

IV ULTRAMARATON BIESZCZADZKI

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Maraton Bieszczadzki 2016
Fundacja Bieg Rzeźnika
2016-10-09
Cisna
52 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	GORCZYCA Bartosz	1		M20	1		00:13:23	00:46:12	02:05:28	02:53:28	04:07:37	04:12:10.35	04:12:14.05		4:50	12.4 (100%)
2	SZCZEŚNIEWSKI Miłosz	679	SALCO SPORT TEAM	M20	2		00:13:53	00:46:51	02:12:15	03:05:15	04:15:50	04:20:21.65	04:20:24.20	+00:08:10 (3.1%)	5:00	12 (96.8%)
3	FARON Robert	3		M40	1		00:13:42	00:47:06	02:11:52	03:01:20	04:15:13	04:19:17.45	04:26:02.40	+00:13:48 (5.2%)	4:59	12 (96.8%)
4	CEBERAK Bartosz	4		M20	3		00:14:47	00:50:27	02:21:21	03:19:58	04:36:46	04:41:28.70	04:41:50.85	+00:29:36 (10.5%)	5:24	11.1 (89.5%)
5	WĄSOWICZ Jan			M40	2		00:15:02	00:50:42	02:18:37	03:14:13	04:39:20	04:44:33.55	04:44:36.15	+00:32:22 (11.4%)	5:28	11 (88.7%)
6	ZDANOWSKI Łukasz	11		M20	4		00:14:22	00:50:27	02:22:57	03:21:05	04:47:40	04:53:09.80	04:53:12.65	+00:40:58 (14.0%)	5:38	10.6 (85.5%)
7	TOKARZ Andrzej	424		M30	1		00:14:22	00:49:53	02:23:38	03:26:33	04:56:39	05:01:47.40	05:01:50.40	+00:49:36 (16.4%)	5:48	10.3 (83.1%)
8	MAJER Ewa	2		K30	1		00:15:35	00:54:02	02:34:13	03:35:28	05:00:23	05:05:29.45	05:05:32.75	+00:53:18 (17.4%)	5:52	10.2 (82.3%)
9	LEWANDOWSKA Edyta			K30	2		00:15:06	00:52:14	02:29:37	03:32:14	05:03:54	05:10:04.40	05:10:06.70	+00:57:52 (18.7%)	5:57	10.1 (81.5%)
10	KRZYSZTOŃ Marcin	6		M30	2		00:15:43	00:53:38	02:31:26	03:32:51	05:06:23	05:11:48.55	05:11:52.50	+00:59:38 (19.1%)	5:59	10 (80.6%)
11	ŻYTO Maciej	393		M40	3		00:17:13	01:00:13	02:43:16	03:42:38	05:08:52	05:14:13.85	05:14:18.40	+01:02:04 (19.7%)	6:02	9.9 (79.8%)
12	ŚLASKI Radosław	475		M40	4		00:16:30	00:57:38	02:38:38	03:38:21	05:09:14	05:15:05.00	05:15:16.25	+01:03:02 (20.0%)	6:03	9.9 (79.8%)
13	KORDECKI Łukasz	380		M30	3		00:16:12	00:56:13	02:37:23	03:40:06	05:10:17	05:15:43.10	05:15:51.80	+01:03:37 (20.1%)	6:04	9.9 (79.8%)
14	DOMISZEWSKI Ignacy	5		M20	5		00:13:59	00:49:39	02:24:18	03:32:19	05:10:34	05:16:22.25	05:16:25.85	+01:04:11 (20.3%)	6:05	9.9 (79.8%)
15	TOPOLSKI Marcin	648		M40	5		00:16:34	00:58:47	02:44:43	03:44:52	05:13:35	05:19:28.35	05:19:32.65	+01:07:18 (21.1%)	6:08	9.8 (79.0%)
16	KOŚCIUCZYK-MENDYK Michał	182		M30	4		00:16:43	00:58:09	02:39:36	03:41:31	05:14:06	05:19:37.65	05:19:42.85	+01:07:28 (21.1%)	6:08	9.8 (79.0%)
17	IGNACZAK Marcin	438		M30	5		00:16:33	00:56:41	02:42:04	03:45:22	05:14:27	05:19:56.05	05:20:00.35	+01:07:46 (21.2%)	6:09	9.8 (79.0%)
18	WYWŁOKA Paulina	226		K20	1		00:16:47	00:58:22	02:43:18	03:47:47	05:16:20	05:21:32.00	05:21:35.15	+01:09:21 (21.6%)	6:11	9.7 (78.2%)
19	BAKALARZ Emil	232		M20	6		00:15:14	00:53:03	02:31:34	03:35:40	05:17:13	05:23:17.55	05:23:19.85	+01:11:05 (22.0%)	6:13	9.7 (78.2%)
20	DUDZIK Robert	357		M30	6		00:16:42	00:59:16	02:46:09	03:45:32	05:12:06	05:16:58.00	05:23:43.60	+01:11:29 (22.1%)	6:05	9.8 (79.0%)
21	GAWLIK Sławek	37		M30	7		00:15:07	00:52:06	02:26:58	03:30:21	05:18:35	05:25:39.05	05:25:41.75	+01:13:27 (22.6%)	6:15	9.6 (77.4%)
22	KOT Rafał	541		M30	8		00:16:28	00:57:50	02:39:38	03:46:05	05:20:27	05:26:24.00	05:26:29.45	+01:14:15 (22.7%)	6:16	9.6 (77.4%)
23	KĄCKA Anna	669		K20	2		00:15:46	00:55:15	02:41:40	03:48:15	05:22:10	05:27:41.35	05:27:44.65	+01:15:30 (23.0%)	6:18	9.5 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
24	PUZIA Krzysztof	649		M50	1		00:16:12	00:55:36	02:36:47	03:40:45	05:23:33	05:30:04.65	05:30:08.75	+01:17:54 (23.6%)	6:20	9.5 (76.6%)
25	KNOP Piotr	314		M40	6		00:16:28	00:58:23	02:38:10	03:40:39	05:23:09	05:30:22.85	05:30:33.65	+01:18:19 (23.7%)	6:21	9.4 (75.8%)
26	LUBAŃSKI Robert	356		M50	2		00:16:08	00:55:39	02:36:47	03:42:12	05:25:18	05:31:43.70	05:31:48.35	+01:19:34 (24.0%)	6:22	9.4 (75.8%)
27	KOKOCIŃSKI Dariusz	605		M40	7		00:16:08	00:55:43	02:45:42	03:54:33	05:28:25	05:33:40.65	05:33:46.50	+01:21:32 (24.4%)	6:25	9.4 (75.8%)
28	RECZEK Sebastian	41		M30	9		00:16:02	00:54:22	02:36:43	03:49:01	05:28:24	05:33:58.90	05:34:18.70	+01:22:04 (24.6%)	6:25	9.3 (75.0%)
29	JURGA Marcin	661		M30	10		00:15:42	00:54:40	02:39:14	03:49:06	05:29:41	05:35:44.80	05:35:51.15	+01:23:37 (24.9%)	6:27	9.3 (75.0%)
30	GRZELAK Adrian	684	NIGHT RUNNERS +	M20	7	Szybkie Koty	00:19:33	01:02:51	02:50:19	03:56:50	05:32:41	05:37:36.95	05:37:59.55	+01:25:45 (25.4%)	6:29	9.2 (74.2%)
31	KONIARZ Michał	457		M40	8		00:17:01	00:58:58	02:46:47	03:57:06	05:35:07	05:41:04.45	05:41:12.95	+01:28:58 (26.1%)	6:33	9.1 (73.4%)
32	SKORUPA Jacek	105		M30	11	Euforia Biegacza	00:16:38	00:58:21	02:40:37	03:53:46	05:35:56	05:41:52.55	05:41:57.30	+01:29:43 (26.2%)	6:34	9.1 (73.4%)
33	FLOREK Sebastian	117		M30	12		00:18:31	01:01:39	02:50:50	03:58:26	05:37:39	05:43:19.25	05:43:32.15	+01:31:18 (26.6%)	6:36	9.1 (73.4%)
34	KOŁDER Tomasz	8		M40	9		00:16:34	00:58:47	02:46:46	03:59:47	05:41:18	05:46:31.10	05:46:35.95	+01:34:21 (27.2%)	6:39	9 (72.6%)
35	WALKOWIAK Tomasz	135		M30	13		00:17:53	01:01:18	02:49:04	03:56:25	05:40:40	05:46:39.80	05:46:50.05	+01:34:36 (27.3%)	6:40	9 (72.6%)
36	OLEKSIŃSKI Dariusz	97		M30	14		00:18:34	01:02:23	02:56:12	04:02:31	05:41:28	05:46:33.95	05:47:00.20	+01:34:46 (27.3%)	6:39	9 (72.6%)
37	MUSZYŃSKI Krzysztof	675	ON-SIGHT	M20	8		00:18:33	01:02:04	02:51:25	04:02:16	05:41:34	05:46:55.85	05:47:05.55	+01:34:51 (27.3%)	6:40	9 (72.6%)
38	WOLSKI Piotr	239		M30	15		00:18:56	01:03:17	02:50:45	04:02:18	05:42:51	05:48:34.35	05:48:48.55	+01:36:34 (27.7%)	6:42	9 (72.6%)
39	LESZCZYŃSKI Andrzej	625		M40	10		00:18:29	01:00:55	02:49:16	03:59:08	05:43:37	05:48:59.45	05:49:05.95	+01:36:51 (27.7%)	6:42	8.9 (71.8%)
40	ROMANOWICZ Emilia	9		K20	3		00:16:12	00:55:58	02:46:16	03:57:49	05:42:58	05:49:18.65	05:49:21.95	+01:37:07 (27.8%)	6:43	8.9 (71.8%)
41	BRYNDZA Krzysztof	621		M40	11		00:18:21	01:03:24	02:51:12	03:59:47	05:42:51	05:49:16.40	05:49:26.85	+01:37:12 (27.8%)	6:43	8.9 (71.8%)
42	MAZUREK Robert	390		M40	12	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:17:09	00:59:35	02:51:14	04:07:53	05:44:50	05:50:15.60	05:50:23.30	+01:38:09 (28.0%)	6:44	8.9 (71.8%)
43	DOMISZEWSKA Maria	450		K50	1		00:16:39	00:57:52	02:48:56	03:59:45	05:45:16	05:51:07.25	05:51:10.70	+01:38:56 (28.2%)	6:45	8.9 (71.8%)
44	MURAK Robert	87		M40	13		00:18:25	01:01:41	02:50:58	04:02:51	05:45:35	05:51:19.40	05:51:35.50	+01:39:21 (28.3%)	6:45	8.9 (71.8%)
45	WESOŁOWSKI Mariusz	502		M30	16		00:17:15	01:00:30	02:54:29	04:09:01	05:46:01	05:51:39.10	05:51:44.35	+01:39:30 (28.3%)	6:45	8.9 (71.8%)
46	SAWICZ Robert	183		M40	14		00:16:43	00:58:09	02:43:16	04:01:54	05:46:28	05:52:22.35	05:52:27.50	+01:40:13 (28.4%)	6:46	8.9 (71.8%)
47	KAMMER Krzysztof	555		M30	17		00:16:21	00:56:17	02:42:06	03:58:45	05:47:23	05:52:57.50	05:53:01.85	+01:40:47 (28.6%)	6:47	8.8 (71.0%)
48	FIDELUS Jacek	351		M30	18		00:18:42	01:04:25	02:54:34	04:06:04	05:47:35	05:53:44.95	05:53:54.05	+01:41:40 (28.7%)	6:48	8.8 (71.0%)
49	GARDZIEL Jerzy	547		M40	15	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:17:44	01:00:26	02:46:29	04:00:13	05:47:40	05:53:37.55	05:53:54.50	+01:41:40 (28.7%)	6:48	8.8 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym		P2_Roztoki		P3_Solinka_herlaty		P2_Roztoki		P1_Krzyzowka_z_czerwonym		Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	50.86km	50.86km								
50	LEMAŃSKI Damian	401		M20	9		00:16:58		00:58:55	02:47:15		03:59:44	05:48:47				05:54:34.45	05:54:50.95	+01:42:36 (28.9%)	6:49	8.8 (71.0%)
51	CHYCZEWSKI Robert	26		M30	19		00:18:06		01:01:47	02:51:32		04:01:44	05:48:40				05:54:22.30	05:54:57.70	+01:42:43 (28.9%)	6:48	8.8 (71.0%)
52	KSIĄŻKIEWICZ Bartłomiej	158		M30	20		00:16:54		00:59:10	02:50:29		04:05:15	05:49:58				05:55:23.90	05:55:45.20	+01:43:31 (29.1%)	6:50	8.8 (71.0%)
53	MALINOWSKA Anna	640		K30	3	Żuki w błocie	00:18:31		01:02:37	02:57:45		04:10:45	05:50:16				05:55:16.55	05:55:46.35	+01:43:32 (29.1%)	6:49	8.8 (71.0%)
54	BRATEK Agnieszka	45		K40	1		00:17:25		01:00:35	02:54:12		04:07:50	05:50:29				05:56:17.55	05:56:20.10	+01:44:06 (29.2%)	6:51	8.8 (71.0%)
55	PODLEŚ Robert	363		M50	3				00:58:56	02:49:37		04:05:19					05:57:13.30	05:57:16.90	+01:45:02 (29.4%)	6:52	8.7 (70.2%)
56	TERZONI Christian	126		M30	21	Wild for the Run			01:00:37	02:45:08		04:05:40					05:59:29.00	05:59:32.35	+01:47:18 (29.8%)	6:54	8.7 (70.2%)
57	PERKOWSKI Piotr	469		M30	22		00:16:17		00:55:59	02:46:50		04:02:28	05:53:43				05:59:32.75	05:59:51.35	+01:47:37 (29.9%)	6:54	8.7 (70.2%)
58	CZAJKA Karol	386		M30	23		00:15:42		00:54:20	02:40:45		03:57:12	05:53:46				06:01:14.20	06:01:24.50	+01:49:10 (30.2%)	6:56	8.6 (69.4%)
59	KUKUŁA Maciej	491		M20	10		00:17:02		01:01:19	02:56:38		04:10:45	05:58:01				06:03:38.50	06:03:58.20	+01:51:44 (30.7%)	6:59	8.6 (69.4%)
60	KIERLIK Arkadiusz	448		M30	24		00:20:13		01:05:10	02:55:44		04:09:19	05:57:43				06:05:06.65	06:05:41.05	+01:53:27 (31.0%)	7:01	8.5 (68.5%)
61	WOJNAROWSKI Jacek	455		M30	25		00:17:51		01:02:20	02:54:08		04:08:39	05:59:57				06:06:24.05	06:06:31.80	+01:54:17 (31.2%)	7:02	8.5 (68.5%)
62	WNEK Paweł	476		M40	16		00:17:29		01:01:22	03:03:34		04:13:59	05:59:57				06:06:48.10	06:07:00.20	+01:54:46 (31.3%)	7:03	8.5 (68.5%)
63	KOPCEWICZ Tomasz	310		M30	26		00:16:01		00:55:54	02:39:49		03:59:05	05:59:18				06:06:58.45	06:07:04.25	+01:54:50 (31.3%)	7:03	8.5 (68.5%)
64	WOŁOSZYŃ Ryszard	498		M50	4		00:17:50		01:01:42	02:58:41		04:12:54	06:01:42				06:07:14.35	06:07:22.40	+01:55:08 (31.3%)	7:03	8.5 (68.5%)
65	WÓJCIK Tomasz	286		M40	17		00:20:12		01:09:25	03:11:46		04:22:38	06:01:34				06:06:59.20	06:07:29.80	+01:55:15 (31.4%)	7:03	8.5 (68.5%)
66	ZARZYŃSKI Artur	269		M40	18		00:18:57		01:04:43	02:57:53		04:13:04	06:01:26				06:07:40.80	06:07:54.25	+01:55:40 (31.4%)	7:04	8.5 (68.5%)
67	CZARNY Jarosław	572		M30	27		00:18:49		01:05:05	03:02:35		04:17:07	06:01:31				06:08:07.85	06:08:27.10	+01:56:13 (31.5%)	7:04	8.5 (68.5%)
68	BIAŁEK Olaf	500		M50	5		00:20:50		01:08:30	03:07:52		04:20:09	06:03:37				06:10:59.00	06:11:15.50	+01:59:01 (32.1%)	7:08	8.4 (67.7%)
69	ROŚKIEWICZ Jerzy	614		M20	11		00:16:36		00:57:10	02:44:31		04:06:41	06:03:41				06:11:05.55	06:11:25.65	+01:59:11 (32.1%)	7:08	8.4 (67.7%)
70	PTASZYŃSKI Wojciech	108		M50	6		00:18:16		01:02:06	03:02:48		04:17:50	06:05:16				06:12:52.85	06:13:00.05	+02:00:46 (32.4%)	7:10	8.4 (67.7%)
71	KRUPA Grzegorz	690		M40	19		00:17:49		01:01:30	02:57:43		04:16:55	06:06:42				06:12:43.25	06:13:01.90	+02:00:47 (32.4%)	7:10	8.4 (67.7%)
72	REJ Mirosław	258		M30	28		00:16:57		01:00:14	02:58:51		04:19:01	06:06:31				06:12:58.50	06:13:08.35	+02:00:54 (32.4%)	7:10	8.4 (67.7%)
73	LONC Tomasz	260		M30	29		00:16:56		01:00:14	02:58:34		04:19:00	06:06:32				06:12:58.20	06:13:08.40	+02:00:54 (32.4%)	7:10	8.4 (67.7%)
74	LABUZ Malgorzata	573		K30	4		00:18:51		01:05:06	03:03:47		04:21:16	06:07:02				06:13:00.15	06:13:18.30	+02:01:04 (32.4%)	7:10	8.4 (67.7%)
75	KWIATKOWSKA Kinga	556		K20	4	Szybkie Koty	00:19:19		01:06:52	03:10:03		04:23:42	06:07:58				06:13:36.00	06:13:41.70	+02:01:27 (32.5%)	7:11	8.4 (67.7%)
76	FILIPEK Wojciech	591		M40	20		00:18:08		01:01:27	02:53:57		04:14:02	06:06:59				06:14:08.75	06:14:23.65	+02:02:09 (32.6%)	7:11	8.3 (66.9%)
77	PAWĘZKA Mirosław	549		M30	30		00:20:09		01:09:53	03:13:14		04:25:18	06:08:51				06:14:30.15	06:14:47.50	+02:02:33 (32.7%)	7:12	8.3 (66.9%)
78	KRZEMIŃSKI Marcin	618		M30	31		00:17:04		00:59:29	02:53:40		04:12:06	06:07:14				06:14:43.60	06:14:55.80	+02:02:41 (32.7%)	7:12	8.3 (66.9%)
79	MAŚLANKA Jacek	419		M40	21		00:18:22		01:02:21	02:58:25		04:13:35	06:08:02				06:14:44.50	06:15:02.95	+02:02:48 (32.7%)	7:12	8.3 (66.9%)
80	WIĘCH Piotr	589		M30	32		00:15:33		00:55:58	02:51:15		04:15:32	06:08:28				06:15:18.10	06:15:32.65	+02:03:18 (32.8%)	7:13	8.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym		P2_Roztoki		P3_Solinka_herlaty		P2_Roztoki		P1_Krzyzowka_z_czerwonym		Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km								
81	MOĆKO Jacek	25		M20	12		00:22:02		01:12:32	03:15:41		04:26:51	06:09:42			06:15:29.25	06:16:09.00	+02:03:54 (32.9%)	7:13	8.3 (66.9%)	
82	STACHURA Marcin	237		M40	22		00:17:38		01:01:12	02:59:30		04:18:31	06:10:50			06:16:16.85	06:16:23.50	+02:04:09 (33.0%)	7:14	8.3 (66.9%)	
83	KUNCEWICZ Dariusz	365		M40	23		00:20:17		01:07:25	03:06:29		04:22:02	06:10:46			06:16:16.95	06:16:32.75	+02:04:18 (33.0%)	7:14	8.3 (66.9%)	
84	CZECH Mateusz	663		M20	13		00:19:39		01:05:04	03:02:21		04:20:32	06:10:02			06:16:07.70	06:16:42.75	+02:04:28 (33.0%)	7:13	8.3 (66.9%)	
85	SKRABA Michał	525		M40	24		00:19:06		01:04:36	03:08:42		04:24:50	06:11:31			06:17:20.40	06:17:30.85	+02:05:16 (33.2%)	7:15	8.3 (66.9%)	
86	SZPUNAR Maciej	610		M40	25		00:19:33		01:10:14	03:06:49		04:18:42	06:11:17			06:17:16.35	06:17:33.15	+02:05:19 (33.2%)	7:15	8.3 (66.9%)	
87	WOJCIECHOWSKI Ireneusz	531		M40	26	Macintosh Grójec	00:18:10		01:02:41	03:02:27		04:22:10	06:12:17			06:18:15.25	06:18:25.05	+02:06:11 (33.3%)	7:16	8.2 (66.1%)	
88	MIKOWSKI Artur	468		M40	27	Macintosh Grójec	00:18:10		01:02:41	03:02:28		04:22:10	06:12:19			06:18:15.50	06:18:25.10	+02:06:11 (33.3%)	7:16	8.2 (66.1%)	
89	HEŁMECKI Darek	339		M40	28		00:17:40		01:04:30	03:09:15		04:23:19	06:11:13			06:18:30.85	06:18:37.75	+02:06:23 (33.4%)	7:16	8.2 (66.1%)	
90	SOSNOWSKI Rafał	561		M30	33		00:19:54		01:06:31	03:02:23		04:22:04	06:14:40			06:20:16.25	06:20:32.95	+02:08:18 (33.7%)	7:18	8.2 (66.1%)	
91	BARAN Jacek	92		M40	29		00:20:59		01:08:04	03:08:49		04:24:19	06:14:46			06:21:20.35	06:21:37.30	+02:09:23 (33.9%)	7:20	8.2 (66.1%)	
92	GWIAZDA Wiesław	432		M50	7		00:19:16		01:06:17	03:04:56		04:19:47	06:15:00			06:22:11.40	06:22:27.55	+02:10:13 (34.0%)	7:20	8.2 (66.1%)	
93	SZAFRAŃSKI Mateusz	133		M20	14		00:20:31		01:06:33	03:05:57		04:28:10	06:16:22			06:22:07.55	06:22:34.25	+02:10:20 (34.1%)	7:20	8.2 (66.1%)	
94	SKRZESZEWSKI Henryk P.	110		M40	30		00:17:04		00:59:30	03:01:51		04:23:44	06:16:44			06:22:33.55	06:22:46.15	+02:10:32 (34.1%)	7:21	8.2 (66.1%)	
95	BIZUB Maciej	318		M40	31		00:18:33		01:02:22	02:56:14		04:19:21	06:15:35			06:22:26.25	06:22:52.65	+02:10:38 (34.1%)	7:21	8.2 (66.1%)	
96	PERYKASZA Paweł	418		M30	34	Szybkie Koty	00:18:28		01:02:54	02:56:43		04:20:13	06:15:27			06:22:57.30	06:23:19.10	+02:11:05 (34.2%)	7:21	8.1 (65.3%)	
97	BARANOWSKI Jacek	44		M30	35		00:20:46		01:08:35	03:13:43		04:34:06	06:16:52			06:23:15.10	06:23:32.65	+02:11:18 (34.2%)	7:22	8.1 (65.3%)	
98	RODRIGO PEREIRA Oswald	140		M30	36	Wild for the Run	00:17:22		01:06:39	03:07:30		04:27:42	06:18:24			06:23:49.55	06:23:54.45	+02:11:40 (34.3%)	7:22	8.1 (65.3%)	
99	STOJAK Ireneusz	410		M30	37		00:21:24		01:09:02	03:13:35		04:29:59	06:16:53			06:23:40.15	06:24:25.30	+02:12:11 (34.4%)	7:22	8.1 (65.3%)	
100	STEFAŃSKI Kamil	519		M20	15		00:17:09		01:00:15	02:58:17		04:17:57	06:18:23			06:25:19.35	06:25:23.35	+02:13:09 (34.6%)	7:24	8.1 (65.3%)	
101	GAĞOL Przemysław	337		M20	16		00:19:39		01:04:50	03:04:49		04:29:38	06:19:38			06:25:07.75	06:25:28.05	+02:13:14 (34.6%)	7:24	8.1 (65.3%)	
102	POŻAROWSZCZYK Adam	478		M30	38		00:17:13		01:00:36	02:58:26		04:25:54	06:20:04			06:25:39.35	06:25:59.85	+02:13:45 (34.7%)	7:24	8.1 (65.3%)	
103	ŚCIUBA Aneta	639		K20	5		00:19:16		01:04:16	03:06:44		04:26:24	06:19:37			06:25:50.75	06:26:08.65	+02:13:54 (34.7%)	7:25	8.1 (65.3%)	
104	KRZYSZCZAK Jaromir	638		M30	39		00:19:09		01:04:15	03:06:38		04:26:23	06:19:29			06:25:51.85	06:26:09.05	+02:13:55 (34.7%)	7:25	8.1 (65.3%)	
105	CURYŁO Tomasz	477		M40	32		00:20:46		01:09:22	03:09:42		04:25:49	06:19:02			06:25:39.60	06:26:16.65	+02:14:02 (34.7%)	7:24	8.1 (65.3%)	
106	TREJDEROWSKI Robert	627		M30	40		00:18:10		01:06:38	03:07:50		04:29:12	06:20:17			06:26:24.60	06:26:29.65	+02:14:15 (34.7%)	7:25	8.1 (65.3%)	
107	PREJZNAR Marcin	691		M30	41	Beskidnicy	00:16:30		00:57:18	02:59:02		04:20:12	06:19:51			06:26:44.65	06:26:56.25	+02:14:42 (34.8%)	7:26	8.1 (65.3%)	
108	KLARA Marek	473		M30	42		00:19:09		01:06:07	03:08:15		04:26:11	06:20:35			06:27:13.15	06:27:26.15	+02:15:12 (34.9%)	7:26	8.1 (65.3%)	
109	DZIAŁABIJ Beata	49		K30	5	Zryciole ze Śląska	00:20:44		01:09:46	03:17:55		04:34:34	06:21:03			06:27:18.65	06:27:27.40	+02:15:13 (34.9%)	7:26	8.1 (65.3%)	
110	DAWID Tomasz	537		M40	33		00:17:35		01:01:14	03:03:14		04:25:46	06:21:26			06:27:23.55	06:27:30.05	+02:15:16 (34.9%)	7:27	8.1 (65.3%)	
111	DOMIN Łukasz	394		M20	17	Aktywny Dynów	00:20:52		01:10:06	03:12:33		04:33:34	06:20:57			06:27:19.90	06:27:59.35	+02:15:45 (35.0%)	7:26	8.1 (65.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h	
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km				
112	TYLEK Rafał	482		M40	34		00:19:09		01:06:04	03:07:51	04:30:19	06:21:05	06:27:39.00	06:28:14.05	+02:16:00 (35.0%)	7:27	8 (64.5%)
113	JANDZIŚ Wiesław	613		M40	35	Aktywny Dynów	00:20:54		01:09:49	03:21:40	04:33:38	06:22:19	06:27:44.80	06:28:23.30	+02:16:09 (35.1%)	7:27	8 (64.5%)
114	RZESZÓTKO Leszek	546		M50	8		00:17:34		01:02:10	03:04:16	04:27:16	06:22:43	06:28:41.80	06:28:48.10	+02:16:34 (35.1%)	7:28	8 (64.5%)
115	KWAŚNIEWSKI Maciej	171		M30	43		00:20:17		01:08:37	03:10:23	04:27:12	06:22:13	06:28:09.15	06:28:52.15	+02:16:38 (35.1%)	7:27	8 (64.5%)
116	KOBYŁECKI Michał	91		M20	18		00:18:11		01:02:33	03:00:29	04:22:00	06:23:14	06:28:42.55	06:28:52.35	+02:16:38 (35.1%)	7:28	8 (64.5%)
117	WĘGRZYN Marcin	319		M30	44	Wild for the Run	00:18:35		01:03:27	03:07:31	04:27:43	06:23:54	06:29:20.15	06:29:24.85	+02:17:10 (35.2%)	7:29	8 (64.5%)
118	LEGUTKO Włodzimierz	178		M40	36		00:20:05		01:09:46	03:23:47	04:32:09	06:22:10	06:29:34.95	06:29:49.00	+02:17:34 (35.3%)	7:29	8 (64.5%)
119	BIELA Łukasz	400		M20	19	Zryciole ze Śląska	00:17:37		01:01:27	03:05:44	04:28:10	06:24:26	06:30:27.05	06:30:35.15	+02:18:21 (35.4%)	7:30	8 (64.5%)
120	WALENCIK Grzegorz	128		M30	45		00:22:08		01:13:52	03:22:59	04:42:39	06:24:34	06:31:01.00	06:31:41.75	+02:19:27 (35.6%)	7:31	8 (64.5%)
121	NOWAKOWSKI Michał	147		M20	20		00:18:05		01:01:14	02:56:14	04:20:07	06:25:37	06:32:24.75	06:32:45.05	+02:20:31 (35.8%)	7:32	8 (64.5%)
121	KOTUŁA Arkadiusz	148		M20	20		00:18:05		01:01:13	02:56:11	04:20:06	06:25:33	06:32:24.05	06:32:45.05	+02:20:31 (35.8%)	7:32	8 (64.5%)
123	STANISŁAWSKI Jacek	604		M30	46		00:20:03		01:08:41	03:10:49	04:28:45	06:25:12	06:32:19.20	06:32:55.65	+02:20:41 (35.8%)	7:32	8 (64.5%)
124	ZIOBROWSKI Marek	176		M20	22		00:19:00		01:05:13	03:07:53	04:26:24	06:26:44	06:33:09.85	06:33:14.10	+02:21:00 (35.9%)	7:33	7.9 (63.7%)
125	SZAJBE Dariusz	309		M40	37		00:21:12		01:08:22	03:08:25	04:29:03	06:26:14	06:33:09.45	06:33:47.25	+02:21:33 (35.9%)	7:33	7.9 (63.7%)
126	WIŚNIEWSKI Krzysztof	548		M30	47		00:20:22		01:06:35	03:06:17	04:30:55	06:26:58	06:33:34.70	06:33:48.20	+02:21:34 (35.9%)	7:34	7.9 (63.7%)
127	KUKLA Marcin	495		M40	38		00:18:46		01:05:01	03:07:52	04:30:05	06:26:40	06:33:53.80	06:34:02.40	+02:21:48 (36.0%)	7:34	7.9 (63.7%)
128	NOWAKOWSKI Tobiasz	32		M20	23		00:16:39		00:59:33	03:09:39	04:35:30	06:27:40	06:33:47.35	06:34:07.95	+02:21:53 (36.0%)	7:34	7.9 (63.7%)
129	BRZozowski Łukasz	441		M30	48		00:17:04		00:59:29	02:54:23	04:29:17	06:27:46	06:34:01.65	06:34:14.00	+02:21:59 (36.0%)	7:34	7.9 (63.7%)
130	KOSMALSKI Rafał	553		M40	39		00:22:01		01:10:48	03:17:13	04:35:21	06:27:16	06:34:11.25	06:34:25.00	+02:22:10 (36.0%)	7:34	7.9 (63.7%)
131	JANIK Michał	219		M30	49		00:17:00		00:58:55	03:00:14	04:27:49	06:27:46	06:34:43.50	06:34:54.55	+02:22:40 (36.1%)	7:35	7.9 (63.7%)
132	MUCHA Grzegorz	202		M40	40		00:19:41		01:06:22	03:09:45	04:32:34	06:27:36	06:34:36.30	06:34:59.40	+02:22:45 (36.1%)	7:35	7.9 (63.7%)
133	KOWALCZYK Rafał	523		M40	41		00:16:47		00:58:04	02:58:59	04:26:04	06:28:32	06:35:08.95	06:35:12.45	+02:22:58 (36.2%)	7:35	7.9 (63.7%)
134	OLEKSY Jarosław	615		M50	9		00:21:24		01:13:24	03:21:49	04:34:58	06:22:16	06:29:01.60	06:35:49.50	+02:23:35 (36.3%)	7:28	8 (64.5%)
135	DAWINDZIAK Damian	159		M30	50		00:19:49		01:06:16	03:04:46	04:23:07	06:27:37	06:35:25.80	06:35:55.15	+02:23:41 (36.3%)	7:36	7.9 (63.7%)
136	OPOZDA Michał	196		M30	51		00:19:14		01:09:54	03:17:22	04:40:00	06:30:03	06:35:51.25	06:35:56.95	+02:23:42 (36.3%)	7:36	7.9 (63.7%)
137	NOWAK Piotr	529		M40	42		00:19:55		01:08:18	03:13:40	04:34:55	06:28:46	06:35:13.50	06:36:03.90	+02:23:49 (36.3%)	7:36	7.9 (63.7%)
138	CAŁA Michał	497		M40	43	Szybkie Koty	00:19:34		01:04:38	03:06:48	04:29:24	06:29:20	06:35:56.40	06:36:17.85	+02:24:03 (36.4%)	7:36	7.9 (63.7%)
139	BOCZKOWSKA Justyna	399		K50	2		00:19:33		01:09:33	03:17:12	04:40:42	06:29:17	06:35:48.55	06:36:18.65	+02:24:04 (36.4%)	7:36	7.9 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
140	MIROSLAW Albert	454		M40	44	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:21:42	01:13:15	03:21:01	04:41:15	06:30:12	06:36:21.90	06:36:47.80	+02:24:33 (36.4%)	7:37	7.9 (63.7%)
141	BOROWSKI Adam	292		M30	52		00:17:06	01:00:58	03:06:55	04:32:47	06:30:26	06:37:11.45	06:37:20.65	+02:25:06 (36.5%)	7:38	7.9 (63.7%)
142	FOĆ Grzegorz	333		M40	45		00:19:59	01:06:18	03:07:09	04:32:34	06:30:05	06:36:46.90	06:37:28.75	+02:25:14 (36.5%)	7:37	7.9 (63.7%)
143	ROKITA Andrzej	436		M40	46		00:17:58	00:59:57	03:01:39	04:32:46	06:31:18	06:37:19.25	06:37:42.05	+02:25:28 (36.6%)	7:38	7.9 (63.7%)
144	BARAN Kamil	311		M20	24		00:19:43	01:08:34	03:17:36	04:40:40	06:31:29	06:37:39.00	06:37:47.50	+02:25:33 (36.6%)	7:38	7.8 (62.9%)
145	STOLARCZYK Robert	670	NIGHT RUNNERS GLIWICE	M30	53	Hałda Team	00:20:34	01:08:08	03:15:32	04:36:39	06:30:58	06:37:20.35	06:37:47.85	+02:25:33 (36.6%)	7:38	7.9 (63.7%)
146	MAKAROWSKI Wiesław	422		M50	10		00:19:44	01:08:34	03:17:39	04:40:40	06:31:30	06:37:39.65	06:37:48.15	+02:25:34 (36.6%)	7:38	7.8 (62.9%)
147	DĘBSKA Joanna	668	NIGHT RUNNERS GLIWICE	K40	2	Hałda Team	00:20:34	01:08:09	03:15:31	04:36:42	06:31:01	06:37:20.80	06:37:48.20	+02:25:34 (36.6%)	7:38	7.9 (63.7%)
148	FIGURA Piotr	375		M20	25		00:18:10	01:03:32	03:03:32	04:34:43	06:30:41	06:38:01.40	06:38:12.35	+02:25:58 (36.7%)	7:39	7.8 (62.9%)
149	KIJAŃSKA Marta	327		K30	6		00:18:45	01:05:06	03:07:24	04:30:44	06:32:45	06:39:17.70	06:39:27.05	+02:27:13 (36.9%)	7:40	7.8 (62.9%)
150	PLEWA Tomasz	88		M40	47		00:20:01	01:05:31	03:07:58	04:37:06	06:31:59	06:38:59.30	06:39:32.30	+02:27:18 (36.9%)	7:40	7.8 (62.9%)
151	KRUPIŃSKI Maciej	76		M30	54		00:20:48	01:10:08	03:16:55	04:38:06	06:32:18	06:38:51.10	06:39:36.75	+02:27:22 (36.9%)	7:40	7.8 (62.9%)
152	TOMYS Przemysław	421		M40	48		00:19:58	01:06:13	03:07:16	04:31:00	06:31:58	06:39:36.65	06:39:58.25	+02:27:44 (36.9%)	7:41	7.8 (62.9%)
153	SZORTYKA Przemysław	479		M30	55		00:21:03	01:07:27	03:10:33	04:39:39	06:34:43	06:40:52.40	06:41:27.45	+02:29:13 (37.2%)	7:42	7.8 (62.9%)
154	SIKORA Michał	324		M30	56		00:18:48	01:05:10	03:15:42	04:42:31	06:35:15	06:41:20.05	06:41:35.65	+02:29:21 (37.2%)	7:43	7.8 (62.9%)
155	LACHOWICZ Przemysław	134		M30	57		00:17:02	01:00:53	03:04:55	04:31:16	06:34:52	06:42:57.75	06:43:16.75	+02:31:02 (37.5%)	7:44	7.7 (62.1%)
156	DYMEK Mateusz	496		M30	58		00:19:50	01:08:50	03:14:58	04:38:16	06:37:03	06:43:09.45	06:43:25.85	+02:31:11 (37.5%)	7:45	7.7 (62.1%)
157	KUDŁACZ Grzegorz	177		M30	59		00:19:13	01:06:08	03:04:48	04:30:01	06:37:15	06:44:42.60	06:45:11.20	+02:32:57 (37.7%)	7:46	7.7 (62.1%)
158	SOKALSKI Grzegorz	63		M40	49		00:20:55	01:08:09	03:18:13	04:43:00	06:38:39	06:45:47.25	06:46:19.55	+02:34:05 (37.9%)	7:48	7.7 (62.1%)
159	KOSZELNIK Grzegorz	687	SOKÓŁ JASŁO	M40	50		00:17:37	01:02:32	03:04:43	04:38:33	06:38:48	06:46:07.50	06:46:24.20	+02:34:10 (37.9%)	7:48	7.7 (62.1%)
160	NOWICKI Zbigniew	170		M40	51		00:20:42	01:10:27	03:25:40	04:44:43	06:40:28	06:46:05.35	06:46:25.05	+02:34:11 (37.9%)	7:48	7.7 (62.1%)
161	TRAWKOWSKA Małgosia	354		K30	7		00:18:32	01:01:59	03:11:49	04:41:03	06:40:08	06:46:25.10	06:46:35.10	+02:34:21 (38.0%)	7:48	7.7 (62.1%)
162	MUSZYŃSKI Marek	355		M20	26		00:18:33	01:01:59	03:11:51	04:41:04	06:40:07	06:46:26.10	06:46:35.20	+02:34:21 (38.0%)	7:48	7.7 (62.1%)
163	ZYCH Zbigniew	34		M40	52	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:20:12	01:09:56	03:17:44	04:45:10	06:40:38	06:46:38.50	06:46:55.75	+02:34:41 (38.0%)	7:49	7.7 (62.1%)
164	NIERADA Marcin	629		M30	60		00:22:04	01:12:06	03:14:14	04:40:24	06:40:40	06:47:40.60	06:48:09.15	+02:35:55 (38.2%)	7:50	7.7 (62.1%)
165	GĘCA Ewa	397		K30	8		00:18:14	01:04:25	03:15:10	04:40:37	06:41:36	06:48:36.40	06:48:44.40	+02:36:30 (38.3%)	7:51	7.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km					
166	MATUSIAK Michał	539		M30	61	Rowery Małgośka	00:17:51	01:01:44	03:08:41	04:40:26	06:41:36	06:48:44.05	06:49:13.10	+02:36:59 (38.4%)	7:51	7.6 (61.3%)
167	MARCZYK Grzegorz	144		M20	27		00:21:13	01:10:50	03:28:13	04:49:25	06:43:24	06:49:50.05	06:49:56.15	+02:37:42 (38.5%)	7:52	7.6 (61.3%)
168	MAŁYSZA Sławomir	481		M40	53		00:21:25	01:08:05	03:14:24	04:39:07	06:41:41	06:49:44.20	06:50:20.85	+02:38:06 (38.5%)	7:52	7.6 (61.3%)
169	APANASIEWICZ Bartosz	656	RUN PASJA	M30	62		00:19:49	01:09:57	03:22:30	04:48:50	06:43:33	06:50:11.50	06:50:39.75	+02:38:25 (38.6%)	7:53	7.6 (61.3%)
170	SZYBIAK Waldemar	281		M50	11		00:19:25	01:07:25	03:16:44	04:47:44	06:44:23	06:50:35.25	06:50:53.20	+02:38:39 (38.6%)	7:53	7.6 (61.3%)
171	MIROCHA Łukasz	626		M30	63		00:19:16	01:06:22	03:23:08	04:47:39	06:44:36	06:51:16.20	06:51:26.35	+02:39:12 (38.7%)	7:54	7.6 (61.3%)
172	KONDRAK Jan	40		M50	12		00:18:17	01:03:56	03:10:22	04:43:19	06:44:39	06:51:19.80	06:51:37.65	+02:39:23 (38.7%)	7:54	7.6 (61.3%)
173	BOROWSKA-PAWLUŚ Ewelina	352		K40	3	Beskidnicy	00:20:48	01:11:05	03:24:39	04:46:48	06:45:43	06:52:53.55	06:53:05.10	+02:40:51 (38.9%)	7:56	7.6 (61.3%)
173	KUSTROŃ Adam	634		M50	13	Beskidnicy	00:20:43	01:11:07	03:24:35	04:47:32	06:45:39	06:52:48.90	06:53:05.10	+02:40:51 (38.9%)	7:56	7.6 (61.3%)
175	SZYMAJDA Adam	336		M30	64		00:21:14	01:08:26	03:14:05	04:47:10	06:47:05	06:53:27.25	06:54:01.35	+02:41:47 (39.1%)	7:57	7.5 (60.5%)
176	WOROBIEC Józef	65		M50	14		00:17:36	01:00:44	03:06:18	04:44:44	06:44:45	06:53:57.05	06:54:03.25	+02:41:49 (39.1%)	7:57	7.5 (60.5%)
177	KACZOREK Marcin	254		M40	54	Dzikie Dzikie	00:19:38	01:06:15	03:13:01	04:42:04	06:47:10	06:54:03.00	06:54:24.90	+02:42:10 (39.1%)	7:57	7.5 (60.5%)
178	KACZOROWSKI Przemysław	575		M40	55		00:20:47	01:08:50	03:24:09	04:51:49	06:47:56	06:54:07.45	06:54:34.65	+02:42:20 (39.2%)	7:57	7.5 (60.5%)
179	DYMOWSKI Adrian	636		M20	28		00:18:10	01:03:26	03:03:58	04:34:42	06:48:06	06:54:26.25	06:54:37.75	+02:42:23 (39.2%)	7:58	7.5 (60.5%)
180	SZUMIGAJ-MIŁOSZ Alicja	181		K30	9		00:21:33	01:08:45	03:20:11	04:46:14	06:47:04	06:54:07.60	06:54:39.80	+02:42:25 (39.2%)	7:57	7.5 (60.5%)
181	WIERZBA Piotr	430		M30	65		00:19:17	01:09:07	03:24:49	04:52:07	06:48:19	06:55:00.95	06:55:11.60	+02:42:57 (39.2%)	7:58	7.5 (60.5%)
182	TUROSZ Zbigniew	208		M50	15		00:19:33	01:07:26	03:16:51	04:45:08	06:48:36	06:55:19.95	06:55:29.55	+02:43:15 (39.3%)	7:59	7.5 (60.5%)
183	MAŁKIEWICZ Dariusz	624		M40	56		00:18:31	01:03:41	03:10:20	04:43:37	06:48:36	06:55:09.80	06:55:31.15	+02:43:17 (39.3%)	7:59	7.5 (60.5%)
184	KAWALEC Krystian	99		M40	57		00:22:52	01:15:03	03:30:02	04:51:37	06:49:09	06:55:14.65	06:55:43.85	+02:43:29 (39.3%)	7:59	7.5 (60.5%)
185	LACKORZYŃSKI Olaf	367		M30	66		00:19:02	01:03:28	03:00:37	04:29:01	06:47:33	06:55:07.65	06:55:50.40	+02:43:36 (39.3%)	7:59	7.5 (60.5%)
186	POPIS Tomasz	35		M40	58		00:18:07	01:00:17	03:03:39	04:48:33	06:48:32	06:55:49.15	06:56:13.05	+02:43:59 (39.4%)	7:59	7.5 (60.5%)
187	RADOSZ Paweł	583		M20	29	Aktywny Dynów	00:21:25	01:10:32	03:21:05	04:46:59	06:49:04	06:55:40.60	06:56:18.50	+02:44:04 (39.4%)	7:59	7.5 (60.5%)
188	KACHNIARZ Magdalena	490		K30	10		00:20:03	01:10:39	03:25:33	04:50:36	06:49:36	06:56:27.45	06:56:48.65	+02:44:34 (39.5%)	8:00	7.5 (60.5%)
189	GRZEGORCZYK Wojciech	160		M40	59		00:21:56	01:13:17	03:29:01	04:54:46	06:50:07	06:56:45.25	06:57:00.40	+02:44:46 (39.5%)	8:00	7.5 (60.5%)
190	ZAWADZKI Mariusz	187		M30	67		00:21:46	01:11:27	03:19:50	04:51:45	06:50:08	06:56:51.25	06:57:35.60	+02:45:21 (39.6%)	8:00	7.5 (60.5%)
190	DUDZIAK Dorota	688		K30	11		00:21:47	01:11:28	03:19:53	04:51:45	06:50:08	06:56:52.60	06:57:35.60	+02:45:21 (39.6%)	8:01	7.5 (60.5%)
192	HENDZEL Krzysztof	542		M30	68	Przemysł	00:21:51	01:10:04	03:15:53	04:48:25	06:50:57	06:57:20.35	06:57:50.20	+02:45:36 (39.6%)	8:01	7.5 (60.5%)
193	GOLBA Łukasz	247		M30	69		00:20:14	01:08:41	03:22:50	04:51:43	06:51:11	06:58:02.80	06:58:21.95	+02:46:07 (39.7%)	8:02	7.5 (60.5%)
194	KLAMUT Ryszard	655		M60	1	Beskidnicy	00:20:52	01:11:16	03:20:24	04:44:22	06:50:33	06:58:20.15	06:58:36.15	+02:46:22 (39.7%)	8:02	7.5 (60.5%)
195	SZEREMETA Andrzej	31		M40	60		00:20:26	01:10:54	03:24:33	04:52:46	06:51:20	06:58:08.35	06:58:42.75	+02:46:28 (39.8%)	8:02	7.5 (60.5%)
196	KLIMCZAK Piotr	693	JUVENIA GŁUCHOŁAZY	M40	61		00:21:13	01:10:56	03:23:45	04:53:38	06:51:37	06:58:16.50	06:58:46.00	+02:46:31 (39.8%)	8:02	7.5 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym		P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km					
197	BANASIK Marcin	678		M20	30		00:20:29		01:10:54	03:23:24	04:50:33	06:51:51		06:58:16.50	06:58:46.65	+02:46:32 (39.8%)	8:02	7.5 (60.5%)
198	TERLECKI Krzysztof	376		M50	16		00:22:23		01:11:28	03:20:14	04:45:35	06:51:14		06:57:57.45	06:58:48.05	+02:46:34 (39.8%)	8:02	7.5 (60.5%)
199	PILECKI Maciej	506		M30	70		00:19:01		01:05:47	03:29:43	05:05:05	06:52:59		06:58:44.25	06:58:49.55	+02:46:35 (39.8%)	8:03	7.5 (60.5%)
200	WYTYKOWSKA Joanna	348		K30	12		00:20:22		01:10:51	03:26:17	04:50:41	06:52:24		06:58:28.05	06:58:59.25	+02:46:45 (39.8%)	8:02	7.5 (60.5%)
201	PIOTROWSKI Robert	420		M40	62		00:21:18		01:08:38	03:15:19	04:44:36	06:51:58		06:58:28.00	06:59:09.75	+02:46:55 (39.8%)	8:02	7.5 (60.5%)
202	JAREMA Maciek	408		M30	71		00:20:07		01:09:49	03:25:46	04:59:15	06:53:40		06:59:36.40	06:59:47.65	+02:47:33 (39.9%)	8:04	7.4 (59.7%)
203	JANIK Paweł	48		M30	72		00:21:02		01:09:02	03:19:35	04:48:07	06:52:36		06:59:47.80	07:00:21.55	+02:48:07 (40.0%)	8:04	7.4 (59.7%)
204	KONIECZNY Mariusz	282		M50	17		00:19:24		01:07:24	03:16:45	04:47:43	06:52:58		07:00:05.70	07:00:24.05	+02:48:10 (40.0%)	8:04	7.4 (59.7%)
205	ZĄBIK Dana	118		K40	4		00:19:02		01:08:52	03:25:59	04:50:42	06:53:13		07:00:20.20	07:00:24.95	+02:48:10 (40.0%)	8:05	7.4 (59.7%)
206	WASIELEWSKI Włodzimierz	233		M40	63		00:20:05		01:10:48	03:25:30	04:51:55	06:53:31		07:00:13.75	07:00:27.95	+02:48:13 (40.0%)	8:04	7.4 (59.7%)
207	STYPUŁKOWSKI Piotr	404		M30	73		00:21:59		01:15:09	03:26:07	04:49:45	06:53:11		06:59:58.60	07:00:34.30	+02:48:20 (40.0%)	8:04	7.4 (59.7%)
208	GRONAU Maciej	443		M30	74		00:19:51		01:11:11	03:20:21	04:47:12	06:53:31		07:00:26.35	07:00:38.40	+02:48:24 (40.0%)	8:05	7.4 (59.7%)
209	URBASEK Łukasz	428		M30	75		00:22:49		01:14:30	03:30:11	04:57:07	06:53:56		07:00:17.50	07:01:02.60	+02:48:48 (40.1%)	8:04	7.4 (59.7%)
210	SZALEWSKI Marcin	565		M30	76		00:18:25		01:06:32	03:13:00	04:42:49	06:54:48		07:00:57.55	07:01:04.15	+02:48:50 (40.1%)	8:05	7.4 (59.7%)
211	KULICKI Łukasz	83		M30	77		00:20:16		01:09:01	03:10:59	04:49:52	06:54:41		07:01:13.70	07:01:44.10	+02:49:30 (40.2%)	8:06	7.4 (59.7%)
212	BAK Adam	36		M50	18		00:20:34		01:09:18	03:22:48	04:50:41	06:54:42		07:01:35.30	07:01:48.00	+02:49:33 (40.2%)	8:06	7.4 (59.7%)
213	KUBASIK Łukasz	252		M20	31		00:20:44		01:09:36	03:26:33	04:56:33	06:55:07		07:01:43.20	07:01:51.20	+02:49:37 (40.2%)	8:06	7.4 (59.7%)
214	KOWALCZYK Grzegorz	225		M40	64		00:18:54		01:05:35	03:16:53	04:51:52	06:55:30		07:02:58.40	07:03:09.20	+02:50:55 (40.4%)	8:08	7.4 (59.7%)
215	WIERZBICKA Beata	332		K40	5		00:21:08		01:10:21	03:29:13	04:54:07	06:55:49		07:03:28.40	07:03:36.40	+02:51:22 (40.5%)	8:08	7.4 (59.7%)
216	RZĄDKOWSKI Krzysztof	23		M40	65		00:20:56		01:13:21	03:29:11	04:55:35	06:56:13		07:02:45.15	07:03:37.85	+02:51:23 (40.5%)	8:07	7.4 (59.7%)
217	PIETRZYK Tomasz	526		M40	66		00:21:13		01:10:43	03:26:50	04:53:25	06:56:39		07:03:27.05	07:03:58.45	+02:51:44 (40.5%)	8:08	7.4 (59.7%)
218	JANKOWSKI Piotr	677		M40	67		00:21:46		01:14:37	03:33:18	04:56:56	06:56:31		07:03:17.05	07:04:00.45	+02:51:46 (40.5%)	8:08	7.4 (59.7%)
219	GROMADA Piotr	21		M30	78		00:20:52		01:13:02	03:29:22	04:55:14	06:57:42		07:03:44.40	07:04:10.15	+02:51:56 (40.5%)	8:08	7.4 (59.7%)
220	JARECKA Monika	229		K30	13	Zryciole ze Śląska	00:22:40		01:14:48	03:34:51	05:05:09	06:57:40		07:03:44.20	07:04:17.25	+02:52:03 (40.6%)	8:08	7.4 (59.7%)
221	WATOŁA Michał	203		M30	79		00:21:57		01:13:24	03:28:50	04:56:33	06:58:07		07:04:34.25	07:05:14.05	+02:53:00 (40.7%)	8:09	7.3 (58.9%)
222	GALA Kamila	385		K30	14		00:20:44		01:12:39	03:32:00	04:55:58	06:58:26		07:04:56.25	07:05:20.15	+02:53:06 (40.7%)	8:10	7.3 (58.9%)
223	KEMPIŃSKI Tomasz	414		M40	68		00:20:31		01:06:41	03:20:41	04:48:50	06:57:55		07:05:02.10	07:05:30.05	+02:53:16 (40.7%)	8:10	7.3 (58.9%)
224	DROZD Maciej	154		M40	69		00:22:16		01:12:48	03:29:19	04:55:52	06:57:45		07:04:42.65	07:05:31.05	+02:53:17 (40.7%)	8:10	7.3 (58.9%)
225	SZARAPANOWSKI Damian	486		M30	80		00:20:45		01:14:23	03:30:59	04:58:13	06:58:25		07:05:09.70	07:05:37.00	+02:53:22 (40.7%)	8:10	7.3 (58.9%)
226	PACUSZKA Krzysztof	395		M40	70	Łubudubu	00:21:49		01:11:26	03:21:43	04:56:33	06:58:23		07:05:22.25	07:05:50.65	+02:53:36 (40.8%)	8:10	7.3 (58.9%)
227	PIETRYSZYN Mariusz	660		M30	81		00:20:44		01:09:36	03:26:26	04:56:34	06:58:59		07:06:44.55	07:06:51.70	+02:54:37 (40.9%)	8:12	7.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km					
228	ŚLĄZEK Wiktoria	554		K20	6	Wild for the Run	00:19:14	01:04:58	03:16:46	04:45:14	06:59:34	07:06:37.10	07:06:58.00	+02:54:43 (40.9%)	8:12	7.3 (58.9%)
229	WOJCIECHOWSKI Krzysztof	552		M40	71		00:18:41	01:05:18	03:23:06	04:57:05	07:00:47	07:07:13.90	07:07:19.90	+02:55:05 (41.0%)	8:12	7.3 (58.9%)
230	FINFANDO Zbigniew	109		M40	72		00:23:55	01:17:01	03:37:15	05:00:15	06:59:16	07:06:41.45	07:07:31.40	+02:55:17 (41.0%)	8:12	7.3 (58.9%)
231	SERZYSKO Bartosz	231		M20	32		00:22:25	01:17:31	03:32:12	04:58:00	06:59:40	07:07:26.90	07:07:57.55	+02:55:43 (41.1%)	8:13	7.3 (58.9%)
232	DORDZIK Katarzyna	344		K30	15	Ultra Trójmiasto	00:22:37	01:17:07	03:34:23	05:01:09	07:00:09	07:07:50.80	07:08:19.00	+02:56:04 (41.1%)	8:13	7.3 (58.9%)
233	PALUCH Andrzej	194		M40	73		00:20:14	01:08:11	03:21:18	04:58:09	07:02:07	07:08:24.00	07:08:43.40	+02:56:29 (41.2%)	8:14	7.3 (58.9%)
234	ŚWIATKOWSKI Jacek	673		M30	82		00:20:54	01:10:24	03:17:25	04:56:28	07:01:48	07:08:25.80	07:09:06.65	+02:56:52 (41.2%)	8:14	7.3 (58.9%)
235	WALASZKOWSKA Dominika	383		K30	16		00:22:04	01:13:13	03:33:44	05:03:11	07:01:54	07:08:52.10	07:09:32.20	+02:57:18 (41.3%)	8:14	7.3 (58.9%)
236	FOLAND Bogumił	29		M30	83		00:18:07	01:04:31	03:20:58	04:57:26	07:02:35	07:09:39.50	07:09:46.90	+02:57:32 (41.3%)	8:15	7.3 (58.9%)
237	IZDEBSKI Paweł	214		M20	33		00:18:07	01:04:34	03:20:59	04:45:44	07:02:40	07:09:39.85	07:09:47.05	+02:57:33 (41.3%)	8:15	7.3 (58.9%)
238	TEODORCZUK Paweł	191		M30	84		00:20:41	01:09:08	03:20:06	04:54:18	07:02:11	07:09:31.95	07:10:10.55	+02:57:56 (41.4%)	8:15	7.3 (58.9%)
239	BORKOWSKI Marek	81		M30	85		00:21:54	01:15:01	03:28:55	04:56:13	07:04:09	07:10:34.15	07:11:04.90	+02:58:50 (41.5%)	8:16	7.2 (58.1%)
240	CHWAŁA Artur	295		M30	86		00:20:04	01:09:16	03:27:43	05:03:52	07:04:29	07:11:13.50	07:11:35.65	+02:59:21 (41.6%)	8:17	7.2 (58.1%)
241	JAWOROWICZ Tomasz	493		M30	87		00:23:25	01:16:47	03:35:46	05:07:29	07:04:42	07:11:32.55	07:12:04.45	+02:59:50 (41.6%)	8:17	7.2 (58.1%)
242	FALKOWSKI Piotr	463		M40	74		00:22:56	01:16:47	03:36:02	05:07:29	07:04:41	07:11:32.90	07:12:04.50	+02:59:50 (41.6%)	8:17	7.2 (58.1%)
243	BIEŃKO Sylwester	603		M30	88		00:17:43	01:04:30	03:12:29	04:49:02	07:02:42	07:12:24.70	07:12:32.05	+03:00:18 (41.7%)	8:18	7.2 (58.1%)
244	MIELCZAREK Dawid	494		M30	89		00:22:37	01:14:02	03:36:42	05:08:18	07:05:30	07:12:18.40	07:12:58.35	+03:00:44 (41.7%)	8:18	7.2 (58.1%)
245	GŁOWACKI Jacek	651		M50	19		00:20:33	01:13:03	03:37:47	05:04:44	07:05:19	07:12:54.50	07:13:10.35	+03:00:56 (41.8%)	8:19	7.2 (58.1%)
246	URBAN Daniel	263		M30	90		00:21:56	01:16:21	03:33:05	04:59:33	07:06:39	07:13:56.55	07:14:05.25	+03:01:51 (41.9%)	8:20	7.2 (58.1%)
247	WESOŁEK Marek	264		M30	91		00:22:01	01:16:22	03:32:49	04:59:58	07:06:38	07:13:57.70	07:14:05.35	+03:01:51 (41.9%)	8:20	7.2 (58.1%)
248	HARPULA Robert	101		M40	75		00:20:49	01:12:28	03:30:34	05:04:43	07:06:36	07:14:08.45	07:14:22.10	+03:02:08 (41.9%)	8:20	7.2 (58.1%)
249	PIECH Krzysztof	667		M40	76		00:22:06	01:13:08	03:25:41	04:56:24	07:06:44	07:14:01.30	07:14:34.30	+03:02:20 (42.0%)	8:20	7.2 (58.1%)
250	ZYGADLEWICZ Grzegorz	570		M30	92		00:20:35	01:09:33	03:25:32	05:01:21	07:08:21	07:15:03.55	07:15:22.45	+03:03:08 (42.1%)	8:22	7.2 (58.1%)
251	WIERZOCH Radosław	210		M30	93		00:25:01	01:19:55	03:39:59	05:07:00	07:07:50	07:14:52.05	07:15:35.50	+03:03:21 (42.1%)	8:21	7.2 (58.1%)
252	KIEŁBASZEWSKI Jarosław	228		M50	20		00:22:06	01:15:12	03:34:55	05:05:58	07:08:38	07:15:48.45	07:16:04.75	+03:03:50 (42.2%)	8:22	7.2 (58.1%)
253	GMAJ Daniel	204		M30	94	Macintosh Grójec	00:20:42	01:10:45	03:22:26	04:59:17	07:09:14	07:16:04.35	07:16:22.50	+03:04:08 (42.2%)	8:23	7.2 (58.1%)
254	WYCISŁOWSKI Krzysztof	153		M60	2		00:20:28	01:09:44	03:27:13	04:56:02	07:08:29	07:16:03.75	07:16:23.75	+03:04:09 (42.2%)	8:23	7.2 (58.1%)
255	SROCZYŃSKI Marcin	388		M30	95	OSTre SROki	00:20:41	01:09:38	03:25:49	05:03:30	07:08:47	07:16:15.90	07:16:28.85	+03:04:14 (42.2%)	8:23	7.2 (58.1%)
256	OSTAPIŃSKI Wojtek	368		M40	77	OSTre SROki	00:20:41	01:09:38	03:25:50	05:03:30	07:08:48	07:16:16.40	07:16:29.00	+03:04:14 (42.2%)	8:23	7.2 (58.1%)
257	SAPIŃSKI Mariusz	447		M40	78		00:20:06	01:09:47	03:23:50	05:03:24	07:09:18	07:16:28.05	07:16:41.65	+03:04:27 (42.2%)	8:23	7.1 (57.3%)
258	KURASZKIEWICZ Robert	112		M40	79		00:22:19	01:14:45	03:32:39	05:05:56	07:09:40	07:16:21.95	07:16:46.45	+03:04:32 (42.3%)	8:23	7.1 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km					
259	ZIĘBA Witold	595		M40	80		00:22:20	01:14:44	03:32:35	05:05:46	07:09:41	07:16:24.60	07:16:48.80	+03:04:34 (42.3%)	8:23	7.1 (57.3%)
260	ŁUKOMSKI Maciej	180		M40	81		07:10:42					07:16:45.30	07:17:19.60	+03:05:05 (42.3%)	8:23	7.1 (57.3%)
261	KRZYSZTOŃ Piotr	98		M30	96		00:20:54	01:09:23	03:26:41	05:02:55	07:11:07	07:17:07.60	07:17:22.00	+03:05:07 (42.3%)	8:24	7.1 (57.3%)
262	KISIELEWSKI Tomasz	564		M30	97		00:22:39	01:12:47	03:36:30	05:07:54	07:10:27	07:16:50.10	07:17:45.00	+03:05:30 (42.4%)	8:24	7.1 (57.3%)
263	KAŻMIERCZAK Piotr	594		M30	98		00:20:02	01:07:01	03:15:07	05:01:59	07:10:59	07:17:28.05	07:17:52.55	+03:05:38 (42.4%)	8:24	7.1 (57.3%)
264	KUTNIK Mirosław	392		M40	82		00:20:48	01:11:37	03:27:57	05:03:43	07:10:34	07:17:28.95	07:17:52.70	+03:05:38 (42.4%)	8:24	7.1 (57.3%)
265	OBIDZIŃSKI Michał	323		M20	34		00:20:52	01:10:34	03:27:01	04:55:50	07:10:23	07:17:18.85	07:17:56.95	+03:05:42 (42.4%)	8:24	7.1 (57.3%)
266	KAJAK Paweł	167		M20	35		00:23:13	01:15:59	03:36:43	05:08:16	07:10:58	07:17:49.20	07:18:24.25	+03:06:10 (42.5%)	8:25	7.1 (57.3%)
267	DZIENISZEWSKI Tomasz	195		M30	99		00:19:51	01:10:09	03:28:51	04:58:07	07:11:20	07:18:23.95	07:18:29.15	+03:06:15 (42.5%)	8:25	7.1 (57.3%)
268	GAŚECKI Daniel	637		M40	83	Aktywny Dynów	00:20:53	01:08:38	03:21:38	04:49:53	07:09:49	07:18:12.10	07:18:51.00	+03:06:36 (42.5%)	8:25	7.1 (57.3%)
269	PAWŁOWSKI Rafał	266		M30	100		00:21:50	01:12:16	03:28:16	04:56:33	07:10:38	07:18:26.75	07:18:54.05	+03:06:40 (42.5%)	8:25	7.1 (57.3%)
270	GRĄDZIK Rafał	534		M20	36		00:21:50	01:12:16	03:28:16	04:56:32	07:10:39	07:18:28.35	07:18:55.40	+03:06:41 (42.5%)	8:25	7.1 (57.3%)
271	STĘPIEŃ Wojciech	47		M40	84	Hałda Team	00:20:34	01:09:28	03:30:25	05:05:25	07:11:17	07:18:38.55	07:19:03.70	+03:06:49 (42.6%)	8:26	7.1 (57.3%)
272	JANIK Janusz Johan	28		M30	101	Hałda Team	00:20:35	01:09:28	03:30:23	05:05:27	07:11:18	07:18:38.15	07:19:03.90	+03:06:49 (42.6%)	8:26	7.1 (57.3%)
273	WILK Marcin	107		M40	85	Pozytywnie Zabiegani Sanok	00:22:01	01:13:45	03:35:02	05:05:36	07:10:50	07:18:39.65	07:19:06.80	+03:06:52 (42.6%)	8:26	7.1 (57.3%)
273	HYDZIK Grzegorz	211		M30	102		00:22:01	01:13:46	03:35:02	05:05:38	07:10:53	07:18:39.35	07:19:06.80	+03:06:52 (42.6%)	8:26	7.1 (57.3%)
275	WAJCOWICZ Witold	289		M40	86	Pozytywnie Zabiegani Sanok	00:22:02	01:13:46	03:35:02	05:05:38	07:10:53	07:18:40.25	07:19:06.85	+03:06:52 (42.6%)	8:26	7.1 (57.3%)
276	JOŃSKI Artur	635		M20	37		00:18:21	01:06:39	03:29:48	05:02:00	07:11:08	07:18:55.35	07:19:07.95	+03:06:53 (42.6%)	8:26	7.1 (57.3%)
277	PALKIJ Aleksandra	501		K20	7		00:21:25	01:13:27	03:32:16	05:01:03	07:05:20	07:12:26.85	07:19:13.75	+03:06:59 (42.6%)	8:18	7.2 (58.1%)
278	MAZERSKI Grzegorz	349		M30	103		00:22:29	01:13:08	03:32:40	05:05:13	07:13:04	07:19:17.00	07:19:46.65	+03:07:32 (42.6%)	8:26	7.1 (57.3%)
279	GRZYBOWSKI Tomasz	241		M40	87		00:20:39	01:09:49	03:28:16	05:01:36	07:10:30	07:19:28.80	07:19:58.90	+03:07:44 (42.7%)	8:27	7.1 (57.3%)
280	MARSZALEK Andrzej	78		M40	88		00:20:38	01:09:49	03:28:16	05:01:36	07:10:25	07:20:20.90	07:20:51.05	+03:08:37 (42.8%)	8:28	7.1 (57.3%)
281	CEGLARZ Jacek	540		M30	104		00:25:02	01:19:56	03:39:58	05:11:41	07:12:58	07:20:13.05	07:20:56.90	+03:08:42 (42.8%)	8:27	7.1 (57.3%)
282	BADOWSKI Jerzy	155		M40	89		00:20:17	01:05:42	03:09:19	04:39:26	07:09:11	07:20:40.85	07:21:00.00	+03:08:45 (42.8%)	8:28	7.1 (57.3%)
283	STOJANOWSKI Dawid	89		M30	105		00:22:12	01:14:28	03:32:21	05:11:28	07:14:15	07:20:14.15	07:21:04.00	+03:08:49 (42.8%)	8:27	7.1 (57.3%)
284	KOŁODZIEJ Piotr	685		M30	106		00:22:09	01:12:46	03:29:59	04:58:23	07:13:02	07:20:37.30	07:21:08.00	+03:08:53 (42.8%)	8:28	7.1 (57.3%)
285	JUSIŃSKI Robert	242		M40	90		00:22:09	01:13:19	03:30:34	05:04:03	07:12:44	07:20:23.25	07:21:12.00	+03:08:57 (42.8%)	8:28	7.1 (57.3%)
286	BOŻEK Michał	321		M30	107		00:20:48	01:06:14	03:17:50	05:04:57	07:12:58	07:20:42.60	07:21:15.00	+03:09:00 (42.8%)	8:28	7.1 (57.3%)
287	CIUBA Paweł	373		M40	91		00:22:14	01:17:31	03:36:19	05:11:58	07:14:47	07:20:55.50	07:21:20.00	+03:09:05 (42.8%)	8:28	7.1 (57.3%)
288	GRINIG Arkadiusz	370		M30	108		00:22:12	01:12:39	03:32:43	05:05:51	07:15:12	07:22:44.15	07:23:21.35	+03:11:07 (43.1%)	8:30	7 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo	Tempo
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km		min/km	km/h
289	MIELCARZ Michał	139		M30	109		00:22:51	01:17:01	03:32:49	05:06:06	07:17:11	07:23:33.15	07:24:10.35	+03:11:56 (43.2%)	8:31	7 (56.5%)
290	NIENADOWSKA Beata	358		K40	6		00:21:34	01:14:25	03:39:51	05:15:38	07:17:30	07:24:32.95	07:24:40.25	+03:12:26 (43.3%)	8:32	7 (56.5%)
291	ELMINOWSKI Wojciech	359		M50	21		00:21:32	01:14:24	03:39:48	05:15:37	07:17:31	07:24:32.25	07:24:40.30	+03:12:26 (43.3%)	8:32	7 (56.5%)
292	ŚLĄCZKA Arkadiusz	220		M30	110		00:22:49	01:13:49	03:37:58	05:15:29	07:17:27	07:24:03.30	07:24:47.40	+03:12:33 (43.3%)	8:32	7 (56.5%)
293	DRYWA Jakub	256		M20	38		00:21:51	01:14:53	03:35:17	05:11:01	07:16:52	07:24:09.00	07:25:07.75	+03:12:53 (43.3%)	8:32	7 (56.5%)
294	BŁOCHOWIAK Magdalena	510		K30	17	Rozbiegany Rawicz	00:21:45	01:15:12	03:38:12	05:11:21	07:18:21	07:25:02.25	07:25:26.65	+03:13:12 (43.4%)	8:33	7 (56.5%)
294	BŁOCHOWIAK Tomasz	511		M30	111	Rozbiegany Rawicz	00:21:44	01:15:11	03:38:12	05:11:20	07:18:19	07:25:01.35	07:25:26.65	+03:13:12 (43.4%)	8:33	7 (56.5%)
296	PYSZKO Janusz	267		M30	112		00:21:52	01:12:49	03:33:21	05:10:22	07:17:59	07:25:01.90	07:25:40.25	+03:13:26 (43.4%)	8:33	7 (56.5%)
296	KUNCEWICZ Marek	298		M40	92		00:23:30	01:16:52	03:33:45	05:08:00	07:17:09	07:24:54.85	07:25:40.25	+03:13:26 (43.4%)	8:33	7 (56.5%)
298	KAZANOWSKI Marcin	622		M30	113		00:20:57	01:13:10	03:32:28	05:06:02	07:18:03	07:25:38.40	07:25:46.80	+03:13:32 (43.4%)	8:34	7 (56.5%)
299	FALKOWICZ Katarzyna	417		K20	8	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:21:42	01:13:53	03:36:57	05:09:04	07:18:58	07:25:30.25	07:25:55.80	+03:13:41 (43.4%)	8:34	7 (56.5%)
300	JARECKA Beata	279		K30	18	Zryciole ze Śląska	00:22:41	01:14:47	03:34:53	05:07:42	07:18:52	07:25:37.20	07:26:10.80	+03:13:56 (43.5%)	8:34	7 (56.5%)
301	KUNCEWICZ Anna	297		K30	19		00:22:39	01:14:19	03:37:43	05:11:23	07:18:55	07:25:39.20	07:26:24.20	+03:14:10 (43.5%)	8:34	7 (56.5%)
302	GARGAS-MARUT Małgorzata	143		K40	7		00:22:40	01:13:57	03:34:58	05:12:02	07:19:56	07:27:05.85	07:27:40.75	+03:15:26 (43.7%)	8:35	7 (56.5%)
303	GARGAS Marek	372		M20	39		00:22:39	01:13:56	03:34:58	05:12:00	07:20:00	07:27:05.45	07:27:40.85	+03:15:26 (43.7%)	8:35	7 (56.5%)
304	SOŁKIEWICZ Robert	54		M40	93		00:21:31	01:14:20	03:32:34	05:09:49	07:21:15	07:27:29.95	07:27:41.15	+03:15:27 (43.7%)	8:36	7 (56.5%)
305	ŁUCZAK Paweł	221		M40	94		00:22:41	01:14:47	03:34:55	05:07:42	07:19:26	07:27:36.40	07:28:10.00	+03:15:55 (43.7%)	8:36	7 (56.5%)
306	LEJA Marek	377		M30	114		00:23:36	01:16:46	03:38:39	05:13:29	07:21:10	07:28:29.90	07:28:55.05	+03:16:41 (43.8%)	8:37	7 (56.5%)
307	PEKAL Artur	364		M40	95		07:20:55					07:28:50.80	07:29:26.80	+03:17:12 (43.9%)	8:37	7 (56.5%)
308	NIEMCZEWSKI Borys	198		M40	96		00:18:08	01:04:57	03:41:04	05:20:46	07:22:01	07:29:16.30	07:29:28.65	+03:17:14 (43.9%)	8:38	6.9 (55.6%)
309	KURPAS Agata	115		K30	20		00:23:08	01:19:37	03:42:53	05:11:54	07:22:11	07:30:36.65	07:30:51.80	+03:18:37 (44.1%)	8:39	6.9 (55.6%)
310	DĄBKOWSKA-WILCZEK Marta	184		K30	21		00:23:23	01:19:00	03:43:48	05:14:18	07:23:41	07:30:16.95	07:30:53.45	+03:18:39 (44.1%)	8:39	6.9 (55.6%)
311	DRABIŃSKI Marek	174		M40	97		00:19:26	01:08:41	03:22:34	05:00:58	07:23:31	07:31:25.50	07:31:30.40	+03:19:16 (44.1%)	8:40	6.9 (55.6%)
312	KORBUT Radosław	24		M30	115		00:20:47	01:08:55	03:32:43	05:07:59	07:23:03	07:31:29.80	07:31:55.70	+03:19:41 (44.2%)	8:40	6.9 (55.6%)
313	SMAGA Krzysztof	42		M40	98		00:23:01	01:16:37	03:40:39	05:16:37	07:24:41	07:31:23.65	07:31:55.85	+03:19:41 (44.2%)	8:40	6.9 (55.6%)
314	MOŻEJKO Dawid	308		M20	40	Dzik Komando	00:22:33	01:22:26	03:48:31	05:21:23	07:24:17	07:31:16.95	07:32:15.00	+03:20:00 (44.2%)	8:40	6.9 (55.6%)
315	STAWIARSKI Artur	431		M40	99		00:24:42	01:22:04	03:43:58	05:14:10	07:25:05	07:32:01.45	07:32:35.05	+03:20:21 (44.3%)	8:41	6.9 (55.6%)
316	DZIEKAN Krzysztof	623		M40	100		00:22:02	01:11:21	03:37:17	05:12:17	07:25:00	07:32:07.70	07:32:41.10	+03:20:27 (44.3%)	8:41	6.9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym		P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km						
317	GAŁUSZKA Bogdan	146		M40	101		00:22:18		01:14:49	03:44:08	05:11:59	07:22:43	07:32:21.40	07:32:41.70	+03:20:27 (44.3%)	8:41	6.9 (55.6%)
318	ZAJĄC Józef	85		M40	102		00:22:15		01:17:34	03:36:20	05:10:13	07:22:42	07:32:18.15	07:32:41.95	+03:20:27 (44.3%)	8:41	6.9 (55.6%)
319	BUŁA Robert	560		M20	41		00:24:47		01:19:32	03:47:38	05:24:47	07:25:41	07:32:25.40	07:32:53.25	+03:20:39 (44.3%)	8:42	6.9 (55.6%)
320	WOJCIECHOWSKI Michał	628		M40	103		00:21:19		01:12:13	03:26:12	05:00:13	07:24:24	07:32:32.95	07:33:02.95	+03:20:48 (44.3%)	8:42	6.9 (55.6%)
321	WOJTACZKA Witold	322		M20	42		00:19:48		01:09:07	03:36:51	05:10:44	07:25:28	07:33:10.90	07:33:24.70	+03:21:10 (44.4%)	8:42	6.9 (55.6%)
322	RZECZKOWSKI Maciej	580		M40	104		00:22:01		01:10:49	03:28:09	05:07:07	07:25:51	07:33:30.40	07:33:44.05	+03:21:30 (44.4%)	8:43	6.9 (55.6%)
323	CIĄGŁO Jacek	471		M30	116		00:22:08		01:13:07	03:39:19	05:20:07	07:25:31	07:33:10.30	07:33:45.55	+03:21:31 (44.4%)	8:42	6.9 (55.6%)
324	MAZUR Sebastian	409		M40	105		00:22:50		01:16:56	03:38:00	05:15:32	07:25:49	07:33:04.20	07:33:46.15	+03:21:32 (44.4%)	8:42	6.9 (55.6%)
325	WOŁOSZCZAK Leszek	116		M20	43	6. Kilometr	00:19:12		01:03:24	03:22:55	05:07:29	07:26:09	07:33:38.10	07:34:13.95	+03:21:59 (44.5%)	8:43	6.9 (55.6%)
326	LAMPART Robert	272		M40	106		07:26:39						07:34:17.35	07:34:17.35	+03:22:03 (44.5%)	8:44	6.9 (55.6%)
327	SZPONAR ŻUROWSKA Anna	535		K40	8		00:22:10		01:12:11	03:38:12	05:17:52	07:26:00	07:33:43.50	07:34:19.30	+03:22:05 (44.5%)	8:43	6.9 (55.6%)
328	MAZUREK Dariusz	94		M30	117		00:21:52		01:15:20	03:41:44	05:20:51	07:26:07	07:33:41.25	07:34:20.90	+03:22:06 (44.5%)	8:43	6.9 (55.6%)
329	BUCZEK Tomasz	350		M30	118		00:21:39		01:15:32	03:46:09	05:19:55	07:26:14	07:33:50.40	07:34:21.80	+03:22:07 (44.5%)	8:43	6.9 (55.6%)
330	ŚWIĆ Miłosz	151		M20	44	Dzik Komando	00:22:34		01:15:32	03:48:33	05:21:23	07:25:53	07:33:24.85	07:34:22.75	+03:22:08 (44.5%)	8:43	6.9 (55.6%)
331	WIŚNIEWSKI Ireneusz	616		M30	119		00:22:29		01:18:30	03:37:47	05:11:35	07:26:17	07:34:03.25	07:34:23.60	+03:22:09 (44.5%)	8:43	6.9 (55.6%)
332	TYCZYŃSKI Ryszard	426		M30	120		00:22:02		01:15:23	03:37:55	05:12:42	07:26:30	07:33:41.25	07:34:30.15	+03:22:16 (44.5%)	8:43	6.9 (55.6%)
333	KRZEMIŃSKI Bartosz	645		M30	121		00:20:04		01:10:14	03:43:44	05:21:53	07:27:32	07:34:52.85	07:35:06.50	+03:22:52 (44.6%)	8:44	6.9 (55.6%)
334	STARZYŃSKI Stefan	423		M40	107	Perfect Runner Lublin	00:22:17		01:16:42	03:37:47	05:10:05	07:28:00	07:35:27.30	07:35:52.00	+03:23:37 (44.7%)	8:45	6.9 (55.6%)
335	SOSZYŃSKI Wojtek	315		M40	108		00:22:55		01:17:23	03:39:59	05:20:28	07:28:48	07:35:20.35	07:35:54.35	+03:23:40 (44.7%)	8:45	6.9 (55.6%)
336	BIELAŃSKI Jakub	520		M30	122		00:22:30		01:15:42	03:32:46	05:10:22	07:27:46	07:35:58.85	07:36:23.55	+03:24:09 (44.7%)	8:46	6.8 (54.8%)
337	WOJDA Dariusz	244		M40	109	Dzikie Dziki	00:20:45		01:12:01	03:41:53	05:14:48	07:29:11	07:36:29.75	07:36:51.75	+03:24:37 (44.8%)	8:46	6.8 (54.8%)
338	ZAWIŚLAK Kazimierz	251		M30	123	Dzikie Dziki	00:20:45		01:12:02	03:41:54	05:14:48	07:29:13	07:36:30.50	07:36:51.90	+03:24:37 (44.8%)	8:46	6.8 (54.8%)
339	MĘŻYŃSKI Michał	217		M30	124		00:22:57		01:16:25	03:37:21	05:08:40	07:27:13	07:37:12.45	07:38:00.30	+03:25:46 (44.9%)	8:47	6.8 (54.8%)
340	SADY Sebastian	271		M30	125		00:22:04		01:16:54	03:39:37	05:21:20	07:30:42	07:37:58.60	07:38:42.00	+03:26:27 (45.0%)	8:48	6.8 (54.8%)
341	JABŁCZYŃSKI Paweł	664		M50	22		00:22:00		01:16:35	03:34:22	05:11:45	07:30:51	07:38:54.50	07:39:20.85	+03:27:06 (45.1%)	8:49	6.8 (54.8%)
342	WIERZBICKI Paweł	574		M40	110		00:21:08		01:13:20	03:42:12	05:19:01	07:32:21	07:39:23.85	07:39:32.05	+03:27:18 (45.1%)	8:50	6.8 (54.8%)
343	PEŁA Dariusz	90		M30	126		00:22:07		01:13:25	03:25:49	05:02:33	07:28:47	07:38:44.10	07:39:36.50	+03:27:22 (45.1%)	8:49	6.8 (54.8%)
344	ARENTEWICZ Grzegorz	119		M30	127		00:22:07		01:13:14	03:30:38	05:07:19	07:28:57	07:38:46.30	07:39:38.40	+03:27:24 (45.1%)	8:49	6.8 (54.8%)
345	FIDOR Michał	274		M30	128		00:22:23		01:14:05	03:32:38	05:11:24	07:31:36	07:39:35.35	07:40:25.45	+03:28:11 (45.2%)	8:50	6.8 (54.8%)
346	RADZICKI Wojciech	331		M30	129		00:22:24		01:17:09	03:48:05	05:31:17	07:33:25	07:39:40.35	07:40:31.65	+03:28:17 (45.2%)	8:50	6.8 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym		P2_Roztoki		P3_Solinka_herlaty		P2_Roztoki		P1_Krzyzowka_z_czerwonym		Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km										
347	MROŻEK Andrzej	411		M60	3		00:23:52		01:19:45	03:44:37		05:16:26	07:32:21			07:40:34.65	07:41:01.35	+03:28:47 (45.3%)	8:51	6.8 (54.8%)	
348	GŁOGOWSKI Adam	611		M30	130		00:21:34		01:12:11	03:36:45		05:12:28	07:33:44			07:41:34.40	07:42:07.25	+03:29:53 (45.4%)	8:52	6.8 (54.8%)	
349	WOJDYŁO Jakub	559		M30	131		00:18:16		01:03:35	03:22:41		05:02:13	07:34:25			07:42:00.80	07:42:09.55	+03:29:55 (45.4%)	8:53	6.8 (54.8%)	
350	GRONIECKI Mikołaj	278		M30	132		00:19:46		01:09:46	03:30:37		05:19:26	07:35:48			07:42:22.55	07:42:39.85	+03:30:25 (45.5%)	8:53	6.7 (54.0%)	
351	TURAK Wojciech	562		M30	133		00:23:57		01:25:16	03:54:19		05:27:11	07:35:30			07:42:30.25	07:42:43.50	+03:30:29 (45.5%)	8:53	6.7 (54.0%)	
352	MIREK Waldemar	111		M50	23		00:20:35		01:11:06	03:36:19		05:19:23	07:34:09			07:43:13.05	07:43:29.00	+03:31:14 (45.6%)	8:54	6.7 (54.0%)	
353	CHWISTEK Katarzyna	504		K30	22		00:22:24		01:14:26	03:34:55		05:12:08	07:33:41			07:43:00.85	07:43:36.95	+03:31:22 (45.6%)	8:54	6.7 (54.0%)	
354	BARON Jacek	312		M40	111		00:23:21		01:16:50	03:41:44		05:16:29	07:31:59			07:43:04.45	07:43:39.05	+03:31:25 (45.6%)	8:54	6.7 (54.0%)	
355	DOMAGALSKI Ryszard	652		M50	24		00:23:07		01:16:35	03:44:32		05:22:25	07:35:49			07:43:59.85	07:44:34.45	+03:32:20 (45.7%)	8:55	6.7 (54.0%)	
356	PODOLSKI Marek	268		M30	134	Ultra Trójmiasto	00:22:37		01:17:07	03:45:55		05:21:36	07:35:52			07:44:05.45	07:44:34.50	+03:32:20 (45.7%)	8:55	6.7 (54.0%)	
357	GUTKOWSKI Tomasz	460		M20	45		00:23:58		01:21:48	03:45:53		05:19:46	07:36:59			07:45:21.25	07:45:33.30	+03:33:19 (45.8%)	8:56	6.7 (54.0%)	
358	KUŁAKOWSKI Piotr	199		M50	25		00:24:01		01:21:03	03:53:15		05:28:06	07:37:30			07:44:51.70	07:45:36.65	+03:33:22 (45.8%)	8:56	6.7 (54.0%)	
359	JURCZAK Roman	66		M50	26		00:19:41		01:09:37	03:46:00		05:28:14	07:38:18			07:45:36.40	07:45:38.65	+03:33:24 (45.8%)	8:57	6.7 (54.0%)	
360	CZUBIEL Konrad	325		M40	112		07:38:48									07:45:21.30	07:46:00.20	+03:33:46 (45.9%)	8:56	6.7 (54.0%)	
361	WÓJCIK Łukasz	612		M30	135		07:37:06									07:45:26.90	07:46:08.25	+03:33:54 (45.9%)	8:57	6.7 (54.0%)	
362	GRZEGORCZYK Krzysztof	683	KW KRAKÓW	M40	113		00:23:42		01:26:23	03:50:23		05:20:19	07:38:32			07:45:45.95	07:46:23.70	+03:34:09 (45.9%)	8:57	6.7 (54.0%)	
363	GIBASZEWSKA Justyna	60		K40	9		00:22:39		01:14:43	03:39:40		05:19:51	07:39:05			07:46:14.35	07:46:48.50	+03:34:34 (46.0%)	8:57	6.7 (54.0%)	
364	KRUŻOLEK Monika	402		K30	23		00:21:53		01:12:35	03:45:26		05:24:29	07:39:13			07:46:53.65	07:47:36.30	+03:35:22 (46.1%)	8:58	6.7 (54.0%)	
365	WYRODEK Jakub	403		M30	136		00:21:53		01:12:34	03:45:31		05:24:29	07:39:10			07:46:55.30	07:47:37.50	+03:35:23 (46.1%)	8:58	6.7 (54.0%)	
366	KRZTOŃ Krzysztof	163		M20	46		00:24:17		01:22:39	03:56:49		05:32:34	07:39:58			07:47:05.80	07:47:54.90	+03:35:40 (46.1%)	8:58	6.7 (54.0%)	
367	PAPIEWSKI Przemysław	657		M30	137		07:40:24									07:48:59.25	07:48:59.25	+03:36:45 (46.2%)	9:01	6.7 (54.0%)	
368	GRZEŚKIEWICZ Tomasz	587		M30	138		00:19:30		01:05:37	03:24:48		05:14:15	07:39:05			07:48:42.25	07:49:03.95	+03:36:49 (46.2%)	9:00	6.7 (54.0%)	
369	MARZEC Łukasz	503		M20	47		00:19:14		01:06:02	03:25:44		05:15:13	07:41:53			07:49:42.35	07:49:54.10	+03:37:40 (46.3%)	9:01	6.6 (53.2%)	
370	WITKOWSKA Anna	530		K30	24		00:22:35		01:19:08	03:59:34		05:34:21	07:43:05			07:49:23.45	07:50:07.55	+03:37:53 (46.3%)	9:01	6.6 (53.2%)	
371	KRZEMIEŃ Joanna	617		K30	25	6. Kilometr	00:22:51		01:17:21	03:49:10		05:25:59	07:43:08			07:49:46.55	07:50:23.00	+03:38:08 (46.4%)	9:02	6.6 (53.2%)	
372	BRUDŁO Beata	483		K30	26		00:24:18		01:19:46	03:48:00		05:25:05	07:40:20			07:49:38.90	07:50:26.35	+03:38:12 (46.4%)	9:01	6.6 (53.2%)	
373	BRUDŁO Marcin	484		M40	114		00:24:18		01:19:47	03:48:03		05:25:06	07:40:33			07:49:39.10	07:50:26.55	+03:38:12 (46.4%)	9:01	6.6 (53.2%)	
374	PYTEL Paweł	27		M30	139		00:22:42		01:17:44	03:42:23		05:21:32	07:42:31			07:50:03.40	07:50:28.60	+03:38:14 (46.4%)	9:02	6.6 (53.2%)	
375	SZWAJKA Aneta	138		K40	10		00:22:21		01:14:28	03:45:07		05:23:53	07:41:24			07:49:50.65	07:50:28.70	+03:38:14 (46.4%)	9:02	6.6 (53.2%)	
376	KUPCZYK Rafał	51		M30	140	Rozbiegany Rawicz	00:19:02		01:09:02	03:38:28		05:23:37	07:42:25			07:50:06.55	07:50:30.15	+03:38:16 (46.4%)	9:02	6.6 (53.2%)	
377	MAJEWSKA Kinga	82		K30	27	Macintosh Grójec	00:21:53		01:14:47	03:44:20		05:24:54	07:43:03			07:50:46.05	07:51:04.15	+03:38:50 (46.5%)	9:03	6.6 (53.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km					
378	SOPAŁA Jakub	157		M40	115		00:20:17	01:10:03	03:37:06	05:25:42	07:41:14	07:51:17.20	07:51:28.30	+03:39:14 (46.5%)	9:03	6.6 (53.2%)
379	SPRAWKA Marcin	80		M30	141	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:22:47	01:17:52	03:43:21	05:30:49	07:44:36	07:52:18.20	07:52:54.35	+03:40:40 (46.7%)	9:04	6.6 (53.2%)
380	BUCZYŃSKI Radosław	347		M30	142	Halda Team	00:21:19	01:13:58	03:40:11	05:23:11	07:44:54	07:52:48.95	07:53:13.45	+03:40:59 (46.7%)	9:05	6.6 (53.2%)
381	LEWANDOWSKI Kamil	223		M30	143		00:22:40	01:17:08	03:48:11	05:31:16	07:44:56	07:52:25.95	07:53:17.35	+03:41:03 (46.7%)	9:05	6.6 (53.2%)
382	AUGUSTOWSKA Izabela	74		K40	11		00:21:56	01:14:58	03:45:30	05:23:53	07:44:02	07:52:34.80	07:53:21.05	+03:41:07 (46.7%)	9:05	6.6 (53.2%)
383	GINTER Grzegorz	415		M30	144		00:22:59	01:19:08	03:50:40	05:28:27	07:46:38	07:53:52.45	07:54:15.55	+03:42:01 (46.8%)	9:06	6.6 (53.2%)
384	PEKAŁA Aleksandra	644		K30	28		00:20:03	01:10:12	03:43:46	05:30:46	07:44:52	07:54:50.40	07:55:04.70	+03:42:50 (46.9%)	9:07	6.6 (53.2%)
385	ANDRZEJEWSKI Maciej	125		M30	145		00:22:04	01:16:42	03:45:54	05:24:20	07:46:31	07:54:59.65	07:55:17.05	+03:43:03 (46.9%)	9:08	6.6 (53.2%)
386	DZIADOSZ Jerzy	499		M40	116		00:22:23	01:19:45	03:46:15	05:31:55	07:46:54	07:54:52.30	07:55:21.35	+03:43:07 (46.9%)	9:07	6.6 (53.2%)
387	AMBROZIAK Radosław	445		M40	117		00:20:43	01:12:51	03:36:02	05:30:32	07:49:12	07:57:05.05	07:57:22.40	+03:45:08 (47.2%)	9:10	6.5 (52.4%)
388	RZESZÓTKO Marzena	545		K50	3		00:21:14	01:19:16	03:54:34	05:32:30	07:48:54	07:58:15.70	07:58:24.75	+03:46:10 (47.3%)	9:11	6.5 (52.4%)
389	MISIĄGIEWICZ Paweł	369		M40	118		00:24:13	01:17:37	03:57:17	05:40:03	07:51:20	07:58:47.30	07:59:15.15	+03:47:01 (47.4%)	9:12	6.5 (52.4%)
390	DZIADOSZ Artur	608		M50	27		00:22:02	01:16:27	03:55:39	05:40:16	07:50:48	07:58:37.90	07:59:27.40	+03:47:13 (47.4%)	9:12	6.5 (52.4%)
391	WSZELAK Tomasz	578		M40	119	Łubudubu	00:23:11	01:18:58	03:51:23	05:36:22	07:51:33	07:59:10.70	07:59:39.70	+03:47:25 (47.4%)	9:12	6.5 (52.4%)
392	PORADA Anna	114		K40	12		00:23:08	01:20:32	03:51:37	05:36:34	07:51:50	07:59:24.70	07:59:39.85	+03:47:25 (47.4%)	9:13	6.5 (52.4%)
393	BIELOV Yuriy	694		M20	48		00:22:46	01:12:56	03:32:32	05:13:07	07:51:00	08:00:27.70	08:01:07.90	+03:48:53 (47.6%)	9:14	6.5 (52.4%)
394	OCHAB Janusz	692		M40	120		00:23:33	01:16:00	03:50:39	05:32:43	07:53:56	08:01:19.90	08:01:53.60	+03:49:39 (47.7%)	9:15	6.5 (52.4%)
395	PARUZEL Ireneusz	227		M40	121	Dziolchy i Synki Squad	00:20:59	01:15:19	03:44:27	05:31:15	07:53:43	08:01:41.10	08:02:01.10	+03:49:47 (47.7%)	9:15	6.5 (52.4%)
396	BISTYGA Tomasz	449		M30	146				03:55:00			08:02:15.00	08:02:15.00	+03:50:00 (47.7%)	9:16	6.5 (52.4%)
397	KUROWSKI Michał	113		M20	49		00:21:30	01:15:18	03:57:14	05:37:28	07:54:03	08:01:51.65	08:02:16.80	+03:50:02 (47.7%)	9:15	6.5 (52.4%)
398	ŻUROWSKI Marcin	536		M40	122		00:22:10	01:12:11	03:38:40	05:20:30	07:54:02	08:02:30.85	08:03:06.10	+03:50:52 (47.8%)	9:16	6.5 (52.4%)
399	KUBASIK Rafał	598		M30	147		00:20:44	01:09:40	03:48:14	05:39:32	07:56:16	08:04:10.05	08:04:18.50	+03:52:04 (47.9%)	9:18	6.4 (51.6%)
400	BĘBENISTA Błażej	442		M30	148		00:23:41	01:24:24	03:55:55	05:41:45	07:55:08	08:03:40.70	08:04:23.45	+03:52:09 (47.9%)	9:18	6.5 (52.4%)
401	KAŃDUŁA Klaudia	294		K30	29	TKD Szakal Jeżyce Runners	00:21:27	01:16:31	03:46:32	05:31:25	07:53:41	08:03:55.05	08:04:48.70	+03:52:34 (48.0%)	9:18	6.4 (51.6%)
402	BARTOSIEWICZ Andrzej	173		M40	123	TKD Szakal Jeżyce Runners	00:21:25	01:16:30	03:46:34	05:31:24	07:53:40	08:03:54.60	08:04:48.85	+03:52:34 (48.0%)	9:18	6.4 (51.6%)
403	STEFANIAK Marcin	131		M30	149	TKD Szakal Jeżyce Runners	00:21:26	01:16:29	03:46:34	05:31:24	07:54:54	08:03:54.30	08:04:49.00	+03:52:34 (48.0%)	9:18	6.4 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
404	URBAŃSKI Józef	680		M50	28		00:22:57	01:17:39	03:53:27	05:37:25	07:55:26	08:04:10.10	08:05:00.50	+03:52:46 (48.0%)	9:18	6.4 (51.6%)
405	PANEK Aleksandra	197		K40	13		00:22:18	01:17:09	03:46:32	05:29:33	07:55:49	08:04:15.95	08:05:17.95	+03:53:03 (48.0%)	9:18	6.4 (51.6%)
406	ZIÓŁEK Mirosław	582		M50	29		00:23:58	01:22:20	03:56:18	05:37:29	07:56:43	08:05:05.20	08:05:23.60	+03:53:09 (48.0%)	9:19	6.4 (51.6%)
407	NADOLSKI Piotr	230		M40	124		00:22:46	01:18:53	03:49:05	05:36:13	07:57:21	08:05:38.60	08:06:21.10	+03:54:07 (48.1%)	9:20	6.4 (51.6%)
408	BAK Marcin	696	GOPR BIESZCZADY	M30	150		00:20:56	01:14:00	03:37:51	05:31:10	07:58:42	08:06:22.70	08:06:28.35	+03:54:14 (48.2%)	9:21	6.4 (51.6%)
409	ŻEBROWSKA Katarzyna	585		K40	14		00:24:11	01:20:34	03:48:02	05:34:44	07:56:43	08:05:44.45	08:06:31.75	+03:54:17 (48.2%)	9:20	6.4 (51.6%)
410	SPYRA Mariusz	129		M50	30		00:23:02	01:20:40	03:50:48	05:31:01	07:57:39	08:06:19.95	08:06:34.25	+03:54:20 (48.2%)	9:21	6.4 (51.6%)
411	GRAMZA Katarzyna	50		K30	30	Euforia Biegacza	00:23:41	01:22:03	04:00:14	05:41:19	07:58:40	08:06:19.20	08:06:43.40	+03:54:29 (48.2%)	9:21	6.4 (51.6%)
412	ŁYSIAK Sylwia	512		K40	15	Rozbiegany Rawicz	00:23:43	01:22:00	04:00:13	05:41:15	07:58:39	08:06:24.25	08:06:49.45	+03:54:35 (48.2%)	9:21	6.4 (51.6%)
413	KORDASZEWSKA Sylwia	277		K20	9		00:21:01	01:12:59	03:36:58	05:25:42	07:58:34	08:06:48.70	08:07:11.10	+03:54:57 (48.2%)	9:21	6.4 (51.6%)
414	BRONOWICKI Jarosław	259		M40	125		00:21:03	01:10:53	03:32:02	05:26:43	07:58:33	08:06:51.70	08:07:11.20	+03:54:57 (48.2%)	9:21	6.4 (51.6%)
415	DOBROSIELSKI Marcin	361		M40	126	TKD Szakal Jeżyce Runners	00:21:26	01:13:54	03:58:11	05:42:07	07:58:18	08:06:18.35	08:07:13.25	+03:54:59 (48.2%)	9:21	6.4 (51.6%)
416	MAZUR-RUDNICKA Marlena	619		K20	10		00:22:53	01:22:43	04:00:47	05:46:00	07:58:37	08:07:06.55	08:07:53.65	+03:55:39 (48.3%)	9:22	6.4 (51.6%)
417	MARCHEWKA Elżbieta	659		K40	16	Beskidnicy	00:23:05	01:20:09	03:56:59	05:41:18	08:01:18	08:08:53.10	08:09:08.95	+03:56:54 (48.4%)	9:24	6.4 (51.6%)
418	SAKOWSKA Aneta	152		K40	17		00:22:49	01:20:49	03:57:49	05:37:18	08:01:39	08:10:22.10	08:10:53.25	+03:58:39 (48.6%)	9:25	6.4 (51.6%)
418	WIEERUSZEWSKA Agata	425		K30	31		00:22:26	01:20:38	03:57:38	05:37:06	08:01:39	08:10:10.80	08:10:53.25	+03:58:39 (48.6%)	9:25	6.4 (51.6%)
420	KONCZIOŁA Krzysztof	304		M30	151	Perfect Runner Lublin	00:23:36	01:21:40	04:04:34	05:44:24	08:01:47	08:10:17.40	08:10:56.40	+03:58:42 (48.6%)	9:25	6.4 (51.6%)
421	MATUSZEWICZ Ewa	338		K50	4		00:22:47	01:21:46	04:03:49	05:42:09	08:01:06	08:10:16.95	08:10:57.65	+03:58:43 (48.6%)	9:25	6.4 (51.6%)
422	MATUSZEWSKI Marcin	172		M30	152	Euforia Biegacza	00:23:40	01:22:06	04:00:24	05:41:23	08:02:38	08:10:55.10	08:11:19.75	+03:59:05 (48.7%)	9:26	6.4 (51.6%)
423	PRYCIŃSKA Wiesława	558		K40	18		00:24:34	01:26:56	03:56:40	05:39:10	08:03:27	08:12:29.05	08:13:14.60	+04:01:00 (48.9%)	9:28	6.3 (50.8%)
424	PODOLAK Zbigniew	326		M50	31		00:20:52	01:15:20	03:59:21	05:40:44	08:06:27	08:13:08.15	08:13:15.90	+04:01:01 (48.9%)	9:29	6.3 (50.8%)
425	PIETRZYKOWSKI Artur	320		M40	127		00:20:41	01:11:59	03:39:29	05:32:10	08:02:08	08:13:30.60	08:13:42.15	+04:01:28 (48.9%)	9:29	6.3 (50.8%)
426	STODULSKI Tomasz	72		M30	153		08:03:25					08:13:30.75	08:13:42.50	+04:01:28 (48.9%)	9:29	6.3 (50.8%)
427	SOSZYŃSKA Gosia	200		K50	5		00:24:02	01:23:18	04:06:35	05:48:20	08:05:58	08:13:09.95	08:13:54.60	+04:01:40 (48.9%)	9:29	6.3 (50.8%)
428	NIEDZIELA Michał	620		M30	154		00:21:55	01:17:32	03:56:34	05:40:38	08:05:53	08:13:56.30	08:14:16.35	+04:02:02 (49.0%)	9:29	6.3 (50.8%)
429	KRÓL Mieczysław	557		M30	155		00:24:03	01:24:28	04:05:05	05:41:38	08:05:58	08:13:24.45	08:14:16.65	+04:02:02 (49.0%)	9:29	6.3 (50.8%)
430	MORAWSKI Artur	650		M30	156		00:20:42	01:12:53	03:45:49	05:33:17	08:05:54	08:15:56.90	08:16:09.05	+04:03:55 (49.2%)	9:32	6.3 (50.8%)
431	MICHALAK Joanna	300		K40	19		00:23:39	01:20:39	03:51:17	05:35:06	08:06:52	08:15:47.35	08:16:26.80	+04:04:12 (49.2%)	9:32	6.3 (50.8%)
432	KROENKE Barbara	391		K60	1		00:22:48	01:22:15	04:03:46	05:42:08	08:05:41	08:15:52.60	08:16:34.20	+04:04:20 (49.2%)	9:32	6.3 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
433	ROGOZIŃSKA Monika	222		K30	32		00:22:04	01:17:03	03:51:08	05:40:06	08:08:32	08:16:17.60	08:16:39.45	+04:04:25 (49.2%)	9:32	6.3 (50.8%)
434	WASILEWSKI Marcin	261		M30	157	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:21:43	01:14:04	03:45:21	05:35:35	08:07:03	08:16:16.90	08:16:42.70	+04:04:28 (49.2%)	9:32	6.3 (50.8%)
435	PECIAK Robert	366		M50	32	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:21:42	01:14:03	03:45:20	05:35:35	08:07:00	08:16:16.65	08:16:42.75	+04:04:28 (49.2%)	9:32	6.3 (50.8%)
436	DŁUGOSZ Marek	73		M50	33		00:22:05	01:20:54	03:53:21	05:40:20	08:07:42	08:16:10.95	08:16:57.80	+04:04:43 (49.2%)	9:32	6.3 (50.8%)
437	ABRAMEK Tomasz	427		M30	158			05:37:11				08:17:14.55	08:17:14.55	+04:05:00 (49.3%)	9:33	6.3 (50.8%)
438	MICHALAK Piotr	299		M40	128		00:23:38	01:20:41	03:51:15	05:35:03	08:08:23	08:16:44.25	08:17:23.60	+04:05:09 (49.3%)	9:33	6.3 (50.8%)
439	WILGA Ewa	212		K20	11		00:23:16	01:19:33	03:51:18	05:39:56	08:08:29	08:16:58.10	08:17:29.00	+04:05:14 (49.3%)	9:33	6.3 (50.8%)
440	JACKOWSKI Jacek	215		M40	129		00:23:16	01:23:50	04:16:05	05:50:13	08:09:36	08:17:11.25	08:17:38.95	+04:05:24 (49.3%)	9:33	6.3 (50.8%)
441	ŁYSUNIEC Marcin	103		M30	159		00:21:38	01:17:54	04:10:49	05:52:47	08:10:28	08:17:25.80	08:17:49.20	+04:05:35 (49.3%)	9:33	6.3 (50.8%)
442	PODOLAK Tomasz	507		M20	50		00:22:16	01:17:49	03:52:17	05:40:23	08:09:17	08:17:43.30	08:18:11.20	+04:05:57 (49.4%)	9:34	6.3 (50.8%)
443	ARGALSKI Grzegorz	123		M40	130		00:24:00	01:25:41	04:03:13	05:40:32	08:09:40	08:18:41.10	08:19:34.80	+04:07:20 (49.5%)	9:35	6.3 (50.8%)
443	PYRZEWSKI Dariusz	586		M40	130		00:24:00	01:25:41	04:03:12	05:40:32	08:09:46	08:18:41.10	08:19:34.80	+04:07:20 (49.5%)	9:35	6.3 (50.8%)
445	BULKOWSKI Waldemar	467		M50	34		00:22:32	01:14:22	03:59:48	05:45:09	08:10:30	08:19:08.90	08:19:51.90	+04:07:37 (49.5%)	9:35	6.3 (50.8%)
446	BUJEK Marcel	398		M30	160		00:23:00	01:18:14	03:47:56	05:38:20	08:10:36	08:19:31.55	08:20:01.65	+04:07:47 (49.6%)	9:36	6.2 (50.0%)
447	KUBALA Sylwester	674		M40	132		00:23:34	01:20:53	04:10:16	05:50:13	08:12:15	08:19:54.90	08:20:33.75	+04:08:19 (49.6%)	9:36	6.2 (50.0%)
448	BUDKIEWICZ Łukasz	192		M30	161		00:22:07	01:18:05	03:53:09	05:37:54	08:12:43	08:21:06.90	08:21:46.10	+04:09:32 (49.7%)	9:38	6.2 (50.0%)
449	GEZELA Robert	528		M40	133	Euforia Biegacza	00:23:56	01:22:04	04:00:20	05:41:14	08:12:02	08:21:58.65	08:22:24.45	+04:10:10 (49.8%)	9:39	6.2 (50.0%)
450	GEZELA Joanna	527		K40	20	Euforia Biegacza	00:23:56	01:22:05	04:00:14	05:41:16	08:12:08	08:21:58.75	08:22:24.50	+04:10:10 (49.8%)	9:39	6.2 (50.0%)
451	KOLASA Andrzej	307		M60	4		00:20:55	01:14:33	03:49:17	05:43:20	08:14:09	08:22:27.65	08:22:30.55	+04:10:16 (49.8%)	9:39	6.2 (50.0%)
452	MOKRAS Adam	164		M30	162		00:24:11	01:24:46	04:03:38	05:42:45	08:12:31	08:23:35.90	08:24:15.85	+04:12:01 (50.0%)	9:41	6.2 (50.0%)
453	ZMYŚŁOWSKI Igor	518		M20	51		00:22:42	01:17:33	03:53:28	05:46:44	08:15:10	08:24:12.35	08:24:25.50	+04:12:11 (50.0%)	9:41	6.2 (50.0%)
454	BUDA Marzena	517		K20	12		00:22:43	01:17:35	03:53:29	05:46:46	08:15:12	08:24:12.70	08:24:25.55	+04:12:11 (50.0%)	9:41	6.2 (50.0%)
455	NORWICZ Dominika	70		K30	33		00:21:49	01:20:03	03:58:55	05:47:00	08:14:18	08:24:12.50	08:24:35.20	+04:12:21 (50.0%)	9:41	6.2 (50.0%)
456	MALICKI Grzegorz	335		M40	134		00:19:59	01:07:55	03:39:59	05:27:25	08:12:56	08:24:28.25	08:24:38.55	+04:12:24 (50.0%)	9:42	6.2 (50.0%)
457	WALENTOWSKI Maciej	597		M20	52		00:23:57	01:23:24	04:03:18	05:45:09	08:15:04	08:24:16.25	08:24:42.45	+04:12:28 (50.0%)	9:41	6.2 (50.0%)
458	POPŁAWSKI Arkadiusz	95		M40	135		00:23:00	01:17:09	03:56:21	05:37:27	08:13:31	08:24:01.70	08:24:46.95	+04:12:32 (50.0%)	9:41	6.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km					
459	POPŁAWSKA Katarzyna	96		K40	21		00:23:00	01:17:08	03:56:26	05:37:28	08:13:40	08:24:01.45	08:24:47.05	+04:12:33 (50.0%)	9:41	6.2 (50.0%)
460	CHODOROWSKI Arkadiusz	593		M30	163		00:25:46	01:29:22	04:16:34	05:55:49	08:16:34	08:24:35.95	08:25:25.55	+04:13:11 (50.1%)	9:42	6.2 (50.0%)
461	KALIŃSKI Hubert	371		M40	136		00:24:34	01:29:34	04:05:56	05:52:53	08:17:14	08:25:03.80	08:25:49.10	+04:13:35 (50.1%)	9:42	6.2 (50.0%)
462	KARANOS Tadeusz	284		M50	35		00:22:06	01:15:13	04:06:22	05:51:20	08:17:53	08:25:52.55	08:26:09.00	+04:13:54 (50.2%)	9:43	6.2 (50.0%)
463	PTAK Patryk	240		M30	164		00:23:04	01:17:18	03:46:01	05:46:47	08:18:57	08:26:18.65	08:26:56.50	+04:14:42 (50.2%)	9:44	6.2 (50.0%)
464	BURACZYŃSKI Michał	206		M30	165		00:23:33	01:26:39	04:04:53	05:48:39	08:17:28	08:26:11.45	08:26:58.05	+04:14:44 (50.2%)	9:44	6.2 (50.0%)
465	GIELNIK Karol	150		M30	166		00:23:31	01:26:40	04:04:52	05:48:38	08:17:26	08:26:12.00	08:26:58.30	+04:14:44 (50.2%)	9:44	6.2 (50.0%)
466	SOBCZAK Maciej	209		M30	167		00:22:03	01:19:21	03:56:56	05:41:53	08:17:14	08:26:24.65	08:27:05.70	+04:14:51 (50.3%)	9:44	6.2 (50.0%)
467	ZBYSŁAW Beata	62		K40	22		00:23:39	01:25:07	04:06:04	05:49:27	08:19:05	08:27:56.25	08:28:11.45	+04:15:57 (50.4%)	9:46	6.1 (49.2%)
468	MICHALCZAK Jacek	453		M30	168		08:19:22					08:29:19.90	08:29:30.10	+04:17:16 (50.5%)	9:47	6.1 (49.2%)
469	GÓRAJ Maciej	64		M40	137		00:24:00	01:22:16	04:01:43	05:50:48	08:20:23	08:29:17.05	08:29:32.25	+04:17:18 (50.5%)	9:47	6.1 (49.2%)
470	GÓRAJ Marta	275		K30	34		00:23:59	01:22:16	04:01:44	05:49:19	08:20:22	08:29:17.50	08:29:32.55	+04:17:18 (50.5%)	9:47	6.1 (49.2%)
471	OGRODOWICZ Jacek	429		M50	36		00:23:46	01:26:02	04:05:31	05:48:34	08:20:07	08:29:05.40	08:29:40.65	+04:17:26 (50.5%)	9:47	6.1 (49.2%)
472	ŻURAWSKI Michał	538		M30	169		00:23:52	01:26:08	04:05:36	05:48:03	08:20:12	08:29:12.95	08:29:41.05	+04:17:27 (50.5%)	9:47	6.1 (49.2%)
473	KOSNOWSKA Katarzyna	633		K40	23		00:23:35	01:21:48	04:08:40	05:55:11	08:20:49	08:29:46.70	08:30:18.20	+04:18:04 (50.6%)	9:48	6.1 (49.2%)
474	NOWICKI Marek	262		M40	138		00:21:56	01:16:21	03:56:24	05:52:48	08:23:20	08:30:55.10	08:31:03.20	+04:18:49 (50.6%)	9:49	6.1 (49.2%)
475	WÓJCIK Renata	168		K30	35	Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:22:34	01:15:51	03:54:07	05:39:27	08:21:55	08:31:58.50	08:32:35.15	+04:20:21 (50.8%)	9:50	6.1 (49.2%)
476	ADAMOWSKI Jacek	248		M30	170	Dziolchy i Synki Squad	00:20:53	01:16:09	03:51:46	05:48:25	08:24:14	08:32:24.25	08:32:50.30	+04:20:36 (50.8%)	9:51	6.1 (49.2%)
477	MICHALAK Katarzyna	676	EVER RUN	K30	36	Łódzka Grupa Szaleńców	00:22:22	01:15:06	03:50:21	05:38:34	08:20:06	08:32:16.35	08:33:02.75	+04:20:48 (50.8%)	9:51	6.1 (49.2%)
478	PATURA Ania	149		K40	24	Łódzka Grupa Szaleńców	00:22:22	01:15:06	03:50:19	05:38:36	08:20:02	08:32:16.35	08:33:02.85	+04:20:48 (50.8%)	9:51	6.1 (49.2%)
479	SUSKI Józef	291		M30	171	Łódzka Grupa Szaleńców	00:22:21	01:15:02	03:33:21	05:38:35	08:20:03	08:32:16.70	08:33:02.95	+04:20:48 (50.8%)	9:51	6.1 (49.2%)
480	STĘPIEŃ Krzysztof	161		M30	172		00:19:13	01:06:10	03:21:35	05:43:29	08:21:45	08:32:46.75	08:33:15.50	+04:21:01 (50.9%)	9:51	6.1 (49.2%)
481	MARSZAŁEK-KOKOT Katarzyna	522		K30	37	Aktywny Dynów	00:22:01	01:18:46	03:56:52	05:45:35	08:23:09	08:33:11.05	08:33:49.55	+04:21:35 (50.9%)	9:52	6.1 (49.2%)
482	CAŁKA Agnieszka	671		K30	38		00:22:57	01:22:23	04:06:24	05:49:05	08:24:41	08:33:42.70	08:34:05.05	+04:21:51 (50.9%)	9:52	6.1 (49.2%)
482	CAŁKA Grzegorz	672		M40	139		00:22:57	01:22:22	04:06:24	05:49:02	08:24:37	08:33:42.80	08:34:05.05	+04:21:51 (50.9%)	9:52	6.1 (49.2%)
484	LEWANDOWSKI Rafał	654	NARODOWY WAŁBRZYCH	M30	173		00:22:59	01:20:56	04:03:27	05:49:11	08:24:42	08:33:07.45	08:34:06.40	+04:21:52 (50.9%)	9:52	6.1 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym	P2_Roztoki	P3_Solinka_herlaty	P2_Roztoki	P1_Krzyzowka_z_czerwonym	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							3.25km	11.9km	30km	37.8km	50.86km	52km	52km			
485	HYZIAK Jakub	249		M40	140		00:23:32	01:22:39	04:20:34	05:54:48	08:24:53	08:34:14.05	08:34:55.55	+04:22:41 (51.0%)	9:53	6.1 (49.2%)
486	DONIEC Sebastian	288		M30	174		00:23:30	01:22:39	04:20:36	05:55:08	08:24:55	08:34:15.00	08:34:56.00	+04:22:41 (51.0%)	9:53	6.1 (49.2%)
487	ZAKRZEWSKI Szymon	59		M30	175		00:20:06	01:15:01	03:51:53	05:46:36	08:28:38	08:37:06.55	08:37:16.15	+04:25:02 (51.2%)	9:56	6 (48.4%)
488	CHOJNACKI Przemysław	56		M30	176		00:24:03	01:24:28	04:05:48	05:49:01	08:26:22	08:36:41.40	08:37:33.45	+04:25:19 (51.3%)	9:56	6 (48.4%)
489	PACIA Sebastian	382		M30	177		00:21:05	01:12:50	03:53:01	05:57:10	08:26:56	08:37:29.35	08:37:49.05	+04:25:35 (51.3%)	9:57	6 (48.4%)
490	AURZECKI Michał	296		M30	178		00:21:48	01:16:43	03:53:20	05:48:16	08:26:46	08:37:34.35	08:37:51.70	+04:25:37 (51.3%)	9:57	6 (48.4%)
490	WASAŹNIK Marcin	305		M30	178		00:21:48	01:16:43	03:53:18	05:48:17	08:26:46	08:37:34.30	08:37:51.70	+04:25:37 (51.3%)	9:57	6 (48.4%)
492	MEKSA Patrycja	188		K40	25		00:23:33	01:20:14	04:02:43	05:50:00	08:27:50	08:38:07.05	08:38:40.25	+04:26:26 (51.4%)	9:57	6 (48.4%)
492	CHUDY Michał	235		M30	180		00:22:44	01:17:13	03:47:43	05:44:19	08:28:05	08:37:52.90	08:38:40.25	+04:26:26 (51.4%)	9:57	6 (48.4%)
494	DULKOWSKI Jarosław	579		M30	181	Łubudubu	00:23:12	01:19:05	03:51:25	05:48:34	08:28:28	08:38:19.20	08:38:47.75	+04:26:33 (51.4%)	9:58	6 (48.4%)
495	SZEWCZUK Sylwester	396		M30	182		00:21:41	01:17:23	03:54:42	05:46:50	08:28:06	08:38:10.45	08:38:47.95	+04:26:33 (51.4%)	9:57	6 (48.4%)
496	SKORUPA Paulina	162		K30	39	Euforia Biegacza	00:23:57	01:22:04	04:06:14	05:47:48	08:27:38	08:38:28.80	08:38:54.55	+04:26:40 (51.4%)	9:58	6 (48.4%)
497	WÓJCIK Robert	387		M40	141		00:24:07	01:24:09	03:59:56	05:42:16	08:24:23	08:38:44.30	08:39:17.35	+04:27:03 (51.4%)	9:58	6 (48.4%)
498	ŁEMPICKA-GROMEK Joanna	389		K30	40		00:23:36	01:23:34	04:03:26	05:47:51	08:27:38	08:38:44.50	08:39:18.15	+04:27:04 (51.4%)	9:58	6 (48.4%)
499	NIEWĘGŁOWSKI Michał	84		M40	142		00:23:34	01:19:57	04:04:18	05:55:57	08:29:56	08:39:43.30	08:40:31.80	+04:28:17 (51.5%)	9:59	6 (48.4%)
500	GODLEWSKI Paweł	406		M30	183		00:21:53	01:16:17	04:09:01	05:50:39	08:28:59	08:40:25.30	08:41:01.30	+04:28:47 (51.6%)	10:00	6 (48.4%)
501	KWIATKOWSKA-SITEK Ewa	141		K30	41		00:23:00	01:20:29	04:05:38	05:50:37	08:30:18	08:41:10.85	08:41:26.05	+04:29:12 (51.6%)	10:01	6 (48.4%)
502	KOPCZYŃSKI Maciej	306		M30	184	Ultra Trójmiasto	00:23:58	01:25:45	04:08:28	05:55:12	08:32:49	08:40:51.60	08:41:47.80	+04:29:33 (51.7%)	10:00	6 (48.4%)
503	MUCHA Tomasz	488		M40	143		00:23:19	01:19:51	03:55:29	05:47:49	08:29:48	08:41:08.10	08:42:03.50	+04:29:49 (51.7%)	10:01	6 (48.4%)
504	RUSZKOWSKI Leszek	514		M40	144		00:23:41	01:29:21	04:14:35	05:56:15	08:33:12	08:43:15.60	08:43:55.25	+04:31:41 (51.9%)	10:03	6 (48.4%)
505	WOJDYŁ Anna	362		K30	42		00:24:32	01:25:40	04:08:20	05:48:51	08:32:57	08:43:01.20	08:43:56.40	+04:31:42 (51.9%)	10:03	6 (48.4%)
506	GANCARSKI Marcin	270		M20	53		00:21:30	01:18:00	04:11:34	05:50:15	08:34:25	08:45:24.60	08:45:28.45	+04:33:14 (52.0%)	10:06	5.9 (47.6%)
507	HORBACZEWSKI Marek	653		M50	37		00:22:25	01:20:41	03:56:39	05:49:00	08:34:45	08:44:54.40	08:45:39.20	+04:33:25 (52.0%)	10:05	5.9 (47.6%)
508	WALCZAK Dariusz	175		M40	145		00:23:30	01:31:39	04:17:29	05:55:10	08:36:26	08:46:55.00	08:47:33.65	+04:35:19 (52.2%)	10:07	5.9 (47.6%)
509	WALCZAK Agnieszka	343		K30	43		00:23:30	01:31:39	04:12:41	05:49:43	08:36:26	08:46:55.35	08:47:33.85	+04:35:19 (52.2%)	10:07	5.9 (47.6%)
510	PREJS Beatamarta	46		K30	44	Dziółchy i Synki Squad	00:22:49	01:21:16	04:11:25	05:57:05	08:40:03	08:50:33.40	08:51:00.85	+04:38:46 (52.5%)	10:12	5.9 (47.6%)
511	NOWAK Daniel	245		M30	185		00:21:48	01:15:55	04:05:38	05:49:19	08:40:31	08:50:11.80	08:51:07.40	+04:38:53 (52.5%)	10:11	5.9 (47.6%)
512	LEWOC Leszek	658		M40	146		00:21:19	01:16:24	03:58:12	05:49:56	08:41:42	08:52:34.25	08:52:45.55	+04:40:31 (52.7%)	10:14	5.9 (47.6%)
513	WIERZBICKI Michał	599		M30	186		00:22:52	01:17:50	03:55:46	05:51:11	08:40:50	08:52:53.45	08:53:16.50	+04:41:02 (52.7%)	10:14	5.9 (47.6%)
514	ZWOLIŃSKI Łukasz	250		M30	187		00:23:37	01:19:02	03:40:22	05:40:07	08:42:30	08:55:07.40	08:55:48.70	+04:43:34 (52.9%)	10:17	5.8 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
DQ	MISIUNA Mariusz	265		M40			00:23:39 DQ	01:26:15 DQ	04:26:42 DQ	06:23:36 DQ	DQ	09:43:00.15 DQ	DQ		-	- (0.0%)
	POMAGRUK Katarzyna	132		K30			00:23:04 DNF	01:17:17 DNF	03:46:00 DNF	05:29:43 DNF	07:31:59 DNF	DNF	DNF		-	- (0.0%)
	WILK Maciej	577		M30			00:15:34 DNF	00:53:11 DNF	02:35:33 DNF	04:56:01 DNF	DNF	DNF	DNF		-	- (0.0%)
	POSKROBKO Jarosław	681		M30			00:18:42 DNF	01:03:33 DNF	03:21:20 DNF	04:56:37 DNF	DNF	DNF	DNF		-	- (0.0%)
	SZARSZEWSKI Paweł	238		M30			00:19:27 DNF	01:13:41 DNF	03:47:12 DNF	05:41:44 DNF	DNF	DNF	DNF		-	- (0.0%)
	BRAUN Krzysztof	551		M40			00:23:36 DNF	01:18:50 DNF	03:53:46 DNF	05:42:57 DNF	DNF	DNF	DNF		-	- (0.0%)
	CHILIŃSKI Karol	407		M30			00:22:00 DNF	01:15:37 DNF	04:08:12 DNF	05:57:55 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOZŁOWSKI Robert	458		M40			00:23:29 DNF	01:20:19 DNF	04:08:46 DNF	05:57:56 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZBYSŁAW Robert	61		M50			DNF	01:28:18 DNF	04:16:22 DNF	05:59:01 DNF	DNF	DNF	DNF		-	- (0.0%)
	TKACZYK Przemysław	255		M40		Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:23:51 DNF	01:23:26 DNF	04:14:46 DNF	05:59:36 DNF	DNF	DNF	DNF		-	- (0.0%)
	GOŁĄB Michał	569		M40			00:23:08 DNF	01:20:59 DNF	04:03:06 DNF	05:59:58 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOPYŚĆ Jarosław	524		M40			00:25:15 DNF	01:32:07 DNF	04:14:18 DNF	06:00:20 DNF	DNF	DNF	DNF		-	- (0.0%)
	JATA Marta	581		K30		Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:23:54 DNF	01:25:49 DNF	04:14:55 DNF	06:00:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	TKACZYK Jolanta	253		K40		Lubelska Grupa Triathlonu - Sklep Biegacza Lublin - WW Team	00:23:54 DNF	01:23:16 DNF	04:14:57 DNF	06:01:08 DNF	DNF	DNF	DNF		-	- (0.0%)
	JANKOWSKI Paweł	662		M40			00:24:19 DNF	01:29:21 DNF	04:14:22 DNF	06:01:09 DNF	DNF	DNF	DNF		-	- (0.0%)
	BORKOWSKI Krzysztof	302		M40			00:24:40 DNF	01:24:29 DNF	04:13:51 DNF	06:03:24 DNF	DNF	DNF	DNF		-	- (0.0%)
	ZIELONKA Bogumił	77		M40			00:25:29 DNF	01:28:39 DNF	04:29:31 DNF	06:04:32 DNF	DNF	DNF	DNF		-	- (0.0%)
	BRAUN Maria	550		K30			00:24:43 DNF	01:22:09 DNF	04:14:43 DNF	06:05:06 DNF	DNF	DNF	DNF		-	- (0.0%)
	STAWSKA Anna	686	VIRTUAL RUNNER CLUB	K30			00:24:17 DNF	01:22:57 DNF	04:18:18 DNF	06:05:19 DNF	DNF	DNF	DNF		-	- (0.0%)
	BANASIK Łukasz	566		M30			00:24:01 DNF	01:26:23 DNF	04:18:57 DNF	06:05:56 DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJCIECHOWSKA Bogna	567		K30			00:24:01 DNF	01:26:19 DNF	04:19:00 DNF	06:07:02 DNF	DNF	DNF	DNF		-	- (0.0%)
	BEZKOROWAJNY Joanna	52		K20			00:23:30 DNF	01:20:42 DNF	04:16:14 DNF	06:07:33 DNF	DNF	DNF	DNF		-	- (0.0%)
	BEZKOROWAJNY Mateusz	53		M20			00:23:31 DNF	01:20:43 DNF	04:20:09 DNF	06:07:33 DNF	DNF	DNF	DNF		-	- (0.0%)
	SIÓDMIAK Cezary	287		M40			00:23:37 DNF	01:21:48 DNF	04:22:47 DNF	06:08:36 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	KUCHARSKI Piotr	166		M20			00:23:36 DNF	01:21:48 DNF	04:22:49 DNF	06:08:38 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ŁOKAS Andrzej	584		M40			00:26:03 DNF	01:29:11 DNF	04:24:12 DNF	06:08:41 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MATOGA Lucyna	55		K40			00:24:47 DNF	01:26:12 DNF	04:20:08 DNF	06:10:00 DNF	DNF	DNF	DNF	-	-	(0.0%)
	HUZIOR Ela	381		K40			00:24:33 DNF	01:29:07 DNF	04:26:10 DNF	06:11:08 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WITKOWSKA Jolanta	218		K40			00:25:55 DNF	01:33:59 DNF	04:27:15 DNF	06:11:31 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DUDEK Michał	130		M40			00:23:18 DNF	01:21:48 DNF	04:07:55 DNF	06:13:21 DNF	DNF	DNF	DNF	-	-	(0.0%)
	FRUCZ Jacek	68		M40			00:23:22 DNF	01:22:21 DNF	04:20:52 DNF	06:14:01 DNF	DNF	DNF	DNF	-	-	(0.0%)
	JUREK Jarosław	405		M40			00:24:00 DNF	01:22:42 DNF	04:27:18 DNF	06:16:07 DNF	DNF	DNF	DNF	-	-	(0.0%)
	FUNKA Andrzej	303		M50			00:24:18 DNF	01:22:59 DNF	04:19:22 DNF	06:18:34 DNF	DNF	DNF	DNF	-	-	(0.0%)
	OBARSKI Norbert	632		M50			00:21:21 DNF	01:19:18 DNF	04:24:45 DNF	06:19:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	DOMARADZKA Ewa	190		K40		Dziolchy i Synki Squad	00:24:30 DNF	01:26:33 DNF	04:28:52 DNF	06:21:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	CISEK Agnieszka	689		K30			00:25:21 DNF	01:30:14 DNF	04:29:51 DNF	06:24:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	HARNIK Michał	543		M30			00:21:18 DNF	01:18:19 DNF	04:22:07 DNF	06:28:59 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PYSIEWICZ Krzysztof	451		M50			00:26:23 DNF	01:33:01 DNF	04:39:32 DNF	06:33:58 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIELIŃSKI Tomasz	156		M40			00:24:28 DNF	01:27:48 DNF	04:28:45 DNF	06:44:03 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ONISK Kamil	33		M20			00:16:40 DNF	00:59:33 DNF	03:09:45 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JACKOWSKA Ewa	216		K40			00:23:15 DNF	01:23:43 DNF	04:16:00 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KAWA Paweł	71		M30			00:23:05 DNF	01:20:48 DNF	04:22:56 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZYPEK Jacek	86		M30			00:23:30 DNF	01:30:28 DNF	04:31:05 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZWOLIŃSKI Mariusz	384		M30			00:23:31 DNF	01:30:29 DNF	04:31:05 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHWIN Adam	647		M30			00:26:43 DNF	01:32:30 DNF	04:44:25 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BARCZAK Sylwia	124		K30		Perfect Runner Lublin	00:26:59 DNF	01:32:42 DNF	04:46:27 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GŁADYSZ Urszula	492		K20			00:25:05 DNF	01:32:16 DNF	04:46:52 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WYRWAL Sebastian	521		M30			00:25:11 DNF	01:29:42 DNF	04:47:00 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WYRWAŁ Krzysztof	563		M30			00:25:12 DNF	01:29:43 DNF	04:47:02 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	GŁADYSZ Agnieszka	213		K20			00:25:06 DNF	01:32:16 DNF	04:54:33 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	CHUDNICKI Jarosław	452		M30			00:18:42 DNF	01:05:11 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BODZON Marcin	601		M30			00:20:55 DNF	01:09:46 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JANCEWICZ Diana	301		K30			00:24:39 DNF	01:24:29 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	DURA Piotr	243		M40			00:25:52 DNF	01:31:47 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	P1_Krzyzowka_z_czerwonym 3.25km	P2_Roztoki 11.9km	P3_Solinka_herlaty 30km	P2_Roztoki 37.8km	P1_Krzyzowka_z_czerwonym 50.86km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	ILASZ Staś	224		M40			DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 569 wynik(ów)