



I ULTRA MARATON BIESZCZADZKI

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

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

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

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

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

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

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

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

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

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

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

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

Znaleziono 227 wynik(ów)