



# ŁEMKOWYNA ULTRA-TRAIL® 48

B4SPORT

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

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

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

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>WAĆHAŁA 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>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%)
7	<b>PRZEWOŻNY 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%)
8	<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%)
9	<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%)
10	<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%)
11	<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%)
12	<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%)
13	<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%)
14	<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%)
15	<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%)

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
16	<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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<b>LATOSZEK Rafal</b>	<b>2225</b>	CTS	Open M	31	01:52:58		<b>05:20:46.30</b>	<b>05:20:57.50</b>	+01:33:07 (29.0%)	6:43	8.9 (70.6%)
32	<b>KRĘŻAŁEK Marcin</b>	<b>2202</b>		Open M	32	01:51:38		<b>05:20:34.50</b>	<b>05:21:04.55</b>	+01:33:14 (29.0%)	6:43	8.9 (70.6%)
33	<b>SZCZESZEK Łukasz</b>	<b>2394</b>		Open M	33	01:54:55		<b>05:21:12.75</b>	<b>05:21:27.95</b>	+01:33:38 (29.1%)	6:44	8.9 (70.6%)
34	<b>KUNZ Tomasz</b>	<b>2210</b>		Open M	34	01:54:48		<b>05:22:43.95</b>	<b>05:23:27.30</b>	+01:35:37 (29.6%)	6:45	8.9 (70.6%)
35	<b>JANUSZEWSKI Maciej</b>	<b>2153</b>		Open M	35	01:58:42		<b>05:23:20.85</b>	<b>05:24:06.10</b>	+01:36:16 (29.7%)	6:46	8.9 (70.6%)
36	<b>CHEŁKOWSKI Adam</b>	<b>2055</b>	OLGA I ANETA	Open M	36	01:54:53		<b>05:23:11.35</b>	<b>05:24:12.90</b>	+01:36:23 (29.7%)	6:46	8.9 (70.6%)
37	<b>ZYCH Zbigniew</b>	<b>2467</b>	TRIATHLON LUBLIN TEAM	Open M	37	01:55:49		<b>05:24:13.35</b>	<b>05:24:40.70</b>	+01:36:50 (29.8%)	6:47	8.8 (69.8%)
38	<b>KURASZKIEWICZ Robert</b>	<b>2211</b>		Open M	38	01:57:07		<b>05:24:34.35</b>	<b>05:24:48.95</b>	+01:36:59 (29.9%)	6:48	8.8 (69.8%)

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
39	<b>GARCZYŃSKI Darek</b>	<b>2107</b>		Open M	39	01:54:55		<b>05:25:45.00</b>	<b>05:26:01.05</b>	+01:38:11 (30.1%)	6:49	8.8 (69.8%)
40	<b>RESPONDEK Marcin</b>	<b>2345</b>	LECYMY DURŚ	Open M	40	01:51:41		<b>05:25:51.10</b>	<b>05:26:11.05</b>	+01:38:21 (30.2%)	6:49	8.8 (69.8%)
41	<b>WITOWSKI Wiktor</b>	<b>2440</b>		Open M	41	01:58:00		<b>05:26:25.60</b>	<b>05:27:29.30</b>	+01:39:39 (30.4%)	6:50	8.8 (69.8%)
42	<b>MIRSKI Maciej</b>	<b>2272</b>		Open M	42	01:55:30		<b>05:27:46.05</b>	<b>05:28:04.00</b>	+01:40:14 (30.6%)	6:52	8.7 (69.0%)
43	<b>GRZYB Kazimierz</b>	<b>2131</b>	LOS PANTALONES ROJOS	Open M	43	01:59:59		<b>05:29:19.25</b>	<b>05:29:50.85</b>	+01:42:00 (30.9%)	6:54	8.7 (69.0%)
44	<b>LESIAK Tomasz</b>	<b>2227</b>		Open M	44	01:52:11		<b>05:29:51.15</b>	<b>05:30:04.25</b>	+01:42:14 (31.0%)	6:54	8.7 (69.0%)
45	<b>STRAŚ Jarek</b>	<b>2390</b>		Open M	45	01:57:32		<b>05:29:33.55</b>	<b>05:30:18.00</b>	+01:42:28 (31.0%)	6:54	8.7 (69.0%)
46	<b>MATYJASZCZYK Kamil</b>	<b>2260</b>	LUBELSKI WĘGIEL BOGDANKA	Open M	46	01:45:25		<b>05:30:48.60</b>	<b>05:31:01.60</b>	+01:43:11 (31.2%)	6:56	8.7 (69.0%)
47	<b>KORCZYK Jakub</b>	<b>2187</b>	CZASEM NA ASFALCIE	Open M	47	01:53:41		<b>05:31:25.00</b>	<b>05:31:48.05</b>	+01:43:58 (31.3%)	6:56	8.6 (68.3%)
48	<b>SMOLIŃSKI Rafał</b>	<b>2371</b>	GUMISIE	Open M	48	01:55:07		<b>05:32:09.85</b>	<b>05:32:46.50</b>	+01:44:56 (31.5%)	6:57	8.6 (68.3%)
49	<b>NIEPSUJ Maciej</b>	<b>2281</b>		Open M	49	01:55:17		<b>05:34:04.50</b>	<b>05:34:16.10</b>	+01:46:26 (31.8%)	7:00	8.6 (68.3%)
50	<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%)
51	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)

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>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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
70	<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%)
71	<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%)
72	<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%)
73	<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%)
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<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%)
79	<b>BAKOWSKI 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%)
80	<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%)
81	<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%)
82	<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%)
83	<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%)
84	<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%)

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	ZIOBRO Jerzy	2463		Open M	85	02:02:38		06:01:49.05	06:02:06.60	+02:14:16 (37.1%)	7:35	7.9 (62.7%)
86	KRYSTJAŃCZUK Karol	2204	ŁĘCZNA BIEGA	Open M	86	02:04:10		06:02:56.60	06:03:33.60	+02:15:43 (37.3%)	7:36	7.9 (62.7%)
87	WITKOWSKI Tomasz	2439		Open M	87	02:00:45		06:03:14.05	06:03:35.30	+02:15:45 (37.3%)	7:36	7.9 (62.7%)
88	CYGANIK Kajetan	2065	JUVERUN	Open M	88	02:02:12		06:02:57.70	06:03:35.80	+02:15:45 (37.3%)	7:36	7.9 (62.7%)
89	BALON Piotr	2013	BAKOMAT	Open M	89	02:03:52		06:04:27.90	06:04:54.45	+02:17:04 (37.6%)	7:38	7.9 (62.7%)
90	LIS Tomasz	2231	MCBIEGACZE	Open M	90	02:11:38		06:04:49.05	06:05:33.20	+02:17:43 (37.7%)	7:38	7.8 (61.9%)
91	HETMANCZYK Jakub	2142		Open M	91	02:01:12		06:06:50.35	06:07:12.35	+02:19:22 (38.0%)	7:41	7.8 (61.9%)
92	POLSKI Adrian	2328	LUBELSKA GRUPA TRIATHLONU	Open M	92	02:00:42		06:06:59.20	06:07:55.35	+02:20:05 (38.1%)	7:41	7.8 (61.9%)
93	KIEWISZ Adam	2176	SĄ WOLNIEJSI	Open M	93	02:02:32		06:07:31.50	06:07:59.15	+02:20:09 (38.1%)	7:42	7.8 (61.9%)
94	BAŁCHAN Krzysztof	2015	CPR RZESZÓW	Open M	94	02:04:13		06:07:32.65	06:08:18.00	+02:20:28 (38.1%)	7:42	7.8 (61.9%)
95	BUJNOWSKI Rafał	2052		Open M	95	02:04:41		06:07:46.50	06:08:37.05	+02:20:47 (38.2%)	7:42	7.8 (61.9%)
96	STAWIŃSKI Piotr	2385	PRO PATRIA	Open M	96	02:11:30		06:08:18.00	06:08:43.15	+02:20:53 (38.2%)	7:43	7.8 (61.9%)
97	HALICKI Łukasz	2138		Open M	97	02:06:00		06:08:37.25	06:09:01.50	+02:21:11 (38.3%)	7:43	7.8 (61.9%)
98	DRĄG Paweł	2079	DECARUN RZESZÓW	Open M	98	02:12:55		06:09:17.15	06:09:45.90	+02:21:56 (38.4%)	7:44	7.8 (61.9%)
99	SZYMALAK Michał	2400		Open M	99	02:03:19		06:10:12.50	06:10:55.45	+02:23:05 (38.6%)	7:45	7.7 (61.1%)
100	MARCINKIEWICZ Jerzy	2257		Open M	100	02:15:58		06:10:05.10	06:10:55.80	+02:23:05 (38.6%)	7:45	7.7 (61.1%)
101	ZABOROWSKI Kamil	2456	NIGHT RUNNERS	Open M	101	02:13:46		06:11:04.60	06:11:42.50	+02:23:52 (38.7%)	7:46	7.7 (61.1%)
102	BORSZYŃSKI Jakub	2045	NIGHT RUNNERS	Open M	102	02:13:45		06:11:05.55	06:11:42.95	+02:23:53 (38.7%)	7:46	7.7 (61.1%)
103	NAZIMEK Maciej	2280		Open M	103	01:57:17		06:12:17.55	06:12:33.10	+02:24:43 (38.8%)	7:48	7.7 (61.1%)
104	SMYKOWSKI Marcin	2372		Open M	104	02:16:15		06:12:10.95	06:12:53.00	+02:25:03 (38.9%)	7:48	7.7 (61.1%)
105	PYSZ Aleksander	2338	WARIATY	Open M	105	02:04:46		06:12:18.40	06:12:57.35	+02:25:07 (38.9%)	7:48	7.7 (61.1%)
106	KOZIOŁ Artur	2196		Open M	106	02:04:37		06:12:27.00	06:13:15.00	+02:25:25 (39.0%)	7:48	7.7 (61.1%)
107	SOBCZAK Marcin	2373	TRIWAWA	Open M	107	02:12:07		06:13:42.10	06:13:53.00	+02:26:03 (39.1%)	7:50	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
108	<b>MADEJ Paweł</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%)
109	<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%)
110	<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%)
111	<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%)
112	<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%)
113	<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%)
113	<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%)
115	<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%)
116	<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%)
117	<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%)
118	<b>POREMSKI 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%)
119	<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%)
120	<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%)
121	<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%)
122	<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%)
123	<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%)
124	<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%)
125	<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%)
126	<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%)
127	<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%)
128	<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%)
129	<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%)
130	<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%)

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>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%)
132	<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%)
133	<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%)
134	<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%)
135	<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%)
136	<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%)
137	<b>SĄDEJ 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%)
138	<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%)
139	<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%)
140	<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%)
141	<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%)
142	<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%)
143	<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%)
144	<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%)
145	<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%)
146	<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%)
147	<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%)
148	<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%)
149	<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%)
150	<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%)
151	<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%)
152	<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%)
153	<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%)

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>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%)
155	<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%)
156	<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%)
157	<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%)
158	<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%)
159	<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%)
160	<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%)
161	<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%)
162	<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%)
163	<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%)
164	<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%)
165	<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%)
166	<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%)
167	<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%)
168	<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%)
169	<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%)
170	<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%)
171	<b>KUBASIEWICZ Paweł</b>	<b>2207</b>	BEZNAPIŃY	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%)
172	<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%)
173	<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%)
174	<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%)
175	<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%)
176	<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%)



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
177	<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%)
178	<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%)
179	<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%)
180	<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%)
181	<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%)
182	<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%)
183	<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%)
184	<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%)
185	<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%)
186	<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%)
187	<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%)
188	<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%)
189	<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%)
190	<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%)
191	<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%)
192	<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%)
193	<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%)
194	<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%)
195	<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%)
196	<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%)
197	<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%)
198	<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%)
199	<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%)

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>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%)
201	<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%)
202	<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%)
203	<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%)
204	<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%)
205	<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%)
206	<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%)
207	<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%)
208	<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%)
209	<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%)
210	<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%)
211	<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%)
212	<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%)
213	<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%)
214	<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%)
215	<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%)
216	<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%)
217	<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%)
218	<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%)
219	<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%)
220	<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%)
221	<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%)
222	<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%)

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>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%)
224	<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%)
225	<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%)
226	<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%)
227	<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%)
228	<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%)
229	<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%)
230	<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%)
231	<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%)
232	<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%)
233	<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%)
234	<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%)
235	<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%)
236	<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%)
237	<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%)
238	<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%)
239	<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%)
240	<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%)
241	<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%)
242	<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%)
243	<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%)
244	<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%)
245	<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%)

Przekroczony limit czasu: 08:00:00

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>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%)
247	<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%)
248	<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%)
249	<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%)
250	<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%)
251	<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%)
252	<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%)
253	<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%)
254	<b>DOMANSKI Jarek</b>	<b>2076</b>	GAZELE NA STARCIĘ	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%)
255	<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%)
	<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>DORCZAK Jarosław</b>	<b>2077</b>		Open M		02:39:44	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 263 wynik(ów)