

ŁEMKOWYNA  
ULTRA-TRAIL®



COROS  
SPONSOR POMIARU CZASU

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Łemkowna Ultra-Trail  
Fundacja Ultra  
2021-10-23  
Komańcza  
29 km

# ŁEMKO TRAIL 30

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	ŚWIERAD Krystian	3304		Open M	1	01:15:18	02:21:07.15	02:21:09.00		4:51	12.3 (100%)
2	GURGUL Sebastian	3095	AROMAT NÓG	Open M	2	01:14:16	02:22:28.05	02:22:29.90	+00:01:20 (0.9%)	4:54	12.2 (99.2%)
3	WETHACZ Dariusz	3321	LOKOMOTIV MAJDAN / ON RUNNING POLSKA	Open M	3	01:15:23	02:23:11.90	02:23:13.60	+00:02:04 (1.4%)	4:56	12.2 (99.2%)
4	NIEZGODA Marcin	3200	KKB MOSIR KROSNO	Open M	4		02:24:53.40	02:24:55.10	+00:03:46 (2.6%)	4:59	12 (97.6%)
5	KNAPIK Sebastian	3131	BUTYJANA	Open M	5	01:16:27	02:27:34.00	02:27:36.10	+00:06:27 (4.4%)	5:05	11.8 (95.9%)
6	SŁOWIŃSKI Marcin	3273	BIEGACZE SPECJALNEJ TROSKI	Open M	6		02:30:47.95	02:30:52.10	+00:09:43 (6.4%)	5:11	11.5 (93.5%)
7	GRYZŁO Jakub	3093	TRESERTEAM	Open M	7	01:19:51	02:31:42.75	02:31:44.40	+00:10:35 (7.0%)	5:13	11.5 (93.5%)
8	WLKOSZ Mateusz	3328	#SOBASTEAM	Open M	8	01:19:32	02:32:40.70	02:32:43.40	+00:11:34 (7.6%)	5:15	11.4 (92.7%)
9	SWORSKI Roman	3295	TRENUJSKUTECZNIE.COM / VEGE RUNNERS / VEGAN	Open M	9	01:17:19	02:33:19.55	02:33:22.80	+00:12:13 (8.0%)	5:17	11.3 (91.9%)
10	KULIGA Sławomir	3152	SŁAWOMIR KULIGA	Open M	10	01:21:54	02:33:36.40	02:33:38.90	+00:12:29 (8.1%)	5:17	11.3 (91.9%)
11	MAJEWSKI Piotr	3180	FIZJOBIEGACZE SZCZECIN	Open M	11	01:18:00	02:33:40.60	02:33:43.00	+00:12:34 (8.2%)	5:17	11.3 (91.9%)
12	DOMBROWSKI Jakub	3059		Open M	12	01:20:46	02:34:42.70	02:34:45.90	+00:13:36 (8.8%)	5:20	11.2 (91.1%)
13	OTEVŘELOVÁ Kristýna	3211	COLUMBIA MONTRAIL	Open K	1	01:22:29	02:37:34.50	02:37:37.20	+00:16:28 (10.4%)	5:26	11 (89.4%)
14	ZIELIŃSKI Piotr	3341		Open M	13	01:22:57	02:40:31.05	02:40:34.45	+00:19:25 (12.1%)	5:32	10.8 (87.8%)
15	JASŁOWSKA Justyna	3003		Open K	2	01:23:37	02:41:08.80	02:41:12.90	+00:20:03 (12.4%)	5:33	10.8 (87.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
16	<b>SKARŻYŃSKI Łukasz</b>	<b>3267</b>		Open M	14	01:26:14	<b>02:41:10.30</b>	<b>02:41:15.90</b>	+00:20:06 (12.5%)	5:33	10.8 (87.8%)
17	<b>JACHYMSKI Krzysztof</b>	<b>3107</b>	VEGE RUNNERS	Open M	15	01:23:06	<b>02:41:18.95</b>	<b>02:41:22.55</b>	+00:20:13 (12.5%)	5:33	10.8 (87.8%)
18	<b>GALUSKIN Alexey</b>	<b>3076</b>	GRUPA NOMAX	Open M	16	01:27:22	<b>02:44:45.35</b>	<b>02:44:49.25</b>	+00:23:40 (14.4%)	5:40	10.6 (86.2%)
19	<b>KOSTKA Janusz</b>	<b>3138</b>	POSMAKUJ RUN TEAM	Open M	17	01:25:11	<b>02:46:16.85</b>	<b>02:46:22.40</b>	+00:25:13 (15.2%)	5:44	10.5 (85.4%)
20	<b>PAPROCKI Michał</b>	<b>3215</b>		Open M	18	01:26:10	<b>02:47:05.55</b>	<b>02:47:10.70</b>	+00:26:01 (15.6%)	5:45	10.4 (84.6%)
21	<b>GRZEGORCZYK Michał</b>	<b>3094</b>		Open M	19	01:26:18	<b>02:47:16.95</b>	<b>02:47:21.30</b>	+00:26:12 (15.7%)	5:46	10.4 (84.6%)
22	<b>CIOCH Marcin</b>	<b>3044</b>		Open M	20	01:23:22	<b>02:47:40.85</b>	<b>02:47:47.40</b>	+00:26:38 (15.9%)	5:46	10.4 (84.6%)
23	<b>KOŁEK Sebastian</b>	<b>3134</b>		Open M	21	01:24:01	<b>02:48:53.60</b>	<b>02:48:58.40</b>	+00:27:49 (16.5%)	5:49	10.3 (83.7%)
24	<b>RAJCHEL Rafał</b>	<b>3243</b>		Open M	22	01:25:56	<b>02:49:22.40</b>	<b>02:49:27.65</b>	+00:28:18 (16.7%)	5:50	10.3 (83.7%)
25	<b>BATORYNA Aleksander</b>	<b>3022</b>		Open M	23	01:28:50	<b>02:50:34.15</b>	<b>02:50:38.80</b>	+00:29:29 (17.3%)	5:52	10.2 (82.9%)
26	<b>SMACZNY Bartłomiej</b>	<b>3274</b>		Open M	24	01:26:19	<b>02:51:54.90</b>	<b>02:52:03.00</b>	+00:30:54 (18.0%)	5:55	10.1 (82.1%)
27	<b>MAJORCZYK Gerard</b>	<b>3182</b>		Open M	25	01:29:48	<b>02:52:32.50</b>	<b>02:52:39.60</b>	+00:31:30 (18.2%)	5:56	10.1 (82.1%)
28	<b>GÓRECKI Rafał</b>	<b>3088</b>		Open M	26	01:29:50	<b>02:53:45.75</b>	<b>02:53:48.05</b>	+00:32:39 (18.8%)	5:59	10 (81.3%)
29	<b>BIESZCZAD Magdalena</b>	<b>3028</b>	TRESERTEAM	Open K	3	01:30:26	<b>02:55:22.85</b>	<b>02:55:25.85</b>	+00:34:16 (19.5%)	6:02	9.9 (80.5%)
30	<b>PLEWA Rafał</b>	<b>3228</b>		Open M	27	01:25:34	<b>02:55:30.00</b>	<b>02:55:35.55</b>	+00:34:26 (19.6%)	6:03	9.9 (80.5%)
31	<b>JAWORSKI Piotr</b>	<b>3114</b>		Open M	28	01:28:06	<b>02:56:47.25</b>	<b>02:56:49.50</b>	+00:35:40 (20.2%)	6:05	9.8 (79.7%)
32	<b>MAŚLANKA Jarosław</b>	<b>3188</b>	PEGA RUNNERS	Open M	29	01:30:15	<b>02:57:50.90</b>	<b>02:57:54.90</b>	+00:36:45 (20.7%)	6:07	9.8 (79.7%)
33	<b>ASCHENBRENNER Zsolt</b>	<b>3011</b>		Open M	30		<b>02:58:10.00</b>	<b>02:58:22.00</b>	+00:37:13 (20.9%)	6:08	9.8 (79.7%)
34	<b>RUDOWSKI Jacek</b>	<b>3253</b>		Open M	31	01:30:45	<b>02:58:42.90</b>	<b>02:58:49.85</b>	+00:37:40 (21.1%)	6:09	9.7 (78.9%)
35	<b>WOCH Krzysztof</b>	<b>3331</b>	WIDŁOROGI	Open M	32	01:33:56	<b>02:58:47.00</b>	<b>02:58:52.85</b>	+00:37:43 (21.1%)	6:09	9.7 (78.9%)
36	<b>WOJTAS Piotr</b>	<b>3332</b>		Open M	33	01:33:29	<b>02:58:39.45</b>	<b>02:58:54.55</b>	+00:37:45 (21.1%)	6:09	9.7 (78.9%)
37	<b>KULIK Karolina</b>	<b>3153</b>	TRENINGFIZJOTERAPIA.PL	Open K	4	01:34:01	<b>03:00:06.65</b>	<b>03:00:11.40</b>	+00:39:02 (21.7%)	6:12	9.7 (78.9%)
38	<b>KOSTKA Małgorzata</b>	<b>3140</b>	CUBE TEAM	Open K	5	01:33:45	<b>03:00:04.40</b>	<b>03:00:11.80</b>	+00:39:02 (21.7%)	6:12	9.7 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
39	PAPRZYCKI Romuald	3216		Open M	34	01:34:25	03:00:37.30	03:00:56.50	+00:39:47 (22.0%)	6:13	9.6 (78.0%)
40	DROZD Maciej	3062		Open M	35	01:34:27	03:01:17.55	03:01:22.50	+00:40:13 (22.2%)	6:15	9.6 (78.0%)
41	SYGA Przemysław	3296	KORONA SIEMPRE	Open M	36	01:34:09	03:01:38.90	03:01:54.60	+00:40:45 (22.4%)	6:15	9.6 (78.0%)
42	SIENKIEWICZ Piotr	3266		Open M	37	01:36:33	03:01:42.00	03:02:12.40	+00:41:03 (22.5%)	6:15	9.6 (78.0%)
43	SKOCZYLAS Karolina	3268	SKOCZYLIWLASY / STAY INSANE	Open K	6	01:35:35	03:03:15.10	03:03:20.10	+00:42:11 (23.0%)	6:19	9.5 (77.2%)
44	SZOKA Krzysztof	3300		Open M	38	01:35:35	03:03:04.35	03:03:39.25	+00:42:30 (23.1%)	6:18	9.5 (77.2%)
45	CHMIELEWSKI Tomasz	3042		Open M	39	01:39:25	03:04:09.00	03:04:33.10	+00:43:24 (23.5%)	6:21	9.4 (76.4%)
46	AUGUST Kajetan	3012		Open M	40	01:35:09	03:05:32.45	03:05:40.35	+00:44:31 (24.0%)	6:23	9.4 (76.4%)
47	ARKUSZYŃSKI Paweł	3010	TIME4RUNNING	Open M	41	01:34:59	03:06:17.60	03:06:22.60	+00:45:13 (24.3%)	6:25	9.3 (75.6%)
48	BIENKOWSKI Michał	3027	DZIK KOMANDO	Open M	42	01:34:20	03:06:07.60	03:06:34.70	+00:45:25 (24.3%)	6:25	9.3 (75.6%)
49	OCZKOWSKI Mateusz	3207	GRUPA BIEGOWA CHTMO	Open M	43	01:35:51	03:06:18.75	03:06:46.45	+00:45:37 (24.4%)	6:25	9.3 (75.6%)
50	NOWOSADZKI Wojciech	3203		Open M	44	01:40:52	03:06:55.90	03:07:04.20	+00:45:55 (24.5%)	6:26	9.3 (75.6%)
51	WÓLKIEWICZ Paweł	3336	KS STASZEWSKY	Open M	45	01:37:48	03:06:53.00	03:07:07.40	+00:45:58 (24.6%)	6:26	9.3 (75.6%)
52	BORYCKI Artur	3035	TGR	Open M	46	01:36:40	03:06:54.05	03:07:12.05	+00:46:03 (24.6%)	6:26	9.3 (75.6%)
53	KOSTKA Krzysztof	3139		Open M	47	01:39:46	03:07:04.45	03:07:12.15	+00:46:03 (24.6%)	6:27	9.3 (75.6%)
54	NOSEK Dariusz	3201		Open M	48	01:34:44	03:07:25.70	03:07:34.15	+00:46:25 (24.7%)	6:27	9.3 (75.6%)
55	SALIS Wojciech	3260	TECHGIS	Open M	49	01:37:21	03:07:50.20	03:07:57.35	+00:46:48 (24.9%)	6:28	9.3 (75.6%)
56	SIELIWONIK Anita	3265		Open K	7		03:09:04.70	03:09:06.90	+00:47:57 (25.4%)	6:31	9.2 (74.8%)
57	SOCHA Piotr	3279		Open M	50	01:33:25	03:09:21.45	03:09:43.30	+00:48:34 (25.6%)	6:31	9.2 (74.8%)
58	PUTOWSKI Maciej	3240	ESESJA.PL	Open M	51	01:43:08	03:09:04.55	03:10:58.40	+00:49:49 (26.1%)	6:31	9.2 (74.8%)
59	BOŻEK Grzegorz	3036	DZIKIE ŻYCIE RUNTEAM	Open M	52	01:36:42	03:11:29.50	03:11:33.85	+00:50:24 (26.3%)	6:36	9.1 (74.0%)
60	WOJTAS Mateusz	3333		Open M	53	01:35:58	03:11:32.15	03:11:47.35	+00:50:38 (26.4%)	6:36	9.1 (74.0%)
61	RUSIN Marcin	3254	ASSECO ACTIVE TEAM	Open M	54	01:43:35	03:11:38.00	03:12:09.90	+00:51:00 (26.5%)	6:36	9.1 (74.0%)

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62	KUNICKI Mateusz	3157		Open M	55	01:36:26	03:12:42.15	03:12:50.95	+00:51:41 (26.8%)	6:38	9 (73.2%)
63	CZERWOŃSKI Artur	3053		Open M	56	01:34:50	03:14:59.55	03:15:05.10	+00:53:56 (27.6%)	6:43	8.9 (72.4%)
64	WÓLKIEWICZ Dorota	3335	KS STASZEWSKY	Open K	8	01:43:48	03:14:51.70	03:15:07.55	+00:53:58 (27.7%)	6:43	8.9 (72.4%)
65	BAŁOS Bartłomiej	3018	PMKW	Open M	57	01:41:43	03:15:15.45	03:15:32.80	+00:54:23 (27.8%)	6:43	8.9 (72.4%)
66	STRZELCZYK Wiktor	3293	CARPATHIAN RUNNERS	Open M	58	01:38:54	03:15:50.15	03:16:00.40	+00:54:51 (28.0%)	6:45	8.9 (72.4%)
67	CIURYK Roman	3046		Open M	59	01:37:26	03:15:52.70	03:16:02.05	+00:54:53 (28.0%)	6:45	8.9 (72.4%)
68	SZCZEPANIAK Witold	3004		Open M	60	01:28:12	03:16:23.50	03:16:28.90	+00:55:19 (28.2%)	6:46	8.9 (72.4%)
69	SKÓRA Marcin	3270		Open M	61	01:30:55	03:16:31.00	03:16:38.45	+00:55:29 (28.2%)	6:46	8.9 (72.4%)
70	KRUPA Piotr	3150		Open M	62	01:42:43	03:17:02.25	03:17:15.75	+00:56:06 (28.4%)	6:47	8.8 (71.5%)
71	MRZYGLÓD Jurek	3196		Open M	63	01:43:33	03:17:38.10	03:18:14.25	+00:57:05 (28.8%)	6:48	8.8 (71.5%)
72	SOBCZYK Wioletta	3277	WITKOWO BIEGA	Open K	9	01:47:19	03:18:03.95	03:18:16.95	+00:57:07 (28.8%)	6:49	8.8 (71.5%)
73	GIBAS Wojciech	3079		Open M	64	01:41:52	03:18:06.40	03:18:17.30	+00:57:08 (28.8%)	6:49	8.8 (71.5%)
74	LIGĘZA Witek	3168	SMASHING PĄPKINS/UNLIMITED SPORT	Open M	65	01:43:47	03:18:29.50	03:18:39.95	+00:57:30 (29.0%)	6:50	8.8 (71.5%)
75	WYBRANIEC Wojciech	3338	SUSKA GRUPA BIEGOWA	Open M	66	01:43:01	03:18:43.30	03:19:09.35	+00:58:00 (29.1%)	6:51	8.8 (71.5%)
76	STACHOWSKI Wojciech	3285	TRI&MORE	Open M	67	01:41:33	03:18:58.10	03:19:20.90	+00:58:11 (29.2%)	6:51	8.7 (70.7%)
77	POŁEĆ Eliza	3233	KRISS COACHING	Open K	10	01:44:05	03:19:16.40	03:19:23.80	+00:58:14 (29.2%)	6:52	8.7 (70.7%)
78	CZARNECKA Magdalena	3048		Open K	11	01:42:53	03:19:13.50	03:19:28.30	+00:58:19 (29.2%)	6:52	8.7 (70.7%)
79	SMYRAK Emil	3276		Open M	68	01:44:10	03:19:31.05	03:19:54.25	+00:58:45 (29.4%)	6:52	8.7 (70.7%)
80	KOZIOŁ Weronika	3145	TEAM MOUNTAIN FUEL POLSKA	Open K	12	01:41:21	03:20:48.90	03:20:54.75	+00:59:45 (29.7%)	6:55	8.7 (70.7%)
81	ŻMIJ Wojciech	3345		Open M	69	01:47:17	03:20:46.80	03:21:26.30	+01:00:17 (29.9%)	6:55	8.7 (70.7%)
82	WRONICZ Paweł	3337		Open M	70	01:45:32	03:21:17.25	03:21:30.15	+01:00:21 (30.0%)	6:56	8.6 (69.9%)
83	ŁUKASIK Rafał	3175		Open M	71	01:45:29	03:21:16.65	03:21:30.30	+01:00:21 (30.0%)	6:56	8.6 (69.9%)
84	CIOĆ Robert	3045		Open M	72	01:42:38	03:21:38.95	03:21:44.50	+01:00:35 (30.0%)	6:57	8.6 (69.9%)

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85	<b>CECH Michal</b>	<b>3041</b>		Open M	73	01:39:49	<b>03:21:48.80</b>	<b>03:22:13.30</b>	+01:01:04 (30.2%)	6:57	8.6 (69.9%)
86	<b>POGODA Adam</b>	<b>3230</b>		Open M	74	01:43:44	<b>03:22:27.50</b>	<b>03:22:36.40</b>	+01:01:27 (30.3%)	6:58	8.6 (69.9%)
87	<b>SOWA Wojciech</b>	<b>3283</b>		Open M	75	01:43:41	<b>03:23:19.05</b>	<b>03:23:23.40</b>	+01:02:14 (30.6%)	7:00	8.6 (69.9%)
88	<b>GROMEK Piotr</b>	<b>3092</b>		Open M	76	01:47:58	<b>03:23:38.90</b>	<b>03:23:51.25</b>	+01:02:42 (30.8%)	7:01	8.5 (69.1%)
89	<b>RZYSZKIEWICZ Tomasz</b>	<b>3259</b>	PĘDZĄCE LENIWCE	Open M	77	01:41:56	<b>03:23:43.75</b>	<b>03:23:54.65</b>	+01:02:45 (30.8%)	7:01	8.5 (69.1%)
90	<b>LEWANDOWSKA Milena</b>	<b>3165</b>		Open K	13	01:47:50	<b>03:24:22.75</b>	<b>03:24:39.95</b>	+01:03:30 (31.0%)	7:02	8.5 (69.1%)
91	<b>JAROS Mirek</b>	<b>3112</b>		Open M	78	01:47:24	<b>03:24:17.55</b>	<b>03:24:41.75</b>	+01:03:32 (31.0%)	7:02	8.5 (69.1%)
92	<b>MRÓWKA Małgorzata</b>	<b>3195</b>		Open K	14	01:47:52	<b>03:24:36.05</b>	<b>03:24:46.80</b>	+01:03:37 (31.1%)	7:03	8.5 (69.1%)
93	<b>GLIŃSKI Marcin</b>	<b>3081</b>	K.S. STASZEWSKY	Open M	79	01:45:31	<b>03:24:44.25</b>	<b>03:24:51.35</b>	+01:03:42 (31.1%)	7:03	8.5 (69.1%)
94	<b>PECHRA Mateusz</b>	<b>3218</b>		Open M	80	01:42:55	<b>03:24:22.80</b>	<b>03:24:52.50</b>	+01:03:43 (31.1%)	7:02	8.5 (69.1%)
95	<b>BOLIGŁOWA Małgorzata</b>	<b>3034</b>	PIĄTE KOŁO U WOZU	Open K	15	01:50:30	<b>03:25:09.00</b>	<b>03:25:39.15</b>	+01:04:30 (31.4%)	7:04	8.5 (69.1%)
96	<b>KOZIENSKI Marcin</b>	<b>3143</b>		Open M	81	01:47:04	<b>03:25:36.05</b>	<b>03:25:49.70</b>	+01:04:40 (31.4%)	7:05	8.5 (69.1%)
97	<b>KOZIOŁ Sylwester</b>	<b>3144</b>		Open M	82	01:41:29	<b>03:26:14.30</b>	<b>03:26:19.60</b>	+01:05:10 (31.6%)	7:06	8.4 (68.3%)
98	<b>GALANT Marek</b>	<b>3075</b>		Open M	83	01:48:47	<b>03:26:46.75</b>	<b>03:27:05.95</b>	+01:05:56 (31.8%)	7:07	8.4 (68.3%)
99	<b>DWORECKI Grzegorz</b>	<b>3066</b>		Open M	84	01:44:13	<b>03:26:58.20</b>	<b>03:27:08.20</b>	+01:05:59 (31.9%)	7:08	8.4 (68.3%)
100	<b>KOLASA Marcin</b>	<b>3133</b>		Open M	85	01:47:51	<b>03:26:58.40</b>	<b>03:27:27.80</b>	+01:06:18 (32.0%)	7:08	8.4 (68.3%)
101	<b>BRZUSZEK Mateusz</b>	<b>3039</b>		Open M	86	01:44:41	<b>03:27:32.55</b>	<b>03:27:51.00</b>	+01:06:42 (32.1%)	7:09	8.4 (68.3%)
102	<b>CZYŻOWICZ-GOTFRYD Agnieszka</b>	<b>3055</b>	POLISH RUNNERS SQUAD	Open K	16	01:47:02	<b>03:27:45.45</b>	<b>03:27:56.90</b>	+01:06:47 (32.1%)	7:09	8.4 (68.3%)
103	<b>PRZYBYLOWICZ Joanna</b>	<b>3237</b>		Open K	17		<b>03:27:45.95</b>	<b>03:28:08.60</b>	+01:06:59 (32.2%)	7:09	8.4 (68.3%)
104	<b>CZARDYBON Laura</b>	<b>3047</b>		Open K	18	01:48:48	<b>03:28:51.30</b>	<b>03:29:05.25</b>	+01:07:56 (32.5%)	7:12	8.3 (67.5%)
105	<b>CZŁONKOWSKI Grzegorz</b>	<b>3054</b>	DOMDATA RUN TEAM / DZIKI Z MORASKA	Open M	87	01:44:18	<b>03:29:04.00</b>	<b>03:29:23.15</b>	+01:08:14 (32.6%)	7:12	8.3 (67.5%)
106	<b>ADAMCZYK Łukasz</b>	<b>3005</b>	3XL	Open M	88	01:51:22	<b>03:29:04.15</b>	<b>03:29:27.65</b>	+01:08:18 (32.6%)	7:12	8.3 (67.5%)
107	<b>OBERSKI Adam</b>	<b>3205</b>		Open M	89	01:45:08	<b>03:29:24.45</b>	<b>03:29:39.90</b>	+01:08:30 (32.7%)	7:13	8.3 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
108	<b>PERLIŃSKI Mirosław</b>	<b>3221</b>	ASSECO ACTIVE TEAM	Open M	90	01:47:41	<b>03:29:42.95</b>	<b>03:30:15.15</b>	+01:09:06 (32.9%)	7:13	8.3 (67.5%)
109	<b>ZMIJ Zbyszek</b>	<b>3344</b>		Open M	91	01:49:20	<b>03:29:42.40</b>	<b>03:30:21.90</b>	+01:09:12 (32.9%)	7:13	8.3 (67.5%)
110	<b>STĘPIEŃ Krzysztof</b>	<b>3290</b>		Open M	92	01:46:56	<b>03:30:11.40</b>	<b>03:30:24.50</b>	+01:09:15 (32.9%)	7:14	8.3 (67.5%)
111	<b>CZEKAJ Katarzyna</b>	<b>3051</b>	PIĄTE KOŁO U WOZU	Open K	19	01:51:06	<b>03:30:39.40</b>	<b>03:31:08.65</b>	+01:09:59 (33.1%)	7:15	8.3 (67.5%)
112	<b>BLOCH Keesware</b>	<b>3030</b>	HOFFMAN SPORTSCLUB	Open M	93	01:51:33	<b>03:30:46.70</b>	<b>03:31:14.65</b>	+01:10:05 (33.2%)	7:16	8.3 (67.5%)
113	<b>TWOMEY Mark</b>	<b>3311</b>		Open M	94	01:47:38	<b>03:32:34.40</b>	<b>03:33:01.40</b>	+01:11:52 (33.7%)	7:19	8.2 (66.7%)
114	<b>KUŁYK It Consulting</b>	<b>3156</b>		Open M	95	01:43:39	<b>03:32:48.60</b>	<b>03:33:09.65</b>	+01:12:00 (33.8%)	7:20	8.2 (66.7%)
115	<b>JABŁOŃSKI Bartosz</b>	<b>3104</b>		Open M	96	01:54:55	<b>03:33:52.05</b>	<b>03:34:25.55</b>	+01:13:16 (34.2%)	7:22	8.1 (65.9%)
116	<b>KINDE Orsolya</b>	<b>3130</b>		Open K	20	01:49:36	<b>03:34:31.65</b>	<b>03:34:48.10</b>	+01:13:39 (34.3%)	7:23	8.1 (65.9%)
117	<b>PYSZ Aleksander</b>	<b>3241</b>		Open M	97	01:49:04	<b>03:34:39.40</b>	<b>03:35:01.15</b>	+01:13:52 (34.4%)	7:24	8.1 (65.9%)
118	<b>NÝVLT Martin</b>	<b>3204</b>	COLUMBIA MONTRAIL	Open M	98	01:57:01	<b>03:34:50.30</b>	<b>03:35:18.05</b>	+01:14:09 (34.4%)	7:24	8.1 (65.9%)
119	<b>WACHOWSKI Piotr</b>	<b>3313</b>		Open M	99	01:47:28	<b>03:35:15.75</b>	<b>03:35:30.00</b>	+01:14:21 (34.5%)	7:25	8.1 (65.9%)
120	<b>ŁOPATA Michał</b>	<b>3174</b>		Open M	100	01:47:24	<b>03:35:59.20</b>	<b>03:36:30.15</b>	+01:15:21 (34.8%)	7:26	8.1 (65.9%)
121	<b>KOTOWICZ Iwona</b>	<b>3350</b>	PODIUM	Open K	21	01:47:47	<b>03:36:37.65</b>	<b>03:36:41.65</b>	+01:15:32 (34.9%)	7:28	8 (65.0%)
122	<b>WERLE Michał</b>	<b>3320</b>	WARBUD RUNNING TEAM	Open M	101	01:46:04	<b>03:37:02.10</b>	<b>03:37:12.00</b>	+01:16:03 (35.0%)	7:29	8 (65.0%)
123	<b>HADALA Piotr</b>	<b>3096</b>		Open M	102	01:56:14	<b>03:37:29.85</b>	<b>03:37:54.05</b>	+01:16:45 (35.2%)	7:29	8 (65.0%)
123	<b>ZIOMEK Marcin</b>	<b>3342</b>		Open M	102	01:56:16	<b>03:37:30.00</b>	<b>03:37:54.05</b>	+01:16:45 (35.2%)	7:30	8 (65.0%)
125	<b>NIEMIEC Grzegorz</b>	<b>3198</b>	GRUPA BIRGOWA ZARSZYN	Open M	104	01:50:51	<b>03:37:23.90</b>	<b>03:38:01.95</b>	+01:16:52 (35.3%)	7:29	8 (65.0%)
126	<b>ŻYŁA Roman</b>	<b>3346</b>		Open M	105	01:54:06	<b>03:37:39.75</b>	<b>03:38:04.70</b>	+01:16:55 (35.3%)	7:30	8 (65.0%)
127	<b>PAŁKA Łukasz</b>	<b>3214</b>	3XL	Open M	106	01:53:34	<b>03:38:46.35</b>	<b>03:39:09.95</b>	+01:18:00 (35.6%)	7:32	8 (65.0%)
128	<b>BRODZIUK Anna</b>	<b>3037</b>		Open K	22	01:51:20	<b>03:39:57.15</b>	<b>03:40:04.85</b>	+01:18:55 (35.9%)	7:35	7.9 (64.2%)
129	<b>KASCZYSZYN Marcin</b>	<b>3352</b>	ZAWISZA	Open M	107	01:54:43	<b>03:40:34.40</b>	<b>03:41:08.10</b>	+01:19:59 (36.2%)	7:36	7.9 (64.2%)
130	<b>SOCHAJ Anna</b>	<b>3280</b>	FUKUNDA	Open K	23	01:55:52	<b>03:41:00.15</b>	<b>03:41:18.45</b>	+01:20:09 (36.2%)	7:37	7.9 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
131	<b>SKRZYPEK Robert</b>	<b>3271</b>	BIEGNIJ Z PROSERVICE	Open M	108	01:52:25	<b>03:41:02.60</b>	<b>03:41:18.55</b>	+01:20:09 (36.2%)	7:37	7.9 (64.2%)
132	<b>JUCHA Urszula</b>	<b>3120</b>		Open K	24	01:51:55	<b>03:41:10.45</b>	<b>03:41:36.85</b>	+01:20:27 (36.3%)	7:37	7.9 (64.2%)
133	<b>JUCHA Rafał</b>	<b>3119</b>		Open M	109	01:52:00	<b>03:41:10.25</b>	<b>03:41:36.90</b>	+01:20:27 (36.3%)	7:37	7.9 (64.2%)
134	<b>WALCZAK Anna</b>	<b>3314</b>		Open K	25	01:56:00	<b>03:41:27.60</b>	<b>03:41:44.00</b>	+01:20:35 (36.3%)	7:38	7.9 (64.2%)
135	<b>KADZIDŁOWSKA Aleksandra</b>	<b>3122</b>		Open K	26	01:53:40	<b>03:41:44.50</b>	<b>03:41:54.10</b>	+01:20:45 (36.4%)	7:38	7.8 (63.4%)
136	<b>HOFMAN Piotr</b>	<b>3102</b>		Open M	110	01:50:39	<b>03:41:44.40</b>	<b>03:42:10.15</b>	+01:21:01 (36.5%)	7:38	7.8 (63.4%)
137	<b>KIERSKA Joanna</b>	<b>3128</b>		Open K	27	01:51:05	<b>03:42:42.10</b>	<b>03:43:02.10</b>	+01:21:53 (36.7%)	7:40	7.8 (63.4%)
138	<b>PABIAŃCZYK Małgorzata</b>	<b>3212</b>		Open K	28	01:54:13	<b>03:43:02.25</b>	<b>03:43:13.50</b>	+01:22:04 (36.8%)	7:41	7.8 (63.4%)
139	<b>HERBUT Mateusz</b>	<b>3100</b>		Open M	111	01:49:24	<b>03:44:21.15</b>	<b>03:44:37.70</b>	+01:23:28 (37.2%)	7:44	7.8 (63.4%)
140	<b>MALARA Anna</b>	<b>3183</b>		Open K	29	01:54:11	<b>03:44:35.50</b>	<b>03:44:44.70</b>	+01:23:35 (37.2%)	7:44	7.7 (62.6%)
141	<b>ŚMIECHOWSKA Małgorzata</b>	<b>3302</b>	SDS RECZ	Open K	30	01:55:06	<b>03:44:29.00</b>	<b>03:44:46.60</b>	+01:23:37 (37.2%)	7:44	7.8 (63.4%)
142	<b>GAD Szczepan</b>	<b>3074</b>	KS STASZEWSKY	Open M	112	01:55:29	<b>03:44:33.80</b>	<b>03:44:51.60</b>	+01:23:42 (37.2%)	7:44	7.7 (62.6%)
143	<b>STERNIK Daniel</b>	<b>3289</b>	NAJWIĘKSZA ARMIA ŚWIATA	Open M	113	01:55:28	<b>03:44:31.85</b>	<b>03:44:52.50</b>	+01:23:43 (37.2%)	7:44	7.7 (62.6%)
144	<b>MOŻEJKO Jadwiga</b>	<b>3347</b>	NIEPOŁOMICIE BIEGAJĄ	Open K	31	01:55:03	<b>03:44:40.10</b>	<b>03:44:59.10</b>	+01:23:50 (37.3%)	7:44	7.7 (62.6%)
145	<b>HANULA Marcin</b>	<b>3097</b>		Open M	114	01:43:18	<b>03:44:51.25</b>	<b>03:45:11.20</b>	+01:24:02 (37.3%)	7:45	7.7 (62.6%)
146	<b>SCHWITALLA Katarzyna</b>	<b>3262</b>		Open K	32	01:54:24	<b>03:45:52.80</b>	<b>03:46:03.90</b>	+01:24:54 (37.6%)	7:47	7.7 (62.6%)
147	<b>CZARNECKI Maciej</b>	<b>3049</b>		Open M	115	01:56:32	<b>03:45:52.50</b>	<b>03:46:12.90</b>	+01:25:03 (37.6%)	7:47	7.7 (62.6%)
148	<b>ANTOŃ Bartłomiej</b>	<b>3009</b>	PIĄTE KOŁO U WOZU	Open M	116	01:56:50	<b>03:45:50.45</b>	<b>03:46:20.65</b>	+01:25:11 (37.6%)	7:47	7.7 (62.6%)
149	<b>BALA Dariusz</b>	<b>3015</b>	ZAWISZA LEGNICA	Open M	117	01:56:16	<b>03:45:58.95</b>	<b>03:46:32.70</b>	+01:25:23 (37.7%)	7:47	7.7 (62.6%)
150	<b>NICIEJA Anna</b>	<b>3360</b>	BABY GÓRA	Open K	33	01:55:43	<b>03:46:16.15</b>	<b>03:46:58.30</b>	+01:25:49 (37.8%)	7:48	7.7 (62.6%)
150	<b>ROJEK Magdalena</b>	<b>3250</b>		Open K	33	01:56:50	<b>03:46:15.65</b>	<b>03:46:58.30</b>	+01:25:49 (37.8%)	7:48	7.7 (62.6%)
152	<b>TUZA-BUCZKÓ Judit</b>	<b>3310</b>	MFSE	Open K	35	01:55:33	<b>03:46:48.25</b>	<b>03:47:00.00</b>	+01:25:51 (37.8%)	7:49	7.7 (62.6%)
153	<b>STAROŃSKA Magdalena</b>	<b>3287</b>		Open K	36	01:57:04	<b>03:46:57.40</b>	<b>03:47:08.35</b>	+01:25:59 (37.9%)	7:49	7.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
154	<b>FORNAL Ewelina</b>	<b>3073</b>	ŻBIKI	Open K	37	01:53:08	<b>03:47:17.00</b>	<b>03:47:23.65</b>	+01:26:14 (37.9%)	7:50	7.7 (62.6%)
155	<b>FORNAL Jacek</b>	<b>3072</b>	ŻBIKI	Open M	118	01:53:05	<b>03:47:17.30</b>	<b>03:47:23.80</b>	+01:26:14 (37.9%)	7:50	7.7 (62.6%)
156	<b>DYLONG Andrea</b>	<b>3067</b>	RUNNING.CHIEF TEAM	Open K	38	01:57:02	<b>03:47:08.65</b>	<b>03:47:25.50</b>	+01:26:16 (37.9%)	7:49	7.7 (62.6%)
157	<b>TADROWSKI Tomasz</b>	<b>3305</b>		Open M	119	01:56:16	<b>03:46:55.45</b>	<b>03:47:26.70</b>	+01:26:17 (37.9%)	7:49	7.7 (62.6%)
158	<b>BALCERZAK Krysia</b>	<b>3016</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Open K	39	01:59:25	<b>03:47:18.65</b>	<b>03:47:28.95</b>	+01:26:19 (38.0%)	7:50	7.7 (62.6%)
159	<b>RACZYŃSKA Gosia</b>	<b>3242</b>		Open K	40	01:57:23	<b>03:47:34.95</b>	<b>03:47:42.95</b>	+01:26:33 (38.0%)	7:50	7.6 (61.8%)
160	<b>JĘDRZEJCZYK Łukasz</b>	<b>3117</b>	COCA COLA RUNNERS	Open M	120	01:57:27	<b>03:47:35.55</b>	<b>03:47:43.45</b>	+01:26:34 (38.0%)	7:50	7.6 (61.8%)
161	<b>PŁAWECKA Katarzyna</b>	<b>3229</b>	PSZCZYNA BIEGA	Open K	41	01:54:32	<b>03:48:00.95</b>	<b>03:48:32.25</b>	+01:27:23 (38.2%)	7:51	7.6 (61.8%)
162	<b>HAYPÁL Orsi</b>	<b>3099</b>		Open K	42	01:57:28	<b>03:48:23.60</b>	<b>03:48:35.90</b>	+01:27:26 (38.3%)	7:52	7.6 (61.8%)
163	<b>GORDON Kamila</b>	<b>3085</b>	TRIMASTERS	Open K	43	01:57:21	<b>03:48:34.20</b>	<b>03:48:49.90</b>	+01:27:40 (38.3%)	7:52	7.6 (61.8%)
164	<b>NAZAREWICZ Tomasz</b>	<b>3197</b>		Open M	121	01:47:32	<b>03:49:13.45</b>	<b>03:49:21.20</b>	+01:28:12 (38.5%)	7:54	7.6 (61.8%)
165	<b>ADAMUS Edyta</b>	<b>3006</b>	ORZEŁ KAUKAZU	Open K	44	01:57:54	<b>03:49:42.00</b>	<b>03:49:46.00</b>	+01:28:37 (38.6%)	7:55	7.6 (61.8%)
166	<b>ADAMUS Albert</b>	<b>3007</b>	ORZEŁ KAUKAZU	Open M	122	01:56:41	<b>03:49:42.65</b>	<b>03:49:46.05</b>	+01:28:37 (38.6%)	7:55	7.6 (61.8%)
167	<b>JĘDRZEJEK Marek</b>	<b>3118</b>		Open M	123	01:53:53	<b>03:49:46.70</b>	<b>03:50:22.40</b>	+01:29:13 (38.7%)	7:55	7.6 (61.8%)
168	<b>NIEMIRO Paweł</b>	<b>3199</b>	JAGODOWO-KALINOWY TEAM	Open M	124	01:53:47	<b>03:49:46.50</b>	<b>03:50:22.50</b>	+01:29:13 (38.7%)	7:55	7.6 (61.8%)
169	<b>JEDZINIAK Kamila</b>	<b>3115</b>		Open K	45	01:56:15	<b>03:50:05.30</b>	<b>03:50:26.50</b>	+01:29:17 (38.7%)	7:56	7.6 (61.8%)
170	<b>WIĘCH Mariusz</b>	<b>3324</b>		Open M	125	01:52:12	<b>03:50:08.90</b>	<b>03:50:26.60</b>	+01:29:17 (38.7%)	7:56	7.6 (61.8%)
171	<b>KUŚ Michał</b>	<b>3158</b>	KLUB INO STOWARZYSZE	Open M	126	01:54:55	<b>03:50:10.35</b>	<b>03:50:34.70</b>	+01:29:25 (38.8%)	7:56	7.6 (61.8%)
172	<b>MASZKOWSKI Rafał</b>	<b>3187</b>		Open M	127	02:02:24	<b>03:50:08.55</b>	<b>03:50:36.25</b>	+01:29:27 (38.8%)	7:56	7.6 (61.8%)
173	<b>MASZKOWSKA Anna</b>	<b>3186</b>		Open K	46	02:02:25	<b>03:50:08.05</b>	<b>03:50:36.45</b>	+01:29:27 (38.8%)	7:56	7.6 (61.8%)
174	<b>PIERZCHAŁA Jacek</b>	<b>3224</b>		Open M	128	01:51:48	<b>03:51:00.80</b>	<b>03:51:14.75</b>	+01:30:05 (39.0%)	7:57	7.5 (61.0%)
174	<b>KROSZKA Beata</b>	<b>3148</b>	KS STASZEWCY	Open K	47	01:56:36	<b>03:51:08.25</b>	<b>03:51:14.75</b>	+01:30:05 (39.0%)	7:58	7.5 (61.0%)
176	<b>RICHARDSON Michael</b>	<b>3247</b>		Open M	129	01:54:30	<b>03:51:19.85</b>	<b>03:51:48.95</b>	+01:30:39 (39.1%)	7:58	7.5 (61.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
177	<b>RICHARDSON Lucyna</b>	<b>3246</b>		Open K	48	01:54:27	<b>03:51:20.75</b>	<b>03:51:49.25</b>	+01:30:40 (39.1%)	7:58	7.5 (61.0%)
178	<b>SMOLIŃSKI Rafał</b>	<b>3275</b>		Open M	130		<b>03:51:26.95</b>	<b>03:51:52.25</b>	+01:30:43 (39.1%)	7:58	7.5 (61.0%)
179	<b>LITWINIUK-KOSMALA Malgorzata</b>	<b>3170</b>		Open K	49	01:57:42	<b>03:52:32.80</b>	<b>03:52:41.10</b>	+01:31:32 (39.3%)	8:01	7.5 (61.0%)
180	<b>MROZIK Michał</b>	<b>3194</b>	POWER TRAINING	Open M	131	01:58:19	<b>03:52:19.00</b>	<b>03:52:50.30</b>	+01:31:41 (39.4%)	8:00	7.5 (61.0%)
181	<b>DRUŻKOWSKA Monika</b>	<b>3063</b>		Open K	50	01:58:18	<b>03:52:19.40</b>	<b>03:52:50.35</b>	+01:31:41 (39.4%)	8:00	7.5 (61.0%)
182	<b>JANKOWY Waldemar</b>	<b>3110</b>		Open M	132	01:54:18	<b>03:53:29.70</b>	<b>03:53:37.90</b>	+01:32:28 (39.6%)	8:03	7.5 (61.0%)
183	<b>SIEJKOWSKI Krzysztof</b>	<b>3264</b>		Open M	133	01:57:15	<b>03:53:28.65</b>	<b>03:54:01.45</b>	+01:32:52 (39.7%)	8:03	7.5 (61.0%)
184	<b>WIERZBICKA Ewa</b>	<b>3323</b>		Open K	51	02:00:11	<b>03:53:52.15</b>	<b>03:54:25.25</b>	+01:33:16 (39.8%)	8:03	7.4 (60.2%)
185	<b>BACHURSKI Daniel</b>	<b>3013</b>	POCZTOWA GRUPA BIEGOWA	Open M	134	01:53:43	<b>03:55:04.25</b>	<b>03:55:07.35</b>	+01:33:58 (40.0%)	8:06	7.4 (60.2%)
186	<b>KOMAŃSKI Rafał</b>	<b>3135</b>		Open M	135	01:54:09	<b>03:54:47.40</b>	<b>03:55:26.00</b>	+01:34:17 (40.0%)	8:05	7.4 (60.2%)
187	<b>LUDWIAK Michał</b>	<b>3173</b>		Open M	136	02:05:40	<b>03:54:53.40</b>	<b>03:55:28.60</b>	+01:34:19 (40.1%)	8:05	7.4 (60.2%)
188	<b>DARŁAK Joanna</b>	<b>3056</b>	NAPRZÓD MŁOCINY	Open K	52	01:55:50	<b>03:55:32.55</b>	<b>03:56:01.25</b>	+01:34:52 (40.2%)	8:07	7.4 (60.2%)
189	<b>KOWAL Amadeusz</b>	<b>3142</b>	NAPRZÓD MŁOCINY	Open M	137	01:55:51	<b>03:55:32.35</b>	<b>03:56:01.60</b>	+01:34:52 (40.2%)	8:07	7.4 (60.2%)
190	<b>RESZKA Łukasz</b>	<b>3245</b>	POWIAT ŚWIDNICKI	Open M	138	01:59:17	<b>03:57:43.50</b>	<b>03:57:58.85</b>	+01:36:49 (40.7%)	8:11	7.3 (59.3%)
191	<b>RYBACZUK Ewelina</b>	<b>3255</b>		Open K	53	02:02:07	<b>03:58:12.15</b>	<b>03:58:23.70</b>	+01:37:14 (40.8%)	8:12	7.3 (59.3%)
192	<b>BARCZENTEWICZ Przemysław</b>	<b>3019</b>	POLSKA	Open M	139	01:54:16	<b>03:57:48.80</b>	<b>03:58:24.70</b>	+01:37:15 (40.8%)	8:12	7.3 (59.3%)
193	<b>BLAUT Marta</b>	<b>3029</b>	PLANYBIEGOWE.PL	Open K	54	02:04:40	<b>03:58:52.00</b>	<b>03:59:09.15</b>	+01:38:00 (41.0%)	8:14	7.3 (59.3%)
194	<b>OLSZEWSKA Paulina</b>	<b>3209</b>	WYBIEGAĆ SMOKA	Open K	55	01:59:41	<b>03:58:44.15</b>	<b>03:59:09.35</b>	+01:38:00 (41.0%)	8:13	7.3 (59.3%)
195	<b>WARDA Michał</b>	<b>3315</b>	WYBIEGAĆ SMOKA	Open M	140	01:59:04	<b>03:58:44.55</b>	<b>03:59:09.45</b>	+01:38:00 (41.0%)	8:13	7.3 (59.3%)
196	<b>BĄK Bogdan</b>	<b>3023</b>		Open M	141	01:57:14	<b>03:59:04.05</b>	<b>03:59:35.75</b>	+01:38:26 (41.1%)	8:14	7.3 (59.3%)
197	<b>BRONOWSKA-WODYŃSKA Magdalena</b>	<b>3038</b>	DZIKIE ŻYCIE RUN TEAM	Open K	56	02:06:21	<b>03:59:33.05</b>	<b>03:59:39.70</b>	+01:38:30 (41.1%)	8:15	7.3 (59.3%)
198	<b>GÓRECKA Katarzyna</b>	<b>3087</b>		Open K	57	01:59:56	<b>03:59:47.75</b>	<b>03:59:54.50</b>	+01:38:45 (41.2%)	8:16	7.3 (59.3%)
199	<b>LUBOWIECKA Katarzyna</b>	<b>3171</b>		Open K	58	02:04:30	<b>03:59:49.75</b>	<b>04:00:03.25</b>	+01:38:54 (41.2%)	8:16	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
200	<b>PRZYBYLOWICZ Rafal</b>	<b>3236</b>		Open M	142	01:57:53	<b>03:59:38.40</b>	<b>04:00:38.40</b>	+01:39:29 (41.3%)	8:15	7.3 (59.3%)
201	<b>GOŁYGOWSKI Łukasz</b>	<b>3084</b>		Open M	143	02:00:40	<b>04:01:07.70</b>	<b>04:01:19.50</b>	+01:40:10 (41.5%)	8:18	7.2 (58.5%)
202	<b>PRZYBYLSKA Katarzyna</b>	<b>3238</b>	WITKOWO BIEGA	Open K	59	02:00:35	<b>04:01:07.85</b>	<b>04:01:19.60</b>	+01:40:10 (41.5%)	8:18	7.2 (58.5%)
203	<b>POL Mateusz</b>	<b>3231</b>		Open M	144	02:09:40	<b>04:01:05.85</b>	<b>04:01:38.05</b>	+01:40:29 (41.6%)	8:18	7.2 (58.5%)
204	<b>GŁUSZKOWSKA Monika</b>	<b>3083</b>	KS STASZEWSKY	Open K	60	02:03:17	<b>04:01:29.40</b>	<b>04:01:44.80</b>	+01:40:35 (41.6%)	8:19	7.2 (58.5%)
205	<b>GLIŃSKA Renata</b>	<b>3080</b>	KS STASZEWSKY	Open K	61	02:03:20	<b>04:01:29.90</b>	<b>04:01:45.00</b>	+01:40:36 (41.6%)	8:19	7.2 (58.5%)
206	<b>RYBAK Wiktoria</b>	<b>3256</b>		Open K	62	02:05:29	<b>04:01:52.90</b>	<b>04:02:15.15</b>	+01:41:06 (41.7%)	8:20	7.2 (58.5%)
207	<b>RYBAK Aneta</b>	<b>3257</b>		Open K	63	01:45:53	<b>04:01:53.00</b>	<b>04:02:15.35</b>	+01:41:06 (41.7%)	8:20	7.2 (58.5%)
208	<b>NOWICKI Jarosław</b>	<b>3202</b>		Open M	145	01:56:54	<b>04:02:42.15</b>	<b>04:03:14.30</b>	+01:42:05 (42.0%)	8:22	7.2 (58.5%)
209	<b>MALEC Basia</b>	<b>3184</b>		Open K	64	02:00:36	<b>04:02:56.80</b>	<b>04:03:16.40</b>	+01:42:07 (42.0%)	8:22	7.2 (58.5%)
210	<b>KROSZKA Krzysztof</b>	<b>3149</b>		Open M	146	01:55:55	<b>04:03:39.05</b>	<b>04:03:49.65</b>	+01:42:40 (42.1%)	8:24	7.1 (57.7%)
211	<b>RAMA Andrzej</b>	<b>3244</b>	TATOKUPA	Open M	147	02:05:44	<b>04:03:46.00</b>	<b>04:04:20.60</b>	+01:43:11 (42.2%)	8:24	7.1 (57.7%)
212	<b>GARBACZ Kamila</b>	<b>3078</b>		Open K	65	02:03:57	<b>04:04:56.55</b>	<b>04:05:21.50</b>	+01:44:12 (42.5%)	8:26	7.1 (57.7%)
213	<b>WOŁYNIEC Paweł</b>	<b>3334</b>	BIEGACZE SPECJALNEJ TROSKI	Open M	148	02:00:36	<b>04:05:44.65</b>	<b>04:06:10.40</b>	+01:45:01 (42.7%)	8:28	7.1 (57.7%)
214	<b>MAJEWSKA Anna</b>	<b>3178</b>		Open K	66	02:06:59	<b>04:05:59.35</b>	<b>04:06:29.70</b>	+01:45:20 (42.7%)	8:28	7.1 (57.7%)
215	<b>JACHYMSKA Zofia</b>	<b>3106</b>		Open K	67	02:07:00	<b>04:05:57.30</b>	<b>04:06:30.05</b>	+01:45:21 (42.7%)	8:28	7.1 (57.7%)
216	<b>ZALESKA Maja</b>	<b>3340</b>		Open K	68	02:04:38	<b>04:06:18.40</b>	<b>04:06:32.05</b>	+01:45:23 (42.7%)	8:29	7.1 (57.7%)
217	<b>WŁODARCZYK Anna</b>	<b>3329</b>		Open K	69	01:59:10	<b>04:06:55.30</b>	<b>04:07:16.45</b>	+01:46:07 (42.9%)	8:30	7 (56.9%)
218	<b>JAWORSKI Bartek</b>	<b>3113</b>		Open M	149	02:04:52	<b>04:07:10.25</b>	<b>04:07:28.10</b>	+01:46:19 (43.0%)	8:31	7 (56.9%)
219	<b>TOKARSKA Bożena</b>	<b>3306</b>	#ADAMCZERWIŃSKITEAM	Open K	70	02:05:48	<b>04:07:17.20</b>	<b>04:07:28.25</b>	+01:46:19 (43.0%)	8:31	7 (56.9%)
219	<b>PĘCIAK Aleksandra</b>	<b>3222</b>	-	Open K	70	02:05:58	<b>04:07:13.50</b>	<b>04:07:28.25</b>	+01:46:19 (43.0%)	8:31	7 (56.9%)
221	<b>LEMIEC Agnieszka</b>	<b>3163</b>		Open K	72	02:12:43	<b>04:08:48.10</b>	<b>04:09:08.65</b>	+01:47:59 (43.3%)	8:34	7 (56.9%)
222	<b>BASAK Justyna</b>	<b>3021</b>	WKURW_TEAM	Open K	73	02:09:57	<b>04:08:52.25</b>	<b>04:09:14.40</b>	+01:48:05 (43.4%)	8:34	7 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
223	<b>SOLTYS Teresa</b>	<b>3282</b>	DECATHLON STALOWA WOLA	Open K	74	02:10:00	<b>04:08:56.45</b>	<b>04:09:18.25</b>	+01:48:09 (43.4%)	8:35	7 (56.9%)
224	<b>PUSZCZYKOWSKA Małgorzata</b>	<b>3239</b>		Open K	75	02:06:40	<b>04:10:03.85</b>	<b>04:10:31.50</b>	+01:49:22 (43.7%)	8:37	7 (56.9%)
225	<b>FELENCZAK Michał</b>	<b>3069</b>	LEMKO-RUSYN	Open M	150	02:03:10	<b>04:12:43.60</b>	<b>04:12:52.50</b>	+01:51:43 (44.2%)	8:42	6.9 (56.1%)
226	<b>KOCUREK Natalia</b>	<b>3132</b>		Open K	76	02:01:30	<b>04:13:39.40</b>	<b>04:13:56.65</b>	+01:52:47 (44.4%)	8:44	6.9 (56.1%)
227	<b>RYBIENIK Lech</b>	<b>3258</b>		Open M	151	02:07:15	<b>04:14:12.00</b>	<b>04:14:18.05</b>	+01:53:09 (44.5%)	8:45	6.8 (55.3%)
227	<b>KIJEWSKA Karolina</b>	<b>3129</b>		Open K	77	02:07:19	<b>04:14:12.00</b>	<b>04:14:18.05</b>	+01:53:09 (44.5%)	8:45	6.8 (55.3%)
229	<b>PIĄTY Kamil</b>	<b>3223</b>		Open M	152	02:02:50	<b>04:13:48.55</b>	<b>04:14:26.80</b>	+01:53:17 (44.5%)	8:45	6.9 (56.1%)
230	<b>MICHALSKI Adrian</b>	<b>3191</b>	KM PSP JELENIA GÓRA	Open M	153	01:59:13	<b>04:14:31.10</b>	<b>04:15:05.50</b>	+01:53:56 (44.7%)	8:46	6.8 (55.3%)
231	<b>KUCHARSKA Aneta</b>	<b>3151</b>	ROZBIEGAJMY RADOMSKO	Open K	78	02:11:48	<b>04:14:56.45</b>	<b>04:15:05.80</b>	+01:53:56 (44.7%)	8:47	6.8 (55.3%)
232	<b>BARSKA-OLSZEWSKA Ewa</b>	<b>3020</b>	ROZBIEGAJMY RADOMSKO	Open K	79	02:11:44	<b>04:14:56.15</b>	<b>04:15:06.15</b>	+01:53:57 (44.7%)	8:47	6.8 (55.3%)
233	<b>ŁUKASZCZUK Dawid</b>	<b>3176</b>	-	Open M	154	02:02:09	<b>04:15:07.90</b>	<b>04:15:21.90</b>	+01:54:12 (44.7%)	8:47	6.8 (55.3%)
234	<b>DZIŻA-URBANIAK Natalia</b>	<b>3068</b>		Open K	80	02:11:34	<b>04:15:32.45</b>	<b>04:15:59.70</b>	+01:54:50 (44.9%)	8:48	6.8 (55.3%)
235	<b>KROLIK Roman</b>	<b>3147</b>		Open M	155	02:08:40	<b>04:16:35.35</b>	<b>04:16:48.15</b>	+01:55:39 (45.0%)	8:50	6.8 (55.3%)
236	<b>KUŁACZKOWSKI Konrad</b>	<b>3154</b>		Open M	156	02:04:08	<b>04:16:40.65</b>	<b>04:17:05.65</b>	+01:55:56 (45.1%)	8:51	6.8 (55.3%)
237	<b>SOKOŁOWSKI Krzysztof</b>	<b>3281</b>	#BSB #TEAMKRASUS	Open M	157	02:11:35	<b>04:16:39.45</b>	<b>04:17:09.60</b>	+01:56:00 (45.1%)	8:51	6.8 (55.3%)
238	<b>SPRINGER Marta</b>	<b>3284</b>	NIGHT RUNNERS	Open K	81	02:15:48	<b>04:17:16.55</b>	<b>04:17:57.30</b>	+01:56:48 (45.3%)	8:52	6.8 (55.3%)
239	<b>BOBOLA Maciek</b>	<b>3031</b>		Open M	158	02:11:26	<b>04:18:03.05</b>	<b>04:18:20.55</b>	+01:57:11 (45.4%)	8:53	6.7 (54.5%)
240	<b>ADAŚ Łukasz</b>	<b>3008</b>		Open M	159	02:05:42	<b>04:18:27.50</b>	<b>04:18:30.35</b>	+01:57:21 (45.4%)	8:54	6.7 (54.5%)
241	<b>HAOR Klaudia</b>	<b>3098</b>		Open K	82	02:18:37	<b>04:18:31.20</b>	<b>04:18:52.20</b>	+01:57:43 (45.5%)	8:54	6.7 (54.5%)
242	<b>SLUZALEK Małgorzata</b>	<b>3272</b>	TRI&MORE	Open K	83	02:05:46	<b>04:18:35.60</b>	<b>04:18:58.70</b>	+01:57:49 (45.5%)	8:55	6.7 (54.5%)
243	<b>BALON Marcin</b>	<b>3017</b>	NORDTREAT	Open M	160	02:11:27	<b>04:20:09.30</b>	<b>04:20:21.65</b>	+01:59:12 (45.8%)	8:58	6.7 (54.5%)
244	<b>BAJUSZ Orsi</b>	<b>3014</b>	RUNLOVERS	Open K	84	02:14:19	<b>04:20:17.40</b>	<b>04:20:29.65</b>	+01:59:20 (45.8%)	8:58	6.7 (54.5%)
245	<b>IMIOŁEK Arkadiusz</b>	<b>3103</b>	FPHU ED-CERT ARKADIUSZ IMIOŁEK	Open M	161	02:13:08	<b>04:17:45.25</b>	<b>04:20:50.95</b>	+01:59:41 (45.9%)	8:53	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyśzów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
246	<b>SURDEL Aleksandra</b>	<b>3294</b>	PADEREK TEAM	Open K	85	02:13:12	<b>04:17:42.80</b>	<b>04:20:51.10</b>	+01:59:42 (45.9%)	8:53	6.8 (55.3%)
247	<b>OLESZYCKA Aneta</b>	<b>3208</b>		Open K	86	02:15:41	<b>04:20:19.85</b>	<b>04:20:55.80</b>	+01:59:46 (45.9%)	8:58	6.7 (54.5%)
248	<b>TOKARSKI Rafał</b>	<b>3307</b>		Open M	162	02:05:52	<b>04:21:20.00</b>	<b>04:21:31.75</b>	+02:00:22 (46.0%)	9:00	6.7 (54.5%)
249	<b>FIJAŁKOWSKA Karolina</b>	<b>3070</b>		Open K	87	02:13:05	<b>04:21:29.25</b>	<b>04:21:43.80</b>	+02:00:34 (46.1%)	9:01	6.7 (54.5%)
250	<b>KAPŁON Anna</b>	<b>3126</b>		Open K	88	02:10:09	<b>04:21:45.95</b>	<b>04:22:01.80</b>	+02:00:52 (46.1%)	9:01	6.6 (53.7%)
251	<b>GRACZYK Dobrochna</b>	<b>3090</b>		Open K	89	02:13:02	<b>04:22:34.00</b>	<b>04:23:10.50</b>	+02:02:01 (46.4%)	9:03	6.6 (53.7%)
252	<b>PIĘTA Aleksandra</b>	<b>3225</b>		Open K	90	02:10:24	<b>04:23:32.30</b>	<b>04:23:48.95</b>	+02:02:39 (46.5%)	9:05	6.6 (53.7%)
253	<b>SOCHA Mariola</b>	<b>3278</b>		Open K	91	02:15:16	<b>04:24:36.10</b>	<b>04:24:59.40</b>	+02:03:50 (46.7%)	9:07	6.6 (53.7%)
254	<b>SANKIEWICZ Agata</b>	<b>3261</b>		Open K	92	02:14:41	<b>04:24:36.30</b>	<b>04:24:59.60</b>	+02:03:50 (46.7%)	9:07	6.6 (53.7%)
255	<b>GRACZYK Magdalena</b>	<b>3089</b>		Open K	93	02:11:35	<b>04:25:03.10</b>	<b>04:25:39.85</b>	+02:04:30 (46.9%)	9:08	6.6 (53.7%)
256	<b>JAREMEK Wojciech</b>	<b>3111</b>		Open M	163	02:14:06	<b>04:25:26.10</b>	<b>04:25:59.50</b>	+02:04:50 (46.9%)	9:09	6.6 (53.7%)
257	<b>MAJKA Leszek</b>	<b>3181</b>	X-TEAM SPECIAL FORCES	Open M	164	02:06:37	<b>04:27:43.00</b>	<b>04:27:57.50</b>	+02:06:48 (47.3%)	9:13	6.5 (52.8%)
258	<b>DOBKOWSKI Daniel</b>	<b>3355</b>		Open M	165	02:06:24	<b>04:27:43.40</b>	<b>04:27:58.00</b>	+02:06:49 (47.3%)	9:13	6.5 (52.8%)
259	<b>STAŃCZYK Mateusz</b>	<b>3286</b>		Open M	166	02:11:59	<b>04:27:47.95</b>	<b>04:28:24.85</b>	+02:07:15 (47.4%)	9:14	6.5 (52.8%)
260	<b>WIERCHOŁA Joanna</b>	<b>3322</b>		Open K	94	02:16:32	<b>04:29:24.35</b>	<b>04:29:58.05</b>	+02:08:49 (47.7%)	9:17	6.5 (52.8%)
261	<b>SKONIECZNA NOWAK Katarzyna</b>	<b>3269</b>		Open K	95	02:17:46	<b>04:30:59.95</b>	<b>04:31:17.55</b>	+02:10:08 (48.0%)	9:20	6.4 (52.0%)
261	<b>STĘPIEŃ Małgorzata</b>	<b>3291</b>		Open K	95	02:17:38	<b>04:30:58.95</b>	<b>04:31:17.55</b>	+02:10:08 (48.0%)	9:20	6.4 (52.0%)
263	<b>BOJANOWSKI Jakub</b>	<b>3032</b>		Open M	167	02:13:05	<b>04:33:04.65</b>	<b>04:33:26.15</b>	+02:12:17 (48.4%)	9:24	6.4 (52.0%)
264	<b>SZKLANNY-RECLIK Elżbieta</b>	<b>3299</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Open K	97	02:18:22	<b>04:33:48.15</b>	<b>04:34:20.95</b>	+02:13:11 (48.6%)	9:26	6.4 (52.0%)
265	<b>BOJANOWSKI Filip</b>	<b>3033</b>		Open M	168	02:13:26	<b>04:34:31.15</b>	<b>04:34:50.55</b>	+02:13:41 (48.6%)	9:27	6.3 (51.2%)
266	<b>RATASZEWSKA Edyta</b>	<b>3353</b>	NEW BALANCE RUN TEAM	Open K	98	02:18:41	<b>04:34:47.95</b>	<b>04:35:14.60</b>	+02:14:05 (48.7%)	9:28	6.3 (51.2%)
267	<b>SZYCA-ŚMIESZNIK Marta</b>	<b>3301</b>		Open K	99	02:16:31	<b>04:36:27.40</b>	<b>04:37:05.55</b>	+02:15:56 (49.1%)	9:31	6.3 (51.2%)
268	<b>ŚMIESZNIK Bartłomiej</b>	<b>3303</b>		Open M	169	02:16:18	<b>04:36:27.65</b>	<b>04:37:05.65</b>	+02:15:56 (49.1%)	9:31	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
269	<b>ZAJĄCZKOWSKA Paulina</b>	<b>3339</b>	POWER TRAINING	Open K	100	02:13:11	<b>04:40:01.10</b>	<b>04:40:04.00</b>	+02:18:55 (49.6%)	9:39	6.2 (50.4%)
270	<b>LASEK Krzysztof</b>	<b>3161</b>	RUN, FOREST, RUN!	Open M	170	02:25:50	<b>04:44:17.50</b>	<b>04:44:36.20</b>	+02:23:27 (50.4%)	9:48	6.1 (49.6%)
271	<b>MACHOWSKA Agnieszka</b>	<b>3177</b>		Open K	101	01:59:30	<b>04:44:15.95</b>	<b>04:44:50.70</b>	+02:23:41 (50.4%)	9:48	6.1 (49.6%)
272	<b>ROCCHETTI Stefano</b>	<b>3248</b>		Open M	171	01:59:24	<b>04:44:16.00</b>	<b>04:44:50.75</b>	+02:23:41 (50.4%)	9:48	6.1 (49.6%)
273	<b>PERKOWSKI Tomasz</b>	<b>3219</b>		Open M	172	02:35:40	<b>04:56:03.85</b>	<b>04:56:20.55</b>	+02:35:11 (52.4%)	10:12	5.9 (48.0%)
274	<b>BIAŁOKOS Anna</b>	<b>3348</b>		Open K	102	02:35:44	<b>04:56:03.70</b>	<b>04:56:20.60</b>	+02:35:11 (52.4%)	10:12	5.9 (48.0%)
275	<b>SIARA Marcin</b>	<b>3263</b>	WITKOWO BIEGA	Open M	173	02:28:28	<b>04:56:22.80</b>	<b>04:56:37.55</b>	+02:35:28 (52.4%)	10:13	5.9 (48.0%)
<b>Przekroczony limit czasu: 05:00:00</b>											
276	<b>WIŚNIEWSKA-PIĄTY Katarzyna</b>	<b>3327</b>		Open K	103	02:33:41	<b>05:13:19.05</b>	<b>05:13:55.95</b>	+02:52:46 (55.0%)	10:48	5.6 (45.5%)
277	<b>CZASAK Grzegorz</b>	<b>3050</b>	WITKOWO BIEGA	Open M	174	02:42:40	<b>05:19:47.10</b>	<b>05:20:00.35</b>	+02:58:51 (55.9%)	11:01	5.4 (43.9%)
278	<b>KOSTULSKA Olga</b>	<b>3141</b>	WKURW_TEAM	Open K	104	03:03:00	<b>05:41:56.30</b>	<b>05:42:17.20</b>	+03:21:08 (58.8%)	11:47	5.1 (41.5%)
279	<b>BUBERNAK Mateusz</b>	<b>3040</b>	RUSYN-LEM ŁEMKOWSKA GRUPA BIEGOWA	Open M	175	02:44:40	<b>05:43:24.20</b>	<b>05:43:33.55</b>	+03:22:24 (58.9%)	11:50	5.1 (41.5%)
280	<b>GLIWKA Małgorzata</b>	<b>3082</b>	SPARTA LUBLIN	Open K	105	02:35:12	<b>05:45:23.45</b>	<b>05:45:44.20</b>	+03:24:35 (59.2%)	11:54	5 (40.7%)
281	<b>WARDA Agnieszka</b>	<b>3316</b>		Open K	106	02:35:16	<b>05:45:25.05</b>	<b>05:45:45.40</b>	+03:24:36 (59.2%)	11:54	5 (40.7%)
282	<b>WEGNER-LIS Anna</b>	<b>3319</b>		Open K	107	03:05:40	<b>06:10:20.60</b>	<b>06:10:49.30</b>	+03:49:40 (61.9%)	12:46	4.7 (38.2%)
	<b>WISZNIEWSKI Roman</b>	<b>3325</b>		Open M		01:54:39 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TYSZKIEWICZ Rafal</b>	<b>3312</b>	COLUMBIA	Open M		02:03:00 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LIS Pawel</b>	<b>3169</b>		Open M		03:16:09 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POPOWCZAK Jarosław</b>	<b>3235</b>	DZIKI KOCUR	Open M		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZCZYGIEŁ-SOMMER Ola</b>	<b>3297</b>	GRUPA NOMAX	Open K		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 287 wynik(ów)