



## II ĆWIERĆULTRAMARATON BIESZCZADZKI

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** OTK Rzeźnik  
**Data:** 2015-10-11  
**Miejsce:** Cisna  
**Dystans:** 13 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	<b>GAWROŃSKI Tomasz</b>	<b>1269</b>	UMKS NADIR JĘDRZEJÓW	Mężczyźni	1	00:59:35	<b>01:04:17.20</b>	<b>01:04:18.70</b>		4:56	12.1 (100%)
2	<b>KAMIŃSKI Artur</b>	<b>1263</b>	GMINA SADKOWICE	Mężczyźni	2	01:00:06	<b>01:04:57.25</b>	<b>01:04:59.00</b>	+00:00:40 (1.0%)	4:59	12 (99.2%)
3	<b>CISZCZONIK Sebastian</b>	<b>1193</b>	SPORTIVA.PL	Mężczyźni	3	01:01:27	<b>01:06:22.30</b>	<b>01:06:23.30</b>	+00:02:04 (3.1%)	5:06	11.8 (97.5%)
4	<b>DOMISZEWSKI Ignacy</b>	<b>1174</b>	USTRZYKI DOLNE	Mężczyźni	4	01:02:10	<b>01:07:12.15</b>	<b>01:07:13.10</b>	+00:02:54 (4.3%)	5:10	11.6 (95.9%)
5	<b>GARDENER Jacek</b>	<b>1241</b>	JACEKBIEGA RUNNING TEAM	Mężczyźni	5	01:05:48	<b>01:10:55.40</b>	<b>01:10:56.40</b>	+00:06:37 (9.3%)	5:27	11 (90.9%)
6	<b>DZIEDZIC Mariusz</b>	<b>1257</b>		Mężczyźni	6	01:07:47	<b>01:12:56.55</b>	<b>01:12:58.15</b>	+00:08:39 (11.9%)	5:36	10.7 (88.4%)
7	<b>BAŃCZAK Kamil</b>	<b>1262</b>		Mężczyźni	7	01:10:39	<b>01:15:35.95</b>	<b>01:15:37.30</b>	+00:11:18 (15.0%)	5:48	10.3 (85.1%)
8	<b>JAWORSKI Tomasz</b>	<b>1215</b>	WARSZAWA	Mężczyźni	8	01:11:14	<b>01:17:06.60</b>	<b>01:17:11.55</b>	+00:12:52 (16.7%)	5:55	10.1 (83.5%)
9	<b>KRZYCH Piotr</b>	<b>1104</b>	LUBACZÓW	Mężczyźni	9	01:15:09	<b>01:20:19.65</b>	<b>01:20:34.15</b>	+00:16:15 (20.2%)	6:10	9.7 (80.2%)
10	<b>KRAJEWSKI Jakub</b>	<b>1016</b>	ORELECKI KLUB BIEGACZA	Mężczyźni	10	01:15:35	<b>01:21:19.75</b>	<b>01:21:25.60</b>	+00:17:06 (21.0%)	6:15	9.6 (79.3%)
11	<b>ŚLĘCZKA Damian</b>	<b>1147</b>	DIT PRO RZESZÓW	Mężczyźni	11	01:16:29	<b>01:21:40.45</b>	<b>01:21:43.10</b>	+00:17:24 (21.3%)	6:17	9.5 (78.5%)
12	<b>KURZYNA Krzysztof</b>	<b>1265</b>	DZIERZKOWICE	Mężczyźni	12	01:16:30	<b>01:22:06.00</b>	<b>01:22:12.50</b>	+00:17:53 (21.8%)	6:18	9.5 (78.5%)
13	<b>CZWERENKO Wojciech</b>	<b>1082</b>	SANOK	Mężczyźni	13	01:17:02	<b>01:22:46.00</b>	<b>01:22:52.35</b>	+00:18:33 (22.4%)	6:22	9.4 (77.7%)
14	<b>DOPART Tomasz</b>	<b>1138</b>	DWERNIK	Mężczyźni	14	01:17:13	<b>01:22:54.40</b>	<b>01:23:12.75</b>	+00:18:54 (22.7%)	6:22	9.4 (77.7%)
15	<b>MUSIAŁOWSKI Marcin</b>	<b>1243</b>	ESKA TEAM USTRZYKI GÓRNE	Mężczyźni	15	01:17:03	<b>01:23:15.50</b>	<b>01:23:18.55</b>	+00:18:59 (22.8%)	6:24	9.4 (77.7%)
16	<b>JASKULSKI Kazimierz</b>	<b>1122</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	Mężczyźni	16	01:17:31	<b>01:23:30.60</b>	<b>01:23:31.80</b>	+00:19:13 (23.0%)	6:25	9.3 (76.9%)
17	<b>NOWAKOWSKI Jurek</b>	<b>1234</b>	AKTYWNI KOCIEWIACY	Mężczyźni	17	01:17:40	<b>01:23:32.70</b>	<b>01:23:34.75</b>	+00:19:16 (23.1%)	6:25	9.3 (76.9%)
18	<b>PINKOWSKI Dariusz</b>	<b>1154</b>	KPP LUBLINIEC X-KINETIC	Mężczyźni	18	01:18:38	<b>01:24:13.30</b>	<b>01:24:15.05</b>	+00:19:56 (23.7%)	6:28	9.3 (76.9%)
19	<b>NASTAŁA Lucjan</b>	<b>1237</b>	WIĄG	Mężczyźni	19	01:19:17	<b>01:24:55.35</b>	<b>01:24:57.70</b>	+00:20:39 (24.3%)	6:31	9.2 (76.0%)
20	<b>ZIELIŃSKA Weronika</b>	<b>1094</b>	12TRI.PL / ASICS FRONTRUNNER POLSKA	Kobiety	1	01:19:37	<b>01:25:15.10</b>	<b>01:25:20.45</b>	+00:21:01 (24.6%)	6:33	9.1 (75.2%)
21	<b>SZCZEPANKIEWICZ Benedykt</b>	<b>1097</b>	BAŁBLE I ODCISKI	Mężczyźni	20	01:19:49	<b>01:25:14.45</b>	<b>01:25:36.00</b>	+00:21:17 (24.9%)	6:33	9.1 (75.2%)
22	<b>PYRKOSZ Damian</b>	<b>1086</b>	RZESZOWSKIE GAZELE I GEPARDY	Mężczyźni	21	01:19:43	<b>01:25:56.10</b>	<b>01:25:57.65</b>	+00:21:38 (25.2%)	6:36	9.1 (75.2%)
23	<b>FARON Piotr</b>	<b>1275</b>		Mężczyźni	22	01:21:07	<b>01:27:30.30</b>	<b>01:27:32.45</b>	+00:23:13 (26.5%)	6:43	8.9 (73.6%)
24	<b>SZCZEPANKOWSKI Przemysław</b>	<b>1149</b>	WARSZAWA	Mężczyźni	23	01:22:16	<b>01:28:13.80</b>	<b>01:28:37.65</b>	+00:24:18 (27.4%)	6:47	8.8 (72.7%)
25	<b>SUKIENNIK Maciej</b>	<b>1268</b>	POWER TRAINING	Mężczyźni	24	01:23:40	<b>01:29:20.30</b>	<b>01:29:26.20</b>	+00:25:07 (28.1%)	6:52	8.7 (71.9%)
26	<b>GŁOGOWSKI Adam</b>	<b>1059</b>	NIGHT RUNNERS KABATY	Mężczyźni	25	01:23:23	<b>01:29:37.05</b>	<b>01:29:42.65</b>	+00:25:23 (28.3%)	6:53	8.7 (71.9%)
27	<b>SOWIŃSKA Agata</b>	<b>1242</b>	#JANNADALTYMZYJE	Kobiety	2	01:23:22	<b>01:29:38.75</b>	<b>01:29:51.30</b>	+00:25:32 (28.4%)	6:53	8.7 (71.9%)
28	<b>CIOBAN Dominika</b>	<b>1117</b>	PRZEMYSKI KLUB BIEGACZA	Kobiety	3	01:23:55	<b>01:30:11.55</b>	<b>01:30:14.40</b>	+00:25:55 (28.7%)	6:56	8.6 (71.1%)
29	<b>ARNDT Marcin</b>	<b>1021</b>	BIEGAM BO NIE LUBIE	Mężczyźni	26	01:24:57	<b>01:30:50.40</b>	<b>01:30:57.95</b>	+00:26:39 (29.3%)	6:59	8.6 (71.1%)
30	<b>ŚLUSARCZYK Maciej</b>	<b>1180</b>	STAŁOWA WOLA	Mężczyźni	27	01:25:37	<b>01:31:39.10</b>	<b>01:31:45.85</b>	+00:27:27 (29.9%)	7:03	8.5 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	12km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 13km	brutto 13km			
31	<b>STELMASZYK Piotr</b>	<b>1119</b>	PZU SPORT TEAM	Mężczyźni	28	01:25:02	<b>01:31:52.35</b>	<b>01:31:59.90</b>	+00:27:41 (30.1%)	7:04	8.5 (70.2%)
32	<b>NOWOMIEJSKI Marcin</b>	<b>1210</b>		Mężczyźni	29	01:25:38	<b>01:32:10.35</b>	<b>01:32:18.05</b>	+00:27:59 (30.3%)	7:05	8.5 (70.2%)
33	<b>PĘSIK Joanna</b>	<b>1259</b>	NR PŁOCK/ Z LASU	Kobiety	4	01:26:31	<b>01:33:10.50</b>	<b>01:33:17.85</b>	+00:28:59 (31.1%)	7:10	8.4 (69.4%)
34	<b>BAKIEWICZ Michał</b>	<b>1258</b>	NR PŁOCK/ Z LASU	Mężczyźni	30	01:26:37	<b>01:33:10.55</b>	<b>01:33:18.25</b>	+00:28:59 (31.1%)	7:10	8.4 (69.4%)
35	<b>ZIELIŃSKI Rafał</b>	<b>1186</b>	AGENCJA PERFORM	Mężczyźni	31	01:27:33	<b>01:33:50.40</b>	<b>01:33:54.30</b>	+00:29:35 (31.5%)	7:13	8.3 (68.6%)
36	<b>BALA Bogdan</b>	<b>1247</b>	MKS POGOŃ SIEDLCE	Mężczyźni	32	01:27:13	<b>01:34:03.15</b>	<b>01:34:05.60</b>	+00:29:46 (31.7%)	7:14	8.3 (68.6%)
37	<b>BŁASZCZAK Grzegorz</b>	<b>1168</b>	NIGHT RUNNERS PŁOCK	Mężczyźni	33	01:27:35	<b>01:34:15.65</b>	<b>01:34:23.90</b>	+00:30:05 (31.9%)	7:15	8.3 (68.6%)
38	<b>BARAN Kamil</b>	<b>1218</b>	JAROSŁAW	Mężczyźni	34	01:28:33	<b>01:34:17.90</b>	<b>01:34:33.35</b>	+00:30:14 (32.0%)	7:15	8.3 (68.6%)
39	<b>BUZALSKI Robert</b>	<b>1212</b>	BYDGOSZCZ	Mężczyźni	35	01:27:31	<b>01:34:27.85</b>	<b>01:34:36.30</b>	+00:30:17 (32.0%)	7:16	8.3 (68.6%)
40	<b>DOMISZEWSKA Maria</b>	<b>1201</b>	USTRZYKI DOLNE	Kobiety	5	01:27:52	<b>01:34:28.30</b>	<b>01:34:37.35</b>	+00:30:18 (32.0%)	7:16	8.3 (68.6%)
41	<b>DOMISZEWSKI Wojciech</b>	<b>1202</b>	USTRZYKI DOLNE	Mężczyźni	36	01:27:55	<b>01:34:27.80</b>	<b>01:34:37.45</b>	+00:30:18 (32.0%)	7:16	8.3 (68.6%)
42	<b>STEFANIAK Marcin</b>	<b>1029</b>	UKS SZAKAL JEŻYCE	Mężczyźni	37	01:28:28	<b>01:34:40.65</b>	<b>01:34:55.45</b>	+00:30:36 (32.2%)	7:17	8.2 (67.8%)
43	<b>ROCZNIK Bogdan</b>	<b>1214</b>	RTIP	Mężczyźni	38	01:28:31	<b>01:34:37.10</b>	<b>01:34:57.00</b>	+00:30:38 (32.3%)	7:16	8.2 (67.8%)
44	<b>DZIEDZINA Tomasz</b>	<b>1228</b>	NIGHT RUNNERS	Mężczyźni	39	01:28:37	<b>01:35:07.50</b>	<b>01:35:24.80</b>	+00:31:06 (32.6%)	7:19	8.2 (67.8%)
45	<b>PIWOWARCZYK Magdalena</b>	<b>1105</b>	SZKOŁA WSPINANIA KLAMA	Kobiety	6	01:28:54	<b>01:35:25.30</b>	<b>01:35:28.85</b>	+00:31:10 (32.6%)	7:20	8.2 (67.8%)
46	<b>KRAJEWSKA Joanna</b>	<b>1067</b>	ORELECKI KLUB BIEGACZA	Kobiety	7	01:28:44	<b>01:35:36.35</b>	<b>01:35:42.90</b>	+00:31:24 (32.8%)	7:21	8.2 (67.8%)
47	<b>WAJCOWICZ Witold</b>	<b>1003</b>	SANOK	Mężczyźni	40	01:28:45	<b>01:35:37.05</b>	<b>01:35:43.20</b>	+00:31:24 (32.8%)	7:21	8.2 (67.8%)
48	<b>MASŁOWSKI Michał</b>	<b>1137</b>	BIEGAJ Z WĄSEM	Mężczyźni	41	01:28:33	<b>01:34:50.25</b>	<b>01:35:48.30</b>	+00:31:29 (32.9%)	7:17	8.2 (67.8%)
49	<b>KWIECIEŃ Jakub</b>	<b>1220</b>	JAROSŁAW	Mężczyźni	42	01:28:37	<b>01:35:32.95</b>	<b>01:35:49.65</b>	+00:31:30 (32.9%)	7:21	8.2 (67.8%)
50	<b>USYK Mariusz</b>	<b>1211</b>	JANKOWCE	Mężczyźni	43	01:29:21	<b>01:36:03.30</b>	<b>01:36:13.05</b>	+00:31:54 (33.2%)	7:23	8.1 (66.9%)
51	<b>WESOŁOWSKA Katarzyna</b>	<b>1200</b>	WARSZAWA	Kobiety	8	01:29:28	<b>01:36:07.25</b>	<b>01:36:17.30</b>	+00:31:58 (33.2%)	7:23	8.1 (66.9%)
52	<b>SKALSKI Jarosław</b>	<b>1158</b>		Mężczyźni	44	01:29:32	<b>01:36:26.35</b>	<b>01:36:30.15</b>	+00:32:11 (33.4%)	7:25	8.1 (66.9%)
53	<b>ŻUR Mateusz</b>	<b>1181</b>	PRZEMYŚL	Mężczyźni	45	01:30:20	<b>01:36:29.05</b>	<b>01:36:34.25</b>	+00:32:15 (33.4%)	7:25	8.1 (66.9%)
54	<b>RESZTYŁO Grzegorz</b>	<b>1240</b>		Mężczyźni	46	01:29:59	<b>01:36:40.15</b>	<b>01:36:49.80</b>	+00:32:31 (33.6%)	7:26	8.1 (66.9%)
55	<b>DUCKI Piotr</b>	<b>1273</b>	OTK RZEŹNIK	Mężczyźni	47	01:30:53	<b>01:36:58.65</b>	<b>01:37:07.60</b>	+00:32:48 (33.8%)	7:27	8 (66.1%)
56	<b>SOCHA Katarzyna</b>	<b>1092</b>	CZASEM BIEGAM - KIELCE	Kobiety	9	01:30:37	<b>01:37:08.75</b>	<b>01:37:15.80</b>	+00:32:57 (33.9%)	7:28	8 (66.1%)
57	<b>KAPRAL Adam</b>	<b>1139</b>	DWERNIK	Mężczyźni	48	01:30:07	<b>01:36:56.80</b>	<b>01:37:16.00</b>	+00:32:57 (33.9%)	7:27	8 (66.1%)
58	<b>PALUCH Andrzej</b>	<b>1144</b>	MIELEC	Mężczyźni	49	01:30:42	<b>01:37:17.95</b>	<b>01:37:31.70</b>	+00:33:13 (34.1%)	7:29	8 (66.1%)
59	<b>SMUDA Ryszard</b>	<b>1164</b>	TYCHY	Mężczyźni	50	01:30:24	<b>01:37:13.95</b>	<b>01:37:34.70</b>	+00:33:16 (34.1%)	7:28	8 (66.1%)
60	<b>GAURA Bartosz</b>	<b>1085</b>	PALESTYŃSKIE POMYKACZE ŻNIN	Mężczyźni	51	01:30:25	<b>01:37:27.45</b>	<b>01:37:44.00</b>	+00:33:25 (34.2%)	7:29	8 (66.1%)
61	<b>SOBEJKO Artur</b>	<b>1006</b>	BOLESTRASZYCE	Mężczyźni	52	01:30:56	<b>01:37:30.00</b>	<b>01:37:51.80</b>	+00:33:33 (34.3%)	7:30	8 (66.1%)
62	<b>WIKTOROWICZ Tomasz</b>	<b>1179</b>	WARSZAWA	Mężczyźni	53	01:31:26	<b>01:38:07.00</b>	<b>01:38:12.90</b>	+00:33:54 (34.5%)	7:32	7.9 (65.3%)
63	<b>HAŁADYJ Piotr</b>	<b>1227</b>		Mężczyźni	54	01:33:21	<b>01:39:48.10</b>	<b>01:39:56.10</b>	+00:35:37 (35.6%)	7:40	7.8 (64.5%)
64	<b>MOSOŃ Sławomir</b>	<b>1102</b>	WARSZAWA	Mężczyźni	55	01:33:21	<b>01:40:19.90</b>	<b>01:40:30.45</b>	+00:36:11 (36.0%)	7:43	7.8 (64.5%)
65	<b>WRÓBEL Radosław</b>	<b>1099</b>	BĄBLE I ODCISKI	Mężczyźni	56	01:33:06	<b>01:40:10.75</b>	<b>01:40:33.70</b>	+00:36:15 (36.0%)	7:42	7.8 (64.5%)
66	<b>FLIS Radosław</b>	<b>1145</b>	RZESZÓW	Mężczyźni	57	01:33:30	<b>01:40:15.70</b>	<b>01:40:36.25</b>	+00:36:17 (36.1%)	7:42	7.8 (64.5%)
67	<b>DARŁAK Łukasz</b>	<b>1163</b>	SMASHING PĄPKINS	Mężczyźni	58	01:33:33	<b>01:40:32.65</b>	<b>01:40:52.90</b>	+00:36:34 (36.3%)	7:44	7.8 (64.5%)
68	<b>HANDERMANDER Agnieszka</b>	<b>1183</b>	USTIANOWA GÓRNA	Kobiety	10	01:33:26	<b>01:40:35.05</b>	<b>01:40:58.30</b>	+00:36:39 (36.3%)	7:44	7.8 (64.5%)
69	<b>KAŃDUŁA Klaudia</b>	<b>1027</b>	POZNAŃ SZAKAL JEŻYCE	Kobiety	11	01:33:34	<b>01:40:57.75</b>	<b>01:41:13.15</b>	+00:36:54 (36.5%)	7:46	7.7 (63.6%)
70	<b>WRÓBEL Bartłomiej</b>	<b>1226</b>	CISNA	Mężczyźni	59	01:34:12	<b>01:41:25.55</b>	<b>01:41:30.55</b>	+00:37:11 (36.6%)	7:48	7.7 (63.6%)
71	<b>KUBISIAK Darek</b>	<b>1011</b>	OSTRÓW WLKP	Mężczyźni	60	01:34:24	<b>01:41:16.55</b>	<b>01:41:36.20</b>	+00:37:17 (36.7%)	7:47	7.7 (63.6%)
72	<b>BARCZEWSKA Agnieszka</b>	<b>1126</b>	WARSZAWA	Kobiety	12	01:34:37	<b>01:41:29.45</b>	<b>01:41:42.45</b>	+00:37:23 (36.8%)	7:48	7.7 (63.6%)
73	<b>DOBROSIELSKI Marcin</b>	<b>1028</b>	UKS SZAKAL JEŻYCE	Mężczyźni	61	01:35:18	<b>01:41:32.05</b>	<b>01:41:48.45</b>	+00:37:29 (36.8%)	7:48	7.7 (63.6%)
74	<b>ZAWADZKI Marcin</b>	<b>1216</b>	SZCZWANY TRZMIEL TEAM	Mężczyźni	62	01:35:02	<b>01:42:18.25</b>	<b>01:42:36.15</b>	+00:38:17 (37.3%)	7:52	7.6 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
75	<b>SIWIŃSKI Jerzy</b>	<b>1042</b>	12TRI.PL DRUŻYNA WILKA	Mężczyzni	63	01:35:30	<b>01:42:43.40</b>	<b>01:42:48.20</b>	+00:38:29 (37.4%)	7:54	7.6 (62.8%)
76	<b>LOREK Marek</b>	<b>1031</b>		Mężczyzni	64	01:35:41	<b>01:42:48.90</b>	<b>01:42:52.00</b>	+00:38:33 (37.5%)	7:54	7.6 (62.8%)
77	<b>POKRYWKA Stefan</b>	<b>1249</b>		Mężczyzni	65	01:35:46	<b>01:42:46.30</b>	<b>01:43:11.75</b>	+00:38:53 (37.7%)	7:54	7.6 (62.8%)
78	<b>CICHOWSKI Michał</b>	<b>1190</b>	EXTREME TATRAS TEAM	Mężczyzni	66	01:35:41	<b>01:43:09.80</b>	<b>01:43:24.40</b>	+00:39:05 (37.8%)	7:56	7.6 (62.8%)
79	<b>LACH Krzysztof</b>	<b>1135</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	Mężczyzni	67	01:35:48	<b>01:43:05.80</b>	<b>01:43:29.95</b>	+00:39:11 (37.9%)	7:55	7.6 (62.8%)
80	<b>ŁABĘDZKI Bogusław</b>	<b>1175</b>	RYBNIK	Mężczyzni	68	01:35:58	<b>01:43:16.45</b>	<b>01:43:33.45</b>	+00:39:14 (37.9%)	7:56	7.6 (62.8%)
81	<b>KOTLIŃSKA-ŁOJEK Ewa</b>	<b>1040</b>	WARSZAWA	Kobiety	13	01:36:38	<b>01:43:32.00</b>	<b>01:43:43.80</b>	+00:39:25 (38.0%)	7:57	7.5 (62.0%)
82	<b>KONDZIOŁA Krzysztof</b>	<b>1069</b>	PERFECT RUNNER LUBLIN	Mężczyzni	69	01:36:37	<b>01:43:33.55</b>	<b>01:43:50.55</b>	+00:39:31 (38.1%)	7:57	7.5 (62.0%)
83	<b>GOGÓŁ-IŻOWSKA Edyta</b>	<b>1055</b>	WARSZAWA	Kobiety	14	01:36:25	<b>01:43:48.30</b>	<b>01:44:01.10</b>	+00:39:42 (38.2%)	7:59	7.5 (62.0%)
84	<b>ZIELIŃSKI Grzegorz</b>	<b>1261</b>	SPARTANIE DZIECIOM	Mężczyzni	70	01:36:58	<b>01:43:51.85</b>	<b>01:44:05.95</b>	+00:39:47 (38.2%)	7:59	7.5 (62.0%)
85	<b>JATCZAK Michał</b>	<b>1098</b>	BAŁBLE I ODCISKI	Mężczyzni	71	01:36:46	<b>01:43:48.60</b>	<b>01:44:11.25</b>	+00:39:52 (38.3%)	7:59	7.5 (62.0%)
86	<b>NICEWICZ Marta</b>	<b>1084</b>	12TRI.PL/ OLSZTYN	Kobiety	15	01:36:44	<b>01:44:13.45</b>	<b>01:44:17.65</b>	+00:39:58 (38.3%)	8:01	7.5 (62.0%)
87	<b>STAROŃ Jolanta</b>	<b>1060</b>	WAŃKOWA	Kobiety	16	01:37:24	<b>01:44:07.95</b>	<b>01:44:18.90</b>	+00:40:00 (38.3%)	8:00	7.5 (62.0%)
88	<b>MIREK Angelika</b>	<b>1271</b>	MOVE	Kobiety	17	01:37:10	<b>01:44:07.25</b>	<b>01:44:19.40</b>	+00:40:00 (38.4%)	8:00	7.5 (62.0%)
89	<b>SŁOBODA Elżbieta</b>	<b>1169</b>	USTRZYKI DOLNE	Kobiety	18	01:37:27	<b>01:44:19.10</b>	<b>01:44:28.30</b>	+00:40:09 (38.4%)	8:01	7.5 (62.0%)
90	<b>KLADZIŃSKA Anna</b>	<b>1039</b>	POZNAŃ	Kobiety	19	01:37:31	<b>01:44:42.15</b>	<b>01:44:51.35</b>	+00:40:32 (38.7%)	8:03	7.4 (61.2%)
91	<b>ADAMCZYK Julia</b>	<b>1146</b>	12TRI	Kobiety	20	01:37:16	<b>01:44:46.50</b>	<b>01:44:53.25</b>	+00:40:34 (38.7%)	8:03	7.4 (61.2%)
92	<b>SOŁTYSIK Anna</b>	<b>1229</b>	NIGHT RUNNERS	Kobiety	21	01:37:46	<b>01:45:05.45</b>	<b>01:45:23.05</b>	+00:41:04 (39.0%)	8:05	7.4 (61.2%)
93	<b>WITKOWSKA Anna</b>	<b>1118</b>	SKĘPE	Kobiety	22	01:39:16	<b>01:46:38.35</b>	<b>01:46:48.60</b>	+00:42:29 (39.8%)	8:12	7.3 (60.3%)
94	<b>STARZYK Michał</b>	<b>1096</b>	BAŁBLE I ODCISKI	Mężczyzni	72	01:39:44	<b>01:46:37.00</b>	<b>01:46:59.40</b>	+00:42:40 (39.9%)	8:12	7.3 (60.3%)
95	<b>SKOTNICA Karolina</b>	<b>1136</b>	SPOT PSZCZYNA	Kobiety	23	01:40:06	<b>01:46:59.15</b>	<b>01:47:04.80</b>	+00:42:46 (39.9%)	8:13	7.3 (60.3%)
96	<b>ŚWIDEREK Kasia</b>	<b>1043</b>	JÓZEFOSŁAW	Kobiety	24	01:39:51	<b>01:47:01.15</b>	<b>01:47:12.15</b>	+00:42:53 (40.0%)	8:13	7.3 (60.3%)
97	<b>GACA Magdalena</b>	<b>1166</b>	WARSZAWA	Kobiety	25	01:39:29	<b>01:47:01.55</b>	<b>01:47:13.15</b>	+00:42:54 (40.0%)	8:14	7.3 (60.3%)
98	<b>SZWAJKA Aneta</b>	<b>1159</b>		Kobiety	26	01:39:31	<b>01:47:27.65</b>	<b>01:47:30.45</b>	+00:43:11 (40.2%)	8:16	7.3 (60.3%)
99	<b>KAŻMIERSKI Janusz</b>	<b>1187</b>	DA SIĘ	Mężczyzni	73	01:39:44	<b>01:47:13.80</b>	<b>01:47:35.25</b>	+00:43:16 (40.2%)	8:14	7.3 (60.3%)
100	<b>SOCHA Ewa</b>	<b>1167</b>		Kobiety	27	01:39:52	<b>01:47:18.55</b>	<b>01:47:38.60</b>	+00:43:19 (40.3%)	8:15	7.3 (60.3%)
101	<b>RYDZYŃSKI Jacek</b>	<b>1116</b>	RYSIE	Mężczyzni	74	01:40:18	<b>01:47:45.05</b>	<b>01:47:58.30</b>	+00:43:39 (40.4%)	8:17	7.2 (59.5%)
102	<b>WILCZEK Magdalena</b>	<b>1008</b>	KATOWICE	Kobiety	28	01:40:40	<b>01:48:12.60</b>	<b>01:48:28.30</b>	+00:44:09 (40.7%)	8:19	7.2 (59.5%)
103	<b>TKACZYK Jolanta</b>	<b>1041</b>		Kobiety	29	01:41:03	<b>01:48:18.30</b>	<b>01:48:33.70</b>	+00:44:15 (40.8%)	8:19	7.2 (59.5%)
104	<b>CHOLERZYŃSKA Małgorzata</b>	<b>1056</b>	BYDGOSZCZ	Kobiety	30	01:41:15	<b>01:48:21.00</b>	<b>01:48:37.70</b>	+00:44:19 (40.8%)	8:20	7.2 (59.5%)
105	<b>ŁACHUT Łucja</b>	<b>1260</b>	MODŁA	Kobiety	31	01:41:09	<b>01:48:20.75</b>	<b>01:48:42.00</b>	+00:44:23 (40.8%)	8:20	7.2 (59.5%)
106	<b>SZYMAŃSKA Edyta</b>	<b>1194</b>	12TRI.PL DRUŻYNA WILKA	Kobiety	32	01:41:28	<b>01:48:50.70</b>	<b>01:48:55.45</b>	+00:44:36 (41.0%)	8:22	7.2 (59.5%)
107	<b>KLEPACKI Maciej</b>	<b>1070</b>	WARSZAWA	Mężczyzni	75	01:40:50	<b>01:48:57.20</b>	<b>01:49:20.35</b>	+00:45:01 (41.2%)	8:22	7.2 (59.5%)
108	<b>SMOKOWSKA Adriana</b>	<b>1213</b>	WARSZAWA	Kobiety	33	01:41:15	<b>01:49:33.25</b>	<b>01:49:38.55</b>	+00:45:19 (41.3%)	8:25	7.1 (58.7%)
109	<b>WIELOGÓRSKA Natalia</b>	<b>1182</b>	WARSZAWA	Kobiety	34	01:42:41	<b>01:49:23.25</b>	<b>01:49:43.25</b>	+00:45:24 (41.4%)	8:24	7.1 (58.7%)
110	<b>SZUKOWSKA Amelia</b>	<b>1148</b>	WARSZAWA	Kobiety	35	01:42:15	<b>01:49:24.35</b>	<b>01:49:45.10</b>	+00:45:26 (41.4%)	8:25	7.1 (58.7%)
111	<b>MYKOWSKI Wojciech</b>	<b>1236</b>	AKTYWNI KOCIOWIACY	Mężczyzni	76	01:41:21	<b>01:49:37.20</b>	<b>01:49:49.35</b>	+00:45:30 (41.4%)	8:25	7.1 (58.7%)
112	<b>REGULSKI Sebastian</b>	<b>1232</b>	LODZ RUNNING TEAM	Mężczyzni	77	01:43:13	<b>01:50:04.35</b>	<b>01:50:22.25</b>	+00:46:03 (41.7%)	8:28	7.1 (58.7%)
113	<b>SALA Edyta</b>	<b>1054</b>	OLSZTYN	Kobiety	36	01:42:55	<b>01:51:27.15</b>	<b>01:51:32.75</b>	+00:47:14 (42.3%)	8:34	7 (57.9%)
114	<b>MAZUREK Kasia</b>	<b>1051</b>	LUBLIN	Kobiety	37	01:43:17	<b>01:51:24.30</b>	<b>01:51:33.85</b>	+00:47:15 (42.4%)	8:34	7 (57.9%)
115	<b>HADUCH Tomasz</b>	<b>1191</b>	WARSZAWA	Mężczyzni	78	01:43:45	<b>01:51:11.90</b>	<b>01:51:34.25</b>	+00:47:15 (42.4%)	8:33	7 (57.9%)
116	<b>TROJNAR Justyna</b>	<b>1208</b>	PRZEMYSKI KLUB BIEGACZA	Kobiety	38	01:43:50	<b>01:51:16.60</b>	<b>01:51:35.65</b>	+00:47:16 (42.4%)	8:33	7 (57.9%)
117	<b>ŁAPIŃSKA Anna</b>	<b>1274</b>	PRZEMYSKI KLUB BIEGACZA	Kobiety	39	01:43:51	<b>01:51:16.50</b>	<b>01:51:35.70</b>	+00:47:17 (42.4%)	8:33	7 (57.9%)
118	<b>DOROSZ Barbara</b>	<b>1209</b>	PRZEMYŚL	Kobiety	40	01:43:50	<b>01:51:16.85</b>	<b>01:51:36.25</b>	+00:47:17 (42.4%)	8:33	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
119	<b>SZYBIAK Joanna</b>	<b>1065</b>	AGONA W&M	Kobiety	41	01:44:00	<b>01:51:32.30</b>	<b>01:51:41.20</b>	+00:47:22 (42.4%)	8:34	7 (57.9%)
120	<b>ZIEMIEWSKA Ewa</b>	<b>1266</b>		Kobiety	42	01:43:09	<b>01:51:44.50</b>	<b>01:51:49.70</b>	+00:47:31 (42.5%)	8:35	7 (57.9%)
121	<b>KUNICKI Janusz</b>	<b>1172</b>	MONKI	Mężczyzni	79	01:43:05	<b>01:52:01.75</b>	<b>01:52:10.50</b>	+00:47:51 (42.7%)	8:37	7 (57.9%)
122	<b>PAŁASZYŃSKI Jacek</b>	<b>1189</b>	LIPNO	Mężczyzni	80	01:44:05	<b>01:51:53.45</b>	<b>01:52:12.40</b>	+00:47:53 (42.7%)	8:36	7 (57.9%)
123	<b>MARKIEWICZ Anna</b>	<b>1188</b>	BYDGOSZCZ	Kobiety	43	01:44:06	<b>01:51:54.85</b>	<b>01:52:13.45</b>	+00:47:54 (42.7%)	8:36	7 (57.9%)
124	<b>BRUDEREK Anna</b>	<b>1114</b>	JABŁONNA	Kobiety	44	01:44:31	<b>01:51:52.00</b>	<b>01:52:15.70</b>	+00:47:57 (42.7%)	8:36	7 (57.9%)
125	<b>PASECKI Sergiusz</b>	<b>1124</b>		Mężczyzni	81	01:44:29	<b>01:52:08.95</b>	<b>01:52:22.90</b>	+00:48:04 (42.8%)	8:37	7 (57.9%)
126	<b>CHWISTEK Artur</b>	<b>1009</b>	ZABRZE	Mężczyzni	82	01:44:07	<b>01:52:03.95</b>	<b>01:52:28.25</b>	+00:48:09 (42.8%)	8:37	7 (57.9%)
127	<b>MAZUR Anna</b>	<b>1173</b>	MOKOTÓW	Kobiety	45		<b>01:52:43.00</b>	<b>01:52:43.00</b>	+00:48:24 (42.9%)	8:40	6.9 (57.0%)
128	<b>KOSIEDOWSKA Marta</b>	<b>1133</b>	WARSZAWA	Kobiety	46	01:45:15	<b>01:52:39.80</b>	<b>01:53:00.60</b>	+00:48:41 (43.1%)	8:40	6.9 (57.0%)
129	<b>WINCZURA Piotr</b>	<b>1233</b>	ORANGE POLSKA	Mężczyzni	83	01:44:45	<b>01:53:04.75</b>	<b>01:53:13.65</b>	+00:48:54 (43.2%)	8:41	6.9 (57.0%)
130	<b>KAWA Justyna</b>	<b>1151</b>	STEKA	Kobiety	47	01:45:58	<b>01:53:00.85</b>	<b>01:53:23.05</b>	+00:49:04 (43.3%)	8:41	6.9 (57.0%)
131	<b>MOSKWA Małgorzata</b>	<b>1078</b>	BIEGIEM NA POMOC	Kobiety	48	01:46:55	<b>01:53:33.15</b>	<b>01:53:54.80</b>	+00:49:36 (43.5%)	8:44	6.9 (57.0%)
132	<b>ZYCH Anna</b>	<b>1057</b>	LUBLIN	Kobiety	49	01:45:41	<b>01:54:16.05</b>	<b>01:54:25.70</b>	+00:50:07 (43.8%)	8:47	6.8 (56.2%)
133	<b>KOEHLER Ola</b>	<b>1127</b>	KRAKÓW/ KD ŻUKI	Kobiety	50	01:46:49	<b>01:54:42.45</b>	<b>01:54:52.20</b>	+00:50:33 (44.0%)	8:49	6.8 (56.2%)
134	<b>PIEKIELNA Angelika</b>	<b>1198</b>	WIERUNSZÓW	Kobiety	51	01:47:03	<b>01:55:12.70</b>	<b>01:55:23.40</b>	+00:51:04 (44.3%)	8:51	6.8 (56.2%)
135	<b>ŻAK Agnieszka</b>	<b>1121</b>	BBL KIELCE	Kobiety	52	01:47:27	<b>01:55:16.25</b>	<b>01:55:29.90</b>	+00:51:11 (44.3%)	8:52	6.8 (56.2%)
136	<b>ZIELIŃSKI Mateusz</b>	<b>1024</b>	BYDGOSZCZ	Mężczyzni	84	01:46:51	<b>01:55:46.95</b>	<b>01:56:00.40</b>	+00:51:41 (44.6%)	8:54	6.7 (55.4%)
137	<b>ROGOZIŃSKA Monika</b>	<b>1165</b>	12TRI.PL DRUŻYNA WILKA OLSZTYN	Kobiety	53	01:49:54	<b>01:57:26.60</b>	<b>01:57:31.20</b>	+00:53:12 (45.3%)	9:02	6.6 (54.5%)
138	<b>MAĆZKA Krystyna</b>	<b>1272</b>	OTK RZEŹNIK	Kobiety	54	01:48:57	<b>01:57:46.00</b>	<b>01:57:47.80</b>	+00:53:29 (45.4%)	9:03	6.6 (54.5%)
139	<b>KOROL Magdalena</b>	<b>1161</b>	WARSZAWA	Kobiety	55	01:49:46	<b>01:57:21.35</b>	<b>01:57:48.70</b>	+00:53:30 (45.4%)	9:01	6.6 (54.5%)
140	<b>REGULSKA Monika</b>	<b>1113</b>	ALBATROSY	Kobiety	56	01:49:03	<b>01:57:32.00</b>	<b>01:57:55.05</b>	+00:53:36 (45.5%)	9:02	6.6 (54.5%)
141	<b>ZACHARSKA Malorzata</b>	<b>1160</b>	NORDCITY	Kobiety	57	01:49:49	<b>01:57:59.95</b>	<b>01:58:27.15</b>	+00:54:08 (45.7%)	9:04	6.6 (54.5%)
142	<b>KRZYSIAK Jakub</b>	<b>1184</b>	AGENCJA PERFORM	Mężczyzni	85	01:49:29	<b>01:58:27.30</b>	<b>01:58:32.05</b>	+00:54:13 (45.7%)	9:06	6.6 (54.5%)
143	<b>ROSIEK Anna</b>	<b>1091</b>	USTRZYKI DOLNE	Kobiety	58	01:50:26	<b>01:58:29.05</b>	<b>01:58:37.45</b>	+00:54:18 (45.8%)	9:06	6.6 (54.5%)
144	<b>PRZYBYLSKA Danuta</b>	<b>1177</b>	KRAŚNICA	Kobiety	59	01:50:00	<b>01:58:13.90</b>	<b>01:58:41.05</b>	+00:54:22 (45.8%)	9:05	6.6 (54.5%)
145	<b>PALMA Arleta</b>	<b>1219</b>	TARNOBRZEG	Kobiety	60	01:50:34	<b>01:58:43.50</b>	<b>01:58:46.70</b>	+00:54:28 (45.9%)	9:07	6.6 (54.5%)
146	<b>TLATLIK Michał</b>	<b>1130</b>	ZABRZE	Mężczyzni	86	01:50:14	<b>01:58:42.95</b>	<b>01:58:55.65</b>	+00:54:36 (45.9%)	9:07	6.6 (54.5%)
147	<b>SZYMAŃSKA Anna</b>	<b>1072</b>	12TRI	Kobiety	61		<b>01:59:03.00</b>	<b>01:59:03.00</b>	+00:54:44 (46.0%)	9:09	6.6 (54.5%)
148	<b>KOZŁOWSKI Bartłomiej</b>	<b>1270</b>	KKL KIELCE	Mężczyzni	87	01:50:00	<b>01:59:31.50</b>	<b>01:59:55.80</b>	+00:55:37 (46.4%)	9:11	6.5 (53.7%)
149	<b>TOMALSKI Piotr</b>	<b>1035</b>		Mężczyzni	88	01:50:40	<b>01:59:54.45</b>	<b>02:00:06.35</b>	+00:55:47 (46.5%)	9:13	6.5 (53.7%)
150	<b>ROSIŃSKA Małgorzata</b>	<b>1205</b>	PONIATOWA	Kobiety	62	01:52:17	<b>01:59:52.65</b>	<b>02:00:16.35</b>	+00:55:57 (46.5%)	9:13	6.5 (53.7%)
151	<b>NIERADKA Katarzyna</b>	<b>1068</b>	WROCŁAW	Kobiety	63	01:52:35	<b>01:59:57.95</b>	<b>02:00:20.40</b>	+00:56:01 (46.6%)	9:13	6.5 (53.7%)
152	<b>GNIOT Joanna</b>	<b>1108</b>	GRUDZIĄDZ/DIABELKOWA AŚ	Kobiety	64	01:52:26	<b>01:59:56.75</b>	<b>02:00:22.40</b>	+00:56:03 (46.6%)	9:13	6.5 (53.7%)
153	<b>STĘPNIAK Marta</b>	<b>1150</b>	STEKA	Kobiety	65	01:51:43	<b>02:00:34.60</b>	<b>02:00:58.15</b>	+00:56:39 (46.8%)	9:16	6.5 (53.7%)
154	<b>MAKOWSKA Wanda</b>	<b>1178</b>	WŁODAWA	Kobiety	66	01:53:43	<b>02:01:47.05</b>	<b>02:02:01.65</b>	+00:57:42 (47.3%)	9:22	6.4 (52.9%)
155	<b>CZEPIEC Agata</b>	<b>1107</b>	KRAKÓW	Kobiety	67	01:53:40	<b>02:01:50.95</b>	<b>02:02:09.10</b>	+00:57:50 (47.4%)	9:22	6.4 (52.9%)
156	<b>LOREK Anna</b>	<b>1077</b>		Kobiety	68	01:53:33	<b>02:02:21.80</b>	<b>02:02:25.30</b>	+00:58:06 (47.5%)	9:24	6.4 (52.9%)
157	<b>OSIKOWSKA Aleksandra</b>	<b>1095</b>	WARSZAWA	Kobiety	69	01:54:38	<b>02:02:26.90</b>	<b>02:02:43.05</b>	+00:58:24 (47.6%)	9:25	6.4 (52.9%)
158	<b>KUPIDŁO Joanna</b>	<b>1142</b>	OLO	Kobiety	70	01:54:58	<b>02:03:19.30</b>	<b>02:03:32.25</b>	+00:59:13 (47.9%)	9:29	6.3 (52.1%)
159	<b>SUKIENNIK Anna</b>	<b>1076</b>	LIMANOWA	Kobiety	71	01:54:28	<b>02:03:26.10</b>	<b>02:03:32.55</b>	+00:59:13 (47.9%)	9:29	6.3 (52.1%)
159	<b>BYCZAK Karolina</b>	<b>1143</b>	TARNOWSKIE GÓRY	Kobiety	72	01:54:51	<b>02:03:19.40</b>	<b>02:03:32.55</b>	+00:59:13 (47.9%)	9:29	6.3 (52.1%)
161	<b>RUCZAJEWSKI Dominik</b>	<b>1255</b>	NIGHT RUNNERS KRAKÓW	Mężczyzni	89	01:55:36	<b>02:03:15.05</b>	<b>02:03:33.75</b>	+00:59:15 (48.0%)	9:28	6.3 (52.1%)
162	<b>BARTNIK Dominika</b>	<b>1204</b>	LUBLIN	Kobiety	73	01:55:59	<b>02:04:10.25</b>	<b>02:04:25.35</b>	+01:00:06 (48.3%)	9:33	6.3 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
163	LASKOWSKA Maja	1019	RUNNERSCLUB.PL	Kobiety	74	01:56:50	02:05:04.90	02:05:16.30	+01:00:57 (48.7%)	9:37	6.2 (51.2%)
164	CHOJNOWSKA Monika	1018	WARSZAWA RUNNERSCLUB.PL	Kobiety	75	01:56:52	02:05:05.05	02:05:16.35	+01:00:57 (48.7%)	9:37	6.2 (51.2%)
165	WYSZYŃSKA Małgorzata	1109	SKĘPE	Kobiety	76	01:57:15	02:07:15.35	02:07:28.85	+01:03:10 (49.6%)	9:47	6.1 (50.4%)
166	BINIAŚ PASTUSIAK Anna	1049	KOBIETY BIEGAJĄ	Kobiety	77	01:58:34	02:07:12.50	02:07:32.65	+01:03:13 (49.6%)	9:47	6.1 (50.4%)
167	PASTUSIAK Michał	1120	NASUTÓW	Mężczyzni	90	01:57:12	02:07:12.25	02:07:32.70	+01:03:14 (49.6%)	9:47	6.1 (50.4%)
168	BEDNAREK Roman	1015	NIGHT RUNNERS	Mężczyzni	91	01:59:04	02:07:16.50	02:07:37.60	+01:03:18 (49.6%)	9:47	6.1 (50.4%)
169	JANAS Agnieszka	1235	KALEJ	Kobiety	78	01:58:15	02:07:20.50	02:07:37.80	+01:03:19 (49.6%)	9:47	6.1 (50.4%)
170	LESIAK Andrzej	1231	RYSIOTEAM	Mężczyzni	92	01:59:14	02:08:10.10	02:08:22.65	+01:04:03 (49.9%)	9:51	6.1 (50.4%)
171	JUCHA Lidia	1089	ŁÓDŹ	Kobiety	79	01:59:31	02:08:09.70	02:08:22.85	+01:04:04 (49.9%)	9:51	6.1 (50.4%)
172	JODKO Magda	1087	GRUDZIĄDZ	Kobiety	80	01:59:00	02:08:02.15	02:08:25.40	+01:04:06 (49.9%)	9:50	6.1 (50.4%)
173	WŁADYKA Agata	1239		Kobiety	81	02:01:15	02:10:11.90	02:10:25.85	+01:06:07 (50.7%)	10:00	6 (49.6%)
174	BARWICKA Małgorzata	1223	GDYNIA	Kobiety	82	02:01:47	02:10:37.85	02:10:48.15	+01:06:29 (50.8%)	10:02	6 (49.6%)
175	PTAK Dorota	1125	ŁÓDŹ	Kobiety	83	02:02:34	02:11:00.15	02:11:12.75	+01:06:54 (51.0%)	10:04	6 (49.6%)
176	ZDYBEL Przemysław	1047	SPORT EVO	Mężczyzni	93	02:02:44	02:10:54.60	02:11:13.95	+01:06:55 (51.0%)	10:04	6 (49.6%)
177	WRÓBLEWSKA Joanna	1256	OTK RZEŹNIK	Kobiety	84	02:03:48	02:12:13.90	02:12:39.45	+01:08:20 (51.5%)	10:10	5.9 (48.8%)
178	GAŚSIOROWSKA Dorota	1162	WARSZAWA	Kobiety	85	02:03:37	02:12:30.90	02:12:54.45	+01:08:35 (51.6%)	10:11	5.9 (48.8%)
179	SPYRA Anna	1264	PSZCZYNA	Kobiety	86	02:03:56	02:12:57.50	02:13:02.70	+01:08:44 (51.7%)	10:13	5.9 (48.8%)
180	ZYGARŁOWSKI Andrzej	1206	UKS SZAKAL JEŻYCE	Mężczyzni	94	02:03:47	02:12:50.75	02:13:06.95	+01:08:48 (51.7%)	10:13	5.9 (48.8%)
181	BARON Kasia	1063	VADAIN	Kobiety	87	02:04:45	02:14:20.55	02:14:35.15	+01:10:16 (52.2%)	10:20	5.8 (47.9%)
182	WOŹNIAK Jędrzej	1156	VADAIN RUNNING CLUB	Mężczyzni	95	02:04:41	02:14:20.70	02:14:35.50	+01:10:16 (52.2%)	10:20	5.8 (47.9%)
183	MICHALSKA Grażyna	1061	TORUŃ	Kobiety	88	02:04:47	02:14:20.95	02:14:35.75	+01:10:17 (52.2%)	10:20	5.8 (47.9%)
184	CICHECKA Anna	1246	GRUDZIĄDZ	Kobiety	89	02:05:06	02:14:18.05	02:14:42.65	+01:10:23 (52.3%)	10:19	5.8 (47.9%)
185	MATUSZEWSKI Wojciech	1088	GRUDZIĄDZ	Mężczyzni	96	02:05:04	02:14:18.20	02:14:42.80	+01:10:24 (52.3%)	10:19	5.8 (47.9%)
186	SZULC Joanna	1013	NIGHT RUNNERS	Kobiety	90	02:04:35	02:14:30.15	02:14:53.40	+01:10:34 (52.3%)	10:20	5.8 (47.9%)
187	CUDZIŁO Joanna	1032	STAŁOWA WOLA	Kobiety	91	02:04:56	02:14:55.60	02:15:02.05	+01:10:43 (52.4%)	10:22	5.8 (47.9%)
188	JURAŚ-KMIEC Marzena	1199	LUBLIN	Kobiety	92	02:08:59	02:17:40.55	02:17:56.50	+01:13:37 (53.4%)	10:35	5.7 (47.1%)
189	SELWA Katarzyna	1195		Kobiety	93	02:09:20	02:19:29.60	02:19:43.85	+01:15:25 (54.0%)	10:43	5.6 (46.3%)
190	PRZĄDKA Tomasz	1254	SM RYKI	Mężczyzni	97	02:10:15	02:19:51.80	02:19:56.10	+01:15:37 (54.0%)	10:45	5.6 (46.3%)
191	PRZĄDKA Małgorzata	1251	SM RYKI	Kobiety	94		02:19:52.20	02:19:56.70	+01:15:38 (54.0%)	10:45	5.6 (46.3%)
192	JANOWSKA Dagmara	1253	SM RYKI	Kobiety	95	02:10:18	02:19:53.75	02:19:57.55	+01:15:38 (54.0%)	10:45	5.6 (46.3%)
193	WRONA Dagmara	1238		Kobiety	96	02:12:43	02:21:44.25	02:22:00.65	+01:17:41 (54.7%)	10:54	5.5 (45.5%)
194	WOJTKIEWICZ Małgorzata	1248	OTK RZEŹNIK	Kobiety	97	02:12:10	02:22:45.65	02:23:03.75	+01:18:45 (55.0%)	10:58	5.5 (45.5%)
195	WOJTKIEWICZ Marta	1245	PODKOWA LEŚNA	Kobiety	98	02:12:10	02:22:54.85	02:23:12.75	+01:18:54 (55.1%)	10:59	5.5 (45.5%)
196	WILK Agnieszka	1140	WARSZAWA	Kobiety	99	02:16:04	02:25:35.85	02:25:42.90	+01:21:24 (55.9%)	11:11	5.4 (44.6%)
197	MAKAREWICZ Marcin	1207	PRO-OUTDOOR	Mężczyzni	98	02:12:08	02:26:08.15	02:26:27.40	+01:22:08 (56.1%)	11:14	5.3 (43.8%)
198	PACANOWSKA Agnieszka	1225	WEŁNICA BIEGA	Kobiety	100	02:15:32	02:26:33.70	02:26:52.45	+01:22:33 (56.2%)	11:16	5.3 (43.8%)
199	BARAN Jakub	1131		Mężczyzni	99	02:16:08	02:28:01.45	02:28:17.05	+01:23:58 (56.6%)	11:23	5.3 (43.8%)
200	GRECH-BARAN Marta	1132		Kobiety	101	02:16:09	02:28:01.80	02:28:17.20	+01:23:58 (56.6%)	11:23	5.3 (43.8%)
201	BORAWSKA Anna	1044	PŁOCK	Kobiety	102	02:17:09	02:28:44.75	02:28:55.30	+01:24:36 (56.8%)	11:26	5.2 (43.0%)
202	DZIEKAN Iwona	1192	AKADEMIA BIEGANIA GRUDZIĄDZ	Kobiety	103	02:17:55	02:30:13.15	02:30:35.55	+01:26:16 (57.3%)	11:33	5.2 (43.0%)
203	LIPIŃSKA Żaneta	1134	AKADEMIA BIEGANIA GRUDZIĄDZ	Kobiety	104	02:17:57	02:30:14.45	02:30:36.30	+01:26:17 (57.3%)	11:33	5.2 (43.0%)
204	WITKOWSKA Jolanta	1185	WARSZAWA	Kobiety	105	02:17:58	02:30:18.85	02:30:37.20	+01:26:18 (57.3%)	11:33	5.2 (43.0%)
205	BARCZAK Sylwia	1073	PERFECT RUNNER LUBLIN	Kobiety	106	02:20:47	02:31:07.85	02:31:25.35	+01:27:06 (57.5%)	11:37	5.2 (43.0%)
206	KLIMCZAK Sylwia	1123	ŁÓDŹ RUNNING TEAM	Kobiety	107	02:23:38	02:33:48.10	02:34:06.00	+01:29:47 (58.3%)	11:49	5.1 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
207	<b>SZOSTAK Dorota</b>	<b>1017</b>	LUBLIN	Kobiety	108	02:23:52	<b>02:34:03.85</b>	<b>02:34:06.40</b>	+01:29:47 (58.3%)	11:51	5.1 (42.1%)
208	<b>WYPŁOSZ Anna</b>	<b>1230</b>	RYSIOTEAM	Kobiety	109	02:34:21	<b>02:46:53.30</b>	<b>02:47:07.05</b>	+01:42:48 (61.5%)	12:50	4.7 (38.8%)
209	<b>EBERT Agata</b>	<b>1005</b>	IMIELIN	Kobiety	110	02:34:56	<b>02:49:13.00</b>	<b>02:49:23.30</b>	+01:45:04 (62.0%)	13:01	4.6 (38.0%)
210	<b>NIZIOŁEK Gabriela</b>	<b>1196</b>	ZABORZE	Kobiety	111	02:48:00	<b>03:02:19.80</b>	<b>03:02:46.00</b>	+01:58:27 (64.8%)	14:01	4.3 (35.5%)
211	<b>KOZIEŁ Michał</b>	<b>1252</b>	SM RYKI	Mężczyzni	100	03:02:18	<b>03:18:09.60</b>	<b>03:18:13.30</b>	+02:13:54 (67.6%)	15:14	3.9 (32.2%)

Znaleziono 211 wynik(ów)