



# LEMKOWYNA ULTRA-TRAIL® 70

B4SPORT

**Wydarzenie:** Łemkowna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2019-10-12  
**Miejsce:** Komańcza  
**Dystans:** 70 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
1	<b>SKUPIEŃ Tomasz</b>	<b>1005</b>	MUAY RUNNING TEAM	Open M	1	01:54:22	03:33:26		<b>06:05:03.85</b>	<b>06:05:06.50</b>		5:19	11.3 (100%)
2	<b>DOMBROWSKI Maciej</b>	<b>1002</b>	RUNNING.CHEF / WAY2CHAMP	Open M	2	01:54:22	03:33:27		<b>06:09:59.05</b>	<b>06:10:01.40</b>	+00:04:54 (1.3%)	5:24	11.1 (98.2%)
3	<b>ZIAJKA Karol</b>	<b>1007</b>		Open M	3	01:47:07	03:22:00		<b>06:11:55.70</b>	<b>06:11:59.05</b>	+00:06:52 (1.8%)	5:25	11.1 (98.2%)
4	<b>JENDRYCH Artur</b>	<b>1006</b>	BIEGAJACY ŚWIDNIK	Open M	4	01:53:36	03:33:25		<b>06:25:48.60</b>	<b>06:25:52.50</b>	+00:20:46 (5.4%)	5:37	10.7 (94.7%)
5	<b>HETMAN Radosław</b>	<b>1117</b>	GRUPA NOMAX	Open M	5	01:57:02	03:40:01		<b>06:32:36.05</b>	<b>06:32:39.65</b>	+00:27:33 (7.0%)	5:43	10.5 (92.9%)
6	<b>DEMBSKI Paweł</b>	<b>1058</b>	METROPOLITAN INVESTMENT	Open M	6	01:57:00	03:42:29		<b>06:41:16.30</b>	<b>06:41:20.05</b>	+00:36:13 (9.0%)	5:51	10.2 (90.3%)
7	<b>ZAKOVSKY Petr</b>	<b>1432</b>	BESKYDSKE SAVLE	Open M	7	01:51:50	03:35:28		<b>06:43:28.90</b>	<b>06:43:31.25</b>	+00:38:24 (9.5%)	5:53	10.2 (90.3%)
8	<b>SOLIŃSKA Katarzyna</b>	<b>1001</b>	HOKA ONE ONE TEAM POLAND	Open K	1	02:02:42	03:48:49		<b>06:47:19.75</b>	<b>06:47:23.15</b>	+00:42:16 (10.4%)	5:56	10.1 (89.4%)
9	<b>SCHRAMM Rafał</b>	<b>1341</b>	MARCINŚWIERCTEAM/SPRINTEM DO ULTRA	Open M	8	02:06:41	03:58:26		<b>07:06:06.75</b>	<b>07:06:13.80</b>	+01:01:07 (14.3%)	6:13	9.6 (85.0%)
10	<b>WRÓBLEWSKI Robert</b>	<b>1427</b>		Open M	9	02:00:04	03:49:37		<b>07:04:01.00</b>	<b>07:07:02.90</b>	+01:01:56 (14.5%)	6:11	9.7 (85.8%)
11	<b>MORAWSKI Przemysław</b>	<b>1243</b>	CISCO KRAKOW RUNNING TEAM	Open M	10	02:02:43	03:54:21		<b>07:10:23.85</b>	<b>07:10:26.20</b>	+01:05:19 (15.2%)	6:16	9.5 (84.1%)
12	<b>FRANKOWSKI Michał</b>	<b>1449</b>	VINGBERG TEAM	Open M	11	01:56:39	03:48:09		<b>07:17:58.25</b>	<b>07:18:02.75</b>	+01:12:56 (16.7%)	6:23	9.4 (83.2%)
13	<b>SIERADZKI Krzysztof</b>	<b>1344</b>		Open M	12	02:03:49	03:58:08		<b>07:21:10.30</b>	<b>07:21:14.20</b>	+01:16:07 (17.3%)	6:26	9.3 (82.3%)
14	<b>THORVALDSSON Peter</b>	<b>1450</b>	VINGBERG TEAM	Open M	13	02:10:33	04:07:56		<b>07:21:54.25</b>	<b>07:21:57.20</b>	+01:16:50 (17.4%)	6:27	9.3 (82.3%)
15	<b>GWIZDŹ Marcin</b>	<b>1116</b>		Open M	14	02:06:10	04:07:58		<b>07:31:47.25</b>	<b>07:31:51.45</b>	+01:26:44 (19.2%)	6:35	9.1 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
16	<b>JUGHASHVILI Davit Jughashvili</b>	<b>1448</b>	STRAVA RUNNERS GEORGIA	Open M	15	01:57:03	03:53:40		<b>07:34:42.45</b>	<b>07:34:45.40</b>	+01:29:38 (19.7%)	6:38	9 (79.6%)
17	<b>MURAK Robert</b>	<b>1248</b>		Open M	16	02:09:30	04:10:16		<b>07:35:02.10</b>	<b>07:35:07.20</b>	+01:30:00 (19.8%)	6:38	9 (79.6%)
18	<b>KAMIŃSKI Piotr</b>	<b>1138</b>	ŁÓDŹ KOCHA SPORT	Open M	17	02:10:45	04:13:44		<b>07:36:10.05</b>	<b>07:36:15.20</b>	+01:31:08 (20.0%)	6:39	9 (79.6%)
19	<b>GRZELAK Kamila</b>	<b>1003</b>	TEAMALTRA RED	Open K	2	02:14:53	04:16:19		<b>07:36:56.45</b>	<b>07:37:01.90</b>	+01:31:55 (20.1%)	6:40	9 (79.6%)
20	<b>PALIWODA Grzegorz</b>	<b>1282</b>		Open M	18	02:06:15	04:08:11		<b>07:39:49.00</b>	<b>07:39:54.40</b>	+01:34:47 (20.6%)	6:42	8.9 (78.8%)
21	<b>JANIK Mateusz</b>	<b>1123</b>		Open M	19	02:15:05	04:14:29		<b>07:41:30.40</b>	<b>07:41:43.45</b>	+01:36:36 (20.9%)	6:44	8.9 (78.8%)
22	<b>WATKOWSKI Bartłomiej</b>	<b>1401</b>	DAMIAN RUDNIK TEAM	Open M	20	02:03:54	04:08:01		<b>07:42:04.05</b>	<b>07:42:07.70</b>	+01:37:01 (21.0%)	6:44	8.9 (78.8%)
23	<b>PODBIELSKI Krystian</b>	<b>1308</b>		Open M	21	02:11:52	04:14:04		<b>07:42:35.50</b>	<b>07:42:47.05</b>	+01:37:40 (21.1%)	6:45	8.9 (78.8%)
24	<b>PAPIERZ Konrad</b>	<b>1283</b>	KW KRAKÓW	Open M	22	02:11:08	04:14:00		<b>07:44:02.90</b>	<b>07:44:05.40</b>	+01:38:58 (21.3%)	6:46	8.9 (78.8%)
25	<b>SOCHA Norbert</b>	<b>1350</b>	KALLIPSO TEAM	Open M	23	02:04:42	04:06:11		<b>07:45:16.40</b>	<b>07:45:24.15</b>	+01:40:17 (21.5%)	6:47	8.8 (77.9%)
26	<b>GEPPERT Jakub</b>	<b>1088</b>	ADRUNALINE RUNNING TEAM	Open M	24	02:06:04	04:13:17		<b>07:44:00.85</b>	<b>07:46:41.65</b>	+01:41:35 (21.8%)	6:46	8.9 (78.8%)
27	<b>DOROSHKOV Artem</b>	<b>1064</b>		Open M	25	02:05:46	04:15:19		<b>07:49:33.85</b>	<b>07:49:36.70</b>	+01:44:30 (22.3%)	6:51	8.8 (77.9%)
28	<b>ZAWADZKI Andrzej</b>	<b>1435</b>	MKS SIECHNICE	Open M	26	02:06:55	04:08:13		<b>07:49:57.25</b>	<b>07:50:01.80</b>	+01:44:55 (22.3%)	6:51	8.7 (77.0%)
29	<b>SOLARSKI Sergiusz</b>	<b>1353</b>		Open M	27	02:12:14	04:12:36		<b>07:47:48.10</b>	<b>07:50:40.00</b>	+01:45:33 (22.4%)	6:49	8.8 (77.9%)
30	<b>KALINOWSKI Łukasz</b>	<b>1137</b>		Open M	28	02:11:14	04:15:32		<b>07:51:27.35</b>	<b>07:51:31.35</b>	+01:46:24 (22.6%)	6:52	8.7 (77.0%)
31	<b>PERKOWSKI Piotr</b>	<b>1455</b>	MONK SANDALS TEAM	Open M	29	02:13:21	04:15:23		<b>07:52:11.10</b>	<b>07:52:14.20</b>	+01:47:07 (22.7%)	6:53	8.7 (77.0%)
32	<b>SAWICKI Marcin</b>	<b>1340</b>		Open M	30	02:10:37	04:17:22		<b>07:52:48.20</b>	<b>07:52:55.75</b>	+01:47:49 (22.8%)	6:54	8.7 (77.0%)
33	<b>HUNIA Filip</b>	<b>1118</b>		Open M	31	02:11:58	04:23:03		<b>07:54:30.15</b>	<b>07:54:35.15</b>	+01:49:28 (23.1%)	6:55	8.7 (77.0%)
34	<b>SZYMCZYK Daniel</b>	<b>1381</b>		Open M	32	02:15:49	04:18:49		<b>07:54:28.60</b>	<b>07:55:00.90</b>	+01:49:54 (23.1%)	6:55	8.7 (77.0%)
35	<b>BAROSZ Natalia-Paulina</b>	<b>1015</b>	MARCINŚWIERCTEAM/SPRINTEM DO ULTRA	Open K	3	02:17:24	04:23:58		<b>07:56:44.50</b>	<b>07:56:50.85</b>	+01:51:44 (23.4%)	6:57	8.6 (76.1%)
36	<b>JANKOWSKI Robert</b>	<b>1125</b>		Open M	33	01:56:29	03:40:55		<b>07:57:04.80</b>	<b>07:57:06.95</b>	+01:52:00 (23.5%)	6:57	8.6 (76.1%)
37	<b>MROWIEC Jakub</b>	<b>1244</b>		Open M	34	02:10:11	04:17:22		<b>07:57:31.90</b>	<b>07:57:41.00</b>	+01:52:34 (23.6%)	6:58	8.6 (76.1%)
38	<b>BARTELA Edyta</b>	<b>1016</b>	ACCENTURE	Open K	4	02:18:29	04:22:00		<b>07:58:07.00</b>	<b>07:58:10.40</b>	+01:53:03 (23.6%)	6:58	8.6 (76.1%)

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39	<b>KRAUSE Kuba</b>	<b>1167</b>	BUFF FAMILY TEAM	Open M	35	02:09:32	04:20:06		<b>07:59:35.45</b>	<b>07:59:39.80</b>	+01:54:33 (23.9%)	7:00	8.6 (76.1%)
40	<b>BOCHEŃSKA Aleksandra</b>	<b>1026</b>	PRO-RUN WROCŁAW / 140MINUT TEAM	Open K	5	02:24:15	04:35:52		<b>08:02:25.75</b>	<b>08:02:31.00</b>	+01:57:24 (24.3%)	7:02	8.5 (75.2%)
41	<b>WOSZEK Marzena</b>	<b>1418</b>	BBL OPOLE	Open K	6	02:19:28	04:30:09		<b>08:07:05.60</b>	<b>08:07:12.25</b>	+02:02:05 (25.1%)	7:06	8.4 (74.3%)
41	<b>OCHYRA Konrad</b>	<b>1271</b>	SOLINA TEAM	Open M	36	02:15:04	04:24:17		<b>08:07:04.20</b>	<b>08:07:12.25</b>	+02:02:05 (25.1%)	7:06	8.4 (74.3%)
43	<b>NOWICKI Tomasz</b>	<b>1265</b>	KB FARTLEK	Open M	37	02:09:11	04:15:05		<b>08:10:34.15</b>	<b>08:10:48.90</b>	+02:05:42 (25.6%)	7:09	8.4 (74.3%)
44	<b>OSTAPSKI Kamil</b>	<b>1279</b>	VEGE RUNNERS / TCW	Open M	38	02:14:57	04:27:32		<b>08:12:21.85</b>	<b>08:12:25.90</b>	+02:07:19 (25.9%)	7:11	8.3 (73.5%)
45	<b>KOSTASZ Mariusz</b>	<b>1160</b>	KB FAURECIA WAŁBRZYCH STOOR	Open M	39	02:22:35	04:37:24		<b>08:14:47.15</b>	<b>08:14:51.10</b>	+02:09:44 (26.2%)	7:13	8.3 (73.5%)
46	<b>SCHWITALLA Adrian</b>	<b>1342</b>		Open M	40	02:19:26	04:31:14		<b>08:17:17.85</b>	<b>08:17:34.75</b>	+02:12:28 (26.6%)	7:15	8.3 (73.5%)
47	<b>LISIECKI Tomasz</b>	<b>1205</b>	TRZYNASTKA PLUS	Open M	41	02:22:19	04:40:32		<b>08:20:59.10</b>	<b>08:21:36.80</b>	+02:16:30 (27.2%)	7:18	8.2 (72.6%)
47	<b>LIPA Wojciech</b>	<b>1204</b>	RZESZOWSKIE GAZELE I GEPARDY	Open M	41	02:24:06	04:33:04		<b>08:21:30.10</b>	<b>08:21:36.80</b>	+02:16:30 (27.2%)	7:19	8.2 (72.6%)
49	<b>ŻAKOWSKI Karol</b>	<b>1444</b>	CALORIES OF FUN	Open M	43	02:21:39	04:36:28		<b>08:23:27.00</b>	<b>08:23:35.45</b>	+02:18:28 (27.5%)	7:20	8.2 (72.6%)
50	<b>MUCHA Grzegorz</b>	<b>1247</b>	DIABŁY PANCERNE	Open M	44	02:20:41	04:36:43		<b>08:20:52.30</b>	<b>08:23:41.55</b>	+02:18:35 (27.5%)	7:18	8.2 (72.6%)
51	<b>ŁUCJANEK Andrzej</b>	<b>1213</b>	KAJA TEAM	Open M	45	02:15:25	04:22:39		<b>08:24:15.40</b>	<b>08:24:27.35</b>	+02:19:20 (27.6%)	7:21	8.2 (72.6%)
52	<b>KUKUĆ-KWAPISZEWSKA Anna</b>	<b>1179</b>	SANDBOT	Open K	7	02:19:56	04:32:57		<b>08:24:22.30</b>	<b>08:24:31.75</b>	+02:19:25 (27.6%)	7:21	8.1 (71.7%)
53	<b>PĘDZISZEWSKI Piotr</b>	<b>1294</b>	VAI ALTO	Open M	46	02:19:07	04:34:18		<b>08:25:00.30</b>	<b>08:25:11.05</b>	+02:20:04 (27.7%)	7:22	8.1 (71.7%)
54	<b>PRZYDANEK Karol</b>	<b>1319</b>		Open M	47	02:26:13	04:39:30		<b>08:26:53.65</b>	<b>08:27:00.25</b>	+02:21:53 (28.0%)	7:24	8.1 (71.7%)
55	<b>WÓJCIK Michał</b>	<b>1423</b>	STAY INSANE	Open M	48	02:19:37	04:32:40		<b>08:26:49.65</b>	<b>08:27:01.30</b>	+02:21:54 (28.0%)	7:23	8.1 (71.7%)
56	<b>RAJTAR Zbigniew</b>	<b>1323</b>	RONTIL-KRAKÓW	Open M	49	02:21:55	04:41:01		<b>08:27:01.85</b>	<b>08:27:05.75</b>	+02:21:59 (28.0%)	7:24	8.1 (71.7%)
57	<b>MICHALCZYK Paweł</b>	<b>1239</b>		Open M	50	02:26:12	04:41:40		<b>08:28:46.05</b>	<b>08:28:52.40</b>	+02:23:45 (28.3%)	7:25	8.1 (71.7%)
58	<b>GWIŹDŹ Michał</b>	<b>1115</b>		Open M	51	02:19:57	04:33:29		<b>08:28:52.25</b>	<b>08:29:02.30</b>	+02:23:55 (28.3%)	7:25	8.1 (71.7%)
59	<b>WARSKI Patryk</b>	<b>1399</b>		Open M	52	02:33:15	04:42:09		<b>08:30:32.00</b>	<b>08:30:44.75</b>	+02:25:38 (28.5%)	7:27	8.1 (71.7%)
60	<b>KUCIAK Bartosz</b>	<b>1176</b>		Open M	53	02:22:34	04:42:03		<b>08:30:27.40</b>	<b>08:30:44.80</b>	+02:25:38 (28.5%)	7:27	8.1 (71.7%)
61	<b>WIĘCŁAWSKI Michał</b>	<b>1406</b>	WAGA CIĘŻKA	Open M	54	02:21:16	04:38:44		<b>08:30:41.65</b>	<b>08:30:49.50</b>	+02:25:43 (28.5%)	7:27	8 (70.8%)

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62	<b>GRONO Krzysztof</b>	<b>1106</b>	V-MAX ADAMÓW	Open M	55	02:32:13	04:44:27		<b>08:30:49.95</b>	<b>08:30:57.50</b>	+02:25:51 (28.5%)	7:27	8 (70.8%)
63	<b>SUJAK Mirosław</b>	<b>1366</b>	MKB DREPTAK	Open M	56	02:20:31	04:34:46		<b>08:30:54.65</b>	<b>08:30:57.60</b>	+02:25:51 (28.5%)	7:27	8 (70.8%)
64	<b>JANKOWIAK Przemysław</b>	<b>1124</b>		Open M	57	02:20:04	04:35:58		<b>08:30:59.70</b>	<b>08:31:04.55</b>	+02:25:58 (28.6%)	7:27	8 (70.8%)
65	<b>SOWIŃSKI Jędrzej</b>	<b>1356</b>	REMBERTÓW TEAM	Open M	58	02:22:53	04:36:19		<b>08:31:08.35</b>	<b>08:31:31.80</b>	+02:26:25 (28.6%)	7:27	8 (70.8%)
66	<b>KUC Adam</b>	<b>1173</b>		Open M	59	02:19:58	04:35:14		<b>08:32:07.20</b>	<b>08:32:15.80</b>	+02:27:09 (28.7%)	7:28	8 (70.8%)
67	<b>SIMKA Kamil</b>	<b>1346</b>		Open M	60	02:26:38	04:48:13		<b>08:32:02.75</b>	<b>08:32:37.80</b>	+02:27:31 (28.8%)	7:28	8 (70.8%)
68	<b>RÓŻAŃSKI Mateusz</b>	<b>1331</b>		Open M	61	02:19:57	04:38:52		<b>08:33:57.50</b>	<b>08:34:04.95</b>	+02:28:58 (29.0%)	7:30	8 (70.8%)
69	<b>TRZASKA Radosław</b>	<b>1388</b>	TLENOWNIA	Open M	62	02:26:58	04:49:05		<b>08:34:54.45</b>	<b>08:35:11.35</b>	+02:30:04 (29.1%)	7:31	8 (70.8%)
70	<b>IWANOWICZ Anna</b>	<b>1120</b>		Open K	8	02:24:46	04:49:05		<b>08:35:20.80</b>	<b>08:35:37.80</b>	+02:30:31 (29.2%)	7:31	8 (70.8%)
71	<b>STAJNIAK Michał</b>	<b>1359</b>	SMASHING PĄPKINS	Open M	63	02:17:46	04:36:36		<b>08:35:41.50</b>	<b>08:35:55.25</b>	+02:30:48 (29.2%)	7:31	8 (70.8%)
72	<b>TKACZYK Rafał</b>	<b>1386</b>	VEGAN RUNNERS UK	Open M	64	02:19:21	04:33:03		<b>08:35:58.95</b>	<b>08:36:13.00</b>	+02:31:06 (29.3%)	7:31	8 (70.8%)
73	<b>KOWALCZYK Mateusz</b>	<b>1161</b>	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	Open M	65	02:05:07	04:21:38		<b>08:36:23.25</b>	<b>08:36:28.35</b>	+02:31:21 (29.3%)	7:32	8 (70.8%)
74	<b>JĘDZURA Daniel</b>	<b>1134</b>	NIGHT RUNNERS GLIWICE	Open M	66	02:18:23	04:32:52		<b>08:38:04.15</b>	<b>08:38:08.85</b>	+02:33:02 (29.5%)	7:33	7.9 (69.9%)
75	<b>ELPERS Inez</b>	<b>1451</b>	VINGBERG TEAM	Open K	9	02:19:25	04:37:27		<b>08:38:03.10</b>	<b>08:38:12.30</b>	+02:33:05 (29.5%)	7:33	7.9 (69.9%)
76	<b>CZUPKIEWICZ Michał</b>	<b>1054</b>	RAJSPOORT ACTIVE	Open M	67	02:05:45	04:18:04		<b>08:38:50.40</b>	<b>08:38:57.65</b>	+02:33:51 (29.6%)	7:34	7.9 (69.9%)
77	<b>PORĘBA Marek</b>	<b>1314</b>		Open M	68	02:26:25	04:44:34		<b>08:40:06.15</b>	<b>08:40:14.50</b>	+02:35:08 (29.8%)	7:35	7.9 (69.9%)
78	<b>BADZIĄG Damian</b>	<b>1011</b>	KLUB42,2 LĘBORK / SMASHING PĄPKINS	Open M	69	02:25:03	04:40:45		<b>08:39:55.40</b>	<b>08:40:17.60</b>	+02:35:11 (29.8%)	7:35	7.9 (69.9%)
79	<b>BRYSZEWSKA Patrycja</b>	<b>1032</b>	ACCENTURE	Open K	10	02:28:37	04:48:55		<b>08:40:42.65</b>	<b>08:40:46.00</b>	+02:35:39 (29.9%)	7:36	7.9 (69.9%)
80	<b>BIERNACKI Sylwester</b>	<b>1022</b>	#MARCINSWIERCTEAM	Open M	70	02:14:42	04:36:17		<b>08:42:23.90</b>	<b>08:42:29.65</b>	+02:37:23 (30.1%)	7:37	7.9 (69.9%)
81	<b>CZAJKOWSKI Wojtek</b>	<b>1049</b>	ADIDAS RUNNERS WARSAW	Open M	71	02:22:48	04:43:48		<b>08:42:53.15</b>	<b>08:43:01.75</b>	+02:37:55 (30.2%)	7:38	7.9 (69.9%)
82	<b>KRZYZOSIAK Janko</b>	<b>1172</b>	HIGH LANE HURRICANES	Open M	72	02:22:20	04:38:50		<b>08:42:57.30</b>	<b>08:43:19.05</b>	+02:38:12 (30.2%)	7:38	7.9 (69.9%)
83	<b>CHYLEWSKI Paweł</b>	<b>1044</b>		Open M	73	02:33:33	04:52:30		<b>08:44:11.00</b>	<b>08:44:22.55</b>	+02:39:16 (30.4%)	7:39	7.8 (69.0%)
84	<b>ZAJĄC Andrzej</b>	<b>1430</b>	NIGHTRUNNERS	Open M	74	02:24:37	04:48:32		<b>08:45:42.85</b>	<b>08:46:09.80</b>	+02:41:03 (30.6%)	7:40	7.8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
85	<b>LASEK Leszek</b>	<b>1193</b>	KALLIPSO TEAM	Open M	75	02:22:14	04:46:28		<b>08:48:22.65</b>	<b>08:48:30.80</b>	+02:43:24 (30.9%)	7:42	7.8 (69.0%)
86	<b>PABIS Marek</b>	<b>1280</b>		Open M	76	02:24:14	04:48:03		<b>08:49:26.10</b>	<b>08:49:33.40</b>	+02:44:26 (31.1%)	7:43	7.8 (69.0%)
87	<b>SŁONAWSKI Łukasz</b>	<b>1348</b>	KS PEGAZ	Open M	77	02:34:14	04:54:05		<b>08:51:47.30</b>	<b>08:52:14.55</b>	+02:47:08 (31.4%)	7:45	7.7 (68.1%)
88	<b>NOWAK Adam</b>	<b>1260</b>	TAB2	Open M	78	02:20:24	04:44:35		<b>08:52:43.25</b>	<b>08:52:52.35</b>	+02:47:45 (31.5%)	7:46	7.7 (68.1%)
89	<b>SOWA Paweł</b>	<b>1355</b>		Open M	79	02:19:50	04:41:21		<b>08:53:03.35</b>	<b>08:53:10.80</b>	+02:48:04 (31.5%)	7:46	7.7 (68.1%)
90	<b>PILAS Maciej</b>	<b>1304</b>		Open M	80	02:22:53	04:42:14		<b>08:56:47.40</b>	<b>08:57:05.45</b>	+02:51:58 (32.0%)	7:50	7.7 (68.1%)
91	<b>WOSZEK Tomasz</b>	<b>1419</b>	BBL OPOLE	Open M	81	02:19:27	04:36:11		<b>08:59:01.35</b>	<b>08:59:08.40</b>	+02:54:01 (32.3%)	7:52	7.6 (67.3%)
92	<b>KAWIECKI Paweł</b>	<b>1141</b>	AKADEMIAMUZYCZYNABIEGA	Open M	82	02:18:13	04:50:53		<b>08:59:39.95</b>	<b>08:59:42.60</b>	+02:54:36 (32.4%)	7:52	7.6 (67.3%)
93	<b>TESZNER Adrian</b>	<b>1384</b>		Open M	83	02:14:30	04:46:51		<b>09:00:04.70</b>	<b>09:00:10.55</b>	+02:55:04 (32.4%)	7:53	7.6 (67.3%)
94	<b>GODYŃ Jan</b>	<b>1096</b>	DELOITTE ADVENTURE TEAM	Open M	84	02:31:54	04:51:28		<b>08:59:59.30</b>	<b>09:00:21.90</b>	+02:55:15 (32.4%)	7:52	7.6 (67.3%)
95	<b>FEDORCZAK Jacek</b>	<b>1073</b>		Open M	85	02:37:21	05:04:47		<b>09:00:18.85</b>	<b>09:00:33.50</b>	+02:55:27 (32.5%)	7:53	7.6 (67.3%)
96	<b>MROZIAK Maciek</b>	<b>1245</b>	RUNPASSION PL. TEAM	Open M	86	02:21:45	04:47:40		<b>09:00:34.55</b>	<b>09:00:48.95</b>	+02:55:42 (32.5%)	7:53	7.6 (67.3%)
97	<b>ZAŁUSKA-LIPA Agnieszka</b>	<b>1433</b>		Open K	11	02:27:27	04:47:32		<b>09:03:12.85</b>	<b>09:03:28.50</b>	+02:58:22 (32.8%)	7:55	7.6 (67.3%)
98	<b>LICHOTA Tomasz</b>	<b>1203</b>	DEKORIA	Open M	87	02:21:55	04:46:58		<b>09:03:09.90</b>	<b>09:03:33.65</b>	+02:58:27 (32.8%)	7:55	7.6 (67.3%)
99	<b>RYBARCZYK Ilona</b>	<b>1335</b>		Open K	12	02:29:36	04:57:38		<b>09:03:34.30</b>	<b>09:03:50.00</b>	+02:58:43 (32.9%)	7:56	7.6 (67.3%)
100	<b>SZADOKWSKI Jacek</b>	<b>1371</b>		Open M	88	02:34:02	04:57:49		<b>09:03:43.75</b>	<b>09:03:51.30</b>	+02:58:44 (32.9%)	7:56	7.6 (67.3%)
101	<b>LATOS Marcin</b>	<b>1194</b>	EUROCLEAR RUNNING TEAM	Open M	89	02:21:13	04:46:34		<b>09:03:58.60</b>	<b>09:04:06.05</b>	+02:58:59 (32.9%)	7:56	7.6 (67.3%)
102	<b>LUDA Żaneta</b>	<b>1210</b>	WAWRZYNTTEAM	Open K	13	02:33:43	04:58:27		<b>09:04:37.65</b>	<b>09:04:55.40</b>	+02:59:48 (33.0%)	7:57	7.5 (66.4%)
103	<b>CETNAR Grzegorz</b>	<b>1040</b>		Open M	90	02:33:37	04:58:26		<b>09:06:13.55</b>	<b>09:06:17.45</b>	+03:01:10 (33.2%)	7:58	7.5 (66.4%)
104	<b>ZABDYR Marcin</b>	<b>1428</b>	KS PEGAZ	Open M	91	02:34:15	04:54:37		<b>09:06:09.85</b>	<b>09:06:37.30</b>	+03:01:30 (33.2%)	7:58	7.5 (66.4%)
105	<b>DUC-SYPOSZ Aureliusz</b>	<b>1067</b>		Open M	92	02:21:00	04:46:59		<b>09:07:39.20</b>	<b>09:07:48.75</b>	+03:02:42 (33.4%)	7:59	7.5 (66.4%)
106	<b>KUTRZUBA Mateusz</b>	<b>1189</b>	MARATOŃCZYK DĘBICA	Open M	93	02:37:51	04:59:24		<b>09:08:08.50</b>	<b>09:08:29.10</b>	+03:03:22 (33.4%)	8:00	7.5 (66.4%)
107	<b>KUSOFFSKY Mats</b>	<b>1186</b>	VINGBERG TEAM	Open M	94	02:17:20	04:37:15		<b>09:09:08.15</b>	<b>09:09:23.35</b>	+03:04:16 (33.5%)	8:00	7.5 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
108	<b>RAMOTOWSKI Marcin</b>	<b>1325</b>		Open M	95	02:34:04	05:04:42		<b>09:09:21.40</b>	<b>09:09:54.70</b>	+03:04:48 (33.6%)	8:01	7.5 (66.4%)
109	<b>KOSOWICZ Krzysztof</b>	<b>1159</b>		Open M	96	02:18:33	04:49:05		<b>09:10:45.90</b>	<b>09:10:56.40</b>	+03:05:49 (33.7%)	8:02	7.5 (66.4%)
110	<b>TYRALSKI Dominik</b>	<b>1394</b>	POLSAT BIEGA	Open M	97	02:24:53	04:49:29		<b>09:11:34.00</b>	<b>09:11:45.25</b>	+03:06:38 (33.8%)	8:03	7.5 (66.4%)
111	<b>FRANKIEWICZ Artur</b>	<b>1075</b>		Open M	98	02:19:53	04:51:20		<b>09:08:37.40</b>	<b>09:12:02.75</b>	+03:06:56 (33.9%)	8:00	7.5 (66.4%)
112	<b>GALUSKIN Alexey</b>	<b>1083</b>	GRUPA NOMAX	Open M	99	02:37:34	05:06:39		<b>09:12:13.10</b>	<b>09:12:23.15</b>	+03:07:16 (33.9%)	8:03	7.4 (65.5%)
113	<b>GRONAU Maciej</b>	<b>1105</b>		Open M	100	02:35:54	04:56:06		<b>09:13:07.75</b>	<b>09:13:14.20</b>	+03:08:07 (34.0%)	8:04	7.4 (65.5%)
114	<b>DUDEK Łukasz</b>	<b>1068</b>		Open M	101	02:28:29	04:56:11		<b>09:13:54.70</b>	<b>09:14:01.95</b>	+03:08:55 (34.1%)	8:05	7.4 (65.5%)
115	<b>WELENC Łukasz</b>	<b>1403</b>	NO LIMITS TRAIL	Open M	102	02:41:47	05:01:59		<b>09:14:27.05</b>	<b>09:14:46.55</b>	+03:09:40 (34.2%)	8:05	7.4 (65.5%)
116	<b>BODZIOCH Grzegorz</b>	<b>1027</b>	GORLICKA GRUPA BIEGOWA	Open M	103	02:42:56	05:10:14		<b>09:15:07.90</b>	<b>09:15:44.20</b>	+03:10:37 (34.3%)	8:06	7.4 (65.5%)
117	<b>FRANUSIAK Marek</b>	<b>1077</b>		Open M	104	02:32:19	04:52:16		<b>09:11:24.60</b>	<b>09:16:06.15</b>	+03:10:59 (34.3%)	8:02	7.5 (66.4%)
118	<b>BURZYŃSKA Ewelina</b>	<b>1037</b>	NATURA BIEDRUSKO	Open K	14	02:38:16	05:01:18		<b>09:18:08.25</b>	<b>09:18:13.95</b>	+03:13:07 (34.6%)	8:08	7.4 (65.5%)
119	<b>WILK Paweł</b>	<b>1409</b>		Open M	105	02:41:02	05:05:18		<b>09:18:45.25</b>	<b>09:19:00.95</b>	+03:13:54 (34.7%)	8:09	7.4 (65.5%)
120	<b>MAZURCZAK Łukasz</b>	<b>1235</b>		Open M	106	02:30:11	05:00:50		<b>09:19:18.10</b>	<b>09:19:33.00</b>	+03:14:26 (34.7%)	8:09	7.3 (64.6%)
121	<b>BIEL Łukasz</b>	<b>1019</b>	BRIDGESTONE B-OLYMPIC	Open M	107	02:43:38	05:02:25		<b>09:19:18.95</b>	<b>09:19:33.90</b>	+03:14:27 (34.8%)	8:09	7.3 (64.6%)
122	<b>MIELNIK Michał</b>	<b>1241</b>	KROSNO GLASS	Open M	108	02:24:27	04:54:07		<b>09:20:23.90</b>	<b>09:20:30.25</b>	+03:15:23 (34.9%)	8:10	7.3 (64.6%)
123	<b>SOKOŁOWSKI Tomasz</b>	<b>1352</b>	KLINIKA TRIATHLONU	Open M	109	02:35:07	05:00:41		<b>09:20:38.55</b>	<b>09:21:02.90</b>	+03:15:56 (34.9%)	8:11	7.3 (64.6%)
124	<b>PRZYCHODZKI Łukasz</b>	<b>1318</b>	THE RECYCKINGS	Open M	110	02:36:05	05:01:23		<b>09:21:30.10</b>	<b>09:21:35.20</b>	+03:16:28 (35.0%)	8:11	7.3 (64.6%)
125	<b>CEGLEWSKI Marcin</b>	<b>1039</b>	HARPAGANY RUNNING TEAM	Open M	111	02:35:52	05:05:42		<b>09:22:09.05</b>	<b>09:22:13.10</b>	+03:17:06 (35.1%)	8:12	7.3 (64.6%)
126	<b>RYCERSKI Rafal</b>	<b>1337</b>		Open M	112	02:35:10	05:05:06		<b>09:21:57.35</b>	<b>09:22:31.00</b>	+03:17:24 (35.1%)	8:12	7.3 (64.6%)
127	<b>PASELA Bartosz</b>	<b>1285</b>	SMASHING PĄPKINS	Open M	113	02:32:48	04:59:12		<b>09:22:50.20</b>	<b>09:23:32.30</b>	+03:18:25 (35.2%)	8:12	7.3 (64.6%)
128	<b>MECAN Magdalena</b>	<b>1237</b>	DR. SCHNEIDER RUNNING TEAM	Open K	15	02:36:48	05:12:02		<b>09:26:09.10</b>	<b>09:26:50.40</b>	+03:21:43 (35.6%)	8:15	7.3 (64.6%)
129	<b>ŚWIERK Seweryn</b>	<b>1383</b>	NATURALNIE JANOWICE	Open M	114	02:36:04	05:12:03		<b>09:26:10.55</b>	<b>09:26:51.15</b>	+03:21:44 (35.6%)	8:15	7.3 (64.6%)
130	<b>SPECHT Mikołaj</b>	<b>1357</b>		Open M	115	02:22:58	04:50:53		<b>09:26:54.05</b>	<b>09:27:00.10</b>	+03:21:53 (35.6%)	8:16	7.2 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
131	ZORAN Henryk	1441		Open M	116	02:40:24	05:16:12		09:26:57.25	09:27:11.60	+03:22:05 (35.6%)	8:16	7.2 (63.7%)
132	SZYMAŃSKI Sławek	1378	WOLSZTYŃSKI KLUB BIEGOWY	Open M	117	02:44:44	05:21:47		09:27:25.70	09:27:44.65	+03:22:38 (35.7%)	8:17	7.2 (63.7%)
133	PĘCHERZEWSKI Norbert	1293	RYKOWISKO	Open M	118	02:27:15	05:01:14		09:25:29.55	09:28:22.25	+03:23:15 (35.8%)	8:15	7.3 (64.6%)
134	PIETRZYK Dariusz	1302	BIEGAJĄCY ŚWIDNIK	Open M	119	02:47:24	05:17:44		09:28:33.25	09:29:13.30	+03:24:06 (35.9%)	8:18	7.2 (63.7%)
135	SZAŁAŚNY Piotr	1372	TESTYOUTDOOROWE.PL	Open M	120	02:43:33	05:11:29		09:29:55.20	09:30:08.00	+03:25:01 (36.0%)	8:19	7.2 (63.7%)
136	PIESIK Jarosław	1300	WOLSZTYŃSKI KLUB BIEGOWY	Open M	121	02:44:59	05:21:50		09:31:32.20	09:31:53.20	+03:26:46 (36.2%)	8:20	7.2 (63.7%)
137	MIŚKIEWICZ Paweł	1242	OUTDOORZY	Open M	122	02:41:32	05:08:56		09:31:31.15	09:32:01.75	+03:26:55 (36.2%)	8:20	7.2 (63.7%)
138	KUNA Wojciech	1183		Open M	123	02:29:42	05:06:37		09:31:35.50	09:32:02.40	+03:26:55 (36.2%)	8:20	7.2 (63.7%)
139	GLÓRA Aleksandra	1093	ŻARY RUNNERS TEAM	Open K	16	02:35:42	05:09:49		09:32:17.15	09:32:42.25	+03:27:35 (36.2%)	8:21	7.2 (63.7%)
140	ROMAŃCZYK Jarosław	1329	HURAGAN	Open M	124	02:44:40	05:15:00		09:32:05.10	09:32:46.90	+03:27:40 (36.3%)	8:21	7.2 (63.7%)
141	GRYGIERZEC Grzegorz	1108		Open M	125	02:42:03	05:04:25		09:32:45.10	09:33:18.00	+03:28:11 (36.3%)	8:21	7.2 (63.7%)
142	ZIELIŃSKA Iwona	1437		Open K	17	02:45:12	05:19:23		09:32:58.25	09:33:23.40	+03:28:16 (36.3%)	8:21	7.2 (63.7%)
143	PARWA Michał	1284		Open M	126	02:39:02	05:10:35		09:29:06.70	09:33:38.85	+03:28:32 (36.4%)	8:18	7.2 (63.7%)
144	MAŚLANY Daniel	1231		Open M	127	02:36:15	05:07:56		09:33:46.25	09:34:07.00	+03:29:00 (36.4%)	8:22	7.2 (63.7%)
145	PODODEMSKA-ZABDYR Izabela	1310	KS PEGAZ	Open K	18	02:39:30	05:08:40		09:31:12.85	09:35:10.80	+03:30:04 (36.5%)	8:20	7.2 (63.7%)
146	GOŁDA Paweł	1097		Open M	128	02:37:52	05:10:44		09:36:55.35	09:37:04.50	+03:31:58 (36.7%)	8:25	7.1 (62.8%)
147	KOŁACKA Martyna	1154		Open K	19	02:29:39	04:57:54		09:37:00.85	09:37:07.15	+03:32:00 (36.7%)	8:25	7.1 (62.8%)
148	NAUDZIUNAS Agnieszka	1255	NATURAL BORN RUNNERS	Open K	20	02:39:19	05:12:52		09:38:14.60	09:38:51.25	+03:33:44 (36.9%)	8:26	7.1 (62.8%)
149	KISIAŁA Filip	1147	LACHO TEAM	Open M	129	02:33:20	05:06:31		09:39:45.25	09:39:58.45	+03:34:51 (37.0%)	8:27	7.1 (62.8%)
150	BOGDANOWICZ Robert	1028		Open M	130	02:31:54	04:57:27		09:39:36.75	09:40:02.05	+03:34:55 (37.1%)	8:27	7.1 (62.8%)
151	MAZERSKI Grzegorz	1234		Open M	131	02:42:56	05:15:25		09:40:48.00	09:41:11.65	+03:36:05 (37.2%)	8:28	7.1 (62.8%)
152	NICGORSKI Piotr	1257		Open M	132	02:42:01	05:08:49		09:41:55.95	09:42:22.05	+03:37:15 (37.3%)	8:29	7.1 (62.8%)
153	MAJ Sławomir	1217	BIEGAJĄCY ŚWIDNIK	Open M	133	02:38:34	05:10:44		09:41:54.95	09:42:33.45	+03:37:26 (37.3%)	8:29	7.1 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
154	<b>BOŻEK Grzegorz</b>	<b>1030</b>	DZIKIE ŻYCIE RUNTEAM	Open M	134	02:36:52	05:15:30		<b>09:43:17.05</b>	<b>09:43:23.80</b>	+03:38:17 (37.4%)	8:30	7 (61.9%)
155	<b>KURKOWIAK Krzysztof</b>	<b>1185</b>	WKURW_TEAM	Open M	135	02:37:59	05:16:01		<b>09:43:08.05</b>	<b>09:43:31.90</b>	+03:38:25 (37.4%)	8:30	7 (61.9%)
156	<b>KOLASA Konrad</b>	<b>1153</b>		Open M	136	02:35:07	05:17:11		<b>09:45:34.15</b>	<b>09:46:00.05</b>	+03:40:53 (37.7%)	8:32	7 (61.9%)
157	<b>CZERWIŃSKI Wojciech</b>	<b>1053</b>		Open M	137	02:38:04	05:12:23		<b>09:46:34.80</b>	<b>09:46:49.20</b>	+03:41:42 (37.8%)	8:33	7 (61.9%)
158	<b>CHMIELEWSKI Tomasz</b>	<b>1042</b>	BWOTR.PL BLOG BIEGOWY	Open M	138	02:45:19	05:19:23		<b>09:47:15.65</b>	<b>09:47:26.90</b>	+03:42:20 (37.8%)	8:34	7 (61.9%)
159	<b>WASILEWSKI Witold</b>	<b>1400</b>		Open M	139	02:29:52	05:11:35		<b>09:47:34.45</b>	<b>09:47:43.00</b>	+03:42:36 (37.9%)	8:34	7 (61.9%)
160	<b>ŚLIŻ Sylwia</b>	<b>1382</b>		Open K	21	02:46:29	05:25:17		<b>09:47:37.95</b>	<b>09:47:48.90</b>	+03:42:42 (37.9%)	8:34	7 (61.9%)
161	<b>GONCERZEWICZ Anna</b>	<b>1098</b>	STARE BABICE BIEGAJĄ	Open K	22	02:54:14	05:24:49		<b>09:47:36.15</b>	<b>09:47:50.60</b>	+03:42:44 (37.9%)	8:34	7 (61.9%)
162	<b>PIERZCHAŁA Anna</b>	<b>1299</b>	KB MCKIS JAWORZNO / JAWORZNO RUNNERS	Open K	23	02:43:17	05:19:08		<b>09:47:49.90</b>	<b>09:48:01.50</b>	+03:42:55 (37.9%)	8:34	7 (61.9%)
163	<b>WÓJCICKI Bohdan</b>	<b>1421</b>		Open M	140	02:45:57	05:32:07		<b>09:48:26.15</b>	<b>09:48:36.05</b>	+03:43:29 (38.0%)	8:35	7 (61.9%)
164	<b>KIEZIK Anna</b>	<b>1145</b>	SKAZANI NA SUKCES	Open K	24	02:45:41	05:18:54		<b>09:48:33.45</b>	<b>09:48:52.00</b>	+03:43:45 (38.0%)	8:35	7 (61.9%)
165	<b>BIEL Tomasz</b>	<b>1020</b>		Open M	141	02:43:37	05:26:14		<b>09:49:07.15</b>	<b>09:49:21.90</b>	+03:44:15 (38.1%)	8:36	7 (61.9%)
166	<b>JARUZEL Robert</b>	<b>1129</b>	INFINIT CODELAB	Open M	142	02:39:42	05:20:17		<b>09:51:20.65</b>	<b>09:51:25.35</b>	+03:46:18 (38.3%)	8:37	7 (61.9%)
167	<b>ZUBERT Marcin</b>	<b>1442</b>	PRESS GLASS-BIEGAMY I WSPIERAMY	Open M	143	02:26:25	05:21:58		<b>09:51:34.70</b>	<b>09:52:04.65</b>	+03:46:58 (38.3%)	8:38	6.9 (61.1%)
168	<b>OLSAK Zenon</b>	<b>1274</b>	WARSAW RUN CLUB	Open M	144	02:46:28	05:17:25		<b>09:54:37.75</b>	<b>09:54:47.00</b>	+03:49:40 (38.6%)	8:40	6.9 (61.1%)
169	<b>OSTAPIŃSKA Magda</b>	<b>1278</b>	OSTRESROKI	Open K	25	02:50:32	05:34:54		<b>09:56:14.40</b>	<b>09:56:35.10</b>	+03:51:28 (38.8%)	8:42	6.9 (61.1%)
170	<b>KANTOROWSKI Piotr</b>	<b>1140</b>		Open M	145	02:37:08	05:10:03		<b>09:53:45.90</b>	<b>09:56:38.50</b>	+03:51:32 (38.8%)	8:40	6.9 (61.1%)
171	<b>SZMAGAJ Marcin</b>	<b>1375</b>	SZWLA	Open M	146	02:36:05	05:20:16		<b>09:57:16.50</b>	<b>09:57:21.60</b>	+03:52:15 (38.9%)	8:43	6.9 (61.1%)
172	<b>FRAŃCZEK Rafał</b>	<b>1079</b>	FIT-STORY	Open M	147	02:41:04	05:24:49		<b>09:57:14.45</b>	<b>09:57:26.00</b>	+03:52:19 (38.9%)	8:43	6.9 (61.1%)
173	<b>GOBL Richard</b>	<b>1095</b>		Open M	148	02:47:03	05:27:04		<b>09:57:18.60</b>	<b>09:57:35.65</b>	+03:52:29 (38.9%)	8:43	6.9 (61.1%)
174	<b>KUŚMIERZAK Piotr</b>	<b>1188</b>	POLSAT BIEGA	Open M	149	02:25:22	04:57:48		<b>09:58:20.65</b>	<b>09:58:31.15</b>	+03:53:24 (39.0%)	8:44	6.9 (61.1%)
175	<b>POŁCZYŃSKI Maciej</b>	<b>1313</b>	STALOWA ŁYDA	Open M	150	02:43:03	05:24:03		<b>09:58:24.75</b>	<b>09:58:52.55</b>	+03:53:46 (39.0%)	8:44	6.9 (61.1%)
176	<b>OCHREMIAK Michał</b>	<b>1270</b>	MOKOBIEGACZE	Open M	151	02:39:44	05:20:43		<b>09:59:03.85</b>	<b>09:59:39.10</b>	+03:54:32 (39.1%)	8:44	6.9 (61.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
177	<b>AKONOM Agnieszka</b>	<b>1009</b>	KS KOZIOŁEK KĘDZIERZYN -KOŻŁE	Open K	26	02:52:45	05:41:15		<b>09:59:46.95</b>	<b>10:00:00.80</b>	+03:54:54 (39.1%)	8:45	6.9 (61.1%)
178	<b>TUSZNIO Grzegorz</b>	<b>1392</b>		Open M	152	02:38:52	05:22:26		<b>09:59:58.25</b>	<b>10:00:12.00</b>	+03:55:05 (39.2%)	8:45	6.9 (61.1%)
179	<b>KROWIAK Tomasz</b>	<b>1170</b>		Open M	153	02:36:52	05:16:07		<b>10:00:13.15</b>	<b>10:00:23.45</b>	+03:55:16 (39.2%)	8:45	6.8 (60.2%)
180	<b>KUCZKOWSKI Krzysztof</b>	<b>1177</b>	TRAILING LAB	Open M	154	02:38:55	05:19:01		<b>10:03:16.80</b>	<b>10:03:25.05</b>	+03:58:18 (39.5%)	8:48	6.8 (60.2%)
181	<b>KOJDER Grzegorz</b>	<b>1151</b>		Open M	155	02:37:59	05:27:10		<b>10:05:00.85</b>	<b>10:05:10.75</b>	+04:00:04 (39.7%)	8:49	6.8 (60.2%)
182	<b>MARSZAŁEK Andrzej</b>	<b>1228</b>		Open M	156	02:41:07	05:17:03		<b>10:06:23.55</b>	<b>10:06:39.85</b>	+04:01:33 (39.8%)	8:51	6.8 (60.2%)
183	<b>GRZYBOWSKI Tomasz</b>	<b>1112</b>		Open M	157	02:41:06	05:17:10		<b>10:06:26.65</b>	<b>10:06:44.30</b>	+04:01:37 (39.8%)	8:51	6.8 (60.2%)
184	<b>BORUSIEWICZ Konrad</b>	<b>1456</b>		Open M	158	02:51:46	05:36:02		<b>10:06:40.80</b>	<b>10:06:50.55</b>	+04:01:44 (39.8%)	8:51	6.8 (60.2%)
185	<b>MAŁECKI Robert</b>	<b>1222</b>	K.S. KANDAHAR	Open M	159	02:42:52	05:30:17		<b>10:06:45.15</b>	<b>10:07:15.70</b>	+04:02:09 (39.9%)	8:51	6.8 (60.2%)
186	<b>NOWAK Artur</b>	<b>1264</b>	A&G CARP TEAM	Open M	160	02:38:38	05:20:58		<b>10:07:23.05</b>	<b>10:07:35.50</b>	+04:02:29 (39.9%)	8:52	6.8 (60.2%)
187	<b>BEDNARCZYK Paulina</b>	<b>1018</b>		Open K	27	02:50:42	05:28:31		<b>10:07:43.90</b>	<b>10:07:57.40</b>	+04:02:50 (39.9%)	8:52	6.8 (60.2%)
188	<b>LEYK Daniel</b>	<b>1202</b>	LEYK TEAM	Open M	161	03:02:56	05:50:53		<b>10:07:23.80</b>	<b>10:08:03.30</b>	+04:02:56 (40.0%)	8:52	6.8 (60.2%)
189	<b>TOKARZ Marcin</b>	<b>1387</b>		Open M	162	02:43:17	05:20:16		<b>10:09:51.00</b>	<b>10:10:00.15</b>	+04:04:53 (40.1%)	8:54	6.7 (59.3%)
190	<b>GÓRSKI Emil</b>	<b>1100</b>		Open M	163	02:40:03	05:18:05		<b>10:11:10.20</b>	<b>10:11:43.00</b>	+04:06:36 (40.3%)	8:55	6.7 (59.3%)
191	<b>WIELECHOWSKA Natalia</b>	<b>1405</b>		Open K	28	02:40:02	05:18:04		<b>10:11:09.85</b>	<b>10:11:43.45</b>	+04:06:36 (40.3%)	8:55	6.7 (59.3%)
192	<b>STARZYŃSKI Stefan</b>	<b>1361</b>	PERFECT RUNNER LUBLIN	Open M	164	02:50:40	05:34:45		<b>10:11:31.95</b>	<b>10:11:43.90</b>	+04:06:37 (40.3%)	8:55	6.7 (59.3%)
193	<b>BURDAJEWICZ Magdalena</b>	<b>1035</b>		Open K	29	02:56:55	05:40:07		<b>10:13:45.90</b>	<b>10:14:23.50</b>	+04:09:17 (40.6%)	8:57	6.7 (59.3%)
194	<b>WÓJCICKI Tomasz</b>	<b>1422</b>		Open M	165	02:42:17	05:28:19		<b>10:11:04.05</b>	<b>10:14:54.65</b>	+04:09:48 (40.6%)	8:55	6.7 (59.3%)
195	<b>JAWOREK Grzegorz</b>	<b>1131</b>	MIG TEAM	Open M	166	02:41:02	05:21:28		<b>10:14:43.45</b>	<b>10:14:59.40</b>	+04:09:52 (40.6%)	8:58	6.7 (59.3%)
196	<b>LAZA Filip</b>	<b>1195</b>	AMAZON SK	Open M	167	02:38:30	05:36:56		<b>10:14:59.95</b>	<b>10:15:30.75</b>	+04:10:24 (40.7%)	8:58	6.7 (59.3%)
197	<b>SĘDZIK Piotr</b>	<b>1343</b>	APPLOVER ULTRA	Open M	168	02:45:47	05:27:34		<b>10:17:28.35</b>	<b>10:17:41.55</b>	+04:12:35 (40.9%)	9:00	6.7 (59.3%)
198	<b>MAŚNICA-SZYMAŃSKA Joanna</b>	<b>1232</b>	WOLSZTYŃSKI KLUB BIEGOWY	Open K	30	02:58:54	05:37:28		<b>10:17:59.05</b>	<b>10:18:19.15</b>	+04:13:12 (41.0%)	9:01	6.7 (59.3%)
198	<b>SWOROWSKI Maciej</b>	<b>1368</b>	WOLSZTYŃSKI KLUB BIEGOWY	Open M	169	02:58:42	05:37:31		<b>10:17:59.65</b>	<b>10:18:19.15</b>	+04:13:12 (41.0%)	9:01	6.7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
200	<b>SWOROWSKA Izabela</b>	<b>1367</b>	WOLSZTYŃSKI KLUB BIEGOWY	Open K	31	02:59:13	05:37:28		<b>10:17:59.15</b>	<b>10:18:19.35</b>	+04:13:12 (41.0%)	9:01	6.7 (59.3%)
201	<b>LEWANDOWSKI Janusz</b>	<b>1200</b>		Open M	170	02:45:04	05:29:42		<b>10:18:13.95</b>	<b>10:18:32.80</b>	+04:13:26 (41.0%)	9:01	6.6 (58.4%)
202	<b>LOSKA Michał</b>	<b>1208</b>	BARAN TRAIL RACE	Open M	171	02:42:51	05:38:19		<b>10:18:58.65</b>	<b>10:19:33.10</b>	+04:14:26 (41.1%)	9:02	6.6 (58.4%)
203	<b>POLAR Artur</b>	<b>1311</b>		Open M	172	02:46:40	05:36:25		<b>10:20:11.20</b>	<b>10:20:50.35</b>	+04:15:43 (41.2%)	9:03	6.6 (58.4%)
204	<b>PAWŁOWICZ Dorota</b>	<b>1288</b>	KUŹNIA TRIATHLONU	Open K	32	02:52:09	05:40:21		<b>10:20:50.30</b>	<b>10:21:22.45</b>	+04:16:15 (41.2%)	9:03	6.6 (58.4%)
205	<b>KLAR Michał</b>	<b>1148</b>		Open M	173	02:41:44	05:27:12		<b>10:21:03.90</b>	<b>10:21:30.90</b>	+04:16:24 (41.3%)	9:03	6.6 (58.4%)
206	<b>LIŠKA Václav</b>	<b>1206</b>		Open M	174	02:41:44	05:27:09		<b>10:21:02.70</b>	<b>10:21:31.10</b>	+04:16:24 (41.3%)	9:03	6.6 (58.4%)
207	<b>BADOWSKI Rafał</b>	<b>1010</b>	WSZYSTKO JEST W GŁOWIE	Open M	175	02:36:13	05:25:06		<b>10:21:59.55</b>	<b>10:22:06.20</b>	+04:16:59 (41.3%)	9:04	6.6 (58.4%)
208	<b>FRAŃKIEWICZ Dariusz</b>	<b>1078</b>	BIEGAM NA TARCHOMINIE	Open M	176	02:37:45	05:39:12		<b>10:18:26.05</b>	<b>10:22:15.70</b>	+04:17:09 (41.3%)	9:01	6.6 (58.4%)
209	<b>DRABIK Jacek</b>	<b>1065</b>		Open M	177	02:51:09	05:36:43		<b>10:22:33.40</b>	<b>10:22:45.75</b>	+04:17:39 (41.4%)	9:05	6.6 (58.4%)
210	<b>OCHREMIAK Jakub</b>	<b>1269</b>	MOKOBIEGACZE	Open M	178	02:39:59	05:27:27		<b>10:22:41.60</b>	<b>10:23:16.25</b>	+04:18:09 (41.4%)	9:05	6.6 (58.4%)
211	<b>PIETRASZEK Mirosław</b>	<b>1301</b>	KSPEGAZ	Open M	179	02:52:14	05:41:45		<b>10:23:08.90</b>	<b>10:23:27.60</b>	+04:18:21 (41.4%)	9:05	6.6 (58.4%)
212	<b>GASIECKI Andrzej</b>	<b>1085</b>		Open M	180	02:44:01	05:37:43		<b>10:23:11.25</b>	<b>10:23:33.00</b>	+04:18:26 (41.4%)	9:05	6.6 (58.4%)
213	<b>POŁCZYŃSKI Paweł</b>	<b>1312</b>	STALOWA ŁYDA	Open M	181	02:42:45	05:24:01		<b>10:23:32.25</b>	<b>10:23:59.45</b>	+04:18:52 (41.5%)	9:06	6.6 (58.4%)
214	<b>MYCIELSKI Mariusz</b>	<b>1250</b>	W DRODZE	Open M	182	02:43:19	05:27:43		<b>10:23:44.75</b>	<b>10:24:06.95</b>	+04:19:00 (41.5%)	9:06	6.6 (58.4%)
215	<b>MARCHEWKA Jarosław</b>	<b>1224</b>	W DRODZE	Open M	183	02:43:20	05:27:43		<b>10:23:44.20</b>	<b>10:24:07.10</b>	+04:19:00 (41.5%)	9:06	6.6 (58.4%)
216	<b>DZIENISZEWSKI Michał</b>	<b>1072</b>		Open M	184	02:36:45	05:27:11		<b>10:24:02.45</b>	<b>10:24:18.95</b>	+04:19:12 (41.5%)	9:06	6.6 (58.4%)
217	<b>GAŁĄZKA Andrzej</b>	<b>1453</b>		Open M	185	02:45:43	05:30:23		<b>10:24:50.90</b>	<b>10:25:11.35</b>	+04:20:04 (41.6%)	9:07	6.6 (58.4%)
218	<b>DZIEDZINA Tomasz</b>	<b>1071</b>	MUAY RUNNING TEAM	Open M	186	02:47:46	05:41:29		<b>10:25:10.25</b>	<b>10:25:36.75</b>	+04:20:30 (41.6%)	9:07	6.6 (58.4%)
219	<b>WOŹNIAK Gabriela</b>	<b>1420</b>		Open K	33	02:50:46	05:37:55		<b>10:26:00.90</b>	<b>10:26:27.45</b>	+04:21:20 (41.7%)	9:08	6.6 (58.4%)
220	<b>STASIAK Wojciech</b>	<b>1362</b>	TRIZARZA	Open M	187	02:46:04	05:24:52		<b>10:26:06.10</b>	<b>10:26:30.80</b>	+04:21:24 (41.7%)	9:08	6.6 (58.4%)
221	<b>RUŚKIEWICZ Wojciech</b>	<b>1334</b>	DELOITTE ADVENTURE TEAM	Open M	188	02:38:16	05:42:23		<b>10:26:47.20</b>	<b>10:27:23.85</b>	+04:22:17 (41.8%)	9:09	6.6 (58.4%)
222	<b>WRÓBEL Aleksandra</b>	<b>1425</b>	DIRTY SPARROWS	Open K	34	02:54:18	05:39:20		<b>10:27:38.15</b>	<b>10:28:10.95</b>	+04:23:04 (41.9%)	9:09	6.5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
223	<b>STAPEL Sławomir</b>	<b>1364</b>	KS KANDAHAR	Open M	189	02:42:03	05:30:07		<b>10:28:19.70</b>	<b>10:28:49.25</b>	+04:23:42 (41.9%)	9:10	6.5 (57.5%)
224	<b>GALEK Adam</b>	<b>1081</b>	KS TĘCZA	Open M	190	02:51:08	05:39:56		<b>10:29:02.75</b>	<b>10:29:17.80</b>	+04:24:11 (42.0%)	9:10	6.5 (57.5%)
225	<b>KIERSKI Dariusz</b>	<b>1144</b>		Open M	191	02:50:04	05:40:46		<b>10:29:00.90</b>	<b>10:29:18.65</b>	+04:24:12 (42.0%)	9:10	6.5 (57.5%)
226	<b>KOPANIA Kamil</b>	<b>1155</b>	K.S TĘCZA	Open M	192	02:51:06	05:39:58		<b>10:29:13.35</b>	<b>10:29:26.90</b>	+04:24:20 (42.0%)	9:11	6.5 (57.5%)
227	<b>KUŚ Jakub</b>	<b>1187</b>		Open M	193	02:40:23	05:38:27		<b>10:29:22.05</b>	<b>10:29:33.95</b>	+04:24:27 (42.0%)	9:11	6.5 (57.5%)
228	<b>NAZARCZYK Rafał</b>	<b>1256</b>	CLEO	Open M	194	02:42:50	05:26:52		<b>10:29:26.20</b>	<b>10:30:00.75</b>	+04:24:54 (42.0%)	9:11	6.5 (57.5%)
229	<b>SOSZYŃSKA - PSTROKOŃSKA Joanna</b>	<b>1354</b>	GAZELE NA STRACIE	Open K	35	02:52:09	05:40:21		<b>10:30:23.55</b>	<b>10:30:56.35</b>	+04:25:49 (42.1%)	9:12	6.5 (57.5%)
230	<b>PERŁA Adam</b>	<b>1290</b>	NARAMOWICE BIEGAJĄ	Open M	195	02:47:37	05:45:30		<b>10:30:22.45</b>	<b>10:31:00.70</b>	+04:25:54 (42.1%)	9:12	6.5 (57.5%)
231	<b>SZOLNOKI Janos</b>	<b>1376</b>		Open M	196	02:43:23	05:28:37		<b>10:27:03.80</b>	<b>10:31:02.25</b>	+04:25:55 (42.1%)	9:09	6.6 (58.4%)
232	<b>MAĆKOWSKI Mateusz</b>	<b>1214</b>	NATURAL BORN COFFEE LOVERS	Open M	197	02:46:24	05:26:53		<b>10:27:13.40</b>	<b>10:31:42.70</b>	+04:26:36 (42.2%)	9:09	6.6 (58.4%)
233	<b>WACHOWSKA Katarzyna</b>	<b>1398</b>	SMOK TRÓJGŁOWY	Open K	36	02:50:17	05:30:48		<b>10:31:05.50</b>	<b>10:31:42.85</b>	+04:26:36 (42.2%)	9:12	6.5 (57.5%)
234	<b>RAFAŁ Eliza</b>	<b>1322</b>		Open K	37	03:00:13	05:54:05		<b>10:31:43.65</b>	<b>10:32:21.55</b>	+04:27:15 (42.3%)	9:13	6.5 (57.5%)
235	<b>HYDZIK Łukasz</b>	<b>1119</b>	LIDER SANOK	Open M	198	02:59:03	05:51:10		<b>10:33:02.55</b>	<b>10:33:21.50</b>	+04:28:15 (42.4%)	9:14	6.5 (57.5%)
236	<b>MAĆZNIK Andrzej</b>	<b>1236</b>		Open M	199	02:47:24	05:36:07		<b>10:33:14.65</b>	<b>10:33:53.10</b>	+04:28:46 (42.4%)	9:14	6.5 (57.5%)
237	<b>NIEMIRO Paweł</b>	<b>1258</b>	JAGODOWO-KALINOWY TEAM	Open M	200	02:47:21	05:36:06		<b>10:33:13.45</b>	<b>10:33:53.20</b>	+04:28:46 (42.4%)	9:14	6.5 (57.5%)
238	<b>KOWALSKI Daniel</b>	<b>1163</b>	BIEGAJĄCY ŚWIDNIK	Open M	201	02:35:30	05:16:10		<b>10:32:06.70</b>	<b>10:35:41.65</b>	+04:30:35 (42.6%)	9:13	6.5 (57.5%)
239	<b>KIJOWSKA Aldona</b>	<b>1146</b>	MARKOWI BIEGACZE	Open K	38	02:55:35	05:46:55		<b>10:36:18.60</b>	<b>10:36:53.35</b>	+04:31:46 (42.7%)	9:17	6.5 (57.5%)
240	<b>KRAWCZYK Wojciech</b>	<b>1169</b>	BIEGAM NA TARCHOMINIE	Open M	202	02:44:05	05:26:28		<b>10:36:53.85</b>	<b>10:37:14.55</b>	+04:32:08 (42.7%)	9:17	6.5 (57.5%)
241	<b>OSIKOWSKA Teresa</b>	<b>1277</b>		Open K	39	03:00:39	06:02:00		<b>10:37:07.70</b>	<b>10:37:47.85</b>	+04:32:41 (42.8%)	9:18	6.5 (57.5%)
242	<b>RAKOWSKI Marcin</b>	<b>1324</b>	DECATHLON RYBNIK	Open M	203	02:51:56	05:50:56		<b>10:37:33.20</b>	<b>10:38:07.75</b>	+04:33:01 (42.8%)	9:18	6.4 (56.6%)
243	<b>MYSZKOWSKI Paweł</b>	<b>1252</b>	ULTRAŚLEDŹ	Open M	204	02:48:41	05:44:15		<b>10:38:07.70</b>	<b>10:38:31.95</b>	+04:33:25 (42.8%)	9:18	6.4 (56.6%)
244	<b>WILMAN Andrzej</b>	<b>1410</b>	WSL	Open M	205	03:00:20	05:49:43		<b>10:38:18.95</b>	<b>10:38:59.40</b>	+04:33:52 (42.9%)	9:19	6.4 (56.6%)
245	<b>MALEC Dawid</b>	<b>1221</b>		Open M	206	02:43:18	05:27:17		<b>10:39:16.90</b>	<b>10:39:43.75</b>	+04:34:37 (42.9%)	9:19	6.4 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
246	<b>CHILIMONIUK Paweł</b>	<b>1041</b>		Open M	207	02:46:51	05:32:03		<b>10:39:27.50</b>	<b>10:39:44.85</b>	+04:34:38 (42.9%)	9:20	6.4 (56.6%)
247	<b>MUCHA Michał</b>	<b>1246</b>	WIECZORNE BIEGANIE W SZCZECINIE	Open M	208	02:51:28	05:37:23		<b>10:39:30.95</b>	<b>10:40:12.50</b>	+04:35:06 (43.0%)	9:20	6.4 (56.6%)
248	<b>GRAU Joanna</b>	<b>1102</b>	KWIDZYN BIEGA	Open K	40	02:56:54	05:49:50		<b>10:40:46.80</b>	<b>10:41:18.85</b>	+04:36:12 (43.1%)	9:21	6.4 (56.6%)
249	<b>MARIANOWSKI Krzysztof</b>	<b>1227</b>	KWIDZYN BIEGA	Open M	209	02:50:54	05:49:55		<b>10:40:48.45</b>	<b>10:41:19.25</b>	+04:36:12 (43.1%)	9:21	6.4 (56.6%)
250	<b>KOZIELEC Tomasz</b>	<b>1164</b>	PĘDZĄCE MISIE	Open M	210	03:03:48	06:01:30		<b>10:41:05.00</b>	<b>10:41:26.80</b>	+04:36:20 (43.1%)	9:21	6.4 (56.6%)
251	<b>GRZANECKA Joanna</b>	<b>1109</b>	JEEP	Open K	41	02:39:07	05:25:00		<b>10:43:43.05</b>	<b>10:43:51.10</b>	+04:38:44 (43.3%)	9:23	6.4 (56.6%)
252	<b>ZAWISZA Łukasz</b>	<b>1436</b>		Open M	211	02:40:31	05:42:07		<b>10:45:21.60</b>	<b>10:45:32.65</b>	+04:40:26 (43.4%)	9:25	6.4 (56.6%)
253	<b>CYRAN Grzegorz</b>	<b>1048</b>	AILLERON	Open M	212	02:54:54	06:03:09		<b>10:45:36.40</b>	<b>10:46:09.65</b>	+04:41:03 (43.5%)	9:25	6.4 (56.6%)
254	<b>NAGY Peter</b>	<b>1253</b>		Open M	213	02:48:34	05:34:51		<b>10:46:09.45</b>	<b>10:46:25.55</b>	+04:41:19 (43.5%)	9:25	6.4 (56.6%)
255	<b>WĘDRYCHOWICZ Grzegorz</b>	<b>1404</b>	GGB	Open M	214	02:44:52	05:51:35		<b>10:46:06.20</b>	<b>10:46:44.00</b>	+04:41:37 (43.5%)	9:25	6.4 (56.6%)
255	<b>SZUREK Joanna</b>	<b>1377</b>	GGB	Open K	42	02:44:52	05:51:32		<b>10:46:06.20</b>	<b>10:46:44.00</b>	+04:41:37 (43.5%)	9:25	6.4 (56.6%)
257	<b>ZWOLIŃSKI Mariusz</b>	<b>1443</b>		Open M	215	02:48:30	05:38:35		<b>10:47:13.80</b>	<b>10:47:23.25</b>	+04:42:16 (43.6%)	9:26	6.4 (56.6%)
258	<b>BOBOLA Maciek</b>	<b>1024</b>		Open M	216	02:58:26	05:58:46		<b>10:47:20.15</b>	<b>10:47:30.90</b>	+04:42:24 (43.6%)	9:27	6.3 (55.8%)
259	<b>SYZDÓŁ Karol</b>	<b>1370</b>	MAKA RUN	Open M	217	02:37:58	05:29:29		<b>10:47:29.40</b>	<b>10:47:40.40</b>	+04:42:33 (43.6%)	9:27	6.3 (55.8%)
260	<b>SYZDÓŁ Marcin</b>	<b>1369</b>	MAKA RUN	Open M	218	02:38:40	05:32:49		<b>10:47:28.95</b>	<b>10:47:40.75</b>	+04:42:34 (43.6%)	9:27	6.3 (55.8%)
261	<b>DYREK Marcin</b>	<b>1069</b>		Open M	219	02:56:22	05:56:37		<b>10:47:35.40</b>	<b>10:47:41.90</b>	+04:42:35 (43.6%)	9:27	6.3 (55.8%)
262	<b>GNACY Agnieszka</b>	<b>1094</b>		Open K	43	03:04:31	05:59:25		<b>10:47:58.55</b>	<b>10:48:15.35</b>	+04:43:08 (43.7%)	9:27	6.3 (55.8%)
263	<b>TUCHOŁKA Marta</b>	<b>1390</b>	POCO LOCO ADVENTURE TEAM	Open K	44	02:52:44	05:45:48		<b>10:48:34.25</b>	<b>10:48:42.10</b>	+04:43:35 (43.7%)	9:28	6.3 (55.8%)
264	<b>ZAJĄC Łukasz</b>	<b>1431</b>	KOMPARIO TEAM	Open M	220	02:44:26	05:38:33		<b>10:48:50.35</b>	<b>10:48:55.95</b>	+04:43:49 (43.7%)	9:28	6.3 (55.8%)
265	<b>JACHYMSKI Ignacy</b>	<b>1121</b>	AKG ŁÓDŹ	Open M	221	02:47:19	05:48:13		<b>10:49:39.55</b>	<b>10:50:02.80</b>	+04:44:56 (43.8%)	9:29	6.3 (55.8%)
266	<b>RUDNIK Sławomir</b>	<b>1332</b>	NADAKTYWNI	Open M	222	02:50:54	05:58:21		<b>10:51:13.20</b>	<b>10:51:21.75</b>	+04:46:15 (43.9%)	9:30	6.3 (55.8%)
267	<b>MAGOCSY Adam</b>	<b>1216</b>		Open M	223	03:05:09	06:02:33		<b>10:51:37.40</b>	<b>10:51:59.75</b>	+04:46:53 (44.0%)	9:30	6.3 (55.8%)
268	<b>MAGOCSY Justyna</b>	<b>1215</b>		Open K	45	03:05:13	06:02:36		<b>10:51:38.45</b>	<b>10:52:00.05</b>	+04:46:53 (44.0%)	9:30	6.3 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
269	<b>JAZY Szymon</b>	<b>1133</b>		Open M	224	02:55:45	06:02:38		<b>10:52:36.70</b>	<b>10:52:51.10</b>	+04:47:44 (44.1%)	9:31	6.3 (55.8%)
270	<b>KULCZYŃSKI Michał</b>	<b>1182</b>		Open M	225	02:53:14	05:57:41		<b>10:52:33.55</b>	<b>10:52:57.05</b>	+04:47:50 (44.1%)	9:31	6.3 (55.8%)
271	<b>POTERA Krystyna</b>	<b>1315</b>	FRYTKÓW!!!!	Open K	46	03:04:11	06:02:27		<b>10:54:04.80</b>	<b>10:54:40.30</b>	+04:49:33 (44.2%)	9:32	6.3 (55.8%)
272	<b>RYBCZYŃSKI Przemek</b>	<b>1336</b>	NIGDZIE MNIE NIE CHCĄ!MOŻE KTOŚ,COŚ!	Open M	226	02:54:03	05:56:32		<b>10:53:57.05</b>	<b>10:54:40.90</b>	+04:49:34 (44.2%)	9:32	6.3 (55.8%)
273	<b>BROZEK Aleksander</b>	<b>1031</b>	ELECTROLUX	Open M	227	02:48:29	05:23:32		<b>10:56:34.85</b>	<b>10:57:06.10</b>	+04:51:59 (44.4%)	9:35	6.3 (55.8%)
274	<b>NAPIERAŁA Katarzyna</b>	<b>1254</b>		Open K	47	03:07:30	06:13:04		<b>10:59:06.75</b>	<b>10:59:40.80</b>	+04:54:34 (44.7%)	9:37	6.2 (54.9%)
275	<b>KWIECIEŃ Krzysztof</b>	<b>1191</b>	MEGAWONSZ99	Open M	228	03:06:22	06:01:48		<b>11:05:35.65</b>	<b>11:05:57.30</b>	+05:00:50 (45.2%)	9:43	6.2 (54.9%)
276	<b>FRANKOWSKI Darek</b>	<b>1076</b>	SZAMANI W TRANSIE	Open M	229	03:00:43	06:16:34		<b>11:07:39.50</b>	<b>11:07:54.70</b>	+05:02:48 (45.3%)	9:44	6.2 (54.9%)
277	<b>OCHOCKI Mateusz</b>	<b>1267</b>	POZYTYWNE ZABIEGANI OMEGA KLESZCZÓW	Open M	230	02:33:19	05:11:13		<b>11:08:38.75</b>	<b>11:09:06.45</b>	+05:03:59 (45.4%)	9:45	6.1 (54.0%)
278	<b>PINTENICS Győző</b>	<b>1305</b>	RUNLOVERS	Open M	231	03:02:43	06:04:51		<b>11:08:55.00</b>	<b>11:09:16.95</b>	+05:04:10 (45.4%)	9:45	6.1 (54.0%)
279	<b>KUGLARZ Szymon</b>	<b>1178</b>	MOTOINTEGRATOR RUNNING TEAM	Open M	232	02:57:21	06:00:20		<b>11:11:49.40</b>	<b>11:12:07.75</b>	+05:07:01 (45.7%)	9:48	6.1 (54.0%)
280	<b>STASIUK Arkadiusz</b>	<b>1363</b>		Open M	233	02:38:57	05:46:40		<b>11:15:58.10</b>	<b>11:16:04.95</b>	+05:10:58 (46.0%)	9:52	6.1 (54.0%)
281	<b>DOMBEK Robert</b>	<b>1061</b>		Open M	234	02:48:36	05:47:01		<b>11:16:24.20</b>	<b>11:16:45.20</b>	+05:11:38 (46.1%)	9:52	6.1 (54.0%)
282	<b>CHOJNACKI Jacek</b>	<b>1043</b>		Open M	235	02:48:39	05:47:04		<b>11:16:26.45</b>	<b>11:16:46.05</b>	+05:11:39 (46.1%)	9:52	6.1 (54.0%)
283	<b>ŁATAK-SKRABUT Basia</b>	<b>1212</b>	MUSTANGI GLIWICE	Open K	48	03:02:39	06:03:18		<b>11:16:44.75</b>	<b>11:17:15.10</b>	+05:12:08 (46.1%)	9:52	6.1 (54.0%)
284	<b>ORZECH Michał</b>	<b>1275</b>	MUSTANGI GLIWICE	Open M	236	03:02:39	06:03:18		<b>11:16:45.10</b>	<b>11:17:15.30</b>	+05:12:08 (46.1%)	9:52	6.1 (54.0%)
285	<b>CZARNOWSKI Lukasz</b>	<b>1051</b>	DZIKIE ŻYCIE RUN TEAM	Open M	237	02:48:11	05:46:29		<b>11:17:27.80</b>	<b>11:17:56.65</b>	+05:12:50 (46.1%)	9:53	6.1 (54.0%)
286	<b>PAKULSKA Dorota</b>	<b>1281</b>		Open K	49	03:07:32	06:13:07		<b>11:17:34.90</b>	<b>11:18:07.80</b>	+05:13:01 (46.2%)	9:53	6.1 (54.0%)
287	<b>DZIAŁA Piotr</b>	<b>1070</b>	KB OŻARÓW MAZOWIECKI BIEGA	Open M	238	02:42:14	05:52:44		<b>11:18:41.70</b>	<b>11:18:54.05</b>	+05:13:47 (46.2%)	9:54	6.1 (54.0%)
288	<b>MASALSKA Anna</b>	<b>1229</b>	PAINT RUN	Open K	50	02:57:05	06:02:30		<b>11:20:48.50</b>	<b>11:21:08.70</b>	+05:16:02 (46.4%)	9:56	6 (53.1%)
289	<b>LEWANDOWSKI Leszek</b>	<b>1201</b>	POWSTAŃCY Z KANAPY	Open M	239	03:01:09	06:01:47		<b>11:21:14.00</b>	<b>11:21:21.00</b>	+05:16:14 (46.4%)	9:56	6 (53.1%)
290	<b>KOWALSKA-GRZEJDA Anna</b>	<b>1162</b>		Open K	51	02:56:00	06:00:05		<b>11:21:26.15</b>	<b>11:22:01.95</b>	+05:16:55 (46.5%)	9:56	6 (53.1%)
291	<b>KURAS- SMOLNIK Magdalena</b>	<b>1184</b>	SIERADZBIEGA.PL	Open K	52	03:06:26	06:11:19		<b>11:23:02.05</b>	<b>11:23:20.90</b>	+05:18:14 (46.6%)	9:58	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
292	<b>TITOV Anton</b>	<b>1385</b>		Open M	240	03:00:10	06:09:09		<b>11:24:13.55</b>	<b>11:24:58.30</b>	+05:19:51 (46.7%)	9:59	6 (53.1%)
293	<b>PREDESCU Robert</b>	<b>1316</b>		Open M	241	02:51:34	05:42:41		<b>11:28:19.60</b>	<b>11:28:50.10</b>	+05:23:43 (47.0%)	10:02	6 (53.1%)
294	<b>JAMROZY Gregor</b>	<b>1122</b>		Open M	242	02:49:33	05:41:17		<b>11:28:20.20</b>	<b>11:28:50.40</b>	+05:23:43 (47.0%)	10:02	6 (53.1%)
295	<b>LUBAŃSKI Mateusz</b>	<b>1209</b>	TEAM ZABIEGANEDNI	Open M	243	03:10:55	06:16:31		<b>11:29:13.40</b>	<b>11:29:36.90</b>	+05:24:30 (47.1%)	10:03	6 (53.1%)
296	<b>LENART Iwona</b>	<b>1197</b>	KSPEGAZ	Open K	53	03:16:36	06:16:34		<b>11:29:29.70</b>	<b>11:29:48.75</b>	+05:24:42 (47.1%)	10:03	6 (53.1%)
297	<b>ZIĘBA Anna</b>	<b>1438</b>	PORANNY PATROL	Open K	54	03:00:28	06:16:48		<b>11:30:11.15</b>	<b>11:30:40.80</b>	+05:25:34 (47.1%)	10:04	6 (53.1%)
298	<b>KOZIOŁ Paweł</b>	<b>1165</b>		Open M	244	03:00:27	06:16:47		<b>11:30:09.75</b>	<b>11:30:41.05</b>	+05:25:34 (47.1%)	10:04	6 (53.1%)
299	<b>OCHREMIAK Jędrzej</b>	<b>1268</b>	MOKOBIEGACZE	Open M	245	02:55:26	06:04:44		<b>11:35:09.60</b>	<b>11:35:45.45</b>	+05:30:38 (47.5%)	10:08	5.9 (52.2%)
300	<b>ULATOWSKI Andrzej</b>	<b>1395</b>		Open M	246	02:52:32	06:01:19		<b>11:35:39.40</b>	<b>11:35:50.65</b>	+05:30:44 (47.5%)	10:09	5.9 (52.2%)
301	<b>BUBICZ Krzysztof</b>	<b>1033</b>	WKURW_TEAM / BIEGAJĄCY ŚWIDNIK	Open M	247	03:05:00	06:16:37		<b>11:35:58.40</b>	<b>11:36:22.75</b>	+05:31:16 (47.6%)	10:09	5.9 (52.2%)
302	<b>PATEREK Ada</b>	<b>1286</b>	12TRI.PL	Open K	55	02:57:21	06:00:41		<b>11:36:32.15</b>	<b>11:37:07.85</b>	+05:32:01 (47.6%)	10:10	5.9 (52.2%)
303	<b>PIEKAROWICZ Piotr</b>	<b>1298</b>	TARCZYNSKI KLUB BIEGOWY	Open M	248	03:12:07	06:34:24		<b>11:42:46.75</b>	<b>11:43:03.00</b>	+05:37:56 (48.1%)	10:15	5.8 (51.3%)
304	<b>MIELNICKA Edyta</b>	<b>1240</b>	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	Open K	56	03:08:57	06:27:02		<b>11:43:16.65</b>	<b>11:43:41.20</b>	+05:38:34 (48.1%)	10:16	5.8 (51.3%)
305	<b>DARSKI Rafał</b>	<b>1056</b>	RECAMIERE	Open M	249	02:57:55	06:14:19		<b>11:44:16.95</b>	<b>11:44:44.25</b>	+05:39:37 (48.2%)	10:16	5.8 (51.3%)
306	<b>DĄBROWSKI Michał</b>	<b>1057</b>	TEAM ZABIEGANEDNI	Open M	250	02:54:55	06:19:00		<b>11:45:15.90</b>	<b>11:45:45.00</b>	+05:40:38 (48.3%)	10:17	5.8 (51.3%)
306	<b>WILK Magdalena</b>	<b>1408</b>	TEAM ZABIEGANEDNI	Open K	57	02:55:06	06:19:18		<b>11:45:27.55</b>	<b>11:45:45.00</b>	+05:40:38 (48.3%)	10:17	5.8 (51.3%)
308	<b>RENKIEL Tomasz</b>	<b>1328</b>	COMPANEROS ASFALT TEAM	Open M	251	03:17:00	06:33:06		<b>11:45:37.90</b>	<b>11:46:01.55</b>	+05:40:55 (48.3%)	10:18	5.8 (51.3%)
309	<b>KULCZYŃSKI Rafał</b>	<b>1181</b>		Open M	252	02:54:26	06:16:08		<b>11:46:34.85</b>	<b>11:46:58.75</b>	+05:41:52 (48.4%)	10:18	5.8 (51.3%)
310	<b>WIŚNIEWSKA Barbara</b>	<b>1411</b>	HUSARIA RACE TEAM	Open K	58	03:05:06	06:12:06		<b>11:47:14.80</b>	<b>11:47:31.40</b>	+05:42:24 (48.4%)	10:19	5.8 (51.3%)
311	<b>RYGLEWICZ Marcin</b>	<b>1338</b>		Open M	253	02:55:39	06:09:43		<b>11:47:47.25</b>	<b>11:47:56.35</b>	+05:42:49 (48.4%)	10:19	5.8 (51.3%)
312	<b>ŻURAWKA Paweł</b>	<b>1447</b>	HUSARIA RACE TEAM	Open M	254	03:00:54	06:07:55		<b>11:43:36.65</b>	<b>11:48:04.70</b>	+05:42:58 (48.4%)	10:16	5.8 (51.3%)
313	<b>MAJKA Leszek</b>	<b>1219</b>	X-TEAM SPECIAL FORCES	Open M	255	03:12:20	06:33:06		<b>11:50:23.40</b>	<b>11:50:44.40</b>	+05:45:37 (48.6%)	10:22	5.8 (51.3%)
314	<b>LECHOWSKA Katarzyna</b>	<b>1196</b>	WKURW_TEAM	Open K	59	03:07:37	06:20:22		<b>11:50:58.65</b>	<b>11:51:30.35</b>	+05:46:23 (48.7%)	10:22	5.8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
315	<b>STABLA Kasia</b>	<b>1358</b>	DECATHLON RYBNIK	Open K	60	02:51:56	06:14:37		<b>11:51:37.00</b>	<b>11:52:12.05</b>	+05:47:05 (48.7%)	10:23	5.8 (51.3%)
316	<b>WAWER Mateusz</b>	<b>1402</b>	LUXTORPEDA CZERWIONKA	Open M	256	02:52:23	06:16:14		<b>11:51:36.40</b>	<b>11:52:12.10</b>	+05:47:05 (48.7%)	10:23	5.8 (51.3%)
317	<b>KLIMCZAK Marek</b>	<b>1149</b>		Open M	257	03:07:37	06:20:41		<b>11:51:48.85</b>	<b>11:52:20.60</b>	+05:47:14 (48.7%)	10:23	5.8 (51.3%)
318	<b>DANELCZYK Rafał</b>	<b>1055</b>		Open M	258	03:21:07	06:41:00		<b>11:51:46.25</b>	<b>11:52:23.05</b>	+05:47:16 (48.7%)	10:23	5.8 (51.3%)
319	<b>JÓZWIAK Anita</b>	<b>1135</b>		Open K	61	03:12:10	06:32:07		<b>11:56:00.10</b>	<b>11:56:14.50</b>	+05:51:08 (49.0%)	10:27	5.7 (50.4%)
320	<b>PUCHALSKA Olga</b>	<b>1320</b>		Open K	62	03:18:32	06:33:58		<b>11:56:30.20</b>	<b>11:56:56.40</b>	+05:51:49 (49.1%)	10:27	5.7 (50.4%)
321	<b>PUCHALSKI Piotr</b>	<b>1321</b>	PZU SPORT TEAM	Open M	259	03:18:35	06:34:01		<b>11:56:30.90</b>	<b>11:56:56.50</b>	+05:51:50 (49.1%)	10:27	5.7 (50.4%)
322	<b>WIŚNIEWSKI Dominik</b>	<b>1412</b>		Open M	260	03:09:04	06:34:30		<b>11:56:55.75</b>	<b>11:57:11.40</b>	+05:52:04 (49.1%)	10:27	5.7 (50.4%)
323	<b>TUTKO Paweł</b>	<b>1393</b>	RUSYNLEM	Open M	261	03:08:08	06:27:46		<b>11:59:43.65</b>	<b>12:00:15.95</b>	+05:55:09 (49.3%)	10:30	5.7 (50.4%)
324	<b>PERUN Włodzimierz</b>	<b>1291</b>	HA-DYKY	Open M	262	03:08:13	06:28:05		<b>11:59:47.80</b>	<b>12:00:16.05</b>	+05:55:09 (49.3%)	10:30	5.7 (50.4%)
325	<b>SKALAK Jakub</b>	<b>1347</b>	KW SAKWA	Open M	263	03:24:43	06:42:23		<b>12:08:38.10</b>	<b>12:09:07.55</b>	+06:04:01 (49.9%)	10:38	5.6 (49.6%)
326	<b>PIECUCH Małgorzata</b>	<b>1296</b>		Open K	63	03:17:59	06:48:55		<b>12:15:07.85</b>	<b>12:15:43.55</b>	+06:10:37 (50.4%)	10:43	5.6 (49.6%)
327	<b>WITKOWSKA Maria</b>	<b>1414</b>	KLUB KRÓLIKA STEFANA	Open K	64	03:20:00	06:33:54		<b>12:16:23.85</b>	<b>12:16:58.45</b>	+06:11:51 (50.5%)	10:45	5.6 (49.6%)
328	<b>CZARNOWSKA Barbara</b>	<b>1050</b>		Open K	65	03:18:24	06:32:06		<b>12:17:13.85</b>	<b>12:17:45.15</b>	+06:12:38 (50.5%)	10:45	5.6 (49.6%)
329	<b>DZIKOŃ Małgorzata</b>	<b>1474</b>		Open K	66	03:20:05	06:32:13		<b>12:17:21.80</b>	<b>12:17:45.40</b>	+06:12:38 (50.5%)	10:45	5.6 (49.6%)
330	<b>RURKA Grzegorz</b>	<b>1333</b>	SAMBIEGAM	Open M	264	03:15:10	06:40:53		<b>12:19:11.10</b>	<b>12:19:40.95</b>	+06:14:34 (50.6%)	10:47	5.6 (49.6%)
331	<b>GAWRON Bartłomiej</b>	<b>1086</b>	RABBITEAM	Open M	265	03:23:34	06:44:00		<b>12:20:52.60</b>	<b>12:21:04.75</b>	+06:15:58 (50.7%)	10:48	5.5 (48.7%)
331	<b>GRĘZEL-GAWRON Jolanta</b>	<b>1103</b>		Open K	67	03:23:37	06:44:10		<b>12:20:53.35</b>	<b>12:21:04.75</b>	+06:15:58 (50.7%)	10:48	5.5 (48.7%)
333	<b>WITEK Eryk</b>	<b>1413</b>	KUCE SPARTY	Open M	266	02:51:26	06:03:22		<b>12:21:02.50</b>	<b>12:21:44.90</b>	+06:16:38 (50.8%)	10:49	5.5 (48.7%)
334	<b>SOKOŁOWSKI Artur</b>	<b>1351</b>	TEAM ZABIEGANEDNI	Open M	267	03:20:57	06:52:34		<b>12:22:00.45</b>	<b>12:22:20.85</b>	+06:17:14 (50.8%)	10:49	5.5 (48.7%)
335	<b>OGÓREK Monika</b>	<b>1272</b>		Open K	68	03:12:30	06:25:50		<b>12:21:52.50</b>	<b>12:22:26.05</b>	+06:17:19 (50.8%)	10:49	5.5 (48.7%)
336	<b>LOSOR Andrzej</b>	<b>1454</b>		Open M	268	03:14:59	06:40:23		<b>12:23:37.00</b>	<b>12:23:37.00</b>	+06:18:30 (50.9%)	10:51	5.5 (48.7%)
337	<b>LUTOMSKI Dariusz</b>	<b>1211</b>		Open M	269	03:13:43	06:39:13		<b>12:23:37.60</b>	<b>12:23:54.85</b>	+06:18:48 (50.9%)	10:51	5.5 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
338	<b>GIENIECZKO Marcin</b>	<b>1091</b>		Open M	270	03:18:20	06:40:14		<b>12:21:00.80</b>	<b>12:24:38.75</b>	+06:19:32 (51.0%)	10:49	5.5 (48.7%)
339	<b>PIETRZYKOWSKA Monika</b>	<b>1303</b>		Open K	69	03:22:18	06:47:50		<b>12:27:23.15</b>	<b>12:27:51.25</b>	+06:22:44 (51.2%)	10:54	5.5 (48.7%)
340	<b>BOCHENEK Janusz</b>	<b>1025</b>	WKURW-TEAM	Open M	271	03:02:59	06:19:54		<b>12:27:29.55</b>	<b>12:27:54.85</b>	+06:22:48 (51.2%)	10:54	5.5 (48.7%)
341	<b>KOSEWSKA Dorota</b>	<b>1157</b>	BIEGAM NA TARCHOMINIE	Open K	70	03:20:04	06:47:33		<b>12:37:27.90</b>	<b>12:37:53.30</b>	+06:32:46 (51.8%)	11:03	5.4 (47.8%)
342	<b>STUDZIŃSKA Joanna</b>	<b>1365</b>		Open K	71	03:13:05	06:45:48		<b>12:37:45.20</b>	<b>12:38:19.50</b>	+06:33:13 (51.9%)	11:03	5.4 (47.8%)
343	<b>KWAŚNIEWSKI Marcin</b>	<b>1190</b>	WIECZORNE BIEGANIE W SZCZECINIE	Open M	272	03:18:39	06:57:03		<b>12:39:11.50</b>	<b>12:39:53.75</b>	+06:34:47 (52.0%)	11:04	5.4 (47.8%)
344	<b>FISZER Paweł</b>	<b>1074</b>		Open M	273	02:58:05	06:34:40		<b>12:42:08.50</b>	<b>12:42:25.85</b>	+06:37:19 (52.1%)	11:07	5.4 (47.8%)
345	<b>GIET Małgorzata</b>	<b>1092</b>		Open K	72	03:37:59	07:11:15		<b>12:42:29.75</b>	<b>12:42:43.55</b>	+06:37:37 (52.1%)	11:07	5.4 (47.8%)
346	<b>RAMS Elżbieta</b>	<b>1326</b>	KLUB SPORTOWY KOZIOŁEK	Open K	73	03:37:59	07:11:14		<b>12:42:30.40</b>	<b>12:42:43.65</b>	+06:37:37 (52.1%)	11:07	5.4 (47.8%)
347	<b>NORWA Sylwester</b>	<b>1259</b>	REBELLION OF FREE RUNNERS/JET SET	Open M	274	03:13:53	06:44:39		<b>12:42:43.95</b>	<b>12:43:21.45</b>	+06:38:14 (52.2%)	11:08	5.4 (47.8%)
348	<b>KRAKOWSKI Paweł</b>	<b>1166</b>	CZAPAL GORA TEAM	Open M	275	02:59:16	06:31:10		<b>12:44:00.95</b>	<b>12:44:29.10</b>	+06:39:22 (52.2%)	11:09	5.4 (47.8%)
349	<b>WOJEWODA Renata</b>	<b>1417</b>	RUN THE PARK	Open K	74	03:27:50	06:58:24		<b>12:45:41.95</b>	<b>12:45:59.90</b>	+06:40:53 (52.3%)	11:10	5.4 (47.8%)
350	<b>JAŚKIEWICZ Katarzyna</b>	<b>1130</b>		Open K	75	03:24:42	06:57:07		<b>12:45:22.30</b>	<b>12:46:03.80</b>	+06:40:57 (52.3%)	11:10	5.4 (47.8%)
351	<b>KOKOSZKA Marcin</b>	<b>1152</b>	WKURW_TEAM	Open M	276	03:14:03	06:59:00		<b>12:48:01.65</b>	<b>12:48:15.65</b>	+06:43:09 (52.5%)	11:12	5.4 (47.8%)
<b>Przekroczony limit czasu: 13:00:00</b>													
352	<b>JANKOWSKI Tom</b>	<b>1126</b>	WIECZORNE BIEGANIE W SZCZECINIE	Open M	277	03:22:03	07:07:27		<b>13:43:59.70</b>	<b>13:44:40.30</b>	+07:39:33 (55.7%)	12:01	5 (44.2%)
353	<b>WRÓBLEWSKA Joanna</b>	<b>1426</b>		Open K	76	03:54:46	07:49:04		<b>14:28:51.60</b>	<b>14:29:27.35</b>	+08:24:20 (58.0%)	12:41	4.7 (41.6%)
	<b>KUCHARCZYK Maciej</b>	<b>1175</b>	MARCIN SWIERC TEAM	Open M		01:58:45 DNF	03:47:40 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>TRZNADEL Maciej</b>	<b>1389</b>	SPLA TYCHY / KS KANDAHAR	Open M		01:54:22 DNF	03:51:57 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LEŚNIAK Piotr</b>	<b>1199</b>		Open M		02:11:58 DNF	04:36:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WITKOWSKI Michał</b>	<b>1415</b>		Open M		02:38:45 DNF	05:12:38 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>BANACH Jan</b>	<b>1012</b>	KLINIKA TRIATHLONU BYDGOSZCZ	Open M		02:32:53 DNF	05:27:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>JARUZEL Ewa</b>	<b>1128</b>	SZWLA STARGARD	Open K		02:46:39 DNF	05:32:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GWIZDEK Marcin</b>	<b>1114</b>	SOVATEAM	Open M		02:40:01 DNF	05:45:20 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	Czas netto 68.5km	Czas brutto 68.5km	Różn	Tempo min/km	Tempo km/h
	<b>GORCZYCA Erwin</b>	<b>1099</b>	GOPR BIESZCZADY	Open	M	02:52:25 DNF	06:04:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>GRZYBOWSKI Rafał</b>	<b>1111</b>		Open	M	02:46:59 DNF	06:10:49 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>ZAHORJAN Domicjan</b>	<b>1429</b>	AMAZON SK	Open	M	03:04:56 DNF	06:20:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>CIEŚLAK Sylwia</b>	<b>1045</b>	MUSTANGI GLIWICE/IBTEAM	Open	K	03:25:08 DNF	07:05:15 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>NOWAK Maciej</b>	<b>1263</b>		Open	M	02:56:51 DNF	07:10:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>WIKTOREK Łukasz</b>	<b>1407</b>		Open	M	03:24:52 DNF	07:11:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>SZCZERBIAK Marcin</b>	<b>1373</b>	DRUŻYNA BSS	Open	M	03:45:41 DNF	07:30:41 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MAŚLANIK Piotr</b>	<b>1230</b>	KUCYKI SPARTY	Open	M	03:41:32 DNF	07:45:14 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>MENŻYK Urszula</b>	<b>1238</b>	LUXTORPEDA CZERWIONKA	Open	K	04:06:00 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>OTEVREL Vit</b>	<b>1004</b>	COLUMBIA MONTRAIL	Open	M	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BUK Sławomir</b>	<b>1034</b>	LESZ NO LIMITS RUNNERS	Open	M	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 371 wynik(ów)