



Event: Łemkowyna Ultra-Trail 2021
Organiser: Fundacja Ultra
Date: 2021-05-15
Place: Komańcza
Distance: 48 km

ŁEMKO MARATON 48

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
1	SZKARADEK Mariusz	2437	VISEGRAD MARATON RYTRO	Open M	1		00:02:00	04:11:42.35		5:14	11.5 (100%)
2	MORMUL Przemek	2288	DSV	Open M	2	01:34:36		04:14:01.65	+00:02:19 (0.9%)	5:19	11.3 (98.3%)
3	HADRYŚ Tomasz	2134	TMTEAM	Open M	3	01:43:55		04:29:38.30	+00:17:55 (6.7%)	5:39	10.6 (92.2%)
4	CZYRNIA Martin	2066	MAFIA TEAM LUBLINIEC	Open M	4	01:39:12		04:33:47.60	+00:22:05 (8.1%)	5:44	10.5 (91.3%)
5	KAMIŃSKI Piotr	2170	ŁÓDŹ KOCHA SPORT/RUN YOUR TRAIL	Open M	5	01:39:23		04:34:08.15	+00:22:25 (8.2%)	5:44	10.4 (90.4%)
6	WYSOKIŃSKI Konrad	2664	MESMERIK RUNNERS	Open M	6	01:35:24		04:36:03.95	+00:24:21 (8.8%)	5:47	10.4 (90.4%)
7	ZAWADZKI Wit	2666	MATNER RUNNING TEAM	Open M	7	01:35:14		04:37:39.00	+00:25:56 (9.3%)	5:49	10.3 (89.6%)
8	ARAK Tomasz	2546	TRIWAWA / MESMERIK RUNNERS	Open M	8	01:34:40		04:38:28.30	+00:26:45 (9.6%)	5:50	10.3 (89.6%)
9	PISKADŁO Jacek	2618	NOWY STYL GROUP RUNNING TEAM	Open M	9	01:43:38		04:40:31.00	+00:28:48 (10.3%)	5:52	10.2 (88.7%)
10	ZBORUCKI Jan	2667	LATAJĄCY CYRK	Open M	10	01:50:59		04:44:21.25	+00:32:38 (11.5%)	5:57	10.1 (87.8%)
11	DYŚ Paweł	2557	STAY INSANE	Open M	11	01:40:38		04:45:26.00	+00:33:43 (11.8%)	5:59	10 (87.0%)
12	DUDEK Wojciech	2555		Open M	12	01:41:48		04:46:13.10	+00:34:30 (12.1%)	6:00	10 (87.0%)
13	ŠTRAUB Daniel	2416		Open M	13	01:38:18		04:48:13.95	+00:36:31 (12.7%)	6:02	9.9 (86.1%)
14	ORCZYKOWSKI Bogdan	2613		Open M	14	01:49:57		04:48:37.80	+00:36:55 (12.8%)	6:03	9.9 (86.1%)
15	KACZMAREK Tomasz	2577		Open M	15	01:44:24		04:52:02.85	+00:40:20 (13.8%)	6:07	9.8 (85.2%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
16	LESIAK Tomasz	2237		Open M	16	01:45:47		04:53:55.65	+00:42:13 (14.4%)	6:09	9.7 (84.3%)
17	DĄBROWSKI Michał	2072	CINCLUS	Open M	17	01:45:22		04:54:04.65	+00:42:22 (14.4%)	6:09	9.7 (84.3%)
18	KRAUSE Kuba	2525	NATURAL BORN RUNNERS	Open M	18	01:47:03		04:57:30.45	+00:45:48 (15.4%)	6:14	9.6 (83.5%)
19	CZARNOTA Piotr	2063		Open M	19	01:48:26		04:57:34.85	+00:45:52 (15.4%)	6:14	9.6 (83.5%)
20	ZIĘBA Tomasz	2668	JACEKBIEGA RUNNING TEAM	Open M	20	01:48:02		04:58:12.30	+00:46:29 (15.6%)	6:15	9.6 (83.5%)
21	GWIZDEK Marcin	2132	KASY-SHOP.PL	Open M	21	01:47:24		05:04:15.30	+00:52:32 (17.3%)	6:22	9.4 (81.7%)
22	GLAB Krzysztof	2564	VEGE KLOBUCK	Open M	22	01:48:03		05:06:30.70	+00:54:48 (17.9%)	6:25	9.3 (80.9%)
23	DĄBROWSKI Marcin	2073	OBOZYBIEGOWE.PL	Open M	23	01:51:52		05:08:18.85	+00:56:36 (18.4%)	6:27	9.3 (80.9%)
24	BORUSZEWSKA Beata	2040		Open K	1	01:52:00		05:09:09.40	+00:57:27 (18.6%)	6:28	9.3 (80.9%)
25	KOZARSKI Krzysztof	2586	RK LEGAL	Open M	24	01:52:54		05:09:40.10	+00:57:57 (18.7%)	6:29	9.2 (80.0%)
26	STAROBRAT Arkadiusz	2640	ALETEMPO	Open M	25	01:52:11		05:10:24.05	+00:58:41 (18.9%)	6:30	9.2 (80.0%)
27	MICHALSKI Damian	2275	ALIOR RUNNING TEAM	Open M	26	01:47:39		05:12:25.00	+01:00:42 (19.4%)	6:32	9.2 (80.0%)
28	MAŚLANY Daniel	2603		Open M	27	01:52:19		05:14:24.10	+01:02:41 (19.9%)	6:35	9.1 (79.1%)
29	LEŚNIAK Karolina	2238		Open K	2	01:57:20		05:14:33.35	+01:02:51 (20.0%)	6:35	9.1 (79.1%)
30	PĄPROWICZ Wojciech	2335		Open M	28	01:53:56		05:14:41.25	+01:02:58 (20.0%)	6:35	9.1 (79.1%)
31	FURTEK Iwona	2103	LACHO TEAM	Open K	3	01:59:54		05:16:54.35	+01:05:12 (20.6%)	6:38	9 (78.3%)
32	WALERCZYK Bartosz	2471		Open M	29	01:59:33		05:18:16.75	+01:06:34 (20.9%)	6:40	9 (78.3%)
33	MRÓWKA Michał	2607		Open M	30	02:01:25		05:19:30.95	+01:07:48 (21.2%)	6:41	9 (78.3%)
34	ASŁANOWICZ Marcin	2008		Open M	31	01:56:59		05:20:49.45	+01:09:07 (21.5%)	6:43	8.9 (77.4%)
35	KUFFEL Piotr	2223	BRACTWO BIEGOWE BGK	Open M	32	01:55:41		05:21:42.05	+01:09:59 (21.8%)	6:44	8.9 (77.4%)
36	SITEK Andrzej	2393		Open M	33	01:53:14		05:21:58.20	+01:10:15 (21.8%)	6:44	8.9 (77.4%)
37	GĘBORYS Patryk	2563		Open M	34	01:50:43		05:23:16.50	+01:11:34 (22.1%)	6:46	8.9 (77.4%)
38	KRENZEL Regina	2213		Open K	4	02:01:55		05:23:43.50	+01:12:01 (22.2%)	6:47	8.8 (76.5%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
39	JURKOWSKI Adrian	2575	ŁÓDŹ KOCHA SPORT	Open M	35	02:06:10		05:25:14.65	+01:13:32 (22.6%)	6:49	8.8 (76.5%)
40	ANISZEWSKI Bartłomiej	2544	ROSSMANN	Open M	36	01:58:53		05:25:22.00	+01:13:39 (22.6%)	6:49	8.8 (76.5%)
41	FIEDOROWICZ Asia	2558		Open K	5	01:58:48		05:26:10.50	+01:14:28 (22.8%)	6:50	8.8 (76.5%)
42	DADEJ Grzegorz	2069	KS MASTERS JORDAN KRAKÓW	Open M	37	01:57:17		05:26:36.30	+01:14:53 (22.9%)	6:50	8.8 (76.5%)
43	PIETRZAK Jacek	2617	WAKA/JAWAKA	Open M	38	02:00:29		05:29:31.25	+01:17:48 (23.6%)	6:54	8.7 (75.7%)
44	RECLIK Łukasz	2370	AKTYWNA PSZCZYNA RUNNERS TEAM	Open M	39	02:02:29		05:31:49.55	+01:20:07 (24.1%)	6:57	8.6 (74.8%)
45	HOŁÓWKA Sławomir	2138		Open M	40	01:59:06		05:33:03.35	+01:21:21 (24.4%)	6:58	8.6 (74.8%)
46	OCHREMIAK Michał	2313		Open M	41	01:55:10		05:33:38.80	+01:21:56 (24.6%)	6:59	8.6 (74.8%)
47	WYCZÓLKOWSKI Grzegorz	2499	JÓZEF CYTRUS TEAM	Open M	42	02:01:13		05:33:56.50	+01:22:14 (24.6%)	7:00	8.6 (74.8%)
48	STPICZYŃSKI Marcin	2414		Open M	43	02:07:11		05:34:11.70	+01:22:29 (24.7%)	7:00	8.6 (74.8%)
49	REGULSKI Cezary	2625		Open M	44	02:06:24		05:34:19.35	+01:22:37 (24.7%)	7:00	8.6 (74.8%)
50	ZIĘBA Witold	2514		Open M	45	02:05:11		05:35:21.30	+01:23:38 (24.9%)	7:01	8.5 (73.9%)
51	ZAJĄC Mateusz	2504		Open M	46	02:01:20		05:36:00.85	+01:24:18 (25.1%)	7:02	8.5 (73.9%)
52	BLADY Bogdan	2031		Open M	47	02:06:05		05:36:41.45	+01:24:59 (25.2%)	7:03	8.5 (73.9%)
53	JANDA Piotr	2145	GDAŃSCY POMYKACZE	Open M	48	01:59:01		05:36:43.85	+01:25:01 (25.3%)	7:03	8.5 (73.9%)
54	JEGER Piotr	2574	SKLEP BIEGACZA RUNNING TEAM	Open M	49	02:04:50		05:38:22.30	+01:26:39 (25.6%)	7:05	8.5 (73.9%)
55	MONCZYŃSKI Bartłomiej	2286	REMMERS RUNNING TEAM / #OWOCBIEGA	Open M	50	01:56:28		05:38:40.90	+01:26:58 (25.7%)	7:05	8.5 (73.9%)
56	PANEK Damian	2326	MUKS PODKARPACIE JEDLICZE	Open M	51	01:58:13		05:38:54.05	+01:27:11 (25.7%)	7:06	8.4 (73.0%)
57	KULIK Karolina	2224		Open K	6	02:00:08		05:39:56.10	+01:28:13 (26.0%)	7:07	8.4 (73.0%)
58	MIRSKI Maciej	2280		Open M	52	01:57:27		05:40:33.30	+01:28:50 (26.1%)	7:08	8.4 (73.0%)
59	CZARNECKI Zbigniew	2553	STARE BABICE BIEGAJĄ	Open M	53	02:02:35		05:40:55.80	+01:29:13 (26.2%)	7:08	8.4 (73.0%)
60	WIKTOROWICZ Tomasz	2660		Open M	54	02:01:31		05:42:51.00	+01:31:08 (26.6%)	7:11	8.3 (72.2%)
61	LACHOWICZ Jerzy	2595	PCTSPORT	Open M	55	01:58:03		05:43:20.80	+01:31:38 (26.7%)	7:11	8.3 (72.2%)

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62	PRELICH Tomasz	2358	DABEX-BOLT	Open M	56	02:08:35		05:44:05.25	+01:32:22 (26.8%)	7:12	8.3 (72.2%)
63	GNIADK Gosia	2117	DABEX - BOLT	Open K	7	02:08:32		05:44:05.35	+01:32:23 (26.8%)	7:12	8.3 (72.2%)
64	KURASZKIEWICZ Robert	2228		Open M	57	01:57:40		05:44:09.60	+01:32:27 (26.9%)	7:12	8.3 (72.2%)
65	SMOLIŃSKI Piotr	2637		Open M	58	02:06:23		05:44:36.10	+01:32:53 (27.0%)	7:13	8.3 (72.2%)
66	WAŁACH-BIŚTA Zuza	2654		Open K	8	02:03:29		05:45:25.65	+01:33:43 (27.1%)	7:14	8.3 (72.2%)
67	RATKA Adriana	2624		Open K	9	02:05:26		05:45:55.60	+01:34:13 (27.2%)	7:15	8.3 (72.2%)
68	SOJDA Adam	2639	DZIECI OJCA MARKA	Open M	59	02:03:05		05:46:49.40	+01:35:07 (27.4%)	7:16	8.3 (72.2%)
69	KACZMAREK Tomasz	2166		Open M	60	02:00:43		05:48:06.60	+01:36:24 (27.7%)	7:17	8.2 (71.3%)
70	BODKOWSKI Paweł	2033		Open M	61	02:06:41		05:49:25.75	+01:37:43 (28.0%)	7:19	8.2 (71.3%)
71	STEFANOWICZ Adam	2410	WM TRISELF	Open M	62	02:03:59		05:49:33.90	+01:37:51 (28.0%)	7:19	8.2 (71.3%)
72	STRZESAK Patrycja	2419		Open K	10	02:12:17		05:50:25.25	+01:38:42 (28.2%)	7:20	8.2 (71.3%)
73	ŚCIBOR Adrian	2450		Open M	63	02:12:03		05:50:51.70	+01:39:09 (28.3%)	7:21	8.2 (71.3%)
74	GORCZYŃSKI Wojciech	2123	AIRBUS	Open M	64	02:01:59		05:51:00.50	+01:39:18 (28.3%)	7:21	8.2 (71.3%)
75	GĄTKIEWICZ Paweł	2114	ESKADRA KRAKÓW	Open M	65	02:04:30		05:51:23.80	+01:39:41 (28.4%)	7:21	8.1 (70.4%)
76	GRABOWSKA Aleksandra	2129		Open K	11	02:07:20		05:51:44.70	+01:40:02 (28.4%)	7:22	8.1 (70.4%)
77	KOWALSKI Szymon	2585	HTF LUDWIK SIKORSKI	Open M	66	02:05:30		05:53:29.90	+01:41:47 (28.8%)	7:24	8.1 (70.4%)
78	KUTERNOGA Michał	2593	RĘKAW RZESZOWSKI KLUB SPORTÓW WALKI	Open M	67	02:06:20		05:53:50.15	+01:42:07 (28.9%)	7:25	8.1 (70.4%)
79	KOSIELSKI Robert	2202		Open M	68	02:02:18		05:54:01.85	+01:42:19 (28.9%)	7:25	8.1 (70.4%)
80	CZAPRAN Magdalena	2062		Open K	12	02:05:14		05:54:19.65	+01:42:37 (29.0%)	7:25	8.1 (70.4%)
81	KORZENIOWSKA Anna	2583	GALANCI CIEKACZE	Open K	13	02:10:42		05:54:26.20	+01:42:43 (29.0%)	7:25	8.1 (70.4%)
82	KOSTKA Małgorzata	2205	CUBE TEAM	Open K	14	02:04:01		05:55:14.10	+01:43:31 (29.1%)	7:26	8.1 (70.4%)
83	NOWOSADZKI Wojciech	2312	FF	Open M	69	02:09:58		05:55:25.35	+01:43:43 (29.2%)	7:27	8.1 (70.4%)
84	KOSTKA Andrzej	2204	CUBE TEAM	Open M	70	02:05:26		05:56:46.25	+01:45:03 (29.4%)	7:28	8 (69.6%)

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85	MARCINIAK Rafał	2601	8A.PL	Open M	71	02:07:17		05:57:09.70	+01:45:27 (29.5%)	7:29	8 (69.6%)
86	CZAJKA Roman	2061		Open M	72	02:02:53		05:57:57.40	+01:46:15 (29.7%)	7:30	8 (69.6%)
87	GRABOWSKA Justyna	2127	HTF LUDWIK SIKORSKI	Open K	15	02:10:05		05:58:00.80	+01:46:18 (29.7%)	7:30	8 (69.6%)
88	SZPAŁA Jakub	2441		Open M	73	02:06:06		05:58:10.60	+01:46:28 (29.7%)	7:30	8 (69.6%)
89	RAGHAVJEE Yashin	2526	CAPE TOWN	Open M	74	01:59:27		05:58:13.90	+01:46:31 (29.7%)	7:30	8 (69.6%)
90	GONCERZEWICZ Anna	2566	STARE BABICE BIEGAJĄ	Open K	16	02:13:41		05:58:37.95	+01:46:55 (29.8%)	7:31	8 (69.6%)
91	ZAPOROWSKI Marcin	2665		Open M	75	02:09:44		05:58:51.05	+01:47:08 (29.9%)	7:31	8 (69.6%)
92	WARMUŁA Piotr	2474	FUNTRI	Open M	76	02:06:15		05:59:19.25	+01:47:36 (29.9%)	7:31	8 (69.6%)
93	HACZ Paweł	2133	WWW.FIZJO-TOP.PL	Open M	77	02:02:13		05:59:45.50	+01:48:03 (30.0%)	7:32	8 (69.6%)
94	KAZUBOWSKA Aleksandra	2180	PARKRUN GORZÓW WLKP.	Open K	17	02:07:34		06:01:01.05	+01:49:18 (30.3%)	7:34	7.9 (68.7%)
95	POPEK Dominika	2620	WM TRISELF	Open K	18	02:06:42		06:01:17.90	+01:49:35 (30.3%)	7:34	7.9 (68.7%)
96	TURNIAK Miłosz	2652		Open M	78	02:05:17		06:01:19.20	+01:49:36 (30.3%)	7:34	7.9 (68.7%)
97	KALISZUK Szymon	2168		Open M	79	01:51:52		06:01:46.25	+01:50:03 (30.4%)	7:35	7.9 (68.7%)
98	WARZOCHA Paweł	2656	NIECHBIEGA	Open M	80	02:07:55		06:01:46.55	+01:50:04 (30.4%)	7:35	7.9 (68.7%)
99	NOWAK Dominik	2611		Open M	81	02:06:25		06:02:30.70	+01:50:48 (30.6%)	7:35	7.9 (68.7%)
100	MŁYNARCZYK Krzysztof	2284		Open M	82	02:06:47		06:02:54.20	+01:51:11 (30.6%)	7:36	7.9 (68.7%)
101	FURMANIUK Jaromir	2102	SAMOTNY BIAŁY ŻAGIEL	Open M	83	02:10:33		06:03:05.70	+01:51:23 (30.7%)	7:36	7.9 (68.7%)
102	DUDZIEC Mateusz	2084		Open M	84	02:03:47		06:03:37.45	+01:51:55 (30.8%)	7:37	7.9 (68.7%)
103	ZYGMUNT Paweł	2518		Open M	85	02:02:06		06:03:48.45	+01:52:06 (30.8%)	7:37	7.9 (68.7%)
104	IDZIKOWSKI Piotr	2569		Open M	86	02:23:17		06:04:30.25	+01:52:47 (30.9%)	7:38	7.9 (68.7%)
105	JANOWSKI Paweł	2149		Open M	87	02:15:12		06:04:58.30	+01:53:15 (31.0%)	7:39	7.8 (67.8%)
106	PAŁUSZNA Anna	2325	HARPAGAN SOSNOWIEC	Open K	19	02:15:19		06:04:58.65	+01:53:16 (31.0%)	7:39	7.8 (67.8%)
107	JANOWICZ Rafał	2571	MIĘKKI ŻELEK	Open M	88	02:13:15		06:05:40.95	+01:53:58 (31.2%)	7:39	7.8 (67.8%)

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108	JAWOREK Grzegorz	2573	MIG TEAM	Open M	89	02:01:46		06:05:45.80	+01:54:03 (31.2%)	7:40	7.8 (67.8%)
109	SŁABOŃ Mariusz	2398	KIWK-A BIEGA	Open M	90	02:04:33		06:06:33.05	+01:54:50 (31.3%)	7:41	7.8 (67.8%)
110	TARNAWSKI Marcin	2454		Open M	91	02:10:49		06:06:36.25	+01:54:53 (31.3%)	7:41	7.8 (67.8%)
111	WIKLIŃSKI Jarosław	2659	CZYSTA AMATORKA	Open M	92	02:08:22		06:07:30.15	+01:55:47 (31.5%)	7:42	7.8 (67.8%)
112	ŚLAŃSKI Bartosz	2644	DZIK KOMANDO	Open M	93	02:01:59		06:08:51.80	+01:57:09 (31.8%)	7:43	7.8 (67.8%)
113	KACZMAREK Łukasz	2576	DZIK KOMANDO	Open M	94	02:00:01		06:08:52.15	+01:57:09 (31.8%)	7:43	7.8 (67.8%)
114	JAKIMIEC Tadeusz	2570	K.S.HUSARIA SZCZECINEK	Open M	95	01:57:14		06:09:41.25	+01:57:58 (31.9%)	7:45	7.7 (67.0%)
115	SIEMIESZ Paweł	2632		Open M	96	02:04:05		06:09:45.30	+01:58:02 (31.9%)	7:45	7.7 (67.0%)
116	ROSIECKI Marcin	2373		Open M	97	02:02:56		06:10:06.90	+01:58:24 (32.0%)	7:45	7.7 (67.0%)
117	PROKOPCZUK Łukasz	2622		Open M	98	02:03:40		06:10:18.40	+01:58:36 (32.0%)	7:45	7.7 (67.0%)
118	WITKOWSKI Robert	2483		Open M	99	02:13:32		06:12:26.50	+02:00:44 (32.4%)	7:48	7.7 (67.0%)
119	MRYCZKO Roman	2292	AKTYWNY DYNÓW	Open M	100	02:11:30		06:13:26.80	+02:01:44 (32.6%)	7:49	7.7 (67.0%)
120	PIĄTOŃ Piotr	2616	NIEPOŁOMICE BIEGAJĄ	Open M	101	02:15:48		06:13:52.95	+02:02:10 (32.7%)	7:50	7.7 (67.0%)
121	BAŁCHAN Krzysztof	2013	CPR RZESZÓW	Open M	102	01:56:22		06:14:51.25	+02:03:08 (32.9%)	7:51	7.6 (66.1%)
122	PRĘGOWSKI Michał	2621	VEGE RUNNERS / STARE BABICE BIEGAJĄ	Open M	103	02:18:21		06:15:52.25	+02:04:09 (33.0%)	7:52	7.6 (66.1%)
123	KARGOL Marcin	2176	NBR TEAM / SMASHING PĄPKINS	Open M	104	02:13:55		06:15:53.15	+02:04:10 (33.0%)	7:52	7.6 (66.1%)
124	LIPIŃSKI Damian	2596	RADZYMIN RUN TEAM	Open M	105	02:15:34		06:15:53.45	+02:04:11 (33.0%)	7:52	7.6 (66.1%)
125	JELONEK Piotr	2158	FUNTRI	Open M	106	02:06:57		06:16:25.90	+02:04:43 (33.1%)	7:53	7.6 (66.1%)
126	GRABCZAK Jarosław	2567	WIECZORNE BIEGANIE W OPOLU	Open M	107	02:13:26		06:16:31.65	+02:04:49 (33.2%)	7:53	7.6 (66.1%)
127	BODZIOCH Grzegorz	2035	GORLICKA GRUPA BEGOWA	Open M	108	02:06:59		06:16:54.00	+02:05:11 (33.2%)	7:54	7.6 (66.1%)
128	PISKORSKI Krzysztof	2619		Open M	109	02:20:28		06:17:36.90	+02:05:54 (33.3%)	7:54	7.6 (66.1%)
129	KACZMAREK Katarzyna	2167	#ADAMCZERWINSKITEAM	Open K	20	02:17:03		06:17:52.20	+02:06:09 (33.4%)	7:55	7.6 (66.1%)
130	KRUKAR Michał	2215	FINISZ RYMANÓW	Open M	110	02:11:20		06:18:53.80	+02:07:11 (33.6%)	7:56	7.6 (66.1%)

Place	Participant	Number	Club	Category	MCat	Puławy	Penalty/ bonus	Net	Gap	Pace min/km	Pace km/h
						Górne 18.7km		time 47.7km			
131	CEGIEŁKO Paweł	2050		Open M	111	02:12:21		06:18:59.20	+02:07:16 (33.6%)	7:56	7.6 (66.1%)
132	TYLIBA Ireneusz	2467	JURA TEAM	Open M	112	02:06:10		06:19:03.65	+02:07:21 (33.6%)	7:56	7.6 (66.1%)
133	GANCZEWSKI Paweł	2110	KS STASZEWSKY	Open M	113	02:05:40		06:19:29.90	+02:07:47 (33.7%)	7:57	7.5 (65.2%)
134	WÓŁKIEWICZ Paweł	2495	KS STASZEWSKY	Open M	114	02:04:41		06:19:32.05	+02:07:49 (33.7%)	7:57	7.5 (65.2%)
135	ZBOROWSKI Kazimierz	2510	VEGE RUNNERS	Open M	115	02:16:59		06:20:13.15	+02:08:30 (33.8%)	7:58	7.5 (65.2%)
136	CHMIELEWSKI Grzegorz Chmielewski	2052	FUNTRI	Open M	116	02:00:52		06:20:38.00	+02:08:55 (33.9%)	7:58	7.5 (65.2%)
137	TOL Kamil Tol	2459	MAFIA TEAM LUBLINIEC	Open M	117	02:16:34		06:20:49.00	+02:09:06 (33.9%)	7:59	7.5 (65.2%)
138	WIĄCKIEWICZ Piotr	2658	DZIK KOMANDO	Open M	118	01:59:22		06:22:58.45	+02:11:16 (34.3%)	8:01	7.5 (65.2%)
139	ŚLEMP Tomasz	2645		Open M	119	02:09:30		06:23:09.35	+02:11:27 (34.3%)	8:01	7.5 (65.2%)
140	CHODZIŃSKI Piotr	2551		Open M	120	02:18:09		06:23:18.80	+02:11:36 (34.3%)	8:02	7.5 (65.2%)
141	SOŁTYSIAK Marta	2407		Open K	21	02:09:36		06:23:47.20	+02:12:04 (34.4%)	8:02	7.5 (65.2%)
142	BORYCKI Artur	2041	TGR	Open M	121	02:05:50		06:24:27.40	+02:12:45 (34.5%)	8:03	7.4 (64.3%)
143	DZIEWONSKI Konrad	2090		Open M	122	02:12:24		06:25:47.10	+02:14:04 (34.8%)	8:05	7.4 (64.3%)
144	ŻMUDZIŃSKI Krzysztof	2669		Open M	123	02:23:15		06:27:46.45	+02:16:04 (35.1%)	8:07	7.4 (64.3%)
145	LATOS Sławomir	2235		Open M	124	02:19:53		06:27:56.50	+02:16:14 (35.1%)	8:07	7.4 (64.3%)
146	TOKARSKI Piotr	2647		Open M	125	02:09:53		06:28:53.15	+02:17:10 (35.3%)	8:09	7.4 (64.3%)
147	BAKALARSKI Paweł	2011		Open M	126	02:10:06		06:30:26.40	+02:18:44 (35.5%)	8:11	7.3 (63.5%)
148	WRÓBLEWSKI Jacek	2497		Open M	127	02:08:50		06:30:57.05	+02:19:14 (35.6%)	8:11	7.3 (63.5%)
149	BURCHARD Beata	2046		Open K	22	02:22:04		06:31:56.80	+02:20:14 (35.8%)	8:12	7.3 (63.5%)
150	SIEDLECKI Cezary	2388		Open M	128	02:15:59		06:33:22.95	+02:21:40 (36.0%)	8:14	7.3 (63.5%)
151	RZEPNIEWSKA Joanna	2630	MARKOWI BIEGACZE	Open K	23	02:22:14		06:33:26.15	+02:21:43 (36.0%)	8:14	7.3 (63.5%)
152	MOSZ Tomasz	2606	W POGONI ZA DUCHEM	Open M	129	02:23:20		06:34:03.70	+02:22:21 (36.1%)	8:15	7.3 (63.5%)
153	PAKULSKA-TOMZA Dorota	2323		Open K	24	02:25:22		06:34:28.40	+02:22:46 (36.2%)	8:16	7.3 (63.5%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
154	PARFIENIUK Michał	2528	BIAŁYSTOK BIEGA TEAM	Open M	130	02:22:49		06:35:10.30	+02:23:27 (36.3%)	8:17	7.2 (62.6%)
155	KUCZYŃSKI Grzegorz	2527	BIAŁYSTOK BIEGA TEAM	Open M	131	02:22:51		06:35:10.70	+02:23:28 (36.3%)	8:17	7.2 (62.6%)
156	CHYLIŃSKI Łukasz	2054		Open M	132	02:14:53		06:35:23.05	+02:23:40 (36.3%)	8:17	7.2 (62.6%)
157	MARCHLEWICZ Przemysław	2600		Open M	133	02:14:50		06:36:44.85	+02:25:02 (36.6%)	8:19	7.2 (62.6%)
158	KACZMAREK Adam	2165	MAXIMUS CNC	Open M	134	02:14:23		06:36:51.45	+02:25:09 (36.6%)	8:19	7.2 (62.6%)
159	STRYCZNIOWICZ Krzysztof	2418	555	Open M	135	02:16:30		06:37:00.80	+02:25:18 (36.6%)	8:19	7.2 (62.6%)
160	ŻYLIŃSKA Agnieszka	2523	555	Open K	25	02:16:34		06:37:01.85	+02:25:19 (36.6%)	8:19	7.2 (62.6%)
161	TOMASZEWSKA Ewa	2649		Open K	26	02:24:36		06:37:11.95	+02:25:29 (36.6%)	8:19	7.2 (62.6%)
162	SUŁEK Tomek	2423		Open M	136	02:12:00		06:37:20.40	+02:25:38 (36.7%)	8:19	7.2 (62.6%)
163	TOMALA Marek	2648	DZIECI OJCA MARKA	Open M	137	02:18:23		06:37:23.25	+02:25:40 (36.7%)	8:19	7.2 (62.6%)
164	NAZIM Adam	2300	RUNONLINE	Open M	138	02:07:45		06:38:02.75	+02:26:20 (36.8%)	8:20	7.2 (62.6%)
165	NOWAKOWSKI Wiesław	2612	-	Open M	139	02:16:41		06:39:35.40	+02:27:53 (37.0%)	8:22	7.2 (62.6%)
166	DYCKOWSKI Andrzej	2556	KS HUSARIA SZCZECINEK	Open M	140	02:13:34		06:40:14.80	+02:28:32 (37.1%)	8:23	7.2 (62.6%)
167	MIGDAŁ Marcin	2277	MM_BB	Open M	141	02:16:39		06:40:43.15	+02:29:00 (37.2%)	8:24	7.1 (61.7%)
168	MUSIOLIK Mariusz	2608		Open M	142	02:11:40		06:41:09.50	+02:29:27 (37.3%)	8:24	7.1 (61.7%)
169	BIAŁECKI Aleksander	2549	BIEGAMYSŁOWICE	Open M	143	02:22:31		06:41:44.20	+02:30:01 (37.3%)	8:25	7.1 (61.7%)
170	SZREK Łukasz	2642		Open M	144	02:15:54		06:41:52.95	+02:30:10 (37.4%)	8:25	7.1 (61.7%)
171	MAMCARCZYK Tomasz	2598	EKOBIEGI	Open M	145	02:16:00		06:41:53.95	+02:30:11 (37.4%)	8:25	7.1 (61.7%)
172	ZAKRZEWSKI Piotr	2505		Open M	146	02:20:57		06:42:29.35	+02:30:47 (37.5%)	8:26	7.1 (61.7%)
173	HRABEC KOTULKOVA Sona	2141	COLUMBIA MONTRAIL/RUNNING2.CZ	Open K	27	02:25:02		06:43:01.70	+02:31:19 (37.5%)	8:26	7.1 (61.7%)
174	KREMPA Sławomir	2587	LEMIESZ TEAM	Open M	147	02:25:11		06:43:32.60	+02:31:50 (37.6%)	8:27	7.1 (61.7%)
175	FIRA-KREMPA Edyta	2560		Open K	28	02:25:15		06:43:33.50	+02:31:51 (37.6%)	8:27	7.1 (61.7%)
176	FILIP-PASEK Kasia	2093		Open K	29	02:22:54		06:43:51.20	+02:32:08 (37.7%)	8:27	7.1 (61.7%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
177	SMORAWIŃSKI Marcin	2638	SQUASHTTEAM	Open M	148	02:17:01		06:44:33.20	+02:32:50 (37.8%)	8:28	7.1 (61.7%)
178	KRZESIŃSKA Renata	2219		Open K	30	02:26:46		06:44:40.25	+02:32:57 (37.8%)	8:29	7.1 (61.7%)
179	SZYMANIK Paweł	2447		Open M	149	02:26:37		06:44:40.85	+02:32:58 (37.8%)	8:29	7.1 (61.7%)
180	JARZYNA Jan	2154	POLSKIE KWASY	Open M	150	02:27:26		06:44:44.65	+02:33:02 (37.8%)	8:29	7.1 (61.7%)
181	MARJAŃSKI Tomasz	2258	KS PIDRINA GDYNIA	Open M	151	02:26:42		06:45:04.10	+02:33:21 (37.9%)	8:29	7.1 (61.7%)
182	POCIĘGIEL Michał	2351	SKAWINA BIEGA	Open M	152	02:22:12		06:45:06.60	+02:33:24 (37.9%)	8:29	7.1 (61.7%)
183	ZIELENKIEWICZ Marcin	2511		Open M	153	02:14:27		06:45:09.10	+02:33:26 (37.9%)	8:29	7.1 (61.7%)
184	TOMASZEWSKI Michał	2651		Open M	154	02:32:55		06:45:43.10	+02:34:00 (38.0%)	8:30	7.1 (61.7%)
185	OSTASZEWSKI Mariusz	2614		Open M	155	02:19:00		06:46:06.70	+02:34:24 (38.0%)	8:30	7 (60.9%)
186	RABSZTYN Andrzej	2363		Open M	156	02:19:00		06:46:24.60	+02:34:42 (38.1%)	8:31	7 (60.9%)
187	RUDNIK Sławomir	2628	NADAKTYWNI BIAŁYSTOK - PODLASIE 4X4	Open M	157	02:14:46		06:49:06.45	+02:37:24 (38.5%)	8:34	7 (60.9%)
188	DEMKO Anna	2074	ŻÓŁTYCZERWONYPANDA	Open K	31	02:19:07		06:50:13.30	+02:38:30 (38.6%)	8:35	7 (60.9%)
189	FIGUŁA Sławomir	2559		Open M	158	02:22:42		06:50:20.25	+02:38:37 (38.7%)	8:36	7 (60.9%)
190	LACHERA Tomasz	2594		Open M	159	02:27:37		06:50:49.05	+02:39:06 (38.7%)	8:36	7 (60.9%)
191	BAZYLUK Andrzej	2548	KB ERGO	Open M	160	02:17:44		06:51:59.65	+02:40:17 (38.9%)	8:38	6.9 (60.0%)
192	SKÓRA Marcin	2395		Open M	161	02:23:47		06:52:02.55	+02:40:20 (38.9%)	8:38	6.9 (60.0%)
193	MARONKA Agnieszka	2261		Open K	32	02:27:59		06:52:07.05	+02:40:24 (38.9%)	8:38	6.9 (60.0%)
194	HUNKIEWICZ Ewelina	2568	MARKOWI BIEGACZE	Open K	33	02:28:15		06:52:35.30	+02:40:52 (39.0%)	8:38	6.9 (60.0%)
195	SIEŃSKA-PROKOPCZUK Anna	2633		Open K	34	02:24:35		06:52:39.70	+02:40:57 (39.0%)	8:39	6.9 (60.0%)
196	ROMANOWSKA Monika	2626		Open K	35	02:24:42		06:52:41.30	+02:40:58 (39.0%)	8:39	6.9 (60.0%)
197	FRĄCZEK Iwona	2097	NOA	Open K	36	02:21:53		06:53:09.10	+02:41:26 (39.1%)	8:39	6.9 (60.0%)
198	SZELAĞ Piotr	2434	TURBO JEŻE TEAM	Open M	162	02:28:23		06:53:50.55	+02:42:08 (39.2%)	8:40	6.9 (60.0%)
199	GADAMSKA-KABATA Paulina	2108		Open K	37	02:30:23		06:54:26.75	+02:42:44 (39.3%)	8:41	6.9 (60.0%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
200	WITKOWSKI Michał	2484		Open M	163	02:31:45		06:54:49.20	+02:43:06 (39.3%)	8:41	6.9 (60.0%)
201	WRĘCZYCKI Łukasz	2662	5 PUŁK CHEMICZNY	Open M	164	02:29:21		06:56:24.75	+02:44:42 (39.6%)	8:43	6.9 (60.0%)
202	OSIKOWSKA Teresa	2320		Open K	38	02:23:25		06:57:16.45	+02:45:34 (39.7%)	8:44	6.9 (60.0%)
203	RÓŻYCKA Dorota	2376	NOWY STYL GROUP RUNNING TEAM	Open K	39	02:26:18		06:58:33.00	+02:46:50 (39.9%)	8:46	6.8 (59.1%)
204	TROCHANOWSKA Kamila	2462	RUSYN-LEM	Open K	40	02:25:12		06:58:55.00	+02:47:12 (39.9%)	8:46	6.8 (59.1%)
205	WŁODEK-JARZYNA Magdalena	2487	POLSKIE KWASY	Open K	41	02:31:58		06:59:40.35	+02:47:58 (40.0%)	8:47	6.8 (59.1%)
206	BUDZYŃSKI Mateusz	2045		Open M	165	02:22:38		06:59:56.55	+02:48:14 (40.1%)	8:48	6.8 (59.1%)
207	BAKA Marcin	2547	GTS	Open M	166	02:27:29		07:00:38.35	+02:48:56 (40.2%)	8:49	6.8 (59.1%)
208	RZUCIDŁO Paweł	2631	EUROCLEAR RUNNING TEAM	Open M	167	02:18:14		07:05:49.80	+02:54:07 (40.9%)	8:55	6.7 (58.3%)
209	KUBIK Marek	2589		Open M	168	02:15:38		07:05:59.50	+02:54:17 (40.9%)	8:55	6.7 (58.3%)
210	BIEDROŃ Artur	2025	ERP HEART TEAM	Open M	169	02:27:14		07:06:31.00	+02:54:48 (41.0%)	8:56	6.7 (58.3%)
211	HOROSZCZAK Adrian	2140	RUSYN-LEM	Open M	170	02:22:18		07:07:16.40	+02:55:34 (41.1%)	8:57	6.7 (58.3%)
212	POPIELSKI Błażej	2354		Open M	171	02:12:36		07:08:01.90	+02:56:19 (41.2%)	8:58	6.7 (58.3%)
213	SZYMANSKA Agata	2448	RADZYMIN RUN TEAM	Open K	42	02:31:31		07:08:31.70	+02:56:49 (41.3%)	8:59	6.7 (58.3%)
213	JARZĄBEK Agnieszka	2153	RADZYMIN RUN TEAM	Open K	42	02:31:19		07:08:31.70	+02:56:49 (41.3%)	8:59	6.7 (58.3%)
215	CAŁKA Agnieszka	2048	RADZYMIN RUN TEAM	Open K	44	02:31:26		07:08:33.40	+02:56:51 (41.3%)	8:59	6.7 (58.3%)
216	KWIATEK Monika	2229		Open K	45	02:33:29		07:08:47.65	+02:57:05 (41.3%)	8:59	6.7 (58.3%)
217	WYPCHAŁOWSKI Jakub	2501		Open M	172	02:28:00		07:08:49.60	+02:57:07 (41.3%)	8:59	6.7 (58.3%)
218	FYDA Piotr	2105		Open M	173	02:20:27		07:09:46.55	+02:58:04 (41.4%)	9:00	6.7 (58.3%)
219	PARYSZ Anna	2327	STARE BABICE BIEGAJĄ	Open K	46	02:40:56		07:10:28.85	+02:58:46 (41.5%)	9:01	6.6 (57.4%)
220	JANDA Rafał	2146	GDAŃSCY POMYKACZE	Open M	174	02:22:30		07:11:19.80	+02:59:37 (41.6%)	9:02	6.6 (57.4%)
221	SZYMELFENIG Gabriela	2643	AKADEMIABIEGACZA.PL S.L SALOS-WODNA ŁÓDŹ	Open K	47	02:29:07		07:11:24.65	+02:59:42 (41.7%)	9:02	6.6 (57.4%)
222	PASEK Łukasz	2328		Open M	175	02:30:31		07:12:08.60	+03:00:26 (41.8%)	9:03	6.6 (57.4%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
223	RZYMOWSKA Krystyna	2384		Open K	48	02:33:10		07:14:02.55	+03:02:20 (42.0%)	9:05	6.6 (57.4%)
224	BŁASZAK Monika	2032	UBS KRAKOW RUNNING TEAM	Open K	49	02:27:52		07:15:43.10	+03:04:00 (42.2%)	9:08	6.6 (57.4%)
225	ŻUBER Leszek	2521		Open M	176	02:39:50		07:16:20.95	+03:04:38 (42.3%)	9:08	6.6 (57.4%)
225	KRYPCZYK Katarzyna	2217		Open K	50	02:39:53		07:16:20.95	+03:04:38 (42.3%)	9:08	6.6 (57.4%)
227	HELIŃSKI Jacek	2137	DZIKIE ŻYCIE RUN TEAM	Open M	177	02:20:36		07:17:42.00	+03:05:59 (42.5%)	9:10	6.5 (56.5%)
228	WEIN Tomasz	2657		Open M	178	02:37:48		07:18:51.10	+03:07:08 (42.6%)	9:12	6.5 (56.5%)
229	ZYGMUNT Monika	2519		Open K	51	02:24:16		07:18:56.65	+03:07:14 (42.7%)	9:12	6.5 (56.5%)
230	KUMIEGA Józef	2227		Open M	179	02:29:41		07:19:06.25	+03:07:23 (42.7%)	9:12	6.5 (56.5%)
231	BUTOWSKI Michał	2047	BYDGOSZCZ NA START	Open M	180	02:35:38		07:19:38.30	+03:07:55 (42.7%)	9:12	6.5 (56.5%)
232	NASKRĘT Arkadiusz	2610	JACEKBIEGA RUNNING TEAM	Open M	181	02:42:49		07:21:11.25	+03:09:28 (42.9%)	9:14	6.5 (56.5%)
233	DWORZAŃSKI Marcin	2085	BIEGAM BO LUBIĘ	Open M	182	02:33:40		07:21:33.95	+03:09:51 (43.0%)	9:15	6.5 (56.5%)
234	WIŚNIEWSKA Ewa	2481		Open K	52	02:27:20		07:21:50.90	+03:10:08 (43.0%)	9:15	6.5 (56.5%)
235	SKOLIMOWSKA Aga	2394	SOLORUN	Open K	53	02:41:37		07:22:35.60	+03:10:53 (43.1%)	9:16	6.5 (56.5%)
236	KORECKI Marcin	2200	4FI16	Open M	183	02:34:33		07:22:35.95	+03:10:53 (43.1%)	9:16	6.5 (56.5%)
237	NAKONIECZNY Jacek	2609	SII RUNNING TEAM	Open M	184	02:33:02		07:23:16.30	+03:11:33 (43.2%)	9:17	6.5 (56.5%)
238	SKROBEK Karolina	2635	VEGE RUNNERS	Open K	54	02:34:44		07:23:41.90	+03:11:59 (43.3%)	9:18	6.5 (56.5%)
239	NIEDŹWIEDŹ Grzegorz	2304	STA BIEGATON MIKOŁÓW	Open M	185	02:35:03		07:23:44.45	+03:12:02 (43.3%)	9:18	6.4 (55.7%)
240	ROMANOWICZ Katarzyna	2371		Open K	55	02:44:21		07:25:47.65	+03:14:05 (43.5%)	9:20	6.4 (55.7%)
241	MISZCZYK Marcin	2282		Open M	186	02:33:42		07:27:42.75	+03:16:00 (43.8%)	9:23	6.4 (55.7%)
242	JABŁOŃSKA Małgorzata	2144	WTORKOWY TRENING	Open K	56	02:39:02		07:28:53.35	+03:17:11 (43.9%)	9:24	6.4 (55.7%)
243	WOŁOWIEC Krzysztof	2492	LABORATORYJNIE.PL	Open M	187	02:30:17		07:32:53.95	+03:21:11 (44.4%)	9:29	6.3 (54.8%)
244	DĄBROWSKI Marcin	2554		Open M	188	02:27:32		07:33:08.70	+03:21:26 (44.5%)	9:29	6.3 (54.8%)
245	SOCHA Jacek	2404		Open M	189	02:33:16		07:33:58.35	+03:22:16 (44.6%)	9:31	6.3 (54.8%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
246	URBANOWICZ Łukasz	2468		Open M	190	02:33:33		07:35:19.50	+03:23:37 (44.7%)	9:32	6.3 (54.8%)
247	BIELIŃSKI Tomasz	2029		Open M	191	02:28:16		07:36:54.10	+03:25:11 (44.9%)	9:34	6.3 (54.8%)
248	ADAMSKI Bartłomiej	2003		Open M	192	02:44:31		07:37:16.65	+03:25:34 (45.0%)	9:35	6.3 (54.8%)
249	MAJEWSKA Regina	2251	KS "TĘCZA"	Open K	57	02:41:49		07:37:23.45	+03:25:41 (45.0%)	9:35	6.3 (54.8%)
250	MAJEWSKI Błażej Majewski	2252	FANCLUB PAPA DANCE	Open M	193	02:41:56		07:37:24.35	+03:25:42 (45.0%)	9:35	6.3 (54.8%)
251	WALUGA Michał	2472		Open M	194	02:41:12		07:37:28.20	+03:25:45 (45.0%)	9:35	6.3 (54.8%)
252	ARGALSKI Grzegorz	2007	KWT / DZIKIE WIEPRZE PÓŁNOCY	Open M	195	02:35:40		07:40:26.35	+03:28:44 (45.3%)	9:39	6.2 (53.9%)
253	PYRZEWSKI Dariusz	2362		Open M	196	02:35:43		07:40:27.65	+03:28:45 (45.3%)	9:39	6.2 (53.9%)
254	DYBCZYNSKI Jan	2086		Open M	197	02:33:13		07:41:36.95	+03:29:54 (45.5%)	9:40	6.2 (53.9%)
255	MICHALCZUK Zenon	2274	SEMPER ACTIVE	Open M	198	02:42:46		07:42:19.95	+03:30:37 (45.6%)	9:41	6.2 (53.9%)
256	ROSTEK Andrzej	2627	MARKOWI BIEGACZE	Open M	199	02:41:57		07:42:47.75	+03:31:05 (45.6%)	9:42	6.2 (53.9%)
257	JAROCH Michał	2572	MARKOWI BIEGACZE	Open M	200	02:41:43		07:42:48.50	+03:31:06 (45.6%)	9:42	6.2 (53.9%)
258	PAPIERNIK Aneta	2524	MARKOWI BIEGACZE	Open K	58	02:44:20		07:45:18.85	+03:33:36 (45.9%)	9:45	6.2 (53.9%)
259	STRADOMSKA Agnieszka	2641	MARKOWI BIEGACZE	Open K	59	02:44:16		07:45:19.20	+03:33:36 (45.9%)	9:45	6.2 (53.9%)
260	MZYK Fabian	2295	STS BIEGATON MIKOŁÓW	Open M	201	02:35:25		07:45:44.15	+03:34:01 (46.0%)	9:45	6.1 (53.0%)
261	ŁĄCKA Ilona	2247	EKOBIEGI	Open K	60	02:47:31		07:46:09.85	+03:34:27 (46.0%)	9:46	6.1 (53.0%)
262	CZERWONKA Zbigniew	2064	ESKADRA ŁÓDŹ	Open M	202	02:52:48		07:53:50.90	+03:42:08 (46.9%)	9:56	6 (52.2%)
263	ANTUSZEWSKI Michał	2545		Open M	203	02:41:32		07:54:05.05	+03:42:22 (46.9%)	9:56	6 (52.2%)
264	JUSZCZYK Małgorzata	2163	NIEPOŁOMICE BIEGAJĄ	Open K	61	02:49:56		07:55:01.00	+03:43:18 (47.0%)	9:57	6 (52.2%)
265	SIŁAKOWSKI Ariel	2392	WTORKOWY TRENING	Open M	204	02:40:59		07:55:02.05	+03:43:19 (47.0%)	9:57	6 (52.2%)
266	TALAGA Bartosz	2646	MARATONKA GRAJEWO	Open M	205	02:45:35		07:55:13.60	+03:43:31 (47.0%)	9:57	6 (52.2%)
267	GAWORECKI Sławomir	2113	KLUB SPORTOWY HUSARIA SZCZECINEK, NADLEŚNICTWO BORNE SULINOWO	Open M	206	02:31:36		07:55:14.95	+03:43:32 (47.0%)	9:57	6 (52.2%)
268	SZCZEPOCKI Andrzej	2432	NIEPOŁOMICE BIEGAJĄ	Open M	207	02:50:19		07:55:38.65	+03:43:56 (47.1%)	9:58	6 (52.2%)

Place	Participant	Number	Club	Category	MCat	Puławy Górne 18.7km	Penalty/ bonus	Net time 47.7km	Gap	Pace min/km	Pace km/h
269	WARA-WĄSOWSKI Maciej	2655		Open M	208	02:41:52		07:56:00.70	+03:44:18 (47.1%)	9:58	6 (52.2%)
270	KOZŁOWSKI Piotr	2209	KS HUSARIA SZCZECINEK	Open M	209	02:39:25		07:59:01.05	+03:47:18 (47.5%)	10:02	6 (52.2%)
Przekroczony limit czasu: 08:00:00											
271	MAŁKIEWICZ Maciej	2257		Open M	210	02:44:00		08:02:32.55	+03:50:50 (47.8%)	10:06	5.9 (51.3%)
272	NAPIÓRKOWSKA Ingrid	2297	BOAT CITY TEAM	Open K	62	03:01:11		08:02:39.70	+03:50:57 (47.9%)	10:07	5.9 (51.3%)
273	RYSIAWA Joanna	2381		Open K	63	02:49:31		08:06:39.60	+03:54:57 (48.3%)	10:12	5.9 (51.3%)
274	PATYK Joanna	2333		Open K	64	02:56:53		08:11:03.35	+03:59:21 (48.7%)	10:17	5.8 (50.4%)
275	GARNCARZ Lucyna	2561		Open K	65	02:58:40		09:03:35.55	+04:51:53 (53.7%)	11:23	5.3 (46.1%)
276	MANIURA Adam	2599		Open M	211	03:21:57		09:17:47.50	+05:06:05 (54.9%)	11:41	5.1 (44.3%)
	BIAŁAS Andrzej	2021		Open M		02:39:20 DNF		DNF		-	- (0.0%)
	LASEK Piotr	2233		Open M		02:58:12 DNF		DNF		-	- (0.0%)
	NAPIÓRKOWSKI Michał	2298	BOAT CITY TEAM	Open M		03:44:18 DNF		DNF		-	- (0.0%)

Total 279 results.