

ŁEMKO MARATON 48

B4SPORT



Wydarzenie: Łemkowyna Ultra-Trail
Organizator: Fundacja Ultra
Data: 2023-10-21
Miejsce: Komańcza
Dystans: 47.7 km

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	KARWACZYŃSKI Roger	2133	CODETWO	Open M	1	01:25:59		03:52:37.05	03:52:37.05		4:52	12.3 (100%)
2	GAWLIK Sławek	2081	DYNAFIT TEAM POLAND	Open M	2	01:30:12	03:29:55	04:03:22.80	04:03:22.80	+00:10:45 (4.4%)	5:06	11.8 (95.9%)
3	KOCZWARA Tomasz	2002	MARCIN ŚWIERC TEAM	Open M	3	01:26:53	03:29:37	04:08:33.55	04:08:33.55	+00:15:56 (6.4%)	5:12	11.5 (93.5%)
4	WRÓBLEWSKI Robert	2369		Open M	4	01:26:53	03:29:43	04:16:06.70	04:16:06.70	+00:23:29 (9.2%)	5:22	11.2 (91.1%)
5	SKOWRON Michał	2306	BIEGAM_BO_MAM_DZIECI	Open M	5	01:32:59	03:30:05	04:17:43.90	04:17:43.90	+00:25:06 (9.7%)	5:24	11.1 (90.2%)
6	WASIEWICZ Adam	2350	NIE MÓJ CYRK, MOJE MAŁPY	Open M	6	01:35:33	03:30:22	04:24:36.70	04:24:36.70	+00:31:59 (12.1%)	5:32	10.8 (87.8%)
7	TOMASIAK Natalia	2001	SALOMON TEAM	Open K	1	01:36:04	03:30:25	04:26:00.05	04:26:00.05	+00:33:23 (12.6%)	5:34	10.8 (87.8%)
8	SAWICKI Piotr	2297	HARDDRIVERCITIZENS	Open M	7	01:36:05	03:30:33	04:35:53.10	04:35:53.10	+00:43:16 (15.7%)	5:47	10.4 (84.6%)
9	FRAŃKIEWICZ Mateusz	2070		Open M	8	01:37:13	03:30:38	04:37:29.45	04:37:29.45	+00:44:52 (16.2%)	5:49	10.3 (83.7%)
10	JABŁOŃSKA Sylwia	2113	SBG PODBIEG NESSI TEAM	Open K	2	01:36:37	03:31:34	04:39:48.55	04:39:48.55	+00:47:11 (16.9%)	5:51	10.2 (82.9%)
11	PIĘKNIK Patryk	2260	TRAIL IS OUR WAY	Open M	9	01:40:36	03:32:00	04:45:53.60	04:45:53.60	+00:53:16 (18.6%)	5:59	10 (81.3%)
12	ZIĘBA Zbigniew	2379	KS RYGLICE SEKCJA BIEGOWA	Open M	10	01:41:17	03:32:19	04:52:32.15	04:52:32.15	+00:59:55 (20.5%)	6:07	9.8 (79.7%)
13	PTAK Mateusz	2277	TRAIL IS OUR WAY, KB ATHLETIC ZRĘCIN	Open M	11	01:44:47	03:32:30	04:56:25.20	04:56:25.20	+01:03:48 (21.5%)	6:12	9.7 (78.9%)
14	RACZYC Janusz	2281	HIT THE TRAIL	Open M	12	01:46:08	03:32:24	04:57:46.55	04:57:46.55	+01:05:09 (21.9%)	6:14	9.6 (78.0%)
15	KRZYSZTOŃ Marcin	2165		Open M	13	01:42:07	03:32:34	04:59:42.35	04:59:42.35	+01:07:05 (22.4%)	6:16	9.5 (77.2%)

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16	STASZELIS Krzysztof	2391	POCOLOCO ADVENTURE	Open M	14	01:43:01	03:32:58	05:01:15.60	05:01:15.60	+01:08:38 (22.8%)	6:18	9.5 (77.2%)
17	JASNOCH Marcin	2120	STS BIEGATON MIKOŁÓW	Open M	15	01:50:31	03:33:39	05:02:16.05	05:02:16.05	+01:09:39 (23.0%)	6:20	9.5 (77.2%)
18	MAGOCSY Adam	2200		Open M	16	01:45:35	03:33:59	05:04:37.90	05:04:37.90	+01:12:00 (23.6%)	6:23	9.4 (76.4%)
19	POTASIEWICZ Grzegorz	2269		Open M	17	01:41:08	03:33:05	05:04:48.50	05:04:48.50	+01:12:11 (23.7%)	6:23	9.4 (76.4%)
20	FIEDOROWICZ Asia	2061	SKLEP BIEGACZA RUNNING TEAM	Open K	3	01:54:10	03:39:04	05:10:02.85	05:10:02.85	+01:17:25 (25.0%)	6:29	9.2 (74.8%)
21	SIERŻĘGA Agnieszka	2299		Open K	4	01:57:45	03:40:47	05:10:07.50	05:10:07.50	+01:17:30 (25.0%)	6:30	9.2 (74.8%)
22	CHODOWIEC Emil	2036		Open M	18	01:54:29	03:36:14	05:10:36.85	05:10:36.85	+01:17:59 (25.1%)	6:30	9.2 (74.8%)
23	DOMBROWSKI Jakub	2056	TRAIL IS OUR WAY	Open M	19	01:46:35	03:33:53	05:13:03.60	05:13:03.60	+01:20:26 (25.7%)	6:33	9.1 (74.0%)
24	WOJTAS Piotr	2362		Open M	20	01:50:10	03:34:18	05:13:03.75	05:13:03.75	+01:20:26 (25.7%)	6:33	9.1 (74.0%)
25	MALINOWSKI Marek	2204		Open M	21	01:56:56	03:39:17	05:16:12.30	05:16:12.30	+01:23:35 (26.4%)	6:37	9.1 (74.0%)
26	PIESZKO Magda	2258	MKRAWCZYŃSKA TEAM	Open K	5	01:55:16	03:40:52	05:16:14.10	05:16:14.10	+01:23:37 (26.4%)	6:37	9.1 (74.0%)
27	OPALSKA Karolina	2242	ZADYSZKA OŚWIĘCIM	Open K	6	01:54:45		05:16:29.10	05:16:29.10	+01:23:52 (26.5%)	6:38	9 (73.2%)
28	SKRZYPCZYK Michał	2308	AKTYWNE BESKIDY	Open M	22	01:54:46	03:38:58	05:16:41.55	05:16:41.55	+01:24:04 (26.5%)	6:38	9 (73.2%)
29	BOROWSKI Przemysław	2025	#GRUNNERS	Open M	23	01:55:17	03:39:13	05:17:24.15	05:17:24.15	+01:24:47 (26.7%)	6:39	9 (73.2%)
30	OCHOJSKI Dominik	2238		Open M	24	01:48:50	03:41:38	05:21:00.45	05:21:00.45	+01:28:23 (27.5%)	6:43	8.9 (72.4%)
31	GRUCELA Przemek	2095		Open M	25	01:50:40	03:42:02	05:21:39.45	05:21:39.45	+01:29:02 (27.7%)	6:44	8.9 (72.4%)
32	WOCH Agnieszka	2358		Open K	7	01:56:59	03:44:34	05:21:49.65	05:21:49.65	+01:29:12 (27.7%)	6:44	8.9 (72.4%)
33	WOJCIECHOWSKI Kacper	2360	SWORDS ATHLETICS	Open M	26	01:49:34	03:39:01	05:22:20.25	05:22:20.25	+01:29:43 (27.8%)	6:45	8.9 (72.4%)
34	KOWALCZYK Rafał	2154	SIGMA TECHNOLOGY & ENERGY SOLUTIONS SP. Z O.O.	Open M	27	01:47:59	03:34:09	05:23:19.55	05:23:19.55	+01:30:42 (28.1%)	6:46	8.9 (72.4%)
35	KOWALKOWSKI Paweł	2155	RYKOWISKOTEAM	Open M	28	01:56:57	03:44:03	05:23:53.30	05:23:53.30	+01:31:16 (28.2%)	6:47	8.8 (71.5%)
36	GUŁAŚ Daniel	2390		Open M	29	01:54:12	03:41:21	05:23:55.35	05:23:55.35	+01:31:18 (28.2%)	6:47	8.8 (71.5%)
37	KOŁECKA Patrycja	2143	PIĄTKOWO NA BIEGOWO / POZNAŃ	Open K	8	01:58:36	03:45:36	05:24:00.95	05:24:00.95	+01:31:23 (28.2%)	6:47	8.8 (71.5%)
38	RUSIN Krzysztof	2289		Open M	30	01:39:54	03:34:03	05:24:19.90	05:24:19.90	+01:31:42 (28.3%)	6:47	8.8 (71.5%)

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39	KSIĄŻKIEWICZ Bartłomiej	2169	ROCKY BALBOA	Open M	31	01:58:02	03:45:32	05:24:44.00	05:24:44.00	+01:32:06 (28.4%)	6:48	8.8 (71.5%)
40	WŁODARCZYK Michał	2357	EVERRUN	Open M	32	01:48:08	03:38:23	05:25:29.05	05:25:29.05	+01:32:52 (28.5%)	6:49	8.8 (71.5%)
41	MUSZYŃSKI Krzysztof	2230	POCOLOCO ADVENTURE	Open M	33	01:53:52	03:44:47	05:25:46.65	05:25:46.65	+01:33:09 (28.6%)	6:49	8.8 (71.5%)
42	OGNIEWSKI Marcin	2240	WATAHA	Open M	34	01:54:13	03:45:40	05:29:10.95	05:29:10.95	+01:36:33 (29.3%)	6:54	8.7 (70.7%)
43	KOZŁOWSKI Jerzy	2158		Open M	35	01:56:32	03:48:58	05:29:20.15	05:29:20.15	+01:36:43 (29.4%)	6:54	8.7 (70.7%)
44	ŁUCJANEK Andrzej	2193	KAJA TEAM	Open M	36	01:52:00	03:46:58	05:31:13.10	05:31:13.10	+01:38:36 (29.8%)	6:56	8.6 (69.9%)
45	SŁAWIŃSKI Grzegorz	2310	MKL MARATON ŚWINOUJŚCIE	Open M	37	01:54:40	03:43:17	05:31:30.85	05:31:30.85	+01:38:53 (29.8%)	6:56	8.6 (69.9%)
46	BUŁAWKA Łukasz	2032	KW KRAKÓW	Open M	38	01:58:04	03:49:13	05:31:52.40	05:31:52.40	+01:39:15 (29.9%)	6:57	8.6 (69.9%)
47	LEWCZAK Mateusz	2188		Open M	39	01:44:37	03:33:45	05:32:36.75	05:32:36.75	+01:39:59 (30.1%)	6:58	8.6 (69.9%)
48	SOŁTYSIK Mateusz	2315		Open M	40	01:54:46	03:46:43	05:33:36.85	05:33:36.85	+01:40:59 (30.3%)	6:59	8.6 (69.9%)
49	KANCLERZ-MAZURCZUK Monika	2131	WIST	Open K	9	02:01:10	03:53:01	05:33:53.75	05:33:53.75	+01:41:16 (30.3%)	6:59	8.6 (69.9%)
50	KRAWIEC Robert	2160		Open M	41	01:58:26	03:52:50	05:34:29.05	05:34:29.05	+01:41:52 (30.5%)	7:00	8.6 (69.9%)
51	KSIĄŻEK Ilona	2167	RAKIETA_BIEGA_TEAM	Open K	10	02:06:17	03:57:05	05:34:55.95	05:34:55.95	+01:42:18 (30.5%)	7:01	8.5 (69.1%)
52	MUCHA Grzegorz	2228		Open M	42	01:56:32	03:50:09	05:39:08.95	05:39:08.95	+01:46:31 (31.4%)	7:06	8.4 (68.3%)
53	PIECZONKA Paweł	2389	LEBIODARUNNINGTEAM	Open M	43	01:57:47	03:51:12	05:39:19.90	05:39:19.90	+01:46:42 (31.4%)	7:06	8.4 (68.3%)
54	GONDOR Jarek	2087	UKS LIDER	Open M	44	01:57:57	03:57:12	05:39:36.05	05:39:36.05	+01:46:59 (31.5%)	7:07	8.4 (68.3%)
55	MAZUR Jakub	2215		Open M	45	01:50:18	03:47:01	05:41:33.20	05:41:33.20	+01:48:56 (31.9%)	7:09	8.4 (68.3%)
56	KOŁODZIEJSKI Michał	2145		Open M	46	01:54:44	03:52:21	05:42:47.80	05:42:47.80	+01:50:10 (32.1%)	7:11	8.3 (67.5%)
57	SZALAST Paweł	2324	Z16	Open M	47	02:01:42	04:02:52	05:46:29.40	05:46:29.40	+01:53:52 (32.9%)	7:15	8.3 (67.5%)
58	PIOTROWICZ Michał	2261	ORTHOS TEAM	Open M	48	01:59:20	03:56:48	05:46:40.85	05:46:40.85	+01:54:03 (32.9%)	7:16	8.3 (67.5%)
59	MARCZAK Krzysztof	2208	STARE BABICE BIEGAJĄ	Open M	49	01:57:35	04:00:01	05:46:45.20	05:46:45.20	+01:54:08 (32.9%)	7:16	8.3 (67.5%)
60	TRYBUŁA Marcelina	2338	WIECZORNE BIEGANIE WE WROCŁAWIU	Open K	11	02:03:51	04:01:34	05:46:55.55	05:46:55.55	+01:54:18 (32.9%)	7:16	8.2 (66.7%)
61	KURASZKIEWICZ Robert	2175		Open M	50	02:02:01	03:58:46	05:47:42.45	05:47:42.45	+01:55:05 (33.1%)	7:17	8.2 (66.7%)

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62	ŚLIWA Karolina	2333		Open K	12	02:09:03	04:05:16	05:48:21.40	05:48:21.40	+01:55:44 (33.2%)	7:18	8.2 (66.7%)
63	KUŚMIERZAK Piotr	2177	PRZEDWOJEWSKI TEAM	Open M	51	01:53:35	03:45:21	05:49:30.25	05:49:30.25	+01:56:53 (33.4%)	7:19	8.2 (66.7%)
64	TROKHIMENKO Yaroslav	2337		Open M	52	02:04:26	04:00:55	05:49:56.95	05:49:56.95	+01:57:19 (33.5%)	7:20	8.2 (66.7%)
65	FIEBIG Stefan	2060	WWW.FIEBIG.PL	Open M	53	01:55:25	03:50:57	05:51:14.35	05:51:14.35	+01:58:37 (33.8%)	7:21	8.1 (65.9%)
66	JAŃCZYK Ewa	2118		Open K	13	02:10:48	04:08:16	05:52:31.50	05:52:31.50	+01:59:54 (34.0%)	7:23	8.1 (65.9%)
67	PIETRUCHA Jakub	2259	STG WARSZAWA	Open M	54	02:05:01	04:01:44	05:54:26.35	05:54:26.35	+02:01:49 (34.4%)	7:25	8.1 (65.9%)
68	POPŁAWSKA Magdalena	2266	SEBORADIN TEAM	Open K	14	02:12:56	04:12:09	05:54:57.20	05:54:57.20	+02:02:20 (34.5%)	7:26	8.1 (65.9%)
69	GAJDA Michał	2077	EUFORIA BIEGACZA	Open M	55	02:06:52	04:07:59	05:55:30.15	05:55:30.15	+02:02:53 (34.6%)	7:27	8.1 (65.9%)
70	DĄBKOWSKI Andrzej	2052		Open M	56	02:10:06	04:09:47	05:55:32.60	05:55:32.60	+02:02:55 (34.6%)	7:27	8 (65.0%)
71	KAZIMIERCZAK Andrzej	2136		Open M	57	02:07:52	04:08:06	05:55:51.35	05:55:51.35	+02:03:14 (34.6%)	7:27	8 (65.0%)
72	GORCZYCA Mariusz	2088		Open M	58	01:59:34	04:03:08	05:56:45.45	05:56:45.45	+02:04:08 (34.8%)	7:28	8 (65.0%)
73	WYSIŃSKI Grzegorz	2370	UNLIMITED SPORT 2.0.	Open M	59	02:07:53	04:08:45	05:57:27.40	05:57:27.40	+02:04:50 (34.9%)	7:29	8 (65.0%)
74	SZYMAŃSKI Maciej	2330	TI FLUID SYSTEMS	Open M	60	02:00:57	04:02:08	05:57:42.00	05:57:42.00	+02:05:04 (35.0%)	7:29	8 (65.0%)
75	KOCUR Grzegorz	2141		Open M	61	02:04:59	04:11:20	05:57:47.80	05:57:47.80	+02:05:10 (35.0%)	7:30	8 (65.0%)
76	CEBO Artur	2034		Open M	62	01:59:10	03:59:15	05:58:01.35	05:58:01.35	+02:05:24 (35.0%)	7:30	8 (65.0%)
77	BEDNARZ Wojciech	2016		Open M	63	02:03:46	04:01:38	05:58:17.00	05:58:17.00	+02:05:39 (35.1%)	7:30	8 (65.0%)
78	PIECZARA Błażej	2256		Open M	64	01:57:31	04:05:24	05:58:47.95	05:58:47.95	+02:06:10 (35.2%)	7:31	8 (65.0%)
79	OCHAŁA Przemysław	2237		Open M	65	02:04:26	04:04:36	05:58:55.55	05:58:55.55	+02:06:18 (35.2%)	7:31	8 (65.0%)
80	KOCIOŁEK Michał	2140	STARE BABICE BIEGAJĄ / VEGE RUNNERS	Open M	66	02:03:49	04:08:35	05:59:00.35	05:59:00.35	+02:06:23 (35.2%)	7:31	8 (65.0%)
81	PALOWSKA Joanna	2244	GÓRAL Z MAZUR RUNNING TEAM	Open K	15	02:15:00	04:13:20	05:59:00.60	05:59:00.60	+02:06:23 (35.2%)	7:31	8 (65.0%)
82	ROKITA Paweł	2285	RAKIETA_BIEGA_TEAM	Open M	67	02:06:16	04:04:08	05:59:56.55	05:59:56.55	+02:07:19 (35.4%)	7:32	8 (65.0%)
83	NOSEK Dariusz	2236		Open M	68	02:12:55	04:16:46	06:00:22.50	06:00:22.50	+02:07:45 (35.5%)	7:33	7.9 (64.2%)
84	KUEHN Agnieszka	2173	DST	Open K	16	02:10:53	04:14:12	06:00:22.90	06:00:22.90	+02:07:45 (35.5%)	7:33	7.9 (64.2%)

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85	BŁASZCZAK Marek	2022		Open M	69	02:06:00	04:09:16	06:00:32.50	06:00:32.50	+02:07:55 (35.5%)	7:33	7.9 (64.2%)
86	SIECZKA Anna	2298	SWORDS ATHLETICS	Open K	17	02:11:38	04:11:25	06:00:53.15	06:00:53.15	+02:08:16 (35.5%)	7:33	7.9 (64.2%)
87	SIWIEC Ewa	2302	RAKIETA_BIEGA_TEAM	Open K	18	02:11:46	04:14:25	06:01:50.70	06:01:50.70	+02:09:13 (35.7%)	7:35	7.9 (64.2%)
88	ŻARNOWSKI Grzegorz	2383	GREGZARNOWSKI.PL	Open M	70	02:17:09	04:14:53	06:02:56.70	06:02:56.70	+02:10:19 (35.9%)	7:36	7.9 (64.2%)
89	PRĘGOWSKI Michał	2271	STARE BABICE BIEGAJĄ / VEGE RUNNERS	Open M	71	02:04:09	04:10:50	06:02:57.25	06:02:57.25	+02:10:20 (35.9%)	7:36	7.9 (64.2%)
90	SZYMAŃSKI Gabriel	2329		Open M	72	02:10:38	04:15:57	06:04:12.00	06:04:12.00	+02:11:34 (36.1%)	7:38	7.9 (64.2%)
91	STRUŚ Katarzyna	2322	KKM KALORYFER	Open K	19	02:12:57	04:17:58	06:04:17.55	06:04:17.55	+02:11:40 (36.1%)	7:38	7.9 (64.2%)
92	ZUGAJ Robert	2382	42K MOUNTAIN PRO TEAM	Open M	73	02:04:37	04:13:51	06:04:38.95	06:04:38.95	+02:12:01 (36.2%)	7:38	7.8 (63.4%)
93	KOPACZEWSKI Michal	2149		Open M	74	02:23:54	04:30:46	06:05:05.85	06:05:05.85	+02:12:28 (36.3%)	7:39	7.8 (63.4%)
94	PAŁUBSKI Andrzej	2245	TECHGIS	Open M	75	02:12:55	04:16:18	06:06:05.40	06:06:05.40	+02:13:28 (36.5%)	7:40	7.8 (63.4%)
95	PUDEŁKO Rafał	2279	MAMYTO!	Open M	76	02:06:46	04:16:50	06:06:43.35	06:06:43.35	+02:14:06 (36.6%)	7:41	7.8 (63.4%)
96	STASIK Monika	2319	INFINITIGYM ŁUKASZ SZAPORÓW	Open K	20	02:15:24	04:23:07	06:08:40.00	06:08:40.00	+02:16:02 (36.9%)	7:43	7.8 (63.4%)
97	CHRZĄSTOWSKA Kamila	2038		Open K	21	02:14:16	04:23:11	06:09:25.00	06:09:25.00	+02:16:47 (37.0%)	7:44	7.7 (62.6%)
98	CYRBUS Dominika	2048	DST	Open K	22	02:14:55	04:22:31	06:09:36.65	06:09:36.65	+02:16:59 (37.1%)	7:44	7.7 (62.6%)
99	WROBLEWSKI Mateusz	2367		Open M	77	02:03:34		06:09:52.25	06:09:52.25	+02:17:15 (37.1%)	7:45	7.7 (62.6%)
100	GORDON Kamila	2089	RELENTLESS	Open K	23	02:08:46	04:14:15	06:10:24.40	06:10:24.40	+02:17:47 (37.2%)	7:45	7.7 (62.6%)
101	GARBIEN Grzegorz	2079	GOAT TEAM	Open M	78	02:03:15	04:13:56	06:12:02.55	06:12:02.55	+02:19:25 (37.5%)	7:47	7.7 (62.6%)
102	RUSINEK Łukasz	2290	NOCNY BÓR TEAM	Open M	79	02:16:36	04:32:04	06:13:17.00	06:13:17.00	+02:20:39 (37.7%)	7:49	7.7 (62.6%)
103	ILCZUK Paweł	2110	WATAHA	Open M	80	02:07:10	04:16:38	06:13:50.15	06:13:50.15	+02:21:13 (37.8%)	7:50	7.7 (62.6%)
104	PASTOR Kamil	2249	WATAHA	Open M	81	02:08:09	04:16:03	06:13:50.30	06:13:50.30	+02:21:13 (37.8%)	7:50	7.7 (62.6%)
105	MICHAŁOWSKI Piotr	2219	WATAHA	Open M	82	02:06:20	04:12:13	06:13:50.45	06:13:50.45	+02:21:13 (37.8%)	7:50	7.7 (62.6%)
106	MECH Patryk	2216		Open M	83	02:08:55	04:22:45	06:14:13.55	06:14:13.55	+02:21:36 (37.8%)	7:50	7.6 (61.8%)
107	KOTULSKI Paweł	2153		Open M	84	02:15:14	04:30:50	06:14:54.40	06:14:54.40	+02:22:17 (38.0%)	7:51	7.6 (61.8%)

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	KUDRYCKI Jakub	2172		Open M	85	02:03:50	04:13:47	06:15:18.50	06:15:18.50	+02:22:41 (38.0%)	7:52	7.6 (61.8%)
109	CHUCHLA Piotr	2039	SWORDS ATHLETICS	Open M	86	02:01:26	04:09:27	06:15:56.25	06:15:56.25	+02:23:19 (38.1%)	7:52	7.6 (61.8%)
110	CIERPIAŁ Piotr	2043	KRAKÓW AIRPORT RUNNING TEAM	Open M	87	02:06:26	04:10:28	06:16:04.65	06:16:04.65	+02:23:27 (38.1%)	7:53	7.6 (61.8%)
111	COUSENS Daniel	2046	TWDW	Open M	88	01:56:44	04:08:26	06:16:08.05	06:16:08.05	+02:23:31 (38.2%)	7:53	7.6 (61.8%)
112	WOJTAS Marcin	2363		Open M	89	02:08:43	04:15:12	06:17:02.95	06:17:02.95	+02:24:25 (38.3%)	7:54	7.6 (61.8%)
113	KAMIENIAK Jacek	2129	KBKS BIEGACZE W RADOMSKU	Open M	90	02:06:38		06:17:18.10	06:17:18.10	+02:24:41 (38.3%)	7:54	7.6 (61.8%)
114	KOŁEK Maciej	2144	ŚLĘZAK TEAM / LUX MED SPORTS TEAM	Open M	91	02:11:59	04:22:50	06:17:59.05	06:17:59.05	+02:25:22 (38.5%)	7:55	7.6 (61.8%)
115	ZDEB Maciej	2376	WILQ TEAM	Open M	92	02:08:31	04:23:56	06:18:27.65	06:18:27.65	+02:25:50 (38.5%)	7:56	7.6 (61.8%)
116	ŁAŻEŃSKI Łukasz	2192		Open M	93	02:09:57	04:17:36	06:19:07.85	06:19:07.85	+02:26:30 (38.6%)	7:56	7.5 (61.0%)
117	KUNICKI Mateusz	2174		Open M	94	02:12:55	04:22:15	06:19:15.05	06:19:15.05	+02:26:38 (38.7%)	7:57	7.5 (61.0%)
118	ZIĘTARA-NOSEK Bożena	2380	KKM KALORYFER	Open K	24	02:18:45	04:31:54	06:19:18.25	06:19:18.25	+02:26:41 (38.7%)	7:57	7.5 (61.0%)
119	LAPUCHA Marcin	2180		Open M	95	02:08:59	04:16:34	06:19:19.80	06:19:19.80	+02:26:42 (38.7%)	7:57	7.5 (61.0%)
120	KALTSI Dimitra	2128	ALL TERRAIN RUNNERS	Open K	25	02:19:22	04:30:54	06:19:38.90	06:19:38.90	+02:27:01 (38.7%)	7:57	7.5 (61.0%)
121	BŁAUT-KRASOŃ Alicja	2023	SMASHING PAPKINS	Open K	26	02:17:42	04:31:09	06:19:47.35	06:19:47.35	+02:27:10 (38.8%)	7:57	7.5 (61.0%)
122	MARCINKOWSKA Anna	2206	KW KRAKÓW	Open K	27	02:16:29	04:26:15	06:19:57.00	06:19:57.00	+02:27:19 (38.8%)	7:57	7.5 (61.0%)
123	MARCINKOWSKI Paweł	2207	KW KRAKÓW	Open M	96	02:16:29	04:25:59	06:19:57.05	06:19:57.05	+02:27:20 (38.8%)	7:57	7.5 (61.0%)
124	CZEMPIŃSKI Jan	2049		Open M	97	02:27:42	04:41:58	06:21:33.35	06:21:33.35	+02:28:56 (39.0%)	7:59	7.5 (61.0%)
125	PURGAL Tomasz	2280	SAINT-GOBAIN SQUAD	Open M	98	02:14:31	04:33:44	06:21:58.15	06:21:58.15	+02:29:21 (39.1%)	8:00	7.5 (61.0%)
126	MARCINIAK Paweł	2205		Open M	99	02:08:15	04:22:20	06:22:33.15	06:22:33.15	+02:29:56 (39.2%)	8:01	7.5 (61.0%)
127	ŚWIĄTEK Łukasz	2335		Open M	100	02:13:11	04:22:36	06:23:32.45	06:23:32.45	+02:30:55 (39.4%)	8:02	7.5 (61.0%)
128	KONSEK Jacek	2148		Open M	101	02:13:38	04:30:59	06:23:34.15	06:23:34.15	+02:30:57 (39.4%)	8:02	7.5 (61.0%)
129	BANGIS Łukasz	2012	ŻÓRAWSKI TEAM	Open M	102	02:15:12	04:32:25	06:23:45.05	06:23:45.05	+02:31:08 (39.4%)	8:02	7.5 (61.0%)
130	FORNAL Jacek	2069	ŻBIKI	Open M	103	02:11:18	04:24:59	06:24:01.85	06:24:01.85	+02:31:24 (39.4%)	8:03	7.5 (61.0%)

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	MUCHA Marek	2229	APOSTLES OF STARS	Open M	104	02:12:03	04:26:07	06:24:11.75	06:24:11.75	+02:31:34 (39.5%)	8:03	7.4 (60.2%)
132	IGNASZEWSKA Marta	2109		Open K	28	02:14:46	04:31:43	06:24:52.85	06:24:52.85	+02:32:15 (39.6%)	8:04	7.4 (60.2%)
133	FIRA-KREMPA Edyta	2066		Open K	29	02:18:34		06:24:55.30	06:24:55.30	+02:32:18 (39.6%)	8:04	7.4 (60.2%)
133	SZYMCZYK Witold	2331		Open M	105	02:18:33	04:32:18	06:24:55.30	06:24:55.30	+02:32:18 (39.6%)	8:04	7.4 (60.2%)
135	POPŁAWSKI Przemek	2267	SEBORADIN TEAM	Open M	106	02:19:43	04:33:01	06:24:57.15	06:24:57.15	+02:32:20 (39.6%)	8:04	7.4 (60.2%)
136	SZMIGIEL Agnieszka	2327		Open K	30	02:17:13	04:30:40	06:25:24.95	06:25:24.95	+02:32:47 (39.6%)	8:04	7.4 (60.2%)
137	SIKORA Grzegorz	2300	KKM KALORYFER	Open M	107	02:20:30	04:32:53	06:25:45.75	06:25:45.75	+02:33:08 (39.7%)	8:05	7.4 (60.2%)
138	WASIEWICZ Jolanta	2351	MEE	Open K	31	02:11:42	04:23:32	06:25:53.75	06:25:53.75	+02:33:16 (39.7%)	8:05	7.4 (60.2%)
139	TUCKI Konrad	2340		Open M	108	02:22:24	04:33:54	06:26:31.30	06:26:31.30	+02:33:54 (39.8%)	8:06	7.4 (60.2%)
140	SKALSKI Daniel	2304		Open M	109	02:06:04	04:24:31	06:27:11.00	06:27:11.00	+02:34:33 (39.9%)	8:07	7.4 (60.2%)
141	WITKOWSKI Jędrzej	2356		Open M	110	02:08:14	04:24:35	06:28:15.05	06:28:15.05	+02:35:38 (40.1%)	8:08	7.4 (60.2%)
142	GIBALSKA Marzena	2083	OBORYGENI	Open K	32	02:23:10	04:33:36	06:29:07.30	06:29:07.30	+02:36:30 (40.2%)	8:09	7.4 (60.2%)
143	FURMANOWSKI Paweł	2075		Open M	111	02:14:10	04:32:50	06:29:08.50	06:29:08.50	+02:36:31 (40.2%)	8:09	7.4 (60.2%)
144	BAGIŃSKI Jakub	2009	WILD DOGS TEAM	Open M	112	02:18:10	04:36:04	06:29:25.85	06:29:25.85	+02:36:48 (40.3%)	8:09	7.3 (59.3%)
145	MRÓWKA Małgorzata	2227		Open K	33	02:15:20	04:33:16	06:29:33.05	06:29:33.05	+02:36:56 (40.3%)	8:09	7.3 (59.3%)
146	SKALNY Rafał	2303		Open M	113	02:18:10	04:36:13	06:29:41.75	06:29:41.75	+02:37:04 (40.3%)	8:10	7.3 (59.3%)
147	OZIMINA Hubert	2243	OBORYGENI	Open M	114	02:20:17	04:41:01	06:29:45.45	06:29:45.45	+02:37:08 (40.3%)	8:10	7.3 (59.3%)
148	KOT Paulina	2152		Open K	34	02:14:53	04:31:21	06:29:46.75	06:29:46.75	+02:37:09 (40.3%)	8:10	7.3 (59.3%)
149	KALBARCZYK Jakub	2127		Open M	115	02:08:35	04:25:37	06:30:00.40	06:30:00.40	+02:37:23 (40.4%)	8:10	7.3 (59.3%)
150	KARDASZEWSKI Tomasz	2132		Open M	116	02:13:09	04:33:20	06:30:24.10	06:30:24.10	+02:37:47 (40.4%)	8:11	7.3 (59.3%)
151	TYPIAK Tomasz	2343		Open M	117	02:20:01	04:38:03	06:30:46.00	06:30:46.00	+02:38:08 (40.5%)	8:11	7.3 (59.3%)
152	HUGE Francois	2108		Open M	118	02:06:02		06:32:34.80	06:32:34.80	+02:39:57 (40.7%)	8:13	7.3 (59.3%)
153	SMYKA Michał	2311		Open M	119	02:06:16	04:22:40	06:32:40.50	06:32:40.50	+02:40:03 (40.8%)	8:13	7.3 (59.3%)

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
154	FILIPEK Wojciech	2064	OPTIM TRAVEL ULTRA	Open M	120	02:08:32	04:24:53	06:33:04.35	06:33:04.35	+02:40:27 (40.8%)	8:14	7.3 (59.3%)
155	RUCIŃSKI Adam	2287		Open M	121	02:23:39	04:35:06	06:33:10.15	06:33:10.15	+02:40:33 (40.8%)	8:14	7.3 (59.3%)
156	PIEŃKOSZ Wojciech	2257	PGE ENERGETIC RUNNING/PODIUM	Open M	122	02:24:54	04:43:28	06:35:48.00	06:35:48.00	+02:43:10 (41.2%)	8:17	7.2 (58.5%)
157	SKOWRON Małgorzata	2307	STREET RUN RADOM / PODIUM	Open K	35	02:24:53	04:43:25	06:35:48.05	06:35:48.05	+02:43:11 (41.2%)	8:17	7.2 (58.5%)
158	DOŁŻYCKI Paweł	2055		Open M	123	02:09:40	04:33:33	06:35:58.75	06:35:58.75	+02:43:21 (41.3%)	8:18	7.2 (58.5%)
159	ŁUKASZEWSKI Przemysław	2195	STS BIEGATON MIKOŁÓW	Open M	124	02:16:34	04:32:00	06:36:27.65	06:36:27.65	+02:43:50 (41.3%)	8:18	7.2 (58.5%)
160	HŁASKO Anna	2105		Open K	36	02:14:38	04:31:39	06:36:31.70	06:36:31.70	+02:43:54 (41.3%)	8:18	7.2 (58.5%)
161	FLANDERA Luca	2067		Open K	37	02:13:38	04:23:26	06:37:13.75	06:37:13.75	+02:44:36 (41.4%)	8:19	7.2 (58.5%)
162	MILER Robert	2223	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	Open M	125	02:09:37	04:32:57	06:37:24.20	06:37:24.20	+02:44:47 (41.5%)	8:19	7.2 (58.5%)
163	GRZESIK Marta	2097		Open K	38	02:18:42	04:36:00	06:38:26.40	06:38:26.40	+02:45:49 (41.6%)	8:21	7.2 (58.5%)
164	GRZESIK Jędrzej	2098	LAPS	Open M	126	02:18:28	04:37:12	06:38:28.20	06:38:28.20	+02:45:51 (41.6%)	8:21	7.2 (58.5%)
165	PRZYBYLSKI Mariusz	2274	BIEGNIJ Z PROSERVICE	Open M	127	02:11:43	04:33:25	06:38:52.15	06:38:52.15	+02:46:15 (41.7%)	8:21	7.2 (58.5%)
166	NIEDZIELA Michał	2233		Open M	128	02:20:06	04:41:50	06:40:09.45	06:40:09.45	+02:47:32 (41.9%)	8:23	7.2 (58.5%)
167	RĄPAŁA Grzegorz	2283		Open M	129	02:19:56	04:37:30	06:40:15.20	06:40:15.20	+02:47:38 (41.9%)	8:23	7.2 (58.5%)
168	STOJEWSKI Przemysław	2388		Open M	130	02:28:32	04:43:55	06:40:24.30	06:40:24.30	+02:47:47 (41.9%)	8:23	7.1 (57.7%)
169	JASIŃSKI Krzysztof	2119	GRUBE KORZENIE	Open M	131	02:12:44	04:32:31	06:41:06.15	06:41:06.15	+02:48:29 (42.0%)	8:24	7.1 (57.7%)
170	UBYCH Mariusz	2344	ŁÓDŹ RUNNING TEAM	Open M	132	02:24:01	04:48:07	06:41:10.05	06:41:10.05	+02:48:33 (42.0%)	8:24	7.1 (57.7%)
171	WACHOWIAK Anna	2346	CARLSBERG SHARED SERVICES	Open K	39	02:29:32	04:44:18	06:41:28.05	06:41:28.05	+02:48:51 (42.1%)	8:24	7.1 (57.7%)
172	PAMUŁA Marta	2246		Open K	40	02:18:35	04:34:48	06:42:30.55	06:42:30.55	+02:49:53 (42.2%)	8:26	7.1 (57.7%)
173	BAKIERA Kamil	2010		Open M	133	02:23:25	04:38:07	06:42:34.40	06:42:34.40	+02:49:57 (42.2%)	8:26	7.1 (57.7%)
174	MAJDAK Bartłomiej	2202	TESTERZY GLEBY	Open M	134	02:21:22	04:39:26	06:42:59.45	06:42:59.45	+02:50:22 (42.3%)	8:26	7.1 (57.7%)
175	STASZEWSKI Paweł	2320		Open M	135	02:20:04	04:33:09	06:43:11.95	06:43:11.95	+02:50:34 (42.3%)	8:27	7.1 (57.7%)
176	PAWEŁCZUK Piotr	2252		Open M	136	02:26:26	04:42:01	06:43:28.95	06:43:28.95	+02:50:51 (42.3%)	8:27	7.1 (57.7%)

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
177	HASIŃSKA Aleksandra	2102		Open K	41	02:20:50	04:42:17	06:43:46.05	06:43:46.05	+02:51:09 (42.4%)	8:27	7.1 (57.7%)
178	URBAŃSKA Magdalena	2345	HAPPY RUNNERS	Open K	42	02:28:34	04:47:18	06:43:54.65	06:43:54.65	+02:51:17 (42.4%)	8:28	7.1 (57.7%)
179	SARNOWSKA Karolina	2295	PRORUNNING PROMOTION	Open K	43	02:20:45	04:45:48	06:45:15.30	06:45:15.30	+02:52:38 (42.6%)	8:29	7.1 (57.7%)
180	PRZYBYLSKI Grzegorz	2275	DZIADEK_GRISZKA_BIEGA	Open M	137	02:15:01	04:37:43	06:45:30.90	06:45:30.90	+02:52:53 (42.6%)	8:30	7.1 (57.7%)
181	BUGAJ Krzysztof	2027	NIENAŻARTE MISIE	Open M	138	02:30:38	04:47:57	06:45:34.45	06:45:34.45	+02:52:57 (42.6%)	8:30	7.1 (57.7%)
182	CHADUŁA Adrian	2035	NIENAŻARTE MISIE	Open M	139	02:30:46	04:47:28	06:45:34.80	06:45:34.80	+02:52:57 (42.6%)	8:30	7.1 (57.7%)
183	BARDAN Michał	2013	JACEK BIEGA	Open M	140	02:22:21	04:39:43	06:45:36.95	06:45:36.95	+02:52:59 (42.7%)	8:30	7.1 (57.7%)
184		2392				02:02:15	04:24:26	06:46:03.50	06:46:03.50	+02:53:26 (42.7%)	8:30	7 (56.9%)
185	KWIATEK Weronika	2178		Open K	44	02:10:30	04:33:05	06:46:11.20	06:46:11.20	+02:53:34 (42.7%)	8:30	7 (56.9%)
186	MICHOWSKA Anna	2220	HEŃTEAM	Open K	45	02:23:59	04:46:48	06:46:51.20	06:46:51.20	+02:54:14 (42.8%)	8:31	7 (56.9%)
187	JEŻOWSKI Jacek	2122	HEŃTEAM LUBLIN	Open M	141	02:24:00		06:46:51.30	06:46:51.30	+02:54:14 (42.8%)	8:31	7 (56.9%)
188	FRITZ Wojciech	2072	SWORDS ATHLETICS	Open M	142	02:20:06	04:45:26	06:47:19.00	06:47:19.00	+02:54:41 (42.9%)	8:32	7 (56.9%)
189	WIDERA Tomasz	2353	KOKOSZA36TEAM	Open M	143	02:16:25	04:33:49	06:47:25.45	06:47:25.45	+02:54:48 (42.9%)	8:32	7 (56.9%)
190	KĘDRA Agnieszka	2138	CARPATHIAN RUNNERS	Open K	46	02:21:58	04:45:08	06:47:46.25	06:47:46.25	+02:55:09 (43.0%)	8:32	7 (56.9%)
191	LIGĘZA Witek	2190	KANGUROWA SZKOŁA/SMASHING PĄPKINS	Open M	144	02:11:42	04:24:41	06:48:04.75	06:48:04.75	+02:55:27 (43.0%)	8:33	7 (56.9%)
192	HABERSKI Michał	2101	BIEGBOX	Open M	145	02:26:23	04:48:09	06:48:57.45	06:48:57.45	+02:56:20 (43.1%)	8:34	7 (56.9%)
193	GOLI Leszek	2086	MOVADO RUNNERS	Open M	146	02:24:01	04:49:45	06:49:03.25	06:49:03.25	+02:56:26 (43.1%)	8:34	7 (56.9%)
193	KORZENIOWSKI Grzegorz	2151	MOVADO RUNNERS	Open M	146	02:24:05	04:38:50	06:49:03.25	06:49:03.25	+02:56:26 (43.1%)	8:34	7 (56.9%)
195	SOBCZAK Karolina	2312		Open K	47	02:23:01	04:45:23	06:50:11.50	06:50:11.50	+02:57:34 (43.3%)	8:35	7 (56.9%)
196	WRONA Kamila	2368	SPARTALUBLIN	Open K	48	02:26:01	04:47:24	06:51:07.55	06:51:07.55	+02:58:30 (43.4%)	8:37	7 (56.9%)
197	MAJERSKI Michał	2203		Open M	148	02:19:46	04:37:41	06:51:33.70	06:51:33.70	+02:58:56 (43.5%)	8:37	7 (56.9%)
198	CHWISTEK Katarzyna	2041		Open K	49	02:24:30	04:46:39	06:52:08.00	06:52:08.00	+02:59:30 (43.6%)	8:38	6.9 (56.1%)
199	SZCZEPANIAK Agnieszka	2326		Open K	50	02:25:26	04:54:58	06:52:35.40	06:52:35.40	+02:59:58 (43.6%)	8:38	6.9 (56.1%)

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	SOBCZYK-SPYT Agata	2313		Open K	51	02:22:41	04:51:57	06:53:10.95	06:53:10.95	+03:00:33 (43.7%)	8:39	6.9 (56.1%)
201	MARCZAK Sebastian	2209		Open M	149	02:21:22	04:48:55	06:53:29.05	06:53:29.05	+03:00:52 (43.7%)	8:40	6.9 (56.1%)
202	PAWEŁCZUK Grzegorz	2253	KTO GŁUPIEMU ZABRONI	Open M	150	02:31:00	04:51:43	06:53:31.85	06:53:31.85	+03:00:54 (43.7%)	8:40	6.9 (56.1%)
203	BURZYŃSKA Emilia	2033	BIEGAJĄCE KREJZOLE / JESTEM LOCO!	Open K	52	02:33:25	04:56:35	06:53:40.45	06:53:40.45	+03:01:03 (43.8%)	8:40	6.9 (56.1%)
204	KABALA Joanna	2124		Open K	53	02:22:45	04:45:42	06:53:51.95	06:53:51.95	+03:01:14 (43.8%)	8:40	6.9 (56.1%)
205	KLIM Katarzyna	2139		Open K	54	02:28:50	04:53:00	06:57:07.00	06:57:07.00	+03:04:29 (44.2%)	8:44	6.9 (56.1%)
206	ZACHARA Dawid	2372		Open M	151	02:22:44	04:45:39	06:57:20.40	06:57:20.40	+03:04:43 (44.3%)	8:44	6.9 (56.1%)
207	SATERNUS Anna	2296		Open K	55	02:35:05	04:54:46	06:57:35.95	06:57:35.95	+03:04:58 (44.3%)	8:45	6.9 (56.1%)
208	ŻUK Wiktoria	2384	#HEŃTEAM	Open K	56	02:31:11	04:54:43	06:57:51.15	06:57:51.15	+03:05:14 (44.3%)	8:45	6.8 (55.3%)
209	ŻUK Agata	2385	HEŃTEAM	Open K	57	02:31:28	04:54:41	06:57:51.25	06:57:51.25	+03:05:14 (44.3%)	8:45	6.8 (55.3%)
210	LASKOWSKI Michał	2181	DROGA ODWAŻNYCH	Open M	152	02:21:36	04:52:17	06:58:15.85	06:58:15.85	+03:05:38 (44.4%)	8:46	6.8 (55.3%)
211	MAREK Paweł	2210		Open M	153	02:25:55	04:53:40	06:58:18.90	06:58:18.90	+03:05:41 (44.4%)	8:46	6.8 (55.3%)
212	KAMIŃSKI Piotr	2130		Open M	154	02:23:55	04:51:19	06:58:55.95	06:58:55.95	+03:06:18 (44.5%)	8:46	6.8 (55.3%)
213	FIKTUS Paweł	2063		Open M	155	02:14:57	04:44:48	06:59:16.35	06:59:16.35	+03:06:39 (44.5%)	8:47	6.8 (55.3%)
214	WYSOCKI Rafał	2371	KKM KALORYFER	Open M	156	02:21:55	04:49:50	06:59:29.30	06:59:29.30	+03:06:52 (44.5%)	8:47	6.8 (55.3%)
215	CZOCHARA Aneta	2050	HEŃTEAM	Open K	58	02:27:51	04:54:31	07:00:09.35	07:00:09.35	+03:07:32 (44.6%)	8:48	6.8 (55.3%)
216	ŚLIWA Konrad	2334	HEŃTEAM	Open M	157	02:27:35	04:54:49	07:00:09.95	07:00:09.95	+03:07:32 (44.6%)	8:48	6.8 (55.3%)
217	ŽEMAITYTĖ Dovilė	2377	HIGHPEAKS LIETUVA	Open K	59	02:31:39	04:53:04	07:00:31.35	07:00:31.35	+03:07:54 (44.7%)	8:48	6.8 (55.3%)
218	RZĘDZIAN Marcin	2291		Open M	158	02:27:27	04:48:42	07:03:18.75	07:03:18.75	+03:10:41 (45.0%)	8:52	6.8 (55.3%)
219	KRYSZKIEWICZ Tomasz	2163		Open M	159	02:18:50	04:49:29	07:03:25.65	07:03:25.65	+03:10:48 (45.1%)	8:52	6.8 (55.3%)
220	LASONŃ Marek	2182		Open M	160	02:06:22	04:30:26	07:04:47.10	07:04:47.10	+03:12:10 (45.2%)	8:54	6.7 (54.5%)
221	JĘDRZEJCZYK Agnieszka	2123		Open K	60	02:25:59	04:55:28	07:05:52.80	07:05:52.80	+03:13:15 (45.4%)	8:55	6.7 (54.5%)
222	AUGUSCIK Mariusz	2005	NIEZRZESZONY	Open M	161	02:26:00	04:56:27	07:05:52.95	07:05:52.95	+03:13:15 (45.4%)	8:55	6.7 (54.5%)

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
223	PODSTAWSKA Renata	2263		Open K	61	02:28:38	05:03:35	07:06:46.75	07:06:46.75	+03:14:09 (45.5%)	8:56	6.7 (54.5%)
224	BUJOCZEK Janusz	2030		Open M	162	02:16:54	04:46:37	07:07:15.85	07:07:15.85	+03:14:38 (45.6%)	8:57	6.7 (54.5%)
225	WISZNIEWSKI Roman	2354		Open M	163	02:29:44	04:56:06	07:07:45.65	07:07:45.65	+03:15:08 (45.6%)	8:58	6.7 (54.5%)
226	MITROWSKA Karolina	2225		Open K	62	02:32:54	05:00:10	07:08:15.05	07:08:15.05	+03:15:38 (45.7%)	8:58	6.7 (54.5%)
227	KOPEĆ Mateusz	2150	ING HUBS POLAND RUNNERS	Open M	164	02:34:28	05:04:59	07:08:59.70	07:08:59.70	+03:16:22 (45.8%)	8:59	6.7 (54.5%)
228	BOKSA Anna	2024	BOXA TEAM	Open K	63	02:38:02	05:05:02	07:09:21.15	07:09:21.15	+03:16:44 (45.8%)	9:00	6.7 (54.5%)
229	RĄCZKA Rafał	2282		Open M	165	02:20:01	04:43:19	07:09:21.35	07:09:21.35	+03:16:44 (45.8%)	9:00	6.7 (54.5%)
230	DZIAŁA Piotr	2058	KB OŻARÓW MAZOWIECKI BIEGA	Open M	166	02:28:12	04:56:18	07:09:35.00	07:09:35.00	+03:16:57 (45.9%)	9:00	6.7 (54.5%)
231	SKWORZ Aleksander	2309	MASAKRA	Open M	167	02:15:36	04:52:52	07:09:47.15	07:09:47.15	+03:17:10 (45.9%)	9:00	6.7 (54.5%)
232	GLINKA Agnieszka	2084	BRAVEHEARTS LEGIONOWO	Open K	64	02:34:23	05:01:48	07:09:55.05	07:09:55.05	+03:17:18 (45.9%)	9:00	6.7 (54.5%)
233	SZUSZKIEWICZ Marzena	2328		Open K	65	02:34:23	05:01:50	07:09:55.10	07:09:55.10	+03:17:18 (45.9%)	9:00	6.7 (54.5%)
234	ŚWIERŻEWSKA Sylwia	2336	HEŃTEAM	Open K	66	02:25:53	04:57:55	07:10:17.05	07:10:17.05	+03:17:40 (45.9%)	9:01	6.7 (54.5%)
235	KĄCKI Michał	2137		Open M	168	02:18:42	04:48:03	07:10:20.45	07:10:20.45	+03:17:43 (45.9%)	9:01	6.7 (54.5%)
236	ZAWITKOWSKI Bartosz	2375		Open M	169	02:26:05	04:49:37	07:10:56.85	07:10:56.85	+03:18:19 (46.0%)	9:02	6.6 (53.7%)
237	GULA Tomasz	2100	GBY	Open M	170	02:36:39	05:01:19	07:12:26.85	07:12:26.85	+03:19:49 (46.2%)	9:03	6.6 (53.7%)
238	OLECH Witold	2241		Open M	171	02:36:51	05:01:30	07:12:59.20	07:12:59.20	+03:20:22 (46.3%)	9:04	6.6 (53.7%)
238	ZIN Jacek	2381		Open M	171	02:36:51	05:01:34	07:12:59.20	07:12:59.20	+03:20:22 (46.3%)	9:04	6.6 (53.7%)
240	DOJS Aleksandra	2053	NIGHT RUNNERS/BIEGAJĄCE KREJZOLE	Open K	67	02:38:32	05:06:30	07:13:09.55	07:13:09.55	+03:20:32 (46.3%)	9:04	6.6 (53.7%)
241	WANTUCH Tomasz	2349		Open M	173	02:32:20	05:01:53	07:13:16.55	07:13:16.55	+03:20:39 (46.3%)	9:04	6.6 (53.7%)
242	WACHOWSKA Katarzyna	2347	SMOK TRÓJGŁOWY	Open K	68	02:28:10	05:03:27	07:13:42.65	07:13:42.65	+03:21:05 (46.4%)	9:05	6.6 (53.7%)
243	MAĆKOWSKI Mateusz	2198	NATURAL BORN COFFEE LOVERS	Open M	174	02:28:11	05:03:45	07:13:42.75	07:13:42.75	+03:21:05 (46.4%)	9:05	6.6 (53.7%)
244	BĘBEN Marta	2018		Open K	69	02:34:39	05:05:23	07:14:42.70	07:14:42.70	+03:22:05 (46.5%)	9:06	6.6 (53.7%)
245	BUKOWIEC Justyna	2031	KKM KALORYFER	Open K	70	02:28:45	05:08:44	07:15:11.50	07:15:11.50	+03:22:34 (46.5%)	9:07	6.6 (53.7%)

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
246	BABICKI Grzegorz	2008	NO BELL	Open M	175	02:30:22	05:09:55	07:20:13.20	07:20:13.20	+03:27:36 (47.2%)	9:13	6.5 (52.8%)
247	DANECKI Jacek	2051		Open M	176	02:26:11	05:05:31	07:20:14.10	07:20:14.10	+03:27:37 (47.2%)	9:13	6.5 (52.8%)
248	LUKOV Simeon	2191	CLIMB & RUN	Open M	177	02:29:35	05:07:33	07:20:22.35	07:20:22.35	+03:27:45 (47.2%)	9:13	6.5 (52.8%)
249	WOJACZEK Anna	2359		Open K	71	02:29:09	05:05:34	07:20:22.45	07:20:22.45	+03:27:45 (47.2%)	9:13	6.5 (52.8%)
250	KAGANEK Maciej	2126	KAGAN TEAM	Open M	178	02:18:12	05:00:14	07:21:40.50	07:21:40.50	+03:29:03 (47.3%)	9:15	6.5 (52.8%)
251	KUCHAREWICZ Przemysław	2170		Open M	179	02:24:32	05:01:08	07:22:19.50	07:22:19.50	+03:29:42 (47.4%)	9:16	6.5 (52.8%)
252	GÓRA Iwona	2091	PARA FIT	Open K	72	02:29:48	05:03:11	07:22:23.50	07:22:23.50	+03:29:46 (47.4%)	9:16	6.5 (52.8%)
253	LENAR Krzysztof	2184		Open M	180		05:15:03	07:22:38.00	07:22:38.00	+03:30:00 (47.4%)	9:16	6.5 (52.8%)
254	PUCHAŁA Mariusz	2278	NAPRZÓD MŁOCINY	Open M	181	02:17:31	05:03:39	07:23:11.95	07:23:11.95	+03:30:34 (47.5%)	9:17	6.5 (52.8%)
255	ZIAJKO Zuza	2378	VEGE RUNNERS	Open K	73	02:34:42	05:10:52	07:23:51.00	07:23:51.00	+03:31:13 (47.6%)	9:18	6.4 (52.0%)
256	BUJNOWSKA Eliza	2028	VEGE RUNNERS	Open K	74	02:34:46	05:10:59	07:23:51.20	07:23:51.20	+03:31:14 (47.6%)	9:18	6.4 (52.0%)
257	HETEL Adam	2104	KLUB BIEGACZA RTV EURO AGD	Open M	182	02:40:22	05:08:53	07:25:22.00	07:25:22.00	+03:32:44 (47.8%)	9:20	6.4 (52.0%)
258	KÓZKA Przem	2159	WARJOTY Z DZIEWICZEJ GÓRY	Open M	183	02:25:16	05:12:15	07:25:23.20	07:25:23.20	+03:32:46 (47.8%)	9:20	6.4 (52.0%)
259	LEŚNOWOLSKI Piotr	2187	KLUB BIEGACZA RTV EURO AGD	Open M	184	02:40:22	05:06:32	07:25:23.40	07:25:23.40	+03:32:46 (47.8%)	9:20	6.4 (52.0%)
260	HERBUT Mateusz	2103		Open M	185	02:29:16	05:08:18	07:25:27.55	07:25:27.55	+03:32:50 (47.8%)	9:20	6.4 (52.0%)
261	WATARZYSZYN Marzena	2352		Open K	75	02:49:37	05:18:19	07:25:57.75	07:25:57.75	+03:33:20 (47.8%)	9:20	6.4 (52.0%)
262	BAK Piotr	2015		Open M	186	02:40:18	05:15:48	07:26:59.70	07:26:59.70	+03:34:22 (48.0%)	9:22	6.4 (52.0%)
263	STACHOWICZ Sebastian	2318		Open M	187	02:28:21	05:09:37	07:26:59.80	07:26:59.80	+03:34:22 (48.0%)	9:22	6.4 (52.0%)
264	GABRUŚ Iwona	2076	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open K	76	02:44:28	05:16:14	07:27:04.45	07:27:04.45	+03:34:27 (48.0%)	9:22	6.4 (52.0%)
265	PRAŻANOWSKI Mariusz	2270		Open M	188	02:33:47	05:10:30	07:28:34.30	07:28:34.30	+03:35:57 (48.1%)	9:24	6.4 (52.0%)
265	MATEJCZYK-WALETKO Dorota	2214	MAMY TO	Open K	77	02:33:47	05:10:32	07:28:34.30	07:28:34.30	+03:35:57 (48.1%)	9:24	6.4 (52.0%)
267	JAKUBIK Aleksandra	2115	BE MY TURTLE	Open K	78	02:33:17	05:13:07	07:29:38.50	07:29:38.50	+03:37:01 (48.3%)	9:25	6.4 (52.0%)
268	JAKUBIK Dawid	2116	BE MY TURTLE	Open M	189	02:33:16	05:13:10	07:29:38.85	07:29:38.85	+03:37:01 (48.3%)	9:25	6.4 (52.0%)

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269	KSIĄŻEK Leszek	2168		Open M	190	02:36:17	05:17:37	07:30:12.55	07:30:12.55	+03:37:35 (48.3%)	9:26	6.4 (52.0%)
270	LIGĘZA Joasia	2189	SMASHING PĄPKINS I UNLIMITED 2.0	Open K	79	02:26:48	05:07:12	07:31:02.30	07:31:02.30	+03:38:25 (48.4%)	9:27	6.3 (51.2%)
271	HOFMAN Piotr	2106	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	Open M	191	02:24:55	05:02:28	07:31:31.00	07:31:31.00	+03:38:53 (48.5%)	9:27	6.3 (51.2%)
272	BUJOCZEK Małgorzata	2029	BUJO MY...	Open K	80	02:37:42	05:11:16	07:33:52.90	07:33:52.90	+03:41:15 (48.7%)	9:30	6.3 (51.2%)
273	CHWISTEK Artur	2042		Open M	192	02:35:54	05:14:11	07:34:00.55	07:34:00.55	+03:41:23 (48.8%)	9:31	6.3 (51.2%)
274	GĘBSKI Sławomir	2082	KKM KALORYFER	Open M	193	02:31:31	05:14:07	07:35:10.45	07:35:10.45	+03:42:33 (48.9%)	9:32	6.3 (51.2%)
275	LEONARSKA Małgorzata	2185	BŁYSKAWICE - LOCO SPORT	Open K	81	02:42:40	05:20:23	07:35:21.85	07:35:21.85	+03:42:44 (48.9%)	9:32	6.3 (51.2%)
275	FRAĆKOWIAK Aneta	2071	JESTEM LOCO!	Open K	81	02:42:41	05:20:27	07:35:21.85	07:35:21.85	+03:42:44 (48.9%)	9:32	6.3 (51.2%)
277	ZASŁONKA Paweł	2374		Open M	194	02:39:50	05:15:52	07:35:29.55	07:35:29.55	+03:42:52 (48.9%)	9:32	6.3 (51.2%)
278	FILIPOWICZ Ziemowit	2065		Open M	195	02:36:26	05:17:08	07:36:51.50	07:36:51.50	+03:44:14 (49.1%)	9:34	6.3 (51.2%)
279	BIENKOWSKA Magdalena	2021		Open K	83	02:35:05	05:13:13	07:37:01.65	07:37:01.65	+03:44:24 (49.1%)	9:34	6.3 (51.2%)
280	BIELIŃSKI Tomasz	2020		Open M	196	02:38:54	05:19:02	07:37:06.95	07:37:06.95	+03:44:29 (49.1%)	9:34	6.3 (51.2%)
281	GAWĘDZKA Aneta	2080	OBORYGENI	Open K	84	02:35:50	05:20:15	07:37:33.10	07:37:33.10	+03:44:56 (49.2%)	9:35	6.3 (51.2%)
282	ŚLEMP Małgorzata	2332	ULTRA WYJADACZE	Open K	85	02:42:06	05:21:02	07:38:14.00	07:38:14.00	+03:45:36 (49.2%)	9:36	6.2 (50.4%)
283	HORBACZ-ROSA Hanna	2107		Open K	86	02:45:07	05:25:01	07:38:20.80	07:38:20.80	+03:45:43 (49.2%)	9:36	6.2 (50.4%)
284	PRZETAKIEWICZ Magdalena	2273		Open K	87	02:50:38	05:25:21	07:38:23.80	07:38:23.80	+03:45:46 (49.3%)	9:36	6.2 (50.4%)
285	PŁATEK Dominik	2262		Open M	197	02:24:41	05:13:24	07:39:57.55	07:39:57.55	+03:47:20 (49.4%)	9:38	6.2 (50.4%)
286	KUŚ Sławomir	2176		Open M	198	02:36:24	05:16:38	07:40:13.10	07:40:13.10	+03:47:36 (49.5%)	9:38	6.2 (50.4%)
287	DZIURUŃ Paweł	2059		Open M	199	02:36:24	05:21:13	07:40:13.25	07:40:13.25	+03:47:36 (49.5%)	9:38	6.2 (50.4%)
288	GRAJDEK Wiktor	2093		Open M	200	02:49:46	05:29:14	07:44:48.60	07:44:48.60	+03:52:11 (50.0%)	9:44	6.2 (50.4%)
289	LAFUIE-WSZOLEK Thomas	2179		Open M	201	02:43:00	05:16:26	07:45:27.00	07:45:27.00	+03:52:49 (50.0%)	9:45	6.1 (49.6%)
290	TWOMEY Mark	2341	RUN FATBOY RUN	Open M	202	02:31:46	05:12:24	07:45:28.65	07:45:28.65	+03:52:51 (50.0%)	9:45	6.1 (49.6%)
291	ŁUKASZEWSKA Agnieszka	2194	STS BIEGATON MIKOŁÓW	Open K	88	02:48:52	05:26:15	07:45:34.60	07:45:34.60	+03:52:57 (50.0%)	9:45	6.1 (49.6%)

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
292	WALKOWSKA Justyna	2348		Open K	89	02:44:45	05:29:07	07:45:50.20	07:45:50.20	+03:53:13 (50.1%)	9:45	6.1 (49.6%)
293	PARYSZ Magdalena	2248		Open K	90	02:50:26	05:27:10	07:45:58.70	07:45:58.70	+03:53:21 (50.1%)	9:46	6.1 (49.6%)
294	MILC Szymon	2222	ULTRA WYJADACZE WYDZIAŁ ZAMIEJSCOWY	Open M	203	02:36:30	05:28:17	07:46:14.65	07:46:14.65	+03:53:37 (50.1%)	9:46	6.1 (49.6%)
295	OCHREMIAK Aleksandra	2239		Open K	91	02:42:39	05:24:21	07:46:49.50	07:46:49.50	+03:54:12 (50.2%)	9:47	6.1 (49.6%)
296	KOWALSKI Łukasz	2156	WIĘCEJ SPRZĘTU NIŻ TALENTU	Open M	204	02:40:08	05:20:52	07:47:28.65	07:47:28.65	+03:54:51 (50.2%)	9:48	6.1 (49.6%)
297	KAZIMIERAK Kamil	2135		Open M	205	02:41:23	05:27:07	07:47:47.00	07:47:47.00	+03:55:09 (50.3%)	9:48	6.1 (49.6%)
298	JALOWSKI Andrzej	2117	INTEC	Open M	206	02:49:29	05:33:50	07:48:15.10	07:48:15.10	+03:55:38 (50.3%)	9:48	6.1 (49.6%)
299	COMMEUREUC-CHÉROT Katarzyna	2045		Open K	92	02:36:36	05:25:12	07:48:33.55	07:48:33.55	+03:55:56 (50.4%)	9:49	6.1 (49.6%)
300	KACZMAREK Krzysztof	2125	BROS TEAM	Open M	207	02:35:11	05:12:07	07:48:47.80	07:48:47.80	+03:56:10 (50.4%)	9:49	6.1 (49.6%)
301	WOJEWODA Renata	2361		Open K	93	02:41:02	05:31:04	07:49:23.65	07:49:23.65	+03:56:46 (50.4%)	9:50	6.1 (49.6%)
302	FIKSA Kasia	2062	BIEGACZE ŚCIEMNIACZE	Open K	94	02:49:45	05:33:59	07:49:31.65	07:49:31.65	+03:56:54 (50.5%)	9:50	6.1 (49.6%)
303	BEKAS Paulina	2017	NIGHTRUNNERS POZNAŃ	Open K	95	02:51:49	05:33:24	07:50:13.25	07:50:13.25	+03:57:36 (50.5%)	9:51	6.1 (49.6%)
304	MARJAŃSKI Tomasz	2212		Open M	208	02:44:14	05:24:35	07:52:04.70	07:52:04.70	+03:59:27 (50.7%)	9:53	6.1 (49.6%)
305	KONCA Beata	2146	KB OŻARÓW MAZOWIECKI BIEGA	Open K	96	02:49:13	05:32:18	07:52:30.00	07:52:30.00	+03:59:52 (50.8%)	9:54	6.1 (49.6%)
306	NIEDZIELSKA Anna	2234		Open K	97	02:41:10	05:32:07	07:53:28.30	07:53:28.30	+04:00:51 (50.9%)	9:55	6 (48.8%)
307	NAZIM Tadeusz	2232	KKM KALORYFER	Open M	209	02:48:36	05:29:32	07:53:47.20	07:53:47.20	+04:01:10 (50.9%)	9:55	6 (48.8%)
308	POPRAWA Karol	2268	RUNHUB OPOLE	Open M	210	02:43:57	05:25:57	07:54:14.95	07:54:14.95	+04:01:37 (51.0%)	9:56	6 (48.8%)
309	KOZŁOWSKA Renata	2157	TT PSC RUNNING FAMILY / AKADEMIABIEGACZA.PL	Open K	98	02:46:09	05:57:40	07:55:24.20	07:55:24.20	+04:02:47 (51.1%)	9:57	6 (48.8%)
310	BORYKA Piotr	2026		Open M	211	02:34:03	05:31:39	07:56:31.20	07:56:31.20	+04:03:54 (51.2%)	9:59	6 (48.8%)
311	KUCZERA Łukasz	2171		Open M	212	02:44:04	05:44:41	07:57:28.80	07:57:28.80	+04:04:51 (51.3%)	10:00	6 (48.8%)
312	ADAMSKI Bartłomiej	2004		Open M	213	02:50:11	05:34:02	07:57:52.75	07:57:52.75	+04:05:15 (51.3%)	10:01	6 (48.8%)
Przekroczony limit czasu: 08:00:00												
313	AUGUSTYNSKI Filip	2007		Open M	214	02:37:08	05:22:07	08:01:14.80	08:01:14.80	+04:08:37 (51.7%)	10:05	5.9 (48.0%)
314	CISKA Renata	2044	RYKOWISKO TEAM	Open K	99	02:52:25	05:44:23	08:04:32.45	08:04:32.45	+04:11:55 (52.0%)	10:09	5.9 (48.0%)

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
315	RULAK Jerzy	2288		Open M	215	02:45:59	05:37:45	08:06:54.80	08:06:54.80	+04:14:17 (52.2%)	10:12	5.9 (48.0%)
316	MAGOCSY Helena	2199		Open K	100	03:01:18	05:51:00	08:10:50.25	08:10:50.25	+04:18:13 (52.6%)	10:17	5.8 (47.2%)
317	MAGOCSY Justyna	2201		Open K	101	03:01:20	05:51:02	08:10:51.85	08:10:51.85	+04:18:14 (52.6%)	10:17	5.8 (47.2%)
318	KRZYŻAŃSKA Anna	2166		Open K	102	02:57:07	04:32:13	08:12:39.05	08:12:39.05	+04:20:02 (52.8%)	10:19	5.8 (47.2%)
319	ŻYCHOŃ Jolanta	2387		Open K	103	02:51:51	05:49:11	08:13:38.35	08:13:38.35	+04:21:01 (52.9%)	10:20	5.8 (47.2%)
320	CHOJNOWSKA Barbara	2037		Open K	104	03:02:35	05:53:03	08:18:37.50	08:18:37.50	+04:26:00 (53.3%)	10:27	5.7 (46.3%)
321	PIECUCH Małgorzata	2255		Open K	105	03:05:44	06:06:28	08:36:55.20	08:36:55.20	+04:44:18 (55.0%)	10:50	5.5 (44.7%)
322	GRZESZCZAK Małgorzata	2099		Open K	106	03:09:17	06:08:54	08:54:00.35	08:54:00.35	+05:01:23 (56.4%)	11:11	5.4 (43.9%)
323	STACHAŃCZYK Wojciech	2317		Open M	216	03:02:56	06:14:00	08:54:01.05	08:54:01.05	+05:01:24 (56.4%)	11:11	5.4 (43.9%)
324	FLORCZAK Zdzisław	2068	TRAIL IS OUR WAY TEAM	Open M	217	03:02:57	06:15:56	08:54:04.15	08:54:04.15	+05:01:27 (56.4%)	11:11	5.4 (43.9%)
325	KARWETA Marek	2134	FUJITSU RUNNING TEAM	Open M	218	02:46:09	06:06:35	08:57:27.20	08:57:27.20	+05:04:50 (56.7%)	11:16	5.3 (43.1%)
326	TYMBURSKI Michał	2342		Open M	219		03:38:56				6:24	9.4 (76.4%)
327	ŁUSZCZEK Rafał	2196	MIRAZ RACE TEAM	Open M	220		04:42:05				8:14	7.3 (59.3%)
	GOS Grzegorz	2090		Open M		02:06:02 DNF	04:13:27 DNF	DNF	DNF		-	- (0.0%)
	CHUDA Joanna	2040		Open K		02:52:32 DNF	05:36:09 DNF	DNF	DNF		-	- (0.0%)
	WOJTASIK Andrzej	2364	CONTENTO PRO SPORT	Open M		02:26:24 DNF	05:39:56 DNF	DNF	DNF		-	- (0.0%)
	WIŚNIEWSKI Adam	2355	GR3MIASTO	Open M		03:17:01 DNF	06:54:33 DNF	DNF	DNF		-	- (0.0%)
	MIKLAS Jarek	2221	AW - SZYBCIEJ	Open M		01:58:32 DNF	DNF	DNF	DNF		-	- (0.0%)
	AUGUST Kajetan	2006	KS SPRINT BIELSKO-BIAŁA	Open M		02:06:23 DNF	DNF	DNF	DNF		-	- (0.0%)
	SZANIAWSKI Marcin	2325		Open M		02:10:17 DNF	DNF	DNF	DNF		-	- (0.0%)
	STERKOWICZ Dorota	2321		Open K		02:18:53 DNF	DNF	DNF	DNF		-	- (0.0%)
	PASZYNA Dawid	2250		Open M		02:29:12 DNF	DNF	DNF	DNF		-	- (0.0%)

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
	BALEWSKI Robert	2011		Open M		03:09:18 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 337 wynik(ów)