



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Łemkowna Ultra-Trail
Fundacja Ultra
2019-10-12
Komańcza
30 km

ŁEMKOWYNA ULTRA-TRAIL® 30

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	BEDNAREK Adrian	3002		Open M	1		02:03:29.90	02:03:29.90		4:15	14.1 (100%)
2	LEŚNIAK Kamil	3475	SALCO GARMIN TEAM	Open M	2		02:05:05.45	02:05:05.45	+00:01:35 (1.3%)	4:18	13.9 (98.6%)
3	KOŚCIELNIAK Kacper	3477	SALCO GARMIN TEAM	Open M	3		02:05:07.10	02:05:07.10	+00:01:37 (1.3%)	4:18	13.9 (98.6%)
4	TOMASIK Stanisław	3003	GORLICKA GRUPA BIEGOWA	Open M	4		02:17:21.05	02:17:21.05	+00:13:51 (10.1%)	4:44	12.7 (90.1%)
5	LASEK Dariusz	3219	OUTDOORZY	Open M	5		02:27:29.05	02:27:29.05	+00:23:59 (16.3%)	5:05	11.8 (83.7%)
6	KUNZ Marcin	3212	LACHO TEAM	Open M	6		02:29:54.80	02:29:54.80	+00:26:24 (17.6%)	5:10	11.6 (82.3%)
7	KRZESIŃSKI Arkadiusz	3203	ŻBIK KOMAŃCZA	Open M	7		02:31:44.55	02:31:44.55	+00:28:14 (18.6%)	5:13	11.5 (81.6%)
8	RUPIŃSKI Krzysztof	3323	RUPIŃSCY TEAM / TRAININGLAB	Open M	8		02:33:34.10	02:33:34.10	+00:30:04 (19.6%)	5:17	11.3 (80.1%)
9	BORZYSTOWSKI Patryk	3030		Open M	9		02:35:12.30	02:35:12.30	+00:31:42 (20.4%)	5:21	11.2 (79.4%)
10	CYMMER Michał	3058		Open M	10		02:36:44.25	02:36:44.25	+00:33:14 (21.2%)	5:24	11.1 (78.7%)
11	GRYZŁO Jakub	3116	UZABY	Open M	11		02:37:11.20	02:37:11.20	+00:33:41 (21.4%)	5:25	11.1 (78.7%)
12	GURGUL Sebastian	3123	AROMAT NÓG	Open M	12		02:37:19.00	02:37:19.00	+00:33:49 (21.5%)	5:25	11.1 (78.7%)
13	ŻURAWSKI Kamil	3470	ENTRE.PL	Open M	13		02:37:35.25	02:37:35.25	+00:34:05 (21.6%)	5:26	11 (78.0%)
14	MAJEWSKI Karol	3236	CIESZANÓW RUNNERS	Open M	14		02:37:38.90	02:37:38.90	+00:34:09 (21.7%)	5:26	11 (78.0%)
15	JAWOREK Łukasz	3145	WNIEBOWZIĘCI	Open M	15		02:40:20.70	02:40:20.70	+00:36:50 (23.0%)	5:31	10.9 (77.3%)

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16	LATAWIEC Bartosz	3220	WNIEBOWZIĘCI	Open M	16		02:40:36.00	02:40:36.00	+00:37:06 (23.1%)	5:32	10.8 (76.6%)
17	KOZIOŁ Weronika	3001	TEAM MOUNTAIN FUEL POLSKA	Open K	1		02:43:13.50	02:43:13.50	+00:39:43 (24.3%)	5:37	10.7 (75.9%)
18	HADRYŚ Tomasz	3125	TMTEAM	Open M	17		02:47:28.70	02:47:28.70	+00:43:58 (26.3%)	5:46	10.4 (73.8%)
19	WYSOCKI Łukasz	3436		Open M	18		02:50:40.00	02:50:40.00	+00:47:10 (27.6%)	5:53	10.2 (72.3%)
20	STAFIEJ Filip	3357	WNIEBOWZIECI	Open M	19		02:53:12.70	02:53:12.70	+00:49:42 (28.7%)	5:58	10 (70.9%)
21	HERMAN Michał	3129		Open M	20		02:53:33.55	02:53:33.55	+00:50:03 (28.8%)	5:59	10 (70.9%)
22	JÓZEFczyk Tomasz	3473	POSMAKUJ RUN TEAM	Open M	21		02:53:48.20	02:53:48.20	+00:50:18 (28.9%)	5:59	10 (70.9%)
23	GŁOMBIOWSKA Zuzanna	3100	RUNPASSION.PL TEAM	Open K	2		02:54:26.50	02:54:26.50	+00:50:56 (29.2%)	6:00	10 (70.9%)
24	BARDADYN Michał	3018		Open M	22		02:55:48.10	02:55:48.10	+00:52:18 (29.8%)	6:03	9.9 (70.2%)
25	MACH Tomasz	3232	LUBELSKA GRUPA TRIATHLONU	Open M	23		02:57:29.60	02:57:29.60	+00:53:59 (30.4%)	6:07	9.8 (69.5%)
26	DOBROMILSKA Agata	3072	WM TRISELF	Open K	3		02:58:16.60	02:58:16.60	+00:54:46 (30.7%)	6:08	9.8 (69.5%)
27	ŚMIERTKA Przemysław	3388		Open M	24		02:59:14.00	02:59:14.00	+00:55:44 (31.1%)	6:10	9.7 (68.8%)
28	STAWIŃSKI Piotr	3366	12TRI	Open M	25		02:59:14.20	02:59:14.20	+00:55:44 (31.1%)	6:10	9.7 (68.8%)
29	RUMIAN Jakub	3321	KW KRAKÓW	Open M	26		02:59:36.20	02:59:36.20	+00:56:06 (31.2%)	6:11	9.7 (68.8%)
30	ROZDZYŃSKA Patrycja	3318		Open K	4		03:00:06.00	03:00:06.00	+00:56:36 (31.4%)	6:12	9.7 (68.8%)
31	POPIEL Krzysztof	3299		Open M	27		03:02:09.50	03:02:09.50	+00:58:39 (32.2%)	6:16	9.6 (68.1%)
32	PIETRZYK Zbigniew	3288	ISKRY	Open M	28		03:02:57.00	03:02:57.00	+00:59:27 (32.5%)	6:18	9.5 (67.4%)
33	STANOWSKI Bartłomiej	3359	CIESZANÓW RUNNERS	Open M	29		03:04:00.15	03:04:00.15	+01:00:30 (32.9%)	6:20	9.5 (67.4%)
34	KOZAKOWSKI Marcin	3188	MEDICOVER RUNNERS	Open M	30		03:05:18.90	03:05:18.90	+01:01:49 (33.4%)	6:23	9.4 (66.7%)
35	KOSIBA Kamil	3180		Open M	31		03:05:22.10	03:05:22.10	+01:01:52 (33.4%)	6:23	9.4 (66.7%)
36	SZOT Iwona	3382	WW TEAM	Open K	5		03:06:19.60	03:06:19.60	+01:02:49 (33.7%)	6:25	9.3 (66.0%)
37	STAL Katarzyna	3358	KS STASZEWSKY	Open K	6		03:06:45.25	03:06:45.25	+01:03:15 (33.9%)	6:26	9.3 (66.0%)
38	CICHOŃ Magdalena	3054		Open K	7		03:07:10.35	03:07:10.35	+01:03:40 (34.0%)	6:27	9.3 (66.0%)

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39	MACHERZYŃSKI Karol	3233		Open M	32		03:07:17.20	03:07:17.20	+01:03:47 (34.1%)	6:27	9.3 (66.0%)
40	SIERPIŃSKI Mateusz	3341	TRAINING LAB	Open M	33		03:07:24.10	03:07:24.10	+01:03:54 (34.1%)	6:27	9.3 (66.0%)
41	KOZIOŁ Sylwester	3191		Open M	34		03:08:32.55	03:08:32.55	+01:05:02 (34.5%)	6:30	9.2 (65.2%)
42	MIROŚLAW Albert	3253		Open M	35		03:10:10.75	03:10:10.75	+01:06:40 (35.1%)	6:33	9.1 (64.5%)
43	WODZIEŃ Andrzej	3422	PAKO TEAM	Open M	36		03:10:11.05	03:10:11.05	+01:06:41 (35.1%)	6:33	9.1 (64.5%)
44	BAKALARSKI Paweł	3013		Open M	37		03:10:55.55	03:10:55.55	+01:07:25 (35.3%)	6:35	9.1 (64.5%)
45	TOMICKI Krzysztof	3396		Open M	38		03:11:20.45	03:11:20.45	+01:07:50 (35.5%)	6:35	9.1 (64.5%)
46	GRZEGORZEWSKI Wojciech	3119		Open M	39		03:11:57.25	03:11:57.25	+01:08:27 (35.7%)	6:37	9.1 (64.5%)
47	ŚWIĄDER Jerzy	3389		Open M	40		03:12:47.60	03:12:47.60	+01:09:17 (35.9%)	6:38	9 (63.8%)
48	MAZUR Agnieszka	3247	SPEED JASŁO	Open K	8		03:13:01.95	03:13:01.95	+01:09:32 (36.0%)	6:39	9 (63.8%)
49	DOŁŻYCKI Paweł	3075	ŻBIK-KOMAŃCZA	Open M	41		03:14:38.25	03:14:38.25	+01:11:08 (36.5%)	6:42	8.9 (63.1%)
50	ZAGOŹDŻON Jarosław	3445		Open M	42		03:14:47.70	03:14:47.70	+01:11:17 (36.6%)	6:43	8.9 (63.1%)
51	WITKOWSKI Witold	3419		Open M	43		03:15:09.50	03:15:09.50	+01:11:39 (36.7%)	6:43	8.9 (63.1%)
52	WĘGRZYŃSKI Paweł	3411		Open M	44		03:15:24.10	03:15:24.10	+01:11:54 (36.8%)	6:44	8.9 (63.1%)
53	BARTOSIEWICZ Adam	3020	OCR POLSKA	Open M	45		03:15:28.70	03:15:28.70	+01:11:58 (36.8%)	6:44	8.9 (63.1%)
54	PORAJ Paweł	3300		Open M	46		03:15:43.25	03:15:43.25	+01:12:13 (36.9%)	6:44	8.9 (63.1%)
55	SZANIAWSKI Marcin	3376		Open M	47		03:15:46.30	03:15:46.30	+01:12:16 (36.9%)	6:45	8.9 (63.1%)
56	ZALEWSKI Bartosz	3450		Open M	48		03:16:14.10	03:16:14.10	+01:12:44 (37.1%)	6:46	8.9 (63.1%)
57	ZALEWSKI Łukasz	3451	WYROBISKO TRIATLONU	Open M	49		03:17:07.90	03:17:07.90	+01:13:38 (37.4%)	6:47	8.8 (62.4%)
58	WYDRO Krystian	3435	ADIDAS RUNNERS WARSAW	Open M	50		03:17:17.60	03:17:17.60	+01:13:47 (37.4%)	6:48	8.8 (62.4%)
59	HACZ Paweł	3124		Open M	51		03:17:32.90	03:17:32.90	+01:14:03 (37.5%)	6:48	8.8 (62.4%)
60	BIESZCZAD Magdalena	3025	SPEED JASŁO	Open K	9		03:17:55.45	03:17:55.45	+01:14:25 (37.6%)	6:49	8.8 (62.4%)
61	CHĘCIŃSKI Łukasz	3043		Open M	52		03:18:24.30	03:18:24.30	+01:14:54 (37.8%)	6:50	8.8 (62.4%)

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62	MŁYNARYK Tomasz	3254	BIEGANIE SZYDERCÓW	Open M	53		03:18:49.45	03:18:49.45	+01:15:19 (37.9%)	6:51	8.8 (62.4%)
63	PISARCZYK Grzegorz	3290	NAPRZÓD MŁOCINY	Open M	54		03:19:25.45	03:19:25.45	+01:15:55 (38.1%)	6:52	8.7 (61.7%)
64	KAPUŚCIK Jakub	3156	AG	Open M	55		03:19:32.75	03:19:32.75	+01:16:02 (38.1%)	6:52	8.7 (61.7%)
65	SZUMNY Nina	3385		Open K	10		03:19:36.65	03:19:36.65	+01:16:06 (38.1%)	6:52	8.7 (61.7%)
66	KOSTKA Małgorzata	3182		Open K	11		03:21:16.85	03:21:16.85	+01:17:46 (38.6%)	6:56	8.6 (61.0%)
67	KOSTKA Andrzej	3181		Open M	56		03:21:16.95	03:21:16.95	+01:17:47 (38.6%)	6:56	8.6 (61.0%)
68	ROZLAZLY Marcin	3476		Open M	57		03:21:21.00	03:21:21.00	+01:17:51 (38.7%)	6:56	8.6 (61.0%)
69	STERKOWICZ Dorota	3369		Open K	12		03:21:21.10	03:21:21.10	+01:17:51 (38.7%)	6:56	8.6 (61.0%)
70	TARBAJ Jarek	3390		Open M	58		03:22:30.15	03:22:30.15	+01:19:00 (39.0%)	6:58	8.6 (61.0%)
71	ZAJĄCZKOWSKA Ewelina	3447		Open K	13		03:22:35.20	03:22:35.20	+01:19:05 (39.0%)	6:59	8.6 (61.0%)
72	CISZEK Bartosz	3057	8A.PL	Open M	59		03:23:13.80	03:23:13.80	+01:19:43 (39.2%)	7:00	8.6 (61.0%)
73	SKRZYPIEC Katarzyna	3346		Open K	14		03:23:37.90	03:23:37.90	+01:20:08 (39.4%)	7:01	8.5 (60.3%)
74	NARUCKI Wojciech	3258		Open M	60		03:24:07.55	03:24:07.55	+01:20:37 (39.5%)	7:02	8.5 (60.3%)
75	KOPAŃSKA Kinga	3177	TRIATHLON SIEDLCE CLUB	Open K	15		03:25:21.75	03:25:21.75	+01:21:51 (39.9%)	7:04	8.5 (60.3%)
76	ZIMEK Bartosz	3461		Open M	61		03:25:25.90	03:25:25.90	+01:21:56 (39.9%)	7:05	8.5 (60.3%)
77	CZYŻOWICZ- GOTFRYD Agnieszka	3062	JSC	Open K	16		03:26:39.65	03:26:39.65	+01:23:09 (40.2%)	7:07	8.4 (59.6%)
78	TOMICZAK Karolina	3397	BIKE FUN LEGIONOWO	Open K	17		03:27:26.90	03:27:26.90	+01:23:57 (40.5%)	7:09	8.4 (59.6%)
79	KUNKEL Mariusz	3211		Open M	62		03:27:51.55	03:27:51.55	+01:24:21 (40.6%)	7:10	8.4 (59.6%)
80	GOŹDZICKI Leszek	3107	8A.PL	Open M	63		03:27:53.90	03:27:53.90	+01:24:24 (40.6%)	7:10	8.4 (59.6%)
81	FRIDRICH Marcin	3094	TRAINING LAB	Open M	64		03:28:13.50	03:28:13.50	+01:24:43 (40.7%)	7:10	8.4 (59.6%)
82	SZYMAŃSKI Piotr	3386		Open M	65		03:28:20.90	03:28:20.90	+01:24:51 (40.7%)	7:11	8.4 (59.6%)
83	KĘDREK Emil	3160	HABYS	Open M	66		03:28:56.95	03:28:56.95	+01:25:27 (40.9%)	7:12	8.3 (58.9%)
84	PARA Dariusz	3277		Open M	67		03:29:07.65	03:29:07.65	+01:25:37 (40.9%)	7:12	8.3 (58.9%)

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85	WOŹNIAK Marek	3428	POGORIA BIEGA	Open M	68		03:30:08.05	03:30:08.05	+01:26:38 (41.2%)	7:14	8.3 (58.9%)
86	WOŁOSZYN Artur	3426		Open M	69		03:30:20.75	03:30:20.75	+01:26:50 (41.3%)	7:15	8.3 (58.9%)
87	NÝVLT Martin	3268	COLUMBIA MONTRAIL	Open M	70		03:30:54.20	03:30:54.20	+01:27:24 (41.4%)	7:16	8.3 (58.9%)
88	SUŁEK Tomek	3374		Open M	71		03:31:20.85	03:31:20.85	+01:27:50 (41.6%)	7:17	8.2 (58.2%)
89	NIEPSUJ Aleksandra	3260		Open K	18		03:31:37.75	03:31:37.75	+01:28:07 (41.6%)	7:17	8.2 (58.2%)
90	LORENZ Anna	3228	#ADAMCZERWIŃSKITEAM	Open K	19		03:31:59.95	03:31:59.95	+01:28:30 (41.7%)	7:18	8.2 (58.2%)
91	ORYNEK Klaudia	3272		Open K	20		03:32:51.95	03:32:51.95	+01:29:22 (42.0%)	7:20	8.2 (58.2%)
92	JAŃCZUK Marcin	3140	NAPRZÓD MŁOCINY	Open M	72		03:32:56.80	03:32:56.80	+01:29:26 (42.0%)	7:20	8.2 (58.2%)
93	DATKA Robert	3067		Open M	73		03:33:03.35	03:33:03.35	+01:29:33 (42.0%)	7:20	8.2 (58.2%)
94	KONSTANTIN Kristof	3176		Open M	74		03:33:04.90	03:33:04.90	+01:29:35 (42.0%)	7:20	8.2 (58.2%)
95	KOZIOŁ Sylwester	3192		Open M	75		03:33:07.70	03:33:07.70	+01:29:37 (42.1%)	7:20	8.2 (58.2%)
96	RÓŻYCKA Dorota	3320	NOWY STYL GROUP RUNNING TEAM	Open K	21		03:33:19.70	03:33:19.70	+01:29:49 (42.1%)	7:21	8.2 (58.2%)
97	ZYCH Andrzej	3465		Open M	76		03:33:32.75	03:33:32.75	+01:30:02 (42.2%)	7:21	8.1 (57.4%)
98	SIEJKOWSKI Krzysztof	3340		Open M	77		03:33:55.35	03:33:55.35	+01:30:25 (42.3%)	7:22	8.1 (57.4%)
99	STACH Paweł	3356	SIWEJKA	Open M	78		03:34:23.00	03:34:23.00	+01:30:53 (42.4%)	7:23	8.1 (57.4%)
100	NOWROTEK Michał	3266	MAAGICZNI SPORT TEAM	Open M	79		03:34:24.20	03:34:24.20	+01:30:54 (42.4%)	7:23	8.1 (57.4%)
100	NOWROTEK Wanda	3267	MAAGICZNI SPORT TEAM	Open K	22		03:34:24.20	03:34:24.20	+01:30:54 (42.4%)	7:23	8.1 (57.4%)
102	CYRULEWSKA Małgorzata	3059		Open K	23		03:35:10.50	03:35:10.50	+01:31:40 (42.6%)	7:25	8.1 (57.4%)
103	PIECHNIK Antoni	3285		Open M	80		03:35:54.40	03:35:54.40	+01:32:24 (42.8%)	7:26	8.1 (57.4%)
104	DYCZKA Jakub	3085		Open M	81		03:36:16.20	03:36:16.20	+01:32:46 (42.9%)	7:27	8 (56.7%)
105	MRYCZKO Roman	3256	AKTYWNY DYNÓW	Open M	82		03:36:26.20	03:36:26.20	+01:32:56 (42.9%)	7:27	8 (56.7%)
106	BARANOWSKI Mariusz	3016		Open M	83		03:36:35.35	03:36:35.35	+01:33:05 (43.0%)	7:28	8 (56.7%)
107	PEPEL Katarzyna	3280	LUXTORPEDA CZERWIONKA	Open K	24		03:36:41.40	03:36:41.40	+01:33:11 (43.0%)	7:28	8 (56.7%)

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108	KOŁODZIEJ Mariusz	3175	TMTEAM	Open M	84		03:37:08.40	03:37:08.40	+01:33:38 (43.1%)	7:29	8 (56.7%)
109	GRZĘBSKA-BUJA Małgorzata	3121		Open K	25		03:37:16.80	03:37:16.80	+01:33:46 (43.2%)	7:29	8 (56.7%)
110	MASZCZYK Dorota	3244		Open K	26		03:37:19.90	03:37:19.90	+01:33:50 (43.2%)	7:29	8 (56.7%)
111	DANIEL Maria	3064		Open K	27		03:37:25.30	03:37:25.30	+01:33:55 (43.2%)	7:29	8 (56.7%)
112	SZUREK Paulina	3474		Open K	28		03:37:44.35	03:37:44.35	+01:34:14 (43.3%)	7:30	8 (56.7%)
113	STĘPKOWSKA Berta	3370	CENTRUM MEDYCZNE ORTO-OPTYMIST	Open K	29		03:38:07.40	03:38:07.40	+01:34:37 (43.4%)	7:31	8 (56.7%)
114	KRAKOWSKI Maciej	3196	#A_MOZE_ULTRA / WKURW_TEAM	Open M	85		03:38:10.60	03:38:10.60	+01:34:40 (43.4%)	7:31	8 (56.7%)
115	KACZMAREK Katarzyna	3150	#ADAMCZERWIŃSKITEAM	Open K	30		03:38:21.30	03:38:21.30	+01:34:51 (43.4%)	7:31	8 (56.7%)
116	DWORZAŃSKI Marcin	3083	BIEGAM BO LUBIĘ	Open M	86		03:38:30.15	03:38:30.15	+01:35:00 (43.5%)	7:32	8 (56.7%)
117	CZARNECKA Weronika	3061	RUNNINGFACTORY.PL	Open K	31		03:38:55.70	03:38:55.70	+01:35:25 (43.6%)	7:32	7.9 (56.0%)
118	STARACHOWSKI Dominik	3360	MEDICOVER RUNNERS	Open M	87		03:38:55.90	03:38:55.90	+01:35:26 (43.6%)	7:32	7.9 (56.0%)
119	BOŻĘTKA Waldemar	3031	NOWY STYL GROUP RUNNING TEAM	Open M	88		03:39:14.10	03:39:14.10	+01:35:44 (43.7%)	7:33	7.9 (56.0%)
120	ZAJDEL Maciej	3449		Open M	89		03:40:21.00	03:40:21.00	+01:36:51 (44.0%)	7:35	7.9 (56.0%)
121	URBANIAK Krzysztof	3404		Open M	90		03:40:39.20	03:40:39.20	+01:37:09 (44.0%)	7:36	7.9 (56.0%)
122	DWORCZYŃSKA Martyna	3081	ADIDAS RUNNERS WARSAW	Open K	32		03:40:51.00	03:40:51.00	+01:37:21 (44.1%)	7:36	7.9 (56.0%)
123	NOWOSADZKI Wojciech	3265		Open M	91		03:41:50.20	03:41:50.20	+01:38:20 (44.3%)	7:38	7.8 (55.3%)
124	POSPIESZNA Zofia	3301	ZALINIAMETYTEAM	Open K	33		03:41:56.80	03:41:56.80	+01:38:26 (44.4%)	7:39	7.8 (55.3%)
125	KŁOSZEWSKI Artur	3166		Open M	92		03:42:44.00	03:42:44.00	+01:39:14 (44.6%)	7:40	7.8 (55.3%)
126	SAMBORSKA Weronika	3333	NOWY STYL GROUP RUNNING TEAM	Open K	34		03:42:46.95	03:42:46.95	+01:39:17 (44.6%)	7:40	7.8 (55.3%)
127	JANECZEK Jarosław	3137	KAJTEX RUNNERS	Open M	93		03:43:27.10	03:43:27.10	+01:39:57 (44.7%)	7:42	7.8 (55.3%)
128	SZUBARTOWSKI Paweł	3383	BELŻYCE I OKOLICE BIEGAJĄ	Open M	94		03:43:42.30	03:43:42.30	+01:40:12 (44.8%)	7:42	7.8 (55.3%)
129	MIGDAŁ Marcin	3250		Open M	95		03:43:47.25	03:43:47.25	+01:40:17 (44.8%)	7:43	7.8 (55.3%)
130	GRĘDA Elżbieta	3113	TIM JEST TIM	Open K	35		03:44:16.65	03:44:16.65	+01:40:46 (44.9%)	7:44	7.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
131	ŻAK Krzysztof	3467	KLUB BIEGACZA AZS UEK	Open M	96		03:44:50.10	03:44:50.10	+01:41:20 (45.1%)	7:45	7.7 (54.6%)
132	PLEWIK Marcin	3293	BELŻYCE I OKOLICE BIEGAJĄ	Open M	97		03:44:53.05	03:44:53.05	+01:41:23 (45.1%)	7:45	7.7 (54.6%)
133	PLEBAN Małgorzata	3292		Open K	36		03:45:08.20	03:45:08.20	+01:41:38 (45.1%)	7:45	7.7 (54.6%)
134	STASIAK Włodzimierz	3362	PRO-RUN WROCŁAW	Open M	98		03:46:21.70	03:46:21.70	+01:42:51 (45.4%)	7:48	7.7 (54.6%)
135	KACZMAREK Tomasz	3151		Open M	99		03:46:50.10	03:46:50.10	+01:43:20 (45.6%)	7:49	7.7 (54.6%)
136	SAMBORSKI Piotr	3334	NP 1910 JASŁO	Open M	100		03:47:05.35	03:47:05.35	+01:43:35 (45.6%)	7:49	7.7 (54.6%)
137	GRĘDA Mariusz	3114		Open M	101		03:48:03.00	03:48:03.00	+01:44:33 (45.8%)	7:51	7.6 (53.9%)
138	ARKUSZYŃSKA Beata	3008	TIME4RUNNING	Open K	37		03:48:10.65	03:48:10.65	+01:44:40 (45.9%)	7:52	7.6 (53.9%)
139	KŁODZIŃSKI Klaudiusz	3165	BIEGANIE SZYDERCÓW	Open M	102		03:48:54.80	03:48:54.80	+01:45:24 (46.1%)	7:53	7.6 (53.9%)
140	TYLIBA Ireneusz	3402	JURA TEAM	Open M	103		03:49:38.70	03:49:38.70	+01:46:08 (46.2%)	7:55	7.6 (53.9%)
141	WAKOR Paweł	3406		Open M	104		03:49:38.85	03:49:38.85	+01:46:08 (46.2%)	7:55	7.6 (53.9%)
142	KOŁODZIEJ Mirosław	3173		Open M	105		03:49:49.80	03:49:49.80	+01:46:19 (46.3%)	7:55	7.6 (53.9%)
143	PSZCZOŁA Maciej	3307		Open M	106		03:50:56.10	03:50:56.10	+01:47:26 (46.5%)	7:57	7.5 (53.2%)
144	SOCHA Jacek	3351		Open M	107		03:51:38.90	03:51:38.90	+01:48:09 (46.7%)	7:59	7.5 (53.2%)
145	ANDRZEJCZAK Paweł	3005		Open M	108		03:51:45.85	03:51:45.85	+01:48:15 (46.7%)	7:59	7.5 (53.2%)
146	DARMOCHWAŁ Leszek	3065	DZIKIE BÓBR BŁOTA SIĘ NIE BOI	Open M	109		03:51:47.85	03:51:47.85	+01:48:17 (46.7%)	7:59	7.5 (53.2%)
147	DARMOCHWAŁ Przemek	3066	DZIKI MARYNARZ LATA PO GÓRACH	Open M	110		03:51:47.90	03:51:47.90	+01:48:18 (46.7%)	7:59	7.5 (53.2%)
148	SZKOŁA-ŚNIEŻEK Agnieszka	3478	PRZYSZŁAM POPATRZEĆ	Open K	38		03:51:52.00	03:51:52.00	+01:48:22 (46.7%)	7:59	7.5 (53.2%)
148	SZKOŁA Wojciech	3381	NATURAL BORN RUNNERS	Open M	111		03:51:52.00	03:51:52.00	+01:48:22 (46.7%)	7:59	7.5 (53.2%)
150	ZWOLAK Grzegorz	3463		Open M	112		03:52:09.50	03:52:09.50	+01:48:39 (46.8%)	8:00	7.5 (53.2%)
151	KOCERKA Jacek	3168		Open M	113		03:52:13.10	03:52:13.10	+01:48:43 (46.8%)	8:00	7.5 (53.2%)
152	TOMCZAK Jarosław	3395		Open M	114		03:52:30.40	03:52:30.40	+01:49:00 (46.9%)	8:01	7.5 (53.2%)
153	BRZEZIŃSKI Paweł	3037	BIEG OPOLSKI	Open M	115		03:53:12.60	03:53:12.60	+01:49:42 (47.0%)	8:02	7.5 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
154	SZCZEPANIAK Karol	3377		Open M	116		03:53:23.20	03:53:23.20	+01:49:53 (47.1%)	8:02	7.5 (53.2%)
155	KASSNER Ewelina	3157		Open K	39		03:53:35.50	03:53:35.50	+01:50:05 (47.1%)	8:03	7.4 (52.5%)
156	GORCZYŃSKI Wojciech	3106		Open M	117		03:54:25.50	03:54:25.50	+01:50:55 (47.3%)	8:05	7.4 (52.5%)
157	WINIARSKI Robert	3417		Open M	118		03:54:51.80	03:54:51.80	+01:51:21 (47.4%)	8:05	7.4 (52.5%)
158	SOLA Aneta	3354	BEŁŻYCE I OKOLICE BIEGAJĄ	Open K	40		03:55:01.60	03:55:01.60	+01:51:31 (47.5%)	8:06	7.4 (52.5%)
159	KWECZKA-JANECZEK Anna	3217	KAJTEX RUNNERS	Open K	41		03:55:56.00	03:55:56.00	+01:52:26 (47.7%)	8:08	7.4 (52.5%)
160	WRÓBLEWSKA Olga	3434	VEGE RUNNERS	Open K	42		03:55:59.10	03:55:59.10	+01:52:29 (47.7%)	8:08	7.4 (52.5%)
161	BRONOWSKA-WODYŃSKA Magdalena	3036		Open K	43		03:56:13.85	03:56:13.85	+01:52:43 (47.7%)	8:08	7.4 (52.5%)
162	KURZAWA Adam	3215	TIGRES DEL PAPA	Open M	119		03:56:58.05	03:56:58.05	+01:53:28 (47.9%)	8:10	7.3 (51.8%)
163	MASZCZYK Andrzej	3245		Open M	120		03:57:21.20	03:57:21.20	+01:53:51 (48.0%)	8:11	7.3 (51.8%)
164	JAGODZIŃSKI Hubert	3135	DZIK KOMANDO	Open M	121		03:57:25.90	03:57:25.90	+01:53:56 (48.0%)	8:11	7.3 (51.8%)
165	PUCHAŁA Mariusz	3308	NAPRZÓD MŁOCINY	Open M	122		03:57:33.35	03:57:33.35	+01:54:03 (48.0%)	8:11	7.3 (51.8%)
166	RAPACZ Mariusz	3314	MPK-ŁÓDŹ	Open M	123		03:57:34.60	03:57:34.60	+01:54:04 (48.0%)	8:11	7.3 (51.8%)
167	ZACHWIEJA Katarzyna	3442		Open K	44		03:57:36.35	03:57:36.35	+01:54:06 (48.0%)	8:11	7.3 (51.8%)
168	TOKARSKI Rafał	3393		Open M	124		03:57:39.05	03:57:39.05	+01:54:09 (48.0%)	8:11	7.3 (51.8%)
169	TOKARSKA Bożena	3392	#ADAMCZERWIŃSKITEAM	Open K	45		03:57:39.10	03:57:39.10	+01:54:09 (48.0%)	8:11	7.3 (51.8%)
170	PRZYBYŁO Piotr	3305	MTU	Open M	125		03:57:43.50	03:57:43.50	+01:54:13 (48.0%)	8:11	7.3 (51.8%)
171	CHMIEL-PRZYBYŁO Justyna	3045		Open K	46		03:58:13.25	03:58:13.25	+01:54:43 (48.2%)	8:12	7.3 (51.8%)
172	KACZMAREK Adam	3149		Open M	126		03:58:16.10	03:58:16.10	+01:54:46 (48.2%)	8:12	7.3 (51.8%)
173	RUSSYAN Magdalena	3327	ORANGE POLSKA	Open K	47		03:58:18.15	03:58:18.15	+01:54:48 (48.2%)	8:13	7.3 (51.8%)
174	KORYCIŃSKA Izabela	3179		Open K	48		03:58:20.60	03:58:20.60	+01:54:50 (48.2%)	8:13	7.3 (51.8%)
175	JAROSZ-PIWOŃSKA Aldona	3141	KS PEGAZ	Open K	49		03:58:31.90	03:58:31.90	+01:55:02 (48.2%)	8:13	7.3 (51.8%)
176	CIBORSKA Agnieszka	3053	NAPRZÓD MŁOCINY	Open K	50		03:58:32.85	03:58:32.85	+01:55:02 (48.2%)	8:13	7.3 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
177	KSIĄŻYK Paweł	3206		Open M	127		03:58:36.20	03:58:36.20	+01:55:06 (48.2%)	8:13	7.3 (51.8%)
178	SOCHACKI Marek	3352		Open M	128		03:58:50.70	03:58:50.70	+01:55:20 (48.3%)	8:14	7.3 (51.8%)
179	KIFNER Hubert	3162	BIEGIEM PO WINO	Open M	129		03:58:52.70	03:58:52.70	+01:55:22 (48.3%)	8:14	7.3 (51.8%)
180	NOWAK Anna	3263	DZIWOLUDY	Open K	51		03:59:20.65	03:59:20.65	+01:55:50 (48.4%)	8:15	7.3 (51.8%)
181	JAGODZIŃSKI Marcin	3136		Open M	130		03:59:26.70	03:59:26.70	+01:55:56 (48.4%)	8:15	7.3 (51.8%)
182	DWORZAŃSKA Ewa	3082	ZATKAŁOKAKAŁO	Open K	52		03:59:29.45	03:59:29.45	+01:55:59 (48.4%)	8:15	7.3 (51.8%)
183	BIEDROŃ Artur	3023	STRANGERS	Open M	131		03:59:30.45	03:59:30.45	+01:56:00 (48.4%)	8:15	7.3 (51.8%)
184	MICHALSKI Przemek	3248		Open M	132		03:59:33.35	03:59:33.35	+01:56:03 (48.4%)	8:15	7.3 (51.8%)
185	KRASKOWSKA Ewelina	3197	MAZOVIA PROACTIV	Open K	53		03:59:33.80	03:59:33.80	+01:56:03 (48.4%)	8:15	7.3 (51.8%)
186	SOCHAJ-MACHERZYŃSKA Anna	3353	MAŁA ANIA DZIELNIE BIEGA	Open K	54		03:59:50.80	03:59:50.80	+01:56:20 (48.5%)	8:16	7.3 (51.8%)
187	STARZYŃSKA Marta	3361	PERFECT RUNNER LUBLIN	Open K	55		03:59:52.95	03:59:52.95	+01:56:23 (48.5%)	8:16	7.3 (51.8%)
188	HANSZ Donat	3126	NETBOX BIEGA	Open M	133		03:59:56.90	03:59:56.90	+01:56:27 (48.5%)	8:16	7.3 (51.8%)
189	SMOLARCZYK Grzegorz	3349		Open M	134		04:00:04.85	04:00:04.85	+01:56:34 (48.6%)	8:16	7.2 (51.1%)
190	RADLIŃSKA Monika	3310		Open K	56		04:01:03.55	04:01:03.55	+01:57:33 (48.8%)	8:18	7.2 (51.1%)
191	RAMA Andrzej	3313	TATOKUPA	Open M	135		04:01:21.70	04:01:21.70	+01:57:51 (48.8%)	8:19	7.2 (51.1%)
192	RZYMOWSKA Krystyna	3331		Open K	57		04:01:50.35	04:01:50.35	+01:58:20 (48.9%)	8:20	7.2 (51.1%)
193	DYBCZYNSKI Jan	3084		Open M	136		04:01:50.40	04:01:50.40	+01:58:20 (48.9%)	8:20	7.2 (51.1%)
194	SIEDZIŃSKI Sławomir	3339	8A.PL	Open M	137		04:02:07.45	04:02:07.45	+01:58:37 (49.0%)	8:20	7.2 (51.1%)
195	SZULC Edyta	3384		Open K	58		04:02:20.90	04:02:20.90	+01:58:51 (49.0%)	8:21	7.2 (51.1%)
196	DROZD Piotr	3080	EP-HEART-TEAM	Open M	138		04:02:36.50	04:02:36.50	+01:59:06 (49.1%)	8:21	7.2 (51.1%)
197	PRESNAL-ZMYŚŁOWSKA Agnieszka	3303	DZIWOLUDY	Open K	59		04:02:38.45	04:02:38.45	+01:59:08 (49.1%)	8:22	7.2 (51.1%)
198	WRÓBLEWSKA Dorota	3433	BBL GDAŃSK	Open K	60		04:02:39.95	04:02:39.95	+01:59:10 (49.1%)	8:22	7.2 (51.1%)
199	BABICKA Sylwia	3010		Open K	61		04:02:44.65	04:02:44.65	+01:59:14 (49.1%)	8:22	7.2 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
200	BARCZENTEWICZ Przemysław	3017		Open M	139		04:03:02.50	04:03:02.50	+01:59:32 (49.2%)	8:22	7.2 (51.1%)
201	ŁUĆ Łukasz	3230		Open M	140		04:03:12.90	04:03:12.90	+01:59:43 (49.2%)	8:23	7.2 (51.1%)
202	ŁUĆ Katarzyna	3229		Open K	62		04:03:13.20	04:03:13.20	+01:59:43 (49.2%)	8:23	7.2 (51.1%)
203	RUPIŃSKI Maciej	3324	RUPIŃSCY TEAM	Open M	141		04:03:30.65	04:03:30.65	+02:00:00 (49.3%)	8:23	7.1 (50.4%)
204	NIWIŃSKI Krzysztof	3261		Open M	142		04:03:38.10	04:03:38.10	+02:00:08 (49.3%)	8:24	7.1 (50.4%)
205	WŁODARCZYK Michał	3421	GRUZJA TEAM	Open M	143		04:03:38.25	04:03:38.25	+02:00:08 (49.3%)	8:24	7.1 (50.4%)
206	MAJEWSKI Jacek	3235		Open M	144		04:03:57.35	04:03:57.35	+02:00:27 (49.4%)	8:24	7.1 (50.4%)
207	BRODZIAK Arkadiusz	3034		Open M	145		04:04:12.90	04:04:12.90	+02:00:43 (49.4%)	8:25	7.1 (50.4%)
208	ŻARSKA Izabela	3468	FUDU&CO. SPORT TEAM	Open K	63		04:04:17.10	04:04:17.10	+02:00:47 (49.4%)	8:25	7.1 (50.4%)
209	ADAMCZYK Aneta	3004	GIRLS POWER	Open K	64		04:04:20.75	04:04:20.75	+02:00:50 (49.5%)	8:25	7.1 (50.4%)
210	ZIAJKO Zuzanna	3457		Open K	65		04:04:34.35	04:04:34.35	+02:01:04 (49.5%)	8:26	7.1 (50.4%)
211	STOLARSKI Łukasz	3371		Open M	146		04:04:35.25	04:04:35.25	+02:01:05 (49.5%)	8:26	7.1 (50.4%)
212	CHORBIŃSKI Krystian	3047		Open M	147		04:04:40.20	04:04:40.20	+02:01:10 (49.5%)	8:26	7.1 (50.4%)
213	PELCZAR Jakub	3278	MINISTERSTWO ZDROWIA	Open M	148		04:04:40.35	04:04:40.35	+02:01:10 (49.5%)	8:26	7.1 (50.4%)
214	FOTYGA Agnieszka	3092	OSTROBIEC	Open K	66		04:05:21.05	04:05:21.05	+02:01:51 (49.7%)	8:27	7.1 (50.4%)
215	JASIŃSKI Bartłomiej	3144		Open M	149		04:05:32.30	04:05:32.30	+02:02:02 (49.7%)	8:28	7.1 (50.4%)
216	JASIŃSKA Elżbieta	3143		Open K	67		04:05:32.60	04:05:32.60	+02:02:02 (49.7%)	8:28	7.1 (50.4%)
217	NICKE Piotr	3259		Open M	150		04:06:17.00	04:06:17.00	+02:02:47 (49.9%)	8:29	7.1 (50.4%)
218	STAWSKA-KISIAŁA Natalia	3367	LACHO TEAM	Open K	68		04:06:19.65	04:06:19.65	+02:02:49 (49.9%)	8:29	7.1 (50.4%)
219	KŁUSEK Bogdan	3167		Open M	151		04:06:40.55	04:06:40.55	+02:03:10 (49.9%)	8:30	7.1 (50.4%)
220	KOCUREK Natalia	3170	X-TEAM SPECIAL FORCES	Open K	69		04:07:04.70	04:07:04.70	+02:03:34 (50.0%)	8:31	7 (49.6%)
221	SZCZERBA Michał	3378		Open M	152		04:07:10.00	04:07:10.00	+02:03:40 (50.0%)	8:31	7 (49.6%)
222	JANKOWSKI Gracjan	3139	NON-STOP DOGWEAR	Open M	153		04:07:16.35	04:07:16.35	+02:03:46 (50.1%)	8:31	7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
223	MILEWSKA Beata	3252	NON-STOP DOGWEAR	Open K	70		04:07:16.75	04:07:16.75	+02:03:46 (50.1%)	8:31	7 (49.6%)
224	CZACHOWSKI Michal	3060		Open M	154		04:07:59.95	04:07:59.95	+02:04:30 (50.2%)	8:33	7 (49.6%)
225	ZIMEK Dominika	3460		Open K	71		04:08:25.65	04:08:25.65	+02:04:55 (50.3%)	8:33	7 (49.6%)
226	MAĆKOWIAK-RYDZYŃSKA Anna	3234		Open K	72		04:08:32.80	04:08:32.80	+02:05:02 (50.3%)	8:34	7 (49.6%)
227	BINIAŚ PASTUSIAK Anna	3026		Open K	73		04:08:34.70	04:08:34.70	+02:05:04 (50.3%)	8:34	7 (49.6%)
228	MALINA-PACHACZ Małgorzata	3239		Open K	74		04:08:50.55	04:08:50.55	+02:05:20 (50.4%)	8:34	7 (49.6%)
229	PAPROCKA Marta	3276		Open K	75		04:08:50.60	04:08:50.60	+02:05:20 (50.4%)	8:34	7 (49.6%)
230	PITURA Eliza	3291	LUBELSKA GRUPA TRIATHLONU	Open K	76		04:09:18.35	04:09:18.35	+02:05:48 (50.5%)	8:35	7 (49.6%)
231	FERČÍKOVÁ Veronika	3089		Open K	77		04:09:44.60	04:09:44.60	+02:06:14 (50.5%)	8:36	7 (49.6%)
232	DRANKA-BOJAROWSKA Daria	3077		Open K	78		04:10:07.75	04:10:07.75	+02:06:37 (50.6%)	8:37	7 (49.6%)
232	BOJAROWSKI Marcin	3029		Open M	155		04:10:07.75	04:10:07.75	+02:06:37 (50.6%)	8:37	7 (49.6%)
234	ZAPAŚNIK Michał	3454	BIEGIEM PO WINO	Open M	156		04:10:10.60	04:10:10.60	+02:06:40 (50.6%)	8:37	7 (49.6%)
235	RUSEK Jolanta	3326	ZABIEGANI MIELEC	Open K	79		04:10:10.80	04:10:10.80	+02:06:40 (50.6%)	8:37	7 (49.6%)
236	GRZEBULSKA Barbara	3117	DZIKIE ŻYCIE RUNTEAM	Open K	80		04:10:22.85	04:10:22.85	+02:06:52 (50.7%)	8:38	6.9 (48.9%)
237	SĘDZIK Jacek	3338		Open M	157		04:11:07.70	04:11:07.70	+02:07:37 (50.8%)	8:39	6.9 (48.9%)
238	SZEPIELAK Dawid	3380	BIEGANIE SZYDERCÓW	Open M	158		04:11:13.25	04:11:13.25	+02:07:43 (50.8%)	8:39	6.9 (48.9%)
239	KRYJAK Tomasz	3201		Open M	159		04:11:33.20	04:11:33.20	+02:08:03 (50.9%)	8:40	6.9 (48.9%)
240	RZESZOT Łukasz	3330	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ. WKURW_TEAM	Open M	160		04:11:53.25	04:11:53.25	+02:08:23 (51.0%)	8:41	6.9 (48.9%)
241	MASŁOWSKA Aleksandra	3243		Open K	81		04:12:01.80	04:12:01.80	+02:08:31 (51.0%)	8:41	6.9 (48.9%)
242	RUPIŃSKA Agnieszka	3322	RUPINSCY TEAM	Open K	82		04:13:31.45	04:13:31.45	+02:10:01 (51.3%)	8:44	6.9 (48.9%)
243	OCHREMIAK Aleksandra	3269	MOKOBIEGACZE	Open K	83		04:13:36.95	04:13:36.95	+02:10:07 (51.3%)	8:44	6.9 (48.9%)
244	PERKOWSKI Maciej	3283	BIEGANIE SZYDERCÓW	Open M	161		04:13:42.10	04:13:42.10	+02:10:12 (51.3%)	8:44	6.9 (48.9%)
245	KOZŁOWSKA-SAWICKA Małgorzata	3193	KONDYCJA PIASECZNO	Open K	84		04:13:45.90	04:13:45.90	+02:10:16 (51.3%)	8:45	6.9 (48.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
246	WZOREK Klaudia	3438		Open K	85		04:13:57.80	04:13:57.80	+02:10:27 (51.4%)	8:45	6.9 (48.9%)
247	SZCZYPEK Jacek	3379		Open M	162		04:14:03.35	04:14:03.35	+02:10:33 (51.4%)	8:45	6.8 (48.2%)
248	KOZERA Cyprian Aleksander	3190	TEMPEHUYE	Open M	163		04:14:27.70	04:14:27.70	+02:10:57 (51.5%)	8:46	6.8 (48.2%)
249	LE FELIC Monika	3222	ADIDAS RUNNERS WARSAW	Open K	86		04:14:57.95	04:14:57.95	+02:11:28 (51.6%)	8:47	6.8 (48.2%)
250	DOŁŻYCKI Mirosław	3074	ŻBIK-KOMAŃCZA	Open M	164		04:16:08.50	04:16:08.50	+02:12:38 (51.8%)	8:49	6.8 (48.2%)
251	ZAJDEL Anna	3448		Open K	87		04:16:35.00	04:16:35.00	+02:13:05 (51.9%)	8:50	6.8 (48.2%)
252	CIBOROWSKA Katarzyna	3052	SPEED JASŁO	Open K	88		04:17:34.40	04:17:34.40	+02:14:04 (52.1%)	8:52	6.8 (48.2%)
253	WÓDKIEWICZ Maciej	3429	MACIEJÓWKA BIEGA	Open M	165		04:17:59.40	04:17:59.40	+02:14:29 (52.1%)	8:53	6.7 (47.5%)
254	NOSEK Zuzanna	3262	NOSKI	Open K	89		04:18:11.40	04:18:11.40	+02:14:41 (52.2%)	8:54	6.7 (47.5%)
255	TROCHANOWSKA Katarzyna	3400	RUSYN LEM	Open K	90		04:19:12.75	04:19:12.75	+02:15:42 (52.4%)	8:56	6.7 (47.5%)
256	WIJAS Robert Wijas	3415	TRAINING LAB	Open M	166		04:19:14.00	04:19:14.00	+02:15:44 (52.4%)	8:56	6.7 (47.5%)
257	DREWIEŃKOWSKI Jarosław	3079	MULTIFLORA	Open M	167		04:19:22.10	04:19:22.10	+02:15:52 (52.4%)	8:56	6.7 (47.5%)
258	WIĘSEK Ewelina	3414	PKO BANK POLSKI	Open K	91		04:19:34.90	04:19:34.90	+02:16:05 (52.4%)	8:57	6.7 (47.5%)
259	BOJANOWSKI Jakub	3028	DELOITTE ADVENTURE TEAM	Open M	168		04:19:48.35	04:19:48.35	+02:16:18 (52.5%)	8:57	6.7 (47.5%)
260	BOJANOWSKI Filip	3027		Open M	169		04:19:48.40	04:19:48.40	+02:16:18 (52.5%)	8:57	6.7 (47.5%)
261	PODYMNIAK Leszek	3295	STREET RUN RADOM	Open M	170		04:20:41.90	04:20:41.90	+02:17:12 (52.6%)	8:59	6.7 (47.5%)
262	WASILEWSKA Monika	3408		Open K	92		04:20:49.90	04:20:49.90	+02:17:20 (52.7%)	8:59	6.7 (47.5%)
263	ZACIEK Małgorzata	3444		Open K	93		04:20:54.45	04:20:54.45	+02:17:24 (52.7%)	8:59	6.7 (47.5%)
264	DIKTA Anna	3070	ZABIEGANI / 23. BAZA LOTNICTWA TAKTYCZNEGO	Open K	94		04:20:54.55	04:20:54.55	+02:17:24 (52.7%)	8:59	6.7 (47.5%)
265	DIKTA Dawid	3071		Open M	171		04:20:55.10	04:20:55.10	+02:17:25 (52.7%)	8:59	6.7 (47.5%)
266	ZABOROWSKA Aleksandra	3441		Open K	95		04:21:51.85	04:21:51.85	+02:18:21 (52.8%)	9:01	6.6 (46.8%)
267	KWIECIEŃ Konrad	3218		Open M	172		04:22:33.15	04:22:33.15	+02:19:03 (53.0%)	9:03	6.6 (46.8%)
268	BRODAWKA Olga	3033		Open K	96		04:22:38.10	04:22:38.10	+02:19:08 (53.0%)	9:03	6.6 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
269	GRABOWSKA Kornelia	3111		Open K	97		04:22:42.60	04:22:42.60	+02:19:12 (53.0%)	9:03	6.6 (46.8%)
270	GRYCZ Michał	3115		Open M	173		04:24:25.10	04:24:25.10	+02:20:55 (53.3%)	9:07	6.6 (46.8%)
271	TYRKA Aleksandra	3403		Open K	98		04:24:25.95	04:24:25.95	+02:20:56 (53.3%)	9:07	6.6 (46.8%)
272	RUPNIEWSKA Daria	3325		Open K	99		04:25:19.50	04:25:19.50	+02:21:49 (53.5%)	9:08	6.6 (46.8%)
273	STASZEWSKI Paweł	3364	BARTOSZ GORCZYCA TEAM	Open M	174		04:27:00.05	04:27:00.05	+02:23:30 (53.7%)	9:12	6.5 (46.1%)
274	STASZEWSKA Edyta	3363	BARTOSZ GORCZYCA TEAM	Open K	100		04:27:00.30	04:27:00.30	+02:23:30 (53.7%)	9:12	6.5 (46.1%)
275	CHWILA Bartosz	3050	RUN 4 FUN	Open M	175		04:27:02.90	04:27:02.90	+02:23:33 (53.8%)	9:12	6.5 (46.1%)
276	DĄBROWSKI Marcin	3069	KWIATY U WIOLI TEAM	Open M	176		04:27:17.80	04:27:17.80	+02:23:47 (53.8%)	9:13	6.5 (46.1%)
277	FALKOWSKI Dawid	3088		Open M	177		04:27:19.30	04:27:19.30	+02:23:49 (53.8%)	9:13	6.5 (46.1%)
278	BALON Marcin	3014	VOLUME TRADING	Open M	178		04:27:22.60	04:27:22.60	+02:23:52 (53.8%)	9:13	6.5 (46.1%)
279	LAZAROWICZ Piotr	3221	FERMENT	Open M	179		04:27:46.85	04:27:46.85	+02:24:16 (53.9%)	9:14	6.5 (46.1%)
280	DYRAK Anna	3086		Open K	101		04:27:57.45	04:27:57.45	+02:24:27 (53.9%)	9:14	6.5 (46.1%)
281	DOMARECKA Izabela	3076	EVERUN PACAKI	Open K	102		04:28:07.55	04:28:07.55	+02:24:37 (53.9%)	9:14	6.5 (46.1%)
282	KOŹBA Agnieszka	3194	EVERRUN	Open K	103		04:28:07.60	04:28:07.60	+02:24:37 (53.9%)	9:14	6.5 (46.1%)
283	JEDLIŃSKI Kamil	3146		Open M	180		04:28:20.70	04:28:20.70	+02:24:50 (54.0%)	9:15	6.5 (46.1%)
284	KRZYŹOSIAK Jan	3205		Open M	181		04:29:27.45	04:29:27.45	+02:25:57 (54.2%)	9:17	6.5 (46.1%)
285	CIEPIELA Jakub	3055		Open M	182		04:30:15.65	04:30:15.65	+02:26:45 (54.3%)	9:19	6.4 (45.4%)
286	ZYCH Anna	3464		Open K	104		04:30:29.55	04:30:29.55	+02:26:59 (54.3%)	9:19	6.4 (45.4%)
287	KRAJEWSKA-PALUCH Ewa	3195		Open K	105		04:33:43.50	04:33:43.50	+02:30:13 (54.9%)	9:26	6.4 (45.4%)
288	KIJEWSKA-RAJ Karolina	3163		Open K	106		04:36:07.30	04:36:07.30	+02:32:37 (55.3%)	9:31	6.3 (44.7%)
289	BAREŁKOWSKA Katarzyna	3019	NIGHT RUNNERS	Open K	107		04:36:11.60	04:36:11.60	+02:32:41 (55.3%)	9:31	6.3 (44.7%)
290	DĄBROWSKI Paweł	3068	NIGHT RUNNERS	Open M	183		04:36:11.65	04:36:11.65	+02:32:41 (55.3%)	9:31	6.3 (44.7%)
291	JACHYMSKA Zofia	3133		Open K	108		04:36:45.00	04:36:45.00	+02:33:15 (55.4%)	9:32	6.3 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
292	KURDZIEL Tomasz	3213		Open M	184		04:38:28.35	04:38:28.35	+02:34:58 (55.7%)	9:36	6.2 (44.0%)
293	ZAWISZA Beata	3455	WATAHA	Open K	109		04:38:45.80	04:38:45.80	+02:35:15 (55.7%)	9:36	6.2 (44.0%)
294	ZYGO Dorota	3466	BEŁŻYCE I OKOLICE BIEGAJĄ	Open K	110		04:38:52.60	04:38:52.60	+02:35:22 (55.7%)	9:36	6.2 (44.0%)
295	PLEWIK Monika	3294	BEŁŻYCE I OKOLICE BIEGAJĄ	Open K	111		04:38:52.80	04:38:52.80	+02:35:22 (55.7%)	9:36	6.2 (44.0%)
296	PRZECH-FUS Agnieszka	3304	WW TEAM	Open K	112		04:39:00.85	04:39:00.85	+02:35:30 (55.7%)	9:37	6.2 (44.0%)
297	ZIELENKIEWICZ Agnieszka	3458	NOA	Open K	113		04:39:03.70	04:39:03.70	+02:35:33 (55.7%)	9:37	6.2 (44.0%)
298	CHWILA Iwona	3049	RUN 4 FUN	Open K	114		04:39:20.75	04:39:20.75	+02:35:50 (55.8%)	9:37	6.2 (44.0%)
299	CHWILA Tomasz	3051	RUN 4 FUN	Open M	185		04:39:20.85	04:39:20.85	+02:35:50 (55.8%)	9:37	6.2 (44.0%)
300	MIERZEJEWSKA Aleksandra	3249	TRAINING LAB	Open K	115		04:39:41.10	04:39:41.10	+02:36:11 (55.8%)	9:38	6.2 (44.0%)
301	KUCOWSKA Anna	3207	TRAINING LAB	Open K	116		04:39:41.15	04:39:41.15	+02:36:11 (55.8%)	9:38	6.2 (44.0%)
302	JASEK Wioletta	3142	WATAHA	Open K	117		04:39:44.30	04:39:44.30	+02:36:14 (55.9%)	9:38	6.2 (44.0%)
303	MALEC Basia	3238		Open K	118		04:39:49.00	04:39:49.00	+02:36:19 (55.9%)	9:38	6.2 (44.0%)
304	KOTULA Jakub	3184		Open M	186		04:40:24.75	04:40:24.75	+02:36:54 (56.0%)	9:40	6.2 (44.0%)
305	SADOWIŃSKA Adriana	3332	NOWA HUTA TEAM/WKURW_TEAM	Open K	119		04:40:45.10	04:40:45.10	+02:37:15 (56.0%)	9:40	6.2 (44.0%)
306	PEPLIŃSKI Piotr	3282	ŁEBA MORS POLAND	Open M	187		04:40:47.25	04:40:47.25	+02:37:17 (56.0%)	9:40	6.2 (44.0%)
307	PEPLIŃSKA Iwona	3281	ŁEBA MORS POLAND	Open K	120		04:40:47.50	04:40:47.50	+02:37:17 (56.0%)	9:40	6.2 (44.0%)
308	FUS Jacek	3095		Open M	188		04:40:52.10	04:40:52.10	+02:37:22 (56.0%)	9:41	6.2 (44.0%)
309	BIDNIK Jakub	3022		Open M	189		04:40:56.25	04:40:56.25	+02:37:26 (56.0%)	9:41	6.2 (44.0%)
310	ZAINCIKOVSKAIA-WÓJCIK Inna	3446	NIE MAM POMYSŁU	Open K	121		04:41:01.50	04:41:01.50	+02:37:31 (56.1%)	9:41	6.2 (44.0%)
311	GORCZYCA Wawrzyniec	3105	DORSUM	Open M	190		04:41:46.25	04:41:46.25	+02:38:16 (56.2%)	9:42	6.2 (44.0%)
312	GONCERZEWICZ Marek	3103	BASSET ROLLING TEAM	Open M	191		04:42:17.15	04:42:17.15	+02:38:47 (56.3%)	9:44	6.2 (44.0%)
313	BIAŁOKOS Anna	3021	EUROCASH	Open K	122		04:42:34.60	04:42:34.60	+02:39:04 (56.3%)	9:44	6.2 (44.0%)
314	PERKOWSKI Tomasz	3284	EUROCASH	Open M	192		04:42:34.80	04:42:34.80	+02:39:04 (56.3%)	9:44	6.2 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
315	BAJUSZ Orsolya	3012	RUNLOVERS	Open K	123		04:43:17.25	04:43:17.25	+02:39:47 (56.4%)	9:46	6.1 (43.3%)
316	AOUTIN Mathieu	3007		Open M	193		04:44:53.15	04:44:53.15	+02:41:23 (56.6%)	9:49	6.1 (43.3%)
317	MARIUSZ Sornat	3241		Open M	194		04:44:54.00	04:44:54.00	+02:41:24 (56.7%)	9:49	6.1 (43.3%)
318	GRZEGORZ Kowalik	3118	RUNOWO RANGERS - GENERALI	Open M	195		04:45:32.00	04:45:32.00	+02:42:02 (56.7%)	9:50	6.1 (43.3%)
319	DZIUBASZEWSKA Ewa	3087		Open K	124		04:46:11.15	04:46:11.15	+02:42:41 (56.8%)	9:52	6.1 (43.3%)
320	OTOROWSKA Aleksandra	3273		Open K	125		04:46:16.70	04:46:16.70	+02:42:46 (56.9%)	9:52	6.1 (43.3%)
321	SERWATKA Angelika	3337	WATAHA	Open K	126		04:46:39.75	04:46:39.75	+02:43:09 (56.9%)	9:53	6.1 (43.3%)
322	PIECHOTA Daniel	3286		Open M	196		04:46:40.25	04:46:40.25	+02:43:10 (56.9%)	9:53	6.1 (43.3%)
323	DRATWICKA Agnieszka	3078	12TRI.PL	Open K	127		04:47:59.50	04:47:59.50	+02:44:29 (57.1%)	9:55	6 (42.6%)
324	KOŁODZIEJ Alicja	3172		Open K	128		04:49:10.10	04:49:10.10	+02:45:40 (57.3%)	9:58	6 (42.6%)
325	POLSKI Dariusz	3298	LUBLIN BIEGA	Open M	197		04:49:41.60	04:49:41.60	+02:46:11 (57.4%)	9:59	6 (42.6%)
326	TELEON-POLSKA Marlena	3391	LUBELSKA GRUPA TRIATHLONU	Open K	129		04:49:44.05	04:49:44.05	+02:46:14 (57.4%)	9:59	6 (42.6%)
327	LEWICKA Bożena	3225	GONIMY	Open K	130		04:49:44.50	04:49:44.50	+02:46:14 (57.4%)	9:59	6 (42.6%)
327	POLSKA Bożena	3297	LUBLIN BIEGA	Open K	130		04:49:44.50	04:49:44.50	+02:46:14 (57.4%)	9:59	6 (42.6%)
329	ZAŁUCKA Agnieszka	3452		Open K	132		04:50:17.30	04:50:17.30	+02:46:47 (57.5%)	10:00	6 (42.6%)
330	URBAŃCZYK Ewa	3405		Open K	133		04:50:22.55	04:50:22.55	+02:46:52 (57.5%)	10:00	6 (42.6%)
331	SKÓRKA Magdalena	3344		Open K	134		04:50:31.80	04:50:31.80	+02:47:01 (57.5%)	10:01	6 (42.6%)
332	KRÓLIKOWSKA Katarzyna	3199		Open K	135		04:52:52.40	04:52:52.40	+02:49:22 (57.8%)	10:05	5.9 (41.8%)
333	ROZWANDOWICZ Maciej	3319		Open M	198		04:58:30.30	04:58:30.30	+02:55:00 (58.6%)	10:17	5.8 (41.1%)
Przekroczony limit czasu: 05:00:00											
334	STREICH Tomasz	3372		Open M	199		05:00:41.65	05:00:41.65	+02:57:11 (58.9%)	10:22	5.8 (41.1%)
335	KOŁODZIEJ Małgorzata	3174		Open K	136		05:02:08.40	05:02:08.40	+02:58:38 (59.1%)	10:25	5.8 (41.1%)
335	ZABŁOCKA Anna	3439	LUBELSKA GRUPA TRIATHLONU	Open K	136		05:02:08.40	05:02:08.40	+02:58:38 (59.1%)	10:25	5.8 (41.1%)
337	HILLER Jerzy	3130	LUBELSKA GRUPA TRIATHLONU	Open M	200		05:02:44.50	05:02:44.50	+02:59:14 (59.2%)	10:26	5.7 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
338	KOWALSKA Gabriela	3186	BIEGAJĄCY ŚWIDNIK	Open K	138		05:08:48.75	05:08:48.75	+03:05:18 (60.0%)	10:38	5.6 (39.7%)
339	MOLCZYK Mariola	3255		Open K	139		05:43:58.55	05:43:58.55	+03:40:28 (64.1%)	11:51	5.1 (36.2%)
340	LECHONCZAK Monika	3223		Open K	140		05:44:01.85	05:44:01.85	+03:40:31 (64.1%)	11:51	5.1 (36.2%)
341	PIETRASZEK Ewa	3287	WATAHA	Open K	141		05:44:03.40	05:44:03.40	+03:40:33 (64.1%)	11:51	5.1 (36.2%)
342	SITARSKA Agnieszka	3343	WATAHA	Open K	142		05:44:03.50	05:44:03.50	+03:40:33 (64.1%)	11:51	5.1 (36.2%)
343	WOŹNIAK Anna	3427	WATAHA	Open K	143		05:52:32.15	05:52:32.15	+03:49:02 (65.0%)	12:09	4.9 (34.8%)
344	GORCZYCA Zofia	3104	DORSUM	Open K	144		06:02:58.80	06:02:58.80	+03:59:28 (66.0%)	12:30	4.8 (34.0%)

Znaleziono 344 wynik(ów)