



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

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

# ŁEMKOWYNA ULTRA-TRAIL® 48

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
1	<b>KOBOS Tomasz</b>	<b>2474</b>	METODA FELDENKRAISA	Open M	1	01:23:40		<b>03:47:40.65</b>	<b>03:47:49.90</b>		4:46	12.6 (100%)
2	<b>PIECH Kacper</b>	<b>2002</b>	ASICS FRONTRUNNER POLAND/ETAPOWA TRIADA	Open M	2	01:23:05		<b>03:53:00.95</b>	<b>03:53:10.10</b>	+00:05:20 (2.3%)	4:53	12.3 (97.6%)
3	<b>BRYSZ Michał</b>	<b>2048</b>		Open M	3	01:32:55		<b>04:25:25.90</b>	<b>04:25:35.35</b>	+00:37:45 (14.2%)	5:33	10.8 (85.7%)
4	<b>KWIATKOWSKI Michael</b>	<b>2220</b>		Open M	4	01:36:57		<b>04:31:22.60</b>	<b>04:31:32.15</b>	+00:43:42 (16.1%)	5:41	10.5 (83.3%)
5	<b>WĄCHAŁA Łukasz</b>	<b>2431</b>		Open M	5	01:35:32		<b>04:34:37.95</b>	<b>04:34:47.60</b>	+00:46:57 (17.1%)	5:45	10.4 (82.5%)
6	<b>KESLER Anna</b>	<b>2173</b>	WALNIĘTA Z KOPYTA STARE LUBIEJEWO	Open K	1	01:42:30		<b>04:34:48.45</b>	<b>04:35:00.75</b>	+00:47:10 (17.2%)	5:45	10.4 (82.5%)
7	<b>GOMOLIŃSKA Danuta</b>	<b>2003</b>	GUMISIE	Open K	2	01:42:18		<b>04:35:32.65</b>	<b>04:36:08.55</b>	+00:48:18 (17.5%)	5:46	10.4 (82.5%)
8	<b>ZUBIN Mateusz</b>	<b>2466</b>		Open M	6	01:36:47		<b>04:36:33.95</b>	<b>04:36:47.25</b>	+00:48:57 (17.7%)	5:47	10.3 (81.7%)
9	<b>PRZEWOŹNY Dariusz</b>	<b>2334</b>	KB OŻARÓW MAZOWIECKI BIEGA	Open M	7	01:41:28		<b>04:38:21.35</b>	<b>04:38:32.30</b>	+00:50:42 (18.2%)	5:50	10.3 (81.7%)
10	<b>LYE Ian</b>	<b>2235</b>	RABBIT/SALOMON SINGAPORE	Open M	8	01:45:17		<b>04:47:20.80</b>	<b>04:47:36.15</b>	+00:59:46 (20.8%)	6:01	10 (79.4%)
11	<b>MAKOCKI Michał</b>	<b>2253</b>		Open M	9	01:44:20		<b>04:48:32.45</b>	<b>04:48:44.00</b>	+01:00:54 (21.1%)	6:02	9.9 (78.6%)
12	<b>POPIEL Andrzej</b>	<b>2329</b>	POPSMART.PL	Open M	10	01:42:06		<b>04:48:56.45</b>	<b>04:49:10.60</b>	+01:01:20 (21.2%)	6:03	9.9 (78.6%)
13	<b>KRENZEL Regina</b>	<b>2201</b>		Open K	3	01:49:35		<b>04:49:05.55</b>	<b>04:49:25.95</b>	+01:01:36 (21.3%)	6:03	9.9 (78.6%)
14	<b>STACH Paweł</b>	<b>2382</b>	#AMBASDORZYFB	Open M	11	01:42:56		<b>04:53:23.50</b>	<b>04:53:34.90</b>	+01:05:45 (22.4%)	6:09	9.8 (77.8%)
15	<b>TROCHANOWSKI Krystian</b>	<b>2419</b>	RUSYN-LEM	Open M	12	01:44:55		<b>04:54:47.95</b>	<b>04:55:01.80</b>	+01:07:11 (22.8%)	6:10	9.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 47.7km	brutto 47.7km			
16	<b>JADACH Michał</b>	<b>2147</b>	MEXICANA CHODEL	Open M	13	01:37:34		<b>04:55:31.30</b>	<b>04:55:41.45</b>	+01:07:51 (22.9%)	6:11	9.7 (77.0%)
17	<b>NIEZGODA Marcin</b>	<b>2282</b>	KKB MOSIR KROSNO	Open M	14	01:38:48		<b>04:55:42.10</b>	<b>04:55:51.45</b>	+01:08:01 (23.0%)	6:11	9.7 (77.0%)
18	<b>BOGDAŁ Andrzej</b>	<b>2042</b>	NO LIMITS TRAIL	Open M	15	01:42:17		<b>04:55:58.05</b>	<b>04:56:22.90</b>	+01:08:33 (23.1%)	6:12	9.7 (77.0%)
19	<b>TRZEMŻALSKI Maciej</b>	<b>2421</b>		Open M	16	01:44:44		<b>04:57:00.25</b>	<b>04:57:16.55</b>	+01:09:26 (23.4%)	6:13	9.6 (76.2%)
20	<b>KĄCKA Anna</b>	<b>2001</b>	BUFF TEAM POLAND	Open K	4	01:43:01		<b>04:57:56.50</b>	<b>04:58:06.85</b>	+01:10:16 (23.6%)	6:14	9.6 (76.2%)
21	<b>GRABOWSKI Mateusz</b>	<b>2128</b>	RAWKI TEAM	Open M	17	01:42:24		<b>04:58:42.50</b>	<b>04:59:16.55</b>	+01:11:26 (23.9%)	6:15	9.6 (76.2%)
22	<b>SARKA Bartłomiej</b>	<b>2355</b>		Open M	18	01:50:21		<b>04:59:10.80</b>	<b>04:59:58.30</b>	+01:12:08 (24.0%)	6:16	9.6 (76.2%)
23	<b>KOTYRBA Tomasz</b>	<b>2193</b>		Open M	19	01:47:28		<b>04:59:53.35</b>	<b>05:00:10.25</b>	+01:12:20 (24.1%)	6:17	9.5 (75.4%)
24	<b>STAŃCO Paweł</b>	<b>2384</b>	PRZEDWOJEWSKI MOUNTAIN TEAM	Open M	20	01:39:37		<b>05:01:40.20</b>	<b>05:01:51.90</b>	+01:14:02 (24.5%)	6:19	9.5 (75.4%)
25	<b>BRUS Marcin</b>	<b>2047</b>		Open M	21	01:47:09		<b>05:01:38.85</b>	<b>05:02:06.05</b>	+01:14:16 (24.6%)	6:19	9.5 (75.4%)
26	<b>KOSTKA Janusz</b>	<b>2189</b>	POSMAKUJ RUN TEAM	Open M	22	01:41:40		<b>05:01:52.25</b>	<b>05:02:22.15</b>	+01:14:32 (24.7%)	6:19	9.5 (75.4%)
27	<b>FURTEK Iwona</b>	<b>2101</b>		Open K	5	01:49:33		<b>05:02:06.45</b>	<b>05:02:22.20</b>	+01:14:32 (24.7%)	6:20	9.5 (75.4%)
28	<b>PATROWICZ Maciej</b>	<b>2311</b>	MOCNI W DUCHU - ZABIEGANI	Open M	23	01:53:18		<b>05:02:36.20</b>	<b>05:02:36.20</b>	+01:14:46 (24.7%)	6:20	9.5 (75.4%)
29	<b>UMANA Diego</b>	<b>2424</b>	CENTRUM REHABILITACJI FUNKCJONALNEJ SOWA	Open M	24	01:42:37		<b>05:03:53.80</b>	<b>05:04:32.80</b>	+01:16:42 (25.2%)	6:22	9.4 (74.6%)
30	<b>MATYSIAK Tomasz</b>	<b>2261</b>		Open M	25	01:45:20		<b>05:05:16.45</b>	<b>05:05:26.95</b>	+01:17:37 (25.4%)	6:23	9.4 (74.6%)
31	<b>BARANOWSKI Andrzej</b>	<b>2017</b>	TRIWAWA	Open M	26	01:45:30		<b>05:05:27.10</b>	<b>05:05:27.10</b>	+01:17:37 (25.4%)	6:24	9.4 (74.6%)
32	<b>KITLAS Rafał</b>	<b>2178</b>	DREAM RUN	Open M	27	01:48:28		<b>05:06:25.65</b>	<b>05:06:49.80</b>	+01:18:59 (25.7%)	6:25	9.3 (73.8%)
33	<b>TRZCINKA Michał</b>	<b>2420</b>	SUPER TEAM	Open M	28	01:42:55		<b>05:09:28.05</b>	<b>05:09:28.05</b>	+01:21:38 (26.4%)	6:29	9.2 (73.0%)
34	<b>JACHYMSKI Krzysztof</b>	<b>2146</b>	VEGE RUNNERS	Open M	29	01:52:11		<b>05:14:40.45</b>	<b>05:15:09.95</b>	+01:27:20 (27.7%)	6:35	9.1 (72.2%)
35	<b>LABEDZKA Agata</b>	<b>2222</b>	E.L.ITE RUNNER TEAM	Open K	6	01:55:44		<b>05:17:39.50</b>	<b>05:17:39.50</b>	+01:29:49 (28.3%)	6:39	9 (71.4%)
36	<b>OTEVRELOVA Kristyna</b>	<b>2004</b>	COLUMBIA MONTRAIL	Open K	7	01:55:13		<b>05:18:27.55</b>	<b>05:18:43.90</b>	+01:30:54 (28.5%)	6:40	9 (71.4%)
37	<b>JASIULEWICZ Anna</b>	<b>2157</b>	BIAŁYSTOK BIEGA TEAM	Open K	8	01:51:55		<b>05:19:34.65</b>	<b>05:19:46.80</b>	+01:31:56 (28.8%)	6:41	9 (71.4%)
38	<b>DOLCZEWSKI Dariusz</b>	<b>2075</b>		Open M	30	01:54:39		<b>05:20:20.20</b>	<b>05:20:40.05</b>	+01:32:50 (29.0%)	6:42	8.9 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 47.7km	brutto 47.7km			
39	LATOSZEK Rafal	2225	CTS	Open M	31	01:52:58		05:20:46.30	05:20:57.50	+01:33:07 (29.0%)	6:43	8.9 (70.6%)
40	KREŻAŁEK Marcin	2202		Open M	32	01:51:38		05:20:34.50	05:21:04.55	+01:33:14 (29.0%)	6:43	8.9 (70.6%)
41	SZCZESZEK Łukasz	2394		Open M	33	01:54:55		05:21:12.75	05:21:27.95	+01:33:38 (29.1%)	6:44	8.9 (70.6%)
42	KUNZ Tomasz	2210		Open M	34	01:54:48		05:22:43.95	05:23:27.30	+01:35:37 (29.6%)	6:45	8.9 (70.6%)
43	JANUSZEWSKI Maciej	2153		Open M	35	01:58:42		05:23:20.85	05:24:06.10	+01:36:16 (29.7%)	6:46	8.9 (70.6%)
44	CHEŁKOWSKI Adam	2055	OLGA I ANETA	Open M	36	01:54:53		05:23:11.35	05:24:12.90	+01:36:23 (29.7%)	6:46	8.9 (70.6%)
45	ZYCH Zbigniew	2467	TRIATHLON LUBLIN TEAM	Open M	37	01:55:49		05:24:13.35	05:24:40.70	+01:36:50 (29.8%)	6:47	8.8 (69.8%)
46	KURASZKIEWICZ Robert	2211		Open M	38	01:57:07		05:24:34.35	05:24:48.95	+01:36:59 (29.9%)	6:48	8.8 (69.8%)
47	GARCZYŃSKI Darek	2107		Open M	39	01:54:55		05:25:45.00	05:26:01.05	+01:38:11 (30.1%)	6:49	8.8 (69.8%)
48	RESPONDEK Marcin	2345	LECYMY DURŚ	Open M	40	01:51:41		05:25:51.10	05:26:11.05	+01:38:21 (30.2%)	6:49	8.8 (69.8%)
49	ŚWIST Joanna	2473	ROYAL RUNNERS TEAM	Open K	9	02:03:03		05:26:45.75	05:27:02.95	+01:39:13 (30.3%)	6:51	8.8 (69.8%)
50	WITOWSKI Wiktor	2440		Open M	41	01:58:00		05:26:25.60	05:27:29.30	+01:39:39 (30.4%)	6:50	8.8 (69.8%)
51	MIRSKI Maciej	2272		Open M	42	01:55:30		05:27:46.05	05:28:04.00	+01:40:14 (30.6%)	6:52	8.7 (69.0%)
52	GRZYB Kazimierz	2131	LOS PANTALONES ROJOS	Open M	43	01:59:59		05:29:19.25	05:29:50.85	+01:42:00 (30.9%)	6:54	8.7 (69.0%)
52	FLAGA Iwona	2091	LOS PANTALONES ROJOS	Open K	10	01:59:59		05:29:18.65	05:29:50.85	+01:42:00 (30.9%)	6:54	8.7 (69.0%)
54	LESIAK Tomasz	2227		Open M	44	01:52:11		05:29:51.15	05:30:04.25	+01:42:14 (31.0%)	6:54	8.7 (69.0%)
55	STRAŚ Jarek	2390		Open M	45	01:57:32		05:29:33.55	05:30:18.00	+01:42:28 (31.0%)	6:54	8.7 (69.0%)
56	MATYJASZCZYK Kamil	2260	LUBELSKI WĘGIEL BOGDANKA	Open M	46	01:45:25		05:30:48.60	05:31:01.60	+01:43:11 (31.2%)	6:56	8.7 (69.0%)
57	CZARNACKA Karolina	2068	LUBELSKIE STOWARZYSZENIE BIEGOWE	Open K	11	01:58:59		05:30:34.10	05:31:01.80	+01:43:11 (31.2%)	6:55	8.7 (69.0%)
58	KORCZYK Jakub	2187	CZASEM NA ASFALCIE	Open M	47	01:53:41		05:31:25.00	05:31:48.05	+01:43:58 (31.3%)	6:56	8.6 (68.3%)
59	SMOLIŃSKI Rafał	2371	GUMISIE	Open M	48	01:55:07		05:32:09.85	05:32:46.50	+01:44:56 (31.5%)	6:57	8.6 (68.3%)
60	PRYŚKO-GROBELNA Małgorzata	2333	PRZYTULNA TEAM	Open K	12	01:57:02		05:33:19.85	05:33:32.75	+01:45:42 (31.7%)	6:59	8.6 (68.3%)
61	NIEPSUJ Maciej	2281		Open M	49	01:55:17		05:34:04.50	05:34:16.10	+01:46:26 (31.8%)	7:00	8.6 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
62	<b>TKACZ Jarek</b>	<b>2411</b>		Open M	50	01:57:53		<b>05:33:50.85</b>	<b>05:34:19.10</b>	+01:46:29 (31.9%)	6:59	8.6 (68.3%)
63	<b>WIERCIŃSKI Łukasz</b>	<b>2436</b>	TRIGGER TRIATHLON	Open M	51	01:56:45		<b>05:36:09.10</b>	<b>05:36:35.55</b>	+01:48:45 (32.3%)	7:02	8.5 (67.5%)
64	<b>SEWERYN Grzegorz</b>	<b>2361</b>	KUZNIA BIEGOWA	Open M	52	01:49:30		<b>05:36:35.90</b>	<b>05:36:55.65</b>	+01:49:05 (32.4%)	7:03	8.5 (67.5%)
65	<b>ASŁANOWICZ Marcin</b>	<b>2009</b>		Open M	53	01:55:18		<b>05:37:40.20</b>	<b>05:37:50.75</b>	+01:50:00 (32.6%)	7:04	8.5 (67.5%)
66	<b>GABRYEL Piotr</b>	<b>2102</b>		Open M	54	02:07:17		<b>05:38:56.20</b>	<b>05:39:54.10</b>	+01:52:04 (33.0%)	7:06	8.4 (66.7%)
67	<b>WÓJCIK Jacek</b>	<b>2450</b>		Open M	55	02:03:04		<b>05:40:06.80</b>	<b>05:40:16.65</b>	+01:52:26 (33.0%)	7:07	8.4 (66.7%)
68	<b>WAŚKOWSKI Zygmunt</b>	<b>2429</b>	KB UE POZNAŃ	Open M	56	01:52:10		<b>05:40:49.45</b>	<b>05:41:01.75</b>	+01:53:11 (33.2%)	7:08	8.4 (66.7%)
69	<b>MACIOŁ Sebastian</b>	<b>2244</b>	TTA BIERUŃ	Open M	57	01:55:48		<b>05:41:16.00</b>	<b>05:41:26.55</b>	+01:53:36 (33.3%)	7:09	8.4 (66.7%)
70	<b>ORKWISZEWSKA Aleksandra</b>	<b>2292</b>	SCARPA TEAM POLSKA	Open K	13	01:50:55		<b>05:41:16.35</b>	<b>05:41:26.70</b>	+01:53:36 (33.3%)	7:09	8.4 (66.7%)
71	<b>MACHUL Ewa</b>	<b>2243</b>	DREAM RUN	Open K	14	01:58:52		<b>05:41:06.75</b>	<b>05:41:32.35</b>	+01:53:42 (33.3%)	7:09	8.4 (66.7%)
72	<b>RZEMIŃSKI Jacek</b>	<b>2352</b>		Open M	58	02:01:09		<b>05:42:47.15</b>	<b>05:42:58.25</b>	+01:55:08 (33.6%)	7:11	8.3 (65.9%)
73	<b>JAKUBOWSKI Piotr</b>	<b>2148</b>		Open M	59	02:01:51		<b>05:42:58.70</b>	<b>05:43:28.60</b>	+01:55:38 (33.7%)	7:11	8.3 (65.9%)
74	<b>PERENC Michał</b>	<b>2316</b>	HUSARIA RACE TEAM	Open M	60	01:59:31		<b>05:43:52.40</b>	<b>05:44:05.65</b>	+01:56:15 (33.8%)	7:12	8.3 (65.9%)
75	<b>HOŁÓWKA Sławomir</b>	<b>2143</b>		Open M	61	01:58:21		<b>05:44:22.65</b>	<b>05:44:39.05</b>	+01:56:49 (33.9%)	7:13	8.3 (65.9%)
76	<b>HOPEJ Orest</b>	<b>2144</b>		Open M	62	02:01:25		<b>05:46:23.15</b>	<b>05:46:34.75</b>	+01:58:44 (34.3%)	7:15	8.3 (65.9%)
77	<b>SKOWRON Grzegorz</b>	<b>2366</b>		Open M	63	02:03:06		<b>05:45:52.30</b>	<b>05:46:47.15</b>	+01:58:57 (34.3%)	7:15	8.3 (65.9%)
78	<b>BIEL Sebastian</b>	<b>2031</b>	BIEGANIE SZYDERCÓW	Open M	64	01:55:35		<b>05:46:22.95</b>	<b>05:46:58.10</b>	+01:59:08 (34.3%)	7:15	8.3 (65.9%)
79	<b>ROGOWSKA Anna</b>	<b>2347</b>		Open K	15	02:12:19		<b>05:46:57.00</b>	<b>05:47:25.55</b>	+01:59:35 (34.4%)	7:16	8.2 (65.1%)
80	<b>BURANDT Magdalena</b>	<b>2053</b>	DRUŻYNA WILKA/NAJMOWICZ TRIATLON	Open K	16	02:02:47		<b>05:47:30.80</b>	<b>05:47:44.55</b>	+01:59:54 (34.5%)	7:17	8.2 (65.1%)
81	<b>PASZEK Tomasz</b>	<b>2310</b>	PRZEŁĘCZ DUKLA	Open M	65	02:02:02		<b>05:48:16.80</b>	<b>05:48:38.95</b>	+02:00:49 (34.7%)	7:18	8.2 (65.1%)
82	<b>KOWALCZYK Robert</b>	<b>2194</b>	ŁĘCZNA BIEGA	Open M	66	02:05:04		<b>05:48:35.15</b>	<b>05:49:12.25</b>	+02:01:22 (34.8%)	7:18	8.2 (65.1%)
83	<b>SUSKA Łukasz</b>	<b>2393</b>		Open M	67	01:55:50		<b>05:49:18.15</b>	<b>05:49:28.10</b>	+02:01:38 (34.8%)	7:19	8.2 (65.1%)
84	<b>ŁAKOMY Tomasz</b>	<b>2237</b>	DACZA TURYSTY I BIEGACZA ZAKOPANE	Open M	68	01:45:40		<b>05:49:54.85</b>	<b>05:50:06.10</b>	+02:02:16 (34.9%)	7:20	8.2 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
85	<b>CZYRNIA Martin</b>	<b>2069</b>	MAFIA TEAM LUBLINIEC	Open M	69	01:40:26		<b>05:50:37.65</b>	<b>05:50:50.30</b>	+02:03:00 (35.1%)	7:21	8.2 (65.1%)
86	<b>BOGDAŃSKA Katarzyna</b>	<b>2043</b>	SMASHING PAPKINS	Open K	17	02:11:13		<b>05:50:39.05</b>	<b>05:51:20.60</b>	+02:03:30 (35.2%)	7:21	8.2 (65.1%)
87	<b>KICIŃSKA Zuzanna</b>	<b>2175</b>		Open K	18	02:02:06		<b>05:51:31.80</b>	<b>05:51:55.45</b>	+02:04:05 (35.3%)	7:22	8.1 (64.3%)
88	<b>PŁÓCIENNICZAK Jakub</b>	<b>2326</b>	DREAM RUN	Open M	70	02:00:20		<b>05:51:46.50</b>	<b>05:52:12.10</b>	+02:04:22 (35.3%)	7:22	8.1 (64.3%)
89	<b>GAWLIK Marcin</b>	<b>2110</b>	MKS SIECHNICE	Open M	71	01:58:14		<b>05:52:10.05</b>	<b>05:52:49.95</b>	+02:05:00 (35.4%)	7:22	8.1 (64.3%)
90	<b>KALISZUK Przemysław</b>	<b>2170</b>	CF CZECHÓW	Open M	72	02:01:06		<b>05:52:20.30</b>	<b>05:52:52.55</b>	+02:05:02 (35.4%)	7:23	8.1 (64.3%)
91	<b>DADEJ Paweł</b>	<b>2070</b>		Open M	73	02:02:59		<b>05:52:17.05</b>	<b>05:52:58.20</b>	+02:05:08 (35.5%)	7:23	8.1 (64.3%)
92	<b>MOSTOWSKI Artur</b>	<b>2277</b>	FUROIUS WOLVES	Open M	74	02:05:58		<b>05:53:35.65</b>	<b>05:53:54.70</b>	+02:06:04 (35.6%)	7:24	8.1 (64.3%)
93	<b>MICHALCZYK Tomasz</b>	<b>2269</b>	NAPRZÓD MŁOCINY	Open M	75	02:05:57		<b>05:53:35.70</b>	<b>05:53:55.35</b>	+02:06:05 (35.6%)	7:24	8.1 (64.3%)
94	<b>DZIERŻAK Elżbieta</b>	<b>2083</b>	HUSARIA RACE TEAM	Open K	19	02:11:35		<b>05:53:37.95</b>	<b>05:54:04.10</b>	+02:06:14 (35.7%)	7:24	8.1 (64.3%)
95	<b>OSMOLAK Agnieszka</b>	<b>2294</b>	PRO-RUN WROCŁAW	Open K	20	02:16:46		<b>05:53:31.05</b>	<b>05:54:26.20</b>	+02:06:36 (35.7%)	7:24	8.1 (64.3%)
96	<b>PYTKA Konrad</b>	<b>2339</b>	NAPRZÓD MŁOCINY	Open M	76	02:05:55		<b>05:54:23.70</b>	<b>05:54:44.35</b>	+02:06:54 (35.8%)	7:25	8.1 (64.3%)
97	<b>ROJECKI Mateusz</b>	<b>2348</b>		Open M	77	02:03:00		<b>05:55:03.60</b>	<b>05:55:44.80</b>	+02:07:54 (36.0%)	7:26	8.1 (64.3%)
98	<b>KACZOREK Marcin</b>	<b>2167</b>		Open M	78	02:00:23		<b>05:56:13.95</b>	<b>05:56:26.55</b>	+02:08:36 (36.1%)	7:28	8 (63.5%)
99	<b>BĄKOWSKI Rafał</b>	<b>2023</b>		Open M	79	02:15:44		<b>05:55:49.60</b>	<b>05:56:34.95</b>	+02:08:45 (36.1%)	7:27	8 (63.5%)
100	<b>SOCHACKI Grzegorz</b>	<b>2374</b>		Open M	80	01:58:45		<b>05:57:19.15</b>	<b>05:58:03.95</b>	+02:10:14 (36.4%)	7:29	8 (63.5%)
101	<b>STRZELCZYK Wiktor</b>	<b>2391</b>	HUSARIA RACE TEAM	Open M	81	02:11:36		<b>05:58:13.75</b>	<b>05:58:41.25</b>	+02:10:51 (36.5%)	7:30	8 (63.5%)
102	<b>SADZIK Dariusz</b>	<b>2354</b>	GRUPALUKTRANS.PL	Open M	82	02:10:16		<b>05:58:32.65</b>	<b>05:58:47.50</b>	+02:10:57 (36.5%)	7:31	8 (63.5%)
103	<b>GAWRON Jakub</b>	<b>2111</b>		Open M	83	02:02:53		<b>05:58:44.45</b>	<b>05:59:16.05</b>	+02:11:26 (36.6%)	7:31	8 (63.5%)
104	<b>FRANKIEWICZ Andrzej</b>	<b>2095</b>		Open M	84	02:05:07		<b>05:59:18.20</b>	<b>05:59:48.75</b>	+02:11:58 (36.7%)	7:31	8 (63.5%)
105	<b>ZIOBRO Jerzy</b>	<b>2463</b>		Open M	85	02:02:38		<b>06:01:49.05</b>	<b>06:02:06.60</b>	+02:14:16 (37.1%)	7:35	7.9 (62.7%)
106	<b>KRYSTJAŃCZUK Karol</b>	<b>2204</b>	ŁĘCZNA BIEGA	Open M	86	02:04:10		<b>06:02:56.60</b>	<b>06:03:33.60</b>	+02:15:43 (37.3%)	7:36	7.9 (62.7%)
107	<b>WITKOWSKI Tomasz</b>	<b>2439</b>		Open M	87	02:00:45		<b>06:03:14.05</b>	<b>06:03:35.30</b>	+02:15:45 (37.3%)	7:36	7.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
108	<b>CYGANIK Kajetan</b>	<b>2065</b>	JUVERUN	Open M	88	02:02:12		<b>06:02:57.70</b>	<b>06:03:35.80</b>	+02:15:45 (37.3%)	7:36	7.9 (62.7%)
109	<b>BALON Piotr</b>	<b>2013</b>	BAKOMAT	Open M	89	02:03:52		<b>06:04:27.90</b>	<b>06:04:54.45</b>	+02:17:04 (37.6%)	7:38	7.9 (62.7%)
110	<b>LIS Tomasz</b>	<b>2231</b>	MCBIEGACZE	Open M	90	02:11:38		<b>06:04:49.05</b>	<b>06:05:33.20</b>	+02:17:43 (37.7%)	7:38	7.8 (61.9%)
111	<b>HETMANCZYK Jakub</b>	<b>2142</b>		Open M	91	02:01:12		<b>06:06:50.35</b>	<b>06:07:12.35</b>	+02:19:22 (38.0%)	7:41	7.8 (61.9%)
112	<b>RZEPKOWSKA Mirosława</b>	<b>2353</b>		Open K	21	02:09:16		<b>06:06:51.95</b>	<b>06:07:13.15</b>	+02:19:23 (38.0%)	7:41	7.8 (61.9%)
113	<b>POLSKI Adrian</b>	<b>2328</b>	LUBELSKA GRUPA TRIATHLONU	Open M	92	02:00:42		<b>06:06:59.20</b>	<b>06:07:55.35</b>	+02:20:05 (38.1%)	7:41	7.8 (61.9%)
114	<b>PROSOWIECKA - SMAK Katarzyna</b>	<b>2332</b>		Open K	22	02:11:15		<b>06:07:43.75</b>	<b>06:07:58.20</b>	+02:20:08 (38.1%)	7:42	7.8 (61.9%)
115	<b>KIEWISZ Adam</b>	<b>2176</b>	SĄ WOLNIEJSI	Open M	93	02:02:32		<b>06:07:31.50</b>	<b>06:07:59.15</b>	+02:20:09 (38.1%)	7:42	7.8 (61.9%)
116	<b>BAŁCHAN Krzysztof</b>	<b>2015</b>	CPR RZESZÓW	Open M	94	02:04:13		<b>06:07:32.65</b>	<b>06:08:18.00</b>	+02:20:28 (38.1%)	7:42	7.8 (61.9%)
117	<b>BUJNOWSKI Rafał</b>	<b>2052</b>		Open M	95	02:04:41		<b>06:07:46.50</b>	<b>06:08:37.05</b>	+02:20:47 (38.2%)	7:42	7.8 (61.9%)
118	<b>STAWIŃSKI Piotr</b>	<b>2385</b>	PRO PATRIA	Open M	96	02:11:30		<b>06:08:18.00</b>	<b>06:08:43.15</b>	+02:20:53 (38.2%)	7:43	7.8 (61.9%)
119	<b>FRANEK Agata</b>	<b>2094</b>		Open K	23	02:13:29		<b>06:08:33.55</b>	<b>06:08:46.55</b>	+02:20:56 (38.2%)	7:43	7.8 (61.9%)
120	<b>HALICKI Łukasz</b>	<b>2138</b>		Open M	97	02:06:00		<b>06:08:37.25</b>	<b>06:09:01.50</b>	+02:21:11 (38.3%)	7:43	7.8 (61.9%)
121	<b>DRĄG Paweł</b>	<b>2079</b>	DECARUN RZESZÓW	Open M	98	02:12:55		<b>06:09:17.15</b>	<b>06:09:45.90</b>	+02:21:56 (38.4%)	7:44	7.8 (61.9%)
122	<b>SZYMALAK Michał</b>	<b>2400</b>		Open M	99	02:03:19		<b>06:10:12.50</b>	<b>06:10:55.45</b>	+02:23:05 (38.6%)	7:45	7.7 (61.1%)
123	<b>MARCINKIEWICZ Jerzy</b>	<b>2257</b>		Open M	100	02:15:58		<b>06:10:05.10</b>	<b>06:10:55.80</b>	+02:23:05 (38.6%)	7:45	7.7 (61.1%)
124	<b>ZABOROWSKI Kamil</b>	<b>2456</b>	NIGHT RUNNERS	Open M	101	02:13:46		<b>06:11:04.60</b>	<b>06:11:42.50</b>	+02:23:52 (38.7%)	7:46	7.7 (61.1%)
125	<b>BORSZYŃSKI Jakub</b>	<b>2045</b>	NIGHT RUNNERS	Open M	102	02:13:45		<b>06:11:05.55</b>	<b>06:11:42.95</b>	+02:23:53 (38.7%)	7:46	7.7 (61.1%)
126	<b>WYTYKOWSKA Joanna</b>	<b>2455</b>	RYSIE	Open K	24	02:15:50		<b>06:11:35.85</b>	<b>06:12:06.60</b>	+02:24:16 (38.8%)	7:47	7.7 (61.1%)
127	<b>NAZIMEK Maciej</b>	<b>2280</b>		Open M	103	01:57:17		<b>06:12:17.55</b>	<b>06:12:33.10</b>	+02:24:43 (38.8%)	7:48	7.7 (61.1%)
128	<b>SMYKOWSKI Marcin</b>	<b>2372</b>		Open M	104	02:16:15		<b>06:12:10.95</b>	<b>06:12:53.00</b>	+02:25:03 (38.9%)	7:48	7.7 (61.1%)
129	<b>PYSZ Aleksander</b>	<b>2338</b>	WARIATY	Open M	105	02:04:46		<b>06:12:18.40</b>	<b>06:12:57.35</b>	+02:25:07 (38.9%)	7:48	7.7 (61.1%)
130	<b>KOZIOŁ Artur</b>	<b>2196</b>		Open M	106	02:04:37		<b>06:12:27.00</b>	<b>06:13:15.00</b>	+02:25:25 (39.0%)	7:48	7.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
131	<b>SOBCZAK Marcin</b>	<b>2373</b>	TRIWAWA	Open M	107	02:12:07		<b>06:13:42.10</b>	<b>06:13:53.00</b>	+02:26:03 (39.1%)	7:50	7.7 (61.1%)
132	<b>MADEJ Pawel</b>	<b>2245</b>	ROCHE RUNNERS	Open M	108	02:06:11		<b>06:14:12.50</b>	<b>06:14:29.30</b>	+02:26:39 (39.2%)	7:50	7.6 (60.3%)
133	<b>BARTNIAK Kamil</b>	<b>2020</b>	NI LIMITS TRAIL	Open M	109	02:14:09		<b>06:14:35.10</b>	<b>06:15:00.90</b>	+02:27:11 (39.2%)	7:51	7.6 (60.3%)
134	<b>JANASZ Rafał</b>	<b>2149</b>	WYJAZDOWI BIEGACZE	Open M	110	02:04:22		<b>06:15:15.10</b>	<b>06:15:46.10</b>	+02:27:56 (39.4%)	7:52	7.6 (60.3%)
135	<b>DALASINSKI Andrzej</b>	<b>2071</b>	KUŹNIA TRIATHLONU	Open M	111	02:02:47		<b>06:15:15.65</b>	<b>06:15:57.95</b>	+02:28:08 (39.4%)	7:52	7.6 (60.3%)
136	<b>GAJOS Anna</b>	<b>2105</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	Open K	25	02:13:35		<b>06:16:10.40</b>	<b>06:16:38.65</b>	+02:28:48 (39.5%)	7:53	7.6 (60.3%)
137	<b>NOWAK Krzysztof</b>	<b>2283</b>		Open M	112	02:12:50		<b>06:16:14.80</b>	<b>06:16:41.55</b>	+02:28:51 (39.5%)	7:53	7.6 (60.3%)
138	<b>OGROCKA Agnieszka</b>	<b>2287</b>	ADIDAS RUNNERS WARSAW	Open K	26	02:16:12		<b>06:17:13.35</b>	<b>06:17:47.15</b>	+02:29:57 (39.7%)	7:54	7.6 (60.3%)
139	<b>LITWIŃSKI Tomasz</b>	<b>2234</b>	LECYMY DURŚ	Open M	113	02:13:41		<b>06:18:13.90</b>	<b>06:18:35.40</b>	+02:30:45 (39.8%)	7:55	7.6 (60.3%)
139	<b>SKÓRKA Tomasz</b>	<b>2367</b>		Open M	113	02:13:43		<b>06:18:13.15</b>	<b>06:18:35.40</b>	+02:30:45 (39.8%)	7:55	7.6 (60.3%)
141	<b>PAWLIKOWSKI Norbert</b>	<b>2314</b>		Open M	115	02:12:55		<b>06:18:24.60</b>	<b>06:18:42.20</b>	+02:30:52 (39.8%)	7:55	7.6 (60.3%)
142	<b>FALISZEWSKI Sebastian</b>	<b>2088</b>		Open M	116	02:14:29		<b>06:18:12.15</b>	<b>06:18:56.20</b>	+02:31:06 (39.9%)	7:55	7.6 (60.3%)
143	<b>GLIWA Aleksandra</b>	<b>2115</b>		Open K	27	02:18:10		<b>06:19:06.20</b>	<b>06:19:32.10</b>	+02:31:42 (40.0%)	7:56	7.5 (59.5%)
144	<b>WLIZŁO Paweł</b>	<b>2441</b>	MUZEUM W ELBLĄGU	Open M	117	02:10:54		<b>06:19:10.40</b>	<b>06:19:50.05</b>	+02:32:00 (40.0%)	7:56	7.5 (59.5%)
145	<b>KWINTA Anna</b>	<b>2221</b>		Open K	28	02:12:57		<b>06:19:14.90</b>	<b>06:20:08.50</b>	+02:32:18 (40.1%)	7:57	7.5 (59.5%)
146	<b>WNUK-SCARDACCIONE Agnieszka</b>	<b>2445</b>		Open K	29	02:18:12		<b>06:20:20.00</b>	<b>06:20:39.35</b>	+02:32:49 (40.1%)	7:58	7.5 (59.5%)
147	<b>POREMBSKI Leszek</b>	<b>2330</b>		Open M	118	02:06:53		<b>06:21:16.05</b>	<b>06:21:34.55</b>	+02:33:44 (40.3%)	7:59	7.5 (59.5%)
148	<b>GÓRSKI Mariusz</b>	<b>2127</b>		Open M	119	01:59:07		<b>06:22:15.50</b>	<b>06:22:28.80</b>	+02:34:38 (40.4%)	8:00	7.5 (59.5%)
149	<b>OSKWAREK Bogdan</b>	<b>2293</b>		Open M	120	02:13:32		<b>06:22:31.10</b>	<b>06:22:44.20</b>	+02:34:54 (40.5%)	8:01	7.5 (59.5%)
150	<b>GACA Maciej</b>	<b>2104</b>		Open M	121	01:57:20		<b>06:23:11.20</b>	<b>06:23:22.60</b>	+02:35:32 (40.6%)	8:01	7.5 (59.5%)
151	<b>RUDNIK Jarosław</b>	<b>2350</b>	ZABIEGANY WOŁOMIN	Open M	122	02:12:57		<b>06:24:01.85</b>	<b>06:24:19.10</b>	+02:36:29 (40.7%)	8:03	7.5 (59.5%)
152	<b>TALARCZYK-WIECZOREK Karolina</b>	<b>2408</b>		Open K	30	02:16:04		<b>06:24:12.00</b>	<b>06:24:26.20</b>	+02:36:36 (40.7%)	8:03	7.4 (58.7%)
153	<b>PALUCH Daniel</b>	<b>2303</b>		Open M	123	02:04:23		<b>06:24:20.65</b>	<b>06:24:42.00</b>	+02:36:52 (40.8%)	8:03	7.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
154	<b>KITOWSKA Anna</b>	<b>2179</b>	HUSARIA RACE TEAM	Open K	31	02:18:45		<b>06:24:20.55</b>	<b>06:24:46.00</b>	+02:36:56 (40.8%)	8:03	7.4 (58.7%)
155	<b>BOGDAŁ Adam</b>	<b>2041</b>	MIRUMEE	Open M	124	02:20:09		<b>06:24:54.65</b>	<b>06:25:37.75</b>	+02:37:47 (40.9%)	8:04	7.4 (58.7%)
156	<b>ZAWADZKA Monika</b>	<b>2458</b>	MKS SIECHNICE	Open K	32	02:17:09		<b>06:25:06.05</b>	<b>06:25:46.50</b>	+02:37:56 (40.9%)	8:04	7.4 (58.7%)
157	<b>WRONKA Artur</b>	<b>2451</b>	RADZYMIN RUN TEAM	Open M	125	02:14:26		<b>06:25:52.15</b>	<b>06:26:20.75</b>	+02:38:30 (41.0%)	8:05	7.4 (58.7%)
158	<b>TROCHANOWSKA Kamila</b>	<b>2418</b>	RUSYN-LEM	Open K	33	02:21:13		<b>06:26:21.90</b>	<b>06:26:35.25</b>	+02:38:45 (41.1%)	8:05	7.4 (58.7%)
159	<b>GARCZYŃSKA Ania</b>	<b>2106</b>		Open K	34	02:23:05		<b>06:26:35.00</b>	<b>06:27:14.85</b>	+02:39:24 (41.2%)	8:06	7.4 (58.7%)
160	<b>DWORZAŃSKI Tomasz</b>	<b>2081</b>	ZATKAŁOKAKAŁO	Open M	126	02:21:35		<b>06:26:55.50</b>	<b>06:27:38.90</b>	+02:39:49 (41.2%)	8:06	7.4 (58.7%)
161	<b>JEDLIŃSKA Agnieszka</b>	<b>2159</b>	EKSTREMALNI DECARUN	Open K	35	02:15:53		<b>06:28:07.20</b>	<b>06:28:45.55</b>	+02:40:55 (41.4%)	8:08	7.4 (58.7%)
162	<b>CHODZIŃSKI Piotr</b>	<b>2056</b>		Open M	127	02:17:30		<b>06:29:09.60</b>	<b>06:29:39.05</b>	+02:41:49 (41.5%)	8:09	7.4 (58.7%)
163	<b>SKOCZEK Cyprian</b>	<b>2365</b>		Open M	128	02:17:29		<b>06:29:09.85</b>	<b>06:29:39.80</b>	+02:41:49 (41.5%)	8:09	7.4 (58.7%)
164	<b>PRZYBYSZ Łukasz</b>	<b>2336</b>	CROSSFIT POŁUDNIE	Open M	129	02:24:25		<b>06:29:38.30</b>	<b>06:30:24.40</b>	+02:42:34 (41.6%)	8:10	7.3 (57.9%)
165	<b>ANDRZEJEWSKI Tomasz</b>	<b>2008</b>		Open M	130	02:19:04		<b>06:31:52.95</b>	<b>06:32:22.30</b>	+02:44:32 (41.9%)	8:12	7.3 (57.9%)
166	<b>JARECKA Katarzyna</b>	<b>2154</b>	ALLERGANRUNNING	Open K	36	02:18:25		<b>06:32:03.40</b>	<b>06:32:26.70</b>	+02:44:36 (41.9%)	8:13	7.3 (57.9%)
167	<b>KOZIOŁ Krzysztof</b>	<b>2197</b>	WYATT EARP	Open M	131	02:18:50		<b>06:33:05.30</b>	<b>06:33:39.95</b>	+02:45:50 (42.1%)	8:14	7.3 (57.9%)
168	<b>SZYMAŃSKI Marcin</b>	<b>2402</b>		Open M	132	02:16:56		<b>06:33:22.15</b>	<b>06:33:40.35</b>	+02:45:50 (42.1%)	8:14	7.3 (57.9%)
169	<b>ETMAŃSKI Piotr</b>	<b>2086</b>	BUNGA BUNGA	Open M	133	02:09:49		<b>06:34:00.35</b>	<b>06:34:11.60</b>	+02:46:21 (42.2%)	8:15	7.3 (57.9%)
170	<b>MICHALAK Wojciech</b>	<b>2267</b>	KTW	Open M	134	02:16:03		<b>06:33:30.20</b>	<b>06:34:11.90</b>	+02:46:22 (42.2%)	8:14	7.3 (57.9%)
171	<b>SOPEL Wiesław</b>	<b>2376</b>	AKADEMIA SPORTU	Open M	135	02:10:45		<b>06:34:57.80</b>	<b>06:35:31.25</b>	+02:47:41 (42.4%)	8:16	7.2 (57.1%)
172	<b>PILECKI Adam</b>	<b>2318</b>		Open M	136	02:24:11		<b>06:34:56.25</b>	<b>06:35:52.45</b>	+02:48:02 (42.4%)	8:16	7.2 (57.1%)
173	<b>SADEJ Marcin</b>	<b>2357</b>		Open M	137	02:24:09		<b>06:34:57.05</b>	<b>06:35:52.60</b>	+02:48:02 (42.4%)	8:16	7.2 (57.1%)
174	<b>LITKA Andrzej</b>	<b>2233</b>		Open M	138	02:19:23		<b>06:35:33.05</b>	<b>06:35:57.50</b>	+02:48:07 (42.5%)	8:17	7.2 (57.1%)
175	<b>MARCINIAK Andrzej</b>	<b>2256</b>		Open M	139	02:22:20		<b>06:35:32.75</b>	<b>06:35:57.80</b>	+02:48:07 (42.5%)	8:17	7.2 (57.1%)
176	<b>ŁODZIANA Andrzej</b>	<b>2239</b>	CROSSFIT POŁUDNIE	Open M	140	02:24:14		<b>06:35:47.05</b>	<b>06:36:33.40</b>	+02:48:43 (42.5%)	8:17	7.2 (57.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy	Wilcze	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Górne 18.7km	Budy 27.7km	netto 47.7km	brutto 47.7km			
177	<b>GRZYWACZ Krzysztof</b>	<b>2132</b>	ROCHE RUNNERS	Open M	141	02:12:40		<b>06:36:39.90</b>	<b>06:37:05.20</b>	+02:49:15 (42.6%)	8:18	7.2 (57.1%)
178	<b>TURNIAK Miłosz</b>	<b>2422</b>		Open M	142	02:10:42		<b>06:37:16.55</b>	<b>06:37:50.90</b>	+02:50:01 (42.7%)	8:19	7.2 (57.1%)
179	<b>PAWLIK-ŚLAWSKA Jadwiga</b>	<b>2315</b>	POSMAKUJ RUN TEAM	Open K	37	02:20:33		<b>06:37:27.55</b>	<b>06:37:59.65</b>	+02:50:09 (42.8%)	8:19	7.2 (57.1%)
180	<b>BOCZKOWSKA Justyna</b>	<b>2038</b>		Open K	38	02:22:01		<b>06:38:02.70</b>	<b>06:38:38.65</b>	+02:50:48 (42.8%)	8:20	7.2 (57.1%)
181	<b>AUGUST Kajetan</b>	<b>2010</b>		Open M	143	02:01:13		<b>06:39:16.65</b>	<b>06:39:38.75</b>	+02:51:48 (43.0%)	8:22	7.2 (57.1%)
182	<b>TOMCZYK Grzegorz</b>	<b>2415</b>		Open M	144	02:09:40		<b>06:35:20.20</b>	<b>06:39:47.55</b>	+02:51:57 (43.0%)	8:17	7.2 (57.1%)
183	<b>ADAMCZYK Jakub</b>	<b>2005</b>		Open M	145	02:28:50		<b>06:39:40.20</b>	<b>06:40:19.95</b>	+02:52:30 (43.1%)	8:22	7.2 (57.1%)
184	<b>GONET Grzegorz</b>	<b>2120</b>		Open M	146	02:17:41		<b>06:40:53.40</b>	<b>06:41:09.70</b>	+02:53:19 (43.2%)	8:24	7.1 (56.3%)
185	<b>BODKOWSKI Paweł</b>	<b>2039</b>		Open M	147	02:14:15		<b>06:40:38.45</b>	<b>06:41:15.40</b>	+02:53:25 (43.2%)	8:23	7.1 (56.3%)
186	<b>FURMANIAK Mateusz</b>	<b>2100</b>	HUSARIA RACE TEAM	Open M	148	02:23:08		<b>06:40:54.25</b>	<b>06:41:19.60</b>	+02:53:29 (43.2%)	8:24	7.1 (56.3%)
187	<b>KOŚKA Aleksandra</b>	<b>2190</b>	HUSARIA RACE TEAM	Open K	39	02:23:07		<b>06:40:53.30</b>	<b>06:41:19.70</b>	+02:53:29 (43.2%)	8:24	7.1 (56.3%)
188	<b>KOBYŁKA Rafał</b>	<b>2183</b>		Open M	149	02:24:37		<b>06:41:45.45</b>	<b>06:42:37.10</b>	+02:54:47 (43.4%)	8:25	7.1 (56.3%)
189	<b>NOWAK Natalia</b>	<b>2284</b>	EKIPA Z TARNOWA	Open K	40	02:17:35		<b>06:42:20.75</b>	<b>06:42:41.40</b>	+02:54:51 (43.4%)	8:26	7.1 (56.3%)
190	<b>KWAŚNIEWSKI Dominik</b>	<b>2219</b>		Open M	150	02:11:05		<b>06:42:58.05</b>	<b>06:43:16.05</b>	+02:55:26 (43.5%)	8:26	7.1 (56.3%)
191	<b>CICHOŃ Sławomir</b>	<b>2062</b>	KROSSKI	Open M	151	02:18:20		<b>06:42:59.00</b>	<b>06:43:35.20</b>	+02:55:45 (43.5%)	8:26	7.1 (56.3%)
192	<b>BERĘSEWICZ Małgorzata</b>	<b>2027</b>		Open K	41	02:18:22		<b>06:43:55.25</b>	<b>06:44:21.80</b>	+02:56:31 (43.7%)	8:28	7.1 (56.3%)
193	<b>DZIKI Maciej</b>	<b>2084</b>	FARMABRAIN RUN	Open M	152	02:20:32		<b>06:44:02.25</b>	<b>06:44:37.80</b>	+02:56:47 (43.7%)	8:28	7.1 (56.3%)
194	<b>DZIKI Marek</b>	<b>2085</b>	FARMABRAIN RUN	Open M	153	02:19:12		<b>06:44:03.50</b>	<b>06:44:38.60</b>	+02:56:48 (43.7%)	8:28	7.1 (56.3%)
195	<b>PIETRYKOWSKI Norbert</b>	<b>2317</b>		Open M	154	02:16:21		<b>06:44:31.75</b>	<b>06:45:13.45</b>	+02:57:23 (43.8%)	8:28	7.1 (56.3%)
196	<b>CYLKE Marcin</b>	<b>2066</b>		Open M	155	02:12:58		<b>06:44:44.35</b>	<b>06:45:14.50</b>	+02:57:24 (43.8%)	8:29	7.1 (56.3%)
197	<b>SAWICKI Radek</b>	<b>2356</b>	DZIKIE GRUBASY SZATANA	Open M	156	02:18:47		<b>06:45:01.80</b>	<b>06:45:22.20</b>	+02:57:32 (43.8%)	8:29	7.1 (56.3%)
197	<b>BARTOSIEWICZ Daria</b>	<b>2021</b>	DZIKIE GRUBASY SZATANA	Open K	42	02:18:47		<b>06:45:01.85</b>	<b>06:45:22.20</b>	+02:57:32 (43.8%)	8:29	7.1 (56.3%)
199	<b>HADRYŚ Grzegorz</b>	<b>2137</b>		Open M	157	02:27:41		<b>06:45:01.70</b>	<b>06:45:50.95</b>	+02:58:01 (43.9%)	8:29	7.1 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
200	<b>RAJCZONEK Rafał</b>	<b>2343</b>	NO FUTURE	Open M	158	02:15:41		<b>06:45:11.05</b>	<b>06:45:53.65</b>	+02:58:03 (43.9%)	8:29	7.1 (56.3%)
201	<b>BIELIŃSKI Tomasz</b>	<b>2032</b>		Open M	159	02:23:44		<b>06:44:56.95</b>	<b>06:46:02.20</b>	+02:58:12 (43.9%)	8:29	7.1 (56.3%)
202	<b>PASELLA Krzysztof</b>	<b>2304</b>	WATAHA ADVENTURE	Open M	160	02:24:23		<b>06:46:17.95</b>	<b>06:46:42.20</b>	+02:58:52 (44.0%)	8:31	7 (55.6%)
203	<b>PASELLA Michał</b>	<b>2306</b>	WATAHA ADVENTURE	Open M	161	02:24:23		<b>06:46:19.00</b>	<b>06:46:42.50</b>	+02:58:52 (44.0%)	8:31	7 (55.6%)
204	<b>KAŻMIERCZAK Michał</b>	<b>2172</b>		Open M	162	02:28:49		<b>06:46:28.05</b>	<b>06:47:11.25</b>	+02:59:21 (44.0%)	8:31	7 (55.6%)
205	<b>GIL Lukasz</b>	<b>2114</b>		Open M	163	02:20:00		<b>06:47:23.40</b>	<b>06:48:04.05</b>	+03:00:14 (44.2%)	8:32	7 (55.6%)
206	<b>PŁOSKONKA Andrzej</b>	<b>2325</b>		Open M	164	02:19:57		<b>06:47:24.05</b>	<b>06:48:04.40</b>	+03:00:14 (44.2%)	8:32	7 (55.6%)
207	<b>GÓRKA Radosław</b>	<b>2126</b>	WARCHOŁY RADOM	Open M	165	02:22:12		<b>06:48:44.90</b>	<b>06:49:12.90</b>	+03:01:23 (44.3%)	8:34	7 (55.6%)
208	<b>BARSZCZ Bartosz</b>	<b>2019</b>	GAMBLERS RUNNING	Open M	166	02:18:47		<b>06:48:45.90</b>	<b>06:49:13.35</b>	+03:01:23 (44.3%)	8:34	7 (55.6%)
209	<b>HABRAT Dorota</b>	<b>2135</b>	HABRAT TEAM	Open K	43	02:11:30		<b>06:48:44.70</b>	<b>06:49:15.05</b>	+03:01:25 (44.3%)	8:34	7 (55.6%)
210	<b>HABRAT Maciej</b>	<b>2136</b>	HABRAT TEAM	Open M	167	02:12:22		<b>06:48:44.75</b>	<b>06:49:15.30</b>	+03:01:25 (44.3%)	8:34	7 (55.6%)
211	<b>SZROMEK Kamil</b>	<b>2398</b>		Open M	168	02:10:14		<b>06:49:40.55</b>	<b>06:50:01.75</b>	+03:02:11 (44.4%)	8:35	7 (55.6%)
212	<b>KRZYSZTOFIK Wojciech</b>	<b>2205</b>		Open M	169	02:25:41		<b>06:49:17.10</b>	<b>06:50:11.30</b>	+03:02:21 (44.5%)	8:34	7 (55.6%)
213	<b>MADEYSKI Tomasz</b>	<b>2246</b>		Open M	170	02:25:40		<b>06:49:16.90</b>	<b>06:50:11.55</b>	+03:02:21 (44.5%)	8:34	7 (55.6%)
214	<b>KUBASIEWICZ Paweł</b>	<b>2207</b>	BEZNAPINY	Open M	171	02:24:37		<b>06:49:33.60</b>	<b>06:50:27.00</b>	+03:02:37 (44.5%)	8:35	7 (55.6%)
215	<b>MICHTA Bartłomiej</b>	<b>2270</b>		Open M	172	02:23:08		<b>06:49:43.60</b>	<b>06:50:33.25</b>	+03:02:43 (44.5%)	8:35	7 (55.6%)
216	<b>SZUSZKIEWICZ Marzena</b>	<b>2399</b>		Open K	44	02:26:00		<b>06:50:15.40</b>	<b>06:50:48.10</b>	+03:02:58 (44.5%)	8:36	7 (55.6%)
217	<b>PAUL Violetta</b>	<b>2312</b>	RMWICH	Open K	45	02:24:22		<b>06:50:10.40</b>	<b>06:50:49.35</b>	+03:02:59 (44.5%)	8:35	7 (55.6%)
218	<b>PAWLETA Michał</b>	<b>2313</b>	NIGHT RUNNERS GLIWICE	Open M	173	02:24:23		<b>06:50:13.60</b>	<b>06:50:52.85</b>	+03:03:02 (44.6%)	8:35	7 (55.6%)
219	<b>MEDUNA Zbigniew</b>	<b>2264</b>		Open M	174	02:11:32		<b>06:50:31.90</b>	<b>06:51:04.00</b>	+03:03:14 (44.6%)	8:36	7 (55.6%)
220	<b>ŚLIWA Justyna</b>	<b>2406</b>		Open K	46	02:25:28		<b>06:50:07.75</b>	<b>06:51:06.40</b>	+03:03:16 (44.6%)	8:35	7 (55.6%)
221	<b>JATA Marta</b>	<b>2158</b>	WW TEAM	Open K	47	02:26:58		<b>06:50:28.00</b>	<b>06:51:24.75</b>	+03:03:34 (44.6%)	8:36	7 (55.6%)
222	<b>BEDNARZ Anna</b>	<b>2024</b>		Open K	48	02:20:17		<b>06:51:33.55</b>	<b>06:52:17.90</b>	+03:04:28 (44.7%)	8:37	7 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
223	<b>KOT Tomasz</b>	<b>2191</b>		Open M	175	02:20:14		<b>06:51:49.45</b>	<b>06:52:22.60</b>	+03:04:32 (44.8%)	8:38	6.9 (54.8%)
224	<b>PIOTROWICZ Sławomir</b>	<b>2319</b>	DEAF	Open M	176	02:14:18		<b>06:52:30.25</b>	<b>06:53:18.10</b>	+03:05:28 (44.9%)	8:38	6.9 (54.8%)
225	<b>KOPIEC Izabela</b>	<b>2186</b>	INTER ROPE TEAM	Open K	49	02:22:35		<b>06:53:04.25</b>	<b>06:53:19.00</b>	+03:05:29 (44.9%)	8:39	6.9 (54.8%)
226	<b>KRAUSE Ania</b>	<b>2200</b>	HOLYFITNESS	Open K	50	02:29:30		<b>06:53:19.65</b>	<b>06:53:52.15</b>	+03:06:02 (45.0%)	8:39	6.9 (54.8%)
227	<b>PASTWA Janusz</b>	<b>2308</b>		Open M	177	02:16:14		<b>06:54:42.95</b>	<b>06:54:55.00</b>	+03:07:05 (45.1%)	8:41	6.9 (54.8%)
228	<b>BAŁABAN Waldemar</b>	<b>2014</b>	WALBA	Open M	178	02:38:21		<b>06:54:35.00</b>	<b>06:55:06.45</b>	+03:07:16 (45.1%)	8:41	6.9 (54.8%)
229	<b>JANISZ Michał</b>	<b>2151</b>		Open M	179	02:17:08		<b>06:54:57.70</b>	<b>06:55:14.50</b>	+03:07:24 (45.1%)	8:41	6.9 (54.8%)
230	<b>MARJAŃSKI Tomasz</b>	<b>2258</b>	KS PIDRINA	Open M	180	02:21:15		<b>06:55:11.60</b>	<b>06:56:09.20</b>	+03:08:19 (45.3%)	8:42	6.9 (54.8%)
231	<b>ŻARSKI Jarosław</b>	<b>2468</b>	FUDU&CO. SPORT TEAM	Open M	181	02:18:11		<b>06:55:53.55</b>	<b>06:56:19.75</b>	+03:08:29 (45.3%)	8:43	6.9 (54.8%)
232	<b>CHWAŁOWSKA Agnieszka</b>	<b>2060</b>	FUDU&CO. SPORT TEAM	Open K	51	02:18:13		<b>06:55:55.75</b>	<b>06:56:19.90</b>	+03:08:30 (45.3%)	8:43	6.9 (54.8%)
233	<b>FLAGA Piotr</b>	<b>2092</b>	LOS PANTALONES ROJOS	Open M	182	02:19:44		<b>06:55:50.40</b>	<b>06:56:25.75</b>	+03:08:35 (45.3%)	8:43	6.9 (54.8%)
234	<b>GONET Radosław</b>	<b>2122</b>	GONET TEAM	Open M	183	02:17:41		<b>06:57:04.65</b>	<b>06:57:20.95</b>	+03:09:31 (45.4%)	8:44	6.9 (54.8%)
235	<b>WIEDYSKA Jakub</b>	<b>2435</b>		Open M	184	02:33:43		<b>06:57:37.20</b>	<b>06:58:36.00</b>	+03:10:46 (45.6%)	8:45	6.9 (54.8%)
236	<b>MATOGA Lucyna</b>	<b>2259</b>	M&C	Open K	52	02:30:50		<b>06:59:18.20</b>	<b>06:59:40.20</b>	+03:11:50 (45.7%)	8:47	6.8 (54.0%)
237	<b>PODSADNY Bartosz</b>	<b>2327</b>		Open M	185	02:22:15		<b>06:59:47.80</b>	<b>07:00:11.10</b>	+03:12:21 (45.8%)	8:48	6.8 (54.0%)
238	<b>PLISZCZYŃSKA Justyna</b>	<b>2324</b>		Open K	53	02:28:24		<b>06:59:59.75</b>	<b>07:00:32.60</b>	+03:12:42 (45.8%)	8:48	6.8 (54.0%)
239	<b>SETKOWICZ Jacek</b>	<b>2360</b>		Open M	186	02:39:14		<b>07:02:30.40</b>	<b>07:03:24.95</b>	+03:15:35 (46.2%)	8:51	6.8 (54.0%)
240	<b>WOJDASZKA Katarzyna</b>	<b>2447</b>	VEGE RUNNERS	Open K	54	02:30:33		<b>07:03:38.05</b>	<b>07:03:54.70</b>	+03:16:04 (46.3%)	8:52	6.8 (54.0%)
241	<b>RYBIENIK Lech</b>	<b>2351</b>		Open M	187	02:20:52		<b>07:03:26.55</b>	<b>07:04:16.30</b>	+03:16:26 (46.3%)	8:52	6.8 (54.0%)
242	<b>WTULICH Diana</b>	<b>2453</b>		Open K	55	02:42:09		<b>07:03:21.20</b>	<b>07:04:23.10</b>	+03:16:33 (46.3%)	8:52	6.8 (54.0%)
243	<b>ZIÓŁKOWSKA Bożena</b>	<b>2464</b>	WALBA	Open K	56	02:28:06		<b>07:04:48.90</b>	<b>07:05:19.90</b>	+03:17:30 (46.4%)	8:54	6.7 (53.2%)
244	<b>MOROCH Jarosław</b>	<b>2276</b>	RUSYN-LEM	Open M	188	02:19:11		<b>07:05:20.25</b>	<b>07:05:34.30</b>	+03:17:44 (46.5%)	8:55	6.7 (53.2%)
245	<b>JURYŚ Sławomir</b>	<b>2165</b>	AUDYTOR ENERGETYCZNY	Open M	189	02:37:11		<b>07:05:23.35</b>	<b>07:06:20.35</b>	+03:18:30 (46.6%)	8:55	6.7 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
246	<b>GÓRALCZYK Łukasz</b>	<b>2124</b>		Open M	190	02:20:16		<b>07:05:49.80</b>	<b>07:06:28.70</b>	+03:18:38 (46.6%)	8:55	6.7 (53.2%)
247	<b>SIELECKA Renata</b>	<b>2362</b>	ADIDAS RUNNERS	Open K	57	02:25:47		<b>07:06:33.30</b>	<b>07:07:07.85</b>	+03:19:17 (46.7%)	8:56	6.7 (53.2%)
248	<b>JESIOŁOWSKI Robert</b>	<b>2160</b>		Open M	191	02:22:53		<b>07:06:24.20</b>	<b>07:07:18.25</b>	+03:19:28 (46.7%)	8:56	6.7 (53.2%)
249	<b>SCHWITALLA Katarzyna</b>	<b>2359</b>	KATRIX/MKS SIECHNICE	Open K	58	02:26:51		<b>07:06:46.70</b>	<b>07:07:27.15</b>	+03:19:37 (46.7%)	8:56	6.7 (53.2%)
250	<b>OKRÓJ Dawid</b>	<b>2288</b>	DEAF RUNNING	Open M	192	02:24:15		<b>07:07:19.95</b>	<b>07:08:04.70</b>	+03:20:14 (46.8%)	8:57	6.7 (53.2%)
251	<b>GUNERT Jakub</b>	<b>2134</b>		Open M	193	02:18:58		<b>07:07:39.35</b>	<b>07:08:38.35</b>	+03:20:48 (46.8%)	8:57	6.7 (53.2%)
252	<b>TOL Monika</b>	<b>2414</b>	MAFIA TEAM LUBLINIEC	Open K	59	02:30:53		<b>07:08:07.20</b>	<b>07:08:39.70</b>	+03:20:49 (46.9%)	8:58	6.7 (53.2%)
252	<b>WŁODEK-JARZYNA Magdalena</b>	<b>2442</b>	POLSKIE KWASY	Open K	59	02:37:18		<b>07:08:06.40</b>	<b>07:08:39.70</b>	+03:20:49 (46.9%)	8:58	6.7 (53.2%)
254	<b>GNATOWICZ Krzysztof</b>	<b>2117</b>	NIEZRZESZONY	Open M	194	02:19:41		<b>07:08:21.35</b>	<b>07:08:40.15</b>	+03:20:50 (46.9%)	8:58	6.7 (53.2%)
255	<b>BUJNOWSKA Eliza</b>	<b>2051</b>		Open K	61	02:33:08		<b>07:07:52.25</b>	<b>07:08:43.30</b>	+03:20:53 (46.9%)	8:58	6.7 (53.2%)
256	<b>BARSKA Barbara</b>	<b>2018</b>	RAWKI TEAM	Open K	62	02:21:49		<b>07:08:37.20</b>	<b>07:09:11.85</b>	+03:21:21 (46.9%)	8:59	6.7 (53.2%)
257	<b>TATRZAŃSKI Tomasz</b>	<b>2410</b>	KKB KROSNO & DZIKIE ŻYCIE RUN TEAM	Open M	195	02:19:30		<b>07:08:48.80</b>	<b>07:09:36.60</b>	+03:21:46 (47.0%)	8:59	6.7 (53.2%)
258	<b>FRAŃCZEK Iwona</b>	<b>2096</b>	NOA	Open K	63	02:28:11		<b>07:08:52.90</b>	<b>07:09:41.45</b>	+03:21:51 (47.0%)	8:59	6.7 (53.2%)
259	<b>SKŁADANOWSKA Beata</b>	<b>2364</b>	EUROCASH TEAM	Open K	64			<b>07:11:11.70</b>	<b>07:11:41.90</b>	+03:23:52 (47.2%)	9:02	6.6 (52.4%)
260	<b>BAGIŃSKA Paula</b>	<b>2012</b>		Open K	65	02:32:12		<b>07:12:10.70</b>	<b>07:13:10.50</b>	+03:25:20 (47.4%)	9:03	6.6 (52.4%)
261	<b>WESOŁEK Daniel</b>	<b>2433</b>		Open M	196	02:32:09		<b>07:12:10.20</b>	<b>07:13:10.75</b>	+03:25:20 (47.4%)	9:03	6.6 (52.4%)
262	<b>PAKUŁA Agata</b>	<b>2302</b>		Open K	66	02:39:56		<b>07:14:16.55</b>	<b>07:14:37.55</b>	+03:26:47 (47.6%)	9:06	6.6 (52.4%)
263	<b>MISZCZYK Marcin</b>	<b>2273</b>		Open M	197	02:35:23		<b>07:15:50.10</b>	<b>07:16:14.05</b>	+03:28:24 (47.8%)	9:08	6.6 (52.4%)
264	<b>WOLSKA Milena</b>	<b>2448</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	Open K	67	02:37:38		<b>07:16:05.20</b>	<b>07:16:52.70</b>	+03:29:02 (47.9%)	9:08	6.6 (52.4%)
265	<b>URBANOWICZ Łukasz</b>	<b>2425</b>		Open M	198	02:35:23		<b>07:16:30.95</b>	<b>07:16:55.50</b>	+03:29:05 (47.9%)	9:09	6.6 (52.4%)
266	<b>GOMOLIŃSKI Sławomir</b>	<b>2119</b>	GUMISIE	Open M	199	02:36:52		<b>07:16:07.70</b>	<b>07:17:00.10</b>	+03:29:10 (47.9%)	9:08	6.6 (52.4%)
267	<b>OWOC Krystian</b>	<b>2296</b>		Open M	200	02:30:14		<b>07:16:10.00</b>	<b>07:17:03.40</b>	+03:29:13 (47.9%)	9:08	6.6 (52.4%)
268	<b>NOWICKA Anna</b>	<b>2285</b>	GAT	Open K	68	02:37:05		<b>07:16:50.85</b>	<b>07:17:09.95</b>	+03:29:20 (47.9%)	9:09	6.6 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
269	<b>HRABEC KOTULKOVÁ Soňa</b>	<b>2475</b>		Open K	69	02:38:28		<b>07:16:59.20</b>	<b>07:17:45.00</b>	+03:29:55 (48.0%)	9:09	6.5 (51.6%)
270	<b>MATYSZKOWICZ Janusz</b>	<b>2262</b>	GONIMY	Open M	201	02:26:14		<b>07:17:26.15</b>	<b>07:17:54.25</b>	+03:30:04 (48.0%)	9:10	6.5 (51.6%)
271	<b>ADAMSKI Bartłomiej</b>	<b>2007</b>		Open M	202	02:35:25		<b>07:18:35.40</b>	<b>07:18:59.35</b>	+03:31:09 (48.1%)	9:11	6.5 (51.6%)
272	<b>PLACHA Piotr</b>	<b>2323</b>	KOPALNIA MOCY	Open M	203	02:24:48		<b>07:18:57.00</b>	<b>07:19:17.05</b>	+03:31:27 (48.1%)	9:12	6.5 (51.6%)
273	<b>BEZKOROWAJNY Joanna</b>	<b>2029</b>		Open K	70	02:32:22		<b>07:19:05.15</b>	<b>07:19:27.90</b>	+03:31:38 (48.2%)	9:12	6.5 (51.6%)
274	<b>BĘDKOWSKI Paweł</b>	<b>2030</b>		Open M	204	02:20:30		<b>07:19:14.05</b>	<b>07:19:29.85</b>	+03:31:39 (48.2%)	9:12	6.5 (51.6%)
275	<b>BABICKI Adam</b>	<b>2011</b>		Open M	205	02:34:02		<b>07:18:53.95</b>	<b>07:19:43.30</b>	+03:31:53 (48.2%)	9:12	6.5 (51.6%)
276	<b>LIPIEŃ Krzysztof</b>	<b>2229</b>	WATAHA ADVENTURE	Open M	206	02:24:24		<b>07:19:21.05</b>	<b>07:19:43.80</b>	+03:31:53 (48.2%)	9:12	6.5 (51.6%)
277	<b>CHOŁAŚCIŃSKI Wojciech</b>	<b>2058</b>		Open M	207	02:31:07		<b>07:19:08.45</b>	<b>07:19:58.40</b>	+03:32:08 (48.2%)	9:12	6.5 (51.6%)
278	<b>PITTNER Katarzyna</b>	<b>2322</b>	KOCHAM OUTDOOR/ RANKOR ATHLETICS	Open K	71	02:39:16		<b>07:20:59.35</b>	<b>07:21:28.60</b>	+03:33:38 (48.4%)	9:14	6.5 (51.6%)
279	<b>WENECKA-FLIS Anna</b>	<b>2432</b>		Open K	72	02:37:49		<b>07:21:23.50</b>	<b>07:21:40.55</b>	+03:33:50 (48.4%)	9:15	6.5 (51.6%)
280	<b>WOŁOWIEC Krzysztof</b>	<b>2449</b>	PGKIELCE.PL	Open M	208	02:30:09		<b>07:20:42.35</b>	<b>07:21:43.60</b>	+03:33:53 (48.4%)	9:14	6.5 (51.6%)
281	<b>KOPIEC Arkadiusz</b>	<b>2185</b>		Open M	209	02:22:23		<b>07:22:55.85</b>	<b>07:23:10.60</b>	+03:35:20 (48.6%)	9:17	6.5 (51.6%)
282	<b>BODNAR Andras</b>	<b>2040</b>	LEGRAND SE	Open M	210	02:37:28		<b>07:22:29.70</b>	<b>07:23:15.15</b>	+03:35:25 (48.6%)	9:16	6.5 (51.6%)
283	<b>HOROSZCZAK Adrian</b>	<b>2145</b>		Open M	211	02:12:32		<b>07:23:51.50</b>	<b>07:24:04.75</b>	+03:36:14 (48.7%)	9:18	6.4 (50.8%)
284	<b>ZIERHOFFER Michał</b>	<b>2461</b>		Open M	212	02:29:28		<b>07:23:52.85</b>	<b>07:24:20.60</b>	+03:36:30 (48.7%)	9:18	6.4 (50.8%)
285	<b>CSERNI Viola</b>	<b>2064</b>		Open K	73	02:35:18		<b>07:24:22.10</b>	<b>07:25:05.20</b>	+03:37:15 (48.8%)	9:18	6.4 (50.8%)
286	<b>DZIERŻAK Arkadiusz</b>	<b>2082</b>	HUSARIA RACE TEAM	Open M	213	02:28:03		<b>07:25:15.65</b>	<b>07:25:42.50</b>	+03:37:52 (48.9%)	9:20	6.4 (50.8%)
287	<b>MAJEWSKA Anna</b>	<b>2250</b>	AKG ŁÓDŹ	Open K	74	02:32:01		<b>07:25:28.75</b>	<b>07:26:07.35</b>	+03:38:17 (48.9%)	9:20	6.4 (50.8%)
288	<b>HELIŃSKI Jacek</b>	<b>2140</b>	DZIKIE ŻYCIE RUN TEAM	Open M	214	02:21:21		<b>07:26:19.95</b>	<b>07:26:46.15</b>	+03:38:56 (49.0%)	9:21	6.4 (50.8%)
289	<b>MAJCHROWICZ Marzenna</b>	<b>2248</b>		Open K	75	02:36:24		<b>07:26:07.90</b>	<b>07:27:07.85</b>	+03:39:17 (49.0%)	9:21	6.4 (50.8%)
290	<b>ZIUBIŃSKI Paweł</b>	<b>2465</b>		Open M	215	02:37:36		<b>07:26:26.85</b>	<b>07:27:18.70</b>	+03:39:28 (49.1%)	9:21	6.4 (50.8%)
291	<b>MICHALCZAK Paweł</b>	<b>2268</b>	WKS WAWEL KRAKÓW	Open M	216	02:26:45		<b>07:27:18.50</b>	<b>07:27:41.05</b>	+03:39:51 (49.1%)	9:22	6.4 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
292	<b>PASTWA Monika</b>	<b>2309</b>		Open K	76	02:35:13		<b>07:28:19.90</b>	<b>07:28:32.55</b>	+03:40:42 (49.2%)	9:23	6.4 (50.8%)
293	<b>STOCKA Malgorzata</b>	<b>2389</b>		Open K	77	02:42:17		<b>07:27:55.45</b>	<b>07:28:33.65</b>	+03:40:43 (49.2%)	9:23	6.4 (50.8%)
294	<b>JARZYNA Jan</b>	<b>2155</b>	POLSKIE KWASY	Open M	217	02:25:40		<b>07:28:28.75</b>	<b>07:29:02.60</b>	+03:41:12 (49.3%)	9:24	6.4 (50.8%)
295	<b>KRÓLIKOWSKI Andrzej</b>	<b>2203</b>	CENTRUM MEDYCZNE ORTO-OPTYMIST	Open M	218	02:44:03		<b>07:28:40.75</b>	<b>07:29:38.10</b>	+03:41:48 (49.3%)	9:24	6.4 (50.8%)
296	<b>ZIELENKIEWICZ Marcin</b>	<b>2459</b>	JAK NIE BYĆ GRUBASEM	Open M	219	02:27:42		<b>07:29:02.40</b>	<b>07:29:51.10</b>	+03:42:01 (49.4%)	9:24	6.4 (50.8%)
297	<b>MENŻYK Marcin</b>	<b>2265</b>	LUXTORPEDA CZERWIONKA	Open M	220	02:31:21		<b>07:31:11.70</b>	<b>07:31:47.60</b>	+03:43:57 (49.6%)	9:27	6.3 (50.0%)
298	<b>TRETER Sebastian</b>	<b>2417</b>		Open M	221	02:36:04		<b>07:29:24.50</b>	<b>07:33:53.05</b>	+03:46:03 (49.8%)	9:25	6.4 (50.8%)
299	<b>SOSZYŃSKI Piotr</b>	<b>2378</b>	GAZELE NA STARCIE	Open M	222	02:38:38		<b>07:33:16.75</b>	<b>07:33:54.20</b>	+03:46:04 (49.8%)	9:30	6.3 (50.0%)
300	<b>KRAJEWSKI Bartosz</b>	<b>2199</b>		Open M	223	02:28:15		<b>07:32:57.20</b>	<b>07:33:58.35</b>	+03:46:08 (49.8%)	9:29	6.3 (50.0%)
301	<b>SZKATULA Henryk</b>	<b>2395</b>	FORMA WODZISŁAW ŚL.	Open M	224	02:32:34		<b>07:34:20.25</b>	<b>07:34:34.10</b>	+03:46:44 (49.9%)	9:31	6.3 (50.0%)
301	<b>HELIOSZ Agnieszka</b>	<b>2141</b>	INTERAKTYWNI	Open K	78	02:32:33		<b>07:34:19.65</b>	<b>07:34:34.10</b>	+03:46:44 (49.9%)	9:31	6.3 (50.0%)
303	<b>ULANOWSKI Michał</b>	<b>2493</b>		Open M	225	02:32:34		<b>07:35:56.75</b>	<b>07:36:12.10</b>	+03:48:22 (50.1%)	9:33	6.3 (50.0%)
304	<b>SMOLCZEWSKI Arkadiusz</b>	<b>2370</b>	MULTIFLORA	Open M	226	02:27:04		<b>07:36:55.50</b>	<b>07:37:39.40</b>	+03:49:49 (50.2%)	9:34	6.3 (50.0%)
305	<b>PRZYBYLSKI Mariusz</b>	<b>2335</b>	PGB SPORTOWA PACZKA	Open M	227	02:24:20		<b>07:36:49.40</b>	<b>07:37:42.15</b>	+03:49:52 (50.2%)	9:34	6.3 (50.0%)
306	<b>NOWOSZ Kamil</b>	<b>2286</b>		Open M	228	02:32:08		<b>07:37:49.45</b>	<b>07:38:28.10</b>	+03:50:38 (50.3%)	9:35	6.3 (50.0%)
307	<b>JANISZEWSKA Katarzyna</b>	<b>2152</b>		Open K	79	02:39:42		<b>07:39:00.65</b>	<b>07:39:52.15</b>	+03:52:02 (50.5%)	9:37	6.2 (49.2%)
308	<b>PIOTROWSKA Anna</b>	<b>2320</b>	NADARZYN BIEGA	Open K	80	02:39:40		<b>07:39:00.30</b>	<b>07:39:52.25</b>	+03:52:02 (50.5%)	9:37	6.2 (49.2%)
309	<b>CZAJKA Agata</b>	<b>2067</b>	MIOMAO	Open K	81	02:44:42		<b>07:39:38.25</b>	<b>07:40:15.40</b>	+03:52:25 (50.5%)	9:38	6.2 (49.2%)
310	<b>BINIENDA Agnieszka</b>	<b>2034</b>	WATAHA	Open K	82	02:40:30		<b>07:40:28.75</b>	<b>07:41:28.30</b>	+03:53:38 (50.6%)	9:39	6.2 (49.2%)
311	<b>MAMEJ Elżbieta</b>	<b>2254</b>	LUBLIN BIEGA	Open K	83	02:34:02		<b>07:40:59.20</b>	<b>07:41:56.00</b>	+03:54:06 (50.7%)	9:39	6.2 (49.2%)
312	<b>CHOROŚ Michał</b>	<b>2059</b>	HUSARIA RACE TEAM	Open M	229	02:35:37		<b>07:41:12.00</b>	<b>07:42:04.25</b>	+03:54:14 (50.7%)	9:40	6.2 (49.2%)
313	<b>FRAŃCZAK Marcin</b>	<b>2098</b>		Open M	230	02:37:26		<b>07:42:52.40</b>	<b>07:43:33.00</b>	+03:55:43 (50.9%)	9:42	6.2 (49.2%)
314	<b>PAGAS Rafał</b>	<b>2300</b>	T-MOBILE RUNNING TEAM	Open M	231	02:51:53		<b>07:43:18.90</b>	<b>07:43:55.40</b>	+03:56:05 (50.9%)	9:42	6.2 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
315	<b>OLESZYCKA Aneta</b>	<b>2290</b>		Open K	84	02:42:38		<b>07:43:51.00</b>	<b>07:44:08.70</b>	+03:56:18 (50.9%)	9:43	6.2 (49.2%)
316	<b>BERNAT Katarzyna</b>	<b>2028</b>		Open K	85	02:45:12		<b>07:43:54.20</b>	<b>07:44:08.75</b>	+03:56:18 (50.9%)	9:43	6.2 (49.2%)
317	<b>JURAŚ-KMIEĆ Marzena</b>	<b>2163</b>	BIEGAM SOBIE	Open K	86	02:37:52		<b>07:45:38.30</b>	<b>07:46:07.45</b>	+03:58:17 (51.1%)	9:45	6.1 (48.4%)
318	<b>ZIOBER Barbara</b>	<b>2462</b>		Open K	87	02:45:20		<b>07:46:27.40</b>	<b>07:46:43.40</b>	+03:58:53 (51.2%)	9:46	6.1 (48.4%)
319	<b>ŚMIGIELSKI Piotr</b>	<b>2407</b>		Open M	232	02:39:10		<b>07:46:15.80</b>	<b>07:47:01.90</b>	+03:59:12 (51.2%)	9:46	6.1 (48.4%)
320	<b>GMYREK Wojciech</b>	<b>2116</b>		Open M	233	02:47:03		<b>07:46:14.90</b>	<b>07:47:15.55</b>	+03:59:25 (51.2%)	9:46	6.1 (48.4%)
321	<b>SOKOŁOWSKI Artur</b>	<b>2375</b>		Open M	234	02:42:00		<b>07:46:52.85</b>	<b>07:47:39.80</b>	+03:59:49 (51.3%)	9:47	6.1 (48.4%)
322	<b>KNAJP Mateusz</b>	<b>2182</b>		Open M	235	02:48:55		<b>07:47:35.40</b>	<b>07:48:31.60</b>	+04:00:41 (51.4%)	9:48	6.1 (48.4%)
323	<b>KNAJP Kinga</b>	<b>2181</b>		Open K	88	02:48:53		<b>07:47:35.65</b>	<b>07:48:31.70</b>	+04:00:41 (51.4%)	9:48	6.1 (48.4%)
324	<b>ZIENOWICZ Magdalena</b>	<b>2460</b>	X-TEAM SPECIAL FORCES	Open K	89	02:44:55		<b>07:48:56.70</b>	<b>07:49:11.65</b>	+04:01:21 (51.4%)	9:49	6.1 (48.4%)
325	<b>MANIURA Adam</b>	<b>2255</b>		Open M	236	02:50:41		<b>07:49:05.55</b>	<b>07:49:32.55</b>	+04:01:42 (51.5%)	9:50	6.1 (48.4%)
326	<b>FIRAZA Łukasz</b>	<b>2090</b>	NAPIERACZE	Open M	237	02:25:47		<b>07:49:00.85</b>	<b>07:49:43.75</b>	+04:01:53 (51.5%)	9:49	6.1 (48.4%)
327	<b>SOSIŃSKI Tomasz</b>	<b>2377</b>	NAPIERACZE	Open M	238	02:25:56		<b>07:49:03.10</b>	<b>07:49:45.70</b>	+04:01:55 (51.5%)	9:50	6.1 (48.4%)
328	<b>SIENKIEWICZ Gabrysia</b>	<b>2363</b>	OGARY DOLORES	Open K	90	02:44:53		<b>07:49:34.00</b>	<b>07:50:06.70</b>	+04:02:16 (51.5%)	9:50	6.1 (48.4%)
329	<b>MAJDA Robert</b>	<b>2249</b>		Open M	239	02:43:49		<b>07:49:53.75</b>	<b>07:50:13.30</b>	+04:02:23 (51.5%)	9:51	6.1 (48.4%)
330	<b>STEC Damian</b>	<b>2387</b>	ASM	Open M	240	02:31:12		<b>07:50:03.25</b>	<b>07:50:14.70</b>	+04:02:24 (51.6%)	9:51	6.1 (48.4%)
331	<b>KUREK Jarosław</b>	<b>2212</b>	RAJ-D ORZESZE	Open M	241	02:43:50		<b>07:50:57.20</b>	<b>07:51:17.30</b>	+04:03:27 (51.7%)	9:52	6.1 (48.4%)
332	<b>ŚLĘCZKOWSKI Piotr</b>	<b>2403</b>		Open M	242	02:43:37		<b>07:52:18.55</b>	<b>07:52:53.00</b>	+04:05:03 (51.8%)	9:54	6.1 (48.4%)
333	<b>KAWKA Damian</b>	<b>2171</b>		Open M	243	02:34:38		<b>07:52:32.45</b>	<b>07:53:10.55</b>	+04:05:20 (51.9%)	9:54	6.1 (48.4%)
334	<b>TARGOSZ Klaudia</b>	<b>2409</b>		Open K	91	02:47:18		<b>07:54:15.85</b>	<b>07:54:28.05</b>	+04:06:38 (52.0%)	9:56	6 (47.6%)
335	<b>ŻUREK Piotr</b>	<b>2471</b>	LUBLIN BIEGA	Open M	244	02:44:07		<b>07:56:02.70</b>	<b>07:57:00.95</b>	+04:09:11 (52.2%)	9:58	6 (47.6%)
336	<b>ŻUROWSKI Jacek</b>	<b>2472</b>	LUBLIN BIEGA,CENTRUM ORTO-OPTYMIST	Open M	245	02:44:02		<b>07:57:30.35</b>	<b>07:58:28.55</b>	+04:10:38 (52.4%)	10:00	6 (47.6%)
<b>Przekroczony limit czasu: 08:00:00</b>												
337	<b>ŁUKASIAK Adam</b>	<b>2242</b>	WARSAW RUN CLUB	Open M	246	02:49:39		<b>07:59:53.25</b>	<b>08:00:55.75</b>	+04:13:05 (52.6%)	10:03	6 (47.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
338	<b>KALBARCZYK Izabella</b>	<b>2169</b>	WARSAW RUN CLUB	Open K	92	02:49:42		<b>07:59:53.00</b>	<b>08:00:56.10</b>	+04:13:06 (52.6%)	10:03	6 (47.6%)
339	<b>JASEK-BORS Paulina</b>	<b>2156</b>	HUSARIA RACE TEAM	Open K	93	02:47:09		<b>08:02:54.20</b>	<b>08:03:45.55</b>	+04:15:55 (52.9%)	10:07	5.9 (46.8%)
340	<b>KISZKIS Elżbieta</b>	<b>2177</b>	HUSARIA RACE TEAM	Open K	94	02:47:09		<b>08:02:53.25</b>	<b>08:03:45.80</b>	+04:15:55 (52.9%)	10:07	5.9 (46.8%)
341	<b>DOBROWOLSKI Robert</b>	<b>2074</b>	SPORTOWI EMERYCI	Open M	247	02:57:00		<b>08:03:54.80</b>	<b>08:04:41.70</b>	+04:16:51 (53.0%)	10:08	5.9 (46.8%)
342	<b>KLISZ Agnieszka</b>	<b>2180</b>		Open K	95	02:53:32		<b>08:04:04.60</b>	<b>08:04:54.85</b>	+04:17:04 (53.0%)	10:08	5.9 (46.8%)
343	<b>PABIAŃCZYK Małgorzata</b>	<b>2297</b>		Open K	96	02:49:50		<b>08:03:54.35</b>	<b>08:04:54.90</b>	+04:17:05 (53.0%)	10:08	5.9 (46.8%)
344	<b>GROMADZKA Justyna</b>	<b>2129</b>		Open K	97	02:55:50		<b>08:06:28.00</b>	<b>08:07:28.05</b>	+04:19:38 (53.3%)	10:11	5.9 (46.8%)
345	<b>ZAJDEL Łukasz</b>	<b>2457</b>		Open M	248	02:37:25		<b>08:08:00.15</b>	<b>08:08:57.30</b>	+04:21:07 (53.4%)	10:13	5.9 (46.8%)
346	<b>GIERSZEWSKI Grzegorz</b>	<b>2113</b>	DRZWI DO MARZEŃ	Open M	249	02:46:30		<b>08:13:04.30</b>	<b>08:13:53.00</b>	+04:26:03 (53.9%)	10:20	5.8 (46.0%)
347	<b>ŁOMOCIŃSKA Magda</b>	<b>2240</b>		Open K	98	02:47:56		<b>08:14:14.05</b>	<b>08:15:01.15</b>	+04:27:11 (54.0%)	10:21	5.8 (46.0%)
348	<b>ŁOMOCIŃSKI Arkadiusz</b>	<b>2241</b>		Open M	250	02:47:56		<b>08:24:49.65</b>	<b>08:25:37.00</b>	+04:37:47 (54.9%)	10:35	5.7 (45.2%)
349	<b>KAFEL Łukasz</b>	<b>2168</b>		Open M	251	02:43:40		<b>08:27:19.50</b>	<b>08:27:50.50</b>	+04:40:00 (55.1%)	10:38	5.6 (44.4%)
349	<b>BĄDZIUL Dorota</b>	<b>2022</b>		Open K	99	02:52:32		<b>08:27:21.75</b>	<b>08:27:50.50</b>	+04:40:00 (55.1%)	10:38	5.6 (44.4%)
351	<b>JANICKA Katarzyna</b>	<b>2150</b>		Open K	100	02:49:33		<b>08:30:45.35</b>	<b>08:31:38.05</b>	+04:43:48 (55.5%)	10:42	5.6 (44.4%)
352	<b>DOBROWOLSKA Bożena</b>	<b>2072</b>	SPORTOWI EMERYCI	Open K	101	02:57:27		<b>08:37:06.85</b>	<b>08:37:53.45</b>	+04:50:03 (56.0%)	10:50	5.5 (43.7%)
353	<b>MAJEWSKA Regina</b>	<b>2251</b>	KLUB SPORTOWY 'TĘCZA'	Open K	102	02:52:10		<b>08:53:06.20</b>	<b>08:54:10.00</b>	+05:06:20 (57.3%)	11:10	5.4 (42.9%)
354	<b>MAJEWSKI Błażej</b>	<b>2252</b>	FANCLUB PAPA DANCE	Open M	252	02:52:08		<b>08:53:05.90</b>	<b>08:54:10.25</b>	+05:06:20 (57.3%)	11:10	5.4 (42.9%)
355	<b>SCARDACCIONE Marco</b>	<b>2358</b>		Open M	253	02:50:57		<b>08:58:44.80</b>	<b>08:59:03.85</b>	+05:11:13 (57.7%)	11:17	5.3 (42.1%)
356	<b>DOMANSKI Jarek</b>	<b>2076</b>	GAZELE NA STARCIE	Open M	254	02:56:46		<b>09:08:49.85</b>	<b>09:09:27.55</b>	+05:21:37 (58.5%)	11:30	5.2 (41.3%)
357	<b>KUŚ Michał</b>	<b>2215</b>	KLUB INO STOWARZYSZE	Open M	255	03:21:03		<b>09:52:37.75</b>	<b>09:53:40.60</b>	+06:05:50 (61.6%)	12:25	4.8 (38.1%)
358	<b>KUŚ Agnieszka</b>	<b>2214</b>	KLUB INO STOWARZYSZE	Open K	103	03:21:05		<b>09:52:40.40</b>	<b>09:53:43.20</b>	+06:05:53 (61.6%)	12:25	4.8 (38.1%)
359	<b>OWCZAREK Sylwia</b>	<b>2295</b>	HUSARIA RACE TEAM	Open K	104	03:08:24		<b>09:53:21.05</b>	<b>09:54:14.10</b>	+06:06:24 (61.7%)	12:26	4.8 (38.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Puławy Górne 18.7km	Wilcze Budy 27.7km	Czas netto 47.7km	Czas brutto 47.7km	Różn	Tempo min/km	Tempo km/h
360	<b>JĘDRZEJEWSKA Beata</b>	<b>2161</b>	WATACHA	Open K	105	03:03:47		<b>09:53:14.70</b>	<b>09:54:14.15</b>	+06:06:24 (61.7%)	12:26	4.8 (38.1%)
	<b>WILK Bogdan</b>	<b>2437</b>	BRAK	Open M		01:58:37 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZREK Łukasz</b>	<b>2397</b>		Open M		02:13:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>FRAŃCZEK Marcin</b>	<b>2097</b>	TMTEAM	Open M		02:34:58 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MAJCHROWICZ Andrzej</b>	<b>2247</b>		Open M		02:35:27 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LEWICKI Marcin</b>	<b>2228</b>		Open M		02:37:00 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BRATKO-SETKOWICZ Alina</b>	<b>2046</b>		Open K		02:39:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DORCZAK Jarosław</b>	<b>2077</b>		Open M		02:39:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BEDNARZ Sylwia</b>	<b>2026</b>		Open K		02:39:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BRZYSKA Marcelina</b>	<b>2049</b>		Open K		02:43:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LATAŁA Wojciech</b>	<b>2224</b>	LEŚNE GRUBASY	Open M		03:20:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PRĘDKOPOWICZ Daniel</b>	<b>2331</b>	ASRAZ	Open M		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 371 wynik(ów)