

IX ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

Wydarzenie: IX ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-10-09
Miejsce: Cisna
Dystans: 26 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	KIPER Maciej	2128	JAROSŁAWSKI BIEGACZ	M40	1	01:05:53	02:11:57.65	02:11:58.80		5:04	11.8
2	SZMIST Szymon	2332	35 BATALION LEKKIEJ PIECHOTY SANOK	M40	2	01:11:07	02:19:32.50	02:19:33.65	+00:07:34	5:22	11.2
3	RUPIŃSKI Krzysztof	2290		M20	1	01:14:36	02:26:55.45	02:26:57.50	+00:14:58	5:39	10.6
4	MORAWA Mateusz	2436	LACHO TEAM	M40	3	01:14:56	02:27:32.05	02:27:34.20	+00:15:35	5:40	10.6
5	WĘGLIŃSKI Mikołaj	2370		M30	1	01:14:54	02:28:10.70	02:28:15.05	+00:16:16	5:41	10.5
6	PORADA Kacper	2275		M20	2	01:15:08	02:31:30.85	02:31:32.95	+00:19:34	5:49	10.3
7	MATYJASZCZYK Kamil	2212	ŁĘCZNA BIEGA	M30	2	01:20:09	02:34:25.10	02:34:28.80	+00:22:30	5:56	10.1
8	KURKIEWICZ Krzysztof	2175	NIEPOŁOMICE BIEGAJA	M40	4	01:19:36	02:35:11.90	02:35:14.60	+00:23:15	5:58	10.1
9	RESZKA Marek	2283	DRUŻYNA SZPIKU	M30	3	01:19:48	02:36:45.95	02:36:51.10	+00:24:52	6:01	10
10	CYTAWA Adrian	2037	FIZJO - SPORT ŁĘCZNA	M20	3	01:20:12	02:36:55.95	02:37:28.60	+00:25:29	6:02	9.9
11	CZERCHAWSKI Janusz	2428		M50	1	01:24:17	02:39:40.25	02:39:45.10	+00:27:46	6:08	9.8
12	TELESZ Elżbieta	2348		K30	1	01:20:35	02:40:17.75	02:40:25.75	+00:28:26	6:09	9.7
13	ZABA Igor	2434	JW 3940	M30	4	01:19:37	02:42:00.50	02:42:02.10	+00:30:03	6:13	9.6
14	DEMBOWSKI Tomasz	2044		M20	4	01:22:21	02:43:01.90	02:43:06.10	+00:31:07	6:16	9.6
15	KOTFICA Paulina	2150	GVT	K30	2	01:20:12	02:44:36.90	02:44:43.25	+00:32:44	6:19	9.5
16	HEJNAR Jakub	2094		M40	5	01:15:41	02:45:18.25	02:45:26.50	+00:33:27	6:21	9.4
17	STEPANIUK Adam	2312	BIEGAMY DZISIAJ? WIERZBICA	M40	6		02:45:56.70	02:46:09.80	+00:34:11	6:22	9.4
18	SZPUNAR Marek	2334		M40	7	01:26:42	02:48:41.25	02:49:29.20	+00:37:30	6:29	9.2
19	KOLASA Przemysław	2136		M30	5	01:26:54	02:50:38.40	02:51:07.40	+00:39:08	6:33	9.1
20	CHYCZEWSKI Robert	2030		M40	8	01:27:09	02:51:50.40	02:52:16.65	+00:40:17	6:36	9.1
21	RYBARCZYK Kamil	2291		M30	6	01:27:34	02:52:08.15	02:52:17.25	+00:40:18	6:37	9.1
22	DEC Piotr	2470	:)	M50	2	01:27:28	02:52:12.85	02:52:19.20	+00:40:20	6:37	9.1
23	WRONECKA Emilia	2394	ALCHEMIA BIEGANIA	K20	1	01:26:31	02:52:15.70	02:52:20.00	+00:40:21	6:37	9.1
24	WITEK Bogdan	2418	WATER TEAM	M50	3	01:26:14	02:52:29.75	02:53:07.20	+00:41:08	6:38	9
25	WRÓBEL Kamil	2395	KAMIL WRÓBEL	M30	7	01:27:46	02:53:15.90	02:53:18.90	+00:41:20	6:39	9
26	WITEK Łukasz	2381	BIEG PO ZDRÓJ	M40	9	01:26:42	02:54:07.30	02:54:24.80	+00:42:26	6:41	9
27	FURS Teodor	2065	PIERDZĄCE ZAJĄCE	M40	10	01:26:34	02:54:23.35	02:54:27.85	+00:42:29	6:42	8.9
28	WARĘCKA Katarzyna	2360	ARTURKUREK.PRO TEAM	K30	3	01:26:34	02:54:23.70	02:54:28.20	+00:42:29	6:42	8.9
29	KWIECIEŃ Paweł	2181		M30	8	01:28:49	02:56:10.15	02:56:20.80	+00:44:22	6:46	8.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
30	PARIS Greg	2433	JW 3940	M40	11	01:31:02	02:57:33.20	02:58:11.40	+00:46:12	6:49	8.8
31	WOŹNIAK Jakub	2389	SPRINT GORZYCE	M20	5	01:26:53	02:58:18.15	02:58:23.90	+00:46:25	6:51	8.7
32	PIETRZAK Daniel	2265		M20	6	01:36:52	02:59:54.40	03:00:54.55	+00:48:55	6:55	8.7
33	KORZONEK Marcin	2146	SPRINT GORZYCE	M40	12	01:26:51	03:01:43.65	03:01:48.60	+00:49:49	6:59	8.6
34	MIKUŚKIEWICZ Piotr	2219	PIOTRIMONIABIEGA	M40	13	01:31:31	03:01:52.45	03:01:57.35	+00:49:58	6:59	8.6
35	MAZUR Tomasz	2214	ELPOLACO	M30	9	01:30:46	03:01:49.35	03:02:02.75	+00:50:03	6:59	8.6
36	KORNAK Dariusz	2145	SAMURAJ	M40	14	01:31:34	03:03:05.50	03:03:09.40	+00:51:10	7:02	8.5
37	BEŚKA Michał	2006	SPRINT GORZYCE	M30	10	01:29:56	03:03:07.10	03:03:12.55	+00:51:13	7:02	8.5
38	BANCERZ Grzegorz	2002	TRAWNIKI BIEGAJĄ	M40	15	01:29:06	03:03:43.35	03:04:15.35	+00:52:16	7:03	8.5
39	GŁUSZKO Przemysław	2446	SOLINA TEAM	M30	11	01:32:53	03:04:23.00	03:04:24.50	+00:52:25	7:05	8.5
40	PELA Dariusz	2260		M30	12	01:38:05	03:03:24.90	03:05:43.05	+00:53:44	7:03	8.5
41	STOPYRA Urszula	2315		K30	4	01:37:14	03:06:51.40	03:07:22.05	+00:55:23	7:11	8.3
42	PIKUL Grzegorz	2267	GDAŃSK OSOWA BIEGA	M30	13	01:33:37	03:07:29.70	03:07:36.40	+00:55:37	7:12	8.3
43	PAZDYK Andrzej	2258		M40	16	01:27:48	03:07:35.35	03:07:48.75	+00:55:49	7:12	8.3
44	KOWALIK Piotr	2152	TRAWNIKI BIEGAJĄ	M30	14	01:33:28	03:08:43.75	03:08:51.00	+00:56:52	7:15	8.3
45	GROCHAL Marcin	2083	KS KOŚCIELEC CHRZANÓW	M40	17	01:39:56	03:10:35.00	03:11:02.05	+00:59:03	7:19	8.2
46	KOZAKOWSKI Marcin	2156		M30	15	01:33:07	03:10:57.35	03:11:06.45	+00:59:07	7:20	8.2
47	DROZDEK Kacper	2050		M20	7	01:36:13	03:11:11.35	03:11:14.70	+00:59:15	7:21	8.2
48	ZWOLIŃSKI Mariusz	2412		M40	18	01:38:32	03:11:00.35	03:11:15.10	+00:59:16	7:20	8.2
49	WARAKSA Tomasz	2359	VEGE RUNNERS	M30	16	01:35:12	03:11:07.55	03:11:24.90	+00:59:26	7:21	8.2
50	GAŁUSZKA Tomasz	2067	SKITUROWE BIESZCZADY/GOPR	M40	19	01:36:46	03:10:56.90	03:11:33.65	+00:59:34	7:20	8.2
51	KANCLERZ-MAZURCZUK Monika	2122	WIST	K40	1	01:38:02	03:11:07.15	03:11:48.65	+00:59:49	7:21	8.2
52	FORMA Bartosz	2059		M40	20	01:40:03	03:11:43.30	03:11:53.95	+00:59:55	7:22	8.1
53	RYNDUCH Renata	2292		K40	2	01:37:09	03:11:49.15	03:11:58.10	+00:59:59	7:22	8.1
54	NOWOSADZKI Wojciech	2238		M40	21	01:36:55	03:12:17.15	03:12:21.35	+01:00:22	7:23	8.1
55	HOŁUB Wacław	2096	JAROSŁAWSKI BIEGACZ	M50	4	01:33:12	03:12:26.85	03:12:28.70	+01:00:29	7:24	8.1
56	TAPEREK Marta	2345		K30	5	01:40:49	03:12:26.80	03:12:40.80	+01:00:42	7:24	8.1
57	CIEŚLA Krzysztof	2033		M30	17	01:36:52	03:12:52.90	03:13:14.10	+01:01:15	7:25	8.1
58	KOT Dawid	2148		M20	8	01:36:52	03:12:53.80	03:13:15.50	+01:01:16	7:25	8.1
59	TAJAK Bartłomiej	2344		M30	18	01:40:46	03:13:00.70	03:13:20.50	+01:01:21	7:25	8.1
60	MADEJ Anna	2201	VEGE RUNNERS	K40	3	01:38:10	03:13:07.55	03:13:21.65	+01:01:22	7:25	8.1
61	DAURIA Umberto	2427	WE RUN CLAN	M30	19	01:35:53	03:12:46.05	03:13:35.35	+01:01:36	7:24	8.1
62	STEPANIAK Grzegorz	2311	SWOBODA	M40	22	01:41:41	03:14:10.80	03:14:23.65	+01:02:24	7:28	8
63	KURZYDŁO Krzysztof	2178	WAR TEAM	M30	20	01:36:51	03:14:33.55	03:14:43.35	+01:02:44	7:28	8
64	GRZYWACZ Wojciech	2088	FARTLEK GO	M50	5	01:39:14	03:14:37.70	03:14:51.20	+01:02:52	7:29	8
65	ĆMIELIŃSKI Tomasz	2423	KW KRAKÓW	M40	23	01:40:39	03:14:50.50	03:15:04.20	+01:03:05	7:29	8
66	JACHYMEK Bartłomiej	2099	JACEKBIEGA RUNNING TEAM	M40	24	01:40:43	03:15:31.45	03:15:36.90	+01:03:38	7:31	8
67	LEWCZUK Norbert	2187	EDYTA LEWANDOWSKA TEAM/ BIEGACZE POMAGACZE	M30	21	01:39:55	03:15:38.95	03:15:42.05	+01:03:43	7:31	8
68	PŁAZA Piotr	2269		M40	25	01:43:55	03:15:22.60	03:15:46.90	+01:03:48	7:30	8
69	ZIMNICKI Daniel	2410	STALOWE ŁOSIE	M40	26	01:31:36	03:16:11.00	03:16:14.75	+01:04:15	7:32	8
70	DZIOREK Tomasz	2057	SPRINT GORZYCE	M30	22	01:39:25	03:16:20.20	03:16:25.65	+01:04:26	7:33	7.9
71	SZANIAWSKI Marcin	2326		M30	23	01:37:59	03:16:29.35	03:16:54.20	+01:04:55	7:33	7.9
72	KONIECZNY Mariusz	2419	AGONA W&M	M50	6	01:39:31	03:16:47.65	03:17:01.55	+01:05:02	7:34	7.9
73	TOPOROWSKI Mariusz	2353		M30	24	01:36:44	03:16:55.55	03:17:01.60	+01:05:02	7:34	7.9

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74	PASIEKA Agnieszka	2248	KB ATHLETIC ZRECIN	K40	4	01:40:18	03:16:59.25	03:17:02.15	+01:05:03	7:34	7.9
75	SOCHA Aleksandra	2307		K30	6	01:39:31	03:17:25.20	03:17:49.60	+01:05:50	7:35	7.9
76	BARAN Kamil	2003		M30	25	01:42:16	03:18:08.80	03:18:22.80	+01:06:24	7:37	7.9
77	MAŃK Karol	2203	WE RUN CLAN	M30	26	01:36:30	03:17:56.40	03:18:47.40	+01:06:48	7:36	7.9
78	ZIELIŃSKI Paweł	2409	RUCH IZBICA	M40	27	01:43:08	03:18:37.20	03:19:04.05	+01:07:05	7:38	7.9
79	ŁĄCZNY Marcin	2196		M30	27	01:41:00	03:19:40.20	03:19:44.10	+01:07:45	7:40	7.8
80	GRZELAK Jakub	2087		M30	28	01:41:28	03:19:37.85	03:19:46.95	+01:07:48	7:40	7.8
81	KURZYDŁO Michał	2179	WAR TEAM	M20	9	01:36:52	03:19:43.15	03:19:52.05	+01:07:53	7:40	7.8
82	DZIADCZYK Jarosław	2053		M40	28	01:41:41	03:19:33.45	03:19:57.25	+01:07:58	7:40	7.8
83	OSICA Łukasz	2244		M30	29	01:38:12	03:20:32.00	03:20:45.40	+01:08:46	7:42	7.8
84	ŁUCJANEK Justyna	2197	KAJA TEAM	K40	5	01:41:57	03:20:49.05	03:20:53.15	+01:08:54	7:43	7.8
85	KOŁODZIEJCZYK Krzysztof	2137	KS VICTORIA TRZEBINIA	M40	29	01:41:03	03:21:46.60	03:22:13.45	+01:10:14	7:45	7.7
86	WENARSKI Grzegorz	2368	STAY INSANE	M30	30	01:41:53	03:21:41.95	03:22:33.25	+01:10:34	7:45	7.7
87	TWARDOWSKI Krzysztof	2356	AMATOR	M50	7	01:43:09	03:23:15.05	03:23:30.60	+01:11:31	7:49	7.7
88	CIEŚLICKI Mateusz	2034		M30	31	01:46:59	03:23:19.50	03:24:00.00	+01:12:01	7:49	7.7
89	GUZ Marcin	2090		M40	30	01:43:09	03:23:43.95	03:24:04.75	+01:12:05	7:50	7.7
90	KITOWSKA Anna	2441	FOREVER TEAM / GŁOGOVIA GŁOGÓW MAŁOPOLSKI	K40	6	01:42:31	03:24:06.75	03:24:10.05	+01:12:11	7:51	7.6
91	PUTYRA Gabriela	2279		K20	2	01:46:54	03:24:39.65	03:24:45.85	+01:12:47	7:52	7.6
92	PIETRZAK Joanna	2438		K20	3	01:43:33	03:24:15.00	03:24:49.80	+01:12:51	7:51	7.6
93	LIS Paweł	2194		M40	31	01:45:40	03:25:02.40	03:25:05.70	+01:13:06	7:53	7.6
94	KOTARBA Mateusz	2149		M30	32	01:45:12	03:24:36.30	03:25:24.05	+01:13:25	7:52	7.6
95	BŁASZCZYK-LIPA Dominika	2009		K30	7	01:44:51	03:24:42.10	03:25:26.55	+01:13:27	7:52	7.6
96	KOŁODZIEJCZYK Marta	2139	ŁĘCZNA BIEGA	K40	7	01:45:02	03:25:09.90	03:25:45.50	+01:13:46	7:53	7.6
97	MACHTAŁOWICZ Szymon	2198		M30	33	01:41:00	03:25:44.00	03:25:46.10	+01:13:47	7:54	7.6
98	SZYMAŃSKI Piotr	2339	RYKOWISKO TEAM	M40	32	01:50:23	03:26:24.05	03:26:45.40	+01:14:46	7:56	7.6
99	MARCHEWICZ Marek	2204	SUBCARPATHIA RANDOM RUNNERS	M30	34	01:36:57	03:27:07.40	03:27:13.30	+01:15:14	7:57	7.5
100	STYSIAŁ Dariusz	2320	OSP ROKIETNICA	M40	33	01:45:15	03:26:30.20	03:27:13.40	+01:15:14	7:56	7.6
101	LIPIŃSKI Mateusz	2191		M30	35	01:47:20	03:27:07.20	03:27:49.05	+01:15:50	7:57	7.5
102	REMISZEWSKI Paweł	2282	AKADEMIA SPORTU MEDYK	M30	36	01:46:54	03:27:33.85	03:27:58.65	+01:15:59	7:58	7.5
102	GÓRSKI Krzysztof	2081		M30	36	01:46:55	03:27:33.85	03:27:58.65	+01:15:59	7:58	7.5
104	WIATRZYK Tomasz	2371		M30	38	01:45:49	03:27:36.10	03:28:05.30	+01:16:06	7:59	7.5
105	WIĘCEK Marek	2376	RKS HUWDU	M20	10	01:41:52	03:27:50.85	03:28:09.95	+01:16:11	7:59	7.5
106	ZAMOJSKI Sebastian	2406	ZDYSZANI.PL	M40	34	01:46:46	03:28:09.95	03:28:29.05	+01:16:30	8:00	7.5
107	IZDEBSKI Mariusz	2429	OSV TEAM OLKUSZ	M50	8	01:44:59	03:28:24.20	03:28:33.00	+01:16:34	8:00	7.5
108	PELA Olga	2259		K30	8	01:45:39	03:26:20.30	03:28:39.25	+01:16:40	7:56	7.6
109	WLACHOS Piotr	2382		M40	35	01:43:34	03:28:27.75	03:28:54.40	+01:16:55	8:01	7.5
110	MILLER Marek	2221	RUN ŁDZ	M40	36	01:43:31	03:28:34.10	03:29:00.20	+01:17:01	8:01	7.5
111	NARODOWICZ Błażej	2230		M20	11	01:43:13	03:28:55.90	03:29:21.20	+01:17:22	8:02	7.5
112	KRAMZA Wojciech	2162		M50	9	01:40:54	03:28:15.85	03:29:31.00	+01:17:32	8:00	7.5
113	SURÓWKA Wiktoria	2323	RUNNERS TEAM NYSA	K20	4	01:49:34	03:29:12.40	03:29:35.45	+01:17:36	8:02	7.5
114	KOWALCZYK Robert	2151	ŁĘCZNA BIEGA	M40	37	01:45:03	03:29:56.90	03:30:33.20	+01:18:34	8:04	7.4
115	KUKLA Marcin	2172	RYSIK RUNNERS	M50	10	01:42:58	03:31:20.55	03:31:32.60	+01:19:33	8:07	7.4
116	KASPRZYK Michał	2123		M20	12	01:42:25	03:31:53.40	03:31:56.75	+01:19:57	8:08	7.4
117	BARANSKI Jarek	2004		M30	39	01:49:38	03:31:58.50	03:32:08.55	+01:20:09	8:09	7.4

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							netto 26km	brutto 26km			
118	WÓJCICKI Damian	2391	AKM PROMILEK / PARKRUN OGRÓD SASKI, LUBLIN	M30	40	01:43:55	03:31:23.10	03:32:09.60	+01:20:10	8:07	7.4
119	KONIKIEWICZ Kamil	2141		M30	41	01:48:25	03:31:36.90	03:32:14.80	+01:20:16	8:08	7.4
120	KOCHAJ Anna	2133		K40	8	01:51:15	03:31:41.80	03:32:16.60	+01:20:17	8:08	7.4
120	KOCHAJ Wojciech	2132		M40	38	01:51:20	03:31:42.05	03:32:16.60	+01:20:17	8:08	7.4
122	KURCEWICZ Kamila	2173		K30	9	01:49:14	03:32:09.35	03:32:34.85	+01:20:36	8:09	7.4
123	DRABIK - SŁOMKA Małgorzata	2048		K30	10	01:47:10	03:32:53.70	03:33:04.50	+01:21:05	8:11	7.3
124	BUDZIASZEK Agnieszka	2015	EFFI RUN TEAM	K20	5	01:47:57	03:33:00.50	03:33:09.05	+01:21:10	8:11	7.3
125	FRANKOWSKI Piotr	2061		M40	39	01:47:24	03:33:11.05	03:33:25.65	+01:21:26	8:11	7.3
126	LIS Piotr	2193	FOX CRAFT WELD	M30	42	01:37:23	03:33:01.10	03:33:31.20	+01:21:32	8:11	7.3
127	KAMSKA Małgorzata	2121	GAMBAZ TEAM	K30	11	01:41:34	03:34:03.55	03:34:05.75	+01:22:06	8:13	7.3
128	SURÓWKA Franciszka	2324	RUNNERS TEAM NYSA	K60	1	01:49:34	03:33:59.40	03:34:21.25	+01:22:22	8:13	7.3
129	CHLIPAŁA Marek	2021		M30	43	01:40:13	03:35:23.70	03:35:26.10	+01:23:27	8:17	7.2
130	KOZACZUK Maria	2155		K40	9	01:44:47	03:36:01.25	03:36:23.80	+01:24:25	8:18	7.2
131	SKROBEK Karolina	2302	VEGE RABBITS	K40	10	01:46:03	03:36:23.90	03:36:27.50	+01:24:28	8:19	7.2
132	FRAŃCZ Sebastian	2430	NOCNY BÓR TEAM	M30	44	01:37:35	03:36:18.65	03:36:29.95	+01:24:31	8:19	7.2
133	LIBRONT Jakub	2190	KŁĘCZAŃSKA GRUPA BIEGOWA	M30	45	01:46:23	03:36:20.00	03:36:39.40	+01:24:40	8:19	7.2
134	DRAŹEK Sławomir	2049		M50	11	01:44:08	03:37:02.85	03:37:11.10	+01:25:12	8:20	7.2
135	ŚLIŹ Lucyna	2341	KUŹNIA TRIATHLONU	K40	11	01:49:18	03:36:43.10	03:37:16.85	+01:25:18	8:20	7.2
136	ŚLIŹ Piotr	2342		M40	40	01:49:23	03:36:42.80	03:37:17.00	+01:25:18	8:20	7.2
137	BANASZEWSKI Łukasz	2001		M30	46	01:50:35	03:36:59.20	03:37:20.55	+01:25:21	8:20	7.2
138	KUCZBORSKI Jarosław	2170	HARPAGAN SOSNOWIEC	M40	41	01:45:50	03:37:00.80	03:37:20.70	+01:25:21	8:20	7.2
139	DZIAMENTSJEVA Viyaleta	2056	JACEKBIEGA RUNNING TEAM	K30	12	01:46:36	03:37:18.05	03:37:23.00	+01:25:24	8:21	7.2
140	SZCZEPANEK Sylwester	2329	BEARDIE WEARDIE	M40	42	01:46:33	03:37:00.55	03:37:23.75	+01:25:24	8:20	7.2
141	TYKSIŃSKI Rafał	2357	EXPRESSMAP	M40	43	01:46:50	03:36:44.80	03:37:24.05	+01:25:25	8:20	7.2
142	KOWALSKI Aleksander	2153		M40	44	01:51:13	03:36:55.00	03:37:33.20	+01:25:34	8:20	7.2
143	SZMIST Jadwiga	2333	K.B ATHLETIC ZRĘCIN	K40	12	01:49:40	03:37:56.30	03:38:00.00	+01:26:01	8:22	7.2
144	KRUSZYŃSKI Tomasz	2164	CROSSFITTER BOX CHEŁM	M40	45	01:45:14	03:38:23.95	03:39:05.25	+01:27:06	8:23	7.1
145	ZAJDEL-SOBCZAK Zuzanna	2400	ŁÓDŹRUNCREW	K30	13	01:49:41	03:40:15.10	03:40:45.40	+01:28:46	8:28	7.1
146	SOBCZAK Adam	2304	ŁÓDZ RUN CREW JAKO TEAM	M30	47		03:40:15.35	03:40:45.75	+01:28:46	8:28	7.1
147	SZAFRAŃSKI Tomasz	2325	EKIPA Z BARAKÓW	M30	48	01:55:01	03:40:41.60	03:40:57.75	+01:28:58	8:29	7.1
148	SOBCZYŃSKI Paweł	2305	PEES	M40	46	01:48:55	03:41:21.00	03:41:31.40	+01:29:32	8:30	7
149	CYPRYŚ Natalia	2036	ZAWADZKA TEAM, NOCNY BÓR TEAM	K20	6	01:45:36	03:41:04.05	03:41:39.05	+01:29:40	8:30	7.1
150	LIPSKI Paweł	2192	ŁÓDŹ RUN CREW	M40	47	01:53:28	03:41:13.65	03:41:44.55	+01:29:45	8:30	7.1
151	KITOWSKI Bartosz	2129	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	48	01:46:56	03:41:52.40	03:42:29.65	+01:30:30	8:32	7
152	GROCHALA Kornel	2084		M20	13	01:49:10	03:42:48.45	03:43:16.40	+01:31:17	8:34	7
153	SZUBERT Michał	2336		M40	49	01:53:01	03:42:57.95	03:43:45.00	+01:31:46	8:34	7
154	ŁAWROWSKI Adolf	2442	KS HARPAGAN	M60	1	01:50:57	03:43:22.75	03:44:19.75	+01:32:20	8:35	7
155	TAPEREK Mariusz	2346		M40	50	01:52:04	03:45:05.35	03:45:19.35	+01:33:20	8:39	6.9
156	KOCOT Aleksandra	2135	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	K20	7	01:59:06	03:44:17.80	03:45:22.60	+01:33:23	8:37	7
157	HABA Konrad	2092		M30	49	01:51:03	03:45:34.75	03:45:42.10	+01:33:43	8:40	6.9
158	PALLACH Lech	2246	BIEGAMYRAZEM	M40	51	01:58:55	03:45:10.75	03:46:02.35	+01:34:03	8:39	6.9
159	ZAWADZKI Piotr	2407	RYKOWISKO TEAM	M30	50	01:50:25	03:45:46.75	03:46:08.10	+01:34:09	8:41	6.9
160	BOROWIEC Mariusz	2012		M40	52	01:55:48	03:45:48.65	03:46:44.45	+01:34:45	8:41	6.9
161	CHWISTEK Katarzyna	2029		K40	13	01:46:07	03:46:24.95	03:47:00.95	+01:35:02	8:42	6.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
162	SEROKA Piotr	2296		M40	53	01:40:48	03:46:55.60	03:47:03.80	+01:35:05	8:43	6.9
163	SMOLIŃSKI Mateusz	2303		M20	14	01:50:23	03:46:59.55	03:47:06.50	+01:35:07	8:43	6.9
164	WÓJCICKI Marcin	2392	ŁĘCZNA BIEGA/SOLETT RUNNING TEAM	M40	54	01:49:45	03:46:37.50	03:47:14.75	+01:35:15	8:42	6.9
165	SIKORA Grzegorz	2299	KKM KALORYFER	M40	55	01:51:29	03:47:12.20	03:47:18.00	+01:35:19	8:44	6.9
166	PERLIŃSKI Mirosław	2262	ASSECO ACTIVE TEAM	M40	56	01:53:37	03:46:38.40	03:47:20.85	+01:35:22	8:43	6.9
167	WAWRO Szymon	2366		M30	51	01:49:19	03:47:22.20	03:47:34.75	+01:35:35	8:44	6.9
168	GRABOWSKA Gosia	2082		K40	14	01:57:38	03:47:25.30	03:47:36.55	+01:35:37	8:44	6.9
169	FARON Agnieszka	2417	100 MILES OF BESKID WYSPOWY/ PRZEHYBA TRAIL TEAM	K30	14	01:48:05	03:47:41.80	03:47:49.50	+01:35:50	8:45	6.9
170	NOWICKI Michael	2237	100 MILES OF BESKID WYSPOWY	M40	57	01:48:06	03:47:42.10	03:47:49.90	+01:35:51	8:45	6.9
171	PAUSZEK Roman	2445	LUCKY TEAM	M50	12	01:59:40	03:47:47.35	03:48:09.15	+01:36:10	8:45	6.8
172	OCIEPKA Sebastian	2239	LATAJĄCY CYRK / PEAK TIME	M40	58	01:47:22	03:47:54.00	03:48:13.60	+01:36:14	8:45	6.8
173	WASIK Marta	2364	EDC RUNNERS	K30	15	01:54:50	03:48:16.05	03:48:36.25	+01:36:37	8:46	6.8
174	KRYSTJAŃCZUK Karol	2165	ŁĘCZNA BIEGA	M40	59	01:46:51	03:48:03.95	03:48:40.75	+01:36:41	8:46	6.8
175	MATYJASZCZYK Barbara	2213	ŁĘCZNA BIEGA	K30	16	01:57:52	03:48:42.90	03:49:17.75	+01:37:18	8:47	6.8
176	CHWISTEK Artur	2028		M40	60	01:57:39	03:48:46.60	03:49:23.00	+01:37:24	8:47	6.8
177	MACIEJEWSKA Dominika	2200	WE RUN CLAN	K20	8	01:55:18	03:48:31.05	03:49:25.10	+01:37:26	8:47	6.8
178	MIEDZINSKI Piotr	2215	MSD RUNNING CLUB	M50	13	01:51:33	03:49:32.45	03:49:36.35	+01:37:37	8:49	6.8
179	KACZMARCZYK Grzegorz	2114		M30	52	01:58:04	03:47:23.45	03:50:10.70	+01:38:11	8:44	6.9
180	KACZMARCZYK Agnieszka	2115		K30	17	01:58:05	03:47:23.75	03:50:10.75	+01:38:11	8:44	6.9
181	ZIN Jacek	2411		M40	61		03:50:02.50	03:50:18.20	+01:38:19	8:50	6.8
182	ANDRZEJCZYK Grzegorz	2000		M40	62	01:58:13	03:49:35.20	03:50:21.15	+01:38:22	8:49	6.8
183	FRANCZAK Wojciech	2060		M50	14	01:55:45	03:49:50.15	03:50:21.60	+01:38:22	8:50	6.8
184	MISIUREWICZ Rozanna	2223	WE RUN CLAN	K30	18	01:53:40	03:49:56.45	03:50:48.80	+01:38:50	8:50	6.8
185	CHOJNACKI Mikołaj	2025	WARSAW RUN CLUB	M40	63	01:49:07	03:50:37.55	03:50:50.35	+01:38:51	8:52	6.8
186	KACZMARCZYK Natalia	2113		K30	19	01:58:38	03:50:06.25	03:50:50.90	+01:38:52	8:51	6.8
187	WARZYCHA Krzysztof	2362		M50	15	01:55:36	03:50:47.80	03:51:34.30	+01:39:35	8:52	6.8
187	WARZYCHA Dawid	2361		M20	15	01:55:37	03:50:47.15	03:51:34.30	+01:39:35	8:52	6.8
189	KRZYŻAK Łukasz	2168		M40	64	01:49:32	03:52:00.95	03:52:11.60	+01:40:12	8:55	6.7
190	DZIADURA Damian	2055	ARP RUN TEAM	M30	53	01:56:38	03:51:47.85	03:52:23.55	+01:40:24	8:54	6.7
191	DZIADECKI Marcin	2054		M40	65	01:54:34	03:51:30.05	03:52:41.55	+01:40:42	8:54	6.7
192	GÓRECKI Krzysztof	2080		M50	16	01:55:00	03:52:47.55	03:52:49.35	+01:40:50	8:57	6.7
193	MORYC Maciej	2225	MAKABI WARSZAWA	M40	66	01:55:51	03:52:17.85	03:52:52.25	+01:40:53	8:56	6.7
194	UJMA Stanisław	2358		M60	2	01:46:46	03:52:45.80	03:52:53.50	+01:40:54	8:57	6.7
195	PRZEBINDA Renata	2278	RUNONLINE	K50	1	01:56:07	03:52:38.55	03:53:07.30	+01:41:08	8:56	6.7
196	WÓJCICKA Agnieszka	2390	ŁĘCZNA BIEGA	K40	15	01:57:50	03:52:49.10	03:53:24.80	+01:41:26	8:57	6.7
197	SKLEPOWICZ Jacek	2301		M40	67	01:52:36	03:53:34.30	03:54:06.65	+01:42:07	8:59	6.7
198	WIEDERMANN Anita	2374		K30	20	01:49:28	03:53:22.95	03:54:08.20	+01:42:09	8:58	6.7
198	WIEDERMANN Krzysztof	2373	PEDRAFORCA	M40	68	01:49:31	03:53:21.40	03:54:08.20	+01:42:09	8:58	6.7
200	BURY Marek	2017		M50	17	01:59:06	03:54:37.80	03:54:50.40	+01:42:51	9:01	6.6
201	KAMIŃSKA Katarzyna	2120		K30	21	01:54:06	03:54:44.40	03:55:08.70	+01:43:09	9:01	6.6
202	GORCZYCA Dorota	2075		K40	16	01:52:37	03:55:05.40	03:55:18.30	+01:43:19	9:02	6.6
203	STACHYRA Bartłomiej	2309		M20	16	01:57:49	03:54:48.55	03:55:24.05	+01:43:25	9:01	6.6
204	WŁODARCZYK Monika	2384	AKTYWNY OSTRZESZÓW	K40	17	02:00:06	03:54:31.85	03:55:40.40	+01:43:41	9:01	6.7
205	WYSOCKI Tomasz	2397	OCHAJORUN&FRIENDS	M40	69	01:58:14	03:56:08.10	03:56:40.10	+01:44:41	9:04	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
205	ŻMUDKA Bartek	2414	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M40	69	01:58:31	03:56:24.25	03:56:40.10	+01:44:41	9:05	6.6
207	KĘDRA Agnieszka	2124		K30	22	01:56:10	03:56:26.65	03:56:47.50	+01:44:48	9:05	6.6
208	CZARTORYJSKI Darek	2038		M30	54	01:51:37	03:56:30.80	03:56:49.90	+01:44:51	9:05	6.6
209	GODLEWSKI Paweł	2431		M30	55	01:51:26	03:56:59.45	03:57:17.50	+01:45:18	9:06	6.6
210	DOMOSŁAWSKA Joanna	2045		K40	18	01:56:37	03:57:07.50	03:57:24.15	+01:45:25	9:07	6.6
211	GRYGO Krzysztof	2085	AKADEMIA SPORTU MEDYK	M60	3	01:56:24	03:57:09.45	03:57:34.90	+01:45:36	9:07	6.6
212	HILARCZUK Bartłomiej	2095	AMIGOS	M20	17	01:58:11	03:57:06.25	03:57:40.75	+01:45:41	9:07	6.6
213	KACZMARSKI Wojciech	2116		M50	18	01:55:04	03:57:32.60	03:57:41.10	+01:45:42	9:08	6.6
214	KOŁODZIEJCZYK Maciej	2138	FIZJO-SPORT	M40	71	01:55:40	03:58:05.25	03:58:22.30	+01:46:23	9:09	6.6
215	WÓJCIK Kamila	2432	LACHO TEAM	K40	19	01:59:08	03:58:10.70	03:58:29.30	+01:46:30	9:09	6.6
216	LIANA Tomasz	2189	KŁĘCZAŃSKA GRUPA BIEGOWA	M20	18	01:46:14	03:58:12.55	03:58:31.05	+01:46:32	9:09	6.5
217	CUPAK Łukasz	2035		M30	56	01:59:09	03:58:23.95	03:58:43.65	+01:46:44	9:10	6.5
218	TURKOWSKI Maciej	2355		M50	19	01:59:31	03:59:03.50	03:59:10.75	+01:47:11	9:11	6.5
219	KOPCZYŃSKI Przemek	2142	WE RUN CLAN	M40	72	01:50:06	03:58:23.70	03:59:16.70	+01:47:17	9:10	6.5
220	MATUSIK-SKALSKA Renata	2210	ŻUKI W BŁOCIE	K40	20	02:03:34	03:59:00.95	03:59:17.55	+01:47:18	9:11	6.5
221	PAUSZEK Marlena	2443	LUCKY TEAM	K50	2	02:06:12	03:59:27.45	03:59:47.90	+01:47:49	9:12	6.5
222	WOJEWÓDKA Michał	2386	WE RUN CLAN	M30	57	01:48:57	03:59:35.50	04:00:27.90	+01:48:29	9:12	6.5
223	SOCHA Justyna	2306		K20	9	02:04:25	04:00:12.95	04:00:37.95	+01:48:39	9:14	6.5
224	KUROWSKI Paweł	2176		M40	73	01:56:25	04:00:29.10	04:00:54.60	+01:48:55	9:14	6.5
225	CHMIELEWSKI Witold	2022		M40	74	02:01:42	04:01:18.45	04:01:35.10	+01:49:36	9:16	6.5
226	PASZKO Wojciech	2249		M30	58	01:58:42	04:00:56.40	04:01:37.40	+01:49:38	9:16	6.5
227	DAMIĘCKI Jan	2043	MASAKRA KLUB SPORTOWY	M40	75		04:01:51.00	04:01:51.00	+01:49:52	9:18	6.5
227	CZERNIAK Artur	2040	MASAKRA	M50	20		04:01:51.00	04:01:51.00	+01:49:52	9:18	6.5
229	CHODUN Agnieszka	2024		K40	21	01:58:31	04:01:30.70	04:02:02.75	+01:50:03	9:17	6.5
230	CHODUN Marek	2023		M40	76	01:58:30	04:01:32.80	04:02:04.10	+01:50:05	9:17	6.5
231	KORDOS Elżbieta	2144	KKM KALORYFER	K40	22	01:59:16	04:02:07.65	04:02:12.65	+01:50:13	9:18	6.4
232	BABIŃSKA Inga	2422	PRZEMYSKI KLUB BIEGACZA	K40	23	02:03:00	04:01:56.35	04:02:35.60	+01:50:36	9:18	6.4
233	MIERCZYK Agnieszka	2216		K40	24	01:59:19	04:03:34.40	04:03:57.55	+01:51:58	9:22	6.4
234	SUDER Michał	2321	BEZNAPIŃY	M40	77	01:59:20	04:03:34.60	04:03:57.65	+01:51:58	9:22	6.4
235	BOROWSKI Robert	2013		M30	59	02:08:28	04:04:02.60	04:04:11.10	+01:52:12	9:23	6.4
236	HRYCIUK Katarzyna	2098	EKOBIEGI	K40	25	02:02:47	04:03:59.60	04:04:11.35	+01:52:12	9:23	6.4
237	FRITZ Wojciech	2062	BIEG PO ZDRÓJ	M40	78	02:09:38	04:05:02.40	04:05:40.55	+01:53:41	9:25	6.4
238	WOJTAS Wojciech	2387	BIEG PO ZDRÓJ	M40	79	02:09:37	04:05:03.00	04:05:40.85	+01:53:42	9:25	6.4
239	KOZDRÓJ Marcin	2158		M40	80	02:11:35	04:05:03.20	04:05:45.95	+01:53:47	9:25	6.4
240	KOZDRÓJ Wioletta	2157	DOGOŃ GRODZISK MAZOWIECKI	K40	26	02:11:32	04:05:03.55	04:05:46.10	+01:53:47	9:25	6.4
241	FOLTA Jan	2058	GRUPA BIEGOWA ZARSZYN	M50	21	01:57:32	04:06:12.40	04:06:18.30	+01:54:19	9:28	6.3
242	BROŚ Bożena	2014	KLUB BIEGACZA ORANGE POLSKA	K40	27	01:58:41	04:06:00.30	04:06:35.30	+01:54:36	9:27	6.3
243	PAWŁOWSKA Agnieszka	2256	PRZEMYSKI KLUB BIEGACZA	K40	28	02:05:03	04:06:00.90	04:06:39.95	+01:54:41	9:27	6.3
244	WAŚ Monika	2367		K30	23	02:09:41	04:05:39.95	04:06:48.75	+01:54:49	9:26	6.4
245	KRUCZEK Robert	2163	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	22	02:09:40	04:05:40.05	04:06:48.90	+01:54:50	9:26	6.4
246	OLESIŃSKA Joanna	2420	DRUŻYNA JEDYNKI	K40	29	01:57:37	04:08:33.95	04:08:51.00	+01:56:52	9:33	6.3
247	WŁODARCZYK Paweł	2383	AKTYWNY OSTRZESZÓW	M40	81	02:00:06	04:07:50.80	04:08:59.65	+01:57:00	9:31	6.3
248	GOSZCZYŃSKI Piotr	2078		M40	82	02:01:14	04:08:28.45	04:09:13.95	+01:57:15	9:33	6.3
249	PINTSCHER Paulina	2444	EXPRESSMAP	K30	24	01:58:47	04:08:56.20	04:09:35.40	+01:57:36	9:34	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
250	TOMCZYK Grzegorz	2351	PALARNIA KAWY GREGORIO	M30	60	02:07:43	04:09:25.50	04:09:38.90	+01:57:40	9:35	6.3
251	GĘBSKI Sławomir	2071	KKM KALORYFER	M50	23	01:59:13	04:09:36.60	04:09:41.45	+01:57:42	9:36	6.3
252	WYSOCKI Rafał	2396	KKM KALORYFER	M40	83	02:06:39	04:09:48.55	04:10:06.10	+01:58:07	9:36	6.2
253	PIETRUSZEWSKI Bartłomiej	2439		M40	84	02:06:12	04:10:22.20	04:11:14.30	+01:59:15	9:37	6.2
254	KOPEĆ Beata	2143	NOCNY BÓR TEAM	K30	25	02:11:30	04:12:37.80	04:12:49.25	+02:00:50	9:42	6.2
255	KOZIOŁ Joanna	2160		K30	26	02:02:37	04:12:46.25	04:12:55.80	+02:00:57	9:43	6.2
256	KOZIOŁ Darek	2159		M30	61	02:01:56	04:12:24.50	04:12:56.50	+02:00:57	9:42	6.2
257	ŚCIESZKA Mateusz	2340		M40	85	02:06:53	04:11:17.75	04:12:58.40	+02:00:59	9:39	6.2
258	PELCZAR Jakub	2261	, -)	M30	62	02:05:12	04:13:08.05	04:13:31.85	+02:01:33	9:44	6.2
259	CHORBIŃSKA Paulina	2026		K30	27	02:05:12	04:13:08.20	04:13:32.00	+02:01:33	9:44	6.2
260	GNICH Natalia	2073		K20	10	01:58:29	04:13:27.25	04:13:33.30	+02:01:34	9:44	6.2
261	KOSTRUCHA Robert	2147		M30	63	01:59:20	04:12:49.20	04:13:34.10	+02:01:35	9:43	6.2
262	BUJAKOWSKI Patryk	2016	INFINITY-GYM	M40	86	02:00:21	04:13:23.00	04:13:55.40	+02:01:56	9:44	6.2
263	PISZCZ Dariusz	2268		M40	87	02:00:46	04:13:23.15	04:14:00.70	+02:02:01	9:44	6.2
264	STĘPIEŃ Daria	2314		K30	28	02:16:01	04:13:48.70	04:14:14.80	+02:02:16	9:45	6.1
265	RÓŻAŃSKI Michał	2288		M30	64	02:06:47	04:12:58.05	04:14:40.15	+02:02:41	9:43	6.2
266	LACH Paweł	2182		M40	88	02:06:49	04:12:58.70	04:14:40.30	+02:02:41	9:43	6.2
267	SIKORSKA Agnieszka	2415		K30	29	02:09:43	04:13:41.70	04:14:40.65	+02:02:41	9:45	6.1
268	ZACHARZYŃSKA Katarzyna	2399	ORANGE POLSKA	K30	30	02:06:57	04:14:13.90	04:14:47.80	+02:02:49	9:46	6.1
269	MASZKOWSKI Rafał	2206		M40	89	02:15:22	04:14:22.15	04:15:01.00	+02:03:02	9:47	6.1
270	MASZKOWSKA Anna	2205		K40	30	02:15:26	04:14:22.30	04:15:01.10	+02:03:02	9:47	6.1
271	REKOSIEWICZ-TOKARZ Monika	2286	GLOGIVIA GŁOGÓW MAŁOPOLSKI	K40	31	02:11:20	04:15:30.70	04:16:07.40	+02:04:08	9:49	6.1
272	GORECKA Aleksandra	2076		K20	11	02:18:32	04:16:09.05	04:16:56.70	+02:04:57	9:51	6.1
273	GUZIŃSKA Ola	2091		K40	32	02:13:46	04:17:00.40	04:17:28.30	+02:05:29	9:53	6.1
274	KUREK Stanisław	2174		M40	90	02:01:59	04:17:37.80	04:17:46.35	+02:05:47	9:54	6.1
275	STRAŻYC Iwona	2316		K30	31	02:10:30	04:17:50.80	04:18:04.25	+02:06:05	9:55	6.1
276	STACHYRA Andrzej	2308	LSB	M50	24	01:58:09	04:18:01.40	04:18:37.00	+02:06:38	9:55	6
277	CICHY Roman	2031	MUAY RUNNING TEAM	M40	91	02:17:49	04:18:27.20	04:19:08.80	+02:07:10	9:56	6
278	RADYK Joanna	2280	PRZEMYSKI KLUB BIEGACZA	K30	32	02:12:18	04:19:20.60	04:19:59.95	+02:08:01	9:58	6
279	BĘTKOWSKI Tomasz	2007	CASREX	M40	92	02:06:44	04:20:10.65	04:20:20.15	+02:08:21	10:00	6
280	MIERZWA Szymon	2217	KOPALNIA MOCY	M30	65	02:06:11	04:20:48.45	04:21:31.70	+02:09:32	10:01	6
281	WALKOWIAK Joanna	2426	MUAY RUNNING TEAM	K30	33	02:17:49	04:21:05.25	04:21:46.75	+02:09:47	10:02	6
282	DOMOSŁAWSKI Paweł	2046		M50	25	02:13:08	04:23:02.20	04:23:19.00	+02:11:20	10:07	5.9
283	ZGÓRSKI Maciej	2408	WKURW_TEAM	M40	93	02:13:20	04:24:43.35	04:25:04.55	+02:13:05	10:10	5.9
284	CHROMIK Krzysztof	2027		M40	94	01:57:54	04:25:41.85	04:26:01.05	+02:14:02	10:13	5.9
285	GLINKOWSKA Monika	2072		K30	34	02:14:52	04:26:05.05	04:26:24.00	+02:14:25	10:14	5.9
286	BOROWIEC Konrad	2011	-	M30	66	02:17:31	04:26:21.70	04:26:30.30	+02:14:31	10:14	5.9
287	JAMROZ Dawid	2104	CAŁA NAPRZÓD	M40	95	01:49:12	04:26:14.50	04:26:43.30	+02:14:44	10:14	5.9
288	MAŚLAK Radosław	2207	BIEGAMYRAZEM.PL	M50	26	02:09:27	04:26:02.95	04:26:55.15	+02:14:56	10:13	5.9
289	MAŚLAK Anna	2208		K50	3	02:09:31	04:26:03.30	04:26:55.40	+02:14:56	10:13	5.9
290	SZATKOWSKA Katarzyna	2327		K40	33	02:17:16	04:26:24.75	04:27:02.30	+02:15:03	10:14	5.9
291	NAZIM Tadeusz	2233	K.K.M. KALORYER	M60	4	02:14:08	04:28:08.90	04:28:45.20	+02:16:46	10:18	5.8
292	KILIAN Mariusz	2127		M50	27	02:07:27	04:28:30.30	04:29:14.30	+02:17:15	10:19	5.8
293	TOPOROWSKI Aleksander	2352		M30	67	02:14:50	04:28:30.50	04:29:19.35	+02:17:20	10:19	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
294	KURPISZ-KASPRZAK Magda	2177	NA PSI UROK	K30	35	02:07:20	04:29:10.35	04:29:24.95	+02:17:26	10:21	5.8
295	WASZAK Marek	2365		M50	28	02:16:22	04:29:55.15	04:30:38.85	+02:18:40	10:22	5.8
296	KĘDZIOR Grzegorz	2125		M20	19	02:20:55	04:30:22.60	04:30:41.10	+02:18:42	10:23	5.8
297	SZULC Waldemar	2337		M30	68	02:09:19	04:30:31.70	04:31:09.85	+02:19:11	10:24	5.8
298	RUPIŃSKA Agnieszka	2289		K20	12	02:11:42	04:30:49.25	04:31:30.75	+02:19:31	10:24	5.8
299	JÓŻWIK Artur	2110	BIEGAM, BO BIEGAM :)	M40	96	02:10:53	04:33:12.55	04:33:40.75	+02:21:41	10:30	5.7
300	MATUSIAK-TRENDAK Daria	2209	EKIPA Z BARAKÓW	K30	36	02:22:13	04:34:42.30	04:34:57.00	+02:22:58	10:33	5.7
301	MAŁGORZATA Modelska	2202	AZS AWF MASTERS	K30	37	02:19:38	04:35:00.75	04:35:10.90	+02:23:12	10:34	5.7
302	ROGE Michał	2287		M30	69	02:13:07	04:38:17.25	04:38:29.25	+02:26:30	10:42	5.6
303	SZMIGIEL Maciej	2331	1ON1 TEAM	M30	70	02:13:08	04:38:17.50	04:38:29.45	+02:26:30	10:42	5.6
304	KUKLA Elzbieta	2171	PWC RUNNING TEAM	K50	4	02:18:23	04:39:17.60	04:39:38.35	+02:27:39	10:44	5.6
305	OSADNIK Anna	2243	MAFIA TEAM	K40	34	02:29:03	04:39:12.05	04:39:39.80	+02:27:41	10:44	5.6
306	GAŁAZIN Tomasz	2066	CASREX	M40	97	02:14:30	04:39:44.15	04:39:49.60	+02:27:50	10:45	5.6
307	FRUK Kamil	2064		M30	71	02:17:30	04:40:15.15	04:40:42.00	+02:28:43	10:46	5.6
308	FRUK Natalia	2063		K30	38	02:17:29	04:40:15.15	04:40:42.05	+02:28:43	10:46	5.6
309	POPCZYK Piotr	2272		M40	98	02:26:21	04:40:52.85	04:41:16.00	+02:29:17	10:48	5.6
310	WIŚNIEWSKA Agnieszka	2379	CZEWARUN TIM	K30	39	02:29:04	04:42:01.85	04:42:29.80	+02:30:31	10:50	5.5
311	MIŻEJEWSKA Marta	2224	CROSSFIT CZĘSTOCHOWA	K30	40	02:29:05	04:42:14.70	04:42:43.05	+02:30:44	10:51	5.5
312	PARADOWSKI Paweł	2247	BIEGAMBOLUBIĘ / BYLEDOMETRY	M50	29	02:19:47	04:41:33.00	04:42:48.45	+02:30:49	10:49	5.5
313	BURZ-PARADOWSKA Jowita	2018	BYLE DO METY	K40	35	02:20:01	04:41:47.00	04:42:49.50	+02:30:50	10:50	5.5
314	KOZACZKA Włodzimierz	2154		M40	99	02:19:01	04:42:03.05	04:42:56.80	+02:30:58	10:50	5.5
315	NABIAŁEK Krzysztof	2227		M50	30	02:10:06	04:43:01.05	04:43:04.10	+02:31:05	10:53	5.5
316	KOCHANOWSKA Anna	2134	CZEWARUN TIM	K40	36	02:22:01	04:43:11.85	04:43:45.80	+02:31:47	10:53	5.5
317	WASIEWICZ Michał	2363		M30	72	02:21:01	04:45:49.35	04:46:31.20	+02:34:32	10:59	5.5
318	KRZYSZTOFOWICZ Karolina	2166		K40	37	02:24:19	04:47:10.45	04:48:04.55	+02:36:05	11:02	5.4
319	KRZYSZTOFOWICZ Andrzej	2167		M40	100	02:26:40	04:48:09.40	04:49:02.55	+02:37:03	11:04	5.4
320	DRAB Magda	2047	CHCE CI SIĘ?	K30	41	02:29:04	04:49:04.05	04:49:31.80	+02:37:33	11:07	5.4
321	KAMINIK MICHALCZAK Anna	2118	DREAMTEAM	K30	42	02:21:13	04:49:50.80	04:50:09.15	+02:38:10	11:08	5.4
322	WIERCHOŁA Joanna	2375		K60	2	02:26:11	04:49:32.35	04:50:26.15	+02:38:27	11:08	5.4
323	KUŻMA Przemek	2180	%	M30	73	02:19:27	04:51:39.25	04:51:56.20	+02:39:57	11:13	5.3
324	LEWANDOWSKA Karolina	2425		K30	43	02:29:33	04:52:41.05	04:52:43.25	+02:40:44	11:15	5.3
325	PAWLAK Wojciech	2255	TRUCHTAMSOBIETRAILOWO	M40	101	02:24:38	04:52:33.60	04:52:51.15	+02:40:52	11:15	5.3
326	WIŚNIEWSKA Kornelia	2380	ZABIEGANE DWIE	K40	38	02:30:31	04:52:08.20	04:52:59.30	+02:41:00	11:14	5.3
327	DALKE Jowita	2042	ZABIEGANE DWIE	K30	44	02:30:30	04:52:08.35	04:52:59.40	+02:41:00	11:14	5.3
328	SAGANOWSKI Adam	2293	AZS GDAŃSK	M40	102	02:24:36	04:53:05.05	04:53:23.20	+02:41:24	11:16	5.3
329	CIESZYŃSKI Jerzy	2032		M60	5	02:19:12	04:53:48.70	04:53:59.80	+02:42:01	11:18	5.3
330	NAWROT Magdalena	2232	J U V E R U N	K40	39	02:21:05	04:53:05.00	04:54:07.30	+02:42:08	11:16	5.3
331	GEMZIK Agata	2070	J U V E R U N	K30	45	02:22:14	04:53:03.75	04:54:07.60	+02:42:08	11:16	5.3
332	NAWROT Waldek	2231	J U V E R U N	M40	103	02:20:07	04:53:04.65	04:54:07.90	+02:42:09	11:16	5.3
333	WILMAŃSKI Dariusz	2377		M40	104	02:20:11	04:54:05.90	04:54:37.90	+02:42:39	11:18	5.3
334	DWORZAŃSKA Anna	2052	MARATOŃCZYK POZNAŃ	K30	46	02:39:50	04:54:52.20	04:55:31.90	+02:43:33	11:20	5.3
335	TARKA Konrad	2347	MARATOŃCZYK POZNAŃ	M30	74	02:39:51	04:54:53.10	04:55:32.15	+02:43:33	11:20	5.3
336	GOŁOŚ Michał	2074		M30	75	02:24:08	04:55:29.00	04:56:24.90	+02:44:26	11:21	5.3
337	JASIURSKI Grzegorz	2108	SZCZEP DHIGZ W WĘGROWIE	M40	105	02:24:07	04:55:29.20	04:56:25.40	+02:44:26	11:21	5.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 26km	brutto 26km			
338	JASIURSKA Jolanta	2107		K30	47	02:24:07	04:55:30.75	04:56:25.70	+02:44:26	11:21	5.3
339	SULIGA Wioletta	2322		K30	48	02:32:58	04:57:44.85	04:58:28.85	+02:46:30	11:27	5.2
340	PIETRUSZEWSKA Katarzyna	2440		K40	40	02:30:52	04:57:35.95	04:58:28.90	+02:46:30	11:26	5.2
341	RORAT Lena	2424	CHEŁM BIEGA	K30	49	02:31:52	04:58:48.35	04:59:28.65	+02:47:29	11:29	5.2
342	STEPANIUK Joanna	2313	BIEGAMY DZISIAJ? WIERZBICA	K40	41	02:31:50	04:58:50.35	04:59:30.70	+02:47:31	11:29	5.2
342	PRUSZKOWSKA Katarzyna	2276	CHEŁM BIEGA/ CROSSFITTER BOX CHEŁM	K40	41	02:31:50	04:58:50.70	04:59:30.70	+02:47:31	11:29	5.2
342	PRUSZKOWSKI Mariusz	2277	CHEŁM BIEGA/CROSSFITER BOX CHEŁM	M40	106	02:31:51	04:58:50.00	04:59:30.70	+02:47:31	11:29	5.2
345	GIEMZA Paweł	2447		M30	76	02:03:16	05:01:09.45	05:01:31.70	+02:49:32	11:34	5.2
346	ZAKRZEWSKA Anna	2401	ANTYLOOPY	K40	43	02:26:53	05:01:12.20	05:01:35.50	+02:49:36	11:35	5.2
347	ZAKRZEWSKI Olaf	2402	ANTYLOOPY	M40	107	02:27:01	05:02:13.60	05:02:35.90	+02:50:37	11:37	5.2
348	LEWICKA Aleksandra	2188		K30	50	02:27:39	05:03:54.35	05:04:26.40	+02:52:27	11:41	5.1
349	STRYCHALSKA Anna	2317		K40	44	02:27:36	05:03:52.05	05:04:26.60	+02:52:27	11:41	5.1
350	GRZYWIŃSKA Joanna	2089		K40	45	02:26:43	05:06:40.40	05:07:02.35	+02:55:03	11:47	5.1
351	SZELAĞ Iwona	2330		K30	51	02:30:43	05:07:59.65	05:08:24.15	+02:56:25	11:50	5.1
352	SIPIERA Tomasz	2300		M40	108	02:30:44	05:08:00.35	05:08:24.45	+02:56:25	11:50	5.1
353	LASEK Krzysztof	2183	RUN FOREST, RUN!	M30	77	02:29:35	05:08:14.65	05:08:31.55	+02:56:32	11:51	5.1
354	BUŚ Grzegorz	2019		M60	6	02:27:37	05:08:21.40	05:08:55.00	+02:56:56	11:51	5.1
355	POLEK Justyna	2271		K40	46	02:38:25	05:12:50.20	05:13:43.95	+03:01:45	12:01	5
356	PICHER RÓŻYŁO Joanna	2263		K40	47	02:23:55	05:13:49.25	05:14:32.05	+03:02:33	12:04	5
357	WOZNIAK Radosław	2388		M50	31	02:24:07	05:14:21.40	05:14:37.30	+03:02:38	12:05	5
358	SAMOĆ Barbara	2294	TEAM ZABIEGANEDNI	K40	48	02:31:38	05:18:35.80	05:19:08.20	+03:07:09	12:15	4.9
359	MOSTEK Marcin	2226		M40	109	02:37:50	05:23:43.95	05:24:16.90	+03:12:18	12:27	4.8
360	NOWAK Monika	2236	TBD	K40	49	02:37:45	05:23:49.80	05:24:23.50	+03:12:24	12:27	4.8
361	BARYGA Mateusz	2005	RUN ATLAS	M40	110	02:40:55	05:23:55.40	05:24:39.80	+03:12:41	12:27	4.8
362	JAREMEK Wojciech	2106		M40	111	02:40:41	05:25:31.35	05:26:26.75	+03:14:27	12:31	4.8
363	PASZKOWSKA Katarzyna	2250		K40	50	02:41:16	05:27:08.00	05:27:30.10	+03:15:31	12:34	4.8
364	STAWIŃSKA Maria	2310		K20	13	02:49:47	05:38:34.65	05:39:18.75	+03:27:19	13:01	4.6
365	JAWORSKA Sylwia	2109	NOCNY BÓR TEAM	K30	52	02:45:11	05:39:23.30	05:39:34.85	+03:27:36	13:03	4.6
366	SAPKO Paulina	2295	NOCNY BÓR TEAM	K30	53	02:45:11	05:39:22.90	05:39:35.05	+03:27:36	13:03	4.6
367	NEUMANN Maksymilian	2234		M20	20	02:44:58	05:40:32.35	05:40:39.20	+03:28:40	13:05	4.6
368	MILEWSKI Konrad	2220	KODA	M30	78	02:44:37	05:43:18.30	05:43:29.75	+03:31:30	13:12	4.5
369	KUFEL Grzegorz	2416	STAY ISANE	M30	79	02:38:05	05:48:19.00	05:48:51.00	+03:36:52	13:23	4.5
370	KAPICA Katarzyna	2421		K30	54	02:37:48	05:49:23.15	05:49:47.00	+03:37:48	13:26	4.5
371	NAJDER Paulina	2228		K40	51	02:42:04	05:56:06.95	05:57:47.95	+03:45:49	13:41	4.4
372	NAJDER Sebastian	2229		M40	112	02:42:05	05:56:08.55	05:57:48.90	+03:45:50	13:41	4.4
373	PIOTROWSKI Marek	2448		M50	32	02:54:06	05:57:47.80	05:58:00.35	+03:46:01	13:45	4.4
374	BYSZEWSKI Filip	2020		M20	21	03:01:04	05:58:29.80	05:58:59.70	+03:47:00	13:47	4.4
375	SIERECKI Zbigniew	2298	TEAM ZABIEGANEDNI // WOLF TEAM	M40	113	03:05:42	05:58:45.85	05:59:18.95	+03:47:20	13:47	4.3
376	HOŁYSZ Daniel	2097		M50	33	02:57:18	06:06:35.65	06:07:12.30	+03:55:13	14:05	4.3
376	ŚWIERKOSZ-HOŁYSZ Małgorzata	2343		K40	52	02:57:20	06:06:36.00	06:07:12.30	+03:55:13	14:06	4.3
378	CZECHOWSKA Izabela	2039	WE TEAM	K40	53	03:18:35	06:12:43.70	06:13:30.20	+04:01:31	14:20	4.2
379	JAKUBIEC Justyna	2102		K50	5	03:18:36	06:12:44.05	06:13:30.85	+04:01:32	14:20	4.2
380	KUBASIEWICZ Artur	2169	TBD	M50	34	02:57:50	06:19:06.70	06:19:40.75	+04:07:41	14:34	4.1
381	POPIOŁEK Jacek	2273	BIEGUSIEM.PL	M40	114	03:06:01	06:22:14.75	06:22:29.55	+04:10:30	14:42	4.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
382	POPIOŁEK Piotr	2274		M30	80	03:06:02	06:22:14.05	06:22:29.60	+04:10:30	14:42	4.1
383	ORZECHOWSKA Danuta	2241	PASJA WARSZAWA	K60	3	03:09:34	06:24:45.55	06:27:54.50	+04:15:55	14:47	4.1
384	ORZECHOWSKI Mieczysław	2242	PASJA WARSZAWA	M60	7	03:09:34	06:24:44.85	06:27:54.65	+04:15:55	14:47	4.1
385	REY Patryk	2285	REYRUNNINGTEAM	M20	22	03:42:38	06:33:46.80	06:34:49.50	+04:22:50	15:08	4
386	SZUMLAS Anna	2338	#SZUMITEAM	K40	54	03:10:46	06:37:16.00	06:38:01.95	+04:26:03	15:16	3.9
387	WIĄCKIEWICZ Dominika	2372	DZIK KOMANDO	K30	55	03:31:12	06:48:08.60	06:48:27.25	+04:36:28	15:41	3.8
388	JAGODZIŃSKI Hubert	2100	DZIK KOMANDO	M30	81	03:31:14	06:48:12.70	06:48:27.80	+04:36:29	15:42	3.8
389	ZYDEK - ŚWIĆ Katarzyna	2437	DZIK KOMANDO	K20	14	03:31:10	06:48:09.90	06:48:27.85	+04:36:29	15:41	3.8
390	LAUKS Jan	2184	DZIK KOMANDO	M20	23	03:31:16	06:48:11.15	06:48:28.80	+04:36:30	15:41	3.8
391	KŁOS Dariusz	2131	KLUB MARATOŃSKI UMK TORUŃ	M50	35	03:39:49	07:03:30.25	07:04:36.55	+04:52:37	16:17	3.7
392	HAIIDUK Dawid	2093		M20	24	03:26:56	07:05:13.60	07:05:44.55	+04:53:45	16:21	3.7
393	JANIK Weronika	2105		K20	15	03:26:55	07:05:12.65	07:05:45.35	+04:53:46	16:21	3.7
394	BORKOWSKA Ewa	2010		K60	4	03:22:59	07:25:32.60	07:26:00.40	+05:14:01	17:08	3.5
	JUCHNIEWICZ Lidia	2111		K40		00:50:34 DNF	DNF	DNF	-	-	-
	DUDA Tomek	2051	RADIO RODZINA	M50		01:59:54 DNF	DNF	DNF	-	-	-
	REY Andrzej	2284	REYRUNNINGTEAM	M40		DNF	DNF	DNF	-	-	-
	JAKUBOWSKI Pawel	2103		M30		DNF	DNF	DNF	-	-	-
	OSIŃSKI Grzegorz	2245		M30		DNF	DNF	DNF	-	-	-
	SIERECKA Dorota	2297	TEAM ZABIEGANEDNI // WKURW_TEAM	K40		DNF	DNF	DNF	-	-	-
	TRENDAK Paweł	2354	EKIPA Z BARAKÓW	M30		DNF	DNF	DNF	-	-	-

Znaleziono 401 wynik(ów)