

# III ĆWIERĆULTRAMARATON BIESZCZADZKI

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Maraton Bieszczadzki 2016  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-10-09  
**Miejsce:** Cisna  
**Dystans:** 13 km

**B4SPORT**  
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	<b>GAWROŃSKI Tomasz</b>	<b>1728</b>	UMKS NADIR JĘDRZEJÓW	Mężczyźni	1		01:01:59	<b>01:06:04.20</b>	<b>01:06:06.55</b>		5:04	11.8 (100%)
2	<b>KRAWIECKI Mateusz</b>	<b>1781</b>		Mężczyźni	2		01:05:27	<b>01:09:17.85</b>	<b>01:09:20.15</b>	+00:03:13 (4.7%)	5:19	11.3 (95.8%)
3	<b>DZIEDZIC Mariusz</b>	<b>1754</b>	ZABIERZÓW BIEGA	Mężczyźni	3		01:05:26	<b>01:09:19.80</b>	<b>01:09:21.80</b>	+00:03:15 (4.7%)	5:19	11.3 (95.8%)
4	<b>FALKOWSKI Krzysztof</b>	<b>1778</b>		Mężczyźni	4		01:05:27	<b>01:10:07.50</b>	<b>01:10:09.55</b>	+00:04:03 (5.8%)	5:23	11.1 (94.1%)
5	<b>KOCIOŁEK Witold</b>	<b>1672</b>	RUNONLINE.PL TEAM	Mężczyźni	5		01:13:51	<b>01:18:34.85</b>	<b>01:18:37.20</b>	+00:12:30 (15.9%)	6:02	9.9 (83.9%)
6	<b>MADEJSKI Sławomir</b>	<b>1748</b>	SPELEOKLUB ŚWIĘTOKRZYSKI	Mężczyźni	6	Żuki w błocie	01:14:57	<b>01:19:24.55</b>	<b>01:19:27.45</b>	+00:13:20 (16.8%)	6:06	9.8 (83.1%)
7	<b>KORAB Szymon</b>	<b>1633</b>	KORZYBSKIE REKINY	Mężczyźni	7	Rowery Małgośka	01:21:43	<b>01:26:39.05</b>	<b>01:26:54.35</b>	+00:20:47 (23.9%)	6:39	9 (76.3%)
8	<b>ROLKA Gabriela</b>	<b>1501</b>	RUNONLINE.PL/TRIADA	Kobiety	1		01:21:54	<b>01:26:52.10</b>	<b>01:26:54.40</b>	+00:20:47 (23.9%)	6:40	9 (76.3%)
9	<b>PŁACZEK Paweł</b>	<b>1765</b>		Mężczyźni	8		01:23:04	<b>01:28:12.60</b>	<b>01:28:17.30</b>	+00:22:10 (25.1%)	6:47	8.8 (74.6%)
10	<b>MAJ Sławomir</b>	<b>1621</b>	BIEGAJĄCY ŚWIDNIK	Mężczyźni	9		01:23:32	<b>01:28:23.50</b>	<b>01:28:26.60</b>	+00:22:20 (25.3%)	6:47	8.8 (74.6%)
11	<b>WRÓBEL Kacper</b>	<b>1658</b>		Mężczyźni	10		01:24:58	<b>01:30:16.90</b>	<b>01:30:32.70</b>	+00:24:26 (27.0%)	6:56	8.6 (72.9%)
12	<b>TOMCZAK Przemysław</b>	<b>1543</b>	NIGHT RUNNERS	Mężczyźni	11		01:25:19	<b>01:30:41.20</b>	<b>01:30:47.60</b>	+00:24:41 (27.2%)	6:58	8.6 (72.9%)
13	<b>MAMEJ Piotr</b>	<b>1796</b>	SKLEP BIEGACZA LUBLIN TEAM	Mężczyźni	12	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	01:25:51	<b>01:31:13.00</b>	<b>01:31:16.40</b>	+00:25:09 (27.6%)	7:01	8.6 (72.9%)
14	<b>MERCIK Agnieszka</b>	<b>1735</b>	PRZEMYSKI KLUB BIEGACZA	Kobiety	2	Przemysł	01:25:54	<b>01:31:19.90</b>	<b>01:31:23.90</b>	+00:25:17 (27.7%)	7:01	8.5 (72.0%)
15	<b>KUCHARSKI Paweł</b>	<b>1797</b>		Mężczyźni	13		01:25:53	<b>01:31:23.25</b>	<b>01:31:29.65</b>	+00:25:23 (27.7%)	7:01	8.5 (72.0%)
16	<b>ZAJDEL Marcin</b>	<b>1759</b>		Mężczyźni	14		01:26:27	<b>01:31:31.60</b>	<b>01:31:43.20</b>	+00:25:36 (27.9%)	7:02	8.5 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	<b>KUNCEWICZ Weronika</b>	<b>1701</b>	SKLEP BIEGACZA TEAM LUBLIN	Kobiety	3		01:26:58	<b>01:32:09.45</b>	<b>01:32:13.05</b>	+00:26:06 (28.3%)	7:05	8.5 (72.0%)
18	<b>PIETRZYK Agnieszka</b>	<b>1544</b>		Kobiety	4		01:27:07	<b>01:32:20.45</b>	<b>01:32:26.35</b>	+00:26:19 (28.5%)	7:06	8.4 (71.2%)
19	<b>LASKO Łukasz</b>	<b>1557</b>		Mężczyzni	15		01:27:05	<b>01:32:36.85</b>	<b>01:32:40.15</b>	+00:26:33 (28.7%)	7:07	8.4 (71.2%)
20	<b>GOŁUB Marcin</b>	<b>1713</b>		Mężczyzni	16		01:27:11	<b>01:32:37.95</b>	<b>01:32:47.15</b>	+00:26:40 (28.8%)	7:07	8.4 (71.2%)
21	<b>GŁADYSZ Artur</b>	<b>1798</b>		Mężczyzni	17		01:28:09	<b>01:33:16.25</b>	<b>01:33:24.05</b>	+00:27:17 (29.2%)	7:10	8.4 (71.2%)
22	<b>PINKOWSKI Dariusz</b>	<b>1516</b>	KPP LUBLINIEC, X-KINETIC	Mężczyzni	18		01:29:46	<b>01:35:26.15</b>	<b>01:35:31.55</b>	+00:29:25 (30.8%)	7:20	8.2 (69.5%)
22	<b>PRUSKI Zbigniew</b>	<b>1521</b>	DRONIEWICZKI	Mężczyzni	19		01:29:50	<b>01:35:26.25</b>	<b>01:35:31.55</b>	+00:29:25 (30.8%)	7:20	8.2 (69.5%)
24	<b>TURLEJ Hubert</b>	<b>1717</b>		Mężczyzni	20		01:30:19	<b>01:35:33.85</b>	<b>01:35:37.70</b>	+00:29:31 (30.9%)	7:21	8.2 (69.5%)
25	<b>SZCZĘCH Adam</b>	<b>1681</b>		Mężczyzni	21		01:30:15	<b>01:35:56.95</b>	<b>01:35:59.60</b>	+00:29:53 (31.1%)	7:22	8.1 (68.6%)
26	<b>ZALEWSKA Marta</b>	<b>1723</b>	ŻÓRAWSKI TEAM	Kobiety	5		01:31:12	<b>01:36:28.80</b>	<b>01:36:34.55</b>	+00:30:28 (31.5%)	7:25	8.1 (68.6%)
27	<b>ZAJDEL Sławomir</b>	<b>1527</b>		Mężczyzni	22		01:31:07	<b>01:36:32.15</b>	<b>01:36:41.65</b>	+00:30:35 (31.6%)	7:25	8.1 (68.6%)
28	<b>SZYMASZEK Monika</b>	<b>1579</b>		Kobiety	6		01:31:05	<b>01:36:38.35</b>	<b>01:36:52.50</b>	+00:30:45 (31.8%)	7:26	8.1 (68.6%)
29	<b>GESSLER Łukasz</b>	<b>1546</b>	BIESY	Mężczyzni	23		01:31:17	<b>01:37:39.35</b>	<b>01:37:42.55</b>	+00:31:36 (32.3%)	7:30	8 (67.8%)
30	<b>SKRZYNIARZ Ewa</b>	<b>1780</b>		Kobiety	7		01:32:05	<b>01:37:49.65</b>	<b>01:37:52.85</b>	+00:31:46 (32.5%)	7:31	8 (67.8%)
31	<b>KACPRZAK Paweł</b>	<b>1779</b>		Mężczyzni	24		01:32:01	<b>01:37:49.70</b>	<b>01:37:52.90</b>	+00:31:46 (32.5%)	7:31	8 (67.8%)
32	<b>DROZD Andrzej</b>	<b>1709</b>		Mężczyzni	25		01:33:19	<b>01:38:34.45</b>	<b>01:38:47.10</b>	+00:32:40 (33.1%)	7:35	7.9 (66.9%)
33	<b>RACZYŃSKI Mariusz</b>	<b>1711</b>		Mężczyzni	26		01:33:18	<b>01:38:38.20</b>	<b>01:38:51.70</b>	+00:32:45 (33.1%)	7:35	7.9 (66.9%)
34	<b>MAJEWSKI Marcin</b>	<b>1538</b>	KWW/WW	Mężczyzni	27		01:33:24	<b>01:38:41.45</b>	<b>01:39:03.25</b>	+00:32:56 (33.3%)	7:35	7.9 (66.9%)
35	<b>GOŚCINIAK Kamil</b>	<b>1548</b>		Mężczyzni	28		01:33:34	<b>01:38:41.95</b>	<b>01:39:03.55</b>	+00:32:57 (33.3%)	7:35	7.9 (66.9%)
36	<b>WODYŃSKI Jacek</b>	<b>1803</b>		Mężczyzni	29		01:33:02	<b>01:39:02.80</b>	<b>01:39:14.15</b>	+00:33:07 (33.4%)	7:37	7.9 (66.9%)
37	<b>KOTUŁA Jarosław</b>	<b>1786</b>	SKLEP BIEGACZA LUBLIN TEAM	Mężczyzni	30		01:33:48	<b>01:39:50.75</b>	<b>01:40:01.05</b>	+00:33:54 (33.9%)	7:40	7.8 (66.1%)
38	<b>CIENIUSZEK Izabella</b>	<b>1670</b>		Kobiety	8		01:33:21	<b>01:39:49.70</b>	<b>01:40:02.40</b>	+00:33:55 (33.9%)	7:40	7.8 (66.1%)
39	<b>MAZUR Marek</b>	<b>1550</b>	PRZEMYSŁ MAROKO	Mężczyzni	31		01:33:24	<b>01:39:51.40</b>	<b>01:40:02.75</b>	+00:33:56 (33.9%)	7:40	7.8 (66.1%)
40	<b>SKUBIDA Marcin</b>	<b>1774</b>		Mężczyzni	32		01:34:04	<b>01:39:57.60</b>	<b>01:40:04.30</b>	+00:33:57 (33.9%)	7:41	7.8 (66.1%)
41	<b>USYK Mariusz</b>	<b>1578</b>		Mężczyzni	33		01:34:00	<b>01:40:07.45</b>	<b>01:40:19.55</b>	+00:34:13 (34.1%)	7:42	7.8 (66.1%)
42	<b>ZABURKO Mateusz</b>	<b>1792</b>		Mężczyzni	34		01:34:55	<b>01:40:28.40</b>	<b>01:40:39.45</b>	+00:34:32 (34.3%)	7:43	7.8 (66.1%)

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43	KLEPACKI Maciej	1799		Mężczyzni	35		01:35:08	01:41:17.20	01:41:28.00	+00:35:21 (34.8%)	7:47	7.7 (65.3%)
44	WINKOWSKA Magdalena	1635		Kobiety	9	Rowery Małgośka	01:35:20	01:41:45.35	01:42:00.20	+00:35:53 (35.2%)	7:49	7.7 (65.3%)
45	BOROWIEC Mariusz	1605	BRACIA.B	Mężczyzni	36		01:35:51	01:41:48.75	01:42:04.20	+00:35:57 (35.2%)	7:49	7.7 (65.3%)
46	HANASIEWICZ Paweł	1556		Mężczyzni	37		01:36:33	01:41:57.25	01:42:07.25	+00:36:00 (35.3%)	7:50	7.7 (65.3%)
47	BOREK Paweł	1582		Mężczyzni	38		01:36:32	01:41:58.35	01:42:07.55	+00:36:01 (35.3%)	7:50	7.6 (64.4%)
48	NAZIMEK Lilianna	1716	WKURW_TEAM	Kobiety	10		01:36:09	01:42:03.45	01:42:12.45	+00:36:05 (35.3%)	7:51	7.6 (64.4%)
49	KASPERKIEWICZ Maja	1783		Kobiety	11		01:36:01	01:41:58.80	01:42:14.70	+00:36:08 (35.3%)	7:50	7.6 (64.4%)
50	KOTAS Adam	1695	FAST & PERFECT	Mężczyzni	39		01:36:23	01:42:14.15	01:42:20.20	+00:36:13 (35.4%)	7:51	7.6 (64.4%)
51	FRANKOWSKI Piotr	1690		Mężczyzni	40		01:36:23	01:42:13.50	01:42:27.05	+00:36:20 (35.5%)	7:51	7.6 (64.4%)
52	PAPE Martin	1613	WITC	Mężczyzni	41		01:36:14	01:42:21.40	01:42:28.65	+00:36:22 (35.5%)	7:52	7.6 (64.4%)
53	DOMŻAŁA Konrad	1686		Mężczyzni	42		01:36:18	01:42:12.40	01:42:30.30	+00:36:23 (35.5%)	7:51	7.6 (64.4%)
54	PRUSZKOWSKI Mariusz	1533	CHEŁM BIEGA	Mężczyzni	43		01:36:18	01:42:17.35	01:42:33.05	+00:36:26 (35.5%)	7:52	7.6 (64.4%)
55	JAROCKI Michał	1707		Mężczyzni	44		01:36:29	01:42:25.15	01:42:33.95	+00:36:27 (35.5%)	7:52	7.6 (64.4%)
56	MAJCHROWSKI Jacek	1563	BBL TARNOBRZEG	Mężczyzni	45		01:36:36	01:42:29.05	01:42:34.35	+00:36:27 (35.5%)	7:53	7.6 (64.4%)
57	PLACHA Piotr	1752	CKB TARNOBRZEG	Mężczyzni	46		01:36:34	01:42:28.15	01:42:34.50	+00:36:27 (35.6%)	7:52	7.6 (64.4%)
58	LIPIŃSKI Tomasz	1706		Mężczyzni	47		01:36:30	01:42:40.15	01:42:50.60	+00:36:44 (35.7%)	7:53	7.6 (64.4%)
59	STEPANCZENKO Rafał	1726	BIAŁYSTOK BIEGA	Mężczyzni	48		01:37:21	01:42:53.95	01:43:01.45	+00:36:54 (35.8%)	7:54	7.6 (64.4%)
60	PIETRZYK Agnieszka	1782		Kobiety	12		01:36:55	01:42:57.95	01:43:02.55	+00:36:56 (35.8%)	7:55	7.6 (64.4%)
61	WARĘCKA Kasia	1718		Kobiety	13		01:37:17	01:43:14.90	01:43:39.95	+00:37:33 (36.2%)	7:56	7.6 (64.4%)
62	ORYNEK Klaudia	1620		Kobiety	14		01:37:38	01:43:39.05	01:43:44.90	+00:37:38 (36.3%)	7:58	7.5 (63.6%)
63	BRENKUS Piotr	1622	BIEG PO ZDRÓJ	Mężczyzni	49		01:37:55	01:43:48.70	01:44:10.90	+00:38:04 (36.5%)	7:59	7.5 (63.6%)
64	BACZA Piotr	1553	PRZEMYŚL - MAROKO	Mężczyzni	50		01:38:02	01:44:08.55	01:44:19.60	+00:38:13 (36.6%)	8:00	7.5 (63.6%)
65	MAJEWSKI Wojciech	1539		Mężczyzni	51		01:38:01	01:44:04.75	01:44:25.25	+00:38:18 (36.7%)	8:00	7.5 (63.6%)
66	WODYŃSKA Dagmara	1683	EQUIDO TEAM SCHODZI Z ASFALTU	Kobiety	15		01:38:38	01:44:32.50	01:44:44.10	+00:38:37 (36.9%)	8:02	7.5 (63.6%)
67	LENKIEWICZ-BARDZIŃSKA Agata	1742	NADLEŚNICTWO LUTOWISKA	Kobiety	16		01:38:33	01:44:33.15	01:44:47.30	+00:38:40 (36.9%)	8:02	7.5 (63.6%)
68	SZYBIAK Maciej	1793	AGONA W&M	Mężczyzni	52		01:38:51	01:44:48.70	01:44:58.40	+00:38:51 (37.0%)	8:03	7.4 (62.7%)

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69	<b>KANTOR Darek</b>	<b>1569</b>	RUN_HELPERSI	Mężczyźni	53	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	01:38:42	<b>01:44:45.40</b>	<b>01:44:59.55</b>	+00:38:53 (37.0%)	8:03	7.4 (62.7%)
70	<b>MOŚKO Karolina</b>	<b>1744</b>	TKD SZAKAL JEŻYCE RUNNERS	Kobiety	17	TKD Szakal Jeżyce Runners	01:39:38	<b>01:45:35.95</b>	<b>01:45:47.65</b>	+00:39:41 (37.5%)	8:07	7.4 (62.7%)
71	<b>BIZUB Jakub</b>	<b>1704</b>		Mężczyźni	54		01:40:06	<b>01:45:55.45</b>	<b>01:46:15.65</b>	+00:40:09 (37.8%)	8:08	7.4 (62.7%)
72	<b>POŁOZYNSKI Andrzej</b>	<b>1645</b>	ZACISZE NIGHT RUNNERS	Mężczyźni	55		01:40:26	<b>01:46:23.60</b>	<b>01:46:43.00</b>	+00:40:36 (38.1%)	8:11	7.3 (61.9%)
73	<b>KACZOREK Beata</b>	<b>1679</b>		Kobiety	18	Dziki Dziki	01:40:15	<b>01:46:34.40</b>	<b>01:46:43.30</b>	+00:40:36 (38.1%)	8:11	7.3 (61.9%)
74	<b>BODZIOCH Grzegorz</b>	<b>1674</b>	GORLICKA GRUPA BIEGOWA	Mężczyźni	56		01:40:39	<b>01:47:07.40</b>	<b>01:47:28.70</b>	+00:41:22 (38.5%)	8:14	7.3 (61.9%)
75	<b>BOROWIEC Arkadiusz</b>	<b>1531</b>	BRACIA.B/CHEŁM BIEGA	Mężczyźni	57		01:40:46	<b>01:47:19.25</b>	<b>01:47:34.25</b>	+00:41:27 (38.5%)	8:15	7.3 (61.9%)
76	<b>BAHIR Said</b>	<b>1549</b>		Mężczyźni	58		01:41:27	<b>01:48:03.20</b>	<b>01:48:14.85</b>	+00:42:08 (38.9%)	8:18	7.2 (61.0%)
77	<b>SANECKI Robert</b>	<b>1710</b>	SPRINT GORZYCE	Mężczyźni	59		01:41:46	<b>01:48:52.15</b>	<b>01:48:59.40</b>	+00:42:52 (39.3%)	8:22	7.2 (61.0%)
78	<b>TOPOROWSKI Mariusz</b>	<b>1602</b>		Mężczyźni	60	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	01:42:21	<b>01:48:48.15</b>	<b>01:49:02.95</b>	+00:42:56 (39.4%)	8:22	7.2 (61.0%)
79	<b>SZUKOWSKA Amelia</b>	<b>1671</b>		Kobiety	19		01:42:18	<b>01:48:45.85</b>	<b>01:49:03.50</b>	+00:42:56 (39.4%)	8:22	7.2 (61.0%)
80	<b>TOWAROWSKI Andrzej</b>	<b>1669</b>		Mężczyźni	61		01:40:52	<b>01:48:54.10</b>	<b>01:49:13.15</b>	+00:43:06 (39.5%)	8:22	7.2 (61.0%)
81	<b>BANASZCZYK Maja</b>	<b>1589</b>	M MARATHON TEAM	Kobiety	20		01:42:31	<b>01:49:08.15</b>	<b>01:49:17.35</b>	+00:43:10 (39.5%)	8:23	7.1 (60.2%)
82	<b>STACH Robert</b>	<b>1566</b>		Mężczyźni	62	Pozytywnie Zabiegani Sanok	01:42:35	<b>01:49:05.70</b>	<b>01:49:17.85</b>	+00:43:11 (39.5%)	8:23	7.2 (61.0%)
83	<b>WRÓBEL Bartłomiej</b>	<b>1785</b>		Mężczyźni	63		01:42:40	<b>01:49:25.10</b>	<b>01:49:31.50</b>	+00:43:24 (39.6%)	8:25	7.1 (60.2%)
84	<b>GAWCZYŃSKA - BACZA Izabela</b>	<b>1552</b>	PRZEMYSŁ - MAROKO	Kobiety	21		01:42:39	<b>01:49:26.45</b>	<b>01:49:37.25</b>	+00:43:30 (39.7%)	8:25	7.1 (60.2%)
85	<b>MAZUREK Katarzyna</b>	<b>1675</b>	SKLEP BIEGACZA LUBLIN TEAM	Kobiety	22	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	01:43:50	<b>01:51:03.10</b>	<b>01:51:13.85</b>	+00:45:07 (40.6%)	8:32	7 (59.3%)
86	<b>WLACHOS Monika</b>	<b>1790</b>		Kobiety	23		01:44:31	<b>01:51:08.65</b>	<b>01:51:18.15</b>	+00:45:11 (40.6%)	8:33	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
87	MAMEJ Wiktoria	1795		Kobiety	24		01:44:03	01:51:44.15	01:51:57.60	+00:45:51 (41.0%)	8:35	7 (59.3%)
88	MAMEJ Elżbieta	1794		Kobiety	25		01:44:27	01:51:44.25	01:51:57.85	+00:45:51 (41.0%)	8:35	7 (59.3%)
89	SUKIENNIK Anna	1560	POWER TRAINING	Kobiety	26		01:45:16	01:51:54.20	01:52:02.10	+00:45:55 (41.0%)	8:36	7 (59.3%)
90	KRAL Sebastian	1757		Mężczyzni	64		01:44:37	01:51:44.15	01:52:08.30	+00:46:01 (41.0%)	8:35	7 (59.3%)
91	BAK Sylwia	1614	TUP TEAM	Kobiety	27		01:45:15	01:51:55.25	01:52:09.35	+00:46:02 (41.1%)	8:36	7 (59.3%)
92	BIZIOR Marcin	1775	TVP TEAM	Mężczyzni	65		01:45:13	01:51:56.05	01:52:09.65	+00:46:03 (41.1%)	8:36	7 (59.3%)
93	KUBISIAK Marta	1638		Kobiety	28		01:45:46	01:52:00.85	01:52:10.65	+00:46:04 (41.1%)	8:37	7 (59.3%)
94	SANOCKA Dorota	1689		Kobiety	29		01:45:37	01:52:01.65	01:52:12.75	+00:46:06 (41.1%)	8:37	7 (59.3%)
95	SZMAJDOWICZ Paweł	1687	FACHDOM TEAM	Mężczyzni	66		01:45:42	01:51:56.15	01:52:13.50	+00:46:06 (41.1%)	8:36	7 (59.3%)
96	MATUSIK-SKALSKA Renata	1673		Kobiety	30	Żuki w błocie	01:45:08	01:52:36.10	01:52:58.45	+00:46:51 (41.5%)	8:39	6.9 (58.5%)
97	ZEMŁA Piotr	1580		Mężczyzni	67		01:45:21	01:52:57.50	01:53:09.45	+00:47:02 (41.6%)	8:41	6.9 (58.5%)
98	CHWISTEK Artur	1518		Mężczyzni	68		01:46:24	01:53:20.80	01:53:39.60	+00:47:33 (41.8%)	8:43	6.9 (58.5%)
99	KAMIŃSKA Beata	1678		Kobiety	31		01:46:58	01:53:48.50	01:54:06.80	+00:48:00 (42.1%)	8:45	6.9 (58.5%)
100	SUWEZDA Jacek	1767		Mężczyzni	69		01:47:12	01:53:52.55	01:54:09.20	+00:48:02 (42.1%)	8:45	6.8 (57.6%)
101	DRAPAŁA Jan	1801	KROKODYLE	Mężczyzni	70		01:47:42	01:53:47.10	01:54:14.20	+00:48:07 (42.1%)	8:45	6.9 (58.5%)
102	STRZĘPKA Krzysztof	1800		Mężczyzni	71		01:47:42	01:53:47.70	01:54:14.30	+00:48:07 (42.1%)	8:45	6.9 (58.5%)
103	WOŁOSZCZAK Łukasz	1700	6. KILOMETR	Mężczyzni	72	6. Kilometr	01:47:07	01:54:05.80	01:54:30.35	+00:48:23 (42.3%)	8:46	6.8 (57.6%)
104	KUBALA Alicja	1791		Kobiety	32		01:47:07	01:54:49.60	01:54:57.10	+00:48:50 (42.5%)	8:50	6.8 (57.6%)
105	LUBAŃSKA Alicja	1532	ZS BUKOWICE	Kobiety	33		01:47:33	01:55:06.40	01:55:12.55	+00:49:06 (42.6%)	8:51	6.8 (57.6%)
106	KRÓLIKOWSKA Emilia	1541		Kobiety	34		01:48:46	01:55:12.50	01:55:20.10	+00:49:13 (42.7%)	8:51	6.8 (57.6%)
107	KUKLA Elżbieta	1677	PWC RUNNING TEAM	Kobiety	35		01:48:04	01:55:17.85	01:55:22.60	+00:49:16 (42.7%)	8:52	6.8 (57.6%)
108	ROSIŃSKA Małgorzata	1522		Kobiety	36		01:48:45	01:55:13.45	01:55:24.15	+00:49:17 (42.7%)	8:51	6.8 (57.6%)
109	RUDNICKI Piotr	1565		Mężczyzni	73		01:47:54	01:55:08.40	01:55:31.75	+00:49:25 (42.8%)	8:51	6.8 (57.6%)
110	KARDASZ Jacek	1761	ATTYLA ZAMOŚĆ	Mężczyzni	74		01:49:58	01:56:14.90	01:56:25.65	+00:50:19 (43.2%)	8:56	6.7 (56.8%)
111	MYGA Michał	1746	HEARTLESS	Mężczyzni	75		01:49:44	01:56:10.55	01:56:38.35	+00:50:31 (43.3%)	8:56	6.7 (56.8%)
112	RAĆKOS Anna	1515		Kobiety	37		01:49:20	01:56:46.65	01:57:10.75	+00:51:04 (43.6%)	8:58	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
113	GLOWACKA Anna	1712		Kobiety	38		01:49:34	01:57:01.95	01:57:15.05	+00:51:08 (43.6%)	9:00	6.7 (56.8%)
114	KOWALCZYK Mariusz	1729		Mężczyzni	76		01:49:17	01:56:57.30	01:57:22.50	+00:51:15 (43.7%)	8:59	6.7 (56.8%)
115	OPITZ Agnieszka	1575		Kobiety	39		01:50:08	01:57:15.90	01:57:23.50	+00:51:16 (43.7%)	9:01	6.7 (56.8%)
116	PAWLUKIEWICZ Michał	1632	ROWERY MAŁGOŚKA	Mężczyzni	77	Rowery Małgośka	01:49:51	01:57:52.00	01:58:07.45	+00:52:00 (44.0%)	9:04	6.6 (55.9%)
117	PAŁACHA Anna	1603		Kobiety	40		01:51:31	01:58:39.90	01:58:59.15	+00:52:52 (44.4%)	9:07	6.6 (55.9%)
118	PASIECZNA Małgorzata	1762		Kobiety	41		01:51:26	01:58:55.25	01:59:01.95	+00:52:55 (44.5%)	9:08	6.6 (55.9%)
119	WIEJAK Piotr	1634	6. KILOMETR	Mężczyzni	78	6. Kilometr	01:51:54	01:58:59.05	01:59:22.85	+00:53:16 (44.6%)	9:09	6.6 (55.9%)
120	GARWACKA Beata	1587		Kobiety	42		01:51:46	01:59:19.35	01:59:36.85	+00:53:30 (44.7%)	9:10	6.5 (55.1%)
121	GARCZYŃSKA-WĄS Bogusława	1734		Kobiety	43		01:52:00	01:59:37.50	01:59:56.20	+00:53:49 (44.9%)	9:12	6.5 (55.1%)
122	BRYŚ Jadzia	1784		Kobiety	44		01:52:15	01:59:39.30	01:59:58.35	+00:53:51 (44.9%)	9:12	6.5 (55.1%)
123	LUZAR Monika	1764		Kobiety	45		01:52:25	01:59:50.10	02:00:08.55	+00:54:02 (45.0%)	9:13	6.5 (55.1%)
124	LUZAR Andrzej	1763		Mężczyzni	79		01:52:26	01:59:50.35	02:00:08.85	+00:54:02 (45.0%)	9:13	6.5 (55.1%)
125	BANDEL Aneta	1768		Kobiety	46		01:53:55	02:00:21.05	02:00:35.55	+00:54:29 (45.2%)	9:15	6.5 (55.1%)
126	NIEDZIAŁEK Robert	1750		Mężczyzni	80		01:53:41	02:00:38.80	02:01:03.35	+00:54:56 (45.4%)	9:16	6.5 (55.1%)
127	SZYBIAK Joanna	1660	AGONA W&M	Kobiety	47		01:54:07	02:01:02.10	02:01:12.40	+00:55:05 (45.5%)	9:18	6.4 (54.2%)
128	KUCZEWSKA Eliza	1668		Kobiety	48		01:54:30	02:02:20.70	02:02:39.60	+00:56:33 (46.1%)	9:24	6.4 (54.2%)
129	TURKO Szymon	1702		Mężczyzni	81		01:55:53	02:02:50.10	02:03:05.70	+00:56:59 (46.3%)	9:26	6.4 (54.2%)
130	TERLECKI Józef	1743		Mężczyzni	82		01:53:37	02:02:44.25	02:03:11.35	+00:57:04 (46.3%)	9:26	6.4 (54.2%)
131	DANILUK Andrzej	1646	ZACISZE NIGHT RUNNERS	Mężczyzni	83		01:55:17	02:03:00.45	02:03:20.20	+00:57:13 (46.4%)	9:27	6.3 (53.4%)
132	KRAWECKI Arkadiusz	1655		Mężczyzni	84		01:56:27	02:03:15.80	02:03:39.05	+00:57:32 (46.5%)	9:28	6.3 (53.4%)
132	KLIMKOWSKA Patrycja	1654		Kobiety	49		01:56:27	02:03:15.05	02:03:39.05	+00:57:32 (46.5%)	9:28	6.3 (53.4%)
134	LIEBAN Jarosław	1699	BIESY	Mężczyzni	85		01:55:48	02:03:54.30	02:03:58.45	+00:57:51 (46.7%)	9:31	6.3 (53.4%)
135	WRONA Tomek	1676	PARKRUN KONSTANCIN	Mężczyzni	86		01:56:32	02:03:49.60	02:04:10.05	+00:58:03 (46.8%)	9:31	6.3 (53.4%)
136	PĘKALSKA Anka	1586		Kobiety	50		01:56:17	02:03:55.00	02:04:12.85	+00:58:06 (46.8%)	9:31	6.3 (53.4%)
137	TOMASZEWSKI Adam	1619		Mężczyzni	87		01:56:08	02:04:01.90	02:04:18.25	+00:58:11 (46.8%)	9:32	6.3 (53.4%)
138	OWSIANIK Ewelina	1685		Kobiety	51		01:56:35	02:04:07.85	02:04:19.85	+00:58:13 (46.8%)	9:32	6.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
139	<b>SKORUPSKA Marta</b>	<b>1600</b>	RISE OPOLE	Kobiety	52		01:56:32	<b>02:04:20.55</b>	<b>02:04:42.55</b>	+00:58:36 (47.0%)	9:33	6.3 (53.4%)
140	<b>PŁODZIEN Jarosław</b>	<b>1776</b>		Mężczyzni	88		01:56:17	<b>02:04:46.60</b>	<b>02:05:01.55</b>	+00:58:55 (47.1%)	9:35	6.3 (53.4%)
141	<b>KRAJEWSKA Justyna</b>	<b>1682</b>	YES MAN TEAM	Kobiety	53		01:57:53	<b>02:05:06.00</b>	<b>02:05:15.80</b>	+00:59:09 (47.2%)	9:37	6.2 (52.5%)
142	<b>BILSKI Marek</b>	<b>1720</b>		Mężczyzni	89		01:56:50	<b>02:04:55.80</b>	<b>02:05:25.90</b>	+00:59:19 (47.3%)	9:36	6.2 (52.5%)
143	<b>SZYNDRALEWICZ Gabriela</b>	<b>1657</b>		Kobiety	54		01:57:24	<b>02:05:21.75</b>	<b>02:05:42.65</b>	+00:59:36 (47.4%)	9:38	6.2 (52.5%)
144	<b>SIDOR Jerzy</b>	<b>1642</b>		Mężczyzni	90		01:57:52	<b>02:05:31.80</b>	<b>02:05:52.75</b>	+00:59:46 (47.5%)	9:39	6.2 (52.5%)
144	<b>SIDOR Anna</b>	<b>1643</b>		Kobiety	55		01:58:14	<b>02:05:31.65</b>	<b>02:05:52.75</b>	+00:59:46 (47.5%)	9:39	6.2 (52.5%)
146	<b>PILLATH Elżbieta</b>	<b>1688</b>	KW TRÓJMIASTO	Kobiety	56		01:58:49	<b>02:05:39.90</b>	<b>02:06:01.05</b>	+00:59:54 (47.5%)	9:40	6.2 (52.5%)
147	<b>PILECKA Joanna</b>	<b>1652</b>		Kobiety	57		01:57:47	<b>02:06:02.70</b>	<b>02:06:10.90</b>	+01:00:04 (47.6%)	9:41	6.2 (52.5%)
148	<b>ŚWISTOWSKI Sławomir</b>	<b>1749</b>		Mężczyzni	91		01:58:03	<b>02:06:21.85</b>	<b>02:06:45.95</b>	+01:00:39 (47.8%)	9:43	6.2 (52.5%)
149	<b>PIECZKA Magdalena</b>	<b>1802</b>		Kobiety	58		01:59:02	<b>02:06:58.60</b>	<b>02:07:13.45</b>	+01:01:06 (48.0%)	9:46	6.1 (51.7%)
150	<b>HRYNIEWICZ Joanna</b>	<b>1599</b>	TUPTEAM	Kobiety	59		02:00:07	<b>02:07:51.80</b>	<b>02:08:05.10</b>	+01:01:58 (48.4%)	9:50	6.1 (51.7%)
151	<b>ZĘGOTA Izabela</b>	<b>1617</b>	STADO PĘDZĄCYCH WĘŻY OGRODOWYCH	Kobiety	60		02:00:31	<b>02:08:00.35</b>	<b>02:08:23.30</b>	+01:02:16 (48.5%)	9:50	6.1 (51.7%)
152	<b>JASZCZUK Edyta</b>	<b>1598</b>	TUP TEAM	Kobiety	61		02:00:18	<b>02:08:11.75</b>	<b>02:08:24.70</b>	+01:02:18 (48.5%)	9:51	6.1 (51.7%)
153	<b>BAJAK Mirosław</b>	<b>1731</b>		Mężczyzni	92		02:01:40	<b>02:08:41.10</b>	<b>02:08:59.05</b>	+01:02:52 (48.7%)	9:54	6.1 (51.7%)
154	<b>RĄPAŁA Beata</b>	<b>1756</b>		Kobiety	62		02:01:03	<b>02:09:39.40</b>	<b>02:10:00.95</b>	+01:03:54 (49.2%)	9:58	6 (50.8%)
155	<b>IDCZAK Marta</b>	<b>1650</b>	ŁÓDŹ RUNNING TEAM	Kobiety	63	Łódzka Grupa Szaleńców	02:01:55	<b>02:10:07.80</b>	<b>02:10:27.55</b>	+01:04:21 (49.3%)	10:00	6 (50.8%)
156	<b>GARGAS-DZIEDZINA Joanna</b>	<b>1680</b>	NIGHT RUNNERS	Kobiety	64		02:01:35	<b>02:10:36.90</b>	<b>02:10:46.70</b>	+01:04:40 (49.4%)	10:02	6 (50.8%)
157	<b>WŁODARCZAK Karol</b>	<b>1653</b>	TKD SZAKAL JEŻYCE RUNNERS	Mężczyzni	93	TKD Szakal Jeżyce Runners	02:03:11	<b>02:10:41.85</b>	<b>02:10:53.70</b>	+01:04:47 (49.5%)	10:03	6 (50.8%)
158	<b>SZYMAŃSKI Mariusz</b>	<b>1772</b>	MKB DREPTAK	Mężczyzni	94		02:02:49	<b>02:11:11.75</b>	<b>02:11:22.10</b>	+01:05:15 (49.7%)	10:05	5.9 (50.0%)
159	<b>TOTOŃ Mariusz</b>	<b>1769</b>	MOCZYMORDY	Mężczyzni	95		02:03:15	<b>02:11:12.20</b>	<b>02:11:22.30</b>	+01:05:15 (49.7%)	10:05	5.9 (50.0%)
160	<b>KUPIEC Dariusz</b>	<b>1770</b>	MKB DREPTAK	Mężczyzni	96		02:02:07	<b>02:11:12.45</b>	<b>02:11:22.35</b>	+01:05:15 (49.7%)	10:05	5.9 (50.0%)
161	<b>STARZYŃSKA Marta</b>	<b>1684</b>	PERFECT RUNNER LUBLIN	Kobiety	65	Perfect Runner Lublin	02:03:31	<b>02:11:55.35</b>	<b>02:12:09.70</b>	+01:06:03 (50.0%)	10:08	5.9 (50.0%)
162	<b>SROCZYŃSKA Justyna</b>	<b>1755</b>		Kobiety	66	OSTre SROki	02:03:32	<b>02:11:57.95</b>	<b>02:12:13.20</b>	+01:06:06 (50.0%)	10:09	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
163	<b>KUBIAK Monika</b>	<b>1698</b>		Kobiety	67		02:03:47	<b>02:11:58.05</b>	<b>02:12:13.65</b>	+01:06:07 (50.0%)	10:09	5.9 (50.0%)
164	<b>KRUPIŃSKA Monika</b>	<b>1648</b>	M&M	Kobiety	68		02:03:49	<b>02:11:59.60</b>	<b>02:12:13.70</b>	+01:06:07 (50.0%)	10:09	5.9 (50.0%)
165	<b>TRZECIECKA Magdalena</b>	<b>1651</b>	RUNNING TEAM	Kobiety	69	Łódzka Grupa Szaleńców	02:02:58	<b>02:12:00.70</b>	<b>02:12:20.80</b>	+01:06:14 (50.0%)	10:09	5.9 (50.0%)
166	<b>PIÓRKOWSKA Jolanta</b>	<b>1738</b>	KOŁO BIEGA	Kobiety	70		02:03:52	<b>02:12:21.60</b>	<b>02:12:30.40</b>	+01:06:23 (50.1%)	10:10	5.9 (50.0%)
167	<b>NAMYŚLAK Renata</b>	<b>1641</b>	KOŁO BIEGA	Kobiety	71		02:03:51	<b>02:12:21.35</b>	<b>02:12:30.50</b>	+01:06:23 (50.1%)	10:10	5.9 (50.0%)
167	<b>SUPEŁ Marcin</b>	<b>1649</b>	KOŁO BIEGA	Mężczyzni	97		02:03:53	<b>02:12:21.65</b>	<b>02:12:30.50</b>	+01:06:23 (50.1%)	10:10	5.9 (50.0%)
169	<b>GÓRA Natalia</b>	<b>1777</b>		Kobiety	72		02:06:34	<b>02:14:32.80</b>	<b>02:14:37.85</b>	+01:08:31 (50.9%)	10:20	5.8 (49.2%)
170	<b>SAWCZUK Marta</b>	<b>1601</b>	TUP TEAM	Kobiety	73		02:07:57	<b>02:15:17.80</b>	<b>02:15:30.55</b>	+01:09:24 (51.2%)	10:24	5.8 (49.2%)
171	<b>POWALSKI Kamil</b>	<b>1771</b>		Mężczyzni	98		02:07:52	<b>02:15:57.45</b>	<b>02:16:10.50</b>	+01:10:03 (51.5%)	10:27	5.7 (48.3%)
172	<b>DOLMIERSKA Sylwia</b>	<b>1545</b>	BIESY	Kobiety	74		02:07:51	<b>02:16:17.40</b>	<b>02:16:21.40</b>	+01:10:14 (51.5%)	10:29	5.7 (48.3%)
173	<b>DAWID Honorata</b>	<b>1787</b>		Kobiety	75		02:08:28	<b>02:16:38.65</b>	<b>02:16:44.40</b>	+01:10:37 (51.7%)	10:30	5.7 (48.3%)
174	<b>DAWID Mirosław</b>	<b>1788</b>		Mężczyzni	99		02:08:25	<b>02:16:39.50</b>	<b>02:16:44.70</b>	+01:10:38 (51.7%)	10:30	5.7 (48.3%)
175	<b>BARAN Jakub</b>	<b>1570</b>	KB WARTKO	Mężczyzni	100		02:09:09	<b>02:17:14.85</b>	<b>02:17:31.35</b>	+01:11:24 (51.9%)	10:33	5.7 (48.3%)
176	<b>GRACZYKOWSKA Natalia</b>	<b>1592</b>	ŁUBUDUBU	Kobiety	76	Łubudubu	02:08:54	<b>02:17:15.95</b>	<b>02:17:32.05</b>	+01:11:25 (51.9%)	10:33	5.7 (48.3%)
177	<b>KOCHMAN Iwona</b>	<b>1705</b>		Kobiety	77		02:09:00	<b>02:17:22.55</b>	<b>02:17:32.35</b>	+01:11:25 (51.9%)	10:34	5.7 (48.3%)
178	<b>PIETRZAK Agnieszka</b>	<b>1514</b>		Kobiety	78		02:09:38	<b>02:17:33.25</b>	<b>02:17:33.25</b>	+01:11:26 (51.9%)	10:34	5.7 (48.3%)
179	<b>PIETRZAK Maciej</b>	<b>1760</b>		Mężczyzni	101		02:09:24	<b>02:17:17.30</b>	<b>02:17:33.35</b>	+01:11:26 (51.9%)	10:33	5.7 (48.3%)
179	<b>ŚPIEWAK Aleksander</b>	<b>1630</b>		Mężczyzni	102		02:09:26	<b>02:17:17.70</b>	<b>02:17:33.35</b>	+01:11:26 (51.9%)	10:33	5.7 (48.3%)
181	<b>WOŹNIAK Jędrzej</b>	<b>1585</b>	VADAIN RUNNING CLUB	Mężczyzni	103		02:05:35	<b>02:18:11.10</b>	<b>02:18:13.75</b>	+01:12:07 (52.2%)	10:37	5.6 (47.5%)
182	<b>WSZELAK Ilona</b>	<b>1591</b>	ŁUBUDUBU	Kobiety	79	Łubudubu	02:10:05	<b>02:19:14.80</b>	<b>02:19:31.40</b>	+01:13:24 (52.6%)	10:42	5.6 (47.5%)
183	<b>KOŁODZIEJ Irena</b>	<b>1773</b>		Kobiety	80		02:11:13	<b>02:20:06.10</b>	<b>02:20:20.15</b>	+01:14:13 (52.9%)	10:46	5.6 (47.5%)
184	<b>POPIS Justyna</b>	<b>1624</b>		Kobiety	81		02:12:51	<b>02:22:31.20</b>	<b>02:22:38.50</b>	+01:16:31 (53.7%)	10:57	5.5 (46.6%)
185	<b>CZORNAK Dominika</b>	<b>1530</b>		Kobiety	82		02:12:27	<b>02:22:27.25</b>	<b>02:22:44.35</b>	+01:16:37 (53.7%)	10:57	5.5 (46.6%)
186	<b>CZORNAK Agnieszka</b>	<b>1525</b>		Kobiety	83		02:12:40	<b>02:22:26.95</b>	<b>02:22:44.75</b>	+01:16:38 (53.7%)	10:57	5.5 (46.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
187	<b>JAKUBIEC Justyna</b>	<b>1608</b>	LUBELSKA GRUPA TRIATHLONU	Kobiety	84	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	02:11:33	<b>02:22:49.05</b>	<b>02:23:02.95</b>	+01:16:56 (53.8%)	10:59	5.5 (46.6%)
187	<b>CZECHOWSKA Izbela</b>	<b>1611</b>	LUBELSKA GRUPA TRIATHLONU, LUBELSKIE STOWARZYSZENIE BIEGOWE	Kobiety	85	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	02:11:51	<b>02:22:50.25</b>	<b>02:23:02.95</b>	+01:16:56 (53.8%)	10:59	5.5 (46.6%)
189	<b>HERNAS Aneta</b>	<b>1607</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST LUBLIN	Kobiety	86	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	02:12:00	<b>02:22:49.35</b>	<b>02:23:03.05</b>	+01:16:56 (53.8%)	10:59	5.5 (46.6%)
190	<b>SOT Lucjan</b>	<b>1536</b>	A NIECH TO SZLAK BIEGIEM NA SZLAK	Mężczyźni	104		02:14:02	<b>02:23:27.15</b>	<b>02:23:33.30</b>	+01:17:26 (53.9%)	11:02	5.4 (45.8%)
191	<b>CZEMPIŃSKA Ludmiła</b>	<b>1572</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Kobiety	87		02:14:03	<b>02:23:36.45</b>	<b>02:23:44.70</b>	+01:17:38 (54.0%)	11:02	5.4 (45.8%)
192	<b>ZUBCZYŃSKI Hubert</b>	<b>1664</b>		Mężczyźni	105			<b>02:25:16.50</b>	<b>02:25:16.50</b>	+01:19:09 (54.5%)	11:10	5.4 (45.8%)
193	<b>WASIELEWSKA Teresa</b>	<b>1730</b>	KS ZDZIESZOWICE-BIKETEAM	Kobiety	88		02:14:57	<b>02:25:29.25</b>	<b>02:25:45.15</b>	+01:19:38 (54.6%)	11:11	5.4 (45.8%)
194	<b>ZIELONKA Paweł</b>	<b>1789</b>		Mężczyźni	106		02:16:59	<b>02:26:10.55</b>	<b>02:26:33.75</b>	+01:20:27 (54.9%)	11:14	5.3 (44.9%)
195	<b>MARONDEL Katarzyna</b>	<b>1597</b>	SILESIA RUNNING TEAM	Kobiety	89		02:17:36	<b>02:26:29.55</b>	<b>02:26:40.35</b>	+01:20:33 (54.9%)	11:16	5.3 (44.9%)
196	<b>JAROCKI Leszek</b>	<b>1722</b>		Mężczyźni	107		02:18:06	<b>02:26:28.85</b>	<b>02:26:45.80</b>	+01:20:39 (55.0%)	11:16	5.3 (44.9%)
197	<b>JAROCKA Agata</b>	<b>1721</b>		Kobiety	90		02:18:09	<b>02:26:27.90</b>	<b>02:26:45.85</b>	+01:20:39 (55.0%)	11:16	5.3 (44.9%)
198	<b>FILIPEK Magda</b>	<b>1666</b>		Kobiety	91		02:18:16	<b>02:27:26.30</b>	<b>02:27:46.15</b>	+01:21:39 (55.3%)	11:20	5.3 (44.9%)
199	<b>WAŚ Andrzej</b>	<b>1703</b>		Mężczyźni	108		02:18:14	<b>02:27:25.95</b>	<b>02:27:46.25</b>	+01:21:39 (55.3%)	11:20	5.3 (44.9%)
200	<b>TOMAS Beata</b>	<b>1727</b>		Kobiety	92		02:19:37	<b>02:28:37.65</b>	<b>02:28:44.90</b>	+01:22:38 (55.6%)	11:25	5.2 (44.1%)
201	<b>CHODOROWSKA Alicja</b>	<b>1542</b>		Kobiety	93		02:21:36	<b>02:31:41.20</b>	<b>02:32:06.45</b>	+01:25:59 (56.5%)	11:40	5.1 (43.2%)
202	<b>MOJEK Michał</b>	<b>1559</b>		Mężczyźni	109		02:21:36	<b>02:32:19.10</b>	<b>02:32:22.95</b>	+01:26:16 (56.6%)	11:43	5.1 (43.2%)
203	<b>SADŁOWSKA Magda</b>	<b>1558</b>		Kobiety	94		02:21:44	<b>02:32:23.90</b>	<b>02:32:27.80</b>	+01:26:21 (56.6%)	11:43	5.1 (43.2%)
204	<b>HYZIAK Joanna</b>	<b>1513</b>	JJ.RUNNERS	Kobiety	95		02:22:48	<b>02:32:21.65</b>	<b>02:32:29.75</b>	+01:26:23 (56.6%)	11:43	5.1 (43.2%)
205	<b>WANTOŁA Michał</b>	<b>1233</b>		Mężczyźni	110		02:22:27	<b>02:32:05.15</b>	<b>02:32:30.65</b>	+01:26:24 (56.7%)	11:41	5.1 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 12km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
206	<b>PODOLAK-MACHOWSKA Agnieszka</b>	<b>1714</b>		Kobiety	96		02:24:25	<b>02:35:10.85</b>	<b>02:35:19.20</b>	+01:29:12 (57.4%)	11:56	5 (42.4%)
206	<b>LAMM Magdalena</b>	<b>1751</b>		Kobiety	97		02:24:29	<b>02:35:12.00</b>	<b>02:35:19.20</b>	+01:29:12 (57.4%)	11:56	5 (42.4%)
206	<b>FRASZYŃSKA Jolanta</b>	<b>1529</b>		Kobiety	98		02:24:33	<b>02:35:13.55</b>	<b>02:35:19.20</b>	+01:29:12 (57.4%)	11:56	5 (42.4%)
209	<b>OBARSKA Małgorzata</b>	<b>1696</b>		Kobiety	99		02:24:51	<b>02:35:31.75</b>	<b>02:35:38.40</b>	+01:29:31 (57.5%)	11:57	5 (42.4%)
210	<b>KULKA Paweł</b>	<b>1740</b>		Mężczyźni	111		02:28:21	<b>02:39:31.75</b>	<b>02:39:49.10</b>	+01:33:42 (58.6%)	12:16	4.9 (41.5%)
210	<b>OLĘDZKA Julita</b>	<b>1741</b>		Kobiety	100		02:28:25	<b>02:39:31.35</b>	<b>02:39:49.10</b>	+01:33:42 (58.6%)	12:16	4.9 (41.5%)
212	<b>WALENTYNOWICZ Marzena</b>	<b>1737</b>		Kobiety	101		02:30:19	<b>02:41:41.55</b>	<b>02:41:56.55</b>	+01:35:50 (59.2%)	12:26	4.8 (40.7%)
213	<b>EBERT Agata</b>	<b>1640</b>		Kobiety	102		02:30:08	<b>02:42:09.90</b>	<b>02:42:19.70</b>	+01:36:13 (59.3%)	12:28	4.8 (40.7%)
214	<b>JANKOWSKA Wioletta</b>	<b>1574</b>	MK TEAM SPORT W WIELKIM MIEŚCIE	Kobiety	103		02:33:10	<b>02:44:50.55</b>	<b>02:45:13.10</b>	+01:39:06 (60.0%)	12:40	4.7 (39.8%)
215	<b>JANKOWSKI Andrzej</b>	<b>1584</b>	MK TEAM SPORT W WIELKIM MIEŚCIE	Mężczyźni	112		02:33:18	<b>02:44:50.60</b>	<b>02:45:13.25</b>	+01:39:06 (60.0%)	12:40	4.7 (39.8%)
216	<b>KONKOL Magdalena</b>	<b>1644</b>		Kobiety	104		02:33:19	<b>02:45:49.40</b>	<b>02:45:54.15</b>	+01:39:47 (60.2%)	12:45	4.7 (39.8%)
217	<b>PARYS Piotr</b>	<b>1766</b>		Mężczyźni	113		02:38:37	<b>02:48:31.60</b>	<b>02:48:51.90</b>	+01:42:45 (60.9%)	12:57	4.6 (39.0%)
218	<b>TADLA Mateusz</b>	<b>1616</b>	STADO PĘDZĄCYCH WĘŻY OGRODOWYCH	Mężczyźni	114		02:42:00	<b>02:53:34.55</b>	<b>02:53:56.40</b>	+01:47:49 (62.0%)	13:21	4.5 (38.1%)
219	<b>LABA Anna</b>	<b>1626</b>		Kobiety	105		02:43:01	<b>02:54:47.35</b>	<b>02:55:06.70</b>	+01:49:00 (62.2%)	13:26	4.5 (38.1%)
220	<b>KLEKNER Joanna</b>	<b>1627</b>		Kobiety	106		02:43:16	<b>02:54:47.50</b>	<b>02:55:07.15</b>	+01:49:00 (62.2%)	13:26	4.5 (38.1%)
221	<b>SEREWA Paulina</b>	<b>1594</b>	WEŻ WYLUZUJ	Kobiety	107		02:46:31	<b>02:58:59.55</b>	<b>02:59:21.90</b>	+01:53:15 (63.1%)	13:46	4.4 (37.3%)
222	<b>PANCZENKO Kamil</b>	<b>1595</b>	WEŻ WYLUZUJ	Mężczyźni	115		02:46:32	<b>02:58:59.75</b>	<b>02:59:21.95</b>	+01:53:15 (63.1%)	13:46	4.4 (37.3%)
223	<b>KOLASA Barbara</b>	<b>1512</b>	KLUB J.SŁOWACKIEGO	Kobiety	108		02:56:34	<b>03:11:54.15</b>	<b>03:11:58.15</b>	+02:05:51 (65.6%)	14:45	4.1 (34.7%)
224	<b>MIRECKI Jan</b>	<b>1535</b>		Mężczyźni	116		03:13:32	<b>03:27:12.25</b>	<b>03:27:25.00</b>	+02:21:18 (68.1%)	15:56	3.8 (32.2%)
225	<b>HRYSZKO Jarosław</b>	<b>1561</b>	RKS JANINA	Mężczyźni	117		03:13:20	<b>03:27:44.55</b>	<b>03:28:14.35</b>	+02:22:07 (68.3%)	15:58	3.8 (32.2%)
226	<b>FIRLEJ Arnika</b>	<b>1562</b>	RKS JANINA	Kobiety	109		03:13:19	<b>03:27:45.45</b>	<b>03:28:14.75</b>	+02:22:08 (68.3%)	15:58	3.8 (32.2%)

Znaleziono 226 wynik(ów)