



**Wydarzenie:** Łemkowyna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2022-10-22  
**Miejsce:** Komańcza  
**Dystans:** 47.7 km

# ŁEMKO MARATON 48

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
1	<b>KOCZWARA Tomasz</b>	<b>2002</b>		Open M	1		01:28:32	02:48:21	<b>04:01:42.85</b>	<b>04:01:43.70</b>		5:04	11.8 (100%)
2	<b>KOREK Michał</b>	<b>2136</b>		Open M	2		01:31:20	02:51:08	<b>04:03:27.30</b>	<b>04:03:28.25</b>	+00:01:44 (0.7%)	5:06	11.8 (100%)
3	<b>KANTOR Martyna</b>	<b>2383</b>	SALOMON SUUNTO TEAM	Open K	1		01:34:04	02:57:03	<b>04:09:58.75</b>	<b>04:10:00.20</b>	+00:08:16 (3.3%)	5:14	11.4 (96.6%)
4	<b>WIECZOREK Nina</b>	<b>2001</b>	MOCNA GRUPA CEZARA	Open K	2		01:38:13	03:03:03	<b>04:20:24.35</b>	<b>04:20:27.05</b>	+00:18:43 (7.2%)	5:27	11 (93.2%)
5	<b>SKARŻYŃSKI Łukasz</b>	<b>2291</b>		Open M	3		01:41:18		<b>04:19:12.05</b>	<b>04:21:26.10</b>	+00:19:42 (7.5%)	5:26	11 (93.2%)
6	<b>ŁYJAK Olga</b>	<b>2007</b>	ATTIQ TEAM	Open K	3		01:41:47	03:08:33	<b>04:27:39.35</b>	<b>04:27:40.80</b>	+00:25:57 (9.7%)	5:36	10.7 (90.7%)
7	<b>HALSKA Ania</b>	<b>2003</b>	ANNA HALSKA COACHING	Open K	4		01:41:26	03:15:26	<b>04:32:33.15</b>	<b>04:32:35.70</b>	+00:30:52 (11.3%)	5:42	10.5 (89.0%)
8	<b>WYSOKIŃSKI Konrad</b>	<b>2004</b>	MESMERIK RUNNERS	Open M	4		01:36:20	03:04:33	<b>04:33:00.55</b>	<b>04:33:02.70</b>	+00:31:19 (11.5%)	5:43	10.5 (89.0%)
9	<b>JODŁOWSKI Jan</b>	<b>2119</b>		Open M	5		01:38:02	03:08:43	<b>04:33:22.95</b>	<b>04:33:29.50</b>	+00:31:45 (11.6%)	5:43	10.5 (89.0%)
10	<b>POPIEL Andrzej</b>	<b>2257</b>	POPSMART.PL	Open M	6		01:38:17	03:15:17	<b>04:34:04.75</b>	<b>04:34:08.10</b>	+00:32:24 (11.8%)	5:44	10.4 (88.1%)
11	<b>IWAN Małgorzata</b>	<b>2105</b>	MAJA TEAM	Open K	5		01:42:12	03:15:28	<b>04:34:17.10</b>	<b>04:34:21.00</b>	+00:32:37 (11.9%)	5:45	10.4 (88.1%)
12	<b>ŁACIAK Marcin</b>	<b>2181</b>	MESMERIK RUNNERS	Open M	7		01:37:55	03:15:23	<b>04:36:43.10</b>	<b>04:36:45.25</b>	+00:35:01 (12.7%)	5:48	10.3 (87.3%)
13	<b>MALECKA-LEŃ Patrycja</b>	<b>2186</b>	STAJNIA BALONA	Open K	6		01:44:02	03:15:38	<b>04:37:26.80</b>	<b>04:37:28.35</b>	+00:35:44 (12.9%)	5:48	10.3 (87.3%)
14	<b>STANGRECIAK Adam</b>	<b>2309</b>	GÓRAL Z MAZUR RUNNING TEAM / #PLANBIEGANIE	Open M	8		01:41:14	03:15:20	<b>04:37:44.70</b>	<b>04:37:48.05</b>	+00:36:04 (13.0%)	5:49	10.3 (87.3%)
15	<b>PODKAŃSKI Bartosz</b>	<b>2252</b>	GOPR KARKONOSZE	Open M	9		01:42:21	03:15:31	<b>04:38:12.75</b>	<b>04:38:15.55</b>	+00:36:31 (13.1%)	5:49	10.3 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
16	<b>PIĘKNIK Patryk</b>	<b>2248</b>		Open M	10		01:46:15	03:16:52	<b>04:41:38.70</b>	<b>04:41:47.55</b>	+00:40:03 (14.2%)	5:54	10.2 (86.4%)
17	<b>WASIEWICZ Adam</b>	<b>2006</b>	NIE MÓJ CYRK, MOJE MAŁPY	Open M	11		01:41:28	03:15:34	<b>04:47:13.65</b>	<b>04:47:16.50</b>	+00:45:32 (15.9%)	6:01	10 (84.7%)
18	<b>GAIK Natalia</b>	<b>2071</b>		Open K	7		01:46:39	03:24:04	<b>04:51:57.40</b>	<b>04:52:00.70</b>	+00:50:17 (17.2%)	6:07	9.8 (83.1%)
19	<b>ŻURAWSKI Sławomir</b>	<b>2379</b>	PGBSPORTOWAPACZKA	Open M	12		01:44:49	03:25:45	<b>04:56:45.45</b>	<b>04:56:47.20</b>	+00:55:03 (18.6%)	6:13	9.6 (81.4%)
20	<b>MALISZEWSKA Justyna</b>	<b>2187</b>	MOTO-MROKO	Open K	8		01:48:54	03:28:00	<b>05:00:20.80</b>	<b>05:00:23.60</b>	+00:58:39 (19.5%)	6:17	9.5 (80.5%)
21	<b>SOUSA Fernando</b>	<b>2304</b>		Open M	13		01:48:49	03:29:41	<b>05:00:17.05</b>	<b>05:00:29.90</b>	+00:58:46 (19.6%)	6:17	9.5 (80.5%)
22	<b>KOWALCZYK Rafał</b>	<b>2141</b>	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	Open M	14		01:50:14	03:27:08	<b>05:02:07.80</b>	<b>05:02:15.70</b>	+01:00:32 (20.0%)	6:20	9.5 (80.5%)
23	<b>JANOWSKI Adrian</b>	<b>2114</b>		Open M	15		01:43:09	03:26:17	<b>05:03:03.15</b>	<b>05:03:04.30</b>	+01:01:20 (20.2%)	6:21	9.4 (79.7%)
24	<b>GLAB Krzysztof</b>	<b>2089</b>	VEGE RABBITS	Open M	16		01:48:49	03:31:59	<b>05:07:26.65</b>	<b>05:07:28.90</b>	+01:05:45 (21.4%)	6:26	9.3 (78.8%)
25	<b>DOROCIAK Joanna</b>	<b>2053</b>	NEW BALANCE RUN CLUB	Open K	9		01:46:06	03:35:46	<b>05:08:14.20</b>	<b>05:08:15.50</b>	+01:06:31 (21.6%)	6:27	9.3 (78.8%)
26	<b>PIECZONKA Paweł</b>	<b>2244</b>	PIĘKNE I BRODACZE	Open M	17		01:56:22	03:39:24	<b>05:07:48.90</b>	<b>05:08:18.25</b>	+01:06:34 (21.6%)	6:27	9.3 (78.8%)
27	<b>SMACZNY Bartłomiej</b>	<b>2299</b>		Open M	18		01:50:01	03:31:41	<b>05:08:50.80</b>	<b>05:08:59.05</b>	+01:07:15 (21.8%)	6:28	9.3 (78.8%)
28	<b>SWOBODA Sebastian</b>	<b>2318</b>	TRAIL IS OUR WAY	Open M	19		01:47:06	03:30:01	<b>05:11:17.25</b>	<b>05:11:20.05</b>	+01:09:36 (22.4%)	6:31	9.2 (78.0%)
29	<b>TOPORKIEWICZ Ania</b>	<b>2336</b>	TRAIL IS OUR WAY	Open K	10		01:46:47	03:29:54	<b>05:11:16.40</b>	<b>05:11:20.15</b>	+01:09:36 (22.4%)	6:31	9.2 (78.0%)
30	<b>GIERULA Grzegorz</b>	<b>2085</b>	KB ATHLETIC ZRĘCIN	Open M	20		01:49:27	03:33:47	<b>05:12:43.30</b>	<b>05:12:50.65</b>	+01:11:06 (22.7%)	6:33	9.2 (78.0%)
31	<b>SZPUNAR Marek</b>	<b>2325</b>		Open M	21		01:50:28	03:35:17	<b>05:13:44.75</b>	<b>05:13:48.65</b>	+01:12:04 (23.0%)	6:34	9.1 (77.1%)
32	<b>GŁADYKOWSKI Łukasz</b>	<b>2090</b>	PGB SPORTOWA PACZKA	Open M	22		01:51:15	03:38:15	<b>05:14:15.05</b>	<b>05:14:21.90</b>	+01:12:38 (23.1%)	6:35	9.1 (77.1%)
33	<b>KAPŁON Anna</b>	<b>2123</b>	INFINITY - GYM	Open K	11		01:54:30	03:40:53	<b>05:15:00.95</b>	<b>05:15:03.35</b>	+01:13:19 (23.3%)	6:36	9.1 (77.1%)
34	<b>KAPŁON Piotr</b>	<b>2124</b>		Open M	23		01:54:25	03:40:43	<b>05:15:03.35</b>	<b>05:15:05.80</b>	+01:13:22 (23.3%)	6:36	9.1 (77.1%)
35	<b>GORCZYŃSKI Wojciech</b>	<b>2092</b>		Open M	24		01:53:10	03:39:34	<b>05:14:38.65</b>	<b>05:15:07.65</b>	+01:13:23 (23.3%)	6:35	9.1 (77.1%)
36	<b>MICHTIOV Emese</b>	<b>2206</b>	SASHEGYI GEPÁRDOK	Open K	12		01:57:48	03:48:52	<b>05:19:36.25</b>	<b>05:19:41.70</b>	+01:17:58 (24.4%)	6:42	9 (76.3%)
37	<b>LESIAK Tomasz</b>	<b>2176</b>		Open M	25		01:52:19	03:39:31	<b>05:19:43.75</b>	<b>05:19:52.00</b>	+01:18:08 (24.4%)	6:42	9 (76.3%)
38	<b>KURASZKIEWICZ Robert</b>	<b>2164</b>		Open M	26		01:52:50	03:40:04	<b>05:21:52.30</b>	<b>05:21:56.95</b>	+01:20:13 (24.9%)	6:44	8.9 (75.4%)

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							Górne 18.7km	Przybyszów 34.2km					
39	<b>KOWALSKI Łukasz</b>	<b>2143</b>		Open M	27		01:52:05	03:42:07	<b>05:22:34.70</b>	<b>05:22:37.40</b>	+01:20:53 (25.1%)	6:45	8.9 (75.4%)
40	<b>FERET Kamila</b>	<b>2062</b>	TRAIL IS OUR WAY TEAM	Open K	13		01:53:26	03:43:21	<b>05:23:37.80</b>	<b>05:23:40.80</b>	+01:21:57 (25.3%)	6:47	8.8 (74.6%)
41	<b>GILNER Marcin</b>	<b>2087</b>	HARPAGAN SOSNOWIEC	Open M	28		01:54:04		<b>05:24:44.00</b>	<b>05:24:54.15</b>	+01:23:10 (25.6%)	6:48	8.8 (74.6%)
42	<b>POLEK Jakub</b>	<b>2256</b>		Open M	29		01:53:35	03:44:27	<b>05:25:02.60</b>	<b>05:25:08.45</b>	+01:23:24 (25.7%)	6:48	8.8 (74.6%)
43	<b>FILIPEK Wojciech</b>	<b>2065</b>	OPTIM TRAVEL ULTRA	Open M	30		01:53:33	03:44:36	<b>05:24:56.10</b>	<b>05:25:08.90</b>	+01:23:25 (25.7%)	6:48	8.8 (74.6%)
44	<b>PELCZAR Joanna</b>	<b>2238</b>	TRAIL IS OUR WAY TEAM	Open K	14		01:59:37	03:47:23	<b>05:25:11.70</b>	<b>05:25:19.15</b>	+01:23:35 (25.7%)	6:49	8.8 (74.6%)
45	<b>WIEPRZOWSKI Łukasz</b>	<b>2354</b>	LEKARSKA GRUPA KOLARSKA	Open M	31		01:58:43	03:49:03	<b>05:25:55.35</b>	<b>05:26:14.05</b>	+01:24:30 (25.9%)	6:49	8.8 (74.6%)
46	<b>JAŃCZYK Ewa</b>	<b>2115</b>		Open K	15		02:02:05	03:51:59	<b>05:26:16.60</b>	<b>05:26:33.95</b>	+01:24:50 (26.0%)	6:50	8.8 (74.6%)
47	<b>ERDŐVÖLGYI Szabolcs</b>	<b>2061</b>	BAC	Open M	32		01:52:48	03:45:16	<b>05:26:36.50</b>	<b>05:26:45.45</b>	+01:25:01 (26.0%)	6:50	8.8 (74.6%)
48	<b>MARUT Artur</b>	<b>2193</b>	FITNESS FREAKS	Open M	33		01:54:51	03:43:28	<b>05:26:53.40</b>	<b>05:27:05.75</b>	+01:25:22 (26.1%)	6:51	8.8 (74.6%)
49	<b>IDZIOR Tomasz</b>	<b>2104</b>		Open M	34		01:51:43	03:41:29	<b>05:27:04.95</b>	<b>05:27:15.35</b>	+01:25:31 (26.1%)	6:51	8.8 (74.6%)
50	<b>DUDKIEWICZ Krzysztof</b>	<b>2055</b>		Open M	35		01:49:12	03:43:03	<b>05:27:23.65</b>	<b>05:27:25.50</b>	+01:25:41 (26.2%)	6:51	8.7 (73.7%)
51	<b>GIERUSZKA Dariusz</b>	<b>2086</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Open M	36		01:53:23	03:39:43	<b>05:27:28.60</b>	<b>05:27:36.20</b>	+01:25:52 (26.2%)	6:51	8.7 (73.7%)
52	<b>SARNIAK Marcin</b>	<b>2287</b>	WYBIEGANIA MPK	Open M	37		01:57:58	03:47:27	<b>05:27:28.65</b>	<b>05:27:39.00</b>	+01:25:55 (26.2%)	6:51	8.7 (73.7%)
53	<b>PAJESTKA Wojtek</b>	<b>2230</b>	GÓRAL Z MAZUR RUNNING TEAM	Open M	38		01:56:27	03:50:46	<b>05:27:26.45</b>	<b>05:27:48.10</b>	+01:26:04 (26.3%)	6:51	8.7 (73.7%)
54	<b>KRUKAR Adam</b>	<b>2153</b>	FINISZ RYMANÓW	Open M	39		01:57:20	03:47:16	<b>05:27:54.20</b>	<b>05:28:05.45</b>	+01:26:21 (26.3%)	6:52	8.7 (73.7%)
55	<b>GAWROŃSKI Ireneusz</b>	<b>2081</b>	AMATOR	Open M	40		02:01:58	03:41:47	<b>05:28:03.25</b>	<b>05:28:14.20</b>	+01:26:30 (26.4%)	6:52	8.7 (73.7%)
56	<b>STRZELCZYK Ewa</b>	<b>2316</b>	HURAGAN LIGOTA	Open K	16		01:58:58	03:51:31	<b>05:28:20.75</b>	<b>05:28:24.95</b>	+01:26:41 (26.4%)	6:52	8.7 (73.7%)
57	<b>RUSIN Marcin</b>	<b>2280</b>	ASSECO ACTIVE TEAM	Open M	41		02:03:33	03:51:09	<b>05:28:47.80</b>	<b>05:29:19.90</b>	+01:27:36 (26.6%)	6:53	8.7 (73.7%)
58	<b>KURASZ Piotr</b>	<b>2163</b>		Open M	42		01:53:47	03:48:04	<b>05:29:41.95</b>	<b>05:29:48.20</b>	+01:28:04 (26.7%)	6:54	8.7 (73.7%)
59	<b>SKORUPKA Piotr</b>	<b>2294</b>	UNBROKEN STORE	Open M	43		02:03:40	03:54:59	<b>05:31:21.10</b>	<b>05:31:25.65</b>	+01:29:41 (27.1%)	6:56	8.6 (72.9%)
60	<b>PÓŁCHŁOPEK Dorota</b>	<b>2259</b>		Open K	17		02:06:18	03:54:46	<b>05:31:28.10</b>	<b>05:31:36.30</b>	+01:29:52 (27.1%)	6:56	8.6 (72.9%)
61	<b>MAKARA Filip</b>	<b>2185</b>		Open M	44		01:59:21	03:49:04	<b>05:31:31.95</b>	<b>05:31:38.90</b>	+01:29:55 (27.1%)	6:57	8.6 (72.9%)

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							Górne 18.7km	Przybyszów 34.2km					
62	<b>PORCEK Maciej</b>	<b>2258</b>	...	Open M	45		01:53:03	03:45:06	<b>05:31:55.35</b>	<b>05:32:02.45</b>	+01:30:18 (27.2%)	6:57	8.6 (72.9%)
63	<b>TARNAWSKI Marcin</b>	<b>2332</b>		Open M	46		01:56:17	03:47:22	<b>05:32:35.30</b>	<b>05:32:39.85</b>	+01:30:56 (27.3%)	6:58	8.6 (72.9%)
64	<b>JABŁOŃSKI Marek</b>	<b>2107</b>	PGB SPORTOWA PACZKA	Open M	47		01:59:52	03:52:42	<b>05:32:28.25</b>	<b>05:32:42.25</b>	+01:30:58 (27.3%)	6:58	8.6 (72.9%)
65	<b>PACIOREK Ewa</b>	<b>2229</b>	MARKOWI BIEGACZE	Open K	18		02:00:32	03:54:42	<b>05:32:53.20</b>	<b>05:32:56.25</b>	+01:31:12 (27.4%)	6:58	8.6 (72.9%)
66	<b>KARGOL Marcin</b>	<b>2125</b>	SMASHING PĄPKINS / NATURAL BORN RUNNERS TEAM	Open M	48		01:58:35	03:50:04	<b>05:33:15.65</b>	<b>05:33:23.05</b>	+01:31:39 (27.5%)	6:59	8.6 (72.9%)
67	<b>DUDA Zuzanna</b>	<b>2054</b>		Open K	19		02:03:05	03:55:52	<b>05:35:01.00</b>	<b>05:35:02.85</b>	+01:33:19 (27.9%)	7:01	8.5 (72.0%)
68	<b>REPEĆ Jarosław</b>	<b>2274</b>	AHOJ PRZYGODO LUBLIN	Open M	49		02:00:19	03:53:49	<b>05:35:43.70</b>	<b>05:36:02.45</b>	+01:34:18 (28.1%)	7:02	8.5 (72.0%)
69	<b>WILAMOWSKI Bartłomiej</b>	<b>2359</b>	RYKOWISKO TEAM	Open M	50		02:03:53	03:57:19	<b>05:36:01.05</b>	<b>05:36:07.15</b>	+01:34:23 (28.1%)	7:02	8.5 (72.0%)
70	<b>HOŁÓWKA Sławomir</b>	<b>2101</b>		Open M	51		02:01:22	03:51:38	<b>05:36:17.05</b>	<b>05:36:23.90</b>	+01:34:40 (28.1%)	7:02	8.5 (72.0%)
71	<b>ANKIEWICZ Stefan</b>	<b>2012</b>	CZYSTA AMATORKA	Open M	52		01:53:51	03:48:54	<b>05:38:36.40</b>	<b>05:38:42.65</b>	+01:36:58 (28.6%)	7:05	8.5 (72.0%)
72	<b>PUPCZYK Jan</b>	<b>2265</b>		Open M	53		01:50:23	03:46:25	<b>05:38:55.40</b>	<b>05:38:58.90</b>	+01:37:15 (28.7%)	7:06	8.4 (71.2%)
73	<b>GDULA Jakub</b>	<b>2083</b>	KAMIL LEŚNIAK - FANPAGE	Open M	54		02:06:07	03:59:03	<b>05:39:07.75</b>	<b>05:39:09.70</b>	+01:37:26 (28.7%)	7:06	8.4 (71.2%)
74	<b>DZIKOWSKI Michał</b>	<b>2060</b>	ŻÓRAWSKI RUNNING TEAM	Open M	55		01:53:11	03:47:08	<b>05:39:04.45</b>	<b>05:39:31.00</b>	+01:37:47 (28.8%)	7:06	8.4 (71.2%)
75	<b>FERET Hubert</b>	<b>2063</b>		Open M	56		02:01:47	03:51:09	<b>05:40:01.60</b>	<b>05:40:04.60</b>	+01:38:20 (28.9%)	7:07	8.4 (71.2%)
76	<b>KOCOT Aleksandra</b>	<b>2134</b>	WARSZTAT RUCHU K. ŻEBRAKOWSKA/PODIUM	Open K	20		02:00:39	03:56:49	<b>05:40:44.15</b>	<b>05:40:48.40</b>	+01:39:04 (29.1%)	7:08	8.4 (71.2%)
77	<b>PARWA Michał</b>	<b>2233</b>	MAGAZYN NA SZCZYCIE	Open M	57		01:59:35	03:57:29	<b>05:40:43.45</b>	<b>05:40:50.60</b>	+01:39:06 (29.1%)	7:08	8.4 (71.2%)
78	<b>LABURDA Kinga</b>	<b>2169</b>	BRZYSKI TRI TEAM	Open K	21		02:04:15	03:58:31	<b>05:41:27.15</b>	<b>05:41:36.95</b>	+01:39:53 (29.2%)	7:09	8.4 (71.2%)
79	<b>ZAWADA Mateusz</b>	<b>2372</b>	ZARAŻENI BÓLEM	Open M	58		02:04:19	03:58:18	<b>05:41:34.70</b>	<b>05:41:48.60</b>	+01:40:04 (29.3%)	7:09	8.4 (71.2%)
80	<b>STERKOWICZ Dorota</b>	<b>2312</b>		Open K	22		02:05:59	03:58:37	<b>05:41:40.05</b>	<b>05:41:53.20</b>	+01:40:09 (29.3%)	7:09	8.4 (71.2%)
81	<b>WAŚKIEWICZ Marek</b>	<b>2345</b>		Open M	59		02:13:43	04:08:37	<b>05:41:26.55</b>	<b>05:42:04.15</b>	+01:40:20 (29.3%)	7:09	8.4 (71.2%)
82	<b>HEWIG Damian</b>	<b>2100</b>		Open M	60		01:59:19	03:56:48	<b>05:42:28.95</b>	<b>05:42:37.00</b>	+01:40:53 (29.4%)	7:10	8.4 (71.2%)
83	<b>SIELIWONIK Anita</b>	<b>2289</b>		Open K	23		02:06:35	04:00:25	<b>05:42:38.40</b>	<b>05:42:39.70</b>	+01:40:56 (29.5%)	7:10	8.4 (71.2%)
84	<b>ZDEB Maciej</b>	<b>2373</b>	PIĘKNE I BRODACZE	Open M	61		02:03:31	03:57:56	<b>05:43:31.00</b>	<b>05:43:45.75</b>	+01:42:02 (29.7%)	7:12	8.3 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
85	<b>IZDEBSKI Tomasz</b>	<b>2106</b>	SPORT GENERATION TEAM	Open M	62		02:01:01	03:57:58	<b>05:43:44.25</b>	<b>05:44:02.00</b>	+01:42:18 (29.7%)	7:12	8.3 (70.3%)
86	<b>MATUŁA Natalia</b>	<b>2196</b>	TRIO	Open K	24		02:05:48	04:08:32	<b>05:44:07.50</b>	<b>05:44:09.55</b>	+01:42:25 (29.8%)	7:12	8.3 (70.3%)
87	<b>CZARNECKI Bartłomiej</b>	<b>2039</b>	UWAGA NA DZIADA	Open M	63		02:17:54	04:10:21	<b>05:46:02.85</b>	<b>05:46:24.00</b>	+01:44:40 (30.2%)	7:15	8.3 (70.3%)
88	<b>FRANKIEWICZ Artur</b>	<b>2067</b>		Open M	64		02:09:02	03:57:49	<b>05:48:29.55</b>	<b>05:48:46.80</b>	+01:47:03 (30.7%)	7:18	8.2 (69.5%)
89	<b>PSZENICZNA Joanna</b>	<b>2263</b>	VEGE RUNNERS	Open K	25		02:01:19	04:08:38	<b>05:48:39.80</b>	<b>05:49:01.20</b>	+01:47:17 (30.7%)	7:18	8.2 (69.5%)
90	<b>FRYCA Karolina</b>	<b>2068</b>		Open K	26		02:05:49	04:09:02	<b>05:49:02.55</b>	<b>05:49:06.20</b>	+01:47:22 (30.8%)	7:19	8.2 (69.5%)
91	<b>CROZIER John</b>	<b>2034</b>		Open M	65		02:02:10	04:00:14	<b>05:49:48.25</b>	<b>05:50:06.35</b>	+01:48:22 (31.0%)	7:20	8.2 (69.5%)
92	<b>CYMBORSKA Jolanta</b>	<b>2036</b>		Open K	27		02:02:42	04:09:43	<b>05:50:41.20</b>	<b>05:50:52.20</b>	+01:49:08 (31.1%)	7:21	8.2 (69.5%)
93	<b>PIERZ Sławomir</b>	<b>2246</b>		Open M	66		01:56:26	03:51:04	<b>05:50:43.05</b>	<b>05:51:07.45</b>	+01:49:23 (31.2%)	7:21	8.2 (69.5%)
94	<b>PETA Rafał</b>	<b>2239</b>		Open M	67		02:03:46	03:59:31	<b>05:51:01.25</b>	<b>05:51:21.80</b>	+01:49:38 (31.2%)	7:21	8.2 (69.5%)
95	<b>TOPORKIEWICZ Bartosz</b>	<b>2335</b>	TRAIL IS OUR WAY	Open M	68		01:58:25	03:53:44	<b>05:52:01.95</b>	<b>05:52:05.85</b>	+01:50:22 (31.3%)	7:22	8.1 (68.6%)
96	<b>SZABATOWSKI Bartłomiej</b>	<b>2319</b>	BIEGAJĄCY ŚWIDNIK	Open M	69		02:11:24	04:11:07	<b>05:51:56.45</b>	<b>05:52:14.30</b>	+01:50:30 (31.4%)	7:22	8.1 (68.6%)
97	<b>GALEWSKI Jacek</b>	<b>2074</b>		Open M	70		02:04:14	04:08:55	<b>05:52:43.00</b>	<b>05:52:58.90</b>	+01:51:15 (31.5%)	7:23	8.1 (68.6%)
98	<b>MŁOCKA-GORCZYŃSKA Matylda</b>	<b>2210</b>		Open K	28		02:08:18	04:08:26	<b>05:52:51.90</b>	<b>05:53:05.00</b>	+01:51:21 (31.5%)	7:23	8.1 (68.6%)
99	<b>ADAMUS Jakub</b>	<b>2009</b>		Open M	71		02:05:25	04:08:26	<b>05:53:55.30</b>	<b>05:54:05.70</b>	+01:52:22 (31.7%)	7:25	8.1 (68.6%)
100	<b>NOWOSADZKI Wojciech</b>	<b>2225</b>	TRAIL IS OUR WAY TEAM	Open M	72		01:57:35	03:52:03	<b>05:55:43.70</b>	<b>05:55:53.20</b>	+01:54:09 (32.1%)	7:27	8 (67.8%)
101	<b>CZAPLIŃSKI Marek</b>	<b>2037</b>	BIEGAMYRAZEM.PL	Open M	73		02:07:23	04:13:30	<b>05:56:08.20</b>	<b>05:56:17.05</b>	+01:54:33 (32.2%)	7:27	8 (67.8%)
102	<b>MRÓWKA Małgorzata</b>	<b>2212</b>		Open K	29		02:12:44	04:13:39	<b>05:56:29.55</b>	<b>05:56:32.85</b>	+01:54:49 (32.2%)	7:28	8 (67.8%)
103	<b>OPENCHOWSKA Monika</b>	<b>2227</b>	PODIUM/NOCNY BÓR TEAM	Open K	30		02:07:46	04:12:58	<b>05:56:54.10</b>	<b>05:56:58.00</b>	+01:55:14 (32.3%)	7:28	8 (67.8%)
104	<b>MITAN Kamil</b>	<b>2209</b>		Open M	74		02:08:51	04:09:38	<b>05:57:06.00</b>	<b>05:57:24.30</b>	+01:55:40 (32.4%)	7:29	8 (67.8%)
105	<b>KRAJEWSKI Bartek</b>	<b>2144</b>	DCWRP	Open M	75		02:09:25	04:10:12	<b>05:57:21.35</b>	<b>05:57:47.80</b>	+01:56:04 (32.4%)	7:29	8 (67.8%)
106	<b>MYNC Angelika</b>	<b>2216</b>	HTF LUDWIK SIKORSKI	Open K	31		02:11:26	04:12:42	<b>05:58:18.15</b>	<b>05:58:29.00</b>	+01:56:45 (32.6%)	7:30	8 (67.8%)
107	<b>SZYSZŁO Tomasz</b>	<b>2330</b>	SANOK BIEGA	Open M	76		02:11:28	04:13:05	<b>05:58:15.80</b>	<b>05:58:39.00</b>	+01:56:55 (32.6%)	7:30	8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
108	<b>ZIĘTEK Katarzyna</b>	<b>1265</b>		Open K	32		02:15:07	04:15:35	<b>05:58:43.10</b>	<b>05:58:52.65</b>	+01:57:08 (32.6%)	7:31	8 (67.8%)
109	<b>PITEK Tomasz</b>	<b>2250</b>	42K PRO TEAM	Open M	77		02:11:41	04:08:52	<b>05:58:17.20</b>	<b>05:58:55.55</b>	+01:57:11 (32.7%)	7:30	8 (67.8%)
110	<b>PYZIK Tomasz</b>	<b>2269</b>	DRUŻYNA MOJACUKRZYCA.PL	Open M	78		02:08:30	04:09:54	<b>05:59:33.40</b>	<b>05:59:55.65</b>	+01:58:11 (32.8%)	7:32	8 (67.8%)
111	<b>PAWELEC Piotr</b>	<b>2235</b>	DALEKO JESZCZE?	Open M	79		02:01:27	04:09:15	<b>06:00:07.90</b>	<b>06:00:40.70</b>	+01:58:57 (33.0%)	7:32	7.9 (66.9%)
112	<b>KUCHARSKI Kamil</b>	<b>2158</b>		Open M	80		02:13:51	04:17:52	<b>06:01:13.65</b>	<b>06:01:23.80</b>	+01:59:40 (33.1%)	7:34	7.9 (66.9%)
113	<b>GINTER Grzegorz</b>	<b>2088</b>	AZS COLLEGIUM MEDICUM UJ	Open M	81		02:15:00	04:15:08	<b>06:01:36.75</b>	<b>06:01:44.35</b>	+02:00:00 (33.2%)	7:34	7.9 (66.9%)
114	<b>GARCZYŃSKA Ania</b>	<b>2077</b>		Open K	33		02:12:13	04:13:39	<b>06:01:36.20</b>	<b>06:01:53.85</b>	+02:00:10 (33.2%)	7:34	7.9 (66.9%)
115	<b>JAROS Mirek</b>	<b>2116</b>		Open M	82		02:13:11	04:12:52	<b>06:01:50.75</b>	<b>06:01:56.20</b>	+02:00:12 (33.2%)	7:35	7.9 (66.9%)
116	<b>WÓJCIK Monika</b>	<b>2366</b>	ADIDAS RUNNERS	Open K	34		02:10:03	04:14:34	<b>06:01:51.95</b>	<b>06:02:06.70</b>	+02:00:23 (33.2%)	7:35	7.9 (66.9%)
117	<b>FURTEK Iwona</b>	<b>2069</b>	LACHO TEAM	Open K	35		01:45:54	03:27:40	<b>06:02:03.25</b>	<b>06:02:07.35</b>	+02:00:23 (33.2%)	7:35	7.9 (66.9%)
118	<b>ZINKIEWICZ Piotr</b>	<b>2377</b>	DCWRP	Open M	83		02:09:31	04:10:21	<b>06:03:22.90</b>	<b>06:03:49.65</b>	+02:02:05 (33.6%)	7:37	7.9 (66.9%)
119	<b>BAŚ Tomasz</b>	<b>2015</b>	STOKOWCZYKI TEAM	Open M	84		02:12:00	04:16:00	<b>06:04:12.25</b>	<b>06:04:21.95</b>	+02:02:38 (33.7%)	7:38	7.9 (66.9%)
120	<b>RYMARZ Robert</b>	<b>2282</b>	BYCHAWA RUNNER'S	Open M	85		02:08:37	04:13:10	<b>06:04:33.35</b>	<b>06:04:54.90</b>	+02:03:11 (33.8%)	7:38	7.9 (66.9%)
121	<b>RZYSZKIEWICZ Tomasz</b>	<b>2285</b>	PĘDZĄCE LENIWCE	Open M	86		02:04:47	04:09:08	<b>06:05:27.95</b>	<b>06:05:47.85</b>	+02:04:04 (33.9%)	7:39	7.8 (66.1%)
122	<b>CHOMISZCZAK Bogdan</b>	<b>2032</b>	SANOK BIEGA	Open M	87		02:11:34	04:16:54	<b>06:05:36.15</b>	<b>06:05:59.50</b>	+02:04:15 (34.0%)	7:39	7.8 (66.1%)
123	<b>CZARDYBON Laura</b>	<b>2038</b>		Open K	36		02:14:44	04:42:39	<b>06:07:05.30</b>	<b>06:07:17.30</b>	+02:05:33 (34.2%)	7:41	7.8 (66.1%)
124	<b>PIERZCHAŁA Jacek</b>	<b>2247</b>		Open M	88		02:15:18	04:20:41	<b>06:07:05.60</b>	<b>06:07:17.55</b>	+02:05:33 (34.2%)	7:41	7.8 (66.1%)
125	<b>LEŚNIAK-POPIEL Marta</b>	<b>2177</b>	SANOKBIEGA	Open K	37			04:20:34	<b>06:07:11.95</b>	<b>06:07:34.65</b>	+02:05:50 (34.2%)	7:41	7.8 (66.1%)
126	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>2051</b>		Open K	38		02:14:43	04:20:32	<b>06:07:11.90</b>	<b>06:07:34.75</b>	+02:05:51 (34.2%)	7:41	7.8 (66.1%)
127	<b>KOWALCZYK Paweł</b>	<b>2142</b>		Open M	89			04:09:15	<b>06:07:26.85</b>	<b>06:08:02.85</b>	+02:06:19 (34.3%)	7:42	7.8 (66.1%)
128	<b>CZEKAJ Katarzyna</b>	<b>2040</b>		Open K	39		02:09:11		<b>06:08:08.00</b>	<b>06:08:23.95</b>	+02:06:40 (34.4%)	7:43	7.8 (66.1%)
129	<b>BARTOSIEWICZ Adam</b>	<b>2014</b>		Open M	90		02:15:02	04:19:22	<b>06:08:17.40</b>	<b>06:08:30.20</b>	+02:06:46 (34.4%)	7:43	7.8 (66.1%)
130	<b>WIKLIŃSKI Jarosław</b>	<b>2358</b>	CZYSTA AMATORKA	Open M	91		02:08:42	04:15:31	<b>06:09:22.45</b>	<b>06:09:28.50</b>	+02:07:44 (34.6%)	7:44	7.7 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
131	<b>SZUBERT- WALENCZAK Magdalena</b>	<b>2326</b>	TEAM ZABIEGANEDNI	Open K	40		02:14:33	04:20:37	<b>06:09:38.30</b>	<b>06:09:49.25</b>	+02:08:05 (34.6%)	7:44	7.7 (65.3%)
132	<b>DZIDECZEK Marcin</b>	<b>2059</b>		Open M	92		02:11:44	04:23:04	<b>06:09:40.45</b>	<b>06:09:51.40</b>	+02:08:07 (34.6%)	7:44	7.7 (65.3%)
133	<b>RZYMOWSKA Krystyna</b>	<b>2284</b>		Open K	41		02:16:08	04:22:28	<b>06:09:59.60</b>	<b>06:10:19.25</b>	+02:08:35 (34.7%)	7:45	7.7 (65.3%)
134	<b>KUNKEL Anna</b>	<b>2161</b>	PGB SPORTOWA PACZKA	Open K	42		02:14:15	04:24:45	<b>06:10:31.45</b>	<b>06:10:37.80</b>	+02:08:54 (34.8%)	7:46	7.7 (65.3%)
135	<b>KUNKEL Mariusz</b>	<b>2160</b>	SMARUJ NA TRENING	Open M	93		02:14:16	04:24:57	<b>06:10:31.60</b>	<b>06:10:38.10</b>	+02:08:54 (34.8%)	7:46	7.7 (65.3%)
136	<b>SOBOTKA Monika</b>	<b>2302</b>	NBRC	Open K	43		02:08:51	04:18:41	<b>06:11:19.15</b>	<b>06:11:30.10</b>	+02:09:46 (34.9%)	7:47	7.7 (65.3%)
137	<b>KOT Iga</b>	<b>2139</b>	PARKRUN RZESZÓW	Open K	44		02:14:11	04:22:38	<b>06:11:32.00</b>	<b>06:11:36.80</b>	+02:09:53 (35.0%)	7:47	7.7 (65.3%)
137	<b>OWSKA Justyna</b>	<b>2228</b>		Open K	44		02:14:09	04:22:33	<b>06:11:32.15</b>	<b>06:11:36.80</b>	+02:09:53 (35.0%)	7:47	7.7 (65.3%)
139	<b>DOBOSZYNSKI Rafal</b>	<b>2048</b>		Open M	94		02:08:05	04:13:52	<b>06:11:23.40</b>	<b>06:11:40.15</b>	+02:09:56 (35.0%)	7:47	7.7 (65.3%)
140	<b>BEŁZAK Filip</b>	<b>2017</b>	TRIJET TEAM	Open M	95		02:13:57	04:17:56	<b>06:12:52.95</b>	<b>06:13:02.75</b>	+02:11:19 (35.2%)	7:49	7.7 (65.3%)
141	<b>SMODEREK Robert</b>	<b>2300</b>	GÓRAL Z MAZUR RUNNING TEAM	Open M	96		02:02:19	04:19:53	<b>06:13:30.25</b>	<b>06:13:35.80</b>	+02:11:52 (35.3%)	7:49	7.7 (65.3%)
142	<b>LACH- BRZozowska Edyta</b>	<b>2170</b>	GÓRAL Z MAZUR RUNNING TEAM	Open K	46		02:12:25	04:20:09	<b>06:13:29.90</b>	<b>06:13:35.85</b>	+02:11:52 (35.3%)	7:49	7.7 (65.3%)
143	<b>NOWAK Adam</b>	<b>2222</b>	TRI&MORE	Open M	97		02:04:59	04:13:08	<b>06:13:45.30</b>	<b>06:14:01.55</b>	+02:12:17 (35.4%)	7:50	7.7 (65.3%)
144	<b>ZACHARIASZ Agnieszka</b>	<b>2370</b>	BIEGOWA KUŹNIA	Open K	47		02:22:12	04:27:25	<b>06:15:31.65</b>	<b>06:15:36.20</b>	+02:13:52 (35.6%)	7:52	7.6 (64.4%)
145	<b>GĘSIAREK Grzegorz</b>	<b>2084</b>		Open M	98		02:05:52	04:10:08	<b>06:16:05.00</b>	<b>06:16:17.80</b>	+02:14:34 (35.8%)	7:53	7.6 (64.4%)
146	<b>REDKIEWICZ Agnieszka</b>	<b>2273</b>		Open K	48		02:12:53	04:22:09	<b>06:16:12.60</b>	<b>06:16:23.85</b>	+02:14:40 (35.8%)	7:53	7.6 (64.4%)
147	<b>CEBO Katarzyna</b>	<b>2026</b>	RUNPROGRESS.PL TEAM	Open K	49		02:22:17	04:24:49	<b>06:16:11.35</b>	<b>06:16:41.45</b>	+02:14:57 (35.8%)	7:53	7.6 (64.4%)
148	<b>TOMKIEWICZ Przemysław</b>	<b>2334</b>		Open M	99		02:08:44	04:17:05	<b>06:16:45.95</b>	<b>06:17:02.15</b>	+02:15:18 (35.9%)	7:53	7.6 (64.4%)
149	<b>MAŚLANY Mariusz</b>	<b>2195</b>	ELEKTROMETAL ENERGETYKA SA	Open M	100		02:08:41	04:16:38	<b>06:16:46.10</b>	<b>06:17:02.25</b>	+02:15:18 (35.9%)	7:53	7.6 (64.4%)
150	<b>ROGOWSKA Daria</b>	<b>2276</b>	VEGE RUNNERS	Open K	50		02:10:14	04:26:24	<b>06:16:59.75</b>	<b>06:17:05.00</b>	+02:15:21 (35.9%)	7:54	7.6 (64.4%)
151	<b>ZIELIŃSKA- KOŁACZ Ewelina</b>	<b>2374</b>	MOJEBIEGANIE	Open K	51		02:10:13	04:24:01	<b>06:16:59.85</b>	<b>06:17:05.05</b>	+02:15:21 (35.9%)	7:54	7.6 (64.4%)
152	<b>RUSIN Piotr</b>	<b>2281</b>	ALBOTERAZALBONIGDY	Open M	101		02:16:31	04:24:55	<b>06:16:54.95</b>	<b>06:17:28.10</b>	+02:15:44 (36.0%)	7:54	7.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
153	<b>PARTYKA Sebastian</b>	<b>2232</b>	DZIKITIM/PROSWIM	Open M	102		02:21:33	04:34:11	<b>06:17:14.50</b>	<b>06:17:49.60</b>	+02:16:05 (36.0%)	7:54	7.6 (64.4%)
154	<b>KONIKIEWICZ Kamil</b>	<b>2135</b>		Open M	103		02:14:54	04:21:15	<b>06:17:37.45</b>	<b>06:17:59.60</b>	+02:16:15 (36.0%)	7:54	7.6 (64.4%)
155	<b>WRZOS Paweł</b>	<b>2368</b>	DZIKITIM	Open M	104		02:21:32	04:34:04	<b>06:18:01.50</b>	<b>06:18:36.90</b>	+02:16:53 (36.2%)	7:55	7.6 (64.4%)
156	<b>WRZOS Natalia</b>	<b>2369</b>	DZIKITIM	Open K	52		02:21:33	04:33:48	<b>06:18:01.95</b>	<b>06:18:37.20</b>	+02:16:53 (36.2%)	7:55	7.6 (64.4%)
157	<b>STACHOWSKI Wojciech</b>	<b>2308</b>	TRI&MORE	Open M	105		02:15:56	04:21:38	<b>06:19:00.20</b>	<b>06:19:38.35</b>	+02:17:54 (36.3%)	7:56	7.6 (64.4%)
158	<b>BAK Paulina</b>	<b>2016</b>		Open K	53			04:28:20	<b>06:19:12.30</b>	<b>06:19:40.45</b>	+02:17:56 (36.3%)	7:56	7.5 (63.6%)
159	<b>MROZIŃSKI Marcin</b>	<b>2211</b>	SPORTGENERATION	Open M	106		02:21:20	04:27:29	<b>06:19:34.55</b>	<b>06:19:52.40</b>	+02:18:08 (36.4%)	7:57	7.5 (63.6%)
160	<b>SKOKOWSKI Jacek</b>	<b>2292</b>	FARTY PUSZCZY SZCZECIN	Open M	107		02:21:38	04:32:01	<b>06:20:24.85</b>	<b>06:20:36.15</b>	+02:18:52 (36.5%)	7:58	7.5 (63.6%)
161	<b>KASPRZYCKA Kinga</b>	<b>2127</b>	SYMETRIA	Open K	54		02:19:56	04:35:05	<b>06:22:05.45</b>	<b>06:22:32.50</b>	+02:20:48 (36.8%)	8:00	7.5 (63.6%)
162	<b>MIĄSIK Marcin</b>	<b>2200</b>	S2W	Open M	108		02:19:54	04:35:08	<b>06:22:05.75</b>	<b>06:22:32.65</b>	+02:20:48 (36.8%)	8:00	7.5 (63.6%)
163	<b>PASZEK Tomasz</b>	<b>2234</b>	PRZEŁĘCZ DUKLA	Open M	109		02:08:04	04:15:26	<b>06:22:14.65</b>	<b>06:22:45.90</b>	+02:21:02 (36.8%)	8:00	7.5 (63.6%)
164	<b>MARCINEK Łukasz</b>	<b>2190</b>		Open M	110		02:12:40	04:25:03	<b>06:22:47.95</b>	<b>06:22:56.75</b>	+02:21:13 (36.9%)	8:01	7.5 (63.6%)
165	<b>WASIEWICZ Jolanta</b>	<b>2344</b>	MEE	Open K	55		02:19:57	04:34:14	<b>06:23:21.80</b>	<b>06:23:27.75</b>	+02:21:44 (37.0%)	8:02	7.5 (63.6%)
166	<b>CHODZIŃSKI Piotr</b>	<b>2029</b>		Open M	111		02:17:45	04:20:39	<b>06:23:36.85</b>	<b>06:24:14.15</b>	+02:22:30 (37.1%)	8:02	7.5 (63.6%)
167	<b>CHMURA Łukasz</b>	<b>2028</b>	NAPRZÓD MŁOCINY	Open M	112		02:10:59	04:20:59	<b>06:23:50.05</b>	<b>06:24:25.80</b>	+02:22:42 (37.1%)	8:02	7.5 (63.6%)
168	<b>TRZYSZCZYK Julia</b>	<b>2339</b>		Open K	56		02:23:25	04:35:30	<b>06:24:27.75</b>	<b>06:24:42.35</b>	+02:22:58 (37.2%)	8:03	7.4 (62.7%)
169	<b>RAJCZONEK Rafał</b>	<b>2272</b>		Open M	113		02:12:48	04:32:22	<b>06:24:56.05</b>	<b>06:25:09.25</b>	+02:23:25 (37.2%)	8:04	7.4 (62.7%)
170	<b>KRASOWSKI Mateusz</b>	<b>2145</b>	PROSWIM	Open M	114		01:55:27	04:08:49	<b>06:25:45.95</b>	<b>06:25:51.10</b>	+02:24:07 (37.4%)	8:05	7.4 (62.7%)
171	<b>SOWIAR Maciej</b>	<b>2305</b>	LAS PAPAS	Open M	115		02:24:41	04:35:39	<b>06:25:48.55</b>	<b>06:26:24.70</b>	+02:24:41 (37.4%)	8:05	7.4 (62.7%)
172	<b>HRABEC KOTULKOVA Sona</b>	<b>2102</b>	RUNNING2.CZ/COLUMBIA	Open K	57		02:26:26	04:36:30	<b>06:26:21.40</b>	<b>06:26:30.90</b>	+02:24:47 (37.5%)	8:05	7.4 (62.7%)
173	<b>WIĘCH Mariusz</b>	<b>2356</b>		Open M	116		02:07:31	04:18:26	<b>06:26:29.65</b>	<b>06:26:31.30</b>	+02:24:47 (37.5%)	8:06	7.4 (62.7%)
174	<b>MYJAK Paweł</b>	<b>2215</b>	UKS FENIX RUN TEAM	Open M	117		02:16:48	04:28:06	<b>06:26:01.00</b>	<b>06:26:40.80</b>	+02:24:57 (37.5%)	8:05	7.4 (62.7%)
175	<b>DYMARZ Laura</b>	<b>2382</b>		Open K	58		02:16:15	04:26:18	<b>06:26:50.40</b>	<b>06:26:54.05</b>	+02:25:10 (37.5%)	8:06	7.4 (62.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h	
							Górne 18.7km	Przybyszów 34.2km						
176	<b>KIELAR Łukasz</b>	<b>2130</b>		Open M	118			02:19:33	04:34:27	<b>06:26:54.20</b>	<b>06:27:15.75</b>	+02:25:32 (37.6%)	8:06	7.4 (62.7%)
177	<b>DUTKOWIAK Aleksandra</b>	<b>2057</b>	PIĄTKOWO NA BIEGOWO	Open K	59			02:20:16	04:34:30	<b>06:27:15.05</b>	<b>06:27:29.35</b>	+02:25:45 (37.6%)	8:07	7.4 (62.7%)
178	<b>KURAS Olga</b>	<b>2162</b>	NUNEK SPITFIRE	Open K	60			02:19:53	04:34:59	<b>06:27:31.90</b>	<b>06:27:43.45</b>	+02:25:59 (37.7%)	8:07	7.4 (62.7%)
179	<b>TARNOWSKI Marcin</b>	<b>2333</b>	JACEKBIEGA RUNNING TEAM	Open M	119			02:17:45	04:32:20	<b>06:28:27.00</b>	<b>06:28:50.60</b>	+02:27:06 (37.8%)	8:08	7.4 (62.7%)
180	<b>UBYSZ Marek</b>	<b>2341</b>	JACEK BIEGA RUNNUNG TEAM	Open M	120			02:17:46	04:32:22	<b>06:28:28.35</b>	<b>06:28:51.65</b>	+02:27:07 (37.8%)	8:08	7.4 (62.7%)
181	<b>MASARCZYK Szymon</b>	<b>2194</b>	TRI&MORE	Open M	121			01:49:51	04:13:03	<b>06:29:30.15</b>	<b>06:29:32.20</b>	+02:27:48 (37.9%)	8:09	7.3 (61.9%)
182	<b>WEDRAL Luiza</b>	<b>2347</b>		Open K	61			02:22:39	04:34:25	<b>06:29:37.05</b>	<b>06:30:03.50</b>	+02:28:19 (38.0%)	8:10	7.3 (61.9%)
183	<b>SZYDŁOWSKI Robert</b>	<b>2329</b>		Open M	122			02:08:57	04:22:20	<b>06:30:24.65</b>	<b>06:30:31.10</b>	+02:28:47 (38.1%)	8:11	7.3 (61.9%)
184	<b>PANZ Krzysztof</b>	<b>2231</b>		Open M	123			02:11:04	04:24:28	<b>06:32:02.50</b>	<b>06:32:18.20</b>	+02:30:34 (38.4%)	8:13	7.3 (61.9%)
185	<b>LUBOWIECKA Katarzyna</b>	<b>2180</b>		Open K	62			02:15:12	04:32:27	<b>06:32:40.05</b>	<b>06:32:51.40</b>	+02:31:07 (38.5%)	8:13	7.3 (61.9%)
186	<b>MIKOŁAJCZYK Henryk</b>	<b>2207</b>	RZESZOWSKI KLUB KYOKUSHIN DOJO SOKÓL	Open M	124			02:24:39	04:37:02	<b>06:33:48.80</b>	<b>06:34:12.10</b>	+02:32:28 (38.7%)	8:15	7.3 (61.9%)
187	<b>POGODA Adam</b>	<b>2255</b>		Open M	125			02:15:03	04:26:18	<b>06:34:10.70</b>	<b>06:34:18.70</b>	+02:32:35 (38.7%)	8:15	7.3 (61.9%)
188	<b>KRÓLICKI Dariusz</b>	<b>2151</b>	FINISZ RYMANÓW	Open M	126			02:17:50	04:34:50	<b>06:34:11.85</b>	<b>06:34:20.05</b>	+02:32:36 (38.7%)	8:15	7.3 (61.9%)
189	<b>STAROŃSKA Magdalena</b>	<b>2311</b>	BIEGAM NA TRACHOMINIE	Open K	63			02:17:34	04:37:21	<b>06:35:29.95</b>	<b>06:35:44.00</b>	+02:34:00 (38.9%)	8:17	7.2 (61.0%)
190	<b>MICHALSKA Bogna</b>	<b>2203</b>		Open K	64			02:20:26	04:38:23	<b>06:35:31.05</b>	<b>06:35:47.80</b>	+02:34:04 (38.9%)	8:17	7.2 (61.0%)
191	<b>SZALAJ Pawel</b>	<b>2320</b>	BCD RUNNING TEAM	Open M	127			02:14:14	04:35:32	<b>06:36:01.25</b>	<b>06:36:26.10</b>	+02:34:42 (39.0%)	8:18	7.2 (61.0%)
192	<b>WIEDERMANN Krzysztof</b>	<b>2352</b>		Open M	128			02:12:00	04:31:48	<b>06:36:47.70</b>	<b>06:37:09.65</b>	+02:35:25 (39.1%)	8:19	7.2 (61.0%)
193	<b>WIECZOREK Piotr</b>	<b>2351</b>	CZYSTA AMATORKA	Open M	129			02:15:25	04:34:35	<b>06:38:16.85</b>	<b>06:38:23.80</b>	+02:36:40 (39.3%)	8:20	7.2 (61.0%)
194	<b>DOŁŻYCKI Paweł</b>	<b>2050</b>	ŻBIK-KOMAŃCZA	Open M	130			02:09:09	04:34:09	<b>06:38:35.60</b>	<b>06:38:44.10</b>	+02:37:00 (39.4%)	8:21	7.2 (61.0%)
195	<b>GALANT Marek</b>	<b>2072</b>		Open M	131			02:21:22	04:38:25	<b>06:38:52.75</b>	<b>06:39:11.35</b>	+02:37:27 (39.4%)	8:21	7.2 (61.0%)
196	<b>RADKOWSKI Piotr</b>	<b>2271</b>		Open M	132			02:23:27	04:36:00	<b>06:39:10.60</b>	<b>06:39:31.30</b>	+02:37:47 (39.5%)	8:22	7.2 (61.0%)
197	<b>SOWIAR Mateusz</b>	<b>2306</b>	LAS PAPAS	Open M	133			02:24:40	04:36:00	<b>06:38:55.80</b>	<b>06:39:31.50</b>	+02:37:47 (39.5%)	8:21	7.2 (61.0%)
198	<b>PIECZARKOWSKA Zuzanna</b>	<b>2243</b>	KKM KALORYFER	Open K	65			02:20:56	04:34:30	<b>06:39:07.60</b>	<b>06:39:33.10</b>	+02:37:49 (39.5%)	8:22	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
199	<b>MRÓZ Bartłomiej</b>	<b>2213</b>		Open M	134		02:20:57	04:34:28	<b>06:39:07.55</b>	<b>06:39:33.25</b>	+02:37:49 (39.5%)	8:22	7.2 (61.0%)
200	<b>URBANOWICZ Łukasz</b>	<b>2342</b>		Open M	135		02:18:07	04:35:07	<b>06:39:18.05</b>	<b>06:39:41.85</b>	+02:37:58 (39.5%)	8:22	7.2 (61.0%)
201	<b>ŁATKOWSKI Łukasz</b>	<b>2183</b>	GRUPA BIEGOWA CHTMO	Open M	136		02:21:51	04:42:59	<b>06:39:31.75</b>	<b>06:39:45.75</b>	+02:38:02 (39.5%)	8:22	7.2 (61.0%)
202	<b>ŁATKOWSKA Monika</b>	<b>2182</b>		Open K	66		02:21:54	04:42:57	<b>06:39:32.40</b>	<b>06:39:46.10</b>	+02:38:02 (39.5%)	8:22	7.2 (61.0%)
203	<b>RUCIŃSKI Adam</b>	<b>2278</b>		Open M	137		02:25:07	04:41:39	<b>06:41:02.05</b>	<b>06:42:16.35</b>	+02:40:32 (39.9%)	8:24	7.1 (60.2%)
204	<b>FILIPEK Igor</b>	<b>2066</b>		Open M	138		02:15:53	04:36:20	<b>06:42:38.90</b>	<b>06:43:11.70</b>	+02:41:28 (40.0%)	8:26	7.1 (60.2%)
205	<b>KRÓL Kamil</b>	<b>2150</b>	IM INSPIRATION	Open M	139		02:15:54	04:36:22	<b>06:42:39.65</b>	<b>06:43:12.00</b>	+02:41:28 (40.0%)	8:26	7.1 (60.2%)
206	<b>KARWETA Marek</b>	<b>2126</b>	FUJITSU RUNNING TEAM	Open M	140		02:06:33	04:33:59	<b>06:43:49.05</b>	<b>06:44:11.50</b>	+02:42:27 (40.2%)	8:27	7.1 (60.2%)
207	<b>BOLIGŁOWA Małgorzata</b>	<b>2020</b>		Open K	67		02:29:15	04:42:16	<b>06:43:43.40</b>	<b>06:44:13.00</b>	+02:42:29 (40.2%)	8:27	7.1 (60.2%)
208	<b>KINDELA Michał</b>	<b>2131</b>		Open M	141		02:22:31		<b>06:43:53.50</b>	<b>06:44:25.35</b>	+02:42:41 (40.2%)	8:28	7.1 (60.2%)
209	<b>WITKOWSKA Beata</b>	<b>2360</b>	#KASZANIENAMOKA	Open K	68		02:43:30	05:03:42	<b>06:44:05.80</b>	<b>06:44:42.55</b>	+02:42:58 (40.3%)	8:28	7.1 (60.2%)
210	<b>ĆWIAKAŁA Michał</b>	<b>2042</b>	MEESIEQ LAZY RUNNER	Open M	142		02:16:36	04:35:27	<b>06:44:26.50</b>	<b>06:44:46.00</b>	+02:43:02 (40.3%)	8:28	7.1 (60.2%)
210	<b>JAKUBIEC Katarzyna</b>	<b>2110</b>		Open K	69		02:16:37	04:37:10	<b>06:44:26.80</b>	<b>06:44:46.00</b>	+02:43:02 (40.3%)	8:28	7.1 (60.2%)
212	<b>PRĘDKI Jerzy</b>	<b>2260</b>	WYBIEGAMY W PRZYSZŁOŚĆ	Open M	143		02:18:00	04:36:44	<b>06:44:27.45</b>	<b>06:44:46.15</b>	+02:43:02 (40.3%)	8:28	7.1 (60.2%)
213	<b>MAZEK Łukasz</b>	<b>2197</b>	STOPKA	Open M	144		02:18:24	04:36:50	<b>06:44:51.05</b>	<b>06:45:13.50</b>	+02:43:29 (40.3%)	8:29	7.1 (60.2%)
214	<b>CZŁONKOWSKI Grzegorz</b>	<b>2041</b>	DOMDATA RUN TEAM / DZIKI Z MORASKA	Open M	145		02:29:15	04:20:21	<b>06:44:58.15</b>	<b>06:45:27.60</b>	+02:43:43 (40.4%)	8:29	7.1 (60.2%)
215	<b>PŁAWECKA Katarzyna</b>	<b>2381</b>	PSZCZYNA BIEGA	Open K	70		02:23:03	04:42:19	<b>06:45:51.40</b>	<b>06:46:19.85</b>	+02:44:36 (40.5%)	8:30	7.1 (60.2%)
216	<b>DOBROWOLSKI Patryk</b>	<b>2049</b>		Open M	146		02:17:06	04:38:40	<b>06:47:57.75</b>	<b>06:48:11.75</b>	+02:46:28 (40.8%)	8:33	7 (59.3%)
217	<b>LIBERACKI Grzegorz</b>	<b>2178</b>	LIBERATOR NOWY SĄCZ	Open M	147		02:25:34		<b>06:47:59.30</b>	<b>06:48:41.10</b>	+02:46:57 (40.9%)	8:33	7 (59.3%)
218	<b>PUNIACH Edyta</b>	<b>2264</b>		Open K	71		02:37:31	05:01:16	<b>06:48:11.55</b>	<b>06:48:43.30</b>	+02:46:59 (40.9%)	8:33	7 (59.3%)
219	<b>ĆWIAKAŁA Paweł</b>	<b>2043</b>	KW KRAKÓW	Open M	148		02:37:31	05:01:14	<b>06:48:11.55</b>	<b>06:48:43.40</b>	+02:46:59 (40.9%)	8:33	7 (59.3%)
220	<b>SZULECKA Kamila</b>	<b>2327</b>		Open K	72		02:28:47		<b>06:48:40.35</b>	<b>06:48:51.50</b>	+02:47:07 (40.9%)	8:34	7 (59.3%)
221	<b>SZELAĞIEWICZ Arek</b>	<b>2321</b>	CI OD RUDEGO KOTA	Open M	149		02:20:26		<b>06:49:10.25</b>	<b>06:49:22.70</b>	+02:47:39 (41.0%)	8:34	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
222	<b>PŁATEK Dominik</b>	<b>2251</b>		Open M	150		02:11:45	04:35:41	<b>06:49:21.20</b>	<b>06:49:46.25</b>	+02:48:02 (41.0%)	8:34	7 (59.3%)
223	<b>TWOMEY Mark</b>	<b>2340</b>	RUN FATBOY RUN	Open M	151		02:23:20	04:42:32	<b>06:51:19.40</b>	<b>06:51:56.15</b>	+02:50:12 (41.3%)	8:37	7 (59.3%)
224	<b>DĄBROWSKI Michał</b>	<b>2046</b>		Open M	152		02:12:28	05:00:42	<b>06:51:39.90</b>	<b>06:52:07.45</b>	+02:50:23 (41.3%)	8:37	7 (59.3%)
225	<b>CROZIER Dawid</b>	<b>2035</b>		Open M	153		02:09:07	04:36:39	<b>06:52:01.85</b>	<b>06:52:20.00</b>	+02:50:36 (41.4%)	8:38	6.9 (58.5%)
226	<b>SZUSZKIEWICZ Marzena</b>	<b>2328</b>		Open K	73		02:28:36	05:00:45	<b>06:52:54.10</b>	<b>06:53:31.55</b>	+02:51:47 (41.5%)	8:39	6.9 (58.5%)
227	<b>KUŹNIAK Martyna</b>	<b>2166</b>		Open K	74		02:32:25	05:04:40	<b>06:54:33.20</b>	<b>06:54:43.50</b>	+02:52:59 (41.7%)	8:41	6.9 (58.5%)
228	<b>STOPA Marcin</b>	<b>2315</b>	URZĄD MIASTA RZESZOWA	Open M	154		02:18:41		<b>06:56:06.20</b>	<b>06:56:11.65</b>	+02:54:27 (41.9%)	8:43	6.9 (58.5%)
229	<b>GZULA Beata</b>	<b>2097</b>	TEAM PARSZCZYŃSKICH	Open K	75		02:30:27	05:00:50	<b>06:56:33.10</b>	<b>06:57:02.70</b>	+02:55:19 (42.0%)	8:43	6.9 (58.5%)
230	<b>MARSZAŁEK Marcin</b>	<b>2191</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Open M	155		02:34:05	05:01:50	<b>06:59:03.80</b>	<b>06:59:43.00</b>	+02:57:59 (42.4%)	8:47	6.8 (57.6%)
231	<b>SOBCZYK-SPYT Agata</b>	<b>2301</b>		Open K	76		02:28:29	05:03:50	<b>06:59:28.90</b>	<b>06:59:43.50</b>	+02:57:59 (42.4%)	8:47	6.8 (57.6%)
232	<b>BUSZTA Robert</b>	<b>2025</b>	AKTYWNE ŻYCIE 50+	Open M	156		02:27:06	05:00:56	<b>07:00:21.15</b>	<b>07:00:50.15</b>	+02:59:06 (42.6%)	8:48	6.8 (57.6%)
233	<b>LALEWICZ Wojciech</b>	<b>2172</b>	ASSECO ACTIVE TEAM	Open M	157		02:22:58	05:01:42	<b>07:01:05.40</b>	<b>07:01:44.45</b>	+03:00:00 (42.7%)	8:49	6.8 (57.6%)
234	<b>KUNERT Krzysztof</b>	<b>2159</b>		Open M	158		02:31:46	05:03:38	<b>07:01:07.55</b>	<b>07:01:46.20</b>	+03:00:02 (42.7%)	8:49	6.8 (57.6%)
235	<b>GAWLIK Andrzej</b>	<b>2080</b>		Open M	159		02:18:36	05:00:48	<b>07:02:08.15</b>	<b>07:02:23.40</b>	+03:00:39 (42.8%)	8:50	6.8 (57.6%)
236	<b>SLUZALEK Małgorzata</b>	<b>2298</b>	TRI&MORE	Open K	77		02:34:07	05:01:52	<b>07:01:52.00</b>	<b>07:02:31.15</b>	+03:00:47 (42.8%)	8:50	6.8 (57.6%)
237	<b>BRUSSEL Rinke</b>	<b>2024</b>		Open M	160		02:30:53	05:03:02	<b>07:02:36.75</b>	<b>07:03:10.10</b>	+03:01:26 (42.9%)	8:51	6.8 (57.6%)
237	<b>WIDAWSKA Katarzyna</b>	<b>2349</b>		Open K	78		02:30:51	05:02:08	<b>07:02:36.70</b>	<b>07:03:10.10</b>	+03:01:26 (42.9%)	8:51	6.8 (57.6%)
239	<b>TROJANOWSKA Małgorzata</b>	<b>2337</b>	TRAIL IS OUR WAY	Open K	79		02:36:05	05:03:06	<b>07:02:37.15</b>	<b>07:03:10.70</b>	+03:01:27 (42.9%)	8:51	6.8 (57.6%)
240	<b>MACIOŁ Sebastian</b>	<b>2184</b>	TTA BIERUŃ	Open M	161			04:58:50	<b>06:58:35.20</b>	<b>07:03:38.70</b>	+03:01:55 (42.9%)	8:46	6.8 (57.6%)
241	<b>SKROBEK Karolina</b>	<b>2296</b>	VEGE RABBITS	Open K	80		02:27:29		<b>07:03:22.40</b>	<b>07:03:39.45</b>	+03:01:55 (42.9%)	8:52	6.8 (57.6%)
242	<b>NELKE Tomasz</b>	<b>2218</b>	RUSA GTR	Open M	162		02:27:25		<b>07:03:18.80</b>	<b>07:03:39.75</b>	+03:01:56 (42.9%)	8:52	6.8 (57.6%)
242	<b>STOLINSKI Dominik</b>	<b>2314</b>		Open M	162		02:24:36		<b>07:03:18.90</b>	<b>07:03:39.75</b>	+03:01:56 (42.9%)	8:52	6.8 (57.6%)
244	<b>PELCZAR Paweł</b>	<b>2237</b>		Open M	164		02:25:22		<b>07:03:57.55</b>	<b>07:04:18.90</b>	+03:02:35 (43.0%)	8:53	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
245	<b>KRUCZEK Robert</b>	<b>2152</b>	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	Open M	165		02:22:22	05:02:21	<b>07:04:26.85</b>	<b>07:04:32.30</b>	+03:02:48 (43.1%)	8:53	6.7 (56.8%)
246	<b>KOTOWICZ Iwona</b>	<b>2140</b>	PODIUM	Open K	81		02:19:18	05:02:19	<b>07:04:27.80</b>	<b>07:04:32.50</b>	+03:02:48 (43.1%)	8:53	6.7 (56.8%)
247	<b>KRYJAK Tomasz</b>	<b>2155</b>		Open M	166		02:37:37	05:04:40	<b>07:05:07.50</b>	<b>07:05:39.00</b>	+03:03:55 (43.2%)	8:54	6.7 (56.8%)
248	<b>ANDRZEJCZYK Grzegorz</b>	<b>2011</b>		Open M	167		02:33:46	05:01:59	<b>07:05:44.45</b>	<b>07:06:20.95</b>	+03:04:37 (43.3%)	8:55	6.7 (56.8%)
249	<b>WOJEWODA Renata</b>	<b>2361</b>	KAZIKI/TRIWAWA - KOCHAM WAS	Open K	82		02:27:54	05:04:20	<b>07:07:30.80</b>	<b>07:07:59.00</b>	+03:06:15 (43.5%)	8:57	6.7 (56.8%)
250	<b>PINKIEWCZ Mateusz</b>	<b>2249</b>		Open M	168		02:25:13	05:02:04	<b>07:08:44.85</b>	<b>07:09:19.15</b>	+03:07:35 (43.7%)	8:59	6.7 (56.8%)
251	<b>SIKORA Agnieszka</b>	<b>2290</b>	MATNER RUNNING TEAM	Open K	83		02:29:39		<b>07:09:29.75</b>	<b>07:09:56.60</b>	+03:08:12 (43.8%)	9:00	6.7 (56.8%)
252	<b>DABROWSKI Dariusz</b>	<b>2044</b>	HANKA PARTYZANTKA	Open M	169		02:20:38	05:01:30	<b>07:10:52.30</b>	<b>07:10:56.80</b>	+03:09:13 (43.9%)	9:01	6.6 (55.9%)
253	<b>LEMIEC Agnieszka</b>	<b>2175</b>		Open K	84		02:32:26	05:04:05	<b>07:10:30.60</b>	<b>07:11:11.55</b>	+03:09:27 (43.9%)	9:01	6.6 (55.9%)
254	<b>MICHOWSKA Anna</b>	<b>2204</b>	HEŃTEAM	Open K	85		02:27:23	05:03:41	<b>07:11:18.60</b>	<b>07:11:22.50</b>	+03:09:38 (44.0%)	9:02	6.6 (55.9%)
255	<b>SOCHA Sebastian</b>	<b>2303</b>		Open M	170		02:20:34	05:01:41	<b>07:12:45.95</b>	<b>07:13:00.75</b>	+03:11:17 (44.2%)	9:04	6.6 (55.9%)
256	<b>JAKUBISIAK Renata</b>	<b>2111</b>	BIEGAM NA TARCHOMINIE	Open K	86		02:27:12	05:03:32	<b>07:12:50.25</b>	<b>07:13:05.65</b>	+03:11:21 (44.2%)	9:04	6.6 (55.9%)
257	<b>LACHOWSKI Karol</b>	<b>2171</b>	FILIP RUNNING TEAM	Open M	171		02:26:15	05:03:35	<b>07:12:50.50</b>	<b>07:13:05.90</b>	+03:11:22 (44.2%)	9:04	6.6 (55.9%)
258	<b>WÓJTOWICZ Paweł</b>	<b>2367</b>		Open M	172		02:30:45	05:05:07	<b>07:13:22.05</b>	<b>07:13:35.25</b>	+03:11:51 (44.2%)	9:05	6.6 (55.9%)
259	<b>NOWAK Marcin</b>	<b>2223</b>		Open M	173		02:31:45		<b>07:13:29.15</b>	<b>07:13:59.65</b>	+03:12:15 (44.3%)	9:05	6.6 (55.9%)
260	<b>WOŁOWIEC Krzysztof</b>	<b>2364</b>	LABORATORYJNIE.PL	Open M	174		02:24:41	05:03:32	<b>07:13:45.20</b>	<b>07:14:15.90</b>	+03:12:32 (44.3%)	9:05	6.6 (55.9%)
261	<b>WIERZBICKA Ewa</b>	<b>2355</b>		Open K	87		02:27:58	05:03:26	<b>07:14:06.90</b>	<b>07:14:18.90</b>	+03:12:35 (44.3%)	9:06	6.6 (55.9%)
262	<b>KAWIK Janusz</b>	<b>2129</b>		Open M	175		02:26:57	05:01:51	<b>07:14:02.15</b>	<b>07:14:26.25</b>	+03:12:42 (44.4%)	9:05	6.6 (55.9%)
263	<b>PROCHOWICZ Dominik</b>	<b>2261</b>		Open M	176		02:29:10	05:04:31	<b>07:14:37.50</b>	<b>07:15:02.95</b>	+03:13:19 (44.4%)	9:06	6.6 (55.9%)
264	<b>PUSZCZYKOWSKA Małgorzata</b>	<b>2266</b>		Open K	88		02:41:15	05:06:33	<b>07:16:10.45</b>	<b>07:16:29.80</b>	+03:14:46 (44.6%)	9:08	6.6 (55.9%)
265	<b>PUSZCZYKOWSKI Grzegorz</b>	<b>2267</b>		Open M	177		02:41:28	05:06:31	<b>07:16:11.20</b>	<b>07:16:30.10</b>	+03:14:46 (44.6%)	9:08	6.6 (55.9%)
266	<b>WIĘSIK Michał</b>	<b>2357</b>		Open M	178		02:17:34		<b>07:16:23.50</b>	<b>07:16:55.90</b>	+03:15:12 (44.7%)	9:08	6.6 (55.9%)
267	<b>PAWLIKOWSKA Monika</b>	<b>2236</b>		Open K	89		02:41:27	05:07:40	<b>07:16:50.90</b>	<b>07:17:19.75</b>	+03:15:36 (44.7%)	9:09	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
268	<b>LEKS- MASZKOWSKA Ryszarda</b>	<b>2174</b>	OBORYGENI	Open K	90		02:31:54	05:05:10	<b>07:17:50.95</b>	<b>07:17:58.00</b>	+03:16:14 (44.8%)	9:10	6.5 (55.1%)
269	<b>WOJEWODA Michał</b>	<b>2362</b>	KAZIKI	Open M	179		02:28:48	05:09:11	<b>07:17:47.80</b>	<b>07:18:15.85</b>	+03:16:32 (44.8%)	9:10	6.5 (55.1%)
270	<b>PODOLAK Agnieszka</b>	<b>2253</b>	PIĘKNE I BRODACZE	Open K	91		02:28:26	05:03:56	<b>07:19:03.55</b>	<b>07:19:18.30</b>	+03:17:34 (45.0%)	9:12	6.5 (55.1%)
271	<b>NIEDZIELSKA Anna</b>	<b>2221</b>		Open K	92		02:29:10	05:09:08	<b>07:18:59.60</b>	<b>07:19:28.05</b>	+03:17:44 (45.0%)	9:12	6.5 (55.1%)
272	<b>MENDOCHA Jakub</b>	<b>2199</b>		Open M	180		02:38:13	05:06:42	<b>07:20:05.45</b>	<b>07:20:19.00</b>	+03:18:35 (45.1%)	9:13	6.5 (55.1%)
273	<b>RZUCIDŁO Paweł</b>	<b>2283</b>		Open M	181		02:30:54	05:06:13	<b>07:21:14.65</b>	<b>07:21:48.10</b>	+03:20:04 (45.3%)	9:15	6.5 (55.1%)
274	<b>KROSZKA Krzysztof</b>	<b>2149</b>	STEPSTONE RUNNING TEAM	Open M	182		02:31:47	05:06:50	<b>07:25:13.25</b>	<b>07:25:43.75</b>	+03:24:00 (45.8%)	9:20	6.4 (54.2%)
275	<b>MISZCZYK Marcin</b>	<b>2208</b>		Open M	183		02:38:38	05:08:55	<b>07:25:45.15</b>	<b>07:26:09.55</b>	+03:24:25 (45.8%)	9:20	6.4 (54.2%)
276	<b>GÓRAJ Maciej</b>	<b>2093</b>	YOLO:)	Open M	184		02:36:15	05:07:26	<b>07:25:54.30</b>	<b>07:26:26.55</b>	+03:24:42 (45.9%)	9:20	6.4 (54.2%)
277	<b>BARSZCZ Marcin</b>	<b>2013</b>	SPARTA LUBLIN	Open M	185		02:30:39	05:06:21	<b>07:27:17.15</b>	<b>07:27:26.10</b>	+03:25:42 (46.0%)	9:22	6.4 (54.2%)
278	<b>NAWROT Waldek</b>	<b>2217</b>	J U V E R U N	Open M	186		02:30:56	05:07:00	<b>07:29:04.40</b>	<b>07:29:30.30</b>	+03:27:46 (46.2%)	9:24	6.4 (54.2%)
279	<b>AGÓCS Róbert</b>	<b>2010</b>	ANGYALCIPŐK	Open M	187		02:27:17	05:10:27	<b>07:29:50.65</b>	<b>07:30:14.75</b>	+03:28:31 (46.3%)	9:25	6.4 (54.2%)
280	<b>NEUMANN Łukasz</b>	<b>2219</b>	BRAK	Open M	188		02:35:16	05:06:42	<b>07:30:39.90</b>	<b>07:30:56.85</b>	+03:29:13 (46.4%)	9:26	6.4 (54.2%)
281	<b>KRAWCZYK Jakub</b>	<b>2146</b>		Open M	189		02:37:08	05:12:01	<b>07:31:56.20</b>	<b>07:32:31.30</b>	+03:30:47 (46.6%)	9:28	6.3 (53.4%)
282	<b>KRUPCZYŃSKI Mariusz</b>	<b>2154</b>	KRUPOLSTEAM	Open M	190		02:28:16	05:04:22	<b>07:33:42.00</b>	<b>07:34:13.10</b>	+03:32:29 (46.8%)	9:30	6.3 (53.4%)
283	<b>CHRÓŚCIAK Paweł</b>	<b>2033</b>		Open M	191		02:46:59	05:18:13	<b>07:33:43.05</b>	<b>07:34:23.40</b>	+03:32:39 (46.8%)	9:30	6.3 (53.4%)
284	<b>LASOTA Michał</b>	<b>2173</b>		Open M	192		02:35:32	05:15:25	<b>07:33:59.75</b>	<b>07:34:34.40</b>	+03:32:50 (46.8%)	9:31	6.3 (53.4%)
285	<b>BRODZIUK Anna</b>	<b>2022</b>	GRUPA BIEGOWA UM W-WA	Open K	93		02:36:52	05:06:42	<b>07:34:22.90</b>	<b>07:34:42.60</b>	+03:32:58 (46.8%)	9:31	6.3 (53.4%)
286	<b>MARSZAŁEK Marcin</b>	<b>2192</b>	OK! SPORT	Open M	193		02:30:04	05:05:46	<b>07:36:32.95</b>	<b>07:36:58.25</b>	+03:35:14 (47.1%)	9:34	6.3 (53.4%)
287	<b>MAŁEK Paweł</b>	<b>2188</b>	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	Open M	194		02:31:55	05:10:28	<b>07:38:12.50</b>	<b>07:38:34.25</b>	+03:36:50 (47.3%)	9:36	6.2 (52.5%)
288	<b>GAWĘDZKA Aneta</b>	<b>2079</b>	OBORYGENI	Open K	94		02:34:59	05:17:35	<b>07:38:27.40</b>	<b>07:38:34.35</b>	+03:36:50 (47.3%)	9:36	6.2 (52.5%)
289	<b>KROSZKA Beata</b>	<b>2148</b>	TEAMZABIEGANEDNI	Open K	95		02:47:21	05:27:19	<b>07:42:39.80</b>	<b>07:42:51.80</b>	+03:41:08 (47.8%)	9:41	6.2 (52.5%)
290	<b>WALKOWSKA Justyna</b>	<b>2343</b>	WILD ULTRA WARRIORS	Open K	96		02:40:53		<b>07:42:57.25</b>	<b>07:43:26.35</b>	+03:41:42 (47.8%)	9:42	6.2 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
291	<b>KACPRZAK Konrad</b>	<b>2121</b>		Open M	195		02:43:00	05:26:51	<b>07:43:02.10</b>	<b>07:43:29.30</b>	+03:41:45 (47.8%)	9:42	6.2 (52.5%)
292	<b>SKRZYPEK Robert</b>	<b>2297</b>	BIEGNIJ Z PROSERVICE	Open M	196		02:35:50	05:28:33	<b>07:43:38.25</b>	<b>07:44:09.05</b>	+03:42:25 (47.9%)	9:43	6.2 (52.5%)
293	<b>JANKOWY Waldemar</b>	<b>2113</b>		Open M	197		02:34:19	05:17:55	<b>07:46:16.35</b>	<b>07:46:18.60</b>	+03:44:34 (48.2%)	9:46	6.1 (51.7%)
294	<b>SKONIECZNA NOWAK Katarzyna</b>	<b>2293</b>	TRICERATOPS	Open K	97		02:40:44	05:31:01	<b>07:47:15.45</b>	<b>07:47:34.65</b>	+03:45:50 (48.3%)	9:47	6.1 (51.7%)
295	<b>STĘPIEŃ Małgorzata</b>	<b>2313</b>		Open K	98		02:40:43	05:30:58	<b>07:47:14.60</b>	<b>07:47:34.75</b>	+03:45:51 (48.3%)	9:47	6.1 (51.7%)
296	<b>FIJAŁKOWSKA Karolina</b>	<b>2064</b>		Open K	99		02:59:17	05:34:47	<b>07:48:17.65</b>	<b>07:48:35.15</b>	+03:46:51 (48.4%)	9:49	6.1 (51.7%)
297	<b>BOROWIEC-RÓŻYCKA Magdalena</b>	<b>2021</b>	BIEGAJĄCY ŚWIDNIK	Open K	100		02:59:16	05:37:34	<b>07:48:17.70</b>	<b>07:48:35.55</b>	+03:46:51 (48.4%)	9:49	6.1 (51.7%)
298	<b>SZEWCZYK Radosław</b>	<b>2322</b>		Open M	198		02:35:31	05:24:12	<b>07:58:12.90</b>	<b>07:58:40.25</b>	+03:56:56 (49.5%)	10:01	6 (50.8%)
<b>Przekroczony limit czasu: 08:00:00</b>													
299	<b>ZASŁONKA Paweł</b>	<b>2371</b>		Open M	199		02:55:50	05:38:43	<b>08:00:03.85</b>	<b>08:00:18.15</b>	+03:58:34 (49.7%)	10:03	6 (50.8%)
300	<b>STACHAŃCZYK Wojciech</b>	<b>2307</b>		Open M	200		02:51:11	05:38:21	<b>08:03:25.40</b>	<b>08:03:52.00</b>	+04:02:08 (50.0%)	10:08	5.9 (50.0%)
301	<b>DOMARECKA Izabela</b>	<b>2052</b>	RUDZICKA STRZAŁA	Open K	101		02:48:07	05:46:24	<b>08:06:57.60</b>	<b>08:07:38.65</b>	+04:05:54 (50.4%)	10:12	5.9 (50.0%)
302	<b>SZKLANNY-RECLIK Elżbieta</b>	<b>2324</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Open K	102		03:01:07	05:57:14	<b>08:15:18.05</b>	<b>08:15:46.45</b>	+04:14:02 (51.2%)	10:23	5.8 (49.2%)
303	<b>MICHALCZUK Zenon</b>	<b>2201</b>		Open M	201		02:59:41	06:12:12	<b>08:37:32.00</b>	<b>08:38:14.15</b>	+04:36:30 (53.4%)	10:50	5.5 (46.6%)
304	<b>GALESKI Stanisław</b>	<b>2073</b>		Open M	202		02:55:59	06:12:51	<b>08:49:21.95</b>	<b>08:49:29.90</b>	+04:47:46 (54.3%)	11:05	5.4 (45.8%)
305	<b>JANASZ Filip</b>	<b>2112</b>		Open M	203		02:56:07	06:12:53	<b>08:49:21.45</b>	<b>08:49:30.25</b>	+04:47:46 (54.3%)	11:05	5.4 (45.8%)
306	<b>RURKA Grzegorz</b>	<b>2279</b>	SAMBIEGAM	Open M	204		02:55:09	06:23:49	<b>09:16:26.70</b>	<b>09:17:07.60</b>	+05:15:23 (56.6%)	11:39	5.1 (43.2%)
	<b>NEY Patrick</b>	<b>2220</b>		Open M			DNF	04:35:23 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ZYCH Andrzej</b>	<b>2378</b>		Open M			02:01:22 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PIĄTY Kamil</b>	<b>2241</b>		Open M			02:32:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>HAUTON Monika</b>	<b>2099</b>	NIE TERAZ, POTEM	Open K			04:14:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 310 wynik(ów)