

IX ZIMOWA BIESZCZADZKA DYCHA 2023

B4SPORT

Wydarzenie: IX Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-01-28
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JAKUBIK Marcin	1062	MKS HALICZ PSG KROŚCIENKO	M30	1	00:22:02	00:55:07.25	00:55:07.25		5:30	10.9 (100%)
2	MATUSZ Krystian	1080		M20	1	00:22:29	00:55:29.40	00:55:29.40	+00:00:22 (0.7%)	5:32	10.8 (99.1%)
3	TARGOSZ Michał	1069	#ADAMCZERWIŃSKITEAM	M40	1	00:21:54	00:55:37.90	00:55:37.90	+00:00:30 (0.9%)	5:33	10.8 (99.1%)
4	WETHACZ Mateusz	1052		M30	2	00:21:58	00:58:23.95	00:58:23.95	+00:03:16 (5.6%)	5:50	10.3 (94.5%)
5	MLAŚ Ireneusz	1036	IPA PRZEMYŚL	M30	3	00:23:31	00:58:38.35	00:58:38.35	+00:03:31 (6.0%)	5:51	10.2 (93.6%)
6	BANASIK Krzysztof	1149	KAŃCZUCKA GRUPA BIEGOWA	M40	2	00:24:13	00:58:44.80	00:58:44.80	+00:03:37 (6.2%)	5:52	10.2 (93.6%)
7	SZYBIAK Maciej	1129	PRZEMYSKI KLUB BIEGACZA	M20	2	00:24:35	00:59:53.25	00:59:53.25	+00:04:46 (8.0%)	5:59	10 (91.7%)
8	POTERA Maciej	1059		M40	3	00:36:30	01:00:43.75	01:00:43.75	+00:05:36 (9.2%)	6:04	9.9 (90.8%)
9	ZAWADZKI Marcin	1027	SZCZWANY TRZMIEL TEAM	M40	4	00:25:22	01:01:37.65	01:01:37.65	+00:06:30 (10.6%)	6:09	9.7 (89.0%)
10	ŚWIDZIŃSKI Tomasz	1128		M40	5	00:25:39	01:02:46.00	01:02:46.00	+00:07:38 (12.2%)	6:16	9.6 (88.1%)
11	BOLECHOWSKA Dominika	1156	ALPIN SPORT	K40	1	00:25:31	01:02:57.80	01:02:57.80	+00:07:50 (12.5%)	6:17	9.5 (87.2%)
12	STACH Tomasz	1122	STRACHY....PL	M40	6	00:22:15	01:03:47.90	01:03:47.90	+00:08:40 (13.6%)	6:22	9.4 (86.2%)
13	PUTYRA Damian	1131		M20	3	00:26:05	01:04:19.75	01:04:19.75	+00:09:12 (14.3%)	6:25	9.3 (85.3%)
14	HOŁOWATY Renata	1141	SANOK BIEGA	K30	1	00:27:01	01:04:36.00	01:04:36.00	+00:09:28 (14.7%)	6:27	9.3 (85.3%)
15	GAŁUSZKA Tomasz	1110	SKITUROWE BIESZCZADY	M40	7	00:26:33	01:04:38.00	01:04:38.00	+00:09:30 (14.7%)	6:27	9.3 (85.3%)
16	RACZKOWSKI Paweł	1094	BLIND FURY	M40	8	00:26:27	01:04:42.30	01:04:42.30	+00:09:35 (14.8%)	6:28	9.3 (85.3%)
17	HYB Dariusz	1055		M20	4		01:05:34.60	01:05:34.60	+00:10:27 (15.9%)	6:33	9.2 (84.4%)
18	BIESZCZAD Magdalena	1082	TRESERTEAM	K40	2	00:26:50	01:06:00.35	01:06:00.35	+00:10:53 (16.5%)	6:36	9.1 (83.5%)
19	BANASIK Monika	1148	KAŃCZUCKA GRUPA BIEGOWA	K30	2	00:26:55	01:06:34.05	01:06:34.05	+00:11:26 (17.2%)	6:39	9 (82.6%)
20	TAJAK Bartłomiej	1022		M30	4		01:06:38.30	01:06:38.30	+00:11:31 (17.3%)	6:39	9 (82.6%)
21	ZUBEK Józef	1121		M40	9	00:27:32	01:07:22.25	01:07:22.25	+00:12:15 (18.2%)	6:44	8.9 (81.7%)
22	KARNAS Damian	1039		M30	5	00:27:42	01:07:22.50	01:07:22.50	+00:12:15 (18.2%)	6:44	8.9 (81.7%)
23	KOZA Jasiak	1111	GOPR BIESZCZADY	M30	6	00:27:05	01:07:50.60	01:07:50.60	+00:12:43 (18.8%)	6:47	8.8 (80.7%)
24	BODZIOCH Grzegorz	1042		M50	1	00:27:23	01:08:55.15	01:08:55.15	+00:13:47 (20.0%)	6:53	8.7 (79.8%)
25	TARNOWSKA Ewa	1105	LUBELSKA GRUPA TRIATHLONU	K30	3		01:09:00.10	01:09:00.10	+00:13:52 (20.1%)	6:54	8.7 (79.8%)
26	BEM Jakub	1146	NOWA HUTA TEAM	M30	7	00:27:16	01:09:47.70	01:09:47.70	+00:14:40 (21.0%)	6:58	8.6 (78.9%)
27	OCHYRA Karolina	1109		K20	1	00:27:36	01:09:53.85	01:09:53.85	+00:14:46 (21.1%)	6:59	8.6 (78.9%)
28	WOŹNIAK Janusz	1004	PORMAT JEDLICZE BIEGA	M60	1	00:30:00	01:12:18.10	01:12:18.10	+00:17:10 (23.8%)	7:13	8.3 (76.1%)
29	KOSTKA Robert	1023	TEAM ZALEWSKI	M40	10	00:28:43	01:12:28.65	01:12:28.65	+00:17:21 (23.9%)	7:14	8.3 (76.1%)

						Czas netto 10km	Czas brutto 10km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km		Różn		
30	UJMA Stanisław	1051		M60	2	00:29:20	01:12:41.35	01:12:41.35	+00:17:34 (24.2%)	7:16 8.3 (76.1%)
31	PROTSIV Jarosław	1159		M30	8	00:30:07	01:13:28.70	01:13:28.70	+00:18:21 (25.0%)	7:20 8.2 (75.2%)
32	KRYNICKI Jakub	1140	GALICJA CISNA	M30	9	00:28:43	01:13:55.75	01:13:55.75	+00:18:48 (25.4%)	7:23 8.1 (74.3%)
33	PODOLAK Zbigniew	1085	GWIAZDY PRZEMYSŁ	M60	3	00:30:44	01:14:32.60	01:14:32.60	+00:19:25 (26.1%)	7:27 8.1 (74.3%)
34	CHMIEL Damian	1054		M20	5		01:15:15.45	01:15:15.45	+00:20:08 (26.8%)	7:31 8 (73.4%)
35	SIENKO Karol	1084	ASURA WEAR	M30	10		01:15:21.85	01:15:21.85	+00:20:14 (26.9%)	7:32 8 (73.4%)
36	MARKOWICZ Dawid	1031		M20	6	00:38:07	01:15:29.30	01:15:29.30	+00:20:22 (27.0%)	7:32 7.9 (72.5%)
37	HAJDUK Tomek	1044	YULO RUN TEAM SIEDLCE	M40	11	00:29:42	01:16:01.15	01:16:01.15	+00:20:53 (27.5%)	7:36 7.9 (72.5%)
38	OCHYRA Krzysztof	1114		M50	2	00:30:25	01:16:33.35	01:16:33.35	+00:21:26 (28.0%)	7:39 7.8 (71.6%)
39	JANAS Marian	1152		M60	4	00:31:25	01:16:39.95	01:16:39.95	+00:21:32 (28.1%)	7:39 7.8 (71.6%)
40	LIBERADZKA Joanna	1117		K30	4	00:32:50	01:17:05.80	01:17:05.80	+00:21:58 (28.5%)	7:42 7.8 (71.6%)
41	OBYRTACZ Paweł	1071		M30	11	00:30:33	01:17:51.75	01:17:51.75	+00:22:44 (29.2%)	7:47 7.7 (70.6%)
42	MOLENDĄ Szczepan	1009		M30	12	00:31:55	01:17:52.30	01:17:52.30	+00:22:45 (29.2%)	7:47 7.7 (70.6%)
43	RUSZCZYK Marek	1077		M40	12		01:18:00.80	01:18:00.80	+00:22:53 (29.3%)	7:48 7.7 (70.6%)
44	CZARNOCKI Paweł	1029	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	13		01:18:25.55	01:18:25.55	+00:23:18 (29.7%)	7:50 7.7 (70.6%)
45	STOLARZ Andrzej	1151		M30	13	00:31:35	01:18:45.85	01:18:45.85	+00:23:38 (30.0%)	7:52 7.6 (69.7%)
46	PENKALA Piotr	1090	STRANGERS	M20	7	00:33:53	01:18:51.55	01:18:51.55	+00:23:44 (30.1%)	7:53 7.6 (69.7%)
47	SPRAWKA Marta	1158		K30	5	00:33:11	01:19:08.50	01:19:08.50	+00:24:01 (30.4%)	7:54 7.6 (69.7%)
48	KRÓL Mariusz	1150		M40	14	00:34:25	01:19:19.25	01:19:19.25	+00:24:12 (30.5%)	7:55 7.6 (69.7%)
49	ZIELIŃSKI Damian	1050	STOPKA PILAWA	M40	15	00:33:02	01:19:23.70	01:19:23.70	+00:24:16 (30.6%)	7:56 7.6 (69.7%)
50	SZCZUR Wiesław	1123		M50	3	00:31:55	01:19:25.15	01:19:25.15	+00:24:17 (30.6%)	7:56 7.6 (69.7%)
51	ZIOBROWSKI Marcin	1096		M40	16	00:32:46	01:20:11.30	01:20:11.30	+00:25:04 (31.3%)	8:01 7.5 (68.8%)
52	URZEDOWSKI Arkadiusz	1143		M30	14		01:20:18.35	01:20:18.35	+00:25:11 (31.4%)	8:01 7.5 (68.8%)
53	SURMA Karolina	1078		K40	3	00:30:20	01:20:57.05	01:20:57.05	+00:25:49 (31.9%)	8:05 7.4 (67.9%)
54	SKIBA Elżbieta	1088	NOWA HUTA TEAM	K30	6		01:21:12.15	01:21:12.15	+00:26:04 (32.1%)	8:07 7.4 (67.9%)
55	RĘKAS Piotr	1035	RAPTOWNI	M60	5	00:31:10	01:21:46.80	01:21:46.80	+00:26:39 (32.6%)	8:10 7.3 (67.0%)
56	JAŁOSZEWSKI Mateusz	1093		M30	15		01:21:48.65	01:21:48.65	+00:26:41 (32.6%)	8:10 7.3 (67.0%)
57	NAZIMEK Lilianna	1154	VISEGRAD MARATON RYTRO/OHANA	K50	1		01:22:07.65	01:22:07.65	+00:27:00 (32.9%)	8:12 7.3 (67.0%)
58	WOJCIK Maciej	1074		M40	17	00:33:48	01:22:18.00	01:22:18.00	+00:27:10 (33.0%)	8:13 7.3 (67.0%)
59	WRÓBEL Bartłomiej	1019	CISNA GÓRĄ	M40	18	00:31:35	01:22:44.90	01:22:44.90	+00:27:37 (33.4%)	8:16 7.3 (67.0%)
60	BOROWSKA Teresa	1127		K50	2	00:32:36	01:22:50.70	01:22:50.70	+00:27:43 (33.5%)	8:17 7.2 (66.1%)
61	BERTRANDT Bartosz	1018		M30	16	00:36:37	01:23:28.05	01:23:28.05	+00:28:20 (34.0%)	8:20 7.2 (66.1%)
62	PUDŁO Rita	1101		K20	2	00:33:39	01:23:38.65	01:23:38.65	+00:28:31 (34.1%)	8:21 7.2 (66.1%)
63	PUDŁO Marcin	1102		M40	19	00:29:47	01:23:39.85	01:23:39.85	+00:28:32 (34.1%)	8:21 7.2 (66.1%)
64	BOROWSKI Tomasz	1142	HAMER	M60	6	00:35:30	01:24:06.10	01:24:06.10	+00:28:58 (34.5%)	8:24 7.1 (65.1%)
65	KAMIŃSKA Katarzyna	1103		K30	7	00:33:19	01:24:08.85	01:24:08.85	+00:29:01 (34.5%)	8:24 7.1 (65.1%)
66	MAŃKOWSKI Marek	1098	MAKABI WARSZAWA	M40	20	00:35:14	01:24:59.60	01:24:59.60	+00:29:52 (35.1%)	8:29 7.1 (65.1%)
67	CZAJKOWSKI Adam	1120		M50	4		01:25:06.80	01:25:06.80	+00:29:59 (35.2%)	8:30 7.1 (65.1%)
68	KOPEĆ Paweł	1092	BLIND FURY	M40	21	00:34:17	01:26:47.20	01:26:47.20	+00:31:39 (36.5%)	8:40 6.9 (63.3%)
69	SOWA Sara	1017	NH TEAM	K20	3	00:35:01	01:27:35.35	01:27:35.35	+00:32:28 (37.1%)	8:45 6.9 (63.3%)
70	WASILEWSKA Agnieszka	1070	AROMAT NÓG	K40	4	00:34:51	01:27:35.60	01:27:35.60	+00:32:28 (37.1%)	8:45 6.9 (63.3%)
71	GURGUL Dorota	1068	AROMAT NÓG	K40	5		01:27:40.50	01:27:40.50	+00:32:33 (37.1%)	8:46 6.8 (62.4%)
72	JAWORSKA Magdalena	1007	KS CELESTYNA	K30	8		01:28:06.85	01:28:06.85	+00:32:59 (37.4%)	8:48 6.8 (62.4%)
73	BEMBNISTA Ola	1049	WŁÓCZYMORDY	K40	6	00:33:58	01:28:07.65	01:28:07.65	+00:33:00 (37.5%)	8:48 6.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
74	SABANOŚ Gejza	1162	MARAS TEAM	M60	7	00:35:50	01:28:53.20	01:28:53.20	+00:33:45 (38.0%)	8:53	6.8 (62.4%)
75	KAMIŃSKA Patrycja	1104		K30	9		01:29:16.05	01:29:16.05	+00:34:08 (38.3%)	8:55	6.7 (61.5%)
76	STASZCZYK Anna	1118	BKB CZARNA PERŁA	K30	10	00:44:29	01:30:03.65	01:30:03.65	+00:34:56 (38.8%)	9:00	6.7 (61.5%)
77	NOWAK Maciej	1032		M30	17	00:35:35	01:30:03.75	01:30:03.75	+00:34:56 (38.8%)	9:00	6.7 (61.5%)
78	GRODON Magdalena	1065	HARPAGAN SOSNOWIEC	K40	7	00:34:13	01:30:10.80	01:30:10.80	+00:35:03 (38.9%)	9:01	6.7 (61.5%)
79	MACIEWICZ Teresa	1013		K50	3	00:34:41	01:30:48.10	01:30:48.10	+00:35:40 (39.3%)	9:04	6.6 (60.6%)
80	MICHNO Agata	1025	NOWA HUTA TEAM	K30	11	00:34:21	01:30:48.30	01:30:48.30	+00:35:41 (39.3%)	9:04	6.6 (60.6%)
81	KAMINIK-MICHALCZAK Anna	1066		K40	8	00:37:31	01:31:21.70	01:31:21.70	+00:36:14 (39.7%)	9:08	6.6 (60.6%)
82	MAŃKOWSKA Karolina	1100	MAKABI WARSZAWA	K40	9	00:37:13	01:31:57.50	01:31:57.50	+00:36:50 (40.1%)	9:11	6.5 (59.6%)
83	LASKOWSKI Marcin	1155	MAKABI WARSZAWA	M40	22	00:37:06	01:32:01.15	01:32:01.15	+00:36:53 (40.1%)	9:12	6.5 (59.6%)
84	STEC Andrzej	1046		M50	5		01:32:42.60	01:32:42.60	+00:37:35 (40.5%)	9:16	6.5 (59.6%)
85	ZUBA Rafał	1153	BLACK RIVER	M20	8		01:33:03.85	01:33:03.85	+00:37:56 (40.8%)	9:18	6.4 (58.7%)
86	KLUZ Robert	1136		M50	6	00:39:31	01:33:33.45	01:33:33.45	+00:38:26 (41.1%)	9:21	6.4 (58.7%)
87	DOMAGALA Joanna	1081		K40	10	00:37:40	01:34:16.85	01:34:16.85	+00:39:09 (41.5%)	9:25	6.4 (58.7%)
88	GIL Marta	1015	LUBELSKA GRUPA TRIATHLONU	K30	12	00:37:02	01:35:03.10	01:35:03.10	+00:39:55 (42.0%)	9:30	6.3 (57.8%)
89	STEPNOWSKI Łukasz	1157	PADŁ NA RYJ TEAM	M30	18	00:36:55	01:35:36.95	01:35:36.95	+00:40:29 (42.4%)	9:33	6.3 (57.8%)
90	KAFARSKI Marcin	1030		M40	23	00:35:44	01:35:48.10	01:35:48.10	+00:40:40 (42.5%)	9:34	6.3 (57.8%)
91	PISZCZ Dariusz	1135		M40	24	00:36:48	01:35:48.90	01:35:48.90	+00:40:41 (42.5%)	9:34	6.3 (57.8%)
92	SZUKOWSKA Amelia	1021		K30	13	00:39:48	01:36:06.20	01:36:06.20	+00:40:58 (42.6%)	9:36	6.2 (56.9%)
93	WŁODARSKI Leszek	1126	BLIND FURY	M40	25	00:36:33	01:36:08.60	01:36:08.60	+00:41:01 (42.7%)	9:36	6.2 (56.9%)
94	KUREK Krzysztof	1106	PŁOCK BIEGA NO AGE LIMIT	M40	26	00:36:40	01:36:18.85	01:36:18.85	+00:41:11 (42.8%)	9:37	6.2 (56.9%)
95	TYCHONCZUK Kateryna	1160		K30	14		01:36:51.85	01:36:51.85	+00:41:44 (43.1%)	9:41	6.2 (56.9%)
96	LITAK Grzegorz	1095		M60	8	00:36:24	01:37:02.70	01:37:02.70	+00:41:55 (43.2%)	9:42	6.2 (56.9%)
97	DUDEK Marcin	1130	LEŚNA BIEGUNKA	M40	27	00:36:45	01:37:05.50	01:37:05.50	+00:41:58 (43.2%)	9:42	6.2 (56.9%)
98	KALISZ Renata	1043		K40	11	00:39:55	01:37:10.65	01:37:10.65	+00:42:03 (43.3%)	9:43	6.2 (56.9%)
99	GRAL Katarzyna	1058	WŁÓCZYMORDY	K50	4		01:37:17.45	01:37:17.45	+00:42:10 (43.3%)	9:43	6.2 (56.9%)
100	JANUSZEWICZ Aleksandra	1099	AKS ZŁY	K30	15	00:38:03	01:37:20.00	01:37:20.00	+00:42:12 (43.4%)	9:44	6.2 (56.9%)
101	OSTROWICKA Justyna	1116		K30	16	00:37:59	01:37:20.10	01:37:20.10	+00:42:12 (43.4%)	9:44	6.2 (56.9%)
102	TRZECIAK Albina	1011		K30	17		01:38:24.95	01:38:24.95	+00:43:17 (44.0%)	9:50	6.1 (56.0%)
103	TOMCZAK Miłosz	1064		M30	19	00:37:46	01:39:07.60	01:39:07.60	+00:44:00 (44.4%)	9:54	6.1 (56.0%)
104	KĘDZIOR Justyna	1006	NIELEPKOWICE GÓRĄ	K30	18	00:38:42	01:39:21.85	01:39:21.85	+00:44:14 (44.5%)	9:56	6 (55.0%)
105	FUDALI Jacek	1048		M30	20		01:39:53.45	01:39:53.45	+00:44:46 (44.8%)	9:59	6 (55.0%)
106	SZPREJDA Paulina	1063		K30	19	00:39:37	01:41:03.65	01:41:03.65	+00:45:56 (45.5%)	10:06	5.9 (54.1%)
107	LEŃCZUK Grażyna	1091	BESKIDZKIE RYSIE RUNNING TEAM	K50	5		01:41:07.75	01:41:07.75	+00:46:00 (45.5%)	10:06	5.9 (54.1%)
108	NAWROT Waldek	1137	J U V E R U N	M50	7	00:39:17	01:41:18.45	01:41:18.45	+00:46:11 (45.6%)	10:07	5.9 (54.1%)
109	BOŻEK Aleksandra	1014	TEAM ZABIEGANEDNI	K30	20		01:41:25.45	01:41:25.45	+00:46:18 (45.7%)	10:08	5.9 (54.1%)
110	GEMZIK Agata	1115	J U V E R U N	K30	21		01:41:31.45	01:41:31.45	+00:46:24 (45.7%)	10:09	5.9 (54.1%)
111	NAWROT Magdalena	1138	J U V E R U N	K40	12		01:41:31.85	01:41:31.85	+00:46:24 (45.7%)	10:09	5.9 (54.1%)
112	RYŻYŃSKA Agnieszka	1139	CHEŁM BIEGA	K40	13	00:42:31	01:43:14.90	01:43:14.90	+00:48:07 (46.6%)	10:19	5.8 (53.2%)
113	PĘKAŁSKA Anna	1086		K50	6		01:44:34.95	01:44:34.95	+00:49:27 (47.3%)	10:27	5.7 (52.3%)
114	PASTUSZAK Grzegorz	1041		M50	8	00:38:11	01:44:44.20	01:44:44.20	+00:49:36 (47.4%)	10:28	5.7 (52.3%)
115	MAZURKÓW Marian	1040		M60	9	00:38:20	01:44:44.80	01:44:44.80	+00:49:37 (47.4%)	10:28	5.7 (52.3%)
116	WILSZ Ewa	1037	#THEWINEFEELS	K40	14		01:44:59.10	01:44:59.10	+00:49:51 (47.5%)	10:29	5.7 (52.3%)
117	WILSZ Adam	1038	#THEWINEFEELS	M50	9	00:38:59	01:45:01.55	01:45:01.55	+00:49:54 (47.5%)	10:30	5.7 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
118	WOŹNIAK Lidia	1005	PORMAT JEDLICZE BIEGA	K50	7	00:40:48	01:45:08.35	01:45:08.35	+00:50:01 (47.6%)	10:30	5.7 (52.3%)
119	WRÓBEL Barbara	1134	CISNA GÓRĄ	K20	4	00:42:27	01:45:38.55	01:45:38.55	+00:50:31 (47.8%)	10:33	5.7 (52.3%)
120	SZADKOWSKI Sebastian	1072		M40	28	00:39:22	01:45:56.90	01:45:56.90	+00:50:49 (48.0%)	10:35	5.7 (52.3%)
121	KUDŁA Agnieszka	1056		K50	8	00:42:03	01:45:57.20	01:45:57.20	+00:50:49 (48.0%)	10:35	5.7 (52.3%)
122	BARTNIK Dominika	1016		K30	22	00:41:55	01:46:07.65	01:46:07.65	+00:51:00 (48.1%)	10:36	5.7 (52.3%)
123	PENKALA Marcin	1089	STRANGERS	M40	29	00:43:40	01:46:12.45	01:46:12.45	+00:51:05 (48.1%)	10:37	5.6 (51.4%)
124	KLIMCZAK Marcin	1057		M20	9	00:40:39	01:47:31.70	01:47:31.70	+00:52:24 (48.7%)	10:45	5.6 (51.4%)
125	WALATEK Filip	1083	BLIND FURY	M40	30		01:47:59.15	01:47:59.15	+00:52:51 (49.0%)	10:47	5.6 (51.4%)
126	MAJDYŚ Wojciech	1125		M50	10	00:41:59	01:48:04.85	01:48:04.85	+00:52:57 (49.0%)	10:48	5.6 (51.4%)
127	CZAPLA Andrzej	1024		M60	10	00:44:57	01:48:21.15	01:48:21.15	+00:53:13 (49.1%)	10:50	5.5 (50.5%)
128	KULA Milena	1112		K30	23	00:44:15	01:49:23.25	01:49:23.25	+00:54:16 (49.6%)	10:56	5.5 (50.5%)
129	JEZIOR Monika	1060		K30	24	00:46:37	01:50:19.55	01:50:19.55	+00:55:12 (50.0%)	11:01	5.4 (49.5%)
130	JEZIOR Bartosz	1061		M40	31	00:46:40	01:50:19.65	01:50:19.65	+00:55:12 (50.0%)	11:01	5.4 (49.5%)
131	PIELAK Marcin	1067		M40	32		01:50:54.40	01:50:54.40	+00:55:47 (50.3%)	11:05	5.4 (49.5%)
132	DRELINKIEWICZ Alicja	1076		K50	9	00:45:15	01:50:57.25	01:50:57.25	+00:55:50 (50.3%)	11:05	5.4 (49.5%)
133	ANDRASZ Paweł	1001		M20	10	00:43:12	01:51:04.10	01:51:04.10	+00:55:56 (50.4%)	11:06	5.4 (49.5%)
134	JAROSZ Katarzyna	1097		K20	5	00:43:17	01:51:05.20	01:51:05.20	+00:55:57 (50.4%)	11:06	5.4 (49.5%)
135	PAWŁOWSKA Kamila	1034		K20	6	00:43:20	01:51:05.30	01:51:05.30	+00:55:58 (50.4%)	11:06	5.4 (49.5%)
136	MARAS Ladislav	1079	MARAS TEAM	M60	11	00:42:59	01:51:08.45	01:51:08.45	+00:56:01 (50.4%)	11:06	5.4 (49.5%)
137	ŻARNICKA Anna	1028		K40	15	00:40:32	01:51:24.05	01:51:24.05	+00:56:16 (50.5%)	11:08	5.4 (49.5%)
138	SKOREK-MASZOTA Weronika	1087	PADŁ NA RYJ TEAM	K40	16	00:45:19	01:52:15.75	01:52:15.75	+00:57:08 (50.9%)	11:13	5.3 (48.6%)
139	DZIURUŃ Jagoda	1053		K30	25	00:42:07	01:53:46.85	01:53:46.85	+00:58:39 (51.6%)	11:22	5.3 (48.6%)
140	SZOT Maria	1107		K50	10	00:44:41	01:55:11.60	01:55:11.60	+01:00:04 (52.1%)	11:31	5.2 (47.7%)
141	SUWAŁA Katarzyna	1010		K40	17	00:48:28	01:56:37.05	01:56:37.05	+01:01:29 (52.7%)	11:39	5.1 (46.8%)
142	LASOTA Dominik	1124	BEJBIK	M20	11	00:44:26	02:00:22.80	02:00:22.80	+01:05:15 (54.2%)	12:02	5 (45.9%)
143	LASOTA Martyna	1132	BEJBIK	K20	7		02:00:30.45	02:00:30.45	+01:05:23 (54.3%)	12:03	5 (45.9%)
144	KORNAK Michał	1119	BEJBIK	M20	12		02:00:31.25	02:00:31.25	+01:05:24 (54.3%)	12:03	5 (45.9%)
144	POTĘPA Aleksandra	1133		K20	8		02:00:31.25	02:00:31.25	+01:05:24 (54.3%)	12:03	5 (45.9%)
146	HADAM Ewa	1073	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	11	00:47:02	02:04:18.95	02:04:18.95	+01:09:11 (55.7%)	12:25	4.8 (44.0%)
147	SOŁTYSIAK Krystyna	1075	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	12	00:46:51	02:04:23.30	02:04:23.30	+01:09:16 (55.7%)	12:26	4.8 (44.0%)
148	PAŁACH Katarzyna	1008		K30	26	00:43:58	02:05:51.25	02:05:51.25	+01:10:44 (56.2%)	12:35	4.8 (44.0%)
149	OSIŃSKA Agata	1003		K50	13	00:50:59	02:18:50.50	02:18:50.50	+01:23:43 (60.3%)	13:53	4.3 (39.4%)
150	RADYK Anna	1113	PRZEMYSKI KLUB BIEGACZA	K20	9	00:51:52	02:30:45.40	02:30:45.40	+01:35:38 (63.4%)	15:04	4 (36.7%)
151	KOCZOT Paulina	1145		K30	27	00:48:33	02:30:45.70	02:30:45.70	+01:35:38 (63.4%)	15:04	4 (36.7%)
	RYZIŃSKI Ryszard	1033		M40		00:44:37 DNF	DNF	DNF	-	-	(0.0%)
	FUS Jacek	1108	BAMBERTEAM	M60		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 153 wynik(ów)