

# IV ĆWIERĆULTRAMARATON BIESZCZADZKI

B4SPORT

**Wydarzenie:** Maraton Bieszczadzki 2017  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-10-07  
**Miejsce:** Cisna  
**Dystans:** 13 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	<b>GAWROŃSKI Tomasz</b>	<b>1287</b>		Mężczyzni	1		00:24:01	<b>01:07:26.65</b>	<b>01:07:28.00</b>		4:49	12.5 (100%)
2	<b>KAŁUŻNY Jakub</b>	<b>1296</b>	ALPINSPORT / MYSRINGENERGY	Mężczyzni	2		00:24:09	<b>01:11:40.95</b>	<b>01:11:42.15</b>	+00:04:14 (5.9%)	5:07	11.7 (93.6%)
3	<b>BRÓG Wojciech</b>	<b>1187</b>		Mężczyzni	3		00:26:28	<b>01:20:00.90</b>	<b>01:20:03.70</b>	+00:12:35 (15.7%)	5:42	10.5 (84.0%)
4	<b>ZAWADA Michał</b>	<b>1255</b>		Mężczyzni	4		00:28:20	<b>01:23:48.20</b>	<b>01:23:50.50</b>	+00:16:22 (19.5%)	5:59	10 (80.0%)
5	<b>SZCZUR Wiesław</b>	<b>1218</b>		Mężczyzni	5		00:28:37	<b>01:25:49.65</b>	<b>01:25:51.70</b>	+00:18:23 (21.4%)	6:07	9.8 (78.4%)
6	<b>ŚWIDZIŃSKI Tomasz</b>	<b>1257</b>	VEGE RUNNERS	Mężczyzni	6		00:28:40	<b>01:25:58.75</b>	<b>01:26:00.50</b>	+00:18:32 (21.6%)	6:08	9.8 (78.4%)
7	<b>SYGUT Elias</b>	<b>1159</b>	WYŻSZA SZKOŁA POLICJI W SZCZYTNI	Mężczyzni	7	WARMIŃSKO-MAZURSKIE DZIKI	00:27:53	<b>01:26:29.95</b>	<b>01:26:37.05</b>	+00:19:09 (22.1%)	6:10	9.7 (77.6%)
8	<b>LEWANDOWSKI Paweł</b>	<b>1134</b>	KLUB SZALONEGO BIEGACZA	Mężczyzni	8		00:29:41	<b>01:27:18.60</b>	<b>01:27:22.80</b>	+00:19:54 (22.8%)	6:14	9.6 (76.8%)
9	<b>BURZA Bartosz</b>	<b>1183</b>	BART TEMPESTA TRAINING TEAM	Mężczyzni	9		00:29:42	<b>01:31:06.55</b>	<b>01:31:08.80</b>	+00:23:40 (26.0%)	6:30	9.2 (73.6%)
10	<b>PAWLAK Magdalena</b>	<b>1209</b>		Kobiety	1		00:28:07	<b>01:31:15.35</b>	<b>01:31:18.60</b>	+00:23:50 (26.1%)	6:31	9.2 (73.6%)
11	<b>TELEGA Maciej</b>	<b>1256</b>	ZARZECZE TEAM	Mężczyzni	10		00:29:36	<b>01:31:49.00</b>	<b>01:31:56.70</b>	+00:24:28 (26.6%)	6:33	9.1 (72.8%)
12	<b>ETACHURSKI Paweł</b>	<b>1298</b>		Mężczyzni	11		00:31:19	<b>01:32:20.50</b>	<b>01:32:22.15</b>	+00:24:54 (27.0%)	6:35	9.1 (72.8%)
13	<b>WOŁOSZYN Piotr</b>	<b>1270</b>		Mężczyzni	12		00:31:19	<b>01:33:52.05</b>	<b>01:33:56.00</b>	+00:26:28 (28.2%)	6:42	8.9 (71.2%)
14	<b>SZCZUR Iwona</b>	<b>1217</b>		Kobiety	2		00:31:08	<b>01:34:04.95</b>	<b>01:34:07.30</b>	+00:26:39 (28.3%)	6:43	8.9 (71.2%)
15	<b>NOWOMIEJSKI Marcin</b>	<b>1153</b>	OWM LUBLIN TEAM	Mężczyzni	13		00:30:46	<b>01:34:41.45</b>	<b>01:34:45.45</b>	+00:27:17 (28.8%)	6:45	8.9 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
16	<b>RACHWALSKA Marzena</b>	<b>1297</b>		Kobiety	3		00:31:53	<b>01:35:25.90</b>	<b>01:35:27.95</b>	+00:27:59 (29.3%)	6:48	8.8 (70.4%)
17	<b>GOŁĄBEK Wojciech</b>	<b>1247</b>	MOSIR DUKLA	Mężczyźni	14		00:34:45	<b>01:35:20.55</b>	<b>01:35:33.00</b>	+00:28:05 (29.4%)	6:48	8.8 (70.4%)
18	<b>SZYBIAK Maciej</b>	<b>1138</b>	AGONA W&M	Mężczyźni	15		00:33:05	<b>01:35:51.95</b>	<b>01:35:59.15</b>	+00:28:31 (29.7%)	6:50	8.8 (70.4%)
19	<b>STELMASZYK Piotr</b>	<b>1258</b>	PZU SPORT TEAM	Mężczyźni	16		00:32:29	<b>01:36:43.35</b>	<b>01:36:49.05</b>	+00:29:21 (30.3%)	6:54	8.7 (69.6%)
20	<b>PRUSKI Zbigniew</b>	<b>1122</b>	INVADO	Mężczyźni	17		00:32:29	<b>01:36:57.25</b>	<b>01:37:00.80</b>	+00:29:32 (30.5%)	6:55	8.7 (69.6%)
21	<b>PINKOWSKI Dariusz</b>	<b>1119</b>	KPP LUBLINIEC , X-KINETIC	Mężczyźni	18		00:32:28	<b>01:36:57.40</b>	<b>01:37:00.95</b>	+00:29:32 (30.5%)	6:55	8.7 (69.6%)
22	<b>BODZIOCH Grzegorz</b>	<b>1222</b>	GORLICKA GRUPA BIEGOWA	Mężczyźni	19		00:32:26	<b>01:37:57.95</b>	<b>01:38:06.95</b>	+00:30:38 (31.2%)	6:59	8.6 (68.8%)
23	<b>ŚLUSARCZYK Maciej</b>	<b>1231</b>		Mężczyźni	20		00:31:25	<b>01:38:13.55</b>	<b>01:38:16.25</b>	+00:30:48 (31.3%)	7:01	8.6 (68.8%)
24	<b>WOŹNY Rafał</b>	<b>1261</b>		Mężczyźni	21		00:33:28	<b>01:39:28.00</b>	<b>01:39:35.45</b>	+00:32:07 (32.3%)	7:06	8.4 (67.2%)
25	<b>MISIOŁEK Marcin</b>	<b>1167</b>	MTB MOSIR DUKLA	Mężczyźni	22		00:34:43	<b>01:40:42.35</b>	<b>01:40:55.35</b>	+00:33:27 (33.2%)	7:11	8.3 (66.4%)
26	<b>KARDASZ Marek</b>	<b>1275</b>	SOLINA TEAM	Mężczyźni	23		00:33:28	<b>01:40:46.00</b>	<b>01:40:57.80</b>	+00:33:29 (33.2%)	7:11	8.3 (66.4%)
27	<b>JANIK Łukasz</b>	<b>1206</b>		Mężczyźni	24		00:34:49	<b>01:40:55.80</b>	<b>01:41:03.00</b>	+00:33:35 (33.2%)	7:12	8.3 (66.4%)
28	<b>ROŚCIŃSKI Franciszek</b>	<b>1306</b>	SAMOTNY WILK	Mężczyźni	25		00:35:33	<b>01:41:06.25</b>	<b>01:41:10.70</b>	+00:33:42 (33.3%)	7:13	8.3 (66.4%)
29	<b>KUBACKI Maciej</b>	<b>1180</b>		Mężczyźni	26		00:34:12	<b>01:41:11.55</b>	<b>01:41:15.85</b>	+00:33:47 (33.4%)	7:13	8.3 (66.4%)
30	<b>AMROZKIEWICZ - GROMEK Judyta</b>	<b>1278</b>	AMROZKIEWICZ TEAM	Kobiety	4		00:32:50	<b>01:41:27.65</b>	<b>01:41:34.50</b>	+00:34:06 (33.6%)	7:14	8.3 (66.4%)
31	<b>DŁUGOSZ Marek</b>	<b>1283</b>	KB GEOTERMIA UNIEJÓW	Mężczyźni	27		00:35:25	<b>01:41:47.40</b>	<b>01:41:50.75</b>	+00:34:22 (33.8%)	7:16	8.3 (66.4%)
32	<b>BABIARZ Andrzej</b>	<b>1269</b>		Mężczyźni	28		00:33:08	<b>01:41:49.00</b>	<b>01:42:02.30</b>	+00:34:34 (33.9%)	7:16	8.3 (66.4%)
33	<b>RÓŻYCKI Krzysztof</b>	<b>1173</b>	VEGE RUNNERS	Mężczyźni	29		00:33:08	<b>01:42:07.15</b>	<b>01:42:12.15</b>	+00:34:44 (34.0%)	7:17	8.2 (65.6%)
34	<b>BOREK Paweł</b>	<b>1304</b>	AA	Mężczyźni	30		00:32:36	<b>01:42:22.85</b>	<b>01:42:29.20</b>	+00:35:01 (34.2%)	7:18	8.2 (65.6%)
35	<b>BIENIECKI Marek</b>	<b>1100</b>	OTK RZEŹNIK	Mężczyźni	31		00:30:51	<b>01:42:23.65</b>	<b>01:42:30.55</b>	+00:35:02 (34.2%)	7:18	8.2 (65.6%)
36	<b>HANASIEWICZ Paweł</b>	<b>1305</b>	AA	Mężczyźni	32		00:32:37	<b>01:42:25.45</b>	<b>01:42:32.35</b>	+00:35:04 (34.2%)	7:19	8.2 (65.6%)
37	<b>BRENKUS Piotr</b>	<b>1205</b>	BIEG PO ZDRÓJ	Mężczyźni	33		00:36:06	<b>01:42:20.95</b>	<b>01:42:38.50</b>	+00:35:10 (34.3%)	7:18	8.2 (65.6%)
38	<b>KAPRAL Mateusz</b>	<b>1262</b>		Mężczyźni	34		00:32:43	<b>01:42:49.70</b>	<b>01:42:58.00</b>	+00:35:30 (34.5%)	7:20	8.2 (65.6%)

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39	<b>KAPRAL Adam</b>	<b>1260</b>	MKS CHALICZ	Mężczyzni	35		00:33:55	<b>01:42:54.45</b>	<b>01:43:02.65</b>	+00:35:34 (34.5%)	7:21	8.2 (65.6%)
40	<b>TRZASKOWSKA Joanna</b>	<b>1175</b>	TRUCHT TARCHOMIN TEAM	Kobiety	5		00:34:15	<b>01:43:00.30</b>	<b>01:43:03.20</b>	+00:35:35 (34.5%)	7:21	8.2 (65.6%)
41	<b>RAPACZ Marcin</b>	<b>1125</b>	FUNDACJA TYLKO BIESZCZADY	Mężczyzni	36		00:32:54	<b>01:43:53.90</b>	<b>01:43:56.95</b>	+00:36:28 (35.1%)	7:25	8.1 (64.8%)
42	<b>MISIUREK Miron</b>	<b>1265</b>	LUBLIN BIEGA	Mężczyzni	37		00:35:42	<b>01:44:16.55</b>	<b>01:44:27.65</b>	+00:36:59 (35.4%)	7:26	8.1 (64.8%)
43	<b>MŁYNARCZYK Tatiana</b>	<b>1193</b>	HUSARIA RACE TEAM	Kobiety	6		00:34:55	<b>01:44:57.10</b>	<b>01:45:00.40</b>	+00:37:32 (35.8%)	7:29	8 (64.0%)
44	<b>MAJEWSKA Joanna</b>	<b>1290</b>	PGE RUN OBRÓT	Kobiety	7		00:31:14	<b>01:46:17.45</b>	<b>01:46:24.20</b>	+00:38:56 (36.6%)	7:35	7.9 (63.2%)
45	<b>KASEJA Kacper</b>	<b>1196</b>		Mężczyzni	38		00:34:39	<b>01:48:18.95</b>	<b>01:48:25.50</b>	+00:40:57 (37.8%)	7:44	7.8 (62.4%)
46	<b>STYKOWSKA Ewa</b>	<b>1292</b>		Kobiety	8		00:34:38	<b>01:48:09.90</b>	<b>01:48:27.20</b>	+00:40:59 (37.8%)	7:43	7.8 (62.4%)
47	<b>FURMAGA Przemysław</b>	<b>1131</b>		Mężczyzni	39		00:35:28	<b>01:48:58.95</b>	<b>01:49:03.30</b>	+00:41:35 (38.1%)	7:47	7.7 (61.6%)
48	<b>SÓJKA Paweł</b>	<b>1299</b>		Mężczyzni	40		00:35:39	<b>01:49:18.50</b>	<b>01:49:34.20</b>	+00:42:06 (38.4%)	7:48	7.7 (61.6%)
49	<b>MROZIK Michał</b>	<b>1227</b>	POWER TRAINING	Mężczyzni	41		00:35:48	<b>01:49:31.20</b>	<b>01:49:41.50</b>	+00:42:13 (38.5%)	7:49	7.7 (61.6%)
50	<b>PURSKI Konrad</b>	<b>1133</b>		Mężczyzni	42		00:35:30	<b>01:49:53.55</b>	<b>01:49:57.70</b>	+00:42:29 (38.6%)	7:50	7.6 (60.8%)
51	<b>RORAT Lena</b>	<b>1284</b>	CHEŁM BIEGA	Kobiety	9		00:36:18	<b>01:50:19.35</b>	<b>01:50:31.15</b>	+00:43:03 (39.0%)	7:52	7.6 (60.8%)
52	<b>ZYGMUNT Marcin</b>	<b>1302</b>		Mężczyzni	43		00:33:59	<b>01:51:20.70</b>	<b>01:51:28.40</b>	+00:44:00 (39.5%)	7:57	7.5 (60.0%)
53	<b>TCHOŃ Tomasz</b>	<b>1286</b>	AA	Mężczyzni	44		00:34:37	<b>01:51:27.25</b>	<b>01:51:33.80</b>	+00:44:05 (39.5%)	7:57	7.5 (60.0%)
54	<b>KAMINSKI Jerzy</b>	<b>1234</b>		Mężczyzni	45		00:37:02	<b>01:51:31.95</b>	<b>01:51:42.70</b>	+00:44:14 (39.6%)	7:58	7.5 (60.0%)
55	<b>SASAL Monika</b>	<b>1124</b>	FUNDACJA TYLKO BIESZCZADY	Kobiety	10		00:34:44	<b>01:52:05.70</b>	<b>01:52:09.85</b>	+00:44:41 (39.9%)	8:00	7.5 (60.0%)
56	<b>WROBEL Bartłomiej</b>	<b>1250</b>	CISNA	Mężczyzni	46		00:36:26	<b>01:52:27.25</b>	<b>01:52:31.85</b>	+00:45:03 (40.0%)	8:01	7.5 (60.0%)
57	<b>SOBIK Paulina</b>	<b>1169</b>		Kobiety	11		00:36:29	<b>01:52:31.75</b>	<b>01:52:42.75</b>	+00:45:14 (40.1%)	8:02	7.5 (60.0%)
58	<b>BRUNKE Tomasz</b>	<b>1225</b>	RUN BYDGOSZCZ	Mężczyzni	47		00:36:20	<b>01:52:26.05</b>	<b>01:52:42.90</b>	+00:45:14 (40.1%)	8:01	7.5 (60.0%)
59	<b>SOLA Aneta</b>	<b>1184</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	Kobiety	12	Bełżyce i okolice biegają	00:37:12	<b>01:54:11.25</b>	<b>01:54:22.30</b>	+00:46:54 (41.0%)	8:09	7.4 (59.2%)
60	<b>MĄCZKA Krystyna</b>	<b>1110</b>		Kobiety	13		00:36:27	<b>01:55:22.90</b>	<b>01:55:28.65</b>	+00:48:00 (41.6%)	8:14	7.3 (58.4%)
61	<b>KAMIŃSKA Beata</b>	<b>1233</b>		Kobiety	14		00:37:05	<b>01:55:33.95</b>	<b>01:55:44.35</b>	+00:48:16 (41.7%)	8:15	7.3 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
62	<b>DEREŃ Mateusz</b>	<b>1303</b>		Mężczyzni	48		00:35:34	<b>01:55:34.95</b>	<b>01:55:45.60</b>	+00:48:17 (41.7%)	8:15	7.3 (58.4%)
63	<b>DZIEDZIC Joanna</b>	<b>1132</b>		Kobiety	15		00:36:22	<b>01:55:31.60</b>	<b>01:55:47.40</b>	+00:48:19 (41.7%)	8:15	7.3 (58.4%)
64	<b>GOCYLA Dariusz</b>	<b>1120</b>	DARZYBÓRUNNER-SKA	Mężczyzni	49		00:36:14	<b>01:56:34.00</b>	<b>01:56:42.90</b>	+00:49:14 (42.2%)	8:19	7.2 (57.6%)
65	<b>WACŁAWEK Marta</b>	<b>1230</b>	POWER TRAINING	Kobiety	16		00:37:38	<b>01:56:44.65</b>	<b>01:56:49.25</b>	+00:49:21 (42.2%)	8:20	7.2 (57.6%)
66	<b>BOGACKI Sławek Mr Blik</b>	<b>1188</b>	ENERGA NORDIC WALKING TEAM	Mężczyzni	50		00:42:30	<b>01:56:40.20</b>	<b>01:56:58.25</b>	+00:49:30 (42.3%)	8:20	7.2 (57.6%)
67	<b>KUBALA Alicja</b>	<b>1139</b>		Kobiety	17		00:35:36	<b>01:57:34.20</b>	<b>01:57:47.75</b>	+00:50:19 (42.7%)	8:23	7.1 (56.8%)
68	<b>KĘDRA Agnieszka</b>	<b>1149</b>	PODKARPACKA SZKOŁA KRAV MAGA	Kobiety	18		00:34:44	<b>01:57:50.10</b>	<b>01:57:57.05</b>	+00:50:29 (42.8%)	8:25	7.1 (56.8%)
69	<b>GARWACKA Zuzanna</b>	<b>1194</b>		Kobiety	19		00:40:51	<b>01:58:01.75</b>	<b>01:58:11.40</b>	+00:50:43 (42.9%)	8:25	7.1 (56.8%)
70	<b>CZEPIEC Agata</b>	<b>1267</b>	MUAY RUNNING TEAM	Kobiety	20		00:40:26	<b>01:58:13.45</b>	<b>01:58:25.45</b>	+00:50:57 (43.0%)	8:26	7.1 (56.8%)
71	<b>DULAK Anna</b>	<b>1179</b>		Kobiety	21		00:36:50	<b>01:58:29.00</b>	<b>01:58:33.30</b>	+00:51:05 (43.1%)	8:27	7.1 (56.8%)
72	<b>MAŁECKI Mikołaj</b>	<b>1248</b>		Mężczyzni	51		00:37:52	<b>01:58:29.20</b>	<b>01:58:37.50</b>	+00:51:09 (43.1%)	8:27	7.1 (56.8%)
73	<b>OSIKOWSKA Aleksandra</b>	<b>1220</b>	POWER TRAINING	Kobiety	22		00:38:33	<b>01:58:41.10</b>	<b>01:58:45.65</b>	+00:51:17 (43.2%)	8:28	7.1 (56.8%)
74	<b>SZMIGIEL Jakub</b>	<b>1246</b>	WYŻSZA SZKOŁA POLICJI W SZCZYTNI	Mężczyzni	52	WARMIŃSKO-MAZURSKIE DZIKI	00:38:03	<b>01:58:41.15</b>	<b>01:58:48.85</b>	+00:51:20 (43.2%)	8:28	7.1 (56.8%)
75	<b>PIWOŃSKI Adam</b>	<b>1228</b>		Mężczyzni	53		00:39:39	<b>01:58:40.25</b>	<b>01:58:56.80</b>	+00:51:28 (43.3%)	8:28	7.1 (56.8%)
76	<b>NOWATORSKA Anita</b>	<b>1285</b>		Kobiety	23		00:38:12	<b>01:58:45.65</b>	<b>01:58:58.50</b>	+00:51:30 (43.3%)	8:29	7.1 (56.8%)
77	<b>CHWISTEK Artur</b>	<b>1276</b>		Mężczyzni	54		00:39:35	<b>01:59:03.20</b>	<b>01:59:21.25</b>	+00:51:53 (43.5%)	8:30	7.1 (56.8%)
78	<b>MAKOWSKA Wanda</b>	<b>1192</b>		Kobiety	24		00:38:25	<b>01:59:19.15</b>	<b>01:59:27.70</b>	+00:51:59 (43.5%)	8:31	7 (56.0%)
79	<b>CZAJKOWSKI Michał</b>	<b>1244</b>		Mężczyzni	55		00:37:30	<b>01:59:27.95</b>	<b>01:59:32.85</b>	+00:52:04 (43.6%)	8:32	7 (56.0%)
80	<b>NOWAKOWSKI Dawid</b>	<b>1147</b>	SZAKAL RUNNERS	Mężczyzni	56		00:38:21	<b>01:59:35.45</b>	<b>01:59:40.50</b>	+00:52:12 (43.6%)	8:32	7 (56.0%)
81	<b>NOWAKOWSKI Krzysztof</b>	<b>1148</b>	SZAKAL RUNNERS	Mężczyzni	57		00:38:22	<b>01:59:35.40</b>	<b>01:59:40.80</b>	+00:52:12 (43.6%)	8:32	7 (56.0%)
82	<b>KOZAK Dariusz</b>	<b>1197</b>	GCW	Mężczyzni	58		00:37:59	<b>01:59:45.15</b>	<b>01:59:50.45</b>	+00:52:22 (43.7%)	8:33	7 (56.0%)
83	<b>BOBINSKA Marta</b>	<b>1176</b>		Kobiety	25		00:36:09	<b>01:59:41.20</b>	<b>01:59:51.10</b>	+00:52:23 (43.7%)	8:33	7 (56.0%)
84	<b>KOZIOŁ Łukasz</b>	<b>1211</b>		Mężczyzni	59		00:37:00	<b>01:59:58.15</b>	<b>02:00:03.35</b>	+00:52:35 (43.8%)	8:34	7 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
85	<b>KUKLA Elzbieta</b>	<b>1156</b>	PWC RUNNING TEAM	Kobiety	26		00:36:02	<b>02:00:02.10</b>	<b>02:00:07.70</b>	+00:52:39 (43.8%)	8:34	7 (56.0%)
86	<b>PAUL Viola</b>	<b>1172</b>	NIGHT RUNNERS GLIWICE	Kobiety	27		00:37:29	<b>02:00:40.30</b>	<b>02:00:55.40</b>	+00:53:27 (44.2%)	8:37	7 (56.0%)
87	<b>SKRUTEK Jan</b>	<b>1143</b>	WKB PIAST WROCŁAW	Mężczyzni	60		00:39:35	<b>02:00:39.40</b>	<b>02:00:57.25</b>	+00:53:29 (44.2%)	8:37	7 (56.0%)
88	<b>MROZIK Magdalena</b>	<b>1177</b>	POWER TRAINING	Kobiety	28		00:40:06	<b>02:02:35.20</b>	<b>02:02:45.70</b>	+00:55:17 (45.0%)	8:45	6.9 (55.2%)
89	<b>WTULICH Diana</b>	<b>1121</b>		Kobiety	29		00:36:36	<b>02:02:44.05</b>	<b>02:02:52.25</b>	+00:55:24 (45.1%)	8:46	6.8 (54.4%)
90	<b>KĘDZIOR Wiesława</b>	<b>1273</b>	NASNIEDOGONIAT	Kobiety	30		00:38:35	<b>02:03:37.45</b>	<b>02:03:51.20</b>	+00:56:23 (45.5%)	8:49	6.8 (54.4%)
91	<b>MARMUROWICZ Krystian</b>	<b>1129</b>	SILESIA RUNNING TEAM	Mężczyzni	61		00:41:01	<b>02:04:16.40</b>	<b>02:04:32.05</b>	+00:57:04 (45.8%)	8:52	6.8 (54.4%)
92	<b>WOLSKA Aleksandra</b>	<b>1266</b>	DZIK KOMANDO	Kobiety	31	Dzik Komando	00:39:23	<b>02:04:56.40</b>	<b>02:05:02.30</b>	+00:57:34 (46.0%)	8:55	6.7 (53.6%)
93	<b>ZIMOŃ Urszula</b>	<b>1242</b>	DZIK KOMANDO	Kobiety	32	Dzik Komando	00:39:18	<b>02:04:56.05</b>	<b>02:05:02.35</b>	+00:57:34 (46.0%)	8:55	6.7 (53.6%)
94	<b>KARABIN Anna</b>	<b>1236</b>		Kobiety	33		00:41:11	<b>02:05:58.55</b>	<b>02:06:00.50</b>	+00:58:32 (46.5%)	8:59	6.7 (53.6%)
95	<b>SILVA Bruno</b>	<b>1235</b>	FULHAM FC	Mężczyzni	62		00:41:10	<b>02:05:58.50</b>	<b>02:06:01.00</b>	+00:58:33 (46.5%)	8:59	6.7 (53.6%)
96	<b>STELMACH Agnieszka</b>	<b>1178</b>		Kobiety	34		00:38:19	<b>02:05:56.80</b>	<b>02:06:11.15</b>	+00:58:43 (46.5%)	8:59	6.7 (53.6%)
97	<b>MICHNO Michał</b>	<b>1301</b>		Mężczyzni	63		00:37:38	<b>02:06:31.00</b>	<b>02:06:36.90</b>	+00:59:08 (46.7%)	9:02	6.6 (52.8%)
98	<b>KOWALEWSKA Kinga</b>	<b>1293</b>		Kobiety	35		00:40:21	<b>02:06:26.00</b>	<b>02:06:37.10</b>	+00:59:09 (46.7%)	9:01	6.6 (52.8%)
99	<b>KRASOŃ Justyna</b>	<b>1268</b>	TSA SANDOMIERZ	Kobiety	36	TSA Sandomierz	00:39:29	<b>02:06:25.85</b>	<b>02:06:40.30</b>	+00:59:12 (46.7%)	9:01	6.6 (52.8%)
100	<b>GARWACKA Beata</b>	<b>1195</b>		Kobiety	37		00:39:47	<b>02:06:31.70</b>	<b>02:06:41.65</b>	+00:59:13 (46.7%)	9:02	6.6 (52.8%)
101	<b>PĘKALSKA Anna</b>	<b>1277</b>		Kobiety	38		00:40:24	<b>02:06:32.60</b>	<b>02:06:41.95</b>	+00:59:13 (46.8%)	9:02	6.6 (52.8%)
102	<b>SZACHNOWSKI Ireneusz</b>	<b>1203</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	Mężczyzni	64		00:41:36	<b>02:06:33.75</b>	<b>02:06:46.65</b>	+00:59:18 (46.8%)	9:02	6.6 (52.8%)
103	<b>KOTELNICKA Renata</b>	<b>1279</b>		Kobiety	39		00:38:42	<b>02:06:53.95</b>	<b>02:07:00.35</b>	+00:59:32 (46.9%)	9:03	6.6 (52.8%)
104	<b>MAZUR Magdalena</b>	<b>1137</b>		Kobiety	40		00:38:42	<b>02:06:53.80</b>	<b>02:07:00.40</b>	+00:59:32 (46.9%)	9:03	6.6 (52.8%)
105	<b>KOPRIANIUK Anna</b>	<b>1229</b>		Kobiety	41		00:41:09	<b>02:07:41.85</b>	<b>02:07:57.80</b>	+01:00:29 (47.3%)	9:07	6.6 (52.8%)
106	<b>WYSOCKA Katarzyna</b>	<b>1185</b>		Kobiety	42		00:37:47	<b>02:09:54.30</b>	<b>02:10:04.45</b>	+01:02:36 (48.1%)	9:16	6.5 (52.0%)
107	<b>BATOROWICZ Dominik</b>	<b>1198</b>	GCW	Mężczyzni	65		00:38:00	<b>02:10:08.40</b>	<b>02:10:13.50</b>	+01:02:45 (48.2%)	9:17	6.5 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
108	LIDUK Wioletta	1207		Kobiety	43		00:41:01	<b>02:10:36.50</b>	<b>02:10:52.15</b>	+01:03:24 (48.4%)	9:19	6.4 (51.2%)
109	PEŻYŃSKA Anna	1181		Kobiety	44		00:41:33	<b>02:10:36.05</b>	<b>02:10:52.75</b>	+01:03:24 (48.5%)	9:19	6.4 (51.2%)
110	SZYDŁOWSKA Paulina	1289		Kobiety	45		00:37:52	<b>02:10:39.80</b>	<b>02:10:52.95</b>	+01:03:24 (48.5%)	9:19	6.4 (51.2%)
111	WIŚNIEWSKA Gosia	1294		Kobiety	46		00:42:12	<b>02:11:03.15</b>	<b>02:11:16.75</b>	+01:03:48 (48.6%)	9:21	6.4 (51.2%)
112	WIĘCZKOWSKI Wojciech	1114	HUSARIA RACE TEAM	Mężczyzni	66		00:35:18	<b>02:11:25.80</b>	<b>02:11:38.20</b>	+01:04:10 (48.7%)	9:23	6.4 (51.2%)
113	DĄBROWSKI Przemysław	1253		Mężczyzni	67		00:40:24	<b>02:11:43.70</b>	<b>02:11:58.35</b>	+01:04:30 (48.9%)	9:24	6.4 (51.2%)
114	KUKUŁA Patrycja	1204		Kobiety	47		00:44:07	<b>02:11:58.40</b>	<b>02:12:06.30</b>	+01:04:38 (48.9%)	9:25	6.4 (51.2%)
115	ŚWIDERSKA Sylwia	1223		Kobiety	48		00:40:18	<b>02:11:59.00</b>	<b>02:12:12.10</b>	+01:04:44 (49.0%)	9:25	6.4 (51.2%)
116	KACPRZAK Konrad	1221	SKS FENIKS SIEDLCE	Mężczyzni	68		00:40:21	<b>02:12:00.45</b>	<b>02:12:13.35</b>	+01:04:45 (49.0%)	9:25	6.4 (51.2%)
117	KUNICKI Krzysztof	1115	ROSSBIEGANI	Mężczyzni	69		00:38:44	<b>02:12:42.45</b>	<b>02:12:54.60</b>	+01:05:26 (49.2%)	9:28	6.3 (50.4%)
118	KORONA-SIERADZKA Bogusława	1118		Kobiety	49		00:38:59	<b>02:13:39.70</b>	<b>02:13:51.05</b>	+01:06:23 (49.6%)	9:32	6.3 (50.4%)
119	DOŁHUN Adam	1272	RUN PASJA	Mężczyzni	70		00:40:54	<b>02:13:43.45</b>	<b>02:13:55.60</b>	+01:06:27 (49.6%)	9:33	6.3 (50.4%)
120	GRODECKA Nina	1232		Kobiety	50		00:38:35	<b>02:14:06.35</b>	<b>02:14:13.75</b>	+01:06:45 (49.7%)	9:34	6.3 (50.4%)
121	ZGŁOBICKA Izabela	1150		Kobiety	51		00:43:27	<b>02:14:19.85</b>	<b>02:14:21.90</b>	+01:06:53 (49.8%)	9:35	6.3 (50.4%)
122	SZLAREK Mateusz	1300		Mężczyzni	71		00:41:02	<b>02:14:19.10</b>	<b>02:14:25.20</b>	+01:06:57 (49.8%)	9:35	6.3 (50.4%)
123	KRASZKIEWICZ Marta	1274	NASNIEDOGONIAT	Kobiety	52		00:38:32	<b>02:15:33.45</b>	<b>02:15:47.00</b>	+01:08:19 (50.3%)	9:41	6.2 (49.6%)
124	SUCHODOLSKA Wioletta	1182		Kobiety	53		00:41:14	<b>02:16:41.45</b>	<b>02:16:45.30</b>	+01:09:17 (50.7%)	9:45	6.1 (48.8%)
125	ALEKSIEJUK Joanna	1158	BIEGAM, BO LUBIĘ.	Kobiety	54		00:39:45	<b>02:17:22.20</b>	<b>02:17:31.25</b>	+01:10:03 (50.9%)	9:48	6.1 (48.8%)
126	ZATOŃ Bożena	1252		Kobiety	55		00:40:16	<b>02:18:35.65</b>	<b>02:18:47.35</b>	+01:11:19 (51.4%)	9:54	6.1 (48.8%)
127	BEDNAREK Grażyna	1251	RUN PASJA	Kobiety	56		00:40:55	<b>02:18:34.95</b>	<b>02:18:47.60</b>	+01:11:19 (51.4%)	9:53	6.1 (48.8%)
128	PANCZENKO Kamil	1151		Mężczyzni	72		00:45:36	<b>02:18:43.15</b>	<b>02:18:57.75</b>	+01:11:29 (51.4%)	9:54	6.1 (48.8%)
129	ANTKOWIAK Katarzyna	1282		Kobiety	57	BIGYELLOWFOOT ADVENTURE TEAM	00:40:42	<b>02:20:23.05</b>	<b>02:20:31.95</b>	+01:13:03 (52.0%)	10:01	6 (48.0%)
130	ZEMŁA Dorota	1161		Kobiety	58		00:41:02	<b>02:20:42.95</b>	<b>02:20:51.00</b>	+01:13:23 (52.1%)	10:03	6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
131	<b>JĄSKOWIAK Ewelina</b>	<b>1281</b>	MUAY RUNNING TEAM	Kobiety	59		00:44:50	<b>02:25:03.25</b>	<b>02:25:12.95</b>	+01:17:44 (53.5%)	10:21	5.8 (46.4%)
132	<b>TOMAS Beata</b>	<b>1136</b>		Kobiety	60		00:43:12	<b>02:26:58.65</b>	<b>02:27:08.45</b>	+01:19:40 (54.1%)	10:29	5.7 (45.6%)
133	<b>WYSOCKI Mariusz</b>	<b>1186</b>		Mężczyźni	73		00:42:42	<b>02:27:57.55</b>	<b>02:28:08.50</b>	+01:20:40 (54.5%)	10:34	5.7 (45.6%)
133	<b>BALICKI Jacek</b>	<b>1264</b>	BIEGACZ NOWOSOLNA	Mężczyźni	74		00:42:42	<b>02:27:57.10</b>	<b>02:28:08.50</b>	+01:20:40 (54.5%)	10:34	5.7 (45.6%)
135	<b>NOWAKOWSKI Rafał</b>	<b>1212</b>		Mężczyźni	75		00:42:48	<b>02:28:07.10</b>	<b>02:28:25.30</b>	+01:20:57 (54.5%)	10:34	5.7 (45.6%)
136	<b>MAŁŻ Daniel</b>	<b>1154</b>		Mężczyźni	76		00:44:23	<b>02:32:33.05</b>	<b>02:32:42.65</b>	+01:25:14 (55.8%)	10:53	5.5 (44.0%)
136	<b>CZYŻEWSKA Ewelina</b>	<b>1157</b>		Kobiety	61		00:44:24	<b>02:32:32.85</b>	<b>02:32:42.65</b>	+01:25:14 (55.8%)	10:53	5.5 (44.0%)
138	<b>OBARSKA Małgorzata</b>	<b>1210</b>		Kobiety	62		00:46:19	<b>02:32:37.45</b>	<b>02:32:45.65</b>	+01:25:17 (55.8%)	10:54	5.5 (44.0%)
139	<b>KSIĘŻAK Jolanta</b>	<b>1202</b>		Kobiety	63		00:43:55	<b>02:32:52.95</b>	<b>02:33:03.70</b>	+01:25:35 (55.9%)	10:55	5.5 (44.0%)
140	<b>SOT Lucjan</b>	<b>1254</b>	A NIECH TO SZLAK BIEGIEM NA SZLAK	Mężczyźni	77		00:47:56	<b>02:33:19.50</b>	<b>02:33:26.35</b>	+01:25:58 (56.0%)	10:57	5.5 (44.0%)
141	<b>DONIEC Katarzyna</b>	<b>1245</b>		Kobiety	64		00:49:00	<b>02:34:19.40</b>	<b>02:34:35.85</b>	+01:27:07 (56.4%)	11:01	5.4 (43.2%)
142	<b>BOSAK Maria</b>	<b>1259</b>		Kobiety	65		00:49:01	<b>02:34:19.55</b>	<b>02:34:36.00</b>	+01:27:08 (56.4%)	11:01	5.4 (43.2%)
143	<b>KOTKIEWICZ Hubert</b>	<b>1199</b>	CROSSFIT GCW	Mężczyźni	78		00:45:19	<b>02:35:17.15</b>	<b>02:35:22.35</b>	+01:27:54 (56.6%)	11:05	5.4 (43.2%)
144	<b>FABROWICZ Katarzyna</b>	<b>1145</b>		Kobiety	66		00:44:59	<b>02:37:01.25</b>	<b>02:37:15.60</b>	+01:29:47 (57.1%)	11:12	5.3 (42.4%)
145	<b>JĘDRYSZKA Urszula</b>	<b>1241</b>	KUŹNIA TRIATHLONU	Kobiety	67		00:42:40	<b>02:37:40.30</b>	<b>02:37:49.60</b>	+01:30:21 (57.3%)	11:15	5.3 (42.4%)
146	<b>SERAFIN Monika</b>	<b>1226</b>	BESKIDY TRI SPORT TEAM	Kobiety	68		00:46:41	<b>02:37:55.50</b>	<b>02:38:00.25</b>	+01:30:32 (57.3%)	11:16	5.3 (42.4%)
147	<b>WIŚNIEWSKA-PĘPIAK Milena</b>	<b>1146</b>		Kobiety	69		00:45:02	<b>02:37:45.50</b>	<b>02:38:00.30</b>	+01:30:32 (57.3%)	11:16	5.3 (42.4%)
148	<b>MAREK Ewa</b>	<b>1144</b>		Kobiety	70		00:43:52	<b>02:41:54.60</b>	<b>02:42:10.00</b>	+01:34:42 (58.4%)	11:33	5.2 (41.6%)
149	<b>BĄDZIUL Dorota</b>	<b>1126</b>		Kobiety	71		00:50:37	<b>02:44:36.30</b>	<b>02:44:49.30</b>	+01:37:21 (59.1%)	11:45	5.1 (40.8%)
150	<b>EBERT Agata</b>	<b>1160</b>		Kobiety	72		00:51:42	<b>02:45:08.15</b>	<b>02:45:15.60</b>	+01:37:47 (59.2%)	11:47	5.1 (40.8%)
151	<b>KOTOWSKA Sylwia</b>	<b>1191</b>		Kobiety	73		00:44:37	<b>02:45:34.30</b>	<b>02:45:46.20</b>	+01:38:18 (59.3%)	11:49	5.1 (40.8%)
152	<b>KLIŚ Dominika</b>	<b>1295</b>		Kobiety	74		00:46:41	<b>02:45:48.95</b>	<b>02:45:53.60</b>	+01:38:25 (59.3%)	11:50	5.1 (40.8%)
153	<b>GOSEK Tatiana</b>	<b>1243</b>	GRUPA BIEGOWA UM W-WA	Kobiety	75		00:51:09	<b>03:01:20.05</b>	<b>03:01:30.00</b>	+01:54:02 (62.8%)	12:57	4.6 (36.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P3_Parking 6km	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
154	<b>WASILEWSKI Marcin</b>	<b>1238</b>	WW TEAM	Mężczyzni	79		00:53:37	<b>03:06:35.75</b>	<b>03:06:50.75</b>	+01:59:22 (63.9%)	13:19	4.5 (36.0%)
155	<b>KOWALSKA Gabriela</b>	<b>1200</b>	BIEGAJĄCY ŚWIDNIK	Kobiety	76		00:41:01	<b>03:08:26.60</b>	<b>03:08:38.40</b>	+02:01:10 (64.2%)	13:27	4.5 (36.0%)
155	<b>KOWALSKI Daniel</b>	<b>1201</b>	JANUSZE SPORTU	Mężczyzni	80		00:41:01	<b>03:08:26.55</b>	<b>03:08:38.40</b>	+02:01:10 (64.2%)	13:27	4.5 (36.0%)
157	<b>KOLASA Barbara</b>	<b>1113</b>	KLUB J.SŁOWACKIEGO	Kobiety	77		00:50:25	<b>03:10:01.10</b>	<b>03:10:03.95</b>	+02:02:35 (64.5%)	13:34	4.4 (35.2%)
158	<b>MIRECKI Jan</b>	<b>1224</b>		Mężczyzni	81		00:56:23	<b>03:11:41.10</b>	<b>03:11:49.50</b>	+02:04:21 (64.8%)	13:41	4.4 (35.2%)
159	<b>ADAMOWSKA Katarzyna</b>	<b>1116</b>	ADAMS FAMILY	Kobiety	78		00:56:59	<b>03:28:33.40</b>	<b>03:28:50.65</b>	+02:21:22 (67.7%)	14:53	4 (32.0%)
160	<b>ADAMOWSKI Jacek</b>	<b>1117</b>	ADAMS FAMILY	Mężczyzni	82		00:56:58	<b>03:28:34.10</b>	<b>03:28:51.20</b>	+02:21:23 (67.7%)	14:53	4 (32.0%)

Znaleziono 160 wynik(ów)