



# I ULTRA MARATON BIESZCZADZKI

B4SPORT

**Organizator:** OTK Rzeźnik  
**Data:** 2013-10-13  
**Miejsce:** Cisna  
**Dystans:** 47 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
1	<b>GORCZYCA Bartosz</b>	<b>1</b>		M20	1	<b>03:34:37.00</b>	<b>03:34:37.00</b>		4:07	14.5 (100%)
2	<b>JABŁOŃSKI Artur</b>	<b>2</b>	JACEKBIEGA BY POWERGYM	M30	1	<b>03:35:07.00</b>	<b>03:35:07.00</b>	+00:00:30 (0.2%)	4:08	14.5 (100%)
3	<b>GRINIUS Gediminas</b>	<b>3</b>	D2G2 / SVIESOS KARIAI / HQ MNC NE	M30	2	<b>03:53:08.00</b>	<b>03:53:08.00</b>	+00:18:31 (7.9%)	4:29	13.4 (92.4%)
4	<b>PAKUŁA Paweł</b>	<b>4</b>	COLUMBIA / MKS "ŻAK" BIAŁA PODLASKA	M30	3	<b>04:11:46.00</b>	<b>04:11:46.00</b>	+00:37:09 (14.8%)	4:50	12.4 (85.5%)
5	<b>CICHOŃ Maciej</b>	<b>5</b>	42.195 WEJHEROWO	M40	1	<b>04:32:43.00</b>	<b>04:32:43.00</b>	+00:58:06 (21.3%)	5:14	11.4 (78.6%)
6	<b>GARDENER Jacek</b>	<b>6</b>	JACEKBIEGA BY POWERGYM	M40	2	<b>04:34:35.00</b>	<b>04:34:35.00</b>	+00:59:58 (21.8%)	5:16	11.4 (78.6%)
7	<b>KŁÓSEK Tomasz</b>	<b>7</b>	JACEKBIEGA BY POWERGYM	M30	4	<b>04:35:09.00</b>	<b>04:35:09.00</b>	+01:00:32 (22.0%)	5:17	11.3 (77.9%)
8	<b>LIPOWSKI Marcin</b>	<b>8</b>	ART OF SPORT BIZUTERIASPORTOWA.PL	M30	5	<b>04:35:32.00</b>	<b>04:35:32.00</b>	+01:00:55 (22.1%)	5:17	11.3 (77.9%)
9	<b>DOMISZEWSKI Ignacy</b>	<b>9</b>		M20	2	<b>04:36:43.00</b>	<b>04:36:43.00</b>	+01:02:06 (22.4%)	5:19	11.3 (77.9%)
10	<b>DUDZIK Robert</b>	<b>10</b>		M20	3	<b>04:36:56.00</b>	<b>04:36:56.00</b>	+01:02:19 (22.5%)	5:19	11.3 (77.9%)
11	<b>ZIOŁO Jarosław</b>	<b>11</b>		M30	6	<b>04:37:08.00</b>	<b>04:37:08.00</b>	+01:02:31 (22.6%)	5:19	11.3 (77.9%)
12	<b>KRZYSZTOŃ Marcin</b>	<b>12</b>	GIEEMPE LASY	M30	7	<b>04:39:50.00</b>	<b>04:39:50.00</b>	+01:05:13 (23.3%)	5:22	11.1 (76.6%)
13	<b>KUCZEWSKI Tomasz</b>	<b>13</b>	NIEZRZESZONY	M40	3	<b>04:40:09.00</b>	<b>04:40:09.00</b>	+01:05:32 (23.4%)	5:23	11.1 (76.6%)
14	<b>WIERNUSZ Krzysztof</b>	<b>14</b>		M30	8	<b>04:41:50.00</b>	<b>04:41:50.00</b>	+01:07:13 (23.8%)	5:25	11.1 (76.6%)
15	<b>PAWUL Wojciech</b>	<b>15</b>	RAB TEAM POLSKA GOPR BIESZCZADY	M20	4	<b>04:43:43.00</b>	<b>04:43:43.00</b>	+01:09:06 (24.4%)	5:27	11 (75.9%)
16	<b>BUDNICKI Rafał</b>	<b>16</b>	MORT!	M20	5	<b>04:45:19.00</b>	<b>04:45:19.00</b>	+01:10:42 (24.8%)	5:29	10.9 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
17	<b>KAŁUŻNY Jakub</b>	<b>17</b>	SCHRONISKO JAWORZEC BIESZCZADY	M20	6	<b>04:46:04.00</b>	<b>04:46:04.00</b>	+01:11:27 (25.0%)	5:30	10.9 (75.2%)
18	<b>KUŹNIAR Paweł</b>	<b>18</b>		M20	7	<b>04:46:51.00</b>	<b>04:46:51.00</b>	+01:12:14 (25.2%)	5:30	10.9 (75.2%)
19	<b>ŁUKASZUK Michał</b>	<b>19</b>	SASKA KĘPA	M30	9	<b>04:47:01.00</b>	<b>04:47:01.00</b>	+01:12:24 (25.2%)	5:31	10.9 (75.2%)
20	<b>ŁĘCKA Agnieszka</b>	<b>20</b>	JACEKBIEGA BY POWERGYM	K20	1	<b>04:47:12.00</b>	<b>04:47:12.00</b>	+01:12:35 (25.3%)	5:31	10.9 (75.2%)
21	<b>ŁYJAK Olga</b>	<b>21</b>	JACEKBIEGA BY POWERGYM	K30	1	<b>04:48:47.00</b>	<b>04:48:47.00</b>	+01:14:10 (25.7%)	5:33	10.8 (74.5%)
22	<b>SOCHA Maciej</b>	<b>22</b>	WREDNY ZYGMUNT TEAM	M30	10	<b>04:50:00.00</b>	<b>04:50:00.00</b>	+01:15:23 (26.0%)	5:34	10.8 (74.5%)
23	<b>KOBYLARZ Piotr</b>	<b>23</b>	RZESZOWSKIE GAZELE I GEPARDY	M20	8	<b>04:53:27.00</b>	<b>04:53:27.00</b>	+01:18:50 (26.9%)	5:38	10.6 (73.1%)
24	<b>BOBER Maciej</b>	<b>24</b>		M30	11	<b>04:54:28.00</b>	<b>04:54:28.00</b>	+01:19:51 (27.1%)	5:39	10.6 (73.1%)
25	<b>BŁĘDOWSKI Jakub</b>	<b>25</b>	TRUCHTACZ.PL	M40	4	<b>04:55:47.00</b>	<b>04:55:47.00</b>	+01:21:10 (27.4%)	5:41	10.5 (72.4%)
26	<b>BARANIAK Radosław</b>	<b>26</b>		M40	5	<b>04:58:58.00</b>	<b>04:58:58.00</b>	+01:24:21 (28.2%)	5:44	10.4 (71.7%)
27	<b>JASTRZĄB Piotr</b>	<b>27</b>	DEKAN LESKO	M40	6	<b>04:59:15.00</b>	<b>04:59:15.00</b>	+01:24:38 (28.3%)	5:45	10.4 (71.7%)
28	<b>KOŁDER Tomasz</b>	<b>28</b>	PAKO TEAM CIESZYN	M30	12	<b>05:00:40.00</b>	<b>05:00:40.00</b>	+01:26:03 (28.6%)	5:46	10.4 (71.7%)
28	<b>PAWLAS Lucjan</b>	<b>29</b>	PAKO TEAM CIESZYN	M30	12	<b>05:00:40.00</b>	<b>05:00:40.00</b>	+01:26:03 (28.6%)	5:46	10.4 (71.7%)
30	<b>KOMISARZ Tomasz</b>	<b>30</b>		M30	14	<b>05:00:41.00</b>	<b>05:00:41.00</b>	+01:26:04 (28.6%)	5:46	10.4 (71.7%)
31	<b>WOŁOSZYN Ryszard</b>	<b>31</b>	KLINGSPOR BIELSKO-BIAŁA	M40	7	<b>05:02:33.00</b>	<b>05:02:33.00</b>	+01:27:56 (29.1%)	5:49	10.3 (71.0%)
32	<b>HADAM Jacek</b>	<b>32</b>	KLUB BIEGACZA LUBACZÓW	M40	8	<b>05:03:39.00</b>	<b>05:03:39.00</b>	+01:29:02 (29.3%)	5:50	10.3 (71.0%)
33	<b>CIESIŃSKI Mariusz</b>	<b>33</b>		M40	9	<b>05:04:16.00</b>	<b>05:04:16.00</b>	+01:29:39 (29.5%)	5:51	10.3 (71.0%)
34	<b>SOBOLEWSKI Sebastian</b>	<b>34</b>		M20	9	<b>05:08:00.00</b>	<b>05:08:00.00</b>	+01:33:23 (30.3%)	5:55	10.1 (69.7%)
35	<b>WITT Bartosz</b>	<b>35</b>	BULL RACING TEAM	M30	15	<b>05:10:27.00</b>	<b>05:10:27.00</b>	+01:35:50 (30.9%)	5:58	10 (69.0%)
36	<b>TKACZEWSKI Piotr</b>	<b>36</b>	NIEZRZESZONY	M40	10	<b>05:10:37.00</b>	<b>05:10:37.00</b>	+01:36:00 (30.9%)	5:58	10 (69.0%)
37	<b>MAJ Robert</b>	<b>37</b>	TVP LUBLIN	M40	11	<b>05:10:57.00</b>	<b>05:10:57.00</b>	+01:36:20 (31.0%)	5:58	10 (69.0%)
38	<b>ŚLIWIŃSKI Paweł</b>	<b>38</b>		M20	10	<b>05:12:53.00</b>	<b>05:12:53.00</b>	+01:38:16 (31.4%)	6:01	10 (69.0%)
39	<b>PRĘDKI Mirosław</b>	<b>39</b>		M30	16	<b>05:13:21.00</b>	<b>05:13:21.00</b>	+01:38:44 (31.5%)	6:01	10 (69.0%)

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40	<b>ADAMCZUK Mariusz</b>	<b>40</b>	NAPIERAMY!	M30	17	<b>05:15:00.00</b>	<b>05:15:00.00</b>	+01:40:23 (31.9%)	6:03	9.9 (68.3%)
41	<b>WIDŁAK Janusz</b>	<b>41</b>		M40	12	<b>05:15:59.00</b>	<b>05:15:59.00</b>	+01:41:22 (32.1%)	6:04	9.9 (68.3%)
42	<b>KĄKOL Łukasz</b>	<b>42</b>	HEINEKEN RUNNERS	M30	18	<b>05:16:11.00</b>	<b>05:16:11.00</b>	+01:41:34 (32.1%)	6:04	9.9 (68.3%)
43	<b>POPIOŁEK Maciej</b>	<b>43</b>	MASANA.PL	M20	11	<b>05:16:45.00</b>	<b>05:16:45.00</b>	+01:42:08 (32.2%)	6:05	9.9 (68.3%)
44	<b>KONOPKA Sławek</b>	<b>44</b>	STOWARZYSZENIE RANNYCH I POSZKODOWANYCH W MISJACH POZA GRANICAMI KRAJU	M40	13	<b>05:17:15.00</b>	<b>05:17:15.00</b>	+01:42:38 (32.4%)	6:06	9.8 (67.6%)
45	<b>GRUSZKA Darek</b>	<b>45</b>	CENERIA.PL	M30	19	<b>05:17:34.00</b>	<b>05:17:34.00</b>	+01:42:57 (32.4%)	6:06	9.8 (67.6%)
46	<b>OLEKSY Jarosław</b>	<b>46</b>	KS LIMANOWA FORREST	M50	1	<b>05:20:23.00</b>	<b>05:20:23.00</b>	+01:45:46 (33.0%)	6:09	9.7 (66.9%)
47	<b>FIGURA Marcin</b>	<b>47</b>	KWIDZYN RUN	M30	20	<b>05:21:09.00</b>	<b>05:21:09.00</b>	+01:46:32 (33.2%)	6:10	9.7 (66.9%)
48	<b>KONDRAK Jan</b>	<b>48</b>	LUBELSKA FEDERACJA BARDÓW	M50	2	<b>05:22:04.00</b>	<b>05:22:04.00</b>	+01:47:27 (33.4%)	6:11	9.7 (66.9%)
49	<b>SZYMEL Michał</b>	<b>49</b>		M20	12	<b>05:23:20.00</b>	<b>05:23:20.00</b>	+01:48:43 (33.6%)	6:13	9.6 (66.2%)
50	<b>ROSIŃSKI Piotr</b>	<b>50</b>	PRO-CARS WEJHEROWO	M50	3	<b>05:24:46.00</b>	<b>05:24:46.00</b>	+01:50:09 (33.9%)	6:14	9.6 (66.2%)
50	<b>BRUŻ Filip</b>	<b>51</b>	BULL RACING TEAM	M30	21	<b>05:24:46.00</b>	<b>05:24:46.00</b>	+01:50:09 (33.9%)	6:14	9.6 (66.2%)
52	<b>ZDANOWSKI Łukasz</b>	<b>52</b>	BEZ KLUBU	M20	13	<b>05:25:28.00</b>	<b>05:25:28.00</b>	+01:50:51 (34.1%)	6:15	9.6 (66.2%)
53	<b>DUBIECKI Jarema</b>	<b>53</b>	ŁKB NA ZDROWIE	M40	14	<b>05:25:40.00</b>	<b>05:25:40.00</b>	+01:51:03 (34.1%)	6:15	9.6 (66.2%)
54	<b>TRUSZKIEWICZ Krystian</b>	<b>54</b>		M20	14	<b>05:27:35.00</b>	<b>05:27:35.00</b>	+01:52:58 (34.5%)	6:17	9.5 (65.5%)
55	<b>SŁODOWNIK Rafał</b>	<b>55</b>	MMTT	M20	15	<b>05:27:38.00</b>	<b>05:27:38.00</b>	+01:53:01 (34.5%)	6:18	9.5 (65.5%)
56	<b>RZESZÓTKO Leszek</b>	<b>56</b>	TT ZGÓRMYSYNY	M50	4	<b>05:27:50.00</b>	<b>05:27:50.00</b>	+01:53:13 (34.5%)	6:18	9.5 (65.5%)
57	<b>WODER Olaf</b>	<b>57</b>	TRUCHTACZ.PL	M30	22	<b>05:28:05.00</b>	<b>05:28:05.00</b>	+01:53:28 (34.6%)	6:18	9.5 (65.5%)
57	<b>SZYSZKA Sebastian</b>	<b>58</b>	TRUCHTACZ.PL	M40	15	<b>05:28:05.00</b>	<b>05:28:05.00</b>	+01:53:28 (34.6%)	6:18	9.5 (65.5%)
59	<b>SUJAK Mirosław</b>	<b>59</b>	MKB DREPTAK	M40	16	<b>05:29:18.00</b>	<b>05:29:18.00</b>	+01:54:41 (34.8%)	6:19	9.5 (65.5%)
60	<b>TUROSZ Iwona</b>	<b>60</b>	GOPR BIESZCZADY	K20	2	<b>05:30:24.00</b>	<b>05:30:24.00</b>	+01:55:47 (35.0%)	6:21	9.4 (64.8%)
61	<b>RĘKAWEK Artur</b>	<b>61</b>		M40	17	<b>05:30:55.00</b>	<b>05:30:55.00</b>	+01:56:18 (35.1%)	6:21	9.4 (64.8%)
62	<b>REGUŁA Paweł</b>	<b>62</b>	SZCZĘŚCIE W NIESZCZĘŚCIU	M30	23	<b>05:31:01.00</b>	<b>05:31:01.00</b>	+01:56:24 (35.2%)	6:21	9.4 (64.8%)

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63	<b>DĄBKOWSKI Kamil</b>	<b>63</b>		M40	18	<b>05:31:06.00</b>	<b>05:31:06.00</b>	+01:56:29 (35.2%)	6:22	9.4 (64.8%)
64	<b>JAREMA Robert</b>	<b>64</b>	LOKOMOTIV MAJDAN	M40	19	<b>05:31:25.00</b>	<b>05:31:25.00</b>	+01:56:48 (35.2%)	6:22	9.4 (64.8%)
65	<b>BRZOZOWSKI Jacek</b>	<b>65</b>	JACEK BRZOZOWSKI	M30	24	<b>05:31:46.00</b>	<b>05:31:46.00</b>	+01:57:09 (35.3%)	6:22	9.4 (64.8%)
66	<b>KITLAS Dariusz</b>	<b>66</b>	PĘDZIWIATR BIAŁYSTOK SOCHONIE	M40	20	<b>05:32:09.00</b>	<b>05:32:09.00</b>	+01:57:32 (35.4%)	6:23	9.4 (64.8%)
67	<b>MACYSZYN Wojciech</b>	<b>67</b>	NGB KŁOBUCK	M30	25	<b>05:32:40.00</b>	<b>05:32:40.00</b>	+01:58:03 (35.5%)	6:23	9.4 (64.8%)
68	<b>HERNIK Dariusz</b>	<b>68</b>	BIEGIEM RADOM!	M40	21	<b>05:33:01.00</b>	<b>05:33:01.00</b>	+01:58:24 (35.6%)	6:24	9.4 (64.8%)
69	<b>WISZNIEWSKI Wojciech</b>	<b>69</b>		M30	26	<b>05:34:06.00</b>	<b>05:34:06.00</b>	+01:59:29 (35.8%)	6:25	9.3 (64.1%)
70	<b>HELOWICZ Stanisław</b>	<b>70</b>		M30	27	<b>05:35:21.00</b>	<b>05:35:21.00</b>	+02:00:44 (36.0%)	6:26	9.3 (64.1%)
71	<b>MADEJSKI Sławomir</b>	<b>71</b>	SPELEOKLUB ŚWIĘTOKRZYSKI	M20	16	<b>05:35:36.00</b>	<b>05:35:36.00</b>	+02:00:59 (36.0%)	6:27	9.3 (64.1%)
72	<b>DETLAFF Mariusz</b>	<b>72</b>	WATAHA WILCZA GÓRA	M30	28	<b>05:36:20.00</b>	<b>05:36:20.00</b>	+02:01:43 (36.2%)	6:28	9.3 (64.1%)
73	<b>LISZKA Piotr</b>	<b>73</b>		M60	1	<b>05:36:47.00</b>	<b>05:36:47.00</b>	+02:02:10 (36.3%)	6:28	9.3 (64.1%)
74	<b>ŁUBIAN Michał</b>	<b>74</b>		M30	29	<b>05:36:57.00</b>	<b>05:36:57.00</b>	+02:02:20 (36.3%)	6:28	9.3 (64.1%)
75	<b>SKROK Dariusz</b>	<b>75</b>	HARDCORE HOLIDAYS	M40	22	<b>05:37:33.00</b>	<b>05:37:33.00</b>	+02:02:56 (36.4%)	6:29	9.2 (63.4%)
76	<b>KOEHLER Krzysztof</b>	<b>76</b>		M50	5	<b>05:37:50.00</b>	<b>05:37:50.00</b>	+02:03:13 (36.5%)	6:29	9.2 (63.4%)
77	<b>ZWOLIŃSKI Lukasz</b>	<b>77</b>	AKADEMIABIEGANIA.PL	M30	30	<b>05:40:23.00</b>	<b>05:40:23.00</b>	+02:05:46 (36.9%)	6:32	9.2 (63.4%)
78	<b>KAISER Krzysztof</b>	<b>78</b>		M30	31	<b>05:41:27.00</b>	<b>05:41:27.00</b>	+02:06:50 (37.1%)	6:33	9.1 (62.8%)
79	<b>TURLEJ Dariusz</b>	<b>79</b>	KONDYCJA	M50	6	<b>05:41:59.00</b>	<b>05:41:59.00</b>	+02:07:22 (37.2%)	6:34	9.1 (62.8%)
80	<b>TARCZYŃSKA Halina</b>	<b>80</b>	MAJDAŃSKA TEAM	K30	2	<b>05:42:12.00</b>	<b>05:42:12.00</b>	+02:07:35 (37.3%)	6:34	9.1 (62.8%)
81	<b>MATUSZEWICZ Ewa</b>	<b>81</b>		K50	1	<b>05:42:24.00</b>	<b>05:42:24.00</b>	+02:07:47 (37.3%)	6:35	9.1 (62.8%)
82	<b>GRYGO Krzysztof</b>	<b>82</b>	KS LOMZANIE	M50	7	<b>05:42:51.00</b>	<b>05:42:51.00</b>	+02:08:14 (37.4%)	6:35	9.1 (62.8%)
83	<b>URMANOWSKI Daniel</b>	<b>83</b>	BRAK	M20	17	<b>05:43:07.00</b>	<b>05:43:07.00</b>	+02:08:30 (37.5%)	6:35	9.1 (62.8%)
84	<b>GAJOS Daniel</b>	<b>84</b>		M30	32	<b>05:43:10.00</b>	<b>05:43:10.00</b>	+02:08:33 (37.5%)	6:35	9.1 (62.8%)
84	<b>PIECHOTA Roman</b>	<b>85</b>		M30	32	<b>05:43:10.00</b>	<b>05:43:10.00</b>	+02:08:33 (37.5%)	6:35	9.1 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
86	<b>ZWIERZYŃSKI Wojciech</b>	<b>86</b>	WWW.BANGBANGDESIGN.PL	M30	34	<b>05:43:46.00</b>	<b>05:43:46.00</b>	+02:09:09 (37.6%)	6:36	9.1 (62.8%)
87	<b>SALSKI Rafał</b>	<b>87</b>		M40	23	<b>05:45:22.00</b>	<b>05:45:22.00</b>	+02:10:45 (37.9%)	6:38	9 (62.1%)
88	<b>ORŁOWSKA-BEDNARZ Maria</b>	<b>88</b>	FUNDACJA AKTYWNE TRZEMESZNO	K40	1	<b>05:46:10.00</b>	<b>05:46:10.00</b>	+02:11:33 (38.0%)	6:39	9 (62.1%)
89	<b>CZYŻ Marcin</b>	<b>89</b>	SZCZĘŚCIE W NIESZCZĘŚCIU	M30	35	<b>05:47:17.00</b>	<b>05:47:17.00</b>	+02:12:40 (38.2%)	6:40	9 (62.1%)
90	<b>BANAŚ Adam</b>	<b>90</b>	KW TROJMIASTO	M30	36	<b>05:47:51.00</b>	<b>05:47:51.00</b>	+02:13:14 (38.3%)	6:41	9 (62.1%)
91	<b>SOSNOWSKA Aleksandra</b>	<b>91</b>		K30	3	<b>05:47:52.00</b>	<b>05:47:52.00</b>	+02:13:15 (38.3%)	6:41	9 (62.1%)
92	<b>TUROSZ Zbigniew</b>	<b>92</b>	NIEZRZESZONY	M50	8	<b>05:47:57.00</b>	<b>05:47:57.00</b>	+02:13:20 (38.3%)	6:41	9 (62.1%)
93	<b>TUCZAPSKI Artur</b>	<b>93</b>		M50	9	<b>05:48:09.00</b>	<b>05:48:09.00</b>	+02:13:32 (38.4%)	6:41	9 (62.1%)
94	<b>PORĘBA Eugeniusz</b>	<b>94</b>	MIECHÓW	M50	10	<b>05:48:19.00</b>	<b>05:48:19.00</b>	+02:13:42 (38.4%)	6:41	9 (62.1%)
95	<b>BIAŁY Maciej</b>	<b>95</b>	PROREHAB RUNNING TEAM	M20	18	<b>05:50:33.00</b>	<b>05:50:33.00</b>	+02:15:56 (38.8%)	6:44	8.9 (61.4%)
96	<b>RÓŻANKOWSKA Aleksandra</b>	<b>96</b>		K40	2	<b>05:50:55.00</b>	<b>05:50:55.00</b>	+02:16:18 (38.8%)	6:44	8.9 (61.4%)
97	<b>CZOSNOWSKI Tomasz</b>	<b>97</b>	ZATYRANY	M30	37	<b>05:51:03.00</b>	<b>05:51:03.00</b>	+02:16:26 (38.9%)	6:45	8.9 (61.4%)
98	<b>FAFARA Marek</b>	<b>98</b>	ZEPHYR KĘDZIERZYN-KOŹLE	M30	38	<b>05:51:18.00</b>	<b>05:51:18.00</b>	+02:16:41 (38.9%)	6:45	8.9 (61.4%)
99	<b>SĘK Tomasz</b>	<b>99</b>		M30	39	<b>05:51:22.00</b>	<b>05:51:22.00</b>	+02:16:45 (38.9%)	6:45	8.9 (61.4%)
100	<b>DWORAK Norbert</b>	<b>100</b>		M30	40	<b>05:51:24.00</b>	<b>05:51:24.00</b>	+02:16:47 (38.9%)	6:45	8.9 (61.4%)
101	<b>JURCZAK Roman</b>	<b>101</b>		M50	11	<b>05:51:31.00</b>	<b>05:51:31.00</b>	+02:16:54 (38.9%)	6:45	8.9 (61.4%)
102	<b>SZEFER Maciej</b>	<b>102</b>		M30	41	<b>05:51:38.00</b>	<b>05:51:38.00</b>	+02:17:01 (39.0%)	6:45	8.9 (61.4%)
103	<b>SIWEK Marcin</b>	<b>103</b>		M20	19	<b>05:53:02.00</b>	<b>05:53:02.00</b>	+02:18:25 (39.2%)	6:47	8.8 (60.7%)
104	<b>BRODA Przemysław</b>	<b>104</b>	RUNNING-TEAM-ZABRZE	M30	42	<b>05:53:19.00</b>	<b>05:53:19.00</b>	+02:18:42 (39.3%)	6:47	8.8 (60.7%)
105	<b>KSIĘŻAK Bartłomiej</b>	<b>105</b>	BIEGSZLAKTRAFI.PL	M30	43	<b>05:53:21.00</b>	<b>05:53:21.00</b>	+02:18:44 (39.3%)	6:47	8.8 (60.7%)
106	<b>WIŚNIEWSKI Artur</b>	<b>106</b>	INTRO	M30	44	<b>05:53:54.00</b>	<b>05:53:54.00</b>	+02:19:17 (39.4%)	6:48	8.8 (60.7%)
107	<b>DARSKI Rafał</b>	<b>107</b>		M40	24	<b>05:54:54.00</b>	<b>05:54:54.00</b>	+02:20:17 (39.5%)	6:49	8.8 (60.7%)
108	<b>ŚLĄCZKA Arkadiusz</b>	<b>108</b>		M30	45	<b>05:56:18.00</b>	<b>05:56:18.00</b>	+02:21:41 (39.8%)	6:51	8.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
109	<b>DETLAFF Patrycja</b>	<b>109</b>	WATAHA WILCZA GÓRA	K30	4	<b>05:56:45.00</b>	<b>05:56:45.00</b>	+02:22:08 (39.8%)	6:51	8.7 (60.0%)
110	<b>RAKOWSKI Tomek</b>	<b>110</b>	TVP MARATON LUBELSKI	M40	25	<b>06:01:00.00</b>	<b>06:01:00.00</b>	+02:26:23 (40.5%)	6:56	8.6 (59.3%)
111	<b>KONIECZNY Mariusz</b>	<b>111</b>	AGONA W&M	M40	26	<b>06:01:08.00</b>	<b>06:01:08.00</b>	+02:26:31 (40.6%)	6:56	8.6 (59.3%)
111	<b>SZYBIAK Waldemar</b>	<b>112</b>	AGONA W&M	M40	26	<b>06:01:08.00</b>	<b>06:01:08.00</b>	+02:26:31 (40.6%)	6:56	8.6 (59.3%)
113	<b>CHOROŚ Piotr</b>	<b>113</b>	VEGE RUNNERS	M30	46	<b>06:01:43.00</b>	<b>06:01:43.00</b>	+02:27:06 (40.7%)	6:57	8.6 (59.3%)
113	<b>MADEJ Mirosław</b>	<b>114</b>	STR KRAKÓW	M40	28	<b>06:01:43.00</b>	<b>06:01:43.00</b>	+02:27:06 (40.7%)	6:57	8.6 (59.3%)
115	<b>KOZIOŁ Łukasz</b>	<b>115</b>	ZABIEGANI MIELEC	M30	47	<b>06:01:45.00</b>	<b>06:01:45.00</b>	+02:27:08 (40.7%)	6:57	8.6 (59.3%)
116	<b>ŚWIDERSKI Marcin</b>	<b>116</b>		M20	20	<b>06:04:45.00</b>	<b>06:04:45.00</b>	+02:30:08 (41.2%)	7:00	8.6 (59.3%)
117	<b>ŚLIWIŃSKI Andrzej</b>	<b>117</b>	MIECHÓW	M50	12	<b>06:05:10.00</b>	<b>06:05:10.00</b>	+02:30:33 (41.2%)	7:01	8.5 (58.6%)
118	<b>GRABOWSKA Joanna</b>	<b>118</b>	KM UMK TORUŃ	K30	5	<b>06:05:30.00</b>	<b>06:05:30.00</b>	+02:30:53 (41.3%)	7:01	8.5 (58.6%)
119	<b>MAZURKIEWICZ Tomasz</b>	<b>119</b>		M40	29	<b>06:05:41.00</b>	<b>06:05:41.00</b>	+02:31:04 (41.3%)	7:01	8.5 (58.6%)
120	<b>RUDZKI Grzegorz</b>	<b>120</b>		M50	13	<b>06:06:18.00</b>	<b>06:06:18.00</b>	+02:31:41 (41.4%)	7:02	8.5 (58.6%)
121	<b>PIECH Krzysztof</b>	<b>121</b>	SPARTANIE DZIECIOM	M40	30	<b>06:07:53.00</b>	<b>06:07:53.00</b>	+02:33:16 (41.7%)	7:04	8.5 (58.6%)
122	<b>ŚMIŁOWSKA Marzena</b>	<b>122</b>	OBOZYBIEGOWE.PL	K30	6	<b>06:08:18.00</b>	<b>06:08:18.00</b>	+02:33:41 (41.7%)	7:04	8.5 (58.6%)
123	<b>WOŹNIAK Ryszard</b>	<b>123</b>	POLITECHNIKA WARSZAWSKA	M40	31	<b>06:09:23.00</b>	<b>06:09:23.00</b>	+02:34:46 (41.9%)	7:06	8.4 (57.9%)
124	<b>BUKOWSKI Marian</b>	<b>124</b>		M60	2	<b>06:10:27.00</b>	<b>06:10:27.00</b>	+02:35:50 (42.1%)	7:07	8.4 (57.9%)
125	<b>WOJCIECHOWSKI Paweł</b>	<b>125</b>	0	M40	32	<b>06:10:45.00</b>	<b>06:10:45.00</b>	+02:36:08 (42.1%)	7:07	8.4 (57.9%)
126	<b>KRZYSZTOŃ Piotr</b>	<b>126</b>	GIEEMPE LASY	M30	48	<b>06:10:57.00</b>	<b>06:10:57.00</b>	+02:36:20 (42.1%)	7:08	8.4 (57.9%)
127	<b>SKWARZYŃSKI Erwin</b>	<b>127</b>		M20	21	<b>06:11:07.00</b>	<b>06:11:07.00</b>	+02:36:30 (42.2%)	7:08	8.4 (57.9%)
128	<b>SZYSZKOWSKI Włodzimierz</b>	<b>128</b>		M40	33	<b>06:11:10.00</b>	<b>06:11:10.00</b>	+02:36:33 (42.2%)	7:08	8.4 (57.9%)
129	<b>ZAKRZEWSKI Krzysztof</b>	<b>129</b>	3:33 TEAM	M40	34	<b>06:13:10.00</b>	<b>06:13:10.00</b>	+02:38:33 (42.5%)	7:10	8.4 (57.9%)
130	<b>WESOŁOWSKI Robert</b>	<b>130</b>	SKRZAT TEAM	M30	49	<b>06:13:50.00</b>	<b>06:13:50.00</b>	+02:39:13 (42.6%)	7:11	8.3 (57.2%)
131	<b>BŁOCH Marek</b>	<b>131</b>		M40	35	<b>06:14:03.00</b>	<b>06:14:03.00</b>	+02:39:26 (42.6%)	7:11	8.3 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
132	<b>MUSIAŁOWSKI Marcin</b>	<b>132</b>	ESKA TEAM-USTRZYKI GÓRNE	M30	50	<b>06:14:43.00</b>	<b>06:14:43.00</b>	+02:40:06 (42.7%)	7:12	8.3 (57.2%)
133	<b>FARON Agnieszka</b>	<b>133</b>	NEWLINE TEAM	K30	7	<b>06:14:50.00</b>	<b>06:14:50.00</b>	+02:40:13 (42.7%)	7:12	8.3 (57.2%)
134	<b>SKRZYPCZAK Piotr</b>	<b>134</b>		M30	51	<b>06:17:49.00</b>	<b>06:17:49.00</b>	+02:43:12 (43.2%)	7:15	8.3 (57.2%)
135	<b>GAZDA Bartłomiej</b>	<b>135</b>		M30	52	<b>06:18:44.00</b>	<b>06:18:44.00</b>	+02:44:07 (43.3%)	7:17	8.2 (56.6%)
136	<b>BONDARA Sylwia</b>	<b>136</b>		K20	3	<b>06:21:48.00</b>	<b>06:21:48.00</b>	+02:47:11 (43.8%)	7:20	8.2 (56.6%)
137	<b>MISIUREWICZ Paweł</b>	<b>137</b>	PASSUS SPORT TEAM	M40	36	<b>06:21:57.00</b>	<b>06:21:57.00</b>	+02:47:20 (43.8%)	7:20	8.2 (56.6%)
138	<b>NOWAK Artur</b>	<b>138</b>		M30	53	<b>06:22:03.00</b>	<b>06:22:03.00</b>	+02:47:26 (43.8%)	7:20	8.2 (56.6%)
139	<b>JACKOWIAK Michał</b>	<b>139</b>	BULL RACING TEAM	M30	54	<b>06:22:15.00</b>	<b>06:22:15.00</b>	+02:47:38 (43.9%)	7:21	8.2 (56.6%)
140	<b>BONDARCZUK Igor</b>	<b>140</b>	BONDARCZUK.COM	M40	37	<b>06:24:21.00</b>	<b>06:24:21.00</b>	+02:49:44 (44.2%)	7:23	8.1 (55.9%)
141	<b>RAK Łukasz</b>	<b>141</b>	JASIELSKIE STOWARZYSZENIE C YKLISTÓW	M30	55	<b>06:25:15.00</b>	<b>06:25:15.00</b>	+02:50:38 (44.3%)	7:24	8.1 (55.9%)
142	<b>CZEPIEL-RAK Katarzyna</b>	<b>142</b>	JASIELSKIE STOWARZYSZENIE C YKLISTÓW	K30	8	<b>06:25:16.00</b>	<b>06:25:16.00</b>	+02:50:39 (44.3%)	7:24	8.1 (55.9%)
143	<b>WIŚNIEWSKI Piotr</b>	<b>143</b>	AKTYWNI KOCIEWIACY	M40	38	<b>06:25:40.00</b>	<b>06:25:40.00</b>	+02:51:03 (44.4%)	7:25	8.1 (55.9%)
144	<b>CYPARSKI Artur</b>	<b>144</b>	4 PORY ROKU BRZOZÓW	M30	56	<b>06:26:24.00</b>	<b>06:26:24.00</b>	+02:51:47 (44.5%)	7:25	8.1 (55.9%)
145	<b>GROSSE Paweł</b>	<b>145</b>		M30	57	<b>06:26:36.00</b>	<b>06:26:36.00</b>	+02:51:59 (44.5%)	7:26	8.1 (55.9%)
146	<b>ULAS Maciej</b>	<b>146</b>		M30	58	<b>06:27:55.00</b>	<b>06:27:55.00</b>	+02:53:18 (44.7%)	7:27	8 (55.2%)
146	<b>OLEŃDZKI Janusz</b>	<b>147</b>	WREDNY ZYGMUNT TEAM	M50	14	<b>06:27:55.00</b>	<b>06:27:55.00</b>	+02:53:18 (44.7%)	7:27	8 (55.2%)
148	<b>ŻOLEK Artur</b>	<b>148</b>	WHTK	M30	59	<b>06:28:27.00</b>	<b>06:28:27.00</b>	+02:53:50 (44.8%)	7:28	8 (55.2%)
149	<b>ZBOŻNIAK Łukasz</b>	<b>149</b>	N/A	M20	22	<b>06:30:51.00</b>	<b>06:30:51.00</b>	+02:56:14 (45.1%)	7:30	8 (55.2%)
149	<b>SOCHA Piotr</b>	<b>150</b>		M20	22	<b>06:30:51.00</b>	<b>06:30:51.00</b>	+02:56:14 (45.1%)	7:30	8 (55.2%)
151	<b>WOŹNIAK Sebastian</b>	<b>151</b>		M20	24	<b>06:31:25.00</b>	<b>06:31:25.00</b>	+02:56:48 (45.2%)	7:31	8 (55.2%)
152	<b>RUSZNICA Tomasz</b>	<b>152</b>		M30	60	<b>06:31:33.00</b>	<b>06:31:33.00</b>	+02:56:56 (45.2%)	7:31	8 (55.2%)
153	<b>HRYNIEWSKI Ryszard</b>	<b>153</b>	BRAK	M40	39	<b>06:31:44.00</b>	<b>06:31:44.00</b>	+02:57:07 (45.2%)	7:32	8 (55.2%)
154	<b>GOŁĘBIEWSKI Ludwik</b>	<b>154</b>		M30	61	<b>06:32:53.00</b>	<b>06:32:53.00</b>	+02:58:16 (45.4%)	7:33	7.9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
155	<b>LEŚNIEWICZ Tomasz</b>	<b>155</b>		M40	40	<b>06:33:21.00</b>	<b>06:33:21.00</b>	+02:58:44 (45.4%)	7:33	7.9 (54.5%)
156	<b>BŁACHOWICZ Rafał</b>	<b>156</b>	ZABIEGANI MIELEC	M40	41	<b>06:34:26.00</b>	<b>06:34:26.00</b>	+02:59:49 (45.6%)	7:35	7.9 (54.5%)
157	<b>ZAKRZEWSKI Paweł</b>	<b>157</b>	KB-REBUS.PL	M40	42	<b>06:34:36.00</b>	<b>06:34:36.00</b>	+02:59:59 (45.6%)	7:35	7.9 (54.5%)
158	<b>PALCZAK Rafał</b>	<b>158</b>	0	M40	43	<b>06:35:21.00</b>	<b>06:35:21.00</b>	+03:00:44 (45.7%)	7:36	7.9 (54.5%)
159	<b>BRZEZINSKI Marek</b>	<b>159</b>	KORUP MOTION	M40	44	<b>06:36:56.00</b>	<b>06:36:56.00</b>	+03:02:19 (45.9%)	7:38	7.9 (54.5%)
160	<b>KARDACH Kamil</b>	<b>160</b>		M20	25	<b>06:37:16.00</b>	<b>06:37:16.00</b>	+03:02:39 (46.0%)	7:38	7.9 (54.5%)
161	<b>JAREMA Maciej</b>	<b>161</b>	LOKOMOTIV MAJDAN	M30	62	<b>06:39:54.00</b>	<b>06:39:54.00</b>	+03:05:17 (46.3%)	7:41	7.8 (53.8%)
162	<b>SZCZEPANEK Monika</b>	<b>162</b>		K40	3	<b>06:40:15.00</b>	<b>06:40:15.00</b>	+03:05:38 (46.4%)	7:41	7.8 (53.8%)
163	<b>MORAWSKA Anna</b>	<b>163</b>	KONDYCJA	K60	1	<b>06:42:51.00</b>	<b>06:42:51.00</b>	+03:08:14 (46.7%)	7:44	7.7 (53.1%)
164	<b>SOPAŁA Jakub</b>	<b>164</b>		M30	63	<b>06:43:24.00</b>	<b>06:43:24.00</b>	+03:08:47 (46.8%)	7:45	7.7 (53.1%)
164	<b>RZESZÓTKO Marzena</b>	<b>165</b>	TT ZGÓRMYSYNY	K40	4	<b>06:43:24.00</b>	<b>06:43:24.00</b>	+03:08:47 (46.8%)	7:45	7.7 (53.1%)
166	<b>GAŁWA Jan</b>	<b>166</b>	SZCZĘŚCIE W NIESZCZĘŚCIU	M20	26	<b>06:45:16.00</b>	<b>06:45:16.00</b>	+03:10:39 (47.0%)	7:47	7.7 (53.1%)
167	<b>BAUM Maciej</b>	<b>167</b>		M40	45	<b>06:45:29.00</b>	<b>06:45:29.00</b>	+03:10:52 (47.1%)	7:47	7.7 (53.1%)
168	<b>KIRKIEWICZ Ireneusz</b>	<b>168</b>	KOLEGA MAĆKA OŁAWA	M40	46	<b>06:45:35.00</b>	<b>06:45:35.00</b>	+03:10:58 (47.1%)	7:47	7.7 (53.1%)
169	<b>JÓZEFczyk Tomasz</b>	<b>169</b>	BRAK	M30	64	<b>06:45:40.00</b>	<b>06:45:40.00</b>	+03:11:03 (47.1%)	7:48	7.7 (53.1%)
170	<b>BUSZ Jacek</b>	<b>170</b>	KORMORAN	M30	65	<b>06:47:30.00</b>	<b>06:47:30.00</b>	+03:12:53 (47.3%)	7:50	7.7 (53.1%)
171	<b>HUZIOR Elżbieta</b>	<b>171</b>	LUXTORPEDA CZERWIONKA	K40	5	<b>06:47:31.00</b>	<b>06:47:31.00</b>	+03:12:54 (47.3%)	7:50	7.7 (53.1%)
172	<b>KOZA Jan</b>	<b>172</b>	LOKOMOTIV MAJDAN	M20	27	<b>06:47:47.00</b>	<b>06:47:47.00</b>	+03:13:10 (47.4%)	7:50	7.7 (53.1%)
172	<b>DERWICH Łukasz</b>	<b>173</b>	GOPR BIESZCZADY	M30	66	<b>06:47:47.00</b>	<b>06:47:47.00</b>	+03:13:10 (47.4%)	7:50	7.7 (53.1%)
174	<b>RAKOWSKA Magdalena</b>	<b>174</b>		K40	6	<b>06:47:50.00</b>	<b>06:47:50.00</b>	+03:13:13 (47.4%)	7:50	7.7 (53.1%)
175	<b>PILECKI Maciej</b>	<b>175</b>		M30	67	<b>06:49:17.00</b>	<b>06:49:17.00</b>	+03:14:40 (47.6%)	7:52	7.6 (52.4%)
176	<b>SZELKA Andrzej</b>	<b>176</b>	AKMB PĘDZIWIATR GLIWICE	M50	15	<b>06:52:09.00</b>	<b>06:52:09.00</b>	+03:17:32 (47.9%)	7:55	7.6 (52.4%)
177	<b>MIELEC Daniel</b>	<b>177</b>	WWW.USLUGIALPINISTYCZNE.PL	M30	68	<b>06:52:50.00</b>	<b>06:52:50.00</b>	+03:18:13 (48.0%)	7:56	7.6 (52.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
178	KACZMAREK Jakub	178	NIEZRZESZONY	M30	69	06:53:44.00	06:53:44.00	+03:19:07 (48.1%)	7:57	7.5 (51.7%)
179	FIJAŁKOWSKI Radosław	179	KOSTEK TEAM	M30	70	06:55:14.00	06:55:14.00	+03:20:37 (48.3%)	7:59	7.5 (51.7%)
180	SĘPKA Daria	180	SPARTANIE DZIECIOM	K30	9	06:55:38.00	06:55:38.00	+03:21:01 (48.4%)	7:59	7.5 (51.7%)
180	ZIELIŃSKI Michał	181		M40	47	06:55:38.00	06:55:38.00	+03:21:01 (48.4%)	7:59	7.5 (51.7%)
182	ZIELENKIEWICZ Kacper	182		M20	28	06:58:49.00	06:58:49.00	+03:24:12 (48.8%)	8:03	7.4 (51.0%)
183	DZIENISZEWSKI Tomasz	183		M30	71	06:58:59.00	06:58:59.00	+03:24:22 (48.8%)	8:03	7.4 (51.0%)
184	MIESZKIAN Krystian	184	TĘCZA	M30	72	07:00:13.00	07:00:13.00	+03:25:36 (48.9%)	8:04	7.4 (51.0%)
185	DĄBEK Paweł	185		M40	48	07:00:16.00	07:00:16.00	+03:25:39 (48.9%)	8:04	7.4 (51.0%)
186	KOSTKA Janusz	186	BRAK	M40	49	07:02:30.00	07:02:30.00	+03:27:53 (49.2%)	8:07	7.4 (51.0%)
187	PŁUCIENNIK Olga	187		K20	4	07:02:54.00	07:02:54.00	+03:28:17 (49.3%)	8:07	7.4 (51.0%)
188	ŻBIKOWSKA-JUSIS Katarzyna	188		K30	10	07:02:59.00	07:02:59.00	+03:28:22 (49.3%)	8:08	7.4 (51.0%)
189	GLÜCK Witold	189	KB "ARTURÓWEK" ŁÓDŹ	M40	50	07:03:20.00	07:03:20.00	+03:28:43 (49.3%)	8:08	7.4 (51.0%)
190	RUBAN Rafał	190	RUNNING TEAM ZABRZE	M30	73	07:04:46.00	07:04:46.00	+03:30:09 (49.5%)	8:10	7.3 (50.3%)
191	MOLEK Karol	191		M30	74	07:05:58.00	07:05:58.00	+03:31:21 (49.6%)	8:11	7.3 (50.3%)
192	ZAMOJSKI Adam	192	AQUARIUS	M40	51	07:06:51.00	07:06:51.00	+03:32:14 (49.7%)	8:12	7.3 (50.3%)
193	PYSIEWICZ Krzysztof	193	NIEZRZESZONY	M50	16	07:06:56.00	07:06:56.00	+03:32:19 (49.7%)	8:12	7.3 (50.3%)
194	DUDEK Arkadiusz	194	4 PORY ROKU	M40	52	07:08:02.00	07:08:02.00	+03:33:25 (49.9%)	8:13	7.3 (50.3%)
195	BABIK Łukasz	195		M30	75	07:09:47.00	07:09:47.00	+03:35:10 (50.1%)	8:15	7.3 (50.3%)
195	KUBALA Sylwester	196	NIEZRZESZONY	M40	53	07:09:47.00	07:09:47.00	+03:35:10 (50.1%)	8:15	7.3 (50.3%)
197	STARZYŃSKI Stefan	197	BBM	M40	54	07:10:01.00	07:10:01.00	+03:35:24 (50.1%)	8:16	7.3 (50.3%)
198	BUŚ Mateusz	198		M20	29	07:11:02.00	07:11:02.00	+03:36:25 (50.2%)	8:17	7.2 (49.7%)
199	SOSZYŃSKA Gosia	199	CZŁAPACZE	K50	2	07:12:53.00	07:12:53.00	+03:38:16 (50.4%)	8:19	7.2 (49.7%)
200	KUŁAKOWSKI Piotr	200	CZŁAPACZE	M50	17	07:12:54.00	07:12:54.00	+03:38:17 (50.4%)	8:19	7.2 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
201	<b>MROZIK Jarosław</b>	<b>201</b>	KB PEREŁKA PRAGA-PÓŁNOC	M20	30	<b>07:13:35.00</b>	<b>07:13:35.00</b>	+03:38:58 (50.5%)	8:20	7.2 (49.7%)
202	<b>DOMIAN Marta</b>	<b>202</b>		K20	5	<b>07:14:59.00</b>	<b>07:14:59.00</b>	+03:40:22 (50.7%)	8:21	7.2 (49.7%)
203	<b>HAMROL Bartosz</b>	<b>203</b>	WKSG WOLSZTYN GOPR BIESZCZADY	M30	76	<b>07:18:07.00</b>	<b>07:18:07.00</b>	+03:43:30 (51.0%)	8:25	7.1 (49.0%)
204	<b>OZIMKOWICZ Dariusz</b>	<b>204</b>		M50	18	<b>07:18:13.00</b>	<b>07:18:13.00</b>	+03:43:36 (51.0%)	8:25	7.1 (49.0%)
205	<b>NALEWAJEK Andrzej</b>	<b>205</b>	SMEREK9.PL	M50	19	<b>07:18:59.00</b>	<b>07:18:59.00</b>	+03:44:22 (51.1%)	8:26	7.1 (49.0%)
206	<b>OCHAB Janusz</b>	<b>206</b>		M40	55	<b>07:20:26.00</b>	<b>07:20:26.00</b>	+03:45:49 (51.3%)	8:28	7.1 (49.0%)
207	<b>DZIAĞ Anna</b>	<b>207</b>	NIEZRZESZONA	K40	7	<b>07:20:54.00</b>	<b>07:20:54.00</b>	+03:46:17 (51.3%)	8:28	7.1 (49.0%)
207	<b>SMOLIŃSKI Robert</b>	<b>208</b>	GLOBAL ADVENTURE TEAM	M40	56	<b>07:20:54.00</b>	<b>07:20:54.00</b>	+03:46:17 (51.3%)	8:28	7.1 (49.0%)
209	<b>DABULIS Jarosław</b>	<b>209</b>		M40	57	<b>07:21:06.00</b>	<b>07:21:06.00</b>	+03:46:29 (51.3%)	8:28	7.1 (49.0%)
210	<b>KUCZAKOWSKA Joanna</b>	<b>210</b>		K30	11	<b>07:22:23.00</b>	<b>07:22:23.00</b>	+03:47:46 (51.5%)	8:30	7.1 (49.0%)
210	<b>KRUZEL Rafał</b>	<b>211</b>		M40	58	<b>07:22:23.00</b>	<b>07:22:23.00</b>	+03:47:46 (51.5%)	8:30	7.1 (49.0%)
212	<b>ŚMIECHOWICZ Gerard</b>	<b>212</b>		M40	59	<b>07:24:51.00</b>	<b>07:24:51.00</b>	+03:50:14 (51.8%)	8:33	7 (48.3%)
213	<b>BEMBEN Roman</b>	<b>213</b>		M30	77	<b>07:27:41.00</b>	<b>07:27:41.00</b>	+03:53:04 (52.1%)	8:36	7 (48.3%)
214	<b>PAWŁOWSKI Tomek</b>	<b>214</b>	ŁYSI, BRODACI, WAŚACI I CO SŁUCHAJĄ RM	M30	78	<b>07:28:07.00</b>	<b>07:28:07.00</b>	+03:53:30 (52.1%)	8:37	7 (48.3%)
215	<b>KNAPIK Jerzy</b>	<b>215</b>	KKB DYSTANS KRAKÓW	M60	3	<b>07:28:43.00</b>	<b>07:28:43.00</b>	+03:54:06 (52.2%)	8:37	7 (48.3%)
216	<b>GŁUCH Krzysztof</b>	<b>216</b>		M30	79	<b>07:30:13.00</b>	<b>07:30:13.00</b>	+03:55:36 (52.3%)	8:39	6.9 (47.6%)
217	<b>KARWIŃSKA Urszula</b>	<b>217</b>	BBL TORUŃ	K20	6	<b>07:30:59.00</b>	<b>07:30:59.00</b>	+03:56:22 (52.4%)	8:40	6.9 (47.6%)
218	<b>WARDECKA Dorota</b>	<b>218</b>		K40	8	<b>07:32:08.00</b>	<b>07:32:08.00</b>	+03:57:31 (52.5%)	8:41	6.9 (47.6%)
219	<b>SOŚNICKI Michał</b>	<b>219</b>		M20	31	<b>07:34:11.00</b>	<b>07:34:11.00</b>	+03:59:34 (52.7%)	8:44	6.9 (47.6%)
219	<b>WAWRZOS Marek</b>	<b>220</b>	MKB EKOSFERA	M30	80	<b>07:34:11.00</b>	<b>07:34:11.00</b>	+03:59:34 (52.7%)	8:44	6.9 (47.6%)
221	<b>GIELEN Małgorzata</b>	<b>221</b>	WKB PIAST	K30	12	<b>07:37:47.00</b>	<b>07:37:47.00</b>	+04:03:10 (53.1%)	8:48	6.8 (46.9%)
222	<b>JAŻWA Kamil</b>	<b>222</b>		M20	32	<b>07:42:07.00</b>	<b>07:42:07.00</b>	+04:07:30 (53.6%)	8:53	6.8 (46.9%)
223	<b>GRZEGORCZYK Michał</b>	<b>223</b>		M20	33	<b>07:43:16.00</b>	<b>07:43:16.00</b>	+04:08:39 (53.7%)	8:54	6.7 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
224	<b>LAZAR-BORKOWSKA Bogusława</b>	<b>224</b>		K30	13	<b>07:43:18.00</b>	<b>07:43:18.00</b>	+04:08:41 (53.7%)	8:54	6.7 (46.2%)
225	<b>JULKE Sławomir</b>	<b>225</b>	LOFTSPORT	M30	81	<b>07:45:42.00</b>	<b>07:45:42.00</b>	+04:11:05 (53.9%)	8:57	6.7 (46.2%)
226	<b>KUPRAS Wiesław</b>	<b>226</b>		M40	60	<b>07:46:21.00</b>	<b>07:46:21.00</b>	+04:11:44 (54.0%)	8:58	6.7 (46.2%)
227	<b>SZPAKIEWICZ Jerzy</b>	<b>227</b>	SGMM	M50	20	<b>07:50:09.00</b>	<b>07:50:09.00</b>	+04:15:32 (54.4%)	9:02	6.6 (45.5%)

Znaleziono 227 wynik(ów)