ZIMOWA BIESZCZADZKA DYCHA 2015

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: OTK Rzeźnik
Data: 2015-01-25
Miejsce: Cisna
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**JÓZWIK Paweł**	**137**	LUBLIN	M30	1	**00:39:31.60**	**00:39:36.25**		3:57	15.2 (100%)
2	**KIEŁBOŃ Michał**	**43**	PRZEWORSKA GRUPA BIEGOWA	M20	1	**00:40:03.95**	**00:40:11.45**	+00:00:35 (1.5%)	4:00	15 (98.7%)
3	**LIPA Wojciech**	**142**	RZESZÓW	M30	2	**00:43:48.70**	**00:44:03.35**	+00:04:27 (10.1%)	4:22	13.7 (90.1%)
4	**OLCHAWA Joanna**	**138**	KRAKÓW	K40	1	**00:44:05.75**	**00:44:08.70**	+00:04:32 (10.3%)	4:24	13.6 (89.5%)
5	**MUSIAŁOWSKI Marcin**	**176**	2REP USTRZYKI GÓRNE	M30	3	**00:44:02.35**	**00:44:14.30**	+00:04:38 (10.5%)	4:24	13.6 (89.5%)
6	**WARTA Przemysław**	**119**	CZARNA GÓRNA	M20	2	**00:43:41.60**	**00:44:36.10**	+00:04:59 (11.2%)	4:22	13.7 (90.1%)
7	**STAWIARSKI Jakub**	**99**	LONGPLAY	M20	3	**00:44:08.50**	**00:44:56.15**	+00:05:19 (11.9%)	4:24	13.6 (89.5%)
8	**ZAJEZIERSKI Mateusz**	**133**	PIASKI	M20	4	**00:44:50.35**	**00:45:10.05**	+00:05:33 (12.3%)	4:29	13.4 (88.2%)
9	**LEWANDOWSKI Rafał**	**56**		M30	4	**00:45:28.00**	**00:45:32.95**	+00:05:56 (13.1%)	4:32	13.2 (86.8%)
10	**TUCZAPSKI Piotr**	**114**	RZESZÓW	M20	5	**00:45:32.20**	**00:45:46.50**	+00:06:10 (13.5%)	4:33	13.2 (86.8%)
11	**KSZYSZTOŃ Grzegorz**	**144**	WARSZAWA	M20	6	**00:45:47.65**	**00:45:58.20**	+00:06:21 (13.8%)	4:34	13.1 (86.2%)
12	**BIKOWSKA-JUSIS Katarzyna**	**156**	DŹ	K30	1	**00:45:58.35**	**00:46:05.40**	+00:06:29 (14.1%)	4:35	13.1 (86.2%)
13	**RĄCZKA Rafał**	**86**		M30	5	**00:45:24.85**	**00:46:26.40**	+00:06:50 (14.7%)	4:32	13.2 (86.8%)
14	**SZYBISTY Grzegosz**	**163**	WROCANKA	M40	1	**00:47:04.30**	**00:47:08.05**	+00:07:31 (16.0%)	4:42	12.7 (83.6%)
15	**CZWERENKO Wojciech**	**18**	SANOK	M30	6	**00:46:37.85**	**00:47:10.60**	+00:07:34 (16.1%)	4:39	12.9 (84.9%)
16	**RYSZ Tomasz**	**89**	SANOK	M30	7	**00:47:14.10**	**00:47:22.55**	+00:07:46 (16.4%)	4:43	12.7 (83.6%)
17	**KRAJEWSKI Jakub**	**51**	SZAROTKA UHERCE	M30	8	**00:47:22.65**	**00:47:48.40**	+00:08:12 (17.2%)	4:44	12.7 (83.6%)
18	**WALOSZEK Marcin**	**118**	PASZCZYNA	M30	9	**00:47:37.90**	**00:48:06.00**	+00:08:29 (17.7%)	4:45	12.6 (82.9%)
19	**SZCZUR Wiesław**	**105**	NOWA DĘBA	M40	2	**00:47:38.60**	**00:48:11.10**	+00:08:34 (17.8%)	4:45	12.6 (82.9%)
20	**GRUSZKO Alicja**	**30**	TEAM BIKE CONCEPT STORE	K30	2	**00:48:02.60**	**00:48:28.80**	+00:08:52 (18.3%)	4:48	12.5 (82.2%)
21	**KOWALCZYK Mateusz**	**48**	WARSZAWA	M20	7	**00:47:03.00**	**00:48:29.05**	+00:08:52 (18.3%)	4:42	12.8 (84.2%)
22	**WAJCOWICZ Witold**	**116**	SANOK	M40	3	**00:48:26.80**	**00:48:35.70**	+00:08:59 (18.5%)	4:50	12.4 (81.6%)
23	**URBAN Marcin**	**171**	BOGUCHWAŁA	M30	10	**00:48:14.20**	**00:48:53.70**	+00:09:17 (19.0%)	4:49	12.4 (81.6%)
24	**RUDNICKI Tomasz**	**87**	BIEGUNKA TEAM POLSKA	M40	4	**00:48:37.05**	**00:49:17.45**	+00:09:41 (19.7%)	4:51	12.3 (80.9%)
25	**CZAJKOWSKI Robert**	**17**	KOSIENICE	M20	8	**00:49:23.00**	**00:49:43.25**	+00:10:07 (20.3%)	4:56	12.1 (79.6%)
26	**BRENDZOWSKI Adam**	**160**	SOLINA	M30	11	**00:49:47.85**	**00:49:57.60**	+00:10:21 (20.7%)	4:58	12 (78.9%)
27	**WOJTKIEWICZ Jarosław**	**130**	PODKOWA LEŚNA	M40	5	**00:49:49.75**	**00:50:00.20**	+00:10:23 (20.8%)	4:59	12 (78.9%)
28	**BOŻĘTKA Józef**	**11**	POLANA	M40	6	**00:49:00.30**	**00:50:06.65**	+00:10:30 (21.0%)	4:54	12.2 (80.3%)
29	**CZUCHNOWSKI Marcin**	**161**	RZESZÓW	M30	12	**00:49:49.05**	**00:50:11.45**	+00:10:35 (21.1%)	4:58	12 (78.9%)
30	**ZDEB Krzysztof**	**164**	WROCANKA	M40	7	**00:50:12.30**	**00:50:15.55**	+00:10:39 (21.2%)	5:01	12 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
31	**KARDACH Kamil**	**149**	RYMANÓW ZDRÓJ	M20	9	**00:50:19.70**	**00:50:30.55**	+00:10:54 (21.6%)	5:02	11.9 (78.3%)
32	**SOKOŁOWSKA Maja**	**157**	ZABRZE	K20	1	**00:50:01.15**	**00:50:31.60**	+00:10:55 (21.6%)	5:00	12 (78.9%)
33	**BEDNARCZYK Paweł**	**167**	SANOK	M30	13	**00:50:05.35**	**00:50:37.60**	+00:11:01 (21.8%)	5:00	12 (78.9%)
34	**WRÓBEL Bartłomiej**	**135**	CISNA	M40	8	**00:50:31.95**	**00:50:42.70**	+00:11:06 (21.9%)	5:03	11.9 (78.3%)
35	**ZYGADLEWICZ Grzegorz**	**134**	BIEGAJĄCY ŚWIDNIK	M30	14	**00:50:30.70**	**00:50:43.25**	+00:11:07 (21.9%)	5:03	11.9 (78.3%)
36	**POPAJEWSKI Krzysztof**	**159**	LUBLIN	M50	1	**00:50:17.60**	**00:50:49.20**	+00:11:12 (22.1%)	5:01	11.9 (78.3%)
37	**GRYCZ Darek**	**31**	TWIERDZA MODLIN	M20	10	**00:49:39.40**	**00:50:55.95**	+00:11:19 (22.2%)	4:57	12.1 (79.6%)
38	**WIECZOREK Paweł**	**122**	TREND GLASS RUNNING TEAM	M30	15	**00:50:28.65**	**00:51:00.55**	+00:11:24 (22.4%)	5:02	11.9 (78.3%)
39	**WÓJCIK Ewa**	**132**	KRAKÓW	K50	1	**00:50:41.30**	**00:51:08.55**	+00:11:32 (22.6%)	5:04	11.8 (77.6%)
40	**WINIARZ Witold**	**127**	PRZEMYSKI KLUB BIEGACZA	M30	16	**00:51:27.15**	**00:51:56.85**	+00:12:20 (23.8%)	5:08	11.7 (77.0%)
41	**IGNASZAK Ukasz**	**35**	GRODZISK MAZOWIECKI	M30	17	**00:51:08.75**	**00:52:03.65**	+00:12:27 (23.9%)	5:06	11.7 (77.0%)
42	**BAŁCHAN Krzysztof**	**3**	CPR RZESZOW	M20	11	**00:52:00.70**	**00:52:18.30**	+00:12:42 (24.3%)	5:12	11.5 (75.7%)
43	**BYKOWSKI Andrzej**	**16**		M40	9	**00:51:29.50**	**00:52:33.00**	+00:12:56 (24.6%)	5:09	11.7 (77.0%)
44	**WALICKI Sebastian**	**117**	MORSY	M40	10	**00:51:28.75**	**00:52:37.50**	+00:13:01 (24.7%)	5:08	11.7 (77.0%)
45	**BĄK Tymoteusz**	**6**	GLIWICE	M30	18	**00:52:11.30**	**00:52:46.30**	+00:13:10 (25.0%)	5:13	11.5 (75.7%)
46	**SZCZUR Iwona**	**104**	NOWA DĘBA	K30	3	**00:52:30.00**	**00:53:04.80**	+00:13:28 (25.4%)	5:15	11.4 (75.0%)
47	**MAZIARZ Wojciech**	**61**	PGR PRZEWORSK	M20	12	**00:52:12.35**	**00:53:10.95**	+00:13:34 (25.5%)	5:13	11.5 (75.7%)
48	**HEC Grzegorz**	**169**	GŁOWIENKA	M30	19	**00:53:08.90**	**00:53:18.55**	+00:13:42 (25.7%)	5:18	11.3 (74.3%)
49	**JĘDRZEJCZYK Agnieszka**	**38**	RZESZÓW	K30	4	**00:53:25.30**	**00:53:30.25**	+00:13:54 (26.0%)	5:20	11.2 (73.7%)
50	**PICHETA Magdalena**	**75**	DISNEY VOLUNTEARS	K30	5	**00:52:19.80**	**00:53:36.60**	+00:14:00 (26.1%)	5:14	11.5 (75.7%)
51	**BROŻYNA Marcin**	**166**	SANOK	M30	20	**00:53:06.65**	**00:53:38.25**	+00:14:02 (26.2%)	5:18	11.3 (74.3%)
52	**WĄSOWICZ Ukasz**	**173**	TYCHY	M30	21	**00:53:25.60**	**00:53:40.75**	+00:14:04 (26.2%)	5:20	11.2 (73.7%)
53	**BAŻYŃSKA Marta**	**5**	LESZNO	K30	6	**00:52:44.35**	**00:53:42.80**	+00:14:06 (26.3%)	5:16	11.4 (75.0%)
54	**MUSIAŁ Kamil**	**67**	BUDY GŁOGOWSKIE	M20	13	**00:52:41.55**	**00:53:47.30**	+00:14:11 (26.4%)	5:16	11.4 (75.0%)
55	**SŁOBODA Elżbieta**	**93**	USTRZYKI DOLNE	K30	7	**00:53:18.85**	**00:53:47.55**	+00:14:11 (26.4%)	5:19	11.3 (74.3%)
56	**DOMISZEWSKA Maria**	**20**	USTRZYKI DOLNE	K40	2	**00:52:51.50**	**00:53:47.85**	+00:14:11 (26.4%)	5:17	11.4 (75.0%)
57	**KRASOŃ Janusz**	**52**	RZESZOWSKI KLUB MORSA "SOPELEK"	M30	22	**00:52:45.60**	**00:53:51.05**	+00:14:14 (26.5%)	5:16	11.4 (75.0%)
58	**KRENZEL Regina**	**54**	JAROSŁAW	K20	2	**00:53:34.85**	**00:53:53.15**	+00:14:16 (26.5%)	5:21	11.2 (73.7%)
59	**BURY Beata**	**14**	KKB MOSIR KROSNO	K20	3	**00:53:41.00**	**00:53:54.15**	+00:14:17 (26.5%)	5:22	11.2 (73.7%)
60	**RESZTYŁO Grzegorz**	**165**	AŃCUT	M40	11	**00:53:42.05**	**00:53:54.75**	+00:14:18 (26.5%)	5:22	11.2 (73.7%)
61	**WIDEREK Katarzyna**	**145**	JÓZEFOSLAW	K40	3	**00:53:42.45**	**00:53:58.50**	+00:14:22 (26.6%)	5:22	11.2 (73.7%)
62	**OBŁĄK Agnieszka**	**72**	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	8	**00:53:15.85**	**00:54:01.60**	+00:14:25 (26.7%)	5:19	11.3 (74.3%)
63	**WOJCIECHOWSKA Katarzyna**	**128**	SANDOMIERZ	K30	9	**00:53:36.35**	**00:54:05.75**	+00:14:29 (26.8%)	5:21	11.2 (73.7%)
64	**STEC Sebastian**	**162**	WARSZAWA	M40	12	**00:53:48.10**	**00:54:26.35**	+00:14:50 (27.3%)	5:22	11.2 (73.7%)
65	**WNĘK Bogumił**	**172**	BOGUCHWAŁA	M40	13	**00:54:15.95**	**00:54:27.10**	+00:14:50 (27.3%)	5:25	11.1 (73.0%)
66	**FIRLEJ Agnieszka**	**170**	WIERZOWA POLSKA	K30	10	**00:54:31.90**	**00:54:42.55**	+00:15:06 (27.6%)	5:27	11 (72.4%)
67	**CZUBA Marzena**	**146**	WARSZAWA	K40	4	**00:53:58.10**	**00:54:50.05**	+00:15:13 (27.8%)	5:23	11.1 (73.0%)
68	**SZUSZKIEWICZ Marzena**	**109**	WARSZAWA	K40	5	**00:54:56.75**	**00:55:10.45**	+00:15:34 (28.2%)	5:29	10.9 (71.7%)
69	**DUDEK Arkadiusz**	**22**	4 PORY ROKU BRZOZÓW	M50	2	**00:54:55.35**	**00:55:12.75**	+00:15:36 (28.3%)	5:29	10.9 (71.7%)
70	**SONDEJ Wiesław**	**185**	MORSY	M50	3	**00:54:09.75**	**00:55:19.05**	+00:15:42 (28.4%)	5:25	11.1 (73.0%)
71	**SOBIESKA Aleksandra**	**97**	WARSZAWA	K30	11	**00:54:17.40**	**00:55:31.75**	+00:15:55 (28.7%)	5:25	11.1 (73.0%)
72	**DYNARSKA-ŁYCZAK Iwona**	**23**	KM TRUCHCIK ŁUBIANKA	K30	12	**00:55:35.30**	**00:55:40.70**	+00:16:04 (28.9%)	5:33	10.8 (71.1%)
73	**WIEWIÓRA Jakub**	**125**	WARSZAWA	M20	14	**00:54:19.20**	**00:55:45.40**	+00:16:09 (29.0%)	5:25	11 (72.4%)
74	**SARNOWSKA Karolina**	**90**	WARSZAWA	K30	13	**00:55:03.85**	**00:55:59.70**	+00:16:23 (29.3%)	5:30	10.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	**LOREK Marek**	**57**	DĘBICA	M40	14	**00:55:06.85**	**00:56:03.80**	+00:16:27 (29.4%)	5:30	10.9 (71.7%)
76	**KACZMAREK Norbert**	**40**	PRZEMYŚL	M30	23	**00:55:46.25**	**00:56:15.35**	+00:16:39 (29.6%)	5:34	10.8 (71.1%)
77	**GOLBA Przemek**	**27**		M30	24	**00:55:35.10**	**00:56:17.65**	+00:16:41 (29.6%)	5:33	10.8 (71.1%)
78	**KIERES Michał**	**140**	OLSZTYN	M30	25	**00:55:56.00**	**00:56:24.85**	+00:16:48 (29.8%)	5:35	10.7 (70.4%)
79	**PITAS Sabina**	**78**	ZAPIERDALACZE.PL	K30	14	**00:56:20.55**	**00:56:34.00**	+00:16:57 (30.0%)	5:38	10.6 (69.7%)
80	**GUCWA Jarosław**	**33**	KRZYŻANOWICE	M40	15	**00:56:29.10**	**00:56:45.75**	+00:17:09 (30.2%)	5:38	10.6 (69.7%)
81	**JAZEL Małgorzata**	**36**	ASTERZENECA	K30	15	**00:56:25.20**	**00:57:03.35**	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
82	**KOZLOWSKI Bartłomiej**	**175**	KIELCE	M40	16	**00:56:20.40**	**00:57:04.00**	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
83	**GRZYŚKA Piotr**	**32**	NIGHT RUNNERS ZABRZE	M30	26	**00:56:40.00**	**00:57:13.60**	+00:17:37 (30.8%)	5:40	10.6 (69.7%)
84	**PISTL Jacek**	**151**	WROCLAW	M30	27	**00:56:22.30**	**00:57:33.05**	+00:17:56 (31.2%)	5:38	10.6 (69.7%)
85	**NOWOTARSKA Anita**	**70**	USTRZYKI DOLNE	K40	6	**00:57:25.55**	**00:57:36.40**	+00:18:00 (31.3%)	5:44	10.4 (68.4%)
85	**PASZKO Patryk**	**74**	KLUB BIEGACZA RTV EURO AGD	M20	15	**00:56:09.75**	**00:57:36.40**	+00:18:00 (31.3%)	5:37	10.7 (70.4%)
87	**SZCZYPEK Karolina**	**106**	WARSZAWA	K20	4	**00:56:54.65**	**00:57:37.25**	+00:18:01 (31.3%)	5:41	10.5 (69.1%)
88	**PANTERA Wojciech**	**73**	KRAKÓW	M30	28	**00:56:32.75**	**00:57:38.20**	+00:18:01 (31.3%)	5:39	10.6 (69.7%)
89	**KUCIA Beata**	**55**	WARSZAWA	K30	16	**00:57:29.35**	**00:57:43.35**	+00:18:07 (31.4%)	5:44	10.4 (68.4%)
90	**NALEPA Marcin**	**68**	NIGHT RUNNERS ZABRZE	M30	29	**00:57:02.75**	**00:57:45.90**	+00:18:09 (31.4%)	5:42	10.5 (69.1%)
91	**WIETECHA Paweł**	**124**	WARZYCE	M30	30	**00:56:57.75**	**00:58:01.45**	+00:18:25 (31.7%)	5:41	10.5 (69.1%)
92	**MŁODZIKOWSKA Weronika**	**66**	KB V-MAX ADAMÓW	K20	5	**00:57:51.25**	**00:58:06.00**	+00:18:29 (31.8%)	5:47	10.4 (68.4%)
93	**NIEDZIELA Michał**	**69**	JAROSŁAW	M30	31	**00:57:14.95**	**00:58:27.15**	+00:18:50 (32.2%)	5:43	10.5 (69.1%)
94	**KORNIŁOW Piotr**	**148**	WARSZAWA	M40	17	**00:57:52.10**	**00:58:32.00**	+00:18:55 (32.3%)	5:47	10.4 (68.4%)
95	**SZEWC Marian**	**107**	BILGORAJ	Mężczyźni	1	**00:58:17.00**	**00:58:37.25**	+00:19:01 (32.4%)	5:49	10.3 (67.8%)
96	**TUORA Michal**	**115**		M30	32	**00:57:27.05**	**00:58:39.30**	+00:19:03 (32.5%)	5:44	10.4 (68.4%)
97	**SŁUPEK-KUBAS Agnieszka**	**95**	BIEGUNKA TEAM	K30	17	**00:58:07.20**	**00:58:44.75**	+00:19:08 (32.6%)	5:48	10.3 (67.8%)
98	**SZYBIAK Maciej**	**111**	AGONA WM	M20	16	**00:58:34.65**	**00:58:46.05**	+00:19:09 (32.6%)	5:51	10.2 (67.1%)
99	**SZYBIAK Joanna**	**110**	AGONA WM	K40	7	**00:58:35.75**	**00:58:47.25**	+00:19:11 (32.6%)	5:51	10.2 (67.1%)
100	**KONIK Jarosław**	**46**	BBL KRAKÓW	M40	18	**00:57:33.60**	**00:58:49.45**	+00:19:13 (32.7%)	5:45	10.4 (68.4%)
101	**PORĘBSKA Dorota**	**82**	NOWA HUTA TEAM	K30	18	**00:58:43.30**	**00:59:02.45**	+00:19:26 (32.9%)	5:52	10.2 (67.1%)
102	**DANILUK Andrzej**	**19**	ZACISZE NIGHT RUNNERS	M30	33	**00:59:06.00**	**00:59:06.00**	+00:19:29 (33.0%)	5:54	10.2 (67.1%)
103	**SUJAK Małgorzata**	**100**	SALON SPORTOWY "FANSPORT" S.C.	K40	8	**00:58:54.15**	**00:59:06.05**	+00:19:29 (33.0%)	5:53	10.2 (67.1%)
104	**POŁOŻYŃSKI Andrzej**	**81**	ZACISZE NIGHT RUNNERS	M30	34	**00:59:10.35**	**00:59:10.35**	+00:19:34 (33.1%)	5:55	10.1 (66.4%)
105	**BARCZEWSKA Agnieszka**	**143**	WARSZAWA	K20	6	**00:58:25.95**	**00:59:15.05**	+00:19:38 (33.2%)	5:50	10.3 (67.8%)
106	**MACHNIK-BRONCEL Joanna**	**58**	TYCHY	K40	9	**00:59:03.85**	**00:59:20.35**	+00:19:44 (33.3%)	5:54	10.2 (67.1%)
107	**KAŁUCKI Adam**	**42**	BBL KRAKÓW	M40	19	**00:58:15.20**	**00:59:30.95**	+00:19:54 (33.5%)	5:49	10.3 (67.8%)
108	**PIETYRA Karolina**	**76**	LOŻA SZYDERCÓW	K30	19	**00:58:50.90**	**00:59:35.90**	+00:19:59 (33.5%)	5:53	10.2 (67.1%)
109	**MAZUREK Jakub**	**62**	PRZEWORSKA GRUPA BIEGOWA	M20	17	**00:58:47.15**	**00:59:45.75**	+00:20:09 (33.7%)	5:52	10.2 (67.1%)
110	**SMOLIŃSKA Beata**	**154**	WARSZAWA	K50	2	**00:59:23.70**	**00:59:47.10**	+00:20:10 (33.8%)	5:56	10.1 (66.4%)
111	**KOZIŃSKA Sonia**	**49**	LONGPLAY	K20	7	**00:59:36.90**	**01:00:25.35**	+00:20:49 (34.5%)	5:57	10.1 (66.4%)
112	**BALIŃSKA Maria**	**2**	MAJDAN	K30	20	**00:59:54.30**	**01:00:35.25**	+00:20:59 (34.6%)	5:59	10 (65.8%)
113	**KRAJEWSKA Joanna**	**50**	LEJDIS ORELEC	K30	21	**01:00:16.25**	**01:00:41.10**	+00:21:04 (34.7%)	6:01	10 (65.8%)
114	**KRASOWSKA Matylda**	**53**	USTRZYKI DOLNE	K20	8	**00:59:46.90**	**01:00:50.80**	+00:21:14 (34.9%)	5:58	10 (65.8%)
115	**DZIĄG Anna**	**150**	WARSZAWA	K40	10	**00:59:54.20**	**01:00:54.45**	+00:21:18 (35.0%)	5:59	10 (65.8%)
116	**GEZELA Joanna**	**26**	RODZINA GEZELA	K40	11	**01:00:26.80**	**01:01:10.35**	+00:21:34 (35.3%)	6:02	9.9 (65.1%)
117	**BROŻEK Teresa**	**12**	WARSZTAT FORMY TYCHY	K20	9	**01:01:01.95**	**01:01:24.65**	+00:21:48 (35.5%)	6:06	9.8 (64.5%)
118	**RYŁKO Mariola**	**88**	SOLINA	K40	12	**01:00:26.20**	**01:01:29.30**	+00:21:53 (35.6%)	6:02	9.9 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
119	**PRASEK Artur**	**83**	ALFA STAR RADOM	M40	20	**01:01:12.35**	**01:01:31.40**	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
120	**TOMCZYK Kamila**	**113**	WROCŁAW	K30	22	**01:01:12.15**	**01:01:31.55**	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
121	**GOŁDA Anna**	**28**	AŃCUT	K30	23	**01:00:24.10**	**01:01:32.70**	+00:21:56 (35.7%)	6:02	9.9 (65.1%)
122	**KRYPCZYK Katarzyna**	**168**	CHORZÓW	K40	13	**01:00:41.30**	**01:01:38.80**	+00:22:02 (35.8%)	6:04	9.9 (65.1%)
123	**MICKIEWICZ Jolanta**	**64**	JGB "SOKÓŁ"	K40	14	**01:00:31.15**	**01:02:01.65**	+00:22:25 (36.2%)	6:03	9.9 (65.1%)
124	**KLISZ Agnieszka**	**45**	LUBLIN	K30	24	**01:02:29.75**	**01:03:06.10**	+00:23:29 (37.2%)	6:15	9.6 (63.2%)
125	**JURA-SUKNAROWSKA Małgorzata**	**158**	CHOCZNIA	K40	15	**01:02:40.05**	**01:03:24.95**	+00:23:48 (37.5%)	6:16	9.6 (63.2%)
126	**MALINOWSKA Anna**	**60**	WOŁOMIN	K30	25	**01:03:12.80**	**01:03:49.55**	+00:24:13 (37.9%)	6:19	9.5 (62.5%)
127	**MALEC Barbara**	**59**	LUBLIN	K50	3	**01:04:03.85**	**01:04:38.80**	+00:25:02 (38.7%)	6:24	9.4 (61.8%)
128	**BEŁKOWSKA VEL KAMIŃSKA Dorota**	**7**		K40	16	**01:04:58.55**	**01:05:04.65**	+00:25:28 (39.1%)	6:29	9.2 (60.5%)
129	**PRZYJEMSKI Krzysztof**	**85**	NOWA HUTA TEAM	M30	35	**01:04:05.40**	**01:05:11.05**	+00:25:34 (39.2%)	6:24	9.4 (61.8%)
130	**SZANECKI Michał**	**102**	RZESZÓW	M30	36	**01:04:46.60**	**01:05:43.45**	+00:26:07 (39.7%)	6:28	9.3 (61.2%)
131	**SUWAŁA Anna**	**101**	TREND GLASS RUNNING TEAM	K30	26	**01:05:19.75**	**01:05:45.05**	+00:26:08 (39.8%)	6:32	9.2 (60.5%)
132	**HYZIAK Joanna**	**34**	JJ.RUNNERS GORLICE	K40	17	**01:05:43.55**	**01:05:54.40**	+00:26:18 (39.9%)	6:34	9.1 (59.9%)
133	**KORDULA Kamila**	**47**	KLUB BIEGACZA RTV EURO AGD	K20	10	**01:05:03.30**	**01:06:26.35**	+00:26:50 (40.4%)	6:30	9.2 (60.5%)
134	**BARTNIK Dominika**	**4**	LUBLIN	K20	11	**01:06:05.25**	**01:06:53.70**	+00:27:17 (40.8%)	6:36	9.1 (59.9%)
135	**SOBIERAJ Marcin**	**96**	SOCHACZEW	M20	18	**01:07:12.80**	**01:08:19.00**	+00:28:42 (42.0%)	6:43	8.9 (58.6%)
136	**OLESIEJUK Antoni**	**174**	LUBARTÓW	Mężczyźni	2	**01:07:58.90**	**01:08:27.75**	+00:28:51 (42.2%)	6:47	8.8 (57.9%)
137	**BRZEZIŃSKA Sylwia**	**13**	KLUB BIEGACZA RTV EURO AGD	K20	12	**01:07:12.35**	**01:08:35.70**	+00:28:59 (42.3%)	6:43	8.9 (58.6%)
138	**PILCHOWSKI Konrad**	**77**	BIEGACZA RTV EURO AGD	M30	37	**01:07:19.35**	**01:08:40.30**	+00:29:04 (42.3%)	6:44	8.9 (58.6%)
139	**WIERZBIŃSKA Karolina**	**123**	WARSZAWA	K30	27	**01:08:40.50**	**01:09:03.35**	+00:29:27 (42.6%)	6:52	8.7 (57.2%)
140	**PLISZCZYŃSKA Justyna**	**79**	LUBLIN	K40	18	**01:08:55.30**	**01:09:08.10**	+00:29:31 (42.7%)	6:53	8.7 (57.2%)
141	**WĘGIERSKA Agnieszka**	**121**	NIGHT RUNNERS ZABRZE	K20	13	**01:08:27.50**	**01:09:09.50**	+00:29:33 (42.7%)	6:50	8.8 (57.9%)
142	**SZOSTAK Dorota**	**108**	LUBLIN	K40	19	**01:09:01.35**	**01:09:13.05**	+00:29:36 (42.8%)	6:54	8.7 (57.2%)
143	**SŁOMIAK Magdalena**	**94**		K20	14	**01:08:48.45**	**01:09:23.60**	+00:29:47 (42.9%)	6:52	8.7 (57.2%)
144	**MAJDA Dominika**	**152**	KRAKÓW	K20	15	**01:08:42.80**	**01:09:47.25**	+00:30:11 (43.3%)	6:52	8.7 (57.2%)
145	**WIERZBICKA Beata**	**153**	KRAKÓW	K30	28	**01:08:50.15**	**01:09:55.00**	+00:30:18 (43.4%)	6:53	8.7 (57.2%)
146	**GABRIEL Aleksandra**	**25**	KRAKÓW	K30	29	**01:10:11.70**	**01:10:30.05**	+00:30:53 (43.8%)	7:01	8.5 (55.9%)
147	**MERKLEJN Weronika**	**63**	PZU SPORT TEAM	K30	30	**01:10:05.85**	**01:10:38.65**	+00:31:02 (43.9%)	7:00	8.6 (56.6%)
148	**KLAŚ Justyna**	**44**	NH TEAM	K30	31	**01:10:31.90**	**01:10:50.50**	+00:31:14 (44.1%)	7:03	8.5 (55.9%)
149	**JEŻAK Joanna**	**37**	NOWA HUTA TEAM	K20	16	**01:09:45.55**	**01:10:50.80**	+00:31:14 (44.1%)	6:58	8.6 (56.6%)
150	**OBARSKA Małgorzata**	**71**		K50	4	**01:11:15.65**	**01:11:55.15**	+00:32:18 (44.9%)	7:07	8.4 (55.3%)
151	**ANTOSZ Monika**	**1**	NORAFSPORT	K40	20	**01:11:26.60**	**01:12:42.15**	+00:33:05 (45.5%)	7:08	8.4 (55.3%)
152	**STANISZEWSKA Ewa**	**98**	BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT	K50	5	**01:11:58.80**	**01:13:15.00**	+00:33:38 (45.9%)	7:11	8.3 (54.6%)
153	**SZUKALSKA-WALCZAK Ewa**	**147**	PRUSZKÓW	K30	32	**01:12:43.95**	**01:13:22.65**	+00:33:46 (46.0%)	7:16	8.2 (53.9%)
154	**POLEWKA Aneta**	**141**	DĄBRÓWKA STARZEŃSKA	K40	21	**01:14:53.50**	**01:15:00.95**	+00:35:24 (47.2%)	7:29	8 (52.6%)
155	**BOLANOWSKI Piotr**	**139**	DOMARAC	M40	21	**01:14:53.50**	**01:15:01.50**	+00:35:25 (47.2%)	7:29	8 (52.6%)
156	**KALMUS Grażyna**	**41**	BBL TORUŃ	K50	6	**01:14:24.05**	**01:15:40.60**	+00:36:04 (47.7%)	7:26	8.1 (53.3%)
157	**BOBELLA Erik**	**8**	TRENDGLASS RUNNING TEAM	M30	38	**01:21:22.50**	**01:21:46.95**	+00:42:10 (51.6%)	8:08	7.4 (48.7%)
158	**BOBELLA Kasia**	**9**	TRENDGLASS RUNNING TEAM	K30	33	**01:21:26.70**	**01:21:48.15**	+00:42:11 (51.6%)	8:08	7.4 (48.7%)
159	**PIETRZAK Olga**	**136**		K20	17	**01:21:11.05**	**01:22:26.90**	+00:42:50 (52.0%)	8:07	7.4 (48.7%)
160	**SOT Lucjan**	**155**	WETLINA	M50	4	**01:29:49.80**	**01:31:03.15**	+00:51:26 (56.5%)	8:59	6.7 (44.1%)
161	**MIRECKI Jan**	**65**	WARSZAWA	M40	22	**01:30:04.55**	**01:31:19.10**	+00:51:42 (56.6%)	9:00	6.7 (44.1%)

Znaleziono 161 wynik(ów)