



**Wydarzenie:** Łemkowyna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2022-10-22  
**Miejsce:** Komańcza  
**Dystans:** 29 km

# ŁEMKO TRAIL 30

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>LEŚNIAK Kamil</b>	<b>3002</b>	HOKA GARMIN TEAM	Open M	1		01:14:28	<b>02:03:09.00</b>	<b>02:03:10.20</b>		4:14	14.1 (100%)
2	<b>ŚLIWA Arkadiusz</b>	<b>3346</b>		Open M	2		01:14:35	<b>02:12:53.30</b>	<b>02:12:55.80</b>	+00:09:45 (7.3%)	4:34	13.1 (92.9%)
3	<b>WILK Maciej</b>	<b>3004</b>	RAMBO 3	Open M	3		01:14:31	<b>02:13:06.55</b>	<b>02:13:08.20</b>	+00:09:58 (7.5%)	4:35	13.1 (92.9%)
4	<b>WOJTCZAK Jakub</b>	<b>3005</b>	SPORT GENERATION	Open M	4		01:14:40	<b>02:14:38.60</b>	<b>02:14:41.05</b>	+00:11:30 (8.5%)	4:38	12.9 (91.5%)
5	<b>MAZAN Piotr</b>	<b>3003</b>	FINISZ RYMANÓW / #R	Open M	5			<b>02:18:28.65</b>	<b>02:18:30.20</b>	+00:15:20 (11.1%)	4:46	12.6 (89.4%)
6	<b>KNAPIK Sebastian</b>	<b>3158</b>	BUTYJANA	Open M	6			<b>02:20:39.80</b>	<b>02:20:41.80</b>	+00:17:31 (12.5%)	4:51	12.4 (87.9%)
7	<b>SZKOŁA Wojciech</b>	<b>3343</b>	NATURAL BORN RUNNERS	Open M	7		01:14:54	<b>02:23:09.60</b>	<b>02:23:11.75</b>	+00:20:01 (14.0%)	4:56	12.2 (86.5%)
8	<b>ŁAGUNA Kacper</b>	<b>3215</b>		Open M	8		01:14:53	<b>02:23:31.05</b>	<b>02:23:31.05</b>	+00:20:20 (14.2%)	4:56	12.1 (85.8%)
9	<b>PUŁKOWSKI Jakub</b>	<b>3420</b>	#PYZANAGIGANCIE TEAM	Open M	9		01:15:19	<b>02:28:34.20</b>	<b>02:28:35.90</b>	+00:25:25 (17.1%)	5:07	11.7 (83.0%)
10	<b>MAZAN Beata</b>	<b>3001</b>	FINISZ RYMANÓW / #R	Open K	1		01:16:54	<b>02:30:42.35</b>	<b>02:30:43.55</b>	+00:27:33 (18.3%)	5:11	11.5 (81.6%)
11	<b>KULIGA Sławomir</b>	<b>3188</b>	POSMAKUJ RUN TEAM	Open M	10		01:19:29	<b>02:31:51.55</b>	<b>02:31:52.95</b>	+00:28:42 (18.9%)	5:14	11.5 (81.6%)
12	<b>ROSIAK Piotr</b>	<b>3306</b>	ASSECO ACTIVE TEAM	Open M	11		01:20:06	<b>02:33:27.15</b>	<b>02:33:29.75</b>	+00:30:19 (19.8%)	5:17	11.3 (80.1%)
13	<b>LEWANDOWSKA Magdalena</b>	<b>3202</b>	SPORT GENERATION	Open K	2		01:19:45	<b>02:33:58.20</b>	<b>02:34:00.35</b>	+00:30:50 (20.0%)	5:18	11.3 (80.1%)
14	<b>FRANCUZ Konrad</b>	<b>3076</b>	VEGE RUNNERS	Open M	12		01:21:29	<b>02:36:54.70</b>	<b>02:36:58.05</b>	+00:33:47 (21.5%)	5:24	11.1 (78.7%)
15	<b>WILCZKIEWICZ Daniel</b>	<b>3372</b>	ENDEGO	Open M	13		01:21:07	<b>02:36:53.75</b>	<b>02:37:03.00</b>	+00:33:52 (21.6%)	5:24	11.1 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
16	<b>ALTEWĘGIER Jarosław</b>	<b>3007</b>	140MINUT.PL	Open M	14		01:23:37	<b>02:38:52.65</b>	<b>02:38:52.65</b>	+00:35:42 (22.5%)	5:28	11 (78.0%)
17	<b>ŁASKI Tomasz</b>	<b>3216</b>	PTASIE RADIO BRZOZÓW	Open M	15		01:22:28	<b>02:39:43.25</b>	<b>02:39:45.45</b>	+00:36:35 (22.9%)	5:30	10.9 (77.3%)
18	<b>WALASZCZYK Lucyna</b>	<b>3423</b>	NATURAL BORN RUNNERS TEAM	Open K	3		01:23:12	<b>02:39:50.60</b>	<b>02:39:50.60</b>	+00:36:40 (22.9%)	5:30	10.9 (77.3%)
19	<b>LEŚNIAK Dawid</b>	<b>3201</b>	LHO	Open M	16		01:23:19	<b>02:40:11.65</b>	<b>02:40:15.05</b>	+00:37:04 (23.1%)	5:31	10.9 (77.3%)
20	<b>STRZELCZAK Robert</b>	<b>3332</b>	TRAIL IS OUR WAY TEAM / EUROVENT ATHLETICS	Open M	17			<b>02:40:31.20</b>	<b>02:40:35.50</b>	+00:37:25 (23.3%)	5:32	10.8 (76.6%)
21	<b>WINTER Piotr</b>	<b>3375</b>	NIGHT RUNNERS	Open M	18		01:24:50	<b>02:42:05.00</b>	<b>02:42:06.85</b>	+00:38:56 (24.0%)	5:35	10.7 (75.9%)
22	<b>MAJORCZYK Gerard</b>	<b>3221</b>		Open M	19		01:26:38	<b>02:42:15.70</b>	<b>02:42:15.70</b>	+00:39:05 (24.1%)	5:35	10.7 (75.9%)
23	<b>WÓJCIK Tomek</b>	<b>3392</b>	DĄBROWSKI TEAM PIEKARY ŚLĄSKIE	Open M	20		01:26:25	<b>02:41:56.00</b>	<b>02:42:16.90</b>	+00:39:06 (24.1%)	5:35	10.7 (75.9%)
24	<b>LEWCZAK Mateusz</b>	<b>3205</b>	ULANI TEAM	Open M	21		01:24:31	<b>02:42:36.35</b>	<b>02:42:40.20</b>	+00:39:30 (24.3%)	5:36	10.7 (75.9%)
25	<b>WOJTAS Piotr</b>	<b>3384</b>		Open M	22		01:25:12	<b>02:43:31.35</b>	<b>02:43:38.70</b>	+00:40:28 (24.7%)	5:38	10.6 (75.2%)
26	<b>BEKAS Marcin</b>	<b>3021</b>		Open M	23		01:25:32	<b>02:43:53.80</b>	<b>02:43:57.20</b>	+00:40:47 (24.9%)	5:39	10.6 (75.2%)
27	<b>SIKORA Łukasz</b>	<b>3317</b>	GRUPA NOMAX	Open M	24		01:25:47	<b>02:44:12.80</b>	<b>02:44:15.85</b>	+00:41:05 (25.0%)	5:39	10.6 (75.2%)
28	<b>KUŚMIERZAK Piotr</b>	<b>3193</b>	PRZEDWOJEWSKI TEAM /STAY INSANE	Open M	25		01:24:23	<b>02:45:02.35</b>	<b>02:45:05.10</b>	+00:41:54 (25.4%)	5:41	10.5 (74.5%)
29	<b>GALUSKIN Alexey</b>	<b>3087</b>	GRUPA NOMAX	Open M	26			<b>02:45:09.95</b>	<b>02:45:12.40</b>	+00:42:02 (25.4%)	5:41	10.5 (74.5%)
30	<b>CIENKOSZ Przemysław</b>	<b>3050</b>		Open M	27		01:25:21	<b>02:46:53.40</b>	<b>02:47:02.85</b>	+00:43:52 (26.3%)	5:45	10.4 (73.8%)
31	<b>KACZKOWSKI Miłosz</b>	<b>3134</b>	DĄBROWSKI TEAM	Open M	28			<b>02:47:48.90</b>	<b>02:47:52.75</b>	+00:44:42 (26.6%)	5:47	10.4 (73.8%)
32	<b>WESOŁOWSKI Krzysztof</b>	<b>3369</b>	LASKOWE LUDKI	Open M	29		01:26:26	<b>02:48:38.95</b>	<b>02:48:45.20</b>	+00:45:35 (27.0%)	5:48	10.3 (73.0%)
33	<b>KUBEJKO Bogumił</b>	<b>3185</b>	THE OLD HEMP	Open M	30		01:26:15	<b>02:51:46.25</b>	<b>02:51:54.80</b>	+00:48:44 (28.4%)	5:55	10.1 (71.6%)
34	<b>ŻUREK Krzysztof</b>	<b>3419</b>	RUCH IZBICA	Open M	31		01:34:14	<b>02:54:00.30</b>	<b>02:54:19.60</b>	+00:51:09 (29.3%)	6:00	10 (70.9%)
35	<b>STRZĘPEK Dariusz</b>	<b>3334</b>		Open M	32		01:35:05	<b>02:54:41.35</b>	<b>02:55:00.50</b>	+00:51:50 (29.6%)	6:01	10 (70.9%)
36	<b>DĄBSKI Piotr</b>	<b>3059</b>		Open M	33		01:36:00	<b>02:55:20.90</b>	<b>02:55:25.50</b>	+00:52:15 (29.8%)	6:02	9.9 (70.2%)
37	<b>WOJTAS Marcin</b>	<b>3383</b>		Open M	34		01:33:29	<b>02:55:49.80</b>	<b>02:55:58.05</b>	+00:52:47 (30.0%)	6:03	9.9 (70.2%)
38	<b>BREMER Bronisław</b>	<b>3038</b>		Open M	35		01:34:39	<b>02:55:05.70</b>	<b>02:56:15.90</b>	+00:53:05 (30.1%)	6:02	9.9 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
39	<b>BODZIONY Michał</b>	<b>3030</b>	WADOMA TEAM	Open M	36		01:29:29	<b>02:57:17.40</b>	<b>02:57:33.40</b>	+00:54:23 (30.6%)	6:06	9.8 (69.5%)
40	<b>DADEJ Grzegorz</b>	<b>3057</b>	JORDAN KRAKÓW B3T	Open M	37		01:36:23	<b>02:58:06.90</b>	<b>02:58:06.90</b>	+00:54:56 (30.8%)	6:08	9.8 (69.5%)
41	<b>BIERNAT Jakub</b>	<b>3024</b>	WISEŁKA	Open M	38		01:36:23	<b>02:58:03.90</b>	<b>02:58:07.25</b>	+00:54:57 (30.9%)	6:08	9.8 (69.5%)
42	<b>OGNIEWSKI Marcin</b>	<b>3263</b>		Open M	39		01:36:20	<b>02:58:00.70</b>	<b>02:58:11.80</b>	+00:55:01 (30.9%)	6:08	9.8 (69.5%)
43	<b>WALCZAK Adela</b>	<b>3365</b>	TRAIL IS OUR WAY TEAM	Open K	4		01:35:29	<b>02:58:39.25</b>	<b>02:58:43.50</b>	+00:55:33 (31.1%)	6:09	9.7 (68.8%)
44	<b>ZIELONY Łukasz</b>	<b>3413</b>		Open M	40			<b>02:58:39.95</b>	<b>02:58:48.05</b>	+00:55:37 (31.1%)	6:09	9.7 (68.8%)
45	<b>PASELA Bartosz</b>	<b>3274</b>	SMASHINGPĄPKINS/#TEAMKRASUS	Open M	41		01:35:39	<b>02:58:52.35</b>	<b>02:58:52.35</b>	+00:55:42 (31.1%)	6:10	9.7 (68.8%)
46	<b>KRUŻOŁEK Monika</b>	<b>3182</b>	TURBOPTYSIE	Open K	5		01:36:25	<b>02:59:01.80</b>	<b>02:59:22.10</b>	+00:56:11 (31.3%)	6:10	9.7 (68.8%)
47	<b>WIWATOWSKA Dagmara</b>	<b>3380</b>		Open K	6		01:36:58	<b>02:59:48.55</b>	<b>02:59:55.60</b>	+00:56:45 (31.5%)	6:12	9.7 (68.8%)
48	<b>GANCZEWSKI Paweł</b>	<b>3088</b>		Open M	42		01:37:08	<b>03:02:50.55</b>	<b>03:02:54.60</b>	+00:59:44 (32.7%)	6:18	9.5 (67.4%)
49	<b>GALIK Piotr</b>	<b>3086</b>	-	Open M	43		01:41:18	<b>03:02:43.60</b>	<b>03:03:05.00</b>	+00:59:54 (32.7%)	6:18	9.5 (67.4%)
50	<b>SKALSKI Daniel</b>	<b>3319</b>	LKS BŁĘKITNI ŻEGLCE	Open M	44		01:35:44	<b>03:03:19.20</b>	<b>03:03:21.40</b>	+01:00:11 (32.8%)	6:19	9.5 (67.4%)
51	<b>KOWALSKI Sebastian</b>	<b>3175</b>		Open M	45		01:35:58	<b>03:03:27.20</b>	<b>03:03:42.10</b>	+01:00:31 (33.0%)	6:19	9.5 (67.4%)
52	<b>HURAS Monika</b>	<b>3117</b>	WOLSKI KOLEKTYW BIEGOWY	Open K	7		01:36:30	<b>03:03:41.90</b>	<b>03:03:47.50</b>	+01:00:37 (33.0%)	6:20	9.5 (67.4%)
53	<b>TRYBUŁA Marcelina</b>	<b>3358</b>	WIECZORNE BIEGANIE WE WROCŁAWIU	Open K	8		01:38:17	<b>03:03:56.40</b>	<b>03:04:02.50</b>	+01:00:52 (33.1%)	6:20	9.5 (67.4%)
54	<b>BRYTAŃCZYK Mateusz</b>	<b>3040</b>		Open M	46		01:35:21	<b>03:04:18.20</b>	<b>03:04:25.60</b>	+01:01:15 (33.2%)	6:21	9.4 (66.7%)
55	<b>GÓRECKI Rafał</b>	<b>3100</b>	UKS MELO BŁONIE	Open M	47		01:36:05	<b>03:04:31.50</b>	<b>03:04:34.60</b>	+01:01:24 (33.3%)	6:21	9.4 (66.7%)
56	<b>HOŁOWATY Renata</b>	<b>3116</b>	SANOK BIEGA	Open K	9		01:36:49	<b>03:05:19.25</b>	<b>03:05:19.25</b>	+01:02:09 (33.5%)	6:23	9.4 (66.7%)
57	<b>WRÓBEL Arkadiusz</b>	<b>3398</b>	FINISZ RYMANÓW	Open M	48		01:36:46	<b>03:06:45.30</b>	<b>03:07:08.55</b>	+01:03:58 (34.2%)	6:26	9.3 (66.0%)
58	<b>DZIEWONSKI Paweł</b>	<b>3069</b>	SAMPOLECE	Open M	49		01:36:30	<b>03:07:29.80</b>	<b>03:07:39.35</b>	+01:04:29 (34.4%)	6:27	9.3 (66.0%)
59	<b>DUDKO Adam</b>	<b>3066</b>	PEPE	Open M	50		01:35:54	<b>03:07:55.50</b>	<b>03:07:55.50</b>	+01:04:45 (34.5%)	6:28	9.3 (66.0%)
60	<b>PETRENKO Galyna</b>	<b>3282</b>		Open K	10		01:39:47	<b>03:08:03.75</b>	<b>03:08:07.10</b>	+01:04:56 (34.5%)	6:29	9.3 (66.0%)
61	<b>KOSTKA Małgorzata</b>	<b>3172</b>	CUBE TEAM	Open K	11		01:37:13	<b>03:09:15.90</b>	<b>03:09:18.85</b>	+01:06:08 (34.9%)	6:31	9.2 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
62	<b>FIGIEL Bartosz</b>	<b>3075</b>		Open M	51		01:37:04	<b>03:09:42.20</b>	<b>03:09:59.05</b>	+01:06:48 (35.2%)	6:32	9.2 (65.2%)
63	<b>KAŁOWSKI Tomasz</b>	<b>3136</b>		Open M	52		01:39:02	<b>03:10:52.60</b>	<b>03:11:04.65</b>	+01:07:54 (35.5%)	6:34	9.1 (64.5%)
64	<b>GAŚ Piotr</b>	<b>3089</b>	HUMANSPO	Open M	53		01:41:27	<b>03:11:32.95</b>	<b>03:11:39.70</b>	+01:08:29 (35.7%)	6:36	9.1 (64.5%)
65	<b>DASZKOWSKA Olga</b>	<b>3058</b>	BŁĘKITNA XVII	Open K	12		01:38:38	<b>03:11:58.75</b>	<b>03:12:15.25</b>	+01:09:05 (35.9%)	6:37	9.1 (64.5%)
66	<b>DOMURAT Marian</b>	<b>3062</b>	STRĄCZEK WIATROPĘDNY	Open M	54		01:39:02	<b>03:11:52.35</b>	<b>03:12:16.65</b>	+01:09:06 (35.9%)	6:36	9.1 (64.5%)
67	<b>JURDZIŃSKI Grzegorz</b>	<b>3131</b>	MOCNA GRUPA CEZARA	Open M	55		01:38:27	<b>03:12:54.15</b>	<b>03:13:01.60</b>	+01:09:51 (36.2%)	6:39	9 (63.8%)
68	<b>TYSZKIEWICZ Rafal</b>	<b>3362</b>	COLUMBIA	Open M	56		01:39:06	<b>03:12:45.15</b>	<b>03:13:26.20</b>	+01:10:16 (36.3%)	6:38	9 (63.8%)
69	<b>JAZY Szymon</b>	<b>3125</b>	NBR	Open M	57		01:38:32	<b>03:14:05.50</b>	<b>03:14:05.50</b>	+01:10:55 (36.5%)	6:41	9 (63.8%)
70	<b>JUCHA Rafał</b>	<b>3130</b>		Open M	58		01:41:01	<b>03:13:41.95</b>	<b>03:14:08.05</b>	+01:10:57 (36.6%)	6:40	9 (63.8%)
71	<b>ROZWOD Marcin</b>	<b>3308</b>		Open M	59		01:36:27	<b>03:13:47.90</b>	<b>03:14:13.60</b>	+01:11:03 (36.6%)	6:40	9 (63.8%)
72	<b>MICHAŁOWSKI Piotr</b>	<b>3237</b>		Open M	60		01:41:12	<b>03:15:12.05</b>	<b>03:15:22.75</b>	+01:12:12 (37.0%)	6:43	8.9 (63.1%)
73	<b>ILCZUK Paweł</b>	<b>3118</b>		Open M	61		01:41:51	<b>03:15:10.30</b>	<b>03:15:23.15</b>	+01:12:12 (37.0%)	6:43	8.9 (63.1%)
74	<b>KOWALSKI Kuba</b>	<b>3174</b>	TEAM ZABIEGANEDNI	Open M	62		01:39:14	<b>03:15:27.95</b>	<b>03:15:36.40</b>	+01:12:26 (37.0%)	6:44	8.9 (63.1%)
75	<b>MATUSZAK Jakub</b>	<b>3231</b>	NOWOCZESNYSPO	Open M	63		01:42:32	<b>03:15:35.20</b>	<b>03:15:48.35</b>	+01:12:38 (37.1%)	6:44	8.9 (63.1%)
76	<b>RELICH Marek</b>	<b>3303</b>	BR	Open M	64		01:39:10	<b>03:15:58.20</b>	<b>03:16:18.70</b>	+01:13:08 (37.3%)	6:45	8.9 (63.1%)
77	<b>MNICH Jan</b>	<b>3244</b>	ULTRA WYJADACZE	Open M	65		01:42:18	<b>03:16:21.50</b>	<b>03:16:52.45</b>	+01:13:42 (37.4%)	6:46	8.9 (63.1%)
78	<b>RĄCZKA Rafał</b>	<b>3300</b>		Open M	66		01:39:04	<b>03:17:26.45</b>	<b>03:17:29.20</b>	+01:14:19 (37.6%)	6:48	8.8 (62.4%)
79	<b>ZAWADZKI Bartłomiej</b>	<b>3409</b>		Open M	67			<b>03:17:17.50</b>	<b>03:17:40.45</b>	+01:14:30 (37.7%)	6:48	8.8 (62.4%)
80	<b>STALMACH Damian</b>	<b>3330</b>	LECYMY DURŚ	Open M	68		01:45:43	<b>03:17:18.55</b>	<b>03:17:40.60</b>	+01:14:30 (37.7%)	6:48	8.8 (62.4%)
81	<b>JEDZINIAK Kamila</b>	<b>3126</b>	KOLARSKI EU	Open K	13		01:48:19	<b>03:17:51.45</b>	<b>03:17:51.45</b>	+01:14:41 (37.7%)	6:49	8.8 (62.4%)
82	<b>PASTOR Kamil</b>	<b>3275</b>		Open M	69		01:41:02	<b>03:18:43.50</b>	<b>03:18:58.25</b>	+01:15:48 (38.1%)	6:51	8.8 (62.4%)
83	<b>KOZIOŁ-KWAŚNICKA Weronika</b>	<b>3178</b>		Open K	14		01:38:20	<b>03:18:58.40</b>	<b>03:19:05.90</b>	+01:15:55 (38.1%)	6:51	8.7 (61.7%)
84	<b>STRZELCZYK Tomasz</b>	<b>3333</b>		Open M	70		01:45:42	<b>03:19:55.50</b>	<b>03:20:16.75</b>	+01:17:06 (38.5%)	6:53	8.7 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
85	<b>LEJMAN Adam</b>	<b>3198</b>		Open M	71		01:45:07	<b>03:19:54.60</b>	<b>03:20:27.80</b>	+01:17:17 (38.6%)	6:53	8.7 (61.7%)
86	<b>MAKÓWKA Justyna</b>	<b>3222</b>	LASKOWE LUDKI	Open K	15		01:39:06	<b>03:21:00.10</b>	<b>03:21:05.00</b>	+01:17:54 (38.7%)	6:55	8.7 (61.7%)
87	<b>PEDA Piotr</b>	<b>3278</b>		Open M	72		01:42:38	<b>03:21:20.60</b>	<b>03:21:24.90</b>	+01:18:14 (38.8%)	6:56	8.6 (61.0%)
88	<b>KANIA Rafał</b>	<b>3142</b>		Open M	73		01:39:20	<b>03:22:19.55</b>	<b>03:22:42.50</b>	+01:19:32 (39.2%)	6:58	8.6 (61.0%)
89	<b>IRLA Arkadiusz</b>	<b>3119</b>		Open M	74		01:49:35	<b>03:23:10.15</b>	<b>03:23:37.40</b>	+01:20:27 (39.5%)	7:00	8.6 (61.0%)
90	<b>KOSTKA Andrzej</b>	<b>3173</b>	CUBE TEAM	Open M	75		01:50:35	<b>03:23:21.00</b>	<b>03:23:38.20</b>	+01:20:28 (39.5%)	7:00	8.6 (61.0%)
91	<b>NAPORA Marcin</b>	<b>3247</b>		Open M	76		01:45:46	<b>03:23:16.20</b>	<b>03:23:48.75</b>	+01:20:38 (39.6%)	7:00	8.6 (61.0%)
92	<b>GORCZYCA Mariusz</b>	<b>3098</b>		Open M	77		01:47:55	<b>03:23:10.15</b>	<b>03:23:49.00</b>	+01:20:38 (39.6%)	7:00	8.6 (61.0%)
93	<b>ŚLIWA Karolina</b>	<b>3347</b>	WADOMA TEAM	Open K	16		01:49:09	<b>03:24:38.85</b>	<b>03:24:53.85</b>	+01:21:43 (39.9%)	7:03	8.5 (60.3%)
94	<b>ZAWADKA Marta</b>	<b>3407</b>		Open K	17		01:48:15	<b>03:25:06.45</b>	<b>03:25:17.05</b>	+01:22:06 (40.0%)	7:04	8.5 (60.3%)
95	<b>KWIECIEŃ - LIPIŃSKA Kamila</b>	<b>3194</b>	TIGERS TEAM	Open K	18		01:46:10	<b>03:25:13.15</b>	<b>03:25:17.85</b>	+01:22:07 (40.0%)	7:04	8.5 (60.3%)
96	<b>MASIUKIEWICZ Jacek</b>	<b>3227</b>		Open M	78		01:45:39	<b>03:25:01.80</b>	<b>03:25:21.80</b>	+01:22:11 (40.0%)	7:04	8.5 (60.3%)
97	<b>PIEJKO Joanna</b>	<b>3284</b>	BŁĘKITNA XVII-TKA	Open K	19		01:48:56	<b>03:25:20.85</b>	<b>03:25:37.20</b>	+01:22:27 (40.1%)	7:04	8.5 (60.3%)
98	<b>WYJATEK Wojciech</b>	<b>3402</b>		Open M	79		02:07:21	<b>03:25:47.90</b>	<b>03:25:56.35</b>	+01:22:46 (40.2%)	7:05	8.5 (60.3%)
99	<b>POWIERTOWSKI Adam</b>	<b>3295</b>		Open M	80		02:07:17	<b>03:25:48.80</b>	<b>03:25:57.35</b>	+01:22:47 (40.2%)	7:05	8.5 (60.3%)
100	<b>CZEMPIŃSKI Jan</b>	<b>3056</b>		Open M	81		02:07:22	<b>03:26:01.35</b>	<b>03:26:30.40</b>	+01:23:20 (40.4%)	7:06	8.4 (59.6%)
101	<b>WÓJCICKI Marcin</b>	<b>3391</b>	ŁĘCZNA BIEGA / SOLET RUNNING TEAM	Open M	82		01:45:49	<b>03:26:35.40</b>	<b>03:26:40.90</b>	+01:23:30 (40.4%)	7:07	8.4 (59.6%)
102	<b>ORZECHOWSKI Robert</b>	<b>3268</b>	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Open M	83		01:50:01	<b>03:26:57.80</b>	<b>03:27:14.65</b>	+01:24:04 (40.6%)	7:08	8.4 (59.6%)
103	<b>MIKULSKI Hubert</b>	<b>3241</b>	BLUE DOGS	Open M	84		01:44:55	<b>03:27:04.20</b>	<b>03:27:39.20</b>	+01:24:29 (40.7%)	7:08	8.4 (59.6%)
104	<b>KOŁODZIEJ Marcin</b>	<b>3162</b>		Open M	85		01:49:46	<b>03:27:05.85</b>	<b>03:27:41.35</b>	+01:24:31 (40.7%)	7:08	8.4 (59.6%)
105	<b>ZAWADKA Darek</b>	<b>3408</b>		Open M	86		01:48:18	<b>03:27:35.10</b>	<b>03:27:45.50</b>	+01:24:35 (40.7%)	7:09	8.4 (59.6%)
106	<b>PIETRZAK Rafał</b>	<b>3285</b>		Open M	87		02:07:01	<b>03:28:05.05</b>	<b>03:28:20.70</b>	+01:25:10 (40.9%)	7:10	8.4 (59.6%)
107	<b>GRANOWSKI Krzysztof</b>	<b>3105</b>		Open M	88		01:30:34	<b>03:29:09.00</b>	<b>03:29:14.50</b>	+01:26:04 (41.1%)	7:12	8.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
108	<b>WILK Grzegorz</b>	<b>3374</b>	RUN LOVING ANIMALS	Open M	89		01:46:05	<b>03:29:00.45</b>	<b>03:29:19.15</b>	+01:26:08 (41.2%)	7:12	8.3 (58.9%)
109	<b>GÓRSKI Bartosz</b>	<b>3103</b>	KROSSKI REMSPORT	Open M	90		01:50:21	<b>03:29:17.75</b>	<b>03:29:27.95</b>	+01:26:17 (41.2%)	7:13	8.3 (58.9%)
110	<b>GRUCELA Sebastian</b>	<b>3109</b>	RUN LOVING ANIMALS	Open M	91		01:48:10	<b>03:29:32.00</b>	<b>03:29:32.00</b>	+01:26:21 (41.2%)	7:13	8.3 (58.9%)
111	<b>CIOĆ Robert</b>	<b>3052</b>		Open M	92		01:41:21	<b>03:29:24.30</b>	<b>03:29:33.90</b>	+01:26:23 (41.2%)	7:13	8.3 (58.9%)
112	<b>TOMKIEWICZ Łukasz</b>	<b>3356</b>		Open M	93		01:49:57	<b>03:29:15.85</b>	<b>03:29:44.45</b>	+01:26:34 (41.3%)	7:12	8.3 (58.9%)
113	<b>WÓŁKIEWICZ Dorota</b>	<b>3394</b>		Open K	20		02:08:29	<b>03:31:02.00</b>	<b>03:31:09.20</b>	+01:27:59 (41.7%)	7:16	8.2 (58.2%)
114	<b>JASIŃSKA Anna</b>	<b>3122</b>	BIEGAJĄCY ŚWIDNIK	Open K	21		01:50:32	<b>03:31:20.25</b>	<b>03:31:25.35</b>	+01:28:15 (41.7%)	7:17	8.2 (58.2%)
115	<b>MOŻEJKO Jadwiga</b>	<b>3245</b>	NIEPOŁOMICE BIEGAJĄ	Open K	22		02:07:50	<b>03:31:31.30</b>	<b>03:31:37.90</b>	+01:28:27 (41.8%)	7:17	8.2 (58.2%)
116	<b>BOŻEK Grzegorz</b>	<b>3036</b>	DZIKIE ŻYCIE RUN TEAM	Open M	94		01:48:33	<b>03:32:35.05</b>	<b>03:32:39.20</b>	+01:29:29 (42.1%)	7:19	8.2 (58.2%)
117	<b>KARCZMARCZYK Tomasz</b>	<b>3147</b>		Open M	95		02:07:01	<b>03:32:26.80</b>	<b>03:32:58.30</b>	+01:29:48 (42.2%)	7:19	8.2 (58.2%)
118	<b>WOŹNIAKOWSKI Jan</b>	<b>3388</b>	OPEL ACTIVE TEAM	Open M	96		02:10:06	<b>03:33:05.05</b>	<b>03:33:05.05</b>	+01:29:54 (42.2%)	7:20	8.2 (58.2%)
119	<b>TOMCZYK Beata</b>	<b>3355</b>	VEGE RUNNERS	Open K	23		01:50:23	<b>03:33:46.45</b>	<b>03:34:12.45</b>	+01:31:02 (42.5%)	7:22	8.1 (57.4%)
120	<b>BORYCKI Artur</b>	<b>3035</b>		Open M	97		02:06:47	<b>03:33:49.70</b>	<b>03:34:13.55</b>	+01:31:03 (42.5%)	7:22	8.1 (57.4%)
121	<b>SMYRAK Emil</b>	<b>3321</b>		Open M	98		01:48:59	<b>03:34:20.55</b>	<b>03:34:38.00</b>	+01:31:27 (42.6%)	7:23	8.1 (57.4%)
122	<b>BOGUSZ Konrad</b>	<b>3031</b>		Open M	99		01:49:47	<b>03:34:59.00</b>	<b>03:35:25.60</b>	+01:32:15 (42.8%)	7:24	8.1 (57.4%)
123	<b>MICHNIAK Łukasz</b>	<b>3238</b>	BYLE PRZED ŁYSYM	Open M	100		01:49:41	<b>03:34:59.20</b>	<b>03:35:25.70</b>	+01:32:15 (42.8%)	7:24	8.1 (57.4%)
124	<b>BARAŃSKA Monika</b>	<b>3016</b>		Open K	24		02:08:08	<b>03:35:52.90</b>	<b>03:36:03.00</b>	+01:32:52 (43.0%)	7:26	8.1 (57.4%)
125	<b>FUKS Wiktoria</b>	<b>3083</b>		Open K	25		02:07:29	<b>03:36:01.60</b>	<b>03:36:32.40</b>	+01:33:22 (43.1%)	7:26	8.1 (57.4%)
126	<b>TARNAWSKA Monika</b>	<b>3352</b>		Open K	26		02:07:25	<b>03:36:37.75</b>	<b>03:36:58.85</b>	+01:33:48 (43.2%)	7:28	8 (56.7%)
127	<b>CISKOWSKA Weronika</b>	<b>3053</b>		Open K	27			<b>03:37:14.40</b>	<b>03:37:38.90</b>	+01:34:28 (43.4%)	7:29	8 (56.7%)
128	<b>BARTECKI Tomasz</b>	<b>3019</b>		Open M	101		02:10:14	<b>03:38:27.35</b>	<b>03:38:36.70</b>	+01:35:26 (43.7%)	7:31	8 (56.7%)
129	<b>OSTROWSKI Sławomir</b>	<b>3269</b>		Open M	102		02:09:32	<b>03:38:31.40</b>	<b>03:38:37.70</b>	+01:35:27 (43.7%)	7:32	8 (56.7%)
130	<b>WRÓBEL Barbara</b>	<b>3397</b>	BEGAJĄCY ŚWIDNIK	Open K	28		02:09:25	<b>03:38:32.40</b>	<b>03:38:38.00</b>	+01:35:27 (43.7%)	7:32	8 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
131	<b>PABIAŃCZYK Małgorzata</b>	<b>3271</b>		Open K	29		02:07:39	<b>03:38:55.95</b>	<b>03:39:21.75</b>	+01:36:11 (43.9%)	7:32	7.9 (56.0%)
132	<b>ZYCH Aneta</b>	<b>3416</b>		Open K	30		02:09:11	<b>03:39:24.25</b>	<b>03:39:24.25</b>	+01:36:14 (43.9%)	7:33	7.9 (56.0%)
133	<b>FIAŁKOWSKI Jan</b>	<b>3073</b>	NIGHT RUNNERS	Open M	103		02:09:41	<b>03:39:17.65</b>	<b>03:39:30.30</b>	+01:36:20 (43.9%)	7:33	7.9 (56.0%)
134	<b>KOLASA Marcin</b>	<b>3161</b>		Open M	104		02:08:02	<b>03:39:48.90</b>	<b>03:40:10.70</b>	+01:37:00 (44.1%)	7:34	7.9 (56.0%)
135	<b>POPEĘDA Paulina</b>	<b>3292</b>	HARPAGAN SOSNOWIEC	Open K	31			<b>03:40:31.95</b>	<b>03:40:44.30</b>	+01:37:34 (44.2%)	7:36	7.9 (56.0%)
136	<b>GROCHOWSKA Daria</b>	<b>3106</b>	ADIDAS RUNNERS WARSAW	Open K	32			<b>03:40:41.40</b>	<b>03:40:46.80</b>	+01:37:36 (44.2%)	7:36	7.9 (56.0%)
137	<b>MROCZKOWSKI Mateusz</b>	<b>3246</b>		Open M	105		02:08:54	<b>03:40:26.45</b>	<b>03:40:49.15</b>	+01:37:38 (44.2%)	7:36	7.9 (56.0%)
138	<b>PERLIŃSKI Mirosław</b>	<b>3280</b>	ASSECO ACTIVE TEAM	Open M	106		02:09:17	<b>03:40:39.00</b>	<b>03:41:04.75</b>	+01:37:54 (44.3%)	7:36	7.9 (56.0%)
139	<b>STAŃCZUK Wojciech</b>	<b>3331</b>	GRUPA BIEGOWA CHTMO	Open M	107		02:08:47	<b>03:40:50.05</b>	<b>03:41:09.95</b>	+01:37:59 (44.3%)	7:36	7.9 (56.0%)
140	<b>PENCONEK Agata</b>	<b>3279</b>		Open K	33		02:08:31	<b>03:41:07.00</b>	<b>03:41:16.15</b>	+01:38:05 (44.3%)	7:37	7.9 (56.0%)
141	<b>REDEK Sylwia</b>	<b>3301</b>	TEAM ZABIEGANEDNI	Open K	34			<b>03:41:09.35</b>	<b>03:41:20.20</b>	+01:38:10 (44.4%)	7:37	7.9 (56.0%)
142	<b>BILSKA Anna</b>	<b>3025</b>		Open K	35		02:10:58	<b>03:41:15.95</b>	<b>03:41:26.80</b>	+01:38:16 (44.4%)	7:37	7.9 (56.0%)
143	<b>NÝVLT Martin</b>	<b>3257</b>	COLUMBIA MONTRAIL	Open M	108		01:54:51	<b>03:41:22.85</b>	<b>03:41:58.30</b>	+01:38:48 (44.5%)	7:38	7.9 (56.0%)
144	<b>JURKOWSKI Szczepan</b>	<b>3132</b>	SUSKA GRUPA BIEGOWA	Open M	109		01:48:33	<b>03:42:03.45</b>	<b>03:42:10.20</b>	+01:39:00 (44.6%)	7:39	7.8 (55.3%)
145	<b>TADROWSKI Tomasz</b>	<b>3351</b>		Open M	110		02:09:41	<b>03:41:51.40</b>	<b>03:42:11.10</b>	+01:39:00 (44.6%)	7:39	7.8 (55.3%)
146	<b>REJEWSKA Eliza</b>	<b>3302</b>		Open K	36		02:09:48	<b>03:41:52.30</b>	<b>03:42:12.40</b>	+01:39:02 (44.6%)	7:39	7.8 (55.3%)
147	<b>ZWIERZYŃSKI Roman</b>	<b>3415</b>	LECĘ BO CHCĘ	Open M	111		02:08:48	<b>03:42:37.50</b>	<b>03:42:48.70</b>	+01:39:38 (44.7%)	7:40	7.8 (55.3%)
148	<b>GLICA Monika</b>	<b>3094</b>		Open K	37		01:54:56	<b>03:42:46.75</b>	<b>03:43:02.50</b>	+01:39:52 (44.8%)	7:40	7.8 (55.3%)
149	<b>NOWAK Maciej</b>	<b>3253</b>	SUPERNOVA	Open M	112		02:08:22	<b>03:43:19.55</b>	<b>03:43:27.25</b>	+01:40:17 (44.9%)	7:42	7.8 (55.3%)
150	<b>CZABAN Katarzyna</b>	<b>3055</b>	KULAM SIĘ JAK GUMIKLYJZY	Open K	38		02:10:36	<b>03:43:26.90</b>	<b>03:43:41.70</b>	+01:40:31 (44.9%)	7:42	7.8 (55.3%)
151	<b>GAWRYSZEWSKI Michał</b>	<b>3092</b>		Open M	113			<b>03:44:08.35</b>	<b>03:44:22.30</b>	+01:41:12 (45.1%)	7:43	7.8 (55.3%)
152	<b>ZIOMBKA Kuba</b>	<b>3414</b>		Open M	114		02:07:24	<b>03:44:03.35</b>	<b>03:44:23.30</b>	+01:41:13 (45.1%)	7:43	7.8 (55.3%)
153	<b>KOCZY-ŁUSIAK Sylwia</b>	<b>3160</b>	3COACH	Open K	39			<b>03:45:58.00</b>	<b>03:45:58.00</b>	+01:42:47 (45.5%)	7:47	7.7 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
154	<b>FIGAS Joanna</b>	<b>3074</b>	PREDATORS WAŁBRZYCH	Open K	40			<b>03:46:13.50</b>	<b>03:46:18.30</b>	+01:43:08 (45.6%)	7:48	7.7 (54.6%)
155	<b>NIEMIRO Dominika</b>	<b>3250</b>	JAGODOWO-KALINOWY TEAM	Open K	41		02:10:24	<b>03:46:12.80</b>	<b>03:46:30.75</b>	+01:43:20 (45.6%)	7:48	7.7 (54.6%)
156	<b>NIEMIRO Paweł</b>	<b>3251</b>	JAGODOWO-KALINOWY TEAM	Open M	115		02:10:18	<b>03:46:12.30</b>	<b>03:46:30.80</b>	+01:43:20 (45.6%)	7:48	7.7 (54.6%)
157	<b>CZACHOWSKI Michał</b>	<b>3424</b>		Open M	116		02:11:34	<b>03:47:20.50</b>	<b>03:47:20.50</b>	+01:44:10 (45.8%)	7:50	7.7 (54.6%)
158	<b>JANIEC Tomasz</b>	<b>3120</b>		Open M	117			<b>03:46:58.25</b>	<b>03:47:32.50</b>	+01:44:22 (45.9%)	7:49	7.7 (54.6%)
159	<b>WYSOCKI Rafał</b>	<b>3403</b>	KKM KALORYFER	Open M	118		01:54:54	<b>03:47:06.10</b>	<b>03:47:33.65</b>	+01:44:23 (45.9%)	7:49	7.7 (54.6%)
160	<b>WRONA Kamila</b>	<b>3395</b>		Open K	42		02:07:30	<b>03:46:24.05</b>	<b>03:47:38.35</b>	+01:44:28 (45.9%)	7:48	7.7 (54.6%)
161	<b>ŚMIECHOWSKA Małgorzata</b>	<b>3349</b>		Open K	43			<b>03:47:28.40</b>	<b>03:47:45.40</b>	+01:44:35 (45.9%)	7:50	7.6 (53.9%)
162	<b>BABICKI Grzegorz</b>	<b>3009</b>		Open M	119		02:09:26	<b>03:47:47.45</b>	<b>03:48:17.75</b>	+01:45:07 (46.0%)	7:51	7.6 (53.9%)
163	<b>PRAŻANOWSKI Mariusz</b>	<b>3297</b>		Open M	120			<b>03:47:57.00</b>	<b>03:48:22.15</b>	+01:45:11 (46.1%)	7:51	7.6 (53.9%)
164	<b>ŚWIERCZEK Marta</b>	<b>3350</b>		Open K	44			<b>03:48:19.30</b>	<b>03:48:33.40</b>	+01:45:23 (46.1%)	7:52	7.6 (53.9%)
165	<b>KOPERSKI Maciej</b>	<b>3168</b>	KOPERSKI TEAM	Open M	121		02:08:37	<b>03:48:29.05</b>	<b>03:48:41.00</b>	+01:45:30 (46.1%)	7:52	7.6 (53.9%)
166	<b>BARSZCZOWSKA Ewelina</b>	<b>3018</b>	NOCNY BÓR	Open K	45			<b>03:48:43.85</b>	<b>03:48:49.45</b>	+01:45:39 (46.2%)	7:53	7.6 (53.9%)
167	<b>WÓJCICKA Agnieszka</b>	<b>3390</b>	ŁĘCZNA BIEGA	Open K	46		02:10:52	<b>03:48:49.70</b>	<b>03:48:56.10</b>	+01:45:45 (46.2%)	7:53	7.6 (53.9%)
168	<b>GÓRSKA Alicja</b>	<b>3101</b>		Open K	47		02:11:06	<b>03:48:49.40</b>	<b>03:48:56.20</b>	+01:45:46 (46.2%)	7:53	7.6 (53.9%)
168	<b>KOŁODZIEJCZYK Marta</b>	<b>3164</b>	ŁĘCZNA BIEGA	Open K	47		02:10:49	<b>03:48:49.35</b>	<b>03:48:56.20</b>	+01:45:46 (46.2%)	7:53	7.6 (53.9%)
170	<b>DZIERŻANOWSKA Katarzyna</b>	<b>3068</b>		Open K	49			<b>03:48:26.00</b>	<b>03:48:59.65</b>	+01:45:49 (46.2%)	7:52	7.6 (53.9%)
171	<b>PUPEK Anna</b>	<b>3299</b>		Open K	50		02:11:33	<b>03:49:02.70</b>	<b>03:49:20.80</b>	+01:46:10 (46.3%)	7:53	7.6 (53.9%)
172	<b>BACZUK Jakub</b>	<b>3012</b>		Open M	122			<b>03:49:34.00</b>	<b>03:49:34.00</b>	+01:46:23 (46.3%)	7:54	7.6 (53.9%)
173	<b>PODSIADŁY Maciej</b>	<b>3289</b>	KS STASZEWSKY	Open M	123			<b>03:49:39.35</b>	<b>03:49:47.95</b>	+01:46:37 (46.4%)	7:55	7.6 (53.9%)
174	<b>SPORNIAK Krzysztof</b>	<b>3326</b>		Open M	124		01:55:17	<b>03:49:52.45</b>	<b>03:49:52.45</b>	+01:46:42 (46.4%)	7:55	7.6 (53.9%)
175	<b>ROJEK Magdalena</b>	<b>3305</b>	DZIKIE FOKI	Open K	51		02:09:59	<b>03:49:50.50</b>	<b>03:50:06.55</b>	+01:46:56 (46.5%)	7:55	7.6 (53.9%)
176	<b>NICIEJA Anna</b>	<b>3248</b>		Open K	52		02:10:13	<b>03:49:51.60</b>	<b>03:50:06.60</b>	+01:46:56 (46.5%)	7:55	7.6 (53.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
177	<b>BOKSA Anna</b>	<b>3032</b>	KKM KALORYFER	Open K	53			<b>03:49:56.25</b>	<b>03:50:23.35</b>	+01:47:13 (46.5%)	7:55	7.6 (53.9%)
178	<b>DOPIERAŁA Kinga</b>	<b>3063</b>	JENOTY TEAM	Open K	54			<b>03:50:00.55</b>	<b>03:50:24.60</b>	+01:47:14 (46.5%)	7:55	7.6 (53.9%)
179	<b>ZAWITKOWSKI Bartosz</b>	<b>3411</b>		Open M	125		02:09:30	<b>03:50:17.85</b>	<b>03:50:33.85</b>	+01:47:23 (46.6%)	7:56	7.6 (53.9%)
180	<b>MADEJ Katarzyna</b>	<b>3219</b>	ALE TEMPO	Open K	55			<b>03:50:15.45</b>	<b>03:50:38.10</b>	+01:47:27 (46.6%)	7:56	7.6 (53.9%)
181	<b>ONUFRROWICZ Michał</b>	<b>3267</b>	ALE TEMPO	Open M	126			<b>03:50:38.15</b>	<b>03:50:38.15</b>	+01:47:27 (46.6%)	7:57	7.5 (53.2%)
182	<b>WIĘCKOWSKA Beata</b>	<b>3371</b>	HEŃTEAM	Open K	56			<b>03:50:44.25</b>	<b>03:50:44.25</b>	+01:47:34 (46.6%)	7:57	7.5 (53.2%)
183	<b>OBARZANOWSKI Michał</b>	<b>3258</b>		Open M	127			<b>03:50:45.45</b>	<b>03:51:04.75</b>	+01:47:54 (46.7%)	7:57	7.5 (53.2%)
184	<b>RESPONDEK Marcin</b>	<b>3304</b>	LECYMY DURŚ / NOWAK TEAM	Open M	128			<b>03:51:00.50</b>	<b>03:51:21.60</b>	+01:48:11 (46.8%)	7:57	7.5 (53.2%)
185	<b>KARCZEWSKI Maciej</b>	<b>3145</b>	ENDURANCE	Open M	129			<b>03:51:09.95</b>	<b>03:51:28.15</b>	+01:48:17 (46.8%)	7:58	7.5 (53.2%)
186	<b>KOSOWSKI Seweryn</b>	<b>3170</b>		Open M	130		02:08:36	<b>03:51:33.55</b>	<b>03:51:49.90</b>	+01:48:39 (46.9%)	7:59	7.5 (53.2%)
186	<b>CIURYK Julia</b>	<b>3054</b>		Open K	57			<b>03:51:49.90</b>	<b>03:51:49.90</b>	+01:48:39 (46.9%)	7:59	7.5 (53.2%)
188	<b>JARECKA Katarzyna</b>	<b>3121</b>		Open K	58			<b>03:51:41.20</b>	<b>03:52:08.60</b>	+01:48:58 (46.9%)	7:59	7.5 (53.2%)
189	<b>TOMASZEWSKA Julia</b>	<b>3353</b>		Open K	59			<b>03:51:52.75</b>	<b>03:52:21.40</b>	+01:49:11 (47.0%)	7:59	7.5 (53.2%)
190	<b>PARYSZ Anna</b>	<b>3273</b>	STARE BABICE BIEGAJĄ	Open K	60			<b>03:53:06.00</b>	<b>03:53:19.45</b>	+01:50:09 (47.2%)	8:02	7.5 (53.2%)
191	<b>GRANOWSKA Marta</b>	<b>3104</b>		Open K	61			<b>03:53:05.10</b>	<b>03:53:20.40</b>	+01:50:10 (47.2%)	8:02	7.5 (53.2%)
192	<b>GAWĘDA Marta</b>	<b>3091</b>		Open K	62			<b>03:53:03.60</b>	<b>03:53:24.85</b>	+01:50:14 (47.2%)	8:02	7.5 (53.2%)
192	<b>PISKORSKA Natalia</b>	<b>3287</b>		Open K	62			<b>03:52:48.40</b>	<b>03:53:24.85</b>	+01:50:14 (47.2%)	8:01	7.5 (53.2%)
194	<b>SILCZUK Andrzej</b>	<b>3318</b>		Open M	131			<b>03:52:48.50</b>	<b>03:53:24.95</b>	+01:50:14 (47.2%)	8:01	7.5 (53.2%)
195	<b>OBERC Łukasz</b>	<b>3260</b>	FINISZ RYMANÓW	Open M	132		02:10:24	<b>03:53:01.75</b>	<b>03:53:25.15</b>	+01:50:14 (47.2%)	8:02	7.5 (53.2%)
196	<b>BARCZENIEWICZ Przemysław</b>	<b>3017</b>		Open M	133			<b>03:54:08.40</b>	<b>03:54:08.40</b>	+01:50:58 (47.4%)	8:04	7.4 (52.5%)
197	<b>HOFMAN Piotr</b>	<b>3115</b>	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	Open M	134		02:09:40	<b>03:53:29.10</b>	<b>03:54:08.85</b>	+01:50:58 (47.4%)	8:03	7.5 (53.2%)
198	<b>ŻUK Agata</b>	<b>3418</b>	HEŃTEAM	Open K	64			<b>03:54:18.75</b>	<b>03:54:23.20</b>	+01:51:13 (47.5%)	8:04	7.4 (52.5%)
199	<b>GAWEŁ Sebastian</b>	<b>3090</b>	SPARTA LUBLIN	Open M	135			<b>03:53:51.45</b>	<b>03:54:25.25</b>	+01:51:15 (47.5%)	8:03	7.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
200	<b>PETA Iwona</b>	<b>3281</b>		Open K	65			<b>03:54:03.00</b>	<b>03:54:27.30</b>	+01:51:17 (47.5%)	8:04	7.4 (52.5%)
201	<b>WYSZOWSKA Agnieszka</b>	<b>3404</b>	PREDATORS WAŁBRZYCH	Open K	66			<b>03:54:22.80</b>	<b>03:54:28.00</b>	+01:51:17 (47.5%)	8:04	7.4 (52.5%)
202	<b>MILC Szymon</b>	<b>3242</b>		Open M	136		02:07:40	<b>03:54:28.55</b>	<b>03:54:28.55</b>	+01:51:18 (47.5%)	8:05	7.4 (52.5%)
203	<b>BEKER Katarzyna</b>	<b>3022</b>		Open K	67		02:12:11	<b>03:54:35.45</b>	<b>03:54:35.45</b>	+01:51:25 (47.5%)	8:05	7.4 (52.5%)
204	<b>PISZCZYŃSKA Izabela</b>	<b>3288</b>		Open M	137			<b>03:55:07.85</b>	<b>03:55:07.85</b>	+01:51:57 (47.6%)	8:06	7.4 (52.5%)
205	<b>WITYŃSKA Joanna</b>	<b>3379</b>		Open K	68		02:13:13	<b>03:55:14.20</b>	<b>03:55:20.30</b>	+01:52:10 (47.7%)	8:06	7.4 (52.5%)
205	<b>KAPUŚCIŃSKA Diana</b>	<b>3143</b>	PODIUM	Open K	68		01:26:43	<b>03:55:20.30</b>	<b>03:55:20.30</b>	+01:52:10 (47.7%)	8:06	7.4 (52.5%)
207	<b>BUJOCZEK Małgorzata</b>	<b>3044</b>		Open K	70		02:11:59	<b>03:55:07.05</b>	<b>03:55:24.80</b>	+01:52:14 (47.7%)	8:06	7.4 (52.5%)
208	<b>BUJOCZEK Leszek</b>	<b>3043</b>		Open M	138		02:12:02	<b>03:55:06.60</b>	<b>03:55:25.10</b>	+01:52:14 (47.7%)	8:06	7.4 (52.5%)
209	<b>ONDRUSZ Filip</b>	<b>3266</b>		Open M	139		02:12:01	<b>03:55:22.80</b>	<b>03:55:52.65</b>	+01:52:42 (47.8%)	8:06	7.4 (52.5%)
210	<b>NOGAJEWSKI Karol</b>	<b>3252</b>		Open M	140		02:08:56	<b>03:55:26.80</b>	<b>03:55:56.80</b>	+01:52:46 (47.8%)	8:07	7.4 (52.5%)
211	<b>STACHURSKI Paweł</b>	<b>3329</b>	KRULOWIE ŻYCIA	Open M	141			<b>03:55:24.75</b>	<b>03:56:00.05</b>	+01:52:49 (47.8%)	8:07	7.4 (52.5%)
212	<b>GOŁOSZ-ROMAŃSKA Sylwia</b>	<b>3097</b>	KKTJ	Open K	71			<b>03:55:44.25</b>	<b>03:56:12.10</b>	+01:53:01 (47.9%)	8:07	7.4 (52.5%)
213	<b>SELWESTRUK Izabela</b>	<b>3312</b>		Open K	72			<b>03:55:53.05</b>	<b>03:56:32.80</b>	+01:53:22 (47.9%)	8:08	7.4 (52.5%)
214	<b>NYKIEL Artur</b>	<b>3256</b>		Open M	142		02:11:42	<b>03:57:14.25</b>	<b>03:57:14.25</b>	+01:54:04 (48.1%)	8:10	7.3 (51.8%)
215	<b>NYKIEL Marlena</b>	<b>3255</b>		Open K	73		02:11:12	<b>03:56:47.65</b>	<b>03:57:14.55</b>	+01:54:04 (48.1%)	8:09	7.3 (51.8%)
216	<b>FAFARA Agnieszka</b>	<b>3071</b>	BIEGNIĘTE ŁASKI	Open K	74		02:12:00	<b>03:56:58.20</b>	<b>03:57:26.35</b>	+01:54:16 (48.1%)	8:10	7.3 (51.8%)
217	<b>KACZMAREK Aleksandra</b>	<b>3135</b>		Open K	75		02:11:45	<b>03:57:22.90</b>	<b>03:57:33.20</b>	+01:54:23 (48.2%)	8:11	7.3 (51.8%)
218	<b>SORNAT Mariusz</b>	<b>3323</b>		Open M	143			<b>03:57:37.90</b>	<b>03:57:57.45</b>	+01:54:47 (48.2%)	8:11	7.3 (51.8%)
219	<b>VOISIN Guillaume</b>	<b>3364</b>		Open M	144			<b>03:57:57.55</b>	<b>03:57:57.55</b>	+01:54:47 (48.2%)	8:12	7.3 (51.8%)
219	<b>AOUTIN Mathieu</b>	<b>3008</b>		Open M	144			<b>03:57:39.60</b>	<b>03:57:57.55</b>	+01:54:47 (48.2%)	8:11	7.3 (51.8%)
221	<b>WRÓBLEWSKI Borys</b>	<b>3399</b>		Open M	146		02:08:53	<b>03:57:57.15</b>	<b>03:58:07.55</b>	+01:54:57 (48.3%)	8:12	7.3 (51.8%)
222	<b>JURYŚ Sławomir</b>	<b>3133</b>	JSYSTEM	Open M	147		02:12:07	<b>03:58:03.50</b>	<b>03:58:37.75</b>	+01:55:27 (48.4%)	8:12	7.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
223	<b>BACHURSKI Daniel</b>	<b>3010</b>		Open M	148			<b>03:58:36.90</b>	<b>03:58:46.60</b>	+01:55:36 (48.4%)	8:13	7.3 (51.8%)
224	<b>SELWESTRUK Tomasz</b>	<b>3313</b>		Open M	149			<b>03:58:13.25</b>	<b>03:58:53.15</b>	+01:55:42 (48.4%)	8:12	7.3 (51.8%)
225	<b>KUŁAKOWSKI Piotr</b>	<b>3190</b>		Open M	150			<b>03:58:44.55</b>	<b>03:59:17.65</b>	+01:56:07 (48.5%)	8:13	7.3 (51.8%)
226	<b>PIECYK Artur</b>	<b>3283</b>	BLUE DOG	Open M	151			<b>03:59:28.10</b>	<b>04:00:03.85</b>	+01:56:53 (48.7%)	8:15	7.3 (51.8%)
227	<b>SZELAĞ Piotr</b>	<b>3341</b>		Open M	152		02:12:37	<b>04:01:14.75</b>	<b>04:01:46.75</b>	+01:58:36 (49.1%)	8:19	7.2 (51.1%)
228	<b>BREWCAK Maciej</b>	<b>3039</b>	SAVE LIFE	Open M	153		02:08:27	<b>04:01:41.75</b>	<b>04:01:46.85</b>	+01:58:36 (49.1%)	8:20	7.2 (51.1%)
229	<b>BUK Kamil</b>	<b>3045</b>		Open M	154		02:09:16	<b>04:01:40.60</b>	<b>04:01:47.20</b>	+01:58:37 (49.1%)	8:20	7.2 (51.1%)
230	<b>KOSOWSKI Maciej</b>	<b>3171</b>		Open M	155			<b>04:01:30.30</b>	<b>04:01:47.60</b>	+01:58:37 (49.1%)	8:19	7.2 (51.1%)
231	<b>POTOCKI Jakub</b>	<b>3294</b>		Open M	156		02:11:19	<b>04:02:39.55</b>	<b>04:03:19.95</b>	+02:00:09 (49.4%)	8:22	7.2 (51.1%)
231	<b>POTOCKA Julia</b>	<b>3293</b>		Open K	76			<b>04:02:40.50</b>	<b>04:03:19.95</b>	+02:00:09 (49.4%)	8:22	7.2 (51.1%)
233	<b>ZAWADZKI Piotr</b>	<b>3410</b>		Open M	157		02:11:35	<b>04:03:36.55</b>	<b>04:03:48.35</b>	+02:00:38 (49.5%)	8:24	7.1 (50.4%)
234	<b>SZEWCZUK Joanna</b>	<b>3342</b>	HEŃTEAM	Open K	77		02:17:44	<b>04:04:40.70</b>	<b>04:04:46.20</b>	+02:01:36 (49.7%)	8:26	7.1 (50.4%)
235	<b>KURCZUK-SAMODULSKA Agnieszka</b>	<b>3192</b>	HEŃTEAM	Open K	78		02:17:54	<b>04:05:12.45</b>	<b>04:05:12.45</b>	+02:02:02 (49.8%)	8:27	7.1 (50.4%)
236	<b>KOPERSKI Dominik</b>	<b>3167</b>	KOPERSKI TEAM	Open M	158			<b>04:05:31.45</b>	<b>04:05:42.90</b>	+02:02:32 (49.9%)	8:27	7.1 (50.4%)
237	<b>ŚLEMP Małgorzata</b>	<b>3345</b>	TURLAM SIĘ DO METY	Open K	79		02:19:12	<b>04:05:17.50</b>	<b>04:05:47.90</b>	+02:02:37 (49.9%)	8:27	7.1 (50.4%)
238	<b>CHMURA-SKERCZYŃSKA Natalia</b>	<b>3049</b>		Open K	80		02:10:46	<b>04:05:22.55</b>	<b>04:05:51.60</b>	+02:02:41 (49.9%)	8:27	7.1 (50.4%)
239	<b>SZCZUREK Aleksandra</b>	<b>3338</b>		Open K	81		02:18:52	<b>04:05:50.55</b>	<b>04:06:12.05</b>	+02:03:01 (50.0%)	8:28	7.1 (50.4%)
240	<b>OCHREMIAK Aleksandra</b>	<b>3262</b>		Open K	82		02:17:21	<b>04:06:11.00</b>	<b>04:06:34.85</b>	+02:03:24 (50.0%)	8:29	7.1 (50.4%)
241	<b>KAMIŃSKI Marcin</b>	<b>3141</b>	SFORA OJCA DYREKTORA	Open M	159			<b>04:06:45.40</b>	<b>04:06:45.40</b>	+02:03:35 (50.1%)	8:30	7.1 (50.4%)
242	<b>BACZA Agnieszka</b>	<b>3011</b>	ŁĘCZNA BIEGA	Open K	83		02:12:45	<b>04:06:53.55</b>	<b>04:06:53.55</b>	+02:03:43 (50.1%)	8:30	7 (49.6%)
243	<b>JOZWIK Agnieszka</b>	<b>3129</b>		Open K	84		02:12:23	<b>04:07:14.75</b>	<b>04:07:27.15</b>	+02:04:16 (50.2%)	8:31	7 (49.6%)
244	<b>HANGIEL Urszula</b>	<b>3112</b>	ŻWAWE ŻÓŁWIE	Open K	85		02:19:07	<b>04:07:32.15</b>	<b>04:07:45.80</b>	+02:04:35 (50.3%)	8:32	7 (49.6%)
245	<b>SERAFIN Sebastian</b>	<b>3314</b>	SIMS	Open M	160		02:17:27	<b>04:07:39.40</b>	<b>04:08:07.85</b>	+02:04:57 (50.4%)	8:32	7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
246	<b>GROSZAK Joanna</b>	<b>3108</b>		Open K	86		02:12:05	<b>04:08:11.30</b>	<b>04:08:29.35</b>	+02:05:19 (50.4%)	8:33	7 (49.6%)
247	<b>JAWORSKI Bartek</b>	<b>3124</b>		Open M	161		02:18:17	<b>04:08:29.20</b>	<b>04:08:53.70</b>	+02:05:43 (50.5%)	8:34	7 (49.6%)
248	<b>WOŹNIAK Mateusz</b>	<b>3387</b>		Open M	162			<b>04:08:28.95</b>	<b>04:08:54.15</b>	+02:05:43 (50.5%)	8:34	7 (49.6%)
249	<b>KOSIŃSKI Tomasz</b>	<b>3169</b>	EXTREME WAYS	Open M	163			<b>04:10:25.90</b>	<b>04:10:55.35</b>	+02:07:45 (50.9%)	8:38	6.9 (48.9%)
250	<b>PIORUNKIEWICZ Lukasz</b>	<b>3286</b>		Open M	164		02:18:08	<b>04:10:29.20</b>	<b>04:10:59.20</b>	+02:07:49 (50.9%)	8:38	6.9 (48.9%)
251	<b>LUBOWIECKA Paulina</b>	<b>3213</b>		Open K	87		02:17:33	<b>04:10:45.25</b>	<b>04:10:59.50</b>	+02:07:49 (50.9%)	8:38	6.9 (48.9%)
252	<b>PRZETAKIEWICZ Magdalena</b>	<b>3298</b>		Open K	88		02:21:37	<b>04:10:46.35</b>	<b>04:10:59.80</b>	+02:07:49 (50.9%)	8:38	6.9 (48.9%)
253	<b>JELINSKI Sebastian</b>	<b>3127</b>	IBM	Open M	165		02:17:31	<b>04:11:10.70</b>	<b>04:11:43.85</b>	+02:08:33 (51.1%)	8:39	6.9 (48.9%)
254	<b>RYBIENIK Lech</b>	<b>3310</b>		Open M	166		02:17:47	<b>04:13:02.85</b>	<b>04:13:14.80</b>	+02:10:04 (51.4%)	8:43	6.9 (48.9%)
255	<b>KIJEWSKA Karolina</b>	<b>3153</b>		Open K	89			<b>04:13:03.85</b>	<b>04:13:15.00</b>	+02:10:04 (51.4%)	8:43	6.9 (48.9%)
256	<b>KOZŁOWSKA-SAWICKA Małgorzata</b>	<b>3179</b>	KONDYCJA PIASECZNO	Open K	90		02:19:10	<b>04:12:49.95</b>	<b>04:13:15.65</b>	+02:10:05 (51.4%)	8:43	6.9 (48.9%)
257	<b>KLAUS Monika</b>	<b>3156</b>	KONDYCJA PIASECZNO	Open K	91		02:17:35	<b>04:12:49.40</b>	<b>04:13:15.90</b>	+02:10:05 (51.4%)	8:43	6.9 (48.9%)
258	<b>WILGUS-KUBICA Katarzyna</b>	<b>3373</b>		Open K	92		02:22:06	<b>04:14:56.00</b>	<b>04:14:56.00</b>	+02:11:45 (51.7%)	8:47	6.8 (48.2%)
259	<b>KEMPISTY Anna</b>	<b>3151</b>	12TRI.PL	Open K	93		02:18:01	<b>04:15:06.65</b>	<b>04:15:19.55</b>	+02:12:09 (51.8%)	8:47	6.8 (48.2%)
260	<b>JEMIOŁA Wojciech</b>	<b>3128</b>	POGÓRZA ULTRA TRAIL	Open M	167		02:19:18	<b>04:14:45.00</b>	<b>04:15:23.40</b>	+02:12:13 (51.8%)	8:47	6.8 (48.2%)
261	<b>GRODZKI Tomasz</b>	<b>3107</b>	POGÓRZE ULTRA TRAIL	Open M	168		02:19:16	<b>04:14:45.60</b>	<b>04:15:23.50</b>	+02:12:13 (51.8%)	8:47	6.8 (48.2%)
262	<b>PATRYN Łukasz</b>	<b>3277</b>	POGÓRZE ULTRA TRAIL	Open M	169		02:19:12	<b>04:14:46.65</b>	<b>04:15:23.95</b>	+02:12:13 (51.8%)	8:47	6.8 (48.2%)
263	<b>TWARDZIK Laura</b>	<b>3359</b>		Open K	94		02:19:42	<b>04:15:45.20</b>	<b>04:16:12.30</b>	+02:13:02 (51.9%)	8:49	6.8 (48.2%)
264	<b>OZIMINA Samuel</b>	<b>3270</b>		Open M	170		02:19:01	<b>04:15:46.05</b>	<b>04:16:13.10</b>	+02:13:02 (51.9%)	8:49	6.8 (48.2%)
265	<b>STABRAWA Marcin</b>	<b>3328</b>		Open M	171		02:19:50	<b>04:15:53.50</b>	<b>04:16:16.75</b>	+02:13:06 (51.9%)	8:49	6.8 (48.2%)
266	<b>OLSZEWSKI Kamil</b>	<b>3264</b>		Open M	172		02:19:54	<b>04:15:54.95</b>	<b>04:16:17.45</b>	+02:13:07 (51.9%)	8:49	6.8 (48.2%)
267	<b>FRANEK Aneta</b>	<b>3078</b>		Open K	95		02:19:19	<b>04:17:16.65</b>	<b>04:17:22.35</b>	+02:14:12 (52.1%)	8:52	6.8 (48.2%)
268	<b>MARGOŁA Marta</b>	<b>3226</b>	ROZBIEGAJMY RADOMSKO	Open K	96		02:21:08	<b>04:18:27.95</b>	<b>04:18:57.80</b>	+02:15:47 (52.4%)	8:54	6.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
269	<b>GÓRECKA Katarzyna</b>	<b>3099</b>		Open K	97		02:19:52	<b>04:19:44.20</b>	<b>04:19:59.20</b>	+02:16:49 (52.6%)	8:57	6.7 (47.5%)
270	<b>MATLAK Piotr</b>	<b>3229</b>	VELUX	Open M	173		02:22:35	<b>04:20:46.35</b>	<b>04:20:57.55</b>	+02:17:47 (52.8%)	8:59	6.7 (47.5%)
271	<b>KOZACZKA Włodzimierz</b>	<b>3176</b>		Open M	174		02:20:26	<b>04:20:39.35</b>	<b>04:21:15.80</b>	+02:18:05 (52.9%)	8:59	6.7 (47.5%)
272	<b>HIRTH Jasmin</b>	<b>3114</b>		Open K	98		02:20:47	<b>04:21:20.25</b>	<b>04:21:32.30</b>	+02:18:22 (52.9%)	9:00	6.7 (47.5%)
273	<b>EVANS Paul</b>	<b>3070</b>		Open M	175		02:19:34	<b>04:21:21.10</b>	<b>04:21:33.15</b>	+02:18:22 (52.9%)	9:00	6.7 (47.5%)
274	<b>KAZIMIERAK Kamil</b>	<b>3150</b>		Open M	176		02:21:24	<b>04:22:37.85</b>	<b>04:22:54.05</b>	+02:19:43 (53.1%)	9:03	6.6 (46.8%)
275	<b>GRZESZCZAK Małgorzata</b>	<b>3111</b>	BIEGAMYRAZEM.PL	Open K	99		02:22:24	<b>04:23:06.25</b>	<b>04:23:06.25</b>	+02:19:56 (53.2%)	9:04	6.6 (46.8%)
276	<b>MALEC Basia</b>	<b>3224</b>		Open K	100		02:21:19	<b>04:22:19.95</b>	<b>04:23:44.65</b>	+02:20:34 (53.3%)	9:02	6.6 (46.8%)
277	<b>KAMIŃSKI Łukasz</b>	<b>3140</b>		Open M	177		02:20:44	<b>04:23:25.40</b>	<b>04:23:47.10</b>	+02:20:36 (53.3%)	9:05	6.6 (46.8%)
278	<b>GOLA Karolina</b>	<b>3096</b>		Open K	101		02:22:54	<b>04:23:52.45</b>	<b>04:23:52.45</b>	+02:20:42 (53.3%)	9:05	6.6 (46.8%)
279	<b>BREMER Helena</b>	<b>3037</b>		Open K	102		02:20:16	<b>04:23:27.55</b>	<b>04:24:06.85</b>	+02:20:56 (53.4%)	9:05	6.6 (46.8%)
280	<b>ŻAK Grzegorz</b>	<b>3417</b>	SPARTA	Open M	178		02:17:35	<b>04:26:09.80</b>	<b>04:26:44.05</b>	+02:23:33 (53.8%)	9:10	6.5 (46.1%)
281	<b>KOŁODZIEJCZYK Aleksandra</b>	<b>3163</b>	JENOTY TEAM	Open K	103		02:19:37	<b>04:26:47.25</b>	<b>04:27:11.55</b>	+02:24:01 (53.9%)	9:11	6.5 (46.1%)
282	<b>LEWANDOWSKA Ewa</b>	<b>3203</b>		Open K	104		02:22:31	<b>04:27:13.65</b>	<b>04:27:40.10</b>	+02:24:29 (54.0%)	9:12	6.5 (46.1%)
283	<b>DOMINIAK Emilia</b>	<b>3061</b>		Open K	105		02:22:15	<b>04:27:57.80</b>	<b>04:27:57.80</b>	+02:24:47 (54.0%)	9:14	6.5 (46.1%)
284	<b>BUGAJSKA-JUCHA Renata</b>	<b>3042</b>	CARBO ASECURA	Open K	106		02:22:09	<b>04:30:59.80</b>	<b>04:31:08.40</b>	+02:27:58 (54.6%)	9:20	6.4 (45.4%)
285	<b>BAJUS-LEWKOWICZ Oksana</b>	<b>3014</b>	VISON, PIOTR LEWKOWICZ	Open K	107		02:21:57	<b>04:31:26.80</b>	<b>04:31:26.80</b>	+02:28:16 (54.6%)	9:21	6.4 (45.4%)
286	<b>LEWKOWICZ Piotr</b>	<b>3207</b>		Open M	179		02:21:43	<b>04:31:07.30</b>	<b>04:31:27.05</b>	+02:28:16 (54.6%)	9:20	6.4 (45.4%)
287	<b>SZYMAŃSKI Mariusz</b>	<b>3344</b>	MKB DREPTAK	Open M	180		02:23:03	<b>04:33:24.90</b>	<b>04:33:32.75</b>	+02:30:22 (55.0%)	9:25	6.4 (45.4%)
288	<b>KUPIEC Dariusz</b>	<b>3191</b>	MKB DREPTAK	Open M	181			<b>04:33:25.60</b>	<b>04:33:33.05</b>	+02:30:22 (55.0%)	9:25	6.4 (45.4%)
289	<b>WARDA Agnieszka Tonny</b>	<b>3367</b>	SPARTA LUBLIN	Open K	108		02:21:40	<b>04:32:59.75</b>	<b>04:34:34.85</b>	+02:31:24 (55.1%)	9:24	6.4 (45.4%)
290	<b>MATUSIK Agnieszka</b>	<b>3230</b>		Open K	109		02:22:41	<b>04:34:35.85</b>	<b>04:34:58.20</b>	+02:31:48 (55.2%)	9:28	6.3 (44.7%)
291	<b>LASON Magdalena</b>	<b>3197</b>	ALETEMPO	Open K	110		02:22:43	<b>04:34:34.70</b>	<b>04:34:58.25</b>	+02:31:48 (55.2%)	9:28	6.3 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
292	<b>KLUŚ Sylwester</b>	<b>3421</b>	MESMERIK RUNNERS	Open M	182		02:18:55	<b>04:35:13.15</b>	<b>04:35:50.65</b>	+02:32:40 (55.3%)	9:29	6.3 (44.7%)
293	<b>TOMASZUK Ewelina</b>	<b>3354</b>	NO LIMITS RUNNING TEAM	Open K	111		02:21:58	<b>04:36:31.25</b>	<b>04:36:41.70</b>	+02:33:31 (55.5%)	9:32	6.3 (44.7%)
294	<b>WOJCIECHOWSKI Kacper</b>	<b>3381</b>	SWORDS ATHLETICS	Open M	183		02:12:14	<b>04:38:54.85</b>	<b>04:38:54.85</b>	+02:35:44 (55.8%)	9:37	6.2 (44.0%)
295	<b>TRODLER Ina</b>	<b>3357</b>	CITYLAUF-VEREIN DRESDEN	Open K	112		02:23:56	<b>04:39:12.45</b>	<b>04:39:20.70</b>	+02:36:10 (55.9%)	9:37	6.2 (44.0%)
296	<b>GIERUT Agata</b>	<b>3093</b>		Open K	113		02:25:17	<b>04:41:32.60</b>	<b>04:41:42.60</b>	+02:38:32 (56.3%)	9:42	6.2 (44.0%)
297	<b>KOBUS-DUNAJ Lidia</b>	<b>3159</b>		Open K	114		02:23:02	<b>04:41:53.45</b>	<b>04:42:16.25</b>	+02:39:06 (56.4%)	9:43	6.2 (44.0%)
298	<b>FRANCUZ Patrycja</b>	<b>3077</b>	WIELKA WIEŚ BIEGA	Open K	115		02:39:31	<b>04:42:35.15</b>	<b>04:42:56.85</b>	+02:39:46 (56.5%)	9:44	6.2 (44.0%)
299	<b>LAMPRYCHT-JANEK Natalia</b>	<b>3195</b>		Open K	116		02:22:23	<b>04:42:52.10</b>	<b>04:43:11.10</b>	+02:40:00 (56.5%)	9:45	6.2 (44.0%)
300	<b>WOJTKOWIAK Łukasz</b>	<b>3386</b>	BIEGACZAMATOR	Open M	184		02:22:12	<b>04:42:51.85</b>	<b>04:43:11.20</b>	+02:40:01 (56.5%)	9:45	6.2 (44.0%)
301	<b>ŚLUSARCZYK Tomek</b>	<b>3348</b>	MUUKREACJE.PL	Open M	185		02:22:26	<b>04:42:42.25</b>	<b>04:43:17.20</b>	+02:40:07 (56.5%)	9:44	6.2 (44.0%)
302	<b>OLZACKI Piotr</b>	<b>3265</b>		Open M	186		02:20:33	<b>04:42:46.60</b>	<b>04:43:24.40</b>	+02:40:14 (56.5%)	9:45	6.2 (44.0%)
303	<b>TYLMAN Radosław</b>	<b>3360</b>		Open M	187		02:21:43	<b>04:42:47.15</b>	<b>04:43:24.65</b>	+02:40:14 (56.5%)	9:45	6.2 (44.0%)
304	<b>POLAK Agnieszka</b>	<b>3290</b>		Open K	117		02:10:00	<b>04:44:18.65</b>	<b>04:44:31.50</b>	+02:41:21 (56.7%)	9:48	6.1 (43.3%)
305	<b>WIŚNIEWSKI Adam</b>	<b>3377</b>		Open M	188		02:23:38	<b>04:44:27.70</b>	<b>04:44:36.10</b>	+02:41:25 (56.7%)	9:48	6.1 (43.3%)
306	<b>PASZKIEL Agnieszka</b>	<b>3276</b>	LUB	Open K	118		02:23:12	<b>04:44:32.15</b>	<b>04:44:48.50</b>	+02:41:38 (56.8%)	9:48	6.1 (43.3%)
307	<b>MATLAK Lidia</b>	<b>3228</b>	ZAWSZE W BIEGU	Open K	119		02:39:33	<b>04:45:15.95</b>	<b>04:45:25.10</b>	+02:42:14 (56.8%)	9:50	6.1 (43.3%)
308	<b>TYMBURSKI Michal</b>	<b>3361</b>	SPARTA LUBLIN	Open M	189		02:22:07	<b>04:45:03.30</b>	<b>04:46:49.50</b>	+02:43:39 (57.1%)	9:49	6.1 (43.3%)
309	<b>GLIWKA Małgorzata</b>	<b>3095</b>	SPARTA LUBLIN	Open K	120		02:22:16	<b>04:45:04.40</b>	<b>04:46:49.55</b>	+02:43:39 (57.1%)	9:49	6.1 (43.3%)
310	<b>SIĘCIO Kamil</b>	<b>3316</b>		Open M	190		02:23:11	<b>04:47:16.40</b>	<b>04:47:48.90</b>	+02:44:38 (57.2%)	9:54	6.1 (43.3%)
311	<b>WOJTKOWIAK Dorota</b>	<b>3385</b>		Open K	121		02:38:46	<b>04:50:05.75</b>	<b>04:50:39.10</b>	+02:47:28 (57.6%)	10:00	6 (42.6%)
312	<b>WRONKOWSKA Katarzyna</b>	<b>3396</b>		Open K	122		02:23:51	<b>04:50:50.85</b>	<b>04:51:06.25</b>	+02:47:56 (57.7%)	10:01	6 (42.6%)
313	<b>FUS Jacek</b>	<b>3084</b>		Open M	191		02:21:02	<b>04:51:11.25</b>	<b>04:51:24.00</b>	+02:48:13 (57.7%)	10:02	6 (42.6%)
314	<b>MHADHBI Joanna</b>	<b>3235</b>		Open K	123		02:27:34	<b>04:52:15.25</b>	<b>04:52:15.25</b>	+02:49:05 (57.9%)	10:04	6 (42.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
315	<b>BIELIŃSKI Michał</b>	<b>3023</b>		Open M	192		02:24:48	<b>04:53:32.90</b>	<b>04:54:14.70</b>	+02:51:04 (58.1%)	10:07	5.9 (41.8%)
316	<b>BOR Monika</b>	<b>3033</b>	KOBIETY BIEGAJĄ / POBIEDZISKA RUNNING TEAM	Open K	124		02:39:20	<b>04:54:17.10</b>	<b>04:54:45.55</b>	+02:51:35 (58.2%)	10:08	5.9 (41.8%)
317	<b>MAKOSA Konrad</b>	<b>3234</b>		Open M	193		02:39:57	<b>04:55:01.40</b>	<b>04:55:07.50</b>	+02:51:57 (58.3%)	10:10	5.9 (41.8%)
318	<b>BALEWSKI Robert</b>	<b>3015</b>		Open M	194		02:39:42	<b>04:55:14.30</b>	<b>04:55:30.20</b>	+02:52:20 (58.3%)	10:10	5.9 (41.8%)
319	<b>RZENNO Dagmara</b>	<b>3311</b>	MIECHOWICKA GRUPA BIEGOWA	Open K	125		02:39:25	<b>04:56:45.30</b>	<b>04:57:00.30</b>	+02:53:50 (58.5%)	10:13	5.9 (41.8%)
320	<b>ZARAŃSKA Izabela</b>	<b>3406</b>	MIECHOWICKA GRUPA BIEGOWA	Open K	126		02:39:14	<b>04:56:44.60</b>	<b>04:57:00.50</b>	+02:53:50 (58.5%)	10:13	5.9 (41.8%)
321	<b>FRANKOWSKA Ania</b>	<b>3080</b>	MIECHOWICKA GRUPA BIEGOWA	Open K	127		02:39:30	<b>04:56:44.85</b>	<b>04:57:01.25</b>	+02:53:51 (58.5%)	10:13	5.9 (41.8%)
322	<b>KOPCZA Dariusz</b>	<b>3166</b>		Open M	195		02:09:31	<b>04:58:15.05</b>	<b>04:58:34.45</b>	+02:55:24 (58.7%)	10:17	5.8 (41.1%)
323	<b>FELENCZAK Michał</b>	<b>3072</b>		Open M	196		02:40:08	<b>04:58:34.80</b>	<b>04:58:34.80</b>	+02:55:24 (58.7%)	10:17	5.8 (41.1%)
<b>Przekroczony limit czasu: 05:00:00</b>												
324	<b>WIŚNIEWSKA-PIĄTY Katarzyna</b>	<b>3376</b>		Open K	128		02:39:46	<b>05:16:33.45</b>	<b>05:17:02.50</b>	+03:13:52 (61.2%)	10:54	5.5 (39.0%)
325	<b>DRATWICKA Agnieszka</b>	<b>3064</b>	12TRI.PL	Open K	129		02:40:03	<b>05:21:22.75</b>	<b>05:21:37.40</b>	+03:18:27 (61.7%)	11:04	5.4 (38.3%)
326	<b>CHMIELEWSKI Marcin</b>	<b>3048</b>	BIEGAM BEZ SPINY	Open M	197		02:51:38	<b>05:49:39.50</b>	<b>05:49:59.70</b>	+03:46:49 (64.8%)	12:03	5 (35.5%)
327	<b>WESOŁOWSKI Adam</b>	<b>3368</b>		Open M	198		04:06:59	<b>07:26:43.05</b>	<b>07:27:14.15</b>	+05:24:03 (72.5%)	15:24	3.9 (27.7%)
	<b>SOLAN Radek</b>	<b>3322</b>		Open M			01:46:09 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LEMIEC Agnieszka</b>	<b>3199</b>		Open K			02:13:13 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>ŁAŻEŃSKI Łukasz</b>	<b>3217</b>		Open M			DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>OBERC Grzegorz</b>	<b>3259</b>	FINISZ RYMANOW	Open M			DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 331 wynik(ów)