



ŁEMKOWYNA ULTRA-TRAIL® 70

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Łemkowna Ultra-Trail
Fundacja Ultra
2022-10-22
Komańcza
71.6 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	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	SKUPIEŃ Tomasz	1199		Open M	1		02:01:20	03:37:53	05:01:23	06:15:24.70	06:15:25.60		5:14	11.4 (100%)
2	MORAWSKI Przemysław	1147		Open M	2		02:03:30	03:51:30	05:27:05	06:47:03.35	06:47:06.35	+00:31:40 (7.8%)	5:41	10.6 (93.0%)
3	BARAN Piotr	1009	TRAIL IS OUR WAY	Open M	3		02:05:01	03:55:25	05:29:46	06:49:41.00	06:49:42.40	+00:34:16 (8.4%)	5:43	10.5 (92.1%)
4	MAZUR Sebastian	1145	MAZURTEAM	Open M	4		02:10:17	04:06:44	05:47:51	07:13:21.35	07:13:25.30	+00:57:59 (13.4%)	6:03	9.9 (86.8%)
5	STANKIEWICZ Tomasz	1204	PLANYBIEGOWE.PL	Open M	5			04:04:20	05:49:17	07:20:24.10	07:20:26.30	+01:05:00 (14.8%)	6:09	9.8 (86.0%)
6	MARTA Lipnicka	1143	ULTRAKOTLINA TEAM	Open K	1		02:14:32	04:10:16	05:51:57	07:21:03.50	07:21:05.70	+01:05:40 (14.9%)	6:09	9.7 (85.1%)
7	FILIPEK Paweł	1034	BIEGUSIEM.PL	Open M	6		02:13:06	04:09:53	05:54:13	07:25:15.20	07:25:18.65	+01:09:53 (15.7%)	6:13	9.6 (84.2%)
8	WALKOSZ Mateusz	1241	#SOBASTEAM	Open M	7		02:14:48	04:14:21	05:58:33	07:31:19.45	07:31:21.35	+01:15:55 (16.8%)	6:18	9.5 (83.3%)
9	MALEC Artur	1138		Open M	8		02:14:50	04:18:04	06:07:57	07:39:37.50	07:39:39.85	+01:24:14 (18.3%)	6:25	9.3 (81.6%)
10	RACZYC Janusz	1181	HIT THE TRAIL	Open M	9		02:21:37	04:23:19	06:09:05	07:41:17.25	07:41:20.75	+01:25:55 (18.6%)	6:26	9.3 (81.6%)
11	ŁACHACZ Karol	1125	GÓRAL Z MAZUR RUNNING TEAM	Open M	10		02:14:23	04:16:16	06:07:46	07:42:56.00	07:42:57.70	+01:27:32 (18.9%)	6:27	9.3 (81.6%)
12	WILK Antoni	1252		Open M	11		02:23:26	04:25:55	06:17:34	07:43:57.40	07:44:04.35	+01:28:38 (19.1%)	6:28	9.3 (81.6%)
13	PŁONKA Rafał	1171	GÓRAL Z MAZUR RUNNING TEAM	Open M	12		02:12:11	04:14:34	06:14:43	07:45:47.45	07:45:48.20	+01:30:22 (19.4%)	6:30	9.2 (80.7%)
14	MAKARSKI Krzysztof	1137	PRZEMYSKI KLUB BIEGACZA	Open M	13		02:24:52	04:26:57	06:16:51	07:50:12.05	07:50:25.60	+01:35:00 (20.2%)	6:34	9.1 (79.8%)
15	MALICKI Grzegorz	1139	ORANGE POLSKA	Open M	14		02:13:37	04:20:42	06:15:36	07:51:38.85	07:51:40.35	+01:36:14 (20.4%)	6:35	9.1 (79.8%)
16	SUSKI Marcin	1208	LEPIEJ BIEGAĆ	Open M	15		02:24:55	04:28:09	06:19:28	07:54:36.70	07:54:51.75	+01:39:26 (20.9%)	6:37	9.1 (79.8%)
17	MROZOWSKI Dariusz	1149	ULTRAWAY TEAM / PROJEKT 1000UP	Open M	16		02:29:17	04:38:14	06:32:12	07:54:45.15	07:55:08.15	+01:39:42 (21.0%)	6:37	9 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz-	Puławy	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
							Zdrój 22.2km	Górne 41km						
18	ZIEBA Tomasz	1263	JACEKBIEGA RUNNING TEAM	Open M	17		02:26:25	04:31:48	06:21:36	07:55:17.20	07:55:20.65	+01:39:55 (21.0%)	6:38	9 (78.9%)
19	SALAMON Mateusz	1196	POWER TRAINING	Open M	18		02:17:16	04:14:49	06:07:10	07:56:44.70	07:56:47.60	+01:41:22 (21.3%)	6:39	9 (78.9%)
20	KOPPLINGER Grzegorz	1090	ASSECO ACTIVE TEAM	Open M	19		02:23:45	04:33:58	06:24:09	08:03:19.30	08:03:28.00	+01:48:02 (22.3%)	6:45	8.9 (78.1%)
21	SZKLARSKI Jacek	1214		Open M	20		02:31:35	04:39:56	06:35:36	08:09:59.95	08:10:07.45	+01:54:41 (23.4%)	6:50	8.8 (77.2%)
22	KURUC Maria	1116		Open K	2		02:27:49	04:40:02	06:35:39	08:10:33.80	08:10:52.25	+01:55:26 (23.5%)	6:51	8.8 (77.2%)
23	MARCINKOWSKA-CHOLEWA Katarzyna	1140	GÓRAL Z MAZUR RUNNING TEAM	Open K	3		02:33:32	04:43:42	06:35:59	08:11:12.45	08:11:14.85	+01:55:49 (23.6%)	6:51	8.7 (76.3%)
24	GARDZIEL Jerzy	1040	KONDYCJA PIASECZNO	Open M	21		02:22:35	04:29:52		08:11:31.70	08:11:43.30	+01:56:17 (23.7%)	6:51	8.7 (76.3%)
25	SZCZUREK Dominik	1211	KIA WADOWSCY TEAM	Open M	22		02:19:16	04:26:27	06:33:05	08:12:59.40	08:13:02.25	+01:57:36 (23.9%)	6:53	8.7 (76.3%)
26	URACZ Łukasz	1235	BARTOSZ GORCZYCA TEAM	Open M	23		02:29:19	04:40:50	06:37:22	08:17:31.70	08:17:49.40	+02:02:23 (24.6%)	6:56	8.6 (75.4%)
27	KUKLA Maciej	1111		Open M	24		02:24:44	04:36:33	06:37:59	08:20:38.60	08:20:43.45	+02:05:17 (25.0%)	6:59	8.6 (75.4%)
28	TOPOLSKI Marcin	1230	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	Open M	25		02:25:08	04:33:33	06:34:32	08:21:45.85	08:21:51.20	+02:06:25 (25.2%)	7:00	8.6 (75.4%)
29	GNIEWEK Justyna	1048		Open K	4		02:33:40	04:45:50	06:42:07	08:22:41.35	08:22:56.85	+02:07:31 (25.4%)	7:01	8.5 (74.6%)
30	LEŚ Michał	1120	WOLSKI KOLEKTYW BIEGOWY	Open M	26		02:33:40	04:46:04	06:45:13	08:22:46.30	08:22:56.90	+02:07:31 (25.4%)	7:01	8.5 (74.6%)
31	MRUGAŁA Monika	1151	TRAIL IS OUR WAY / EUROVENT ATHLETICS	Open K	5		02:26:28	04:44:31	06:49:27	08:28:17.15	08:28:19.25	+02:12:53 (26.1%)	7:05	8.5 (74.6%)
32	KOŚCIAK Jan	1094	PGO PASZCZYNA	Open M	27		02:39:28	04:52:46	06:47:55	08:29:25.95	08:29:50.55	+02:14:24 (26.4%)	7:06	8.4 (73.7%)
33	BIERNAT Mateusz	1014		Open M	28		02:34:00	04:46:00	06:43:06	08:29:54.10	08:30:09.85	+02:14:44 (26.4%)	7:07	8.4 (73.7%)
34	KOLASA Przemysław	1084		Open M	29		02:26:54	04:40:08	06:48:25	08:31:23.55	08:31:28.65	+02:16:03 (26.6%)	7:08	8.4 (73.7%)
35	MRÓWKA Michał	1150	OBOZY GÓRSKIE	Open M	30		02:26:57	04:44:32	06:50:59	08:34:41.95	08:34:43.70	+02:19:18 (27.1%)	7:11	8.3 (72.8%)
36	TUREK Arletta	1233		Open K	6		02:33:09	04:50:12	06:48:57	08:35:13.35	08:35:16.50	+02:19:50 (27.1%)	7:11	8.3 (72.8%)
37	KOWALSKA Katarzyna	1097		Open K	7		02:33:44	04:54:16	06:52:42	08:35:50.85	08:35:57.10	+02:20:31 (27.2%)	7:12	8.3 (72.8%)
38	DĘBEK Łukasz	1026	BIEGUSIEM.PL	Open M	31		02:25:03	04:49:42	06:56:35	08:36:09.50	08:36:13.25	+02:20:47 (27.3%)	7:12	8.3 (72.8%)
39	JABŁOŃSKI Bartosz	1059		Open M	32		02:44:10	04:59:14	06:59:22	08:36:49.00	08:36:59.45	+02:21:33 (27.4%)	7:13	8.3 (72.8%)
40	ZIĘBA Jakub	1264		Open M	33		02:40:11	04:54:10	06:56:35	08:40:45.85	08:40:57.30	+02:25:31 (27.9%)	7:16	8.2 (71.9%)
41	KUŁAKOWSKA Monika	1113		Open K	8		02:39:12	05:03:18	07:02:03	08:41:22.40	08:41:43.00	+02:26:17 (28.0%)	7:16	8.2 (71.9%)
42	URANT Szymon	1236		Open M	34		02:28:25	04:54:49	07:01:41	08:42:06.45	08:42:16.80	+02:26:51 (28.1%)	7:17	8.2 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz-	Puławy	Przybyszów 57.8km	Czas		Tempo min/km	Tempo km/h	
							Zdrój 22.2km	Górne 41km		netto 71.6km	brutto 71.6km			
43	ŻOŁDAK Magdalena	1267	#BIEGIEMWLAS	Open K	9		02:44:51	05:04:31	07:01:43	08:42:25.00	08:42:30.70	+02:27:05 (28.1%)	7:17	8.2 (71.9%)
44	POGODA Kamil	1173	ACCENTURE RUNNERS CLUB	Open M	35		02:36:22	04:52:29	06:58:58	08:42:20.75	08:42:35.35	+02:27:09 (28.2%)	7:17	8.2 (71.9%)
45	RATKA Adriana	1186	TRAIL IS OUR WAY	Open K	10		02:44:25	05:02:06	07:01:52	08:44:36.45	08:44:48.15	+02:29:22 (28.5%)	7:19	8.2 (71.9%)
46	WĘGŁOWSKI Maciej	1248	#BIEGIEMWLAS	Open M	36		02:33:49	05:02:28	07:04:42	08:47:05.20	08:47:11.15	+02:31:45 (28.8%)	7:21	8.2 (71.9%)
47	ROLA Tomasz	1190	COCOBONGOPINKTEAM	Open M	37		02:49:21	05:13:18	07:13:15	08:47:44.05	08:47:51.65	+02:32:26 (28.9%)	7:22	8.1 (71.1%)
48	PAŻUCHA Wojciech	1162		Open M	38		02:32:55	04:54:51	06:59:57	08:48:47.40	08:48:57.25	+02:33:31 (29.0%)	7:23	8.1 (71.1%)
49	WOJCIECHOWSKI Dariusz	1256	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	Open M	39		02:32:55	04:54:52	07:02:26	08:48:47.95	08:48:57.70	+02:33:32 (29.0%)	7:23	8.1 (71.1%)
50	KRZEPKOWSKI Radosław	1105	ADIDAS RUNNERS WARSAW	Open M	40		02:32:39	04:56:17	07:01:40	08:49:29.65	08:49:35.25	+02:34:09 (29.1%)	7:23	8.1 (71.1%)
51	KUDREJ Grzegorz	1110	MOCNA GRUPA CEZARA	Open M	41		02:43:40	05:10:14		08:49:20.00	08:49:37.50	+02:34:11 (29.1%)	7:23	8.1 (71.1%)
52	FILIPIUK Tomasz	1035	POWIAT ŚWIDNICKI	Open M	42		02:32:59	04:49:02	07:01:54	08:52:27.80	08:52:39.95	+02:37:14 (29.5%)	7:26	8.1 (71.1%)
53	JUCHA Jacek	1071	CARBO ASECURA/CA AKTYWNI	Open M	43		02:29:02		07:01:32	08:52:46.40	08:52:52.05	+02:37:26 (29.5%)	7:26	8.1 (71.1%)
54	BANAŚ Krzysztof	1006		Open M	44		02:40:47	05:06:06	07:13:01	08:55:04.70	08:55:09.80	+02:39:44 (29.8%)	7:28	8 (70.2%)
55	KAWIK-BARTOSIK Anna	1076		Open K	11		02:37:56	04:58:23	07:04:52	08:56:34.65	08:56:34.65	+02:41:09 (30.0%)	7:29	8 (70.2%)
56	KONOPSKI Piotr	1089		Open M	45		02:50:40	05:15:37	07:25:31	08:56:55.60	08:57:22.60	+02:41:57 (30.1%)	7:29	8 (70.2%)
57	RUSIN Krzysztof	1195		Open M	46		02:26:50	04:47:46	06:56:45	08:57:14.95	08:57:22.80	+02:41:57 (30.1%)	7:30	8 (70.2%)
58	DUDEK Adam	1028		Open M	47		02:30:58	04:55:15	07:07:08	08:57:43.85	08:57:46.50	+02:42:20 (30.2%)	7:30	8 (70.2%)
59	MAJKOWSKI Michał	1135		Open M	48		02:30:14	04:48:26	07:02:34	08:58:31.85	08:58:38.40	+02:43:12 (30.3%)	7:31	8 (70.2%)
60	KULCZYK Ewa	1112	ULTRA WAY TEAM	Open K	12		02:48:29	05:19:52	07:25:21	08:58:36.65	08:58:49.45	+02:43:23 (30.3%)	7:31	8 (70.2%)
61	WARZECHA Bogusław	1245	PANKURA	Open M	49		02:39:28	05:08:02	07:25:16	09:00:58.35	09:01:03.20	+02:45:37 (30.6%)	7:33	7.9 (69.3%)
62	KOZAR Marcin	1099		Open M	50		02:28:03	04:52:13		09:01:49.25	09:01:53.65	+02:46:28 (30.7%)	7:34	7.9 (69.3%)
63	KEJNA Maciek	1078		Open M	51		02:28:03	04:52:12		09:01:49.30	09:01:53.70	+02:46:28 (30.7%)	7:34	7.9 (69.3%)
64	URBANIAK Łukasz	1237		Open M	52		02:43:13	05:08:45	07:25:36	09:03:54.35	09:04:00.55	+02:48:34 (31.0%)	7:35	7.9 (69.3%)
65	KUCHARSKI Marcin	1109		Open M	53		02:29:35	05:08:50	07:25:18	09:06:17.40	09:06:20.90	+02:50:55 (31.3%)	7:37	7.9 (69.3%)
66	WINCKIEWICZ Marek	1253		Open M	54		02:33:50	05:01:50	07:25:09	09:08:55.35	09:09:03.85	+02:53:38 (31.6%)	7:39	7.8 (68.4%)
67	KONDAS Arkadiusz	1088		Open M	55		02:41:02	05:11:35	07:27:21	09:08:51.05	09:09:08.00	+02:53:42 (31.6%)	7:39	7.8 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz-	Puławy	Przybyszów 57.8km	Czas		Tempo min/km	Tempo km/h	
							Zdrój 22.2km	Górne 41km		netto 71.6km	brutto 71.6km			Różn
68	ROZPARA Karolina	1192		Open K	13		02:46:09	05:15:15	07:28:21	09:09:20.15	09:09:28.50	+02:54:02 (31.7%)	7:40	7.8 (68.4%)
69	LESIAK Filip	1119	TRAIL IS OUR WAY / SKAWINA BIEGA	Open M	56		02:40:18	05:09:18	07:26:15	09:11:34.95	09:11:43.45	+02:56:17 (32.0%)	7:42	7.8 (68.4%)
70	NALBERT Jan	1153		Open M	57		02:38:02	05:02:41	07:25:47	09:12:12.70	09:12:43.05	+02:57:17 (32.1%)	7:42	7.8 (68.4%)
71	GARBIEN Grzegorz	1039		Open M	58		02:31:33	05:01:29	07:25:41	09:13:46.15	09:13:52.65	+02:58:27 (32.2%)	7:44	7.8 (68.4%)
72	BIAŁKA Rafał	1012	G.O.A.T. TEAM MICHAŁOWICE	Open M	59		02:41:29	05:05:48	07:25:38	09:13:46.10	09:13:52.80	+02:58:27 (32.2%)	7:44	7.8 (68.4%)
73	KLIMKOWSKI Tomasz	1081		Open M	60		02:33:25	05:08:05		09:15:47.00	09:16:04.40	+03:00:38 (32.5%)	7:45	7.7 (67.5%)
74	PŁUDOWSKI Łukasz	1172		Open M	61		02:39:08	05:05:44	07:27:21	09:15:51.45	09:16:16.95	+03:00:51 (32.5%)	7:45	7.7 (67.5%)
75	JAKUBOWSKI Zbyszek	1063		Open M	62		02:41:25	05:14:25	07:30:10	09:17:07.65	09:17:16.90	+03:01:51 (32.6%)	7:46	7.7 (67.5%)
76	CIURYK Roman	1024		Open M	63		02:38:12	05:16:21	07:30:15	09:17:57.55	09:18:13.10	+03:02:47 (32.7%)	7:47	7.7 (67.5%)
77	KUBICA Bartosz	1108	MG SPORT	Open M	64		02:32:00	05:11:27	07:28:19	09:18:23.05	09:18:30.55	+03:03:04 (32.8%)	7:47	7.7 (67.5%)
78	ŽAK Robert	1262	CZECH SKYRUNNING TEAM	Open M	65		02:44:13	05:19:25	07:30:10	09:18:40.95	09:18:44.75	+03:03:19 (32.8%)	7:48	7.7 (67.5%)
79	ROŻYK Magdalena	1193	BIEGAMYRAZEM.PL	Open K	14		02:59:15	05:33:45	07:38:33	09:20:19.95	09:20:45.10	+03:05:19 (33.0%)	7:49	7.7 (67.5%)
80	STRZESAK Patrycja	1207		Open K	15		02:51:35	05:19:33	07:28:44	09:20:34.80	09:21:02.15	+03:05:36 (33.1%)	7:49	7.7 (67.5%)
81	BUJALSKI Szymon	1017		Open M	66		02:36:41	05:09:39	07:30:03	09:24:57.95	09:25:04.15	+03:09:38 (33.6%)	7:53	7.6 (66.7%)
82	KROCZYŃSKI Sławomir	1103	BIEGOLAS KOSZALIN/KOŁOBRZEG	Open M	67		02:44:36	05:18:39	07:35:33	09:26:39.25	09:26:43.15	+03:11:17 (33.8%)	7:54	7.6 (66.7%)
83	JANKOWIAK Przemysław	1064		Open M	68		02:39:34	05:14:25	07:31:57	09:26:26.70	09:26:49.70	+03:11:24 (33.8%)	7:54	7.6 (66.7%)
84	SMYKA Michał	1200		Open M	69		02:42:30	05:13:30	07:30:13	09:26:43.70	09:26:53.55	+03:11:27 (33.8%)	7:54	7.6 (66.7%)
85	SZAFRANIEC Monika	1210		Open K	16		02:52:20	05:18:51	07:33:13	09:26:54.75	09:27:12.85	+03:11:47 (33.8%)	7:55	7.6 (66.7%)
86	SZCZURKO Jarosław	1212	42K PRO TEAM	Open M	70		02:42:33	05:15:15	07:31:14	09:27:30.40	09:27:34.90	+03:12:09 (33.9%)	7:55	7.6 (66.7%)
87	ŁABĘDZKI Mariusz	1124		Open M	71		02:54:12	05:29:27	07:41:50	09:30:37.30	09:30:53.90	+03:15:28 (34.2%)	7:58	7.5 (65.8%)
88	PIOTROWSKI Mateusz	1168		Open M	72		02:47:59	05:21:03	07:35:49	09:30:59.15	09:31:18.35	+03:15:52 (34.3%)	7:58	7.5 (65.8%)
89	JAKIMIEC Tadeusz	1062	KLUB SPORTOWY HUSARIA SZCZECINEK	Open M	73		02:39:50	05:15:55	07:35:41	09:31:28.35	09:31:31.00	+03:16:05 (34.3%)	7:58	7.5 (65.8%)
90	SZPAKOWSKA Dominika	1215	SEKTOR KOLEJOWY	Open K	17		02:44:46	05:18:46	07:36:23	09:32:38.40	09:32:45.95	+03:17:20 (34.5%)	7:59	7.5 (65.8%)
91	GIBALSKI Tomasz	1045	OBORYGENI	Open M	74		02:41:22	05:08:51		09:33:54.80	09:34:12.10	+03:18:46 (34.6%)	8:00	7.5 (65.8%)
92	WALKOWSKI Tomasz	1242	WILD ULTRA WARRIORS	Open M	75		02:40:59	05:14:23	07:34:54	09:35:15.55	09:35:27.85	+03:20:02 (34.8%)	8:02	7.5 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz-	Puławy	Przybyszów 57.8km	Czas		Tempo min/km	Tempo km/h	
							Zdrój 22.2km	Górne 41km		netto 71.6km	brutto 71.6km			
93	HILLER Artur	1054		Open M	76		02:34:23	05:14:47	07:36:19	09:36:44.45	09:36:49.20	+03:21:23 (34.9%)	8:03	7.4 (64.9%)
94	HŁASKO Anna	1055		Open K	18		02:41:03	05:16:05	07:35:27	09:38:04.45	09:38:11.65	+03:22:46 (35.1%)	8:04	7.4 (64.9%)
95	MROCZEK Bartek	1148	WŁÓCZYKIJE	Open M	77		02:39:28	05:11:58	07:34:57	09:39:05.60	09:39:32.40	+03:24:06 (35.2%)	8:05	7.4 (64.9%)
96	ROGOWSKI Patryk	1189	LEKKO PODLANI	Open M	78		02:50:37	05:24:41	07:41:27	09:39:51.95	09:40:19.55	+03:24:53 (35.3%)	8:05	7.4 (64.9%)
97	HAJDUGA Łukasz	1053	WIECZORNE BIEGANIE W OPOLU	Open M	79		02:36:32	05:12:12	07:38:51	09:41:45.95	09:41:49.90	+03:26:24 (35.5%)	8:07	7.4 (64.9%)
98	KOŁEK Maciej	1086	ŚLĘZAK TEAM / LUX MED SPORT TEAM	Open M	80		02:48:16	05:28:46	07:55:50	09:43:29.40	09:43:39.85	+03:28:14 (35.7%)	8:08	7.4 (64.9%)
99	CIUBA Paweł	1023	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	Open M	81		02:59:30	05:41:27	07:55:18	09:44:00.90	09:44:14.00	+03:28:48 (35.7%)	8:09	7.4 (64.9%)
100	KOSOWICZ Krzysztof	1093		Open M	82		02:38:22	05:15:21	07:39:04	09:45:23.95	09:45:32.60	+03:30:07 (35.9%)	8:10	7.3 (64.0%)
101	PŁAWECKI Leszek	1269	PSZCZYNA BIEGA	Open M	83		02:43:32	05:22:01	07:42:31	09:49:11.25	09:49:17.50	+03:33:51 (36.3%)	8:13	7.3 (64.0%)
102	NOWAK Natalia	1155	BIEGOWA KUŹNIA	Open K	19		03:02:38	05:41:48	07:53:09	09:49:49.20	09:50:02.30	+03:34:36 (36.4%)	8:14	7.3 (64.0%)
103	WILCZYŃSKI Marcin	1251		Open M	84		02:41:05	05:20:12	07:43:06	09:51:08.75	09:51:22.30	+03:35:56 (36.5%)	8:15	7.3 (64.0%)
104	STOPA Agata	1206	SP NR 3 RZESZÓW	Open K	20		02:57:31	05:40:46	08:01:55	09:53:51.80	09:54:00.20	+03:38:34 (36.8%)	8:17	7.2 (63.2%)
105	BOKSA Bartłomiej	1016	KKM KALORYFER	Open M	85		02:48:21	05:31:07	07:59:01	09:54:53.75	09:55:05.50	+03:39:39 (36.9%)	8:18	7.2 (63.2%)
106	TOMCZYK Grzegorz	1229	PALARNIA KAWY GREGORIO	Open M	86		03:07:52	05:46:06	08:10:43	09:54:49.50	09:55:07.50	+03:39:41 (36.9%)	8:18	7.2 (63.2%)
107	JASICKI Krzysztof	1066	RUNHOGS TYCHY	Open M	87		03:02:39	05:44:06	08:01:54	09:55:24.80	09:55:37.70	+03:40:12 (37.0%)	8:18	7.2 (63.2%)
108	JÓZEFCZYK Justyna	1070	#BIEGIEMWLAS	Open K	21		02:53:31	05:42:54	08:02:12	09:55:51.10	09:55:56.80	+03:40:31 (37.0%)	8:19	7.2 (63.2%)
109	KOŚCIAK Tomasz	1095	PGO PASZCZYNA	Open M	88		02:39:28	05:16:25	07:54:55	09:55:36.00	09:56:01.95	+03:40:36 (37.0%)	8:19	7.2 (63.2%)
110	WILCZYŃSKI Piotr	1250		Open M	89		02:49:16	05:23:59	07:52:55	09:58:24.85	09:58:35.50	+03:43:09 (37.3%)	8:21	7.2 (63.2%)
111	JETMAROVÁ Petra	1069	SPORTRACES TEAM	Open K	22		02:52:44	05:33:27	07:55:22	09:58:49.35	09:58:55.75	+03:43:30 (37.3%)	8:21	7.2 (63.2%)
112	KUREK Dawid	1115		Open M	90		02:29:29	05:19:06	07:48:20	09:59:19.25	09:59:26.15	+03:44:00 (37.4%)	8:22	7.2 (63.2%)
113	JANKOWSKI Jakub	1065		Open M	91		02:46:04	05:41:58	08:01:33	10:02:38.70	10:02:51.60	+03:47:26 (37.7%)	8:25	7.1 (62.3%)
114	TOMASZEK Sebastian	1227		Open M	92		02:48:04	05:31:16	07:57:12	10:05:26.20	10:05:37.40	+03:50:11 (38.0%)	8:27	7.1 (62.3%)
115	RAPACZ Andrzej	1184		Open M	93		02:50:31	05:35:59	08:10:45	10:07:29.45	10:07:52.45	+03:52:26 (38.2%)	8:29	7.1 (62.3%)
116	RĄB Agnieszka	1188	KS OBAJ Z GLIWIC	Open K	23		02:53:27	05:38:22	08:10:54	10:07:42.80	10:07:53.75	+03:52:28 (38.2%)	8:29	7.1 (62.3%)
117	KUŚ Jakub	1117		Open M	94		02:53:10	05:44:10	08:11:21	10:07:46.00	10:07:53.80	+03:52:28 (38.2%)	8:29	7.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	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
118	TUCKI Konrad	1231		Open M	95		02:55:11	05:44:47	08:11:07	10:07:39.30	10:07:57.10	+03:52:31 (38.2%)	8:29	7.1 (62.3%)
119	GRZEGORCZYK Mateusz	1052	#7TRTP ZAKOCHAJ SIĘ W BIEGANIU	Open M	96		02:48:10	05:32:57	07:57:11	10:09:38.45	10:09:46.50	+03:54:20 (38.4%)	8:30	7 (61.4%)
120	WITKOWSKI Robert	1255		Open M	97		03:03:00	05:50:04	08:21:38	10:14:30.80	10:14:43.40	+03:59:17 (38.9%)	8:34	7 (61.4%)
121	POLAK Krzysztof	1174		Open M	98		02:48:22	05:24:52	08:01:31	10:15:56.60	10:16:16.00	+04:00:50 (39.1%)	8:36	7 (61.4%)
122	DYCZKA Robert	1029		Open M	99		02:48:31	05:35:48	07:55:10	10:15:45.15	10:16:16.10	+04:00:50 (39.1%)	8:35	7 (61.4%)
123	KOCIOŁEK Michał	1082	STARE BABICE BIEGAJĄ / INFINITUS ATHLETICS	Open M	100		02:56:15	05:38:07	08:11:09	10:17:04.70	10:17:14.30	+04:01:48 (39.2%)	8:37	7 (61.4%)
124	PRĘGOWSKI Michał	1177	STARE BABICE BIEGAJĄ / VEGE RUNNERS	Open M	101		02:56:15	05:38:07	08:11:07	10:17:04.55	10:17:14.40	+04:01:48 (39.2%)	8:37	7 (61.4%)
125	BANIAK Eryk	1007		Open M	102		02:39:56	05:37:28	08:22:01	10:17:35.95	10:17:41.20	+04:02:15 (39.2%)	8:37	7 (61.4%)
126	KUBICA Anna	1107		Open K	24		03:07:24	05:53:17	08:22:33	10:17:49.70	10:18:06.90	+04:02:41 (39.3%)	8:37	7 (61.4%)
127	SZYMANKIEWICZ Kalina	1223	PROJEKT1000UP	Open K	25		03:06:01	05:55:12	08:21:34	10:18:12.00	10:18:36.10	+04:03:10 (39.3%)	8:38	6.9 (60.5%)
128	MARJAŃSKI Tomasz	1141		Open M	103		03:04:54	05:49:57	08:21:19	10:19:01.85	10:19:25.55	+04:03:59 (39.4%)	8:38	6.9 (60.5%)
129	RĄB Łukasz	1187		Open M	104		02:53:07	05:38:20	08:11:10	10:21:29.00	10:21:40.15	+04:06:14 (39.6%)	8:40	6.9 (60.5%)
130	CIOCZEK Konrad	1022		Open M	105		03:03:13	05:47:41	08:21:39	10:21:29.85	10:21:54.40	+04:06:28 (39.6%)	8:40	6.9 (60.5%)
131	WALCZAK Anna	1239		Open K	26		02:59:20	05:53:58	08:36:29	10:26:54.40	10:27:14.50	+04:11:48 (40.1%)	8:45	6.9 (60.5%)
132	STAJNIAK-STELIGA Izabela	1203	OBORYGENI	Open K	27		02:58:10	05:45:54	08:21:18	10:28:12.25	10:28:30.80	+04:13:05 (40.3%)	8:46	6.8 (59.6%)
133	MAKARENKOV Sergii	1136	DOGOŃ GRODZISK MAZOWIECKI	Open M	106		02:59:17	05:53:46	08:37:07	10:29:18.85	10:29:40.75	+04:14:15 (40.4%)	8:47	6.8 (59.6%)
134	KARDASZEWSKI Tomasz	1074		Open M	107		02:50:10	05:35:50	08:11:07	10:30:10.20	10:30:17.15	+04:14:51 (40.4%)	8:48	6.8 (59.6%)
135	DZIERŻANOWSKI Łukasz	1033		Open M	108		03:01:11	05:47:19	08:37:14	10:31:21.55	10:31:21.55	+04:15:55 (40.5%)	8:49	6.8 (59.6%)
136	KOPYDŁOWSKA-SŁAPA Anna	1091	PAWKO RUNNER TEAM	Open K	28		02:59:56	05:50:32	08:22:15	10:31:47.55	10:31:51.30	+04:16:25 (40.6%)	8:49	6.8 (59.6%)
137	BIERNACKI Krzysztof	1013	COTU	Open M	109		02:51:37	05:36:01	08:21:29	10:31:40.95	10:31:51.40	+04:16:25 (40.6%)	8:49	6.8 (59.6%)
138	JEMIOŁA Paulina	1068	POGÓRZE ULTRA TRAIL	Open K	29		03:04:51	05:53:01	08:22:03	10:33:18.15	10:33:30.45	+04:18:04 (40.7%)	8:50	6.8 (59.6%)
139	ADAMUS Albert	1004	ORZEŁ KAUKAZU	Open M	110		02:59:19	05:53:43	08:36:37	10:34:11.35	10:34:31.30	+04:19:05 (40.8%)	8:51	6.8 (59.6%)
140	KOŁODZIEJCZYK Maciej	1087	FIZJO-SPORT	Open M	111		02:50:00	05:42:18	08:21:42	10:34:51.10	10:35:03.70	+04:19:38 (40.9%)	8:51	6.8 (59.6%)
141	TOMASZEWSKA Ewa	1228		Open K	30		03:02:06	05:50:15	08:37:17	10:36:01.00	10:36:05.40	+04:20:39 (41.0%)	8:52	6.8 (59.6%)
142	KELEMEN Zoltan	1079		Open M	112			05:53:23	08:43:02	10:38:36.00	10:38:36.00	+04:23:10 (41.2%)	8:55	6.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz-	Puławy	Przybyszów 57.8km	Czas		Tempo min/km	Tempo km/h	
							Zdrój 22.2km	Górne 41km		netto 71.6km	brutto 71.6km			
143	ZIĘTEK Krzysztof	1266	ADIDAS RUNNERS	Open M	113		03:00:52	06:02:03	08:37:17	10:38:36.40	10:38:53.90	+04:23:28 (41.2%)	8:55	6.7 (58.8%)
144	BASIŃSKI Hubert	1011		Open M	114		02:57:27	06:01:53	08:37:26	10:39:08.55	10:39:30.10	+04:24:04 (41.3%)	8:55	6.7 (58.8%)
145	PRAGER Mateusz	1176		Open M	115		03:05:53	06:02:52	08:37:13	10:39:06.55	10:39:38.25	+04:24:12 (41.3%)	8:55	6.7 (58.8%)
146	MACHALSKI Mateusz	1128	ASP HOOLIGANS	Open M	116		02:49:05	05:55:04	08:37:01	10:40:05.65	10:40:21.65	+04:24:56 (41.4%)	8:56	6.7 (58.8%)
147	POWAŁOWSKA Danka	1175		Open K	31		03:06:50	05:51:23	08:22:00	10:40:13.60	10:40:24.80	+04:24:59 (41.4%)	8:56	6.7 (58.8%)
148	ADAMCZYK Marcin	1003		Open M	117		03:04:54	06:00:27	08:37:14	10:41:05.75	10:41:14.85	+04:25:49 (41.5%)	8:57	6.7 (58.8%)
149	CHOMA Marek	1021	PĘDZĄCE LENIWCE	Open M	118		02:48:44	06:05:14	08:37:39	10:42:16.65	10:42:29.90	+04:27:04 (41.6%)	8:58	6.7 (58.8%)
150	WÓJTOWICZ Jacek	1258	FRANCISZKANIE KROSNO	Open M	119		03:02:50	05:50:58	08:37:30	10:43:03.85	10:43:11.55	+04:27:45 (41.6%)	8:58	6.7 (58.8%)
151	SZPUNAR Daniel	1216	CARPATHIAN RUNNERS	Open M	120		02:51:47	05:45:06	08:36:38	10:47:42.45	10:47:56.60	+04:32:31 (42.1%)	9:02	6.6 (57.9%)
152	TUSZNIO Grzegorz	1234		Open M	121		02:57:59	05:50:08	08:37:20	10:48:33.55	10:48:53.05	+04:33:27 (42.1%)	9:03	6.6 (57.9%)
153	GAWLIK Sylwia	1041		Open K	32		03:06:09	05:55:28	08:37:26	10:48:43.70	10:48:59.95	+04:33:34 (42.2%)	9:03	6.6 (57.9%)
154	KOPYRA Tomasz	1092	#BIEGAMWOLNOALEDOKŁADNIE	Open M	122		03:10:16	05:57:33	08:37:12	10:49:19.80	10:49:39.15	+04:34:13 (42.2%)	9:04	6.6 (57.9%)
155	PAĆKO Michał	1159	SPARTA LUBLIN	Open M	123		03:02:08	05:55:31	08:37:33	10:54:44.10	10:55:00.40	+04:39:34 (42.7%)	9:08	6.6 (57.9%)
156	GROSZAK Krzysztof	1050		Open M	124		02:58:21	06:03:34	08:42:58	10:55:15.85	10:55:36.85	+04:40:11 (42.7%)	9:09	6.6 (57.9%)
157	OZIMINA Hubert	1158	OBORYGENI	Open M	125		03:04:53	05:55:56	08:37:38	10:55:43.90	10:56:01.80	+04:40:36 (42.8%)	9:09	6.6 (57.9%)
158	MADEYSKI Tomasz	1130		Open M	126		03:02:00	05:58:40	08:38:57	10:56:00.20	10:56:23.30	+04:40:57 (42.8%)	9:09	6.5 (57.0%)
159	ZAJĄC Józef	1261	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	Open M	127		02:59:29	06:00:32	08:44:50	10:57:49.20	10:58:03.05	+04:42:37 (42.9%)	9:11	6.5 (57.0%)
160	SOCHA Łukasz	1201		Open M	128		02:53:40	05:56:00	08:37:04	10:58:40.95	10:59:02.75	+04:43:37 (43.0%)	9:11	6.5 (57.0%)
161	ŁUSZCZ Paweł	1127	GAMONIUSZE	Open M	129		03:02:36	06:00:39	08:42:20	10:59:49.65	11:00:04.10	+04:44:38 (43.1%)	9:12	6.5 (57.0%)
162	MAZIARKA Krzysztof	1144	UNLIMITED SPORT / ***** ***	Open M	130		03:02:03	06:03:11	08:48:25	11:01:30.30	11:01:52.30	+04:46:26 (43.3%)	9:14	6.5 (57.0%)
163	OLEJNIK Krzysztof	1156	PGB SPORTOWA PACZKA	Open M	131		03:09:50	06:03:38	08:48:14	11:05:25.35	11:05:49.60	+04:50:24 (43.6%)	9:17	6.5 (57.0%)
164	BISOWSKI Mariusz	1015		Open M	132		03:17:16	06:17:01	09:07:45	11:06:46.55	11:07:01.20	+04:51:35 (43.7%)	9:18	6.4 (56.1%)
165	KARCZ Bartłomiej	1073		Open M	133		02:47:24	05:23:40	08:36:42	11:12:28.40	11:12:56.90	+04:57:31 (44.2%)	9:23	6.4 (56.1%)
166	DYCKOWSKI Andrzej	1030	KLUB SPORTOWY HUSARIA SZCZECINEK	Open M	134		03:02:05	05:58:44	08:38:52	11:12:49.00	11:13:14.45	+04:57:48 (44.2%)	9:23	6.4 (56.1%)
167	LITWIŃSKI Krzysztof	1123		Open M	135		02:58:20	05:58:26	08:44:46	11:18:15.45	11:18:30.20	+05:03:04 (44.7%)	9:28	6.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz-	Puławy	Przybyszów 57.8km	Czas		Tempo min/km	Tempo km/h	
							Zdrój 22.2km	Górne 41km		netto 71.6km	brutto 71.6km			
168	PISARCZYK Jakub	1169		Open M	136		02:58:17	06:03:09	08:48:22	11:18:11.90	11:18:30.70	+05:03:05 (44.7%)	9:28	6.3 (55.3%)
169	SROKA Łukasz	1202		Open M	137		03:03:01	06:06:56	08:48:27	11:23:48.05	11:24:10.15	+05:08:44 (45.1%)	9:33	6.3 (55.3%)
170	WALUSIAK Marek	1243	COGO TEAM	Open M	138		02:56:56	06:03:10	08:49:31	11:25:44.55	11:26:00.20	+05:10:34 (45.3%)	9:34	6.3 (55.3%)
171	WĄDOŁOWSKI Karol	1247	COGO TEAM	Open M	139		02:53:21	06:03:09	08:44:43	11:25:44.40	11:26:00.35	+05:10:34 (45.3%)	9:34	6.3 (55.3%)
172	JABŁCZYŃSKI Paweł	1270	HURAGAN JÓZEFOWO	Open M	140		03:11:59	06:21:57	09:07:59	11:27:22.95	11:27:37.85	+05:12:12 (45.4%)	9:36	6.2 (54.4%)
173	KRAUZE Tomasz	1102	GRUPA BIEGOWA WROCŁAWSKIE MORSY	Open M	141		03:22:11	06:34:00	09:24:27	11:31:18.10	11:31:27.20	+05:16:01 (45.7%)	9:39	6.2 (54.4%)
174	SKROCKI Kuba	1198	KIND HEADS	Open M	142		02:56:58	06:07:11	08:49:21	11:31:27.90	11:31:41.90	+05:16:16 (45.7%)	9:39	6.2 (54.4%)
175	SZULC Edyta	1219	ADIDAS RUNNERS WARSAW	Open K	33		03:09:45	06:06:38	08:48:23	11:32:13.25	11:32:33.50	+05:17:07 (45.8%)	9:40	6.2 (54.4%)
176	GAWRYLCZYK Andrzej	1043		Open M	143		03:06:19	06:27:39	09:08:35	11:33:01.50	11:33:15.40	+05:17:49 (45.8%)	9:40	6.2 (54.4%)
177	STOKŁOSA Piotr	1205	BIKESTATS.PL	Open M	144		03:08:34	06:03:16	09:07:41	11:35:06.60	11:35:27.65	+05:20:02 (46.0%)	9:42	6.2 (54.4%)
178	GILEWSKI Bartłomiej	1046	#NIEZESRAJSIE!	Open M	145		03:28:09	06:04:40	09:07:43	11:35:33.90	11:35:58.75	+05:20:33 (46.1%)	9:42	6.2 (54.4%)
179	URIBE Manuel	1238		Open M	146		02:56:06	05:51:35	09:08:03	11:38:51.25	11:38:53.60	+05:23:28 (46.3%)	9:45	6.1 (53.5%)
180	JAWORSKI Jarosław	1067		Open M	147		02:55:28	06:12:26	09:08:08	11:39:43.80	11:39:51.60	+05:24:26 (46.4%)	9:46	6.1 (53.5%)
181	PARYS Piotr	1160		Open M	148		03:15:09	06:14:49	09:07:55	11:41:49.50	11:42:18.15	+05:26:52 (46.5%)	9:48	6.1 (53.5%)
182	KAPŁON Anna	1072		Open K	34		03:22:34	06:30:02	09:10:51	11:43:04.05	11:43:24.05	+05:27:58 (46.6%)	9:49	6.1 (53.5%)
183	KOZIOŁ Kacper	1100	#CHASETHATWOLF	Open M	149		02:35:18	05:38:00	09:07:42	11:44:13.10	11:44:24.90	+05:28:59 (46.7%)	9:50	6.1 (53.5%)
184	DARSKI Rafał	1025	RECAMIERE	Open M	150		02:52:17	06:02:09	09:07:37	11:45:02.15	11:45:23.00	+05:29:57 (46.8%)	9:50	6.1 (53.5%)
185	PIETRUS Maciek	1166		Open M	151		03:14:09	06:30:35	09:24:34	11:52:02.35	11:52:16.05	+05:36:50 (47.3%)	9:56	6 (52.6%)
186	IWAN Bartłomiej	1058		Open M	152		03:07:51	06:18:24	09:10:43	11:54:53.25	11:55:19.70	+05:39:54 (47.5%)	9:59	6 (52.6%)
187	MACIĄG Damian	1129		Open M	153		03:21:55	06:43:03	09:40:58	11:57:37.05	11:58:06.65	+05:42:41 (47.7%)	10:01	6 (52.6%)
188	BUTOWSKI Michał	1018		Open M	154		03:16:26	06:21:30	09:08:08	12:01:39.55	12:01:51.85	+05:46:26 (48.0%)	10:04	6 (52.6%)
189	GIBALSKA Marzena	1044	OBORYGENI	Open K	35		03:14:52	06:07:26	09:07:53	12:03:32.90	12:03:50.70	+05:48:25 (48.1%)	10:06	5.9 (51.8%)
190	ROSA Alex	1191		Open M	155		03:08:01	06:28:39		12:04:43.70	12:04:58.50	+05:49:32 (48.2%)	10:07	5.9 (51.8%)
191	HORBACZ-ROSA Hanna	1056		Open K	36		03:08:25	06:28:41	09:24:27	12:04:44.05	12:04:58.55	+05:49:32 (48.2%)	10:07	5.9 (51.8%)
192	PTASZNIK Szymon	1178		Open M	156		02:58:58	06:11:38	07:24:55	12:09:24.15	12:09:40.75	+05:54:15 (48.5%)	10:11	5.9 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	Iwonicz- Zdrój			Puławy		Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
							22.2km	Górne 41km									
193	HOROSZCZAK Adrian	1057		Open M	157	Tak	03:15:54	06:39:46	09:41:23	12:09:43.20	12:09:59.80	+05:54:34 (48.6%)	10:11	5.9 (51.8%)			
194	KOWALSKI Krzysztof	1098	STS BIEGATON MIKOŁÓW	Open M	158		03:01:11	06:14:00	09:24:37	12:11:34.70	12:11:42.10	+05:56:16 (48.7%)	10:13	5.9 (51.8%)			
195	RUBINOWSKI Jarek	1194		Open M	159		03:29:47	06:38:45	09:26:41	12:12:14.60	12:12:34.70	+05:57:09 (48.8%)	10:13	5.9 (51.8%)			
196	KRUPA Daniel	1104	STARGARD JA SIĘ NIE ŚCIGAM.	Open M	160		03:30:54	06:38:48	09:26:46	12:12:15.35	12:12:35.00	+05:57:09 (48.8%)	10:13	5.9 (51.8%)			
197	GAWORECKI Sławomir	1042	KLUB SPORTOWY HUSARIA SZCZECINEK	Open M	161		03:17:31	06:28:55	09:26:34	12:13:43.15	12:14:07.70	+05:58:42 (48.9%)	10:14	5.9 (51.8%)			
198	SZUMLAŃSKA Paulina	1220	JAJAMIOMETE	Open K	37		03:31:17	06:38:56	09:41:20	12:15:33.80	12:15:44.40	+06:00:18 (49.0%)	10:16	5.8 (50.9%)			
199	MAGOCZY Adam	1131		Open M	162		03:30:56	06:42:23	09:41:13	12:19:25.15	12:19:46.00	+06:04:20 (49.3%)	10:19	5.8 (50.9%)			
200	MAGOCZY Justyna	1132	ASICS FRONTRUNNER	Open K	38		03:30:56	06:42:28	09:41:15	12:19:24.60	12:19:46.10	+06:04:20 (49.3%)	10:19	5.8 (50.9%)			
201	NIEDŹWIEDŹ Grzegorz	1154	STS BIEGATON	Open M	163		03:28:22	06:43:01		12:19:43.65	12:19:52.30	+06:04:26 (49.3%)	10:19	5.8 (50.9%)			
202	PIECUCH Małgorzata	1165		Open K	39		03:25:47	06:54:12	09:52:06	12:22:54.95	12:23:13.40	+06:07:47 (49.5%)	10:22	5.8 (50.9%)			
203	SZULC Adam	1218		Open M	164		03:09:05	06:32:27	09:41:25	12:23:31.75	12:23:54.90	+06:08:29 (49.5%)	10:23	5.8 (50.9%)			
204	SZTĘGIERSKA Agata	1217		Open K	40		03:46:50	07:21:30	10:23:52	12:38:10.85	12:38:34.50	+06:23:08 (50.5%)	10:35	5.7 (50.0%)			
205	KOZŁOWSKI Piotr	1101	KLUB SPORTOWY HUSARIA SZCZECINEK	Open M	165		03:33:57	07:05:49	10:05:41	12:52:41.75	12:53:04.15	+06:37:38 (51.4%)	10:47	5.6 (49.1%)			
Przekroczony limit czasu: 13:00:00																	
206	MAJEWSKA Regina	1133		Open K	41		03:25:23	06:53:47	10:32:32	13:24:37.40	13:25:04.05	+07:09:38 (53.4%)	11:14	5.3 (46.5%)			
207	MZYK Fabian	1152	STS BIEGATON	Open M	166		03:40:49	07:15:22	10:32:12	13:42:42.15	13:42:51.40	+07:27:25 (54.4%)	11:29	5.2 (45.6%)			
	GREGORCZYK Łukasz	1049	VEGE RUNNERS	Open M			02:13:28 DNF	04:21:26 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	GRYMULSKI Łukasz	1051	TRIATHLON LUBLIN TEAM	Open M			02:35:47 DNF	05:20:37 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	GAFFKE Krzysztof	1038	EDYTA LEWANDOWSKA TEAM	Open M			03:02:04 DNF	06:21:30 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	JACKOWSKA Ewa	1060	JAROSŁAWSKA GRUPA BIEGOWA "SOKÓŁ"	Open K			03:25:05 DNF	06:47:05 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	MAJEWSKI Błażej	1134		Open M			03:26:23 DNF	06:49:06 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	JACKOWSKI Jacek	1061	JAROSŁAWSKA GRUPA BIEGOWA "SOKÓŁ"	Open M			03:25:07 DNF	06:54:20 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	RADOŹYCKI Radek	1182		Open M			03:31:06 DNF	07:20:39 DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	LEŚNIAK Anna	1121	SALT RUNNERS BOCHNIA	Open K			02:27:49 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	BARANSKI Jarek	1010		Open M			02:48:35 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)			
	DOMAZET Rafael	1027	#ZPOGARDADLASMIERCI	Open M			02:53:17 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)			

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja Łemkowie	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
	WINCZURA Leszek	1254		Open M			03:22:02 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	PYRZEWSKI Dariusz	1179		Open M			03:22:08 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	SZUMLAS Marcin	1221	ULTRAWAY TEAM	Open M			03:29:22 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	CHOJNOWSKA Dominika	1020	#NIEZESRAJSIE	Open K			03:35:00 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŻYCHOŃ Jolanta	1268		Open K			03:46:30 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KAWAŁKO Ryszard	1075	WOLNY RYŚ ***** ***	Open M			03:56:20 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TUREK Paweł	1232	PRIN-S	Open M			DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	TARNOWSKI Bartosz	1226		Open M			DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	GACZYNSKI Mateusz	1037	PEŁZACZE	Open M			DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KUPIŃSKA Magdalena	1114	INFINITY-GYM ŁUKASZ SZAPORÓW	Open K			DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 227 wynik(ów)