



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## IV ZIMOWA BIESZCZADZKA DYCHA 2018

Zimowy Maraton Bieszczadzki 2018  
Fundacja Bieg Rzeźnika  
2018-01-28  
Cisna  
10 km

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>1065</b>	MKS HALICZ	M20	1	00:00:27	00:22:12	<b>00:34:04.70</b>	<b>00:34:04.70</b>		3:24	17.6 (100%)
2	<b>SZPUNAR Andrzej</b>	<b>1187</b>		M40	1	00:00:27	00:23:22	<b>00:36:12.50</b>	<b>00:36:12.50</b>	+00:02:07 (5.9%)	3:37	16.6 (94.3%)
3	<b>DZIOREK Tomasz</b>	<b>1092</b>	SPRINT GORZYCE	M30	1	00:00:29	00:26:37	<b>00:40:17.00</b>	<b>00:40:17.00</b>	+00:06:12 (15.4%)	4:01	14.9 (84.7%)
4	<b>SUROWIEC Grzegorz</b>	<b>1160</b>	BESTA SP. Z O.O.	M30	2	00:00:30	00:27:17	<b>00:41:08.45</b>	<b>00:41:08.45</b>	+00:07:03 (17.2%)	4:06	14.6 (83.0%)
5	<b>DUDZIK Łukasz</b>	<b>1175</b>	GÓRAL BIEGA	M30	3	00:00:35	00:28:05	<b>00:41:40.10</b>	<b>00:41:40.10</b>	+00:07:35 (18.2%)	4:10	14.4 (81.8%)
6	<b>BARAN Mateusz</b>	<b>1072</b>	GORLICKA GRUPA BIEGOWA	M20	2	00:00:29	00:27:36	<b>00:41:53.30</b>	<b>00:41:53.30</b>	+00:07:48 (18.6%)	4:11	14.3 (81.3%)
7	<b>ADAMCZYK Przemysław</b>	<b>1235</b>	ADIDAS RUNNERS WARSAW	M40	2	00:00:28	00:28:35	<b>00:42:43.55</b>	<b>00:42:43.55</b>	+00:08:38 (20.2%)	4:16	14 (79.5%)
8	<b>MARCZAK Paweł</b>	<b>1234</b>	ADIDAS RUNNERS WARSAW	M30	4	00:00:32	00:28:39	<b>00:42:51.50</b>	<b>00:42:51.50</b>	+00:08:46 (20.5%)	4:17	14 (79.5%)
9	<b>TRYNIECKI Krystian</b>	<b>1073</b>		M20	3	00:00:39	00:28:09	<b>00:43:05.70</b>	<b>00:43:05.70</b>	+00:09:01 (20.9%)	4:18	13.9 (79.0%)
10	<b>MAJCHROWICZ Wiktor</b>	<b>1314</b>		M30	5	00:00:57	00:29:31	<b>00:43:44.75</b>	<b>00:43:44.75</b>	+00:09:40 (22.1%)	4:22	13.7 (77.8%)
11	<b>REGIEC Mateusz</b>	<b>1246</b>	GYPSY RUNNER'S	M30	6	00:00:39	00:29:18	<b>00:43:53.55</b>	<b>00:43:53.55</b>	+00:09:48 (22.4%)	4:23	13.7 (77.8%)
12	<b>WITEK Elżbieta</b>	<b>1248</b>		K30	1	00:00:38	00:29:39	<b>00:44:39.00</b>	<b>00:44:39.00</b>	+00:10:34 (23.7%)	4:27	13.4 (76.1%)
13	<b>TELESZ Mateusz</b>	<b>1249</b>		M30	7	00:00:39	00:29:39	<b>00:44:41.55</b>	<b>00:44:41.55</b>	+00:10:36 (23.7%)	4:28	13.4 (76.1%)
14	<b>HARSCHÉ Paweł</b>	<b>1026</b>		M30	8	00:00:53	00:29:48	<b>00:45:00.25</b>	<b>00:45:00.25</b>	+00:10:55 (24.3%)	4:30	13.3 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
15	<b>TRYNIECKI Tomasz</b>	<b>1074</b>	GRODZISKA GRUPA BIEGOWA	M40	3	00:00:39	00:30:06	<b>00:45:02.70</b>	<b>00:45:02.70</b>	+00:10:58 (24.3%)	4:30	13.3 (75.6%)
16	<b>PRZEBIROWSKI Karol</b>	<b>1151</b>	HUSARIA RACE TEAM	M20	4	00:00:30	00:29:51	<b>00:45:21.60</b>	<b>00:45:21.60</b>	+00:11:16 (24.9%)	4:32	13.2 (75.0%)
17	<b>SARNA Kamil</b>	<b>1166</b>		M30	9	00:00:50	00:30:29	<b>00:45:36.30</b>	<b>00:45:36.30</b>	+00:11:31 (25.3%)	4:33	13.2 (75.0%)
18	<b>WÓJCIK Jerzy</b>	<b>1100</b>		M30	10	00:00:56	00:31:01	<b>00:46:04.85</b>	<b>00:46:04.85</b>	+00:12:00 (26.0%)	4:36	13 (73.9%)
19	<b>WÓJCIK Józef</b>	<b>1137</b>	CHEŁM BIEGA	M40	4	00:00:56	00:31:06	<b>00:46:55.85</b>	<b>00:46:55.85</b>	+00:12:51 (27.4%)	4:41	12.8 (72.7%)
20	<b>MAŚLANY Daniel</b>	<b>1046</b>		M40	5	00:01:00	00:31:45	<b>00:47:13.85</b>	<b>00:47:13.85</b>	+00:13:09 (27.8%)	4:43	12.7 (72.2%)
21	<b>WINIARSKI Karol</b>	<b>1176</b>	BŁĘKITNI ŻEGLCE	M30	11	00:00:37	00:31:39	<b>00:47:30.00</b>	<b>00:47:30.00</b>	+00:13:25 (28.3%)	4:45	12.6 (71.6%)
22	<b>CHOJNACKI Wiktor</b>	<b>1226</b>		M30	12	00:01:02	00:32:07	<b>00:47:47.60</b>	<b>00:47:47.60</b>	+00:13:42 (28.7%)	4:46	12.6 (71.6%)
23	<b>ONISK Kamil</b>	<b>1162</b>	MKB DREPTAK	M20	5	00:00:31	00:32:18	<b>00:48:32.20</b>	<b>00:48:32.20</b>	+00:14:27 (29.8%)	4:51	12.4 (70.5%)
24	<b>SKOTNICZNY Michał</b>	<b>1138</b>		M20	6	00:00:57	00:32:34	<b>00:48:39.75</b>	<b>00:48:39.75</b>	+00:14:35 (30.0%)	4:51	12.3 (69.9%)
25	<b>ZAWADZKI Krzysztof</b>	<b>1239</b>	FUNDACJA LATARNIA	M20	7	00:01:10	00:32:50	<b>00:48:47.35</b>	<b>00:48:47.35</b>	+00:14:42 (30.2%)	4:52	12.3 (69.9%)
26	<b>TUCZAPSKI Piotr</b>	<b>1212</b>	XRUNNERS	M20	8	00:00:37	00:32:22	<b>00:48:47.40</b>	<b>00:48:47.40</b>	+00:14:42 (30.2%)	4:52	12.3 (69.9%)
27	<b>STANKIEWICZ Jacek</b>	<b>1218</b>		M50	1	00:00:39	00:32:23	<b>00:48:48.50</b>	<b>00:48:48.50</b>	+00:14:43 (30.2%)	4:52	12.3 (69.9%)
28	<b>FARON Piotr</b>	<b>1280</b>	LIMANOWA FOREST	M60	1	00:00:43	00:32:43	<b>00:48:50.25</b>	<b>00:48:50.25</b>	+00:14:45 (30.2%)	4:53	12.3 (69.9%)
29	<b>SZYSZŁO Tomasz</b>	<b>1219</b>	RUN ENERGY CLUB SANOK	M30	13	00:00:57	00:32:40	<b>00:48:51.85</b>	<b>00:48:51.85</b>	+00:14:47 (30.3%)	4:53	12.3 (69.9%)
30	<b>KLATE Łukasz</b>	<b>1017</b>	ŁÓDŹ KOCHA SPORT	M40	6	00:00:59	00:32:48	<b>00:49:18.90</b>	<b>00:49:18.90</b>	+00:15:14 (30.9%)	4:55	12.2 (69.3%)
31	<b>SZWAST Jerzy</b>	<b>1198</b>	MTB MOSR DUKLA	M40	7	00:01:25	00:33:28	<b>00:49:26.20</b>	<b>00:49:26.20</b>	+00:15:21 (31.1%)	4:56	12.1 (68.8%)
32	<b>RECZKOWSKI Andrzej</b>	<b>1252</b>	1954	M60	2	00:00:38	00:32:42	<b>00:49:44.55</b>	<b>00:49:44.55</b>	+00:15:39 (31.5%)	4:58	12.1 (68.8%)
33	<b>WILCZAK Janusz</b>	<b>1021</b>		M40	8	00:00:34	00:33:14	<b>00:50:01.70</b>	<b>00:50:01.70</b>	+00:15:57 (31.9%)	5:00	12 (68.2%)
34	<b>KRZYŚKO Marcin</b>	<b>1144</b>		M30	14	00:01:20	00:32:44	<b>00:50:02.60</b>	<b>00:50:02.60</b>	+00:15:57 (31.9%)	5:00	12 (68.2%)
35	<b>RZEMIENIEWSKA Marta</b>	<b>1261</b>	ADIDAS RUNNERS WARSAW	K20	1	00:01:05	00:33:49	<b>00:50:07.15</b>	<b>00:50:07.15</b>	+00:16:02 (32.0%)	5:00	12 (68.2%)
36	<b>PŁESZKA Marek</b>	<b>1165</b>	OTRYT LUTOWISKA	M40	9	00:01:01	00:33:42	<b>00:50:27.50</b>	<b>00:50:27.50</b>	+00:16:22 (32.5%)	5:02	11.9 (67.6%)
37	<b>SIEMIĄTKOWSKA Katarzyna</b>	<b>1179</b>		K30	2	00:00:59	00:33:51	<b>00:50:34.40</b>	<b>00:50:34.40</b>	+00:16:29 (32.6%)	5:03	11.9 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
38	ZAWADZKI Marcin	1053	SZCZWANY TRZMIEL TEAM	M30	15	00:01:03	00:33:45	00:50:41.55	00:50:41.55	+00:16:36 (32.8%)	5:04	11.8 (67.0%)
39	BODZIOCH Grzegorz	1062	GORLICKA GRUPA BIEGOWA	M40	10	00:01:01	00:33:26	00:50:48.05	00:50:48.05	+00:16:43 (32.9%)	5:04	11.8 (67.0%)
40	STĘPKOWSKI Mateusz	1206		M20	9	00:02:42	00:35:58	00:50:51.50	00:50:51.50	+00:16:46 (33.0%)	5:05	11.8 (67.0%)
41	KALBARCZYK Adriana	1070	ADIDAS RUNNERS WARSAW	K20	2	00:01:05	00:34:44	00:50:55.50	00:50:55.50	+00:16:50 (33.1%)	5:05	11.8 (67.0%)
42	ISKRA Grzegorz	1150	KP PSP STRYZÓW	M30	16	00:00:59	00:33:57	00:50:58.35	00:50:58.35	+00:16:53 (33.1%)	5:05	11.8 (67.0%)
43	DRAŻEK Sławomir	1183		M40	11	00:01:03	00:34:22	00:51:14.50	00:51:14.50	+00:17:09 (33.5%)	5:07	11.7 (66.5%)
44	TOKARZ Adrian	1191	DZIKIE MUSTANGI	M30	17	00:01:38	00:34:26	00:51:22.15	00:51:22.15	+00:17:17 (33.7%)	5:08	11.7 (66.5%)
45	KARKUT Michał	1205	FUN&RUN	M30	18	00:01:38	00:35:13	00:51:57.10	00:51:57.10	+00:17:52 (34.4%)	5:11	11.5 (65.3%)
46	RAPACZ Marcin	1108		M50	2	00:01:08	00:34:10	00:52:00.20	00:52:00.20	+00:17:55 (34.5%)	5:12	11.5 (65.3%)
47	WARĘCKA Kasia	1135		K20	3	00:00:42	00:34:10	00:52:15.00	00:52:15.00	+00:18:10 (34.8%)	5:13	11.5 (65.3%)
48	DUDZIŃSKI Piotr	1196		M30	19	00:01:37	00:35:12	00:52:17.80	00:52:17.80	+00:18:13 (34.8%)	5:13	11.5 (65.3%)
49	RADZIK Robert	1221	1991	M20	10	00:00:39	00:35:20	00:52:18.55	00:52:18.55	+00:18:13 (34.9%)	5:13	11.5 (65.3%)
50	RYŁKO Jacek	1140	SOLINA TEAM	M40	12	00:01:01	00:35:24	00:52:21.15	00:52:21.15	+00:18:16 (34.9%)	5:14	11.5 (65.3%)
51	HYDZIK Łukasz	1058	LIDER SANOK	M40	13	00:00:58	00:34:52	00:52:27.00	00:52:27.00	+00:18:22 (35.0%)	5:14	11.4 (64.8%)
52	OLESIK Filip	1298	AZS KRAKOWSKA AKADEMIA IM. FRYCIA	M20	11	00:01:20	00:35:54	00:52:29.10	00:52:29.10	+00:18:24 (35.1%)	5:14	11.4 (64.8%)
53	MIERZWA Kamil	1284		M20	12	00:01:05	00:35:10	00:52:47.15	00:52:47.15	+00:18:42 (35.4%)	5:16	11.4 (64.8%)
54	SOBIERAJSKI Maciej	1043		M30	20	00:01:09	00:36:25	00:52:49.00	00:52:49.00	+00:18:44 (35.5%)	5:16	11.4 (64.8%)
55	SIENNICKI Rafał	1180		M40	14	00:01:33	00:35:53	00:53:23.75	00:53:23.75	+00:19:19 (36.2%)	5:20	11.2 (63.6%)
56	MISIOŁEK Marcin	1038	MOSIR DUKLA	M30	21	00:01:22	00:35:37	00:53:27.35	00:53:27.35	+00:19:22 (36.2%)	5:20	11.2 (63.6%)
57	BŁASZCZAK Błażej	1203		M30	22	00:01:01	00:36:17	00:53:29.35	00:53:29.35	+00:19:24 (36.3%)	5:20	11.2 (63.6%)
58	POSZYTEK Jagoda	1042		K20	4	00:01:08	00:36:24	00:53:32.20	00:53:32.20	+00:19:27 (36.3%)	5:21	11.2 (63.6%)
59	ŻELAZNY Agnieszka	1260	GORLICKA GRUPA BIEGOWA	K40	1	00:01:01	00:35:30	00:53:34.70	00:53:34.70	+00:19:30 (36.4%)	5:21	11.2 (63.6%)
60	PAJESTKA Wojciech	1265	POZYTYWNIIE ZABIEGANI SANOK/ AZS PWSZ	M40	15	00:02:36	00:37:09	00:53:35.50	00:53:35.50	+00:19:30 (36.4%)	5:21	11.2 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
61	<b>GUDOWSKI Krystian</b>	<b>1262</b>		M30	23	00:02:37	00:37:09	<b>00:53:37.50</b>	<b>00:53:37.50</b>	+00:19:32 (36.5%)	5:21	11.2 (63.6%)
62	<b>JAKUSZEWSKI Paweł</b>	<b>1167</b>		M30	24	00:02:22	00:36:57	<b>00:53:44.50</b>	<b>00:53:44.50</b>	+00:19:39 (36.6%)	5:22	11.2 (63.6%)
63	<b>TRZASKOWSKA Joanna</b>	<b>1109</b>	TRUCHT TARCHOMIN TEAM	K30	3	00:01:02	00:36:18	<b>00:53:52.00</b>	<b>00:53:52.00</b>	+00:19:47 (36.7%)	5:23	11.1 (63.1%)
64	<b>NALEPA Maciej</b>	<b>1172</b>		M30	25	00:01:09	00:36:33	<b>00:54:00.55</b>	<b>00:54:00.55</b>	+00:19:55 (36.9%)	5:24	11.1 (63.1%)
65	<b>KOPERSKA Anna</b>	<b>1082</b>	HYDRO CENTRUM D.K. KOPERSCY M.MASTALERZ SP. J.	K20	5	00:00:56	00:35:53	<b>00:54:01.90</b>	<b>00:54:01.90</b>	+00:19:57 (36.9%)	5:24	11.1 (63.1%)
66	<b>WYSOCKI Mariusz</b>	<b>1202</b>	FUNDACJA LATARNIA	M30	26	00:01:06	00:34:45	<b>00:54:07.70</b>	<b>00:54:07.70</b>	+00:20:03 (37.0%)	5:24	11.1 (63.1%)
67	<b>ŻAK Krzysztof</b>	<b>1051</b>		M40	16	00:01:20	00:36:43	<b>00:54:14.15</b>	<b>00:54:14.15</b>	+00:20:09 (37.2%)	5:25	11.1 (63.1%)
68	<b>POLOZYNSKI Andrzej</b>	<b>1075</b>	ZACISZE NIGHT RUNNERS	M40	17	00:02:06	00:36:55	<b>00:54:15.00</b>	<b>00:54:15.00</b>	+00:20:10 (37.2%)	5:25	11.1 (63.1%)
69	<b>RYŁKO Mariola</b>	<b>1227</b>	SOLINA TEAM	K40	2	00:00:56	00:36:00	<b>00:54:19.00</b>	<b>00:54:19.00</b>	+00:20:14 (37.3%)	5:25	11 (62.5%)
70	<b>NAWROT Bartłomiej</b>	<b>1243</b>	KAMIENIOŁOM	M30	27	00:01:58	00:36:22	<b>00:54:28.35</b>	<b>00:54:28.35</b>	+00:20:23 (37.4%)	5:26	11 (62.5%)
71	<b>FURS Teodor</b>	<b>1253</b>	PIERDZĄCE ZAJĄCE	M40	18	00:01:22	00:37:01	<b>00:54:49.40</b>	<b>00:54:49.40</b>	+00:20:44 (37.8%)	5:28	10.9 (61.9%)
72	<b>SZYBIAK Maciej</b>	<b>1215</b>	AGONA W&M	M20	13	00:02:23	00:37:11	<b>00:54:54.05</b>	<b>00:54:54.05</b>	+00:20:49 (37.9%)	5:29	10.9 (61.9%)
73	<b>POJNAR Katarzyna</b>	<b>1225</b>		K20	6	00:01:01	00:36:10	<b>00:55:07.25</b>	<b>00:55:07.25</b>	+00:21:02 (38.2%)	5:30	10.9 (61.9%)
74	<b>KLOCEK Konrad</b>	<b>1104</b>		M30	28	00:01:05	00:36:29	<b>00:55:22.30</b>	<b>00:55:22.30</b>	+00:21:17 (38.5%)	5:32	10.8 (61.4%)
75	<b>IGNOR Edyta</b>	<b>1211</b>	SPARTAN RACE TRAINING GROUP RZESZÓW	K20	7	00:01:12	00:36:38	<b>00:55:27.10</b>	<b>00:55:27.10</b>	+00:21:22 (38.5%)	5:32	10.8 (61.4%)
76	<b>HEC Grzegorz</b>	<b>1015</b>		M30	29	00:01:06	00:37:06	<b>00:55:33.30</b>	<b>00:55:33.30</b>	+00:21:28 (38.7%)	5:33	10.8 (61.4%)
77	<b>DEC Roman</b>	<b>1256</b>	JW3730	M30	30	00:02:52	00:38:01	<b>00:55:34.30</b>	<b>00:55:34.30</b>	+00:21:29 (38.7%)	5:33	10.8 (61.4%)
78	<b>SZYBIAK Joanna</b>	<b>1216</b>	AGONA W&M	K40	3	00:02:27	00:37:11	<b>00:55:50.10</b>	<b>00:55:50.10</b>	+00:21:45 (39.0%)	5:35	10.7 (60.8%)
79	<b>GALANTY Bartłomiej</b>	<b>1189</b>		M40	19	00:02:11	00:38:07	<b>00:56:01.05</b>	<b>00:56:01.05</b>	+00:21:56 (39.2%)	5:36	10.7 (60.8%)
80	<b>DOMIN Wiesław</b>	<b>1220</b>		M50	3	00:01:17	00:38:16	<b>00:56:04.45</b>	<b>00:56:04.45</b>	+00:21:59 (39.2%)	5:36	10.7 (60.8%)
81	<b>KOGUT Leszek</b>	<b>1049</b>		M40	20	00:02:01	00:37:16	<b>00:56:09.05</b>	<b>00:56:09.05</b>	+00:22:04 (39.3%)	5:36	10.7 (60.8%)
82	<b>WAL Sebastian</b>	<b>1124</b>	STOWARZYSZENIE KLUB SPORTOWY W SMOLARZYNACH	M20	14	00:00:51	00:37:08	<b>00:56:11.45</b>	<b>00:56:11.45</b>	+00:22:06 (39.4%)	5:37	10.7 (60.8%)
83	<b>LESZCZYŃSKI Mirosław</b>	<b>1125</b>	BIESZCZADYRUN	M30	31	00:01:41	00:38:19	<b>00:56:16.05</b>	<b>00:56:16.05</b>	+00:22:11 (39.4%)	5:37	10.7 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
84	<b>BUGAJSKI Artur</b>	<b>1111</b>	JABIEGAM	M40	21	00:01:18	00:37:32	<b>00:56:19.30</b>	<b>00:56:19.30</b>	+00:22:14 (39.5%)	5:37	10.7 (60.8%)
85	<b>KOCHANIAK Andrzej</b>	<b>1208</b>	WŁÓCZYBIEGI	M30	32	00:02:38	00:39:27	<b>00:56:32.10</b>	<b>00:56:32.10</b>	+00:22:27 (39.7%)	5:39	10.6 (60.2%)
86	<b>ŻARNICKI Kamil</b>	<b>1036</b>	STAY INSANE	M30	33	00:02:36	00:38:43	<b>00:56:35.75</b>	<b>00:56:35.75</b>	+00:22:31 (39.8%)	5:39	10.6 (60.2%)
87	<b>OLESIK Zygmunt</b>	<b>1063</b>		M40	22	00:01:25	00:37:48	<b>00:56:52.80</b>	<b>00:56:52.80</b>	+00:22:48 (40.1%)	5:41	10.6 (60.2%)
88	<b>MAJCHROWSKI Jacek</b>	<b>1019</b>	CKB TARNOBRZEG	M40	23	00:01:59	00:38:46	<b>00:56:53.05</b>	<b>00:56:53.05</b>	+00:22:48 (40.1%)	5:41	10.5 (59.7%)
89	<b>ROŚCIŃSKI Franciszek</b>	<b>1316</b>		M40	24	00:01:40	00:38:27	<b>00:56:58.60</b>	<b>00:56:58.60</b>	+00:22:53 (40.2%)	5:41	10.5 (59.7%)
90	<b>SKÓRA Michał</b>	<b>1168</b>		M40	25	00:02:47	00:39:24	<b>00:56:59.80</b>	<b>00:56:59.80</b>	+00:22:55 (40.2%)	5:41	10.5 (59.7%)
91	<b>ŚLUSARCZYK Maciej</b>	<b>1142</b>		M30	34	00:00:58	00:37:36	<b>00:57:01.15</b>	<b>00:57:01.15</b>	+00:22:56 (40.2%)	5:42	10.5 (59.7%)
92	<b>KWOKA Roman</b>	<b>1029</b>		M30	35	00:02:26	00:39:12	<b>00:57:01.65</b>	<b>00:57:01.65</b>	+00:22:56 (40.2%)	5:42	10.5 (59.7%)
93	<b>KAPEL Bogdan</b>	<b>1085</b>		M50	4	00:02:00	00:38:46	<b>00:57:12.15</b>	<b>00:57:12.15</b>	+00:23:07 (40.4%)	5:43	10.5 (59.7%)
94	<b>SASAL Monika</b>	<b>1107</b>		K30	4	00:01:15	00:37:53	<b>00:57:14.35</b>	<b>00:57:14.35</b>	+00:23:09 (40.5%)	5:43	10.5 (59.7%)
95	<b>WRÓBEL Bartłomiej</b>	<b>1267</b>	CISNA	M20	15	00:00:56	00:37:59	<b>00:57:26.10</b>	<b>00:57:26.10</b>	+00:23:21 (40.7%)	5:44	10.4 (59.1%)
96	<b>ZUBA Rafał</b>	<b>1237</b>	BLACK RIVER	M20	16	00:01:23	00:37:51	<b>00:57:27.65</b>	<b>00:57:27.65</b>	+00:23:22 (40.7%)	5:44	10.4 (59.1%)
97	<b>JANAS Marian</b>	<b>1317</b>		M60	3	00:01:40	00:39:19	<b>00:57:30.40</b>	<b>00:57:30.40</b>	+00:23:25 (40.7%)	5:45	10.4 (59.1%)
98	<b>MAZUREK Katarzyna</b>	<b>1188</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	4	00:01:50	00:38:57	<b>00:57:30.90</b>	<b>00:57:30.90</b>	+00:23:26 (40.7%)	5:45	10.4 (59.1%)
99	<b>PANEK Piotr</b>	<b>1190</b>	DZIKIE MUSTANGI	M40	26	00:01:39	00:38:37	<b>00:58:25.30</b>	<b>00:58:25.30</b>	+00:24:20 (41.7%)	5:50	10.3 (58.5%)
100	<b>WYDRO Rafał</b>	<b>1133</b>	FUN&RUN	M40	27	00:00:53	00:41:14	<b>00:58:34.15</b>	<b>00:58:34.15</b>	+00:24:29 (41.8%)	5:51	10.2 (58.0%)
101	<b>JENDRICOVSKA Danuta</b>	<b>1308</b>		K50	1	00:01:49	00:40:07	<b>00:58:39.15</b>	<b>00:58:39.15</b>	+00:24:34 (41.9%)	5:51	10.2 (58.0%)
102	<b>GUCWA Mirosław</b>	<b>1103</b>	LET'S GO WILD!!!	M30	36	00:01:18	00:39:34	<b>00:58:46.60</b>	<b>00:58:46.60</b>	+00:24:41 (42.0%)	5:52	10.2 (58.0%)
103	<b>PAWLETA Michał</b>	<b>1161</b>	NIGHT RUNNERS GLIWICE	M40	28	00:01:42	00:38:59	<b>00:58:50.45</b>	<b>00:58:50.45</b>	+00:24:45 (42.1%)	5:53	10.2 (58.0%)
104	<b>CIEŚLA Łukasz</b>	<b>1078</b>	ŻOŁYNIA BIEGA	M20	17	00:01:00	00:38:21	<b>00:58:56.90</b>	<b>00:58:56.90</b>	+00:24:52 (42.2%)	5:53	10.2 (58.0%)
105	<b>ŻELAZNY Tomasz</b>	<b>1195</b>	BYLE DO METY	M30	37	00:02:47	00:40:14	<b>00:59:11.10</b>	<b>00:59:11.10</b>	+00:25:06 (42.4%)	5:55	10.1 (57.4%)
106	<b>MOTOWIDŁO Anna</b>	<b>1257</b>	JW3730	K20	8	00:02:52	00:39:36	<b>00:59:14.75</b>	<b>00:59:14.75</b>	+00:25:10 (42.5%)	5:55	10.1 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
107	<b>KATA Bartłomiej</b>	<b>1255</b>	JW 3730	M20	18	00:02:52	00:39:35	<b>00:59:16.00</b>	<b>00:59:16.00</b>	+00:25:11 (42.5%)	5:55	10.1 (57.4%)
108	<b>SZPERKA Leszek</b>	<b>1285</b>	SIGIT	M40	29	00:01:31	00:40:09	<b>00:59:16.20</b>	<b>00:59:16.20</b>	+00:25:11 (42.5%)	5:55	10.1 (57.4%)
109	<b>KIN Rafał</b>	<b>1093</b>	AZS PWSZ KROSNO	M30	38	00:02:29	00:40:28	<b>00:59:17.70</b>	<b>00:59:17.70</b>	+00:25:13 (42.5%)	5:55	10.1 (57.4%)
110	<b>WAŁACHOWSKA Urszula</b>	<b>1193</b>		K30	5	00:00:56	00:38:29	<b>00:59:25.70</b>	<b>00:59:25.70</b>	+00:25:21 (42.7%)	5:56	10.1 (57.4%)
111	<b>GALANTY Agnieszka</b>	<b>1154</b>		K40	5	00:01:05	00:40:12	<b>00:59:29.90</b>	<b>00:59:29.90</b>	+00:25:25 (42.7%)	5:56	10.1 (57.4%)
112	<b>WYDRO Agata</b>	<b>1132</b>	FUN&RUN	K40	6	00:00:52	00:41:21	<b>00:59:31.50</b>	<b>00:59:31.50</b>	+00:25:26 (42.7%)	5:57	10.1 (57.4%)
113	<b>SZYBIAK Waldemar</b>	<b>796</b>	AGONA W&M	M50	5	00:02:24	00:38:25	<b>00:59:39.50</b>	<b>00:59:39.50</b>	+00:25:34 (42.9%)	5:57	10.1 (57.4%)
114	<b>MARSZAŁ Katarzyna</b>	<b>1099</b>		K30	6	00:01:18	00:40:16	<b>00:59:50.05</b>	<b>00:59:50.05</b>	+00:25:45 (43.0%)	5:59	10 (56.8%)
115	<b>JUSZCZAK Artur</b>	<b>1233</b>	CHEŁM BIEGA	M40	30	00:01:37	00:40:23	<b>00:59:51.45</b>	<b>00:59:51.45</b>	+00:25:46 (43.1%)	5:59	10 (56.8%)
116	<b>DZIERŻAK Elżbieta</b>	<b>1039</b>	HUSARIA RACE TEAM	K40	7	00:01:23	00:40:40	<b>00:59:57.50</b>	<b>00:59:57.50</b>	+00:25:52 (43.2%)	5:59	10 (56.8%)
117	<b>CZEKAJ Bogdan</b>	<b>1224</b>	RUMING TEAM NOWY STYL GROUP	M50	6	00:02:07	00:40:56	<b>01:00:00.25</b>	<b>01:00:00.25</b>	+00:25:55 (43.2%)	6:00	10 (56.8%)
118	<b>KOTŁOWSKI Paweł</b>	<b>1095</b>	JABIEGAM	M20	19	00:01:23	00:40:43	<b>01:00:01.10</b>	<b>01:00:01.10</b>	+00:25:56 (43.2%)	6:00	10 (56.8%)
119	<b>DROZD Piotr</b>	<b>1222</b>		M30	39	00:01:59	00:40:46	<b>01:00:03.00</b>	<b>01:00:03.00</b>	+00:25:58 (43.3%)	6:00	10 (56.8%)
120	<b>KĘDRA Agnieszka</b>	<b>1024</b>	PODKARPACKA SZKOŁA KRAV MAGA	K20	9	00:02:04	00:39:50	<b>01:00:08.10</b>	<b>01:00:08.10</b>	+00:26:03 (43.3%)	6:00	10 (56.8%)
121	<b>KASEJA Kacper</b>	<b>1245</b>	1991	M20	20	00:02:09	00:41:47	<b>01:00:09.00</b>	<b>01:00:09.00</b>	+00:26:04 (43.3%)	6:00	10 (56.8%)
122	<b>DZIERŻAK Arkadiusz</b>	<b>1164</b>		M40	31	00:01:26	00:40:08	<b>01:00:09.60</b>	<b>01:00:09.60</b>	+00:26:04 (43.4%)	6:00	10 (56.8%)
123	<b>JAŚLAN Marek</b>	<b>1088</b>		M50	7	00:01:19	00:40:20	<b>01:00:16.50</b>	<b>01:00:16.50</b>	+00:26:11 (43.5%)	6:01	10 (56.8%)
124	<b>WOŹNY Łukasz</b>	<b>1027</b>		M30	40	00:02:19	00:41:23	<b>01:00:18.05</b>	<b>01:00:18.05</b>	+00:26:13 (43.5%)	6:01	10 (56.8%)
125	<b>SUSZEK Damian</b>	<b>1310</b>		M30	41	00:02:41	00:41:58	<b>01:00:19.45</b>	<b>01:00:19.45</b>	+00:26:14 (43.5%)	6:01	9.9 (56.3%)
126	<b>FILIPIAK Beata</b>	<b>1080</b>	MIECHOWICKA GRUPA BIEGOWA	K40	8	00:01:55	00:40:04	<b>01:00:38.15</b>	<b>01:00:38.15</b>	+00:26:33 (43.8%)	6:03	9.9 (56.3%)
127	<b>BALICKI Jacek</b>	<b>1064</b>	BIEGACZ NOWOSOLNA	M50	8	00:02:11	00:42:08	<b>01:00:40.30</b>	<b>01:00:40.30</b>	+00:26:35 (43.8%)	6:04	9.9 (56.3%)
128	<b>KARDASZ Marek</b>	<b>1056</b>	SOLINA TEAM	M30	42	00:00:56	00:42:23	<b>01:00:42.45</b>	<b>01:00:42.45</b>	+00:26:37 (43.9%)	6:04	9.9 (56.3%)
129	<b>STACH Robert</b>	<b>1214</b>		M40	32	00:01:05	00:40:03	<b>01:01:01.90</b>	<b>01:01:01.90</b>	+00:26:57 (44.2%)	6:06	9.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
130	<b>POKRZYWKA Stefan</b>	<b>1283</b>	NA BUCIE CISNA	M60	4	00:00:41	00:40:30	<b>01:01:04.70</b>	<b>01:01:04.70</b>	+00:27:00 (44.2%)	6:06	9.8 (55.7%)
131	<b>BOBALA Krystian</b>	<b>1251</b>		M20	21	00:02:51	00:41:54	<b>01:01:08.40</b>	<b>01:01:08.40</b>	+00:27:03 (44.3%)	6:06	9.8 (55.7%)
132	<b>KRUCZEK Robert</b>	<b>1199</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	9	00:01:41	00:41:20	<b>01:01:09.70</b>	<b>01:01:09.70</b>	+00:27:05 (44.3%)	6:06	9.8 (55.7%)
133	<b>MOCIO Michał</b>	<b>1250</b>		M20	22	00:02:51	00:42:02	<b>01:01:11.80</b>	<b>01:01:11.80</b>	+00:27:07 (44.3%)	6:07	9.8 (55.7%)
134	<b>GRUCHAŁA Agnieszka</b>	<b>1118</b>		K40	9	00:01:24	00:40:40	<b>01:01:21.75</b>	<b>01:01:21.75</b>	+00:27:17 (44.5%)	6:08	9.8 (55.7%)
135	<b>MATUSZEWSKI Marcin</b>	<b>1117</b>	EUFORIABIEGACZA TEAM	M30	43	00:01:24	00:40:40	<b>01:01:22.15</b>	<b>01:01:22.15</b>	+00:27:17 (44.5%)	6:08	9.8 (55.7%)
136	<b>NOWAK Tomasz</b>	<b>1228</b>	DZIKIE MUSTANGI	M30	44	00:01:41	00:41:23	<b>01:01:25.10</b>	<b>01:01:25.10</b>	+00:27:20 (44.5%)	6:08	9.8 (55.7%)
137	<b>MACHUCKA Ewelina</b>	<b>1094</b>		K30	7	00:01:34	00:40:55	<b>01:01:26.35</b>	<b>01:01:26.35</b>	+00:27:21 (44.5%)	6:08	9.8 (55.7%)
138	<b>MATUSZAK Jakub</b>	<b>1028</b>	NOWOCZESNYSPORT.PL	M30	45	00:02:20	00:42:05	<b>01:01:37.05</b>	<b>01:01:37.05</b>	+00:27:32 (44.7%)	6:09	9.7 (55.1%)
139	<b>CHOMIUK Adrian</b>	<b>1242</b>	JAZZANOVA	M30	46	00:01:51	00:41:19	<b>01:01:47.30</b>	<b>01:01:47.30</b>	+00:27:42 (44.8%)	6:10	9.7 (55.1%)
140	<b>BIENIECKI Marek</b>	<b>1303</b>	OTK RZEŹNIK	M20	23	00:02:21	00:41:16	<b>01:01:48.10</b>	<b>01:01:48.10</b>	+00:27:43 (44.9%)	6:10	9.7 (55.1%)
141	<b>SNARSKI Bogdan</b>	<b>1313</b>	ALBATROSY	M30	47	00:02:38	00:41:49	<b>01:02:00.35</b>	<b>01:02:00.35</b>	+00:27:55 (45.0%)	6:12	9.7 (55.1%)
142	<b>BIESZCZAD Ilona</b>	<b>1052</b>	KKB MOSIR KROSNO	K30	8	00:02:30	00:41:15	<b>01:02:09.60</b>	<b>01:02:09.60</b>	+00:28:04 (45.2%)	6:12	9.7 (55.1%)
143	<b>STARZECKA Joanna</b>	<b>1041</b>		K40	10	00:01:10	00:41:09	<b>01:02:13.55</b>	<b>01:02:13.55</b>	+00:28:08 (45.2%)	6:13	9.6 (54.5%)
144	<b>RÓŻYCKA Dorota</b>	<b>1177</b>	NOWY STYL GROUP RUNNING TEAM	K30	9	00:02:11	00:41:46	<b>01:02:14.05</b>	<b>01:02:14.05</b>	+00:28:09 (45.2%)	6:13	9.6 (54.5%)
145	<b>SAMBORSKA Weronika</b>	<b>1178</b>	NOWY STYL GROUP RUNNING TEAM	K30	10	00:02:10	00:42:11	<b>01:02:15.95</b>	<b>01:02:15.95</b>	+00:28:11 (45.3%)	6:13	9.6 (54.5%)
146	<b>STEC Andrzej</b>	<b>1297</b>		M50	10	00:00:36	00:41:39	<b>01:02:34.70</b>	<b>01:02:34.70</b>	+00:28:30 (45.5%)	6:15	9.6 (54.5%)
147	<b>ŻARNICKA Anna</b>	<b>1035</b>	STAY INSANE/CROSSFIT Z16	K30	11	00:02:26	00:42:46	<b>01:02:38.50</b>	<b>01:02:38.50</b>	+00:28:33 (45.6%)	6:15	9.6 (54.5%)
148	<b>LUZAR Monika</b>	<b>1076</b>	MIA	K40	11	00:01:11	00:41:38	<b>01:02:40.80</b>	<b>01:02:40.80</b>	+00:28:36 (45.6%)	6:16	9.6 (54.5%)
149	<b>LUZAR Andrzej</b>	<b>1077</b>	MIA	M40	33	00:01:11	00:41:38	<b>01:02:41.00</b>	<b>01:02:41.00</b>	+00:28:36 (45.6%)	6:16	9.6 (54.5%)
150	<b>GUZEK Ewa</b>	<b>140</b>	DZIKIE GRUBASY SZATANA	K30	12	00:01:50	00:42:19	<b>01:02:42.90</b>	<b>01:02:42.90</b>	+00:28:38 (45.7%)	6:16	9.6 (54.5%)
151	<b>BURDA Renata</b>	<b>1282</b>	MTB MOSIR DUKLA	K30	13	00:01:02	00:40:54	<b>01:02:45.70</b>	<b>01:02:45.70</b>	+00:28:41 (45.7%)	6:16	9.6 (54.5%)
152	<b>RACHWAŁ Izabela</b>	<b>1244</b>		K20	10	00:02:09	00:42:01	<b>01:03:09.20</b>	<b>01:03:09.20</b>	+00:29:04 (46.0%)	6:18	9.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
153	<b>SUJAK Małgorzata</b>	<b>1030</b>	MKB DREPTAK	K50	2	00:01:29	00:42:29	<b>01:03:18.10</b>	<b>01:03:18.10</b>	+00:29:13 (46.2%)	6:19	9.5 (54.0%)
154	<b>ŚWIDEREK Michał</b>	<b>1294</b>	NIGHT RUNNERS GLIWICE	M30	48	00:02:25	00:44:08	<b>01:03:21.80</b>	<b>01:03:21.80</b>	+00:29:17 (46.2%)	6:20	9.5 (54.0%)
155	<b>BOCZAR Daniel</b>	<b>1192</b>	NOWY STYL GROUP RUNNING TEAM	M30	49	00:02:10	00:42:39	<b>01:03:31.45</b>	<b>01:03:31.45</b>	+00:29:26 (46.4%)	6:21	9.4 (53.4%)
156	<b>KUROPATWA Kazimierz</b>	<b>1238</b>	SZAFA BIEGACZA TEAM	M60	5	00:01:05	00:41:58	<b>01:03:35.35</b>	<b>01:03:35.35</b>	+00:29:30 (46.4%)	6:21	9.4 (53.4%)
157	<b>WITKO Jerzy</b>	<b>1083</b>	BRAK	M40	34	00:02:02	00:42:44	<b>01:03:40.45</b>	<b>01:03:40.45</b>	+00:29:35 (46.5%)	6:22	9.4 (53.4%)
158	<b>SADOWIŃSKA Adriana</b>	<b>1016</b>	NOWA HUTA TEAM	K40	12	00:01:43	00:43:02	<b>01:03:41.45</b>	<b>01:03:41.45</b>	+00:29:36 (46.5%)	6:22	9.4 (53.4%)
159	<b>SZCZUDRAWA Zbigniew</b>	<b>1295</b>	ŚWINKI TRZY	M50	11	00:02:20	00:42:49	<b>01:03:49.10</b>	<b>01:03:49.10</b>	+00:29:44 (46.6%)	6:22	9.4 (53.4%)
160	<b>BURDA Sławmoir</b>	<b>1281</b>	MTB MOSIR DUKLA	M30	50	00:01:02	00:42:17	<b>01:03:57.05</b>	<b>01:03:57.05</b>	+00:29:52 (46.7%)	6:23	9.4 (53.4%)
161	<b>TYLKA Małgosia</b>	<b>1131</b>		K30	14	00:02:48	00:43:30	<b>01:03:57.80</b>	<b>01:03:57.80</b>	+00:29:53 (46.7%)	6:23	9.4 (53.4%)
162	<b>WIŚNIEWSKI Zbigniew</b>	<b>1254</b>	RODZINNY RELAX	M60	6	00:01:12	00:42:42	<b>01:04:05.45</b>	<b>01:04:05.45</b>	+00:30:00 (46.8%)	6:24	9.4 (53.4%)
163	<b>MATWIEJCZUK Grzegorz</b>	<b>1236</b>	A	M20	24	00:03:05	00:43:29	<b>01:04:19.40</b>	<b>01:04:19.40</b>	+00:30:14 (47.0%)	6:25	9.3 (52.8%)
164	<b>PLIŻGA Sebastian</b>	<b>1266</b>		M30	51	00:01:04	00:41:27	<b>01:04:19.75</b>	<b>01:04:19.75</b>	+00:30:15 (47.0%)	6:25	9.3 (52.8%)
165	<b>PIRÓG Beata</b>	<b>1305</b>		K30	15	00:01:18	00:42:35	<b>01:04:21.10</b>	<b>01:04:21.10</b>	+00:30:16 (47.0%)	6:26	9.3 (52.8%)
166	<b>KOCIOŁEK Aleksandra</b>	<b>1130</b>		K30	16	00:02:22	00:42:52	<b>01:04:28.25</b>	<b>01:04:28.25</b>	+00:30:23 (47.1%)	6:26	9.3 (52.8%)
167	<b>WARCHOŁ - SNUZIK Patrycja</b>	<b>1159</b>	SOLINA TEAM	K30	17	00:00:55	00:42:24	<b>01:04:39.70</b>	<b>01:04:39.70</b>	+00:30:35 (47.3%)	6:27	9.3 (52.8%)
168	<b>WOJTYNA Agata</b>	<b>1089</b>	#KASZANIENAMOKA	K20	11	00:03:06	00:43:20	<b>01:04:42.95</b>	<b>01:04:42.95</b>	+00:30:38 (47.3%)	6:28	9.3 (52.8%)
169	<b>MAJCHROWICZ Marzenna</b>	<b>1185</b>		K40	13	00:02:46	00:43:28	<b>01:04:48.10</b>	<b>01:04:48.10</b>	+00:30:43 (47.4%)	6:28	9.3 (52.8%)
170	<b>SZPAKOWSKI Andrzej</b>	<b>1134</b>	FUN&RUN	M40	35	00:00:56	00:43:21	<b>01:04:50.70</b>	<b>01:04:50.70</b>	+00:30:46 (47.4%)	6:29	9.3 (52.8%)
171	<b>KASPROWICZ Justyna</b>	<b>1147</b>	FUN&RUN	K30	18	00:00:58	00:43:01	<b>01:04:51.00</b>	<b>01:04:51.00</b>	+00:30:46 (47.5%)	6:29	9.3 (52.8%)
172	<b>KASPROWICZ Piotr</b>	<b>1148</b>	FUN&RUN	M30	52	00:00:58	00:43:01	<b>01:04:51.30</b>	<b>01:04:51.30</b>	+00:30:46 (47.5%)	6:29	9.3 (52.8%)
173	<b>RABSZTYN-PIEKARSKA Natasza</b>	<b>1044</b>		K40	14	00:01:28	00:42:43	<b>01:04:53.65</b>	<b>01:04:53.65</b>	+00:30:48 (47.5%)	6:29	9.2 (52.3%)
174	<b>MAJCHROWICZ Andrzej</b>	<b>1181</b>		M40	36	00:02:47	00:43:24	<b>01:04:55.05</b>	<b>01:04:55.05</b>	+00:30:50 (47.5%)	6:29	9.2 (52.3%)
175	<b>GAŃSKI Filip</b>	<b>1288</b>	BIEGAJĄC ŚWIDNIK	M30	53	00:02:28	00:42:48	<b>01:05:11.85</b>	<b>01:05:11.85</b>	+00:31:07 (47.7%)	6:31	9.2 (52.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
176	<b>KIEŁB Jakub</b>	<b>1213</b>		M30	54	00:02:20	00:45:02	<b>01:05:51.10</b>	<b>01:05:51.10</b>	+00:31:46 (48.2%)	6:35	9.1 (51.7%)
177	<b>OSTASZEWSKI Marcin</b>	<b>1241</b>	HONDADOMINATOR.PL	M30	55	00:02:50	00:44:43	<b>01:05:53.00</b>	<b>01:05:53.00</b>	+00:31:48 (48.3%)	6:35	9.1 (51.7%)
178	<b>BIEDRZYCKA Marta</b>	<b>1079</b>	DZIKIE GRUBASY SZATANA	K30	19	00:01:54	00:44:43	<b>01:05:55.35</b>	<b>01:05:55.35</b>	+00:31:50 (48.3%)	6:35	9.1 (51.7%)
179	<b>JAWORSKA Marta</b>	<b>1182</b>		K30	20	00:02:12	00:44:01	<b>01:06:15.40</b>	<b>01:06:15.40</b>	+00:32:10 (48.6%)	6:37	9.1 (51.7%)
180	<b>BENSKA Krystyna</b>	<b>1081</b>	MIECHOWICKA GRUPA BIEGOWA	K60	1	00:01:55	00:43:44	<b>01:06:40.00</b>	<b>01:06:40.00</b>	+00:32:35 (48.9%)	6:40	9 (51.1%)
181	<b>POPŁAWSKI Piotr</b>	<b>1302</b>	PGB SPORTOWA PACZKA	M30	56	00:01:57	00:44:10	<b>01:06:51.95</b>	<b>01:06:51.95</b>	+00:32:47 (49.0%)	6:41	9 (51.1%)
182	<b>PABIAŃCZYK Małgorzata</b>	<b>1286</b>		K30	21	00:02:05	00:44:22	<b>01:06:58.95</b>	<b>01:06:58.95</b>	+00:32:54 (49.1%)	6:41	9 (51.1%)
183	<b>KOLIBAROVA Martina</b>	<b>1309</b>	MARAS TEAM	K30	22	00:01:54	00:45:21	<b>01:07:02.80</b>	<b>01:07:02.80</b>	+00:32:58 (49.2%)	6:42	9 (51.1%)
184	<b>MARAS Ladislav</b>	<b>1307</b>	MARAS TEAM	M50	12	00:01:53	00:45:20	<b>01:07:03.00</b>	<b>01:07:03.00</b>	+00:32:58 (49.2%)	6:42	8.9 (50.6%)
185	<b>KALIŃSKI Kamil Norbert</b>	<b>1156</b>	NIEMANIE	M20	25	00:03:05	00:44:53	<b>01:07:10.90</b>	<b>01:07:10.90</b>	+00:33:06 (49.3%)	6:43	8.9 (50.6%)
186	<b>KORNIŁOW Piotr</b>	<b>1299</b>	KORNIŁOW TEAM	M40	37	00:02:56	00:46:18	<b>01:07:11.90</b>	<b>01:07:11.90</b>	+00:33:07 (49.3%)	6:43	8.9 (50.6%)
187	<b>FRANKOWSKI Dariusz</b>	<b>1259</b>		M40	38	00:01:50	00:45:27	<b>01:07:13.50</b>	<b>01:07:13.50</b>	+00:33:08 (49.3%)	6:43	8.9 (50.6%)
188	<b>SKUZA Małgorzata</b>	<b>1258</b>		K40	15	00:01:50	00:45:27	<b>01:07:13.65</b>	<b>01:07:13.65</b>	+00:33:08 (49.3%)	6:43	8.9 (50.6%)
189	<b>MATUŁA Michał</b>	<b>1152</b>		M20	26	00:02:13	00:46:48	<b>01:07:14.70</b>	<b>01:07:14.70</b>	+00:33:10 (49.3%)	6:43	8.9 (50.6%)
190	<b>SKRUTEK Jan</b>	<b>1066</b>	WKB PIAST / GOPR BIESZCZADY	M60	7		00:46:12	<b>01:07:19.20</b>	<b>01:07:19.20</b>	+00:33:14 (49.4%)	6:43	8.9 (50.6%)
191	<b>GNIĘCIAK Monika</b>	<b>1126</b>	BIESZCZADYRUN	K30	23	00:02:00	00:44:56	<b>01:07:28.00</b>	<b>01:07:28.00</b>	+00:33:23 (49.5%)	6:44	8.9 (50.6%)
192	<b>KOCEMBA Danuta</b>	<b>1114</b>	BRAK	K30	24	00:01:38	00:44:51	<b>01:07:29.60</b>	<b>01:07:29.60</b>	+00:33:24 (49.5%)	6:44	8.9 (50.6%)
193	<b>KOŁODZIEJCZYK Joanna</b>	<b>1311</b>		K30	25	00:02:20	00:45:58	<b>01:07:34.80</b>	<b>01:07:34.80</b>	+00:33:30 (49.6%)	6:45	8.9 (50.6%)
194	<b>KOCZAJA Malgorzata</b>	<b>1105</b>		K20	12	00:01:56	00:45:38	<b>01:07:50.80</b>	<b>01:07:50.80</b>	+00:33:46 (49.8%)	6:47	8.8 (50.0%)
195	<b>WYSOCKA Katarzyna</b>	<b>1086</b>		K40	16	00:02:21	00:43:54	<b>01:07:57.35</b>	<b>01:07:57.35</b>	+00:33:52 (49.9%)	6:47	8.8 (50.0%)
196	<b>RUDZKI Michał</b>	<b>1034</b>	CROSSFIT Z16	M20	27	00:02:23	00:46:17	<b>01:08:02.55</b>	<b>01:08:02.55</b>	+00:33:57 (49.9%)	6:48	8.8 (50.0%)
197	<b>OKLEJ Agata</b>	<b>1300</b>	KORNIŁOW TEAM	K30	26	00:02:56	00:46:47	<b>01:08:20.20</b>	<b>01:08:20.20</b>	+00:34:15 (50.1%)	6:50	8.8 (50.0%)
198	<b>WOLSKA Marta</b>	<b>1155</b>	WOLSCY BROTHERS TRIATHLON TEAM	K20	13	00:01:38	00:44:20	<b>01:08:27.00</b>	<b>01:08:27.00</b>	+00:34:22 (50.2%)	6:50	8.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
199	<b>NOWAK Wioletta</b>	<b>1229</b>	DZIKIE MUSTANGI	K30	27	00:01:42	00:43:26	<b>01:08:39.60</b>	<b>01:08:39.60</b>	+00:34:34 (50.4%)	6:51	8.7 (49.4%)
200	<b>JEŻOWSKA Iga</b>	<b>1209</b>	WW TEAM	K20	14	00:01:51	00:46:34	<b>01:08:40.80</b>	<b>01:08:40.80</b>	+00:34:36 (50.4%)	6:52	8.7 (49.4%)
201	<b>MIROSŁAW Albert</b>	<b>1186</b>	WW TEAM	M40	39	00:01:50	00:46:33	<b>01:08:41.60</b>	<b>01:08:41.60</b>	+00:34:36 (50.4%)	6:52	8.7 (49.4%)
202	<b>KUŁAGA Krzysztof</b>	<b>1106</b>	SPRINT GORZYCE	M30	57	00:00:43	00:45:43	<b>01:09:02.40</b>	<b>01:09:02.40</b>	+00:34:57 (50.6%)	6:54	8.7 (49.4%)
203	<b>ŚWIGONIAK Anna</b>	<b>1014</b>	NOWA HUTA TEAM FUNDACJA BIEG ROLNIKA	K30	28	00:01:42	00:46:56	<b>01:09:09.60</b>	<b>01:09:09.60</b>	+00:35:04 (50.7%)	6:54	8.7 (49.4%)
204	<b>DANILUK Andrzej</b>	<b>1293</b>	ZACISZE NIGHT RUNNERS	M40	40	00:02:06	00:46:44	<b>01:09:23.15</b>	<b>01:09:23.15</b>	+00:35:18 (50.9%)	6:56	8.6 (48.9%)
205	<b>OWOCKA Ewa</b>	<b>1289</b>	MIECHOWICKA GRUPA BIEGOWA	K30	29	00:01:54	00:46:43	<b>01:09:26.85</b>	<b>01:09:26.85</b>	+00:35:22 (50.9%)	6:56	8.6 (48.9%)
206	<b>JANKOWSKA Małgorzata</b>	<b>1110</b>		K30	30	00:02:33	00:48:44	<b>01:09:28.80</b>	<b>01:09:28.80</b>	+00:35:24 (51.0%)	6:56	8.6 (48.9%)
207	<b>BRZOZOWSKA Paulina</b>	<b>1170</b>		K30	31	00:02:42	00:47:23	<b>01:10:19.90</b>	<b>01:10:19.90</b>	+00:36:15 (51.5%)	7:01	8.5 (48.3%)
208	<b>WYSOCKI Mariusz</b>	<b>1087</b>		M50	13	00:02:15	00:47:48	<b>01:10:27.25</b>	<b>01:10:27.25</b>	+00:36:22 (51.6%)	7:02	8.5 (48.3%)
209	<b>LENKIEWICZ-BARDZIŃSKA Agata</b>	<b>1210</b>	MKS HALICZ, NADLEŚNICTWO LUTOWISKA	K30	32	00:01:06	00:46:55	<b>01:10:45.30</b>	<b>01:10:45.30</b>	+00:36:40 (51.8%)	7:04	8.5 (48.3%)
210	<b>TOBERA Alicja</b>	<b>1149</b>		K30	33	00:02:17	00:47:15	<b>01:10:49.40</b>	<b>01:10:49.40</b>	+00:36:44 (51.9%)	7:04	8.5 (48.3%)
211	<b>SARNA Agata</b>	<b>1040</b>		K30	34	00:01:24	00:47:09	<b>01:11:01.90</b>	<b>01:11:01.90</b>	+00:36:57 (52.0%)	7:06	8.4 (47.7%)
212	<b>GAJDA Beata</b>	<b>1240</b>	#YOLOTEAMKRK	K40	17	00:02:08	00:47:04	<b>01:11:05.20</b>	<b>01:11:05.20</b>	+00:37:00 (52.1%)	7:06	8.4 (47.7%)
213	<b>KOKOT Katarzyna</b>	<b>672</b>	AKTYWNY DYNÓW	K30	35	00:02:47	00:49:32	<b>01:11:09.85</b>	<b>01:11:09.85</b>	+00:37:05 (52.1%)	7:06	8.4 (47.7%)
214	<b>BAKA Piotr</b>	<b>1069</b>	ARCHIMEDIA	M40	41	00:02:18	00:50:08	<b>01:11:15.40</b>	<b>01:11:15.40</b>	+00:37:10 (52.2%)	7:07	8.4 (47.7%)
215	<b>GŁUSZKO Justyna</b>	<b>1231</b>	SOLIN TEAM	K30	36	00:02:02	00:47:17	<b>01:11:20.75</b>	<b>01:11:20.75</b>	+00:37:16 (52.2%)	7:08	8.4 (47.7%)
216	<b>RĘKAS Piotr</b>	<b>1055</b>	RAPTOWNI	M60	8	00:02:18	00:50:06	<b>01:11:23.60</b>	<b>01:11:23.60</b>	+00:37:18 (52.3%)	7:08	8.4 (47.7%)
217	<b>SULEJA Joanna</b>	<b>1173</b>	SZWLA STARGARD	K50	3	00:02:49	00:48:14	<b>01:11:40.65</b>	<b>01:11:40.65</b>	+00:37:35 (52.5%)	7:10	8.4 (47.7%)
218	<b>WOŹNIAK Aleksandra</b>	<b>1169</b>		K30	37	00:02:44	00:48:15	<b>01:11:42.15</b>	<b>01:11:42.15</b>	+00:37:37 (52.5%)	7:10	8.4 (47.7%)
219	<b>WIŚNIEWSKA Gosia</b>	<b>1097</b>		K40	18	00:02:38	00:48:23	<b>01:11:42.80</b>	<b>01:11:42.80</b>	+00:37:38 (52.5%)	7:10	8.4 (47.7%)
220	<b>GARWACKA Beata</b>	<b>1247</b>		K50	4	00:02:09	00:48:06	<b>01:11:43.30</b>	<b>01:11:43.30</b>	+00:37:38 (52.5%)	7:10	8.4 (47.7%)
221	<b>GADECKA Magdalena</b>	<b>1057</b>	RAPTOWNI	K30	38	00:02:23	00:50:05	<b>01:11:45.95</b>	<b>01:11:45.95</b>	+00:37:41 (52.5%)	7:10	8.4 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
222	<b>DĄBRÓWKA Nina</b>	<b>1200</b>	FUNDACJA LATARNIA	K30	39	00:01:17	00:47:40	<b>01:12:10.70</b>	<b>01:12:10.70</b>	+00:38:06 (52.8%)	7:13	8.3 (47.2%)
223	<b>DĄBRÓWKA Radosław</b>	<b>1201</b>	FUNDACJA LATARNIA	M30	58	00:01:17	00:47:39	<b>01:12:11.15</b>	<b>01:12:11.15</b>	+00:38:06 (52.8%)	7:13	8.3 (47.2%)
224	<b>KŁĘCZAR Ewa</b>	<b>1232</b>	BRAK	K30	40	00:01:38	00:48:00	<b>01:12:27.25</b>	<b>01:12:27.25</b>	+00:38:22 (53.0%)	7:14	8.3 (47.2%)
225	<b>HADAM Ewa</b>	<b>1031</b>	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	5	00:02:50	00:49:08	<b>01:12:34.80</b>	<b>01:12:34.80</b>	+00:38:30 (53.0%)	7:15	8.3 (47.2%)
226	<b>LIS Maria</b>	<b>1127</b>		K20	15	00:02:25	00:48:33	<b>01:12:42.05</b>	<b>01:12:42.05</b>	+00:38:37 (53.1%)	7:16	8.3 (47.2%)
227	<b>ŻYNDA Marta</b>	<b>1141</b>	FUNDACJA KIERUNEK ULTRA	K40	19	00:01:18	00:47:15	<b>01:12:50.10</b>	<b>01:12:50.10</b>	+00:38:45 (53.2%)	7:17	8.2 (46.6%)
228	<b>PEKALSKA Anna</b>	<b>1184</b>		K40	20	00:02:10	00:48:16	<b>01:12:53.05</b>	<b>01:12:53.05</b>	+00:38:48 (53.2%)	7:17	8.2 (46.6%)
229	<b>STAWSKA Natalia</b>	<b>1047</b>	LACHO TEAM	K30	41	00:02:58	00:49:14	<b>01:12:53.35</b>	<b>01:12:53.35</b>	+00:38:48 (53.2%)	7:17	8.2 (46.6%)
230	<b>RUDNICKI Marek</b>	<b>1296</b>		M30	59	00:02:20	00:49:24	<b>01:12:57.00</b>	<b>01:12:57.00</b>	+00:38:52 (53.3%)	7:17	8.2 (46.6%)
231	<b>PARTYKA Agnieszka</b>	<b>1277</b>		K30	42	00:03:01	00:49:52	<b>01:13:01.90</b>	<b>01:13:01.90</b>	+00:38:57 (53.3%)	7:18	8.2 (46.6%)
232	<b>PARTYKA Andrzej</b>	<b>1278</b>	RGIG	M30	60	00:03:01	00:49:47	<b>01:13:03.50</b>	<b>01:13:03.50</b>	+00:38:58 (53.4%)	7:18	8.2 (46.6%)
233	<b>ZWIERZ Małgorzata</b>	<b>1098</b>		K40	21	00:01:57	00:49:11	<b>01:13:18.50</b>	<b>01:13:18.50</b>	+00:39:13 (53.5%)	7:19	8.2 (46.6%)
234	<b>KRÓLIKOWSKA Katarzyna</b>	<b>1096</b>		K40	22	00:01:58	00:49:11	<b>01:13:23.00</b>	<b>01:13:23.00</b>	+00:39:18 (53.6%)	7:20	8.2 (46.6%)
235	<b>KRYGOWSKI Zbigniew</b>	<b>1091</b>	AKADEMIA SPORTU LUBACZÓW	M40	42	00:02:38	00:48:55	<b>01:13:50.80</b>	<b>01:13:50.80</b>	+00:39:46 (53.9%)	7:23	8.1 (46.0%)
236	<b>WRZOSEK Justyna</b>	<b>1059</b>		K30	43	00:01:37	00:50:26	<b>01:14:24.25</b>	<b>01:14:24.25</b>	+00:40:19 (54.2%)	7:26	8.1 (46.0%)
237	<b>PAWELEC Justyna</b>	<b>1060</b>		K30	44	00:01:38	00:50:26	<b>01:14:24.30</b>	<b>01:14:24.30</b>	+00:40:19 (54.2%)	7:26	8.1 (46.0%)
238	<b>CZOCHARA Marta</b>	<b>1122</b>	AMATOR	K40	23	00:02:47	00:49:39	<b>01:14:32.20</b>	<b>01:14:32.20</b>	+00:40:27 (54.3%)	7:27	8.1 (46.0%)
239	<b>CZOCHARA Robert</b>	<b>1123</b>	AMATOR	M40	43	00:02:48	00:48:57	<b>01:14:33.75</b>	<b>01:14:33.75</b>	+00:40:29 (54.3%)	7:27	8 (45.5%)
240	<b>AUGUSTYNIAK Kinga</b>	<b>1306</b>	LACHO TEAM	K40	24	00:02:07	00:49:39	<b>01:15:10.30</b>	<b>01:15:10.30</b>	+00:41:05 (54.7%)	7:31	8 (45.5%)
241	<b>MAJ Paulina</b>	<b>1194</b>		K20	16	00:02:16	00:50:55	<b>01:15:40.35</b>	<b>01:15:40.35</b>	+00:41:35 (55.0%)	7:34	7.9 (44.9%)
242	<b>CZAPLA Andrzej</b>	<b>1116</b>		M60	9	00:02:59	00:50:51	<b>01:15:41.50</b>	<b>01:15:41.50</b>	+00:41:36 (55.0%)	7:34	7.9 (44.9%)
243	<b>KAŻMIERCZAK Malwina</b>	<b>1071</b>	DZIKIE GRUBASY SZATANA	K30	45	00:01:55	00:50:35	<b>01:16:15.75</b>	<b>01:16:15.75</b>	+00:42:11 (55.3%)	7:37	7.9 (44.9%)
244	<b>KONOPKA Grzegorz</b>	<b>1025</b>	DZIKIE GRUBAS SZATANA	M30	61	00:01:55	00:50:35	<b>01:16:17.15</b>	<b>01:16:17.15</b>	+00:42:12 (55.3%)	7:37	7.9 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km					
245	<b>SZYMAŁA Monika</b>	<b>1264</b>		K20	17	00:02:44	00:50:56	<b>01:16:30.85</b>	<b>01:16:30.85</b>	+00:42:26 (55.5%)	7:39	7.8 (44.3%)
246	<b>KALINOWSKA Lucyna</b>	<b>1115</b>		K50	6	00:01:10	00:49:56	<b>01:17:23.30</b>	<b>01:17:23.30</b>	+00:43:18 (56.0%)	7:44	7.8 (44.3%)
247	<b>GŁOWACKA Aleksandra</b>	<b>1143</b>	WIELISZEW HERON TEAM	K40	25	00:01:33	00:49:24	<b>01:17:40.75</b>	<b>01:17:40.75</b>	+00:43:36 (56.1%)	7:46	7.7 (43.8%)
248	<b>KOCIOŁEK Łukasz</b>	<b>1129</b>		M30	62	00:02:28	00:51:11	<b>01:17:46.25</b>	<b>01:17:46.25</b>	+00:43:41 (56.2%)	7:46	7.7 (43.8%)
249	<b>MARUT Kaśka</b>	<b>1263</b>	NIGHT RUNNERS GLIWICE	K40	26	00:02:28	00:52:27	<b>01:20:28.40</b>	<b>01:20:28.40</b>	+00:46:23 (57.7%)	8:02	7.5 (42.6%)
250	<b>GORAJ - ZAJĄC Aleksandra</b>	<b>1279</b>	NIGHTRUNNERS	K40	27	00:02:27	00:52:28	<b>01:20:30.25</b>	<b>01:20:30.25</b>	+00:46:25 (57.7%)	8:03	7.5 (42.6%)
251	<b>GERGONT Aleksandra</b>	<b>1230</b>		K50	7	00:02:05		<b>01:20:34.40</b>	<b>01:20:34.40</b>	+00:46:29 (57.7%)	8:03	7.4 (42.0%)
252	<b>BARCZAK Sylwia</b>	<b>1301</b>	PERFECT RUNNER /STAY INSANE	K30	46	00:01:41	00:55:08	<b>01:20:54.90</b>	<b>01:20:54.90</b>	+00:46:50 (57.9%)	8:05	7.4 (42.0%)
253	<b>BINCZYCKI Marcin</b>	<b>1304</b>		M30	63	00:01:27	00:54:07	<b>01:20:56.60</b>	<b>01:20:56.60</b>	+00:46:51 (57.9%)	8:05	7.4 (42.0%)
254	<b>CZUBA Jadwiga</b>	<b>1287</b>		K30	47	00:02:44	00:55:34	<b>01:21:20.30</b>	<b>01:21:20.30</b>	+00:47:15 (58.1%)	8:08	7.4 (42.0%)
255	<b>BRODIUK Norbert</b>	<b>1163</b>	NIGH RUNNERS GLIWICE	M40	44	00:01:50	00:52:05	<b>01:22:05.80</b>	<b>01:22:05.80</b>	+00:48:01 (58.5%)	8:12	7.3 (41.5%)
256	<b>SŁOBODA Magdalena</b>	<b>1119</b>	RUNSŁOBODAN	K30	48	00:02:35	00:57:16	<b>01:23:32.05</b>	<b>01:23:32.05</b>	+00:49:27 (59.2%)	8:21	7.2 (40.9%)
257	<b>SŁOBODA Krzysztof</b>	<b>1128</b>		M60	10	00:02:35	00:57:17	<b>01:23:32.35</b>	<b>01:23:32.35</b>	+00:49:27 (59.2%)	8:21	7.2 (40.9%)
258	<b>ROJ Dawid</b>	<b>1120</b>	RUNSŁOBODAN	M30	64	00:02:36	00:56:48	<b>01:23:32.80</b>	<b>01:23:32.80</b>	+00:49:28 (59.2%)	8:21	7.2 (40.9%)
259	<b>FRAĆ Elżbieta</b>	<b>1012</b>	NIGHT RUNNERS GLIWICE	K40	28	00:02:43	00:56:08	<b>01:24:42.80</b>	<b>01:24:42.80</b>	+00:50:38 (59.8%)	8:28	7.1 (40.3%)
260	<b>CIESZYŃSKA Jolanta</b>	<b>1157</b>	SEKCJA BIEGOWA FAMILA	K50	8	00:02:23	00:59:13	<b>01:26:33.80</b>	<b>01:26:33.80</b>	+00:52:29 (60.6%)	8:39	6.9 (39.2%)
261	<b>GREGORCZYK Jadwiga</b>	<b>1013</b>	ZABIEGANI MIELEC	K20	18	00:03:02	00:57:47	<b>01:28:05.05</b>	<b>01:28:05.05</b>	+00:54:00 (61.3%)	8:48	6.8 (38.6%)
262	<b>BĄDZIUL Dorota</b>	<b>1018</b>		K30	49	00:02:02	00:58:03	<b>01:28:09.40</b>	<b>01:28:09.40</b>	+00:54:04 (61.3%)	8:48	6.8 (38.6%)
263	<b>ZAJDEL Monika</b>	<b>1101</b>		K30	50	00:01:41	01:00:24	<b>01:29:07.10</b>	<b>01:29:07.10</b>	+00:55:02 (61.8%)	8:54	6.7 (38.1%)
264	<b>OŻÓG Iwona</b>	<b>1145</b>		K40	29	00:02:31	00:59:36	<b>01:30:01.85</b>	<b>01:30:01.85</b>	+00:55:57 (62.1%)	9:00	6.7 (38.1%)
265	<b>OŻÓG Dorota</b>	<b>1146</b>		K40	30	00:02:31	00:59:36	<b>01:30:02.30</b>	<b>01:30:02.30</b>	+00:55:57 (62.2%)	9:00	6.7 (38.1%)
266	<b>BOGDAŁ Joanna</b>	<b>1023</b>	NOWA HUTA TEAM	K40	31	00:01:44	01:02:01	<b>01:33:55.10</b>	<b>01:33:55.10</b>	+00:59:50 (63.7%)	9:23	6.4 (36.4%)