

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

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

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

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
85	<b>BŁASZCZAK Marek</b>	<b>2022</b>		Open M	69	02:06:00	04:09:16	<b>06:00:32.50</b>	<b>06:00:32.50</b>	+02:07:55 (35.5%)	7:33	7.9 (64.2%)
86	<b>SIECZKA Anna</b>	<b>2298</b>	SWORDS ATHLETICS	Open K	17	02:11:38	04:11:25	<b>06:00:53.15</b>	<b>06:00:53.15</b>	+02:08:16 (35.5%)	7:33	7.9 (64.2%)
87	<b>SIWIEC Ewa</b>	<b>2302</b>	RAKIETA_BIEGA_TEAM	Open K	18	02:11:46	04:14:25	<b>06:01:50.70</b>	<b>06:01:50.70</b>	+02:09:13 (35.7%)	7:35	7.9 (64.2%)
88	<b>ŻARNOWSKI Grzegorz</b>	<b>2383</b>	GREGZARNOWSKI.PL	Open M	70	02:17:09	04:14:53	<b>06:02:56.70</b>	<b>06:02:56.70</b>	+02:10:19 (35.9%)	7:36	7.9 (64.2%)
89	<b>PRĘGOWSKI Michał</b>	<b>2271</b>	STARE BABICE BIEGAJĄ / VEGE RUNNERS	Open M	71	02:04:09	04:10:50	<b>06:02:57.25</b>	<b>06:02:57.25</b>	+02:10:20 (35.9%)	7:36	7.9 (64.2%)
90	<b>SZYMAŃSKI Gabriel</b>	<b>2329</b>		Open M	72	02:10:38	04:15:57	<b>06:04:12.00</b>	<b>06:04:12.00</b>	+02:11:34 (36.1%)	7:38	7.9 (64.2%)
91	<b>STRUŚ Katarzyna</b>	<b>2322</b>	KKM KALORYFER	Open K	19	02:12:57	04:17:58	<b>06:04:17.55</b>	<b>06:04:17.55</b>	+02:11:40 (36.1%)	7:38	7.9 (64.2%)
92	<b>ZUGAJ Robert</b>	<b>2382</b>	42K MOUNTAIN PRO TEAM	Open M	73	02:04:37	04:13:51	<b>06:04:38.95</b>	<b>06:04:38.95</b>	+02:12:01 (36.2%)	7:38	7.8 (63.4%)
93	<b>KOPACZEWSKI Michal</b>	<b>2149</b>		Open M	74	02:23:54	04:30:46	<b>06:05:05.85</b>	<b>06:05:05.85</b>	+02:12:28 (36.3%)	7:39	7.8 (63.4%)
94	<b>PAŁUBSKI Andrzej</b>	<b>2245</b>	TECHGIS	Open M	75	02:12:55	04:16:18	<b>06:06:05.40</b>	<b>06:06:05.40</b>	+02:13:28 (36.5%)	7:40	7.8 (63.4%)
95	<b>PUDEŁKO Rafał</b>	<b>2279</b>	MAMYTO!	Open M	76	02:06:46	04:16:50	<b>06:06:43.35</b>	<b>06:06:43.35</b>	+02:14:06 (36.6%)	7:41	7.8 (63.4%)
96	<b>STASIK Monika</b>	<b>2319</b>	INFINITIGYM ŁUKASZ SZAPORÓW	Open K	20	02:15:24	04:23:07	<b>06:08:40.00</b>	<b>06:08:40.00</b>	+02:16:02 (36.9%)	7:43	7.8 (63.4%)
97	<b>CHRZAŚTOWSKA Kamila</b>	<b>2038</b>		Open K	21	02:14:16	04:23:11	<b>06:09:25.00</b>	<b>06:09:25.00</b>	+02:16:47 (37.0%)	7:44	7.7 (62.6%)
98	<b>CYRBUS Dominika</b>	<b>2048</b>	DST	Open K	22	02:14:55	04:22:31	<b>06:09:36.65</b>	<b>06:09:36.65</b>	+02:16:59 (37.1%)	7:44	7.7 (62.6%)
99	<b>WROBLEWSKI Mateusz</b>	<b>2367</b>		Open M	77	02:03:34		<b>06:09:52.25</b>	<b>06:09:52.25</b>	+02:17:15 (37.1%)	7:45	7.7 (62.6%)
100	<b>GORDON Kamila</b>	<b>2089</b>	RELENTLESS	Open K	23	02:08:46	04:14:15	<b>06:10:24.40</b>	<b>06:10:24.40</b>	+02:17:47 (37.2%)	7:45	7.7 (62.6%)
101	<b>GARBIEN Grzegorz</b>	<b>2079</b>	GOAT TEAM	Open M	78	02:03:15	04:13:56	<b>06:12:02.55</b>	<b>06:12:02.55</b>	+02:19:25 (37.5%)	7:47	7.7 (62.6%)
102	<b>RUSINEK Łukasz</b>	<b>2290</b>	NOCNY BÓR TEAM	Open M	79	02:16:36	04:32:04	<b>06:13:17.00</b>	<b>06:13:17.00</b>	+02:20:39 (37.7%)	7:49	7.7 (62.6%)
103	<b>ILCZUK Paweł</b>	<b>2110</b>	WATAHA	Open M	80	02:07:10	04:16:38	<b>06:13:50.15</b>	<b>06:13:50.15</b>	+02:21:13 (37.8%)	7:50	7.7 (62.6%)
104	<b>PASTOR Kamil</b>	<b>2249</b>	WATAHA	Open M	81	02:08:09	04:16:03	<b>06:13:50.30</b>	<b>06:13:50.30</b>	+02:21:13 (37.8%)	7:50	7.7 (62.6%)
105	<b>MICHAŁOWSKI Piotr</b>	<b>2219</b>	WATAHA	Open M	82	02:06:20	04:12:13	<b>06:13:50.45</b>	<b>06:13:50.45</b>	+02:21:13 (37.8%)	7:50	7.7 (62.6%)
106	<b>MECH Patryk</b>	<b>2216</b>		Open M	83	02:08:55	04:22:45	<b>06:14:13.55</b>	<b>06:14:13.55</b>	+02:21:36 (37.8%)	7:50	7.6 (61.8%)
107	<b>KOTULSKI Paweł</b>	<b>2153</b>		Open M	84	02:15:14	04:30:50	<b>06:14:54.40</b>	<b>06:14:54.40</b>	+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	<b>KUDRYCKI Jakub</b>	<b>2172</b>		Open M	85	02:03:50	04:13:47	<b>06:15:18.50</b>	<b>06:15:18.50</b>	+02:22:41 (38.0%)	7:52	7.6 (61.8%)
109	<b>CHUCHLA Piotr</b>	<b>2039</b>	SWORDS ATHLETICS	Open M	86	02:01:26	04:09:27	<b>06:15:56.25</b>	<b>06:15:56.25</b>	+02:23:19 (38.1%)	7:52	7.6 (61.8%)
110	<b>CIERPIAŁ Piotr</b>	<b>2043</b>	KRAKÓW AIRPORT RUNNING TEAM	Open M	87	02:06:26	04:10:28	<b>06:16:04.65</b>	<b>06:16:04.65</b>	+02:23:27 (38.1%)	7:53	7.6 (61.8%)
111	<b>COUSENS Daniel</b>	<b>2046</b>	TWDW	Open M	88	01:56:44	04:08:26	<b>06:16:08.05</b>	<b>06:16:08.05</b>	+02:23:31 (38.2%)	7:53	7.6 (61.8%)
112	<b>WOJTAS Marcin</b>	<b>2363</b>		Open M	89	02:08:43	04:15:12	<b>06:17:02.95</b>	<b>06:17:02.95</b>	+02:24:25 (38.3%)	7:54	7.6 (61.8%)
113	<b>KAMIENIAK Jacek</b>	<b>2129</b>	KBKS BIEGACZE W RADOMSKU	Open M	90	02:06:38		<b>06:17:18.10</b>	<b>06:17:18.10</b>	+02:24:41 (38.3%)	7:54	7.6 (61.8%)
114	<b>KOŁEK Maciej</b>	<b>2144</b>	ŚLĘZAK TEAM / LUX MED SPORTS TEAM	Open M	91	02:11:59	04:22:50	<b>06:17:59.05</b>	<b>06:17:59.05</b>	+02:25:22 (38.5%)	7:55	7.6 (61.8%)
115	<b>ZDEB Maciej</b>	<b>2376</b>	WILQ TEAM	Open M	92	02:08:31	04:23:56	<b>06:18:27.65</b>	<b>06:18:27.65</b>	+02:25:50 (38.5%)	7:56	7.6 (61.8%)
116	<b>ŁAŻEŃSKI Łukasz</b>	<b>2192</b>		Open M	93	02:09:57	04:17:36	<b>06:19:07.85</b>	<b>06:19:07.85</b>	+02:26:30 (38.6%)	7:56	7.5 (61.0%)
117	<b>KUNICKI Mateusz</b>	<b>2174</b>		Open M	94	02:12:55	04:22:15	<b>06:19:15.05</b>	<b>06:19:15.05</b>	+02:26:38 (38.7%)	7:57	7.5 (61.0%)
118	<b>ZIĘTARA-NOSEK Bożena</b>	<b>2380</b>	KKM KALORYFER	Open K	24	02:18:45	04:31:54	<b>06:19:18.25</b>	<b>06:19:18.25</b>	+02:26:41 (38.7%)	7:57	7.5 (61.0%)
119	<b>LAPUCHA Marcin</b>	<b>2180</b>		Open M	95	02:08:59	04:16:34	<b>06:19:19.80</b>	<b>06:19:19.80</b>	+02:26:42 (38.7%)	7:57	7.5 (61.0%)
120	<b>KALTSI Dimitra</b>	<b>2128</b>	ALL TERRAIN RUNNERS	Open K	25	02:19:22	04:30:54	<b>06:19:38.90</b>	<b>06:19:38.90</b>	+02:27:01 (38.7%)	7:57	7.5 (61.0%)
121	<b>BŁAUT-KRASOŃ Alicja</b>	<b>2023</b>	SMASHING PAPKINS	Open K	26	02:17:42	04:31:09	<b>06:19:47.35</b>	<b>06:19:47.35</b>	+02:27:10 (38.8%)	7:57	7.5 (61.0%)
122	<b>MARCINKOWSKA Anna</b>	<b>2206</b>	KW KRAKÓW	Open K	27	02:16:29	04:26:15	<b>06:19:57.00</b>	<b>06:19:57.00</b>	+02:27:19 (38.8%)	7:57	7.5 (61.0%)
123	<b>MARCINKOWSKI Paweł</b>	<b>2207</b>	KW KRAKÓW	Open M	96	02:16:29	04:25:59	<b>06:19:57.05</b>	<b>06:19:57.05</b>	+02:27:20 (38.8%)	7:57	7.5 (61.0%)
124	<b>CZEMPIŃSKI Jan</b>	<b>2049</b>		Open M	97	02:27:42	04:41:58	<b>06:21:33.35</b>	<b>06:21:33.35</b>	+02:28:56 (39.0%)	7:59	7.5 (61.0%)
125	<b>PURGAL Tomasz</b>	<b>2280</b>	SAINT-GOBAIN SQUAD	Open M	98	02:14:31	04:33:44	<b>06:21:58.15</b>	<b>06:21:58.15</b>	+02:29:21 (39.1%)	8:00	7.5 (61.0%)
126	<b>MARCINIAK Paweł</b>	<b>2205</b>		Open M	99	02:08:15	04:22:20	<b>06:22:33.15</b>	<b>06:22:33.15</b>	+02:29:56 (39.2%)	8:01	7.5 (61.0%)
127	<b>ŚWIĄTEK Łukasz</b>	<b>2335</b>		Open M	100	02:13:11	04:22:36	<b>06:23:32.45</b>	<b>06:23:32.45</b>	+02:30:55 (39.4%)	8:02	7.5 (61.0%)
128	<b>KONSEK Jacek</b>	<b>2148</b>		Open M	101	02:13:38	04:30:59	<b>06:23:34.15</b>	<b>06:23:34.15</b>	+02:30:57 (39.4%)	8:02	7.5 (61.0%)
129	<b>BANGIS Łukasz</b>	<b>2012</b>	ŻÓRAWSKI TEAM	Open M	102	02:15:12	04:32:25	<b>06:23:45.05</b>	<b>06:23:45.05</b>	+02:31:08 (39.4%)	8:02	7.5 (61.0%)
130	<b>FORNAL Jacek</b>	<b>2069</b>	ŻBIKI	Open M	103	02:11:18	04:24:59	<b>06:24:01.85</b>	<b>06:24:01.85</b>	+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	<b>FILIPEK Wojciech</b>	<b>2064</b>	OPTIM TRAVEL ULTRA	Open M	120	02:08:32	04:24:53	<b>06:33:04.35</b>	<b>06:33:04.35</b>	+02:40:27 (40.8%)	8:14	7.3 (59.3%)
155	<b>RUCIŃSKI Adam</b>	<b>2287</b>		Open M	121	02:23:39	04:35:06	<b>06:33:10.15</b>	<b>06:33:10.15</b>	+02:40:33 (40.8%)	8:14	7.3 (59.3%)
156	<b>PIEŃKOSZ Wojciech</b>	<b>2257</b>	PGE ENERGETIC RUNNING/PODIUM	Open M	122	02:24:54	04:43:28	<b>06:35:48.00</b>	<b>06:35:48.00</b>	+02:43:10 (41.2%)	8:17	7.2 (58.5%)
157	<b>SKOWRON Małgorzata</b>	<b>2307</b>	STREET RUN RADOM / PODIUM	Open K	35	02:24:53	04:43:25	<b>06:35:48.05</b>	<b>06:35:48.05</b>	+02:43:11 (41.2%)	8:17	7.2 (58.5%)
158	<b>DOŁŻYCKI Paweł</b>	<b>2055</b>		Open M	123	02:09:40	04:33:33	<b>06:35:58.75</b>	<b>06:35:58.75</b>	+02:43:21 (41.3%)	8:18	7.2 (58.5%)
159	<b>ŁUKASZEWSKI Przemysław</b>	<b>2195</b>	STS BIEGATON MIKOŁÓW	Open M	124	02:16:34	04:32:00	<b>06:36:27.65</b>	<b>06:36:27.65</b>	+02:43:50 (41.3%)	8:18	7.2 (58.5%)
160	<b>HŁASKO Anna</b>	<b>2105</b>		Open K	36	02:14:38	04:31:39	<b>06:36:31.70</b>	<b>06:36:31.70</b>	+02:43:54 (41.3%)	8:18	7.2 (58.5%)
161	<b>FLANDERA Luca</b>	<b>2067</b>		Open K	37	02:13:38	04:23:26	<b>06:37:13.75</b>	<b>06:37:13.75</b>	+02:44:36 (41.4%)	8:19	7.2 (58.5%)
162	<b>MILER Robert</b>	<b>2223</b>	KOLARSKO-BIEGOWY KLUB SPORTOWY RADOMSKO	Open M	125	02:09:37	04:32:57	<b>06:37:24.20</b>	<b>06:37:24.20</b>	+02:44:47 (41.5%)	8:19	7.2 (58.5%)
163	<b>GRZESIK Marta</b>	<b>2097</b>		Open K	38	02:18:42	04:36:00	<b>06:38:26.40</b>	<b>06:38:26.40</b>	+02:45:49 (41.6%)	8:21	7.2 (58.5%)
164	<b>GRZESIK Jędrzej</b>	<b>2098</b>	LAPS	Open M	126	02:18:28	04:37:12	<b>06:38:28.20</b>	<b>06:38:28.20</b>	+02:45:51 (41.6%)	8:21	7.2 (58.5%)
165	<b>PRZYBYLSKI Mariusz</b>	<b>2274</b>	BIEGNIJ Z PROSERVICE	Open M	127	02:11:43	04:33:25	<b>06:38:52.15</b>	<b>06:38:52.15</b>	+02:46:15 (41.7%)	8:21	7.2 (58.5%)
166	<b>NIEDZIELA Michał</b>	<b>2233</b>		Open M	128	02:20:06	04:41:50	<b>06:40:09.45</b>	<b>06:40:09.45</b>	+02:47:32 (41.9%)	8:23	7.2 (58.5%)
167	<b>RĄPAŁA Grzegorz</b>	<b>2283</b>		Open M	129	02:19:56	04:37:30	<b>06:40:15.20</b>	<b>06:40:15.20</b>	+02:47:38 (41.9%)	8:23	7.2 (58.5%)
168	<b>STOJEWSKI Przemysław</b>	<b>2388</b>		Open M	130	02:28:32	04:43:55	<b>06:40:24.30</b>	<b>06:40:24.30</b>	+02:47:47 (41.9%)	8:23	7.1 (57.7%)
169	<b>JASIŃSKI Krzysztof</b>	<b>2119</b>	GRUBE KORZENIE	Open M	131	02:12:44	04:32:31	<b>06:41:06.15</b>	<b>06:41:06.15</b>	+02:48:29 (42.0%)	8:24	7.1 (57.7%)
170	<b>UBYCH Mariusz</b>	<b>2344</b>	ŁÓDŹ RUNNING TEAM	Open M	132	02:24:01	04:48:07	<b>06:41:10.05</b>	<b>06:41:10.05</b>	+02:48:33 (42.0%)	8:24	7.1 (57.7%)
171	<b>WACHOWIAK Anna</b>	<b>2346</b>	CARLSBERG SHARED SERVICES	Open K	39	02:29:32	04:44:18	<b>06:41:28.05</b>	<b>06:41:28.05</b>	+02:48:51 (42.1%)	8:24	7.1 (57.7%)
172	<b>PAMUŁA Marta</b>	<b>2246</b>		Open K	40	02:18:35	04:34:48	<b>06:42:30.55</b>	<b>06:42:30.55</b>	+02:49:53 (42.2%)	8:26	7.1 (57.7%)
173	<b>BAKIERA Kamil</b>	<b>2010</b>		Open M	133	02:23:25	04:38:07	<b>06:42:34.40</b>	<b>06:42:34.40</b>	+02:49:57 (42.2%)	8:26	7.1 (57.7%)
174	<b>MAJDAK Bartłomiej</b>	<b>2202</b>	TESTERZY GLEBY	Open M	134	02:21:22	04:39:26	<b>06:42:59.45</b>	<b>06:42:59.45</b>	+02:50:22 (42.3%)	8:26	7.1 (57.7%)
175	<b>STASZEWSKI Paweł</b>	<b>2320</b>		Open M	135	02:20:04	04:33:09	<b>06:43:11.95</b>	<b>06:43:11.95</b>	+02:50:34 (42.3%)	8:27	7.1 (57.7%)
176	<b>PAWEŁCZUK Piotr</b>	<b>2252</b>		Open M	136	02:26:26	04:42:01	<b>06:43:28.95</b>	<b>06:43:28.95</b>	+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	<b>HASIŃSKA Aleksandra</b>	<b>2102</b>		Open K	41	02:20:50	04:42:17	<b>06:43:46.05</b>	<b>06:43:46.05</b>	+02:51:09 (42.4%)	8:27	7.1 (57.7%)
178	<b>URBAŃSKA Magdalena</b>	<b>2345</b>	HAPPY RUNNERS	Open K	42	02:28:34	04:47:18	<b>06:43:54.65</b>	<b>06:43:54.65</b>	+02:51:17 (42.4%)	8:28	7.1 (57.7%)
179	<b>SARNOWSKA Karolina</b>	<b>2295</b>	PRORUNNING PROMOTION	Open K	43	02:20:45	04:45:48	<b>06:45:15.30</b>	<b>06:45:15.30</b>	+02:52:38 (42.6%)	8:29	7.1 (57.7%)
180	<b>PRZYBYLSKI Grzegorz</b>	<b>2275</b>	DZIADEK_GRISZKA_BIEGA	Open M	137	02:15:01	04:37:43	<b>06:45:30.90</b>	<b>06:45:30.90</b>	+02:52:53 (42.6%)	8:30	7.1 (57.7%)
181	<b>BUGAJ Krzysztof</b>	<b>2027</b>	NIENAŻARTE MISIE	Open M	138	02:30:38	04:47:57	<b>06:45:34.45</b>	<b>06:45:34.45</b>	+02:52:57 (42.6%)	8:30	7.1 (57.7%)
182	<b>CHADUŁA Adrian</b>	<b>2035</b>	NIENAŻARTE MISIE	Open M	139	02:30:46	04:47:28	<b>06:45:34.80</b>	<b>06:45:34.80</b>	+02:52:57 (42.6%)	8:30	7.1 (57.7%)
183	<b>BARDAN Michał</b>	<b>2013</b>	JACEK BIEGA	Open M	140	02:22:21	04:39:43	<b>06:45:36.95</b>	<b>06:45:36.95</b>	+02:52:59 (42.7%)	8:30	7.1 (57.7%)
184		<b>2392</b>				02:02:15	04:24:26	<b>06:46:03.50</b>	<b>06:46:03.50</b>	+02:53:26 (42.7%)	8:30	7 (56.9%)
185	<b>KWIATEK Weronika</b>	<b>2178</b>		Open K	44	02:10:30	04:33:05	<b>06:46:11.20</b>	<b>06:46:11.20</b>	+02:53:34 (42.7%)	8:30	7 (56.9%)
186	<b>MICHOWSKA Anna</b>	<b>2220</b>	HEŃTEAM	Open K	45	02:23:59	04:46:48	<b>06:46:51.20</b>	<b>06:46:51.20</b>	+02:54:14 (42.8%)	8:31	7 (56.9%)
187	<b>JEŻOWSKI Jacek</b>	<b>2122</b>	HEŃTEAM LUBLIN	Open M	141	02:24:00		<b>06:46:51.30</b>	<b>06:46:51.30</b>	+02:54:14 (42.8%)	8:31	7 (56.9%)
188	<b>FRITZ Wojciech</b>	<b>2072</b>	SWORDS ATHLETICS	Open M	142	02:20:06	04:45:26	<b>06:47:19.00</b>	<b>06:47:19.00</b>	+02:54:41 (42.9%)	8:32	7 (56.9%)
189	<b>WIDERA Tomasz</b>	<b>2353</b>	KOKOSZA36TEAM	Open M	143	02:16:25	04:33:49	<b>06:47:25.45</b>	<b>06:47:25.45</b>	+02:54:48 (42.9%)	8:32	7 (56.9%)
190	<b>KĘDRA Agnieszka</b>	<b>2138</b>	CARPATHIAN RUNNERS	Open K	46	02:21:58	04:45:08	<b>06:47:46.25</b>	<b>06:47:46.25</b>	+02:55:09 (43.0%)	8:32	7 (56.9%)
191	<b>LIGĘZA Witek</b>	<b>2190</b>	KANGUROWA SZKOŁA/SMASHING PĄPKINS	Open M	144	02:11:42	04:24:41	<b>06:48:04.75</b>	<b>06:48:04.75</b>	+02:55:27 (43.0%)	8:33	7 (56.9%)
192	<b>HABERSKI Michał</b>	<b>2101</b>	BIEGBOX	Open M	145	02:26:23	04:48:09	<b>06:48:57.45</b>	<b>06:48:57.45</b>	+02:56:20 (43.1%)	8:34	7 (56.9%)
193	<b>GOLI Leszek</b>	<b>2086</b>	MOVADO RUNNERS	Open M	146	02:24:01	04:49:45	<b>06:49:03.25</b>	<b>06:49:03.25</b>	+02:56:26 (43.1%)	8:34	7 (56.9%)
193	<b>KORZENIOWSKI Grzegorz</b>	<b>2151</b>	MOVADO RUNNERS	Open M	146	02:24:05	04:38:50	<b>06:49:03.25</b>	<b>06:49:03.25</b>	+02:56:26 (43.1%)	8:34	7 (56.9%)
195	<b>SOBCZAK Karolina</b>	<b>2312</b>		Open K	47	02:23:01	04:45:23	<b>06:50:11.50</b>	<b>06:50:11.50</b>	+02:57:34 (43.3%)	8:35	7 (56.9%)
196	<b>WRONA Kamila</b>	<b>2368</b>	SPARTALUBLIN	Open K	48	02:26:01	04:47:24	<b>06:51:07.55</b>	<b>06:51:07.55</b>	+02:58:30 (43.4%)	8:37	7 (56.9%)
197	<b>MAJERSKI Michał</b>	<b>2203</b>		Open M	148	02:19:46	04:37:41	<b>06:51:33.70</b>	<b>06:51:33.70</b>	+02:58:56 (43.5%)	8:37	7 (56.9%)
198	<b>CHWISTEK Katarzyna</b>	<b>2041</b>		Open K	49	02:24:30	04:46:39	<b>06:52:08.00</b>	<b>06:52:08.00</b>	+02:59:30 (43.6%)	8:38	6.9 (56.1%)
199	<b>SZCZEPANIAK Agnieszka</b>	<b>2326</b>		Open K	50	02:25:26	04:54:58	<b>06:52:35.40</b>	<b>06:52:35.40</b>	+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	<b>SOBCZYK-SPYT Agata</b>	<b>2313</b>		Open K	51	02:22:41	04:51:57	<b>06:53:10.95</b>	<b>06:53:10.95</b>	+03:00:33 (43.7%)	8:39	6.9 (56.1%)
201	<b>MARCZAK Sebastian</b>	<b>2209</b>		Open M	149	02:21:22	04:48:55	<b>06:53:29.05</b>	<b>06:53:29.05</b>	+03:00:52 (43.7%)	8:40	6.9 (56.1%)
202	<b>PAWEŁCZUK Grzegorz</b>	<b>2253</b>	KTO GŁUPIEMU ZABRONI	Open M	150	02:31:00	04:51:43	<b>06:53:31.85</b>	<b>06:53:31.85</b>	+03:00:54 (43.7%)	8:40	6.9 (56.1%)
203	<b>BURZYŃSKA Emilia</b>	<b>2033</b>	BIEGAJĄCE KREJZOLE / JESTEM LOCO!	Open K	52	02:33:25	04:56:35	<b>06:53:40.45</b>	<b>06:53:40.45</b>	+03:01:03 (43.8%)	8:40	6.9 (56.1%)
204	<b>KABALA Joanna</b>	<b>2124</b>		Open K	53	02:22:45	04:45:42	<b>06:53:51.95</b>	<b>06:53:51.95</b>	+03:01:14 (43.8%)	8:40	6.9 (56.1%)
205	<b>KLIM Katarzyna</b>	<b>2139</b>		Open K	54	02:28:50	04:53:00	<b>06:57:07.00</b>	<b>06:57:07.00</b>	+03:04:29 (44.2%)	8:44	6.9 (56.1%)
206	<b>ZACHARA Dawid</b>	<b>2372</b>		Open M	151	02:22:44	04:45:39	<b>06:57:20.40</b>	<b>06:57:20.40</b>	+03:04:43 (44.3%)	8:44	6.9 (56.1%)
207	<b>SATERNUS Anna</b>	<b>2296</b>		Open K	55	02:35:05	04:54:46	<b>06:57:35.95</b>	<b>06:57:35.95</b>	+03:04:58 (44.3%)	8:45	6.9 (56.1%)
208	<b>ŻUK Wiktoria</b>	<b>2384</b>	#HEŃTEAM	Open K	56	02:31:11	04:54:43	<b>06:57:51.15</b>	<b>06:57:51.15</b>	+03:05:14 (44.3%)	8:45	6.8 (55.3%)
209	<b>ŻUK Agata</b>	<b>2385</b>	HEŃTEAM	Open K	57	02:31:28	04:54:41	<b>06:57:51.25</b>	<b>06:57:51.25</b>	+03:05:14 (44.3%)	8:45	6.8 (55.3%)
210	<b>LASKOWSKI Michał</b>	<b>2181</b>	DROGA ODWAŻNYCH	Open M	152	02:21:36	04:52:17	<b>06:58:15.85</b>	<b>06:58:15.85</b>	+03:05:38 (44.4%)	8:46	6.8 (55.3%)
211	<b>MAREK Paweł</b>	<b>2210</b>		Open M	153	02:25:55	04:53:40	<b>06:58:18.90</b>	<b>06:58:18.90</b>	+03:05:41 (44.4%)	8:46	6.8 (55.3%)
212	<b>KAMIŃSKI Piotr</b>	<b>2130</b>		Open M	154	02:23:55	04:51:19	<b>06:58:55.95</b>	<b>06:58:55.95</b>	+03:06:18 (44.5%)	8:46	6.8 (55.3%)
213	<b>FIKTUS Paweł</b>	<b>2063</b>		Open M	155	02:14:57	04:44:48	<b>06:59:16.35</b>	<b>06:59:16.35</b>	+03:06:39 (44.5%)	8:47	6.8 (55.3%)
214	<b>WYSOCKI Rafał</b>	<b>2371</b>	KKM KALORYFER	Open M	156	02:21:55	04:49:50	<b>06:59:29.30</b>	<b>06:59:29.30</b>	+03:06:52 (44.5%)	8:47	6.8 (55.3%)
215	<b>CZOCHARA Aneta</b>	<b>2050</b>	HEŃTEAM	Open K	58	02:27:51	04:54:31	<b>07:00:09.35</b>	<b>07:00:09.35</b>	+03:07:32 (44.6%)	8:48	6.8 (55.3%)
216	<b>ŚLIWA Konrad</b>	<b>2334</b>	HEŃTEAM	Open M	157	02:27:35	04:54:49	<b>07:00:09.95</b>	<b>07:00:09.95</b>	+03:07:32 (44.6%)	8:48	6.8 (55.3%)
217	<b>ŽEMAITYTĖ Dovilė</b>	<b>2377</b>	HIGHPEAKS LIETUVA	Open K	59	02:31:39	04:53:04	<b>07:00:31.35</b>	<b>07:00:31.35</b>	+03:07:54 (44.7%)	8:48	6.8 (55.3%)
218	<b>RZĘDZIAN Marcin</b>	<b>2291</b>		Open M	158	02:27:27	04:48:42	<b>07:03:18.75</b>	<b>07:03:18.75</b>	+03:10:41 (45.0%)	8:52	6.8 (55.3%)
219	<b>KRYSZKIEWICZ Tomasz</b>	<b>2163</b>		Open M	159	02:18:50	04:49:29	<b>07:03:25.65</b>	<b>07:03:25.65</b>	+03:10:48 (45.1%)	8:52	6.8 (55.3%)
220	<b>LASONŃ Marek</b>	<b>2182</b>		Open M	160	02:06:22	04:30:26	<b>07:04:47.10</b>	<b>07:04:47.10</b>	+03:12:10 (45.2%)	8:54	6.7 (54.5%)
221	<b>JĘDRZEJCZYK Agnieszka</b>	<b>2123</b>		Open K	60	02:25:59	04:55:28	<b>07:05:52.80</b>	<b>07:05:52.80</b>	+03:13:15 (45.4%)	8:55	6.7 (54.5%)
222	<b>AUGUSCIK Mariusz</b>	<b>2005</b>	NIEZRZESZONY	Open M	161	02:26:00	04:56:27	<b>07:05:52.95</b>	<b>07:05:52.95</b>	+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	<b>PODSTAWSKA Renata</b>	<b>2263</b>		Open K	61	02:28:38	05:03:35	<b>07:06:46.75</b>	<b>07:06:46.75</b>	+03:14:09 (45.5%)	8:56	6.7 (54.5%)
224	<b>BUJOCZEK Janusz</b>	<b>2030</b>		Open M	162	02:16:54	04:46:37	<b>07:07:15.85</b>	<b>07:07:15.85</b>	+03:14:38 (45.6%)	8:57	6.7 (54.5%)
225	<b>WISZNIEWSKI Roman</b>	<b>2354</b>		Open M	163	02:29:44	04:56:06	<b>07:07:45.65</b>	<b>07:07:45.65</b>	+03:15:08 (45.6%)	8:58	6.7 (54.5%)
226	<b>MITROWSKA Karolina</b>	<b>2225</b>		Open K	62	02:32:54	05:00:10	<b>07:08:15.05</b>	<b>07:08:15.05</b>	+03:15:38 (45.7%)	8:58	6.7 (54.5%)
227	<b>KOPEĆ Mateusz</b>	<b>2150</b>	ING HUBS POLAND RUNNERS	Open M	164	02:34:28	05:04:59	<b>07:08:59.70</b>	<b>07:08:59.70</b>	+03:16:22 (45.8%)	8:59	6.7 (54.5%)
228	<b>BOKSA Anna</b>	<b>2024</b>	BOXA TEAM	Open K	63	02:38:02	05:05:02	<b>07:09:21.15</b>	<b>07:09:21.15</b>	+03:16:44 (45.8%)	9:00	6.7 (54.5%)
229	<b>RĄCZKA Rafał</b>	<b>2282</b>		Open M	165	02:20:01	04:43:19	<b>07:09:21.35</b>	<b>07:09:21.35</b>	+03:16:44 (45.8%)	9:00	6.7 (54.5%)
230	<b>DZIAŁA Piotr</b>	<b>2058</b>	KB OŻARÓW MAZOWIECKI BIEGA	Open M	166	02:28:12	04:56:18	<b>07:09:35.00</b>	<b>07:09:35.00</b>	+03:16:57 (45.9%)	9:00	6.7 (54.5%)
231	<b>SKWORZ Aleksander</b>	<b>2309</b>	MASAKRA	Open M	167	02:15:36	04:52:52	<b>07:09:47.15</b>	<b>07:09:47.15</b>	+03:17:10 (45.9%)	9:00	6.7 (54.5%)
232	<b>GLINKA Agnieszka</b>	<b>2084</b>	BRAVEHEARTS LEGIONOWO	Open K	64	02:34:23	05:01:48	<b>07:09:55.05</b>	<b>07:09:55.05</b>	+03:17:18 (45.9%)	9:00	6.7 (54.5%)
233	<b>SZUSZKIEWICZ Marzena</b>	<b>2328</b>		Open K	65	02:34:23	05:01:50	<b>07:09:55.10</b>	<b>07:09:55.10</b>	+03:17:18 (45.9%)	9:00	6.7 (54.5%)
234	<b>ŚWIERŻEWSKA Sylwia</b>	<b>2336</b>	HEŃTEAM	Open K	66	02:25:53	04:57:55	<b>07:10:17.05</b>	<b>07:10:17.05</b>	+03:17:40 (45.9%)	9:01	6.7 (54.5%)
235	<b>KĄCKI Michał</b>	<b>2137</b>		Open M	168	02:18:42	04:48:03	<b>07:10:20.45</b>	<b>07:10:20.45</b>	+03:17:43 (45.9%)	9:01	6.7 (54.5%)
236	<b>ZAWITKOWSKI Bartosz</b>	<b>2375</b>		Open M	169	02:26:05	04:49:37	<b>07:10:56.85</b>	<b>07:10:56.85</b>	+03:18:19 (46.0%)	9:02	6.6 (53.7%)
237	<b>GULA Tomasz</b>	<b>2100</b>	GBY	Open M	170	02:36:39	05:01:19	<b>07:12:26.85</b>	<b>07:12:26.85</b>	+03:19:49 (46.2%)	9:03	6.6 (53.7%)
238	<b>OLECH Witold</b>	<b>2241</b>		Open M	171	02:36:51	05:01:30	<b>07:12:59.20</b>	<b>07:12:59.20</b>	+03:20:22 (46.3%)	9:04	6.6 (53.7%)
238	<b>ZIN Jacek</b>	<b>2381</b>		Open M	171	02:36:51	05:01:34	<b>07:12:59.20</b>	<b>07:12:59.20</b>	+03:20:22 (46.3%)	9:04	6.6 (53.7%)
240	<b>DOJS Aleksandra</b>	<b>2053</b>	NIGHT RUNNERS/BIEGAJĄCE KREJZOLE	Open K	67	02:38:32	05:06:30	<b>07:13:09.55</b>	<b>07:13:09.55</b>	+03:20:32 (46.3%)	9:04	6.6 (53.7%)
241	<b>WANTUCH Tomasz</b>	<b>2349</b>		Open M	173	02:32:20	05:01:53	<b>07:13:16.55</b>	<b>07:13:16.55</b>	+03:20:39 (46.3%)	9:04	6.6 (53.7%)
242	<b>WACHOWSKA Katarzyna</b>	<b>2347</b>	SMOK TRÓJGŁOWY	Open K	68	02:28:10	05:03:27	<b>07:13:42.65</b>	<b>07:13:42.65</b>	+03:21:05 (46.4%)	9:05	6.6 (53.7%)
243	<b>MAĆKOWSKI Mateusz</b>	<b>2198</b>	NATURAL BORN COFFEE LOVERS	Open M	174	02:28:11	05:03:45	<b>07:13:42.75</b>	<b>07:13:42.75</b>	+03:21:05 (46.4%)	9:05	6.6 (53.7%)
244	<b>BĘBEN Marta</b>	<b>2018</b>		Open K	69	02:34:39	05:05:23	<b>07:14:42.70</b>	<b>07:14:42.70</b>	+03:22:05 (46.5%)	9:06	6.6 (53.7%)
245	<b>BUKOWIEC Justyna</b>	<b>2031</b>	KKM KALORYFER	Open K	70	02:28:45	05:08:44	<b>07:15:11.50</b>	<b>07:15:11.50</b>	+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	<b>BABICKI Grzegorz</b>	<b>2008</b>	NO BELL	Open M	175	02:30:22	05:09:55	<b>07:20:13.20</b>	<b>07:20:13.20</b>	+03:27:36 (47.2%)	9:13	6.5 (52.8%)
247	<b>DANECKI Jacek</b>	<b>2051</b>		Open M	176	02:26:11	05:05:31	<b>07:20:14.10</b>	<b>07:20:14.10</b>	+03:27:37 (47.2%)	9:13	6.5 (52.8%)
248	<b>LUKOV Simeon</b>	<b>2191</b>	CLIMB & RUN	Open M	177	02:29:35	05:07:33	<b>07:20:22.35</b>	<b>07:20:22.35</b>	+03:27:45 (47.2%)	9:13	6.5 (52.8%)
249	<b>WOJACZEK Anna</b>	<b>2359</b>		Open K	71	02:29:09	05:05:34	<b>07:20:22.45</b>	<b>07:20:22.45</b>	+03:27:45 (47.2%)	9:13	6.5 (52.8%)
250	<b>KAGANEK Maciej</b>	<b>2126</b>	KAGAN TEAM	Open M	178	02:18:12	05:00:14	<b>07:21:40.50</b>	<b>07:21:40.50</b>	+03:29:03 (47.3%)	9:15	6.5 (52.8%)
251	<b>KUCHAREWICZ Przemysław</b>	<b>2170</b>		Open M	179	02:24:32	05:01:08	<b>07:22:19.50</b>	<b>07:22:19.50</b>	+03:29:42 (47.4%)	9:16	6.5 (52.8%)
252	<b>GÓRA Iwona</b>	<b>2091</b>	PARA FIT	Open K	72	02:29:48	05:03:11	<b>07:22:23.50</b>	<b>07:22:23.50</b>	+03:29:46 (47.4%)	9:16	6.5 (52.8%)
253	<b>LENAR Krzysztof</b>	<b>2184</b>		Open M	180		05:15:03	<b>07:22:38.00</b>	<b>07:22:38.00</b>	+03:30:00 (47.4%)	9:16	6.5 (52.8%)
254	<b>PUCHAŁA Mariusz</b>	<b>2278</b>	NAPRZÓD MŁOCINY	Open M	181	02:17:31	05:03:39	<b>07:23:11.95</b>	<b>07:23:11.95</b>	+03:30:34 (47.5%)	9:17	6.5 (52.8%)
255	<b>ZIAJKO Zuza</b>	<b>2378</b>	VEGE RUNNERS	Open K	73	02:34:42	05:10:52	<b>07:23:51.00</b>	<b>07:23:51.00</b>	+03:31:13 (47.6%)	9:18	6.4 (52.0%)
256	<b>BUJNOWSKA Eliza</b>	<b>2028</b>	VEGE RUNNERS	Open K	74	02:34:46	05:10:59	<b>07:23:51.20</b>	<b>07:23:51.20</b>	+03:31:14 (47.6%)	9:18	6.4 (52.0%)
257	<b>HETEL Adam</b>	<b>2104</b>	KLUB BIEGACZA RTV EURO AGD	Open M	182	02:40:22	05:08:53	<b>07:25:22.00</b>	<b>07:25:22.00</b>	+03:32:44 (47.8%)	9:20	6.4 (52.0%)
258	<b>KÓZKA Przem</b>	<b>2159</b>	WARJOTY Z DZIEWICZEJ GÓRY	Open M	183	02:25:16	05:12:15	<b>07:25:23.20</b>	<b>07:25:23.20</b>	+03:32:46 (47.8%)	9:20	6.4 (52.0%)
259	<b>LEŚNOWOLSKI Piotr</b>	<b>2187</b>	KLUB BIEGACZA RTV EURO AGD	Open M	184	02:40:22	05:06:32	<b>07:25:23.40</b>	<b>07:25:23.40</b>	+03:32:46 (47.8%)	9:20	6.4 (52.0%)
260	<b>HERBUT Mateusz</b>	<b>2103</b>		Open M	185	02:29:16	05:08:18	<b>07:25:27.55</b>	<b>07:25:27.55</b>	+03:32:50 (47.8%)	9:20	6.4 (52.0%)
261	<b>WATARZYSZYN Marzena</b>	<b>2352</b>		Open K	75	02:49:37	05:18:19	<b>07:25:57.75</b>	<b>07:25:57.75</b>	+03:33:20 (47.8%)	9:20	6.4 (52.0%)
262	<b>BAK Piotr</b>	<b>2015</b>		Open M	186	02:40:18	05:15:48	<b>07:26:59.70</b>	<b>07:26:59.70</b>	+03:34:22 (48.0%)	9:22	6.4 (52.0%)
263	<b>STACHOWICZ Sebastian</b>	<b>2318</b>		Open M	187	02:28:21	05:09:37	<b>07:26:59.80</b>	<b>07:26:59.80</b>	+03:34:22 (48.0%)	9:22	6.4 (52.0%)
264	<b>GABRUŚ Iwona</b>	<b>2076</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open K	76	02:44:28	05:16:14	<b>07:27:04.45</b>	<b>07:27:04.45</b>	+03:34:27 (48.0%)	9:22	6.4 (52.0%)
265	<b>PRAŻANOWSKI Mariusz</b>	<b>2270</b>		Open M	188	02:33:47	05:10:30	<b>07:28:34.30</b>	<b>07:28:34.30</b>	+03:35:57 (48.1%)	9:24	6.4 (52.0%)
265	<b>MATEJCZYK-WALETKO Dorota</b>	<b>2214</b>	MAMY TO	Open K	77	02:33:47	05:10:32	<b>07:28:34.30</b>	<b>07:28:34.30</b>	+03:35:57 (48.1%)	9:24	6.4 (52.0%)
267	<b>JAKUBIK Aleksandra</b>	<b>2115</b>	BE MY TURTLE	Open K	78	02:33:17	05:13:07	<b>07:29:38.50</b>	<b>07:29:38.50</b>	+03:37:01 (48.3%)	9:25	6.4 (52.0%)
268	<b>JAKUBIK Dawid</b>	<b>2116</b>	BE MY TURTLE	Open M	189	02:33:16	05:13:10	<b>07:29:38.85</b>	<b>07:29:38.85</b>	+03:37:01 (48.3%)	9:25	6.4 (52.0%)

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
269	<b>KSIĄŻEK Leszek</b>	<b>2168</b>		Open M	190	02:36:17	05:17:37	<b>07:30:12.55</b>	<b>07:30:12.55</b>	+03:37:35 (48.3%)	9:26	6.4 (52.0%)
270	<b>LIGĘZA Joasia</b>	<b>2189</b>	SMASHING PĄPKINS I UNLIMITED 2.0	Open K	79	02:26:48	05:07:12	<b>07:31:02.30</b>	<b>07:31:02.30</b>	+03:38:25 (48.4%)	9:27	6.3 (51.2%)
271	<b>HOFMAN Piotr</b>	<b>2106</b>	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	Open M	191	02:24:55	05:02:28	<b>07:31:31.00</b>	<b>07:31:31.00</b>	+03:38:53 (48.5%)	9:27	6.3 (51.2%)
272	<b>BUJOCZEK Małgorzata</b>	<b>2029</b>	BUJO MY...	Open K	80	02:37:42	05:11:16	<b>07:33:52.90</b>	<b>07:33:52.90</b>	+03:41:15 (48.7%)	9:30	6.3 (51.2%)
273	<b>CHWISTEK Artur</b>	<b>2042</b>		Open M	192	02:35:54	05:14:11	<b>07:34:00.55</b>	<b>07:34:00.55</b>	+03:41:23 (48.8%)	9:31	6.3 (51.2%)
274	<b>GĘBSKI Sławomir</b>	<b>2082</b>	KKM KALORYFER	Open M	193	02:31:31	05:14:07	<b>07:35:10.45</b>	<b>07:35:10.45</b>	+03:42:33 (48.9%)	9:32	6.3 (51.2%)
275	<b>LEONARSKA Małgorzata</b>	<b>2185</b>	BŁYSKAWICE - LOCO SPORT	Open K	81	02:42:40	05:20:23	<b>07:35:21.85</b>	<b>07:35:21.85</b>	+03:42:44 (48.9%)	9:32	6.3 (51.2%)
275	<b>FRAĆKOWIAK Aneta</b>	<b>2071</b>	JESTEM LOCO!	Open K	81	02:42:41	05:20:27	<b>07:35:21.85</b>	<b>07:35:21.85</b>	+03:42:44 (48.9%)	9:32	6.3 (51.2%)
277	<b>ZASŁONKA Paweł</b>	<b>2374</b>		Open M	194	02:39:50	05:15:52	<b>07:35:29.55</b>	<b>07:35:29.55</b>	+03:42:52 (48.9%)	9:32	6.3 (51.2%)
278	<b>FILIPOWICZ Ziemowit</b>	<b>2065</b>		Open M	195	02:36:26	05:17:08	<b>07:36:51.50</b>	<b>07:36:51.50</b>	+03:44:14 (49.1%)	9:34	6.3 (51.2%)
279	<b>BIENKOWSKA Magdalena</b>	<b>2021</b>		Open K	83	02:35:05	05:13:13	<b>07:37:01.65</b>	<b>07:37:01.65</b>	+03:44:24 (49.1%)	9:34	6.3 (51.2%)
280	<b>BIELIŃSKI Tomasz</b>	<b>2020</b>		Open M	196	02:38:54	05:19:02	<b>07:37:06.95</b>	<b>07:37:06.95</b>	+03:44:29 (49.1%)	9:34	6.3 (51.2%)
281	<b>GAWĘDZKA Aneta</b>	<b>2080</b>	OBORYGENI	Open K	84	02:35:50	05:20:15	<b>07:37:33.10</b>	<b>07:37:33.10</b>	+03:44:56 (49.2%)	9:35	6.3 (51.2%)
282	<b>ŚLEMP Małgorzata</b>	<b>2332</b>	ULTRA WYJADACZE	Open K	85	02:42:06	05:21:02	<b>07:38:14.00</b>	<b>07:38:14.00</b>	+03:45:36 (49.2%)	9:36	6.2 (50.4%)
283	<b>HORBACZ-ROSA Hanna</b>	<b>2107</b>		Open K	86	02:45:07	05:25:01	<b>07:38:20.80</b>	<b>07:38:20.80</b>	+03:45:43 (49.2%)	9:36	6.2 (50.4%)
284	<b>PRZETAKIEWICZ Magdalena</b>	<b>2273</b>		Open K	87	02:50:38	05:25:21	<b>07:38:23.80</b>	<b>07:38:23.80</b>	+03:45:46 (49.3%)	9:36	6.2 (50.4%)
285	<b>PŁATEK Dominik</b>	<b>2262</b>		Open M	197	02:24:41	05:13:24	<b>07:39:57.55</b>	<b>07:39:57.55</b>	+03:47:20 (49.4%)	9:38	6.2 (50.4%)
286	<b>KUŚ Sławomir</b>	<b>2176</b>		Open M	198	02:36:24	05:16:38	<b>07:40:13.10</b>	<b>07:40:13.10</b>	+03:47:36 (49.5%)	9:38	6.2 (50.4%)
287	<b>DZIURUŃ Paweł</b>	<b>2059</b>		Open M	199	02:36:24	05:21:13	<b>07:40:13.25</b>	<b>07:40:13.25</b>	+03:47:36 (49.5%)	9:38	6.2 (50.4%)
288	<b>GRAJDEK Wiktor</b>	<b>2093</b>		Open M	200	02:49:46	05:29:14	<b>07:44:48.60</b>	<b>07:44:48.60</b>	+03:52:11 (50.0%)	9:44	6.2 (50.4%)
289	<b>LAFUIE-WSZOLEK Thomas</b>	<b>2179</b>		Open M	201	02:43:00	05:16:26	<b>07:45:27.00</b>	<b>07:45:27.00</b>	+03:52:49 (50.0%)	9:45	6.1 (49.6%)
290	<b>TWOMEY Mark</b>	<b>2341</b>	RUN FATBOY RUN	Open M	202	02:31:46	05:12:24	<b>07:45:28.65</b>	<b>07:45:28.65</b>	+03:52:51 (50.0%)	9:45	6.1 (49.6%)
291	<b>ŁUKASZEWSKA Agnieszka</b>	<b>2194</b>	STS BIEGATON MIKOŁÓW	Open K	88	02:48:52	05:26:15	<b>07:45:34.60</b>	<b>07:45:34.60</b>	+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	<b>07:45:50.20</b>	<b>07:45:50.20</b>	+03:53:13 (50.1%)	9:45	6.1 (49.6%)
293	PARYSZ Magdalena	2248		Open K	90	02:50:26	05:27:10	<b>07:45:58.70</b>	<b>07:45:58.70</b>	+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	<b>07:46:14.65</b>	<b>07:46:14.65</b>	+03:53:37 (50.1%)	9:46	6.1 (49.6%)
295	OCHREMIAK Aleksandra	2239		Open K	91	02:42:39	05:24:21	<b>07:46:49.50</b>	<b>07:46:49.50</b>	+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	<b>07:47:28.65</b>	<b>07:47:28.65</b>	+03:54:51 (50.2%)	9:48	6.1 (49.6%)
297	KAZIMIERAK Kamil	2135		Open M	205	02:41:23	05:27:07	<b>07:47:47.00</b>	<b>07:47:47.00</b>	+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	<b>07:48:15.10</b>	<b>07:48:15.10</b>	+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	<b>07:48:33.55</b>	<b>07:48:33.55</b>	+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	<b>07:48:47.80</b>	<b>07:48:47.80</b>	+03:56:10 (50.4%)	9:49	6.1 (49.6%)
301	WOJEWODA Renata	2361		Open K	93	02:41:02	05:31:04	<b>07:49:23.65</b>	<b>07:49:23.65</b>	+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	<b>07:49:31.65</b>	<b>07:49:31.65</b>	+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	<b>07:50:13.25</b>	<b>07:50:13.25</b>	+03:57:36 (50.5%)	9:51	6.1 (49.6%)
304	MARJAŃSKI Tomasz	2212		Open M	208	02:44:14	05:24:35	<b>07:52:04.70</b>	<b>07:52:04.70</b>	+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	<b>07:52:30.00</b>	<b>07:52:30.00</b>	+03:59:52 (50.8%)	9:54	6.1 (49.6%)
306	NIEDZIELSKA Anna	2234		Open K	97	02:41:10	05:32:07	<b>07:53:28.30</b>	<b>07:53:28.30</b>	+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	<b>07:53:47.20</b>	<b>07:53:47.20</b>	+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	<b>07:54:14.95</b>	<b>07:54:14.95</b>	+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	<b>07:55:24.20</b>	<b>07:55:24.20</b>	+04:02:47 (51.1%)	9:57	6 (48.8%)
310	BORYKA Piotr	2026		Open M	211	02:34:03	05:31:39	<b>07:56:31.20</b>	<b>07:56:31.20</b>	+04:03:54 (51.2%)	9:59	6 (48.8%)
311	KUCZERA Łukasz	2171		Open M	212	02:44:04	05:44:41	<b>07:57:28.80</b>	<b>07:57:28.80</b>	+04:04:51 (51.3%)	10:00	6 (48.8%)
312	ADAMSKI Bartłomiej	2004		Open M	213	02:50:11	05:34:02	<b>07:57:52.75</b>	<b>07:57:52.75</b>	+04:05:15 (51.3%)	10:01	6 (48.8%)
<b>Przekroczony limit czasu: 08:00:00</b>												
313	AUGUSTYNSKI Filip	2007		Open M	214	02:37:08	05:22:07	<b>08:01:14.80</b>	<b>08:01:14.80</b>	+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	<b>08:04:32.45</b>	<b>08:04:32.45</b>	+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	<b>RULAK Jerzy</b>	<b>2288</b>		Open M	215	02:45:59	05:37:45	<b>08:06:54.80</b>	<b>08:06:54.80</b>	+04:14:17 (52.2%)	10:12	5.9 (48.0%)
316	<b>MAGOCSY Helena</b>	<b>2199</b>		Open K	100	03:01:18	05:51:00	<b>08:10:50.25</b>	<b>08:10:50.25</b>	+04:18:13 (52.6%)	10:17	5.8 (47.2%)
317	<b>MAGOCSY Justyna</b>	<b>2201</b>		Open K	101	03:01:20	05:51:02	<b>08:10:51.85</b>	<b>08:10:51.85</b>	+04:18:14 (52.6%)	10:17	5.8 (47.2%)
318	<b>KRZYŻAŃSKA Anna</b>	<b>2166</b>		Open K	102	02:57:07	04:32:13	<b>08:12:39.05</b>	<b>08:12:39.05</b>	+04:20:02 (52.8%)	10:19	5.8 (47.2%)
319	<b>ŻYCHOŃ Jolanta</b>	<b>2387</b>		Open K	103	02:51:51	05:49:11	<b>08:13:38.35</b>	<b>08:13:38.35</b>	+04:21:01 (52.9%)	10:20	5.8 (47.2%)
320	<b>CHOJNOWSKA Barbara</b>	<b>2037</b>		Open K	104	03:02:35	05:53:03	<b>08:18:37.50</b>	<b>08:18:37.50</b>	+04:26:00 (53.3%)	10:27	5.7 (46.3%)
321	<b>PIECUCH Małgorzata</b>	<b>2255</b>		Open K	105	03:05:44	06:06:28	<b>08:36:55.20</b>	<b>08:36:55.20</b>	+04:44:18 (55.0%)	10:50	5.5 (44.7%)
322	<b>GRZESZCZAK Małgorzata</b>	<b>2099</b>		Open K	106	03:09:17	06:08:54	<b>08:54:00.35</b>	<b>08:54:00.35</b>	+05:01:23 (56.4%)	11:11	5.4 (43.9%)
323	<b>STACHAŃCZYK Wojciech</b>	<b>2317</b>		Open M	216	03:02:56	06:14:00	<b>08:54:01.05</b>	<b>08:54:01.05</b>	+05:01:24 (56.4%)	11:11	5.4 (43.9%)
324	<b>FLORCZAK Zdzisław</b>	<b>2068</b>	TRAIL IS OUR WAY TEAM	Open M	217	03:02:57	06:15:56	<b>08:54:04.15</b>	<b>08:54:04.15</b>	+05:01:27 (56.4%)	11:11	5.4 (43.9%)
325	<b>KARWETA Marek</b>	<b>2134</b>	FUJITSU RUNNING TEAM	Open M	218	02:46:09	06:06:35	<b>08:57:27.20</b>	<b>08:57:27.20</b>	+05:04:50 (56.7%)	11:16	5.3 (43.1%)
326	<b>TYMBURSKI Michał</b>	<b>2342</b>		Open M	219		03:38:56				6:24	9.4 (76.4%)
327	<b>ŁUSZCZEK Rafał</b>	<b>2196</b>	MIRAZ RACE TEAM	Open M	220		04:42:05				8:14	7.3 (59.3%)
	<b>GOS Grzegorz</b>	<b>2090</b>		Open M		02:06:02 DNF	04:13:27 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CHUDA Joanna</b>	<b>2040</b>		Open K		02:52:32 DNF	05:36:09 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WOJTASIK Andrzej</b>	<b>2364</b>	CONTENTO PRO SPORT	Open M		02:26:24 DNF	05:39:56 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WIŚNIEWSKI Adam</b>	<b>2355</b>	GR3MIASTO	Open M		03:17:01 DNF	06:54:33 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIKLAS Jarek</b>	<b>2221</b>	AW - SZYBCIEJ	Open M		01:58:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>AUGUST Kajetan</b>	<b>2006</b>	KS SPRINT BIELSKO-BIAŁA	Open M		02:06:23 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZANIAWSKI Marcin</b>	<b>2325</b>		Open M		02:10:17 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>STERKOWICZ Dorota</b>	<b>2321</b>		Open K		02:18:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PASZYNA Dawid</b>	<b>2250</b>		Open M		02:29:12 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (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
	<b>BALEWSKI Robert</b>	<b>2011</b>		Open M		03:09:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 337 wynik(ów)