



# 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	<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 (100%)
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 (11.3%)	5:49	10.3 (88.8%)
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 (14.8%)	6:03	9.9 (85.3%)
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 (14.9%)	6:04	9.9 (85.3%)
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 (14.9%)	6:04	9.9 (85.3%)
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 (15.6%)	6:06	9.8 (84.5%)
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 (17.1%)	6:13	9.6 (82.8%)
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 (17.3%)	6:14	9.6 (82.8%)
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 (17.4%)	6:15	9.6 (82.8%)
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 (18.3%)	6:19	9.5 (81.9%)
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 (18.7%)	6:21	9.4 (81.0%)
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 (18.8%)	6:21	9.4 (81.0%)
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 (19.6%)	6:25	9.3 (80.2%)
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 (21.0%)	6:31	9.2 (79.3%)
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 (21.2%)	6:33	9.2 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
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 (22.3%)	6:38	9 (77.6%)
17	<b>GIERSZEWSKI 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 (23.0%)	6:42	9 (77.6%)
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 (23.5%)	6:44	8.9 (76.7%)
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 (23.6%)	6:45	8.9 (76.7%)
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 (24.5%)	6:50	8.8 (75.9%)
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 (24.7%)	6:51	8.8 (75.9%)
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 (24.7%)	6:51	8.7 (75.0%)
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 (24.9%)	6:52	8.7 (75.0%)
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 (25.0%)	6:52	8.7 (75.0%)
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 (25.1%)	6:53	8.7 (75.0%)
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 (25.1%)	6:53	8.7 (75.0%)
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 (25.2%)	6:54	8.7 (75.0%)
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 (25.4%)	6:55	8.7 (75.0%)
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 (25.5%)	6:55	8.7 (75.0%)
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 (25.8%)	6:57	8.6 (74.1%)
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 (26.2%)	7:00	8.6 (74.1%)
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 (26.3%)	7:00	8.6 (74.1%)
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 (26.8%)	7:03	8.5 (73.3%)
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 (26.8%)	7:03	8.5 (73.3%)
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 (26.9%)	7:03	8.5 (73.3%)
36	<b>ZIEMBA Michal</b>	<b>1282</b>	ZIOMKI	Open M	33	02:28:55	04:42:11	<b>08:25:38.25</b>	+02:15:52 (26.9%)	7:03	8.5 (73.3%)
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 (27.9%)	7:09	8.4 (72.4%)
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 (28.1%)	7:10	8.4 (72.4%)

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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 (28.3%)	7:12	8.3 (71.6%)
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 (28.8%)	7:14	8.3 (71.6%)
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 (29.4%)	7:18	8.2 (70.7%)
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 (29.5%)	7:19	8.2 (70.7%)
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 (29.9%)	7:21	8.1 (69.8%)
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 (30.1%)	7:23	8.1 (69.8%)
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 (30.1%)	7:23	8.1 (69.8%)
46	<b>KRZEMIEN 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 (30.2%)	7:24	8.1 (69.8%)
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 (30.2%)	7:24	8.1 (69.8%)
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 (30.7%)	7:26	8.1 (69.8%)
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 (31.0%)	7:28	8 (69.0%)
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 (31.0%)	7:28	8 (69.0%)
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 (31.6%)	7:33	7.9 (68.1%)
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 (32.1%)	7:36	7.9 (68.1%)
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 (32.2%)	7:37	7.9 (68.1%)
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 (32.4%)	7:38	7.9 (68.1%)
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 (32.6%)	7:39	7.8 (67.2%)
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 (33.1%)	7:43	7.8 (67.2%)
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 (33.2%)	7:43	7.8 (67.2%)
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 (33.3%)	7:44	7.8 (67.2%)
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 (33.5%)	7:46	7.7 (66.4%)
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 (33.6%)	7:46	7.7 (66.4%)
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 (33.7%)	7:47	7.7 (66.4%)

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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 (33.9%)	7:48	7.7 (66.4%)
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 (33.9%)	7:49	7.7 (66.4%)
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 (34.3%)	7:51	7.6 (65.5%)
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 (34.5%)	7:52	7.6 (65.5%)
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 (34.9%)	7:56	7.6 (65.5%)
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 (35.2%)	7:58	7.5 (64.7%)
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 (35.7%)	8:01	7.5 (64.7%)
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 (35.7%)	8:01	7.5 (64.7%)
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 (35.8%)	8:02	7.5 (64.7%)
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 (35.9%)	8:03	7.5 (64.7%)
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 (36.0%)	8:03	7.4 (63.8%)
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 (36.0%)	8:03	7.4 (63.8%)
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 (36.5%)	8:07	7.4 (63.8%)
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 (36.8%)	8:10	7.3 (62.9%)
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 (37.0%)	8:11	7.3 (62.9%)
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 (37.2%)	8:13	7.3 (62.9%)
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 (37.7%)	8:17	7.2 (62.1%)
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 (37.8%)	8:17	7.2 (62.1%)
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 (37.8%)	8:18	7.2 (62.1%)
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 (38.3%)	8:22	7.2 (62.1%)
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 (38.3%)	8:22	7.2 (62.1%)
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 (38.3%)	8:22	7.2 (62.1%)
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 (38.3%)	8:22	7.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Czas netto 71.6km	Różn	Tempo min/km	Tempo km/h
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 (38.6%)	8:24	7.1 (61.2%)
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 (38.8%)	8:26	7.1 (61.2%)
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 (38.8%)	8:26	7.1 (61.2%)
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 (39.1%)	8:28	7.1 (61.2%)
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 (39.2%)	8:30	7.1 (61.2%)
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 (39.5%)	8:31	7 (60.3%)
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 (39.6%)	8:32	7 (60.3%)
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 (39.6%)	8:32	7 (60.3%)
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 (39.7%)	8:33	7 (60.3%)
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 (39.8%)	8:34	7 (60.3%)
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 (40.0%)	8:36	7 (60.3%)
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 (40.1%)	8:37	7 (60.3%)
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 (40.4%)	8:40	6.9 (59.5%)
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 (40.5%)	8:40	6.9 (59.5%)
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 (40.5%)	8:41	6.9 (59.5%)
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 (40.6%)	8:41	6.9 (59.5%)
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 (41.2%)	8:46	6.8 (58.6%)
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 (41.3%)	8:47	6.8 (58.6%)
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 (41.9%)	8:52	6.8 (58.6%)
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 (42.0%)	8:54	6.7 (57.8%)
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 (42.1%)	8:55	6.7 (57.8%)
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 (42.4%)	8:57	6.7 (57.8%)
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 (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	<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 (42.7%)	9:00	6.7 (57.8%)
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 (42.7%)	9:01	6.7 (57.8%)
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 (43.0%)	9:03	6.6 (56.9%)
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 (43.0%)	9:04	6.6 (56.9%)
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 (43.2%)	9:05	6.6 (56.9%)
113	<b>WYDRA Mariusz</b>	<b>1381</b>	STARE BABICE BIEGAJA	Open M	100	03:16:29	06:03:46	<b>10:51:04.15</b>	+04:41:18 (43.2%)	9:05	6.6 (56.9%)
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 (43.2%)	9:05	6.6 (56.9%)
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 (43.3%)	9:06	6.6 (56.9%)
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 (43.6%)	9:09	6.6 (56.9%)
117	<b>GIERSZEWSKI Cezary</b>	<b>1315</b>	ZAŁOGA G	Open M	103	03:08:09	06:06:07	<b>10:56:29.90</b>	+04:46:44 (43.7%)	9:10	6.5 (56.0%)
118	<b>BUDKA Agata</b>	<b>1025</b>	KB MCKIS JAWORZNO	Open K	15	03:19:14	06:28:27	<b>11:00:16.25</b>	+04:50:30 (44.0%)	9:13	6.5 (56.0%)
119	<b>SZYSZŁOWSKI Waldemar</b>	<b>1372</b>		Open M	104	03:12:22	06:14:29	<b>11:05:14.40</b>	+04:55:29 (44.4%)	9:17	6.5 (56.0%)
120	<b>SZCZEPANIAK Jadwiga</b>	<b>1246</b>	KS STASZEWSCY	Open K	16	03:13:50	06:15:23	<b>11:05:18.45</b>	+04:55:33 (44.4%)	9:17	6.5 (56.0%)
121	<b>PANEK Aleksandra</b>	<b>1188</b>		Open K	17	03:08:15	06:06:11	<b>11:05:38.35</b>	+04:55:53 (44.5%)	9:17	6.5 (56.0%)
122	<b>STEC Damian</b>	<b>1240</b>	EXO	Open M	105	03:14:31	06:16:03	<b>11:06:48.30</b>	+04:57:03 (44.5%)	9:18	6.4 (55.2%)
123	<b>KURATCZYK Michał</b>	<b>1343</b>		Open M	106	03:22:23	06:12:40	<b>11:08:18.75</b>	+04:58:33 (44.7%)	9:20	6.4 (55.2%)
124	<b>WOŹNIAK Konrad</b>	<b>1379</b>		Open M	107	03:09:06	06:09:59	<b>11:12:16.80</b>	+05:02:31 (45.0%)	9:23	6.4 (55.2%)
125	<b>DOLNY Marcin</b>	<b>1312</b>	FOREST GANG	Open M	108	02:55:54	05:58:44	<b>11:14:02.10</b>	+05:04:16 (45.1%)	9:24	6.4 (55.2%)
126	<b>KROCZYŃSKA Kinga</b>	<b>1339</b>		Open K	18	03:21:51	06:14:44	<b>11:14:04.90</b>	+05:04:19 (45.1%)	9:24	6.4 (55.2%)
127	<b>GROCHOWSKI Wojciech</b>	<b>1323</b>	KLUB WYSOKOGÓRSKI WARSZAWA	Open M	109	03:04:55	05:55:07	<b>11:17:13.80</b>	+05:07:28 (45.4%)	9:27	6.3 (54.3%)
128	<b>CAŁUS Jolanta</b>	<b>1029</b>	NUTREND TEAM	Open K	19	03:19:43	06:18:08	<b>11:23:10.80</b>	+05:13:25 (45.9%)	9:32	6.3 (54.3%)
129	<b>DARSKI Rafał</b>	<b>1041</b>	RECAMIERE	Open M	110	03:06:46	06:10:29	<b>11:23:11.85</b>	+05:13:26 (45.9%)	9:32	6.3 (54.3%)
130	<b>KOWALEWSKI Grzegorz</b>	<b>1112</b>		Open M	111	03:17:12	06:22:55	<b>11:27:56.25</b>	+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	<b>TEKLIŃSKI Dawid</b>	<b>1253</b>	WTORKOWY TRENING	Open M	112	03:02:40	06:14:43	<b>11:30:04.65</b>	+05:20:19 (46.4%)	9:38	6.2 (53.4%)
132	<b>MEDUNA Zbigniew</b>	<b>1156</b>		Open M	113	03:10:05	06:08:36	<b>11:36:17.95</b>	+05:26:32 (46.9%)	9:43	6.2 (53.4%)
133	<b>SŁUPIŃSKA Ewa</b>	<b>1233</b>		Open K	20	03:21:43	06:15:22	<b>11:37:36.00</b>	+05:27:50 (47.0%)	9:44	6.2 (53.4%)
134	<b>KŁOPOTOWSKA SOSNA Kaśka</b>	<b>1097</b>	UNLIMITED SPORT AND LIFESTYLE	Open K	21	03:21:43	06:15:26	<b>11:37:36.40</b>	+05:27:51 (47.0%)	9:44	6.2 (53.4%)
135	<b>GRĘZEL-GAWRON Jolanta</b>	<b>1068</b>		Open K	22	03:30:43	06:33:22	<b>11:38:29.85</b>	+05:28:44 (47.1%)	9:45	6.2 (53.4%)
136	<b>IHNATOWICZ Łukasz</b>	<b>1325</b>		Open M	114	03:27:49	06:27:27	<b>11:43:11.80</b>	+05:33:26 (47.4%)	9:49	6.1 (52.6%)
137	<b>GROMADZKA Justyna</b>	<b>1069</b>	KOBIETY WATAHA	Open K	23	03:20:46	06:34:06	<b>11:43:24.35</b>	+05:33:39 (47.4%)	9:49	6.1 (52.6%)
138	<b>SOBOL Jerzy</b>	<b>1237</b>		Open M	115	03:39:04	06:38:11	<b>11:47:30.30</b>	+05:37:45 (47.7%)	9:52	6.1 (52.6%)
139	<b>RYGLEWICZ Marcin</b>	<b>1220</b>		Open M	116	03:17:38	06:23:12	<b>11:48:26.60</b>	+05:38:41 (47.8%)	9:53	6.1 (52.6%)
140	<b>SŁAWIŃSKI Patryk</b>	<b>1366</b>		Open M	117	03:10:30	06:28:27	<b>11:48:31.80</b>	+05:38:46 (47.8%)	9:53	6.1 (52.6%)
141	<b>KALETA Milena</b>	<b>1288</b>	LEŚNI OLIMPIJCZYCY	Open K	24	03:32:47	06:54:06	<b>12:18:20.00</b>	+06:08:34 (49.9%)	10:18	5.8 (50.0%)
142	<b>GORAJ Jarosław</b>	<b>1063</b>		Open M	118	03:37:19	06:58:33	<b>12:18:35.30</b>	+06:08:50 (49.9%)	10:18	5.8 (50.0%)
143	<b>CYRAN Grzegorz</b>	<b>1037</b>	AILLERON	Open M	119	03:24:53	06:53:09	<b>12:21:22.30</b>	+06:11:37 (50.1%)	10:21	5.8 (50.0%)
144	<b>ZIÓLKOWSKA Bożena</b>	<b>1284</b>	BIEGUNY WALBA	Open K	25	03:32:58	06:52:19	<b>12:27:11.80</b>	+06:17:26 (50.5%)	10:26	5.7 (49.1%)
145	<b>JĘDRZEJEWSKA Beata</b>	<b>1329</b>	KOBIETY WATAHY	Open K	26	03:47:38	07:07:02	<b>12:38:10.95</b>	+06:28:25 (51.2%)	10:35	5.7 (49.1%)
146	<b>WOJCIECHWSKI Piotr</b>	<b>1272</b>		Open M	120	03:21:53	06:35:36	<b>12:40:22.35</b>	+06:30:37 (51.4%)	10:37	5.6 (48.3%)
147	<b>BARSKA Barbara</b>	<b>1012</b>	RAWKI TEAM	Open K	27	03:29:46	06:54:39	<b>12:40:28.60</b>	+06:30:43 (51.4%)	10:37	5.6 (48.3%)
148	<b>STYLIŃSKI Norbert</b>	<b>1369</b>	DRUŻYNA Z BESKIDNIKA	Open M	121	03:13:41	07:00:24	<b>12:40:41.45</b>	+06:30:56 (51.4%)	10:37	5.6 (48.3%)
149	<b>SALACIŃSKI Łukasz</b>	<b>1223</b>		Open M	122	03:22:55	06:36:27	<b>12:41:17.80</b>	+06:31:32 (51.4%)	10:37	5.6 (48.3%)
150	<b>MROZIŃSKI Zbigniew</b>	<b>1167</b>		Open M	123	03:23:28	06:37:19	<b>12:41:49.05</b>	+06:32:03 (51.5%)	10:38	5.6 (48.3%)
151	<b>KACPRZAK Konrad</b>	<b>1087</b>		Open M	124	03:23:55	06:37:42	<b>12:42:22.05</b>	+06:32:36 (51.5%)	10:38	5.6 (48.3%)
152	<b>RURKA Grzegorz</b>	<b>1218</b>	SAMBIEGAM	Open M	125	03:32:46	07:02:56	<b>12:49:50.90</b>	+06:40:05 (52.0%)	10:45	5.6 (48.3%)
153	<b>GÓŹDŹ Jakub</b>	<b>1322</b>		Open M	126	03:48:21	07:15:55	<b>12:55:40.05</b>	+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	<b>GRABOWSKI Mateusz</b>	<b>1067</b>	RAWKI TEAM	Open M	127	03:46:16	07:10:56	<b>12:57:00.30</b>	+06:47:15 (52.4%)	10:51	5.5 (47.4%)
<b>Przekroczony limit czasu: 13:00:00</b>											
155	<b>PAWŁOWICZ Dorota</b>	<b>1357</b>	KUŹNIA TRIATHLONU	Open K	28	03:57:48	07:26:01	<b>13:05:41.60</b>	+06:55:56 (52.9%)	10:58	5.5 (47.4%)
156	<b>TETLA Karolina</b>	<b>1254</b>	TRICLUB	Open K	29	03:23:20	06:29:59	<b>13:08:40.80</b>	+06:58:55 (53.1%)	11:00	5.4 (46.6%)
157	<b>PIECZONKA Janusz</b>	<b>1197</b>	TRICLUB	Open M	128	03:23:50	06:30:23	<b>13:09:10.75</b>	+06:59:25 (53.1%)	11:01	5.4 (46.6%)
	<b>MAJOREK Krzysztof</b>	<b>1348</b>		Open M		02:27:58 DNF	04:44:14 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KWIATKOWSKI Michael</b>	<b>1133</b>		Open M		02:19:36 DNF	05:01:01 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MARCZEWSKI Andrzej</b>	<b>1150</b>	DLA BOGUSI	Open M		03:06:37 DNF	06:14:47 DNF	<b>DNF</b>		-	- (0.0%)
	<b>STACHOWIAK Damian</b>	<b>1239</b>		Open M		03:37:34 DNF	07:07:44 DNF	<b>DNF</b>		-	- (0.0%)
	<b>GRZEGORCZYK Michał</b>	<b>1324</b>		Open M		02:28:02 DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>WILK Jacek</b>	<b>1377</b>		Open M		02:38:24 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 163 wynik(ów)