

# I PÓŁULTRAMARATON BIESZCZADZKI

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Maraton Bieszczadzki 2016  
Fundacja Bieg Rzeźnika  
2016-10-09  
Cisna  
26 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty 3km	P2_Roztoki 11.9km	P1_Krzyzowka_z_czerwonym 24.86km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>PIECH Kacper</b>	<b>1078</b>	RUNONLINE.PL/TRIADA	M Open	1		00:11:40	00:58:18	02:07:23	<b>02:11:47.25</b>	<b>02:11:47.25</b>		5:04	11.8 (100%)
2	<b>KOCZWARA Tomek</b>	<b>1164</b>		M Open	2		00:12:03	00:59:26	02:12:52	<b>02:17:45.75</b>	<b>02:17:45.75</b>	+00:05:58 (4.3%)	5:17	11.3 (95.8%)
3	<b>WĘGIEL Marcin</b>	<b>1196</b>	MALINOWYNOS.PL	M Open	3	Beskidnicy	00:13:45	01:07:46	02:24:07	<b>02:29:17.45</b>	<b>02:29:17.45</b>	+00:17:30 (11.7%)	5:44	10.4 (88.1%)
4	<b>KUJAWSKI Bartek</b>	<b>1027</b>	GRUPETTO GORLICE	M Open	4		00:13:44	01:06:09	02:28:09	<b>02:33:22.75</b>	<b>02:33:22.75</b>	+00:21:35 (14.1%)	5:53	10.2 (86.4%)
5	<b>PRĘDKI Mirosław</b>	<b>1200</b>		M Open	5	Beskidnicy	00:13:44	01:10:20	02:30:49	<b>02:35:44.40</b>	<b>02:35:44.40</b>	+00:23:57 (15.4%)	5:59	10 (84.7%)
6	<b>WAŁCZYK Krzysztof</b>	<b>1169</b>		M Open	6		00:14:21	01:10:49	02:32:09	<b>02:37:01.30</b>	<b>02:37:01.30</b>	+00:25:14 (16.1%)	6:02	9.9 (83.9%)
7	<b>JAWORSKI Tomasz</b>	<b>1088</b>		M Open	7		00:13:44	01:08:25	02:32:10	<b>02:37:38.90</b>	<b>02:37:38.90</b>	+00:25:51 (16.4%)	6:03	9.9 (83.9%)
8	<b>ZAWADA Michał</b>	<b>1126</b>	KB ERGO	M Open	8		00:13:43	01:08:20	02:32:19	<b>02:37:52.45</b>	<b>02:37:52.45</b>	+00:26:05 (16.5%)	6:04	9.9 (83.9%)
9	<b>JANUSZCZAK Tomasz</b>	<b>1135</b>	GOPR BIESZCZADY	M Open	9		00:14:30	01:10:18	02:34:59	<b>02:40:17.00</b>	<b>02:40:17.00</b>	+00:28:29 (17.8%)	6:09	9.7 (82.2%)
10	<b>KRUŻEL Rafał</b>	<b>1168</b>	RYŚ KARPATY	M Open	10		00:14:09	01:11:56	02:35:41	<b>02:40:33.50</b>	<b>02:40:33.50</b>	+00:28:46 (17.9%)	6:10	9.7 (82.2%)
11	<b>CHWASTEK Tomasz</b>	<b>1001</b>	KW KRAKÓW	M Open	11		00:14:26	01:09:57	02:35:36	<b>02:40:55.40</b>	<b>02:40:55.40</b>	+00:29:08 (18.1%)	6:11	9.7 (82.2%)
12	<b>FLĄDRO Daniel</b>	<b>1176</b>		M Open	12		00:14:05	01:09:14	02:38:31	<b>02:44:16.45</b>	<b>02:44:16.45</b>	+00:32:29 (19.8%)	6:19	9.5 (80.5%)
13	<b>JASTRZĄB Piotr</b>	<b>1180</b>	DEKAN LESKO	M Open	13			01:11:16	02:40:00	<b>02:45:36.05</b>	<b>02:45:36.05</b>	+00:33:48 (20.4%)	6:22	9.4 (79.7%)
14	<b>JENDRYCH Remigiusz</b>	<b>1194</b>		M Open	14		00:15:11	01:13:47	02:41:31	<b>02:47:11.20</b>	<b>02:47:11.20</b>	+00:35:23 (21.2%)	6:25	9.3 (78.8%)
15	<b>PETKIEWICZ Tomasz</b>	<b>1121</b>	STS BIEGATON MIKOŁÓW	M Open	15		00:16:34	01:16:19	02:46:38	<b>02:52:27.30</b>	<b>02:52:27.30</b>	+00:40:40 (23.6%)	6:37	9 (76.3%)
16	<b>SZALAK Paweł</b>	<b>1224</b>	BANDA GRUDNIA	M Open	16		00:15:11	01:14:28	02:47:08	<b>02:52:38.85</b>	<b>02:52:38.85</b>	+00:40:51 (23.7%)	6:38	9 (76.3%)
17	<b>SKALSKI Radosław</b>	<b>1178</b>		M Open	17		00:14:55	01:14:05	02:47:01	<b>02:53:10.75</b>	<b>02:53:10.75</b>	+00:41:23 (23.9%)	6:39	9 (76.3%)
18	<b>ROWIŃSKI Michał</b>	<b>1127</b>	LUBAWA KOCHA BIEGAĆ	M Open	18		00:14:03	01:16:07	02:48:52	<b>02:54:04.35</b>	<b>02:54:04.35</b>	+00:42:17 (24.3%)	6:41	9 (76.3%)
19	<b>DOPART Tomasz</b>	<b>1209</b>		M Open	19		00:17:47	01:19:29	02:49:23	<b>02:55:11.00</b>	<b>02:55:11.00</b>	+00:43:23 (24.8%)	6:44	8.9 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3km	11.9km	24.86km	26km	26km			
20	ZARABSKI Rafał	1136	WKURW_TEAM	M Open	20		00:17:16	01:19:35	02:52:10	02:57:52.75	02:57:52.75	+00:46:05 (25.9%)	6:50	8.8 (74.6%)
21	WIĘCŁAWSKI Michał	1012		M Open	21		00:14:24	01:14:52	02:54:54	03:00:52.50	03:00:52.50	+00:49:05 (27.1%)	6:57	8.6 (72.9%)
22	BŁASZKIEWICZ Bogusz	1198	WWW.LABB.COM.PL	M Open	22		00:15:39	01:21:38	02:58:25	03:03:41.25	03:03:41.25	+00:51:54 (28.3%)	7:03	8.5 (72.0%)
23	BARTELA Edyta	1555		K Open	1	Dzik Komando	00:16:29	01:24:39	02:58:23	03:04:21.35	03:04:21.35	+00:52:34 (28.5%)	7:05	8.5 (72.0%)
24	SUKIENNIK Maciej	1220	POWER TRAINING	M Open	23		00:14:07	01:15:00	02:58:14	03:05:05.70	03:05:05.70	+00:53:18 (28.8%)	7:07	8.4 (71.2%)
25	CAGARA Paweł	1217		M Open	24		00:15:10	01:21:58	03:00:35	03:06:03.55	03:06:03.55	+00:54:16 (29.2%)	7:09	8.4 (71.2%)
26	BALCZEWSKA Justyna	1021		K Open	2	Dzik Komando	00:16:31	01:22:00	03:01:45	03:07:41.70	03:07:41.70	+00:55:54 (29.8%)	7:13	8.3 (70.3%)
27	KRÓLIKOWSKI Igor	1047	RABBITS	M Open	25		00:16:14	01:19:53	03:01:32	03:08:24.45	03:08:24.45	+00:56:37 (30.1%)	7:14	8.3 (70.3%)
28	CHMIELEWSKI Michał	1216		M Open	26		00:16:42	01:27:22	03:03:49	03:09:34.00	03:09:34.00	+00:57:46 (30.5%)	7:17	8.2 (69.5%)
29	JASTRZĘBSKI Piotr	1177	SOCIOS GÓRNIK	M Open	27		00:15:06	01:19:21	03:03:44	03:10:25.45	03:10:25.45	+00:58:38 (30.8%)	7:19	8.2 (69.5%)
30	WINIARSKI Przemysław	1225		M Open	28		00:19:10	01:29:09	03:04:56	03:10:52.60	03:10:52.60	+00:59:05 (31.0%)	7:20	8.2 (69.5%)
31	GOŚCIŃSKI Sławomir	1016	IZERSKA GRUPA BIEGOWA	M Open	29		00:17:16	01:26:21	03:05:08	03:11:09.60	03:11:09.60	+00:59:22 (31.1%)	7:21	8.2 (69.5%)
32	CHOJNACKI Wiktor	1179		M Open	30		00:18:38	01:27:09	03:05:46	03:11:28.45	03:11:28.45	+00:59:41 (31.2%)	7:21	8.1 (68.6%)
33	SZYMANIK Adam	1205		M Open	31		00:17:43	01:27:22	03:05:47	03:11:31.25	03:11:31.25	+00:59:44 (31.2%)	7:21	8.1 (68.6%)
34	KURZYDŁO Michał	1147		M Open	32		00:16:49		03:05:49	03:13:57.95	03:13:57.95	+01:02:10 (32.1%)	7:27	8 (67.8%)
35	BIELAK Tomasz	1118		M Open	33		00:20:30	01:27:42	03:07:36	03:14:01.95	03:14:01.95	+01:02:14 (32.1%)	7:27	8 (67.8%)
36	BRUZGO Magdalena	1152	FIZJOBIEGACZE SZCZECIN	K Open	3		00:18:51	01:29:19	03:09:12	03:15:11.90	03:15:11.90	+01:03:24 (32.5%)	7:30	8 (67.8%)
37	CZELNY Tomasz	1024	SMASHING PĄPKINS	M Open	34		00:16:40	01:23:46	03:09:50	03:15:38.45	03:15:38.45	+01:03:51 (32.6%)	7:31	8 (67.8%)
38	RYBAK Wojciech	1171	GOPR BIESZCZADY	M Open	35		00:18:05	01:25:03	03:09:48	03:16:02.55	03:16:02.55	+01:04:15 (32.8%)	7:32	8 (67.8%)
39	LICZNERSKI Rafał	1186	LUBAWA KOCHA BIEGAĆ	M Open	36		00:15:40	01:24:10	03:11:06	03:17:28.25	03:17:28.25	+01:05:41 (33.3%)	7:35	7.9 (66.9%)
40	ŚWIDZIŃSKI Tomasz	1146	VEGE RUNNERS	M Open	37		00:17:45	01:28:39	03:11:50	03:17:58.85	03:17:58.85	+01:06:11 (33.4%)	7:36	7.9 (66.9%)
41	DUTKIEWICZ Marcin	1060	BIEGNIJ DUDEK	M Open	38		00:18:21	01:26:36	03:12:49	03:18:54.70	03:18:54.70	+01:07:07 (33.7%)	7:39	7.8 (66.1%)
42	ŻURAWIK Marcin	1084	SAINT GOBAIN SQUAD	M Open	39		00:17:07	01:28:52	03:12:58	03:19:55.45	03:19:55.45	+01:08:08 (34.1%)	7:41	7.8 (66.1%)
43	DZIEDZINA Tomasz	1104	NIGHT RUNNERS	M Open	40		00:17:55	01:27:36	03:13:54	03:20:06.30	03:20:06.30	+01:08:19 (34.1%)	7:41	7.8 (66.1%)
44	MARUSIAK Piotr	1173		M Open	41		00:20:36	01:33:27	03:14:46	03:20:28.35	03:20:28.35	+01:08:41 (34.3%)	7:42	7.8 (66.1%)
45	BAZAN Elżbieta	1206		K Open	4		00:20:50	01:32:57	03:14:25	03:20:48.05	03:20:48.05	+01:09:00 (34.4%)	7:43	7.8 (66.1%)
46	CHOJNA Zygmunt	1172	SOCIOS GÓRNIK	M Open	42		00:15:05	01:21:04	03:14:01	03:21:09.20	03:21:09.20	+01:09:21 (34.5%)	7:44	7.8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
							3km	11.9km	24.86km					
47	<b>SUDZIŃSKI Jacek</b>	<b>1101</b>		M Open	43		00:16:12	01:26:45	03:14:44	<b>03:21:11.65</b>	<b>03:21:11.65</b>	+01:09:24 (34.5%)	7:44	7.8 (66.1%)
48	<b>STARZYK Michał</b>	<b>1018</b>	BĄBLE I ODCISKI	M Open	44		00:15:54	01:23:37	03:15:04	<b>03:21:29.25</b>	<b>03:21:29.25</b>	+01:09:42 (34.6%)	7:44	7.7 (65.3%)
49	<b>KOT Tomasz</b>	<b>1214</b>		M Open	45		00:17:06	01:28:05	03:15:38	<b>03:21:38.15</b>	<b>03:21:38.15</b>	+01:09:50 (34.6%)	7:45	7.7 (65.3%)
50	<b>ORZECH Artur</b>	<b>1236</b>	KROKODYLE	M Open	46		00:18:56	01:28:30	03:15:24	<b>03:21:48.25</b>	<b>03:21:48.25</b>	+01:10:01 (34.7%)	7:45	7.7 (65.3%)
51	<b>KAMIŃSKI Paweł</b>	<b>1033</b>	DRWĘCA	M Open	47		00:16:43	01:28:51	03:17:19	<b>03:23:08.65</b>	<b>03:23:08.65</b>	+01:11:21 (35.1%)	7:48	7.7 (65.3%)
52	<b>SKALSKI Jarosław</b>	<b>1085</b>		M Open	48	Żuki w błocie	00:17:09	01:27:36	03:16:48	<b>03:23:42.80</b>	<b>03:23:42.80</b>	+01:11:55 (35.3%)	7:50	7.7 (65.3%)
53	<b>KORDOWSKI Paweł</b>	<b>1123</b>		M Open	49		00:17:01	01:27:33	03:17:00	<b>03:24:21.10</b>	<b>03:24:21.10</b>	+01:12:33 (35.5%)	7:51	7.6 (64.4%)
54	<b>DWORNIKOW Dmitrij</b>	<b>1122</b>		M Open	50		00:17:00	01:26:38	03:16:59	<b>03:24:21.25</b>	<b>03:24:21.25</b>	+01:12:34 (35.5%)	7:51	7.6 (64.4%)
55	<b>PIÓRKOWSKI Jarosław</b>	<b>1058</b>	KOŁO BIEGA	M Open	51		00:18:40	01:28:43	03:17:34	<b>03:24:41.05</b>	<b>03:24:41.05</b>	+01:12:53 (35.6%)	7:52	7.6 (64.4%)
56	<b>ANIKIEJ Marcin</b>	<b>1055</b>	TKD SZAKAL JEŻYCE RUNNERS	M Open	52	TKD Szakal Jeżyce Runners	00:18:35	01:30:22	03:18:38	<b>03:24:47.35</b>	<b>03:24:47.35</b>	+01:13:00 (35.6%)	7:52	7.6 (64.4%)
57	<b>KASZYCKA Renata</b>	<b>1034</b>		K Open	5		00:17:22	01:28:35	03:18:49	<b>03:24:53.55</b>	<b>03:24:53.55</b>	+01:13:06 (35.7%)	7:52	7.6 (64.4%)
58	<b>SZEWCZYK Michał</b>	<b>1175</b>		M Open	53		00:16:11	01:28:47	03:18:10	<b>03:24:54.75</b>	<b>03:24:54.75</b>	+01:13:07 (35.7%)	7:52	7.6 (64.4%)
59	<b>RESZTYŁO Grzegorz</b>	<b>1226</b>		M Open	54		00:19:03	01:32:52	03:18:40	<b>03:25:01.80</b>	<b>03:25:01.80</b>	+01:13:14 (35.7%)	7:53	7.6 (64.4%)
60	<b>DZIUBAK Lena</b>	<b>1231</b>		K Open	6		00:16:23	01:26:49	03:18:50	<b>03:25:06.05</b>	<b>03:25:06.05</b>	+01:13:18 (35.7%)	7:53	7.6 (64.4%)
61	<b>DOMISZEWSKI Wojciech</b>	<b>1174</b>		M Open	55		00:18:03	01:28:40	03:15:21	<b>03:25:24.80</b>	<b>03:25:24.80</b>	+01:13:37 (35.8%)	7:54	7.6 (64.4%)
62	<b>KOZIOŁ Łukasz</b>	<b>1154</b>	ZABIEGANI MIELEC	M Open	56		00:17:10	01:31:56	03:19:44	<b>03:26:12.65</b>	<b>03:26:12.65</b>	+01:14:25 (36.1%)	7:55	7.6 (64.4%)
63	<b>SOJKA Agnieszka</b>	<b>1232</b>		K Open	7	Przemysł	00:16:52	01:28:48	03:19:22	<b>03:26:37.25</b>	<b>03:26:37.25</b>	+01:14:50 (36.2%)	7:56	7.6 (64.4%)
64	<b>KURZYDŁO Krzysztof</b>	<b>1139</b>		M Open	57		00:16:54	01:25:36	03:19:24	<b>03:26:40.75</b>	<b>03:26:40.75</b>	+01:14:53 (36.2%)	7:56	7.5 (63.6%)
65	<b>ŻULEWSKI Radosław</b>	<b>1204</b>		M Open	58		00:16:19	01:29:34	03:21:58	<b>03:28:23.70</b>	<b>03:28:23.70</b>	+01:16:36 (36.8%)	8:00	7.5 (63.6%)
66	<b>BACA Łukasz</b>	<b>1087</b>		M Open	59		00:16:02	01:29:42	03:22:12	<b>03:29:07.20</b>	<b>03:29:07.20</b>	+01:17:19 (37.0%)	8:02	7.5 (63.6%)
67	<b>HOŁODY Grzegorz</b>	<b>1184</b>	PKO BP	M Open	60		00:18:55	01:31:17	03:22:54	<b>03:30:35.30</b>	<b>03:30:35.30</b>	+01:18:48 (37.4%)	8:05	7.4 (62.7%)
68	<b>LEGUTKO Piotr</b>	<b>1166</b>		M Open	61		00:17:13	01:29:02	03:23:36	<b>03:30:44.55</b>	<b>03:30:44.55</b>	+01:18:57 (37.5%)	8:06	7.4 (62.7%)
69	<b>BUZALSKI Robert</b>	<b>1095</b>	ORANGE POLSKA	M Open	62		00:15:47	01:24:11	03:20:18	<b>03:31:08.15</b>	<b>03:31:08.15</b>	+01:19:20 (37.6%)	8:07	7.4 (62.7%)
70	<b>PITAS Andrzej</b>	<b>1229</b>	ZAPIERDALECZE	M Open	63		00:17:03	01:26:40	03:24:41	<b>03:31:52.15</b>	<b>03:31:52.15</b>	+01:20:04 (37.8%)	8:08	7.4 (62.7%)
71	<b>BOŁTUĆ Piotr</b>	<b>1170</b>		M Open	64		00:16:45	01:26:53	03:25:12	<b>03:32:18.25</b>	<b>03:32:18.25</b>	+01:20:31 (37.9%)	8:09	7.3 (61.9%)
72	<b>GMAJ Karolina</b>	<b>1082</b>		K Open	8	Macintosh Grójec	00:17:56	01:29:38	03:25:13	<b>03:32:32.50</b>	<b>03:32:32.50</b>	+01:20:45 (38.0%)	8:10	7.3 (61.9%)
73	<b>SMOLARSKI Arkadiusz</b>	<b>1070</b>		M Open	65		00:18:53	01:32:09	03:26:32	<b>03:32:46.95</b>	<b>03:32:46.95</b>	+01:20:59 (38.1%)	8:11	7.3 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3km	11.9km	24.86km	26km	26km			
74	<b>GAJEWSKA Justyna</b>	<b>1140</b>		K Open	9		00:17:46	01:29:18	03:26:31	<b>03:32:50.75</b>	<b>03:32:50.75</b>	+01:21:03 (38.1%)	8:11	7.3 (61.9%)
75	<b>MATWIEJCZUK Grzesiek</b>	<b>1189</b>	A	M Open	66		00:17:46	01:33:57	03:26:41	<b>03:33:18.45</b>	<b>03:33:18.45</b>	+01:21:31 (38.2%)	8:12	7.3 (61.9%)
76	<b>WALOSZEK Marcin</b>	<b>1059</b>	PGR	M Open	67		00:18:23	01:29:54	03:26:09	<b>03:33:39.65</b>	<b>03:33:39.65</b>	+01:21:52 (38.3%)	8:13	7.3 (61.9%)
77	<b>JAROMIRSKA Elzbieta</b>	<b>1195</b>		K Open	10		00:17:02	01:31:52	03:28:15	<b>03:34:47.85</b>	<b>03:34:47.85</b>	+01:23:00 (38.6%)	8:15	7.3 (61.9%)
78	<b>KAPAŁKA Adrian</b>	<b>1137</b>		M Open	68		00:19:17	01:36:26	03:28:19	<b>03:34:52.15</b>	<b>03:34:52.15</b>	+01:23:04 (38.7%)	8:15	7.3 (61.9%)
79	<b>GŁUSZYK Joanna</b>	<b>1151</b>	JMG - DIETETYK/FIZJOBIEGACZE SZCZECIN	K Open	11		00:18:50	01:33:18	03:28:32	<b>03:35:53.05</b>	<b>03:35:53.05</b>	+01:24:05 (39.0%)	8:18	7.2 (61.0%)
80	<b>NIEDZIELA Edyta</b>	<b>1203</b>		K Open	12		00:18:51	01:35:58	03:31:00	<b>03:37:04.85</b>	<b>03:37:04.85</b>	+01:25:17 (39.3%)	8:20	7.2 (61.0%)
81	<b>WOŹNIAK Anna</b>	<b>1162</b>	RUN PASJA	K Open	13		00:20:09	01:36:23	03:30:56	<b>03:38:02.00</b>	<b>03:38:02.00</b>	+01:26:14 (39.6%)	8:23	7.2 (61.0%)
82	<b>KAPRAL Adam</b>	<b>1081</b>		M Open	69		00:18:03	01:29:04	03:29:58	<b>03:38:02.30</b>	<b>03:38:02.30</b>	+01:26:15 (39.6%)	8:23	7.2 (61.0%)
83	<b>TROJANOWSKI Krzysztof</b>	<b>1131</b>	ICHIBAN ĆMIŁÓW	M Open	70		00:17:48	01:33:34	03:31:49	<b>03:39:57.45</b>	<b>03:39:57.45</b>	+01:28:10 (40.1%)	8:27	7.1 (60.2%)
84	<b>MATYJEWICZ Luiza</b>	<b>1161</b>		K Open	14		00:19:48	01:36:24	03:33:25	<b>03:40:07.05</b>	<b>03:40:07.05</b>	+01:28:19 (40.1%)	8:27	7.1 (60.2%)
85	<b>PLUTA Sebastian</b>	<b>1051</b>	PGR PASZCZYNA	M Open	71		00:18:23	01:33:09	03:32:58	<b>03:40:37.05</b>	<b>03:40:37.05</b>	+01:28:49 (40.3%)	8:29	7.1 (60.2%)
86	<b>SZUSZKIEWICZ Marzena</b>	<b>1192</b>		K Open	15		00:18:20	01:35:07	03:35:16	<b>03:42:42.80</b>	<b>03:42:42.80</b>	+01:30:55 (40.8%)	8:33	7 (59.3%)
87	<b>STENGA Maciej</b>	<b>1218</b>	BYCZEK TEAM	M Open	72		00:17:52	01:31:41	03:35:28	<b>03:42:52.95</b>	<b>03:42:52.95</b>	+01:31:05 (40.9%)	8:34	7 (59.3%)
88	<b>GARCZYŃSKI Darek</b>	<b>1129</b>		M Open	73		00:18:57	01:36:36	03:35:13	<b>03:42:55.85</b>	<b>03:42:55.85</b>	+01:31:08 (40.9%)	8:34	7 (59.3%)
89	<b>LOREK Anna</b>	<b>1073</b>	KB MARATOŃCZYK DĘBICA	K Open	16		00:17:33	01:39:34	03:35:32	<b>03:42:59.85</b>	<b>03:42:59.85</b>	+01:31:12 (40.9%)	8:34	7 (59.3%)
90	<b>WIELICZKO Krzysztof</b>	<b>1079</b>		M Open	74		00:20:16	01:44:04	03:35:29	<b>03:43:02.00</b>	<b>03:43:02.00</b>	+01:31:14 (40.9%)	8:34	7 (59.3%)
91	<b>DRWIĘGA Beata</b>	<b>1239</b>		K Open	17	Pozytywnie Zabiegani Sanok	00:18:42	01:37:25	03:36:05	<b>03:43:46.20</b>	<b>03:43:46.20</b>	+01:31:58 (41.1%)	8:36	7 (59.3%)
92	<b>GAŁKA Marcin</b>	<b>1167</b>		M Open	75		00:22:01	01:43:21	03:37:09	<b>03:43:47.40</b>	<b>03:43:47.40</b>	+01:32:00 (41.1%)	8:36	7 (59.3%)
93	<b>ZAJĄC Piotr</b>	<b>1023</b>		M Open	76		00:18:52	01:32:07	03:36:29	<b>03:43:51.75</b>	<b>03:43:51.75</b>	+01:32:04 (41.1%)	8:36	7 (59.3%)
94	<b>JARNÓT Agnieszka</b>	<b>1142</b>	NKB CHYŻY NOWY TOMYŚL	K Open	18		00:19:04	01:36:48	03:37:12	<b>03:44:11.85</b>	<b>03:44:11.85</b>	+01:32:24 (41.2%)	8:37	7 (59.3%)
95	<b>URYGA Kinga</b>	<b>1109</b>		K Open	19		00:18:36	01:33:02	03:37:08	<b>03:44:58.20</b>	<b>03:44:58.20</b>	+01:33:10 (41.4%)	8:39	6.9 (58.5%)
96	<b>GRUSZKO Alicja</b>	<b>1141</b>		K Open	20		00:18:35	01:33:03	03:37:10	<b>03:44:58.50</b>	<b>03:44:58.50</b>	+01:33:11 (41.4%)	8:39	6.9 (58.5%)
97	<b>LOREK Marek</b>	<b>1072</b>	KB MARATOŃCZYK DĘBICA	M Open	77		00:17:34	01:36:49	03:37:22	<b>03:45:13.80</b>	<b>03:45:13.80</b>	+01:33:26 (41.5%)	8:39	6.9 (58.5%)
98	<b>KOSIŃSKI Zbigniew</b>	<b>1156</b>		M Open	78		00:18:37	01:37:32	03:40:42	<b>03:48:06.25</b>	<b>03:48:06.25</b>	+01:36:19 (42.2%)	8:46	6.8 (57.6%)
99	<b>STRZELECKI Andrzej</b>	<b>1150</b>	STS BIEGATON MIKOŁÓW	M Open	79		00:19:14	01:36:36	03:39:16	<b>03:48:17.80</b>	<b>03:48:17.80</b>	+01:36:30 (42.3%)	8:46	6.8 (57.6%)
100	<b>ZAWADZKI Kordian</b>	<b>1230</b>	BARBITURAN	M Open	80		00:20:55	01:39:29	03:40:42	<b>03:48:19.80</b>	<b>03:48:19.80</b>	+01:36:32 (42.3%)	8:46	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3km	11.9km	24.86km	26km	26km			
101	<b>BEHRENDT Bartek</b>	<b>1183</b>	NIGHT RUNNERS GLIWICE	M Open	81		00:20:36	01:41:48	03:41:25	<b>03:48:32.90</b>	<b>03:48:32.90</b>	+01:36:45 (42.3%)	8:47	6.8 (57.6%)
102	<b>KOCÓJ Dominika</b>	<b>1099</b>	NIGHT RUNNER'S GLIWICE	K Open	21		00:20:05	01:42:51	03:41:22	<b>03:48:33.05</b>	<b>03:48:33.05</b>	+01:36:45 (42.3%)	8:47	6.8 (57.6%)
103	<b>POKRYWKA Stefan</b>	<b>1223</b>	NA BUCIE CISNA	M Open	82		00:19:01	01:42:48	03:42:06	<b>03:49:38.50</b>	<b>03:49:38.50</b>	+01:37:51 (42.6%)	8:49	6.8 (57.6%)
104	<b>KOŁACZ Piotr</b>	<b>1157</b>		M Open	83		00:19:35	01:40:54	03:42:17	<b>03:49:39.85</b>	<b>03:49:39.85</b>	+01:37:52 (42.6%)	8:49	6.8 (57.6%)
105	<b>RORAT Lena</b>	<b>1143</b>	CHEŁM BIEGA	K Open	22		00:18:52	01:44:01	03:42:48	<b>03:49:54.40</b>	<b>03:49:54.40</b>	+01:38:07 (42.7%)	8:50	6.8 (57.6%)
106	<b>GABRYŚ Seba</b>	<b>1188</b>	NIGHT RUNNERS GLIWICE	M Open	84		00:19:43	01:43:11	03:43:36	<b>03:50:34.65</b>	<b>03:50:34.65</b>	+01:38:47 (42.8%)	8:52	6.8 (57.6%)
107	<b>MADYŃSKI Rafał</b>	<b>1077</b>	4PROGRESS	M Open	85		00:18:39	01:37:23	03:42:24	<b>03:50:38.05</b>	<b>03:50:38.05</b>	+01:38:50 (42.9%)	8:52	6.8 (57.6%)
108	<b>ZAWADZKI Marcin</b>	<b>1202</b>	SZCZWANY TRZMIEL TEAM	M Open	86		00:17:43	01:41:26	03:43:50	<b>03:50:54.60</b>	<b>03:50:54.60</b>	+01:39:07 (42.9%)	8:52	6.8 (57.6%)
109	<b>OSTAPIŃSKA Magda</b>	<b>1083</b>		K Open	23	OSTre SROki	00:20:00	01:43:01	03:44:17	<b>03:50:57.85</b>	<b>03:50:57.85</b>	+01:39:10 (42.9%)	8:52	6.8 (57.6%)
110	<b>MAJER Andrzej</b>	<b>1222</b>		M Open	87			01:31:31	03:40:53	<b>03:51:05.10</b>	<b>03:51:05.10</b>	+01:39:17 (43.0%)	8:53	6.8 (57.6%)
111	<b>WŁOSZCZAK Anna</b>	<b>1106</b>		K Open	24		00:18:39	01:49:59	03:45:03	<b>03:51:36.15</b>	<b>03:51:36.15</b>	+01:39:48 (43.1%)	8:54	6.7 (56.8%)
112	<b>BOGUCKA Joanna</b>	<b>1235</b>		K Open	25		00:20:34	01:45:00	03:45:10	<b>03:51:53.70</b>	<b>03:51:53.70</b>	+01:40:06 (43.2%)	8:55	6.7 (56.8%)
113	<b>WĄSOWSKA Jagoda</b>	<b>1234</b>		K Open	26		00:20:38	01:45:00	03:44:53	<b>03:51:53.80</b>	<b>03:51:53.80</b>	+01:40:06 (43.2%)	8:55	6.7 (56.8%)
114	<b>WĄSOWICZ Katarzyna</b>	<b>1327</b>		K Open	27		00:18:13	01:42:13	03:47:18	<b>03:53:56.45</b>	<b>03:53:56.45</b>	+01:42:09 (43.7%)	8:59	6.7 (56.8%)
115	<b>ZAWADZKI Krystian</b>	<b>1238</b>		M Open	88		00:22:59	01:46:48	03:47:22	<b>03:53:59.60</b>	<b>03:53:59.60</b>	+01:42:12 (43.7%)	8:59	6.7 (56.8%)
116	<b>LULA Radosław</b>	<b>1108</b>		M Open	89		00:16:51	01:43:43	03:45:45	<b>03:54:09.55</b>	<b>03:54:09.55</b>	+01:42:22 (43.7%)	9:00	6.7 (56.8%)
117	<b>DZIERŻYŃSKI Piotr</b>	<b>1094</b>		M Open	90		00:21:04	01:45:12	03:47:06	<b>03:54:34.85</b>	<b>03:54:34.85</b>	+01:42:47 (43.8%)	9:01	6.7 (56.8%)
118	<b>MOSOŃ Sławek</b>	<b>1041</b>		M Open	91		00:21:07	01:42:19	03:47:25	<b>03:54:44.40</b>	<b>03:54:44.40</b>	+01:42:57 (43.9%)	9:01	6.6 (55.9%)
119	<b>PLISZCZYŃSKA Justyna</b>	<b>1160</b>		K Open	28		00:18:24	01:42:03	03:47:47	<b>03:55:37.05</b>	<b>03:55:37.05</b>	+01:43:49 (44.1%)	9:03	6.6 (55.9%)
120	<b>AMBICKI Miłosz</b>	<b>1148</b>	WKURW_TEAM	M Open	92		00:23:42	01:51:29	03:49:56	<b>03:56:28.60</b>	<b>03:56:28.60</b>	+01:44:41 (44.3%)	9:05	6.6 (55.9%)
121	<b>POPIOŁEK Jacek</b>	<b>1045</b>		M Open	93		00:20:30	01:41:34	03:49:02	<b>03:56:38.40</b>	<b>03:56:38.40</b>	+01:44:51 (44.3%)	9:06	6.6 (55.9%)
122	<b>GRUSZCZYŃSKA Sandra</b>	<b>1115</b>	WILD FOR THE RUN	K Open	29	Wild for the Run	00:18:23	01:41:35	03:50:19	<b>03:57:45.75</b>	<b>03:57:45.75</b>	+01:45:58 (44.6%)	9:08	6.6 (55.9%)
123	<b>GALUS Jacek</b>	<b>1062</b>		M Open	94		00:20:01	01:42:18	03:51:01	<b>03:58:15.15</b>	<b>03:58:15.15</b>	+01:46:27 (44.7%)	9:09	6.5 (55.1%)
124	<b>LESZEK-KRÓLIKOWSKA Patrycja</b>	<b>1050</b>	RABBITS	K Open	30		00:20:05	01:45:02	03:51:22	<b>03:58:32.40</b>	<b>03:58:32.40</b>	+01:46:45 (44.8%)	9:10	6.5 (55.1%)
125	<b>PARYS Michał</b>	<b>1155</b>		M Open	95		00:17:08	01:34:13	03:51:32	<b>03:59:50.30</b>	<b>03:59:50.30</b>	+01:48:03 (45.1%)	9:13	6.5 (55.1%)
126	<b>DOROSZ Barbara</b>	<b>1080</b>		K Open	31	Przemysł	00:16:53	01:32:22	03:51:03	<b>04:00:03.55</b>	<b>04:00:03.55</b>	+01:48:16 (45.1%)	9:13	6.5 (55.1%)
127	<b>SKIBA Daniel</b>	<b>1182</b>		M Open	96		00:16:30	01:42:42	03:52:33	<b>04:00:42.55</b>	<b>04:00:42.55</b>	+01:48:55 (45.3%)	9:15	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty 3km	P2_Roztoki 11.9km	P1_Krzyzowka_z_czerwonym 24.86km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
128	<b>CEGIEŁKO Paweł</b>	<b>1030</b>		M Open	97		00:16:42	01:26:35	03:48:18	<b>04:01:16.05</b>	<b>04:01:16.05</b>	+01:49:28 (45.4%)	9:16	6.5 (55.1%)
129	<b>GAJOS Anna</b>	<b>1025</b>	LUBELSKA GRUPA TRIATHLONU	K Open	32	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:17:54	01:45:14	03:55:24	<b>04:02:20.90</b>	<b>04:02:20.90</b>	+01:50:33 (45.6%)	9:19	6.4 (54.2%)
130	<b>KONOPKA Anna</b>	<b>1015</b>	KASZUBSKA PONIEWIERKA	K Open	33	Ultra Trójmiasto	00:21:01	01:46:41	03:54:22	<b>04:02:28.60</b>	<b>04:02:28.60</b>	+01:50:41 (45.6%)	9:19	6.4 (54.2%)
131	<b>WRÓBEL Radosław</b>	<b>1019</b>	BĄBLE I ODCISKI	M Open	98		00:18:57	01:34:47	03:53:56	<b>04:02:39.80</b>	<b>04:02:39.80</b>	+01:50:52 (45.7%)	9:19	6.4 (54.2%)
132	<b>JURAS-KMIEĆ Marzena</b>	<b>1193</b>		K Open	34	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:18:45	01:44:18	03:56:53	<b>04:04:47.30</b>	<b>04:04:47.30</b>	+01:53:00 (46.2%)	9:24	6.4 (54.2%)
133	<b>KOSTYRA Magdalena</b>	<b>1067</b>	TKD SZAKAL JEŻYCE RUNNERS	K Open	35	TKD Szakal Jeżyce Runners	00:21:03	01:53:03	03:57:46	<b>04:05:12.90</b>	<b>04:05:12.90</b>	+01:53:25 (46.3%)	9:25	6.4 (54.2%)
134	<b>RORAT Artur</b>	<b>1116</b>	SKLEP BIEGACZA LUBLIN TEAM / CHEŁM BIEGA	M Open	99	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:17:30	01:47:21	03:58:57	<b>04:05:50.40</b>	<b>04:05:50.40</b>	+01:54:03 (46.4%)	9:27	6.3 (53.4%)
135	<b>NOWOTARSKA Anita</b>	<b>1208</b>		K Open	36		00:19:16	01:43:00	03:58:21	<b>04:06:56.85</b>	<b>04:06:56.85</b>	+01:55:09 (46.6%)	9:29	6.3 (53.4%)
136	<b>LUKASZEWSKA Anna</b>	<b>1207</b>		K Open	37		00:19:10	01:47:58	03:59:11	<b>04:07:16.30</b>	<b>04:07:16.30</b>	+01:55:29 (46.7%)	9:30	6.3 (53.4%)
137	<b>ZAWADZKI Piotr</b>	<b>129</b>		M Open	100		00:18:44	01:45:17	03:59:50	<b>04:07:54.05</b>	<b>04:07:54.05</b>	+01:56:06 (46.8%)	9:32	6.3 (53.4%)
138	<b>GAJOS Danielek</b>	<b>1128</b>	NIGHT RUNNERS +	M Open	101		00:21:57	01:53:55	04:01:28	<b>04:09:09.30</b>	<b>04:09:09.30</b>	+01:57:22 (47.1%)	9:34	6.3 (53.4%)
139	<b>CZEPIEC Agata</b>	<b>1074</b>	NIGHT RUNNERS	K Open	38		00:21:58	01:53:56	04:01:30	<b>04:09:09.50</b>	<b>04:09:09.50</b>	+01:57:22 (47.1%)	9:34	6.3 (53.4%)
140	<b>WOŹNY Rafał</b>	<b>1221</b>		M Open	102	Zryciole ze Śląska	00:17:39	01:42:11	03:56:40	<b>04:09:25.25</b>	<b>04:09:25.25</b>	+01:57:38 (47.2%)	9:35	6.3 (53.4%)
141	<b>KUCHARSKA Anna</b>	<b>1113</b>	REAKTYWUJ SIĘ W MARATONIE	K Open	39		00:20:29	01:51:22	04:00:54	<b>04:09:28.50</b>	<b>04:09:28.50</b>	+01:57:41 (47.2%)	9:35	6.3 (53.4%)
141	<b>SMARZYŃSKA Karolina</b>	<b>1114</b>	REAKTYWUJ SIĘ W MARATONIE	K Open	40		00:20:29	01:51:22	04:01:53	<b>04:09:28.50</b>	<b>04:09:28.50</b>	+01:57:41 (47.2%)	9:35	6.3 (53.4%)
143	<b>PREISS Radek</b>	<b>1089</b>	REAKTYWUJ SIĘ W MARATONIE	M Open	103		00:20:28	01:51:22	04:01:44	<b>04:09:28.55</b>	<b>04:09:28.55</b>	+01:57:41 (47.2%)	9:35	6.3 (53.4%)
144	<b>KULIŃSKI Wojciech</b>	<b>1120</b>	FC MI SIĘ NIE CHCE	M Open	104		00:21:40	01:45:08	04:01:37	<b>04:11:17.65</b>	<b>04:11:17.65</b>	+01:59:30 (47.6%)	9:39	6.2 (52.5%)
145	<b>BUCZKOWSKA Sylwia</b>	<b>1211</b>		K Open	41		00:20:34	01:48:59	04:05:15	<b>04:13:20.20</b>	<b>04:13:20.20</b>	+02:01:32 (48.0%)	9:44	6.2 (52.5%)
146	<b>KOŁODZIEJ Jacek</b>	<b>1093</b>	NIGHT RUNNERS GLIWICE	M Open	105	Hałda Team	00:19:08	01:42:51	04:03:59	<b>04:13:22.20</b>	<b>04:13:22.20</b>	+02:01:34 (48.0%)	9:44	6.2 (52.5%)
147	<b>SACIUK Elżbieta</b>	<b>1110</b>		K Open	42		00:19:09	01:49:59	04:07:27	<b>04:16:42.65</b>	<b>04:16:42.65</b>	+02:04:55 (48.7%)	9:52	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
							3km	11.9km	24.86km					
148	<b>BARON Kasia</b>	<b>1212</b>	VADAIN RUNNING CLUB	K Open	43		00:19:40	01:51:25	04:08:21	<b>04:17:08.60</b>	<b>04:17:08.60</b>	+02:05:21 (48.7%)	9:53	6.1 (51.7%)
149	<b>PŁOŃSKI Paweł</b>	<b>1076</b>	F.C. JUVENTUS	M Open	106		00:21:11	01:53:45	04:09:46	<b>04:17:35.50</b>	<b>04:17:35.50</b>	+02:05:48 (48.8%)	9:54	6.1 (51.7%)
150	<b>MAZIAKOWSKI Adam</b>	<b>1124</b>		M Open	107		00:19:26	01:54:05	04:09:11	<b>04:18:03.55</b>	<b>04:18:03.55</b>	+02:06:16 (48.9%)	9:55	6 (50.8%)
151	<b>MAZIAKOWSKI Krzysztof</b>	<b>1054</b>	MAZIAKOWSKI RUNNING TEAM	M Open	108		00:19:27	01:54:05	04:09:22	<b>04:18:03.65</b>	<b>04:18:03.65</b>	+02:06:16 (48.9%)	9:55	6 (50.8%)
152	<b>KRYSTEK Ewa</b>	<b>1052</b>	TONA SPRZĘTU ZERO TALENTU	K Open	44		00:21:28	01:52:13	04:11:43	<b>04:19:16.20</b>	<b>04:19:16.20</b>	+02:07:28 (49.2%)	9:58	6 (50.8%)
153	<b>FIDALI Beata</b>	<b>1138</b>	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K Open	45		00:22:13	01:49:22	04:10:54	<b>04:19:25.00</b>	<b>04:19:25.00</b>	+02:07:37 (49.2%)	9:58	6 (50.8%)
154	<b>MACIEJEWSKA Małgorzata</b>	<b>1026</b>		K Open	46		00:20:46	01:48:31	04:12:52	<b>04:21:46.15</b>	<b>04:21:46.15</b>	+02:09:58 (49.7%)	10:04	6 (50.8%)
155	<b>JANAS Paweł</b>	<b>1037</b>		M Open	109		00:22:54	02:02:44	04:13:20	<b>04:22:00.15</b>	<b>04:22:00.15</b>	+02:10:12 (49.7%)	10:04	6 (50.8%)
156	<b>ZYCH Anna</b>	<b>1014</b>	SKLEP BIEGACZA LUBLIN TEAM	K Open	47	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:19:35	01:54:58	04:14:30	<b>04:22:23.55</b>	<b>04:22:23.55</b>	+02:10:36 (49.8%)	10:05	5.9 (50.0%)
157	<b>BARTOSZEK Maciej</b>	<b>1227</b>		M Open	110		00:23:01	01:54:01	04:14:53	<b>04:22:28.30</b>	<b>04:22:28.30</b>	+02:10:41 (49.8%)	10:05	5.9 (50.0%)
158	<b>KIFNER Kasia</b>	<b>1213</b>	LOTOS RUNNING TEAM	K Open	48		00:19:40	01:51:31	04:14:13	<b>04:22:40.90</b>	<b>04:22:40.90</b>	+02:10:53 (49.8%)	10:06	5.9 (50.0%)
159	<b>LACHTERA Karolina</b>	<b>1046</b>	KB SOBÓTKA	K Open	49		00:20:55	01:55:02	04:14:43	<b>04:22:49.70</b>	<b>04:22:49.70</b>	+02:11:02 (49.9%)	10:06	5.9 (50.0%)
160	<b>JAGIEŁŁO Mariusz</b>	<b>1181</b>		M Open	111		00:17:50	01:35:01	04:10:41	<b>04:23:50.15</b>	<b>04:23:50.15</b>	+02:12:02 (50.0%)	10:08	5.9 (50.0%)
161	<b>ZATOŃ Bożena</b>	<b>1165</b>	RUN PASJA	K Open	50		00:20:45	01:55:11	04:14:50	<b>04:23:50.95</b>	<b>04:23:50.95</b>	+02:12:03 (50.1%)	10:08	5.9 (50.0%)
162	<b>GRZELIŃSKA Dorota</b>	<b>1185</b>	DZIK KOMANDO	K Open	51	Dzik Komando	00:17:56	01:50:02	04:16:43	<b>04:25:35.95</b>	<b>04:25:35.95</b>	+02:13:48 (50.4%)	10:12	5.9 (50.0%)
163	<b>PTASZYŃSKA Anna</b>	<b>1215</b>	TGV RUNNING TEAM	K Open	52		00:21:06	02:00:47	04:17:02	<b>04:25:42.50</b>	<b>04:25:42.50</b>	+02:13:55 (50.4%)	10:13	5.9 (50.0%)
164	<b>PASTERNAK Agata</b>	<b>1035</b>	RKM SOPELEK	K Open	53		00:21:41	01:56:31	04:17:54	<b>04:25:47.20</b>	<b>04:25:47.20</b>	+02:13:59 (50.4%)	10:13	5.9 (50.0%)
165	<b>SZCZERBA Katarzyna</b>	<b>1097</b>		K Open	54		00:20:30	01:54:48	04:17:40	<b>04:27:00.10</b>	<b>04:27:00.10</b>	+02:15:12 (50.6%)	10:16	5.8 (49.2%)
166	<b>MIEDZIŃSKI Piotr</b>	<b>1105</b>	MSD RUNNING CLUB	M Open	112		00:20:30	01:54:50	04:17:53	<b>04:27:00.50</b>	<b>04:27:00.50</b>	+02:15:13 (50.6%)	10:16	5.8 (49.2%)
167	<b>SUŁEK Cezary</b>	<b>p1</b>		M Open	113		00:21:44	01:54:22	04:17:42	<b>04:27:15.55</b>	<b>04:27:15.55</b>	+02:15:28 (50.7%)	10:16	5.8 (49.2%)
168	<b>COFALSKI Jakub</b>	<b>1158</b>		M Open	114		00:22:03	01:56:50	04:17:42	<b>04:27:15.60</b>	<b>04:27:15.60</b>	+02:15:28 (50.7%)	10:16	5.8 (49.2%)
169	<b>LASKOWSKA Maja</b>	<b>1020</b>	RUNNERSCLUB.PL_RC_WAW	K Open	55		00:22:45	01:56:38	04:21:13	<b>04:29:07.55</b>	<b>04:29:07.55</b>	+02:17:20 (51.0%)	10:21	5.8 (49.2%)
170	<b>WOJCIECHOWSKI Radosław</b>	<b>1048</b>	6.KILOMETR	M Open	115	6. Kilometr	00:21:20	01:52:48	04:21:08	<b>04:29:43.65</b>	<b>04:29:43.65</b>	+02:17:56 (51.1%)	10:22	5.8 (49.2%)
171	<b>BEDNAREK Grazyna</b>	<b>1153</b>	RUN PASJA	K Open	56		00:21:17	01:57:22	04:23:27	<b>04:31:57.40</b>	<b>04:31:57.40</b>	+02:20:10 (51.5%)	10:27	5.7 (48.3%)
172	<b>SPOZ Andrzej</b>	<b>1187</b>	TKD SZAKAL JEŻYCE RUNNERS	M Open	116	TKD Szakal Jeżyce Runners	00:23:53	01:54:38	04:24:18	<b>04:32:01.65</b>	<b>04:32:01.65</b>	+02:20:14 (51.6%)	10:27	5.7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3km	11.9km	24.86km	26km	26km			
173	<b>BORUSZEWSKA Magdalena</b>	<b>1056</b>	KOŁO BIEGA	K Open	57		00:19:59	02:00:59	04:24:35	<b>04:32:41.35</b>	<b>04:32:41.35</b>	+02:20:54 (51.7%)	10:29	5.7 (48.3%)
174	<b>KOLASA Ewelina</b>	<b>1071</b>	KOŁO BIEGA	K Open	58		00:19:59	02:01:29	04:24:23	<b>04:32:41.95</b>	<b>04:32:41.95</b>	+02:20:54 (51.7%)	10:29	5.7 (48.3%)
174	<b>NAMYŚLAK Radosław</b>	<b>1057</b>	KOŁO BIEGA	M Open	117		00:19:59	02:00:59	04:24:32	<b>04:32:41.95</b>	<b>04:32:41.95</b>	+02:20:54 (51.7%)	10:29	5.7 (48.3%)
174	<b>KWARCIŃSKI Mariusz</b>	<b>1191</b>	KOŁO BIEGA	M Open	118		00:19:59	02:01:28	04:24:39	<b>04:32:41.95</b>	<b>04:32:41.95</b>	+02:20:54 (51.7%)	10:29	5.7 (48.3%)
177	<b>ŁUKASIAK Ksenia</b>	<b>1210</b>		K Open	59		00:21:24	01:57:28	04:24:38	<b>04:33:25.25</b>	<b>04:33:25.25</b>	+02:21:38 (51.8%)	10:30	5.7 (48.3%)
178	<b>KOLMAN Małgorzata</b>	<b>1125</b>		K Open	60	Ultra Trójmiasto	00:20:51	01:54:27	04:27:30	<b>04:35:46.85</b>	<b>04:35:46.85</b>	+02:23:59 (52.2%)	10:36	5.7 (48.3%)
179	<b>DZIUŁA Marcin</b>	<b>1039</b>		M Open	119		00:22:58	02:02:43	04:28:13	<b>04:36:17.60</b>	<b>04:36:17.60</b>	+02:24:30 (52.3%)	10:37	5.6 (47.5%)
180	<b>WILK Agnieszka</b>	<b>1096</b>		K Open	61		00:20:08	01:57:46	04:29:30	<b>04:38:08.65</b>	<b>04:38:08.65</b>	+02:26:21 (52.6%)	10:41	5.6 (47.5%)
181	<b>RAPAŁA Wojciech</b>	<b>1197</b>		M Open	120		00:18:46	01:53:14	04:29:35	<b>04:40:56.20</b>	<b>04:40:56.20</b>	+02:29:08 (53.1%)	10:48	5.6 (47.5%)
182	<b>KOSNO Weronika</b>	<b>1144</b>	NIGHT RUNNERS	K Open	62		00:20:53	02:08:42	04:36:39	<b>04:43:32.30</b>	<b>04:43:32.30</b>	+02:31:45 (53.5%)	10:54	5.5 (46.6%)
183	<b>KOSIŁO Marcin</b>	<b>1149</b>	RUNBUSTERS	M Open	121		00:20:54	02:08:41	04:36:58	<b>04:43:47.85</b>	<b>04:43:47.85</b>	+02:32:00 (53.6%)	10:54	5.5 (46.6%)
184	<b>CHRUŚCIŃSKA Justyna</b>	<b>1145</b>		K Open	63		00:20:53	02:08:41	04:37:56	<b>04:45:28.60</b>	<b>04:45:28.60</b>	+02:33:41 (53.8%)	10:58	5.5 (46.6%)
185	<b>TOMASZEWSKA Magda</b>	<b>1091</b>	MIP	K Open	64		00:21:33	02:04:35	04:36:20	<b>04:45:49.75</b>	<b>04:45:49.75</b>	+02:34:02 (53.9%)	10:59	5.5 (46.6%)
186	<b>TOMASZEWSKI Piotr</b>	<b>1090</b>	MIP	M Open	122		00:21:32	02:04:36	04:36:21	<b>04:45:50.05</b>	<b>04:45:50.05</b>	+02:34:02 (53.9%)	10:59	5.5 (46.6%)
187	<b>GETKA Małgorzata</b>	<b>1163</b>		K Open	65		00:22:44	02:04:24	04:37:15	<b>04:46:15.85</b>	<b>04:46:15.85</b>	+02:34:28 (54.0%)	11:00	5.4 (45.8%)
188	<b>MICHALSKA Grażyna</b>	<b>1190</b>	VADAIN RUNNING CLUB	K Open	66		00:19:41	02:03:24	04:40:28	<b>04:49:26.65</b>	<b>04:49:26.65</b>	+02:37:39 (54.5%)	11:07	5.4 (45.8%)
189	<b>DORDZIK Małgorzata</b>	<b>1238</b>		K Open	67		00:23:50	02:05:15	04:42:49	<b>04:51:42.95</b>	<b>04:51:42.95</b>	+02:39:55 (54.8%)	11:13	5.3 (44.9%)
190	<b>CHOJNOWSKA Monika</b>	<b>1022</b>	BIEGAM BO LUBIĘ ZĄBKI TEAM	K Open	68		00:22:47	02:04:24	04:47:14	<b>04:56:21.25</b>	<b>04:56:21.25</b>	+02:44:34 (55.5%)	11:23	5.3 (44.9%)
191	<b>SPOZ Magdalena</b>	<b>1068</b>	TKD SZAKAL JEŻYCE RUNNERS	K Open	69	TKD Szakal Jeżyce Runners	00:23:46	02:09:28	04:49:59	<b>04:58:44.45</b>	<b>04:58:44.45</b>	+02:46:57 (55.9%)	11:29	5.2 (44.1%)
192	<b>KACZMAREK Magdalena</b>	<b>1066</b>	TKD SZAKAL JEŻYCE RUNNERS	K Open	70	TKD Szakal Jeżyce Runners	00:21:02	02:01:14	04:51:28	<b>05:00:14.25</b>	<b>05:00:14.25</b>	+02:48:27 (56.1%)	11:32	5.2 (44.1%)
193	<b>PAUL Violetta</b>	<b>1017</b>	NIGHT RUNNERS GLIWICE	K Open	71		00:19:37	01:51:20	04:48:50	<b>05:03:04.95</b>	<b>05:03:04.95</b>	+02:51:17 (56.5%)	11:39	5.1 (43.2%)
194	<b>KLOREK Anna</b>	<b>1069</b>	TKD SZAKAL JEŻYCE RUNNERS	K Open	72	TKD Szakal Jeżyce Runners	00:23:48	02:13:43	05:04:18	<b>05:14:28.10</b>	<b>05:14:28.10</b>	+03:02:40 (58.1%)	12:05	5 (42.4%)
194	<b>KRAJEWSKI Wojciech</b>	<b>1064</b>	TKD SZAKAL JEŻYCE RUNNERS	M Open	123	TKD Szakal Jeżyce Runners	00:23:47	02:13:45	05:04:21	<b>05:14:28.10</b>	<b>05:14:28.10</b>	+03:02:40 (58.1%)	12:05	5 (42.4%)
196	<b>KRAJEWSKA Marta</b>	<b>1063</b>	TKD SZAKAL JEŻYCE RUNNERS	K Open	73	TKD Szakal Jeżyce Runners	00:23:50	02:13:56	05:04:21	<b>05:14:28.15</b>	<b>05:14:28.15</b>	+03:02:40 (58.1%)	12:05	5 (42.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Solinka_herlaty 3km	P2_Roztoki 11.9km	P1_Krzyzowka_z_czerwonym 24.86km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
197	<b>SŁOWIŃSKA Karolina</b>	<b>1038</b>		K Open	74		00:22:55	02:12:54	05:20:37	<b>05:31:47.65</b>	<b>05:31:47.65</b>	+03:20:00 (60.3%)	12:45	4.7 (39.8%)

Znaleziono 197 wynik(ów)