

ŁEMKOWYNA
ULTRA-TRAIL®



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Łemkowna Ultra-Trail
Fundacja Ultra
2021-10-23
Komańcza
71.6 km

ŁEMKOWYNA ULTRA-TRAIL® 70

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
1	KOBOS Tomasz	1002	METODA FELDENKRAISA	Open M	1		01:11:12	01:50:27	03:21:02	04:37:56	05:48:51.90	05:48:53.85		4:52	12.3 (100%)
2	SZUMLIŃSKI Piotr	1004	ATTIQ TEAM	Open M	2	00:51:17	01:13:12	01:50:27	03:21:09	04:39:14	05:51:23.50	05:51:26.15	+00:02:32 (0.7%)	4:54	12.2 (99.2%)
3	HETMAN Radosław	1006	GRUPA NOMAX	Open M	3	00:51:14	01:13:18	01:50:27	03:21:17	04:41:49	05:53:37.45	05:53:40.10	+00:04:46 (1.3%)	4:56	12.1 (98.4%)
4	OTEVREL Vit	1010	COLUMBIA MONTRAIL	Open M	4	00:51:12	01:13:08	01:51:34	03:26:00	04:52:36	06:05:10.70	06:05:12.70	+00:16:18 (4.5%)	5:06	11.8 (95.9%)
5	GUTT Piotr	1259		Open M	5	00:51:51		01:51:33	03:26:07	04:53:49	06:08:01.10	06:08:03.10	+00:19:09 (5.2%)	5:08	11.7 (95.1%)
6	AID Patryk	1017	OBOZY GÓRSKIE	Open M	6			01:51:31	03:30:20	05:02:03	06:17:49.95	06:17:51.80	+00:28:57 (7.7%)	5:16	11.4 (92.7%)
7	MATYSSEK Karol	1012	KS KANDAHAR	Open M	7	00:51:24		01:53:07	03:33:10	05:02:06	06:20:45.65	06:20:47.90	+00:31:54 (8.4%)	5:19	11.3 (91.9%)
8	BADOWSKI Aleksander	1014	MARCIN ŚWIERC TEAM	Open M	8	00:54:32		01:59:49	03:46:12	05:16:53	06:37:12.80	06:37:15.95	+00:48:22 (12.2%)	5:32	10.8 (87.8%)
9	SIERADZKI Krzysztof	1207	PRZEDWOJEWSKI TEAM	Open M	9	00:52:01		01:57:17	03:44:46	05:20:31	06:40:07.35	06:40:09.90	+00:51:16 (12.8%)	5:35	10.7 (87.0%)
10	PIĄTKOWSKI Przemysław	1178		Open M	10	00:55:39		02:01:19	03:51:22	05:30:27	06:54:18.65	06:54:21.35	+01:05:27 (15.8%)	5:47	10.4 (84.6%)
11	SZCZEPANIAK Witold	1008		Open M	11	00:54:25		02:00:12	03:50:10	05:26:51	06:55:23.70	06:55:24.55	+01:06:30 (16.0%)	5:48	10.3 (83.7%)
12	SZCZEPKOWSKI Bartłomiej	1226		Open M	12	00:55:41		02:03:23	03:58:00	05:36:24	07:01:19.10	07:01:22.25	+01:12:28 (17.2%)	5:53	10.2 (82.9%)
13	KULICKI Łukasz	1131	FARON-SPORT.PL	Open M	13	01:00:43		02:13:08	04:05:41	05:41:45	07:03:23.85	07:03:23.85	+01:14:30 (17.6%)	5:54	10.1 (82.1%)
14	FRANKOWSKI Michał	1013		Open M	14	00:55:54		02:05:23	04:02:14	05:43:19	07:10:15.00	07:10:17.55	+01:21:23 (18.9%)	6:00	10 (81.3%)
15	ZBORUCKI Jan	1250	LATAJACY CYRK / PMT	Open M	15	01:01:48		02:13:06	04:05:36	05:48:43	07:19:36.65	07:19:36.65	+01:30:42 (20.6%)	6:08	9.8 (79.7%)
16	POPŁAWSKI Jan	1187		Open M	16	00:53:46	01:17:15	02:00:12	04:03:10	05:52:45	07:26:45.90	07:26:48.95	+01:37:55 (21.9%)	6:14	9.6 (78.0%)
17	MISZTAŁ Kamil	1149		Open M	17	01:03:16		02:18:47	04:20:08	06:07:57	07:38:57.95	07:39:06.80	+01:50:12 (24.0%)	6:24	9.4 (76.4%)
18	DYGACZ Agnieszka	1001	42K PRO TEAM	Open K	1	01:01:54		02:14:15	04:17:07	06:05:39	07:44:36.40	07:44:38.10	+01:55:44 (24.9%)	6:29	9.2 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
19	BOROWCZYK Jacek	1031	ANTEK TEAM	Open M	18	01:04:18		02:21:11	04:23:32	06:14:09	07:45:35.55	07:45:46.10	+01:56:52 (25.1%)	6:30	9.2 (74.8%)
20	LASOTA Robert	1133	7	Open M	19	00:55:02		02:07:29	04:17:26	06:14:10	07:47:10.60	07:47:12.85	+01:58:19 (25.3%)	6:31	9.2 (74.8%)
21	CZYRNIA Martin	1050	MAFIA TEAM LUBLINIEC	Open M	20	00:59:22		02:13:57	04:17:31	06:10:05	07:47:10.30	07:47:13.80	+01:58:19 (25.3%)	6:31	9.2 (74.8%)
22	NIEZGÓDKA Tomasz	1164	ZĄŁOGA GÓRSKA	Open M	21	01:04:00		02:22:18	04:27:04	06:19:46	07:50:00.65	07:50:05.95	+02:01:12 (25.8%)	6:33	9.1 (74.0%)
23	BORUSZEWSKA Beata	1033	BARTOSZ GORCZYCA TEAM	Open K	2	01:04:12		02:23:24	04:32:20	06:20:32	07:51:36.40	07:51:39.55	+02:02:45 (26.0%)	6:35	9.1 (74.0%)
24	WIĘCŁAW Paweł	1240		Open M	22	01:14:30		02:34:15	04:35:49		07:52:15.20	07:52:23.70	+02:03:29 (26.1%)	6:35	9.1 (74.0%)
25	KOBAK Marcin	1106		Open M	23	01:06:44		02:26:57	04:35:18	06:24:10	07:57:58.45	07:58:02.10	+02:09:08 (27.0%)	6:40	9 (73.2%)
26	CZERNIK Judyta	1005	42K PRO TEAM	Open K	3	01:03:28		02:20:05	04:29:04	06:22:37	08:00:19.45	08:00:21.70	+02:11:27 (27.4%)	6:42	8.9 (72.4%)
27	JAKUBOWSKI Jakub	1088	DZIKITIM	Open M	24	01:09:49		02:28:51	04:34:45	06:30:08	08:04:28.35	08:04:46.80	+02:15:52 (28.0%)	6:45	8.9 (72.4%)
28	CARUK Damian	1039		Open M	25	01:04:04		02:19:05	04:26:52	06:26:01	08:04:55.05	08:04:59.45	+02:16:05 (28.1%)	6:46	8.9 (72.4%)
29	GAWLIK Marcin	1063	GONIĘ "MISZCZA" - MKS SIECHNICE	Open M	26	01:04:27		02:23:53	04:37:33	06:39:05	08:17:47.30	08:17:56.65	+02:29:02 (29.9%)	6:57	8.6 (69.9%)
30	SZRENIAWA Waldemar	1228	MIRAZ RACE TEAM	Open M	27	01:08:16		02:32:01	04:38:09	06:40:16	08:20:23.55	08:20:31.90	+02:31:38 (30.3%)	6:59	8.6 (69.9%)
31	KOVÁCS István	1115	TEAM TRI-TREND SE	Open M	28	01:04:15		02:25:47	04:39:14	06:42:06	08:22:49.60	08:23:07.45	+02:34:13 (30.7%)	7:01	8.5 (69.1%)
32	KESLER Anna	1003		Open K	4	01:04:39		02:23:23	04:41:11	06:37:40	08:23:16.05	08:23:20.00	+02:34:26 (30.7%)	7:01	8.5 (69.1%)
33	FRANCUZ Konrad	1058	VEGE RUNNERS	Open M	29	01:02:58		02:18:51	04:27:02	06:36:32	08:25:10.80	08:25:15.00	+02:36:21 (30.9%)	7:03	8.5 (69.1%)
34	KISIELEWSKI Tomasz	1104	TOMI_THERUNNER	Open M	30	01:09:51		02:30:57	04:44:56	06:46:29	08:25:52.75	08:26:00.20	+02:37:06 (31.0%)	7:03	8.5 (69.1%)
35	KARDASZ Franciszek	1098		Open M	31	01:03:25		02:18:51	04:31:11	06:40:27	08:29:01.95	08:29:10.10	+02:40:16 (31.5%)	7:06	8.4 (68.3%)
36	DADEJ Grzegorz	1051	B3T BRZYSKI TRI TEAM	Open M	32	01:06:13		02:26:35	04:39:48	06:46:38	08:29:22.80	08:29:27.40	+02:40:33 (31.5%)	7:06	8.4 (68.3%)
37	JAREMA Marek	1093		Open M	33	01:06:19		02:28:07	04:37:09	06:44:20	08:29:39.50	08:29:44.25	+02:40:50 (31.6%)	7:07	8.4 (68.3%)
38	SOWA Dariusz	1218	CZARNECKI RUN TEAM/RZESZOWSKIE GAZELE I GEPARDY	Open M	34	01:10:33		02:32:31	04:49:53	06:51:15	08:33:32.65	08:33:36.50	+02:44:42 (32.1%)	7:10	8.4 (68.3%)
39	KRUKAR Wojtek	1122		Open M	35	01:03:57		02:23:46	04:46:10	06:53:16	08:34:27.35	08:34:29.90	+02:45:36 (32.2%)	7:11	8.4 (68.3%)
40	URACZ Łukasz	1237	HARPAGAN SOSNOWIEC/BARTOSZ GORCZYCA TEAM	Open M	36	01:06:49		02:28:24	04:44:53	06:50:58	08:35:12.35	08:35:19.25	+02:46:25 (32.3%)	7:11	8.3 (67.5%)
41	KRZYŻOWSKI Maciej	1124		Open M	37	01:05:58		02:21:43	04:39:28	06:49:46	08:37:10.90	08:37:20.80	+02:48:26 (32.6%)	7:13	8.3 (67.5%)
42	ŚCIBOR Adrian	1231		Open M	38	01:18:45		02:48:37	05:09:43	07:06:35	08:42:22.25	08:42:33.40	+02:53:39 (33.2%)	7:17	8.2 (66.7%)
43	NAPIERAŁA Tomasz	1160		Open M	39	01:09:13	01:39:35	02:33:03	04:50:19	06:52:19	08:42:57.50	08:43:14.95	+02:54:21 (33.3%)	7:18	8.2 (66.7%)
44	PĘCZERZEWSKI Norbert	1177	RYKOWISKO TEAM	Open M	40	01:04:30		02:28:00	04:48:21	06:56:08	08:43:43.45	08:43:53.85	+02:55:00 (33.4%)	7:18	8.2 (66.7%)

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45	WINTER Piotr	1242	NIGHT RUNNERS	Open M	41	01:13:05		02:37:23	04:56:46	07:00:01	08:44:08.00	08:44:21.90	+02:55:28 (33.5%)	7:19	8.2 (66.7%)
46	ADAMSKI Krzysztof	1016		Open M	42	01:08:00		02:28:28	04:39:53	06:50:46	08:47:12.75	08:47:19.70	+02:58:25 (33.8%)	7:21	8.1 (65.9%)
47	SZUSTER Karol	1229	TUMLIŃSKIE KOSY	Open M	43	01:19:48		02:47:25	05:07:34	07:06:37	08:47:11.30	08:47:30.35	+02:58:36 (33.9%)	7:21	8.1 (65.9%)
48	KURAS Przemysław	1132	NUNEK SPITFIRE	Open M	44	01:13:50		02:38:59	05:00:44	07:07:40	08:48:13.55	08:48:22.35	+02:59:28 (34.0%)	7:22	8.1 (65.9%)
49	MICHALCZYK Tomasz	1147	NAPRZÓD MŁOCINY	Open M	45	01:12:45		02:35:34	04:53:35	07:00:17	08:48:38.45	08:48:50.70	+02:59:56 (34.0%)	7:22	8.1 (65.9%)
50	PYTKA Konrad	1194	NAPRZÓD MŁOCINY	Open M	46	01:12:47		02:35:33	04:53:36	06:59:44	08:48:38.55	08:48:51.20	+02:59:57 (34.0%)	7:22	8.1 (65.9%)
51	KARGOL Marcin	1099	NBR TEAM/SMASHING PĄPKINS	Open M	47	01:09:25		02:34:22	04:56:15	07:03:32	08:51:02.15	08:51:11.55	+03:02:17 (34.3%)	7:25	8.1 (65.9%)
52	PAŻUCHA Wojciech	1174		Open M	48	01:04:38		02:24:32	04:45:04	06:59:14	08:52:04.50	08:52:15.20	+03:03:21 (34.4%)	7:25	8.1 (65.9%)
53	BLADY Bogdan	1024		Open M	49	01:09:12		02:34:08	04:57:27	07:02:58	08:52:55.10	08:53:09.35	+03:04:15 (34.6%)	7:26	8.1 (65.9%)
54	JAMROZIAK Grzegorz	1089	AARSLEFF.BIZ RUNNING TEAM	Open M	50	01:07:32		02:30:07	04:44:28	06:52:54	08:54:10.80	08:54:15.50	+03:05:21 (34.7%)	7:27	8 (65.0%)
55	GARUS Łukasz	1062	EUROCASH	Open M	51	01:10:09		02:33:38	04:56:16	07:09:28	08:54:44.60	08:54:49.75	+03:05:55 (34.8%)	7:28	8 (65.0%)
56	GILNER Marcin	1068	HARPAGAN SOSNOWIEC	Open M	52	01:07:49		02:28:38	04:50:41	07:04:08	08:54:43.45	08:54:51.20	+03:05:57 (34.8%)	7:28	8 (65.0%)
57	ROMAN Jan	1202	MELO RUNNER CLUB	Open M	53	01:07:54		02:36:39	05:04:13	07:12:35	08:56:23.80	08:56:31.70	+03:07:37 (35.0%)	7:29	8 (65.0%)
58	RATAJCZAK Joanna	1198	PNB	Open K	5	01:16:42		02:44:33	05:10:26	07:13:39	08:56:34.85	08:56:50.30	+03:07:56 (35.0%)	7:29	8 (65.0%)
59	PTASZYŃSKA Eliza	1192	PNB	Open K	6	01:16:37		02:44:33	05:10:27	07:13:37	08:56:35.05	08:56:50.45	+03:07:56 (35.0%)	7:29	8 (65.0%)
60	KASPERKIEWICZ Maja	1009		Open K	7	01:13:30	01:46:24	02:42:07	05:06:44	07:12:13	08:58:55.30	08:59:06.90	+03:10:13 (35.3%)	7:31	8 (65.0%)
61	CROZIER John	1045		Open M	54	01:07:57		02:29:24	04:57:44	07:08:40	09:00:26.30	09:00:38.35	+03:11:44 (35.5%)	7:32	7.9 (64.2%)
62	BERKA Daniel	1023	TEAM RUN GOŁAŃCZ	Open M	55	01:20:07		02:48:34	05:10:07	07:17:50	09:04:39.50	09:05:01.20	+03:16:07 (36.0%)	7:36	7.9 (64.2%)
63	KOCJAN Paweł	1108		Open M	56	01:13:06		02:36:50	04:59:26	07:14:59	09:06:28.55	09:06:41.95	+03:17:48 (36.2%)	7:37	7.9 (64.2%)
64	MYTNIK Wojciech	1158	ENDURANCE TEAM	Open M	57	01:12:08		02:40:16	05:04:42	07:10:20	09:09:45.15	09:09:55.80	+03:21:01 (36.6%)	7:40	7.8 (63.4%)
65	JEZIERSKI Michał	1095		Open M	58	01:02:10		02:20:21	04:56:50	07:21:09	09:10:33.65	09:10:39.10	+03:21:45 (36.6%)	7:41	7.8 (63.4%)
66	GŁOWACKI Paweł	1070		Open M	59	01:12:51		02:33:21	04:58:23	07:10:10	09:12:01.65	09:12:25.90	+03:23:32 (36.8%)	7:42	7.8 (63.4%)
67	JADZIEWICZ Jakub	1087		Open M	60	01:06:06		02:25:01	04:50:30	07:08:15	09:13:19.55	09:13:24.00	+03:24:30 (37.0%)	7:43	7.8 (63.4%)
68	TARNAWSKI Marcin	1233		Open M	61	01:08:25		02:33:27	04:59:57	07:15:25	09:13:41.80	09:13:50.65	+03:24:56 (37.0%)	7:43	7.8 (63.4%)
69	STODOLNY Krzysztof	1221		Open M	62	01:14:06		02:42:47	05:14:56	07:25:17	09:14:29.70	09:14:36.85	+03:25:43 (37.1%)	7:44	7.7 (62.6%)
70	HACZ Paweł	1078	WWW.FIZJO-TOP.PL	Open M	63	01:09:59		02:35:43	04:55:45	07:14:32	09:14:43.65	09:14:47.50	+03:25:53 (37.1%)	7:44	7.7 (62.6%)

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71	RECLIK Łukasz	1199	AKTYWNA PSZCZYNA RUNNERS TEAM	Open M	64	01:10:36		02:41:40	05:14:02	07:23:49	09:15:39.30	09:15:43.40	+03:26:49 (37.2%)	7:45	7.7 (62.6%)
72	BOGDAŃSKA Katarzyna	1030	SMASHING PĄPKINS	Open K	8	01:13:28		02:42:04	05:10:51	07:25:48	09:17:02.40	09:17:11.20	+03:28:17 (37.4%)	7:46	7.7 (62.6%)
73	WINIARSKI Krystian	1241	BIEGAM W RZESZOWIE	Open M	65	01:10:13	01:40:38	02:32:31	05:10:04	07:24:31	09:17:10.80	09:17:21.00	+03:28:27 (37.4%)	7:46	7.7 (62.6%)
74	ZIMNY Tomasz	1253		Open M	66	01:08:54	01:43:36	02:41:33	05:10:53	07:26:35	09:18:27.30	09:18:30.45	+03:29:36 (37.5%)	7:47	7.7 (62.6%)
75	MRÓWKA Michał	1154	OBOZY GÓRSKIE	Open M	67	01:11:00		02:39:20	05:07:27	07:19:42	09:19:07.30	09:19:11.25	+03:30:17 (37.6%)	7:48	7.7 (62.6%)
76	MAJOREK Krzysztof	1142		Open M	68	01:15:35		02:40:20	04:59:16	07:15:46	09:19:28.35	09:19:36.30	+03:30:42 (37.7%)	7:48	7.7 (62.6%)
77	WOJTKIEWICZ Jarosław	1244	RYŚ KARPATY	Open M	69	01:19:14		02:52:25	05:20:03	07:30:54	09:19:31.50	09:19:36.70	+03:30:42 (37.7%)	7:48	7.7 (62.6%)
78	HOJAN Łukasz	1080		Open M	70	01:12:10		02:37:26	05:10:36	07:26:34	09:21:15.35	09:21:29.10	+03:32:35 (37.9%)	7:50	7.7 (62.6%)
79	NAPIERAŁA Katarzyna	1159		Open K	9	01:18:33		02:56:03	05:24:53	07:35:12	09:21:59.95	09:22:06.50	+03:33:12 (37.9%)	7:50	7.6 (61.8%)
80	PODSKARBI Dawid	1184	GOD IS GOOD	Open M	71	01:07:50		02:29:21	05:06:32	07:27:48	09:22:36.20	09:22:49.60	+03:33:55 (38.0%)	7:51	7.6 (61.8%)
81	ZWOLIŃSKI Mariusz	1255		Open M	72	01:13:03		02:39:25	05:10:03	07:22:23	09:23:56.05	09:23:56.05	+03:35:02 (38.1%)	7:52	7.6 (61.8%)
82	CHEŁKOWSKI Adam	1040	OLGA	Open M	73	01:20:02		02:52:14	05:22:55	07:36:29	09:23:42.95	09:23:58.25	+03:35:04 (38.1%)	7:52	7.6 (61.8%)
83	HANAK Paweł Ignacy	1079		Open M	74	01:07:49		02:32:43	05:01:20	07:23:39	09:24:04.40	09:24:14.80	+03:35:20 (38.2%)	7:52	7.6 (61.8%)
84	PSZONAK Tomasz	1191	SZLAK MARZEŃ	Open M	75	01:14:12		02:43:42	05:14:28	07:36:41	09:24:04.65	09:24:17.70	+03:35:23 (38.2%)	7:52	7.6 (61.8%)
85	KACZMAREK Tomasz	1096		Open M	76	01:09:14		02:27:42	04:53:22	07:20:31	09:24:56.85	09:25:02.00	+03:36:08 (38.3%)	7:53	7.6 (61.8%)
86	OLSZEWSKI Michał	1169		Open M	77	01:13:06		02:36:53	05:09:09	07:33:49	09:27:17.30	09:27:35.85	+03:38:42 (38.5%)	7:55	7.6 (61.8%)
87	BARWICKI Marcin	1022		Open M	78	01:15:39		02:43:38	05:11:44	07:33:09	09:29:50.85	09:30:13.20	+03:41:19 (38.8%)	7:57	7.5 (61.0%)
88	MUCHA Jacek	1155		Open M	79	01:14:31		02:40:46	05:12:24	07:33:24	09:30:27.50	09:30:44.95	+03:41:51 (38.9%)	7:58	7.5 (61.0%)
89	KOZIOŁ Kacper	1118		Open M	80			02:40:42	05:14:38	07:30:38	09:31:57.30	09:32:10.45	+03:43:16 (39.0%)	7:59	7.5 (61.0%)
90	GIERSZEWSKI Maciek	1066	ZĄŁOGA G	Open M	81	01:20:53		02:55:30	05:27:01	07:37:03	09:33:12.30	09:33:33.90	+03:44:40 (39.2%)	8:00	7.5 (61.0%)
91	SOSZYŃSKA - PSTROKOŃSKA Joanna	1217	GAZELE NA STARCIE	Open K	10	01:20:29		02:50:16	05:25:50	07:51:08	09:33:40.75	09:33:55.55	+03:45:01 (39.2%)	8:00	7.5 (61.0%)
92	OLSZEWSKI Jacek	1168	IRONBEERMAN	Open M	82	01:17:48		02:49:58	05:25:22	07:41:45	09:34:16.30	09:34:29.45	+03:45:35 (39.3%)	8:01	7.5 (61.0%)
93	SOBIŁO Ewa	1215		Open K	11	01:14:27		02:41:33	05:12:50	07:36:41	09:36:01.50	09:36:08.75	+03:47:14 (39.4%)	8:02	7.5 (61.0%)
94	MAZURKIEWICZ Jolanta	1145	BYCHAWA RUNNERS	Open K	12	01:16:55	01:51:25	02:54:08	05:33:20	07:44:24	09:36:05.20	09:36:10.50	+03:47:16 (39.4%)	8:02	7.5 (61.0%)
95	GARCZYŃSKI Darek	1061		Open M	83	01:17:30		02:43:40	05:14:42	07:39:58	09:37:24.55	09:37:43.30	+03:48:49 (39.6%)	8:03	7.4 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
96	GABRYEL Piotr	1059		Open M	84	01:18:57	01:50:15	02:48:01	05:19:54	07:40:57	09:37:30.75	09:37:50.60	+03:48:56 (39.6%)	8:03	7.4 (60.2%)
97	SAMBORSKI Rafał	1204	GOPR JURA	Open M	85	01:20:17		02:52:43	05:22:45	07:40:20	09:37:58.70	09:38:19.50	+03:49:25 (39.7%)	8:04	7.4 (60.2%)
98	BŁAUT-KRASON Alicja	1026	SMASHING PAPKINS	Open K	13	01:17:27		02:51:25	05:28:15	07:42:19	09:38:16.25	09:38:24.50	+03:49:30 (39.7%)	8:04	7.4 (60.2%)
99	MURAWSKI Michał	1156		Open M	86	01:12:58		02:38:43	05:17:41	07:39:45	09:39:23.50	09:39:37.55	+03:50:43 (39.8%)	8:05	7.4 (60.2%)
100	SZCZEPAŃSKA Edyta	1225		Open K	14	01:10:39	01:43:46	02:44:07		07:47:43	09:39:59.70	09:40:05.45	+03:51:11 (39.9%)	8:06	7.4 (60.2%)
101	DYREK Mateusz	1055		Open M	87	01:06:56		02:32:59	05:12:38	07:36:52	09:40:41.45	09:40:46.35	+03:51:52 (39.9%)	8:06	7.4 (60.2%)
102	LAZAR Paul	1135	HARTFUSSLERTRAIL E.V.	Open M	88	01:19:29		02:52:34	05:29:09	07:44:30	09:44:02.80	09:44:19.80	+03:55:25 (40.3%)	8:09	7.4 (60.2%)
103	LAZAR Myriam	1136	HARTFUSSLERTRAIL E.V.	Open K	15	01:19:32		02:52:34	05:29:11	07:44:25	09:44:03.00	09:44:19.95	+03:55:26 (40.3%)	8:09	7.4 (60.2%)
104	JAROCKA Agata	1011	BESTIE OCR LEGIONOWO	Open K	16	01:14:04		02:49:37	05:25:59	07:43:50	09:46:08.25	09:46:22.45	+03:57:28 (40.5%)	8:11	7.3 (59.3%)
105	PANEK Damian	1171	MUKS JEDLICZE/RAFFLES EUROPEJSKI WARSAW	Open M	89	01:12:52	01:43:32	02:43:10	05:26:50	07:53:34	09:48:11.65	09:48:24.80	+03:59:30 (40.7%)	8:12	7.3 (59.3%)
106	CHOMA Marek	1043	PĘDZĄCE LENIWCE	Open M	90	01:12:14		02:40:12	05:21:57	07:45:23	09:48:29.20	09:48:35.50	+03:59:41 (40.7%)	8:13	7.3 (59.3%)
107	BOBINSKA Marta	1027		Open K	17	01:19:11	01:53:54	02:54:18	05:30:22	07:52:00	09:48:24.60	09:48:35.85	+03:59:42 (40.7%)	8:13	7.3 (59.3%)
108	POLAŃSKI Paweł	1185	#KASZANIENAMOKA	Open M	91	01:17:29		02:44:26	05:17:44	07:44:33	09:48:26.35	09:48:49.80	+03:59:55 (40.7%)	8:13	7.3 (59.3%)
108	BURZYŃSKA Ewelina	1037	NATURA BIEDRUSKO	Open K	18	01:15:34		02:59:00	05:38:20	07:54:33	09:48:43.80	09:48:49.80	+03:59:55 (40.7%)	8:13	7.3 (59.3%)
110	WITUSIK Dorota	1243	BANDA Z MAGURY	Open K	19	01:17:31		02:52:40	05:33:46	07:52:05	09:50:07.30	09:50:17.00	+04:01:23 (40.9%)	8:14	7.3 (59.3%)
111	BYLINOWSKI Oleg	1038		Open M	92	01:20:36		02:49:47	05:22:49	07:54:25	09:49:56.15	09:50:22.40	+04:01:28 (40.9%)	8:14	7.3 (59.3%)
112	ADAMCZYK Jakub	1015		Open M	93	01:22:02		02:52:44	05:39:01	08:02:23	09:50:58.20	09:51:21.45	+04:02:27 (41.0%)	8:15	7.3 (59.3%)
113	BAJOREK Norbert	1019	FITNESS FREAKS	Open M	94	01:20:22		02:58:14	05:34:22	07:58:35	09:52:03.95	09:52:14.45	+04:03:20 (41.1%)	8:16	7.3 (59.3%)
114	HABRAT Dorota	1076	HABRAT TEAM	Open K	20	01:11:13		02:40:47	05:24:36	07:58:01	09:55:22.15	09:55:29.00	+04:06:35 (41.4%)	8:18	7.2 (58.5%)
115	KOWNACKA Zuzanna	1116		Open K	21	01:18:59		02:56:20	05:39:38	07:55:58	09:55:43.80	09:55:54.75	+04:07:00 (41.5%)	8:19	7.2 (58.5%)
116	BUJNOWSKI Rafał	1036	KS STASZEWSKY	Open M	95	01:16:04		02:44:53	05:15:28	07:49:55	09:56:04.65	09:56:21.10	+04:07:27 (41.5%)	8:19	7.2 (58.5%)
117	KUCHARSKI Adrian	1129		Open M	96	01:14:54		02:43:34	05:31:14	07:56:30	09:56:32.30	09:56:52.90	+04:07:59 (41.5%)	8:19	7.2 (58.5%)
118	POLCZYŃSKI Paweł	1186	STALOWA ŁYDA	Open M	97	01:11:48		02:36:32	05:11:41	07:43:42	09:56:51.90	09:57:08.55	+04:08:14 (41.6%)	8:20	7.2 (58.5%)
119	NAPIONTEK Maria	1161		Open K	22	01:15:45	01:50:37	02:50:47	05:27:36	07:54:47	10:02:05.40	10:02:16.65	+04:13:22 (42.1%)	8:24	7.1 (57.7%)
120	HABRAT Maciej	1077	HABRAT TEAM	Open M	98	01:11:15		02:40:48	05:24:56	08:07:34	10:04:13.95	10:04:20.45	+04:15:26 (42.3%)	8:26	7.1 (57.7%)
121	QUIRINI Ewa	1195		Open K	23	01:18:51		02:54:22	05:41:05	08:03:37	10:05:32.00	10:05:40.55	+04:16:46 (42.4%)	8:27	7.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
122	SOJKOWSKI Piotr	1216	4FUN TRIATHLON / NAJMOWICZ TRIATHLON	Open M	99	01:17:07	01:50:46	02:51:13	05:37:51	08:03:48	10:05:31.95	10:05:40.60	+04:16:46 (42.4%)	8:27	7.1 (57.7%)
123	ROJECKI Mateusz	1201		Open M	100	01:13:00		02:37:36	04:51:51	07:21:49	10:05:31.85	10:05:42.05	+04:16:48 (42.4%)	8:27	7.1 (57.7%)
124	STOPA Agata	1223	SP NR 3 W RZESZOWIE	Open K	24	01:20:52		02:58:49	05:41:07	08:04:32	10:05:52.25	10:05:59.80	+04:17:05 (42.4%)	8:27	7.1 (57.7%)
125	JACHYMSKI Jacek	1086	AKADEMICKI KLUB GÓRSKI W ŁODZI	Open M	101			02:57:38	05:38:03	08:02:38	10:06:36.40	10:06:52.40	+04:17:58 (42.5%)	8:28	7.1 (57.7%)
126	NAWORYTA Wojciech	1162		Open M	102	01:10:25		02:41:25	05:25:16	07:54:17	10:07:06.75	10:07:12.50	+04:18:18 (42.5%)	8:28	7.1 (57.7%)
127	KAZUBOWSKA Ola	1102		Open K	25	01:14:03	01:51:06	02:50:29	05:46:23	08:07:02	10:09:25.30	10:09:31.40	+04:20:37 (42.8%)	8:30	7 (56.9%)
128	KOŁCZ Sara	1109		Open K	26	01:20:50	01:59:26	02:59:58	05:41:07	08:04:23	10:11:43.50	10:11:51.55	+04:22:57 (43.0%)	8:32	7 (56.9%)
129	SKŁADANOWSKA Beata	1256	EUROCASH	Open K	27	01:18:39		02:58:05	05:43:23	08:07:40	10:14:13.80	10:14:19.30	+04:25:25 (43.2%)	8:34	7 (56.9%)
130	KOBYŁKA Rafał	1107		Open M	103	01:21:02	01:56:10	02:57:44	05:38:33	08:06:35	10:19:34.90	10:19:52.85	+04:30:59 (43.7%)	8:39	6.9 (56.1%)
131	KIERSKI Dariusz	1103		Open M	104	01:20:37		02:55:08	05:43:31	08:14:00	10:20:15.95	10:20:24.95	+04:31:31 (43.8%)	8:39	6.9 (56.1%)
132	SŁOWIK Grzegorz	1210	NIE WIEM GDZIE JESTEM	Open M	105	01:15:06		02:44:51	05:35:53	08:03:29	10:20:46.20	10:21:07.45	+04:32:13 (43.8%)	8:40	6.9 (56.1%)
133	JASIAK Karol	1094	NIE WIEM GDZIE JESTEM	Open M	106	01:15:04		02:44:03	05:32:14	08:03:43	10:20:48.50	10:21:08.85	+04:32:15 (43.8%)	8:40	6.9 (56.1%)
134	SIEŚKIEWICZ Krzysztof	1208	BIEGAM BO LUBIĘ	Open M	107	01:19:01		02:46:26	05:28:52	08:07:49	10:25:10.90	10:25:35.55	+04:36:41 (44.2%)	8:43	6.9 (56.1%)
135	ZAŁOGA Agnieszka	1248	STARE BABICE BIEGAJĄ	Open K	28	01:21:58		03:13:10	06:10:33	08:32:11	10:27:08.60	10:27:23.40	+04:38:29 (44.4%)	8:45	6.9 (56.1%)
136	MEDUNA Zbigniew	1146		Open M	108	01:17:22		02:49:13	05:37:33	08:14:25	10:29:08.05	10:29:28.80	+04:40:34 (44.6%)	8:47	6.8 (55.3%)
137	MIGDAŁ Marcin	1148	MMI RUN	Open M	109	01:20:18		02:56:44	05:49:27	08:16:46	10:29:16.50	10:29:29.15	+04:40:35 (44.6%)	8:47	6.8 (55.3%)
138	ZABOROWSKI Maciej	1247		Open M	110	01:20:14		03:04:35	06:05:17	08:33:56	10:29:30.70	10:29:40.60	+04:40:46 (44.6%)	8:47	6.8 (55.3%)
139	ZIĘTEK Krzysztof	1252	ADIDAS RUNNERS WARSAW	Open M	111	01:17:32		02:49:46	05:37:53	08:14:16	10:29:23.05	10:29:46.90	+04:40:53 (44.6%)	8:47	6.8 (55.3%)
140	HRABEC KOTULKOVA Sona	1082	COLUMBIA MONTRAIL/RUNNING2.CZ	Open K	29	01:23:52		03:04:15	05:48:06	08:14:06	10:29:48.10	10:29:57.70	+04:41:03 (44.6%)	8:47	6.8 (55.3%)
141	KRASZKIEWICZ Aleksander	1120	MARATOŃCZYK DĘBICA	Open M	112	01:20:15		03:04:33	06:06:36	08:33:59	10:29:56.40	10:30:07.20	+04:41:13 (44.6%)	8:47	6.8 (55.3%)
142	KORYTEK Piotr	1113	WITKOWO BIEGA	Open M	113	01:19:20		02:50:17	05:36:18	08:08:35	10:32:09.95	10:32:29.05	+04:43:35 (44.8%)	8:49	6.8 (55.3%)
143	KASPRZAK Maciej	1101	ATR	Open M	114	01:19:23		02:50:18	05:36:19	08:10:04	10:32:10.25	10:32:29.45	+04:43:35 (44.8%)	8:49	6.8 (55.3%)
144	PRZYKUCKI Robert	1190	NO EXCUSES TEAM	Open M	115	01:19:18		02:50:18	05:36:19	08:10:10	10:32:11.10	10:32:29.75	+04:43:35 (44.8%)	8:49	6.8 (55.3%)
145	GACA Piotr	1060	JANUSZE TRAJLONU	Open M	116	01:19:40		02:53:02	05:44:00	08:23:52	10:32:52.60	10:33:15.45	+04:44:21 (44.9%)	8:50	6.8 (55.3%)
146	MOŻUCH Maciej	1152	JANUSZE TRAJLONU	Open M	117	01:19:52		02:52:58	05:43:58	08:23:05	10:32:54.30	10:33:15.50	+04:44:21 (44.9%)	8:50	6.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
147	LATO Sławek	1134	JANUSZE TRAJLONU	Open M	118	01:21:00		02:58:04	05:44:43	08:23:41	10:32:53.70	10:33:15.70	+04:44:21 (44.9%)	8:50	6.8 (55.3%)
148	SMOŁUCH Tomasz	1212	SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM	Open M	119	01:24:18		02:55:33	05:41:18	08:16:27	10:35:38.40	10:35:59.00	+04:47:05 (45.1%)	8:52	6.8 (55.3%)
149	PERŁA Adam	1176	NARAMOWICE BIEGAJĄ	Open M	120	01:20:16		02:58:12	05:51:23	08:31:06	10:37:52.35	10:38:11.90	+04:49:18 (45.3%)	8:54	6.7 (54.5%)
150	JACH Paweł	1085	MACIEK BIEGA!	Open M	121	01:20:33		02:56:41	05:37:52	08:27:54	10:39:48.95	10:40:05.15	+04:51:11 (45.5%)	8:56	6.7 (54.5%)
151	BODZIOCH Robert	1029	PARKRUN KĘDZIERZYN-KOŻŁE	Open M	122	01:25:35		03:03:32	06:00:27	08:35:53	10:42:11.70	10:42:31.90	+04:53:38 (45.7%)	8:58	6.7 (54.5%)
152	CYRAN Grzegorz	1047	EVOJAM	Open M	123	01:21:30		02:54:56	05:49:33	08:33:44	10:47:07.65	10:47:22.50	+04:58:28 (46.1%)	9:02	6.6 (53.7%)
153	KASIKOWSKI Tomek	1100	PĘDZĄCE IMADŁA	Open M	124	01:28:54		03:10:00	05:55:46	08:31:25	10:47:55.85	10:48:22.85	+04:59:29 (46.2%)	9:02	6.6 (53.7%)
154	DOMIŃCZYK Rafał	1054	ULTRAS Z ŁAZ	Open M	125	01:24:30		03:01:58	06:00:32	08:41:23	10:49:02.05	10:49:08.95	+05:00:15 (46.3%)	9:03	6.6 (53.7%)
155	BARAN Stanisław	1021	SAINT GOBAIN SQUAD	Open M	126	01:24:41		03:01:58	06:00:29	08:41:20	10:49:01.85	10:49:09.10	+05:00:15 (46.3%)	9:03	6.6 (53.7%)
156	GUZIK Daniel	1074		Open M	127	01:24:39		03:01:58	06:00:29	08:41:17	10:49:02.85	10:49:09.35	+05:00:15 (46.3%)	9:03	6.6 (53.7%)
157	GÓRZYŃSKI Piotr	1071		Open M	128	01:19:42		02:58:27	05:46:07	08:30:39	10:53:18.85	10:53:42.20	+05:04:48 (46.6%)	9:07	6.6 (53.7%)
158	KUBASIEWICZ Paweł	1125	BEZNAPIŃY	Open M	129	01:19:48		02:58:30	05:49:42	08:35:05	10:53:20.15	10:53:42.30	+05:04:48 (46.6%)	9:07	6.6 (53.7%)
159	STOLINSKI Dominik	1222	BAWOLE OCZY	Open M	130	01:19:22		02:54:06	05:55:38	08:44:39	10:55:28.35	10:55:34.90	+05:06:41 (46.8%)	9:09	6.6 (53.7%)
159	NOWAK Dawid	1165	TRICERATOPS	Open M	130	01:19:27		02:54:05	05:55:21	08:45:00	10:55:28.85	10:55:34.90	+05:06:41 (46.8%)	9:09	6.6 (53.7%)
161	POCIEJEWSKI Wojciech	1183		Open M	132	01:21:12		03:06:15	06:01:15	08:37:38	10:58:20.05	10:58:32.10	+05:09:38 (47.0%)	9:11	6.5 (52.8%)
161	WZOREK Ewa	1246	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	Open K	30	01:21:15		03:06:56	06:01:14	08:38:16	10:58:19.45	10:58:32.10	+05:09:38 (47.0%)	9:11	6.5 (52.8%)
163	MYSZKOWSKI Paweł	1157	SPLENDOR I CHWAŁA	Open M	133	01:19:38	01:58:52	03:13:09	06:04:52	08:39:59	10:58:25.85	10:58:41.95	+05:09:48 (47.0%)	9:11	6.5 (52.8%)
164	BUJNOWSKA Eliza	1035	KS STASZEWSKY	Open K	31	01:27:52		03:15:36	06:11:52	08:51:24	10:58:38.60	10:58:54.35	+05:10:00 (47.0%)	9:11	6.5 (52.8%)
165	KUBIAK Jarosław	1127		Open M	134	01:17:19		02:56:43	05:58:55	08:48:46	11:04:05.95	11:04:31.75	+05:15:37 (47.5%)	9:16	6.5 (52.8%)
166	BORUCH Adam	1032		Open M	135	01:21:42		02:57:41	05:56:25	08:41:12	11:12:48.75	11:13:10.55	+05:24:16 (48.2%)	9:23	6.4 (52.0%)
167	WALUGA Michał	1238		Open M	136	01:25:36		03:10:48	06:10:42	09:01:24	11:15:09.00	11:15:12.80	+05:26:18 (48.3%)	9:25	6.4 (52.0%)
168	ANTOSIAK Tomasz	1018		Open M	137	01:25:31		03:10:48	06:10:30	09:00:38	11:15:11.15	11:15:14.70	+05:26:20 (48.3%)	9:25	6.4 (52.0%)
169	BOCIĄGA Paweł	1028		Open M	138	01:18:46		02:54:48	05:56:58	09:03:46	11:15:57.85	11:16:16.30	+05:27:22 (48.4%)	9:26	6.4 (52.0%)
170	FALISZEWSKI Sebastian	1056		Open M	139	01:18:48		02:54:43	05:57:01	09:05:48	11:15:56.90	11:16:16.60	+05:27:22 (48.4%)	9:26	6.4 (52.0%)
171	ŚLĄCZKA Arkadiusz	1232	FINISZ RYMANÓW	Open M	140	01:21:57		03:05:30	06:01:35	08:49:04	11:18:01.30	11:18:25.40	+05:29:31 (48.6%)	9:28	6.3 (51.2%)
172	DARSKI Rafał	1052	RECAMIERE	Open M	141	01:15:09	01:51:08	02:55:01	06:01:17	08:52:50	11:23:42.45	11:23:55.90	+05:35:02 (49.0%)	9:32	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
173	SZYMALAK Michał	1230		Open M	142	01:18:43		02:54:46	05:56:56	09:05:26	11:27:03.00	11:27:22.40	+05:38:28 (49.2%)	9:35	6.3 (51.2%)
174	CHODZIŃSKI Piotr	1041		Open M	143	01:22:57		03:02:45	06:06:09	08:44:48	11:32:28.50	11:32:43.80	+05:43:49 (49.6%)	9:40	6.2 (50.4%)
175	NOWAKOWSKI Mirosław	1166		Open M	144	01:24:25		03:07:22	06:12:48	09:08:20	11:32:33.60	11:32:58.95	+05:44:05 (49.7%)	9:40	6.2 (50.4%)
176	SMUSZKIEWICZ Szymon	1214		Open M	145	01:18:57		02:48:03	05:38:52	08:40:22	11:35:47.75	11:36:05.20	+05:47:11 (49.9%)	9:43	6.2 (50.4%)
177	GRELAK Tomasz	1073		Open M	146	01:18:52		02:48:01	05:38:49	08:40:12	11:35:45.90	11:36:05.45	+05:47:11 (49.9%)	9:43	6.2 (50.4%)
178	KACZMAREK Adam	1097		Open M	147	01:09:24		02:54:56	06:13:48	09:03:07	11:37:46.30	11:37:51.15	+05:48:57 (50.0%)	9:44	6.2 (50.4%)
179	CZUBA Paweł	1049	BIEGANIE ZBLIŻA	Open M	148	01:23:27		03:08:24	06:06:48	08:55:11	11:43:14.70	11:43:29.05	+05:54:35 (50.4%)	9:49	6.1 (49.6%)
179	GIENIEC-CZUBA Róża	1064	BIEGANIEZBLIŻA	Open K	32	01:23:25		03:08:24	06:06:49	08:55:06	11:43:15.15	11:43:29.05	+05:54:35 (50.4%)	9:49	6.1 (49.6%)
181	PEC Waldemar	1175	EC RUNNING TEAM	Open M	149	01:14:14		02:49:53	06:07:25	09:08:57	11:44:10.65	11:44:27.65	+05:55:33 (50.5%)	9:50	6.1 (49.6%)
182	SMORAWIŃSKI Marcin Smorawiński	1213		Open M	150	01:20:54		03:06:34	06:17:59	09:08:17	11:47:16.65	11:47:39.10	+05:58:45 (50.7%)	9:52	6.1 (49.6%)
183	CYGAN Anna	1046	NIE ZRZESZONA	Open K	33	01:29:59		03:17:56	06:28:05	09:21:18	11:52:19.60	11:52:44.50	+06:03:50 (51.0%)	9:56	6 (48.8%)
184	PAWŁOWICZ Dorota	1173		Open K	34	01:29:14	02:08:54	03:23:59	06:36:24	09:34:39	11:53:01.65	11:53:16.15	+06:04:22 (51.1%)	9:57	6 (48.8%)
185	PRYSTUPA Krzysztof	1188	#WŁADCYMÓW	Open M	151	01:29:16		03:09:48	06:15:41	09:07:05	11:53:41.50	11:54:09.25	+06:05:15 (51.1%)	9:58	6 (48.8%)
186	KOPACZYŃSKA Beata	1112	CROSSFIT ZIELONA GÓRA	Open K	35	01:21:00		03:04:27	06:20:33	09:26:25	11:57:14.65	11:57:27.30	+06:08:33 (51.4%)	10:01	6 (48.8%)
187	LOMAGISTRO Pietro	1138	A.S.D. GRUPPO PODISTICO SAN PIO X	Open M	152	01:20:57		03:04:09	06:12:13	09:10:32	11:57:14.65	11:57:27.40	+06:08:33 (51.4%)	10:01	6 (48.8%)
188	ŁUGOWSKI Marek	1141	KLUB UTM170	Open M	153	01:20:45		03:03:18	06:12:13	09:09:43	11:57:20.60	11:57:32.30	+06:08:38 (51.4%)	10:01	6 (48.8%)
189	OLEJNICZAK Konrad	1167	TRIGYM	Open M	154	01:20:51		03:03:19	06:20:35	09:26:29	11:57:20.80	11:57:32.90	+06:08:39 (51.4%)	10:01	6 (48.8%)
190	HOROWSKI Tomasz	1081	RUNHOGS TYCHY	Open M	155	01:29:36		03:17:55	06:21:48	09:23:57	12:00:21.80	12:00:39.45	+06:11:45 (51.6%)	10:03	6 (48.8%)
191	WASIL Joanna	1239		Open K	36	01:21:30		03:01:51	06:15:41	09:23:44	12:00:35.45	12:00:44.90	+06:11:51 (51.6%)	10:03	6 (48.8%)
192	GLISZCZYŃSKI Paweł	1069		Open M	156	01:22:23		02:54:35	05:51:22	09:23:39	12:00:35.50	12:00:45.10	+06:11:51 (51.6%)	10:03	6 (48.8%)
193	MŁODECKA Sylwia	1150	VIRTUAL RUNNER CLUB	Open K	37	01:30:35		03:21:13	06:39:49	09:29:06	12:05:16.00	12:05:31.15	+06:16:37 (51.9%)	10:07	5.9 (48.0%)
194	ZIĘTEK Waldemar	1251	NOWY SĄCZ	Open M	157	01:29:27		03:12:58	06:33:48	09:27:52	12:05:10.10	12:05:32.30	+06:16:38 (51.9%)	10:07	5.9 (48.0%)
195	KNUROWSKI Marcin	1105		Open M	158	01:25:50		03:16:16	06:34:00	09:29:18	12:05:21.10	12:05:32.40	+06:16:38 (51.9%)	10:07	5.9 (48.0%)
196	STACHOWIAK Damian	1219		Open M	159	01:41:53		03:32:54	06:45:06	09:42:47	12:14:55.05	12:14:55.05	+06:26:01 (52.5%)	10:15	5.8 (47.2%)
197	KRAJEWSKI Bartosz	1119		Open M	160	01:13:30		03:10:38	06:36:34	09:31:48	12:24:17.30	12:24:33.20	+06:35:39 (53.1%)	10:23	5.8 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
198	MANIURA Adam	1144		Open M	161	01:32:56	02:17:40	03:37:06	07:03:43	09:52:44	12:24:21.60	12:24:33.65	+06:35:39 (53.1%)	10:23	5.8 (47.2%)
199	RURKA Grzegorz	1203	SAMBIEGAM	Open M	162	01:31:52		03:37:53	07:00:54	09:55:43	12:40:54.05	12:41:19.70	+06:52:25 (54.2%)	10:37	5.6 (45.5%)
200	IDZIK Angelika	1083		Open K	38	01:28:24		03:29:26	06:58:20	10:09:44	12:50:51.55	12:50:59.90	+07:02:06 (54.7%)	10:45	5.6 (45.5%)
Przekroczony limit czasu: 13:00:00															
201	CZAIŃSKA Monika	1048		Open K	39	01:31:12		03:30:27	07:01:10	10:10:10	13:03:47.75	13:03:52.20	+07:14:58 (55.5%)	10:56	5.5 (44.7%)
202	KUC Maciej	1128		Open M	163	01:25:15		03:26:24	07:01:18	10:03:11	13:03:49.45	13:03:52.60	+07:14:58 (55.5%)	10:56	5.5 (44.7%)
203	GIET Małgorzata	1067	KLUB SPORTOWY KOZIOŁEK KĘDZIERZYN-KOŹLE	Open K	40	01:47:06		03:47:52	07:33:00	10:23:59	13:20:44.35	13:21:03.90	+07:32:10 (56.4%)	11:11	5.4 (43.9%)
	KALISZUK Szymon	1260		Open M		01:04:16 DNF	01:30:19 DNF	02:19:53 DNF	04:42:20 DNF	07:26:26 DNF	DNF	DNF		-	- (0.0%)
	GIERLACH Grzegorz	1065		Open M		01:07:49 DNF	DNF	02:50:22 DNF	05:42:13 DNF	DNF	DNF	DNF		-	- (0.0%)
	BŁASZAK Monika	1025		Open K		01:22:21 DNF	DNF	03:03:09 DNF	06:08:44 DNF	DNF	DNF	DNF		-	- (0.0%)
	KRÓL Aneta	1121		Open K		01:20:16 DNF	DNF	02:58:22 DNF	06:57:30 DNF	DNF	DNF	DNF		-	- (0.0%)
	CHOIŃSKI Paweł	1042	SMASHING PĄPKINS	Open M		01:09:16 DNF	DNF	02:31:48 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WÓJCICKI Bohdan	1245	LIVEONDOPAMINE	Open M		01:09:03 DNF	DNF	02:36:21 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PSZENNY Łukasz	1261	ULTRINO AMATEUR	Open M		01:20:03 DNF	DNF	02:54:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	RAMS Ela	1197	KLUB SPORTOWY KOZIOŁEK	Open K		01:47:03 DNF	DNF	04:19:26 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	..	1261				DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 212 wynik(ów)