



# ŁEMKOWYNA ULTRA-TRAIL® 30

B4SPORT

**Wydarzenie:** Łemkowna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2019-10-12  
**Miejsce:** Komańcza  
**Dystans:** 30 km

**B4SPORT**  
INTELIĞENTNE 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	GŁOMBIEWSKA 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	<b>MACHERZYŃSKI Karol</b>	<b>3233</b>		Open M	32		<b>03:07:17.20</b>	<b>03:07:17.20</b>	+01:03:47 (34.1%)	6:27	9.3 (66.0%)
40	<b>SIERPIŃSKI Mateusz</b>	<b>3341</b>	TRAINING LAB	Open M	33		<b>03:07:24.10</b>	<b>03:07:24.10</b>	+01:03:54 (34.1%)	6:27	9.3 (66.0%)
41	<b>KOZIOŁ Sylwester</b>	<b>3191</b>		Open M	34		<b>03:08:32.55</b>	<b>03:08:32.55</b>	+01:05:02 (34.5%)	6:30	9.2 (65.2%)
42	<b>MIROŚLAW Albert</b>	<b>3253</b>		Open M	35		<b>03:10:10.75</b>	<b>03:10:10.75</b>	+01:06:40 (35.1%)	6:33	9.1 (64.5%)
43	<b>WODZIEŃ Andrzej</b>	<b>3422</b>	PAKO TEAM	Open M	36		<b>03:10:11.05</b>	<b>03:10:11.05</b>	+01:06:41 (35.1%)	6:33	9.1 (64.5%)
44	<b>BAKALARSKI Paweł</b>	<b>3013</b>		Open M	37		<b>03:10:55.55</b>	<b>03:10:55.55</b>	+01:07:25 (35.3%)	6:35	9.1 (64.5%)
45	<b>TOMICKI Krzysztof</b>	<b>3396</b>		Open M	38		<b>03:11:20.45</b>	<b>03:11:20.45</b>	+01:07:50 (35.5%)	6:35	9.1 (64.5%)
46	<b>GRZEGORZEWSKI Wojciech</b>	<b>3119</b>		Open M	39		<b>03:11:57.25</b>	<b>03:11:57.25</b>	+01:08:27 (35.7%)	6:37	9.1 (64.5%)
47	<b>ŚWIĄDER Jerzy</b>	<b>3389</b>		Open M	40		<b>03:12:47.60</b>	<b>03:12:47.60</b>	+01:09:17 (35.9%)	6:38	9 (63.8%)
48	<b>MAZUR Agnieszka</b>	<b>3247</b>	SPEED JASŁO	Open K	8		<b>03:13:01.95</b>	<b>03:13:01.95</b>	+01:09:32 (36.0%)	6:39	9 (63.8%)
49	<b>DOŁŻYCKI Paweł</b>	<b>3075</b>	ŻBIK-KOMAŃCZA	Open M	41		<b>03:14:38.25</b>	<b>03:14:38.25</b>	+01:11:08 (36.5%)	6:42	8.9 (63.1%)
50	<b>ZAGOŹDŻON Jarosław</b>	<b>3445</b>		Open M	42		<b>03:14:47.70</b>	<b>03:14:47.70</b>	+01:11:17 (36.6%)	6:43	8.9 (63.1%)
51	<b>WITKOWSKI Witold</b>	<b>3419</b>		Open M	43		<b>03:15:09.50</b>	<b>03:15:09.50</b>	+01:11:39 (36.7%)	6:43	8.9 (63.1%)
52	<b>WĘGRZYŃSKI Paweł</b>	<b>3411</b>		Open M	44		<b>03:15:24.10</b>	<b>03:15:24.10</b>	+01:11:54 (36.8%)	6:44	8.9 (63.1%)
53	<b>BARTOSIEWICZ Adam</b>	<b>3020</b>	OCR POLSKA	Open M	45		<b>03:15:28.70</b>	<b>03:15:28.70</b>	+01:11:58 (36.8%)	6:44	8.9 (63.1%)
54	<b>PORAJ Paweł</b>	<b>3300</b>		Open M	46		<b>03:15:43.25</b>	<b>03:15:43.25</b>	+01:12:13 (36.9%)	6:44	8.9 (63.1%)
55	<b>SZANIAWSKI Marcin</b>	<b>3376</b>		Open M	47		<b>03:15:46.30</b>	<b>03:15:46.30</b>	+01:12:16 (36.9%)	6:45	8.9 (63.1%)
56	<b>ZALEWSKI Bartosz</b>	<b>3450</b>		Open M	48		<b>03:16:14.10</b>	<b>03:16:14.10</b>	+01:12:44 (37.1%)	6:46	8.9 (63.1%)
57	<b>ZALEWSKI Łukasz</b>	<b>3451</b>	WYROBISKO TRIATLONU	Open M	49		<b>03:17:07.90</b>	<b>03:17:07.90</b>	+01:13:38 (37.4%)	6:47	8.8 (62.4%)
58	<b>WYDRO Krystian</b>	<b>3435</b>	ADIDAS RUNNERS WARSAW	Open M	50		<b>03:17:17.60</b>	<b>03:17:17.60</b>	+01:13:47 (37.4%)	6:48	8.8 (62.4%)
59	<b>HACZ Paweł</b>	<b>3124</b>		Open M	51		<b>03:17:32.90</b>	<b>03:17:32.90</b>	+01:14:03 (37.5%)	6:48	8.8 (62.4%)
60	<b>BIESZCZAD Magdalena</b>	<b>3025</b>	SPEED JASŁO	Open K	9		<b>03:17:55.45</b>	<b>03:17:55.45</b>	+01:14:25 (37.6%)	6:49	8.8 (62.4%)
61	<b>CHĘCIŃSKI Łukasz</b>	<b>3043</b>		Open M	52		<b>03:18:24.30</b>	<b>03:18:24.30</b>	+01:14:54 (37.8%)	6:50	8.8 (62.4%)

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Wilcze Budy 9km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
108	<b>KOŁODZIEJ Mariusz</b>	<b>3175</b>	TMTEAM	Open M	84		<b>03:37:08.40</b>	<b>03:37:08.40</b>	+01:33:38 (43.1%)	7:29	8 (56.7%)
109	<b>GRZĘBSKA-BUJA Małgorzata</b>	<b>3121</b>		Open K	25		<b>03:37:16.80</b>	<b>03:37:16.80</b>	+01:33:46 (43.2%)	7:29	8 (56.7%)
110	<b>MASZCZYK Dorota</b>	<b>3244</b>		Open K	26		<b>03:37:19.90</b>	<b>03:37:19.90</b>	+01:33:50 (43.2%)	7:29	8 (56.7%)
111	<b>DANIEL Maria</b>	<b>3064</b>		Open K	27		<b>03:37:25.30</b>	<b>03:37:25.30</b>	+01:33:55 (43.2%)	7:29	8 (56.7%)
112	<b>SZUREK Paulina</b>	<b>3474</b>		Open K	28		<b>03:37:44.35</b>	<b>03:37:44.35</b>	+01:34:14 (43.3%)	7:30	8 (56.7%)
113	<b>STĘPKOWSKA Berta</b>	<b>3370</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	Open K	29		<b>03:38:07.40</b>	<b>03:38:07.40</b>	+01:34:37 (43.4%)	7:31	8 (56.7%)
114	<b>KRAKOWSKI Maciej</b>	<b>3196</b>	#A_MOZE_ULTRA / WKURW_TEAM	Open M	85		<b>03:38:10.60</b>	<b>03:38:10.60</b>	+01:34:40 (43.4%)	7:31	8 (56.7%)
115	<b>KACZMAREK Katarzyna</b>	<b>3150</b>	#ADAMCZERWIŃSKITEAM	Open K	30		<b>03:38:21.30</b>	<b>03:38:21.30</b>	+01:34:51 (43.4%)	7:31	8 (56.7%)
116	<b>DWORZAŃSKI Marcin</b>	<b>3083</b>	BIEGAM BO LUBIĘ	Open M	86		<b>03:38:30.15</b>	<b>03:38:30.15</b>	+01:35:00 (43.5%)	7:32	8 (56.7%)
117	<b>CZARNECKA Weronika</b>	<b>3061</b>	RUNNINGFACTORY.PL	Open K	31		<b>03:38:55.70</b>	<b>03:38:55.70</b>	+01:35:25 (43.6%)	7:32	7.9 (56.0%)
118	<b>STARACHOWSKI Dominik</b>	<b>3360</b>	MEDICOVER RUNNERS	Open M	87		<b>03:38:55.90</b>	<b>03:38:55.90</b>	+01:35:26 (43.6%)	7:32	7.9 (56.0%)
119	<b>BOŻĘTKA Waldemar</b>	<b>3031</b>	NOWY STYL GROUP RUNNING TEAM	Open M	88		<b>03:39:14.10</b>	<b>03:39:14.10</b>	+01:35:44 (43.7%)	7:33	7.9 (56.0%)
120	<b>ZAJDEL Maciej</b>	<b>3449</b>		Open M	89		<b>03:40:21.00</b>	<b>03:40:21.00</b>	+01:36:51 (44.0%)	7:35	7.9 (56.0%)
121	<b>URBANIAK Krzysztof</b>	<b>3404</b>		Open M	90		<b>03:40:39.20</b>	<b>03:40:39.20</b>	+01:37:09 (44.0%)	7:36	7.9 (56.0%)
122	<b>DWORCZYŃSKA Martyna</b>	<b>3081</b>	ADIDAS RUNNERS WARSAW	Open K	32		<b>03:40:51.00</b>	<b>03:40:51.00</b>	+01:37:21 (44.1%)	7:36	7.9 (56.0%)
123	<b>NOWOSADZKI Wojciech</b>	<b>3265</b>		Open M	91		<b>03:41:50.20</b>	<b>03:41:50.20</b>	+01:38:20 (44.3%)	7:38	7.8 (55.3%)
124	<b>POSPIESZNA Zofia</b>	<b>3301</b>	ZALINIAMETYTEAM	Open K	33		<b>03:41:56.80</b>	<b>03:41:56.80</b>	+01:38:26 (44.4%)	7:39	7.8 (55.3%)
125	<b>KŁOSZEWSKI Artur</b>	<b>3166</b>		Open M	92		<b>03:42:44.00</b>	<b>03:42:44.00</b>	+01:39:14 (44.6%)	7:40	7.8 (55.3%)
126	<b>SAMBORSKA Weronika</b>	<b>3333</b>	NOWY STYL GROUP RUNNING TEAM	Open K	34		<b>03:42:46.95</b>	<b>03:42:46.95</b>	+01:39:17 (44.6%)	7:40	7.8 (55.3%)
127	<b>JANECZEK Jarosław</b>	<b>3137</b>	KAJTEX RUNNERS	Open M	93		<b>03:43:27.10</b>	<b>03:43:27.10</b>	+01:39:57 (44.7%)	7:42	7.8 (55.3%)
128	<b>SZUBARTOWSKI Paweł</b>	<b>3383</b>	BELŻYCE I OKOLICE BIEGAJĄ	Open M	94		<b>03:43:42.30</b>	<b>03:43:42.30</b>	+01:40:12 (44.8%)	7:42	7.8 (55.3%)
129	<b>MIGDAŁ Marcin</b>	<b>3250</b>		Open M	95		<b>03:43:47.25</b>	<b>03:43:47.25</b>	+01:40:17 (44.8%)	7:43	7.8 (55.3%)
130	<b>GRĘDA Elżbieta</b>	<b>3113</b>	TIM JEST TIM	Open K	35		<b>03:44:16.65</b>	<b>03:44:16.65</b>	+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	<b>ŻAK Krzysztof</b>	<b>3467</b>	KLUB BIEGACZA AZS UEK	Open M	96		<b>03:44:50.10</b>	<b>03:44:50.10</b>	+01:41:20 (45.1%)	7:45	7.7 (54.6%)
132	<b>PLEWIK Marcin</b>	<b>3293</b>	BELŻYCE I OKOLICE BIEGAJĄ	Open M	97		<b>03:44:53.05</b>	<b>03:44:53.05</b>	+01:41:23 (45.1%)	7:45	7.7 (54.6%)
133	<b>PLEBAN Małgorzata</b>	<b>3292</b>		Open K	36		<b>03:45:08.20</b>	<b>03:45:08.20</b>	+01:41:38 (45.1%)	7:45	7.7 (54.6%)
134	<b>STASIAK Włodzimierz</b>	<b>3362</b>	PRO-RUN WROCŁAW	Open M	98		<b>03:46:21.70</b>	<b>03:46:21.70</b>	+01:42:51 (45.4%)	7:48	7.7 (54.6%)
135	<b>KACZMAREK Tomasz</b>	<b>3151</b>		Open M	99		<b>03:46:50.10</b>	<b>03:46:50.10</b>	+01:43:20 (45.6%)	7:49	7.7 (54.6%)
136	<b>SAMBORSKI Piotr</b>	<b>3334</b>	NP 1910 JASŁO	Open M	100		<b>03:47:05.35</b>	<b>03:47:05.35</b>	+01:43:35 (45.6%)	7:49	7.7 (54.6%)
137	<b>GRĘDA Mariusz</b>	<b>3114</b>		Open M	101		<b>03:48:03.00</b>	<b>03:48:03.00</b>	+01:44:33 (45.8%)	7:51	7.6 (53.9%)
138	<b>ARKUSZYŃSKA Beata</b>	<b>3008</b>	TIME4RUNNING	Open K	37		<b>03:48:10.65</b>	<b>03:48:10.65</b>	+01:44:40 (45.9%)	7:52	7.6 (53.9%)
139	<b>KŁODZIŃSKI Klaudiusz</b>	<b>3165</b>	BIEGANIE SZYDERCÓW	Open M	102		<b>03:48:54.80</b>	<b>03:48:54.80</b>	+01:45:24 (46.1%)	7:53	7.6 (53.9%)
140	<b>TYLIBA Ireneusz</b>	<b>3402</b>	JURA TEAM	Open M	103		<b>03:49:38.70</b>	<b>03:49:38.70</b>	+01:46:08 (46.2%)	7:55	7.6 (53.9%)
141	<b>WAKOR Paweł</b>	<b>3406</b>		Open M	104		<b>03:49:38.85</b>	<b>03:49:38.85</b>	+01:46:08 (46.2%)	7:55	7.6 (53.9%)
142	<b>KOŁODZIEJ Mirosław</b>	<b>3173</b>		Open M	105		<b>03:49:49.80</b>	<b>03:49:49.80</b>	+01:46:19 (46.3%)	7:55	7.6 (53.9%)
143	<b>PSZCZOŁA Maciej</b>	<b>3307</b>		Open M	106		<b>03:50:56.10</b>	<b>03:50:56.10</b>	+01:47:26 (46.5%)	7:57	7.5 (53.2%)
144	<b>SOCHA Jacek</b>	<b>3351</b>		Open M	107		<b>03:51:38.90</b>	<b>03:51:38.90</b>	+01:48:09 (46.7%)	7:59	7.5 (53.2%)
145	<b>ANDRZEJCZAK Paweł</b>	<b>3005</b>		Open M	108		<b>03:51:45.85</b>	<b>03:51:45.85</b>	+01:48:15 (46.7%)	7:59	7.5 (53.2%)
146	<b>DARMOCHWAŁ Leszek</b>	<b>3065</b>	DZIKIE BÓBR BŁOTA SIĘ NIE BOI	Open M	109		<b>03:51:47.85</b>	<b>03:51:47.85</b>	+01:48:17 (46.7%)	7:59	7.5 (53.2%)
147	<b>DARMOCHWAŁ Przemek</b>	<b>3066</b>	DZIKI MARYNARZ LATA PO GÓRACH	Open M	110		<b>03:51:47.90</b>	<b>03:51:47.90</b>	+01:48:18 (46.7%)	7:59	7.5 (53.2%)
148	<b>SZKOŁA-ŚNIEŻEK Agnieszka</b>	<b>3478</b>	PRZYSZŁAM POPATRZEĆ	Open K	38		<b>03:51:52.00</b>	<b>03:51:52.00</b>	+01:48:22 (46.7%)	7:59	7.5 (53.2%)
148	<b>SZKOŁA Wojciech</b>	<b>3381</b>	NATURAL BORN RUNNERS	Open M	111		<b>03:51:52.00</b>	<b>03:51:52.00</b>	+01:48:22 (46.7%)	7:59	7.5 (53.2%)
150	<b>ZWOLAK Grzegorz</b>	<b>3463</b>		Open M	112		<b>03:52:09.50</b>	<b>03:52:09.50</b>	+01:48:39 (46.8%)	8:00	7.5 (53.2%)
151	<b>KOCERKA Jacek</b>	<b>3168</b>		Open M	113		<b>03:52:13.10</b>	<b>03:52:13.10</b>	+01:48:43 (46.8%)	8:00	7.5 (53.2%)
152	<b>TOMCZAK Jarosław</b>	<b>3395</b>		Open M	114		<b>03:52:30.40</b>	<b>03:52:30.40</b>	+01:49:00 (46.9%)	8:01	7.5 (53.2%)
153	<b>BRZEZIŃSKI Paweł</b>	<b>3037</b>	BIEG OPOLSKI	Open M	115		<b>03:53:12.60</b>	<b>03:53:12.60</b>	+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	<b>SZCZEPANIAK Karol</b>	<b>3377</b>		Open M	116		<b>03:53:23.20</b>	<b>03:53:23.20</b>	+01:49:53 (47.1%)	8:02	7.5 (53.2%)
155	<b>KASSNER Ewelina</b>	<b>3157</b>		Open K	39		<b>03:53:35.50</b>	<b>03:53:35.50</b>	+01:50:05 (47.1%)	8:03	7.4 (52.5%)
156	<b>GORCZYŃSKI Wojciech</b>	<b>3106</b>		Open M	117		<b>03:54:25.50</b>	<b>03:54:25.50</b>	+01:50:55 (47.3%)	8:05	7.4 (52.5%)
157	<b>WINIARSKI Robert</b>	<b>3417</b>		Open M	118		<b>03:54:51.80</b>	<b>03:54:51.80</b>	+01:51:21 (47.4%)	8:05	7.4 (52.5%)
158	<b>SOLA Aneta</b>	<b>3354</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	Open K	40		<b>03:55:01.60</b>	<b>03:55:01.60</b>	+01:51:31 (47.5%)	8:06	7.4 (52.5%)
159	<b>KWECZKA-JANECZEK Anna</b>	<b>3217</b>	KAJTEX RUNNERS	Open K	41		<b>03:55:56.00</b>	<b>03:55:56.00</b>	+01:52:26 (47.7%)	8:08	7.4 (52.5%)
160	<b>WRÓBLEWSKA Olga</b>	<b>3434</b>	VEGE RUNNERS	Open K	42		<b>03:55:59.10</b>	<b>03:55:59.10</b>	+01:52:29 (47.7%)	8:08	7.4 (52.5%)
161	<b>BRONOWSKA-WODYŃSKA Magdalena</b>	<b>3036</b>		Open K	43		<b>03:56:13.85</b>	<b>03:56:13.85</b>	+01:52:43 (47.7%)	8:08	7.4 (52.5%)
162	<b>KURZAWA Adam</b>	<b>3215</b>	TIGRES DEL PAPA	Open M	119		<b>03:56:58.05</b>	<b>03:56:58.05</b>	+01:53:28 (47.9%)	8:10	7.3 (51.8%)
163	<b>MASZCZYK Andrzej</b>	<b>3245</b>		Open M	120		<b>03:57:21.20</b>	<b>03:57:21.20</b>	+01:53:51 (48.0%)	8:11	7.3 (51.8%)
164	<b>JAGODZIŃSKI Hubert</b>	<b>3135</b>	DZIK KOMANDO	Open M	121		<b>03:57:25.90</b>	<b>03:57:25.90</b>	+01:53:56 (48.0%)	8:11	7.3 (51.8%)
165	<b>PUCHAŁA Mariusz</b>	<b>3308</b>	NAPRZÓD MŁOCINY	Open M	122		<b>03:57:33.35</b>	<b>03:57:33.35</b>	+01:54:03 (48.0%)	8:11	7.3 (51.8%)
166	<b>RAPACZ Mariusz</b>	<b>3314</b>	MPK-ŁÓDŹ	Open M	123		<b>03:57:34.60</b>	<b>03:57:34.60</b>	+01:54:04 (48.0%)	8:11	7.3 (51.8%)
167	<b>ZACHWIEJA Katarzyna</b>	<b>3442</b>		Open K	44		<b>03:57:36.35</b>	<b>03:57:36.35</b>	+01:54:06 (48.0%)	8:11	7.3 (51.8%)
168	<b>TOKARSKI Rafał</b>	<b>3393</b>		Open M	124		<b>03:57:39.05</b>	<b>03:57:39.05</b>	+01:54:09 (48.0%)	8:11	7.3 (51.8%)
169	<b>TOKARSKA Bożena</b>	<b>3392</b>	#ADAMCZERWIŃSKITEAM	Open K	45		<b>03:57:39.10</b>	<b>03:57:39.10</b>	+01:54:09 (48.0%)	8:11	7.3 (51.8%)
170	<b>PRZYBYŁO Piotr</b>	<b>3305</b>	MTU	Open M	125		<b>03:57:43.50</b>	<b>03:57:43.50</b>	+01:54:13 (48.0%)	8:11	7.3 (51.8%)
171	<b>CHMIEL-PRZYBYŁO Justyna</b>	<b>3045</b>		Open K	46		<b>03:58:13.25</b>	<b>03:58:13.25</b>	+01:54:43 (48.2%)	8:12	7.3 (51.8%)
172	<b>KACZMAREK Adam</b>	<b>3149</b>		Open M	126		<b>03:58:16.10</b>	<b>03:58:16.10</b>	+01:54:46 (48.2%)	8:12	7.3 (51.8%)
173	<b>RUSSYAN Magdalena</b>	<b>3327</b>	ORANGE POLSKA	Open K	47		<b>03:58:18.15</b>	<b>03:58:18.15</b>	+01:54:48 (48.2%)	8:13	7.3 (51.8%)
174	<b>KORYCIŃSKA Izabela</b>	<b>3179</b>		Open K	48		<b>03:58:20.60</b>	<b>03:58:20.60</b>	+01:54:50 (48.2%)	8:13	7.3 (51.8%)
175	<b>JAROSZ-PIWOŃSKA Aldona</b>	<b>3141</b>	KS PEGAZ	Open K	49		<b>03:58:31.90</b>	<b>03:58:31.90</b>	+01:55:02 (48.2%)	8:13	7.3 (51.8%)
176	<b>CIBORSKA Agnieszka</b>	<b>3053</b>	NAPRZÓD MŁOCINY	Open K	50		<b>03:58:32.85</b>	<b>03:58:32.85</b>	+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	<b>KSIĄŻYK Paweł</b>	<b>3206</b>		Open M	127		<b>03:58:36.20</b>	<b>03:58:36.20</b>	+01:55:06 (48.2%)	8:13	7.3 (51.8%)
178	<b>SOCHACKI Marek</b>	<b>3352</b>		Open M	128		<b>03:58:50.70</b>	<b>03:58:50.70</b>	+01:55:20 (48.3%)	8:14	7.3 (51.8%)
179	<b>KIFNER Hubert</b>	<b>3162</b>	BIEGIEM PO WINO	Open M	129		<b>03:58:52.70</b>	<b>03:58:52.70</b>	+01:55:22 (48.3%)	8:14	7.3 (51.8%)
180	<b>NOWAK Anna</b>	<b>3263</b>	DZIWOLUDY	Open K	51		<b>03:59:20.65</b>	<b>03:59:20.65</b>	+01:55:50 (48.4%)	8:15	7.3 (51.8%)
181	<b>JAGODZIŃSKI Marcin</b>	<b>3136</b>		Open M	130		<b>03:59:26.70</b>	<b>03:59:26.70</b>	+01:55:56 (48.4%)	8:15	7.3 (51.8%)
182	<b>DWORZAŃSKA Ewa</b>	<b>3082</b>	ZATKAŁOKAKAŁO	Open K	52		<b>03:59:29.45</b>	<b>03:59:29.45</b>	+01:55:59 (48.4%)	8:15	7.3 (51.8%)
183	<b>BIEDROŃ Artur</b>	<b>3023</b>	STRANGERS	Open M	131		<b>03:59:30.45</b>	<b>03:59:30.45</b>	+01:56:00 (48.4%)	8:15	7.3 (51.8%)
184	<b>MICHALSKI Przemek</b>	<b>3248</b>		Open M	132		<b>03:59:33.35</b>	<b>03:59:33.35</b>	+01:56:03 (48.4%)	8:15	7.3 (51.8%)
185	<b>KRASKOWSKA Ewelina</b>	<b>3197</b>	MAZOVIA PROACTIV	Open K	53		<b>03:59:33.80</b>	<b>03:59:33.80</b>	+01:56:03 (48.4%)	8:15	7.3 (51.8%)
186	<b>SOCHAJ-MACHERZYŃSKA Anna</b>	<b>3353</b>	MAŁA ANIA DZIELNIE BIEGA	Open K	54		<b>03:59:50.80</b>	<b>03:59:50.80</b>	+01:56:20 (48.5%)	8:16	7.3 (51.8%)
187	<b>STARZYŃSKA Marta</b>	<b>3361</b>	PERFECT RUNNER LUBLIN	Open K	55		<b>03:59:52.95</b>	<b>03:59:52.95</b>	+01:56:23 (48.5%)	8:16	7.3 (51.8%)
188	<b>HANSZ Donat</b>	<b>3126</b>	NETBOX BIEGA	Open M	133		<b>03:59:56.90</b>	<b>03:59:56.90</b>	+01:56:27 (48.5%)	8:16	7.3 (51.8%)
189	<b>SMOLARCZYK Grzegorz</b>	<b>3349</b>		Open M	134		<b>04:00:04.85</b>	<b>04:00:04.85</b>	+01:56:34 (48.6%)	8:16	7.2 (51.1%)
190	<b>RADLIŃSKA Monika</b>	<b>3310</b>		Open K	56		<b>04:01:03.55</b>	<b>04:01:03.55</b>	+01:57:33 (48.8%)	8:18	7.2 (51.1%)
191	<b>RAMA Andrzej</b>	<b>3313</b>	TATOKUPA	Open M	135		<b>04:01:21.70</b>	<b>04:01:21.70</b>	+01:57:51 (48.8%)	8:19	7.2 (51.1%)
192	<b>RZYMOWSKA Krystyna</b>	<b>3331</b>		Open K	57		<b>04:01:50.35</b>	<b>04:01:50.35</b>	+01:58:20 (48.9%)	8:20	7.2 (51.1%)
193	<b>DYBCZYNSKI Jan</b>	<b>3084</b>		Open M	136		<b>04:01:50.40</b>	<b>04:01:50.40</b>	+01:58:20 (48.9%)	8:20	7.2 (51.1%)
194	<b>SIEDZIŃSKI Sławomir</b>	<b>3339</b>	8A.PL	Open M	137		<b>04:02:07.45</b>	<b>04:02:07.45</b>	+01:58:37 (49.0%)	8:20	7.2 (51.1%)
195	<b>SZULC Edyta</b>	<b>3384</b>		Open K	58		<b>04:02:20.90</b>	<b>04:02:20.90</b>	+01:58:51 (49.0%)	8:21	7.2 (51.1%)
196	<b>DROZD Piotr</b>	<b>3080</b>	EP-HEART-TEAM	Open M	138		<b>04:02:36.50</b>	<b>04:02:36.50</b>	+01:59:06 (49.1%)	8:21	7.2 (51.1%)
197	<b>PRESNAL-ZMYŚŁOWSKA Agnieszka</b>	<b>3303</b>	DZIWOLUDY	Open K	59		<b>04:02:38.45</b>	<b>04:02:38.45</b>	+01:59:08 (49.1%)	8:22	7.2 (51.1%)
198	<b>WRÓBLEWSKA Dorota</b>	<b>3433</b>	BBL GDAŃSK	Open K	60		<b>04:02:39.95</b>	<b>04:02:39.95</b>	+01:59:10 (49.1%)	8:22	7.2 (51.1%)
199	<b>BABICKA Sylwia</b>	<b>3010</b>		Open K	61		<b>04:02:44.65</b>	<b>04:02:44.65</b>	+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	<b>BARCZENTEWICZ Przemysław</b>	<b>3017</b>		Open M	139		<b>04:03:02.50</b>	<b>04:03:02.50</b>	+01:59:32 (49.2%)	8:22	7.2 (51.1%)
201	<b>ŁUĆ Łukasz</b>	<b>3230</b>		Open M	140		<b>04:03:12.90</b>	<b>04:03:12.90</b>	+01:59:43 (49.2%)	8:23	7.2 (51.1%)
202	<b>ŁUĆ Katarzyna</b>	<b>3229</b>		Open K	62		<b>04:03:13.20</b>	<b>04:03:13.20</b>	+01:59:43 (49.2%)	8:23	7.2 (51.1%)
203	<b>RUPIŃSKI Maciej</b>	<b>3324</b>	RUPIŃSCY TEAM	Open M	141		<b>04:03:30.65</b>	<b>04:03:30.65</b>	+02:00:00 (49.3%)	8:23	7.1 (50.4%)
204	<b>NIWIŃSKI Krzysztof</b>	<b>3261</b>		Open M	142		<b>04:03:38.10</b>	<b>04:03:38.10</b>	+02:00:08 (49.3%)	8:24	7.1 (50.4%)
205	<b>WŁODARCZYK Michał</b>	<b>3421</b>	GRUZJA TEAM	Open M	143		<b>04:03:38.25</b>	<b>04:03:38.25</b>	+02:00:08 (49.3%)	8:24	7.1 (50.4%)
206	<b>MAJEWSKI Jacek</b>	<b>3235</b>		Open M	144		<b>04:03:57.35</b>	<b>04:03:57.35</b>	+02:00:27 (49.4%)	8:24	7.1 (50.4%)
207	<b>BRODZIAK Arkadiusz</b>	<b>3034</b>		Open M	145		<b>04:04:12.90</b>	<b>04:04:12.90</b>	+02:00:43 (49.4%)	8:25	7.1 (50.4%)
208	<b>ŻARSKA Izabela</b>	<b>3468</b>	FUDU&CO. SPORT TEAM	Open K	63		<b>04:04:17.10</b>	<b>04:04:17.10</b>	+02:00:47 (49.4%)	8:25	7.1 (50.4%)
209	<b>ADAMCZYK Aneta</b>	<b>3004</b>	GIRLS POWER	Open K	64		<b>04:04:20.75</b>	<b>04:04:20.75</b>	+02:00:50 (49.5%)	8:25	7.1 (50.4%)
210	<b>ZIAJKO Zuzanna</b>	<b>3457</b>		Open K	65		<b>04:04:34.35</b>	<b>04:04:34.35</b>	+02:01:04 (49.5%)	8:26	7.1 (50.4%)
211	<b>STOLARSKI Łukasz</b>	<b>3371</b>		Open M	146		<b>04:04:35.25</b>	<b>04:04:35.25</b>	+02:01:05 (49.5%)	8:26	7.1 (50.4%)
212	<b>CHORBIŃSKI Krystian</b>	<b>3047</b>		Open M	147		<b>04:04:40.20</b>	<b>04:04:40.20</b>	+02:01:10 (49.5%)	8:26	7.1 (50.4%)
213	<b>PELCZAR Jakub</b>	<b>3278</b>	MINISTERSTWO ZDROWIA	Open M	148		<b>04:04:40.35</b>	<b>04:04:40.35</b>	+02:01:10 (49.5%)	8:26	7.1 (50.4%)
214	<b>FOTYGA Agnieszka</b>	<b>3092</b>	OSTROBIEC	Open K	66		<b>04:05:21.05</b>	<b>04:05:21.05</b>	+02:01:51 (49.7%)	8:27	7.1 (50.4%)
215	<b>JASIŃSKI Bartłomiej</b>	<b>3144</b>		Open M	149		<b>04:05:32.30</b>	<b>04:05:32.30</b>	+02:02:02 (49.7%)	8:28	7.1 (50.4%)
216	<b>JASIŃSKA Elżbieta</b>	<b>3143</b>		Open K	67		<b>04:05:32.60</b>	<b>04:05:32.60</b>	+02:02:02 (49.7%)	8:28	7.1 (50.4%)
217	<b>NICKE Piotr</b>	<b>3259</b>		Open M	150		<b>04:06:17.00</b>	<b>04:06:17.00</b>	+02:02:47 (49.9%)	8:29	7.1 (50.4%)
218	<b>STAWSKA-KISIAŁA Natalia</b>	<b>3367</b>	LACHO TEAM	Open K	68		<b>04:06:19.65</b>	<b>04:06:19.65</b>	+02:02:49 (49.9%)	8:29	7.1 (50.4%)
219	<b>KŁUSEK Bogdan</b>	<b>3167</b>		Open M	151		<b>04:06:40.55</b>	<b>04:06:40.55</b>	+02:03:10 (49.9%)	8:30	7.1 (50.4%)
220	<b>KOCUREK Natalia</b>	<b>3170</b>	X-TEAM SPECIAL FORCES	Open K	69		<b>04:07:04.70</b>	<b>04:07:04.70</b>	+02:03:34 (50.0%)	8:31	7 (49.6%)
221	<b>SZCZERBA Michał</b>	<b>3378</b>		Open M	152		<b>04:07:10.00</b>	<b>04:07:10.00</b>	+02:03:40 (50.0%)	8:31	7 (49.6%)
222	<b>JANKOWSKI Gracjan</b>	<b>3139</b>	NON-STOP DOGWEAR	Open M	153		<b>04:07:16.35</b>	<b>04:07:16.35</b>	+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	<b>MILEWSKA Beata</b>	<b>3252</b>	NON-STOP DOGWEAR	Open K	70		<b>04:07:16.75</b>	<b>04:07:16.75</b>	+02:03:46 (50.1%)	8:31	7 (49.6%)
224	<b>CZACHOWSKI Michal</b>	<b>3060</b>		Open M	154		<b>04:07:59.95</b>	<b>04:07:59.95</b>	+02:04:30 (50.2%)	8:33	7 (49.6%)
225	<b>ZIMEK Dominika</b>	<b>3460</b>		Open K	71		<b>04:08:25.65</b>	<b>04:08:25.65</b>	+02:04:55 (50.3%)	8:33	7 (49.6%)
226	<b>MAĆKOWIAK-RYDZYŃSKA Anna</b>	<b>3234</b>		Open K	72		<b>04:08:32.80</b>	<b>04:08:32.80</b>	+02:05:02 (50.3%)	8:34	7 (49.6%)
227	<b>BINIAŚ PASTUSIAK Anna</b>	<b>3026</b>		Open K	73		<b>04:08:34.70</b>	<b>04:08:34.70</b>	+02:05:04 (50.3%)	8:34	7 (49.6%)
228	<b>MALINA-PACHACZ Małgorzata</b>	<b>3239</b>		Open K	74		<b>04:08:50.55</b>	<b>04:08:50.55</b>	+02:05:20 (50.4%)	8:34	7 (49.6%)
229	<b>PAPROCKA Marta</b>	<b>3276</b>		Open K	75		<b>04:08:50.60</b>	<b>04:08:50.60</b>	+02:05:20 (50.4%)	8:34	7 (49.6%)
230	<b>PITURA Eliza</b>	<b>3291</b>	LUBELSKA GRUPA TRIATHLONU	Open K	76		<b>04:09:18.35</b>	<b>04:09:18.35</b>	+02:05:48 (50.5%)	8:35	7 (49.6%)
231	<b>FERČÍKOVÁ Veronika</b>	<b>3089</b>		Open K	77		<b>04:09:44.60</b>	<b>04:09:44.60</b>	+02:06:14 (50.5%)	8:36	7 (49.6%)
232	<b>DRANKA-BOJAROWSKA Daria</b>	<b>3077</b>		Open K	78		<b>04:10:07.75</b>	<b>04:10:07.75</b>	+02:06:37 (50.6%)	8:37	7 (49.6%)
232	<b>BOJAROWSKI Marcin</b>	<b>3029</b>		Open M	155		<b>04:10:07.75</b>	<b>04:10:07.75</b>	+02:06:37 (50.6%)	8:37	7 (49.6%)
234	<b>ZAPAŚNIK Michał</b>	<b>3454</b>	BIEGIEM PO WINO	Open M	156		<b>04:10:10.60</b>	<b>04:10:10.60</b>	+02:06:40 (50.6%)	8:37	7 (49.6%)
235	<b>RUSEK Jolanta</b>	<b>3326</b>	ZABIEGANI MIELEC	Open K	79		<b>04:10:10.80</b>	<b>04:10:10.80</b>	+02:06:40 (50.6%)	8:37	7 (49.6%)
236	<b>GRZEBULSKA Barbara</b>	<b>3117</b>	DZIKIE ŻYCIE RUNTEAM	Open K	80		<b>04:10:22.85</b>	<b>04:10:22.85</b>	+02:06:52 (50.7%)	8:38	6.9 (48.9%)
237	<b>SĘDZIK Jacek</b>	<b>3338</b>		Open M	157		<b>04:11:07.70</b>	<b>04:11:07.70</b>	+02:07:37 (50.8%)	8:39	6.9 (48.9%)
238	<b>SZEPIELAK Dawid</b>	<b>3380</b>	BIEGANIE SZYDERCÓW	Open M	158		<b>04:11:13.25</b>	<b>04:11:13.25</b>	+02:07:43 (50.8%)	8:39	6.9 (48.9%)
239	<b>KRYJAK Tomasz</b>	<b>3201</b>		Open M	159		<b>04:11:33.20</b>	<b>04:11:33.20</b>	+02:08:03 (50.9%)	8:40	6.9 (48.9%)
240	<b>RZESZOT Łukasz</b>	<b>3330</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ. WKURW_TEAM	Open M	160		<b>04:11:53.25</b>	<b>04:11:53.25</b>	+02:08:23 (51.0%)	8:41	6.9 (48.9%)
241	<b>MASŁOWSKA Aleksandra</b>	<b>3243</b>		Open K	81		<b>04:12:01.80</b>	<b>04:12:01.80</b>	+02:08:31 (51.0%)	8:41	6.9 (48.9%)
242	<b>RUPIŃSKA Agnieszka</b>	<b>3322</b>	RUPINSCY TEAM	Open K	82		<b>04:13:31.45</b>	<b>04:13:31.45</b>	+02:10:01 (51.3%)	8:44	6.9 (48.9%)
243	<b>OCHREMIAK Aleksandra</b>	<b>3269</b>	MOKOBIEGACZE	Open K	83		<b>04:13:36.95</b>	<b>04:13:36.95</b>	+02:10:07 (51.3%)	8:44	6.9 (48.9%)
244	<b>PERKOWSKI Maciej</b>	<b>3283</b>	BIEGANIE SZYDERCÓW	Open M	161		<b>04:13:42.10</b>	<b>04:13:42.10</b>	+02:10:12 (51.3%)	8:44	6.9 (48.9%)
245	<b>KOZŁOWSKA-SAWICKA Małgorzata</b>	<b>3193</b>	KONDYCJA PIASECZNO	Open K	84		<b>04:13:45.90</b>	<b>04:13:45.90</b>	+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	<b>WZOREK Klaudia</b>	<b>3438</b>		Open K	85		<b>04:13:57.80</b>	<b>04:13:57.80</b>	+02:10:27 (51.4%)	8:45	6.9 (48.9%)
247	<b>SZCZYPEK Jacek</b>	<b>3379</b>		Open M	162		<b>04:14:03.35</b>	<b>04:14:03.35</b>	+02:10:33 (51.4%)	8:45	6.8 (48.2%)
248	<b>KOZERA Cyprian Aleksander</b>	<b>3190</b>	TEMPEHUYE	Open M	163		<b>04:14:27.70</b>	<b>04:14:27.70</b>	+02:10:57 (51.5%)	8:46	6.8 (48.2%)
249	<b>LE FELIC Monika</b>	<b>3222</b>	ADIDAS RUNNERS WARSAW	Open K	86		<b>04:14:57.95</b>	<b>04:14:57.95</b>	+02:11:28 (51.6%)	8:47	6.8 (48.2%)
250	<b>DOŁŻYCKI Mirosław</b>	<b>3074</b>	ŻBIK-KOMAŃCZA	Open M	164		<b>04:16:08.50</b>	<b>04:16:08.50</b>	+02:12:38 (51.8%)	8:49	6.8 (48.2%)
251	<b>ZAJDEL Anna</b>	<b>3448</b>		Open K	87		<b>04:16:35.00</b>	<b>04:16:35.00</b>	+02:13:05 (51.9%)	8:50	6.8 (48.2%)
252	<b>CIBOROWSKA Katarzyna</b>	<b>3052</b>	SPEED JASŁO	Open K	88		<b>04:17:34.40</b>	<b>04:17:34.40</b>	+02:14:04 (52.1%)	8:52	6.8 (48.2%)
253	<b>WÓDKIEWICZ Maciej</b>	<b>3429</b>	MACIEJÓWKA BIEGA	Open M	165		<b>04:17:59.40</b>	<b>04:17:59.40</b>	+02:14:29 (52.1%)	8:53	6.7 (47.5%)
254	<b>NOSEK Zuzanna</b>	<b>3262</b>	NOSKI	Open K	89		<b>04:18:11.40</b>	<b>04:18:11.40</b>	+02:14:41 (52.2%)	8:54	6.7 (47.5%)
255	<b>TROCHANOWSKA Katarzyna</b>	<b>3400</b>	RUSYN LEM	Open K	90		<b>04:19:12.75</b>	<b>04:19:12.75</b>	+02:15:42 (52.4%)	8:56	6.7 (47.5%)
256	<b>WIJAS Robert Wijas</b>	<b>3415</b>	TRAINING LAB	Open M	166		<b>04:19:14.00</b>	<b>04:19:14.00</b>	+02:15:44 (52.4%)	8:56	6.7 (47.5%)
257	<b>DREWIEŃKOWSKI Jarosław</b>	<b>3079</b>	MULTIFLORA	Open M	167		<b>04:19:22.10</b>	<b>04:19:22.10</b>	+02:15:52 (52.4%)	8:56	6.7 (47.5%)
258	<b>WIĘSEK Ewelina</b>	<b>3414</b>	PKO BANK POLSKI	Open K	91		<b>04:19:34.90</b>	<b>04:19:34.90</b>	+02:16:05 (52.4%)	8:57	6.7 (47.5%)
259	<b>BOJANOWSKI Jakub</b>	<b>3028</b>	DELOITTE ADVENTURE TEAM	Open M	168		<b>04:19:48.35</b>	<b>04:19:48.35</b>	+02:16:18 (52.5%)	8:57	6.7 (47.5%)
260	<b>BOJANOWSKI Filip</b>	<b>3027</b>		Open M	169		<b>04:19:48.40</b>	<b>04:19:48.40</b>	+02:16:18 (52.5%)	8:57	6.7 (47.5%)
261	<b>PODYMNIAK Leszek</b>	<b>3295</b>	STREET RUN RADOM	Open M	170		<b>04:20:41.90</b>	<b>04:20:41.90</b>	+02:17:12 (52.6%)	8:59	6.7 (47.5%)
262	<b>WASILEWSKA Monika</b>	<b>3408</b>		Open K	92		<b>04:20:49.90</b>	<b>04:20:49.90</b>	+02:17:20 (52.7%)	8:59	6.7 (47.5%)
263	<b>ZACIEK Małgorzata</b>	<b>3444</b>		Open K	93		<b>04:20:54.45</b>	<b>04:20:54.45</b>	+02:17:24 (52.7%)	8:59	6.7 (47.5%)
264	<b>DIKTA Anna</b>	<b>3070</b>	ZABIEGANI / 23. BAZA LOTNICTWA TAKTYCZNEGO	Open K	94		<b>04:20:54.55</b>	<b>04:20:54.55</b>	+02:17:24 (52.7%)	8:59	6.7 (47.5%)
265	<b>DIKTA Dawid</b>	<b>3071</b>		Open M	171		<b>04:20:55.10</b>	<b>04:20:55.10</b>	+02:17:25 (52.7%)	8:59	6.7 (47.5%)
266	<b>ZABOROWSKA Aleksandra</b>	<b>3441</b>		Open K	95		<b>04:21:51.85</b>	<b>04:21:51.85</b>	+02:18:21 (52.8%)	9:01	6.6 (46.8%)
267	<b>KWIECIEŃ Konrad</b>	<b>3218</b>		Open M	172		<b>04:22:33.15</b>	<b>04:22:33.15</b>	+02:19:03 (53.0%)	9:03	6.6 (46.8%)
268	<b>BRODAWKA Olga</b>	<b>3033</b>		Open K	96		<b>04:22:38.10</b>	<b>04:22:38.10</b>	+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	<b>GRABOWSKA Kornelia</b>	<b>3111</b>		Open K	97		<b>04:22:42.60</b>	<b>04:22:42.60</b>	+02:19:12 (53.0%)	9:03	6.6 (46.8%)
270	<b>GRYCZ Michał</b>	<b>3115</b>		Open M	173		<b>04:24:25.10</b>	<b>04:24:25.10</b>	+02:20:55 (53.3%)	9:07	6.6 (46.8%)
271	<b>TYRKA Aleksandra</b>	<b>3403</b>		Open K	98		<b>04:24:25.95</b>	<b>04:24:25.95</b>	+02:20:56 (53.3%)	9:07	6.6 (46.8%)
272	<b>RUPNIEWSKA Daria</b>	<b>3325</b>		Open K	99		<b>04:25:19.50</b>	<b>04:25:19.50</b>	+02:21:49 (53.5%)	9:08	6.6 (46.8%)
273	<b>STASZEWSKI Paweł</b>	<b>3364</b>	BARTOSZ GORCZYCA TEAM	Open M	174		<b>04:27:00.05</b>	<b>04:27:00.05</b>	+02:23:30 (53.7%)	9:12	6.5 (46.1%)
274	<b>STASZEWSKA Edyta</b>	<b>3363</b>	BARTOSZ GORCZYCA TEAM	Open K	100		<b>04:27:00.30</b>	<b>04:27:00.30</b>	+02:23:30 (53.7%)	9:12	6.5 (46.1%)
275	<b>CHWILA Bartosz</b>	<b>3050</b>	RUN 4 FUN	Open M	175		<b>04:27:02.90</b>	<b>04:27:02.90</b>	+02:23:33 (53.8%)	9:12	6.5 (46.1%)
276	<b>DĄBROWSKI Marcin</b>	<b>3069</b>	KWIATY U WIOLI TEAM	Open M	176		<b>04:27:17.80</b>	<b>04:27:17.80</b>	+02:23:47 (53.8%)	9:13	6.5 (46.1%)
277	<b>FALKOWSKI Dawid</b>	<b>3088</b>		Open M	177		<b>04:27:19.30</b>	<b>04:27:19.30</b>	+02:23:49 (53.8%)	9:13	6.5 (46.1%)
278	<b>BALON Marcin</b>	<b>3014</b>	VOLUME TRADING	Open M	178		<b>04:27:22.60</b>	<b>04:27:22.60</b>	+02:23:52 (53.8%)	9:13	6.5 (46.1%)
279	<b>LAZAROWICZ Piotr</b>	<b>3221</b>	FERMENT	Open M	179		<b>04:27:46.85</b>	<b>04:27:46.85</b>	+02:24:16 (53.9%)	9:14	6.5 (46.1%)
280	<b>DYRAK Anna</b>	<b>3086</b>		Open K	101		<b>04:27:57.45</b>	<b>04:27:57.45</b>	+02:24:27 (53.9%)	9:14	6.5 (46.1%)
281	<b>DOMARECKA Izabela</b>	<b>3076</b>	EVERUN PACAKI	Open K	102		<b>04:28:07.55</b>	<b>04:28:07.55</b>	+02:24:37 (53.9%)	9:14	6.5 (46.1%)
282	<b>KOŹBA Agnieszka</b>	<b>3194</b>	EVERRUN	Open K	103		<b>04:28:07.60</b>	<b>04:28:07.60</b>	+02:24:37 (53.9%)	9:14	6.5 (46.1%)
283	<b>JEDLIŃSKI Kamil</b>	<b>3146</b>		Open M	180		<b>04:28:20.70</b>	<b>04:28:20.70</b>	+02:24:50 (54.0%)	9:15	6.5 (46.1%)
284	<b>KRZYŻOSIAK Jan</b>	<b>3205</b>		Open M	181		<b>04:29:27.45</b>	<b>04:29:27.45</b>	+02:25:57 (54.2%)	9:17	6.5 (46.1%)
285	<b>CIEPIELA Jakub</b>	<b>3055</b>		Open M	182		<b>04:30:15.65</b>	<b>04:30:15.65</b>	+02:26:45 (54.3%)	9:19	6.4 (45.4%)
286	<b>ZYCH Anna</b>	<b>3464</b>		Open K	104		<b>04:30:29.55</b>	<b>04:30:29.55</b>	+02:26:59 (54.3%)	9:19	6.4 (45.4%)
287	<b>KRAJEWSKA-PALUCH Ewa</b>	<b>3195</b>		Open K	105		<b>04:33:43.50</b>	<b>04:33:43.50</b>	+02:30:13 (54.9%)	9:26	6.4 (45.4%)
288	<b>KIJEWSKA-RAJ Karolina</b>	<b>3163</b>		Open K	106		<b>04:36:07.30</b>	<b>04:36:07.30</b>	+02:32:37 (55.3%)	9:31	6.3 (44.7%)
289	<b>BAREŁKOWSKA Katarzyna</b>	<b>3019</b>	NIGHT RUNNERS	Open K	107		<b>04:36:11.60</b>	<b>04:36:11.60</b>	+02:32:41 (55.3%)	9:31	6.3 (44.7%)
290	<b>DĄBROWSKI Paweł</b>	<b>3068</b>	NIGHT RUNNERS	Open M	183		<b>04:36:11.65</b>	<b>04:36:11.65</b>	+02:32:41 (55.3%)	9:31	6.3 (44.7%)
291	<b>JACHYMSKA Zofia</b>	<b>3133</b>		Open K	108		<b>04:36:45.00</b>	<b>04:36:45.00</b>	+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	<b>KURDZIEL Tomasz</b>	<b>3213</b>		Open M	184		<b>04:38:28.35</b>	<b>04:38:28.35</b>	+02:34:58 (55.7%)	9:36	6.2 (44.0%)
293	<b>ZAWISZA Beata</b>	<b>3455</b>	WATAHA	Open K	109		<b>04:38:45.80</b>	<b>04:38:45.80</b>	+02:35:15 (55.7%)	9:36	6.2 (44.0%)
294	<b>ZYGO Dorota</b>	<b>3466</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	Open K	110		<b>04:38:52.60</b>	<b>04:38:52.60</b>	+02:35:22 (55.7%)	9:36	6.2 (44.0%)
295	<b>PLEWIK Monika</b>	<b>3294</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	Open K	111		<b>04:38:52.80</b>	<b>04:38:52.80</b>	+02:35:22 (55.7%)	9:36	6.2 (44.0%)
296	<b>PRZECH-FUS Agnieszka</b>	<b>3304</b>	WW TEAM	Open K	112		<b>04:39:00.85</b>	<b>04:39:00.85</b>	+02:35:30 (55.7%)	9:37	6.2 (44.0%)
297	<b>ZIELENKIEWICZ Agnieszka</b>	<b>3458</b>	NOA	Open K	113		<b>04:39:03.70</b>	<b>04:39:03.70</b>	+02:35:33 (55.7%)	9:37	6.2 (44.0%)
298	<b>CHWILA Iwona</b>	<b>3049</b>	RUN 4 FUN	Open K	114		<b>04:39:20.75</b>	<b>04:39:20.75</b>	+02:35:50 (55.8%)	9:37	6.2 (44.0%)
299	<b>CHWILA Tomasz</b>	<b>3051</b>	RUN 4 FUN	Open M	185		<b>04:39:20.85</b>	<b>04:39:20.85</b>	+02:35:50 (55.8%)	9:37	6.2 (44.0%)
300	<b>MIERZEJEWSKA Aleksandra</b>	<b>3249</b>	TRAINING LAB	Open K	115		<b>04:39:41.10</b>	<b>04:39:41.10</b>	+02:36:11 (55.8%)	9:38	6.2 (44.0%)
301	<b>KUCOWSKA Anna</b>	<b>3207</b>	TRAINING LAB	Open K	116		<b>04:39:41.15</b>	<b>04:39:41.15</b>	+02:36:11 (55.8%)	9:38	6.2 (44.0%)
302	<b>JASEK Wioletta</b>	<b>3142</b>	WATAHA	Open K	117		<b>04:39:44.30</b>	<b>04:39:44.30</b>	+02:36:14 (55.9%)	9:38	6.2 (44.0%)
303	<b>MALEC Basia</b>	<b>3238</b>		Open K	118		<b>04:39:49.00</b>	<b>04:39:49.00</b>	+02:36:19 (55.9%)	9:38	6.2 (44.0%)
304	<b>KOTULA Jakub</b>	<b>3184</b>		Open M	186		<b>04:40:24.75</b>	<b>04:40:24.75</b>	+02:36:54 (56.0%)	9:40	6.2 (44.0%)
305	<b>SADOWIŃSKA Adriana</b>	<b>3332</b>	NOWA HUTA TEAM/WKURW_TEAM	Open K	119		<b>04:40:45.10</b>	<b>04:40:45.10</b>	+02:37:15 (56.0%)	9:40	6.2 (44.0%)
306	<b>PEPLIŃSKI Piotr</b>	<b>3282</b>	ŁEBA MORS POLAND	Open M	187		<b>04:40:47.25</b>	<b>04:40:47.25</b>	+02:37:17 (56.0%)	9:40	6.2 (44.0%)
307	<b>PEPLIŃSKA Iwona</b>	<b>3281</b>	ŁEBA MORS POLAND	Open K	120		<b>04:40:47.50</b>	<b>04:40:47.50</b>	+02:37:17 (56.0%)	9:40	6.2 (44.0%)
308	<b>FUS Jacek</b>	<b>3095</b>		Open M	188		<b>04:40:52.10</b>	<b>04:40:52.10</b>	+02:37:22 (56.0%)	9:41	6.2 (44.0%)
309	<b>BIDNIK Jakub</b>	<b>3022</b>		Open M	189		<b>04:40:56.25</b>	<b>04:40:56.25</b>	+02:37:26 (56.0%)	9:41	6.2 (44.0%)
310	<b>ZAINCIKOVSKAIA-WÓJCIK Inna</b>	<b>3446</b>	NIE MAM POMYSŁU	Open K	121		<b>04:41:01.50</b>	<b>04:41:01.50</b>	+02:37:31 (56.1%)	9:41	6.2 (44.0%)
311	<b>GORCZYCA Wawrzyniec</b>	<b>3105</b>	DORSUM	Open M	190		<b>04:41:46.25</b>	<b>04:41:46.25</b>	+02:38:16 (56.2%)	9:42	6.2 (44.0%)
312	<b>GONCERZEWICZ Marek</b>	<b>3103</b>	BASSET ROLLING TEAM	Open M	191		<b>04:42:17.15</b>	<b>04:42:17.15</b>	+02:38:47 (56.3%)	9:44	6.2 (44.0%)
313	<b>BIAŁOKOS Anna</b>	<b>3021</b>	EUROCASH	Open K	122		<b>04:42:34.60</b>	<b>04:42:34.60</b>	+02:39:04 (56.3%)	9:44	6.2 (44.0%)
314	<b>PERKOWSKI Tomasz</b>	<b>3284</b>	EUROCASH	Open M	192		<b>04:42:34.80</b>	<b>04:42:34.80</b>	+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	<b>BAJUSZ Orsolya</b>	<b>3012</b>	RUNLOVERS	Open K	123		<b>04:43:17.25</b>	<b>04:43:17.25</b>	+02:39:47 (56.4%)	9:46	6.1 (43.3%)
316	<b>AOUTIN Mathieu</b>	<b>3007</b>		Open M	193		<b>04:44:53.15</b>	<b>04:44:53.15</b>	+02:41:23 (56.6%)	9:49	6.1 (43.3%)
317	<b>MARIUSZ Sornat</b>	<b>3241</b>		Open M	194		<b>04:44:54.00</b>	<b>04:44:54.00</b>	+02:41:24 (56.7%)	9:49	6.1 (43.3%)
318	<b>GRZEGORZ Kowalik</b>	<b>3118</b>	RUNOWO RANGERS - GENERALI	Open M	195		<b>04:45:32.00</b>	<b>04:45:32.00</b>	+02:42:02 (56.7%)	9:50	6.1 (43.3%)
319	<b>DZIUBASZEWSKA Ewa</b>	<b>3087</b>		Open K	124		<b>04:46:11.15</b>	<b>04:46:11.15</b>	+02:42:41 (56.8%)	9:52	6.1 (43.3%)
320	<b>OTOROWSKA Aleksandra</b>	<b>3273</b>		Open K	125		<b>04:46:16.70</b>	<b>04:46:16.70</b>	+02:42:46 (56.9%)	9:52	6.1 (43.3%)
321	<b>SERWATKA Angelika</b>	<b>3337</b>	WATAHA	Open K	126		<b>04:46:39.75</b>	<b>04:46:39.75</b>	+02:43:09 (56.9%)	9:53	6.1 (43.3%)
322	<b>PIECHOTA Daniel</b>	<b>3286</b>		Open M	196		<b>04:46:40.25</b>	<b>04:46:40.25</b>	+02:43:10 (56.9%)	9:53	6.1 (43.3%)
323	<b>DRATWICKA Agnieszka</b>	<b>3078</b>	12TRI.PL	Open K	127		<b>04:47:59.50</b>	<b>04:47:59.50</b>	+02:44:29 (57.1%)	9:55	6 (42.6%)
324	<b>KOŁODZIEJ Alicja</b>	<b>3172</b>		Open K	128		<b>04:49:10.10</b>	<b>04:49:10.10</b>	+02:45:40 (57.3%)	9:58	6 (42.6%)
325	<b>POLSKI Dariusz</b>	<b>3298</b>	LUBLIN BIEGA	Open M	197		<b>04:49:41.60</b>	<b>04:49:41.60</b>	+02:46:11 (57.4%)	9:59	6 (42.6%)
326	<b>TELEON-POLSKA Marlena</b>	<b>3391</b>	LUBELSKA GRUPA TRIATHLONU	Open K	129		<b>04:49:44.05</b>	<b>04:49:44.05</b>	+02:46:14 (57.4%)	9:59	6 (42.6%)
327	<b>LEWICKA Bożena</b>	<b>3225</b>	GONIMY	Open K	130		<b>04:49:44.50</b>	<b>04:49:44.50</b>	+02:46:14 (57.4%)	9:59	6 (42.6%)
327	<b>POLSKA Bożena</b>	<b>3297</b>	LUBLIN BIEGA	Open K	130		<b>04:49:44.50</b>	<b>04:49:44.50</b>	+02:46:14 (57.4%)	9:59	6 (42.6%)
329	<b>ZAŁUCKA Agnieszka</b>	<b>3452</b>		Open K	132		<b>04:50:17.30</b>	<b>04:50:17.30</b>	+02:46:47 (57.5%)	10:00	6 (42.6%)
330	<b>URBAŃCZYK Ewa</b>	<b>3405</b>		Open K	133		<b>04:50:22.55</b>	<b>04:50:22.55</b>	+02:46:52 (57.5%)	10:00	6 (42.6%)
331	<b>SKÓRKA Magdalena</b>	<b>3344</b>		Open K	134		<b>04:50:31.80</b>	<b>04:50:31.80</b>	+02:47:01 (57.5%)	10:01	6 (42.6%)
332	<b>KRÓLIKOWSKA Katarzyna</b>	<b>3199</b>		Open K	135		<b>04:52:52.40</b>	<b>04:52:52.40</b>	+02:49:22 (57.8%)	10:05	5.9 (41.8%)
333	<b>ROZWANDOWICZ Maciej</b>	<b>3319</b>		Open M	198		<b>04:58:30.30</b>	<b>04:58:30.30</b>	+02:55:00 (58.6%)	10:17	5.8 (41.1%)
<b>Przekroczony limit czasu: 05:00:00</b>											
334	<b>STREICH Tomasz</b>	<b>3372</b>		Open M	199		<b>05:00:41.65</b>	<b>05:00:41.65</b>	+02:57:11 (58.9%)	10:22	5.8 (41.1%)
335	<b>KOŁODZIEJ Małgorzata</b>	<b>3174</b>		Open K	136		<b>05:02:08.40</b>	<b>05:02:08.40</b>	+02:58:38 (59.1%)	10:25	5.8 (41.1%)
335	<b>ZABŁOCKA Anna</b>	<b>3439</b>	LUBELSKA GRUPA TRIATHLONU	Open K	136		<b>05:02:08.40</b>	<b>05:02:08.40</b>	+02:58:38 (59.1%)	10:25	5.8 (41.1%)
337	<b>HILLER Jerzy</b>	<b>3130</b>	LUBELSKA GRUPA TRIATHLONU	Open M	200		<b>05:02:44.50</b>	<b>05:02:44.50</b>	+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	<b>KOWALSKA Gabriela</b>	<b>3186</b>	BIEGAJĄCY ŚWIDNIK	Open K	138		<b>05:08:48.75</b>	<b>05:08:48.75</b>	+03:05:18 (60.0%)	10:38	5.6 (39.7%)
339	<b>MOLCZYK Mariola</b>	<b>3255</b>		Open K	139		<b>05:43:58.55</b>	<b>05:43:58.55</b>	+03:40:28 (64.1%)	11:51	5.1 (36.2%)
340	<b>LECHONCZAK Monika</b>	<b>3223</b>		Open K	140		<b>05:44:01.85</b>	<b>05:44:01.85</b>	+03:40:31 (64.1%)	11:51	5.1 (36.2%)
341	<b>PIETRASZEK Ewa</b>	<b>3287</b>	WATAHA	Open K	141		<b>05:44:03.40</b>	<b>05:44:03.40</b>	+03:40:33 (64.1%)	11:51	5.1 (36.2%)
342	<b>SITARSKA Agnieszka</b>	<b>3343</b>	WATAHA	Open K	142		<b>05:44:03.50</b>	<b>05:44:03.50</b>	+03:40:33 (64.1%)	11:51	5.1 (36.2%)
343	<b>WOŹNIAK Anna</b>	<b>3427</b>	WATAHA	Open K	143		<b>05:52:32.15</b>	<b>05:52:32.15</b>	+03:49:02 (65.0%)	12:09	4.9 (34.8%)
344	<b>GORCZYCA Zofia</b>	<b>3104</b>	DORSUM	Open K	144		<b>06:02:58.80</b>	<b>06:02:58.80</b>	+03:59:28 (66.0%)	12:30	4.8 (34.0%)

Znaleziono 344 wynik(ów)