



# ŁEMKOWYNA ULTRA-TRAIL® 70

B4SPORT  
INTELEKTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Łemkowna Ultra-Trail  
Fundacja Ultra  
2023-10-21  
Komańcza  
71.6 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	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	<b>KOBOS Tomasz</b>	<b>1002</b>	METODA FELDENKRAISA	Open M	1	01:52:46	03:26:28	04:58:25	<b>06:06:18.45</b>	<b>06:06:18.45</b>		5:06	11.7 (100%)
2	<b>GAWIN Marek</b>	<b>1003</b>	INFINITY-GYM	Open M	2	02:00:13	03:47:24	06:26:16	<b>06:57:24.30</b>	<b>06:57:24.30</b>	+00:51:05 (12.2%)	5:49	10.3 (88.0%)
3	<b>SKARŻYŃSKI Łukasz</b>	<b>1206</b>		Open M	3	02:06:11	03:58:07	06:27:59	<b>07:03:17.05</b>	<b>07:03:17.05</b>	+00:56:58 (13.5%)	5:54	10.1 (86.3%)
4	<b>KOPEL Rafał</b>	<b>1099</b>	7 / GOPR BIESZCZADY	Open M	4	02:05:47	03:57:37	06:29:04	<b>07:14:12.10</b>	<b>07:14:12.10</b>	+01:07:53 (15.6%)	6:03	9.9 (84.6%)
5	<b>KOTARSKI Jarosław</b>	<b>1102</b>	TRAIL IS OUR WAY	Open M	5	02:11:28	04:03:50	06:29:26	<b>07:17:33.65</b>	<b>07:17:33.65</b>	+01:11:15 (16.3%)	6:06	9.8 (83.8%)
6	<b>MORMUL Przemek</b>	<b>1154</b>		Open M	6	02:10:47	04:02:54	06:29:33	<b>07:25:31.05</b>	<b>07:25:31.05</b>	+01:19:12 (17.8%)	6:13	9.6 (82.1%)
7	<b>CZECH Agata</b>	<b>1039</b>	MARCIN SWIERC TEAM	Open K	1	02:18:12	04:14:01	05:58:51	<b>07:31:15.10</b>	<b>07:31:15.10</b>	+01:24:56 (18.8%)	6:18	9.5 (81.2%)
8	<b>TRĄMPCZYŃSKI Jakub</b>	<b>1237</b>	AW - SZYBCIEJ - TEAM	Open M	7	02:26:22	04:25:58	06:31:34	<b>07:43:15.75</b>	<b>07:43:15.75</b>	+01:36:57 (20.9%)	6:28	9.3 (79.5%)
9	<b>ZOŁA Piotr</b>	<b>1278</b>	PIODZO EXTREME / TRIJET	Open M	8	02:15:17	04:15:47	06:31:58	<b>07:51:56.90</b>	<b>07:51:56.90</b>	+01:45:38 (22.4%)	6:35	9.1 (77.8%)
10	<b>DUDA Konrad</b>	<b>1047</b>		Open M	9	02:12:19	04:14:25	06:32:06	<b>07:51:56.95</b>	<b>07:51:56.95</b>	+01:45:38 (22.4%)	6:35	9.1 (77.8%)
11	<b>SENDEK Sylwia</b>	<b>1001</b>	ULTRA MOCNO_KREATYWNI	Open K	2	02:22:19	04:27:03	06:32:15	<b>07:53:46.40</b>	<b>07:53:46.40</b>	+01:47:27 (22.7%)	6:37	9.1 (77.8%)
12	<b>CYGAN Dawid</b>	<b>1032</b>		Open M	10	02:26:24	04:30:58	06:32:52	<b>07:59:52.75</b>	<b>07:59:52.75</b>	+01:53:34 (23.7%)	6:42	9 (76.9%)
13	<b>MILANOWSKA- ZABEL Kaja</b>	<b>1150</b>	BIEGIEM PRZEZ ŻYCIE	Open K	3	02:21:04	04:29:02	06:32:59	<b>08:02:12.70</b>	<b>08:02:12.70</b>	+01:55:54 (24.0%)	6:44	8.9 (76.1%)
14	<b>NIEMIRO Dominika</b>	<b>1164</b>		Open K	4	02:27:14	04:32:31	06:33:05	<b>08:06:10.65</b>	<b>08:06:10.65</b>	+01:59:52 (24.7%)	6:47	8.8 (75.2%)
15	<b>SZALAK Paweł</b>	<b>1224</b>	PRZEDWOJEWSKI TEAM	Open M	11	02:31:51	04:35:49	06:34:40	<b>08:15:54.75</b>	<b>08:15:54.75</b>	+02:09:36 (26.1%)	6:55	8.7 (74.4%)
16	<b>KUCHARSKI Kamil</b>	<b>1119</b>	TRIJET TEAM	Open M	12	02:22:23	04:30:56	06:34:35	<b>08:21:27.05</b>	<b>08:21:27.05</b>	+02:15:08 (27.0%)	7:00	8.6 (73.5%)
17	<b>BIESZCZAD Magdalena</b>	<b>1013</b>	TRESERTEAM	Open K	5	02:31:02	04:47:02	06:48:28	<b>08:30:30.50</b>	<b>08:30:30.50</b>	+02:24:12 (28.2%)	7:07	8.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	Przybyszów 57.8km					
18	<b>GRYZŁO Jakub</b>	<b>1072</b>	TRESERTEAM	Open M	13	02:31:02	04:47:12	06:48:48	<b>08:30:57.10</b>	<b>08:30:57.10</b>	+02:24:38 (28.3%)	7:08	8.4 (71.8%)
19	<b>SKURA Adrian</b>	<b>1210</b>	KBKS RADOMSKO	Open M	14	02:30:13	04:46:13	06:46:25	<b>08:33:05.00</b>	<b>08:33:05.00</b>	+02:26:46 (28.6%)	7:09	8.4 (71.8%)
20	<b>PIERZ Sławomir</b>	<b>1185</b>		Open M	15	02:33:17	04:46:31	06:50:16	<b>08:35:28.60</b>	<b>08:35:28.60</b>	+02:29:10 (28.9%)	7:11	8.3 (70.9%)
21	<b>ŻUREK Krzysztof</b>	<b>1280</b>	RUCH IZBICA	Open M	16	02:29:28	04:46:17	06:53:05	<b>08:37:51.10</b>	<b>08:37:51.10</b>	+02:31:32 (29.3%)	7:13	8.3 (70.9%)
22	<b>GIERLACH Grzegorz</b>	<b>1063</b>		Open M	17	02:30:09	04:42:36	06:46:56	<b>08:39:45.50</b>	<b>08:39:45.50</b>	+02:33:27 (29.5%)	7:15	8.3 (70.9%)
23	<b>KOWALSKI Michał</b>	<b>1106</b>	POLKAS/TRIWISE	Open M	18	02:32:44	04:51:43	06:59:15	<b>08:40:18.35</b>	<b>08:40:18.35</b>	+02:33:59 (29.6%)	7:16	8.3 (70.9%)
24	<b>DUDA Zuzanna</b>	<b>1048</b>		Open K	6	02:40:10		07:01:26	<b>08:41:13.55</b>	<b>08:41:13.55</b>	+02:34:55 (29.7%)	7:16	8.2 (70.1%)
25	<b>JAREMA Marek</b>	<b>1284</b>		Open M	19	02:22:25	04:45:44	06:56:03	<b>08:42:07.75</b>	<b>08:42:07.75</b>	+02:35:49 (29.8%)	7:17	8.2 (70.1%)
26	<b>KAPŁON Anna</b>	<b>1086</b>		Open K	7	02:38:05	04:57:32	06:59:55	<b>08:48:09.90</b>	<b>08:48:09.90</b>	+02:41:51 (30.6%)	7:22	8.1 (69.2%)
27	<b>KAPŁON Piotr</b>	<b>1087</b>	INFINITY GYM ŁUKASZ SZAPORÓW	Open M	20	02:30:11	04:57:32	06:59:48	<b>08:48:14.80</b>	<b>08:48:14.80</b>	+02:41:56 (30.7%)	7:22	8.1 (69.2%)
28	<b>WOŹNIAK Grzegorz</b>	<b>1265</b>	WOLSKI KOLEKTYW BIEGOWY	Open M	21	02:26:52	04:46:39	07:09:15	<b>08:55:06.00</b>	<b>08:55:06.00</b>	+02:48:47 (31.5%)	7:28	8 (68.4%)
29	<b>CZARNECKI Marcin</b>	<b>1037</b>	PGR-INS	Open M	22	02:29:13	04:50:25	07:02:40	<b>08:55:27.40</b>	<b>08:55:27.40</b>	+02:49:08 (31.6%)	7:28	8 (68.4%)
30	<b>MISZCZAK Piotr</b>	<b>1152</b>		Open M	23	02:29:14	04:51:37	07:02:30	<b>08:56:12.05</b>	<b>08:56:12.05</b>	+02:49:53 (31.7%)	7:29	8 (68.4%)
31	<b>MAZIARZ Damian</b>	<b>1145</b>	NAPRZÓD MŁOCINY BAT	Open M	24	02:31:51	04:51:59	07:04:42	<b>08:58:41.15</b>	<b>08:58:41.15</b>	+02:52:22 (32.0%)	7:31	8 (68.4%)
32	<b>WIEPRZOWSKI Łukasz</b>	<b>1252</b>	LEKARSKA GRUPA KOLARSKA	Open M	25	02:33:16	04:55:31	07:09:20	<b>08:59:16.00</b>	<b>08:59:16.00</b>	+02:52:57 (32.1%)	7:31	8 (68.4%)
33	<b>WÓJCIK Łukasz</b>	<b>1266</b>	SZYBCIEJ NIE DAM RADY	Open M	26	02:22:21	04:41:32	07:07:53	<b>09:00:36.35</b>	<b>09:00:36.35</b>	+02:54:17 (32.2%)	7:33	7.9 (67.5%)
34	<b>ZOKA-UJHELYI Zsafia</b>	<b>1277</b>	JAKUSTEAM	Open K	8	02:47:10	05:11:27	07:17:26	<b>09:04:17.65</b>	<b>09:04:17.65</b>	+02:57:59 (32.7%)	7:36	7.9 (67.5%)
35	<b>HRONOWSKI Jakub</b>	<b>1075</b>		Open M	27	02:37:47	05:02:03	07:14:57	<b>09:07:36.15</b>	<b>09:07:36.15</b>	+03:01:17 (33.1%)	7:38	7.8 (66.7%)
36	<b>FIGIEL Bartosz</b>	<b>1054</b>		Open M	28	02:30:11	04:53:19	07:11:05	<b>09:09:07.90</b>	<b>09:09:07.90</b>	+03:02:49 (33.3%)	7:40	7.8 (66.7%)
37	<b>KRAWIEC Sławomir</b>	<b>1110</b>	INFINITY-GYM/ SAINT GOBAIN SQUAD	Open M	29	02:32:46	05:00:56	07:22:21	<b>09:09:44.10</b>	<b>09:09:44.10</b>	+03:03:25 (33.4%)	7:40	7.8 (66.7%)
38	<b>JAKUBOWSKI Zbyszek</b>	<b>1076</b>		Open M	30	02:27:13	04:59:28	07:18:11	<b>09:12:41.85</b>	<b>09:12:41.85</b>	+03:06:23 (33.7%)	7:43	7.8 (66.7%)
39	<b>OCHREMIAK Michał</b>	<b>1167</b>		Open M	31	02:38:14	05:04:39	07:23:09	<b>09:12:46.90</b>	<b>09:12:46.90</b>	+03:06:28 (33.7%)	7:43	7.8 (66.7%)
40	<b>SOUSA Fernando</b>	<b>1216</b>		Open M	32	02:33:19	04:55:21	07:08:32	<b>09:13:00.70</b>	<b>09:13:00.70</b>	+03:06:42 (33.8%)	7:43	7.8 (66.7%)
41	<b>CZARNECKI Piotr</b>	<b>1036</b>	OCT	Open M	33	02:37:06	05:03:35	07:23:13	<b>09:15:31.45</b>	<b>09:15:31.45</b>	+03:09:13 (34.1%)	7:45	7.7 (65.8%)
42	<b>MUCHA Jacek</b>	<b>1158</b>		Open M	34	02:45:11	05:04:28	07:17:39	<b>09:16:23.25</b>	<b>09:16:23.25</b>	+03:10:04 (34.2%)	7:46	7.7 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	Przybyszów 57.8km					
43	<b>NALBERT Jan</b>	<b>1161</b>		Open M	35	02:38:29	05:07:52	07:23:31	<b>09:16:31.85</b>	<b>09:16:31.85</b>	+03:10:13 (34.2%)	7:46	7.7 (65.8%)
44	<b>REPEĆ Jarosław</b>	<b>1202</b>	AHOJ PRZYGODO LUBLIN	Open M	36	02:33:35	05:00:01	07:30:31	<b>09:17:48.40</b>	<b>09:17:48.40</b>	+03:11:29 (34.3%)	7:47	7.7 (65.8%)
45	<b>PIASEK Piotr</b>	<b>1178</b>	TRIUNLIMITED	Open M	37	02:39:54	05:02:24	07:23:26	<b>09:19:07.65</b>	<b>09:19:07.65</b>	+03:12:49 (34.5%)	7:48	7.7 (65.8%)
46	<b>OGRODNIK Tomasz</b>	<b>1169</b>	STRZESZYN BIEGA	Open M	38	02:43:48	05:14:57	07:33:50	<b>09:22:44.75</b>	<b>09:22:44.75</b>	+03:16:26 (34.9%)	7:51	7.6 (65.0%)
47	<b>SZAFRAŃSKI Michał</b>	<b>1223</b>	TRIMORE DCWRP	Open M	39	02:33:14	05:06:25	07:30:46	<b>09:22:55.20</b>	<b>09:22:55.20</b>	+03:16:36 (34.9%)	7:51	7.6 (65.0%)
48	<b>TRZCINSKI Maciej</b>	<b>1240</b>		Open M	40	02:51:21	05:26:30	07:35:18	<b>09:23:13.85</b>	<b>09:23:13.85</b>	+03:16:55 (35.0%)	7:51	7.6 (65.0%)
49	<b>PODRAZA Klaudia</b>	<b>1189</b>	PĘDZĄCE ŚLIMAKI	Open K	9	02:51:20	05:23:55	07:34:08	<b>09:26:00.70</b>	<b>09:26:00.70</b>	+03:19:42 (35.3%)	7:54	7.6 (65.0%)
50	<b>KOSCIELNY Piotr</b>	<b>1100</b>	36RUNS	Open M	41	02:47:22	05:20:55	07:37:08	<b>09:27:53.80</b>	<b>09:27:53.80</b>	+03:21:35 (35.5%)	7:55	7.6 (65.0%)
51	<b>BRUZDA Marcin</b>	<b>1019</b>		Open M	42	02:29:26	04:53:19	07:31:23	<b>09:28:55.50</b>	<b>09:28:55.50</b>	+03:22:37 (35.6%)	7:56	7.6 (65.0%)
52	<b>LESIAK Filip</b>	<b>1127</b>	TRAIL IS OUR WAY SKAWINA BIEGA	Open M	43	02:47:21	05:14:41	07:30:41	<b>09:29:40.80</b>	<b>09:29:40.80</b>	+03:23:22 (35.7%)	7:57	7.5 (64.1%)
53	<b>SOŁTYSIAK Karol</b>	<b>1215</b>		Open M	44	02:47:17	05:14:59	07:38:02	<b>09:30:05.00</b>	<b>09:30:05.00</b>	+03:23:46 (35.7%)	7:57	7.5 (64.1%)
54	<b>JANKOWIAK Przemysław</b>	<b>1080</b>		Open M	45	02:38:34	05:12:08	07:33:39	<b>09:31:20.70</b>	<b>09:31:20.70</b>	+03:25:02 (35.9%)	7:58	7.5 (64.1%)
55	<b>MASARCZYK Szymon</b>	<b>1142</b>	TRI&MORE	Open M	46	02:15:18	04:48:12	07:41:04	<b>09:32:05.35</b>	<b>09:32:05.35</b>	+03:25:46 (36.0%)	7:59	7.5 (64.1%)
56	<b>STACHOWSKI Wojciech</b>	<b>1217</b>	TRI&MORE	Open M	47	02:55:25	05:24:57	07:40:59	<b>09:32:05.95</b>	<b>09:32:05.95</b>	+03:25:47 (36.0%)	7:59	7.5 (64.1%)
57	<b>WYSPIAŃSKI Tomasz</b>	<b>1273</b>	KOSTERA TEAM	Open M	48	02:47:50	05:23:00	07:37:47	<b>09:32:15.35</b>	<b>09:32:15.35</b>	+03:25:56 (36.0%)	7:59	7.5 (64.1%)
58	<b>MAŚLAK Radomił</b>	<b>1143</b>	STARE BABICE BIEGAJĄ	Open M	49	02:40:40	05:14:56	07:34:23	<b>09:32:42.40</b>	<b>09:32:42.40</b>	+03:26:23 (36.0%)	7:59	7.5 (64.1%)
59	<b>SZCZĘŚNIAK Piotr</b>	<b>1226</b>	FIZJOTERAPIA I MASAŻ MASARNIA POZNAŃ	Open M	50	02:34:02	05:04:24	07:34:11	<b>09:33:31.45</b>	<b>09:33:31.45</b>	+03:27:13 (36.1%)	8:00	7.5 (64.1%)
60	<b>KOZYRA Krzysztof</b>	<b>1108</b>	PIĘKNE I BRODACZE #WILK_TEAM	Open M	51	02:43:46	05:10:02	07:34:17	<b>09:35:56.65</b>	<b>09:35:56.65</b>	+03:29:38 (36.4%)	8:02	7.5 (64.1%)
61	<b>BULAS Jędrzej</b>	<b>1025</b>		Open M	52	02:23:30	04:48:45	07:18:30	<b>09:36:48.95</b>	<b>09:36:48.95</b>	+03:30:30 (36.5%)	8:03	7.4 (63.2%)
62	<b>TARNAWSKI Marcin</b>	<b>1231</b>		Open M	53	02:39:02	05:11:08	07:34:29	<b>09:38:01.95</b>	<b>09:38:01.95</b>	+03:31:43 (36.6%)	8:04	7.4 (63.2%)
63	<b>GRABECKI Aleksander</b>	<b>1067</b>		Open M	54	02:41:57	05:14:07	07:40:42	<b>09:38:46.95</b>	<b>09:38:46.95</b>	+03:32:28 (36.7%)	8:05	7.4 (63.2%)
64	<b>KAŁKOWSKI Roman</b>	<b>1085</b>		Open M	55	02:42:08	05:15:15	07:39:15	<b>09:38:47.25</b>	<b>09:38:47.25</b>	+03:32:28 (36.7%)	8:05	7.4 (63.2%)
65	<b>BELŻAK Filip</b>	<b>1008</b>	TRIJET TEAM	Open M	56	02:50:15	05:19:59	07:38:00	<b>09:39:55.55</b>	<b>09:39:55.55</b>	+03:33:37 (36.8%)	8:05	7.4 (63.2%)
66	<b>SZYPULSKI Rafał</b>	<b>1229</b>		Open M	57	02:38:52	05:12:27	07:35:13	<b>09:42:27.60</b>	<b>09:42:27.60</b>	+03:36:09 (37.1%)	8:08	7.4 (63.2%)
67	<b>STYPUŁKOWSKI Michał</b>	<b>1220</b>	NADAKTYWNI	Open M	58	02:39:52	05:18:00	07:42:04	<b>09:43:17.75</b>	<b>09:43:17.75</b>	+03:36:59 (37.2%)	8:08	7.4 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	Przybyszów 57.8km					
68	<b>CHRZANOWSKI Piotr</b>	<b>1030</b>	SPELEOKLUB WARSZAWSKI	Open M	59	02:47:25	05:28:05	07:45:01	<b>09:43:31.10</b>	<b>09:43:31.10</b>	+03:37:12 (37.2%)	8:08	7.4 (63.2%)
69	<b>NIEMIEC Jacek</b>	<b>1163</b>		Open M	60	02:59:31	05:29:16	07:43:58	<b>09:44:32.40</b>	<b>09:44:32.40</b>	+03:38:13 (37.3%)	8:09	7.3 (62.4%)
70	<b>KRÓL Przemysław</b>	<b>1115</b>	LUBELSKI BANK SPÓŁDZIELCZY	Open M	61	02:49:49	05:22:28	07:44:07	<b>09:45:48.50</b>	<b>09:45:48.50</b>	+03:39:30 (37.5%)	8:10	7.3 (62.4%)
71	<b>GICZEI Zsolt Norbert</b>	<b>1062</b>	GIZIONOK - LE PAIN	Open M	62	02:47:16	05:17:12	07:40:56	<b>09:47:20.15</b>	<b>09:47:20.15</b>	+03:41:01 (37.6%)	8:12	7.3 (62.4%)
72	<b>WOJTALA Bartłomiej</b>	<b>1263</b>	UWAGA NA DZIADA!	Open M	63	03:02:11	05:41:31	08:00:28	<b>09:47:54.25</b>	<b>09:47:54.25</b>	+03:41:35 (37.7%)	8:12	7.3 (62.4%)
73	<b>MRÓZ Bartłomiej</b>	<b>1157</b>		Open M	64	02:33:11	05:14:47	07:44:36	<b>09:48:48.05</b>	<b>09:48:48.05</b>	+03:42:29 (37.8%)	8:13	7.3 (62.4%)
74	<b>SKOWRON Magdalena</b>	<b>1208</b>		Open K	10	02:56:55	05:36:01	07:56:31	<b>09:49:29.85</b>	<b>09:49:29.85</b>	+03:43:11 (37.9%)	8:13	7.3 (62.4%)
75	<b>TROJNAR Daniel</b>	<b>1239</b>		Open M	65	02:44:10	05:25:30	07:49:34	<b>09:50:58.95</b>	<b>09:50:58.95</b>	+03:44:40 (38.0%)	8:15	7.3 (62.4%)
76	<b>ANTOSIAK Tomasz</b>	<b>1004</b>		Open M	66	02:50:40	05:23:52	07:47:32	<b>09:51:25.40</b>	<b>09:51:25.40</b>	+03:45:06 (38.1%)	8:15	7.3 (62.4%)
77	<b>KASPRZAK Tomasz</b>	<b>1091</b>		Open M	67	02:42:49	05:19:45	07:47:07	<b>09:52:01.40</b>	<b>09:52:01.40</b>	+03:45:42 (38.1%)	8:16	7.3 (62.4%)
78	<b>MRÓWKA Michał</b>	<b>1156</b>	OBOZY GÓRSKIE	Open M	68	02:31:49	05:15:29	07:42:23	<b>09:52:26.50</b>	<b>09:52:26.50</b>	+03:46:08 (38.2%)	8:16	7.3 (62.4%)
79	<b>SUŁEK Tomek</b>	<b>1221</b>		Open M	69	02:39:09	05:10:08	07:41:37	<b>09:53:11.30</b>	<b>09:53:11.30</b>	+03:46:52 (38.2%)	8:17	7.2 (61.5%)
80	<b>PARYS Piotr</b>	<b>1172</b>		Open M	70	02:39:25	05:21:32		<b>09:53:29.55</b>	<b>09:53:29.55</b>	+03:47:11 (38.3%)	8:17	7.2 (61.5%)
81	<b>GRUDNIEWSKI Patryk</b>	<b>1069</b>		Open M	71	02:34:07	05:07:50	07:47:15	<b>09:55:43.75</b>	<b>09:55:43.75</b>	+03:49:25 (38.5%)	8:19	7.2 (61.5%)
82	<b>CZAPLIŃSKI Michał</b>	<b>1033</b>		Open M	72	02:59:30	05:39:21	08:01:09	<b>09:56:33.60</b>	<b>09:56:33.60</b>	+03:50:15 (38.6%)	8:19	7.2 (61.5%)
83	<b>ZABOROWSKI Kamil</b>	<b>1274</b>	ZALINIAMETY	Open M	73	02:50:31	05:31:11	07:53:47	<b>09:56:41.90</b>	<b>09:56:41.90</b>	+03:50:23 (38.6%)	8:20	7.2 (61.5%)
84	<b>TOMCZYK Grzegorz</b>	<b>1235</b>	PALARNIA KAWY GREGORIO	Open M	74	02:53:08	05:30:25	07:56:13	<b>09:57:01.35</b>	<b>09:57:01.35</b>	+03:50:42 (38.6%)	8:20	7.2 (61.5%)
85	<b>KOWALCZYK Marek</b>	<b>1105</b>		Open M	75	02:50:28	05:29:21	07:54:49	<b>09:57:46.65</b>	<b>09:57:46.65</b>	+03:51:28 (38.7%)	8:20	7.2 (61.5%)
86	<b>BARTOSIŃSKA Katarzyna</b>	<b>1006</b>		Open K	11	02:51:05	05:38:21	08:03:34	<b>09:58:35.40</b>	<b>09:58:35.40</b>	+03:52:16 (38.8%)	8:21	7.2 (61.5%)
87	<b>NIERADKA Anna</b>	<b>1165</b>		Open K	12	02:52:36	05:31:11	07:53:29	<b>09:59:31.75</b>	<b>09:59:31.75</b>	+03:53:13 (38.9%)	8:22	7.2 (61.5%)
88	<b>WYJATEK Wojciech</b>	<b>1271</b>		Open M	76	02:57:56	05:49:49	08:09:29	<b>10:00:32.30</b>	<b>10:00:32.30</b>	+03:54:13 (39.0%)	8:23	7.2 (61.5%)
89	<b>PIEKARSKI Łukasz</b>	<b>1183</b>		Open M	77	02:43:17	05:18:22	07:54:21	<b>10:03:38.90</b>	<b>10:03:38.90</b>	+03:57:20 (39.3%)	8:25	7.1 (60.7%)
89	<b>GAWROŃSKI Ireneusz</b>	<b>1061</b>	AMATOR	Open M	77	02:55:52	05:33:23	07:55:40	<b>10:03:38.90</b>	<b>10:03:38.90</b>	+03:57:20 (39.3%)	8:25	7.1 (60.7%)
91	<b>BRZEGOWY Michał</b>	<b>1021</b>		Open M	79	02:40:35	05:21:20	07:50:49	<b>10:04:04.20</b>	<b>10:04:04.20</b>	+03:57:45 (39.4%)	8:26	7.1 (60.7%)
92	<b>WALECKI Jarek</b>	<b>1246</b>	STOPKA PILAWA	Open M	80	02:38:51	05:12:31	07:52:55	<b>10:04:37.30</b>	<b>10:04:37.30</b>	+03:58:18 (39.4%)	8:26	7.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
93	<b>JAKUSZEK Paweł</b>	<b>1077</b>	CEGIELNIA PIASKI	Open M	81	02:39:03	05:22:23	07:55:23	<b>10:05:42.25</b>	<b>10:05:42.25</b>	+03:59:23 (39.5%)	8:27	7.1 (60.7%)
94	<b>JAKUSZEK Krzysztof</b>	<b>1078</b>	CEGIELNIA PIASKI	Open M	82	02:39:04	05:22:23	07:55:20	<b>10:05:42.40</b>	<b>10:05:42.40</b>	+03:59:23 (39.5%)	8:27	7.1 (60.7%)
95	<b>DAURIA Umberto</b>	<b>1041</b>		Open M	83	02:29:16	05:04:39	07:41:08	<b>10:06:52.75</b>	<b>10:06:52.75</b>	+04:00:34 (39.6%)	8:28	7.1 (60.7%)
96	<b>PAŚNIK Paweł</b>	<b>1286</b>		Open M	84	02:41:24	05:28:48	08:03:53	<b>10:06:56.95</b>	<b>10:06:56.95</b>	+04:00:38 (39.6%)	8:28	7.1 (60.7%)
97	<b>KOWALCZYK Piotr</b>	<b>1104</b>	FOR-REST-RUN	Open M	85	02:58:51	05:39:46	08:04:47	<b>10:07:07.35</b>	<b>10:07:07.35</b>	+04:00:48 (39.7%)	8:28	7.1 (60.7%)
98	<b>GUZIK Łukasz</b>	<b>1074</b>	GO APTIV!	Open M	86	02:58:52	05:39:47	08:05:07	<b>10:07:07.65</b>	<b>10:07:07.65</b>	+04:00:49 (39.7%)	8:28	7.1 (60.7%)
99	<b>BRÓNCZYK Robert</b>	<b>1018</b>	KIS-2023	Open M	87	02:47:10	05:41:50	08:04:21	<b>10:08:27.90</b>	<b>10:08:27.90</b>	+04:02:09 (39.8%)	8:29	7.1 (60.7%)
100	<b>KAWALEC Katarzyna</b>	<b>1092</b>		Open K	13	02:54:28	05:30:16	08:00:14	<b>10:09:01.40</b>	<b>10:09:01.40</b>	+04:02:42 (39.9%)	8:30	7.1 (60.7%)
101	<b>TURSKI Przemysław</b>	<b>1242</b>		Open M	88	02:54:46	05:38:58	08:01:11	<b>10:09:15.15</b>	<b>10:09:15.15</b>	+04:02:56 (39.9%)	8:30	7.1 (60.7%)
102	<b>SILSKA Sylwia</b>	<b>1287</b>	ATRAKCYJNE TOWARZYSTWO	Open K	14	02:56:10	05:41:52	08:12:50	<b>10:15:18.15</b>	<b>10:15:18.15</b>	+04:08:59 (40.5%)	8:35	7 (59.8%)
103	<b>GROMEK Edyta</b>	<b>1068</b>	SZYBCIEJ NIE DAM RADY	Open K	15	03:02:27	05:44:02	08:10:11	<b>10:15:32.45</b>	<b>10:15:32.45</b>	+04:09:14 (40.5%)	8:35	7 (59.8%)
104	<b>BŁAŻEWICZ Paweł</b>	<b>1015</b>	WYDRY OLSZTYN	Open M	89	02:49:47	05:27:23	08:13:28	<b>10:16:37.85</b>	<b>10:16:37.85</b>	+04:10:19 (40.6%)	8:36	7 (59.8%)
105	<b>MAJCHROWSKI Jacek</b>	<b>1134</b>	NIEZALEŻNA TARNOBRZESKA GRUPA BIEGOWA "RUNNER'S NOT DEAD"	Open M	90	02:45:39	05:39:18	08:08:00	<b>10:17:08.30</b>	<b>10:17:08.30</b>	+04:10:49 (40.6%)	8:37	7 (59.8%)
106	<b>DOMARADZKA-KASZUBOWICZ Wiktoria</b>	<b>1045</b>		Open K	16	02:58:05	05:46:57	08:20:03	<b>10:18:58.20</b>	<b>10:18:58.20</b>	+04:12:39 (40.8%)	8:38	6.9 (59.0%)
107	<b>PYTLEWSKI Łukasz</b>	<b>1198</b>		Open M	91	02:54:37	05:31:33	08:05:28	<b>10:19:23.85</b>	<b>10:19:23.85</b>	+04:13:05 (40.9%)	8:39	6.9 (59.0%)
108	<b>CZARDYBON Laura</b>	<b>1034</b>		Open K	17	03:07:28	05:57:02	08:20:31	<b>10:19:40.40</b>	<b>10:19:40.40</b>	+04:13:21 (40.9%)	8:39	6.9 (59.0%)
109	<b>KRAJEWSKI Bartek</b>	<b>1109</b>	DCWRP	Open M	92	02:49:33	05:24:08	07:54:16	<b>10:20:42.20</b>	<b>10:20:42.20</b>	+04:14:23 (41.0%)	8:40	6.9 (59.0%)
110	<b>BENCE Horvath</b>	<b>1010</b>	VIENNA RUNNING COLLECTIVE	Open M	93	02:38:53	05:26:42	08:00:32	<b>10:20:44.80</b>	<b>10:20:44.80</b>	+04:14:26 (41.0%)	8:40	6.9 (59.0%)
111	<b>WIDŁAK Krzysztof</b>	<b>1250</b>	BIEGAM BEZ KLUBU	Open M	94	02:56:32	05:34:57	08:03:51	<b>10:21:54.10</b>	<b>10:21:54.10</b>	+04:15:35 (41.1%)	8:41	6.9 (59.0%)
112	<b>WRÓBEL Tomasz</b>	<b>1270</b>	MATNER TEAM	Open M	95	03:12:06	05:54:02	08:18:35	<b>10:22:17.65</b>	<b>10:22:17.65</b>	+04:15:59 (41.1%)	8:41	6.9 (59.0%)
113	<b>DUBILIS Mateusz</b>	<b>1046</b>		Open M	96	03:05:38	05:52:01	08:19:27	<b>10:23:25.45</b>	<b>10:23:25.45</b>	+04:17:07 (41.2%)	8:42	6.9 (59.0%)
114	<b>NOWAKOWSKI Rafał</b>	<b>1166</b>	#BIEGIEMWLAS	Open M	97	03:08:25	05:53:45	08:13:03	<b>10:23:41.50</b>	<b>10:23:41.50</b>	+04:17:23 (41.3%)	8:42	6.9 (59.0%)
115	<b>SOŁDYGA Paweł</b>	<b>1214</b>	SKOWRONEKBIEGA	Open M	98	03:01:15	05:54:17	08:19:22	<b>10:24:41.30</b>	<b>10:24:41.30</b>	+04:18:22 (41.4%)	8:43	6.9 (59.0%)
116	<b>MARUT Artur</b>	<b>1141</b>	FITNESS FREAKS	Open M	99	02:49:39	05:21:11	07:50:12	<b>10:28:23.80</b>	<b>10:28:23.80</b>	+04:22:05 (41.7%)	8:46	6.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
117	<b>PIELECHA Rafał</b>	<b>1184</b>		Open M	100	02:49:38	05:21:14	08:01:06	<b>10:28:23.85</b>	<b>10:28:23.85</b>	+04:22:05 (41.7%)	8:46	6.8 (58.1%)
118	<b>GRYMULSKI Łukasz</b>	<b>1071</b>		Open M	101	02:45:13	05:17:34	08:01:33	<b>10:28:31.25</b>	<b>10:28:31.25</b>	+04:22:12 (41.7%)	8:46	6.8 (58.1%)
119	<b>WIDERA Wojtek</b>	<b>1249</b>		Open M	102	02:59:00	05:44:19	08:15:54	<b>10:28:39.90</b>	<b>10:28:39.90</b>	+04:22:21 (41.7%)	8:46	6.8 (58.1%)
120	<b>PIĘTKO Dariusz</b>	<b>1188</b>	ORANGE POLSKA	Open M	103	02:57:22	05:45:04	08:21:37	<b>10:30:49.75</b>	<b>10:30:49.75</b>	+04:24:31 (41.9%)	8:48	6.8 (58.1%)
121	<b>OPENCHOWSKA Monika</b>	<b>1170</b>	PODIUM	Open K	18	03:02:35	05:54:22	08:34:56	<b>10:31:48.05</b>	<b>10:31:48.05</b>	+04:25:29 (42.0%)	8:49	6.8 (58.1%)
122	<b>WITALEC Sebastian</b>	<b>1257</b>	DZIKITIM/PODIUM	Open M	104	03:02:35	05:54:16	08:34:53	<b>10:31:48.20</b>	<b>10:31:48.20</b>	+04:25:29 (42.0%)	8:49	6.8 (58.1%)
123	<b>BRYLIŃSKI Przemysław</b>	<b>1020</b>		Open M	105	02:47:22	05:41:14	08:13:31	<b>10:31:49.30</b>	<b>10:31:49.30</b>	+04:25:30 (42.0%)	8:49	6.8 (58.1%)
124	<b>PAWŁOWSKI Jakub</b>	<b>1175</b>		Open M	106	02:55:43	05:43:50	08:17:24	<b>10:34:13.90</b>	<b>10:34:13.90</b>	+04:27:55 (42.2%)	8:51	6.8 (58.1%)
125	<b>SIWIEC Stanisław</b>	<b>1205</b>	RESOVIA/PODIUM	Open M	107	03:00:41	05:54:21	08:35:28	<b>10:34:18.50</b>	<b>10:34:18.50</b>	+04:28:00 (42.3%)	8:51	6.8 (58.1%)
126	<b>DEMIANIUK Marcin</b>	<b>1043</b>	ALLERGAN TEAM	Open M	108	03:04:48	05:53:44	08:27:01	<b>10:34:58.10</b>	<b>10:34:58.10</b>	+04:28:39 (42.3%)	8:52	6.8 (58.1%)
127	<b>PERZ Marzenna</b>	<b>1176</b>	NIE TYLKO ULTRA	Open K	19	03:07:56	05:55:11	08:25:05	<b>10:35:08.45</b>	<b>10:35:08.45</b>	+04:28:50 (42.3%)	8:52	6.8 (58.1%)
128	<b>CHUDY Kamil</b>	<b>1031</b>		Open M	109	02:45:40	05:36:23	08:19:09	<b>10:37:20.15</b>	<b>10:37:20.15</b>	+04:31:01 (42.5%)	8:54	6.7 (57.3%)
129	<b>MITAN Kamil</b>	<b>1153</b>		Open M	110	03:01:47	05:51:33	08:18:32	<b>10:37:20.30</b>	<b>10:37:20.30</b>	+04:31:01 (42.5%)	8:54	6.7 (57.3%)
130	<b>SKRZYPCZAK Anna</b>	<b>1209</b>	LS RECYCLING PLUS	Open K	20	03:08:50	05:58:27	08:30:28	<b>10:37:46.85</b>	<b>10:37:46.85</b>	+04:31:28 (42.6%)	8:54	6.7 (57.3%)
131	<b>POŁCZYŃSKI Maciej</b>	<b>1192</b>	STALOWA ŁYDA	Open M	111	02:53:09	05:41:18	08:26:17	<b>10:39:34.85</b>	<b>10:39:34.85</b>	+04:33:16 (42.7%)	8:55	6.7 (57.3%)
132	<b>KRZYCZKOWSKI Bartłomiej</b>	<b>1117</b>		Open M	112	02:51:08	05:47:25	08:24:07	<b>10:40:27.55</b>	<b>10:40:27.55</b>	+04:34:09 (42.8%)	8:56	6.7 (57.3%)
133	<b>SZEWczyk Monika</b>	<b>1227</b>	BRZYSKITRITEAM	Open K	21	03:03:33	05:49:10	08:28:07	<b>10:40:53.10</b>	<b>10:40:53.10</b>	+04:34:34 (42.8%)	8:57	6.7 (57.3%)
134	<b>PIECZARKOWSKA-MRÓZ Zuzanna</b>	<b>1180</b>	KKM KALORYFER	Open K	22	03:03:33	05:49:31	08:28:10	<b>10:40:53.20</b>	<b>10:40:53.20</b>	+04:34:34 (42.8%)	8:57	6.7 (57.3%)
135	<b>GAWLIK Sylwia</b>	<b>1060</b>		Open K	23	03:12:23	06:10:18	08:39:58	<b>10:41:52.20</b>	<b>10:41:52.20</b>	+04:35:33 (42.9%)	8:57	6.7 (57.3%)
136	<b>TIAHNYBOK Paweł</b>	<b>1233</b>		Open M	113	02:59:43	05:58:22	08:37:23	<b>10:42:49.10</b>	<b>10:42:49.10</b>	+04:36:30 (43.0%)	8:58	6.7 (57.3%)
137	<b>STĘPKOWSKA Berta</b>	<b>1219</b>	UMCS_BIEGA	Open K	24	02:58:50	05:47:30	08:19:52	<b>10:44:01.30</b>	<b>10:44:01.30</b>	+04:37:42 (43.1%)	8:59	6.7 (57.3%)
138	<b>JANUSZ Grzegorz</b>	<b>1081</b>	UMCS BIEGA/ROBERT MROZEK TRI TEAM	Open M	114	02:58:51	05:47:30	08:20:05	<b>10:44:02.30</b>	<b>10:44:02.30</b>	+04:37:43 (43.1%)	8:59	6.7 (57.3%)
139	<b>FISHER Matthew</b>	<b>1057</b>		Open M	115		05:37:56	08:20:28	<b>10:44:43.00</b>	<b>10:44:43.00</b>	+04:38:24 (43.2%)	9:00	6.7 (57.3%)
140	<b>MATUSIEWICZ-SKROBACZ Patrycja</b>	<b>1144</b>		Open K	25	02:58:07	05:46:58	08:31:10	<b>10:50:23.20</b>	<b>10:50:23.20</b>	+04:44:04 (43.7%)	9:05	6.6 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
141	<b>BIAŁEK Mirosław</b>	<b>1011</b>	WRONIECKI KLUB BIEGACZA	Open M	116	02:59:28	05:53:13	08:37:57	<b>10:50:57.50</b>	<b>10:50:57.50</b>	+04:44:39 (43.7%)	9:05	6.6 (56.4%)
142	<b>ŚLĄCZKA Arkadiusz</b>	<b>1230</b>	FINISZ RYMANÓW	Open M	117	03:01:14	05:58:58	08:36:37	<b>10:51:35.95</b>	<b>10:51:35.95</b>	+04:45:17 (43.8%)	9:06	6.6 (56.4%)
143	<b>BŁASZCZAK Jarosław</b>	<b>1014</b>	GO APTIV!	Open M	118	03:00:36	05:53:23	08:34:35	<b>10:51:51.30</b>	<b>10:51:51.30</b>	+04:45:32 (43.8%)	9:06	6.6 (56.4%)
144	<b>JURKOWSKI Adrian</b>	<b>1083</b>	KLUB SPORTOWY SZAKALE BAŁUT ŁÓDŹ	Open M	119	03:07:44	06:15:02	08:46:14	<b>10:52:06.15</b>	<b>10:52:06.15</b>	+04:45:47 (43.8%)	9:06	6.6 (56.4%)
145	<b>ZALECH Zbigniew</b>	<b>1275</b>	PŁOCKIE MORSY	Open M	120	03:12:27	06:10:54	08:46:24	<b>10:53:29.70</b>	<b>10:53:29.70</b>	+04:47:11 (43.9%)	9:07	6.6 (56.4%)
146	<b>KARCZ Bartłomiej</b>	<b>1088</b>	KLUB SPORTOWY PSTRONG	Open M	121	03:22:14	06:10:13	08:46:48	<b>10:54:10.90</b>	<b>10:54:10.90</b>	+04:47:52 (44.0%)	9:08	6.6 (56.4%)
147	<b>WITKOWSKI Robert</b>	<b>1259</b>		Open M	122	02:59:30	05:57:06	08:40:02	<b>10:55:05.05</b>	<b>10:55:05.05</b>	+04:48:46 (44.1%)	9:08	6.6 (56.4%)
148	<b>TROJANOWSKA Małgorzata</b>	<b>1238</b>	TRAIL IS OUR WAY TEAM	Open K	26	03:11:55	06:08:12	08:45:46	<b>10:55:50.10</b>	<b>10:55:50.10</b>	+04:49:31 (44.1%)	9:09	6.6 (56.4%)
149	<b>WILMAN Andrzej</b>	<b>1255</b>		Open M	123	03:12:28	06:15:37	08:51:27	<b>10:56:37.75</b>	<b>10:56:37.75</b>	+04:50:19 (44.2%)	9:10	6.5 (55.6%)
150	<b>ŁATWIŃSKI Mateusz</b>	<b>1132</b>	MOCNA GRUPA CEZARA	Open M	124	03:18:41	06:16:03	08:44:43	<b>10:57:08.35</b>	<b>10:57:08.35</b>	+04:50:49 (44.3%)	9:10	6.5 (55.6%)
151	<b>LACZKO Istvan</b>	<b>1023</b>	JAKUS TEAM	Open M	125	03:03:09	06:01:39	08:44:40	<b>11:00:00.15</b>	<b>11:00:00.15</b>	+04:53:41 (44.5%)	9:13	6.5 (55.6%)
152	<b>PANEK Aleksandra</b>	<b>1171</b>		Open K	27	03:12:49	06:16:43	08:47:41	<b>11:01:36.70</b>	<b>11:01:36.70</b>	+04:55:18 (44.6%)	9:14	6.5 (55.6%)
153	<b>RUDEK Marcin</b>	<b>1203</b>	HAPPY RUNNERS	Open M	126	02:56:36	06:08:55	08:56:09	<b>11:08:29.80</b>	<b>11:08:29.80</b>	+05:02:11 (45.2%)	9:20	6.4 (54.7%)
154	<b>MISIURA Adam</b>	<b>1151</b>	SZAKALE BAŁUT ŁÓDŹ	Open M	127	03:07:46	06:15:00	09:08:38	<b>11:09:17.25</b>	<b>11:09:17.25</b>	+05:02:58 (45.3%)	9:20	6.4 (54.7%)
155	<b>WÓJCIK Jacek</b>	<b>1283</b>		Open M	128	03:04:05	06:09:20	08:52:09	<b>11:12:14.55</b>	<b>11:12:14.55</b>	+05:05:56 (45.5%)	9:23	6.4 (54.7%)
156	<b>PASTUSZEK Jarek</b>	<b>1173</b>		Open M	129	03:00:39	06:05:07	08:40:19	<b>11:12:27.15</b>	<b>11:12:27.15</b>	+05:06:08 (45.5%)	9:23	6.4 (54.7%)
157	<b>POWIERTOWSKI Adam</b>	<b>1195</b>		Open M	130	02:57:55	05:49:51	08:26:03	<b>11:15:55.50</b>	<b>11:15:55.50</b>	+05:09:37 (45.8%)	9:26	6.4 (54.7%)
158	<b>MROZIŃSKI Marcin</b>	<b>1155</b>	SPORT GENERATION	Open M	131	03:09:14	06:09:36	08:52:26	<b>11:16:12.45</b>	<b>11:16:12.45</b>	+05:09:54 (45.8%)	9:26	6.4 (54.7%)
159	<b>SZYPROWSKI Jarek</b>	<b>1228</b>	SPORT GENERATION	Open M	132	03:09:14	06:09:34	08:52:24	<b>11:16:12.90</b>	<b>11:16:12.90</b>	+05:09:54 (45.8%)	9:26	6.4 (54.7%)
160	<b>LARA Natalia</b>	<b>1124</b>	WARRIORS ŁÓDŹ	Open K	28	03:18:59	06:23:55	08:58:38	<b>11:16:35.40</b>	<b>11:16:35.40</b>	+05:10:16 (45.9%)	9:26	6.3 (53.8%)
161	<b>BAZYLUK Andrzej</b>	<b>1007</b>	AR WARSAW	Open M	133	02:59:39	05:59:54	08:49:17	<b>11:17:39.95</b>	<b>11:17:39.95</b>	+05:11:21 (45.9%)	9:27	6.3 (53.8%)
162	<b>CZARNOTA Dorota</b>	<b>1038</b>	WYBIEGAJ SIEBIE	Open K	29	03:07:40	06:06:27	08:53:08	<b>11:17:55.60</b>	<b>11:17:55.60</b>	+05:11:37 (46.0%)	9:28	6.3 (53.8%)
163	<b>KAWIK Janusz</b>	<b>1093</b>		Open M	134	03:07:19	06:05:46	08:54:35	<b>11:17:56.15</b>	<b>11:17:56.15</b>	+05:11:37 (46.0%)	9:28	6.3 (53.8%)
164	<b>STEPIEN Magdalena</b>	<b>1218</b>	PASIEKA MADZIA	Open K	30	03:13:48	06:22:46	09:08:22	<b>11:21:43.45</b>	<b>11:21:43.45</b>	+05:15:25 (46.3%)	9:31	6.3 (53.8%)
165	<b>BIELAWSKI Dariusz</b>	<b>1012</b>	HAPPY RUNNERS	Open M	135	03:00:37	06:05:50	08:57:22	<b>11:22:24.35</b>	<b>11:22:24.35</b>	+05:16:05 (46.3%)	9:31	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						Zdrój 22.2km	Górne 41km	Przybyszów 57.8km					
166	<b>KUKIEŁKA Justyna</b>	<b>1120</b>		Open K	31	03:00:43	06:05:12	08:53:58	<b>11:22:28.85</b>	<b>11:22:28.85</b>	+05:16:10 (46.3%)	9:31	6.3 (53.8%)
167	<b>MAGIERA Przemysław</b>	<b>1133</b>	NOWOSOLSKA GRUPA BIEGOWA	Open M	136	03:00:42	06:05:04	08:54:00	<b>11:22:30.75</b>	<b>11:22:30.75</b>	+05:16:12 (46.3%)	9:31	6.3 (53.8%)
168	<b>TARNOWSKI Marcin</b>	<b>1232</b>	JACEKBIEGA RUNNING TEAM	Open M	137	03:02:45	06:08:18	08:54:10	<b>11:22:45.55</b>	<b>11:22:45.55</b>	+05:16:27 (46.3%)	9:32	6.3 (53.8%)
169	<b>NIEDŹWIECKI Paweł</b>	<b>1162</b>	PODIUM	Open M	138	03:06:45	06:11:28	08:57:17	<b>11:23:18.85</b>	<b>11:23:18.85</b>	+05:17:00 (46.4%)	9:32	6.3 (53.8%)
170	<b>DUDEK Michał</b>	<b>1049</b>		Open M	139	02:57:09	05:55:47	08:44:47	<b>11:23:36.35</b>	<b>11:23:36.35</b>	+05:17:17 (46.4%)	9:32	6.3 (53.8%)
171	<b>MUŻYCZUK Erwin</b>	<b>1159</b>		Open M	140	03:17:09	06:22:56	09:08:27	<b>11:23:58.85</b>	<b>11:23:58.85</b>	+05:17:40 (46.4%)	9:33	6.3 (53.8%)
172	<b>UŻAROWSKI Remigiusz</b>	<b>1245</b>	ADAIGAEMI	Open M	141	03:00:38	06:05:01	08:53:53	<b>11:24:07.70</b>	<b>11:24:07.70</b>	+05:17:49 (46.5%)	9:33	6.3 (53.8%)
173	<b>MAKSELON Maciej</b>	<b>1285</b>	TORPEDO SZCZECINEK	Open M	142	03:17:38	06:26:24	09:09:18	<b>11:26:42.10</b>	<b>11:26:42.10</b>	+05:20:23 (46.7%)	9:35	6.3 (53.8%)
174	<b>POLIWKA-KISIEL Małgorzata</b>	<b>1191</b>	TEAM BIEGOWY SZCZECINEK	Open K	32	03:17:39	06:26:23	09:09:22	<b>11:26:42.40</b>	<b>11:26:42.40</b>	+05:20:23 (46.7%)	9:35	6.3 (53.8%)
175	<b>MGŁOSIEK Grzegorz</b>	<b>1147</b>		Open M	143	03:24:53	06:34:12	09:17:54	<b>11:28:52.95</b>	<b>11:28:52.95</b>	+05:22:34 (46.8%)	9:37	6.2 (53.0%)
176	<b>PIETRZAK Agnieszka</b>	<b>1187</b>		Open K	33	03:10:32	06:21:54	09:06:49	<b>11:29:51.45</b>	<b>11:29:51.45</b>	+05:23:33 (46.9%)	9:38	6.2 (53.0%)
177	<b>CHODZIŃSKI Piotr</b>	<b>1027</b>		Open M	144	03:09:08	06:10:24	09:06:41	<b>11:31:22.45</b>	<b>11:31:22.45</b>	+05:25:04 (47.0%)	9:39	6.2 (53.0%)
178	<b>BURACZYŃSKI Adam</b>	<b>1026</b>	VEGERUNNERS/HYDROMOC	Open M	145	03:15:50	06:23:08	09:08:32	<b>11:31:30.30</b>	<b>11:31:30.30</b>	+05:25:11 (47.0%)	9:39	6.2 (53.0%)
179	<b>PIERZCHAŁA Jacek</b>	<b>1186</b>		Open M	146	03:07:28	06:05:29	09:16:20	<b>11:32:54.20</b>	<b>11:32:54.20</b>	+05:26:35 (47.1%)	9:40	6.2 (53.0%)
180	<b>WIĘCH Mariusz</b>	<b>1253</b>		Open M	147	02:59:40	06:04:29	08:53:40	<b>11:33:01.00</b>	<b>11:33:01.00</b>	+05:26:42 (47.1%)	9:40	6.2 (53.0%)
181	<b>KOWALCZUK Michał</b>	<b>1103</b>	MARTA_MILAN_ADAŚ	Open M	148	03:07:20	06:06:04	08:57:08	<b>11:33:03.45</b>	<b>11:33:03.45</b>	+05:26:45 (47.1%)	9:40	6.2 (53.0%)
182	<b>WIŚNIEWSKA Ewa</b>	<b>1256</b>		Open K	34	03:09:19	06:13:35	09:06:53	<b>11:35:05.35</b>	<b>11:35:05.35</b>	+05:28:46 (47.3%)	9:42	6.2 (53.0%)
183	<b>RUTKOWSKI Artur</b>	<b>1204</b>		Open M	149	03:12:06	06:24:13	09:17:28	<b>11:35:24.05</b>	<b>11:35:24.05</b>	+05:29:05 (47.3%)	9:42	6.2 (53.0%)
184	<b>SZCZERBACKA Beata</b>	<b>1225</b>		Open K	35	03:13:39	06:27:20	09:11:26	<b>11:35:42.40</b>	<b>11:35:42.40</b>	+05:29:23 (47.3%)	9:42	6.2 (53.0%)
185	<b>DYCKOWSKI Adam</b>	<b>1050</b>		Open M	150	03:04:51	06:12:28		<b>11:36:07.25</b>	<b>11:36:07.25</b>	+05:29:48 (47.4%)	9:43	6.2 (53.0%)
186	<b>DYCKOWSKI Andrzej</b>	<b>1051</b>		Open M	151	03:04:52	06:15:06	09:09:08	<b>11:36:08.00</b>	<b>11:36:08.00</b>	+05:29:49 (47.4%)	9:43	6.2 (53.0%)
187	<b>FIK Marek</b>	<b>1056</b>		Open M	152	03:05:36	06:14:23	09:06:23	<b>11:36:29.30</b>	<b>11:36:29.30</b>	+05:30:10 (47.4%)	9:43	6.2 (53.0%)
188	<b>PIECUCH Karolina</b>	<b>1179</b>		Open K	36	03:04:06	06:05:55	09:06:34	<b>11:36:47.45</b>	<b>11:36:47.45</b>	+05:30:29 (47.4%)	9:43	6.2 (53.0%)
189	<b>KRAWIETZ Joanna</b>	<b>1111</b>	TS REGLE SZKLARSKA PORĘBA	Open K	37	03:18:57	06:46:08	09:30:00	<b>11:40:20.40</b>	<b>11:40:20.40</b>	+05:34:01 (47.7%)	9:46	6.1 (52.1%)
190	<b>BUJNOWSKI Rafał</b>	<b>1024</b>	PĘDZĄCE KAPCIE	Open M	153	02:58:41	06:08:16	09:11:22	<b>11:41:01.80</b>	<b>11:41:01.80</b>	+05:34:43 (47.7%)	9:47	6.1 (52.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
191	<b>TOMKIEWICZ Łukasz</b>	<b>1236</b>		Open M	154	03:06:18	06:07:52	09:09:13	<b>11:42:43.60</b>	<b>11:42:43.60</b>	+05:36:25 (47.9%)	9:48	6.1 (52.1%)
192	<b>JAROMIN Marcin</b>	<b>1082</b>		Open M	155	03:07:25	06:23:20	09:16:33	<b>11:46:22.30</b>	<b>11:46:22.30</b>	+05:40:03 (48.1%)	9:51	6.1 (52.1%)
193	<b>POREMSKI Leszek</b>	<b>1193</b>		Open M	156	02:59:52	06:19:49	09:23:46	<b>11:50:04.30</b>	<b>11:50:04.30</b>	+05:43:45 (48.4%)	9:55	6.1 (52.1%)
194	<b>WIĄCEK Jakub</b>	<b>1248</b>		Open M	157	03:31:31	06:47:34	09:26:33	<b>11:50:32.60</b>	<b>11:50:32.60</b>	+05:44:14 (48.4%)	9:55	6 (51.3%)
195	<b>KIEŁBOWICZ Aneta</b>	<b>1095</b>		Open K	38	03:12:40	06:23:18	09:17:24	<b>11:52:53.60</b>	<b>11:52:53.60</b>	+05:46:35 (48.6%)	9:57	6 (51.3%)
196	<b>URBANOWICZ Łukasz</b>	<b>1244</b>		Open M	158	03:03:05	06:15:46	09:13:03	<b>11:54:07.40</b>	<b>11:54:07.40</b>	+05:47:48 (48.7%)	9:58	6 (51.3%)
197	<b>KOZIOŁ Paweł</b>	<b>1107</b>		Open M	159	03:12:47	06:28:17	09:25:07	<b>11:56:22.70</b>	<b>11:56:22.70</b>	+05:50:04 (48.9%)	10:00	6 (51.3%)
198	<b>RAJCZAK Łukasz</b>	<b>1200</b>		Open M	160	03:23:36	06:36:09	09:31:21	<b>12:02:03.30</b>	<b>12:02:03.30</b>	+05:55:44 (49.3%)	10:05	5.9 (50.4%)
199	<b>MAJEWSKI Błażej</b>	<b>1136</b>		Open M	161	03:13:22	06:36:38	09:30:08	<b>12:03:51.10</b>	<b>12:03:51.10</b>	+05:57:32 (49.4%)	10:06	5.9 (50.4%)
200	<b>WOJCIECHOWSKI Krzysztof</b>	<b>1261</b>	STARGARD,JA SIĘ NIE ŚCIGAM	Open M	162	03:07:07	06:22:26	09:12:58	<b>12:04:47.45</b>	<b>12:04:47.45</b>	+05:58:29 (49.5%)	10:07	5.9 (50.4%)
201	<b>WOJCIECHOWSKA Wioletta</b>	<b>1260</b>		Open K	39	03:07:08	06:22:34	09:16:11	<b>12:04:47.80</b>	<b>12:04:47.80</b>	+05:58:29 (49.5%)	10:07	5.9 (50.4%)
202	<b>KRAWIETZ Tomasz</b>	<b>1112</b>	IZERSKI NIEDŹWIEDŹ VERTICAL INDUSTRIAL	Open M	163	03:18:36	06:45:47	09:41:28	<b>12:05:33.65</b>	<b>12:05:33.65</b>	+05:59:15 (49.5%)	10:08	5.9 (50.4%)
203	<b>PRZYKUCKI Robert</b>	<b>1197</b>		Open M	164	03:02:40	06:06:41	09:22:20	<b>12:06:03.15</b>	<b>12:06:03.15</b>	+05:59:44 (49.5%)	10:08	5.9 (50.4%)
204	<b>LENART Wioleta</b>	<b>1126</b>		Open K	40	03:18:04	06:35:49	09:31:30	<b>12:07:43.60</b>	<b>12:07:43.60</b>	+06:01:25 (49.7%)	10:09	5.9 (50.4%)
205	<b>PIEJAK Tomasz</b>	<b>1182</b>	(NIE)ZDROWA RYWALIZACJA	Open M	165	03:10:41	06:24:44	09:23:36	<b>12:07:44.25</b>	<b>12:07:44.25</b>	+06:01:25 (49.7%)	10:09	5.9 (50.4%)
206	<b>KROSZKA Krzysztof</b>	<b>1114</b>	STEPSTONE RUNNING TEAM	Open M	166	03:09:09	06:27:20	09:30:31	<b>12:08:58.25</b>	<b>12:08:58.25</b>	+06:02:39 (49.8%)	10:10	5.9 (50.4%)
207	<b>KONKIEWICZ Katarzyna</b>	<b>1098</b>	GRODZISKIE LASKI	Open K	41	03:28:02	06:46:37	09:29:36	<b>12:11:34.60</b>	<b>12:11:34.60</b>	+06:05:16 (49.9%)	10:13	5.9 (50.4%)
208	<b>CHRÓŚCIAK Paweł</b>	<b>1029</b>		Open M	167	03:22:45	06:50:47	09:41:51	<b>12:15:10.70</b>	<b>12:15:10.70</b>	+06:08:52 (50.2%)	10:16	5.8 (49.6%)
209	<b>KRYJAK Tomasz</b>	<b>1116</b>		Open M	168	03:26:16	06:41:06	09:48:56	<b>12:17:17.25</b>	<b>12:17:17.25</b>	+06:10:58 (50.3%)	10:17	5.8 (49.6%)
210	<b>MAKAREWICZ Sylwia</b>	<b>1137</b>		Open K	42	03:09:02	06:22:55	09:23:20	<b>12:17:45.65</b>	<b>12:17:45.65</b>	+06:11:27 (50.3%)	10:18	5.8 (49.6%)
211	<b>TUREK Paweł</b>	<b>1241</b>	PRIN-S	Open M	169	03:35:24	06:59:48	09:48:47	<b>12:18:27.75</b>	<b>12:18:27.75</b>	+06:12:09 (50.4%)	10:18	5.8 (49.6%)
212	<b>DARSKI Rafał</b>	<b>1040</b>	RECAMIERE	Open M	170	03:13:23	06:33:45	09:41:43	<b>12:18:36.15</b>	<b>12:18:36.15</b>	+06:12:17 (50.4%)	10:18	5.8 (49.6%)
213	<b>LINDER Sebastian</b>	<b>1130</b>	PSYLAND 25	Open M	171	03:24:35	06:45:42	09:48:50	<b>12:19:09.65</b>	<b>12:19:09.65</b>	+06:12:51 (50.4%)	10:19	5.8 (49.6%)
214	<b>BARSZCZ Marcin</b>	<b>1005</b>		Open M	172	03:35:21	07:07:02	09:54:38	<b>12:19:19.15</b>	<b>12:19:19.15</b>	+06:13:00 (50.5%)	10:19	5.8 (49.6%)
215	<b>PROCHOWICZ Dominik</b>	<b>1196</b>		Open M	173	03:10:49	06:43:26	09:41:32	<b>12:20:29.75</b>	<b>12:20:29.75</b>	+06:14:11 (50.5%)	10:20	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
216	<b>PASTYRNAK Łukasz</b>	<b>1174</b>	RUSYNLEM	Open M	174	03:11:55	06:34:47	09:32:00	<b>12:21:15.60</b>	<b>12:21:15.60</b>	+06:14:57 (50.6%)	10:21	5.8 (49.6%)
217	<b>SUMIEC-SZYFNER Katarzyna</b>	<b>1222</b>	ZABIEGANI MIELEC	Open K	43	03:18:44	06:31:50	09:41:37	<b>12:23:50.05</b>	<b>12:23:50.05</b>	+06:17:31 (50.8%)	10:23	5.8 (49.6%)
218	<b>SLUZALEK Małgorzata</b>	<b>1211</b>		Open K	44	03:30:09	06:48:46	09:48:58	<b>12:26:37.85</b>	<b>12:26:37.85</b>	+06:20:19 (50.9%)	10:25	5.8 (49.6%)
219	<b>MARSZAŁEK Marcin</b>	<b>1139</b>		Open M	175			09:48:52	<b>12:27:39.00</b>	<b>12:27:39.00</b>	+06:21:20 (51.0%)	10:26	5.7 (48.7%)
220	<b>MAJEWSKA Regina</b>	<b>1135</b>		Open K	45	03:28:50	06:46:59	09:49:02	<b>12:27:50.90</b>	<b>12:27:50.90</b>	+06:21:32 (51.0%)	10:26	5.7 (48.7%)
221	<b>KROSZKA Beata</b>	<b>1113</b>	TEAM ZABIEGANEDNI	Open K	46	03:35:40	06:58:47	09:54:37	<b>12:36:47.80</b>	<b>12:36:47.80</b>	+06:30:29 (51.6%)	10:34	5.7 (48.7%)
221	<b>GUZEK Agnieszka</b>	<b>1073</b>		Open K	46	03:35:06	07:02:11	09:54:58	<b>12:36:47.80</b>	<b>12:36:47.80</b>	+06:30:29 (51.6%)	10:34	5.7 (48.7%)
223	<b>KUŚ Tomasz</b>	<b>1123</b>	HAPPY RUNNERS	Open M	176	03:35:42	07:03:43	09:55:05	<b>12:36:48.30</b>	<b>12:36:48.30</b>	+06:30:29 (51.6%)	10:34	5.7 (48.7%)
<b>Przekroczony limit czasu: 13:00:00</b>													
224	<b>ZIĘBA Łukasz</b>	<b>1276</b>		Open M	177	03:45:33	07:30:14	11:21:46	<b>13:19:37.15</b>	<b>13:19:37.15</b>	+07:13:18 (54.2%)	11:10	5.4 (46.2%)
	<b>KARWEL Norbert</b>	<b>1090</b>		Open M		03:03:32 DNF	06:22:34 DNF	09:13:40 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DZIADUS Marcin</b>	<b>1053</b>		Open M		02:58:39 DNF	05:58:31 DNF	09:13:07 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KOLASA Przemysław</b>	<b>1097</b>		Open M		02:16:04 DNF	04:29:47 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GRYGIEREK Roman</b>	<b>1070</b>	KLUB BIEGACZA FARTLEK	Open M		02:17:10 DNF	04:48:45 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>DYGDON Paweł</b>	<b>1052</b>	SOFT-PONT	Open M		02:37:07 DNF	05:11:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CZARNECKI Bartłomiej</b>	<b>1035</b>		Open M		03:02:10 DNF	06:15:28 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MYSZKOWSKI Paweł</b>	<b>1160</b>	ULTRA ŚLEDŹ	Open M		03:14:13 DNF	06:40:32 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GŁOWACKI Maciej</b>	<b>1064</b>		Open M		03:24:23 DNF	06:58:58 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MENDOCHA Jakub</b>	<b>1146</b>		Open M		03:44:08 DNF	07:48:25 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WYROSLAK Kamil</b>	<b>1272</b>		Open M		04:02:02 DNF	08:02:35 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>CHOJNACKI Marcin</b>	<b>1028</b>		Open M		03:56:01 DNF	08:19:50 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WOŁAKIEWICZ Piotr</b>	<b>1264</b>	STAŃCZAK TEAM	Open M		01:56:28 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>WÓJCIK Jacek</b>	<b>1267</b>	FINISZ RYMANÓW	Open M		01:58:54 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LEWIAK Michał</b>	<b>1128</b>	HEINEKEN RUNNING TEAM	Open M		02:10:47 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MALEC Artur</b>	<b>1138</b>	TRAIL IS OUR WAY	Open M		02:31:32 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	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
	<b>BRZOSKA Piotr</b>	<b>1022</b>		Open M		02:59:00 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WÓJTOWICZ Jacek</b>	<b>1268</b>	FRANCISZKANIE KROSNO	Open M		03:15:57 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŻUROWSKI Łukasz</b>	<b>1281</b>	BBKS ŁAWECZKA WILANÓW	Open M		03:22:16 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MARZAŁEK Marcin</b>	<b>1140</b>	OK! SPORT	Open M		04:07:58 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOROWIEC- RÓŻYCKA Magdalena</b>	<b>1017</b>	BIEGAJĄCY ŚWIDNIK	Open K		04:08:24 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>FIJAŁKOWSKA Karolina</b>	<b>1055</b>		Open K		04:08:24 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LEWKOWICZ Piotr</b>	<b>1129</b>	RUSYNLEM	Open M		05:31:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BOGUSZ Grzegorz</b>	<b>1016</b>		Open M		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>FURMAN Tomasz</b>	<b>1059</b>		Open M		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 248 wynik(ów)