

# 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<br>17km | Smerek/Carpatia<br>24km | Brzeziniak<br>32km | Czas<br>netto<br>43km | Czas<br>brutto<br>43km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------------|-------------|-----------------------------|-----------|------|------------------------|-------------------------|--------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>LEPIARZ Sylwester</b>       | <b>4126</b> | ALPIN SPORT TEAM            | M30       | 1    | 01:10:56               | 01:38:37                | 02:12:32           | <b>03:09:43.30</b>    | <b>03:09:43.30</b>     |                      | 4:24            | 13.6<br>(100%)  |
| 2   | <b>SKUPIEŃ Tomasz</b>          | <b>4148</b> | NON STOP TRIAL              | M30       | 2    | 01:11:33               | 01:39:15                | 02:14:30           | <b>03:09:46.05</b>    | <b>03:09:46.05</b>     | +00:00:02<br>(0.0%)  | 4:24            | 13.6<br>(100%)  |
| 3   | <b>ŻUCHOWSKI Daniel</b>        | <b>4070</b> | HOKA RUNNERS POLAND         | M30       | 3    | 01:14:09               |                         | 02:20:53           | <b>03:15:40.50</b>    | <b>03:15:40.50</b>     | +00:05:57<br>(3.0%)  | 4:33            | 13.2<br>(97.1%) |
| 4   | <b>ZBOZIEN Jarosław</b>        | <b>4112</b> | ALPIN SPORT TEAM            | M30       | 4    | 01:21:44               | 01:52:47                | 02:31:59           | <b>03:33:15.40</b>    | <b>03:33:15.40</b>     | +00:23:32<br>(11.0%) | 4:57            | 12.1<br>(89.0%) |
| 5   | <b>FLISIŃSKI Łukasz</b>        | <b>4119</b> | ALPIN SPORT TEAM            | M40       | 1    | 01:20:54               | 01:52:17                | 02:33:36           | <b>03:33:39.30</b>    | <b>03:33:39.30</b>     | +00:23:56<br>(11.2%) | 4:58            | 12.1<br>(89.0%) |
| 6   | <b>TRACZ Paulina</b>           | <b>4180</b> | TRENINGFIZJO/THE NORTH FACE | K30       | 1    | 01:23:27               | 01:56:03                | 02:36:40           | <b>03:36:24.65</b>    | <b>03:36:24.65</b>     | +00:26:41<br>(12.3%) | 5:01            | 11.9<br>(87.5%) |
| 7   | <b>RYCHTER Karol</b>           | <b>4177</b> | THE RYCHTERS                | M40       | 2    | 01:22:08               | 01:55:11                | 02:37:29           | <b>03:40:28.50</b>    | <b>03:40:28.50</b>     | +00:30:45<br>(13.9%) | 5:07            | 11.7<br>(86.0%) |
| 8   | <b>PAPROCKA Urszula</b>        | <b>4071</b> | NOWA HUTA TEAM              | K30       | 2    | 01:28:22               | 02:03:23                | 02:47:11           | <b>03:50:53.30</b>    | <b>03:50:53.30</b>     | +00:41:10<br>(17.8%) | 5:22            | 11.2<br>(82.4%) |
| 9   | <b>MALISZEWSKA Justyna</b>     | <b>4006</b> | MOTOMROKO                   | K30       | 3    | 01:25:46               | 02:01:17                | 02:46:20           | <b>03:52:32.40</b>    | <b>03:52:32.40</b>     | +00:42:49<br>(18.4%) | 5:24            | 11.1<br>(81.6%) |
| 10  | <b>PERYKASZA Paweł</b>         | <b>4083</b> | GRUPALUKTRANS.PL            | M40       | 3    | 01:26:52               | 02:02:12                | 02:47:14           | <b>03:54:34.05</b>    | <b>03:54:34.05</b>     | +00:44:50<br>(19.1%) | 5:27            | 11<br>(80.9%)   |
| 11  | <b>MAZUR Paweł</b>             | <b>4093</b> |                             | M30       | 5    | 01:27:53               | 02:03:04                | 02:48:24           | <b>03:57:26.50</b>    | <b>03:57:26.50</b>     | +00:47:43<br>(20.1%) | 5:31            | 10.9<br>(80.1%) |
| 12  | <b>SKAWIŃSKI Tomasz</b>        | <b>4100</b> | GOPR BIESZCZADY             | M40       | 4    | 01:25:54               | 02:00:32                | 02:47:20           | <b>03:57:40.05</b>    | <b>03:57:40.05</b>     | +00:47:56<br>(20.2%) | 5:31            | 10.9<br>(80.1%) |
| 13  | <b>TATAREK-KONIK Agnieszka</b> | <b>4050</b> |                             | K30       | 4    | 01:29:16               | 02:05:07                | 02:52:36           | <b>04:04:37.70</b>    | <b>04:04:37.70</b>     | +00:54:54<br>(22.4%) | 5:41            | 10.5<br>(77.2%) |
| 14  | <b>PAROL Piotr</b>             | <b>4026</b> |                             | M20       | 1    | 01:28:46               | 02:04:27                | 02:52:06           | <b>04:06:03.25</b>    | <b>04:06:03.25</b>     | +00:56:19<br>(22.9%) | 5:43            | 10.5<br>(77.2%) |
| 15  | <b>KURCEWICZ Paweł</b>         | <b>4003</b> |                             | M30       | 6    | 01:29:29               | 02:05:13                | 02:53:09           | <b>04:08:49.10</b>    | <b>04:08:49.10</b>     | +00:59:05<br>(23.8%) | 5:47            | 10.4<br>(76.5%) |
| 16  | <b>SUDACKI Sebastian</b>       | <b>4125</b> |                             | M20       | 2    | 01:24:32               | 01:59:04                | 02:47:06           | <b>04:09:44.15</b>    | <b>04:09:44.15</b>     | +01:00:00<br>(24.0%) | 5:48            | 10.3<br>(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  | <b>WARDZYŃSKI Łukasz</b>  | <b>4128</b> |                            | M40       | 5    | 01:29:24       | 02:05:39 | 02:54:14 | <b>04:10:29.55</b> | <b>04:10:29.55</b> | +01:00:46 (24.3%) | 5:49         | 10.3 (75.7%) |
| 18  | <b>STAŃCZYK Marek</b>     | <b>4110</b> | K S RYGLICE SEKCJA BIEGOWA | M50       | 1    | 01:30:49       | 02:07:43 | 02:56:51 | <b>04:13:25.00</b> | <b>04:13:25.00</b> | +01:03:41 (25.1%) | 5:53         | 10.2 (75.0%) |
| 19  | <b>DEJNECKA Martyna</b>   | <b>4117</b> |                            | K30       | 5    | 01:37:01       | 02:14:31 | 03:02:22 | <b>04:14:34.65</b> | <b>04:14:34.65</b> | +01:04:51 (25.5%) | 5:55         | 10.1 (74.3%) |
| 20  | <b>SZYJKA Krzysztof</b>   | <b>4014</b> |                            | M40       | 6    | 01:33:40       | 02:11:31 | 03:00:44 | <b>04:15:09.60</b> | <b>04:15:09.60</b> | +01:05:26 (25.6%) | 5:56         | 10.1 (74.3%) |
| 21  | <b>SOBIESZEK Sylwia</b>   | <b>4069</b> | ZWOLEŃNICY BIEGANIA        | K40       | 1    | 01:32:25       | 02:11:07 | 03:02:10 | <b>04:21:05.30</b> | <b>04:21:05.30</b> | +01:11:22 (27.3%) | 6:04         | 9.9 (72.8%)  |
| 22  | <b>PALIWODA Sławek</b>    | <b>4033</b> | ITPROJEKT BYDGOSZCZ        | M30       | 7    | 01:31:51       | 02:10:11 | 03:03:50 | <b>04:21:06.50</b> | <b>04:21:06.50</b> | +01:11:23 (27.3%) | 6:04         | 9.9 (72.8%)  |
| 23  | <b>STEPANIAK Grzegorz</b> | <b>4116</b> | SEROWARNIA SWOBODA         | M40       | 7    | 01:33:37       | 02:11:25 | 03:02:26 | <b>04:22:16.90</b> | <b>04:22:16.90</b> | +01:12:33 (27.7%) | 6:05         | 9.8 (72.1%)  |
| 24  | <b>ŚWIĄTEK Agata</b>      | <b>4168</b> | AZS WUM                    | K20       | 1    | 01:29:31       | 02:09:41 | 03:02:21 | <b>04:22:30.95</b> | <b>04:22:30.95</b> | +01:12:47 (27.7%) | 6:06         | 9.8 (72.1%)  |
| 25  | <b>WRONOWSKI Marcin</b>   | <b>4012</b> |                            | M30       | 8    | 01:37:02       | 02:14:39 | 03:02:23 | <b>04:23:12.45</b> | <b>04:23:12.45</b> | +01:13:29 (27.9%) | 6:07         | 9.8 (72.1%)  |
| 26  | <b>OLSZEWSKI Michał</b>   | <b>4142</b> | PROFETO                    | M40       | 8    | 01:39:26       | 02:17:47 | 03:09:13 | <b>04:24:01.55</b> | <b>04:24:01.55</b> | +01:14:18 (28.1%) | 6:08         | 9.8 (72.1%)  |
| 27  | <b>GRONO Krzysztof</b>    | <b>4089</b> | V-MAX ADAMÓW               | M40       | 9    | 01:38:00       | 02:16:36 | 03:08:35 | <b>04:24:38.95</b> | <b>04:24:38.95</b> | +01:14:55 (28.3%) | 6:09         | 9.7 (71.3%)  |
| 28  | <b>MORAWA Mateusz</b>     | <b>4147</b> | LACHO TEAM                 | M40       | 10   | 01:33:34       | 02:15:01 | 03:09:47 | <b>04:25:01.95</b> | <b>04:25:01.95</b> | +01:15:18 (28.4%) | 6:09         | 9.7 (71.3%)  |
| 29  | <b>ŚWIĄTEK Paweł</b>      | <b>4164</b> |                            | M40       | 11   | 01:39:26       | 02:17:59 | 03:10:47 | <b>04:27:00.65</b> | <b>04:27:00.65</b> | +01:17:17 (28.9%) | 6:12         | 9.7 (71.3%)  |
| 30  | <b>LANGE Beata</b>        | <b>4152</b> |                            | K40       | 2    | 01:39:36       | 02:18:44 | 03:10:46 | <b>04:27:02.65</b> | <b>04:27:02.65</b> | +01:17:19 (29.0%) | 6:12         | 9.7 (71.3%)  |
| 31  | <b>KOSIN Paweł</b>        | <b>4099</b> | KLUB BIEGAJĄCYCH LEŚNIKÓW  | M40       | 12   | 01:41:54       | 02:25:24 | 03:21:14 | <b>04:27:31.55</b> | <b>04:27:31.55</b> | +01:17:48 (29.1%) | 6:13         | 9.6 (70.6%)  |
| 32  | <b>BĘTKOWSKI Wojciech</b> | <b>4030</b> |                            | M50       | 2    | 01:32:56       | 02:12:52 | 03:08:40 | <b>04:29:18.20</b> | <b>04:29:18.20</b> | +01:19:34 (29.6%) | 6:15         | 9.6 (70.6%)  |
| 33  | <b>PELA Olga</b>          | <b>4169</b> |                            | K30       | 6    | 01:40:24       | 02:20:09 | 03:11:54 | <b>04:29:38.35</b> | <b>04:29:38.35</b> | +01:19:55 (29.6%) | 6:16         | 9.6 (70.6%)  |
| 34  | <b>BARAN Kamil</b>        | <b>4081</b> |                            | M30       | 9    | 01:39:47       | 02:19:55 | 03:12:02 | <b>04:30:22.55</b> | <b>04:30:22.55</b> | +01:20:39 (29.8%) | 6:17         | 9.5 (69.9%)  |
| 35  | <b>ASŁANOWICZ Marcin</b>  | <b>4068</b> | ŻÓRAWSKI TEAM              | M40       | 13   | 01:37:22       | 02:17:41 | 03:10:45 | <b>04:31:51.20</b> | <b>04:31:51.20</b> | +01:22:07 (30.2%) | 6:19         | 9.5 (69.9%)  |
| 36  | <b>FUS Maciej</b>         | <b>4062</b> |                            | M30       | 10   | 01:42:08       | 02:20:50 | 03:13:08 | <b>04:34:46.05</b> | <b>04:34:46.05</b> | +01:25:02 (31.0%) | 6:23         | 9.4 (69.1%)  |
| 37  | <b>KĘDREK Emil</b>        | <b>4179</b> | HABYS                      | M50       | 3    | 01:42:13       | 02:23:56 | 03:18:05 | <b>04:36:25.50</b> | <b>04:36:25.50</b> | +01:26:42 (31.4%) | 6:25         | 9.3 (68.4%)  |
| 38  | <b>URBAŃSKI Krzysztof</b> | <b>4025</b> | TAKADA TEAM                | M40       | 14   | 01:29:36       | 02:06:43 | 03:00:28 | <b>04:37:22.15</b> | <b>04:37:22.15</b> | +01:27:38 (31.6%) | 6:27         | 9.3 (68.4%)  |
| 39  | <b>DUDEK Adam</b>         | <b>4002</b> |                            | M40       | 15   | 01:35:55       | 02:18:04 | 03:13:38 | <b>04:37:33.70</b> | <b>04:37:33.70</b> | +01:27:50 (31.6%) | 6:27         | 9.3 (68.4%)  |
| 40  | <b>JELENIIEWSKI Paweł</b> | <b>4075</b> |                            | M30       | 11   | 01:35:37       | 02:15:25 | 03:10:23 | <b>04:37:50.55</b> | <b>04:37:50.55</b> | +01:28:07 (31.7%) | 6:27         | 9.3 (68.4%)  |

| Msc | Zawodnik              | Numer | Klub                        | Kategoria | Mkat | Smerek/Wietnam | Smerek/Carpatia | Brzeziniak | Czas netto  | Czas brutto | Różn                 | Tempo min/km | Tempo km/h     |
|-----|-----------------------|-------|-----------------------------|-----------|------|----------------|-----------------|------------|-------------|-------------|----------------------|--------------|----------------|
|     |                       |       |                             |           |      | 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<br>(31.8%) | 6:28         | 9.3<br>(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<br>(31.9%) | 6:28         | 9.3<br>(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<br>(32.0%) | 6:29         | 9.3<br>(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<br>(32.4%) | 6:31         | 9.2<br>(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<br>(32.8%) | 6:33         | 9.1<br>(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<br>(32.9%) | 6:34         | 9.1<br>(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<br>(33.0%) | 6:35         | 9.1<br>(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<br>(33.2%) | 6:36         | 9.1<br>(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<br>(33.5%) | 6:38         | 9<br>(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<br>(33.6%) | 6:38         | 9<br>(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<br>(33.7%) | 6:39         | 9<br>(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<br>(33.8%) | 6:40         | 9<br>(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<br>(34.0%) | 6:41         | 9<br>(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<br>(34.0%) | 6:41         | 9<br>(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<br>(34.0%) | 6:41         | 9<br>(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<br>(34.2%) | 6:42         | 8.9<br>(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<br>(34.4%) | 6:43         | 8.9<br>(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<br>(34.9%) | 6:46         | 8.9<br>(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<br>(35.5%) | 6:50         | 8.8<br>(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<br>(35.5%) | 6:50         | 8.8<br>(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<br>(35.5%) | 6:50         | 8.8<br>(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<br>(35.6%) | 6:50         | 8.8<br>(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<br>(36.1%) | 6:54         | 8.7<br>(64.0%) |

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

| Msc | Zawodnik                     | Numer       | Klub                         | Kategoria | Mkat | Smerek/Wietnam | Smerek/Carpatia | Brzeziniak | Czas netto         | Czas brutto        | Różn                 | Tempo min/km | Tempo km/h     |
|-----|------------------------------|-------------|------------------------------|-----------|------|----------------|-----------------|------------|--------------------|--------------------|----------------------|--------------|----------------|
|     |                              |             |                              |           |      | 17km           | 24km            | 32km       | 43km               | 43km               |                      |              |                |
| 87  | <b>LEŚNIAK Marcin</b>        | <b>4045</b> | STANWEX II                   | M20       | 5    | 01:50:48       | 02:40:12        | 03:46:34   | <b>05:25:33.70</b> | <b>05:25:33.70</b> | +02:15:50<br>(41.7%) | 7:34         | 7.9<br>(58.1%) |
| 88  | <b>BUŁAWA Grzegorz</b>       | <b>4022</b> |                              | M40       | 27   | 01:48:39       | 02:36:05        | 03:40:46   | <b>05:26:58.90</b> | <b>05:26:58.90</b> | +02:17:15<br>(42.0%) | 7:36         | 7.9<br>(58.1%) |
| 89  | <b>MORAWSKI Grzegorz</b>     | <b>4163</b> |                              | M40       | 28   | 01:42:15       | 02:26:10        | 03:37:41   | <b>05:27:32.70</b> | <b>05:27:32.70</b> | +02:17:49<br>(42.1%) | 7:37         | 7.9<br>(58.1%) |
| 90  | <b>HUSIŃSKI Zbigniew</b>     | <b>4130</b> | KB BIAŁA BIEGA               | M50       | 12   | 01:49:02       | 02:34:42        | 03:39:30   | <b>05:27:39.65</b> | <b>05:27:39.65</b> | +02:17:56<br>(42.1%) | 7:37         | 7.9<br>(58.1%) |
| 91  | <b>LEŚNIAK Dariusz</b>       | <b>4027</b> |                              | M50       | 13   | 01:50:17       | 02:42:17        | 03:50:37   | <b>05:27:46.00</b> | <b>05:27:46.00</b> | +02:18:02<br>(42.1%) | 7:37         | 7.9<br>(58.1%) |
| 92  | <b>SIKORSKI Szymon</b>       | <b>4085</b> |                              | M30       | 29   | 01:54:28       |                 | 03:52:46   | <b>05:28:44.70</b> | <b>05:28:44.70</b> | +02:19:01<br>(42.3%) | 7:38         | 7.8<br>(57.4%) |
| 93  | <b>CHOWANIEC Wojciech</b>    | <b>4165</b> |                              | M30       | 30   | 01:55:15       | 02:46:52        | 03:57:21   | <b>05:29:47.10</b> | <b>05:29:47.10</b> | +02:20:03<br>(42.5%) | 7:40         | 7.8<br>(57.4%) |
| 94  | <b>MICHOWSKA Anna</b>        | <b>4059</b> | HEŃTEAM                      | K40       | 6    | 01:57:36       | 02:45:59        | 03:52:39   | <b>05:32:35.00</b> | <b>05:32:35.00</b> | +02:22:51<br>(43.0%) | 7:44         | 7.8<br>(57.4%) |
| 95  | <b>JEŻOWSKI Jacek</b>        | <b>4060</b> | HEŃTEAM                      | M50       | 14   | 01:57:31       | 02:46:03        | 03:52:41   | <b>05:32:35.35</b> | <b>05:32:35.35</b> | +02:22:52<br>(43.0%) | 7:44         | 7.8<br>(57.4%) |
| 96  | <b>DOMINIK Mariusz</b>       | <b>4057</b> | BUT BIŁGORAJ                 | M40       | 29   | 01:56:27       | 02:43:22        | 03:52:45   | <b>05:34:34.45</b> | <b>05:34:34.45</b> | +02:24:51<br>(43.3%) | 7:46         | 7.7<br>(56.6%) |
| 97  | <b>BERNAŚ Dariusz</b>        | <b>4061</b> | BUT BIŁGORAJ                 | M40       | 30   | 01:52:42       | 02:43:28        | 03:52:30   | <b>05:34:35.00</b> | <b>05:34:35.00</b> | +02:24:51<br>(43.3%) | 7:46         | 7.7<br>(56.6%) |
| 98  | <b>FABISIAK Andrzej</b>      | <b>4146</b> | STANWEX II                   | M50       | 15   | 01:50:19       | 02:41:45        | 03:56:36   | <b>05:36:54.25</b> | <b>05:36:54.25</b> | +02:27:10<br>(43.7%) | 7:50         | 7.7<br>(56.6%) |
| 99  | <b>RUCIŃSKI Adam</b>         | <b>4088</b> |                              | M50       | 16   | 02:03:16       | 02:54:30        | 03:59:14   | <b>05:37:09.05</b> | <b>05:37:09.05</b> | +02:27:25<br>(43.7%) | 7:50         | 7.7<br>(56.6%) |
| 100 | <b>KRZYŻANOWSKI Grzegorz</b> | <b>4016</b> | GDAŃSKIE AUTOBUSY I TRAMWAJE | M40       | 31   | 01:53:49       | 02:44:34        | 03:52:48   | <b>05:37:17.35</b> | <b>05:37:17.35</b> | +02:27:34<br>(43.8%) | 7:50         | 7.6<br>(55.9%) |
| 101 | <b>MIKOŁAJCZYK Mariusz</b>   | <b>4020</b> | ULTRA KSP                    | M40       | 32   | 02:02:47       | 02:51:41        | 03:57:27   | <b>05:38:11.25</b> | <b>05:38:11.25</b> | +02:28:27<br>(43.9%) | 7:51         | 7.6<br>(55.9%) |
| 102 | <b>SYDORUK Aleksander</b>    | <b>4077</b> | DRUŻYNA WILKA                | M50       | 17   | 01:53:48       | 02:44:52        | 03:52:51   | <b>05:38:20.60</b> | <b>05:38:20.60</b> | +02:28:37<br>(43.9%) | 7:52         | 7.6<br>(55.9%) |
| 103 | <b>RUSZNICA Klaudia</b>      | <b>4004</b> | PATATAS BRAVAS               | K30       | 8    | 01:55:52       | 02:47:10        | 03:58:49   | <b>05:38:49.55</b> | <b>05:38:49.55</b> | +02:29:06<br>(44.0%) | 7:52         | 7.6<br>(55.9%) |
| 104 | <b>BUNIEK Mateusz</b>        | <b>4005</b> | PATATAS BRAVAS               | M30       | 31   | 01:55:53       | 02:47:16        | 03:58:50   | <b>05:38:51.05</b> | <b>05:38:51.05</b> | +02:29:07<br>(44.0%) | 7:52         | 7.6<br>(55.9%) |
| 105 | <b>RAMS Marcin</b>           | <b>4040</b> |                              | M40       | 33   | 01:55:31       | 02:46:44        | 03:57:56   | <b>05:41:17.30</b> | <b>05:41:17.30</b> | +02:31:34<br>(44.4%) | 7:56         | 7.6<br>(55.9%) |
| 106 | <b>POZIOMECKI Artur</b>      | <b>4034</b> | WORNER BROS. DISCOVERY       | M40       | 34   | 02:05:06       | 02:58:30        | 04:10:39   | <b>05:41:38.15</b> | <b>05:41:38.15</b> | +02:31:54<br>(44.5%) | 7:56         | 7.6<br>(55.9%) |
| 107 | <b>BIELIŃSKI Łukasz</b>      | <b>4035</b> | WARNER BROS. DISCOVERY       | M40       | 35   | 02:04:57       |                 | 04:10:41   | <b>05:41:39.60</b> | <b>05:41:39.60</b> | +02:31:56<br>(44.5%) | 7:56         | 7.6<br>(55.9%) |
| 108 | <b>GŁOWACKI Andrzej</b>      | <b>4013</b> | MŁODY VS STARY               | M50       | 18   | 01:55:47       | 02:47:48        | 04:01:03   | <b>05:42:07.10</b> | <b>05:42:07.10</b> | +02:32:23<br>(44.5%) | 7:57         | 7.5<br>(55.1%) |
| 109 | <b>KLAUS Dominik</b>         | <b>4101</b> | MKS PIASECZNO                | M40       | 36   | 01:59:30       | 02:51:49        | 04:00:31   | <b>05:42:12.10</b> | <b>05:42:12.10</b> | +02:32:28<br>(44.6%) | 7:57         | 7.5<br>(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 | <b>RENKIEL Tomasz</b>                    | <b>4092</b> |                                 | M40       | 37   | 02:00:17       | 02:50:49 | 03:56:30 | <b>05:42:29.55</b> | <b>05:42:29.55</b> | +02:32:46<br>(44.6%) | 7:57         | 7.5<br>(55.1%) |
| 111 | <b>SWOBODA Jarosław</b>                  | <b>4091</b> |                                 | M40       | 38   | 02:00:18       | 02:50:40 | 03:56:32 | <b>05:42:30.35</b> | <b>05:42:30.35</b> | +02:32:47<br>(44.6%) | 7:57         | 7.5<br>(55.1%) |
| 112 | <b>KRAUZE Tomasz</b>                     | <b>4094</b> | GRUPA BIEGOWA WROCŁAWSKIE MORSY | M50       | 19   | 02:05:37       | 02:56:48 | 04:05:51 | <b>05:44:04.30</b> | <b>05:44:04.30</b> | +02:34:21<br>(44.9%) | 8:00         | 7.5<br>(55.1%) |
| 113 | <b>MALISIEWICZ Anna</b>                  | <b>4156</b> |                                 | K30       | 9    | 01:58:14       | 02:49:21 | 04:04:18 | <b>05:45:22.00</b> | <b>05:45:22.00</b> | +02:35:38<br>(45.1%) | 8:01         | 7.5<br>(55.1%) |
| 114 | <b>WIĄCEK Jakub</b>                      | <b>4054</b> |                                 | M30       | 32   | 02:12:29       | 03:07:39 | 04:13:13 | <b>05:49:20.20</b> | <b>05:49:20.20</b> | +02:39:36<br>(45.7%) | 8:07         | 7.4<br>(54.4%) |
| 115 | <b>RAMS Agnieszka</b>                    | <b>4041</b> |                                 | K40       | 7    | 02:04:06       | 02:58:33 | 04:09:28 | <b>05:49:57.35</b> | <b>05:49:57.35</b> | +02:40:14<br>(45.8%) | 8:08         | 7.4<br>(54.4%) |
| 116 | <b>KOZAK Marcin</b>                      | <b>4072</b> | SAINT-GOBAIN SQUAD              | M40       | 39   | 02:02:31       | 02:55:21 | 04:07:52 | <b>05:50:03.45</b> | <b>05:50:03.45</b> | +02:40:20<br>(45.8%) | 8:08         | 7.4<br>(54.4%) |
| 117 | <b>RUSINEK Witosław</b>                  | <b>4090</b> | SHOOTIT                         | M30       | 33   | 01:56:47       |          | 04:04:19 | <b>05:50:39.55</b> | <b>05:50:39.55</b> | +02:40:56<br>(45.9%) | 8:09         | 7.4<br>(54.4%) |
| 118 | <b>ŻUK Wiktoria</b>                      | <b>4080</b> | HEŃTEAM                         | K20       | 3    | 01:59:25       | 02:54:10 | 04:08:02 | <b>05:52:03.25</b> | <b>05:52:03.25</b> | +02:42:19<br>(46.1%) | 8:11         | 7.3<br>(53.7%) |
| 119 | <b>ŻUK Agata</b>                         | <b>4079</b> | HEŃTEAM                         | K40       | 8    | 01:59:35       | 02:54:05 | 04:08:02 | <b>05:52:06.30</b> | <b>05:52:06.30</b> | +02:42:23<br>(46.1%) | 8:11         | 7.3<br>(53.7%) |
| 120 | <b>FILIPAK Mateusz</b>                   | <b>4042</b> |                                 | M20       | 6    | 01:54:28       | 02:45:41 | 03:57:10 | <b>05:53:06.55</b> | <b>05:53:06.55</b> | +02:43:23<br>(46.3%) | 8:12         | 7.3<br>(53.7%) |
| 121 | <b>WALERJAN Łukasz</b>                   | <b>4122</b> |                                 | M40       | 40   | 01:54:27       | 02:45:49 | 03:57:08 | <b>05:53:06.65</b> | <b>05:53:06.65</b> | +02:43:23<br>(46.3%) | 8:12         | 7.3<br>(53.7%) |
| 122 | <b>MICHALCZAK Jacek</b>                  | <b>4111</b> |                                 | M40       | 41   | 01:52:52       | 02:42:40 | 04:04:22 | <b>05:54:16.30</b> | <b>05:54:16.30</b> | +02:44:33<br>(46.4%) | 8:14         | 7.3<br>(53.7%) |
| 123 | <b>CISZEWSKI Bartłomiej</b>              | <b>4001</b> | BBL 07                          | M30       | 34   | 01:56:27       | 02:53:30 | 04:07:07 | <b>05:56:36.45</b> | <b>05:56:36.45</b> | +02:46:53<br>(46.8%) | 8:17         | 7.2<br>(52.9%) |
| 124 | <b>BURY Marek</b>                        | <b>4082</b> |                                 | M50       | 20   | 02:02:26       | 02:55:37 | 04:13:06 | <b>05:56:47.85</b> | <b>05:56:47.85</b> | +02:47:04<br>(46.8%) | 8:17         | 7.2<br>(52.9%) |
| 125 | <b>KAŁACZYŃSKA-MIĘTKIEWICZ Magdalena</b> | <b>4052</b> |                                 | K40       | 9    | 01:55:59       | 02:49:31 | 04:09:53 | <b>05:58:06.15</b> | <b>05:58:06.15</b> | +02:48:22<br>(47.0%) | 8:19         | 7.2<br>(52.9%) |
| 126 | <b>MIĘTKIEWICZ Rafał</b>                 | <b>4051</b> |                                 | M40       | 42   | 01:56:00       | 02:49:35 | 04:09:56 | <b>05:58:06.50</b> | <b>05:58:06.50</b> | +02:48:23<br>(47.0%) | 8:19         | 7.2<br>(52.9%) |
| 127 | <b>URBANEK Sylwester</b>                 | <b>4155</b> |                                 | M40       | 43   | 02:00:57       | 02:54:26 | 04:07:14 | <b>06:00:17.95</b> | <b>06:00:17.95</b> | +02:50:34<br>(47.3%) | 8:22         | 7.2<br>(52.9%) |
| 128 | <b>KUCHARCZYK Radosław</b>               | <b>4141</b> |                                 | M40       | 44   | 02:00:57       | 02:54:35 | 04:07:50 | <b>06:00:18.00</b> | <b>06:00:18.00</b> | +02:50:34<br>(47.3%) | 8:22         | 7.2<br>(52.9%) |
| 129 | <b>PARYSZ Anna</b>                       | <b>4021</b> | STARE BABICE BIEGAJĄ            | K60       | 1    | 02:08:30       | 03:01:13 | 04:12:56 | <b>06:02:13.65</b> | <b>06:02:13.65</b> | +02:52:30<br>(47.6%) | 8:25         | 7.1<br>(52.2%) |
| 130 | <b>JEDLIŃSKI Bartosz</b>                 | <b>4120</b> | MARATOŃCZYK DĘBICA              | M40       | 45   | 02:06:24       | 03:06:56 | 04:16:38 | <b>06:05:08.40</b> | <b>06:05:08.40</b> | +02:55:25<br>(48.0%) | 8:29         | 7.1<br>(52.2%) |
| 131 | <b>MIKOŁAJCZYK Jarosław</b>              | <b>4058</b> |                                 | M40       | 46   | 02:05:02       | 03:00:10 | 04:20:07 | <b>06:06:00.00</b> | <b>06:06:00.00</b> | +02:56:16<br>(48.2%) | 8:30         | 7<br>(51.5%)   |

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

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

Znaleziono 159 wynik(ów)