



ŁEMKOWYNA ULTRA-TRAIL® 70

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Łemkowna Ultra-Trail 2021
Fundacja Ultra
2021-05-15
Komańcza
70 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
1	HETMAN Radosław	1008	GRUPA NOMAX	Open M	1		03:25:46	06:09:45.30		5:09	11.6 (100%)
2	GOŚCINIEWICZ Paweł	1320	ZIEMOWIT TEAM	Open M	2	02:05:42	03:58:30	06:56:38.95	+00:46:53 (11.3%)	5:49	10.3 (88.8%)
3	MORAWSKI Przemysław	1353	CISCO KRAKOW RUNNING TEAM	Open M	3	02:01:17	03:52:38	07:13:52.20	+01:04:06 (14.8%)	6:03	9.9 (85.3%)
4	MERKWA Wojciech	1157	ZIOMKI	Open M	4	02:09:34	04:03:32	07:14:26.95	+01:04:41 (14.9%)	6:04	9.9 (85.3%)
5	RUSEK Marcin	1363	RPM DZIKI W GÓRACH	Open M	5	02:15:45	04:10:34	07:14:42.65	+01:04:57 (14.9%)	6:04	9.9 (85.3%)
6	FORTUNA Norbert	1314	BARTOSZ GORCZYCA TEAM/KGHM ZG RUN	Open M	6	02:06:41	04:02:58	07:17:54.20	+01:08:08 (15.6%)	6:06	9.8 (84.5%)
7	ZALEWSKI Dariusz	1279	M.A.D.D. FAMILY SPORT	Open M	7	02:10:21	04:07:41	07:25:59.65	+01:16:14 (17.1%)	6:13	9.6 (82.8%)
8	PILARSKI Tomasz	1198	IZERY BOGATYNIA	Open M	8	02:06:45	04:05:25	07:27:08.95	+01:17:23 (17.3%)	6:14	9.6 (82.8%)
9	KLONOWSKI Jacek	1096		Open M	9	02:01:22	03:55:13	07:27:39.40	+01:17:54 (17.4%)	6:15	9.6 (82.8%)
10	MAMALA Justyna	1003	PAMTRANS	Open K	1	02:13:22	04:11:25	07:32:22.45	+01:22:37 (18.3%)	6:19	9.5 (81.9%)
11	WIERZCHOWIAK Karolina	1376		Open K	2	02:20:29	04:23:12	07:35:03.80	+01:25:18 (18.7%)	6:21	9.4 (81.0%)
12	CHMIELOWIEC Daniel	1032	GORLICKA GRUPA BIEGOWA	Open M	10	02:10:35	04:12:49	07:35:29.00	+01:25:43 (18.8%)	6:21	9.4 (81.0%)
13	LEMAŃSKI Damian	1345		Open M	11	02:07:45	04:08:54	07:40:04.25	+01:30:18 (19.6%)	6:25	9.3 (80.2%)
14	DOMBROWSKI Jakub	1313	KRWAWIE SUTY	Open M	12	02:11:57	04:09:30	07:47:46.45	+01:38:01 (21.0%)	6:31	9.2 (79.3%)
15	URBAN Krzysztof	1260	TRICLUB	Open M	13	02:22:02	04:25:29	07:49:06.25	+01:39:20 (21.2%)	6:33	9.2 (79.3%)

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16	BRZOZA Adam	1024	BIEGAMZAPARATEM.PL	Open M	14	02:15:37	04:20:31	07:55:51.75	+01:46:06 (22.3%)	6:38	9 (77.6%)
17	GIERSZEWSKI Jarosław Gierszewski	1316	ZAŁOGA G	Open M	15	02:22:21	04:31:17	07:59:54.15	+01:50:08 (23.0%)	6:42	9 (77.6%)
18	SZKOŁA Paweł	1371	RPM DZIKI W GÓRACH	Open M	16	02:16:19	04:15:01	08:03:02.75	+01:53:17 (23.5%)	6:44	8.9 (76.7%)
19	MIKOŁAJCZYK Mirosław	1352	MIRAZ RACE TEAM	Open M	17	02:16:19	04:29:43	08:04:13.70	+01:54:28 (23.6%)	6:45	8.9 (76.7%)
20	RZADKOSZ Wojciech	1364		Open M	18	02:23:26	04:31:57	08:09:35.30	+01:59:50 (24.5%)	6:50	8.8 (75.9%)
21	ONOSZKO Adam	1356	ADAMO TEAM	Open M	19	02:23:20	04:24:36	08:10:56.60	+02:01:11 (24.7%)	6:51	8.8 (75.9%)
22	KRÓLIKOWSKI Jerzy	1340	SZYBKIE KOPYTO ULTRA	Open M	20	02:30:51	04:35:55	08:11:18.90	+02:01:33 (24.7%)	6:51	8.7 (75.0%)
23	MĘDRYKOWSKI Damian	1350		Open M	21	02:32:28	04:42:04	08:12:37.85	+02:02:52 (24.9%)	6:52	8.7 (75.0%)
24	SNARSKI Piotr	1236	ADIDAS RUNNERS WARSAW	Open M	22	02:26:50	04:34:41	08:12:42.25	+02:02:56 (25.0%)	6:52	8.7 (75.0%)
25	SIKORA Lukasz	1225	GRUPA NOMAX	Open M	23	02:28:16	04:40:22	08:13:42.10	+02:03:56 (25.1%)	6:53	8.7 (75.0%)
26	GALUSKIN Alexey	1054	GRUPA NOMAX	Open M	24	02:28:21	04:40:27	08:13:43.70	+02:03:58 (25.1%)	6:53	8.7 (75.0%)
27	GONCZAR Szymon	1318	KW GLIWICE	Open M	25	02:22:09	04:28:17	08:14:34.90	+02:04:49 (25.2%)	6:54	8.7 (75.0%)
28	MORAWSKI Bartosz	1164	STARE BABICE BIEGAJĄ	Open M	26	02:39:10	04:50:32	08:15:44.00	+02:05:58 (25.4%)	6:55	8.7 (75.0%)
29	KACZMAREK Łukasz	1330	PARKRUN GOSTYŃ	Open M	27	02:23:30	04:33:39	08:16:23.35	+02:06:38 (25.5%)	6:55	8.7 (75.0%)
30	KOPYRA Piotr	1334	STANDARDOWA	Open M	28	02:31:38	04:38:20	08:18:23.25	+02:08:37 (25.8%)	6:57	8.6 (74.1%)
31	GŁOWACKI Stefan	1060		Open M	29	02:21:06	04:25:52	08:21:14.15	+02:11:28 (26.2%)	7:00	8.6 (74.1%)
32	KUKUĆ-KWAPISZEWSKA Anna	1129		Open K	3	02:28:34	04:41:36	08:21:24.35	+02:11:39 (26.3%)	7:00	8.6 (74.1%)
33	KOLASA Filip	1332	KA4 RESPECT	Open M	30	02:12:03	04:28:07	08:25:15.65	+02:15:30 (26.8%)	7:03	8.5 (73.3%)
34	DANIEL Łukasz	1040	GDÓW PROUD RUNNERS	Open M	31	02:30:52	04:39:59	08:25:23.50	+02:15:38 (26.8%)	7:03	8.5 (73.3%)
35	PAWLIK Łukasz	1193		Open M	32	02:30:23	04:39:18	08:25:30.10	+02:15:44 (26.9%)	7:03	8.5 (73.3%)
36	ZIEMBA Michal	1282	ZIOMKI	Open M	33	02:28:55	04:42:11	08:25:38.25	+02:15:52 (26.9%)	7:03	8.5 (73.3%)
37	KOZIOŁ Piotr	1336		Open M	34	02:29:58	04:44:40	08:32:51.55	+02:23:06 (27.9%)	7:09	8.4 (72.4%)
38	GAŁUSZKA Dorota	1055	WTORKOWY TRENING	Open K	4	02:35:09	04:47:28	08:34:06.90	+02:24:21 (28.1%)	7:10	8.4 (72.4%)

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39	TROCHANOWSKI Krystian	1256	RUSYN - LEM	Open M	35	02:26:52	04:51:59	08:35:42.85	+02:25:57 (28.3%)	7:12	8.3 (71.6%)
40	JANKOWIAK Przemysław	1327		Open M	36	02:31:53	04:48:29	08:39:01.75	+02:29:16 (28.8%)	7:14	8.3 (71.6%)
41	KORPULA Grzegorz	1335		Open M	37	02:23:49	04:36:52	08:43:46.65	+02:34:01 (29.4%)	7:18	8.2 (70.7%)
42	KOZIEŁ Jan	1115	JAJA NA BOK TEAM	Open M	38	02:32:02	04:50:04	08:44:20.25	+02:34:34 (29.5%)	7:19	8.2 (70.7%)
43	MIGDAL Michał	1351	MARKOWI BIEGACZE	Open M	39	02:28:11	04:49:45	08:47:21.60	+02:37:36 (29.9%)	7:21	8.1 (69.8%)
44	SZARANIEC Sebastian	1370		Open M	40	02:32:37	04:55:30	08:48:41.70	+02:38:56 (30.1%)	7:23	8.1 (69.8%)
45	LIPSKI Michał	1134		Open M	41	02:28:18	04:44:37	08:48:46.70	+02:39:01 (30.1%)	7:23	8.1 (69.8%)
46	KRZEMIEN Krzysztof	1124	KRZEMIEN RUNNING TEAM	Open M	42	02:30:09	04:45:30	08:49:51.35	+02:40:06 (30.2%)	7:24	8.1 (69.8%)
47	ANTOŃCZAK Marek	1307	KRASNYSTAW BIEGA	Open M	43	02:27:51	04:38:59	08:50:00.85	+02:40:15 (30.2%)	7:24	8.1 (69.8%)
48	SIMKA Kamil	1227	FORREST GUMP TEAM	Open M	44	02:32:12	04:58:23	08:53:24.55	+02:43:39 (30.7%)	7:26	8.1 (69.8%)
49	WOŁOSZYN Artur	1274		Open M	45	02:46:30	05:10:06	08:55:30.85	+02:45:45 (31.0%)	7:28	8 (69.0%)
50	BINIENDA Agnieszka	1018	KOBIETY WATAHY	Open K	5	02:43:38	05:08:36	08:55:48.40	+02:46:03 (31.0%)	7:28	8 (69.0%)
51	ZAMBRZYCKA-ROZNER Ewa	1382		Open K	6	02:39:58	05:06:59	09:00:53.75	+02:51:08 (31.6%)	7:33	7.9 (68.1%)
52	MAŚLAK Radomił	1152	STARE BABICE BIEGAJĄ	Open M	46	02:36:49	05:00:31	09:04:48.40	+02:55:03 (32.1%)	7:36	7.9 (68.1%)
53	POŁUBOK Kajetan	1206		Open M	47	02:09:13	04:15:25	09:05:22.60	+02:55:37 (32.2%)	7:37	7.9 (68.1%)
54	STRADOMSKI Artur	1368	MARKOWI BIEGACZE	Open M	48	02:35:47	05:01:40	09:06:48.55	+02:57:03 (32.4%)	7:38	7.9 (68.1%)
55	CHUCHAŁA Paweł	1308	MARKOWI BIEGACZE	Open M	49	02:41:02	05:04:31	09:08:52.25	+02:59:06 (32.6%)	7:39	7.8 (67.2%)
56	WŁODARCZYK Michał	1378	EVERRUN	Open M	50	02:21:25	04:43:25	09:12:37.90	+03:02:52 (33.1%)	7:43	7.8 (67.2%)
57	KOWALCZYK Tomasz	1110	TRICLUB	Open M	51	02:32:29	04:48:03	09:13:29.95	+03:03:44 (33.2%)	7:43	7.8 (67.2%)
58	KOPCZYŃSKI Łukasz	1105	K-TEAM	Open M	52	02:34:01	04:59:48	09:14:14.00	+03:04:28 (33.3%)	7:44	7.8 (67.2%)
59	WÓJCIK Jacek	1275		Open M	53	02:37:05	04:56:55	09:16:20.75	+03:06:35 (33.5%)	7:46	7.7 (66.4%)
60	KRUKAR Grzegorz	1341	AZS AWF KRAKÓW MASTERS	Open M	54	02:40:39	04:59:35	09:16:35.10	+03:06:49 (33.6%)	7:46	7.7 (66.4%)
61	ŁYCZAK Artur	1139	KNURÓW MASTERS	Open M	55	02:50:21	05:11:43	09:17:47.65	+03:08:02 (33.7%)	7:47	7.7 (66.4%)

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62	DOMARADZKI Krzysztof	1047		Open M	56	02:35:15	04:55:14	09:19:19.50	+03:09:34 (33.9%)	7:48	7.7 (66.4%)
63	POTAŚ Agnieszka	1359		Open K	7	02:55:57	05:25:23	09:19:42.40	+03:09:57 (33.9%)	7:49	7.7 (66.4%)
64	KRAUZE Tomasz	1338	GRUPA BIEGOWA WROCŁAWSKIE MORSY	Open M	57	02:45:32	05:19:27	09:22:23.90	+03:12:38 (34.3%)	7:51	7.6 (65.5%)
65	GAWRON Bartłomiej	1056		Open M	58	02:38:06	05:06:18	09:24:09.75	+03:14:24 (34.5%)	7:52	7.6 (65.5%)
66	STOLIŃSKI Przemysław	1367	KSGRUCHA	Open M	59	02:28:58	04:52:32	09:28:10.30	+03:18:25 (34.9%)	7:56	7.6 (65.5%)
67	OGRODNIK Tomasz	1355		Open M	60	02:58:34	05:23:56	09:30:42.20	+03:20:56 (35.2%)	7:58	7.5 (64.7%)
68	HETMANCZYK Jakub	1078	XIN CHAO RIDERS	Open M	61	02:34:55	05:07:12	09:34:51.95	+03:25:06 (35.7%)	8:01	7.5 (64.7%)
69	TKACZUK Anna	1374		Open K	8	02:44:56	05:14:33	09:35:07.40	+03:25:22 (35.7%)	8:01	7.5 (64.7%)
70	GOLUBSKI Robert	1317	TORUŃSKIE MORSY	Open M	62	02:33:01	05:02:22	09:35:36.70	+03:25:51 (35.8%)	8:02	7.5 (64.7%)
71	KROCZYŃSKI Sławomir	1120		Open M	63	02:44:11	05:16:04	09:36:36.30	+03:26:51 (35.9%)	8:03	7.5 (64.7%)
72	PYTEL Stanisław	1211	SCYZORYK	Open M	64	02:41:27	05:11:24	09:37:25.00	+03:27:39 (36.0%)	8:03	7.4 (63.8%)
73	ZABOROWSKI Kamil	1277	NIGHT RUNNERS POZNAŃ	Open M	65	02:54:02	05:30:31	09:37:30.20	+03:27:44 (36.0%)	8:03	7.4 (63.8%)
74	TOL Monika	1255	MAFIA TEAM LUBLINIEC	Open K	9	02:57:07	05:30:31	09:41:54.30	+03:32:09 (36.5%)	8:07	7.4 (63.8%)
75	URAMEK Grzegorz	1258		Open M	66	02:36:42	05:07:29	09:44:55.80	+03:35:10 (36.8%)	8:10	7.3 (62.9%)
76	LEŚNIAK Marcin	1346	ZARAŻENI BÓLEM	Open M	67	02:52:51	05:26:36	09:46:39.50	+03:36:54 (37.0%)	8:11	7.3 (62.9%)
77	KRYSTJAŃCZUK Karol	1123	ŁĘCZNA BIEGA	Open M	68	02:46:46	05:22:19	09:48:37.25	+03:38:51 (37.2%)	8:13	7.3 (62.9%)
78	ZAWADA Mateusz	1383	ZARAŻENI BÓLEM	Open M	69	02:59:47	05:33:27	09:53:35.80	+03:43:50 (37.7%)	8:17	7.2 (62.1%)
79	JĘDRZEJCZYK Agnieszka	1085	RZESZOWSKIE GAZELE I GEPARDY	Open K	10	02:59:47	05:40:34	09:54:07.60	+03:44:22 (37.8%)	8:17	7.2 (62.1%)
80	KOWALCZYK Robert	1109	ŁĘCZNA BIEGA	Open M	70	02:45:28	05:24:14	09:54:44.95	+03:44:59 (37.8%)	8:18	7.2 (62.1%)
81	CZARDYBON Michał	1310	CZARNE STOPY	Open M	71	02:56:05	05:33:04	09:59:18.65	+03:49:33 (38.3%)	8:22	7.2 (62.1%)
82	PARANDYK Krystian	1189	METANADARZYN	Open M	72	03:11:25	05:53:56	09:59:22.85	+03:49:37 (38.3%)	8:22	7.2 (62.1%)
83	SIKORA Grzegorz	1226	MCBIEGACZE	Open M	73	03:11:25	05:54:01	09:59:22.90	+03:49:37 (38.3%)	8:22	7.2 (62.1%)
84	KUBRAK Kamil	1342	CZARNE STOPY	Open M	74	02:56:06	05:33:09	09:59:28.15	+03:49:42 (38.3%)	8:22	7.2 (62.1%)

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85	PRZYGÓRZEWSKI Wojciech	1360	SINCITYLESKO	Open M	75	02:57:00	05:32:00	10:02:04.35	+03:52:19 (38.6%)	8:24	7.1 (61.2%)
86	HABRAT Maciej	1075	HABRAT TEAM	Open M	76	02:50:52	05:33:47	10:04:10.85	+03:54:25 (38.8%)	8:26	7.1 (61.2%)
87	HABRAT Dorota	1076	HABRAT TEAM	Open K	11	02:51:20	05:34:18	10:04:39.30	+03:54:54 (38.8%)	8:26	7.1 (61.2%)
88	BĘDKOWSKI Paweł	1017		Open M	77	02:46:56	05:23:39	10:07:16.25	+03:57:30 (39.1%)	8:28	7.1 (61.2%)
89	GÓRECKI Marcin	1321	DZIK KOMANDO	Open M	78	02:50:27	05:32:46	10:08:37.20	+03:58:51 (39.2%)	8:30	7.1 (61.2%)
90	KUDRYCKI Jakub	1128	BILCZA BIEGA	Open M	79	02:53:28	05:34:41	10:10:57.15	+04:01:11 (39.5%)	8:31	7 (60.3%)
91	GORZUCH Justyna	1319	KLUB WYSOKOGÓRSKI WARSZAWA	Open K	12	03:03:27	05:42:40	10:11:50.70	+04:02:05 (39.6%)	8:32	7 (60.3%)
92	BURZYŃSKA Ewelina	1028	NATURA BIEDRUSKO	Open K	13	02:58:47	05:41:55	10:12:03.55	+04:02:18 (39.6%)	8:32	7 (60.3%)
93	BOŻEK Grzegorz	1023	DZIKIE ŻYCIE RUNTEAM	Open M	80	02:58:16	05:39:48	10:13:10.90	+04:03:25 (39.7%)	8:33	7 (60.3%)
94	RULAK Jerzy	1362		Open M	81	02:58:20	05:46:11	10:13:49.50	+04:04:04 (39.8%)	8:34	7 (60.3%)
95	KIERENKO Paweł	1331	SONSIEDZI	Open M	82	02:55:22	05:38:04	10:16:05.00	+04:06:19 (40.0%)	8:36	7 (60.3%)
96	LEWKOWSKI Aleksander	1347		Open M	83	02:43:49	05:19:59	10:17:33.60	+04:07:48 (40.1%)	8:37	7 (60.3%)
97	PODSADNY Bartosz	1202		Open M	84	02:52:30	05:38:14	10:20:43.05	+04:10:57 (40.4%)	8:40	6.9 (59.5%)
98	PRZYKUCKI Robert	1208	NO EXCUSES TEAM	Open M	85	02:54:30	05:37:56	10:21:25.00	+04:11:39 (40.5%)	8:40	6.9 (59.5%)
99	MAZIARKA Krzysztof	1154	HUARACHES	Open M	86	03:01:22	05:37:42	10:21:56.50	+04:12:11 (40.5%)	8:41	6.9 (59.5%)
100	ROZNER Artur	1361		Open M	87	02:59:28	05:45:04	10:22:12.15	+04:12:26 (40.6%)	8:41	6.9 (59.5%)
101	SKOCZYLAS Mateusz	1229		Open M	88	03:12:11	05:54:32	10:28:21.80	+04:18:36 (41.2%)	8:46	6.8 (58.6%)
102	KUBOWICZ Zbigniew	1127		Open M	89	02:59:42	05:47:51	10:29:34.25	+04:19:48 (41.3%)	8:47	6.8 (58.6%)
103	KRAWCZYK Tomasz	1117		Open M	90	03:06:39	05:52:19	10:35:54.30	+04:26:09 (41.9%)	8:52	6.8 (58.6%)
104	KAMIŃSKI Marcin	1090	WTORKOWY TRENING	Open M	91	03:09:08		10:37:58.95	+04:28:13 (42.0%)	8:54	6.7 (57.8%)
105	RZEPNIEWSKI Łukasz	1221	MOYA	Open M	92	03:05:58	05:55:57	10:39:08.00	+04:29:22 (42.1%)	8:55	6.7 (57.8%)
106	KOWAL Sebastian	1108	IM-POSSIBLE TEAM	Open M	93	02:53:05	05:37:28	10:41:54.60	+04:32:09 (42.4%)	8:57	6.7 (57.8%)
107	KOZŁOWSKI Tomasz	1337	TRI4FUN	Open M	94	03:08:18	05:57:44	10:43:06.00	+04:33:20 (42.5%)	8:58	6.7 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
108	MADEYSKI Tomasz	1140		Open M	95	03:06:00	05:54:19	10:45:23.15	+04:35:37 (42.7%)	9:00	6.7 (57.8%)
109	WRÓBLEWSKI Radosław	1380	VELUX	Open M	96	03:06:02	05:43:10	10:45:42.10	+04:35:56 (42.7%)	9:01	6.7 (57.8%)
110	JURYŚ Sławomir	1086	JSYSTEM	Open M	97	03:04:48	05:52:58	10:48:36.10	+04:38:50 (43.0%)	9:03	6.6 (56.9%)
111	JAGODZIŃSKI Hubert	1326	DZIK KOMANDO	Open M	98	03:15:40	06:18:06	10:49:11.80	+04:39:26 (43.0%)	9:04	6.6 (56.9%)
112	KONKEL Marcin	1333		Open M	99	03:04:49	05:53:29	10:50:56.50	+04:41:11 (43.2%)	9:05	6.6 (56.9%)
113	WYDRA Mariusz	1381	STARE BABICE BIEGAJA	Open M	100	03:16:29	06:03:46	10:51:04.15	+04:41:18 (43.2%)	9:05	6.6 (56.9%)
114	PARKITNY Aleksander	1190		Open M	101	03:04:39	05:55:38	10:51:15.95	+04:41:30 (43.2%)	9:05	6.6 (56.9%)
115	NIEPSUJ Maciej	1175		Open M	102	02:50:23	05:43:45	10:52:15.05	+04:42:29 (43.3%)	9:06	6.6 (56.9%)
116	NOWAK Agnieszka	1178		Open K	14	03:14:42	06:23:51	10:55:43.60	+04:45:58 (43.6%)	9:09	6.6 (56.9%)
117	GIERSZEWSKI Cezary	1315	ZAŁOGA G	Open M	103	03:08:09	06:06:07	10:56:29.90	+04:46:44 (43.7%)	9:10	6.5 (56.0%)
118	BUDKA Agata	1025	KB MCKIS JAWORZNO	Open K	15	03:19:14	06:28:27	11:00:16.25	+04:50:30 (44.0%)	9:13	6.5 (56.0%)
119	SZYSZŁOWSKI Waldemar	1372		Open M	104	03:12:22	06:14:29	11:05:14.40	+04:55:29 (44.4%)	9:17	6.5 (56.0%)
120	SZCZEPANIAK Jadwiga	1246	KS STASZEWSCY	Open K	16	03:13:50	06:15:23	11:05:18.45	+04:55:33 (44.4%)	9:17	6.5 (56.0%)
121	PANEK Aleksandra	1188		Open K	17	03:08:15	06:06:11	11:05:38.35	+04:55:53 (44.5%)	9:17	6.5 (56.0%)
122	STEC Damian	1240	EXO	Open M	105	03:14:31	06:16:03	11:06:48.30	+04:57:03 (44.5%)	9:18	6.4 (55.2%)
123	KURATCZYK Michał	1343		Open M	106	03:22:23	06:12:40	11:08:18.75	+04:58:33 (44.7%)	9:20	6.4 (55.2%)
124	WOŹNIAK Konrad	1379		Open M	107	03:09:06	06:09:59	11:12:16.80	+05:02:31 (45.0%)	9:23	6.4 (55.2%)
125	DOLNY Marcin	1312	FOREST GANG	Open M	108	02:55:54	05:58:44	11:14:02.10	+05:04:16 (45.1%)	9:24	6.4 (55.2%)
126	KROCZYŃSKA Kinga	1339		Open K	18	03:21:51	06:14:44	11:14:04.90	+05:04:19 (45.1%)	9:24	6.4 (55.2%)
127	GROCHOWSKI Wojciech	1323	KLUB WYSOKOGÓRSKI WARSZAWA	Open M	109	03:04:55	05:55:07	11:17:13.80	+05:07:28 (45.4%)	9:27	6.3 (54.3%)
128	CAŁUS Jolanta	1029	NUTREND TEAM	Open K	19	03:19:43	06:18:08	11:23:10.80	+05:13:25 (45.9%)	9:32	6.3 (54.3%)
129	DARSKI Rafał	1041	RECAMIERE	Open M	110	03:06:46	06:10:29	11:23:11.85	+05:13:26 (45.9%)	9:32	6.3 (54.3%)
130	KOWALEWSKI Grzegorz	1112		Open M	111	03:17:12	06:22:55	11:27:56.25	+05:18:10 (46.3%)	9:36	6.2 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
131	TEKLIŃSKI Dawid	1253	WTORKOWY TRENING	Open M	112	03:02:40	06:14:43	11:30:04.65	+05:20:19 (46.4%)	9:38	6.2 (53.4%)
132	MEDUNA Zbigniew	1156		Open M	113	03:10:05	06:08:36	11:36:17.95	+05:26:32 (46.9%)	9:43	6.2 (53.4%)
133	SŁUPIŃSKA Ewa	1233		Open K	20	03:21:43	06:15:22	11:37:36.00	+05:27:50 (47.0%)	9:44	6.2 (53.4%)
134	KŁOPOTOWSKA SOSNA Kaśka	1097	UNLIMITED SPORT AND LIFESTYLE	Open K	21	03:21:43	06:15:26	11:37:36.40	+05:27:51 (47.0%)	9:44	6.2 (53.4%)
135	GRĘZEL-GAWRON Jolanta	1068		Open K	22	03:30:43	06:33:22	11:38:29.85	+05:28:44 (47.1%)	9:45	6.2 (53.4%)
136	IHNATOWICZ Łukasz	1325		Open M	114	03:27:49	06:27:27	11:43:11.80	+05:33:26 (47.4%)	9:49	6.1 (52.6%)
137	GROMADZKA Justyna	1069	KOBIETY WATAHA	Open K	23	03:20:46	06:34:06	11:43:24.35	+05:33:39 (47.4%)	9:49	6.1 (52.6%)
138	SOBOL Jerzy	1237		Open M	115	03:39:04	06:38:11	11:47:30.30	+05:37:45 (47.7%)	9:52	6.1 (52.6%)
139	RYGLEWICZ Marcin	1220		Open M	116	03:17:38	06:23:12	11:48:26.60	+05:38:41 (47.8%)	9:53	6.1 (52.6%)
140	SŁAWIŃSKI Patryk	1366		Open M	117	03:10:30	06:28:27	11:48:31.80	+05:38:46 (47.8%)	9:53	6.1 (52.6%)
141	KALETA Milena	1288	LEŚNI OLIMPIJCZYCY	Open K	24	03:32:47	06:54:06	12:18:20.00	+06:08:34 (49.9%)	10:18	5.8 (50.0%)
142	GORAJ Jarosław	1063		Open M	118	03:37:19	06:58:33	12:18:35.30	+06:08:50 (49.9%)	10:18	5.8 (50.0%)
143	CYRAN Grzegorz	1037	AILLERON	Open M	119	03:24:53	06:53:09	12:21:22.30	+06:11:37 (50.1%)	10:21	5.8 (50.0%)
144	ZIÓŁKOWSKA Bożena	1284	BIEGUNY WALBA	Open K	25	03:32:58	06:52:19	12:27:11.80	+06:17:26 (50.5%)	10:26	5.7 (49.1%)
145	JĘDRZEJEWSKA Beata	1329	KOBIETY WATAHY	Open K	26	03:47:38	07:07:02	12:38:10.95	+06:28:25 (51.2%)	10:35	5.7 (49.1%)
146	WOJCIECHWSKI Piotr	1272		Open M	120	03:21:53	06:35:36	12:40:22.35	+06:30:37 (51.4%)	10:37	5.6 (48.3%)
147	BARSKA Barbara	1012	RAWKI TEAM	Open K	27	03:29:46	06:54:39	12:40:28.60	+06:30:43 (51.4%)	10:37	5.6 (48.3%)
148	STYLIŃSKI Norbert	1369	DRUŻYNA Z BESKIDNIKA	Open M	121	03:13:41	07:00:24	12:40:41.45	+06:30:56 (51.4%)	10:37	5.6 (48.3%)
149	SALACIŃSKI Łukasz	1223		Open M	122	03:22:55	06:36:27	12:41:17.80	+06:31:32 (51.4%)	10:37	5.6 (48.3%)
150	MROZIŃSKI Zbigniew	1167		Open M	123	03:23:28	06:37:19	12:41:49.05	+06:32:03 (51.5%)	10:38	5.6 (48.3%)
151	KACPRZAK Konrad	1087		Open M	124	03:23:55	06:37:42	12:42:22.05	+06:32:36 (51.5%)	10:38	5.6 (48.3%)
152	RURKA Grzegorz	1218	SAMBIEGAM	Open M	125	03:32:46	07:02:56	12:49:50.90	+06:40:05 (52.0%)	10:45	5.6 (48.3%)
153	GÓŹDŹ Jakub	1322		Open M	126	03:48:21	07:15:55	12:55:40.05	+06:45:54 (52.3%)	10:50	5.5 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
154	GRABOWSKI Mateusz	1067	RAWKI TEAM	Open M	127	03:46:16	07:10:56	12:57:00.30	+06:47:15 (52.4%)	10:51	5.5 (47.4%)
Przekroczony limit czasu: 13:00:00											
155	PAWŁOWICZ Dorota	1357	KUŹNIA TRIATHLONU	Open K	28	03:57:48	07:26:01	13:05:41.60	+06:55:56 (52.9%)	10:58	5.5 (47.4%)
156	TETLA Karolina	1254	TRICLUB	Open K	29	03:23:20	06:29:59	13:08:40.80	+06:58:55 (53.1%)	11:00	5.4 (46.6%)
157	PIECZONKA Janusz	1197	TRICLUB	Open M	128	03:23:50	06:30:23	13:09:10.75	+06:59:25 (53.1%)	11:01	5.4 (46.6%)
	MAJOREK Krzysztof	1348		Open M		02:27:58 DNF	04:44:14 DNF	DNF		-	- (0.0%)
	KWIATKOWSKI Michael	1133		Open M		02:19:36 DNF	05:01:01 DNF	DNF		-	- (0.0%)
	MARCZEWSKI Andrzej	1150	DLA BOGUSI	Open M		03:06:37 DNF	06:14:47 DNF	DNF		-	- (0.0%)
	STACHOWIAK Damian	1239		Open M		03:37:34 DNF	07:07:44 DNF	DNF		-	- (0.0%)
	GRZEGORCZYK Michał	1324		Open M		02:28:02 DNF	DNF	DNF		-	- (0.0%)
	WILK Jacek	1377		Open M		02:38:24 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 163 wynik(ów)