



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

III ZIMOWA BIESZCZADZKA DYCHA 2017

Zimowy Maraton Bieszczadzki 2017
Fundacja Bieg Rzeźnika
2017-01-29
Cisna
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DOMISZEWSKI Ignacy	1000	MKS HALICZ	M20	1	00:00:28	00:22:57	00:36:06.00	00:36:06.00		3:36	16.6 (100%)
2	LIPA Wojciech	1216	RZESZOWSKIE GAZELE I GEPARDY	M30	1	00:00:28	00:28:20	00:42:25.00	00:42:25.00	+00:06:19 (14.9%)	4:14	14.1 (84.9%)
3	GAWRON Janusz	1337	BRYGADA BESKIDÓW	M20	2	00:00:31	00:28:47	00:43:12.35	00:43:12.35	+00:07:06 (16.4%)	4:19	13.9 (83.7%)
4	PRZEBIROWSKI Karol	1200	FRASSATI FAJSŁAWICE	M20	3	00:00:42	00:29:50	00:44:40.25	00:44:40.25	+00:08:34 (19.2%)	4:28	13.4 (80.7%)
5	NOWAK Marcin	1238	STALOWOWOLSKI KLUB BIEGACZA	M30	2	00:00:29	00:29:42	00:44:42.05	00:44:42.05	+00:08:36 (19.2%)	4:28	13.4 (80.7%)
6	PAWLAK Magdalena	1137	BIEGACZ CEGŁÓW	K20	1	00:00:40	00:29:23	00:44:46.55	00:44:46.55	+00:08:40 (19.4%)	4:28	13.4 (80.7%)
7	MAZURKIEWICZ Tomasz	1331	ZAPOROWY MARATON TEAM	M40	1	00:00:33	00:29:52	00:45:11.75	00:45:11.75	+00:09:05 (20.1%)	4:31	13.3 (80.1%)
8	WITEK Elżbieta	1334		K20	2	00:00:31	00:30:01	00:45:46.30	00:45:46.30	+00:09:40 (21.1%)	4:34	13.1 (78.9%)
9	BAŁCHAN Krzysztof	1012	CPR RZESZOW	M30	3	00:00:50	00:30:22	00:46:08.40	00:46:08.40	+00:10:02 (21.8%)	4:36	13 (78.3%)
10	ŚWIDZIŃSKI Tomasz	1263	VEGE RUNNERS	M40	2	00:00:40	00:31:08	00:46:43.70	00:46:43.70	+00:10:37 (22.7%)	4:40	12.8 (77.1%)
11	BRENDZOWSKI Adam	1011	SOLINA TEAM	M30	4	00:00:47	00:31:01	00:46:58.55	00:46:58.55	+00:10:52 (23.2%)	4:41	12.8 (77.1%)
12	KASPROWICZ Marcin	1196	ALGORYTM.EDU.PL	M30	5	00:01:07	00:31:11	00:46:59.70	00:46:59.70	+00:10:53 (23.2%)	4:41	12.8 (77.1%)
13	PŁACZEK Paweł	1329		M30	6	00:00:57	00:31:02	00:47:13.10	00:47:13.10	+00:11:07 (23.5%)	4:43	12.7 (76.5%)
14	ZAWADZKI Łukasz	1250	NOWOSARZYŃSKA GRUPA BIEGOWA	M20	4	00:01:05	00:31:29	00:47:29.55	00:47:29.55	+00:11:23 (24.0%)	4:44	12.6 (75.9%)
15	BEREZOWSKI Waldemar	1289	PGE RUN OBRÓT	M40	3	00:01:59	00:32:02	00:47:33.60	00:47:33.60	+00:11:27 (24.1%)	4:45	12.6 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
16	MERCIK Agnieszka	1090	PRZEMYSKI KLUB BIEGACZA	K30	1	00:00:51	00:32:03	00:47:44.05	00:47:44.05	+00:11:38 (24.4%)	4:46	12.6 (75.9%)
17	CIĄGŁO Jacek	1251	NOWOSARZYŃSKA GRUPA BIEGOWA	M30	7	00:01:04	00:32:00	00:47:45.30	00:47:45.30	+00:11:39 (24.4%)	4:46	12.6 (75.9%)
18	GOŁĄBEK Wojciech	1160	MOSIR DUKLA	M40	4	00:01:27	00:32:04	00:47:55.10	00:47:55.10	+00:11:49 (24.7%)	4:47	12.5 (75.3%)
19	TELESZ Mateusz	1087		M30	8	00:00:32	00:31:59	00:48:26.90	00:48:26.90	+00:12:20 (25.5%)	4:50	12.4 (74.7%)
20	OCZOŚ Hubert	1162		M20	5	00:01:57	00:32:25	00:48:47.65	00:48:47.65	+00:12:41 (26.0%)	4:52	12.3 (74.1%)
21	MATUSIK Oskar	1323		M20	6	00:00:44	00:32:52	00:48:52.85	00:48:52.85	+00:12:46 (26.1%)	4:53	12.3 (74.1%)
22	KOWALIK Marcin	1190	PGE RUN OBRÓT	M30	9	00:02:03	00:33:07	00:48:55.50	00:48:55.50	+00:12:49 (26.2%)	4:53	12.3 (74.1%)
23	KŁOSIŃSKI Rafał	1106	MKB DREPTAK	M40	5	00:00:53	00:32:32	00:49:00.15	00:49:00.15	+00:12:54 (26.3%)	4:54	12.2 (73.5%)
24	KOPEL Andrzej	1059	7	M20	7	00:00:51	00:33:08	00:49:03.15	00:49:03.15	+00:12:57 (26.4%)	4:54	12.2 (73.5%)
25	KORZONEK Karol	1299	SPRINT GORZYCE	M30	10	00:02:14	00:33:44	00:49:06.35	00:49:06.35	+00:13:00 (26.5%)	4:54	12.2 (73.5%)
26	MALCZEWSKI Piotr	1098	MTB MOSIR DUKLA	M30	11	00:01:27	00:32:38	00:49:38.00	00:49:38.00	+00:13:32 (27.3%)	4:57	12.1 (72.9%)
27	LEWANDOWSKI Paweł	1281	KLUB SZALONEGO BIEGACZA	M30	12	00:01:06	00:32:51	00:49:40.15	00:49:40.15	+00:13:34 (27.3%)	4:58	12.1 (72.9%)
28	ISKRA Grzegorz	1044	KP PSP STRZYŻÓW	M30	13	00:00:56	00:33:05	00:49:59.40	00:49:59.40	+00:13:53 (27.8%)	4:59	12 (72.3%)
29	ODRZYWÓŁ VEL NAWENTURA Wojciech	1114	ŁÓDŹ KOCHA SPORT	M30	14	00:01:19	00:33:17	00:50:04.30	00:50:04.30	+00:13:58 (27.9%)	5:00	12 (72.3%)
30	GURGUL Mateusz	1092	AROMAT NÓG	M30	15	00:01:02	00:34:21	00:50:05.95	00:50:05.95	+00:13:59 (27.9%)	5:00	12 (72.3%)
31	ASKUNTOWICZ Wojciech	1294	TOUR THE RUN	M20	8	00:01:45	00:33:56	00:50:15.20	00:50:15.20	+00:14:09 (28.2%)	5:01	11.9 (71.7%)
32	WÓJCIK Jerzy	1271	AKTYWNA STRONA ŻYCIA	M30	16	00:01:45	00:34:18	00:50:47.35	00:50:47.35	+00:14:41 (28.9%)	5:04	11.8 (71.1%)
33	PROCHERA Damian	1159	7	M30	17	00:00:51	00:33:27	00:50:51.25	00:50:51.25	+00:14:45 (29.0%)	5:05	11.8 (71.1%)
34	KAJDROWICZ Grzegorz	1310	WWW.PRZEMYSLNEPODROZE.PL	M40	6	00:00:50	00:34:03	00:50:58.90	00:50:58.90	+00:14:52 (29.2%)	5:05	11.8 (71.1%)
35	BŁYSKAL Krzysztof	1258	MKS HALICZ USTRZYKI DOLNE	M30	18	00:02:19	00:34:02	00:50:59.70	00:50:59.70	+00:14:53 (29.2%)	5:05	11.8 (71.1%)
36	BIELKOWSKI Wojciech	1167	COCERUNNERS	M40	7	00:00:41	00:34:09	00:51:09.00	00:51:09.00	+00:15:03 (29.4%)	5:06	11.7 (70.5%)
37	PŁESZKA Marek	1311	OTRYT LUTOWISKA	M40	8	00:01:07	00:34:48	00:51:10.60	00:51:10.60	+00:15:04 (29.5%)	5:07	11.7 (70.5%)
38	BOBER Marcin	1241		M30	19	00:01:06	00:33:57	00:51:35.05	00:51:35.05	+00:15:29 (30.0%)	5:09	11.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
39	PAŁAC Adam	1240	S M	M30	20	00:01:07	00:33:58	00:51:36.05	00:51:36.05	+00:15:30 (30.0%)	5:09	11.6 (69.9%)
40	HERMANIUK Tomasz	1064		M40	9	00:01:50	00:35:12	00:51:41.05	00:51:41.05	+00:15:35 (30.2%)	5:10	11.6 (69.9%)
41	PODOLAK Paweł	1174		M30	21	00:01:24	00:34:46	00:51:54.25	00:51:54.25	+00:15:48 (30.4%)	5:11	11.6 (69.9%)
42	JAREMA Maciej	1298	LOKOMOTIV MAJDAN	M30	22	00:00:42	00:34:17	00:51:57.05	00:51:57.05	+00:15:51 (30.5%)	5:11	11.5 (69.3%)
43	SZTUBA Robert	1291	GUTI TEAM	M30	23	00:01:21	00:35:12	00:52:24.45	00:52:24.45	+00:16:18 (31.1%)	5:14	11.5 (69.3%)
44	WŁODYKA Sławomir	1070	RUN PGE OBRÓT	M20	9	00:02:00	00:34:51	00:52:35.30	00:52:35.30	+00:16:29 (31.4%)	5:15	11.4 (68.7%)
45	WAWRZYNEK Michał	1180		M20	10	00:00:45	00:35:17	00:52:39.80	00:52:39.80	+00:16:33 (31.5%)	5:15	11.4 (68.7%)
46	WYSOCKI Mariusz	1022	FUNDACJA LATARNIA	M30	24	00:01:20	00:34:52	00:52:42.75	00:52:42.75	+00:16:36 (31.5%)	5:16	11.4 (68.7%)
47	WOŹNIAK Janusz	1034	PORMAT JEDLICZE BIEGA	M50	1	00:01:05	00:35:05	00:53:08.55	00:53:08.55	+00:17:02 (32.1%)	5:18	11.3 (68.1%)
48	DRAŻEK Sławomir	1324		M40	10	00:01:05	00:35:20	00:53:32.35	00:53:32.35	+00:17:26 (32.6%)	5:21	11.2 (67.5%)
49	JAGIEŁA Tomasz	1269		M30	25	00:00:49	00:35:10	00:53:37.20	00:53:37.20	+00:17:31 (32.7%)	5:21	11.2 (67.5%)
50	SNOPKIEWICZ Joanna	1135	BIEGACZ CEGŁÓW	K40	1	00:00:49	00:36:14	00:53:37.75	00:53:37.75	+00:17:31 (32.7%)	5:21	11.2 (67.5%)
51	NOWOMIEJSKI Marcin	1129	BYLE DOBIEC	M30	26	00:00:49	00:33:03	00:53:39.75	00:53:39.75	+00:17:33 (32.7%)	5:21	11.2 (67.5%)
52	SOJKA Agnieszka	1194	PRZEMYSKI KLUB BIEGACZA	K30	2	00:01:10	00:35:35	00:53:40.80	00:53:40.80	+00:17:34 (32.7%)	5:22	11.2 (67.5%)
53	ŁUSZCZYC Anna	1297		K30	3	00:02:11	00:36:13	00:53:41.25	00:53:41.25	+00:17:35 (32.8%)	5:22	11.2 (67.5%)
54	MAZUR Jacek	1252	SPARTAN RACE TRAINING GROUP RZESZÓW	M20	11	00:02:10	00:36:45	00:53:41.55	00:53:41.55	+00:17:35 (32.8%)	5:22	11.2 (67.5%)
55	BŁASZCZAK Błażej	1179		M20	12	00:00:45	00:35:15	00:53:46.10	00:53:46.10	+00:17:40 (32.9%)	5:22	11.2 (67.5%)
56	WILCZAK Janusz	1243		M40	11	00:00:52	00:35:02	00:54:06.75	00:54:06.75	+00:18:00 (33.3%)	5:24	11.1 (66.9%)
57	MORCINEK Marcin	1029	BLUSZCZA	M30	27	00:01:27	00:36:08	00:54:08.25	00:54:08.25	+00:18:02 (33.3%)	5:24	11.1 (66.9%)
58	BŁASZCZAK Grzegorz	1035	NIGHT RUNNERS PŁOCK	M30	28	00:00:40	00:35:47	00:54:25.60	00:54:25.60	+00:18:19 (33.7%)	5:26	11 (66.3%)
59	GUZOWSKI Dariusz	1066	COKE RUNNERS	M50	2	00:00:41	00:36:07	00:54:36.90	00:54:36.90	+00:18:30 (33.9%)	5:27	11 (66.3%)
60	PARWA Michał	1208		M30	29	00:01:33	00:36:29	00:54:38.90	00:54:38.90	+00:18:32 (33.9%)	5:27	11 (66.3%)
61	MACIĄG Michał	1141	BIEGUSIEM.PL	M30	30	00:03:00	00:37:48	00:54:45.50	00:54:45.50	+00:18:39 (34.1%)	5:28	11 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
62	CHOJNACKI Wiktor	1212	NADLEŚNICTWO LUTOWISKA	M30	31	00:01:07	00:36:43	00:54:53.40	00:54:53.40	+00:18:47 (34.2%)	5:29	10.9 (65.7%)
63	POLOZYNSKI Andrzej	1205	ZACISZE NIGHT RUNNERS	M30	32	00:02:04	00:37:42	00:54:59.15	00:54:59.15	+00:18:53 (34.3%)	5:29	10.9 (65.7%)
64	KARDASZ Marek	1223	BIESZCZADY TEAM	M30	33	00:00:51	00:36:42	00:55:05.00	00:55:05.00	+00:18:59 (34.5%)	5:30	10.9 (65.7%)
65	BOGUTA Monika	1288	WW TEAM	K30	4	00:00:48	00:35:52	00:55:18.55	00:55:18.55	+00:19:12 (34.7%)	5:31	10.8 (65.1%)
66	STANKIEWICZ Jacek	1245		M40	12	00:00:41	00:36:10	00:55:20.55	00:55:20.55	+00:19:14 (34.8%)	5:32	10.8 (65.1%)
67	DZIEDZIC Krzysztof	1300		M30	34	00:01:04	00:38:09	00:55:44.30	00:55:44.30	+00:19:38 (35.2%)	5:34	10.8 (65.1%)
68	WARZYCHA Dawid	1038		M20	13	00:02:08	00:37:31	00:55:47.05	00:55:47.05	+00:19:41 (35.3%)	5:34	10.8 (65.1%)
69	WODYŃSKI Jacek	1101	EQUIDO TEAM SCHODZI Z ASFALTU	M40	13	00:01:36	00:38:02	00:55:56.45	00:55:56.45	+00:19:50 (35.5%)	5:35	10.7 (64.5%)
70	DOROSZ Barbara	1094		K30	5	00:01:11	00:37:06	00:56:03.80	00:56:03.80	+00:19:57 (35.6%)	5:36	10.7 (64.5%)
71	MAJEWSKA Joanna	1072	RUN PGE OBRÓT	K40	2	00:02:13	00:36:24	00:56:09.55	00:56:09.55	+00:20:03 (35.7%)	5:36	10.7 (64.5%)
72	WRÓBEL Bartłomiej	1309	CISNA GÓRĄ	M40	14	00:00:54	00:36:58	00:56:10.70	00:56:10.70	+00:20:04 (35.7%)	5:37	10.7 (64.5%)
73	SAWICKI Radek	1051	DZIKIE GRUBASY SZATANA	M30	35	00:01:34	00:37:09	00:56:11.50	00:56:11.50	+00:20:05 (35.8%)	5:37	10.7 (64.5%)
74	GUJSKI Marcin	1187	TRIPAKA	M30	36	00:00:59	00:37:35	00:56:12.20	00:56:12.20	+00:20:06 (35.8%)	5:37	10.7 (64.5%)
75	RYZIŃSKI Ryszard	1030		M40	15	00:00:56	00:38:24	00:56:49.30	00:56:49.30	+00:20:43 (36.5%)	5:40	10.6 (63.9%)
76	RYBIŃSKA Anna	1249		K20	3	00:01:28	00:38:07	00:56:50.10	00:56:50.10	+00:20:44 (36.5%)	5:41	10.6 (63.9%)
77	RYŁKO Mariola	1235	SOLINA TEAM	K40	3	00:00:52	00:37:01	00:57:00.85	00:57:00.85	+00:20:54 (36.7%)	5:42	10.5 (63.3%)
78	MURAWSKI Łukasz	1171	FUNDACJA LATARNIA	M30	37	00:01:21	00:37:30	00:57:01.60	00:57:01.60	+00:20:55 (36.7%)	5:42	10.5 (63.3%)
79	PAWŁOWSKI Piotr	1280		M30	38	00:01:39	00:38:17	00:57:02.35	00:57:02.35	+00:20:56 (36.7%)	5:42	10.5 (63.3%)
80	KARDASZ Jacek	1084	ATTYLA RUNNING CLUB	M30	39	00:01:22	00:38:29	00:57:06.85	00:57:06.85	+00:21:00 (36.8%)	5:42	10.5 (63.3%)
81	STACHURSKI Mirosław	1296	MBTEAM	M30	40	00:02:10	00:38:26	00:57:22.70	00:57:22.70	+00:21:16 (37.1%)	5:44	10.5 (63.3%)
82	GARBARZ Monika	1293		K30	6	00:01:43	00:38:33	00:57:25.10	00:57:25.10	+00:21:19 (37.1%)	5:44	10.4 (62.7%)
83	KŁOŚ Artur	1247	PKO BANK POLSKI	M30	41	00:01:28	00:38:47	00:57:33.95	00:57:33.95	+00:21:27 (37.3%)	5:45	10.4 (62.7%)
84	NIEDZIAŁEK Katarzyna	1161	BIEGAJĄCY ŚWIDNIK	K20	4	00:02:12	00:38:15	00:57:43.75	00:57:43.75	+00:21:37 (37.5%)	5:46	10.4 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
85	RAPACZ Marcin	1075		M40	16	00:01:19	00:36:41	00:58:09.20	00:58:09.20	+00:22:03 (37.9%)	5:48	10.3 (62.0%)
86	TAŁACH Krzysztof	1183	50 TWARZY GRZYBIARZY	M30	42	00:02:02	00:38:23	00:58:12.60	00:58:12.60	+00:22:06 (38.0%)	5:49	10.3 (62.0%)
87	SZYBIAK Maciej	1121	AGONA W&M	M20	14	00:01:42	00:38:20	00:58:32.45	00:58:32.45	+00:22:26 (38.3%)	5:51	10.3 (62.0%)
88	ŻELAZNY Agnieszka	1204		K40	4	00:02:22	00:39:23	00:58:34.25	00:58:34.25	+00:22:28 (38.4%)	5:51	10.2 (61.4%)
89	WODYŃSKA Dagmara	1100	EQUIDO TEAM SCHODZI Z ASFALTU	K40	5	00:01:36	00:39:08	00:58:37.10	00:58:37.10	+00:22:31 (38.4%)	5:51	10.2 (61.4%)
90	BERNAŚ Dariusz	1322	DOM PSTRĄGA	M30	43	00:01:32	00:39:14	00:58:37.75	00:58:37.75	+00:22:31 (38.4%)	5:51	10.2 (61.4%)
91	SKOCZYLAS Kamil	1303	GUKS MODLIBORZYCE	M30	44	00:01:12	00:38:50	00:58:38.65	00:58:38.65	+00:22:32 (38.4%)	5:51	10.2 (61.4%)
92	BAJOREK Sebastian	1266	TECHNIKUM LEŚNE W LESKU	M20	15	00:03:10	00:39:06	00:58:39.95	00:58:39.95	+00:22:33 (38.5%)	5:51	10.2 (61.4%)
93	KLEPACKI Maciej	1091	YO!ZEN	M30	45	00:02:49	00:39:16	00:58:41.10	00:58:41.10	+00:22:35 (38.5%)	5:52	10.2 (61.4%)
94	MALCZEWSKI Konrad	1330	MOSIR DUKLA	M30	46	00:01:34	00:39:04	00:58:42.25	00:58:42.25	+00:22:36 (38.5%)	5:52	10.2 (61.4%)
95	SASAL Monika	1295		K30	7	00:01:21	00:38:00	00:58:44.35	00:58:44.35	+00:22:38 (38.5%)	5:52	10.2 (61.4%)
96	LENART-KŁOŚ Katarzyna	1248	PKO BANK POLSKI	K30	8	00:01:28	00:38:48	00:58:45.05	00:58:45.05	+00:22:39 (38.6%)	5:52	10.2 (61.4%)
97	BRZEZIŃSKI Arkadiusz	1061	RUN BABY RUN TEAM PL	M40	17	00:02:56	00:39:19	00:58:47.60	00:58:47.60	+00:22:41 (38.6%)	5:52	10.2 (61.4%)
98	BUGAJSKI Artur	1105	JABIEGAM	M40	18	00:02:56	00:39:41	00:58:59.35	00:58:59.35	+00:22:53 (38.8%)	5:53	10.2 (61.4%)
99	MAŚLANY Daniel	1217		M30	47	00:02:12	00:40:08	00:59:09.10	00:59:09.10	+00:23:03 (39.0%)	5:54	10.1 (60.8%)
100	LEDWOLORZ Anna	1068	VEGE RUNNERS	K30	9	00:01:36	00:38:36	00:59:43.55	00:59:43.55	+00:23:37 (39.6%)	5:58	10 (60.2%)
101	BODZIOCH Grzegorz	1268	GORLICKA GRUPA BIEGOWA	M40	19	00:02:22	00:39:26	00:59:50.45	00:59:50.45	+00:23:44 (39.7%)	5:59	10 (60.2%)
102	LITWINEK Marek	1256		M30	48	00:02:43	00:40:00	01:00:27.50	01:00:27.50	+00:24:21 (40.3%)	6:02	9.9 (59.6%)
103	DUCH Piotr	1123		M50	3	00:01:07	00:38:01	01:00:32.40	01:00:32.40	+00:24:26 (40.4%)	6:03	9.9 (59.6%)
104	MOTYLEWSKA Marta	1319	BIEGAM W SFETRZE	K20	5	00:02:14	00:39:43	01:00:44.00	01:00:44.00	+00:24:38 (40.6%)	6:04	9.9 (59.6%)
105	MISIOŁEK Marcin	1095	MOSIR DUKLA	M30	49	00:01:35	00:39:42	01:00:46.10	01:00:46.10	+00:24:40 (40.6%)	6:04	9.9 (59.6%)
106	LUBAŃSKA Alicja	1199		K40	6	00:02:34	00:40:26	01:01:15.00	01:01:15.00	+00:25:09 (41.1%)	6:07	9.8 (59.0%)
107	KOBIAŁKA Paulina	1336		K30	10	00:01:51	00:40:21	01:01:15.75	01:01:15.75	+00:25:09 (41.1%)	6:07	9.8 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
108	MAZUREK Katarzyna	1113	SKLEP BIEGACZA LUBLIN TEAM / LSB	K40	7	00:02:04	00:40:47	01:01:16.40	01:01:16.40	+00:25:10 (41.1%)	6:07	9.8 (59.0%)
109	CZAJKOWSKI Łukasz	1127		M30	50	00:02:58	00:41:45	01:01:23.40	01:01:23.40	+00:25:17 (41.2%)	6:08	9.8 (59.0%)
110	DĄBRÓWKA Radosław	1021	FUNDACJA LATARNIA	M30	51	00:01:20	00:38:53	01:01:54.00	01:01:54.00	+00:25:48 (41.7%)	6:11	9.7 (58.4%)
111	MAJDA Robert	1149	ROMB	M40	20	00:01:30	00:40:05	01:01:55.15	01:01:55.15	+00:25:49 (41.7%)	6:11	9.7 (58.4%)
112	KADŁUBEK Aleksander	1286	TKTJ	M30	52	00:02:47	00:42:07	01:01:55.80	01:01:55.80	+00:25:49 (41.7%)	6:11	9.7 (58.4%)
113	KRUK Krzysztof	1267	CROSSFITZABRZE	M30	53	00:02:34	00:41:15	01:01:56.90	01:01:56.90	+00:25:50 (41.7%)	6:11	9.7 (58.4%)
114	LISOWSKA Kamila	1115		K30	11	00:02:27	00:41:23	01:01:58.80	01:01:58.80	+00:25:52 (41.8%)	6:11	9.7 (58.4%)
115	HERBERT Jarosław	1042	WYDZIAŁ WYCHOWANIA FIZYCZNEGO UNIWERSYTET RZESZOWSKI	M30	54	00:03:12	00:41:30	01:02:17.95	01:02:17.95	+00:26:11 (42.1%)	6:13	9.6 (57.8%)
116	BODNIAK Tomasz	1058		M30	55	00:01:31	00:40:55	01:02:20.20	01:02:20.20	+00:26:14 (42.1%)	6:14	9.6 (57.8%)
117	DZIEDZIC Joanna	1233		K30	12	00:01:05	00:40:28	01:02:24.30	01:02:24.30	+00:26:18 (42.2%)	6:14	9.6 (57.8%)
118	NIEDZWIECKI Zenon	1226		M40	21	00:03:10	00:40:46	01:02:32.00	01:02:32.00	+00:26:26 (42.3%)	6:15	9.6 (57.8%)
119	CZARNIK Stanisław	1117	MIECHOWICKA GRUPA BIEGOWA	M30	56	00:03:02	00:41:37	01:02:32.90	01:02:32.90	+00:26:26 (42.3%)	6:15	9.6 (57.8%)
120	KRÓLIK Rafał	1192		M20	16	00:03:09	00:41:04	01:02:34.25	01:02:34.25	+00:26:28 (42.3%)	6:15	9.6 (57.8%)
121	BIAŁECKA Magdalena	1147	EPIDEMIASPORTU	K30	13	00:01:53	00:41:08	01:03:00.25	01:03:00.25	+00:26:54 (42.7%)	6:18	9.5 (57.2%)
122	GRUDZIEN Sandra	1176	50 TWARZY GRZYBIARZY	K30	14	00:02:02	00:41:35	01:04:19.15	01:04:19.15	+00:28:13 (43.9%)	6:25	9.3 (56.0%)
123	MACZKA Krystyna	1313	OTKRZEŹNIK	K60	1	00:01:45	00:42:01	01:04:28.50	01:04:28.50	+00:28:22 (44.0%)	6:26	9.3 (56.0%)
124	SURMACZ Dorota	1292		K30	15	00:01:51	00:42:03	01:04:34.05	01:04:34.05	+00:28:28 (44.1%)	6:27	9.3 (56.0%)
125	LENKIEWICZ-BARDZIŃSKA Agata	1211	NADLEŚNICTWO LUTOWISKA, MKS HALICZ USTRZYKI	K30	16	00:01:07	00:41:32	01:04:35.10	01:04:35.10	+00:28:29 (44.1%)	6:27	9.3 (56.0%)
126	ZAWADZKI Marcin	1039	SZCZWANY TRZMIEL TEAM	M30	57	00:02:40	00:43:25	01:04:36.30	01:04:36.30	+00:28:30 (44.1%)	6:27	9.3 (56.0%)
127	WOLSKA Małgorzata	1049	WOLSCY BROTHERS TRIATHLON TEAM	K50	1	00:00:56	00:40:29	01:04:39.70	01:04:39.70	+00:28:33 (44.2%)	6:27	9.3 (56.0%)
128	WARZYCHA Krzysztof	1037		M50	4	00:02:09	00:43:37	01:04:40.55	01:04:40.55	+00:28:34 (44.2%)	6:28	9.3 (56.0%)
129	BILSKI Marek	1081		M40	22	00:00:56	00:41:24	01:04:46.05	01:04:46.05	+00:28:40 (44.3%)	6:28	9.3 (56.0%)
130	QUIRINI Ewa	1232		K30	17	00:02:07	00:42:13	01:04:46.60	01:04:46.60	+00:28:40 (44.3%)	6:28	9.3 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
131	KNAP Ewa	1215	ALBATROSY	K30	18	00:01:38	00:42:33	01:05:03.95	01:05:03.95	+00:28:57 (44.5%)	6:30	9.2 (55.4%)
132	HANAS Mirosław	1096	MTB MOSIR DUKLA	M30	58	00:01:53	00:41:37	01:05:05.10	01:05:05.10	+00:28:59 (44.5%)	6:30	9.2 (55.4%)
133	ŁADA Karol	1124		M30	59	00:02:31	00:42:58	01:05:06.00	01:05:06.00	+00:29:00 (44.5%)	6:30	9.2 (55.4%)
134	PAWELCZYK Anita	1274		K30	19	00:02:30	00:42:21	01:05:06.90	01:05:06.90	+00:29:00 (44.6%)	6:30	9.2 (55.4%)
135	KASPROWICZ Wioletta	1198	ALGORYTM.EDU.PL	K20	6	00:01:08	00:41:54	01:05:15.60	01:05:15.60	+00:29:09 (44.7%)	6:31	9.2 (55.4%)
136	KONOPKA Grzegorz	1056	DZIKIE GRUBASY SZATANA	M30	60	00:01:40	00:41:16	01:05:27.40	01:05:27.40	+00:29:21 (44.8%)	6:32	9.2 (55.4%)
137	KASZUBA Robert	1076		M40	23	00:01:52	00:40:54	01:05:53.40	01:05:53.40	+00:29:47 (45.2%)	6:35	9.1 (54.8%)
138	ŻYREK Jarosław	1031		M30	61	00:01:52	00:42:23	01:06:05.10	01:06:05.10	+00:29:59 (45.4%)	6:36	9.1 (54.8%)
139	PREJZNAR Nina	1097		K30	20	00:01:44	00:42:16	01:06:11.20	01:06:11.20	+00:30:05 (45.5%)	6:37	9.1 (54.8%)
140	KRZYSZTOFIK Damian	1318		M30	62	00:00:50	00:42:22	01:06:13.20	01:06:13.20	+00:30:07 (45.5%)	6:37	9.1 (54.8%)
141	GALANTY Agnieszka	1279		K40	8	00:01:41	00:43:00	01:06:15.10	01:06:15.10	+00:30:09 (45.5%)	6:37	9.1 (54.8%)
142	SZYBIAK Joanna	1120	AGONA W&M	K40	9	00:01:42	00:43:08	01:06:20.25	01:06:20.25	+00:30:14 (45.6%)	6:38	9 (54.2%)
143	KORZENIOWSKA Joanna	1253	UMCS BIEGA	K30	21	00:02:43	00:43:35	01:06:20.95	01:06:20.95	+00:30:14 (45.6%)	6:38	9 (54.2%)
144	WOJCIECHOWSKI Paweł	1201		M30	63	00:03:13	00:43:19	01:06:21.80	01:06:21.80	+00:30:15 (45.6%)	6:38	9 (54.2%)
145	WUJDA Magdalena	1157		K30	22	00:03:13	00:43:20	01:06:23.05	01:06:23.05	+00:30:17 (45.6%)	6:38	9 (54.2%)
146	NAWROT Waldek	1156		M40	24	00:03:13	00:43:22	01:06:23.90	01:06:23.90	+00:30:17 (45.6%)	6:38	9 (54.2%)
147	CYBULSKA Dominika	1172		K40	10	00:02:29	00:43:31	01:06:33.65	01:06:33.65	+00:30:27 (45.8%)	6:39	9 (54.2%)
148	HARTMAN Jadwiga	1317		K20	7	00:02:13	00:44:08	01:06:34.65	01:06:34.65	+00:30:28 (45.8%)	6:39	9 (54.2%)
149	CZECHOWICZ Dariusz	1301	DZIKIE ŻYCIE RUN TEAM	M40	25	00:02:56	00:43:56	01:06:35.50	01:06:35.50	+00:30:29 (45.8%)	6:39	9 (54.2%)
150	ZADROŻNA Ania	1145		K30	23	00:02:07	00:43:15	01:06:41.35	01:06:41.35	+00:30:35 (45.9%)	6:40	9 (54.2%)
151	WASILEWSKI Marcin	1287	WW TEAM	M40	26	00:02:48	00:42:03	01:06:54.55	01:06:54.55	+00:30:48 (46.0%)	6:41	9 (54.2%)
152	NIERADKA Katarzyna	1224		K30	24	00:03:10	00:44:25	01:07:06.05	01:07:06.05	+00:31:00 (46.2%)	6:42	8.9 (53.6%)
153	MYGA Łukasz	1320	HEARTLESS	M30	64	00:02:34	00:44:01	01:07:10.90	01:07:10.90	+00:31:04 (46.3%)	6:43	8.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
154	STARCZEWSKA Sylwia	1175	MINDFULNESS INSIDE	K40	11	00:02:33	00:44:13	01:07:12.90	01:07:12.90	+00:31:06 (46.3%)	6:43	8.9 (53.6%)
155	KAPUSTA Krzysztof	1221	KISPLUS	M30	65	00:02:14	00:44:04	01:07:17.15	01:07:17.15	+00:31:11 (46.3%)	6:43	8.9 (53.6%)
156	GARCZYŃSKA Ania	1026		K40	12	00:02:09	00:43:53	01:07:18.65	01:07:18.65	+00:31:12 (46.4%)	6:43	8.9 (53.6%)
157	CYBULSKI Piotr	1173		M40	27	00:02:29	00:44:05	01:07:20.45	01:07:20.45	+00:31:14 (46.4%)	6:44	8.9 (53.6%)
158	BANASIK Wiesław	1136		M50	5	00:02:53	00:44:15	01:07:22.10	01:07:22.10	+00:31:16 (46.4%)	6:44	8.9 (53.6%)
159	DROZDOWSKI Wojciech	1332	BIEGAJ Z TRENERAMI	M30	66	00:01:30	00:43:22	01:07:23.05	01:07:23.05	+00:31:17 (46.4%)	6:44	8.9 (53.6%)
160	GUTKOWSKI Wojciech	1265		M40	28	00:02:55	00:44:30	01:07:28.15	01:07:28.15	+00:31:22 (46.5%)	6:44	8.9 (53.6%)
161	STARZECKA Joanna	1130		K40	13	00:02:14	00:43:53	01:07:49.85	01:07:49.85	+00:31:43 (46.8%)	6:46	8.8 (53.0%)
162	BURDA Sławomir	1308		M30	67	00:01:36	00:44:07	01:07:50.45	01:07:50.45	+00:31:44 (46.8%)	6:47	8.8 (53.0%)
163	CECUŁA Rafał	1152	POZYTYWNIIE ZABIEGANI SANOK	M30	68	00:02:12	00:43:58	01:08:06.65	01:08:06.65	+00:32:00 (47.0%)	6:48	8.8 (53.0%)
164	MAZUR Joanna	1153		K30	25	00:01:24	00:44:10	01:08:10.75	01:08:10.75	+00:32:04 (47.1%)	6:49	8.8 (53.0%)
165	MAZUR Sebastian	1154		M40	29	00:01:24	00:44:11	01:08:11.10	01:08:11.10	+00:32:05 (47.1%)	6:49	8.8 (53.0%)
166	DANILUK Andrzej	1164	ZACISZE NIGHT RUNNERS	M30	69	00:02:04	00:44:40	01:08:11.95	01:08:11.95	+00:32:05 (47.1%)	6:49	8.8 (53.0%)
167	GĘBSKA Karolina	1307		K20	8	00:01:56	00:44:14	01:08:13.20	01:08:13.20	+00:32:07 (47.1%)	6:49	8.8 (53.0%)
168	CZAJA Wacław	1229		M40	30			01:08:33.95	01:08:33.95	+00:32:27 (47.3%)	6:51	8.8 (53.0%)
169	GARBOWSKA Monika	1244	NIGHT RUNNERS	K30	26	00:01:34	00:45:03	01:08:34.65	01:08:34.65	+00:32:28 (47.4%)	6:51	8.8 (53.0%)
170	KUROPATWA Kazimierz	1230	SARAFIS	M60	1	00:02:01	00:44:12	01:08:36.95	01:08:36.95	+00:32:30 (47.4%)	6:51	8.7 (52.4%)
171	WYSZYŃSKA Kinga	1060		K30	27	00:01:59	00:44:06	01:08:37.90	01:08:37.90	+00:32:31 (47.4%)	6:51	8.7 (52.4%)
172	MATYJASIK Tomasz	1023	FUNDACJA LATARNIA	M30	70	00:01:25	00:44:22	01:08:39.85	01:08:39.85	+00:32:33 (47.4%)	6:51	8.7 (52.4%)
173	HERMANIUK Iwona	1063		K40	14	00:01:59	00:44:02	01:08:40.90	01:08:40.90	+00:32:34 (47.4%)	6:52	8.7 (52.4%)
174	NOWAK Katarzyna	1053	DZIKIE GRUBASY SZATANA	K30	28	00:01:40	00:43:17	01:08:42.00	01:08:42.00	+00:32:36 (47.5%)	6:52	8.7 (52.4%)
175	BARTOSIEWICZ Daria	1071	DZIKIE GRUBASY SZATANA	K30	29	00:01:39	00:43:19	01:08:44.30	01:08:44.30	+00:32:38 (47.5%)	6:52	8.7 (52.4%)
176	GUZEK Ewa	1050	DZIKIE GRUBASY SZATANA	K30	30	00:01:36	00:43:18	01:08:46.25	01:08:46.25	+00:32:40 (47.5%)	6:52	8.7 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
177	SAMUŚ Dariusz	1262	SRTG RZESZÓW	M30	71	00:02:37	00:44:59	01:08:47.45	01:08:47.45	+00:32:41 (47.5%)	6:52	8.7 (52.4%)
178	GAŃSKI Filip	1225	BIEGAJĄCY ŚWIDNIK	M30	72	00:02:54	00:43:26	01:08:51.90	01:08:51.90	+00:32:45 (47.6%)	6:53	8.7 (52.4%)
179	KOWALIK Anna	1254	UMCS BIEGA	K30	31	00:02:42	00:43:45	01:09:27.40	01:09:27.40	+00:33:21 (48.0%)	6:56	8.6 (51.8%)
180	RAZNATOWSKA Anastazja	1257	UMCS BIEGA	K30	32	00:02:43	00:43:45	01:09:27.90	01:09:27.90	+00:33:21 (48.0%)	6:56	8.6 (51.8%)
181	ZABURKO Mateusz	1083		M30	73	00:01:35	00:43:46	01:09:28.65	01:09:28.65	+00:33:22 (48.0%)	6:56	8.6 (51.8%)
182	CETNARSKI Łukasz	1118	KROKODYLE KOLBUSZOWA	M30	74	00:02:18	00:45:39	01:09:40.95	01:09:40.95	+00:33:34 (48.2%)	6:58	8.6 (51.8%)
183	KĘDRA Agnieszka	1210	PODKARPACKA SZKOŁA KRAV MAGA	K20	9	00:01:42	00:44:06	01:09:57.80	01:09:57.80	+00:33:51 (48.4%)	6:59	8.6 (51.8%)
184	ZIENKOWSKA Izabela	1185	LUBLIN BIEGA/ WW TEAM	K30	33	00:02:48	00:44:46	01:10:03.05	01:10:03.05	+00:33:57 (48.5%)	7:00	8.6 (51.8%)
185	GLINIANY Małgorzata	1126	ZABIEGANA RODZINKA	K40	15	00:03:07	00:45:25	01:10:08.70	01:10:08.70	+00:34:02 (48.5%)	7:00	8.6 (51.8%)
186	GLINIANY Adam	1125	ZABIEGANA RODZINKA	M40	31	00:03:07	00:45:17	01:10:09.45	01:10:09.45	+00:34:03 (48.5%)	7:00	8.6 (51.8%)
187	KOZIEŁ Szymon	569	TOUR DE RUN	M30	75	00:01:58	00:42:05	01:10:10.45	01:10:10.45	+00:34:04 (48.6%)	7:01	8.6 (51.8%)
188	MUCHA Justyna	1246		K30	34	00:02:18	00:45:39	01:10:19.70	01:10:19.70	+00:34:13 (48.7%)	7:01	8.5 (51.2%)
189	POSTÓŁ Karolina	1020	NIGHT RUNNERS GLIWICE	K30	35	00:01:33	00:45:08	01:10:20.35	01:10:20.35	+00:34:14 (48.7%)	7:02	8.5 (51.2%)
190	MARMUROWICZ Krystian	1073	SILESIA RUNNING TEAM	M40	32	00:03:02	00:45:14	01:10:20.90	01:10:20.90	+00:34:14 (48.7%)	7:02	8.5 (51.2%)
191	BYCZAK Karolina	1285		K30	36	00:02:47	00:45:23	01:10:21.75	01:10:21.75	+00:34:15 (48.7%)	7:02	8.5 (51.2%)
192	KUPIDŁO Joanna	1284		K30	37	00:02:47	00:45:23	01:10:22.15	01:10:22.15	+00:34:16 (48.7%)	7:02	8.5 (51.2%)
193	SZPINDA Marta	1057		K30	38	00:01:41	00:45:11	01:10:23.65	01:10:23.65	+00:34:17 (48.7%)	7:02	8.5 (51.2%)
194	SZPYT Justyna	1062		K40	16	00:01:41	00:45:10	01:10:24.25	01:10:24.25	+00:34:18 (48.7%)	7:02	8.5 (51.2%)
195	ŻEBRAKOWSKI Artur	1228	SPARTAN RACE TRAINING GROUP RZESZÓW	M30	76	00:02:04	00:44:59	01:10:25.45	01:10:25.45	+00:34:19 (48.7%)	7:02	8.5 (51.2%)
196	SADOWIŃSKA Adriana	1151	NOWA HUTA TEAM	K40	17	00:02:57	00:45:40	01:10:26.20	01:10:26.20	+00:34:20 (48.7%)	7:02	8.5 (51.2%)
197	KOZAKIEWICZ Aneta	1316		K40	18	00:02:01	00:45:20	01:10:39.45	01:10:39.45	+00:34:33 (48.9%)	7:03	8.5 (51.2%)
198	STRYCZEK Aleksandra	1046		K20	10	00:00:57	00:43:48	01:10:42.85	01:10:42.85	+00:34:36 (48.9%)	7:04	8.5 (51.2%)
199	FLIS Piotr	1116	DANIEL'S TEAM	M30	77	00:02:06	00:46:08	01:10:51.85	01:10:51.85	+00:34:45 (49.1%)	7:05	8.5 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
200	SZWEJKA Renata	1326		K40	19	00:02:48	00:47:28	01:10:59.90	01:10:59.90	+00:34:53 (49.2%)	7:05	8.5 (51.2%)
201	WENECKA-FLIS Anna	1333		K30	39	00:02:05	00:46:09	01:11:08.35	01:11:08.35	+00:35:02 (49.3%)	7:06	8.4 (50.6%)
202	GOSIACZEK Lusina	1213	50 TWARZY GRZYBIARZY	K30	40	00:02:02	00:46:03	01:11:09.20	01:11:09.20	+00:35:03 (49.3%)	7:06	8.4 (50.6%)
203	ROSIEK Anna	1155	MKS HALICZ USTRZYKI DOLNE	K30	41	00:02:59	00:45:46	01:11:10.75	01:11:10.75	+00:35:04 (49.3%)	7:07	8.4 (50.6%)
204	KORYCKA Mariola	1314		K30	42	00:03:07	00:47:15	01:11:33.05	01:11:33.05	+00:35:27 (49.5%)	7:09	8.4 (50.6%)
205	POTRACHA Katarzyna	1312		K30	43	00:02:25	00:45:59	01:11:58.00	01:11:58.00	+00:35:52 (49.8%)	7:11	8.3 (50.0%)
206	KARPIŃSKA Aneta	1260		K30	44	00:02:08	00:45:37	01:12:00.35	01:12:00.35	+00:35:54 (49.9%)	7:12	8.3 (50.0%)
207	KARPIŃSKA Anna	1283	DZIKIE GRUBASY SZATANA	K40	20	00:01:39	00:46:40	01:12:02.60	01:12:02.60	+00:35:56 (49.9%)	7:12	8.3 (50.0%)
208	DOROTA Jola	1048	RUN RUN OLESZYCE	K40	21	00:02:20	00:46:45	01:12:07.20	01:12:07.20	+00:36:01 (49.9%)	7:12	8.3 (50.0%)
209	BUCZKO Marek	1018	RUN RUN OLESZYCE	M50	6	00:02:27	00:46:25	01:12:08.35	01:12:08.35	+00:36:02 (50.0%)	7:12	8.3 (50.0%)
210	KRYGOWSKI Zbigniew	1014	AKADEMIA SPORTU LUBACZÓW	M40	33	00:02:27	00:46:26	01:12:09.55	01:12:09.55	+00:36:03 (50.0%)	7:12	8.3 (50.0%)
211	AUGUSTYŃSKA Kinga	1033	LACHO TEAM	K30	45	00:02:19	00:46:24	01:12:21.10	01:12:21.10	+00:36:15 (50.1%)	7:14	8.3 (50.0%)
212	WIECZOREK Beata	1074	DZIKIE GRUBASY SZATANA	K30	46	00:01:42	00:46:42	01:12:29.75	01:12:29.75	+00:36:23 (50.2%)	7:14	8.3 (50.0%)
213	GABRYŚ Jola	1321	NIGHT RUNNERS GLIWICE	K40	22	00:01:34	00:45:31	01:12:34.50	01:12:34.50	+00:36:28 (50.3%)	7:15	8.3 (50.0%)
214	SZWEJKA Krzysztof	1325		M40	34	00:02:48	00:47:24	01:12:37.00	01:12:37.00	+00:36:31 (50.3%)	7:15	8.3 (50.0%)
215	CHODOROWSKI Wojciech	1222	KOLBUSZOWSKIE ZAKAPIORY	M30	78	00:02:18	00:46:35	01:13:20.70	01:13:20.70	+00:37:14 (50.8%)	7:20	8.2 (49.4%)
216	ANUSZEWSKA Agata	1328		K20	11	00:02:24	00:46:43	01:13:26.45	01:13:26.45	+00:37:20 (50.8%)	7:20	8.2 (49.4%)
217	KOZDRAŚ Marcin	1282	JOY RUNNERS TEAM	M30	79	00:02:25	00:46:45	01:13:31.15	01:13:31.15	+00:37:25 (50.9%)	7:21	8.2 (49.4%)
218	RĄPAŁA Beata	1290		K40	23	00:02:53	00:47:11	01:13:32.55	01:13:32.55	+00:37:26 (50.9%)	7:21	8.2 (49.4%)
219	RADZICKA Aleksandra	1264	ZGRABNE ŁANIE	K30	47	00:01:33	00:46:03	01:13:34.35	01:13:34.35	+00:37:28 (50.9%)	7:21	8.2 (49.4%)
220	WÓJCIK Agnieszka	1270	TRUCHT TARCHOMIN TEAM	K30	48	00:01:32	00:45:55	01:13:37.45	01:13:37.45	+00:37:31 (51.0%)	7:21	8.2 (49.4%)
221	HADAM Ewa	1335	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	2	00:02:49	00:46:56	01:13:39.60	01:13:39.60	+00:37:33 (51.0%)	7:21	8.1 (48.8%)
222	POPOWICZ Marcela	1209		K30	49	00:02:59	00:47:49	01:13:40.70	01:13:40.70	+00:37:34 (51.0%)	7:22	8.1 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
223	KUROWSKI Jaromir	1327		M40	35	00:02:59	00:47:44	01:13:41.90	01:13:41.90	+00:37:35 (51.0%)	7:22	8.1 (48.8%)
224	MICHALSKA Marta	1278	TECHNIKUM LEŚNE W LESKU	K30	50	00:03:10	00:48:23	01:13:42.95	01:13:42.95	+00:37:36 (51.0%)	7:22	8.1 (48.8%)
225	LUZAR Monika	1079	MIA	K40	24	00:01:00	00:46:53	01:13:43.70	01:13:43.70	+00:37:37 (51.0%)	7:22	8.1 (48.8%)
226	LUZAR Andrzej	1080	MIA	M40	36	00:01:00	00:45:48	01:13:44.35	01:13:44.35	+00:37:38 (51.0%)	7:22	8.1 (48.8%)
227	BARANOWSKI Krzysztof	1195		M40	37	00:03:03	00:46:28	01:13:45.90	01:13:45.90	+00:37:39 (51.1%)	7:22	8.1 (48.8%)
228	GIEŁWANOWSKA Justyna	1140		K20	12	00:02:37	00:48:14	01:14:46.75	01:14:46.75	+00:38:40 (51.7%)	7:28	8 (48.2%)
229	BAJAK Mirosław	1045		M40	38	00:02:40	00:50:04	01:14:47.35	01:14:47.35	+00:38:41 (51.7%)	7:28	8 (48.2%)
230	PELC Kacper	1275		M30	80	00:02:16	00:48:53	01:15:55.95	01:15:55.95	+00:39:49 (52.5%)	7:35	7.9 (47.6%)
231	HYZIAK Joanna	1103	JJ.RUNNERS	K40	25	00:02:06	00:49:12	01:16:01.05	01:16:01.05	+00:39:55 (52.5%)	7:36	7.9 (47.6%)
232	BADZIO Dominika	1047	ENDORŚWINKI	K20	13	00:02:19	00:48:01	01:16:02.05	01:16:02.05	+00:39:56 (52.5%)	7:36	7.9 (47.6%)
233	PRZECH-FUS Agnieszka	1158	LUBELSKA GRUPA TRIATHLONU	K50	3	00:02:44	00:48:38	01:16:03.15	01:16:03.15	+00:39:57 (52.5%)	7:36	7.9 (47.6%)
234	ZAJĄC Monika	1206		K40	26	00:02:37	00:47:49	01:16:03.55	01:16:03.55	+00:39:57 (52.5%)	7:36	7.9 (47.6%)
235	LIS Maria	1259		K20	14	00:02:16	00:48:53	01:16:14.15	01:16:14.15	+00:40:08 (52.6%)	7:37	7.9 (47.6%)
236	ŻERULIK Jarosław	1315		M30	81	00:03:08	00:47:47	01:16:14.85	01:16:14.85	+00:40:08 (52.7%)	7:37	7.9 (47.6%)
237	PYREK Marek	1016		M30	82	00:02:56	00:50:00	01:16:48.95	01:16:48.95	+00:40:42 (53.0%)	7:40	7.8 (47.0%)
238	CYPCAR Anna	1166		K20	15	00:02:32	00:49:05	01:17:46.70	01:17:46.70	+00:41:40 (53.6%)	7:46	7.7 (46.4%)
239	CYPCAR Grzegorz	1165		M20	17	00:02:33	00:49:07	01:17:48.05	01:17:48.05	+00:41:42 (53.6%)	7:46	7.7 (46.4%)
240	TERLECKI Józef	1242		M60	2		00:48:37	01:17:53.00	01:17:53.00	+00:41:47 (53.6%)	7:47	7.7 (46.4%)
241	GAJGER Joanna	1227		K30	51	00:03:05	00:49:47	01:18:28.75	01:18:28.75	+00:42:22 (54.0%)	7:50	7.6 (45.8%)
242	JAWOREK Dariusz	1304	OTK RZEŹNIK	M40	39	00:02:48	00:48:27	01:18:39.85	01:18:39.85	+00:42:33 (54.1%)	7:51	7.6 (45.8%)
243	SUCHODOLSKA Wioletta	1189		K40	27	00:02:36	00:52:11	01:19:56.65	01:19:56.65	+00:43:50 (54.8%)	7:59	7.5 (45.2%)
244	MICHNO Anna	1032	LACHO TEAM	K40	28	00:02:19	00:51:23	01:20:12.05	01:20:12.05	+00:44:06 (55.0%)	8:01	7.5 (45.2%)
245	KALINOWSKA Lucyna	1261		K50	4	00:01:40	00:49:23	01:21:50.35	01:21:50.35	+00:45:44 (55.9%)	8:11	7.3 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
246	NIEDŹWIECKA Natalia	1193		K20	16	00:02:35	00:52:42	01:21:59.80	01:21:59.80	+00:45:53 (56.0%)	8:11	7.3 (44.0%)
247	NIEDZWIECKA Barbara	1188		K40	29	00:02:36	00:52:37	01:22:06.40	01:22:06.40	+00:46:00 (56.0%)	8:12	7.3 (44.0%)
248	FURMAN Michał	1169	OCHAJO RUN&FRIENDS	M30	83	00:02:12	00:53:02	01:23:14.90	01:23:14.90	+00:47:08 (56.6%)	8:19	7.2 (43.4%)
249	FURMAN Agnieszka	1168	OCHAJO RUN&FRIENDS	K30	52	00:02:12	00:53:11	01:23:15.55	01:23:15.55	+00:47:09 (56.6%)	8:19	7.2 (43.4%)
250	OWOCKA Ewa	1170	MIECHOWICKA GRUPA BIEGOWA	K30	53	00:03:02	00:53:46	01:23:46.30	01:23:46.30	+00:47:40 (56.9%)	8:22	7.2 (43.4%)
251	MARONDEL Katarzyna	1181	FESTIWAL BIEGOWY	K30	54	00:02:00	00:53:46	01:23:48.75	01:23:48.75	+00:47:42 (56.9%)	8:22	7.2 (43.4%)
252	SWATEK Anna	1017		K20	17	00:03:00	00:53:44	01:23:59.15	01:23:59.15	+00:47:53 (57.0%)	8:23	7.1 (42.8%)
253	GLINSKA Aleksandra	1133		K30	55	00:03:01	00:53:54	01:24:45.85	01:24:45.85	+00:48:39 (57.4%)	8:28	7.1 (42.8%)
254	SZYJA Dariusz	1134	ADS MASNA KRYTYCZNA	M40	40	00:03:00	00:53:55	01:24:46.15	01:24:46.15	+00:48:40 (57.4%)	8:28	7.1 (42.8%)
255	WABNIC Klaudia	1027	NIGHTRUNNERS ZABRZE	K20	18	00:03:00	00:53:57	01:24:46.50	01:24:46.50	+00:48:40 (57.4%)	8:28	7.1 (42.8%)
256	WASIELEWSKA Teresa	1082	KLUB SPORTOWY ZDZIESZOWICE-BIKETEAM	K40	30	00:01:42	00:54:34	01:25:05.75	01:25:05.75	+00:48:59 (57.6%)	8:30	7.1 (42.8%)
257	ŚWIGONIAK Anna	1131	NOWA HUTA TEAM	K30	56	00:02:58	00:54:37	01:25:07.25	01:25:07.25	+00:49:01 (57.6%)	8:30	7 (42.2%)
258	OLEKSY Sabina	1979	NOWA HUTA TEAM	K30	57	00:02:58	00:54:39	01:25:33.35	01:25:33.35	+00:49:27 (57.8%)	8:33	7 (42.2%)
259	DĘBSKA Małgorzata	1119	NOWA HUTA TEAM	K30	58	00:02:58	00:54:38	01:25:53.95	01:25:53.95	+00:49:47 (58.0%)	8:35	7 (42.2%)
260	FRAĆ Elżbieta	1146	NIGHT RUNNERS GLIWICE	K40	31	00:03:14	00:54:03	01:26:20.80	01:26:20.80	+00:50:14 (58.2%)	8:38	6.9 (41.6%)
261	SEREWA Paulina	1078	OWM LUBLIN	K20	19	00:03:06	00:55:51	01:26:21.50	01:26:21.50	+00:50:15 (58.2%)	8:38	6.9 (41.6%)
262	PANCZENKO Kamil	1085	OWM LUBLIN	M20	18	00:03:06	00:55:52	01:26:22.75	01:26:22.75	+00:50:16 (58.2%)	8:38	6.9 (41.6%)
263	STAWSKA Natalia	1043	LACHO TEAM	K30	59	00:03:06	00:56:46	01:26:49.40	01:26:49.40	+00:50:43 (58.4%)	8:40	6.9 (41.6%)
264	CZAPLA Andrzej	1255		M60	3	00:03:12	00:56:16	01:26:52.15	01:26:52.15	+00:50:46 (58.4%)	8:41	6.9 (41.6%)
265	WIŚNIEWSKA- PIĄTY Katarzyna	1040		K30	60	00:03:18	00:56:29	01:28:59.25	01:28:59.25	+00:52:53 (59.4%)	8:53	6.7 (40.4%)
266	PIĄTY Kamil	1041		M30	84	00:03:17	00:56:32	01:29:00.90	01:29:00.90	+00:52:54 (59.4%)	8:54	6.7 (40.4%)
267	SŁOBODA Magdalena	1231	SISTARS	K30	61	00:03:01	00:57:59	01:29:57.90	01:29:57.90	+00:53:51 (59.9%)	8:59	6.7 (40.4%)
268	SŁOBODA Krzysztof	1191	DLA SIEBIE	M60	4	00:03:01	00:58:36	01:30:11.55	01:30:11.55	+00:54:05 (60.0%)	9:01	6.7 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	BĘBAS Krystyna	1104	BIEGUSIEM.PL	K60	2	00:03:03	00:58:35	01:35:00.75	01:35:00.75	+00:58:54 (62.0%)	9:30	6.3 (38.0%)
270	JACYNA Adam	1024	FUNDACJA LATARNIA	M40	41	00:01:23	00:59:37	01:36:45.00	01:36:45.00	+01:00:39 (62.7%)	9:40	6.2 (37.3%)
271	KOLAKOWSKA Anna	1138	NIGHT RUNNERS GLIWICE	K40	32	00:03:15	01:03:22	01:41:50.90	01:41:50.90	+01:05:44 (64.6%)	10:11	5.9 (35.5%)
272	GRABOWSKA Anna	1305	-	K40	33	00:00:59	01:03:21	01:41:52.05	01:41:52.05	+01:05:46 (64.6%)	10:11	5.9 (35.5%)
273	MIRECKI Jan	1184		M40	42	00:03:23	01:09:15	01:51:39.80	01:51:39.80	+01:15:33 (67.7%)	11:09	5.4 (32.5%)

Znaleziono 273 wynik(ów)