

ŁEMKOWYNA
ULTRA-TRAIL®



COROS
SPONSOR POMIARU CZASU

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Łemkowyna Ultra-Trail
Fundacja Ultra
2021-10-23
Komańcza
47.7 km

ŁEMKO MARATON 48

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
1	WILK Maciej	2326	RAMBO 3	Open M	1	01:25:25	02:41:34	03:56:01.50	03:56:03.50		4:56	12.1 (100%)
2	SZKOŁA Wojciech	2290	NATURAL BORN RUNNERS	Open M	2	01:31:31	02:50:07	04:06:55.05	04:06:57.85	+00:10:54 (4.4%)	5:10	11.6 (95.9%)
3	MAZAN Piotr	2004	FINISZ RYMANÓW	Open M	3	01:32:07	02:54:09	04:08:49.90	04:08:51.65	+00:12:48 (5.1%)	5:12	11.5 (95.0%)
4	WASIEWICZ Adam	2320	NIE MÓJ CYRK, NIE MOJE MAŁPY	Open M	4	01:37:47	02:58:16	04:14:02.85	04:14:08.15	+00:18:04 (7.1%)	5:19	11.3 (93.4%)
5	MATUSIAK Daniel	2177		Open M	5	01:34:28	02:58:23	04:15:58.95	04:16:01.65	+00:19:58 (7.8%)	5:21	11.2 (92.6%)
6	ZDUNEK Michał	2343	GMINA FRAMPOL	Open M	6	01:32:01	02:55:07	04:18:43.05	04:18:45.30	+00:22:41 (8.8%)	5:25	11.1 (91.7%)
7	KWIATKOWSKI Michael	2146	LACHO TEAM	Open M	7	01:32:42	03:00:52	04:22:02.25	04:22:03.90	+00:26:00 (9.9%)	5:29	10.9 (90.1%)
8	HORZELA Błażej	2078		Open M	8	01:31:48	02:54:30	04:24:10.20	04:24:12.25	+00:28:08 (10.7%)	5:32	10.8 (89.3%)
9	BÁLINT Martin	2008		Open M	9	01:36:43	03:05:34	04:31:17.00	04:31:19.80	+00:35:16 (13.0%)	5:41	10.5 (86.8%)
10	KRYGIER Krzysztof	2127	SPIESZSIEPOWOLI.PL	Open M	10	01:29:03	02:53:03	04:32:10.80	04:32:12.90	+00:36:09 (13.3%)	5:42	10.5 (86.8%)
11	SZCZUREK Michał	2288		Open M	11	01:36:14	03:03:47	04:32:26.65	04:32:37.65	+00:36:34 (13.4%)	5:42	10.5 (86.8%)
12	WILK Antoni	2325		Open M	12	01:38:23	03:07:19	04:33:10.30	04:33:13.00	+00:37:09 (13.6%)	5:43	10.5 (86.8%)
13	RUSIN Krzysztof	2258		Open M	13	01:37:07	03:09:37	04:34:48.20	04:34:55.50	+00:38:52 (14.1%)	5:45	10.4 (86.0%)
14	KWIATKOWSKA Kinga	2001	SALCO GARMIN TEAM	Open K	1	01:47:43	03:19:29	04:35:23.25	04:35:25.85	+00:39:22 (14.3%)	5:46	10.4 (86.0%)
15	FLOREK Sebastian	2002		Open M	14	01:40:08	03:10:29	04:35:38.00	04:35:42.90	+00:39:39 (14.4%)	5:46	10.4 (86.0%)

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16	SNARSKI Bogdan	2275	DREAM RUN	Open M	15	01:42:37	03:11:56	04:36:04.70	04:36:08.00	+00:40:04 (14.5%)	5:47	10.4 (86.0%)
17	CHOJNACKI Wiktor	2030	KAMIEŃ DWERNIK TRAIL	Open M	16	01:39:23	03:12:48	04:36:24.15	04:36:27.40	+00:40:23 (14.6%)	5:47	10.4 (86.0%)
18	PIETRZYK Mariusz	2221		Open M	17	01:42:20	03:12:42	04:40:18.90	04:40:26.65	+00:44:23 (15.8%)	5:52	10.2 (84.3%)
19	MALECKA-LEŃ Patrycja	2168	STAJNIA BALONA	Open K	2	01:45:35	03:19:40	04:42:38.35	04:42:39.85	+00:46:36 (16.5%)	5:55	10.1 (83.5%)
20	TOPOLSKI Marcin	2305	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	Open M	18	01:46:50	03:18:42	04:43:42.25	04:43:47.00	+00:47:43 (16.8%)	5:56	10.1 (83.5%)
21	OLENDER Marcin	2202		Open M	19	01:44:37	03:15:42	04:44:04.50	04:44:08.15	+00:48:04 (16.9%)	5:57	10.1 (83.5%)
22	WALASIK Jarosław	2314		Open M	20	01:46:39	03:21:14	04:49:13.30	04:49:18.90	+00:53:15 (18.4%)	6:03	9.9 (81.8%)
23	KLUS Anna	2102		Open K	3	01:48:02	03:24:55	04:49:54.85	04:50:01.50	+00:53:58 (18.6%)	6:04	9.9 (81.8%)
24	SKRZYPCZYK Paulina	2271	TEAM FRUN / 42K PRO TEAM	Open K	4	01:44:40	03:21:34	04:50:50.65	04:50:53.65	+00:54:50 (18.9%)	6:05	9.8 (81.0%)
25	GASPAROVIC Filip	2058	LIPT KOKAVA	Open M	21	01:43:10	03:19:32	04:51:25.10	04:51:29.35	+00:55:25 (19.0%)	6:06	9.8 (81.0%)
26	DOMINIAK Michał	2040	LKS OLYMP BŁONIE	Open M	22	01:44:28	03:23:18	04:54:27.05	04:54:36.75	+00:58:33 (19.9%)	6:10	9.7 (80.2%)
27	SZELC Mikołaj	2289	ORT ŁOMIANKI	Open M	23	01:46:58	03:24:46	04:56:15.25	04:56:34.65	+01:00:31 (20.4%)	6:12	9.7 (80.2%)
28	RÓŻAŃSKI Mateusz	2253		Open M	24	01:47:23	03:25:18	05:01:12.35	05:01:19.70	+01:05:16 (21.7%)	6:18	9.5 (78.5%)
29	GŁÓD Łukasz	2062	MTB MOSIR DUKLA	Open M	25	01:44:25	03:24:47	05:03:16.75	05:03:27.75	+01:07:24 (22.2%)	6:21	9.4 (77.7%)
30	PIWOWAR Dawid	2223		Open M	26	01:49:52	03:29:57	05:03:53.45	05:03:57.05	+01:07:53 (22.3%)	6:22	9.4 (77.7%)
31	WITEK Bogdan	2327	WATER TEAM	Open M	27	01:46:33	03:28:13	05:04:14.75	05:04:18.65	+01:08:15 (22.4%)	6:22	9.4 (77.7%)
32	WYSZYŃSKI Roman	2337		Open M	28	01:49:31	03:27:45	05:04:02.90	05:04:26.50	+01:08:23 (22.5%)	6:22	9.4 (77.7%)
33	MĘDRYKOWSKI Damian	2181		Open M	29	01:52:50	03:34:48	05:04:59.35	05:05:03.50	+01:09:00 (22.6%)	6:23	9.4 (77.7%)
34	BRZUSKA Lesław	2026		Open M	30	01:48:45	03:33:33	05:05:54.90	05:05:59.85	+01:09:56 (22.9%)	6:24	9.4 (77.7%)
35	KURASZ Piotr	2138	47	Open M	31	01:45:40	03:26:19	05:06:20.45	05:06:27.20	+01:10:23 (23.0%)	6:25	9.3 (76.9%)
36	PAPIERZ Marta	2213		Open K	5	01:49:49	03:30:56	05:06:34.00	05:06:42.35	+01:10:38 (23.0%)	6:25	9.3 (76.9%)
37	BLUMENFELD Jacek	2019		Open M	32	01:44:16	03:22:02	05:06:36.15	05:06:49.75	+01:10:46 (23.1%)	6:25	9.3 (76.9%)
38	KOŁODZIEJSKI Michał	2109	LIPIEC RUNNING TEAM	Open M	33	01:49:51	03:32:11	05:06:44.65	05:06:51.50	+01:10:48 (23.1%)	6:25	9.3 (76.9%)

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39	MORAWSKI Bartosz	2194	STARE BABICE BIEGAJĄ	Open M	34	01:57:47	03:39:44	05:08:18.00	05:08:27.30	+01:12:23 (23.5%)	6:27	9.3 (76.9%)
40	NIESZPOREK Adam	2348	INTO THE WILD	Open M	35	01:48:39	03:32:09	05:09:13.90	05:09:18.70	+01:13:15 (23.7%)	6:28	9.3 (76.9%)
41	SMYK Łukasz	2272		Open M	36	01:46:45	03:27:30	05:09:23.45	05:09:33.35	+01:13:29 (23.7%)	6:29	9.3 (76.9%)
42	SKOTNICZNY Michał	2270		Open M	37	01:53:08	03:34:26	05:10:00.30	05:10:15.70	+01:14:12 (23.9%)	6:29	9.2 (76.0%)
43	KURUC Maria	2144		Open K	6	01:52:40	03:35:21	05:09:53.25	05:10:15.80	+01:14:12 (23.9%)	6:29	9.2 (76.0%)
44	KOPCZYŃSKI Paweł	2111		Open M	38	02:02:37	03:43:25	05:10:28.50	05:11:01.70	+01:14:58 (24.1%)	6:30	9.2 (76.0%)
45	PRUTA Rafał	2239	FATBOYS SPRINT	Open M	39	01:54:07	03:38:28	05:11:58.30	05:12:08.85	+01:16:05 (24.4%)	6:32	9.2 (76.0%)
46	MAGDA Łukasz	2163	3 XL	Open M	40	01:52:52	03:35:30	05:13:53.45	05:13:59.30	+01:17:55 (24.8%)	6:34	9.1 (75.2%)
47	KOLIMAGA Kamil	2107	ICEKURP #MORSY ŁYSE	Open M	41	01:53:32	03:39:50	05:14:46.95	05:15:01.15	+01:18:57 (25.1%)	6:35	9.1 (75.2%)
48	ODOLAK Piotr	2201	STANWEX II	Open M	42	01:52:51	03:37:11	05:14:38.05	05:15:04.35	+01:19:00 (25.1%)	6:35	9.1 (75.2%)
49	FILIPIUK Tomasz	2049	POWIAT ŚWIDNICKI	Open M	43	01:53:13	03:40:16	05:14:52.40	05:15:11.95	+01:19:08 (25.1%)	6:36	9.1 (75.2%)
50	URMANOWSKI Daniel	2309	DREAM RUN	Open M	44	01:42:28	03:29:26	05:15:16.40	05:15:20.10	+01:19:16 (25.1%)	6:36	9.1 (75.2%)
51	GNIEWEK Justyna	2063		Open K	7	01:53:50	03:40:56	05:15:18.95	05:15:32.35	+01:19:28 (25.2%)	6:36	9.1 (75.2%)
52	SWIANIEWICZ Stanisław	2285		Open M	45	01:47:01	03:35:14	05:16:23.80	05:16:34.40	+01:20:30 (25.4%)	6:37	9 (74.4%)
53	ZAJĄC Mateusz	2339		Open M	46	01:50:05	03:38:21	05:16:42.70	05:16:54.70	+01:20:51 (25.5%)	6:38	9 (74.4%)
54	ZIELIŃSKI Mateusz	2344		Open M	47	01:52:43	03:36:55	05:17:31.80	05:17:43.30	+01:21:39 (25.7%)	6:39	9 (74.4%)
55	BARCIKOWSKI Jędrzej	2010	S.S.O.C.	Open M	48	01:54:00	03:41:04	05:17:48.60	05:18:01.75	+01:21:58 (25.8%)	6:39	9 (74.4%)
56	KURASZKIEWICZ Robert	2139		Open M	49	01:50:20	03:37:53	05:18:08.85	05:18:12.75	+01:22:09 (25.8%)	6:40	9 (74.4%)
57	PŁONKA Rafał	2228	RUNNERSTOGETHER	Open M	50	01:51:10		05:18:48.80	05:18:52.20	+01:22:48 (26.0%)	6:41	9 (74.4%)
58	PIECZONKA Paweł	2219	PIĘKNE I BRODACZE	Open M	51	01:53:21		05:19:18.25	05:19:37.20	+01:23:33 (26.1%)	6:41	9 (74.4%)
59	SMYK Małgorzata	2273		Open K	8	01:51:51	03:39:09	05:21:45.00	05:21:54.85	+01:25:51 (26.7%)	6:44	8.9 (73.6%)
60	NIEMIRO Dominika	2199	JAGODOWO-KALINOWY TEAM	Open K	9	01:58:44	03:48:00	05:22:13.70	05:22:26.45	+01:26:22 (26.8%)	6:45	8.9 (73.6%)
61	MATUŁA Natalia	2176	TRIO	Open K	10	02:03:47	03:51:02	05:22:48.75	05:22:51.50	+01:26:48 (26.9%)	6:46	8.9 (73.6%)

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62	BIERNAT Mateusz	2017		Open M	52	02:03:37	03:49:50	05:22:40.10	05:22:57.40	+01:26:53 (26.9%)	6:45	8.9 (73.6%)
63	KACZMAREK Tomasz	2090		Open M	53	01:58:59	03:47:12	05:22:52.40	05:23:12.90	+01:27:09 (27.0%)	6:46	8.9 (73.6%)
64	KOZŁOWSKI Michał	2122	MATNER RUNNING TEAM	Open M	54	01:51:40	03:41:43	05:23:11.30	05:23:15.50	+01:27:12 (27.0%)	6:46	8.9 (73.6%)
65	CZEMERYS Piotr	2035	RUCH IZBICA	Open M	55	01:49:35	03:39:05	05:23:55.40	05:24:05.40	+01:28:01 (27.2%)	6:47	8.8 (72.7%)
66	NIEMCZYK Dominik	2198	EUROCLEAR RUNNING TEAM	Open M	56	02:01:19	03:50:53	05:24:58.65	05:25:14.25	+01:29:10 (27.4%)	6:48	8.8 (72.7%)
67	TOMECKA Aleksandra	2304	LPP TEAM	Open K	11	01:58:59	03:49:20	05:26:03.25	05:26:12.95	+01:30:09 (27.6%)	6:50	8.8 (72.7%)
68	BANIAK Eryk	2009		Open M	57	01:52:27	03:45:25	05:27:09.55	05:27:12.35	+01:31:08 (27.9%)	6:51	8.7 (71.9%)
69	MAŃKOWSKA Anna	2170		Open K	12	02:01:36	03:50:14	05:26:59.25	05:27:14.40	+01:31:10 (27.9%)	6:51	8.8 (72.7%)
70	KRAWCZYK Dariusz	2124		Open M	58	01:53:11	03:44:28	05:27:48.55	05:28:17.40	+01:32:13 (28.1%)	6:52	8.7 (71.9%)
71	PŁAZA Piotr	2227		Open M	59	02:00:13	03:51:08	05:29:02.95	05:29:14.75	+01:33:11 (28.3%)	6:53	8.7 (71.9%)
72	LIPIŃSKI Oskar	2154		Open M	60	01:55:18	03:44:50	05:29:23.35	05:29:48.95	+01:33:45 (28.4%)	6:54	8.7 (71.9%)
73	SIKORA Jacek	2266	SAMOTNY WILK	Open M	61	01:59:20	03:51:04	05:30:23.40	05:30:30.90	+01:34:27 (28.6%)	6:55	8.7 (71.9%)
74	FORNAL Brygida	2050	#ZALINIAMIETYTEAM	Open K	13	02:00:10	03:51:00	05:31:39.95	05:31:55.90	+01:35:52 (28.9%)	6:57	8.6 (71.1%)
75	KOCIK Marcin	2106	FATBOYS SPRINT	Open M	62	01:54:57	03:45:13	05:32:19.10	05:32:29.45	+01:36:25 (29.0%)	6:58	8.6 (71.1%)
76	PAŁYSA Robert	2211	STANWEX II	Open M	63	01:52:42	03:47:12	05:32:23.25	05:32:50.65	+01:36:47 (29.1%)	6:58	8.6 (71.1%)
77	KACPERSKI Olaf	2089		Open M	64	01:58:51	03:50:32	05:33:43.50	05:33:48.40	+01:37:44 (29.3%)	6:59	8.6 (71.1%)
78	SAJDA Igor	2262	MELVIT RUN	Open M	65	01:54:09	03:46:28	05:34:00.90	05:34:06.75	+01:38:03 (29.3%)	7:00	8.6 (71.1%)
79	MUNIAK Kamil	2197		Open M	66	02:00:13	03:53:51	05:33:55.80	05:34:11.20	+01:38:07 (29.4%)	7:00	8.6 (71.1%)
80	WOŹNIAK Artur	2335		Open M	67	01:57:16	03:48:02	05:34:01.80	05:34:20.10	+01:38:16 (29.4%)	7:00	8.6 (71.1%)
81	PISZCZEK Jakub	2222		Open M	68	01:49:22	03:47:40	05:34:41.05	05:34:52.25	+01:38:48 (29.5%)	7:00	8.6 (71.1%)
82	POPŁAWSKI Piotr	2235	PGB SPORTOWA PACZKA	Open M	69	02:06:40		05:34:37.40	05:34:58.65	+01:38:55 (29.5%)	7:00	8.6 (71.1%)
83	KAMIŃSKI Artur	2092	PERSONALTRIATHLON.PL	Open M	70	02:04:55	04:00:39	05:35:19.45	05:35:45.85	+01:39:42 (29.7%)	7:01	8.5 (70.2%)
84	ŁUCJANEK Justyna	2158	KAJA TEAM	Open K	14	02:02:55	03:55:46	05:35:49.75	05:35:58.70	+01:39:55 (29.7%)	7:02	8.5 (70.2%)

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85	TURSKA Agnieszka	2307	DUDYCZ RUN	Open K	15	02:01:09	03:54:05	05:36:39.25	05:36:42.40	+01:40:38 (29.9%)	7:03	8.5 (70.2%)
86	MIERZWICKI Krzysztof	2189		Open M	71	01:53:17	03:44:15	05:36:54.40	05:36:56.65	+01:40:53 (29.9%)	7:03	8.5 (70.2%)
87	CZELEJ Rafał	2034	BIEGAJĄCY ŚWIDNIK	Open M	72	02:00:10	03:52:50	05:37:21.20	05:37:42.00	+01:41:38 (30.1%)	7:04	8.5 (70.2%)
88	MARUT Artur	2174	FITNESS FREAKS	Open M	73	01:58:26	03:49:51	05:37:28.95	05:37:57.90	+01:41:54 (30.2%)	7:04	8.5 (70.2%)
89	MACHAJ Wojciech	2161	PGB SPORTOWA PACZKA	Open M	74	02:03:30	03:57:28	05:37:57.80	05:38:07.70	+01:42:04 (30.2%)	7:05	8.5 (70.2%)
90	SZAFRANIEC Monika	2286		Open K	16	02:07:45	03:59:43	05:38:16.55	05:38:46.20	+01:42:42 (30.3%)	7:05	8.5 (70.2%)
91	WADZIŃSKI Kamil	2311	SOLIN TEAM	Open M	75	01:55:16	03:50:18	05:39:26.85	05:39:34.15	+01:43:30 (30.5%)	7:06	8.4 (69.4%)
92	GRYMULSKI Łukasz	2069	TRIATHLON LUBLIN TEAM	Open M	76	01:59:18	03:50:04	05:39:40.80	05:40:11.00	+01:44:07 (30.6%)	7:07	8.4 (69.4%)
93	RATAJ Tomasz	2247		Open M	77	02:01:18	04:00:14	05:41:43.80	05:42:09.85	+01:46:06 (31.0%)	7:09	8.4 (69.4%)
94	ZBORALSKI Michał	2342		Open M	78	02:01:22	04:02:10	05:42:04.85	05:42:30.90	+01:46:27 (31.1%)	7:10	8.4 (69.4%)
95	RYBKA Sławek	2259	PĘDZĄCE ŚLIMAKI	Open M	79	01:58:11	03:54:39	05:42:23.85	05:42:47.25	+01:46:43 (31.1%)	7:10	8.4 (69.4%)
96	KUREK Mariusz	2142	MARATOŃCZYK DĘBICA	Open M	80	01:58:17	03:54:50	05:42:24.40	05:42:47.45	+01:46:43 (31.1%)	7:10	8.4 (69.4%)
97	KRUKOWSKI Łukasz	2126	MKS SIECHNICE	Open M	81	02:00:04	03:56:18	05:42:58.05	05:43:06.10	+01:47:02 (31.2%)	7:11	8.3 (68.6%)
98	SUDOMIR Paweł	2282		Open M	82	01:54:51	03:50:18	05:43:57.25	05:44:02.50	+01:47:59 (31.4%)	7:12	8.3 (68.6%)
99	PAŁUBSKI Andrzej	2209		Open M	83	02:02:52	04:00:11	05:44:22.35	05:44:37.45	+01:48:33 (31.5%)	7:13	8.3 (68.6%)
100	SZYMANIAK Emil	2296		Open M	84	02:04:08	04:05:41	05:44:46.35	05:44:50.35	+01:48:46 (31.5%)	7:13	8.3 (68.6%)
101	KOCHANOWSKA Michalina	2105	KRISS KROSS COACHING	Open K	17	02:08:41	04:00:44	05:44:48.10	05:45:04.75	+01:49:01 (31.6%)	7:13	8.3 (68.6%)
102	DOMAZET Rafael	2039	#ZPOGARDADLASMIERCI	Open M	85	03:32:38	04:03:38	05:45:19.70	05:45:52.00	+01:49:48 (31.7%)	7:14	8.3 (68.6%)
103	BUCHAŁA Bartek	2027		Open M	86	02:04:49	04:02:45	05:46:35.60	05:47:08.40	+01:51:04 (32.0%)	7:15	8.3 (68.6%)
104	JĘCZKOWSKI Dariusz	2085		Open M	87	02:01:40	03:57:26	05:46:59.35	05:47:18.75	+01:51:15 (32.0%)	7:16	8.2 (67.8%)
105	ZAJĄCZKOWSKI Paweł	2340	POWER TRAINING	Open M	88	01:59:53	04:03:21	05:47:26.95	05:47:31.10	+01:51:27 (32.1%)	7:17	8.2 (67.8%)
106	SIŃCZUK Patrycja	2267	MIRAZ RACE TEAM	Open K	18	02:05:01	04:08:12	05:47:48.00	05:47:55.70	+01:51:52 (32.2%)	7:17	8.2 (67.8%)
107	KULER Bartosz	2134	PGB SPORTOWA PACZKA	Open M	89	02:00:18	03:56:29	05:48:18.40	05:48:39.60	+01:52:36 (32.3%)	7:18	8.2 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
108	BIEŃ Magdalena	2360		Open K	19	02:00:40	04:01:51	05:49:10.50	05:49:14.80	+01:53:11 (32.4%)	7:19	8.2 (67.8%)
109	KUCHARSKI Paweł	2131	PLANETA NISKO	Open M	90	02:10:20	04:08:12	05:48:48.60	05:49:18.70	+01:53:15 (32.4%)	7:18	8.2 (67.8%)
110	RUDNIK Sławomir	2255		Open M	91	02:09:03	04:05:08	05:50:28.00	05:50:44.85	+01:54:41 (32.7%)	7:20	8.2 (67.8%)
111	PRZEŹDZIECKA Katarzyna	2240	SMASHING PĄPKINS	Open K	20	02:08:12	04:10:02	05:51:38.00	05:52:01.65	+01:55:58 (32.9%)	7:22	8.1 (66.9%)
112	WYPIJEWSKI Igor	2336		Open M	92	02:05:06	04:03:42	05:51:53.70	05:52:06.30	+01:56:02 (33.0%)	7:22	8.1 (66.9%)
113	JACHYMSKI Ignacy	2080	AKG ŁÓDŹ	Open M	93	02:03:31	04:06:24	05:52:31.10	05:52:38.85	+01:56:35 (33.1%)	7:23	8.1 (66.9%)
114	FIGIEL Bartosz	2048		Open M	94	01:58:38	04:02:54	05:52:24.45	05:52:44.40	+01:56:40 (33.1%)	7:23	8.1 (66.9%)
115	MICHNIEWICZ Adrian	2186	SK MALINOVO	Open M	95	02:03:13	04:03:26	05:52:44.60	05:53:01.30	+01:56:57 (33.1%)	7:23	8.1 (66.9%)
116	FURTEK Iwona	2053		Open K	21	02:01:39	04:02:56	05:54:12.20	05:54:17.95	+01:58:14 (33.4%)	7:25	8.1 (66.9%)
117	WALKOWIAK Mateusz	2317	BRONOWICE TEŻ BIEGAJĄ	Open M	96	01:57:06	03:57:13	05:54:23.55	05:54:37.10	+01:58:33 (33.4%)	7:25	8.1 (66.9%)
118	KOZIOŁ Krzysztof	2120		Open M	97	02:02:45	04:05:26	05:54:17.35	05:54:42.00	+01:58:38 (33.4%)	7:25	8.1 (66.9%)
119	LEŚNIAK Marcin	2152	STANWEX II	Open M	98	02:04:24	04:07:33	05:54:56.00	05:55:18.50	+01:59:15 (33.6%)	7:26	8.1 (66.9%)
120	MĘKARSKI Sławomir	2182	WANDA PANFIL TEAM	Open M	99	02:08:05	04:09:02	05:55:00.40	05:55:20.30	+01:59:16 (33.6%)	7:26	8.1 (66.9%)
121	HOŁÓWKA Sławomir	2076		Open M	100	02:01:44	04:05:13	05:55:48.05	05:55:54.35	+01:59:50 (33.7%)	7:27	8 (66.1%)
122	SKONECZNY Artur	2269		Open M	101	02:09:05	04:08:14	05:55:58.80	05:56:11.80	+02:00:08 (33.7%)	7:27	8 (66.1%)
123	SIDDONS Jonathan	2265		Open M	102	02:09:41	04:10:19	05:56:09.10	05:56:36.75	+02:00:33 (33.8%)	7:27	8 (66.1%)
124	JĘDRZEJCZYK Agnieszka	2350	RZESZOWSKIE GAZELE I GEPARDY	Open K	22	02:11:48	04:13:59	05:56:37.20	05:56:47.75	+02:00:44 (33.8%)	7:28	8 (66.1%)
125	KUŁAKOWSKA Monika	2136		Open K	23	02:09:10	04:13:04	05:57:29.05	05:57:55.55	+02:01:52 (34.0%)	7:29	8 (66.1%)
126	PIELECHA Rafał	2220	FITNESS FREAKS	Open M	103	02:07:52	04:05:00	05:57:48.60	05:58:17.60	+02:02:14 (34.1%)	7:30	8 (66.1%)
127	POGODA Kamil	2232	ACCENTURE RUNNERS CLUB	Open M	104	02:09:15	04:12:12	05:58:04.35	05:58:21.20	+02:02:17 (34.1%)	7:30	8 (66.1%)
128	KUŚ Gabriela	2145	KB MCKIS JAWORZNO	Open K	24	02:08:37	04:11:54	05:58:56.05	05:59:12.55	+02:03:09 (34.3%)	7:31	8 (66.1%)
129	JONCZYK Erwin	2087	STANWEX II	Open M	105	02:15:08	04:14:10	05:59:34.00	06:00:00.60	+02:03:57 (34.4%)	7:32	8 (66.1%)
130	KOWALCZYK Ania	2116	AVANTURA.COM.PL	Open K	25	02:14:19	04:17:45	06:01:05.35	06:01:22.35	+02:05:18 (34.7%)	7:34	7.9 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
131	WNUK-SCARDACCIONE Agnieszka	2332	ZNOWU W BIEGU	Open K	26	02:09:17	04:13:15	06:01:10.45	06:01:31.05	+02:05:27 (34.7%)	7:34	7.9 (65.3%)
132	ŁUSZCZ Paweł	2160	GAMONIUSZE	Open M	106	02:08:09	04:17:21	06:02:08.60	06:02:30.25	+02:06:26 (34.9%)	7:35	7.9 (65.3%)
133	NOWAK Krzysztof	2200		Open M	107	02:06:44	04:11:21	06:03:36.55	06:03:48.05	+02:07:44 (35.1%)	7:37	7.9 (65.3%)
134	ŁUKASIK Marek	2159		Open M	108	02:12:10	04:18:21	06:04:12.95	06:04:25.95	+02:08:22 (35.2%)	7:38	7.9 (65.3%)
135	CZAJ Artur	2033		Open M	109	02:09:21	04:17:27	06:04:49.60	06:05:18.70	+02:09:15 (35.4%)	7:38	7.8 (64.5%)
136	DYREK Adam	2044		Open M	110	01:57:49	03:59:31	06:05:58.55	06:06:15.55	+02:10:12 (35.5%)	7:40	7.8 (64.5%)
137	GRADKOWSKA Gosia	2066		Open K	27	02:03:57	04:11:16	06:06:17.90	06:06:42.90	+02:10:39 (35.6%)	7:40	7.8 (64.5%)
138	WIERZBICKI Daniel Wierzbicki	2324	TERESIN TEAM	Open M	111	02:10:12	04:15:28	06:06:38.70	06:07:08.80	+02:11:05 (35.7%)	7:41	7.8 (64.5%)
139	BARĆ Piotr	2011	PLANETA NISKO	Open M	112	02:10:18	04:12:21	06:06:51.15	06:07:21.65	+02:11:18 (35.7%)	7:41	7.8 (64.5%)
140	ZIÓŁKOWSKA-WNUK Monika	2345		Open K	28	02:11:56	04:18:40	06:07:38.40	06:08:00.95	+02:11:57 (35.9%)	7:42	7.8 (64.5%)
141	WNUK Tomasz	2331	BREMBO	Open M	113	02:11:56	04:18:59	06:07:38.05	06:08:01.10	+02:11:57 (35.9%)	7:42	7.8 (64.5%)
142	RAJCZONEK Rafał	2244	NO FUTURE	Open M	114	02:10:51	04:17:55	06:08:36.15	06:08:53.45	+02:12:49 (36.0%)	7:43	7.8 (64.5%)
143	PAKULSKA Dorota	2208		Open K	29	02:20:02	04:24:19	06:08:50.00	06:09:02.10	+02:12:58 (36.0%)	7:43	7.8 (64.5%)
144	PAWŁOWSKI Paweł	2216		Open M	115	02:07:38	04:16:51	06:08:44.95	06:09:08.85	+02:13:05 (36.1%)	7:43	7.8 (64.5%)
145	MIELNIK Michał	2188	MAXSTONE	Open M	116	01:56:59	04:07:30	06:09:54.85	06:10:02.10	+02:13:58 (36.2%)	7:45	7.7 (63.6%)
146	ORZECHOWSKI Tomasz	2204	BIEGAMBOLUBIĘ	Open M	117	02:13:57	04:23:01	06:11:40.55	06:11:58.45	+02:15:54 (36.5%)	7:47	7.7 (63.6%)
147	KUDRYCKI Jakub	2132		Open M	118	02:04:48	04:16:36	06:12:08.90	06:12:25.20	+02:16:21 (36.6%)	7:48	7.7 (63.6%)
148	BODZIAKOWSKI Bartosz	2023	LKS MAKÓW	Open M	119	02:16:44	04:17:07	06:12:12.50	06:12:34.70	+02:16:31 (36.6%)	7:48	7.7 (63.6%)
149	WANTUCH Tomasz	2319	TRNW	Open M	120	02:16:43	04:17:11	06:12:17.30	06:12:38.90	+02:16:35 (36.7%)	7:48	7.7 (63.6%)
150	KARDASZEWSKI Tomasz	2096		Open M	121	02:09:53	04:17:29	06:12:56.55	06:13:06.50	+02:17:03 (36.7%)	7:49	7.7 (63.6%)
151	GIEL Jarosław	2060	NKB CHYŻY	Open M	122	02:09:18	04:19:20	06:13:11.95	06:13:18.35	+02:17:14 (36.8%)	7:49	7.7 (63.6%)
152	MIKSA Sławomir	2190		Open M	123	02:14:13	04:23:51	06:13:24.50	06:13:49.40	+02:17:45 (36.9%)	7:49	7.7 (63.6%)
153	JĘDRZEJCZAK Anna	2086	KB MCKIS JAWORZNO	Open K	30	02:15:12	04:20:23	06:13:38.50	06:13:55.35	+02:17:51 (36.9%)	7:49	7.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
154	MACHALSKI Mateusz	2162	ASP WARSZAWA	Open M	124	02:08:36	04:16:51	06:13:23.00	06:13:55.65	+02:17:52 (36.9%)	7:49	7.7 (63.6%)
155	SARNOWSKA Karolina	2264	PRORUNNING PROMOTION	Open K	31	02:11:40	04:28:46	06:13:58.00	06:14:08.55	+02:18:05 (36.9%)	7:50	7.7 (63.6%)
156	MORDAS Magdalena	2195	KW WARSZAWA	Open K	32	02:09:32	04:17:59	06:14:35.00	06:14:43.65	+02:18:40 (37.0%)	7:51	7.6 (62.8%)
157	MATUKIN-SZUMLIŃSKA Aleksandra	2175		Open K	33	02:16:47	04:21:22	06:14:45.45	06:14:58.95	+02:18:55 (37.0%)	7:51	7.6 (62.8%)
158	STYRNA Bartosz	2281		Open M	125	02:03:39	04:13:52	06:14:58.45	06:15:03.15	+02:18:59 (37.1%)	7:51	7.6 (62.8%)
159	SMYKA Michał	2274		Open M	126	02:14:25	04:20:06	06:15:13.95	06:15:39.00	+02:19:35 (37.2%)	7:51	7.6 (62.8%)
160	WITKOWSKI Robert	2329		Open M	127	02:17:36	04:30:40	06:17:24.15	06:17:42.60	+02:21:39 (37.5%)	7:54	7.6 (62.8%)
161	POLAK Andrzej	2233		Open M	128	02:09:35	04:24:27	06:17:52.85	06:18:18.35	+02:22:14 (37.6%)	7:55	7.6 (62.8%)
162	TOMCZYK Grzegorz	2303	PALARNIA KAWY GREGORIO	Open M	129	02:17:57	04:25:19	06:18:50.85	06:19:05.65	+02:23:02 (37.7%)	7:56	7.6 (62.8%)
163	WALCZAK Agnieszka	2315	OLKUSZBIEGA	Open K	34	02:20:20	04:30:00	06:19:08.20	06:19:38.00	+02:23:34 (37.8%)	7:56	7.5 (62.0%)
164	GAC Karolina	2056		Open K	35	02:18:00	04:23:36	06:19:14.50	06:19:48.35	+02:23:44 (37.8%)	7:57	7.5 (62.0%)
164	KAWKA Michał	2099		Open M	130	02:15:54	04:24:15	06:19:15.05	06:19:48.35	+02:23:44 (37.8%)	7:57	7.5 (62.0%)
166	PYSZYNSKI Mariusz	2347		Open M	131	02:01:27	04:10:55	06:20:19.90	06:20:31.15	+02:24:27 (38.0%)	7:58	7.5 (62.0%)
167	FRAŃSKI Łukasz	2051	NKB CHYŻY NOWY TOMYŚL	Open M	132	02:07:08	04:21:18	06:20:33.70	06:20:38.80	+02:24:35 (38.0%)	7:58	7.5 (62.0%)
168	BRONOWICKI Ryszard	2025	NKB CHYŻY NOWY TOMYŚL	Open M	133	02:16:04	04:28:23	06:21:40.60	06:21:47.00	+02:25:43 (38.2%)	8:00	7.5 (62.0%)
169	BAŚ Tomasz	2012	PZU SPORT TEAM/STOKOWCZYKI TEAM	Open M	134	02:19:12	04:29:42	06:22:33.55	06:22:39.75	+02:26:36 (38.3%)	8:01	7.5 (62.0%)
170	PLUTA Sylwester	2225	BRAK	Open M	135	02:14:03	04:29:57	06:22:33.80	06:22:48.05	+02:26:44 (38.3%)	8:01	7.5 (62.0%)
171	WITKOWSKA Beata	2328	#KASZANIENAMOKA	Open K	36	02:29:57	04:40:24	06:23:39.20	06:23:54.95	+02:27:51 (38.5%)	8:02	7.5 (62.0%)
172	DOMURAT Marian	2041	STRĄCZEK WIATROPĘDNY	Open M	136	02:11:28	04:24:41	06:24:17.25	06:24:44.65	+02:28:41 (38.6%)	8:03	7.4 (61.2%)
173	SZULC Edyta	2294	ADIDAS RUNNERS	Open K	37	02:13:52	04:26:50	06:24:42.50	06:25:07.30	+02:29:03 (38.7%)	8:03	7.4 (61.2%)
174	SZKUTNIK Jakub	2292		Open M	137	02:07:22	04:18:55	06:24:53.65	06:25:09.40	+02:29:05 (38.7%)	8:04	7.4 (61.2%)
175	BLICHARZ Artur	2018		Open M	138	02:12:39	04:20:04	06:24:53.15	06:25:17.00	+02:29:13 (38.7%)	8:04	7.4 (61.2%)
176	GURBIEL Mateusz	2071		Open M	139	02:08:37	04:20:09	06:24:56.85	06:25:17.50	+02:29:14 (38.7%)	8:04	7.4 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
177	SUŁEK Tomek	2283		Open M	140	02:10:54	04:20:00	06:25:23.45	06:25:31.70	+02:29:28 (38.8%)	8:04	7.4 (61.2%)
178	PAWLIK ŚLAWSKA Jadwiga	2215	POSMAKUJ RUN TEAM	Open K	38	02:22:00	04:31:17	06:25:21.10	06:25:49.55	+02:29:46 (38.8%)	8:04	7.4 (61.2%)
179	MOKRZYCKI Patryk	2193	SAINT-GOBAIN SQUAD	Open M	141	02:04:55	04:21:02	06:25:23.95	06:25:54.00	+02:29:50 (38.8%)	8:04	7.4 (61.2%)
180	GAWRYLCZYK Andrzej	2059		Open M	142	02:06:59	04:22:53	06:25:54.80	06:26:04.15	+02:30:00 (38.9%)	8:05	7.4 (61.2%)
181	OSTATEK Lukasz	2206		Open M	143	02:08:19	04:28:10	06:25:53.10	06:26:18.50	+02:30:15 (38.9%)	8:05	7.4 (61.2%)
182	MICHALSKA Bogna	2185		Open K	39	02:21:50	04:32:30	06:27:01.05	06:27:14.35	+02:31:10 (39.0%)	8:06	7.4 (61.2%)
183	JEMIOŁA Paulina	2084	POMUSZ	Open K	40	02:22:01	04:30:58	06:27:36.10	06:27:58.00	+02:31:54 (39.2%)	8:07	7.4 (61.2%)
184	RAPIOR Maciej	2246	SZYNSZYL TEAM	Open M	144		04:20:03	06:28:20.00	06:28:20.00	+02:32:16 (39.2%)	8:08	7.4 (61.2%)
185	RUCIŃSKI Adam	2254		Open M	145	02:20:46	04:31:48	06:28:36.60	06:28:55.80	+02:32:52 (39.3%)	8:08	7.4 (61.2%)
186	HILLER Artur	2075		Open M	146	02:11:43	04:27:31	06:29:58.70	06:30:17.70	+02:34:14 (39.5%)	8:10	7.3 (60.3%)
187	KOWALCZUK Paweł	2115		Open M	147	02:24:18	04:39:48	06:33:15.85	06:33:23.40	+02:37:19 (40.0%)	8:14	7.3 (60.3%)
188	GABRYEL Anna	2055		Open K	41	02:13:34	04:32:52	06:34:07.80	06:34:16.15	+02:38:12 (40.1%)	8:15	7.3 (60.3%)
189	DYRCZ Dawid	2043	PMKW	Open M	148	02:20:39	04:32:37	06:34:54.50	06:35:10.65	+02:39:07 (40.3%)	8:16	7.2 (59.5%)
190	MRYCZKO Roman	2196	AKTYWNY DYNÓW	Open M	149	02:12:59	04:29:23	06:35:04.70	06:35:17.00	+02:39:13 (40.3%)	8:16	7.2 (59.5%)
191	BIALIK Szymon	2015	TOKENOMIC	Open M	150	02:05:45	04:12:25	06:35:15.45	06:35:27.50	+02:39:24 (40.3%)	8:17	7.2 (59.5%)
192	MISZALSKI Henryk	2192		Open M	151	02:20:03	04:34:30	06:35:37.80	06:35:52.65	+02:39:49 (40.4%)	8:17	7.2 (59.5%)
193	WĘGRZYNEK Mirka	2322		Open K	42	02:25:17	04:36:16	06:36:02.60	06:36:17.55	+02:40:14 (40.4%)	8:18	7.2 (59.5%)
194	JANOWSKA Ula	2081		Open K	43	02:23:17	04:40:01	06:36:09.45	06:36:36.20	+02:40:32 (40.5%)	8:18	7.2 (59.5%)
195	KRÓLICKI Dariusz	2125	FINISZ RYMANÓW	Open M	152	02:16:01	04:36:27	06:36:59.00	06:37:14.50	+02:41:11 (40.6%)	8:19	7.2 (59.5%)
196	ROSA Alex	2252		Open M	153	02:16:59	04:33:45	06:38:08.35	06:38:25.05	+02:42:21 (40.8%)	8:20	7.2 (59.5%)
197	KOZŁOWSKI Tomasz	2121		Open M	154	02:15:03	04:35:05	06:40:12.85	06:40:24.95	+02:44:21 (41.0%)	8:23	7.2 (59.5%)
198	HYDZIK Łukasz	2079		Open M	155	02:07:43	04:17:58	06:40:42.45	06:40:48.80	+02:44:45 (41.1%)	8:24	7.1 (58.7%)
199	ULANOWSKI Owca	2308	X-TEAM SPECIAL FORCES	Open M	156	02:14:47	04:42:23	06:41:12.20	06:41:34.75	+02:45:31 (41.2%)	8:24	7.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
200	WYDRA Mariusz	2349	STARE BABICE BIEGAJĄ	Open M	157	02:14:18	04:38:01	06:42:22.65	06:42:31.95	+02:46:28 (41.4%)	8:26	7.1 (58.7%)
201	KLESZNO Zbigniew	2101	RAJSPOORT	Open M	158	02:21:47	04:38:21	06:42:26.10	06:42:37.50	+02:46:34 (41.4%)	8:26	7.1 (58.7%)
202	STAŃCZAK Maciej	2278		Open M	159	02:19:34	04:42:30	06:43:13.00	06:43:13.00	+02:47:09 (41.5%)	8:27	7.1 (58.7%)
203	ŚLIWA Justyna	2300		Open K	44	02:19:13	04:39:55	06:42:46.40	06:43:13.95	+02:47:10 (41.5%)	8:26	7.1 (58.7%)
204	KURBIEL Sylwia	2140	BIEGAMBOLUBIĘ	Open K	45	02:22:55	04:46:41	06:43:10.25	06:43:27.40	+02:47:23 (41.5%)	8:27	7.1 (58.7%)
205	RUPIK Maria	2257		Open K	46	02:12:20	04:22:56	06:43:29.05	06:43:43.90	+02:47:40 (41.5%)	8:27	7.1 (58.7%)
205	RUPIK Jakub	2256		Open M	160	02:12:25	04:22:59	06:43:28.95	06:43:43.90	+02:47:40 (41.5%)	8:27	7.1 (58.7%)
207	PŁUCIENNICZAK Barbara	2229		Open K	47	02:27:33	04:42:49	06:44:36.00	06:44:39.70	+02:48:36 (41.7%)	8:28	7.1 (58.7%)
208	FUS Wojciech	2054	ASSECO ACTIVE TEAM	Open M	161	02:21:57	04:43:27	06:45:25.45	06:45:40.20	+02:49:36 (41.8%)	8:29	7.1 (58.7%)
209	MARJAŃSKI Tomasz	2172	KS PIDRINA GDYNIA	Open M	162	02:24:07	04:39:26	06:45:40.55	06:45:53.00	+02:49:49 (41.8%)	8:30	7.1 (58.7%)
210	CIEŚLIK Zdzisław	2032	TEAM RUN GOŁAŃCZ	Open M	163	02:30:42	04:41:25	06:45:47.40	06:46:02.30	+02:49:58 (41.9%)	8:30	7.1 (58.7%)
211	KŁOPOTEK Nina	2103	EXTREME FAMILY	Open K	48	02:27:55	04:48:09	06:45:48.00	06:46:12.00	+02:50:08 (41.9%)	8:30	7.1 (58.7%)
211	KŁOPOTEK Marcin	2104	EXTREME FAMILY	Open M	164	02:27:55	04:48:23	06:45:47.85	06:46:12.00	+02:50:08 (41.9%)	8:30	7.1 (58.7%)
213	KULIŃSKA Justyna	2135		Open K	49	02:18:19	04:41:08	06:47:02.10	06:47:19.35	+02:51:15 (42.0%)	8:31	7 (57.9%)
214	LORYŚ Adam	2155		Open M	165	02:21:06	04:52:49	06:47:35.30	06:47:58.35	+02:51:54 (42.1%)	8:32	7 (57.9%)
215	KOSZAŁKA Marcin	2113		Open M	166	02:21:06	04:57:39	06:48:32.00	06:48:55.65	+02:52:52 (42.3%)	8:33	7 (57.9%)
216	WAGNER Grzegorz	2312		Open M	167	02:19:41	04:56:40	06:49:39.45	06:50:02.20	+02:53:58 (42.4%)	8:35	7 (57.9%)
217	JURYŚ Sławomir	2088	JSYSTEM	Open M	168	02:25:11	04:43:19	06:49:51.05	06:50:22.70	+02:54:19 (42.5%)	8:35	7 (57.9%)
218	RĘKOSIEWICZ-TOKARZ Monika	2251	GLOGOVIA GŁOGÓW MAŁOPOLSKI	Open K	50	02:30:34	04:50:55	06:50:36.55	06:51:05.70	+02:55:02 (42.6%)	8:36	7 (57.9%)
219	SUSZ Artur	2284	PORANNY PATROL	Open M	169	02:22:28	04:44:17	06:51:32.45	06:52:00.95	+02:55:57 (42.7%)	8:37	7 (57.9%)
220	ORNATOWSKI Dariusz	2203		Open M	170	02:22:27	04:44:12	06:51:31.60	06:52:01.15	+02:55:57 (42.7%)	8:37	7 (57.9%)
221	MICHTA Bartłomiej	2187		Open M	171	02:30:14	04:52:14	06:51:36.05	06:52:02.05	+02:55:58 (42.7%)	8:37	7 (57.9%)
222	JARECKA Katarzyna	2083	+48533799977	Open K	51	02:25:21	04:45:13	06:52:49.45	06:53:03.55	+02:57:00 (42.9%)	8:39	6.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
						Górne 18.7km	Przybyszów 34.2km					
223	BIELKA Marcin	2346		Open M	172	02:21:26	04:49:19	06:56:16.45	06:56:24.00	+03:00:20 (43.3%)	8:43	6.9 (57.0%)
224	BĘBEN Marta	2013		Open K	52	02:23:18	04:53:04	06:56:00.80	06:56:28.85	+03:00:25 (43.3%)	8:43	6.9 (57.0%)
225	WAJDA Andrzej	2313		Open M	173	02:23:08	04:44:46	06:57:29.05	06:57:59.85	+03:01:56 (43.5%)	8:45	6.9 (57.0%)
226	WITORZENC Izabela	2330		Open K	53	02:19:05	04:43:17	06:58:30.80	06:58:46.30	+03:02:42 (43.6%)	8:46	6.8 (56.2%)
227	SADOWSKA Justyna	2260		Open K	54	02:31:00	04:52:46	06:59:58.55	07:00:17.60	+03:04:14 (43.8%)	8:48	6.8 (56.2%)
228	RATASZEWSKI Marek	2249	NEW BALANCE RUN TEAM	Open M	174	02:17:11	04:39:26	07:02:29.30	07:02:49.20	+03:06:45 (44.2%)	8:51	6.8 (56.2%)
229	KARCZEWSKI Maciej	2095		Open M	175	02:21:40	04:54:42	07:02:30.20	07:02:57.45	+03:06:53 (44.2%)	8:51	6.8 (56.2%)
230	DYMIŃSKI Paweł	2042		Open M	176	02:21:05	04:43:51	07:02:49.85	07:03:20.05	+03:07:16 (44.2%)	8:51	6.8 (56.2%)
231	MAĆZNIK Andrzej	2179		Open M	177	02:21:40	04:52:29	07:03:43.70	07:04:11.00	+03:08:07 (44.3%)	8:52	6.8 (56.2%)
232	STOPA Marcin	2280		Open M	178	02:17:53	04:43:36	07:04:17.25	07:04:38.10	+03:08:34 (44.4%)	8:53	6.7 (55.4%)
233	MALCZEWSKA-CHAŁADAJ Karina	2167		Open K	55	02:36:19	04:57:03	07:05:29.70	07:05:53.20	+03:09:49 (44.6%)	8:55	6.7 (55.4%)
234	MICHALECKI Łukasz	2183	NMG	Open M	179	02:20:20	04:57:26	07:05:52.60	07:06:15.65	+03:10:12 (44.6%)	8:55	6.7 (55.4%)
235	PRUCNAL Paweł	2238		Open M	180	02:33:33	03:40:19	07:06:42.90	07:07:08.90	+03:11:05 (44.7%)	8:56	6.7 (55.4%)
236	HETEL Adam	2073		Open M	181	02:33:33	04:56:35	07:06:44.85	07:07:09.15	+03:11:05 (44.7%)	8:56	6.7 (55.4%)
237	SOCHA Jacek	2276		Open M	182	02:30:03	04:51:38	07:06:48.55	07:07:19.55	+03:11:16 (44.8%)	8:56	6.7 (55.4%)
238	PŁATEK Dominik	2226		Open M	183	02:16:35	04:41:26	07:07:44.40	07:08:02.55	+03:11:59 (44.9%)	8:58	6.7 (55.4%)
239	PYTLEWSKI Łukasz	2241		Open M	184	02:24:24	04:44:42	07:08:06.50	07:08:31.85	+03:12:28 (44.9%)	8:58	6.7 (55.4%)
240	CEGLEWSKA Izabela	2029	ROZBISURMANIONE KARPIDŁA BIEGAJĄ	Open K	56	02:22:25	05:00:55	07:09:18.70	07:09:32.55	+03:13:29 (45.0%)	9:00	6.7 (55.4%)
241	FIGIEL Natasza	2047	SKPG KRAKÓW	Open K	57	02:16:12	04:46:56	07:09:14.85	07:09:45.75	+03:13:42 (45.1%)	8:59	6.7 (55.4%)
242	GRĘBOWSKA Dagmara	2067	W KOBIECIE SIŁA	Open K	58	02:27:19	05:02:12	07:11:50.85	07:12:15.10	+03:16:11 (45.4%)	9:03	6.6 (54.5%)
242	LEPIARZ Beata	2151	W KOBIECIE SIŁA	Open K	58	02:26:48	05:02:14	07:11:50.60	07:12:15.10	+03:16:11 (45.4%)	9:03	6.6 (54.5%)
244	KRYJAK Tomasz	2128		Open M	185	02:35:18	05:03:35	07:11:46.40	07:12:17.80	+03:16:14 (45.4%)	9:03	6.6 (54.5%)
245	MAŁEK Krzysztof	2169		Open M	186	02:21:07	04:54:00	07:13:11.45	07:13:35.10	+03:17:31 (45.6%)	9:04	6.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
						Górne 18.7km	Przybyszów 34.2km					
246	GŁAZ Marek	2061		Open M	187	02:21:47	04:57:56	07:13:15.80	07:13:38.95	+03:17:35 (45.6%)	9:04	6.6 (54.5%)
247	LENKIEWICZ Aleksander	2150	WKURW_TEAM	Open M	188	02:31:21	04:57:36	07:13:37.60	07:14:08.35	+03:18:04 (45.6%)	9:05	6.6 (54.5%)
248	SZYMAŃSKI Henryk	2297		Open M	189	02:38:48	05:04:13	07:14:06.20	07:14:24.35	+03:18:20 (45.7%)	9:06	6.6 (54.5%)
249	GÓRSKA Yvonne	2065		Open K	60	02:37:25	05:09:47	07:14:29.70	07:14:48.45	+03:18:44 (45.7%)	9:06	6.6 (54.5%)
250	SANIAK Przemysław	2263		Open M	190	02:32:05	05:05:45	07:16:57.55	07:17:18.20	+03:21:14 (46.0%)	9:09	6.5 (53.7%)
251	STEFAŃCZYK Monika	2279	LES FEMMES COURANT DANS LES FORETS	Open K	61	02:39:42	03:46:16	07:19:49.40	07:20:17.15	+03:24:13 (46.4%)	9:13	6.5 (53.7%)
252	TOKARSKI Jacek	2302		Open M	191	02:30:53	05:05:32	07:28:26.35	07:28:46.65	+03:32:43 (47.4%)	9:24	6.4 (52.9%)
253	CZESAK Marcin	2036	RWM TEAM	Open M	192	02:34:24	05:07:05	07:28:41.55	07:29:10.70	+03:33:07 (47.4%)	9:24	6.4 (52.9%)
254	KARPIŃSKA Karolina	2098	NOWA HUTA TEAM	Open K	62	02:36:35	05:13:39	07:29:12.15	07:29:32.80	+03:33:29 (47.5%)	9:25	6.4 (52.9%)
255	SZALAJ Pawel	2287	BCD RUNNING TEAM	Open M	193	02:22:29	05:00:35	07:29:19.20	07:29:37.20	+03:33:33 (47.5%)	9:25	6.4 (52.9%)
256	FIEDORCZUK Łukasz	2046	HDD WINNICZKI	Open M	194	02:20:26	04:58:19	07:30:32.50	07:30:50.10	+03:34:46 (47.6%)	9:26	6.4 (52.9%)
257	MARKIEWICZ Jarek	2173	TRIWAWA	Open M	195	02:38:52	05:06:30	07:31:03.40	07:31:24.40	+03:35:20 (47.7%)	9:27	6.3 (52.1%)
258	DZIAMSKI Marcin	2045	TRIWAWA	Open M	196	02:38:52	05:07:56	07:31:03.45	07:31:24.60	+03:35:21 (47.7%)	9:27	6.3 (52.1%)
259	KOWALIK Krzysztof	2118		Open M	197	02:34:41	05:08:10	07:31:46.90	07:32:06.35	+03:36:02 (47.8%)	9:28	6.3 (52.1%)
260	KUROWSKI Mateusz	2143		Open M	198	02:20:44	05:01:04	07:31:55.00	07:32:13.65	+03:36:10 (47.8%)	9:28	6.3 (52.1%)
261	KSIĄŻEK Joanna	2129		Open K	63	02:32:18	05:11:26	07:32:38.50	07:32:49.90	+03:36:46 (47.9%)	9:29	6.3 (52.1%)
262	RAJEWSKI Robert	2245		Open M	199	02:32:21	05:10:47	07:32:38.95	07:32:49.95	+03:36:46 (47.9%)	9:29	6.3 (52.1%)
263	RAFAL Milewski	2243		Open M	200	02:33:31	05:13:02	07:33:00.85	07:33:07.80	+03:37:04 (47.9%)	9:29	6.3 (52.1%)
264	TALAGA Bartosz	2301	MARATONKA GRAJEWO	Open M	201	02:34:03	05:23:23	07:33:41.95	07:34:26.20	+03:38:22 (48.1%)	9:30	6.3 (52.1%)
265	WOŁOWIEC Krzysztof	2334	LABORATORYJNIE.PL	Open M	202	02:33:04	05:15:18	07:35:08.10	07:35:25.70	+03:39:22 (48.2%)	9:32	6.3 (52.1%)
266	SZUMLAŃSKA Paulina	2295		Open K	64	02:41:41	05:17:06	07:35:51.40	07:36:11.25	+03:40:07 (48.3%)	9:33	6.3 (52.1%)
267	STACHAŃCZYK Wojciech	2277	MATNER RUNNING TEAM	Open M	203	02:39:19	05:25:19	07:40:31.75	07:40:50.10	+03:44:46 (48.8%)	9:39	6.2 (51.2%)
268	LENART Rafał	2149		Open M	204	02:39:53	05:15:42	07:41:35.45	07:41:57.40	+03:45:53 (48.9%)	9:40	6.2 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
269	LENART Wioleta	2148		Open K	65	02:40:01	05:15:50	07:41:34.90	07:41:57.45	+03:45:53 (48.9%)	9:40	6.2 (51.2%)
270	ADAMCZYK Marcin	2007		Open M	205	02:49:03	05:27:27	07:43:29.60	07:43:42.80	+03:47:39 (49.1%)	9:42	6.2 (51.2%)
271	ADAMCZYK Ania	2006		Open K	66	02:49:27	05:27:46	07:43:30.00	07:43:43.30	+03:47:39 (49.1%)	9:43	6.2 (51.2%)
272	HOROWSKA Karolina	2316	RUNHOGS TYCHY	Open K	67	02:49:46	05:28:31	07:45:18.45	07:45:40.25	+03:49:36 (49.3%)	9:45	6.2 (51.2%)
273	MAGOCSY Adam	2164		Open M	206	02:51:06	05:31:17	07:47:54.10	07:48:21.10	+03:52:17 (49.6%)	9:48	6.1 (50.4%)
274	MAGOCSY Justyna	2165		Open K	68	02:51:07	05:31:26	07:47:54.40	07:48:21.35	+03:52:17 (49.6%)	9:48	6.1 (50.4%)
275	SZTĘGIERKA Agata	2293		Open K	69	02:50:23	05:38:02	07:49:16.65	07:49:44.35	+03:53:40 (49.7%)	9:50	6.1 (50.4%)
276	LATAŁA Wojciech	2147	LEŚNE GRUBASY	Open M	207	02:51:17	05:31:05	07:50:10.90	07:50:39.40	+03:54:35 (49.8%)	9:51	6.1 (50.4%)
277	KARCZ Bartłomiej	2094		Open M	208	02:44:16	05:26:11	07:53:19.05	07:53:50.95	+03:57:47 (50.2%)	9:55	6 (49.6%)
Przekroczony limit czasu: 08:00:00												
278	GALESKI Stanisław	2057		Open M	209	02:44:18	05:26:15	08:00:03.30	08:00:35.70	+04:04:32 (50.9%)	10:03	6 (49.6%)
279	VU Doa	2310	TOKENOMIC	Open M	210	02:38:21	05:32:36	08:27:54.40	08:28:07.55	+04:32:04 (53.5%)	10:38	5.6 (46.3%)
	HETMAŃCZYK Jakub	2074		Open M		01:53:06 DNF	03:57:00 DNF	DNF	DNF		-	- (0.0%)
	OSYSZKO Izabela	2207		Open K		02:10:56 DNF	04:12:21 DNF	DNF	DNF		-	- (0.0%)
	MAKÓWKA Justyna	2166	LASKOWE LUDKI	Open K		01:55:12 DNF	DNF	DNF	DNF		-	- (0.0%)
	JANUSZEWSKI Maciej	2082		Open M		01:56:34 DNF	DNF	DNF	DNF		-	- (0.0%)
	KARAŚ Agnieszka	2093	STARE BABICE BIEGAJĄ	Open K		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 284 wynik(ów)