 (45.2%)	15:23	3.9 (54.9%)
119	KOTŁĘGA Grażyna	1351	PIKUŚ	#7OPEN	41	01:01:10	02:08:33	03:05:00.90	+01:23:42 (45.2%)	15:25	3.9 (54.9%)
120	OSIŃSKA Monika	394	V-MAX ŁAWKI	#2OPEN	100	00:58:42	02:06:47	03:05:10.40	+01:23:51 (45.3%)	15:25	3.9 (54.9%)
121	LANGER Jacek	1571	LOTANIE JE GRYFNE	#8OPEN	47	01:05:35	02:14:57	03:05:34.00	+01:24:15 (45.4%)	15:27	3.9 (54.9%)
122	LANGER Katarzyna	1570	LOTANIE JE GRYFNE	#8OPEN	48	01:05:37	02:15:06	03:05:34.75	+01:24:16 (45.4%)	15:27	3.9 (54.9%)
123	PIETRZAK Maciej	781	PAPRYKARZE	#4OPEN	97	01:03:23	02:14:18	03:05:40.50	+01:24:22 (45.4%)	15:28	3.9 (54.9%)
124	STAJEK Mariusz	208		#1OPEN	133	01:10:27	02:17:27	03:06:00.65	+01:24:42 (45.5%)	15:30	3.9 (54.9%)
125	JAROS Paweł	1178	SANTANDER BANK	#6OPEN	71	01:01:50	02:11:16	03:06:19.00	+01:25:00 (45.6%)	15:31	3.9 (54.9%)
126	FRANCZYK Marcin	1179	SANTANDER BANK	#6OPEN	72	01:01:51	02:11:16	03:06:19.15	+01:25:00 (45.6%)	15:31	3.9 (54.9%)
127	ŻEBROWSKA Jolanta	914	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	#6OPEN	74	01:07:25	02:16:13	03:06:30.70	+01:25:12 (45.7%)	15:32	3.9 (54.9%)
128	OSZMIANA Andrzej	521	BIEGNĘ, ALE DOKĄD? "BAD"	#3OPEN	98	00:48:12	02:11:57	03:07:06.65	+01:25:48 (45.9%)	15:35	3.8 (53.5%)
129	DZIAŁOWSKI Dariusz	862		#4OPEN	99	01:06:29	02:16:43	03:07:26.65	+01:26:08 (46.0%)	15:37	3.8 (53.5%)
130	FOKS Paweł	257	ADRENALINA	#2OPEN	102	01:04:01	02:11:55	03:08:51.75	+01:27:33 (46.4%)	15:44	3.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas		Tempo min/km	Tempo km/h
								netto 12km	Różn		
131	SMULCZYŃSKI Marek	829	WŁOCHATE BURCHLIKI	#4OPEN	101	00:58:59	02:14:12	03:09:18.35	+01:27:59 (46.5%)	15:46	3.8 (53.5%)
132	SZYDŁOWSKA Sabina	1569	LOTANIE JE GRYFNE	#8OPEN	56	01:05:37	02:15:27	03:09:51.30	+01:28:32 (46.6%)	15:49	3.8 (53.5%)
133	BOJANOWICZ Dariusz	915	BPAT	#5OPEN	100	00:43:37	02:05:00	03:11:39.80	+01:30:21 (47.1%)	15:58	3.8 (53.5%)
134	PIEŃKOWSKA Ania	416		#2OPEN	105	01:06:42	02:17:24	03:11:39.90	+01:30:21 (47.1%)	15:58	3.8 (53.5%)
135	ZAKRZEWSKI Dawid	1599		#8OPEN	57	01:02:01	02:10:36	03:11:51.65	+01:30:33 (47.2%)	15:59	3.8 (53.5%)
136	KOŚCIUK Maciej	1407		#7OPEN	50	01:01:50	02:13:39	03:14:09.60	+01:32:51 (47.8%)	16:10	3.7 (52.1%)
137	DUSZYK Adam	1385		#7OPEN	51	01:02:23	02:13:42	03:14:11.05	+01:32:52 (47.8%)	16:10	3.7 (52.1%)
138	PRAŻMO Grzegorz	566	FORFUN LUBLIN	#3OPEN	119	01:13:34	02:26:23	03:14:17.50	+01:32:59 (47.9%)	16:11	3.7 (52.1%)
139	KOCHANEK Paweł	906	ALUSTAL	#5OPEN	104	01:04:46	02:22:45	03:17:06.25	+01:35:47 (48.6%)	16:25	3.7 (52.1%)
140	IWANOWSKI Marcin	1022	SAME CZUBKI	#5OPEN	105	01:08:20	02:19:48	03:17:57.80	+01:36:39 (48.8%)	16:29	3.6 (50.7%)
141	KARBOWNIK Piotr	1205		#6OPEN	90	01:01:48	02:16:24	03:18:52.20	+01:37:33 (49.1%)	16:34	3.6 (50.7%)
142	WEŁNA Krzysztof	1160	POZDRO Z BIEŻNI	#6OPEN	91	01:07:20	02:21:00	03:19:09.20	+01:37:50 (49.1%)	16:35	3.6 (50.7%)
143	PTASZYŃSKI Jarosław	362	OCR TEAM WŁOCLAWEK	#2OPEN	115	01:11:43	02:25:53	03:21:27.60	+01:40:09 (49.7%)	16:47	3.6 (50.7%)
144	OPARA Stanisław	532	BYDLAKI	#3OPEN	131	01:07:23	02:25:23	03:21:44.55	+01:40:26 (49.8%)	16:48	3.6 (50.7%)
145	STAWINOGA Paweł	1074		#5OPEN	106	01:09:03	02:24:03	03:22:25.70	+01:41:07 (50.0%)	16:52	3.6 (50.7%)
146	OLSZEWSKI Marek	373	SGB SAMO SIĘ NIE PRZEBIEGNIE	#2OPEN	120	01:14:14	02:29:28	03:23:14.35	+01:41:55 (50.2%)	16:56	3.5 (49.3%)
146	KATANOWSKA Elwira	370	SGB SAMO SIĘ NIE PRZEBIEGNIE	#2OPEN	121	01:13:56	02:29:30	03:23:14.35	+01:41:55 (50.2%)	16:56	3.5 (49.3%)
148	PŁATEK Katarzyna	1358	POWER TRAINING	#4OPEN	105	01:10:29	02:25:27	03:24:29.35	+01:43:10 (50.5%)	17:02	3.5 (49.3%)
149	KIJAK Maszka	805	RUDA TEAM	#4OPEN	107	00:48:32	02:14:37	03:24:41.45	+01:43:22 (50.5%)	17:03	3.5 (49.3%)
150	WOŹNIAK Adam	1305	CHODŹ NA POLE TEAM	#7OPEN	69	01:18:54	02:40:58	03:25:20.10	+01:44:01 (50.7%)	17:06	3.5 (49.3%)
151	PIĘTAK Igor	809	RUN N FUN	#4OPEN	109	01:08:31	02:32:12	03:26:15.45	+01:44:56 (50.9%)	17:11	3.5 (49.3%)
152	MISZTAL Katarzyna	810	RUN N FUN	#4OPEN	110	01:08:38	02:32:16	03:26:16.15	+01:44:57 (50.9%)	17:11	3.5 (49.3%)
153	IWAŃSKA Diana	807	RUN N FUN	#4OPEN	111	01:08:36	02:32:17	03:26:17.20	+01:44:58 (50.9%)	17:11	3.5 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 12km				
154	IWAŃSKI Grzegorz	808	RUN N FUN	#4OPEN	112	01:08:53	02:32:18	03:26:17.70	+01:44:59 (50.9%)	17:11	3.5 (49.3%)	
155	MADEJ Elżbieta	423		#2OPEN	124	01:11:17	02:30:35	03:28:10.15	+01:46:51 (51.3%)	17:20	3.5 (49.3%)	
156	SIWEK Aleksandra	182		#1OPEN	143	01:10:38	02:32:53	03:29:13.55	+01:47:55 (51.6%)	17:26	3.4 (47.9%)	
157	RACZYŃSKA Gosia	121	POWERADE TEAM	#1OPEN	144	01:11:04	02:32:52	03:29:14.20	+01:47:55 (51.6%)	17:26	3.4 (47.9%)	
157	OCHOJSKI Dominik	123	POWERADE TEAM	#1OPEN	145	01:11:16	02:33:09	03:29:14.20	+01:47:55 (51.6%)	17:26	3.4 (47.9%)	
159	STANOSZEK Agnieszka	118	POWERADE TEAM	#1OPEN	146	01:09:30	02:32:52	03:29:14.60	+01:47:56 (51.6%)	17:26	3.4 (47.9%)	
160	STANOSZEK Robert	119	POWERADE TEAM	#1OPEN	148	01:11:10	02:33:04	03:29:15.20	+01:47:56 (51.6%)	17:26	3.4 (47.9%)	
161	DWORNIKIEWICZ Alena	345	OCR TEAM WŁOCŁAWEK	#2OPEN	125	01:12:56	02:29:33	03:29:48.25	+01:48:29 (51.7%)	17:29	3.4 (47.9%)	
162	BIEROŃ Robert	20	BRAVEHEARTS LEGIONOWO	#1OPEN	151	01:13:33	02:33:58	03:31:16.55	+01:49:58 (52.0%)	17:36	3.4 (47.9%)	
163	DĄBROWSKA Małgorzata	644		#3OPEN	136	00:51:51	02:22:32	03:31:29.55	+01:50:11 (52.1%)	17:37	3.4 (47.9%)	
164	DĄBROWSKI Andrzej	645		#3OPEN	137	00:52:18	02:22:34	03:31:31.70	+01:50:13 (52.1%)	17:37	3.4 (47.9%)	
165	DZIKI Kazimierz	933	CSWIS LEŻAJSK	#5OPEN	121	01:20:03	02:40:08	03:32:44.30	+01:51:25 (52.4%)	17:43	3.4 (47.9%)	
166	JEŻAK Rafał	610	RUDA TEAM	#3OPEN	143	01:08:14	02:29:43	03:33:17.40	+01:51:58 (52.5%)	17:46	3.4 (47.9%)	
167	SOBOLEWSKI Rafał	254	5 SÓW RUN TEAM PIŃCZÓW	#2OPEN	138	01:17:25	02:41:13	03:33:17.80	+01:51:59 (52.5%)	17:46	3.4 (47.9%)	
168	JĘDROCHA Piotr	253	5 SÓW RUN TEAM PIŃCZÓW	#2OPEN	142	01:17:19	02:41:10	03:33:19.55	+01:52:01 (52.5%)	17:46	3.4 (47.9%)	
169	IZDEBSKI Mariusz	1119	CIASTECHKOWE POTWORY	#6OPEN	105	01:14:10	02:35:55	03:33:52.40	+01:52:33 (52.6%)	17:49	3.4 (47.9%)	
170	PRZECZ-FUS Agnieszka	159	WW TEAM	#1OPEN	155	01:15:37	02:39:00	03:36:34.70	+01:55:16 (53.2%)	18:02	3.3 (46.5%)	
171	SUCHOROWSKA Agnieszka	132	SKARPARK	#1OPEN	157	01:13:58	02:36:28	03:38:14.30	+01:56:55 (53.6%)	18:11	3.3 (46.5%)	
172	KALKOWSKA Karolina	303	DIRTY SPARROWS	#2OPEN	148	01:14:04	02:33:56	03:38:21.50	+01:57:03 (53.6%)	18:11	3.3 (46.5%)	
173	SZUŁCZYŃSKI Tomasz	72	KRETY	#1OPEN	158	01:11:59	02:34:22	03:39:18.85	+01:58:00 (53.8%)	18:16	3.3 (46.5%)	
174	WÓJCIO Hubert	1253		#6OPEN	109	01:28:21	02:47:18	03:44:00.50	+02:02:42 (54.8%)	18:40	3.2 (45.1%)	
175	GRĘBOWIEC Marcin	1523	CKB TARNOBRZEG	#6OPEN	111	01:14:27	02:36:29	03:44:07.70	+02:02:49 (54.8%)	18:40	3.2 (45.1%)	
176	GÓRAJ Janusz	1525	CKB TARNOBRZEG	#6OPEN	113	01:15:35	02:35:45	03:44:07.95	+02:02:49 (54.8%)	18:40	3.2 (45.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1	Point_2	Czas netto	Różn	Tempo min/km	Tempo km/h
						3km	6km	12km			
177	WOJTASZ Katarzyna	7096	CKB TARNOBRZEG	#6OPEN	114	01:14:34	02:36:07	03:44:08.65	+02:02:50 (54.8%)	18:40	3.2 (45.1%)
178	UCHAŃSKA-STASIAK Justyna	1529	CKB TARNOBRZEG	#6OPEN	116	01:14:21	02:36:29	03:44:10.20	+02:02:51 (54.8%)	18:40	3.2 (45.1%)
179	PŁANETA Maciej	1517	CKB TARNOBRZEG	#6OPEN	117	01:15:16	02:35:44	03:44:10.40	+02:02:51 (54.8%)	18:40	3.2 (45.1%)
180	NOWAK Anna	1524	CKB TARNOBRZEG	#6OPEN	119	01:15:07	02:36:14	03:44:11.10	+02:02:52 (54.8%)	18:40	3.2 (45.1%)
181	LITKA Katarzyna	1531	CKB TARNOBRZEG	#6OPEN	120	01:14:41	02:36:24	03:44:12.50	+02:02:54 (54.8%)	18:41	3.2 (45.1%)
182	WRÓBLEWSKA Agnieszka	346	OCR TEAM WŁOCŁAWEK	#2OPEN	150	01:17:13	02:43:46	03:44:31.35	+02:03:12 (54.9%)	18:42	3.2 (45.1%)
183	ZAMRZYCKA Katarzyna	350	OCR TEAM WŁOCŁAWEK	#2OPEN	151	01:17:38	02:43:45	03:44:32.60	+02:03:14 (54.9%)	18:42	3.2 (45.1%)
184	PIOTROWSKI Jerzy	107	POWER TRAINING	#1OPEN	169	01:11:48	02:36:46	03:44:47.30	+02:03:28 (54.9%)	18:43	3.2 (45.1%)
185	MAZUR Michał	ELITE M 1	126P TEAM	Masters	11	01:09:52	02:32:11	03:44:59.65	+02:03:41 (55.0%)	18:45	3.2 (45.1%)
186	CESARCZYK Arkadiusz	1577	ROBSON CROSSFITERZY	#8OPEN	70	01:17:02	02:42:59	03:45:56.35	+02:04:37 (55.2%)	18:49	3.2 (45.1%)
187	ŁYCZKA Igor	296	CROSSFIT BYDGOSZCZ	#2OPEN	160	01:18:50	02:48:36	03:48:09.00	+02:06:50 (55.6%)	19:00	3.2 (45.1%)
188	PESZYNSKI Robert	1576	ROBSON CROSSFITERZY	#8OPEN	71	01:17:20	02:43:43	03:49:16.80	+02:07:58 (55.8%)	19:06	3.1 (43.7%)
189	DĄBROWSKA Agnieszka	1579	ROBSON CROSSFITERZY	#8OPEN	73	01:17:08	02:43:52	03:50:59.00	+02:09:40 (56.1%)	19:14	3.1 (43.7%)
190	CHROBOK Jolanta	1568	LOTANIE JE GRYFNE	#8OPEN	74	01:14:50	02:40:24	03:51:18.75	+02:10:00 (56.2%)	19:16	3.1 (43.7%)
191	NOBIS Marcin	607	RUDA TEAM	#3OPEN	154	01:18:05	02:45:17	03:54:24.45	+02:13:05 (56.8%)	19:32	3.1 (43.7%)
192	.OPIŁA Joanna	429		#2OPEN	164	01:19:03	02:52:07	03:54:58.40	+02:13:39 (56.9%)	19:34	3.1 (43.7%)
193	PAWLIKOWSKI Pawel	776	PADŁ NA RYJ TEAM	#4OPEN	127	01:17:01	02:50:40	04:00:02.45	+02:18:43 (57.8%)	20:00	3 (42.3%)
194	JÓZEFOWICZ Dariusz	777	PADŁ NA RYJ TEAM	#4OPEN	128	01:15:59	02:49:08	04:00:03.15	+02:18:44 (57.8%)	20:00	3 (42.3%)
195	SOCHA Jakub	1908	KKO	#10OPEN	30	00:18:09	01:15:42		+	12:37	4.8 (67.6%)
196	GŁOWACKI Andrzej	ELITE M 58	WIELISZEW HERON TEAM	Masters	12	00:42:41	01:29:32		+00:16:16	14:55	4 (56.3%)
197	BŁASZCZYK Iwona	1307		#7OPEN	81	01:18:54			+00:44:18	26:18	2.3 (32.4%)
198	BORKOWSKA Agnieszka	1023	SAME CZUBKI	#5OPEN	148						(0.0%)
199	FRAŃCZEK Iwona	1132	JA NIE DAM RADY?	#6OPEN	143						(0.0%)