

IX ZIMOWY MARATON BIESZCZADZKI 2023 - 43KM

B4SPORT

Wydarzenie: IX Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-01-28
Miejsce: Cisna
Dystans: 43 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Smerek/Carpatia 24km	Brzeziniak 32km	Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
1	LEPIARZ Sylwester	4126	ALPIN SPORT TEAM	M30	1	01:10:56	01:38:37	02:12:32	03:09:43.30	03:09:43.30		4:24	13.6 (100%)
2	SKUPIEŃ Tomasz	4148	NON STOP TRIAL	M30	2	01:11:33	01:39:15	02:14:30	03:09:46.05	03:09:46.05	+00:00:02 (0.0%)	4:24	13.6 (100%)
3	ŻUCHOWSKI Daniel	4070	HOKA RUNNERS POLAND	M30	3	01:14:09		02:20:53	03:15:40.50	03:15:40.50	+00:05:57 (3.0%)	4:33	13.2 (97.1%)
4	ZBOZIEN Jarosław	4112	ALPIN SPORT TEAM	M30	4	01:21:44	01:52:47	02:31:59	03:33:15.40	03:33:15.40	+00:23:32 (11.0%)	4:57	12.1 (89.0%)
5	FLISIŃSKI Łukasz	4119	ALPIN SPORT TEAM	M40	1	01:20:54	01:52:17	02:33:36	03:33:39.30	03:33:39.30	+00:23:56 (11.2%)	4:58	12.1 (89.0%)
6	TRACZ Paulina	4180	TRENINGFIZJO/THE NORTH FACE	K30	1	01:23:27	01:56:03	02:36:40	03:36:24.65	03:36:24.65	+00:26:41 (12.3%)	5:01	11.9 (87.5%)
7	RYCHTER Karol	4177	THE RYCHTERS	M40	2	01:22:08	01:55:11	02:37:29	03:40:28.50	03:40:28.50	+00:30:45 (13.9%)	5:07	11.7 (86.0%)
8	PAPROCKA Urszula	4071	NOWA HUTA TEAM	K30	2	01:28:22	02:03:23	02:47:11	03:50:53.30	03:50:53.30	+00:41:10 (17.8%)	5:22	11.2 (82.4%)
9	MALISZEWSKA Justyna	4006	MOTOMROKO	K30	3	01:25:46	02:01:17	02:46:20	03:52:32.40	03:52:32.40	+00:42:49 (18.4%)	5:24	11.1 (81.6%)
10	PERYKASZA Paweł	4083	GRUPALUKTRANS.PL	M40	3	01:26:52	02:02:12	02:47:14	03:54:34.05	03:54:34.05	+00:44:50 (19.1%)	5:27	11 (80.9%)
11	MAZUR Paweł	4093		M30	5	01:27:53	02:03:04	02:48:24	03:57:26.50	03:57:26.50	+00:47:43 (20.1%)	5:31	10.9 (80.1%)
12	SKAWIŃSKI Tomasz	4100	GOPR BIESZCZADY	M40	4	01:25:54	02:00:32	02:47:20	03:57:40.05	03:57:40.05	+00:47:56 (20.2%)	5:31	10.9 (80.1%)
13	TATAREK-KONIK Agnieszka	4050		K30	4	01:29:16	02:05:07	02:52:36	04:04:37.70	04:04:37.70	+00:54:54 (22.4%)	5:41	10.5 (77.2%)
14	PAROL Piotr	4026		M20	1	01:28:46	02:04:27	02:52:06	04:06:03.25	04:06:03.25	+00:56:19 (22.9%)	5:43	10.5 (77.2%)
15	KURCEWICZ Paweł	4003		M30	6	01:29:29	02:05:13	02:53:09	04:08:49.10	04:08:49.10	+00:59:05 (23.8%)	5:47	10.4 (76.5%)
16	SUDACKI Sebastian	4125		M20	2	01:24:32	01:59:04	02:47:06	04:09:44.15	04:09:44.15	+01:00:00 (24.0%)	5:48	10.3 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	24km	32km	43km	43km			
17	WARDZYŃSKI Łukasz	4128		M40	5	01:29:24	02:05:39	02:54:14	04:10:29.55	04:10:29.55	+01:00:46 (24.3%)	5:49	10.3 (75.7%)
18	STAŃCZYK Marek	4110	K S RYGLICE SEKCJA BIEGOWA	M50	1	01:30:49	02:07:43	02:56:51	04:13:25.00	04:13:25.00	+01:03:41 (25.1%)	5:53	10.2 (75.0%)
19	DEJNECKA Martyna	4117		K30	5	01:37:01	02:14:31	03:02:22	04:14:34.65	04:14:34.65	+01:04:51 (25.5%)	5:55	10.1 (74.3%)
20	SZYJKA Krzysztof	4014		M40	6	01:33:40	02:11:31	03:00:44	04:15:09.60	04:15:09.60	+01:05:26 (25.6%)	5:56	10.1 (74.3%)
21	SOBIESZEK Sylwia	4069	ZWOLEŃNICY BIEGANIA	K40	1	01:32:25	02:11:07	03:02:10	04:21:05.30	04:21:05.30	+01:11:22 (27.3%)	6:04	9.9 (72.8%)
22	PALIWODA Sławek	4033	ITPROJEKT BYDGOSZCZ	M30	7	01:31:51	02:10:11	03:03:50	04:21:06.50	04:21:06.50	+01:11:23 (27.3%)	6:04	9.9 (72.8%)
23	STEPANIAK Grzegorz	4116	SEROWARNIA SWOBODA	M40	7	01:33:37	02:11:25	03:02:26	04:22:16.90	04:22:16.90	+01:12:33 (27.7%)	6:05	9.8 (72.1%)
24	ŚWIĄTEK Agata	4168	AZS WUM	K20	1	01:29:31	02:09:41	03:02:21	04:22:30.95	04:22:30.95	+01:12:47 (27.7%)	6:06	9.8 (72.1%)
25	WRONOWSKI Marcin	4012		M30	8	01:37:02	02:14:39	03:02:23	04:23:12.45	04:23:12.45	+01:13:29 (27.9%)	6:07	9.8 (72.1%)
26	OLSZEWSKI Michał	4142	PROFETO	M40	8	01:39:26	02:17:47	03:09:13	04:24:01.55	04:24:01.55	+01:14:18 (28.1%)	6:08	9.8 (72.1%)
27	GRONO Krzysztof	4089	V-MAX ADAMÓW	M40	9	01:38:00	02:16:36	03:08:35	04:24:38.95	04:24:38.95	+01:14:55 (28.3%)	6:09	9.7 (71.3%)
28	MORAWA Mateusz	4147	LACHO TEAM	M40	10	01:33:34	02:15:01	03:09:47	04:25:01.95	04:25:01.95	+01:15:18 (28.4%)	6:09	9.7 (71.3%)
29	ŚWIĄTEK Paweł	4164		M40	11	01:39:26	02:17:59	03:10:47	04:27:00.65	04:27:00.65	+01:17:17 (28.9%)	6:12	9.7 (71.3%)
30	LANGE Beata	4152		K40	2	01:39:36	02:18:44	03:10:46	04:27:02.65	04:27:02.65	+01:17:19 (29.0%)	6:12	9.7 (71.3%)
31	KOSIN Paweł	4099	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	12	01:41:54	02:25:24	03:21:14	04:27:31.55	04:27:31.55	+01:17:48 (29.1%)	6:13	9.6 (70.6%)
32	BĘTKOWSKI Wojciech	4030		M50	2	01:32:56	02:12:52	03:08:40	04:29:18.20	04:29:18.20	+01:19:34 (29.6%)	6:15	9.6 (70.6%)
33	PELA Olga	4169		K30	6	01:40:24	02:20:09	03:11:54	04:29:38.35	04:29:38.35	+01:19:55 (29.6%)	6:16	9.6 (70.6%)
34	BARAN Kamil	4081		M30	9	01:39:47	02:19:55	03:12:02	04:30:22.55	04:30:22.55	+01:20:39 (29.8%)	6:17	9.5 (69.9%)
35	ASŁANOWICZ Marcin	4068	ŻÓRAWSKI TEAM	M40	13	01:37:22	02:17:41	03:10:45	04:31:51.20	04:31:51.20	+01:22:07 (30.2%)	6:19	9.5 (69.9%)
36	FUS Maciej	4062		M30	10	01:42:08	02:20:50	03:13:08	04:34:46.05	04:34:46.05	+01:25:02 (31.0%)	6:23	9.4 (69.1%)
37	KĘDREK Emil	4179	HABYS	M50	3	01:42:13	02:23:56	03:18:05	04:36:25.50	04:36:25.50	+01:26:42 (31.4%)	6:25	9.3 (68.4%)
38	URBAŃSKI Krzysztof	4025	TAKADA TEAM	M40	14	01:29:36	02:06:43	03:00:28	04:37:22.15	04:37:22.15	+01:27:38 (31.6%)	6:27	9.3 (68.4%)
39	DUDEK Adam	4002		M40	15	01:35:55	02:18:04	03:13:38	04:37:33.70	04:37:33.70	+01:27:50 (31.6%)	6:27	9.3 (68.4%)
40	JELENIIEWSKI Paweł	4075		M30	11	01:35:37	02:15:25	03:10:23	04:37:50.55	04:37:50.55	+01:28:07 (31.7%)	6:27	9.3 (68.4%)

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						17km	24km	32km	43km	43km			
41	WALECKI Jarek	4008	STOPKA PILAWA	M30	12	01:38:20	02:18:47	03:13:28	04:38:19.20	04:38:19.20	+01:28:35 (31.8%)	6:28	9.3 (68.4%)
42	PAŁYSA Robert	4044	STANWEX II	M20	3	01:45:05	02:25:56	03:18:44	04:38:37.85	04:38:37.85	+01:28:54 (31.9%)	6:28	9.3 (68.4%)
43	STEFANIUK Roman	4066	GRUPA.BIEGACZY SÓRZEC BIEGA	M60	1	01:41:55	02:22:09	03:17:22	04:38:52.25	04:38:52.25	+01:29:08 (32.0%)	6:29	9.3 (68.4%)
44	ŚNIEŻEK Piotr	4173	PRZEMYSKI KLUB BIEGACZA	M50	4	01:39:35	02:18:39	03:10:02	04:40:31.20	04:40:31.20	+01:30:47 (32.4%)	6:31	9.2 (67.6%)
45	SUWEZDA Jacek	4123	CZĘSTOCHOWSKIE DZIKI	M50	5	01:38:28	02:18:14	03:14:14	04:42:18.80	04:42:18.80	+01:32:35 (32.8%)	6:33	9.1 (66.9%)
46	WALENDA Mateusz	4157	KS KANAŁEK	M30	13	01:42:59	02:25:49	03:21:00	04:42:39.40	04:42:39.40	+01:32:56 (32.9%)	6:34	9.1 (66.9%)
47	KORNAKIEWICZ Łukasz	4175		M40	16	01:33:37	02:13:24	03:10:50	04:43:10.55	04:43:10.55	+01:33:27 (33.0%)	6:35	9.1 (66.9%)
48	PĘTALA Leszek	4158	BITCOIN CLUB	M30	14	01:32:00	02:10:45	03:06:28	04:44:11.65	04:44:11.65	+01:34:28 (33.2%)	6:36	9.1 (66.9%)
49	KIRILENKO Aneta	4145		K40	3	01:43:18	02:27:28	03:26:02	04:45:17.40	04:45:17.40	+01:35:34 (33.5%)	6:38	9 (66.2%)
50	KALTENBERG Janusz	4032		M50	6	01:46:48	02:29:19	03:21:31	04:45:55.50	04:45:55.50	+01:36:12 (33.6%)	6:38	9 (66.2%)
51	SĘK Michał	4118		M30	15	01:46:45	02:27:40	03:26:07	04:46:18.45	04:46:18.45	+01:36:35 (33.7%)	6:39	9 (66.2%)
52	NAZIMEK Maciej	4036	R7	M30	16	01:38:46	02:18:33	03:17:31	04:46:41.55	04:46:41.55	+01:36:58 (33.8%)	6:40	9 (66.2%)
53	POTONIEC Grzegorz	4167	RODZEŃSTWO	M30	17	01:39:23	02:22:48	03:24:33	04:47:27.25	04:47:27.25	+01:37:43 (34.0%)	6:41	9 (66.2%)
54	SZCZYPIŃSKI Bartosz	4010	LUBARTOWSKI BEERGACZ	M40	17	01:44:53	02:27:17	03:25:01	04:47:30.35	04:47:30.35	+01:37:47 (34.0%)	6:41	9 (66.2%)
55	MACHNIKOWSKI Tomasz	4011	LUBARTOWSKI BEERGACZ	M40	18	01:44:54	02:27:01	03:25:04	04:47:30.65	04:47:30.65	+01:37:47 (34.0%)	6:41	9 (66.2%)
56	LATOSZEK Rafał	4140	CTS	M50	7	01:47:33		03:25:57	04:48:30.00	04:48:30.00	+01:38:46 (34.2%)	6:42	8.9 (65.4%)
57	PARWA Michał	4133	MAGAZYN NA SZCZYCIE	M30	18	01:44:17	02:29:56	03:27:53	04:49:15.45	04:49:15.45	+01:39:32 (34.4%)	6:43	8.9 (65.4%)
58	PIEKARSKI Wojciech	4137		M50	8	01:42:04	02:31:08	03:28:05	04:51:20.20	04:51:20.20	+01:41:36 (34.9%)	6:46	8.9 (65.4%)
59	KŁOSOK Adam	4028	IBT	M40	19	01:42:29	02:26:55	03:27:50	04:53:58.35	04:53:58.35	+01:44:15 (35.5%)	6:50	8.8 (64.7%)
60	SOKALSKI Grzegorz	4162	MWP	M40	20	01:41:25	02:25:38	03:22:30	04:54:09.90	04:54:09.90	+01:44:26 (35.5%)	6:50	8.8 (64.7%)
61	PROSOWSKA Magdalena	4097	KLUB MIŁOŚNIKÓW PROSECCO	K20	2	01:47:16	02:31:44	03:31:32	04:54:17.35	04:54:17.35	+01:44:34 (35.5%)	6:50	8.8 (64.7%)
62	CHMAJ Jerzy	4037		M50	9	01:42:09	02:23:53	03:25:01	04:54:24.25	04:54:24.25	+01:44:40 (35.6%)	6:50	8.8 (64.7%)
63	SMOROWIŃSKI Sebastian	4127		M30	19	01:51:57	02:38:05	03:33:49	04:57:05.15	04:57:05.15	+01:47:21 (36.1%)	6:54	8.7 (64.0%)

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						17km	24km	32km	43km	43km			
64	MĘKARSKI Sławomir	4108	WANDA PANFIL TEAM	M50	10	01:49:49	02:34:59	03:33:51	04:59:54.40	04:59:54.40	+01:50:11 (36.7%)	6:58	8.6 (63.2%)
65	LEWANDOWSKI Janusz	4153	BIEGNĘ DLA KUBUSIA I HANI I OLI	M40	21	01:42:40		03:31:15	05:00:17.20	05:00:17.20	+01:50:33 (36.8%)	6:59	8.6 (63.2%)
66	KIRILENKO Marcin	4143		M40	22	01:43:25	02:27:25	03:27:21	05:00:32.20	05:00:32.20	+01:50:48 (36.9%)	6:59	8.6 (63.2%)
67	TARGOWSKI Adam	4095		M30	20	01:54:52	02:40:30	03:37:04	05:00:47.80	05:00:47.80	+01:51:04 (36.9%)	6:59	8.6 (63.2%)
68	DORSZ Beata	4086		K50	1	01:48:00	02:35:29	03:34:59	05:02:27.90	05:02:27.90	+01:52:44 (37.3%)	7:02	8.5 (62.5%)
69	LEYK Daniel	4132	LEYK TEAM	M30	21	01:55:12	02:40:22	03:39:46	05:03:39.15	05:03:39.15	+01:53:55 (37.5%)	7:03	8.5 (62.5%)
70	JANICKI Tomasz	4076	21.BSP	M30	22	01:47:01	02:31:49	03:37:36	05:09:51.75	05:09:51.75	+02:00:08 (38.8%)	7:12	8.3 (61.0%)
71	URBAŃCZYK Darek	4150		M40	23	01:50:01	02:37:42	03:39:00	05:10:02.75	05:10:02.75	+02:00:19 (38.8%)	7:12	8.3 (61.0%)
72	RADYK Jakub	4154	PRZEMYSKI KLUB BIEGACZA	M30	23	01:39:36	02:23:31	03:35:32	05:10:17.45	05:10:17.45	+02:00:34 (38.9%)	7:12	8.3 (61.0%)
73	MALETA Marcin	4047	LPP TEAM	M30	24	01:51:18	02:35:24	03:37:30	05:11:26.00	05:11:26.00	+02:01:42 (39.1%)	7:14	8.3 (61.0%)
74	EFEMBERG Joanna	4160	STAJNIA BALONA	K40	4	01:54:55	02:42:47	03:43:14	05:11:57.15	05:11:57.15	+02:02:13 (39.2%)	7:15	8.3 (61.0%)
75	BRYLIŃSKI Przemysław	4019		M30	25	01:47:29	02:32:32	03:35:00	05:15:23.40	05:15:23.40	+02:05:40 (39.8%)	7:20	8.2 (60.3%)
76	HETMAN Maciej	4166		M30	26	01:43:24	02:25:42	03:31:09	05:15:37.25	05:15:37.25	+02:05:53 (39.9%)	7:20	8.2 (60.3%)
77	PISZER Michał	4144	BIEGAMBOLUBIĘ	M30	27		02:25:46	03:32:59	05:16:03.00	05:16:03.00	+02:06:19 (40.0%)	7:21	8.2 (60.3%)
78	ŚLIWA Konrad	4074	HEŃTEAM	M40	24	01:51:42	02:37:59	03:40:36	05:18:25.15	05:18:25.15	+02:08:41 (40.4%)	7:24	8.1 (59.6%)
79	CZOCHARA Aneta	4170	HEŃTEAM	K30	7	01:51:33	02:38:11	03:40:34	05:18:25.30	05:18:25.30	+02:08:42 (40.4%)	7:24	8.1 (59.6%)
80	DUDEK Łukasz	4039		M20	4	01:46:47	02:34:55	03:40:11	05:18:32.95	05:18:32.95	+02:08:49 (40.4%)	7:24	8.1 (59.6%)
81	SEROKA Piotr	4161		M40	25	01:47:04	02:38:17	03:41:00	05:21:24.35	05:21:24.35	+02:11:41 (41.0%)	7:28	8 (58.8%)
82	WALKOWIAK Joanna	4102	MUAY RUNNING TEAM	K40	5	01:52:03	02:40:18	03:47:51	05:21:35.55	05:21:35.55	+02:11:52 (41.0%)	7:28	8 (58.8%)
83	PYRKOSZ Damian	4023	ENGLISH ON THE RUN	M50	11	01:52:01	02:40:46	03:45:35	05:22:09.10	05:22:09.10	+02:12:25 (41.1%)	7:29	8 (58.8%)
84	LAGUTKO Nikolay	4159		M30	28	01:54:02	02:42:21	03:51:14	05:22:43.00	05:22:43.00	+02:12:59 (41.2%)	7:30	8 (58.8%)
85	MAJEWICZ Grzegorz	4048		M40	26	01:51:19	02:39:00	03:45:20	05:25:07.85	05:25:07.85	+02:15:24 (41.6%)	7:33	7.9 (58.1%)
86	PORĘBA Eugeniusz	4151	MIECHÓW	M60	2	01:59:07	02:46:10	03:50:24	05:25:31.80	05:25:31.80	+02:15:48 (41.7%)	7:34	7.9 (58.1%)

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						17km	Smerek/Carpatia	Brzeziniak	43km	43km			
87	LEŚNIAK Marcin	4045	STANWEX II	M20	5	01:50:48	02:40:12	03:46:34	05:25:33.70	05:25:33.70	+02:15:50 (41.7%)	7:34	7.9 (58.1%)
88	BUŁAWA Grzegorz	4022		M40	27	01:48:39	02:36:05	03:40:46	05:26:58.90	05:26:58.90	+02:17:15 (42.0%)	7:36	7.9 (58.1%)
89	MORAWSKI Grzegorz	4163		M40	28	01:42:15	02:26:10	03:37:41	05:27:32.70	05:27:32.70	+02:17:49 (42.1%)	7:37	7.9 (58.1%)
90	HUSIŃSKI Zbigniew	4130	KB BIAŁA BIEGA	M50	12	01:49:02	02:34:42	03:39:30	05:27:39.65	05:27:39.65	+02:17:56 (42.1%)	7:37	7.9 (58.1%)
91	LEŚNIAK Dariusz	4027		M50	13	01:50:17	02:42:17	03:50:37	05:27:46.00	05:27:46.00	+02:18:02 (42.1%)	7:37	7.9 (58.1%)
92	SIKORSKI Szymon	4085		M30	29	01:54:28		03:52:46	05:28:44.70	05:28:44.70	+02:19:01 (42.3%)	7:38	7.8 (57.4%)
93	CHOWANIEC Wojciech	4165		M30	30	01:55:15	02:46:52	03:57:21	05:29:47.10	05:29:47.10	+02:20:03 (42.5%)	7:40	7.8 (57.4%)
94	MICHOWSKA Anna	4059	HEŃTEAM	K40	6	01:57:36	02:45:59	03:52:39	05:32:35.00	05:32:35.00	+02:22:51 (43.0%)	7:44	7.8 (57.4%)
95	JEŻOWSKI Jacek	4060	HEŃTEAM	M50	14	01:57:31	02:46:03	03:52:41	05:32:35.35	05:32:35.35	+02:22:52 (43.0%)	7:44	7.8 (57.4%)
96	DOMINIK Mariusz	4057	BUT BIŁGORAJ	M40	29	01:56:27	02:43:22	03:52:45	05:34:34.45	05:34:34.45	+02:24:51 (43.3%)	7:46	7.7 (56.6%)
97	BERNAŚ Dariusz	4061	BUT BIŁGORAJ	M40	30	01:52:42	02:43:28	03:52:30	05:34:35.00	05:34:35.00	+02:24:51 (43.3%)	7:46	7.7 (56.6%)
98	FABISIAK Andrzej	4146	STANWEX II	M50	15	01:50:19	02:41:45	03:56:36	05:36:54.25	05:36:54.25	+02:27:10 (43.7%)	7:50	7.7 (56.6%)
99	RUCIŃSKI Adam	4088		M50	16	02:03:16	02:54:30	03:59:14	05:37:09.05	05:37:09.05	+02:27:25 (43.7%)	7:50	7.7 (56.6%)
100	KRZYŻANOWSKI Grzegorz	4016	GDAŃSKIE AUTOBUSY I TRAMWAJE	M40	31	01:53:49	02:44:34	03:52:48	05:37:17.35	05:37:17.35	+02:27:34 (43.8%)	7:50	7.6 (55.9%)
101	MIKOŁAJCZYK Mariusz	4020	ULTRA KSP	M40	32	02:02:47	02:51:41	03:57:27	05:38:11.25	05:38:11.25	+02:28:27 (43.9%)	7:51	7.6 (55.9%)
102	SYDORUK Aleksander	4077	DRUŻYNA WILKA	M50	17	01:53:48	02:44:52	03:52:51	05:38:20.60	05:38:20.60	+02:28:37 (43.9%)	7:52	7.6 (55.9%)
103	RUSZNICA Klaudia	4004	PATATAS BRAVAS	K30	8	01:55:52	02:47:10	03:58:49	05:38:49.55	05:38:49.55	+02:29:06 (44.0%)	7:52	7.6 (55.9%)
104	BUNIEK Mateusz	4005	PATATAS BRAVAS	M30	31	01:55:53	02:47:16	03:58:50	05:38:51.05	05:38:51.05	+02:29:07 (44.0%)	7:52	7.6 (55.9%)
105	RAMS Marcin	4040		M40	33	01:55:31	02:46:44	03:57:56	05:41:17.30	05:41:17.30	+02:31:34 (44.4%)	7:56	7.6 (55.9%)
106	POZIOMECKI Artur	4034	WORNER BROS. DISCOVERY	M40	34	02:05:06	02:58:30	04:10:39	05:41:38.15	05:41:38.15	+02:31:54 (44.5%)	7:56	7.6 (55.9%)
107	BIELIŃSKI Łukasz	4035	WARNER BROS. DISCOVERY	M40	35	02:04:57		04:10:41	05:41:39.60	05:41:39.60	+02:31:56 (44.5%)	7:56	7.6 (55.9%)
108	GŁOWACKI Andrzej	4013	MŁODY VS STARY	M50	18	01:55:47	02:47:48	04:01:03	05:42:07.10	05:42:07.10	+02:32:23 (44.5%)	7:57	7.5 (55.1%)
109	KLAUS Dominik	4101	MKS PIASECZNO	M40	36	01:59:30	02:51:49	04:00:31	05:42:12.10	05:42:12.10	+02:32:28 (44.6%)	7:57	7.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	24km	32km	43km	43km			
110	RENKIEL Tomasz	4092		M40	37	02:00:17	02:50:49	03:56:30	05:42:29.55	05:42:29.55	+02:32:46 (44.6%)	7:57	7.5 (55.1%)
111	SWOBODA Jarosław	4091		M40	38	02:00:18	02:50:40	03:56:32	05:42:30.35	05:42:30.35	+02:32:47 (44.6%)	7:57	7.5 (55.1%)
112	KRAUZE Tomasz	4094	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M50	19	02:05:37	02:56:48	04:05:51	05:44:04.30	05:44:04.30	+02:34:21 (44.9%)	8:00	7.5 (55.1%)
113	MALISIEWICZ Anna	4156		K30	9	01:58:14	02:49:21	04:04:18	05:45:22.00	05:45:22.00	+02:35:38 (45.1%)	8:01	7.5 (55.1%)
114	WIĄCEK Jakub	4054		M30	32	02:12:29	03:07:39	04:13:13	05:49:20.20	05:49:20.20	+02:39:36 (45.7%)	8:07	7.4 (54.4%)
115	RAMS Agnieszka	4041		K40	7	02:04:06	02:58:33	04:09:28	05:49:57.35	05:49:57.35	+02:40:14 (45.8%)	8:08	7.4 (54.4%)
116	KOZAK Marcin	4072	SAINT-GOBAIN SQUAD	M40	39	02:02:31	02:55:21	04:07:52	05:50:03.45	05:50:03.45	+02:40:20 (45.8%)	8:08	7.4 (54.4%)
117	RUSINEK Witosław	4090	SHOOTIT	M30	33	01:56:47		04:04:19	05:50:39.55	05:50:39.55	+02:40:56 (45.9%)	8:09	7.4 (54.4%)
118	ŻUK Wiktoria	4080	HEŃTEAM	K20	3	01:59:25	02:54:10	04:08:02	05:52:03.25	05:52:03.25	+02:42:19 (46.1%)	8:11	7.3 (53.7%)
119	ŻUK Agata	4079	HEŃTEAM	K40	8	01:59:35	02:54:05	04:08:02	05:52:06.30	05:52:06.30	+02:42:23 (46.1%)	8:11	7.3 (53.7%)
120	FILIPAK Mateusz	4042		M20	6	01:54:28	02:45:41	03:57:10	05:53:06.55	05:53:06.55	+02:43:23 (46.3%)	8:12	7.3 (53.7%)
121	WALERJAN Łukasz	4122		M40	40	01:54:27	02:45:49	03:57:08	05:53:06.65	05:53:06.65	+02:43:23 (46.3%)	8:12	7.3 (53.7%)
122	MICHALCZAK Jacek	4111		M40	41	01:52:52	02:42:40	04:04:22	05:54:16.30	05:54:16.30	+02:44:33 (46.4%)	8:14	7.3 (53.7%)
123	CISZEWSKI Bartłomiej	4001	BBL 07	M30	34	01:56:27	02:53:30	04:07:07	05:56:36.45	05:56:36.45	+02:46:53 (46.8%)	8:17	7.2 (52.9%)
124	BURY Marek	4082		M50	20	02:02:26	02:55:37	04:13:06	05:56:47.85	05:56:47.85	+02:47:04 (46.8%)	8:17	7.2 (52.9%)
125	KAŁACZYŃSKA-MIĘTKIEWICZ Magdalena	4052		K40	9	01:55:59	02:49:31	04:09:53	05:58:06.15	05:58:06.15	+02:48:22 (47.0%)	8:19	7.2 (52.9%)
126	MIĘTKIEWICZ Rafał	4051		M40	42	01:56:00	02:49:35	04:09:56	05:58:06.50	05:58:06.50	+02:48:23 (47.0%)	8:19	7.2 (52.9%)
127	URBANEK Sylwester	4155		M40	43	02:00:57	02:54:26	04:07:14	06:00:17.95	06:00:17.95	+02:50:34 (47.3%)	8:22	7.2 (52.9%)
128	KUCHARCZYK Radosław	4141		M40	44	02:00:57	02:54:35	04:07:50	06:00:18.00	06:00:18.00	+02:50:34 (47.3%)	8:22	7.2 (52.9%)
129	PARYSZ Anna	4021	STARE BABICE BIEGAJĄ	K60	1	02:08:30	03:01:13	04:12:56	06:02:13.65	06:02:13.65	+02:52:30 (47.6%)	8:25	7.1 (52.2%)
130	JEDLIŃSKI Bartosz	4120	MARATOŃCZYK DĘBICA	M40	45	02:06:24	03:06:56	04:16:38	06:05:08.40	06:05:08.40	+02:55:25 (48.0%)	8:29	7.1 (52.2%)
131	MIKOŁAJCZYK Jarosław	4058		M40	46	02:05:02	03:00:10	04:20:07	06:06:00.00	06:06:00.00	+02:56:16 (48.2%)	8:30	7 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	Smerek/Carpatia 24km	Brzeziniak 32km	43km	43km			
132	PAWLUS Marek	4106	PEPPARUNNINGTEAM	M30	35	02:15:15	03:09:40	04:23:59	06:06:17.45	06:06:17.45	+02:56:34 (48.2%)	8:31	7 (51.5%)
133	MACINA Małgorzata	4121		K30	10	02:07:50	03:04:18	04:20:26	06:07:52.25	06:07:52.25	+02:58:08 (48.4%)	8:33	7 (51.5%)
134	WIĘCKOWSKA Beata	4067	HEŃTEAM	K50	2	02:07:31	03:03:54	04:20:19	06:11:27.85	06:11:27.85	+03:01:44 (48.9%)	8:38	6.9 (50.7%)
135	SZEWCZUK Joanna	4073	HEŃTEAM	K50	3	02:07:29	03:03:39	04:20:18	06:11:28.05	06:11:28.05	+03:01:44 (48.9%)	8:38	6.9 (50.7%)
136	WITKOWSKA Beata	4114	#KASZANIENAMOKA	K40	10	02:12:15	03:09:33	04:23:57	06:12:11.05	06:12:11.05	+03:02:27 (49.0%)	8:39	6.9 (50.7%)
137	JASNOWSKI Michał	4172		M40	47	02:02:45	02:59:37	04:12:30	06:12:47.65	06:12:47.65	+03:03:04 (49.1%)	8:40	6.9 (50.7%)
138	POLAŃSKI Paweł	4113	#KASZANIENAMOKA	M40	48	02:11:00	03:08:18	04:33:14	06:13:42.95	06:13:42.95	+03:03:59 (49.2%)	8:41	6.9 (50.7%)
139	LEHMANN Łukasz	4176	THE RYCHTERS	M40	49	02:07:40	03:11:47	04:28:46	06:18:22.75	06:18:22.75	+03:08:39 (49.9%)	8:47	6.8 (50.0%)
140	GŁÓWKA Alfred	4103	KARCZMA U FREDA	M60	3	02:10:56	03:08:03	04:28:24	06:21:56.75	06:21:56.75	+03:12:13 (50.3%)	8:52	6.8 (50.0%)
141	PAWLAK Ewelina	4149		K40	11	02:08:21	03:10:26	04:25:55	06:22:40.50	06:22:40.50	+03:12:57 (50.4%)	8:53	6.7 (49.3%)
142	STRZELCZYK Mariusz	4109		M40	50	02:08:06	03:10:18	04:25:55	06:22:40.75	06:22:40.75	+03:12:57 (50.4%)	8:53	6.7 (49.3%)
143	KWIATEK Monika	4136		K40	12	02:05:50	03:06:43	04:26:19	06:26:35.80	06:26:35.80	+03:16:52 (50.9%)	8:59	6.7 (49.3%)
144	HAŁAS Marcin	4065		M30	36	02:22:59	03:15:03	04:23:45	06:26:36.95	06:26:36.95	+03:16:53 (50.9%)	8:59	6.7 (49.3%)
145	GOCYLA Dariusz	4104	DARZYBÓRUNNER-SKA	M50	21	02:08:12	03:08:43	04:31:32	06:33:11.45	06:33:11.45	+03:23:28 (51.7%)	9:08	6.6 (48.5%)
146	RYSIAWA Marek	4135	ESK	M40	51	02:05:57	03:06:39	04:32:15	06:33:36.10	06:33:36.10	+03:23:52 (51.8%)	9:09	6.6 (48.5%)
147	KRÓL Michał	4139	ULTRA KSP	M40	52	02:18:42	03:18:28	04:38:15	06:36:45.80	06:36:45.80	+03:27:02 (52.2%)	9:13	6.5 (47.8%)
148	MROCZKOWSKI Piotr	4007	MOTOMROKO	M40	53	02:03:03	03:07:52	04:29:29	06:36:45.95	06:36:45.95	+03:27:02 (52.2%)	9:13	6.5 (47.8%)
149	KROMER Ludwik	4134		M60	4	02:18:19	03:18:00	04:34:46	06:39:03.60	06:39:03.60	+03:29:20 (52.5%)	9:16	6.5 (47.8%)
150	SZPINDA Marta	4064	BIŁGORAJ ULTRA TRAIL	K40	13	02:11:45	03:12:24	04:38:18	06:50:22.10	06:50:22.10	+03:40:38 (53.8%)	9:32	6.3 (46.3%)
151	NIEMCZAK Barbara	4138	ULTRA KSP	K30	11	02:22:31	03:25:57	04:51:06	06:54:20.85	06:54:20.85	+03:44:37 (54.2%)	9:38	6.2 (45.6%)
152	WĄGRODZKI Piotr	4053	VICTUS	M50	22	02:18:52	03:22:21	04:50:18	07:01:58.15	07:01:58.15	+03:52:14 (55.0%)	9:48	6.1 (44.9%)
153	WOJCIECHOWSKI Piotr	4017		M50	23	02:19:23	03:24:13	04:50:30	07:02:00.00	07:02:00.00	+03:52:16 (55.0%)	9:48	6.1 (44.9%)
154	PIECH Adam	4046	PORANNY PATROL	M40	54	02:21:24	03:25:25	04:51:20	07:17:19.30	07:17:19.30	+04:07:36 (56.6%)	10:10	5.9 (43.4%)
155	JANICKI Patryk	4056	PORANNY PATROL	M40	55	02:21:38	03:25:12	04:51:23	07:17:20.60	07:17:20.60	+04:07:37 (56.6%)	10:10	5.9 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Smerek/Carpatia 24km	Brzeziniak 32km	Czas netto 43km	Czas brutto 43km	Różn	Tempo min/km	Tempo km/h
156	PINDRAL Paweł	4096		M40	56	02:35:55	03:44:42	05:07:06	07:19:41.75	07:19:41.75	+04:09:58 (56.9%)	10:13	5.9 (43.4%)
157	MARONDEL Katarzyna	4107	SILESIA NORDIC TEAM	K30	12	02:35:57	03:44:36	05:07:06	07:19:49.55	07:19:49.55	+04:10:06 (56.9%)	10:13	5.9 (43.4%)
158	BADURA Grzegorz	4171	-	M40	57	02:32:17	03:48:04		07:22:27.15	07:22:27.15	+04:12:43 (57.1%)	10:17	5.8 (42.6%)
DNC	KAŁPOWICZ Tomasz	4024	DALI NOGI GADŻETA	M40					02:09:09.80	02:09:09.80		0:00	20 (147.1%)

Znaleziono 159 wynik(ów)