

**Wydarzenie:** Łemkowna Ultra-Trail 2021  
**Organizator:** Fundacja Ultra  
**Data:** 2021-05-15  
**Miejsce:** Komańcza  
**Dystans:** 70 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój		Puławy Górne		Czas netto		Tempo min/km	Tempo km/h
						22.2km	41km	71.6km	Różn				
1	<b>HETMAN Radosław</b>	<b>1008</b>	GRUPA NOMAX	Open M	1		03:25:46		<b>06:09:45.30</b>		5:09	11.6	
2	<b>GOŚCINIEWICZ Paweł</b>	<b>1320</b>	ZIEMOWIT TEAM	Open M	2	02:05:42	03:58:30		<b>06:56:38.95</b>	+00:46:53	5:49	10.3	
3	<b>MORAWSKI Przemysław</b>	<b>1353</b>	CISCO KRAKOW RUNNING TEAM	Open M	3	02:01:17	03:52:38		<b>07:13:52.20</b>	+01:04:06	6:03	9.9	
4	<b>MERKWA Wojciech</b>	<b>1157</b>	ZIOMKI	Open M	4	02:09:34	04:03:32		<b>07:14:26.95</b>	+01:04:41	6:04	9.9	
5	<b>RUSEK Marcin</b>	<b>1363</b>	RPM DZIKI W GÓRACH	Open M	5	02:15:45	04:10:34		<b>07:14:42.65</b>	+01:04:57	6:04	9.9	
6	<b>FORTUNA Norbert</b>	<b>1314</b>	BARTOSZ GORCZYCA TEAM/KGHM ZG RUN	Open M	6	02:06:41	04:02:58		<b>07:17:54.20</b>	+01:08:08	6:06	9.8	
7	<b>ZALEWSKI Dariusz</b>	<b>1279</b>	M.A.D.D. FAMILY SPORT	Open M	7	02:10:21	04:07:41		<b>07:25:59.65</b>	+01:16:14	6:13	9.6	
8	<b>PILARSKI Tomasz</b>	<b>1198</b>	IZERY BOGATYNIA	Open M	8	02:06:45	04:05:25		<b>07:27:08.95</b>	+01:17:23	6:14	9.6	
9	<b>KLONOWSKI Jacek</b>	<b>1096</b>		Open M	9	02:01:22	03:55:13		<b>07:27:39.40</b>	+01:17:54	6:15	9.6	
10	<b>MAMALA Justyna</b>	<b>1003</b>	PAMTRANS	Open K	1	02:13:22	04:11:25		<b>07:32:22.45</b>	+01:22:37	6:19	9.5	
11	<b>WIERZCHOWIAK Karolina</b>	<b>1376</b>		Open K	2	02:20:29	04:23:12		<b>07:35:03.80</b>	+01:25:18	6:21	9.4	
12	<b>CHMIELOWIEC Daniel</b>	<b>1032</b>	GORLICKA GRUPA BIEGOWA	Open M	10	02:10:35	04:12:49		<b>07:35:29.00</b>	+01:25:43	6:21	9.4	
13	<b>LEMAŃSKI Damian</b>	<b>1345</b>		Open M	11	02:07:45	04:08:54		<b>07:40:04.25</b>	+01:30:18	6:25	9.3	
14	<b>DOMBROWSKI Jakub</b>	<b>1313</b>	KRWAWIE SUTY	Open M	12	02:11:57	04:09:30		<b>07:47:46.45</b>	+01:38:01	6:31	9.2	
15	<b>URBAN Krzysztof</b>	<b>1260</b>	TRICLUB	Open M	13	02:22:02	04:25:29		<b>07:49:06.25</b>	+01:39:20	6:33	9.2	
16	<b>BRZOZA Adam</b>	<b>1024</b>	BIEGAMZAPARATEM.PL	Open M	14	02:15:37	04:20:31		<b>07:55:51.75</b>	+01:46:06	6:38	9	
17	<b>GIERZSEWSKI Jarosław Gierszewski</b>	<b>1316</b>	ZAŁOGA G	Open M	15	02:22:21	04:31:17		<b>07:59:54.15</b>	+01:50:08	6:42	9	
18	<b>SZKOŁA Paweł</b>	<b>1371</b>	RPM DZIKI W GÓRACH	Open M	16	02:16:19	04:15:01		<b>08:03:02.75</b>	+01:53:17	6:44	8.9	
19	<b>MIKOŁAJCZYK Mirosław</b>	<b>1352</b>	MIRAZ RACE TEAM	Open M	17	02:16:19	04:29:43		<b>08:04:13.70</b>	+01:54:28	6:45	8.9	
20	<b>RZADKOSZ Wojciech</b>	<b>1364</b>		Open M	18	02:23:26	04:31:57		<b>08:09:35.30</b>	+01:59:50	6:50	8.8	
21	<b>ONOSZKO Adam</b>	<b>1356</b>	ADAMO TEAM	Open M	19	02:23:20	04:24:36		<b>08:10:56.60</b>	+02:01:11	6:51	8.8	
22	<b>KRÓLIKOWSKI Jerzy</b>	<b>1340</b>	SZYBKIE KOPYTO ULTRA	Open M	20	02:30:51	04:35:55		<b>08:11:18.90</b>	+02:01:33	6:51	8.7	
23	<b>MĘDRYKOWSKI Damian</b>	<b>1350</b>		Open M	21	02:32:28	04:42:04		<b>08:12:37.85</b>	+02:02:52	6:52	8.7	
24	<b>SNARSKI Piotr</b>	<b>1236</b>	ADIDAS RUNNERS WARSAW	Open M	22	02:26:50	04:34:41		<b>08:12:42.25</b>	+02:02:56	6:52	8.7	
25	<b>SIKORA Lukasz</b>	<b>1225</b>	GRUPA NOMAX	Open M	23	02:28:16	04:40:22		<b>08:13:42.10</b>	+02:03:56	6:53	8.7	
26	<b>GALUSKIN Alexey</b>	<b>1054</b>	GRUPA NOMAX	Open M	24	02:28:21	04:40:27		<b>08:13:43.70</b>	+02:03:58	6:53	8.7	
27	<b>GONCZAR Szymon</b>	<b>1318</b>	KW GLIWICE	Open M	25	02:22:09	04:28:17		<b>08:14:34.90</b>	+02:04:49	6:54	8.7	
28	<b>MORAWSKI Bartosz</b>	<b>1164</b>	STARE BABICE BIEGAJĄ	Open M	26	02:39:10	04:50:32		<b>08:15:44.00</b>	+02:05:58	6:55	8.7	
29	<b>KACZMAREK Łukasz</b>	<b>1330</b>	PARKRUN GOSTYŃ	Open M	27	02:23:30	04:33:39		<b>08:16:23.35</b>	+02:06:38	6:55	8.7	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój		Puławy Górne		Czas netto	
						22.2km	41km	71.6km	Różn	Tempo min/km	Tempo km/h
30	<b>KOPYRA Piotr</b>	<b>1334</b>	STANDARDOWA	Open M	28	02:31:38	04:38:20	<b>08:18:23.25</b>	+02:08:37	6:57	8.6
31	<b>GŁOWACKI Stefan</b>	<b>1060</b>		Open M	29	02:21:06	04:25:52	<b>08:21:14.15</b>	+02:11:28	7:00	8.6
32	<b>KUKUĆ-KWAPISZEWSKA Anna</b>	<b>1129</b>		Open K	3	02:28:34	04:41:36	<b>08:21:24.35</b>	+02:11:39	7:00	8.6
33	<b>KOLASA Filip</b>	<b>1332</b>	KA4 RESPECT	Open M	30	02:12:03	04:28:07	<b>08:25:15.65</b>	+02:15:30	7:03	8.5
34	<b>DANIEL Łukasz</b>	<b>1040</b>	GDÓW PROUD RUNNERS	Open M	31	02:30:52	04:39:59	<b>08:25:23.50</b>	+02:15:38	7:03	8.5
35	<b>PAWLIK Łukasz</b>	<b>1193</b>		Open M	32	02:30:23	04:39:18	<b>08:25:30.10</b>	+02:15:44	7:03	8.5
36	<b>ZIEMBA Michał</b>	<b>1282</b>	ZIOMKI	Open M	33	02:28:55	04:42:11	<b>08:25:38.25</b>	+02:15:52	7:03	8.5
37	<b>KOZIOŁ Piotr</b>	<b>1336</b>		Open M	34	02:29:58	04:44:40	<b>08:32:51.55</b>	+02:23:06	7:09	8.4
38	<b>GAŁUSZKA Dorota</b>	<b>1055</b>	WTORKOWY TRENING	Open K	4	02:35:09	04:47:28	<b>08:34:06.90</b>	+02:24:21	7:10	8.4
39	<b>TROCHANOWSKI Krystian</b>	<b>1256</b>	RUSYN - LEM	Open M	35	02:26:52	04:51:59	<b>08:35:42.85</b>	+02:25:57	7:12	8.3
40	<b>JANKOWIAK Przemysław</b>	<b>1327</b>		Open M	36	02:31:53	04:48:29	<b>08:39:01.75</b>	+02:29:16	7:14	8.3
41	<b>KORPULA Grzegorz</b>	<b>1335</b>		Open M	37	02:23:49	04:36:52	<b>08:43:46.65</b>	+02:34:01	7:18	8.2
42	<b>KOZIEŁ Jan</b>	<b>1115</b>	JAJA NA BOK TEAM	Open M	38	02:32:02	04:50:04	<b>08:44:20.25</b>	+02:34:34	7:19	8.2
43	<b>MIGDAL Michał</b>	<b>1351</b>	MARKOWI BIEGACZE	Open M	39	02:28:11	04:49:45	<b>08:47:21.60</b>	+02:37:36	7:21	8.1
44	<b>SZARANIEC Sebastian</b>	<b>1370</b>		Open M	40	02:32:37	04:55:30	<b>08:48:41.70</b>	+02:38:56	7:23	8.1
45	<b>LIPSKI Michał</b>	<b>1134</b>		Open M	41	02:28:18	04:44:37	<b>08:48:46.70</b>	+02:39:01	7:23	8.1
46	<b>KRZEMIEŃ Krzysztof</b>	<b>1124</b>	KRZEMIEN RUNNING TEAM	Open M	42	02:30:09	04:45:30	<b>08:49:51.35</b>	+02:40:06	7:24	8.1
47	<b>ANTOŃCZAK Marek</b>	<b>1307</b>	KRASNYSTAW BIEGA	Open M	43	02:27:51	04:38:59	<b>08:50:00.85</b>	+02:40:15	7:24	8.1
48	<b>SIMKA Kamil</b>	<b>1227</b>	FORREST GUMP TEAM	Open M	44	02:32:12	04:58:23	<b>08:53:24.55</b>	+02:43:39	7:26	8.1
49	<b>WOŁOSZYN Artur</b>	<b>1274</b>		Open M	45	02:46:30	05:10:06	<b>08:55:30.85</b>	+02:45:45	7:28	8
50	<b>BINIENDA Agnieszka</b>	<b>1018</b>	KOBIETY WATAHY	Open K	5	02:43:38	05:08:36	<b>08:55:48.40</b>	+02:46:03	7:28	8
51	<b>ZAMBRZYCKA-ROZNER Ewa</b>	<b>1382</b>		Open K	6	02:39:58	05:06:59	<b>09:00:53.75</b>	+02:51:08	7:33	7.9
52	<b>MAŚLAK Radomił</b>	<b>1152</b>	STARE BABICE BIEGAJĄ	Open M	46	02:36:49	05:00:31	<b>09:04:48.40</b>	+02:55:03	7:36	7.9
53	<b>POŁUBOK Kajetan</b>	<b>1206</b>		Open M	47	02:09:13	04:15:25	<b>09:05:22.60</b>	+02:55:37	7:37	7.9
54	<b>STRADOMSKI Artur</b>	<b>1368</b>	MARKOWI BIEGACZE	Open M	48	02:35:47	05:01:40	<b>09:06:48.55</b>	+02:57:03	7:38	7.9
55	<b>CHUCHAŁA Paweł</b>	<b>1308</b>	MARKOWI BIEGACZE	Open M	49	02:41:02	05:04:31	<b>09:08:52.25</b>	+02:59:06	7:39	7.8
56	<b>WŁODARCZYK Michał</b>	<b>1378</b>	EVERRUN	Open M	50	02:21:25	04:43:25	<b>09:12:37.90</b>	+03:02:52	7:43	7.8
57	<b>KOWALCZYK Tomasz</b>	<b>1110</b>	TRICLUB	Open M	51	02:32:29	04:48:03	<b>09:13:29.95</b>	+03:03:44	7:43	7.8
58	<b>KOPCZYŃSKI Łukasz</b>	<b>1105</b>	K-TEAM	Open M	52	02:34:01	04:59:48	<b>09:14:14.00</b>	+03:04:28	7:44	7.8
59	<b>WÓJCIK Jacek</b>	<b>1275</b>		Open M	53	02:37:05	04:56:55	<b>09:16:20.75</b>	+03:06:35	7:46	7.7
60	<b>KRUKAR Grzegorz</b>	<b>1341</b>	AZS AWF KRAKÓW MASTERS	Open M	54	02:40:39	04:59:35	<b>09:16:35.10</b>	+03:06:49	7:46	7.7
61	<b>ŁYCZAK Artur</b>	<b>1139</b>	KNURÓW MASTERS	Open M	55	02:50:21	05:11:43	<b>09:17:47.65</b>	+03:08:02	7:47	7.7
62	<b>DOMARADZKI Krzysztof</b>	<b>1047</b>		Open M	56	02:35:15	04:55:14	<b>09:19:19.50</b>	+03:09:34	7:48	7.7
63	<b>POTAŚ Agnieszka</b>	<b>1359</b>		Open K	7	02:55:57	05:25:23	<b>09:19:42.40</b>	+03:09:57	7:49	7.7
64	<b>KRAUZE Tomasz</b>	<b>1338</b>	GRUPA BIEGOWA WROCŁAWSKIE MORSY	Open M	57	02:45:32	05:19:27	<b>09:22:23.90</b>	+03:12:38	7:51	7.6
65	<b>GAWRON Bartłomiej</b>	<b>1056</b>		Open M	58	02:38:06	05:06:18	<b>09:24:09.75</b>	+03:14:24	7:52	7.6
66	<b>STOLIŃSKI Przemysław</b>	<b>1367</b>	KSGRUCHA	Open M	59	02:28:58	04:52:32	<b>09:28:10.30</b>	+03:18:25	7:56	7.6
67	<b>OGRODNIK Tomasz</b>	<b>1355</b>		Open M	60	02:58:34	05:23:56	<b>09:30:42.20</b>	+03:20:56	7:58	7.5
68	<b>HETMANCZYK Jakub</b>	<b>1078</b>	XIN CHAO RIDERS	Open M	61	02:34:55	05:07:12	<b>09:34:51.95</b>	+03:25:06	8:01	7.5
69	<b>TKACZUK Anna</b>	<b>1374</b>		Open K	8	02:44:56	05:14:33	<b>09:35:07.40</b>	+03:25:22	8:01	7.5
70	<b>GOLUBSKI Robert</b>	<b>1317</b>	TORUŃSKIE MORSY	Open M	62	02:33:01	05:02:22	<b>09:35:36.70</b>	+03:25:51	8:02	7.5
71	<b>KROCZYŃSKI Sławomir</b>	<b>1120</b>		Open M	63	02:44:11	05:16:04	<b>09:36:36.30</b>	+03:26:51	8:03	7.5
72	<b>PYTEL Stanisław</b>	<b>1211</b>	SCYZORYK	Open M	64	02:41:27	05:11:24	<b>09:37:25.00</b>	+03:27:39	8:03	7.4
73	<b>ZABOROWSKI Kamil</b>	<b>1277</b>	NIGHT RUNNERS POZNAŃ	Open M	65	02:54:02	05:30:31	<b>09:37:30.20</b>	+03:27:44	8:03	7.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój		Czas netto		Tempo min/km	Tempo km/h
						22.2km	Puławy Górne 41km	71.6km	Różn		
74	<b>TOL Monika</b>	<b>1255</b>	MAFIA TEAM LUBLINIEC	Open K	9	02:57:07	05:30:31	<b>09:41:54.30</b>	+03:32:09	8:07	7.4
75	<b>URAMEK Grzegorz</b>	<b>1258</b>		Open M	66	02:36:42	05:07:29	<b>09:44:55.80</b>	+03:35:10	8:10	7.3
76	<b>LEŚNIAK Marcin</b>	<b>1346</b>	ZARAŻENI BÓLEM	Open M	67	02:52:51	05:26:36	<b>09:46:39.50</b>	+03:36:54	8:11	7.3
77	<b>KRYSTJAŃCZUK Karol</b>	<b>1123</b>	ŁĘCZNA BIEGA	Open M	68	02:46:46	05:22:19	<b>09:48:37.25</b>	+03:38:51	8:13	7.3
78	<b>ZAWADA Mateusz</b>	<b>1383</b>	ZARAŻENI BÓLEM	Open M	69	02:59:47	05:33:27	<b>09:53:35.80</b>	+03:43:50	8:17	7.2
79	<b>JĘDRZEJCZYK Agnieszka</b>	<b>1085</b>	RZESZOWSKIE GAZELE I GEPARDY	Open K	10	02:59:47	05:40:34	<b>09:54:07.60</b>	+03:44:22	8:17	7.2
80	<b>KOWALCZYK Robert</b>	<b>1109</b>	ŁĘCZNA BIEGA	Open M	70	02:45:28	05:24:14	<b>09:54:44.95</b>	+03:44:59	8:18	7.2
81	<b>CZARDYBON Michał</b>	<b>1310</b>	CZARNE STOPY	Open M	71	02:56:05	05:33:04	<b>09:59:18.65</b>	+03:49:33	8:22	7.2
82	<b>PARANDYK Krystian</b>	<b>1189</b>	METANADARZYN	Open M	72	03:11:25	05:53:56	<b>09:59:22.85</b>	+03:49:37	8:22	7.2
83	<b>SIKORA Grzegorz</b>	<b>1226</b>	MCBIEGACZE	Open M	73	03:11:25	05:54:01	<b>09:59:22.90</b>	+03:49:37	8:22	7.2
84	<b>KUBRAK Kamil</b>	<b>1342</b>	CZARNE STOPY	Open M	74	02:56:06	05:33:09	<b>09:59:28.15</b>	+03:49:42	8:22	7.2
85	<b>PRZYGÓRZEWSKI Wojciech</b>	<b>1360</b>	SINCITYLESKO	Open M	75	02:57:00	05:32:00	<b>10:02:04.35</b>	+03:52:19	8:24	7.1
86	<b>HABRAT Maciej</b>	<b>1075</b>	HABRAT TEAM	Open M	76	02:50:52	05:33:47	<b>10:04:10.85</b>	+03:54:25	8:26	7.1
87	<b>HABRAT Dorota</b>	<b>1076</b>	HABRAT TEAM	Open K	11	02:51:20	05:34:18	<b>10:04:39.30</b>	+03:54:54	8:26	7.1
88	<b>BĘDKOWSKI Paweł</b>	<b>1017</b>		Open M	77	02:46:56	05:23:39	<b>10:07:16.25</b>	+03:57:30	8:28	7.1
89	<b>GÓRECKI Marcin</b>	<b>1321</b>	DZIK KOMANDO	Open M	78	02:50:27	05:32:46	<b>10:08:37.20</b>	+03:58:51	8:30	7.1
90	<b>KUDRYCKI Jakub</b>	<b>1128</b>	BILCZA BIEGA	Open M	79	02:53:28	05:34:41	<b>10:10:57.15</b>	+04:01:11	8:31	7
91	<b>GORZUCH Justyna</b>	<b>1319</b>	KLUB WYSOKOGÓRSKI WARSZAWA	Open K	12	03:03:27	05:42:40	<b>10:11:50.70</b>	+04:02:05	8:32	7
92	<b>BURZYŃSKA Ewelina</b>	<b>1028</b>	NATURA BIEDRUSKO	Open K	13	02:58:47	05:41:55	<b>10:12:03.55</b>	+04:02:18	8:32	7
93	<b>BOŻEK Grzegorz</b>	<b>1023</b>	DZIKIE ŻYCIE RUNTEAM	Open M	80	02:58:16	05:39:48	<b>10:13:10.90</b>	+04:03:25	8:33	7
94	<b>RULAK Jerzy</b>	<b>1362</b>		Open M	81	02:58:20	05:46:11	<b>10:13:49.50</b>	+04:04:04	8:34	7
95	<b>KIERENKO Paweł</b>	<b>1331</b>	SONSIEDZI	Open M	82	02:55:22	05:38:04	<b>10:16:05.00</b>	+04:06:19	8:36	7
96	<b>LEWKOWSKI Aleksander</b>	<b>1347</b>		Open M	83	02:43:49	05:19:59	<b>10:17:33.60</b>	+04:07:48	8:37	7
97	<b>PODSADNY Bartosz</b>	<b>1202</b>		Open M	84	02:52:30	05:38:14	<b>10:20:43.05</b>	+04:10:57	8:40	6.9
98	<b>PRZYKUCKI Robert</b>	<b>1208</b>	NO EXCUSES TEAM	Open M	85	02:54:30	05:37:56	<b>10:21:25.00</b>	+04:11:39	8:40	6.9
99	<b>MAZIARKA Krzysztof</b>	<b>1154</b>	HUARACHES	Open M	86	03:01:22	05:37:42	<b>10:21:56.50</b>	+04:12:11	8:41	6.9
100	<b>ROZNER Artur</b>	<b>1361</b>		Open M	87	02:59:28	05:45:04	<b>10:22:12.15</b>	+04:12:26	8:41	6.9
101	<b>SKOCZYLAS Mateusz</b>	<b>1229</b>		Open M	88	03:12:11	05:54:32	<b>10:28:21.80</b>	+04:18:36	8:46	6.8
102	<b>KUBOWICZ Zbigniew</b>	<b>1127</b>		Open M	89	02:59:42	05:47:51	<b>10:29:34.25</b>	+04:19:48	8:47	6.8
103	<b>KRAWCZYK Tomasz</b>	<b>1117</b>		Open M	90	03:06:39	05:52:19	<b>10:35:54.30</b>	+04:26:09	8:52	6.8
104	<b>KAMIŃSKI Marcin</b>	<b>1090</b>	WTORKOWY TRENING	Open M	91	03:09:08		<b>10:37:58.95</b>	+04:28:13	8:54	6.7
105	<b>RZEPNIEWSKI Łukasz</b>	<b>1221</b>	MOYA	Open M	92	03:05:58	05:55:57	<b>10:39:08.00</b>	+04:29:22	8:55	6.7
106	<b>KOWAL Sebastian</b>	<b>1108</b>	IM-POSSIBLE TEAM	Open M	93	02:53:05	05:37:28	<b>10:41:54.60</b>	+04:32:09	8:57	6.7
107	<b>KOZŁOWSKI Tomasz</b>	<b>1337</b>	TRI4FUN	Open M	94	03:08:18	05:57:44	<b>10:43:06.00</b>	+04:33:20	8:58	6.7
108	<b>MADEYSKI Tomasz</b>	<b>1140</b>		Open M	95	03:06:00	05:54:19	<b>10:45:23.15</b>	+04:35:37	9:00	6.7
109	<b>WRÓBLEWSKI Radosław</b>	<b>1380</b>	VELUX	Open M	96	03:06:02	05:43:10	<b>10:45:42.10</b>	+04:35:56	9:01	6.7
110	<b>JURYŚ Sławomir</b>	<b>1086</b>	JSYSTEM	Open M	97	03:04:48	05:52:58	<b>10:48:36.10</b>	+04:38:50	9:03	6.6
111	<b>JAGODZIŃSKI Hubert</b>	<b>1326</b>	DZIK KOMANDO	Open M	98	03:15:40	06:18:06	<b>10:49:11.80</b>	+04:39:26	9:04	6.6
112	<b>KONKEL Marcin</b>	<b>1333</b>		Open M	99	03:04:49	05:53:29	<b>10:50:56.50</b>	+04:41:11	9:05	6.6
113	<b>WYDRA Mariusz</b>	<b>1381</b>	STARE BABICE BIEGAJĄ	Open M	100	03:16:29	06:03:46	<b>10:51:04.15</b>	+04:41:18	9:05	6.6
114	<b>PARKITNY Aleksander</b>	<b>1190</b>		Open M	101	03:04:39	05:55:38	<b>10:51:15.95</b>	+04:41:30	9:05	6.6
115	<b>NIEPSUJ Maciej</b>	<b>1175</b>		Open M	102	02:50:23	05:43:45	<b>10:52:15.05</b>	+04:42:29	9:06	6.6
116	<b>NOWAK Agnieszka</b>	<b>1178</b>		Open K	14	03:14:42	06:23:51	<b>10:55:43.60</b>	+04:45:58	9:09	6.6
117	<b>GIERSZEWSKI Cezary</b>	<b>1315</b>	ZĄLOGA G	Open M	103	03:08:09	06:06:07	<b>10:56:29.90</b>	+04:46:44	9:10	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój		Puławy Górne		Czas netto	
						22.2km	41km	71.6km	Różn	Tempo min/km	Tempo km/h
118	BUDKA Agata	1025	KB MCKIS JAWORZNO	Open K	15	03:19:14	06:28:27	<b>11:00:16.25</b>	+04:50:30	9:13	6.5
119	SZYSZŁOWSKI Waldemar	1372		Open M	104	03:12:22	06:14:29	<b>11:05:14.40</b>	+04:55:29	9:17	6.5
120	SZCZEPANIAK Jadwiga	1246	KS STASZEWCY	Open K	16	03:13:50	06:15:23	<b>11:05:18.45</b>	+04:55:33	9:17	6.5
121	PANEK Aleksandra	1188		Open K	17	03:08:15	06:06:11	<b>11:05:38.35</b>	+04:55:53	9:17	6.5
122	STEC Damian	1240	EXO	Open M	105	03:14:31	06:16:03	<b>11:06:48.30</b>	+04:57:03	9:18	6.4
123	KURATCZYK Michał	1343		Open M	106	03:22:23	06:12:40	<b>11:08:18.75</b>	+04:58:33	9:20	6.4
124	WOŹNIAK Konrad	1379		Open M	107	03:09:06	06:09:59	<b>11:12:16.80</b>	+05:02:31	9:23	6.4
125	DOLNY Marcin	1312	FOREST GANG	Open M	108	02:55:54	05:58:44	<b>11:14:02.10</b>	+05:04:16	9:24	6.4
126	KROCZYŃSKA Kinga	1339		Open K	18	03:21:51	06:14:44	<b>11:14:04.90</b>	+05:04:19	9:24	6.4
127	GROCHOWSKI Wojciech	1323	KLUB WYSOKOGÓRSKI WARSZAWA	Open M	109	03:04:55	05:55:07	<b>11:17:13.80</b>	+05:07:28	9:27	6.3
128	CAŁUS Jolanta	1029	NUTREND TEAM	Open K	19	03:19:43	06:18:08	<b>11:23:10.80</b>	+05:13:25	9:32	6.3
129	DARSKI Rafał	1041	RECAMIERE	Open M	110	03:06:46	06:10:29	<b>11:23:11.85</b>	+05:13:26	9:32	6.3
130	KOWALEWSKI Grzegorz	1112		Open M	111	03:17:12	06:22:55	<b>11:27:56.25</b>	+05:18:10	9:36	6.2
131	TEKLIŃSKI Dawid	1253	WTORKOWY TRENING	Open M	112	03:02:40	06:14:43	<b>11:30:04.65</b>	+05:20:19	9:38	6.2
132	MEDUNA Zbigniew	1156		Open M	113	03:10:05	06:08:36	<b>11:36:17.95</b>	+05:26:32	9:43	6.2
133	SŁUPIŃSKA Ewa	1233		Open K	20	03:21:43	06:15:22	<b>11:37:36.00</b>	+05:27:50	9:44	6.2
134	KŁOPOTOWSKA SOSNA Kaśka	1097	UNLIMITED SPORT AND LIFESTYLE	Open K	21	03:21:43	06:15:26	<b>11:37:36.40</b>	+05:27:51	9:44	6.2
135	GRĘZEL-GAWRON Jolanta	1068		Open K	22	03:30:43	06:33:22	<b>11:38:29.85</b>	+05:28:44	9:45	6.2
136	IHNATOWICZ Łukasz	1325		Open M	114	03:27:49	06:27:27	<b>11:43:11.80</b>	+05:33:26	9:49	6.1
137	GROMADZKA Justyna	1069	KOBIETY WATAHA	Open K	23	03:20:46	06:34:06	<b>11:43:24.35</b>	+05:33:39	9:49	6.1
138	SOBOL Jerzy	1237		Open M	115	03:39:04	06:38:11	<b>11:47:30.30</b>	+05:37:45	9:52	6.1
139	RYGLEWICZ Marcin	1220		Open M	116	03:17:38	06:23:12	<b>11:48:26.60</b>	+05:38:41	9:53	6.1
140	SŁAWIŃSKI Patryk	1366		Open M	117	03:10:30	06:28:27	<b>11:48:31.80</b>	+05:38:46	9:53	6.1
141	KALETA Milena	1288	LEŚNI OLIMPIJCZYCY	Open K	24	03:32:47	06:54:06	<b>12:18:20.00</b>	+06:08:34	10:18	5.8
142	GORAJ Jarosław	1063		Open M	118	03:37:19	06:58:33	<b>12:18:35.30</b>	+06:08:50	10:18	5.8
143	CYRAN Grzegorz	1037	AILLERON	Open M	119	03:24:53	06:53:09	<b>12:21:22.30</b>	+06:11:37	10:21	5.8
144	ZIÓŁKOWSKA Bożena	1284	BIEGUNY WALBA	Open K	25	03:32:58	06:52:19	<b>12:27:11.80</b>	+06:17:26	10:26	5.7
145	JĘDRZEJEWSKA Beata	1329	KOBIETY WATAHY	Open K	26	03:47:38	07:07:02	<b>12:38:10.95</b>	+06:28:25	10:35	5.7
146	WOJCIECHWSKI Piotr	1272		Open M	120	03:21:53	06:35:36	<b>12:40:22.35</b>	+06:30:37	10:37	5.6
147	BARSKA Barbara	1012	RAWKI TEAM	Open K	27	03:29:46	06:54:39	<b>12:40:28.60</b>	+06:30:43	10:37	5.6
148	STYLIŃSKI Norbert	1369	DRUŻYNA Z BESKIDNIKA	Open M	121	03:13:41	07:00:24	<b>12:40:41.45</b>	+06:30:56	10:37	5.6
149	SĄLACIŃSKI Łukasz	1223		Open M	122	03:22:55	06:36:27	<b>12:41:17.80</b>	+06:31:32	10:37	5.6
150	MROZIŃSKI Zbigniew	1167		Open M	123	03:23:28	06:37:19	<b>12:41:49.05</b>	+06:32:03	10:38	5.6
151	KACPRZAK Konrad	1087		Open M	124	03:23:55	06:37:42	<b>12:42:22.05</b>	+06:32:36	10:38	5.6
152	RURKA Grzegorz	1218	SAMBIEGAM	Open M	125	03:32:46	07:02:56	<b>12:49:50.90</b>	+06:40:05	10:45	5.6
153	GÓŹDŹ Jakub	1322		Open M	126	03:48:21	07:15:55	<b>12:55:40.05</b>	+06:45:54	10:50	5.5
154	GRABOWSKI Mateusz	1067	RAWKI TEAM	Open M	127	03:46:16	07:10:56	<b>12:57:00.30</b>	+06:47:15	10:51	5.5
<b>Przekroczony limit czasu: 13:00:00</b>											
155	PAWŁOWICZ Dorota	1357	KUŹNIA TRIATHLONU	Open K	28	03:57:48	07:26:01	<b>13:05:41.60</b>	+06:55:56	10:58	5.5
156	TETLA Karolina	1254	TRICLUB	Open K	29	03:23:20	06:29:59	<b>13:08:40.80</b>	+06:58:55	11:00	5.4
157	PIECZONKA Janusz	1197	TRICLUB	Open M	128	03:23:50	06:30:23	<b>13:09:10.75</b>	+06:59:25	11:01	5.4
	MAJOREK Krzysztof	1348		Open M		02:27:58 DNF	04:44:14 DNF	<b>DNF</b>	-	-	-
	KWIATKOWSKI Michael	1133		Open M		02:19:36 DNF	05:01:01 DNF	<b>DNF</b>	-	-	-
	MARCZEWSKI Andrzej	1150	DLA BOGUSI	Open M		03:06:37 DNF	06:14:47 DNF	<b>DNF</b>	-	-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
	<b>STACHOWIAK Damian</b>	<b>1239</b>		Open M		03:37:34 DNF	07:07:44 DNF	<b>DNF</b>		-	-
	<b>GRZEGORCZYK Michał</b>	<b>1324</b>		Open M		02:28:02 DNF	DNF	<b>DNF</b>		-	-
	<b>WILK Jacek</b>	<b>1377</b>		Open M		02:38:24 DNF	DNF	<b>DNF</b>		-	-

Znaleziono 163 wynik(ów)