

**Wydarzenie:** Łemkowyna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2024-10-19  
**Miejsce:** Komańcza  
**Dystans:** 48 km

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>KOBOS Tomasz</b>	<b>2299</b>	METODA FELDENKRAISA	Open M	1	01:20:49	02:29:29	<b>03:33:09.15</b>	<b>03:33:09.15</b>		4:28	13.4 (100%)
2	<b>SIOŁA Karol</b>	<b>2296</b>	DIADORA TEAM	Open M	2	01:24:01	02:37:16	<b>03:45:03.15</b>	<b>03:45:03.15</b>	+00:11:54 (5.3%)	4:43	12.7 (94.8%)
3	<b>KAŻMIERCZYK Adam</b>	<b>2114</b>	MARCIN ŚWIERC TEAM	Open M	3	01:34:52	02:56:19	<b>04:15:10.05</b>	<b>04:15:10.05</b>	+00:42:00 (16.5%)	5:20	11.2 (83.6%)
4	<b>GAWLIK Sławek</b>	<b>2008</b>	DYNAFIT TEAM POLAND	Open M	4	01:34:52	02:59:28	<b>04:20:45.55</b>	<b>04:20:45.55</b>	+00:47:36 (18.3%)	5:27	11 (82.1%)
5	<b>BANIAK Marcin</b>	<b>2006</b>	G.O.A.T. TEAM MICHAŁOWICE	Open M	5	01:34:02	03:01:18	<b>04:26:53.00</b>	<b>04:26:53.00</b>	+00:53:43 (20.1%)	5:35	10.7 (79.9%)
6	<b>ZYGMUNT Tomasz</b>	<b>2004</b>	BORGWARNER RUNNING TEAM	Open M	6	01:28:36	02:54:26	<b>04:27:50.65</b>	<b>04:27:50.65</b>	+00:54:41 (20.4%)	5:36	10.7 (79.9%)
7	<b>PTAK Mateusz</b>	<b>2216</b>	TRAIL IS OUR WAY	Open M	7	01:38:27	03:06:28	<b>04:29:36.10</b>	<b>04:29:36.10</b>	+00:56:26 (20.9%)	5:39	10.6 (79.1%)
8	<b>RAFA Dominik</b>	<b>2220</b>	ANIA I CHŁOPAKI	Open M	8	01:38:23	03:08:06	<b>04:30:14.80</b>	<b>04:30:14.80</b>	+00:57:05 (21.1%)	5:39	10.6 (79.1%)
9	<b>ŁUSZCZAK Kamil</b>	<b>2151</b>	STAY INSANE/PERFECT RUNNER	Open M	9	01:41:09	03:10:09	<b>04:30:54.55</b>	<b>04:30:54.55</b>	+00:57:45 (21.3%)	5:40	10.6 (79.1%)
10	<b>POTASIEWICZ Grzegorz</b>	<b>2212</b>		Open M	10	01:37:04	03:08:41	<b>04:32:15.25</b>	<b>04:32:15.25</b>	+00:59:06 (21.7%)	5:42	10.5 (78.4%)
11	<b>BYRSKA Sylwia</b>	<b>2001</b>	WM TRISELF	Open K	1	01:41:08	03:08:24	<b>04:33:17.30</b>	<b>04:33:17.30</b>	+01:00:08 (22.0%)	5:43	10.5 (78.4%)
12	<b>KUCHTA Maria</b>	<b>2005</b>	STAJNIAK TEAM	Open K	2	01:41:07	03:11:45	<b>04:35:16.60</b>	<b>04:35:16.60</b>	+01:02:07 (22.6%)	5:46	10.4 (77.6%)
13	<b>FIEDOROWICZ Asia</b>	<b>2063</b>	SKLEP BIEGACZA RUNNING TEAM	Open K	3	01:42:06	03:13:41	<b>04:37:08.80</b>	<b>04:37:08.80</b>	+01:03:59 (23.1%)	5:48	10.3 (76.9%)
14	<b>WÓJCIK Łukasz</b>	<b>2279</b>	NIEMCE TEAM/SZYBCIEJ NIE DAM RADY	Open M	11	01:40:55	03:13:36	<b>04:40:34.15</b>	<b>04:40:34.15</b>	+01:07:25 (24.0%)	5:52	10.2 (76.1%)
15	<b>ZIĘBA Sabina</b>	<b>2007</b>	#SZLACHTABIEGA	Open K	4	01:46:56	03:19:34	<b>04:45:35.35</b>	<b>04:45:35.35</b>	+01:12:26 (25.4%)	5:59	10 (74.6%)

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
16	<b>DZIADZIO Małgorzata</b>	<b>2009</b>		Open K	5	01:46:06	03:20:34	<b>04:47:05.65</b>	<b>04:47:05.65</b>	+01:13:56 (25.8%)	6:01	10 (74.6%)
17	<b>GÓRSKI Tomasz</b>	<b>2084</b>		Open M	12	01:42:08	03:16:26	<b>04:48:17.35</b>	<b>04:48:17.35</b>	+01:15:08 (26.1%)	6:02	9.9 (73.9%)
18	<b>MIŁKOWSKI Paweł</b>	<b>2168</b>	JASZCZOMP	Open M	13	01:41:35	03:18:35	<b>04:49:49.40</b>	<b>04:49:49.40</b>	+01:16:40 (26.5%)	6:04	9.9 (73.9%)
19	<b>STANISŁAWSKI Michał</b>	<b>2243</b>	UKS FREE SPORTS BIELSKO-BIAŁA	Open M	14	01:48:17	03:23:01	<b>04:52:31.35</b>	<b>04:52:31.35</b>	+01:19:22 (27.1%)	6:07	9.8 (73.1%)
20	<b>MAKOWSKI Jarosław</b>	<b>2156</b>		Open M	15	01:45:04	03:19:09	<b>04:53:26.05</b>	<b>04:53:26.05</b>	+01:20:16 (27.4%)	6:09	9.8 (73.1%)
21	<b>TRYBUS Sylwester</b>	<b>2260</b>	NOWY STYL RUNNING TEAM	Open M	16	01:52:46	03:29:31	<b>04:54:37.35</b>	<b>04:54:37.35</b>	+01:21:28 (27.7%)	6:10	9.7 (72.4%)
22	<b>CHODOROWICZ Mariusz</b>	<b>2037</b>	BIEGING TEAM ZELÓW	Open M	17	01:40:15	03:14:58	<b>04:55:05.80</b>	<b>04:55:05.80</b>	+01:21:56 (27.8%)	6:11	9.7 (72.4%)
23	<b>JAŃCZYK Ewa</b>	<b>2096</b>		Open K	6	01:50:23	03:28:30	<b>04:55:59.80</b>	<b>04:55:59.80</b>	+01:22:50 (28.0%)	6:12	9.7 (72.4%)
24	<b>CZECH Agata</b>	<b>2003</b>		Open K	7	01:48:52	03:28:28	<b>04:56:37.45</b>	<b>04:56:37.45</b>	+01:23:28 (28.1%)	6:13	9.6 (71.6%)
25	<b>GOŁĄBEK Rafał</b>	<b>2081</b>	MTB MOSIR DUKLA	Open M	18	01:42:06	03:24:21	<b>04:57:44.40</b>	<b>04:57:44.40</b>	+01:24:35 (28.4%)	6:14	9.6 (71.6%)
26	<b>JASIONOWICZ Grzegorz</b>	<b>2100</b>	PODBIEG.PL	Open M	19	01:49:37	03:27:48	<b>04:58:13.45</b>	<b>04:58:13.45</b>	+01:25:04 (28.5%)	6:15	9.6 (71.6%)
27	<b>PODOLAK Kuba</b>	<b>2209</b>	A TAK SOBIE BIEGAM	Open M	20	01:48:45	03:25:47	<b>04:58:48.15</b>	<b>04:58:48.15</b>	+01:25:39 (28.7%)	6:15	9.6 (71.6%)
28	<b>RADEK Wojciech</b>	<b>2219</b>	ŚPOT	Open M	21	01:48:53	03:28:18	<b>04:59:15.85</b>	<b>04:59:15.85</b>	+01:26:06 (28.8%)	6:16	9.6 (71.6%)
29	<b>KUTAJ Grzegorz</b>	<b>2137</b>		Open M	22	01:55:08	03:31:19	<b>05:00:13.35</b>	<b>05:00:13.35</b>	+01:27:04 (29.0%)	6:17	9.5 (70.9%)
30	<b>PODRAZA Klaudia</b>	<b>2210</b>	PĘDZĄCE ŚLIMAKI	Open K	8	01:48:32	03:32:11	<b>05:00:56.15</b>	<b>05:00:56.15</b>	+01:27:47 (29.2%)	6:18	9.5 (70.9%)
31	<b>DĘBSKA Marta</b>	<b>2011</b>	ZIELONEBIEGANIE.PL	Open K	9	01:52:31	03:32:44	<b>05:00:58.50</b>	<b>05:00:58.50</b>	+01:27:49 (29.2%)	6:18	9.5 (70.9%)
32	<b>MENTEL Marcin</b>	<b>2165</b>		Open M	23	01:53:38	03:35:44	<b>05:01:10.90</b>	<b>05:01:10.90</b>	+01:28:01 (29.2%)	6:18	9.5 (70.9%)
33	<b>SZUKAŁA Michał</b>	<b>2302</b>		Open M	24	01:35:10	03:24:40	<b>05:02:36.20</b>	<b>05:02:36.20</b>	+01:29:27 (29.6%)	6:20	9.5 (70.9%)
34	<b>PROTAS Krzysztof</b>	<b>2214</b>		Open M	25	01:49:16	03:35:56	<b>05:07:24.95</b>	<b>05:07:24.95</b>	+01:34:15 (30.7%)	6:26	9.3 (69.4%)
35	<b>KISIECKI Damian</b>	<b>2116</b>	HURAGAN LIGOTA	Open M	26	01:54:59	03:36:24	<b>05:11:36.05</b>	<b>05:11:36.05</b>	+01:38:26 (31.6%)	6:31	9.2 (68.7%)
36	<b>WOJDANOWSKI Jan</b>	<b>2273</b>		Open M	27	01:54:56	03:41:58	<b>05:11:44.10</b>	<b>05:11:44.10</b>	+01:38:34 (31.6%)	6:32	9.2 (68.7%)
37	<b>GALEWSKI Adrian</b>	<b>2070</b>	AW - SZYBCIEJ - TEAM	Open M	28	01:47:00	03:28:44	<b>05:14:22.65</b>	<b>05:14:22.65</b>	+01:41:13 (32.2%)	6:35	9.1 (67.9%)
38	<b>JAROMI Łukasz</b>	<b>2304</b>		Open M	29	01:58:13	03:43:24	<b>05:14:39.00</b>	<b>05:14:39.00</b>	+01:41:29 (32.3%)	6:35	9.1 (67.9%)

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
39	<b>WOSKOWICZ Mateusz</b>	<b>2277</b>		Open M	30	01:54:52	03:40:33	<b>05:14:43.60</b>	<b>05:14:43.60</b>	+01:41:34 (32.3%)	6:35	9.1 (67.9%)
40	<b>BŁASZCZAK Marek</b>	<b>2027</b>	AW - SZYBCIEJ - TEAM	Open M	31	01:52:21	03:37:27	<b>05:15:00.55</b>	<b>05:15:00.55</b>	+01:41:51 (32.3%)	6:36	9.1 (67.9%)
41	<b>GIŁOWSKI Kamil</b>	<b>2078</b>	UKS FREE SPORTS BIELSKO-BIAŁA	Open M	32	01:47:27	03:32:48	<b>05:16:32.75</b>	<b>05:16:32.75</b>	+01:43:23 (32.7%)	6:38	9 (67.2%)
42	<b>ŁOŚ Kamil</b>	<b>2150</b>	DZIK KOMANDO	Open M	33	01:48:28	03:37:00	<b>05:16:35.05</b>	<b>05:16:35.05</b>	+01:43:25 (32.7%)	6:38	9 (67.2%)
43	<b>ZWOLIŃSKI Mariusz</b>	<b>2292</b>		Open M	34	01:50:59	03:37:51	<b>05:18:48.80</b>	<b>05:18:48.80</b>	+01:45:39 (33.1%)	6:41	9 (67.2%)
44	<b>SALAMON Jarosław</b>	<b>2231</b>		Open M	35	01:49:22	03:35:23	<b>05:19:13.70</b>	<b>05:19:13.70</b>	+01:46:04 (33.2%)	6:41	9 (67.2%)
45	<b>ORYSIK Rafał</b>	<b>2188</b>		Open M	36	01:55:06	03:38:44	<b>05:19:20.90</b>	<b>05:19:20.90</b>	+01:46:11 (33.3%)	6:41	9 (67.2%)
46	<b>JASKÓLSKI Krzysztof</b>	<b>2102</b>	MYNIUTEAM	Open M	37	01:59:17	03:44:51	<b>05:20:47.15</b>	<b>05:20:47.15</b>	+01:47:38 (33.6%)	6:43	8.9 (66.4%)
47	<b>BIERNAT Mateusz</b>	<b>2025</b>		Open M	38	01:57:45	03:46:31	<b>05:21:41.30</b>	<b>05:21:41.30</b>	+01:48:32 (33.7%)	6:44	8.9 (66.4%)
48	<b>RECZKO Jakub</b>	<b>2223</b>		Open M	39	01:59:35	03:46:53	<b>05:22:33.35</b>	<b>05:22:33.35</b>	+01:49:24 (33.9%)	6:45	8.9 (66.4%)
49	<b>JEGER Piotr</b>	<b>2103</b>	SKLEP BIEGACZA RUNNING TEAM	Open M	40	01:52:40	03:39:19	<b>05:22:43.90</b>	<b>05:22:43.90</b>	+01:49:34 (34.0%)	6:45	8.9 (66.4%)
50	<b>KUBIAK Marcin</b>	<b>2131</b>		Open M	41	01:54:15	03:44:35	<b>05:23:03.90</b>	<b>05:23:03.90</b>	+01:49:54 (34.0%)	6:46	8.9 (66.4%)
51	<b>KUZINOWICZ Paweł</b>	<b>2138</b>	MAMYTO	Open M	42	01:54:20	03:43:37	<b>05:24:21.60</b>	<b>05:24:21.60</b>	+01:51:12 (34.3%)	6:47	8.8 (65.7%)
52	<b>WIECZOREK Agata</b>	<b>2268</b>	BIEGOWE CZWARTKI	Open K	10	01:58:35	03:47:19	<b>05:24:46.50</b>	<b>05:24:46.50</b>	+01:51:37 (34.4%)	6:48	8.8 (65.7%)
53	<b>PAŁCZYŃSKI Paweł</b>	<b>2195</b>	LG:)	Open M	43	01:55:37	03:43:32	<b>05:25:55.30</b>	<b>05:25:55.30</b>	+01:52:46 (34.6%)	6:49	8.8 (65.7%)
54	<b>TUCKI Konrad</b>	<b>2261</b>		Open M	44	02:00:53	03:50:29	<b>05:26:19.95</b>	<b>05:26:19.95</b>	+01:53:10 (34.7%)	6:50	8.8 (65.7%)
55	<b>SOCHACKI Grzegorz</b>	<b>2242</b>	NOGAMI DO PRZODU	Open M	45	01:54:31	03:44:25	<b>05:28:50.05</b>	<b>05:28:50.05</b>	+01:55:40 (35.2%)	6:53	8.7 (64.9%)
56	<b>MARZEC Justyna</b>	<b>2162</b>	#SZLACHTABIEGA	Open K	11	01:58:35	03:50:15	<b>05:29:43.25</b>	<b>05:29:43.25</b>	+01:56:34 (35.4%)	6:54	8.7 (64.9%)
57	<b>KOCYŁOWSKI Piotr</b>	<b>2118</b>	LITWIN SPORTS	Open M	46	01:57:41	03:50:32	<b>05:30:31.70</b>	<b>05:30:31.70</b>	+01:57:22 (35.5%)	6:55	8.7 (64.9%)
58	<b>KŁÓDKIEWICZ Marcin</b>	<b>2117</b>		Open M	47	01:53:05	03:44:57	<b>05:30:43.95</b>	<b>05:30:43.95</b>	+01:57:34 (35.6%)	6:55	8.7 (64.9%)
59	<b>GARBIEŃ Grzegorz</b>	<b>2073</b>		Open M	48	01:55:01	03:49:36	<b>05:31:05.55</b>	<b>05:31:05.55</b>	+01:57:56 (35.6%)	6:56	8.6 (64.2%)
60	<b>FREIHOEFER Klaudia</b>	<b>2067</b>	TRAIL IS OUR WAY	Open K	12	02:00:55	03:55:05	<b>05:31:55.75</b>	<b>05:31:55.75</b>	+01:58:46 (35.8%)	6:57	8.6 (64.2%)
61	<b>STANOK Piotr</b>	<b>2244</b>		Open M	49	01:57:41	03:56:01	<b>05:32:42.35</b>	<b>05:32:42.35</b>	+01:59:33 (35.9%)	6:58	8.6 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas		Różn	Tempo min/km	Tempo km/h
						Górne 18.7km	Przybyszów 34.2km	netto 47.7km	brutto 47.7km			
62	<b>GAŁEK Aleksander</b>	<b>2072</b>	PRAGMATIQ.PL	Open M	50	02:03:14	03:49:34	<b>05:32:57.95</b>	<b>05:32:57.95</b>	+01:59:48 (36.0%)	6:58	8.6 (64.2%)
63	<b>GĘBORYS Patryk</b>	<b>2075</b>	JTCNW	Open M	51	02:04:17	03:57:41	<b>05:36:24.45</b>	<b>05:36:24.45</b>	+02:03:15 (36.6%)	7:03	8.5 (63.4%)
64	<b>SOBCZAK Grzegorz</b>	<b>2238</b>		Open M	52	01:52:50	03:44:38	<b>05:38:27.95</b>	<b>05:38:27.95</b>	+02:05:18 (37.0%)	7:05	8.5 (63.4%)
65	<b>SZELEŻYŃSKI Bartosz</b>	<b>2251</b>	MAJA TEAM	Open M	53	02:12:54	04:05:35	<b>05:38:44.15</b>	<b>05:38:44.15</b>	+02:05:35 (37.1%)	7:06	8.4 (62.7%)
66	<b>BIARDA Dominik</b>	<b>2020</b>	WROCŁAWSKI KLUB WYSOKOGÓRSKI	Open M	54	02:09:00	04:05:57	<b>05:40:56.85</b>	<b>05:40:56.85</b>	+02:07:47 (37.5%)	7:08	8.4 (62.7%)
67	<b>LIPSKI Dawid</b>	<b>2146</b>		Open M	55	02:08:45	04:05:31	<b>05:41:11.50</b>	<b>05:41:11.50</b>	+02:08:02 (37.5%)	7:09	8.4 (62.7%)
68	<b>BARZYK Karol</b>	<b>2016</b>		Open M	56	02:05:28	03:56:56	<b>05:41:46.35</b>	<b>05:41:46.35</b>	+02:08:37 (37.6%)	7:09	8.4 (62.7%)
69	<b>FITT Konrad</b>	<b>2065</b>	KRAKÓW AIRPORT RUNNING TEAM	Open M	57	02:00:50	03:56:48	<b>05:41:57.05</b>	<b>05:41:57.05</b>	+02:08:47 (37.7%)	7:10	8.4 (62.7%)
70	<b>SIDOR Radosław</b>	<b>2233</b>	POSMAKUJ RUN TEAM	Open M	58	02:00:45	03:57:19	<b>05:42:15.25</b>	<b>05:42:15.25</b>	+02:09:06 (37.7%)	7:10	8.4 (62.7%)
71	<b>HILLER Artur</b>	<b>2091</b>		Open M	59	01:59:10	03:56:06	<b>05:42:40.00</b>	<b>05:42:40.00</b>	+02:09:30 (37.8%)	7:11	8.4 (62.7%)
72	<b>JARUZEL Robert</b>	<b>2099</b>	SKL STARGARD	Open M	60	02:05:26	04:04:33	<b>05:43:57.30</b>	<b>05:43:57.30</b>	+02:10:48 (38.0%)	7:12	8.3 (61.9%)
73	<b>DADOS Rafał</b>	<b>2054</b>		Open M	61	01:54:36	03:49:39	<b>05:44:07.10</b>	<b>05:44:07.10</b>	+02:10:57 (38.1%)	7:12	8.3 (61.9%)
74	<b>GUZANEK Arkadiusz</b>	<b>2088</b>		Open M	62	02:09:33	04:03:51	<b>05:44:49.50</b>	<b>05:44:49.50</b>	+02:11:40 (38.2%)	7:13	8.3 (61.9%)
75	<b>FILIPEK Wojciech</b>	<b>2064</b>	OPTIM TRAVEL ULTRA	Open M	63	01:58:29	03:53:57	<b>05:45:38.40</b>	<b>05:45:38.40</b>	+02:12:29 (38.3%)	7:14	8.3 (61.9%)
76	<b>KURASZKIEWICZ Robert</b>	<b>2136</b>		Open M	64	02:01:42	03:54:02	<b>05:45:38.50</b>	<b>05:45:38.50</b>	+02:12:29 (38.3%)	7:14	8.3 (61.9%)
77	<b>PUDEŁKO Rafał</b>	<b>2217</b>	MAMYTO	Open M	65	02:00:17	04:01:56	<b>05:46:21.20</b>	<b>05:46:21.20</b>	+02:13:12 (38.5%)	7:15	8.3 (61.9%)
78	<b>JĘDRZEJCZYK Adam</b>	<b>2106</b>	SANOK BIEGA	Open M	66	01:59:47	03:55:09	<b>05:46:54.75</b>	<b>05:46:54.75</b>	+02:13:45 (38.6%)	7:16	8.3 (61.9%)
79	<b>KOSIŃSKA Anna</b>	<b>2120</b>	MOUNTAIN RUNNING GUIDES	Open K	13	02:12:52	04:06:40	<b>05:47:02.60</b>	<b>05:47:02.60</b>	+02:13:53 (38.6%)	7:16	8.2 (61.2%)
80	<b>ANTOLAK Adam</b>	<b>2308</b>		Open M	67	01:59:17	03:58:17	<b>05:48:03.95</b>	<b>05:48:03.95</b>	+02:14:54 (38.8%)	7:17	8.2 (61.2%)
81	<b>BŁĄŻEJOWSKI Dariusz</b>	<b>2028</b>	NOWY STYL RUNNING TEAM	Open M	68	02:00:41	03:57:59	<b>05:48:18.45</b>	<b>05:48:18.45</b>	+02:15:09 (38.8%)	7:18	8.2 (61.2%)
82	<b>PESZT Marek</b>	<b>2298</b>		Open M	69	01:51:13		<b>05:48:37.65</b>	<b>05:48:37.65</b>	+02:15:28 (38.9%)	7:18	8.2 (61.2%)
83	<b>OCHAŁA Przemysław</b>	<b>2185</b>		Open M	70	01:59:35	03:57:53	<b>05:48:44.60</b>	<b>05:48:44.60</b>	+02:15:35 (38.9%)	7:18	8.2 (61.2%)
84	<b>SZNAJDER Joanna</b>	<b>2253</b>	G.O.A.T. TEAM MICHAŁOWICE	Open K	14	01:54:59	03:52:17	<b>05:48:46.20</b>	<b>05:48:46.20</b>	+02:15:37 (38.9%)	7:18	8.2 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
85	<b>ŻÓŁTOWSKI Michał</b>	<b>2294</b>	MIRAZ RACE TEAM	Open M	71	01:56:51	04:00:44	<b>05:49:10.75</b>	<b>05:49:10.75</b>	+02:16:01 (39.0%)	7:19	8.2 (61.2%)
86	<b>CIURYK Roman</b>	<b>2046</b>	RUSYN-LEM	Open M	72	02:00:46	02:32:19	<b>05:49:20.70</b>	<b>05:49:20.70</b>	+02:16:11 (39.0%)	7:19	8.2 (61.2%)
87	<b>PAJĄK Andrzej</b>	<b>2194</b>	BIEGAM Z ABS	Open M	73	01:57:34	03:52:13	<b>05:49:37.30</b>	<b>05:49:37.30</b>	+02:16:28 (39.0%)	7:19	8.2 (61.2%)
88	<b>JARUZEL Ewa</b>	<b>2098</b>	SKL STARGARD	Open K	15	02:05:44	04:03:21	<b>05:49:44.90</b>	<b>05:49:44.90</b>	+02:16:35 (39.1%)	7:19	8.2 (61.2%)
89	<b>CZAJKOWSKI Krzysztof</b>	<b>2049</b>		Open M	74	02:02:40	04:00:51	<b>05:49:53.10</b>	<b>05:49:53.10</b>	+02:16:43 (39.1%)	7:20	8.2 (61.2%)
90	<b>BRYLIŃSKI Przemysław</b>	<b>2034</b>	BRYLANT FOTO	Open M	75	02:06:09	04:01:17	<b>05:50:13.15</b>	<b>05:50:13.15</b>	+02:17:04 (39.1%)	7:20	8.2 (61.2%)
91	<b>ZAJDER Paweł</b>	<b>2284</b>	PRZEDWOJEWSKI TEAM	Open M	76	01:54:27	03:59:41	<b>05:51:05.00</b>	<b>05:51:05.00</b>	+02:17:55 (39.3%)	7:21	8.2 (61.2%)
92	<b>KAZALSKI Grzegorz</b>	<b>2113</b>		Open M	77	02:05:17	04:05:07	<b>05:51:30.00</b>	<b>05:51:30.00</b>	+02:18:20 (39.4%)	7:22	8.1 (60.4%)
93	<b>KOWALSKI Grzegorz</b>	<b>2123</b>	PMCG PIASECZNO	Open M	78	02:04:36	04:06:25	<b>05:51:52.45</b>	<b>05:51:52.45</b>	+02:18:43 (39.4%)	7:22	8.1 (60.4%)
94	<b>MRÓZ Tomasz</b>	<b>2174</b>		Open M	79	02:04:41	04:02:49	<b>05:52:55.90</b>	<b>05:52:55.90</b>	+02:19:46 (39.6%)	7:23	8.1 (60.4%)
95	<b>RZEPNIEWSKI Łukasz</b>	<b>2225</b>		Open M	80	02:01:06	04:02:34	<b>05:53:27.10</b>	<b>05:53:27.10</b>	+02:20:17 (39.7%)	7:24	8.1 (60.4%)
96	<b>ZUGAJ Robert</b>	<b>2291</b>		Open M	81	01:59:32	04:03:56	<b>05:53:46.75</b>	<b>05:53:46.75</b>	+02:20:37 (39.7%)	7:24	8.1 (60.4%)
97	<b>JADZIEWICZ Jakub</b>	<b>2093</b>		Open M	82	01:57:40	04:01:04	<b>05:54:40.00</b>	<b>05:54:40.00</b>	+02:21:30 (39.9%)	7:26	8.1 (60.4%)
98	<b>STOMPÓR Piotr</b>	<b>2247</b>		Open M	83	01:59:39	04:03:48	<b>05:54:40.45</b>	<b>05:54:40.45</b>	+02:21:31 (39.9%)	7:26	8.1 (60.4%)
99	<b>SZOTA Magdalena</b>	<b>2254</b>	DCWRP	Open K	16	02:14:15	04:12:17	<b>05:55:39.25</b>	<b>05:55:39.25</b>	+02:22:30 (40.1%)	7:27	8 (59.7%)
100	<b>NAWROCKI Szymon</b>	<b>2180</b>		Open M	84	02:13:29	04:12:14	<b>05:55:39.85</b>	<b>05:55:39.85</b>	+02:22:30 (40.1%)	7:27	8 (59.7%)
101	<b>KOLECKI Jakub</b>	<b>2119</b>		Open M	85	02:04:16	04:05:24	<b>05:56:08.80</b>	<b>05:56:08.80</b>	+02:22:59 (40.2%)	7:27	8 (59.7%)
102	<b>HOLUBOWSKI Szymon</b>	<b>2092</b>		Open M	86	02:11:46	04:09:43	<b>05:56:10.75</b>	<b>05:56:10.75</b>	+02:23:01 (40.2%)	7:28	8 (59.7%)
103	<b>PIWOWARCZYK Magdalena</b>	<b>2207</b>		Open K	17	02:15:03	04:13:34	<b>05:56:19.50</b>	<b>05:56:19.50</b>	+02:23:10 (40.2%)	7:28	8 (59.7%)
104	<b>URBANEK Joanna</b>	<b>2266</b>		Open K	18	02:12:47	04:13:52	<b>05:56:42.75</b>	<b>05:56:42.75</b>	+02:23:33 (40.2%)	7:28	8 (59.7%)
105	<b>MAJ Michał</b>	<b>2154</b>		Open M	87	02:05:30	04:06:28	<b>05:56:54.65</b>	<b>05:56:54.65</b>	+02:23:45 (40.3%)	7:28	8 (59.7%)
106	<b>SALACHNA - NOWAK Magdalena</b>	<b>2230</b>	STAY INSANE/BIEGAM Z ABS	Open K	19	02:08:00	04:08:18	<b>05:57:08.40</b>	<b>05:57:08.40</b>	+02:23:59 (40.3%)	7:29	8 (59.7%)
107	<b>LISOWSKI Jacek</b>	<b>2147</b>	STAY INSANE	Open M	88	02:08:00	04:08:14	<b>05:57:08.50</b>	<b>05:57:08.50</b>	+02:23:59 (40.3%)	7:29	8 (59.7%)

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
108	<b>KIBART Robert</b>	<b>2115</b>		Open M	89	01:57:16	04:03:37	<b>05:57:56.60</b>	<b>05:57:56.60</b>	+02:24:47 (40.5%)	7:30	8 (59.7%)
109	<b>JĘDRZEJCZYK Maja</b>	<b>2105</b>	SANOK BIEGA	Open K	20	02:09:39		<b>05:58:27.60</b>	<b>05:58:27.60</b>	+02:25:18 (40.5%)	7:30	8 (59.7%)
110	<b>CZARNIECKI Michał</b>	<b>2051</b>	WOLSKI KOLEKTYW BIEGOWY	Open M	90	02:08:35	04:10:31	<b>05:58:42.15</b>	<b>05:58:42.15</b>	+02:25:33 (40.6%)	7:31	8 (59.7%)
111	<b>OWCZAREK Izabela</b>	<b>2191</b>	SLEZAKTEAM	Open K	21	02:10:14	04:11:10	<b>05:59:02.50</b>	<b>05:59:02.50</b>	+02:25:53 (40.6%)	7:31	8 (59.7%)
112	<b>MAZGAJ Tomasz</b>	<b>2163</b>	ŚPOT	Open M	91	02:13:28	04:08:46	<b>05:59:05.50</b>	<b>05:59:05.50</b>	+02:25:56 (40.6%)	7:31	8 (59.7%)
113	<b>SADAJ Anna</b>	<b>2228</b>	ANIA I CHŁOPAKI	Open K	22	02:08:37	04:16:47	<b>05:59:44.15</b>	<b>05:59:44.15</b>	+02:26:35 (40.7%)	7:32	8 (59.7%)
114	<b>OWOC Tomasz</b>	<b>2192</b>	PKO BANK POLSKI / ADIDAS RUNNERS WARSAW	Open M	92	02:09:28	04:12:27	<b>06:03:25.40</b>	<b>06:03:25.40</b>	+02:30:16 (41.3%)	7:37	7.9 (59.0%)
115	<b>BOŻĘTKA Waldemar</b>	<b>2032</b>	NOWY STYL RUNNING TEAM	Open M	93	02:06:06	04:09:08	<b>06:03:25.85</b>	<b>06:03:25.85</b>	+02:30:16 (41.3%)	7:37	7.9 (59.0%)
116	<b>STAWIŃSKI Michał</b>	<b>2245</b>		Open M	94	01:57:55	03:57:12	<b>06:04:20.75</b>	<b>06:04:20.75</b>	+02:31:11 (41.5%)	7:38	7.9 (59.0%)
117	<b>HOLÓWKA Sławomir</b>	<b>2295</b>		Open M	95	02:12:34	04:11:55	<b>06:04:33.10</b>	<b>06:04:33.10</b>	+02:31:23 (41.5%)	7:38	7.9 (59.0%)
118	<b>ULIKOWSKA Martyna</b>	<b>2265</b>	TEAM DFBG	Open K	23	02:09:38	04:16:55	<b>06:04:42.50</b>	<b>06:04:42.50</b>	+02:31:33 (41.6%)	7:38	7.8 (58.2%)
119	<b>GUZIK Łukasz</b>	<b>2089</b>	GO APTIV!	Open M	96	02:05:42	04:09:13	<b>06:05:39.00</b>	<b>06:05:39.00</b>	+02:32:29 (41.7%)	7:39	7.8 (58.2%)
120	<b>PIECUCH Karolina</b>	<b>2202</b>		Open K	24	02:07:29	04:11:59	<b>06:06:48.65</b>	<b>06:06:48.65</b>	+02:33:39 (41.9%)	7:41	7.8 (58.2%)
121	<b>WYPIJEWSKI Jakub</b>	<b>2281</b>		Open M	97	02:05:06	04:07:37	<b>06:08:11.55</b>	<b>06:08:11.55</b>	+02:35:02 (42.1%)	7:43	7.8 (58.2%)
122	<b>DOMERACKI Mariusz</b>	<b>2058</b>		Open M	98	02:05:33	04:09:03	<b>06:08:46.60</b>	<b>06:08:46.60</b>	+02:35:37 (42.2%)	7:43	7.8 (58.2%)
123	<b>TOŚ Piotr</b>	<b>2259</b>		Open M	99	02:10:21	04:13:29	<b>06:09:47.20</b>	<b>06:09:47.20</b>	+02:36:38 (42.4%)	7:45	7.7 (57.5%)
124	<b>KARASIŃSKI Radek</b>	<b>2111</b>	18 PUŁK ARTYLERII NOWA DĘBA	Open M	100	02:10:21	04:13:24	<b>06:09:47.35</b>	<b>06:09:47.35</b>	+02:36:38 (42.4%)	7:45	7.7 (57.5%)
125	<b>AWRUK Agata</b>	<b>2014</b>	KOMOSA CREW	Open K	25	02:17:30		<b>06:10:11.00</b>	<b>06:10:11.00</b>	+02:37:01 (42.4%)	7:45	7.7 (57.5%)
126	<b>GROMEK Edyta</b>	<b>2086</b>	SZYBCIEJ NIE DAM RADY/NIEMCE TEAM	Open K	26	02:14:43	04:18:28	<b>06:10:34.05</b>	<b>06:10:34.05</b>	+02:37:24 (42.5%)	7:46	7.7 (57.5%)
127	<b>DORCZUK Agata</b>	<b>2059</b>		Open K	27	02:14:41	04:19:56	<b>06:10:52.85</b>	<b>06:10:52.85</b>	+02:37:43 (42.5%)	7:46	7.7 (57.5%)
128	<b>KILJANSKI Kamil</b>	<b>2305</b>		Open M	101	02:17:26	04:21:21	<b>06:10:56.25</b>	<b>06:10:56.25</b>	+02:37:47 (42.5%)	7:46	7.7 (57.5%)
129	<b>PAULOVICZ Marianna</b>	<b>2198</b>		Open K	28	02:18:44	04:25:32	<b>06:11:13.25</b>	<b>06:11:13.25</b>	+02:38:04 (42.6%)	7:46	7.7 (57.5%)
130	<b>ZIĘTARA-NOSEK Bożena</b>	<b>2290</b>	KKM KALORYFER	Open K	29	02:17:40	04:22:23	<b>06:11:49.80</b>	<b>06:11:49.80</b>	+02:38:40 (42.7%)	7:47	7.7 (57.5%)

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
131	<b>CZABAN Ewa</b>	<b>2048</b>		Open K	30	02:08:49	04:13:48	<b>06:12:19.15</b>	<b>06:12:19.15</b>	+02:39:10 (42.8%)	7:48	7.7 (57.5%)
132	<b>STOPA Tomasz</b>	<b>2248</b>	BASAJAUN	Open M	102	02:10:53	04:17:37	<b>06:12:40.05</b>	<b>06:12:40.05</b>	+02:39:30 (42.8%)	7:48	7.7 (57.5%)
133	<b>MARCZAK Sebastian</b>	<b>2158</b>		Open M	103	02:11:05	04:20:01	<b>06:14:38.15</b>	<b>06:14:38.15</b>	+02:41:29 (43.1%)	7:51	7.6 (56.7%)
134	<b>KRZYSZTOF Kamil</b>	<b>2129</b>		Open M	104	02:05:55		<b>06:15:28.05</b>	<b>06:15:28.05</b>	+02:42:18 (43.2%)	7:52	7.6 (56.7%)
135	<b>ŁUKASZYK Radek</b>	<b>2300</b>	KS WYTAPIANIE SADŁA	Open M	105	02:11:05	04:18:14	<b>06:15:38.10</b>	<b>06:15:38.10</b>	+02:42:28 (43.3%)	7:52	7.6 (56.7%)
136	<b>BĄKOWSKI Adam</b>	<b>2017</b>		Open M	106	02:04:46	04:12:55	<b>06:15:43.35</b>	<b>06:15:43.35</b>	+02:42:34 (43.3%)	7:52	7.6 (56.7%)
136	<b>TURNIAK Miłosz</b>	<b>2263</b>		Open M	106	02:04:49	04:14:53	<b>06:15:43.35</b>	<b>06:15:43.35</b>	+02:42:34 (43.3%)	7:52	7.6 (56.7%)
138	<b>DAWIDOWSKA Joanna</b>	<b>2056</b>	HARPAGAN SOSNOWIEC	Open K	31	02:15:23	04:23:46	<b>06:16:18.50</b>	<b>06:16:18.50</b>	+02:43:09 (43.4%)	7:53	7.6 (56.7%)
139	<b>KRYSZKIEWICZ Tomasz</b>	<b>2128</b>		Open M	108	02:10:11	04:20:14	<b>06:17:36.70</b>	<b>06:17:36.70</b>	+02:44:27 (43.6%)	7:54	7.6 (56.7%)
140	<b>RZYMOWSKA Krystyna</b>	<b>2226</b>		Open K	32	02:16:29	04:29:17	<b>06:17:39.95</b>	<b>06:17:39.95</b>	+02:44:30 (43.6%)	7:55	7.6 (56.7%)
141	<b>DOROSZ Robert</b>	<b>2060</b>	TEAM ZABIEGANEDNI	Open M	109	02:12:37	04:19:43	<b>06:18:28.35</b>	<b>06:18:28.35</b>	+02:45:19 (43.7%)	7:56	7.6 (56.7%)
142	<b>LEJMAN Adam</b>	<b>2141</b>		Open M	110	02:14:06	04:23:25	<b>06:19:11.45</b>	<b>06:19:11.45</b>	+02:46:02 (43.8%)	7:56	7.5 (56.0%)
143	<b>SOBCZAK Magdalena</b>	<b>2239</b>		Open K	33	02:17:53	04:27:18	<b>06:19:29.95</b>	<b>06:19:29.95</b>	+02:46:20 (43.8%)	7:57	7.5 (56.0%)
144	<b>TULA Renata</b>	<b>2262</b>		Open K	34	02:15:19	04:27:03	<b>06:20:09.65</b>	<b>06:20:09.65</b>	+02:47:00 (43.9%)	7:58	7.5 (56.0%)
145	<b>RZĘDZIAN Marcin</b>	<b>2297</b>	ŁĘCZNA BIEGA	Open M	111	02:10:47	04:22:36	<b>06:21:24.85</b>	<b>06:21:24.85</b>	+02:48:15 (44.1%)	7:59	7.5 (56.0%)
146	<b>RAPACZ Andrzej</b>	<b>2222</b>		Open M	112	02:07:49	04:15:01	<b>06:21:42.50</b>	<b>06:21:42.50</b>	+02:48:33 (44.2%)	8:00	7.5 (56.0%)
147	<b>DOBRUT Krzysztof</b>	<b>2057</b>	JD ŚLIMAKI	Open M	113	02:08:58	04:23:31	<b>06:22:37.35</b>	<b>06:22:37.35</b>	+02:49:28 (44.3%)	8:01	7.5 (56.0%)
148	<b>BELICA Daniel</b>	<b>2018</b>		Open M	114	02:13:18	04:22:19	<b>06:23:17.70</b>	<b>06:23:17.70</b>	+02:50:08 (44.4%)	8:02	7.5 (56.0%)
149	<b>KABZIŃSKI Marcin</b>	<b>2110</b>	ANIA I CHŁOPAKI	Open M	115	02:13:47	04:23:35	<b>06:23:49.35</b>	<b>06:23:49.35</b>	+02:50:40 (44.5%)	8:02	7.5 (56.0%)
150	<b>PINDEL Piotr</b>	<b>2203</b>		Open M	116	02:15:20	04:32:49	<b>06:24:53.85</b>	<b>06:24:53.85</b>	+02:51:44 (44.6%)	8:04	7.4 (55.2%)
151	<b>BŁASZCZAK Jarosław</b>	<b>2026</b>	IMPERIAL RUNNING TEAM	Open M	117	02:05:04	04:16:15	<b>06:24:57.05</b>	<b>06:24:57.05</b>	+02:51:47 (44.6%)	8:04	7.4 (55.2%)
152	<b>SZEWCZYK Monika</b>	<b>2252</b>	KKM KALORYFER	Open K	35	02:19:41	04:29:29	<b>06:25:05.80</b>	<b>06:25:05.80</b>	+02:51:56 (44.6%)	8:04	7.4 (55.2%)
153	<b>PERLAK Magdalena</b>	<b>2201</b>	TRAIL IS OUR WAY	Open K	36	02:17:30	04:26:28	<b>06:26:40.00</b>	<b>06:26:40.00</b>	+02:53:30 (44.9%)	8:06	7.4 (55.2%)

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
154	<b>WILK Grzegorz</b>	<b>2271</b>	RUN LOVING ANIMALS	Open M	118	02:17:50	04:33:35	<b>06:26:57.45</b>	<b>06:26:57.45</b>	+02:53:48 (44.9%)	8:06	7.4 (55.2%)
155	<b>KOTARSKI Marek</b>	<b>2122</b>	KRS TKKF RELAKS WODZISŁAW ŚLĄSKI	Open M	119	02:17:47	04:28:57	<b>06:27:07.05</b>	<b>06:27:07.05</b>	+02:53:57 (44.9%)	8:06	7.4 (55.2%)
156	<b>CHODZIŃSKI Piotr</b>	<b>2038</b>		Open M	120	02:14:03	04:20:35	<b>06:27:19.75</b>	<b>06:27:19.75</b>	+02:54:10 (45.0%)	8:07	7.4 (55.2%)
157	<b>NIEDZIELA Michał</b>	<b>2181</b>		Open M	121	02:14:00	04:29:47	<b>06:27:34.80</b>	<b>06:27:34.80</b>	+02:54:25 (45.0%)	8:07	7.4 (55.2%)
158	<b>JAROŃ Magda</b>	<b>2097</b>		Open K	37	02:19:37	04:36:55	<b>06:28:08.95</b>	<b>06:28:08.95</b>	+02:54:59 (45.1%)	8:08	7.4 (55.2%)
159	<b>ANDRZEJEWSKI Michał</b>	<b>2012</b>		Open M	122	02:25:05	04:31:02	<b>06:29:09.60</b>	<b>06:29:09.60</b>	+02:56:00 (45.2%)	8:09	7.4 (55.2%)
160	<b>JEMIOŁA Paulina</b>	<b>2104</b>	POGÓRZE ULTRA TRAIL	Open K	38	02:17:49	04:32:00	<b>06:30:44.55</b>	<b>06:30:44.55</b>	+02:57:35 (45.4%)	8:11	7.3 (54.5%)
161	<b>CIUPIŃSKA Magda</b>	<b>2045</b>	#SZLACHTABIEGA	Open K	39	02:18:15	04:34:13	<b>06:31:09.95</b>	<b>06:31:09.95</b>	+02:58:00 (45.5%)	8:12	7.3 (54.5%)
162	<b>BARTELA Edyta</b>	<b>2015</b>	DZIK KOMANDO	Open K	40	02:13:56	04:32:03	<b>06:31:34.45</b>	<b>06:31:34.45</b>	+02:58:25 (45.6%)	8:12	7.3 (54.5%)
163	<b>MALEWSKI Robert</b>	<b>2157</b>	KB ORŁY Z KNUROWA	Open M	123	02:19:50	04:32:23	<b>06:32:58.90</b>	<b>06:32:58.90</b>	+02:59:49 (45.8%)	8:14	7.3 (54.5%)
164	<b>KUBIAK Rafał</b>	<b>2132</b>		Open M	124	02:19:01	04:33:31	<b>06:34:05.20</b>	<b>06:34:05.20</b>	+03:00:56 (45.9%)	8:15	7.3 (54.5%)
165	<b>NABORCZYK Sławomir</b>	<b>2177</b>		Open M	125	02:20:09	04:32:57	<b>06:34:41.30</b>	<b>06:34:41.30</b>	+03:01:32 (46.0%)	8:16	7.3 (54.5%)
166	<b>HENECZKOWSKI Łukasz</b>	<b>2090</b>	BORN TO RUN	Open M	126	02:11:52	04:28:14	<b>06:34:49.75</b>	<b>06:34:49.75</b>	+03:01:40 (46.0%)	8:16	7.2 (53.7%)
167	<b>GOŁDYN Katarzyna</b>	<b>2082</b>	INFINITY GYM	Open K	41	02:26:32	04:40:44	<b>06:35:56.50</b>	<b>06:35:56.50</b>	+03:02:47 (46.2%)	8:18	7.2 (53.7%)
168	<b>NAWROCKA-MUSZYŃSKA Paulina</b>	<b>2179</b>		Open K	42	02:30:56	04:41:41	<b>06:37:23.95</b>	<b>06:37:23.95</b>	+03:04:14 (46.4%)	8:19	7.2 (53.7%)
169	<b>STYRNA Bartosz</b>	<b>2249</b>		Open M	127	02:13:43	04:32:13	<b>06:38:03.55</b>	<b>06:38:03.55</b>	+03:04:54 (46.5%)	8:20	7.2 (53.7%)
170	<b>GAŁECKI Piotr</b>	<b>2071</b>	KULAWE KONIE	Open M	128	02:19:06	04:43:53	<b>06:38:12.55</b>	<b>06:38:12.55</b>	+03:05:03 (46.5%)	8:20	7.2 (53.7%)
171	<b>PIWKO Maciej</b>	<b>2205</b>		Open M	129	02:25:44	04:42:26	<b>06:38:46.05</b>	<b>06:38:46.05</b>	+03:05:36 (46.5%)	8:21	7.2 (53.7%)
172	<b>BONDAR Krzysztof</b>	<b>2030</b>	MOUNTAIN RUNNING GUIDES	Open M	130	02:26:17	04:35:54	<b>06:39:29.85</b>	<b>06:39:29.85</b>	+03:06:20 (46.6%)	8:22	7.2 (53.7%)
173	<b>KABALA Joanna</b>	<b>2109</b>	ZDANOWSKI TRAIL TEAM	Open K	43	02:26:44	04:37:36	<b>06:39:53.00</b>	<b>06:39:53.00</b>	+03:06:43 (46.7%)	8:22	7.2 (53.7%)
174	<b>BENASIEWICZ Rafał</b>	<b>2019</b>		Open M	131	02:17:34		<b>06:39:56.65</b>	<b>06:39:56.65</b>	+03:06:47 (46.7%)	8:23	7.2 (53.7%)
175	<b>LINNAMAGI Ott</b>	<b>2145</b>		Open M	132	02:09:25	04:24:47	<b>06:40:38.75</b>	<b>06:40:38.75</b>	+03:07:29 (46.8%)	8:23	7.1 (53.0%)
176	<b>ŚLUSARCZYK Edyta</b>	<b>2255</b>		Open K	44	02:19:28	04:42:31	<b>06:41:45.05</b>	<b>06:41:45.05</b>	+03:08:35 (46.9%)	8:25	7.1 (53.0%)



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
177	<b>DANEL Roman</b>	<b>2055</b>		Open M	133	02:17:33	04:40:55	<b>06:42:45.65</b>	<b>06:42:45.65</b>	+03:09:36 (47.1%)	8:26	7.1 (53.0%)
178	<b>JASKÓLSKI Marcin</b>	<b>2101</b>	GRUPA BIEGOWA CHTMO	Open M	134	02:17:55	04:42:43	<b>06:43:41.75</b>	<b>06:43:41.75</b>	+03:10:32 (47.2%)	8:27	7.1 (53.0%)
179	<b>GRZESIK Marcin</b>	<b>2087</b>	GRUPA BIEGOWA CHTMO	Open M	135	02:17:58	04:42:49	<b>06:43:42.00</b>	<b>06:43:42.00</b>	+03:10:32 (47.2%)	8:27	7.1 (53.0%)
180	<b>PŁUCIŚ Małgorzata</b>	<b>2208</b>	GRUPA BIEGOWA CHTMO	Open K	45	02:17:57	04:40:59	<b>06:43:42.05</b>	<b>06:43:42.05</b>	+03:10:32 (47.2%)	8:27	7.1 (53.0%)
181	<b>ŁATKOWSKI Łukasz</b>	<b>2149</b>	GRUPA BIEGOWA CHTMO	Open M	136	02:17:58	04:41:03	<b>06:43:42.20</b>	<b>06:43:42.20</b>	+03:10:33 (47.2%)	8:27	7.1 (53.0%)
182	<b>ĆMIELIŃSKI Tomasz</b>	<b>2053</b>		Open M	137	02:18:27	04:32:10	<b>06:44:09.50</b>	<b>06:44:09.50</b>	+03:11:00 (47.3%)	8:28	7.1 (53.0%)
183	<b>SZELAĞIEWICZ Patrycja</b>	<b>2250</b>		Open K	46	02:22:28	04:40:28	<b>06:44:17.30</b>	<b>06:44:17.30</b>	+03:11:08 (47.3%)	8:28	7.1 (53.0%)
184	<b>PIWKO Wojciech</b>	<b>2206</b>		Open M	138	02:25:05	04:44:05	<b>06:44:22.85</b>	<b>06:44:22.85</b>	+03:11:13 (47.3%)	8:28	7.1 (53.0%)
185	<b>WYSZYŃSKI Marcin</b>	<b>2282</b>	RELENTNES	Open M	139	02:19:31	04:34:58	<b>06:44:30.10</b>	<b>06:44:30.10</b>	+03:11:20 (47.3%)	8:28	7.1 (53.0%)
186	<b>KAWA Wioletta</b>	<b>2112</b>		Open K	47	02:25:53	04:44:49	<b>06:44:53.95</b>	<b>06:44:53.95</b>	+03:11:44 (47.4%)	8:29	7.1 (53.0%)
187	<b>PSZENNY Łukasz</b>	<b>2215</b>	ULTRINO AMATEUR	Open M	140	02:20:54	04:45:06	<b>06:46:34.85</b>	<b>06:46:34.85</b>	+03:13:25 (47.6%)	8:31	7 (52.2%)
188	<b>KOZA Joanna</b>	<b>2124</b>	LUBONIEWKA TEAM	Open K	48	02:30:51	04:44:55	<b>06:49:28.45</b>	<b>06:49:28.45</b>	+03:16:19 (47.9%)	8:35	7 (52.2%)
189	<b>BIENIAS-OWCZARCZYK Paulina</b>	<b>2024</b>		Open K	49	02:17:09	04:41:28	<b>06:49:31.35</b>	<b>06:49:31.35</b>	+03:16:22 (48.0%)	8:35	7 (52.2%)
190	<b>SADOWSKI Przemysław</b>	<b>2229</b>		Open M	141	02:26:46	04:47:45	<b>06:51:54.80</b>	<b>06:51:54.80</b>	+03:18:45 (48.3%)	8:38	6.9 (51.5%)
191	<b>ZAJĄC Anna</b>	<b>2283</b>		Open K	50	02:28:00	04:50:48	<b>06:52:05.70</b>	<b>06:52:05.70</b>	+03:18:56 (48.3%)	8:38	6.9 (51.5%)
192	<b>CZABAN Katarzyna</b>	<b>2047</b>	KULAM SIĘ JAK GUMIKLYJZY	Open K	51	02:33:16	04:52:50	<b>06:52:21.55</b>	<b>06:52:21.55</b>	+03:19:12 (48.3%)	8:38	6.9 (51.5%)
193	<b>ŚWIĄTEK Przemysław</b>	<b>2256</b>		Open M	142	02:17:35	04:46:22	<b>06:52:31.95</b>	<b>06:52:31.95</b>	+03:19:22 (48.3%)	8:38	6.9 (51.5%)
194	<b>TYLUTKI Agnieszka</b>	<b>2264</b>		Open K	52	02:28:25	04:52:35	<b>06:53:02.35</b>	<b>06:53:02.35</b>	+03:19:53 (48.4%)	8:39	6.9 (51.5%)
195	<b>KOT Tomasz</b>	<b>2121</b>		Open M	143	02:14:22	04:45:31	<b>06:53:54.95</b>	<b>06:53:54.95</b>	+03:20:45 (48.5%)	8:40	6.9 (51.5%)
196	<b>POL Mateusz</b>	<b>2211</b>		Open M	144	02:35:35	04:51:13	<b>06:54:11.55</b>	<b>06:54:11.55</b>	+03:21:02 (48.5%)	8:40	6.9 (51.5%)
197	<b>FRYC Monika</b>	<b>2068</b>		Open K	53	02:27:39	04:47:14	<b>06:54:15.65</b>	<b>06:54:15.65</b>	+03:21:06 (48.5%)	8:41	6.9 (51.5%)
198	<b>KROWINSKI Michal</b>	<b>2127</b>		Open M	145	02:26:25	04:45:20	<b>06:54:47.55</b>	<b>06:54:47.55</b>	+03:21:38 (48.6%)	8:41	6.9 (51.5%)
199	<b>BOROWSKI Andrzej</b>	<b>2031</b>		Open M	146	02:15:42	04:42:19	<b>06:55:39.50</b>	<b>06:55:39.50</b>	+03:22:30 (48.7%)	8:42	6.9 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy		Czas		Różn	Tempo min/km	Tempo km/h
						Górne 18.7km	Przybyszów 34.2km	netto 47.7km	brutto 47.7km			
200	<b>LENKIEWICZ Aleksander</b>	<b>2143</b>	WKURWTEAM	Open M	147	02:29:45	04:49:13	<b>06:56:55.65</b>	<b>06:56:55.65</b>	+03:23:46 (48.9%)	8:44	6.9 (51.5%)
201	<b>WÓJCICKI Marcin</b>	<b>2278</b>	NOWYSTYL RUNNING TEAM	Open M	148	02:14:27	04:55:03	<b>06:57:08.05</b>	<b>06:57:08.05</b>	+03:23:58 (48.9%)	8:44	6.9 (51.5%)
202	<b>SOBCZYK-SPYT Agata</b>	<b>2240</b>		Open K	54	02:22:08	04:53:44	<b>06:57:36.95</b>	<b>06:57:36.95</b>	+03:24:27 (49.0%)	8:45	6.9 (51.5%)
203	<b>CISKOWSKA Weronika</b>	<b>2044</b>		Open K	55	02:30:48	04:49:16	<b>06:57:55.55</b>	<b>06:57:55.55</b>	+03:24:46 (49.0%)	8:45	6.8 (50.7%)
204	<b>MAGOCSY Helena</b>	<b>2152</b>		Open K	56	02:32:50	04:55:23	<b>06:57:58.60</b>	<b>06:57:58.60</b>	+03:24:49 (49.0%)	8:45	6.8 (50.7%)
205	<b>MAJERSKI Michał</b>	<b>2155</b>		Open M	149	02:31:43	04:54:42	<b>06:57:59.05</b>	<b>06:57:59.05</b>	+03:24:49 (49.0%)	8:45	6.8 (50.7%)
206	<b>PAPROCKI Bartłomiej</b>	<b>2196</b>		Open M	150	02:21:29	04:49:30	<b>06:58:40.80</b>	<b>06:58:40.80</b>	+03:25:31 (49.1%)	8:46	6.8 (50.7%)
207	<b>KUNIKOWSKA Aleksandra</b>	<b>2135</b>		Open K	57	02:28:24	04:53:40	<b>06:58:45.40</b>	<b>06:58:45.40</b>	+03:25:36 (49.1%)	8:46	6.8 (50.7%)
208	<b>SAMBORSKA Kinga</b>	<b>2232</b>		Open K	58	02:35:27	04:55:31	<b>07:00:14.45</b>	<b>07:00:14.45</b>	+03:27:05 (49.3%)	8:48	6.8 (50.7%)
209	<b>ZASADNI Paweł</b>	<b>2286</b>	TEAM ENVOL SWIMRUN	Open M	151	02:22:54	04:49:34	<b>07:01:25.95</b>	<b>07:01:25.95</b>	+03:28:16 (49.4%)	8:50	6.8 (50.7%)
210	<b>PYKA Tomasz</b>	<b>2218</b>		Open M	152	02:19:50	04:52:31	<b>07:03:24.80</b>	<b>07:03:24.80</b>	+03:30:15 (49.7%)	8:52	6.8 (50.7%)
211	<b>OBERC Łukasz</b>	<b>2303</b>	FINISZ RYMANÓW	Open M	153	02:19:28	04:46:07	<b>07:03:45.60</b>	<b>07:03:45.60</b>	+03:30:36 (49.7%)	8:53	6.8 (50.7%)
212	<b>BRZOZOWSKA Teresa</b>	<b>2035</b>	KB MCKIS JAWORZNO	Open K	59	02:29:22	04:52:40	<b>07:03:49.90</b>	<b>07:03:49.90</b>	+03:30:40 (49.7%)	8:53	6.8 (50.7%)
213	<b>FUDAŁA Piotr</b>	<b>2069</b>		Open M	154	02:27:36	04:53:33	<b>07:03:50.20</b>	<b>07:03:50.20</b>	+03:30:41 (49.7%)	8:53	6.8 (50.7%)
214	<b>JÓZWIAK Mikołaj</b>	<b>2108</b>	STG WARSZAWA	Open M	155	02:26:15	05:01:17	<b>07:06:20.80</b>	<b>07:06:20.80</b>	+03:33:11 (50.0%)	8:56	6.7 (50.0%)
215	<b>MOKRZYCKI Patryk</b>	<b>2172</b>	SAINT-GOBAIN SQUAD	Open M	156	02:39:33	05:08:17	<b>07:06:46.35</b>	<b>07:06:46.35</b>	+03:33:37 (50.1%)	8:56	6.7 (50.0%)
216	<b>KARASIŃSKI Damian</b>	<b>2301</b>		Open M	157	02:23:19	04:48:36	<b>07:07:02.80</b>	<b>07:07:02.80</b>	+03:33:53 (50.1%)	8:57	6.7 (50.0%)
217	<b>KULAS Katarzyna</b>	<b>2134</b>		Open K	60	02:33:52	04:51:45	<b>07:07:16.25</b>	<b>07:07:16.25</b>	+03:34:07 (50.1%)	8:57	6.7 (50.0%)
218	<b>BIELIŃSKI Tomasz</b>	<b>2023</b>		Open M	158	02:32:35	04:58:23	<b>07:08:33.05</b>	<b>07:08:33.05</b>	+03:35:23 (50.3%)	8:59	6.7 (50.0%)
219	<b>CIMOSZKO Katarzyna</b>	<b>2042</b>	BR - W STRONĘ ULTRA	Open K	61	02:31:10	04:56:22	<b>07:08:39.90</b>	<b>07:08:39.90</b>	+03:35:30 (50.3%)	8:59	6.7 (50.0%)
220	<b>ZAWITKOWSKI Bartosz</b>	<b>2288</b>		Open M	159	02:19:52	04:47:34	<b>07:09:42.45</b>	<b>07:09:42.45</b>	+03:36:33 (50.4%)	9:00	6.7 (50.0%)
221	<b>RYSZKO Grzegorz</b>	<b>2224</b>	NEW BALANCE RUN CLUB	Open M	160	02:17:15	04:51:06	<b>07:10:24.05</b>	<b>07:10:24.05</b>	+03:37:14 (50.5%)	9:01	6.6 (49.3%)
222	<b>LEŃCZUK Andrzej</b>	<b>2144</b>		Open M	161	02:25:23	04:55:08	<b>07:12:52.60</b>	<b>07:12:52.60</b>	+03:39:43 (50.8%)	9:04	6.6 (49.3%)

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
223	<b>TATRZANSKI Tomasz</b>	<b>2258</b>	DZIKIE ŻYCIE RUN TEAM & KKB MOSIR KROSNO	Open M	162	02:21:56	04:57:51	<b>07:15:20.65</b>	<b>07:15:20.65</b>	+03:42:11 (51.0%)	9:07	6.6 (49.3%)
224	<b>GOLA Karolina</b>	<b>2080</b>		Open K	62	02:41:14	05:07:23	<b>07:19:00.90</b>	<b>07:19:00.90</b>	+03:45:51 (51.4%)	9:12	6.5 (48.5%)
225	<b>LARA Natalia</b>	<b>2140</b>	WARRIORS ŁÓDŹ	Open K	63	02:41:32	05:13:08	<b>07:19:09.60</b>	<b>07:19:09.60</b>	+03:46:00 (51.5%)	9:12	6.5 (48.5%)
226	<b>CERAN Artur</b>	<b>2036</b>	BRAVOSRUNTEAM	Open M	163	02:21:23	05:07:41	<b>07:20:01.95</b>	<b>07:20:01.95</b>	+03:46:52 (51.6%)	9:13	6.5 (48.5%)
227	<b>LEMIEC Agnieszka</b>	<b>2306</b>		Open K	64	02:33:46	05:02:28	<b>07:20:09.10</b>	<b>07:20:09.10</b>	+03:46:59 (51.6%)	9:13	6.5 (48.5%)
228	<b>NAGORSKI Jacek</b>	<b>2178</b>		Open M	164	02:27:45	04:51:25	<b>07:22:00.70</b>	<b>07:22:00.70</b>	+03:48:51 (51.8%)	9:15	6.5 (48.5%)
229	<b>GĘBSKI Sławomir</b>	<b>2076</b>	KKM KALORYFER	Open M	165	02:34:46	05:07:47	<b>07:25:11.85</b>	<b>07:25:11.85</b>	+03:52:02 (52.1%)	9:19	6.4 (47.8%)
230	<b>PIOTROWSKA Anna</b>	<b>2204</b>	KULAWE KONIE	Open K	65	02:19:05	04:59:34	<b>07:25:31.00</b>	<b>07:25:31.00</b>	+03:52:21 (52.2%)	9:20	6.4 (47.8%)
231	<b>KOZIOŁ Ewa</b>	<b>2126</b>	RUNPROGRESS.PL TEAM	Open K	66	02:47:47	05:17:39	<b>07:27:20.15</b>	<b>07:27:20.15</b>	+03:54:11 (52.4%)	9:22	6.4 (47.8%)
232	<b>ŁAPIŃSKI Kamil</b>	<b>2148</b>	CROSSBOX KASZUBY	Open M	166	02:35:25	05:12:01	<b>07:28:06.75</b>	<b>07:28:06.75</b>	+03:54:57 (52.4%)	9:23	6.4 (47.8%)
233	<b>MARKOWSKI Marek</b>	<b>2161</b>		Open M	167	02:28:21	04:50:06	<b>07:30:02.35</b>	<b>07:30:02.35</b>	+03:56:53 (52.6%)	9:26	6.4 (47.8%)
234	<b>ANDRZEJEWSKI Krzysztof</b>	<b>2013</b>		Open M	168	02:28:20	04:51:49	<b>07:30:02.50</b>	<b>07:30:02.50</b>	+03:56:53 (52.6%)	9:26	6.4 (47.8%)
235	<b>ZARZECKA Justyna</b>	<b>2285</b>		Open K	67	02:40:00	05:15:49	<b>07:31:00.05</b>	<b>07:31:00.05</b>	+03:57:50 (52.7%)	9:27	6.3 (47.0%)
236	<b>GILEWSKI Bartłomiej</b>	<b>2077</b>	#NIEZESRAJSIE	Open M	169	02:39:55	05:15:30	<b>07:31:00.10</b>	<b>07:31:00.10</b>	+03:57:50 (52.7%)	9:27	6.3 (47.0%)
237	<b>MITEK Andrzej</b>	<b>2170</b>		Open M	170	02:39:32	05:12:16	<b>07:32:21.05</b>	<b>07:32:21.05</b>	+03:59:11 (52.9%)	9:28	6.3 (47.0%)
238	<b>MITEK Dorota</b>	<b>2169</b>		Open K	68	02:39:31	05:12:13	<b>07:32:21.10</b>	<b>07:32:21.10</b>	+03:59:11 (52.9%)	9:28	6.3 (47.0%)
239	<b>BIELIŃSKI Michał</b>	<b>2022</b>	WERAARMY	Open M	171	02:35:19	05:10:20	<b>07:36:11.90</b>	<b>07:36:11.90</b>	+04:03:02 (53.3%)	9:33	6.3 (47.0%)
240	<b>SKALA Sabina</b>	<b>2235</b>		Open K	69	02:29:49	05:02:13	<b>07:36:27.05</b>	<b>07:36:27.05</b>	+04:03:17 (53.3%)	9:34	6.3 (47.0%)
241	<b>MARKIEWICZ Jarek</b>	<b>2160</b>	TRIWAWA	Open M	172	02:43:34	05:20:38	<b>07:40:15.55</b>	<b>07:40:15.55</b>	+04:07:06 (53.7%)	9:38	6.2 (46.3%)
242	<b>DZIAMSKI Marcin</b>	<b>2061</b>	TRIWAWA	Open M	173	02:43:32	05:21:49	<b>07:40:15.85</b>	<b>07:40:15.85</b>	+04:07:06 (53.7%)	9:38	6.2 (46.3%)
243	<b>WILCZEK Łukasz</b>	<b>2270</b>		Open M	174	02:37:08	05:14:09	<b>07:40:18.95</b>	<b>07:40:18.95</b>	+04:07:09 (53.7%)	9:38	6.2 (46.3%)
244	<b>WÓJTOWICZ Paweł</b>	<b>2280</b>		Open M	175	02:53:24	05:31:27	<b>07:41:34.90</b>	<b>07:41:34.90</b>	+04:08:25 (53.8%)	9:40	6.2 (46.3%)
245	<b>GLINKOWSKA Monika</b>	<b>2079</b>		Open K	70	02:40:27	05:18:38	<b>07:41:48.75</b>	<b>07:41:48.75</b>	+04:08:39 (53.8%)	9:40	6.2 (46.3%)

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
246	<b>WIĘSIK Michał</b>	<b>2269</b>		Open M	176	02:30:31	05:06:58	<b>07:42:12.85</b>	<b>07:42:12.85</b>	+04:09:03 (53.9%)	9:41	6.2 (46.3%)
247	<b>NOWAK Karol</b>	<b>2184</b>		Open M	177	02:40:45	05:24:33	<b>07:42:33.60</b>	<b>07:42:33.60</b>	+04:09:24 (53.9%)	9:41	6.2 (46.3%)
248	<b>OLIMSKI Fabian</b>	<b>2187</b>	ŁYDKATEAM	Open M	178	02:39:26	05:18:21	<b>07:43:03.05</b>	<b>07:43:03.05</b>	+04:09:53 (54.0%)	9:42	6.2 (46.3%)
249	<b>KUBAT Małgorzata</b>	<b>2130</b>		Open K	71	02:44:54	05:24:29	<b>07:43:39.90</b>	<b>07:43:39.90</b>	+04:10:30 (54.0%)	9:43	6.2 (46.3%)
250	<b>OCHREMIAK Aleksandra</b>	<b>2186</b>		Open K	72	02:48:17	05:28:01	<b>07:45:10.25</b>	<b>07:45:10.25</b>	+04:12:01 (54.2%)	9:45	6.2 (46.3%)
251	<b>JANKOWY Waldemar</b>	<b>2095</b>		Open M	179	02:44:51	05:31:30	<b>07:46:29.35</b>	<b>07:46:29.35</b>	+04:13:20 (54.3%)	9:46	6.1 (45.5%)
252	<b>WOŁOWIEC Krzysztof</b>	<b>2276</b>	LABORATORYJNIE.PL	Open M	180	02:34:31	05:24:25	<b>07:49:01.85</b>	<b>07:49:01.85</b>	+04:15:52 (54.6%)	9:49	6.1 (45.5%)
<b>Przekroczony limit czasu: 08:00:00</b>												
253	<b>JĘDRZEJSKA Beata</b>	<b>2107</b>		Open K	73	02:52:32	06:02:41	<b>08:19:13.65</b>	<b>08:19:13.65</b>	+04:46:04 (57.3%)	10:27	5.7 (42.5%)
254	<b>MIKOŁAJCZYK Małgorzata</b>	<b>2167</b>	MIRAZ RACE TEAM	Open K	74	02:52:35	06:02:50	<b>08:19:13.70</b>	<b>08:19:13.70</b>	+04:46:04 (57.3%)	10:27	5.7 (42.5%)
255	<b>MZYK Fabian</b>	<b>2176</b>	STS BIEGATON	Open M	181	02:52:02	05:57:22	<b>08:32:07.95</b>	<b>08:32:07.95</b>	+04:58:58 (58.4%)	10:44	5.6 (41.8%)
256	<b>MAGOCSY Justyna</b>	<b>2153</b>		Open K	75	03:11:19	06:06:28	<b>08:38:37.90</b>	<b>08:38:37.90</b>	+05:05:28 (58.9%)	10:52	5.5 (41.0%)
257	<b>KARPIŃSKA Nina</b>	<b>2307</b>	TEAM ZABIEGANEDNI	Open K	76	03:25:55	06:49:58	<b>09:53:32.40</b>	<b>09:53:32.40</b>	+06:20:23 (64.1%)	12:26	4.8 (35.8%)
	<b>CHOMA Marek</b>	<b>2040</b>	PĘDZĄCE LENIWCE	Open M		DNF	04:24:07 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LENART Wioleta</b>	<b>2142</b>		Open K		02:46:57 DNF	05:50:07 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>RAKOWSKI Edward</b>	<b>2221</b>		Open M		02:14:51 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>CZAPIEWSKI Jacek</b>	<b>2050</b>	MKS KLOPS	Open M		02:39:31 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GAWRON Jakub</b>	<b>2074</b>	AW - SZYBCIEJ - TEAM	Open M		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 262 wynik(ów)