

IX ZIMOWY MARATON BIESZCZADZKI 2023 - 20KM

B4SPORT

Wydarzenie: IX Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-01-28
Miejsce: Cisna
Dystans: 20 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	JACHYMIAK Robert	2191	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	1	00:45:24	01:36:49.30	01:36:49.30		4:12	14.3 (100%)
2	SIKOŃCZYK Miłosz	2202	ALPIN SPORT TEAM	M30	1	00:46:29	01:37:53.85	01:37:53.85	+00:01:04 (1.1%)	4:15	14.1 (98.6%)
3	KNAPIK Sebastian	2086	BUTYJANA.PL	M30	2	00:46:04	01:38:08.10	01:38:08.10	+00:01:18 (1.3%)	4:16	14.1 (98.6%)
4	TRACZ Łukasz	2164	TRENINGFIZJO/AQUAREH/RMT	M30	3		01:38:57.50	01:38:57.50	+00:02:08 (2.2%)	4:18	13.9 (97.2%)
5	DUDEK Kamil	2001		M20	1		01:40:10.20	01:40:10.20	+00:03:20 (3.3%)	4:21	13.8 (96.5%)
6	CIOCH Cezary	2206	KALLIPSO RUNNERS TEAM	M40	2		01:41:06.50	01:41:06.50	+00:04:17 (4.2%)	4:23	13.6 (95.1%)
7	SKÓRA Tomek	2097	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	3	00:46:54	01:42:06.50	01:42:06.50	+00:05:17 (5.2%)	4:26	13.5 (94.4%)
8	GURGUL Sebastian	2126	AROMAT NÓG	M40	4		01:46:05.50	01:46:05.50	+00:09:16 (8.7%)	4:36	13 (90.9%)
9	BODANKA Piotr	2193	APAMA ACOUSTIC PROJECT	M40	5	00:49:34	01:46:51.10	01:46:51.10	+00:10:01 (9.4%)	4:38	12.9 (90.2%)
10	KARUŚ Waldemar	2154	14 DAS JAROSŁAW IM. GEN.BRYG. WACŁAWA WIECZORKIEWICZA	M50	1	00:48:57	01:47:47.05	01:47:47.05	+00:10:57 (10.2%)	4:41	12.8 (89.5%)
11	HEJNAR Jakub	2105		M40	6	00:50:22	01:51:18.90	01:51:18.90	+00:14:29 (13.0%)	4:50	12.4 (86.7%)
12	WAŚKO Paweł	2019	CENTRUM MASAŻU	M50	2	00:50:00	01:51:55.45	01:51:55.45	+00:15:06 (13.5%)	4:51	12.3 (86.0%)
13	BEDNARZ Jakub	2149	MAGAZYN NA SZCZYCIE	M40	7	00:49:17	01:52:03.60	01:52:03.60	+00:15:14 (13.6%)	4:52	12.3 (86.0%)
14	BOCHENEK Magdalena	2115	G.O.A.T. TEAM MICHAŁOWICE	K30	1	00:50:51	01:52:13.15	01:52:13.15	+00:15:23 (13.7%)	4:52	12.3 (86.0%)
15	WRÓBEL Kamil	2002		M30	4	00:51:01	01:53:37.60	01:53:37.60	+00:16:48 (14.8%)	4:56	12.1 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23km	brutto 23km			
16	MAGIERA Janusz	2163	FORMA WODZISŁAW ŚLĄSKI	M60	1	00:54:02	01:54:17.15	01:54:17.15	+00:17:27 (15.3%)	4:58	12.1 (84.6%)
17	WETHACZ Dariusz	2156	TEAM ULTRABIES / ON RUNNING POLSKA	M30	5		01:54:51.20	01:54:51.20	+00:18:01 (15.7%)	4:59	12 (83.9%)
18	RACHWAŁSKI Tomasz	2188	BŁĘKITNI ŻEGLCE	M50	3	00:52:43	01:55:55.70	01:55:55.70	+00:19:06 (16.5%)	5:02	11.9 (83.2%)
19	REPEĆ Jarosław	2028	AHOJ PRZYGODO LUBLIN	M30	6	00:54:17	01:56:17.30	01:56:17.30	+00:19:28 (16.7%)	5:03	11.9 (83.2%)
20	SYREK Wojciech	2133		M40	8	00:57:35	01:57:08.00	01:57:08.00	+00:20:18 (17.3%)	5:05	11.8 (82.5%)
21	PIĄTEK Beata	2238	WWW.TRENINGFIZJOTERAPIA/ULTRAŁAŃCUT	K40	1	00:55:13	01:57:13.95	01:57:13.95	+00:20:24 (17.4%)	5:05	11.8 (82.5%)
22	STAŃKO Paweł	2223	GOPR BIESZCZADY	M40	9	00:54:07	01:57:29.75	01:57:29.75	+00:20:40 (17.6%)	5:06	11.7 (81.8%)
23	GARCZYŃSKA-WĄS Bogusława	2185	WM TRISELF	K40	2	00:54:13	01:57:52.35	01:57:52.35	+00:21:03 (17.9%)	5:07	11.7 (81.8%)
24	KOCAJ Jakub	2171		M20	2	00:54:47	01:58:08.15	01:58:08.15	+00:21:18 (18.0%)	5:08	11.7 (81.8%)
25	TOPOLSKI Marcin	2170	CZŁOWIEK KTÓRY NA BOI SIĘ CHUCKA NORRISA	M40	10	00:55:21	01:58:19.05	01:58:19.05	+00:21:29 (18.2%)	5:08	11.7 (81.8%)
26	PELA Dariusz	2233		M40	11	00:55:05	01:58:22.90	01:58:22.90	+00:21:33 (18.2%)	5:08	11.7 (81.8%)
27	KWOLEK Jakub	2093	DZIUPLA RUNNING TEAM	M20	3	00:57:12	01:58:40.95	01:58:40.95	+00:21:51 (18.4%)	5:09	11.6 (81.1%)
28	KRZEMIŃSKI Marcin	2147		M40	12	00:55:31	01:58:46.25	01:58:46.25	+00:21:56 (18.5%)	5:09	11.6 (81.1%)
29	PARZELSKI Mikołaj	2034	NOWA HUTA TEAM	M30	7	00:55:42	02:00:11.45	02:00:11.45	+00:23:22 (19.4%)	5:13	11.5 (80.4%)
30	CELMER Piotr	2095	CTS TRIWAWA	M40	13	00:54:54	02:01:35.05	02:01:35.05	+00:24:45 (20.4%)	5:17	11.4 (79.7%)
31	KSIĄŻKIEWICZ Bartłomiej	2130	ROCKY BALBOA	M40	14	00:56:22	02:02:51.25	02:02:51.25	+00:26:01 (21.2%)	5:20	11.2 (78.3%)
32	RYCHTER Marcin	2235	THE RYCHTERS	M50	4	00:55:39	02:02:52.85	02:02:52.85	+00:26:03 (21.2%)	5:20	11.2 (78.3%)
33	MACHNIO Bartosz	2225	MUW ON BIKE/POWER TRAINING	M20	4	00:56:45	02:03:26.80	02:03:26.80	+00:26:37 (21.6%)	5:22	11.2 (78.3%)
34	RUSLOV Vladyslav	2145		M40	15	00:56:26	02:03:42.70	02:03:42.70	+00:26:53 (21.7%)	5:22	11.2 (78.3%)
35	BICHAJŁO Maciek	2158		M30	8	00:56:52	02:04:24.05	02:04:24.05	+00:27:34 (22.2%)	5:24	11.1 (77.6%)
36	KURZYDŁO Michał	2099	WARA TEAM	M30	9	00:54:50	02:05:30.20	02:05:30.20	+00:28:40 (22.9%)	5:27	11 (76.9%)
37	HOŁOWNIA Bartłomiej	2045		M30	10	00:54:26	02:05:31.60	02:05:31.60	+00:28:42 (22.9%)	5:27	11 (76.9%)
38	CHOŁAJCZYK Marcin	2204	GRUNNERS	M30	11	00:57:31	02:06:06.45	02:06:06.45	+00:29:17 (23.2%)	5:28	10.9 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
39	JACNIAK Ewa	2139	#NOLIMITS	K30	2	00:57:24	02:06:09.15	02:06:09.15	+00:29:19 (23.3%)	5:29	10.9 (76.2%)
40	GARUS Łukasz	2168		M40	16	01:03:04	02:08:19.85	02:08:19.85	+00:31:30 (24.6%)	5:34	10.8 (75.5%)
41	KOPA Artur	2236		M30	12	01:02:56	02:08:52.05	02:08:52.05	+00:32:02 (24.9%)	5:36	10.7 (74.8%)
42	MATUSZ Tadeusz	2226		M40	17	00:59:50	02:09:03.65	02:09:03.65	+00:32:14 (25.0%)	5:36	10.7 (74.8%)
43	SMEREKA Wojciech	2200		M30	13	00:59:19	02:09:24.05	02:09:24.05	+00:32:34 (25.2%)	5:37	10.7 (74.8%)
44	ROKOSZ Rafał	2123		M20	5	00:57:01	02:09:24.35	02:09:24.35	+00:32:35 (25.2%)	5:37	10.7 (74.8%)
45	KRUPA Grzegorz	2205	KB SOBÓTKA	M50	5	00:57:51	02:09:39.45	02:09:39.45	+00:32:50 (25.3%)	5:38	10.6 (74.1%)
46	PEREGRYM Tobiasz	2012		M30	14	00:58:07	02:09:53.25	02:09:53.25	+00:33:03 (25.5%)	5:38	10.6 (74.1%)
47	SALAK Krzysztof	2024		M30	15	00:59:26	02:10:34.50	02:10:34.50	+00:33:45 (25.8%)	5:40	10.6 (74.1%)
48	LEŚNIAK Dawid	2239	LHO	M30	16		02:10:49.60	02:10:49.60	+00:34:00 (26.0%)	5:41	10.5 (73.4%)
49	WERLE Michał	2194		M30	17	00:59:22	02:11:01.80	02:11:01.80	+00:34:12 (26.1%)	5:41	10.5 (73.4%)
50	ZADROŻNY Sławomir	2058	STOPKA PILAWA	M50	6	00:59:35	02:11:03.20	02:11:03.20	+00:34:13 (26.1%)	5:41	10.5 (73.4%)
51	PIĘTKA Rafał	2022	STOPKA PILAWA	M30	18	00:59:29	02:11:05.35	02:11:05.35	+00:34:16 (26.1%)	5:41	10.5 (73.4%)
52	MARCHEWICZ Marek	2069		M30	19	00:59:46	02:11:43.70	02:11:43.70	+00:34:54 (26.5%)	5:43	10.5 (73.4%)
53	TKACZEWSKI Piotr	2050	MIECHÓW	M50	7	00:59:40	02:11:49.75	02:11:49.75	+00:35:00 (26.6%)	5:43	10.5 (73.4%)
54	ROKOSZ Łukasz	2177		M30	20		02:12:33.40	02:12:33.40	+00:35:44 (27.0%)	5:45	10.4 (72.7%)
55	SKORUPKA Leszek	2060	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	18	01:00:53	02:12:40.35	02:12:40.35	+00:35:51 (27.0%)	5:46	10.4 (72.7%)
56	SAŁUGA Bartłomiej	2120	HARPAGAN SOSNOWIEC	M40	19	01:02:14	02:13:11.80	02:13:11.80	+00:36:22 (27.3%)	5:47	10.4 (72.7%)
57	ZAWADKA Kamil	2023	STOPKA PILAWA	M30	21	00:59:32	02:13:17.75	02:13:17.75	+00:36:28 (27.4%)	5:47	10.4 (72.7%)
58	STANCZYK Hubert	2031		M30	22		02:13:36.40	02:13:36.40	+00:36:47 (27.5%)	5:48	10.3 (72.0%)
59	KUTSKO Oksana	2172	BIEGAMBOLUBIĘ	K20	1	00:57:57	02:13:39.50	02:13:39.50	+00:36:50 (27.6%)	5:48	10.3 (72.0%)
60	SZYBIAK Joanna	2214	PRZEMYSKI KLUB BIEGACZA	K50	1	00:59:53	02:14:04.90	02:14:04.90	+00:37:15 (27.8%)	5:49	10.3 (72.0%)
61	FALKOWSKI Piotr	2106	KS PEGAZ PIASECZNO	M50	8	00:59:04	02:14:10.75	02:14:10.75	+00:37:21 (27.8%)	5:50	10.3 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23km	brutto 23km			
62	OSIECKI Edwin	2051	KUZNIA TRIATHLONU	M50	9	01:01:33	02:14:27.10	02:14:27.10	+00:37:37 (28.0%)	5:50	10.3 (72.0%)
63	CIEŚLA Krzysztof	2038		M40	20		02:14:58.30	02:14:58.30	+00:38:09 (28.3%)	5:52	10.2 (71.3%)
64	KOT Dawid	2178		M30	23		02:14:59.10	02:14:59.10	+00:38:09 (28.3%)	5:52	10.2 (71.3%)
65	CHLIPAŁA Marek	2018		M30	24	01:01:37	02:15:07.30	02:15:07.30	+00:38:18 (28.3%)	5:52	10.2 (71.3%)
66	KITOWSKI Bartosz	2186	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	21	01:03:24	02:16:45.50	02:16:45.50	+00:39:56 (29.2%)	5:56	10.1 (70.6%)
67	TABAK Adrian	2044		M30	25	01:02:00	02:17:02.60	02:17:02.60	+00:40:13 (29.3%)	5:57	10.1 (70.6%)
68	SOJKA Agnieszka	2174	PRZEMYSKI KLUB BIEGACZA	K40	3		02:17:03.10	02:17:03.10	+00:40:13 (29.4%)	5:57	10.1 (70.6%)
69	TWARDOWSKI Bartosz	2143		M40	22	01:06:16	02:17:16.65	02:17:16.65	+00:40:27 (29.5%)	5:58	10.1 (70.6%)
70	WASILEWSKI Tomasz	2127	AROMAT NÓG	M40	23	01:02:50	02:17:38.80	02:17:38.80	+00:40:49 (29.7%)	5:59	10 (69.9%)
71	PODLEŚ Robert	2027	COBI	M60	2	01:03:14	02:18:16.45	02:18:16.45	+00:41:27 (30.0%)	6:00	10 (69.9%)
72	ŚLIWIŃSKI Andrzej	2053		M60	3	01:04:39	02:18:42.25	02:18:42.25	+00:41:52 (30.2%)	6:01	9.9 (69.2%)
73	SOWA Bogusław	2015		M30	26	01:03:37	02:18:53.15	02:18:53.15	+00:42:03 (30.3%)	6:02	9.9 (69.2%)
74	GMYREK Jacek	2131		M40	24	01:04:47	02:19:05.65	02:19:05.65	+00:42:16 (30.4%)	6:02	9.9 (69.2%)
75	TARNAWSKI Sławomir	2039		M40	25	01:01:53	02:19:14.45	02:19:14.45	+00:42:25 (30.5%)	6:03	9.9 (69.2%)
76	MICHALAK Jacek	2117	OVIRUN	M40	26		02:19:34.45	02:19:34.45	+00:42:45 (30.6%)	6:04	9.9 (69.2%)
77	FEDOR Ondrej	2141	MARAS TEAM	M50	10	01:02:07	02:19:57.05	02:19:57.05	+00:43:07 (30.8%)	6:05	9.9 (69.2%)
78	JELTEMA Bastin	2234	WM TRISELF	M30	27	01:02:03	02:20:33.60	02:20:33.60	+00:43:44 (31.1%)	6:06	9.8 (68.5%)
79	STALKA Krzysztof	2173	STANWEX II	M30	28		02:20:43.55	02:20:43.55	+00:43:54 (31.2%)	6:07	9.8 (68.5%)
80	BEŻKOWSKI Hubert	2049		M30	29	01:04:41	02:22:08.85	02:22:08.85	+00:45:19 (31.9%)	6:10	9.7 (67.8%)
81	MATUSZAK Jakub	2166	NOWOCZESNYSPORT.PL	M30	30	01:04:27	02:22:34.05	02:22:34.05	+00:45:44 (32.1%)	6:11	9.7 (67.8%)
82	OSZYWA Damian	2212	DAMCZI RUN	M40	27	01:04:35	02:22:58.25	02:22:58.25	+00:46:08 (32.3%)	6:12	9.7 (67.8%)
83	PSZONAK Damian	2181		M30	31	01:07:59	02:25:33.55	02:25:33.55	+00:48:44 (33.5%)	6:19	9.5 (66.4%)
84	STASZCZYK Michał	2219	BKB CZARNA PERŁA	M30	32	01:06:13	02:25:55.05	02:25:55.05	+00:49:05 (33.6%)	6:20	9.5 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23km	brutto 23km			
85	DRZEWIECKI Jakub	2075		M30	33	01:06:10	02:26:03.35	02:26:03.35	+00:49:14 (33.7%)	6:21	9.4 (65.7%)
86	WIŚNIEWSKI Michał	2046		M20	6	01:07:19	02:29:03.90	02:29:03.90	+00:52:14 (35.0%)	6:28	9.3 (65.0%)
87	JAROCKA Małgorzata	2135		K50	2	01:09:40	02:29:22.60	02:29:22.60	+00:52:33 (35.2%)	6:29	9.2 (64.3%)
88	KRĘPA Agnieszka	2037	NOWA HUTA TEAM	K30	3	01:09:06	02:29:37.15	02:29:37.15	+00:52:47 (35.3%)	6:30	9.2 (64.3%)
89	PIOTROWSKI Przemysław	2035	NOWA HUTA TEAM	M40	28	01:09:11	02:29:39.15	02:29:39.15	+00:52:49 (35.3%)	6:30	9.2 (64.3%)
90	KUBIK Michał	2216	ATTYLA	M30	34		02:30:02.95	02:30:02.95	+00:53:13 (35.5%)	6:31	9.2 (64.3%)
91	KARDASZ Jacek	2036	ATTYLA	M40	29	01:06:35	02:30:04.50	02:30:04.50	+00:53:15 (35.5%)	6:31	9.2 (64.3%)
92	KONIECZNY Mariusz	2231		M50	11	01:10:53	02:30:09.90	02:30:09.90	+00:53:20 (35.5%)	6:31	9.2 (64.3%)
93	LALEWICZ Weronika	2121		K20	2		02:30:12.15	02:30:12.15	+00:53:22 (35.5%)	6:31	9.2 (64.3%)
94	DZIADUS Marcin	2042		M30	35	01:04:54	02:30:18.35	02:30:18.35	+00:53:29 (35.6%)	6:32	9.2 (64.3%)
95	PIETRZAK Rafał	2096		M30	36	01:06:46	02:30:23.65	02:30:23.65	+00:53:34 (35.6%)	6:32	9.2 (64.3%)
96	SOBOL Ludwik	2230		M50	12	01:07:40	02:30:36.90	02:30:36.90	+00:53:47 (35.7%)	6:32	9.2 (64.3%)
97	DRABIK Pawel	2068		M40	30	01:07:09	02:30:42.00	02:30:42.00	+00:53:52 (35.8%)	6:33	9.2 (64.3%)
98	SZCZUR Iwona	2207		K40	4	01:07:13	02:30:56.05	02:30:56.05	+00:54:06 (35.9%)	6:33	9.1 (63.6%)
99	LEŃCZUK Andrzej	2167		M50	13	01:07:04	02:31:06.00	02:31:06.00	+00:54:16 (35.9%)	6:34	9.1 (63.6%)
100	MATUSIK-SKALSKA Renata	2079		K50	3	01:06:32	02:31:07.45	02:31:07.45	+00:54:18 (35.9%)	6:34	9.1 (63.6%)
101	WARZECHA Sławek	2082	NH TEAM	M30	37	01:08:03	02:31:13.05	02:31:13.05	+00:54:23 (36.0%)	6:34	9.1 (63.6%)
102	HOŁODY Łukasz	2081	NOWA HUTA TEAM	M30	38	01:03:47	02:31:21.85	02:31:21.85	+00:54:32 (36.0%)	6:34	9.1 (63.6%)
103	TROJNAR Daniel	2179		M30	39	01:06:24	02:31:29.65	02:31:29.65	+00:54:40 (36.1%)	6:35	9.1 (63.6%)
104	KOWALUNAS-BEM Olga	2184	LPP TEAM	K40	5	01:06:40	02:31:36.10	02:31:36.10	+00:54:46 (36.1%)	6:35	9.1 (63.6%)
105	JEŻ Paweł	2180		M50	14		02:31:46.90	02:31:46.90	+00:54:57 (36.2%)	6:35	9.1 (63.6%)
106	MAKA Wojciech	2020	CTS	M40	31	01:09:02	02:31:49.25	02:31:49.25	+00:54:59 (36.2%)	6:36	9.1 (63.6%)
107	WÓJCIK Jerzy	2203		M30	40	01:13:12	02:32:54.65	02:32:54.65	+00:56:05 (36.7%)	6:38	9 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
108	JAWORSKI Tomasz	2155		M50	15	01:11:10	02:33:39.10	02:33:39.10	+00:56:49 (37.0%)	6:40	9 (62.9%)
109	ZAJĄC Katarzyna	2161		K30	4	01:10:06	02:34:28.30	02:34:28.30	+00:57:39 (37.3%)	6:42	8.9 (62.2%)
110	KORNET Przemysław	2142		M30	41	01:06:03	02:34:35.05	02:34:35.05	+00:57:45 (37.4%)	6:43	8.9 (62.2%)
111	FIGIEL Michał	2026	AHOJ PRZYGODO LUBLIN	M40	32	01:06:28	02:34:47.55	02:34:47.55	+00:57:58 (37.5%)	6:43	8.9 (62.2%)
112	OLECH Jakub	2153		M20	7	01:04:51	02:34:56.20	02:34:56.20	+00:58:06 (37.5%)	6:44	8.9 (62.2%)
113	TADLA Izabela	2003	#NOLIMITS	K30	5	01:08:13	02:35:41.15	02:35:41.15	+00:58:51 (37.8%)	6:46	8.9 (62.2%)
114	ŁĄCZNY Marcin	2213	GALOPUJĄCE DŹDŹOWNICE	M30	42	01:10:43	02:35:55.45	02:35:55.45	+00:59:06 (37.9%)	6:46	8.9 (62.2%)
115	FERKO-CZAJKOWSKA Stanisława	2107	NIEZSZESZONY	K50	4	01:15:01	02:36:06.80	02:36:06.80	+00:59:17 (38.0%)	6:47	8.8 (61.5%)
116	MAZEK Łukasz	2116	STOPKA PILAWA	M30	43	01:08:37	02:37:12.40	02:37:12.40	+01:00:23 (38.4%)	6:50	8.8 (61.5%)
117	WYBRANIEC Wojciech	2232	SKL SUCHA BESKIDZKA MASTERS	M40	33		02:39:15.80	02:39:15.80	+01:02:26 (39.2%)	6:55	8.7 (60.8%)
118	POPIELA-KAWA Sylwia	2192	KS RYGLICE SEKCJA BIEGOWA	K40	6	01:06:20	02:39:15.95	02:39:15.95	+01:02:26 (39.2%)	6:55	8.7 (60.8%)
119	STERNIK Daniel	2094	NAJWIEKSZA ARMIA ŚWIATA	M40	34	01:12:33	02:39:34.15	02:39:34.15	+01:02:44 (39.3%)	6:56	8.6 (60.1%)
120	MACZYŃSKA Anna	2218		K30	6	01:14:42	02:40:28.90	02:40:28.90	+01:03:39 (39.7%)	6:58	8.6 (60.1%)
121	KRYSIAK Krzysztof	2009		M50	16	01:13:41	02:40:29.35	02:40:29.35	+01:03:40 (39.7%)	6:58	8.6 (60.1%)
122	KIEPAS Marcin	2187		M40	35		02:41:18.60	02:41:18.60	+01:04:29 (40.0%)	7:00	8.6 (60.1%)
123	CICHORACKI Patryk	2032	INTO THE WILD	M30	44	01:08:06	02:41:26.05	02:41:26.05	+01:04:36 (40.0%)	7:01	8.5 (59.4%)
124	DYLAĞ Katarzyna	2199	GORLICKA GRUPA BIEGOWA	K40	7	01:09:55	02:41:41.75	02:41:41.75	+01:04:52 (40.1%)	7:01	8.5 (59.4%)
125	HOLIK Iwona	2110	GORLICKA GRUPA BIEGOWA	K40	8	01:09:59	02:41:41.85	02:41:41.85	+01:04:52 (40.1%)	7:01	8.5 (59.4%)
126	BOROWSKI Robert	2196		M30	45	01:08:33	02:41:52.85	02:41:52.85	+01:05:03 (40.2%)	7:02	8.5 (59.4%)
127	KISZA Anna	2062		K30	7	01:08:23	02:41:53.65	02:41:53.65	+01:05:04 (40.2%)	7:02	8.5 (59.4%)
128	GRYNIENKO Paweł	2063		M30	46	01:08:26	02:41:55.40	02:41:55.40	+01:05:06 (40.2%)	7:02	8.5 (59.4%)
129	WOŹNY Łukasz	2175		M30	47	01:13:30	02:42:15.65	02:42:15.65	+01:05:26 (40.3%)	7:03	8.5 (59.4%)
130	WINIARCZYK Łukasz	2043	MIKI&OLEK&JEREMI	M40	36	01:15:14	02:42:20.45	02:42:20.45	+01:05:31 (40.4%)	7:03	8.5 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
131	GADOMSKI Grzegorz	2017		M30	48	01:11:45	02:42:23.85	02:42:23.85	+01:05:34 (40.4%)	7:03	8.5 (59.4%)
132	MACHNIKOWSKA Grażyna	2021		K30	8	01:16:07	02:42:27.00	02:42:27.00	+01:05:37 (40.4%)	7:03	8.5 (59.4%)
133	MACHNIKOWSKI Paweł	2016		M30	49	01:16:09	02:42:27.35	02:42:27.35	+01:05:38 (40.4%)	7:03	8.5 (59.4%)
134	FIECEK Paweł	2176	ŚWINKI TRZY	M40	37		02:42:36.45	02:42:36.45	+01:05:47 (40.5%)	7:04	8.5 (59.4%)
135	RĘKAS Magdalena	2071	RAPTOWNI	K40	9	01:14:51	02:42:39.10	02:42:39.10	+01:05:49 (40.5%)	7:04	8.5 (59.4%)
136	RĘKAS Michał	2070	RAPTOWNI	M30	50	01:14:54	02:42:40.65	02:42:40.65	+01:05:51 (40.5%)	7:04	8.5 (59.4%)
137	JANAS Piotr	2217		M20	8	01:14:57	02:43:10.75	02:43:10.75	+01:06:21 (40.7%)	7:05	8.5 (59.4%)
138	BOZA Beata	2098	PADŁ NA RYJ	K50	5	01:16:25	02:43:19.60	02:43:19.60	+01:06:30 (40.7%)	7:06	8.4 (58.7%)
139	RĘKOSIEWICZ-TOKARZ Monika	2138	STOWARZYSZENIE BIEGNIJ Z POMOCĄ	K40	10	01:12:59	02:43:52.60	02:43:52.60	+01:07:03 (40.9%)	7:07	8.4 (58.7%)
140	KHUDIAKOVA Valeriia	2144	LEBEDEVRUN	K30	9	01:09:28	02:44:06.40	02:44:06.40	+01:07:17 (41.0%)	7:08	8.4 (58.7%)
141	TOMASZEK Marcin	2047		M40	38	01:10:17	02:45:50.60	02:45:50.60	+01:09:01 (41.6%)	7:12	8.3 (58.0%)
142	LEWICKI Wojciech	2221	WŻW RZESZÓW	M30	51	01:18:35	02:46:35.30	02:46:35.30	+01:09:46 (41.9%)	7:14	8.3 (58.0%)
143	SZYMANOWSKA Monika	2111		K40	11	01:10:39	02:47:14.75	02:47:14.75	+01:10:25 (42.1%)	7:16	8.3 (58.0%)
144	ŁABUZ Paweł	2085	INTERNATIONAL POLICE ASSOCIATION IPA REGION PRZEMYŚL	M40	39	01:14:13	02:47:15.95	02:47:15.95	+01:10:26 (42.1%)	7:16	8.3 (58.0%)
145	BĘTKOWSKI Tomasz	2229	NIEZALEŻNY	M40	40	01:18:55	02:47:38.40	02:47:38.40	+01:10:49 (42.2%)	7:17	8.2 (57.3%)
146	GUZEK Kamil	2125	WARRIORS ŁÓDŹ	M20	9	01:09:23	02:47:47.55	02:47:47.55	+01:10:58 (42.3%)	7:17	8.2 (57.3%)
147	HEBANOWSKI Łukasz	2215		M40	41	01:15:36	02:47:57.10	02:47:57.10	+01:11:07 (42.4%)	7:18	8.2 (57.3%)
148	BIEDROŃ Artur	2119	ERP HEART TEAM	M40	42	01:17:22	02:48:25.15	02:48:25.15	+01:11:35 (42.5%)	7:19	8.2 (57.3%)
149	PIĄSTKA Daniel	2134		M40	43	01:10:47	02:48:44.30	02:48:44.30	+01:11:55 (42.6%)	7:20	8.2 (57.3%)
150	ZDEB Piotr	2025	AHOJ PRZYGODO LUBLIN	M40	44	01:07:32	02:49:12.90	02:49:12.90	+01:12:23 (42.8%)	7:21	8.2 (57.3%)
151	CZACHOWSKI Michał	2151		M50	17	01:26:26	02:49:31.30	02:49:31.30	+01:12:42 (42.9%)	7:22	8.1 (56.6%)
152	ZIĘTEK Krzysztof	2183	ADIDAS RUNNERS	M50	18	01:18:12	02:49:53.35	02:49:53.35	+01:13:04 (43.0%)	7:23	8.1 (56.6%)
153	OSADNIK Anna	2137	MAFIA TEAM LUBLINIEC	K40	12	01:20:34	02:50:05.30	02:50:05.30	+01:13:16 (43.1%)	7:23	8.1 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
154	PASTWA Grzegorz	2092		M30	52	01:21:35	02:51:03.20	02:51:03.20	+01:14:13 (43.4%)	7:26	8.1 (56.6%)
155	WABNO Wojciech	2057	PORANNY PATROL	M20	10	01:20:44	02:51:26.55	02:51:26.55	+01:14:37 (43.5%)	7:27	8 (55.9%)
156	ADAMOWICZ Agnieszka	2064	ZWOLEŃNICY BIEGANIA	K40	13	01:17:02	02:51:47.85	02:51:47.85	+01:14:58 (43.6%)	7:28	8 (55.9%)
157	BOBYK Paweł	2157	SANOK BIEGA	M40	45	01:19:17	02:52:01.60	02:52:01.60	+01:15:12 (43.7%)	7:28	8 (55.9%)
158	OSIECKA Beata	2128	KUŹNIA TRIATLONU	K50	6	01:19:13	02:53:15.40	02:53:15.40	+01:16:26 (44.1%)	7:31	8 (55.9%)
159	STACHOWIAK Aneta	2122		K40	14	01:19:38	02:53:33.00	02:53:33.00	+01:16:43 (44.2%)	7:32	8 (55.9%)
160	PAŹDZIOR Patrycja	2237		K30	10	01:11:15	02:53:38.95	02:53:38.95	+01:16:49 (44.2%)	7:32	7.9 (55.2%)
161	WASZKIEWICZ Joanna	2076	NIGHT RUNNERS	K40	15	01:20:48	02:53:42.50	02:53:42.50	+01:16:53 (44.3%)	7:33	7.9 (55.2%)
162	RYBKA Zuzanna	2067		K20	3	01:15:08	02:54:01.15	02:54:01.15	+01:17:11 (44.4%)	7:33	7.9 (55.2%)
163	WASIEWICZ Michał	2101		M40	46	01:20:51	02:54:43.65	02:54:43.65	+01:17:54 (44.6%)	7:35	7.9 (55.2%)
164	KASPEREK Ireneusz	2078	#THEWINEFEELS	M40	47	01:22:27	02:55:39.35	02:55:39.35	+01:18:50 (44.9%)	7:38	7.9 (55.2%)
165	KASPEREK Magdalena	2077	#THEWINEFEELS	K40	16	00:59:44	02:55:39.70	02:55:39.70	+01:18:50 (44.9%)	7:38	7.9 (55.2%)
166	MATYSEK Ireneusz	2132	KOMANDOS WAŁECKI	M60	4	01:23:18	02:56:26.45	02:56:26.45	+01:19:37 (45.1%)	7:40	7.8 (54.5%)
167	GORAJEK Michał	2040	LILA&ALA	M40	48	01:22:18	02:57:03.60	02:57:03.60	+01:20:14 (45.3%)	7:41	7.8 (54.5%)
168	RYŻYŃSKI Tomasz	2104	CHEŁM BIEGA	M40	49	01:22:32	02:57:20.75	02:57:20.75	+01:20:31 (45.4%)	7:42	7.8 (54.5%)
169	MANCZAK Rafał	2011		M40	50	01:29:52	02:57:59.60	02:57:59.60	+01:21:10 (45.6%)	7:44	7.8 (54.5%)
170	DONART Michał	2228		M30	53	01:19:42	02:58:33.70	02:58:33.70	+01:21:44 (45.8%)	7:45	7.7 (53.8%)
171	OLEKSY Przemysław	2209		M40	51	01:19:45	02:58:54.30	02:58:54.30	+01:22:05 (45.9%)	7:46	7.7 (53.8%)
172	KOZIARA Patryk	2162	DZIKIE MUSTANGI	M30	54	01:17:26	03:00:13.80	03:00:13.80	+01:23:24 (46.3%)	7:50	7.7 (53.8%)
173	TOKARZ Adrian	2007	DZIKIE MUSTANGI	M40	52	01:17:11	03:00:16.45	03:00:16.45	+01:23:27 (46.3%)	7:50	7.7 (53.8%)
174	CHMIEL Bożena	2010	DZIKIE MUSTANGI	K40	17		03:00:16.85	03:00:16.85	+01:23:27 (46.3%)	7:50	7.7 (53.8%)
175	ZIELIŃSKI Konrad	2224		M20	11	01:22:05	03:00:45.45	03:00:45.45	+01:23:56 (46.4%)	7:51	7.6 (53.1%)
176	SZCZUREK Aleksandra	2102		K20	4	01:22:01	03:00:46.50	03:00:46.50	+01:23:57 (46.4%)	7:51	7.6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
177	KRZEMINSKI Mateusz	2033		M30	55	01:18:31	03:01:15.25	03:01:15.25	+01:24:25 (46.6%)	7:52	7.6 (53.1%)
178	ROSOWSKI Robert	2227		M40	53	01:18:59	03:01:53.15	03:01:53.15	+01:25:03 (46.8%)	7:54	7.6 (53.1%)
179	PIOTROWSKA Ewa	2222	META NADARZYN	K50	7	01:23:46	03:03:25.00	03:03:25.00	+01:26:35 (47.2%)	7:58	7.5 (52.4%)
180	ŚWIERŻEWSKA Sylwia	2136		K40	18	01:21:56	03:04:24.15	03:04:24.15	+01:27:34 (47.5%)	8:01	7.5 (52.4%)
181	KURCZUK-SAMODULSKA Agnieszka	2048	HEŃTEAM	K30	11	01:21:45	03:04:24.35	03:04:24.35	+01:27:35 (47.5%)	8:01	7.5 (52.4%)
182	RADYK Joanna	2195	PRZEMYSKI KLUB BIEGACZA	K40	19	01:21:10	03:05:24.10	03:05:24.10	+01:28:34 (47.8%)	8:03	7.4 (51.7%)
183	PACIOREK Hubert	2113	COBRA TEAM	M30	56	01:24:59	03:05:34.35	03:05:34.35	+01:28:45 (47.8%)	8:04	7.4 (51.7%)
184	HANGIEL Urszula	2150	ŻWAWĘ ŻÓŁWIE	K40	20	01:26:22	03:05:40.30	03:05:40.30	+01:28:51 (47.9%)	8:04	7.4 (51.7%)
185	PIOTROWSKA Anna	2148	META NADARZYN/ SPARTANIE DZIECIOM	K50	8	01:27:25	03:06:41.80	03:06:41.80	+01:29:52 (48.1%)	8:07	7.4 (51.7%)
186	MACHNIKOWSKI Ireneusz	2005	LUBARTOWSKI BEERGACZ	M50	19	01:28:42	03:06:50.05	03:06:50.05	+01:30:00 (48.2%)	8:07	7.4 (51.7%)
187	DRAB Magda	2201	CHCE CI SIE	K30	12	00:46:46	03:07:15.65	03:07:15.65	+01:30:26 (48.3%)	8:08	7.4 (51.7%)
188	GUMNY Grzegorz	2073		M40	54	01:11:30	03:07:20.75	03:07:20.75	+01:30:31 (48.3%)	8:08	7.4 (51.7%)
189	TOMASZEWSKI Robert	2056	BRACIAT	M40	55	01:20:38	03:08:17.10	03:08:17.10	+01:31:27 (48.6%)	8:11	7.3 (51.0%)
190	TOMAKA Jadwiga	2013	SZKÓŁKA ROLKOWA WODZU	K40	21	01:26:01	03:09:48.85	03:09:48.85	+01:32:59 (49.0%)	8:15	7.3 (51.0%)
191	CZERWIŃSKA-WĘGRZYN Julia	2089		K20	5	01:27:37	03:10:08.25	03:10:08.25	+01:33:18 (49.1%)	8:16	7.3 (51.0%)
192	IZDEBSKA Renata	2074		K60	1	01:01:58	03:10:22.20	03:10:22.20	+01:33:32 (49.1%)	8:16	7.2 (50.3%)
193	SIKORSKA Agnieszka	2198		K40	22	01:30:02	03:10:55.05	03:10:55.05	+01:34:05 (49.3%)	8:18	7.2 (50.3%)
194	KUŁAKOWSKI Piotr	2052	CZŁAPACZE	M60	5	01:30:05	03:11:00.05	03:11:00.05	+01:34:10 (49.3%)	8:18	7.2 (50.3%)
195	LEŚNICZAK Barbara	2197	#WKURWTEAM	K40	23	01:25:08	03:13:30.90	03:13:30.90	+01:36:41 (50.0%)	8:24	7.1 (49.7%)
196	LARA Natalia	2118	WARRIORS ŁÓDŹ	K30	13	01:25:58	03:16:18.90	03:16:18.90	+01:39:29 (50.7%)	8:32	7 (49.0%)
197	KOCOT Magdalena	2220	META NADARZYN	K40	24		03:17:51.85	03:17:51.85	+01:41:02 (51.1%)	8:36	7 (49.0%)
198	RAKOWSKI Przemysław	2059		M50	20	01:59:04	03:17:56.10	03:17:56.10	+01:41:06 (51.1%)	8:36	7 (49.0%)
199	BIENIARZ Ilona	2114	PEPPARUNNINGTEAM	K30	14	01:29:38	03:18:12.90	03:18:12.90	+01:41:23 (51.2%)	8:37	7 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Brzeziniak 9km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
200	KOŃKA Mariusz	2066	BOGDAN TEAM	M50	21	01:22:14	03:19:18.10	03:19:18.10	+01:42:28 (51.4%)	8:39	6.9 (48.3%)
201	JURKIAN Michał Jan	2091	BOGDAN TEAM	M50	22	01:23:40	03:19:22.00	03:19:22.00	+01:42:32 (51.4%)	8:40	6.9 (48.3%)
202	JEŻEWSKA Angelika	2004		K40	25	01:26:18	03:20:02.50	03:20:02.50	+01:43:13 (51.6%)	8:41	6.9 (48.3%)
203	RYSIAWA Joanna	2152		K40	26	01:28:08	03:22:53.25	03:22:53.25	+01:46:03 (52.3%)	8:49	6.8 (47.6%)
204	OBARSKI Norbert	2087		M60	6	01:36:59	03:36:03.00	03:36:03.00	+01:59:13 (55.2%)	9:23	6.4 (44.8%)
205	ŁASZKIEWICZ Piotr	2103	ATHLETICS TEAM PRUSICE	M60	7	01:36:49	03:37:31.30	03:37:31.30	+02:00:42 (55.5%)	9:27	6.3 (44.1%)
206	DZIURUŃ Paweł	2112		M40	56	02:01:40	03:37:36.15	03:37:36.15	+02:00:46 (55.5%)	9:27	6.3 (44.1%)
207	KILJAN Anna	2061		K30	15	01:37:10	03:38:45.75	03:38:45.75	+02:01:56 (55.7%)	9:30	6.3 (44.1%)
208	KACZKIEWICZ Damian	2211	NIGHT RUNNERS GLIWICE	M40	57		03:43:04.80	03:43:04.80	+02:06:15 (56.6%)	9:41	6.2 (43.4%)
209	WANDEL Agnieszka	2072	NIGHT RUNNERS	K40	27	01:36:53	03:55:36.75	03:55:36.75	+02:18:47 (58.9%)	10:14	5.9 (41.3%)
210	LECIEJEWSKA Małgorzata	2080	NIGHT RUNNERS POZNAŃ	K40	28	01:37:06	03:55:41.05	03:55:41.05	+02:18:51 (58.9%)	10:14	5.9 (41.3%)
211	OBARSKA Małgorzata	2088		K60	2	01:43:01	04:02:57.65	04:02:57.65	+02:26:08 (60.1%)	10:33	5.7 (39.9%)
212	REY Andrzej	2100	REYRUNNINGTEAM	M40	58	01:49:41	04:35:25.75	04:35:25.75	+02:58:36 (64.8%)	11:58	5 (35.0%)
213	BORKOWSKA Ewa	2090		K60	3	01:49:40	04:35:37.80	04:35:37.80	+02:58:48 (64.9%)	11:59	5 (35.0%)
214	PLICH Agnieszka	2129	WANDA PANFIL TEAM	K40	29	00:47:53			+00:02:29	5:19	11.3 (79.0%)
215	DUDA Iwona	2160		K30	16	01:08:41			+00:23:17	7:37	7.9 (55.2%)
216	ZĄBEK Paweł	2124		M40	59	01:12:28			+00:27:04	8:03	7.5 (52.4%)
217	TOMASZEWSKI Piotr	2055	BRACIAT	M40	60	01:20:41			+00:35:17	8:57	6.7 (46.9%)
218	TOMASZEWSKI Wojtek	2210	BRACIAT	M40	61	01:22:36			+00:37:12	9:10	6.5 (45.5%)

Znaleziono 218 wynik(ów)