



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Łemkowyna Ultra-Trail
Fundacja Ultra
2022-10-22
Komańcza
47.7 km

ŁEMKO MARATON 48

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
1	KOCZWARA Tomasz	2002		Open M	1		01:28:32	02:48:21	04:01:42.85	04:01:43.70		5:04	11.8 (100%)
2	KOREK Michał	2136		Open M	2		01:31:20	02:51:08	04:03:27.30	04:03:28.25	+00:01:44 (0.7%)	5:06	11.8 (100%)
3	SKARŻYŃSKI Łukasz	2291		Open M	3		01:41:18		04:19:12.05	04:21:26.10	+00:19:42 (7.5%)	5:26	11 (93.2%)
4	WYSOKIŃSKI Konrad	2004	MESMERIK RUNNERS	Open M	4		01:36:20	03:04:33	04:33:00.55	04:33:02.70	+00:31:19 (11.5%)	5:43	10.5 (89.0%)
5	JODŁOWSKI Jan	2119		Open M	5		01:38:02	03:08:43	04:33:22.95	04:33:29.50	+00:31:45 (11.6%)	5:43	10.5 (89.0%)
6	POPIEL Andrzej	2257	POPSMART.PL	Open M	6		01:38:17	03:15:17	04:34:04.75	04:34:08.10	+00:32:24 (11.8%)	5:44	10.4 (88.1%)
7	ŁACIAK Marcin	2181	MESMERIK RUNNERS	Open M	7		01:37:55	03:15:23	04:36:43.10	04:36:45.25	+00:35:01 (12.7%)	5:48	10.3 (87.3%)
8	STANGRECIAK Adam	2309	GÓRAL Z MAZUR RUNNING TEAM / #PLANBIEGANIE	Open M	8		01:41:14	03:15:20	04:37:44.70	04:37:48.05	+00:36:04 (13.0%)	5:49	10.3 (87.3%)
9	PODKAŃSKI Bartosz	2252	GOPR KARKONOSZE	Open M	9		01:42:21	03:15:31	04:38:12.75	04:38:15.55	+00:36:31 (13.1%)	5:49	10.3 (87.3%)
10	PIĘKNIK Patryk	2248		Open M	10		01:46:15	03:16:52	04:41:38.70	04:41:47.55	+00:40:03 (14.2%)	5:54	10.2 (86.4%)
11	WASIEWICZ Adam	2006	NIE MÓJ CYRK, MOJE MAŁPY	Open M	11		01:41:28	03:15:34	04:47:13.65	04:47:16.50	+00:45:32 (15.9%)	6:01	10 (84.7%)
12	ŻURAWSKI Sławomir	2379	PGBSPORTOWAPACZKA	Open M	12		01:44:49	03:25:45	04:56:45.45	04:56:47.20	+00:55:03 (18.6%)	6:13	9.6 (81.4%)
13	SOUSA Fernando	2304		Open M	13		01:48:49	03:29:41	05:00:17.05	05:00:29.90	+00:58:46 (19.6%)	6:17	9.5 (80.5%)
14	KOWALCZYK Rafał	2141	SIGMA TECHNOLOGY & ENERGY SOLUTIONS	Open M	14		01:50:14	03:27:08	05:02:07.80	05:02:15.70	+01:00:32 (20.0%)	6:20	9.5 (80.5%)
15	JANOWSKI Adrian	2114		Open M	15		01:43:09	03:26:17	05:03:03.15	05:03:04.30	+01:01:20 (20.2%)	6:21	9.4 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
16	GLAB Krzysztof	2089	VEGE RABBITS	Open M	16		01:48:49	03:31:59	05:07:26.65	05:07:28.90	+01:05:45 (21.4%)	6:26	9.3 (78.8%)
17	PIECZONKA Paweł	2244	PIĘKNE I BRODACZE	Open M	17		01:56:22	03:39:24	05:07:48.90	05:08:18.25	+01:06:34 (21.6%)	6:27	9.3 (78.8%)
18	SMACZNY Bartłomiej	2299		Open M	18		01:50:01	03:31:41	05:08:50.80	05:08:59.05	+01:07:15 (21.8%)	6:28	9.3 (78.8%)
19	SWOBODA Sebastian	2318	TRAIL IS OUR WAY	Open M	19		01:47:06	03:30:01	05:11:17.25	05:11:20.05	+01:09:36 (22.4%)	6:31	9.2 (78.0%)
20	GIERULA Grzegorz	2085	KB ATHLETIC ZRĘCIN	Open M	20		01:49:27	03:33:47	05:12:43.30	05:12:50.65	+01:11:06 (22.7%)	6:33	9.2 (78.0%)
21	SZPUNAR Marek	2325		Open M	21		01:50:28	03:35:17	05:13:44.75	05:13:48.65	+01:12:04 (23.0%)	6:34	9.1 (77.1%)
22	GŁADYKOWSKI Łukasz	2090	PGB SPORTOWA PACZKA	Open M	22		01:51:15	03:38:15	05:14:15.05	05:14:21.90	+01:12:38 (23.1%)	6:35	9.1 (77.1%)
23	KAPŁON Piotr	2124		Open M	23		01:54:25	03:40:43	05:15:03.35	05:15:05.80	+01:13:22 (23.3%)	6:36	9.1 (77.1%)
24	GORCZYŃSKI Wojciech	2092		Open M	24		01:53:10	03:39:34	05:14:38.65	05:15:07.65	+01:13:23 (23.3%)	6:35	9.1 (77.1%)
25	LESIAK Tomasz	2176		Open M	25		01:52:19	03:39:31	05:19:43.75	05:19:52.00	+01:18:08 (24.4%)	6:42	9 (76.3%)
26	KURASZKIEWICZ Robert	2164		Open M	26		01:52:50	03:40:04	05:21:52.30	05:21:56.95	+01:20:13 (24.9%)	6:44	8.9 (75.4%)
27	KOWALSKI Łukasz	2143		Open M	27		01:52:05	03:42:07	05:22:34.70	05:22:37.40	+01:20:53 (25.1%)	6:45	8.9 (75.4%)
28	GILNER Marcin	2087	HARPAGAN SOSNOWIEC	Open M	28		01:54:04		05:24:44.00	05:24:54.15	+01:23:10 (25.6%)	6:48	8.8 (74.6%)
29	POLEK Jakub	2256		Open M	29		01:53:35	03:44:27	05:25:02.60	05:25:08.45	+01:23:24 (25.7%)	6:48	8.8 (74.6%)
30	FILIPEK Wojciech	2065	OPTIM TRAVEL ULTRA	Open M	30		01:53:33	03:44:36	05:24:56.10	05:25:08.90	+01:23:25 (25.7%)	6:48	8.8 (74.6%)
31	WIEPRZOWSKI Łukasz	2354	LEKARSKA GRUPA KOLARSKA	Open M	31		01:58:43	03:49:03	05:25:55.35	05:26:14.05	+01:24:30 (25.9%)	6:49	8.8 (74.6%)
32	ERDŐVÖLGYI Szabolcs	2061	BAC	Open M	32		01:52:48	03:45:16	05:26:36.50	05:26:45.45	+01:25:01 (26.0%)	6:50	8.8 (74.6%)
33	MARUT Artur	2193	FITNESS FREAKS	Open M	33		01:54:51	03:43:28	05:26:53.40	05:27:05.75	+01:25:22 (26.1%)	6:51	8.8 (74.6%)
34	IDZIOR Tomasz	2104		Open M	34		01:51:43	03:41:29	05:27:04.95	05:27:15.35	+01:25:31 (26.1%)	6:51	8.8 (74.6%)
35	DUDKIEWICZ Krzysztof	2055		Open M	35		01:49:12	03:43:03	05:27:23.65	05:27:25.50	+01:25:41 (26.2%)	6:51	8.7 (73.7%)
36	GIERUSZKA Dariusz	2086	AKTYWNA PSZCZYNA RUNNERS TEAM	Open M	36		01:53:23	03:39:43	05:27:28.60	05:27:36.20	+01:25:52 (26.2%)	6:51	8.7 (73.7%)
37	SARNIAK Marcin	2287	WYBIEGANIA MPK	Open M	37		01:57:58	03:47:27	05:27:28.65	05:27:39.00	+01:25:55 (26.2%)	6:51	8.7 (73.7%)
38	PAJESTKA Wojtek	2230	GÓRAL Z MAZUR RUNNING TEAM	Open M	38		01:56:27	03:50:46	05:27:26.45	05:27:48.10	+01:26:04 (26.3%)	6:51	8.7 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
39	KRUKAR Adam	2153	FINISZ RYMANÓW	Open M	39		01:57:20	03:47:16	05:27:54.20	05:28:05.45	+01:26:21 (26.3%)	6:52	8.7 (73.7%)
40	GAWROŃSKI Ireneusz	2081	AMATOR	Open M	40		02:01:58	03:41:47	05:28:03.25	05:28:14.20	+01:26:30 (26.4%)	6:52	8.7 (73.7%)
41	RUSIN Marcin	2280	ASSECO ACTIVE TEAM	Open M	41		02:03:33	03:51:09	05:28:47.80	05:29:19.90	+01:27:36 (26.6%)	6:53	8.7 (73.7%)
42	KURASZ Piotr	2163		Open M	42		01:53:47	03:48:04	05:29:41.95	05:29:48.20	+01:28:04 (26.7%)	6:54	8.7 (73.7%)
43	SKORUPKA Piotr	2294	UNBROKEN STORE	Open M	43		02:03:40	03:54:59	05:31:21.10	05:31:25.65	+01:29:41 (27.1%)	6:56	8.6 (72.9%)
44	MAKARA Filip	2185		Open M	44		01:59:21	03:49:04	05:31:31.95	05:31:38.90	+01:29:55 (27.1%)	6:57	8.6 (72.9%)
45	PORCEK Maciej	2258	...	Open M	45		01:53:03	03:45:06	05:31:55.35	05:32:02.45	+01:30:18 (27.2%)	6:57	8.6 (72.9%)
46	TARNAWSKI Marcin	2332		Open M	46		01:56:17	03:47:22	05:32:35.30	05:32:39.85	+01:30:56 (27.3%)	6:58	8.6 (72.9%)
47	JABŁOŃSKI Marek	2107	PGB SPORTOWA PACZKA	Open M	47		01:59:52	03:52:42	05:32:28.25	05:32:42.25	+01:30:58 (27.3%)	6:58	8.6 (72.9%)
48	KARGOL Marcin	2125	SMASHING PĄPKINS / NATURAL BORN RUNNERS TEAM	Open M	48		01:58:35	03:50:04	05:33:15.65	05:33:23.05	+01:31:39 (27.5%)	6:59	8.6 (72.9%)
49	REPEĆ Jarosław	2274	AHOJ PRZYGODO LUBLIN	Open M	49		02:00:19	03:53:49	05:35:43.70	05:36:02.45	+01:34:18 (28.1%)	7:02	8.5 (72.0%)
50	WILAMOWSKI Bartłomiej	2359	RYKOWISKO TEAM	Open M	50		02:03:53	03:57:19	05:36:01.05	05:36:07.15	+01:34:23 (28.1%)	7:02	8.5 (72.0%)
51	HOŁÓWKA Sławomir	2101		Open M	51		02:01:22	03:51:38	05:36:17.05	05:36:23.90	+01:34:40 (28.1%)	7:02	8.5 (72.0%)
52	ANKIEWICZ Stefan	2012	CZYSTA AMATORKA	Open M	52		01:53:51	03:48:54	05:38:36.40	05:38:42.65	+01:36:58 (28.6%)	7:05	8.5 (72.0%)
53	PUPCZYK Jan	2265		Open M	53		01:50:23	03:46:25	05:38:55.40	05:38:58.90	+01:37:15 (28.7%)	7:06	8.4 (71.2%)
54	GDULA Jakub	2083	KAMIL LEŚNIAK - FANPAGE	Open M	54		02:06:07	03:59:03	05:39:07.75	05:39:09.70	+01:37:26 (28.7%)	7:06	8.4 (71.2%)
55	DZIKOWSKI Michał	2060	ŻÓRAWSKI RUNNING TEAM	Open M	55		01:53:11	03:47:08	05:39:04.45	05:39:31.00	+01:37:47 (28.8%)	7:06	8.4 (71.2%)
56	FERET Hubert	2063		Open M	56		02:01:47	03:51:09	05:40:01.60	05:40:04.60	+01:38:20 (28.9%)	7:07	8.4 (71.2%)
57	PARWA Michał	2233	MAGAZYN NA SZCZYCIE	Open M	57		01:59:35	03:57:29	05:40:43.45	05:40:50.60	+01:39:06 (29.1%)	7:08	8.4 (71.2%)
58	ZAWADA Mateusz	2372	ZARAŻENI BÓLEM	Open M	58		02:04:19	03:58:18	05:41:34.70	05:41:48.60	+01:40:04 (29.3%)	7:09	8.4 (71.2%)
59	WAŚKIEWICZ Marek	2345		Open M	59		02:13:43	04:08:37	05:41:26.55	05:42:04.15	+01:40:20 (29.3%)	7:09	8.4 (71.2%)
60	HEWIG Damian	2100		Open M	60		01:59:19	03:56:48	05:42:28.95	05:42:37.00	+01:40:53 (29.4%)	7:10	8.4 (71.2%)
61	ZDEB Maciej	2373	PIĘKNE I BRODACZE	Open M	61		02:03:31	03:57:56	05:43:31.00	05:43:45.75	+01:42:02 (29.7%)	7:12	8.3 (70.3%)

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62	IZDEBSKI Tomasz	2106	SPORT GENERATION TEAM	Open M	62		02:01:01	03:57:58	05:43:44.25	05:44:02.00	+01:42:18 (29.7%)	7:12	8.3 (70.3%)
63	CZARNECKI Bartłomiej	2039	UWAGA NA DZIADA	Open M	63		02:17:54	04:10:21	05:46:02.85	05:46:24.00	+01:44:40 (30.2%)	7:15	8.3 (70.3%)
64	FRANKIEWICZ Artur	2067		Open M	64		02:09:02	03:57:49	05:48:29.55	05:48:46.80	+01:47:03 (30.7%)	7:18	8.2 (69.5%)
65	CROZIER John	2034		Open M	65		02:02:10	04:00:14	05:49:48.25	05:50:06.35	+01:48:22 (31.0%)	7:20	8.2 (69.5%)
66	PIERZ Sławomir	2246		Open M	66		01:56:26	03:51:04	05:50:43.05	05:51:07.45	+01:49:23 (31.2%)	7:21	8.2 (69.5%)
67	PETA Rafał	2239		Open M	67		02:03:46	03:59:31	05:51:01.25	05:51:21.80	+01:49:38 (31.2%)	7:21	8.2 (69.5%)
68	TOPORKIEWICZ Bartosz	2335	TRAIL IS OUR WAY	Open M	68		01:58:25	03:53:44	05:52:01.95	05:52:05.85	+01:50:22 (31.3%)	7:22	8.1 (68.6%)
69	SZABATOWSKI Bartłomiej	2319	BIEGAJĄCY ŚWIDNIK	Open M	69		02:11:24	04:11:07	05:51:56.45	05:52:14.30	+01:50:30 (31.4%)	7:22	8.1 (68.6%)
70	GALEWSKI Jacek	2074		Open M	70		02:04:14	04:08:55	05:52:43.00	05:52:58.90	+01:51:15 (31.5%)	7:23	8.1 (68.6%)
71	ADAMUS Jakub	2009		Open M	71		02:05:25	04:08:26	05:53:55.30	05:54:05.70	+01:52:22 (31.7%)	7:25	8.1 (68.6%)
72	NOWOSADZKI Wojciech	2225	TRAIL IS OUR WAY TEAM	Open M	72		01:57:35	03:52:03	05:55:43.70	05:55:53.20	+01:54:09 (32.1%)	7:27	8 (67.8%)
73	CZAPLIŃSKI Marek	2037	BIEGAMYRAZEM.PL	Open M	73		02:07:23	04:13:30	05:56:08.20	05:56:17.05	+01:54:33 (32.2%)	7:27	8 (67.8%)
74	MITAN Kamil	2209		Open M	74		02:08:51	04:09:38	05:57:06.00	05:57:24.30	+01:55:40 (32.4%)	7:29	8 (67.8%)
75	KRAJEWSKI Bartek	2144	DCWRP	Open M	75		02:09:25	04:10:12	05:57:21.35	05:57:47.80	+01:56:04 (32.4%)	7:29	8 (67.8%)
76	SZYSZŁO Tomasz	2330	SANOK BIEGA	Open M	76		02:11:28	04:13:05	05:58:15.80	05:58:39.00	+01:56:55 (32.6%)	7:30	8 (67.8%)
77	PITEK Tomasz	2250	42K PRO TEAM	Open M	77		02:11:41	04:08:52	05:58:17.20	05:58:55.55	+01:57:11 (32.7%)	7:30	8 (67.8%)
78	PYZIK Tomasz	2269	DRUŻYNA MOJACUKRZYCA.PL	Open M	78		02:08:30	04:09:54	05:59:33.40	05:59:55.65	+01:58:11 (32.8%)	7:32	8 (67.8%)
79	PAWELEC Piotr	2235	DALEKO JESZCZE?	Open M	79		02:01:27	04:09:15	06:00:07.90	06:00:40.70	+01:58:57 (33.0%)	7:32	7.9 (66.9%)
80	KUCHARSKI Kamil	2158		Open M	80		02:13:51	04:17:52	06:01:13.65	06:01:23.80	+01:59:40 (33.1%)	7:34	7.9 (66.9%)
81	GINTER Grzegorz	2088	AZS COLLEGIUM MEDICUM UJ	Open M	81		02:15:00	04:15:08	06:01:36.75	06:01:44.35	+02:00:00 (33.2%)	7:34	7.9 (66.9%)
82	JAROS Mirek	2116		Open M	82		02:13:11	04:12:52	06:01:50.75	06:01:56.20	+02:00:12 (33.2%)	7:35	7.9 (66.9%)
83	ZINKIEWICZ Piotr	2377	DCWRP	Open M	83		02:09:31	04:10:21	06:03:22.90	06:03:49.65	+02:02:05 (33.6%)	7:37	7.9 (66.9%)
84	BAŚ Tomasz	2015	STOKOWCZYKI TEAM	Open M	84		02:12:00	04:16:00	06:04:12.25	06:04:21.95	+02:02:38 (33.7%)	7:38	7.9 (66.9%)

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							Górne 18.7km	Przybyszów 34.2km					
85	RYMARZ Robert	2282	BYCHAWA RUNNER'S	Open M	85		02:08:37	04:13:10	06:04:33.35	06:04:54.90	+02:03:11 (33.8%)	7:38	7.9 (66.9%)
86	RZYSZKIEWICZ Tomasz	2285	PĘDZĄCE LENIWCE	Open M	86		02:04:47	04:09:08	06:05:27.95	06:05:47.85	+02:04:04 (33.9%)	7:39	7.8 (66.1%)
87	CHOMISZCZAK Bogdan	2032	SANOK BIEGA	Open M	87		02:11:34	04:16:54	06:05:36.15	06:05:59.50	+02:04:15 (34.0%)	7:39	7.8 (66.1%)
88	PIERZCHAŁA Jacek	2247		Open M	88		02:15:18	04:20:41	06:07:05.60	06:07:17.55	+02:05:33 (34.2%)	7:41	7.8 (66.1%)
89	KOWALCZYK Paweł	2142		Open M	89			04:09:15	06:07:26.85	06:08:02.85	+02:06:19 (34.3%)	7:42	7.8 (66.1%)
90	BARTOSIEWICZ Adam	2014		Open M	90		02:15:02	04:19:22	06:08:17.40	06:08:30.20	+02:06:46 (34.4%)	7:43	7.8 (66.1%)
91	WIKLIŃSKI Jarosław	2358	CZYSTA AMATORKA	Open M	91		02:08:42	04:15:31	06:09:22.45	06:09:28.50	+02:07:44 (34.6%)	7:44	7.7 (65.3%)
92	DZIDECZEK Marcin	2059		Open M	92		02:11:44	04:23:04	06:09:40.45	06:09:51.40	+02:08:07 (34.6%)	7:44	7.7 (65.3%)
93	KUNKEL Mariusz	2160	SMARUJ NA TRENING	Open M	93		02:14:16	04:24:57	06:10:31.60	06:10:38.10	+02:08:54 (34.8%)	7:46	7.7 (65.3%)
94	DOBOSZYNSKI Rafal	2048		Open M	94		02:08:05	04:13:52	06:11:23.40	06:11:40.15	+02:09:56 (35.0%)	7:47	7.7 (65.3%)
95	BEŁZAK Filip	2017	TRIJET TEAM	Open M	95		02:13:57	04:17:56	06:12:52.95	06:13:02.75	+02:11:19 (35.2%)	7:49	7.7 (65.3%)
96	SMODEREK Robert	2300	GÓRAL Z MAZUR RUNNING TEAM	Open M	96		02:02:19	04:19:53	06:13:30.25	06:13:35.80	+02:11:52 (35.3%)	7:49	7.7 (65.3%)
97	NOWAK Adam	2222	TRI&MORE	Open M	97		02:04:59	04:13:08	06:13:45.30	06:14:01.55	+02:12:17 (35.4%)	7:50	7.7 (65.3%)
98	GĘSIAREK Grzegorz	2084		Open M	98		02:05:52	04:10:08	06:16:05.00	06:16:17.80	+02:14:34 (35.8%)	7:53	7.6 (64.4%)
99	TOMKIEWICZ Przemysław	2334		Open M	99		02:08:44	04:17:05	06:16:45.95	06:17:02.15	+02:15:18 (35.9%)	7:53	7.6 (64.4%)
100	MAŚLANY Mariusz	2195	ELEKTROMETAL ENERGETYKA SA	Open M	100		02:08:41	04:16:38	06:16:46.10	06:17:02.25	+02:15:18 (35.9%)	7:53	7.6 (64.4%)
101	RUSIN Piotr	2281	ALBOTERAZALBONIGDY	Open M	101		02:16:31	04:24:55	06:16:54.95	06:17:28.10	+02:15:44 (36.0%)	7:54	7.6 (64.4%)
102	PARTYKA Sebastian	2232	DZIKITIM/PROSWIM	Open M	102		02:21:33	04:34:11	06:17:14.50	06:17:49.60	+02:16:05 (36.0%)	7:54	7.6 (64.4%)
103	KONIKIEWICZ Kamil	2135		Open M	103		02:14:54	04:21:15	06:17:37.45	06:17:59.60	+02:16:15 (36.0%)	7:54	7.6 (64.4%)
104	WRZOS Paweł	2368	DZIKITIM	Open M	104		02:21:32	04:34:04	06:18:01.50	06:18:36.90	+02:16:53 (36.2%)	7:55	7.6 (64.4%)
105	STACHOWSKI Wojciech	2308	TRI&MORE	Open M	105		02:15:56	04:21:38	06:19:00.20	06:19:38.35	+02:17:54 (36.3%)	7:56	7.6 (64.4%)
106	MROZIŃSKI Marcin	2211	SPORTGENERATION	Open M	106		02:21:20	04:27:29	06:19:34.55	06:19:52.40	+02:18:08 (36.4%)	7:57	7.5 (63.6%)
107	SKOKOWSKI Jacek	2292	FARTY PUSZCZY SZCZECIN	Open M	107		02:21:38	04:32:01	06:20:24.85	06:20:36.15	+02:18:52 (36.5%)	7:58	7.5 (63.6%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
								Górne 18.7km	Przybyszów 34.2km					
108	MIĄSIK Marcin	2200	S2W		Open M	108		02:19:54	04:35:08	06:22:05.75	06:22:32.65	+02:20:48 (36.8%)	8:00	7.5 (63.6%)
109	PASZEK Tomasz	2234	PRZELĘCZ DUKLA		Open M	109		02:08:04	04:15:26	06:22:14.65	06:22:45.90	+02:21:02 (36.8%)	8:00	7.5 (63.6%)
110	MARCINEK Łukasz	2190			Open M	110		02:12:40	04:25:03	06:22:47.95	06:22:56.75	+02:21:13 (36.9%)	8:01	7.5 (63.6%)
111	CHODZIŃSKI Piotr	2029			Open M	111		02:17:45	04:20:39	06:23:36.85	06:24:14.15	+02:22:30 (37.1%)	8:02	7.5 (63.6%)
112	CHMURA Łukasz	2028	NAPRZÓD MŁOCINY		Open M	112		02:10:59	04:20:59	06:23:50.05	06:24:25.80	+02:22:42 (37.1%)	8:02	7.5 (63.6%)
113	RAJCZONEK Rafał	2272			Open M	113		02:12:48	04:32:22	06:24:56.05	06:25:09.25	+02:23:25 (37.2%)	8:04	7.4 (62.7%)
114	KRASOWSKI Mateusz	2145	PROSWIM		Open M	114		01:55:27	04:08:49	06:25:45.95	06:25:51.10	+02:24:07 (37.4%)	8:05	7.4 (62.7%)
115	SOWIAR Maciej	2305	LAS PAPAS		Open M	115		02:24:41	04:35:39	06:25:48.55	06:26:24.70	+02:24:41 (37.4%)	8:05	7.4 (62.7%)
116	WIĘCH Mariusz	2356			Open M	116		02:07:31	04:18:26	06:26:29.65	06:26:31.30	+02:24:47 (37.5%)	8:06	7.4 (62.7%)
117	MYJAK Paweł	2215	UKS FENIX RUN TEAM		Open M	117		02:16:48	04:28:06	06:26:01.00	06:26:40.80	+02:24:57 (37.5%)	8:05	7.4 (62.7%)
118	KIELAR Łukasz	2130			Open M	118		02:19:33	04:34:27	06:26:54.20	06:27:15.75	+02:25:32 (37.6%)	8:06	7.4 (62.7%)
119	TARNOWSKI Marcin	2333	JACEKBIEGA RUNNING TEAM		Open M	119		02:17:45	04:32:20	06:28:27.00	06:28:50.60	+02:27:06 (37.8%)	8:08	7.4 (62.7%)
120	UBYSZ Marek	2341	JACEK BIEGA RUNNUNG TEAM		Open M	120		02:17:46	04:32:22	06:28:28.35	06:28:51.65	+02:27:07 (37.8%)	8:08	7.4 (62.7%)
121	MASARCZYK Szymon	2194	TRI&MORE		Open M	121		01:49:51	04:13:03	06:29:30.15	06:29:32.20	+02:27:48 (37.9%)	8:09	7.3 (61.9%)
122	SZYDŁOWSKI Robert	2329			Open M	122		02:08:57	04:22:20	06:30:24.65	06:30:31.10	+02:28:47 (38.1%)	8:11	7.3 (61.9%)
123	PANZ Krzysztof	2231			Open M	123		02:11:04	04:24:28	06:32:02.50	06:32:18.20	+02:30:34 (38.4%)	8:13	7.3 (61.9%)
124	MIKOŁAJCZYK Henryk	2207	RZESZOWSKI KLUB KYOKUSHIN DOJO SOKÓŁ		Open M	124		02:24:39	04:37:02	06:33:48.80	06:34:12.10	+02:32:28 (38.7%)	8:15	7.3 (61.9%)
125	POGODA Adam	2255			Open M	125		02:15:03	04:26:18	06:34:10.70	06:34:18.70	+02:32:35 (38.7%)	8:15	7.3 (61.9%)
126	KRÓLICKI Dariusz	2151	FINISZ RYMANÓW		Open M	126		02:17:50	04:34:50	06:34:11.85	06:34:20.05	+02:32:36 (38.7%)	8:15	7.3 (61.9%)
127	SZALAJ Pawel	2320	BCD RUNNING TEAM		Open M	127		02:14:14	04:35:32	06:36:01.25	06:36:26.10	+02:34:42 (39.0%)	8:18	7.2 (61.0%)
128	WIEDERMANN Krzysztof	2352			Open M	128		02:12:00	04:31:48	06:36:47.70	06:37:09.65	+02:35:25 (39.1%)	8:19	7.2 (61.0%)
129	WIECZOREK Piotr	2351	CZYSTA AMATORKA		Open M	129		02:15:25	04:34:35	06:38:16.85	06:38:23.80	+02:36:40 (39.3%)	8:20	7.2 (61.0%)
130	DOŁŻYCKI Paweł	2050	ŻBIK-KOMAŃCZA		Open M	130		02:09:09	04:34:09	06:38:35.60	06:38:44.10	+02:37:00 (39.4%)	8:21	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy		Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
							Górne 18.7km	Przybyszów 34.2km					
131	GALANT Marek	2072		Open M	131		02:21:22	04:38:25	06:38:52.75	06:39:11.35	+02:37:27 (39.4%)	8:21	7.2 (61.0%)
132	RADKOWSKI Piotr	2271		Open M	132		02:23:27	04:36:00	06:39:10.60	06:39:31.30	+02:37:47 (39.5%)	8:22	7.2 (61.0%)
133	SOWIAR Mateusz	2306	LAS PAPAS	Open M	133		02:24:40	04:36:00	06:38:55.80	06:39:31.50	+02:37:47 (39.5%)	8:21	7.2 (61.0%)
134	MRÓZ Bartłomiej	2213		Open M	134		02:20:57	04:34:28	06:39:07.55	06:39:33.25	+02:37:49 (39.5%)	8:22	7.2 (61.0%)
135	URBANOWICZ Łukasz	2342		Open M	135		02:18:07	04:35:07	06:39:18.05	06:39:41.85	+02:37:58 (39.5%)	8:22	7.2 (61.0%)
136	ŁATKOWSKI Łukasz	2183	GRUPA BIEGOWA CHTMO	Open M	136		02:21:51	04:42:59	06:39:31.75	06:39:45.75	+02:38:02 (39.5%)	8:22	7.2 (61.0%)
137	RUCIŃSKI Adam	2278		Open M	137		02:25:07	04:41:39	06:41:02.05	06:42:16.35	+02:40:32 (39.9%)	8:24	7.1 (60.2%)
138	FILIPEK Igor	2066		Open M	138		02:15:53	04:36:20	06:42:38.90	06:43:11.70	+02:41:28 (40.0%)	8:26	7.1 (60.2%)
139	KRÓL Kamil	2150	IM INSPIRATION	Open M	139		02:15:54	04:36:22	06:42:39.65	06:43:12.00	+02:41:28 (40.0%)	8:26	7.1 (60.2%)
140	KARWETA Marek	2126	FUJITSU RUNNING TEAM	Open M	140		02:06:33	04:33:59	06:43:49.05	06:44:11.50	+02:42:27 (40.2%)	8:27	7.1 (60.2%)
141	KINDELA Michał	2131		Open M	141		02:22:31		06:43:53.50	06:44:25.35	+02:42:41 (40.2%)	8:28	7.1 (60.2%)
142	ĆWIAKAŁA Michał	2042	MEESIEQ LAZY RUNNER	Open M	142		02:16:36	04:35:27	06:44:26.50	06:44:46.00	+02:43:02 (40.3%)	8:28	7.1 (60.2%)
143	PRĘDKI Jerzy	2260	WYBIEGAMY W PRZYSZŁOŚĆ	Open M	143		02:18:00	04:36:44	06:44:27.45	06:44:46.15	+02:43:02 (40.3%)	8:28	7.1 (60.2%)
144	MAZEK Łukasz	2197	STOPKA	Open M	144		02:18:24	04:36:50	06:44:51.05	06:45:13.50	+02:43:29 (40.3%)	8:29	7.1 (60.2%)
145	CZŁONKOWSKI Grzegorz	2041	DOMDATA RUN TEAM / DZIKI Z MORASKA	Open M	145		02:29:15	04:20:21	06:44:58.15	06:45:27.60	+02:43:43 (40.4%)	8:29	7.1 (60.2%)
146	DOBROWOLSKI Patryk	2049		Open M	146		02:17:06	04:38:40	06:47:57.75	06:48:11.75	+02:46:28 (40.8%)	8:33	7 (59.3%)
147	LIBERACKI Grzegorz	2178	LIBERATOR NOWY SĄCZ	Open M	147		02:25:34		06:47:59.30	06:48:41.10	+02:46:57 (40.9%)	8:33	7 (59.3%)
148	ĆWIAKAŁA Paweł	2043	KW KRAKÓW	Open M	148		02:37:31	05:01:14	06:48:11.55	06:48:43.40	+02:46:59 (40.9%)	8:33	7 (59.3%)
149	SZELAĞIEWICZ Arek	2321	CI OD RUDEGO KOTA	Open M	149		02:20:26		06:49:10.25	06:49:22.70	+02:47:39 (41.0%)	8:34	7 (59.3%)
150	PŁATEK Dominik	2251		Open M	150		02:11:45	04:35:41	06:49:21.20	06:49:46.25	+02:48:02 (41.0%)	8:34	7 (59.3%)
151	TWOMEY Mark	2340	RUN FATBOY RUN	Open M	151		02:23:20	04:42:32	06:51:19.40	06:51:56.15	+02:50:12 (41.3%)	8:37	7 (59.3%)
152	DĄBROWSKI Michał	2046		Open M	152		02:12:28	05:00:42	06:51:39.90	06:52:07.45	+02:50:23 (41.3%)	8:37	7 (59.3%)
153	CROZIER Dawid	2035		Open M	153		02:09:07	04:36:39	06:52:01.85	06:52:20.00	+02:50:36 (41.4%)	8:38	6.9 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
154	STOPA Marcin	2315	URZĄD MIASTA RZESZOWA	Open M	154		02:18:41		06:56:06.20	06:56:11.65	+02:54:27 (41.9%)	8:43	6.9 (58.5%)
155	MARSZAŁEK Marcin	2191	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Open M	155		02:34:05	05:01:50	06:59:03.80	06:59:43.00	+02:57:59 (42.4%)	8:47	6.8 (57.6%)
156	BUSZTA Robert	2025	AKTYWNE ŻYCIE 50+	Open M	156		02:27:06	05:00:56	07:00:21.15	07:00:50.15	+02:59:06 (42.6%)	8:48	6.8 (57.6%)
157	LALEWICZ Wojciech	2172	ASSECO ACTIVE TEAM	Open M	157		02:22:58	05:01:42	07:01:05.40	07:01:44.45	+03:00:00 (42.7%)	8:49	6.8 (57.6%)
158	KUNERT Krzysztof	2159		Open M	158		02:31:46	05:03:38	07:01:07.55	07:01:46.20	+03:00:02 (42.7%)	8:49	6.8 (57.6%)
159	GAWLIK Andrzej	2080		Open M	159		02:18:36	05:00:48	07:02:08.15	07:02:23.40	+03:00:39 (42.8%)	8:50	6.8 (57.6%)
160	BRUSSEL Rinke	2024		Open M	160		02:30:53	05:03:02	07:02:36.75	07:03:10.10	+03:01:26 (42.9%)	8:51	6.8 (57.6%)
161	MACIOŁ Sebastian	2184	TTA BIERUŃ	Open M	161			04:58:50	06:58:35.20	07:03:38.70	+03:01:55 (42.9%)	8:46	6.8 (57.6%)
162	NELKE Tomasz	2218	RUSA GTR	Open M	162		02:27:25		07:03:18.80	07:03:39.75	+03:01:56 (42.9%)	8:52	6.8 (57.6%)
162	STOLINSKI Dominik	2314		Open M	162		02:24:36		07:03:18.90	07:03:39.75	+03:01:56 (42.9%)	8:52	6.8 (57.6%)
164	PELCZAR Paweł	2237		Open M	164		02:25:22		07:03:57.55	07:04:18.90	+03:02:35 (43.0%)	8:53	6.8 (57.6%)
165	KRUCZEK Robert	2152	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	Open M	165		02:22:22	05:02:21	07:04:26.85	07:04:32.30	+03:02:48 (43.1%)	8:53	6.7 (56.8%)
166	KRYJAK Tomasz	2155		Open M	166		02:37:37	05:04:40	07:05:07.50	07:05:39.00	+03:03:55 (43.2%)	8:54	6.7 (56.8%)
167	ANDRZEJCZYK Grzegorz	2011		Open M	167		02:33:46	05:01:59	07:05:44.45	07:06:20.95	+03:04:37 (43.3%)	8:55	6.7 (56.8%)
168	PINKIEWCZ Mateusz	2249		Open M	168		02:25:13	05:02:04	07:08:44.85	07:09:19.15	+03:07:35 (43.7%)	8:59	6.7 (56.8%)
169	DABROWSKI Dariusz	2044	HANKA PARTYZANTKA	Open M	169		02:20:38	05:01:30	07:10:52.30	07:10:56.80	+03:09:13 (43.9%)	9:01	6.6 (55.9%)
170	SOCHA Sebastian	2303		Open M	170		02:20:34	05:01:41	07:12:45.95	07:13:00.75	+03:11:17 (44.2%)	9:04	6.6 (55.9%)
171	LACHOWSKI Karol	2171	FILIP RUNNING TEAM	Open M	171		02:26:15	05:03:35	07:12:50.50	07:13:05.90	+03:11:22 (44.2%)	9:04	6.6 (55.9%)
172	WÓJTOWICZ Paweł	2367		Open M	172		02:30:45	05:05:07	07:13:22.05	07:13:35.25	+03:11:51 (44.2%)	9:05	6.6 (55.9%)
173	NOWAK Marcin	2223		Open M	173		02:31:45		07:13:29.15	07:13:59.65	+03:12:15 (44.3%)	9:05	6.6 (55.9%)
174	WOŁOWIEC Krzysztof	2364	LABORATORYJNIE.PL	Open M	174		02:24:41	05:03:32	07:13:45.20	07:14:15.90	+03:12:32 (44.3%)	9:05	6.6 (55.9%)
175	KAWIK Janusz	2129		Open M	175		02:26:57	05:01:51	07:14:02.15	07:14:26.25	+03:12:42 (44.4%)	9:05	6.6 (55.9%)
176	PROCHOWICZ Dominik	2261		Open M	176		02:29:10	05:04:31	07:14:37.50	07:15:02.95	+03:13:19 (44.4%)	9:06	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
177	PUSZCZYKOWSKI Grzegorz	2267		Open M	177		02:41:28	05:06:31	07:16:11.20	07:16:30.10	+03:14:46 (44.6%)	9:08	6.6 (55.9%)
178	WIĘSIK Michał	2357		Open M	178		02:17:34		07:16:23.50	07:16:55.90	+03:15:12 (44.7%)	9:08	6.6 (55.9%)
179	WOJEWODA Michał	2362	KAZIKI	Open M	179		02:28:48	05:09:11	07:17:47.80	07:18:15.85	+03:16:32 (44.8%)	9:10	6.5 (55.1%)
180	MENDOCHA Jakub	2199		Open M	180		02:38:13	05:06:42	07:20:05.45	07:20:19.00	+03:18:35 (45.1%)	9:13	6.5 (55.1%)
181	RZUCIDŁO Paweł	2283		Open M	181		02:30:54	05:06:13	07:21:14.65	07:21:48.10	+03:20:04 (45.3%)	9:15	6.5 (55.1%)
182	KROSZKA Krzysztof	2149	STEPSTONE RUNNING TEAM	Open M	182		02:31:47	05:06:50	07:25:13.25	07:25:43.75	+03:24:00 (45.8%)	9:20	6.4 (54.2%)
183	MISZCZYK Marcin	2208		Open M	183		02:38:38	05:08:55	07:25:45.15	07:26:09.55	+03:24:25 (45.8%)	9:20	6.4 (54.2%)
184	GÓRAJ Maciej	2093	YOLO:)	Open M	184		02:36:15	05:07:26	07:25:54.30	07:26:26.55	+03:24:42 (45.9%)	9:20	6.4 (54.2%)
185	BARSZCZ Marcin	2013	SPARTA LUBLIN	Open M	185		02:30:39	05:06:21	07:27:17.15	07:27:26.10	+03:25:42 (46.0%)	9:22	6.4 (54.2%)
186	NAWROT Waldek	2217	J U V E R U N	Open M	186		02:30:56	05:07:00	07:29:04.40	07:29:30.30	+03:27:46 (46.2%)	9:24	6.4 (54.2%)
187	AGÓCS Róbert	2010	ANGYALCIPÓK	Open M	187		02:27:17	05:10:27	07:29:50.65	07:30:14.75	+03:28:31 (46.3%)	9:25	6.4 (54.2%)
188	NEUMANN Łukasz	2219	BRAK	Open M	188		02:35:16	05:06:42	07:30:39.90	07:30:56.85	+03:29:13 (46.4%)	9:26	6.4 (54.2%)
189	KRAWCZYK Jakub	2146		Open M	189		02:37:08	05:12:01	07:31:56.20	07:32:31.30	+03:30:47 (46.6%)	9:28	6.3 (53.4%)
190	KRUPCZYŃSKI Mariusz	2154	KRUPOLSTEAM	Open M	190		02:28:16	05:04:22	07:33:42.00	07:34:13.10	+03:32:29 (46.8%)	9:30	6.3 (53.4%)
191	CHRÓŚCIAK Paweł	2033		Open M	191		02:46:59	05:18:13	07:33:43.05	07:34:23.40	+03:32:39 (46.8%)	9:30	6.3 (53.4%)
192	LASOTA Michał	2173		Open M	192		02:35:32	05:15:25	07:33:59.75	07:34:34.40	+03:32:50 (46.8%)	9:31	6.3 (53.4%)
193	MARSZAŁEK Marcin	2192	OK! SPORT	Open M	193		02:30:04	05:05:46	07:36:32.95	07:36:58.25	+03:35:14 (47.1%)	9:34	6.3 (53.4%)
194	MAŁEK Paweł	2188	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	Open M	194		02:31:55	05:10:28	07:38:12.50	07:38:34.25	+03:36:50 (47.3%)	9:36	6.2 (52.5%)
195	KACPRZAK Konrad	2121		Open M	195		02:43:00	05:26:51	07:43:02.10	07:43:29.30	+03:41:45 (47.8%)	9:42	6.2 (52.5%)
196	SKRZYPEK Robert	2297	BIEGNIJ Z PROSERVICE	Open M	196		02:35:50	05:28:33	07:43:38.25	07:44:09.05	+03:42:25 (47.9%)	9:43	6.2 (52.5%)
197	JANKOWY Waldemar	2113		Open M	197		02:34:19	05:17:55	07:46:16.35	07:46:18.60	+03:44:34 (48.2%)	9:46	6.1 (51.7%)
198	SZEWCZYK Radosław	2322		Open M	198		02:35:31	05:24:12	07:58:12.90	07:58:40.25	+03:56:56 (49.5%)	10:01	6 (50.8%)
Przekroczony limit czasu: 08:00:00													
199	ZASŁONKA Paweł	2371		Open M	199		02:55:50	05:38:43	08:00:03.85	08:00:18.15	+03:58:34 (49.7%)	10:03	6 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Puławy Górne 18.7km	Przybyszów 34.2km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
200	STACHAŃCZYK Wojciech	2307		Open M	200		02:51:11	05:38:21	08:03:25.40	08:03:52.00	+04:02:08 (50.0%)	10:08	5.9 (50.0%)
201	MICHALCZUK Zenon	2201		Open M	201		02:59:41	06:12:12	08:37:32.00	08:38:14.15	+04:36:30 (53.4%)	10:50	5.5 (46.6%)
202	GALESKI Stanisław	2073		Open M	202		02:55:59	06:12:51	08:49:21.95	08:49:29.90	+04:47:46 (54.3%)	11:05	5.4 (45.8%)
203	JANASZ Filip	2112		Open M	203		02:56:07	06:12:53	08:49:21.45	08:49:30.25	+04:47:46 (54.3%)	11:05	5.4 (45.8%)
204	RURKA Grzegorz	2279	SAMBIEGAM	Open M	204		02:55:09	06:23:49	09:16:26.70	09:17:07.60	+05:15:23 (56.6%)	11:39	5.1 (43.2%)
	NEY Patrick	2220		Open M			DNF	04:35:23 DNF	DNF	DNF		-	- (0.0%)
	ZYCH Andrzej	2378		Open M			02:01:22 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIĄTY Kamil	2241		Open M			02:32:53 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 207 wynik(ów)