



IV ZIMOWA BIESZCZADZKA DYCHA 2018

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

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	DOMISZEWSKI Ignacy	1065	MKS HALICZ	M20	1	00:00:27	00:22:12	00:34:04.70	00:34:04.70		3:24	17.6
2	SZPUNAR Andrzej	1187		M40	1	00:00:27	00:23:22	00:36:12.50	00:36:12.50	+00:02:07	3:37	16.6
3	DZIOREK Tomasz	1092	SPRINT GORZYCE	M30	1	00:00:29	00:26:37	00:40:17.00	00:40:17.00	+00:06:12	4:01	14.9
4	SUROWIEC Grzegorz	1160	BESTA SP. Z O.O.	M30	2	00:00:30	00:27:17	00:41:08.45	00:41:08.45	+00:07:03	4:06	14.6
5	DUDZIK Łukasz	1175	GÓRAL BIEGA	M30	3	00:00:35	00:28:05	00:41:40.10	00:41:40.10	+00:07:35	4:10	14.4
6	BARAN Mateusz	1072	GORLICKA GRUPA BIEGOWA	M20	2	00:00:29	00:27:36	00:41:53.30	00:41:53.30	+00:07:48	4:11	14.3
7	ADAMCZYK Przemysław	1235	ADIDAS RUNNERS WARSAW	M40	2	00:00:28	00:28:35	00:42:43.55	00:42:43.55	+00:08:38	4:16	14
8	MARCZAK Paweł	1234	ADIDAS RUNNERS WARSAW	M30	4	00:00:32	00:28:39	00:42:51.50	00:42:51.50	+00:08:46	4:17	14
9	TRYNIECKI Krystian	1073		M20	3	00:00:39	00:28:09	00:43:05.70	00:43:05.70	+00:09:01	4:18	13.9
10	MAJCHROWICZ Wiktor	1314		M30	5	00:00:57	00:29:31	00:43:44.75	00:43:44.75	+00:09:40	4:22	13.7
11	REGIEC Mateusz	1246	GYPSY RUNNER'S	M30	6	00:00:39	00:29:18	00:43:53.55	00:43:53.55	+00:09:48	4:23	13.7
12	WITEK Elżbieta	1248		K30	1	00:00:38	00:29:39	00:44:39.00	00:44:39.00	+00:10:34	4:27	13.4
13	TELESZ Mateusz	1249		M30	7	00:00:39	00:29:39	00:44:41.55	00:44:41.55	+00:10:36	4:28	13.4
14	HARSCHÉ Paweł	1026		M30	8	00:00:53	00:29:48	00:45:00.25	00:45:00.25	+00:10:55	4:30	13.3
15	TRYNIECKI Tomasz	1074	GRODZISKA GRUPA BIEGOWA	M40	3	00:00:39	00:30:06	00:45:02.70	00:45:02.70	+00:10:58	4:30	13.3
16	PRZEBIROWSKI Karol	1151	HUSARIA RACE TEAM	M20	4	00:00:30	00:29:51	00:45:21.60	00:45:21.60	+00:11:16	4:32	13.2
17	SARNA Kamil	1166		M30	9	00:00:50	00:30:29	00:45:36.30	00:45:36.30	+00:11:31	4:33	13.2
18	WÓJCIK Jerzy	1100		M30	10	00:00:56	00:31:01	00:46:04.85	00:46:04.85	+00:12:00	4:36	13
19	WÓJCIK Józef	1137	CHEŁM BIEGA	M40	4	00:00:56	00:31:06	00:46:55.85	00:46:55.85	+00:12:51	4:41	12.8
20	MAŚLANY Daniel	1046		M40	5	00:01:00	00:31:45	00:47:13.85	00:47:13.85	+00:13:09	4:43	12.7
21	WINIARSKI Karol	1176	BŁĘKITNI ŻEGLCE	M30	11	00:00:37	00:31:39	00:47:30.00	00:47:30.00	+00:13:25	4:45	12.6
22	CHOJNACKI Wiktor	1226		M30	12	00:01:02	00:32:07	00:47:47.60	00:47:47.60	+00:13:42	4:46	12.6
23	ONISK Kamil	1162	MKB DREPTAK	M20	5	00:00:31	00:32:18	00:48:32.20	00:48:32.20	+00:14:27	4:51	12.4
24	SKOTNICZNY Michał	1138		M20	6	00:00:57	00:32:34	00:48:39.75	00:48:39.75	+00:14:35	4:51	12.3
25	ZAWADZKI Krzysztof	1239	FUNDACJA LATARNIA	M20	7	00:01:10	00:32:50	00:48:47.35	00:48:47.35	+00:14:42	4:52	12.3
26	TUCZAPSKI Piotr	1212	XRUNNERS	M20	8	00:00:37	00:32:22	00:48:47.40	00:48:47.40	+00:14:42	4:52	12.3
27	STANKIEWICZ Jacek	1218		M50	1	00:00:39	00:32:23	00:48:48.50	00:48:48.50	+00:14:43	4:52	12.3
28	FARON Piotr	1280	LIMANOWA FOREST	M60	1	00:00:43	00:32:43	00:48:50.25	00:48:50.25	+00:14:45	4:53	12.3

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					
29	SZYSZŁO Tomasz	1219	RUN ENERGY CLUB SANOK	M30	13	00:00:57	00:32:40	00:48:51.85	00:48:51.85	+00:14:47	4:53	12.3
30	KLATE Łukasz	1017	ŁÓDŹ KOCHA SPORT	M40	6	00:00:59	00:32:48	00:49:18.90	00:49:18.90	+00:15:14	4:55	12.2
31	SZWAST Jerzy	1198	MTB MOSR DUKLA	M40	7	00:01:25	00:33:28	00:49:26.20	00:49:26.20	+00:15:21	4:56	12.1
32	RECZKOWSKI Andrzej	1252	1954	M60	2	00:00:38	00:32:42	00:49:44.55	00:49:44.55	+00:15:39	4:58	12.1
33	WILCZAK Janusz	1021		M40	8	00:00:34	00:33:14	00:50:01.70	00:50:01.70	+00:15:57	5:00	12
34	KRZYŚKO Marcin	1144		M30	14	00:01:20	00:32:44	00:50:02.60	00:50:02.60	+00:15:57	5:00	12
35	RZEMIENIEWSKA Marta	1261	ADIDAS RUNNERS WARSAW	K20	1	00:01:05	00:33:49	00:50:07.15	00:50:07.15	+00:16:02	5:00	12
36	PŁESZKA Marek	1165	OTRYT LUTOWSKA	M40	9	00:01:01	00:33:42	00:50:27.50	00:50:27.50	+00:16:22	5:02	11.9
37	SIEMIĄTKOWSKA Katarzyna	1179		K30	2	00:00:59	00:33:51	00:50:34.40	00:50:34.40	+00:16:29	5:03	11.9
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	5:04	11.8
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	5:04	11.8
40	STĘPKOWSKI Mateusz	1206		M20	9	00:02:42	00:35:58	00:50:51.50	00:50:51.50	+00:16:46	5:05	11.8
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	5:05	11.8
42	ISKRA Grzegorz	1150	KP PSP STRZYŻÓW	M30	16	00:00:59	00:33:57	00:50:58.35	00:50:58.35	+00:16:53	5:05	11.8
43	DRAŹEK Sławomir	1183		M40	11	00:01:03	00:34:22	00:51:14.50	00:51:14.50	+00:17:09	5:07	11.7
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	5:08	11.7
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	5:11	11.5
46	RAPACZ Marcin	1108		M50	2	00:01:08	00:34:10	00:52:00.20	00:52:00.20	+00:17:55	5:12	11.5
47	WARĘCKA Kasia	1135		K20	3	00:00:42	00:34:10	00:52:15.00	00:52:15.00	+00:18:10	5:13	11.5
48	DUDZIŃSKI Piotr	1196		M30	19	00:01:37	00:35:12	00:52:17.80	00:52:17.80	+00:18:13	5:13	11.5
49	RADZIK Robert	1221	1991	M20	10	00:00:39	00:35:20	00:52:18.55	00:52:18.55	+00:18:13	5:13	11.5
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	5:14	11.5
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	5:14	11.4
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	5:14	11.4
53	MIERZWA Kamil	1284		M20	12	00:01:05	00:35:10	00:52:47.15	00:52:47.15	+00:18:42	5:16	11.4
54	SOBIERAJSKI Maciej	1043		M30	20	00:01:09	00:36:25	00:52:49.00	00:52:49.00	+00:18:44	5:16	11.4
55	SIENNICKI Rafał	1180		M40	14	00:01:33	00:35:53	00:53:23.75	00:53:23.75	+00:19:19	5:20	11.2
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	5:20	11.2
57	BŁASZCZAK Błażej	1203		M30	22	00:01:01	00:36:17	00:53:29.35	00:53:29.35	+00:19:24	5:20	11.2
58	POSZYTEK Jagoda	1042		K20	4	00:01:08	00:36:24	00:53:32.20	00:53:32.20	+00:19:27	5:21	11.2
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	5:21	11.2
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	5:21	11.2
61	GUDOWSKI Krystian	1262		M30	23	00:02:37	00:37:09	00:53:37.50	00:53:37.50	+00:19:32	5:21	11.2
62	JAKUSZEWSKI Paweł	1167		M30	24	00:02:22	00:36:57	00:53:44.50	00:53:44.50	+00:19:39	5:22	11.2
63	TRZASKOWSKA Joanna	1109	TRUCHT TARCHOMIN TEAM	K30	3	00:01:02	00:36:18	00:53:52.00	00:53:52.00	+00:19:47	5:23	11.1
64	NALEPA Maciej	1172		M30	25	00:01:09	00:36:33	00:54:00.55	00:54:00.55	+00:19:55	5:24	11.1
65	KOPERSKA Anna	1082	HYDRO CENTRUM D.K. KOPERSCY M.MASTALERZ SP. J.	K20	5	00:00:56	00:35:53	00:54:01.90	00:54:01.90	+00:19:57	5:24	11.1
66	WYSOCKI Mariusz	1202	FUNDACJA LATARNIA	M30	26	00:01:06	00:34:45	00:54:07.70	00:54:07.70	+00:20:03	5:24	11.1
67	ŻAK Krzysztof	1051		M40	16	00:01:20	00:36:43	00:54:14.15	00:54:14.15	+00:20:09	5:25	11.1
68	POLOZYNSKI Andrzej	1075	ZACISZE NIGHT RUNNERS	M40	17	00:02:06	00:36:55	00:54:15.00	00:54:15.00	+00:20:10	5:25	11.1
69	RYŁKO Mariola	1227	SOLINA TEAM	K40	2	00:00:56	00:36:00	00:54:19.00	00:54:19.00	+00:20:14	5:25	11
70	NAWROT Bartłomiej	1243	KAMIENIOŁOM	M30	27	00:01:58	00:36:22	00:54:28.35	00:54:28.35	+00:20:23	5:26	11
71	FURS Teodor	1253	PIERDZĄCE ZAJĄCE	M40	18	00:01:22	00:37:01	00:54:49.40	00:54:49.40	+00:20:44	5:28	10.9

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					
72	SZYBIAK Maciej	1215	AGONA W&M	M20	13	00:02:23	00:37:11	00:54:54.05	00:54:54.05	+00:20:49	5:29	10.9
73	POJNAR Katarzyna	1225		K20	6	00:01:01	00:36:10	00:55:07.25	00:55:07.25	+00:21:02	5:30	10.9
74	KLOCEK Konrad	1104		M30	28	00:01:05	00:36:29	00:55:22.30	00:55:22.30	+00:21:17	5:32	10.8
75	IGNOR Edyta	1211	SPARTAN RACE TRAINING GROUP RZESZÓW	K20	7	00:01:12	00:36:38	00:55:27.10	00:55:27.10	+00:21:22	5:32	10.8
76	HEC Grzegorz	1015		M30	29	00:01:06	00:37:06	00:55:33.30	00:55:33.30	+00:21:28	5:33	10.8
77	DEC Roman	1256	JW3730	M30	30	00:02:52	00:38:01	00:55:34.30	00:55:34.30	+00:21:29	5:33	10.8
78	SZYBIAK Joanna	1216	AGONA W&M	K40	3	00:02:27	00:37:11	00:55:50.10	00:55:50.10	+00:21:45	5:35	10.7
79	GALANTY Bartłomiej	1189		M40	19	00:02:11	00:38:07	00:56:01.05	00:56:01.05	+00:21:56	5:36	10.7
80	DOMIN Wiesław	1220		M50	3	00:01:17	00:38:16	00:56:04.45	00:56:04.45	+00:21:59	5:36	10.7
81	KOGUT Leszek	1049		M40	20	00:02:01	00:37:16	00:56:09.05	00:56:09.05	+00:22:04	5:36	10.7
82	WAL Sebastian	1124	STOWARZYSZENIE KLUB SPORTOWY W SMOLARZYNACH	M20	14	00:00:51	00:37:08	00:56:11.45	00:56:11.45	+00:22:06	5:37	10.7
83	LESZCZYŃSKI Mirosław	1125	BIESZCZADYRUN	M30	31	00:01:41	00:38:19	00:56:16.05	00:56:16.05	+00:22:11	5:37	10.7
84	BUGAJSKI Artur	1111	JABIEGAM	M40	21	00:01:18	00:37:32	00:56:19.30	00:56:19.30	+00:22:14	5:37	10.7
85	KOCHANIAK Andrzej	1208	WŁÓCZYBIEGI	M30	32	00:02:38	00:39:27	00:56:32.10	00:56:32.10	+00:22:27	5:39	10.6
86	ŻARNICKI Kamil	1036	STAY INSANE	M30	33	00:02:36	00:38:43	00:56:35.75	00:56:35.75	+00:22:31	5:39	10.6
87	OLESIK Zygmunt	1063		M40	22	00:01:25	00:37:48	00:56:52.80	00:56:52.80	+00:22:48	5:41	10.6
88	MAJCHROWSKI Jacek	1019	CKB TARNOBRZEG	M40	23	00:01:59	00:38:46	00:56:53.05	00:56:53.05	+00:22:48	5:41	10.5
89	ROŚCIŃSKI Franciszek	1316		M40	24	00:01:40	00:38:27	00:56:58.60	00:56:58.60	+00:22:53	5:41	10.5
90	SKÓRA Michał	1168		M40	25	00:02:47	00:39:24	00:56:59.80	00:56:59.80	+00:22:55	5:41	10.5
91	ŚLUSARCZYK Maciej	1142		M30	34	00:00:58	00:37:36	00:57:01.15	00:57:01.15	+00:22:56	5:42	10.5
92	KWOKA Roman	1029		M30	35	00:02:26	00:39:12	00:57:01.65	00:57:01.65	+00:22:56	5:42	10.5
93	KAPEL Bogdan	1085		M50	4	00:02:00	00:38:46	00:57:12.15	00:57:12.15	+00:23:07	5:43	10.5
94	SASAL Monika	1107		K30	4	00:01:15	00:37:53	00:57:14.35	00:57:14.35	+00:23:09	5:43	10.5
95	WRÓBEL Bartłomiej	1267	CISNA	M20	15	00:00:56	00:37:59	00:57:26.10	00:57:26.10	+00:23:21	5:44	10.4
96	ZUBA Rafał	1237	BLACK RIVER	M20	16	00:01:23	00:37:51	00:57:27.65	00:57:27.65	+00:23:22	5:44	10.4
97	JANAS Marian	1317		M60	3	00:01:40	00:39:19	00:57:30.40	00:57:30.40	+00:23:25	5:45	10.4
98	MAZUREK Katarzyna	1188	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	4	00:01:50	00:38:57	00:57:30.90	00:57:30.90	+00:23:26	5:45	10.4
99	PANEK Piotr	1190	DZIKIE MUSTANGI	M40	26	00:01:39	00:38:37	00:58:25.30	00:58:25.30	+00:24:20	5:50	10.3
100	WYDRO Rafał	1133	FUN&RUN	M40	27	00:00:53	00:41:14	00:58:34.15	00:58:34.15	+00:24:29	5:51	10.2
101	JENDRICHOWSKA Danuta	1308		K50	1	00:01:49	00:40:07	00:58:39.15	00:58:39.15	+00:24:34	5:51	10.2
102	GUCWA Mirosław	1103	LET'S GO WILD!!!	M30	36	00:01:18	00:39:34	00:58:46.60	00:58:46.60	+00:24:41	5:52	10.2
103	PAWLETA Michał	1161	NIGHT RUNNERS GLIWCE	M40	28	00:01:42	00:38:59	00:58:50.45	00:58:50.45	+00:24:45	5:53	10.2
104	CIEŚLA Łukasz	1078	ŻOŁYNIA BIEGA	M20	17	00:01:00	00:38:21	00:58:56.90	00:58:56.90	+00:24:52	5:53	10.2
105	ŻELAZNY Tomasz	1195	BYLE DO METY	M30	37	00:02:47	00:40:14	00:59:11.10	00:59:11.10	+00:25:06	5:55	10.1
106	MOTOWIDŁO Anna	1257	JW3730	K20	8	00:02:52	00:39:36	00:59:14.75	00:59:14.75	+00:25:10	5:55	10.1
107	KATA Bartłomiej	1255	JW 3730	M20	18	00:02:52	00:39:35	00:59:16.00	00:59:16.00	+00:25:11	5:55	10.1
108	SZPERKA Leszek	1285	SIGIT	M40	29	00:01:31	00:40:09	00:59:16.20	00:59:16.20	+00:25:11	5:55	10.1
109	KIN Rafał	1093	AZS PWSZ KROSNO	M30	38	00:02:29	00:40:28	00:59:17.70	00:59:17.70	+00:25:13	5:55	10.1
110	WAŁACHOWSKA Urszula	1193		K30	5	00:00:56	00:38:29	00:59:25.70	00:59:25.70	+00:25:21	5:56	10.1
111	GALANTY Agnieszka	1154		K40	5	00:01:05	00:40:12	00:59:29.90	00:59:29.90	+00:25:25	5:56	10.1
112	WYDRO Agata	1132	FUN&RUN	K40	6	00:00:52	00:41:21	00:59:31.50	00:59:31.50	+00:25:26	5:57	10.1
113	SZYBIAK Waldemar	796	AGONA W&M	M50	5	00:02:24	00:38:25	00:59:39.50	00:59:39.50	+00:25:34	5:57	10.1
114	MARSZAŁ Katarzyna	1099		K30	6	00:01:18	00:40:16	00:59:50.05	00:59:50.05	+00:25:45	5:59	10
115	JUSZCZAK Artur	1233	CHEŁM BIEGA	M40	30	00:01:37	00:40:23	00:59:51.45	00:59:51.45	+00:25:46	5:59	10

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					
116	DZIERŻAK Elżbieta	1039	HUSARIA RACE TEAM	K40	7	00:01:23	00:40:40	00:59:57.50	00:59:57.50	+00:25:52	5:59	10
117	CZEKAJ Bogdan	1224	RUMING TEAM NOWY STYL GROUP	M50	6	00:02:07	00:40:56	01:00:00.25	01:00:00.25	+00:25:55	6:00	10
118	KOTŁOWSKI Paweł	1095	JABIEGAM	M20	19	00:01:23	00:40:43	01:00:01.10	01:00:01.10	+00:25:56	6:00	10
119	DROZD Piotr	1222		M30	39	00:01:59	00:40:46	01:00:03.00	01:00:03.00	+00:25:58	6:00	10
120	KĘDRA Agnieszka	1024	PODKARPACKA SZKOŁA KRAV MAGA	K20	9	00:02:04	00:39:50	01:00:08.10	01:00:08.10	+00:26:03	6:00	10
121	KASEJA Kacper	1245	1991	M20	20	00:02:09	00:41:47	01:00:09.00	01:00:09.00	+00:26:04	6:00	10
122	DZIERŻAK Arkadiusz	1164		M40	31	00:01:26	00:40:08	01:00:09.60	01:00:09.60	+00:26:04	6:00	10
123	JAŚLAN Marek	1088		M50	7	00:01:19	00:40:20	01:00:16.50	01:00:16.50	+00:26:11	6:01	10
124	WOŹNY Łukasz	1027		M30	40	00:02:19	00:41:23	01:00:18.05	01:00:18.05	+00:26:13	6:01	10
125	SUSZEK Damian	1310		M30	41	00:02:41	00:41:58	01:00:19.45	01:00:19.45	+00:26:14	6:01	9.9
126	FILIPIAK Beata	1080	MIECHOWICKA GRUPA BIEGOWA	K40	8	00:01:55	00:40:04	01:00:38.15	01:00:38.15	+00:26:33	6:03	9.9
127	BALICKI Jacek	1064	BIEGACZ NOWOSOLNA	M50	8	00:02:11	00:42:08	01:00:40.30	01:00:40.30	+00:26:35	6:04	9.9
128	KARDASZ Marek	1056	SOLINA TEAM	M30	42	00:00:56	00:42:23	01:00:42.45	01:00:42.45	+00:26:37	6:04	9.9
129	STACH Robert	1214		M40	32	00:01:05	00:40:03	01:01:01.90	01:01:01.90	+00:26:57	6:06	9.8
130	POKRZYWKA Stefan	1283	NA BUCIE CISNA	M60	4	00:00:41	00:40:30	01:01:04.70	01:01:04.70	+00:27:00	6:06	9.8
131	BOBALA Krystian	1251		M20	21	00:02:51	00:41:54	01:01:08.40	01:01:08.40	+00:27:03	6:06	9.8
132	KRUCZEK Robert	1199	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	9	00:01:41	00:41:20	01:01:09.70	01:01:09.70	+00:27:05	6:06	9.8
133	MOCIO Michał	1250		M20	22	00:02:51	00:42:02	01:01:11.80	01:01:11.80	+00:27:07	6:07	9.8
134	GRUCHAŁA Agnieszka	1118		K40	9	00:01:24	00:40:40	01:01:21.75	01:01:21.75	+00:27:17	6:08	9.8
135	MATUSZEWSKI Marcin	1117	EUFORIABIEGACZA TEAM	M30	43	00:01:24	00:40:40	01:01:22.15	01:01:22.15	+00:27:17	6:08	9.8
136	NOWAK Tomasz	1228	DZIKIE MUSTANGI	M30	44	00:01:41	00:41:23	01:01:25.10	01:01:25.10	+00:27:20	6:08	9.8
137	MACHUCKA Ewelina	1094		K30	7	00:01:34	00:40:55	01:01:26.35	01:01:26.35	+00:27:21	6:08	9.8
138	MATUSZAK Jakub	1028	NOWOCZESNYSPORT.PL	M30	45	00:02:20	00:42:05	01:01:37.05	01:01:37.05	+00:27:32	6:09	9.7
139	CHOMIUK Adrian	1242	JAZZANOVA	M30	46	00:01:51	00:41:19	01:01:47.30	01:01:47.30	+00:27:42	6:10	9.7
140	BIENIECKI Marek	1303	OTK RZEŹNIK	M20	23	00:02:21	00:41:16	01:01:48.10	01:01:48.10	+00:27:43	6:10	9.7
141	SNARSKI Bogdan	1313	ALBATROSY	M30	47	00:02:38	00:41:49	01:02:00.35	01:02:00.35	+00:27:55	6:12	9.7
142	BIESZCZAD Ilona	1052	KKB MOSIR KROSNO	K30	8	00:02:30	00:41:15	01:02:09.60	01:02:09.60	+00:28:04	6:12	9.7
143	STARZECKA Joanna	1041		K40	10	00:01:10	00:41:09	01:02:13.55	01:02:13.55	+00:28:08	6:13	9.6
144	RÓŻYCKA Dorota	1177	NOWY STYL GROUP RUNNING TEAM	K30	9	00:02:11	00:41:46	01:02:14.05	01:02:14.05	+00:28:09	6:13	9.6
145	SAMBORSKA Weronika	1178	NOWY STYL GROUP RUNNING TEAM	K30	10	00:02:10	00:42:11	01:02:15.95	01:02:15.95	+00:28:11	6:13	9.6
146	STEC Andrzej	1297		M50	10	00:00:36	00:41:39	01:02:34.70	01:02:34.70	+00:28:30	6:15	9.6
147	ŻARNICKA Anna	1035	STAY INSANE/CROSSFIT Z16	K30	11	00:02:26	00:42:46	01:02:38.50	01:02:38.50	+00:28:33	6:15	9.6
148	LUZAR Monika	1076	MIA	K40	11	00:01:11	00:41:38	01:02:40.80	01:02:40.80	+00:28:36	6:16	9.6
149	LUZAR Andrzej	1077	MIA	M40	33	00:01:11	00:41:38	01:02:41.00	01:02:41.00	+00:28:36	6:16	9.6
150	GUZEK Ewa	140	DZIKIE GRUBASY SZATANA	K30	12	00:01:50	00:42:19	01:02:42.90	01:02:42.90	+00:28:38	6:16	9.6
151	BURDA Renata	1282	MTB MOSIR DUKLA	K30	13	00:01:02	00:40:54	01:02:45.70	01:02:45.70	+00:28:41	6:16	9.6
152	RACHWAŁ Izabela	1244		K20	10	00:02:09	00:42:01	01:03:09.20	01:03:09.20	+00:29:04	6:18	9.5
153	SUJAK Małgorzata	1030	MKB DREPTAK	K50	2	00:01:29	00:42:29	01:03:18.10	01:03:18.10	+00:29:13	6:19	9.5
154	ŚWIDEREK Michał	1294	NIGHT RUNNERS GLIWCE	M30	48	00:02:25	00:44:08	01:03:21.80	01:03:21.80	+00:29:17	6:20	9.5
155	BOCZAR Daniel	1192	NOWY STYL GROUP RUNNING TEAM	M30	49	00:02:10	00:42:39	01:03:31.45	01:03:31.45	+00:29:26	6:21	9.4
156	KUROPATWA Kazimierz	1238	SZAFA BIEGACZA TEAM	M60	5	00:01:05	00:41:58	01:03:35.35	01:03:35.35	+00:29:30	6:21	9.4
157	WITKO Jerzy	1083	BRAK	M40	34	00:02:02	00:42:44	01:03:40.45	01:03:40.45	+00:29:35	6:22	9.4
158	SADOWIŃSKA Adriana	1016	NOWA HUTA TEAM	K40	12	00:01:43	00:43:02	01:03:41.45	01:03:41.45	+00:29:36	6:22	9.4
159	SZCZUDRAWA Zbigniew	1295	ŚWNKI TRZY	M50	11	00:02:20	00:42:49	01:03:49.10	01:03:49.10	+00:29:44	6:22	9.4

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					
160	BURDA Sławmoir	1281	MTB MOSIR DUKLA	M30	50	00:01:02	00:42:17	01:03:57.05	01:03:57.05	+00:29:52	6:23	9.4
161	TYLKA Małgosia	1131		K30	14	00:02:48	00:43:30	01:03:57.80	01:03:57.80	+00:29:53	6:23	9.4
162	WIŚNIEWSKI Zbigniew	1254	RODZINNY RELAX	M60	6	00:01:12	00:42:42	01:04:05.45	01:04:05.45	+00:30:00	6:24	9.4
163	MATWIEJCZUK Grzegorz	1236	A	M20	24	00:03:05	00:43:29	01:04:19.40	01:04:19.40	+00:30:14	6:25	9.3
164	PLIŻGA Sebastian	1266		M30	51	00:01:04	00:41:27	01:04:19.75	01:04:19.75	+00:30:15	6:25	9.3
165	PIRÓG Beata	1305		K30	15	00:01:18	00:42:35	01:04:21.10	01:04:21.10	+00:30:16	6:26	9.3
166	KOCIOŁEK Aleksandra	1130		K30	16	00:02:22	00:42:52	01:04:28.25	01:04:28.25	+00:30:23	6:26	9.3
167	WARCHOŁ - SNUZIK Patrycja	1159	SOLINA TEAM	K30	17	00:00:55	00:42:24	01:04:39.70	01:04:39.70	+00:30:35	6:27	9.3
168	WOJTYNA Agata	1089	#KASZANIENAMOKA	K20	11	00:03:06	00:43:20	01:04:42.95	01:04:42.95	+00:30:38	6:28	9.3
169	MAJCHROWICZ Marzenna	1185		K40	13	00:02:46	00:43:28	01:04:48.10	01:04:48.10	+00:30:43	6:28	9.3
170	SZPAKOWSKI Andrzej	1134	FUN&RUN	M40	35	00:00:56	00:43:21	01:04:50.70	01:04:50.70	+00:30:46	6:29	9.3
171	KASPROWICZ Justyna	1147	FUN&RUN	K30	18	00:00:58	00:43:01	01:04:51.00	01:04:51.00	+00:30:46	6:29	9.3
172	KASPROWICZ Piotr	1148	FUN&RUN	M30	52	00:00:58	00:43:01	01:04:51.30	01:04:51.30	+00:30:46	6:29	9.3
173	RABSZTYN-PIEKARSKA Natasza	1044		K40	14	00:01:28	00:42:43	01:04:53.65	01:04:53.65	+00:30:48	6:29	9.2
174	MAJCHROWICZ Andrzej	1181		M40	36	00:02:47	00:43:24	01:04:55.05	01:04:55.05	+00:30:50	6:29	9.2
175	GAŃSKI Filip	1288	BIEGAJĄC ŚWIDNIK	M30	53	00:02:28	00:42:48	01:05:11.85	01:05:11.85	+00:31:07	6:31	9.2
176	KIEŁB Jakub	1213		M30	54	00:02:20	00:45:02	01:05:51.10	01:05:51.10	+00:31:46	6:35	9.1
177	OSTASZEWSKI Marcin	1241	HONDADOMINATOR.PL	M30	55	00:02:50	00:44:43	01:05:53.00	01:05:53.00	+00:31:48	6:35	9.1
178	BIEDRZYCKA Marta	1079	DZIKIE GRUBASY SZATANA	K30	19	00:01:54	00:44:43	01:05:55.35	01:05:55.35	+00:31:50	6:35	9.1
179	JAWORSKA Marta	1182		K30	20	00:02:12	00:44:01	01:06:15.40	01:06:15.40	+00:32:10	6:37	9.1
180	BENSKA Krystyna	1081	MIECHOWICKA GRUPA BIEGOWA	K60	1	00:01:55	00:43:44	01:06:40.00	01:06:40.00	+00:32:35	6:40	9
181	POPŁAWSKI Piotr	1302	PGB SPORTOWA PACZKA	M30	56	00:01:57	00:44:10	01:06:51.95	01:06:51.95	+00:32:47	6:41	9
182	PABIAŃCZYK Małgorzata	1286		K30	21	00:02:05	00:44:22	01:06:58.95	01:06:58.95	+00:32:54	6:41	9
183	KOLIBAROVA Martina	1309	MARAS TEAM	K30	22	00:01:54	00:45:21	01:07:02.80	01:07:02.80	+00:32:58	6:42	9
184	MARAS Ladislav	1307	MARAS TEAM	M50	12	00:01:53	00:45:20	01:07:03.00	01:07:03.00	+00:32:58	6:42	8.9
185	KALIŃSKI Kamil Norbert	1156	NIEMANIE	M20	25	00:03:05	00:44:53	01:07:10.90	01:07:10.90	+00:33:06	6:43	8.9
186	KORNŁOW Piotr	1299	KORNŁOW TEAM	M40	37	00:02:56	00:46:18	01:07:11.90	01:07:11.90	+00:33:07	6:43	8.9
187	FRANKOWSKI Dariusz	1259		M40	38	00:01:50	00:45:27	01:07:13.50	01:07:13.50	+00:33:08	6:43	8.9
188	SKUZA Małgorzata	1258		K40	15	00:01:50	00:45:27	01:07:13.65	01:07:13.65	+00:33:08	6:43	8.9
189	MATUŁA Michał	1152		M20	26	00:02:13	00:46:48	01:07:14.70	01:07:14.70	+00:33:10	6:43	8.9
190	SKRUTEK Jan	1066	WKB PIAST / GOPR BIESZCZADY	M60	7		00:46:12	01:07:19.20	01:07:19.20	+00:33:14	6:43	8.9
191	GNIĘCIAK Monika	1126	BIESZCZADYRUN	K30	23	00:02:00	00:44:56	01:07:28.00	01:07:28.00	+00:33:23	6:44	8.9
192	KOCEMBA Danuta	1114	BRAK	K30	24	00:01:38	00:44:51	01:07:29.60	01:07:29.60	+00:33:24	6:44	8.9
193	KOŁODZIEJCZYK Joanna	1311		K30	25	00:02:20	00:45:58	01:07:34.80	01:07:34.80	+00:33:30	6:45	8.9
194	KOCZAJA Małgorzata	1105		K20	12	00:01:56	00:45:38	01:07:50.80	01:07:50.80	+00:33:46	6:47	8.8
195	WYSOCKA Katarzyna	1086		K40	16	00:02:21	00:43:54	01:07:57.35	01:07:57.35	+00:33:52	6:47	8.8
196	RUDZKI Michał	1034	CROSSFIT Z16	M20	27	00:02:23	00:46:17	01:08:02.55	01:08:02.55	+00:33:57	6:48	8.8
197	OKLEJ Agata	1300	KORNŁOW TEAM	K30	26	00:02:56	00:46:47	01:08:20.20	01:08:20.20	+00:34:15	6:50	8.8
198	WOLSKA Marta	1155	WOLSCY BROTHERS TRIATHLON TEAM	K20	13	00:01:38	00:44:20	01:08:27.00	01:08:27.00	+00:34:22	6:50	8.8
199	NOWAK Wioletta	1229	DZIKIE MUSTANGI	K30	27	00:01:42	00:43:26	01:08:39.60	01:08:39.60	+00:34:34	6:51	8.7
200	JEŻOWSKA Iga	1209	VV TEAM	K20	14	00:01:51	00:46:34	01:08:40.80	01:08:40.80	+00:34:36	6:52	8.7
201	MIROŚLAW Albert	1186	VV TEAM	M40	39	00:01:50	00:46:33	01:08:41.60	01:08:41.60	+00:34:36	6:52	8.7
202	KUŁAGA Krzysztof	1106	SPRINT GORZYCE	M30	57	00:00:43	00:45:43	01:09:02.40	01:09:02.40	+00:34:57	6:54	8.7

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					
203	ŚWIGONIAK Anna	1014	NOWA HUTA TEAM FUNDACJA BIEG ROLNIKA	K30	28	00:01:42	00:46:56	01:09:09.60	01:09:09.60	+00:35:04	6:54	8.7
204	DANILUK Andrzej	1293	ZACISZE NIGHT RUNNERS	M40	40	00:02:06	00:46:44	01:09:23.15	01:09:23.15	+00:35:18	6:56	8.6
205	OWOCKA Ewa	1289	MIECHOWCKA GRUPA BIEGOWA	K30	29	00:01:54	00:46:43	01:09:26.85	01:09:26.85	+00:35:22	6:56	8.6
206	JANKOWSKA Małgorzata	1110		K30	30	00:02:33	00:48:44	01:09:28.80	01:09:28.80	+00:35:24	6:56	8.6
207	BRZOZOWSKA Paulina	1170		K30	31	00:02:42	00:47:23	01:10:19.90	01:10:19.90	+00:36:15	7:01	8.5
208	WYSOCKI Mariusz	1087		M50	13	00:02:15	00:47:48	01:10:27.25	01:10:27.25	+00:36:22	7:02	8.5
209	LENKIEWICZ-BARDZIŃSKA Agata	1210	MKS HALICZ, NADLEŚNICTWO LUTOWSKA	K30	32	00:01:06	00:46:55	01:10:45.30	01:10:45.30	+00:36:40	7:04	8.5
210	TOBERA Alicja	1149		K30	33	00:02:17	00:47:15	01:10:49.40	01:10:49.40	+00:36:44	7:04	8.5
211	SARNA Agata	1040		K30	34	00:01:24	00:47:09	01:11:01.90	01:11:01.90	+00:36:57	7:06	8.4
212	GAJDA Beata	1240	#YOLOTEAMKRK	K40	17	00:02:08	00:47:04	01:11:05.20	01:11:05.20	+00:37:00	7:06	8.4
213	KOKOT Katarzyna	672	AKTYWNY DYNÓW	K30	35	00:02:47	00:49:32	01:11:09.85	01:11:09.85	+00:37:05	7:06	8.4
214	BAKA Piotr	1069	ARCHIMEDIA	M40	41	00:02:18	00:50:08	01:11:15.40	01:11:15.40	+00:37:10	7:07	8.4
215	GŁUSZKO Justyna	1231	SOLIN TEAM	K30	36	00:02:02	00:47:17	01:11:20.75	01:11:20.75	+00:37:16	7:08	8.4
216	RĘKAS Piotr	1055	RAPTOWNI	M60	8	00:02:18	00:50:06	01:11:23.60	01:11:23.60	+00:37:18	7:08	8.4
217	SULEJA Joanna	1173	SZWLA STARGARD	K50	3	00:02:49	00:48:14	01:11:40.65	01:11:40.65	+00:37:35	7:10	8.4
218	WOŹNIAK Aleksandra	1169		K30	37	00:02:44	00:48:15	01:11:42.15	01:11:42.15	+00:37:37	7:10	8.4
219	WIŚNIEWSKA Gosia	1097		K40	18	00:02:38	00:48:23	01:11:42.80	01:11:42.80	+00:37:38	7:10	8.4
220	GARWACKA Beata	1247		K50	4	00:02:09	00:48:06	01:11:43.30	01:11:43.30	+00:37:38	7:10	8.4
221	GADECKA Magdalena	1057	RAPTOWNI	K30	38	00:02:23	00:50:05	01:11:45.95	01:11:45.95	+00:37:41	7:10	8.4
222	DĄBRÓWKA Nina	1200	FUNDACJA LATARNIA	K30	39	00:01:17	00:47:40	01:12:10.70	01:12:10.70	+00:38:06	7:13	8.3
223	DĄBRÓWKA Radosław	1201	FUNDACJA LATARNIA	M30	58	00:01:17	00:47:39	01:12:11.15	01:12:11.15	+00:38:06	7:13	8.3
224	KŁĘCZAR Ewa	1232	BRAK	K30	40	00:01:38	00:48:00	01:12:27.25	01:12:27.25	+00:38:22	7:14	8.3
225	HADAM Ewa	1031	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	5	00:02:50	00:49:08	01:12:34.80	01:12:34.80	+00:38:30	7:15	8.3
226	LIS Maria	1127		K20	15	00:02:25	00:48:33	01:12:42.05	01:12:42.05	+00:38:37	7:16	8.3
227	ŻYNDA Marta	1141	FUNDACJA KIERUNEK ULTRA	K40	19	00:01:18	00:47:15	01:12:50.10	01:12:50.10	+00:38:45	7:17	8.2
228	PEKALSKA Anna	1184		K40	20	00:02:10	00:48:16	01:12:53.05	01:12:53.05	+00:38:48	7:17	8.2
229	STAWSKA Natalia	1047	LACHO TEAM	K30	41	00:02:58	00:49:14	01:12:53.35	01:12:53.35	+00:38:48	7:17	8.2
230	RUDNICKI Marek	1296		M30	59	00:02:20	00:49:24	01:12:57.00	01:12:57.00	+00:38:52	7:17	8.2
231	PARTYKA Agnieszka	1277		K30	42	00:03:01	00:49:52	01:13:01.90	01:13:01.90	+00:38:57	7:18	8.2
232	PARTYKA Andrzej	1278	RGIG	M30	60	00:03:01	00:49:47	01:13:03.50	01:13:03.50	+00:38:58	7:18	8.2
233	ZWIERZ Małgorzata	1098		K40	21	00:01:57	00:49:11	01:13:18.50	01:13:18.50	+00:39:13	7:19	8.2
234	KRÓLIKOWSKA Katarzyna	1096		K40	22	00:01:58	00:49:11	01:13:23.00	01:13:23.00	+00:39:18	7:20	8.2
235	KRYGOWSKI Zbigniew	1091	AKADEMIA SPORTU LUBACZÓW	M40	42	00:02:38	00:48:55	01:13:50.80	01:13:50.80	+00:39:46	7:23	8.1
236	WRZOSEK Justyna	1059		K30	43	00:01:37	00:50:26	01:14:24.25	01:14:24.25	+00:40:19	7:26	8.1
237	PAWELEC Justyna	1060		K30	44	00:01:38	00:50:26	01:14:24.30	01:14:24.30	+00:40:19	7:26	8.1
238	CZOCHARA Marta	1122	AMATOR	K40	23	00:02:47	00:49:39	01:14:32.20	01:14:32.20	+00:40:27	7:27	8.1
239	CZOCHARA Robert	1123	AMATOR	M40	43	00:02:48	00:48:57	01:14:33.75	01:14:33.75	+00:40:29	7:27	8
240	AUGUSTYNIAK Kinga	1306	LACHO TEAM	K40	24	00:02:07	00:49:39	01:15:10.30	01:15:10.30	+00:41:05	7:31	8
241	MAJ Paulina	1194		K20	16	00:02:16	00:50:55	01:15:40.35	01:15:40.35	+00:41:35	7:34	7.9
242	CZAPLA Andrzej	1116		M60	9	00:02:59	00:50:51	01:15:41.50	01:15:41.50	+00:41:36	7:34	7.9
243	KAŻMIERCZAK Malwina	1071	DZIKIE GRUBASY SZATANA	K30	45	00:01:55	00:50:35	01:16:15.75	01:16:15.75	+00:42:11	7:37	7.9
244	KONOPKA Grzegorz	1025	DZIKIE GRUBAS SZATANA	M30	61	00:01:55	00:50:35	01:16:17.15	01:16:17.15	+00:42:12	7:37	7.9
245	SZYMAŁA Monika	1264		K20	17	00:02:44	00:50:56	01:16:30.85	01:16:30.85	+00:42:26	7:39	7.8

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					
246	KALINOWSKA Lucyna	1115		K50	6	00:01:10	00:49:56	01:17:23.30	01:17:23.30	+00:43:18	7:44	7.8
247	GŁOWACKA Aleksandra	1143	WELISZEW HERON TEAM	K40	25	00:01:33	00:49:24	01:17:40.75	01:17:40.75	+00:43:36	7:46	7.7
248	KOCIOŁEK Łukasz	1129		M30	62	00:02:28	00:51:11	01:17:46.25	01:17:46.25	+00:43:41	7:46	7.7
249	MARUT Kaśka	1263	NIGHT RUNNERS GLIWCE	K40	26	00:02:28	00:52:27	01:20:28.40	01:20:28.40	+00:46:23	8:02	7.5
250	GORAJ - ZAJĄC Aleksandra	1279	NIGHTRUNNERS	K40	27	00:02:27	00:52:28	01:20:30.25	01:20:30.25	+00:46:25	8:03	7.5
251	GERGONT Aleksandra	1230		K50	7	00:02:05		01:20:34.40	01:20:34.40	+00:46:29	8:03	7.4
252	BARCZAK Sylwia	1301	PERFECT RUNNER /STAY INSANE	K30	46	00:01:41	00:55:08	01:20:54.90	01:20:54.90	+00:46:50	8:05	7.4
253	BINCZYCKI Marcin	1304		M30	63	00:01:27	00:54:07	01:20:56.60	01:20:56.60	+00:46:51	8:05	7.4
254	CZUBA Jadwiga	1287		K30	47	00:02:44	00:55:34	01:21:20.30	01:21:20.30	+00:47:15	8:08	7.4
255	BRODIUK Norbert	1163	NIGH RUNNERS GLIWCE	M40	44	00:01:50	00:52:05	01:22:05.80	01:22:05.80	+00:48:01	8:12	7.3
256	SŁOBODA Magdalena	1119	RUNSŁOBODAN	K30	48	00:02:35	00:57:16	01:23:32.05	01:23:32.05	+00:49:27	8:21	7.2
257	SŁOBODA Krzysztof	1128		M60	10	00:02:35	00:57:17	01:23:32.35	01:23:32.35	+00:49:27	8:21	7.2
258	ROJ Dawid	1120	RUNSŁOBODAN	M30	64	00:02:36	00:56:48	01:23:32.80	01:23:32.80	+00:49:28	8:21	7.2
259	FRAĆ Elżbieta	1012	NIGHT RUNNERS GLIWCE	K40	28	00:02:43	00:56:08	01:24:42.80	01:24:42.80	+00:50:38	8:28	7.1
260	CIESZYŃSKA Jolanta	1157	SEKCJA BIEGOWA FAMILA	K50	8	00:02:23	00:59:13	01:26:33.80	01:26:33.80	+00:52:29	8:39	6.9
261	GREGORCZYK Jadwiga	1013	ZABIEGANI MIELEC	K20	18	00:03:02	00:57:47	01:28:05.05	01:28:05.05	+00:54:00	8:48	6.8
262	BĄDZIUL Dorota	1018		K30	49	00:02:02	00:58:03	01:28:09.40	01:28:09.40	+00:54:04	8:48	6.8
263	ZAJDEL Monika	1101		K30	50	00:01:41	01:00:24	01:29:07.10	01:29:07.10	+00:55:02	8:54	6.7
264	OŻÓG Iwona	1145		K40	29	00:02:31	00:59:36	01:30:01.85	01:30:01.85	+00:55:57	9:00	6.7
265	OŻÓG Dorota	1146		K40	30	00:02:31	00:59:36	01:30:02.30	01:30:02.30	+00:55:57	9:00	6.7
266	BOGDAŁ Joanna	1023	NOWA HUTA TEAM	K40	31	00:01:44	01:02:01	01:33:55.10	01:33:55.10	+00:59:50	9:23	6.4

Znaleziono 266 wynik(ów)