



LOVE'LAS

B4SPORT

Wydarzenie: Love'Las JESIENIA
Organizator: Stowarzyszenie Zabiegani Mielec, Pakatok Sp. z o.o.
Data: 2021-11-20
Miejsce: Nadleśnictwo Mielec
Dystans: 25 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
1	MACHOWSKI Karol	402		M36-49	1	01:42:21.00	01:42:21.00		4:05	14.7 (100%)
1	CZYŻ Grzegorz	421	GRUPA AZOTY -AUTOMATYKA TARNÓW	M50+	1	01:42:21.00	01:42:21.00	+00:00:00 (0.0%)	4:05	14.7 (100%)
3	DZIERLIŃSKI Paweł	341	MONDI BAGS	M16-35	1	01:45:08.00	01:45:08.00	+00:02:47 (2.6%)	4:12	14.3 (97.3%)
4	KĄKOL Zbigniew	412	WATER TEAM	M36-49	2	01:50:11.00	01:50:11.00	+00:07:50 (7.1%)	4:24	13.6 (92.5%)
5	KIELASZEWSKI Karol	237	LESZNO LIMITS RUNNERS	M16-35	2	01:50:46.00	01:50:46.00	+00:08:25 (7.6%)	4:25	13.5 (91.8%)
6	SKRZYSIŃSKI Gniewomir	371	TEAM INSTINCT	M36-49	3	01:51:36.00	01:51:36.00	+00:09:15 (8.3%)	4:27	13.4 (91.2%)
7	KNAPIK Sebastian	429	BUTYJANA	M16-35	3	01:53:45.00	01:53:45.00	+00:11:24 (10.0%)	4:33	13.2 (89.8%)
8	LEWANDOWSKI Miłosz	437		M16-35	4	01:54:13.00	01:54:13.00	+00:11:52 (10.4%)	4:34	13.1 (89.1%)
9	HANULAK Paweł	422	PODIUM	M16-35	5	01:54:24.00	01:54:24.00	+00:12:03 (10.5%)	4:34	13.1 (89.1%)
10	PRZYWARA Piotr	357	GŁOGOVIĄ GŁOGÓW MAŁOPOLSKI	M36-49	4	01:55:51.00	01:55:51.00	+00:13:30 (11.7%)	4:38	12.9 (87.8%)
11	TELESZ Mateusz	413		M16-35	6	01:59:33.00	01:59:33.00	+00:17:12 (14.4%)	4:46	12.5 (85.0%)
12	ZIEMIAŃSKI Grzegorz	434		M36-49	5	02:00:26.00	02:00:26.00	+00:18:05 (15.0%)	4:49	12.5 (85.0%)
13	LITWIN Bartek	228	WKURW_TEAM	M36-49	6	02:00:57.00	02:00:57.00	+00:18:36 (15.4%)	4:50	12.4 (84.4%)
14	MIŁOS Łukasz	396		M16-35	7	02:01:14.00	02:01:14.00	+00:18:53 (15.6%)	4:50	12.4 (84.4%)
15	WOJTON Karol	210	WKURW_TEAM	M36-49	7	02:01:36.00	02:01:36.00	+00:19:15 (15.8%)	4:51	12.3 (83.7%)
16	WITEK Bogdan	415	WATER TEAM	M50+	2	02:01:56.00	02:01:56.00	+00:19:35 (16.1%)	4:52	12.3 (83.7%)
17	STARZEC Michał	240	PRZEWORSKA GRUPA BIEGOWA	M36-49	8	02:02:29.00	02:02:29.00	+00:20:08 (16.4%)	4:53	12.2 (83.0%)
18	JAKUBOWSKI Zbyszek	385		M36-49	9	02:03:08.00	02:03:08.00	+00:20:47 (16.9%)	4:55	12.2 (83.0%)
19	PASTERZ Piotr	325		M36-49	10	02:03:42.00	02:03:42.00	+00:21:21 (17.3%)	4:56	12.1 (82.3%)
20	PEŁCZYŃSKI Sławomir	409	KB MARATONCZYK DEBICA	M36-49	11	02:05:50.00	02:05:50.00	+00:23:29 (18.7%)	5:02	11.9 (81.0%)
21	NEMŚ Arkadiusz	277	KOPALNIA DZIEWIĄTLE	M36-49	12	02:06:44.00	02:06:44.00	+00:24:23 (19.2%)	5:04	11.8 (80.3%)
22	SMACZNY Bartłomiej	255	WTM	M16-35	8	02:07:49.00	02:07:49.00	+00:25:28 (19.9%)	5:06	11.7 (79.6%)
23	DELEŻUCH Wojciech	349	POZIOMKI	M36-49	13	02:11:45.00	02:11:45.00	+00:29:24 (22.3%)	5:16	11.4 (77.6%)
24	SOCHA Krzysztof	382	ROZBIEGANA MALAWA	M36-49	14	02:11:47.00	02:11:47.00	+00:29:26 (22.3%)	5:16	11.4 (77.6%)
25	SKWARA Dariusz	366		M36-49	15	02:11:58.00	02:11:58.00	+00:29:37 (22.4%)	5:16	11.4 (77.6%)
26	DEC Piotr	426	:)	M50+	3	02:12:39.00	02:12:39.00	+00:30:18 (22.8%)	5:18	11.3 (76.9%)
27	KARAŚ Łukasz	284		M16-35	9	02:12:46.00	02:12:46.00	+00:30:25 (22.9%)	5:18	11.3 (76.9%)
27	SZKODA Robert	408	BIŁGORAJ BIEGA	M36-49	16	02:12:46.00	02:12:46.00	+00:30:25 (22.9%)	5:18	11.3 (76.9%)
29	ORTYL Magdalena	305	ZABIEGANI MIELEC	K16-35	1	02:12:47.00	02:12:47.00	+00:30:26 (22.9%)	5:18	11.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
30	CHAJDAŚ Robert	379	ZABIEGANI MIELEC	M50+	4	02:12:59.00	02:12:59.00	+00:30:38 (23.0%)	5:19	11.3 (76.9%)
31	OBRĘCZAREK Jerzy	301		M36-49	17	02:13:05.00	02:13:05.00	+00:30:44 (23.1%)	5:19	11.3 (76.9%)
32	KLUS Jakub	384	ROZBIEGANA MALAWA	M36-49	18	02:13:42.00	02:13:42.00	+00:31:21 (23.4%)	5:20	11.2 (76.2%)
33	CYNAR Tomasz	292	ZAWADZKA TEAM / NOCNY BÓR TEAM	M36-49	19	02:13:43.00	02:13:43.00	+00:31:22 (23.5%)	5:20	11.2 (76.2%)
34	WIŚNIEWSKI Maciej	342	MONDI BAGS	M36-49	20	02:13:55.00	02:13:55.00	+00:31:34 (23.6%)	5:21	11.2 (76.2%)
35	LISAK Tomasz	419	KS RYGLICE SEKCJA BIEGOWA	M36-49	21	02:14:20.00	02:14:20.00	+00:31:59 (23.8%)	5:22	11.2 (76.2%)
36	RZESZÓW Damian	231		M36-49	22	02:14:22.00	02:14:22.00	+00:32:01 (23.8%)	5:22	11.2 (76.2%)
37	MROŻEK Tomasz	431		M36-49	23	02:14:24.00	02:14:24.00	+00:32:03 (23.8%)	5:22	11.2 (76.2%)
38	ĆWIAKAŁA Michał	318	BIEGOWE WIDZI-MI-SIĘ	M36-49	24	02:15:00.00	02:15:00.00	+00:32:39 (24.2%)	5:24	11.1 (75.5%)
39	BĘBEN Robert	235	OSTROBIEC	M50+	5	02:15:22.00	02:15:22.00	+00:33:01 (24.4%)	5:24	11.1 (75.5%)
40	BALICKI Zbigniew	214	FOREST CARABUS TEAM	M36-49	25	02:15:49.00	02:15:49.00	+00:33:28 (24.6%)	5:25	11 (74.8%)
41	ZIĘBA Mateusz	332	FOREVER TEAM	M36-49	26	02:15:57.00	02:15:57.00	+00:33:36 (24.7%)	5:26	11 (74.8%)
42	PALUCH Andrzej	376	BIEGACZE. PL	M36-49	27	02:16:27.00	02:16:27.00	+00:34:06 (25.0%)	5:27	11 (74.8%)
43	WODZIEN Andrzej	383	PAKO TEAM	M50+	6	02:16:38.00	02:16:38.00	+00:34:17 (25.1%)	5:27	11 (74.8%)
44	KOŚCIAK Janek	367	PGO PASZCZYNA	M36-49	28	02:16:41.00	02:16:41.00	+00:34:20 (25.1%)	5:28	11 (74.8%)
45	BAŃKOWSKI Bartłomiej	308	VEGE RUNNERS	M36-49	29	02:16:46.00	02:16:46.00	+00:34:25 (25.2%)	5:28	11 (74.8%)
46	KRAWCZYNSKI Janusz	358	OSTROBIEC	M50+	7	02:16:50.00	02:16:50.00	+00:34:29 (25.2%)	5:28	11 (74.8%)
47	KOPPLINGER Grzegorz	221	ASSECO ACTIVE TEAM	M36-49	30	02:17:12.00	02:17:12.00	+00:34:51 (25.4%)	5:29	10.9 (74.1%)
48	MASŁOWSKI Dominik	380	PODIUM	M36-49	31	02:17:21.00	02:17:21.00	+00:35:00 (25.5%)	5:29	10.9 (74.1%)
49	KOSMAŁA Grzegorz	307	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M36-49	32	02:17:48.00	02:17:48.00	+00:35:27 (25.7%)	5:30	10.9 (74.1%)
50	SKRZYPEK Paulina	306	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K36-49	1	02:17:51.00	02:17:51.00	+00:35:30 (25.8%)	5:30	10.9 (74.1%)
51	CZACHOR Andrzej	310	TURLAM SIĘ DO METY	M36-49	33	02:18:24.00	02:18:24.00	+00:36:03 (26.0%)	5:32	10.8 (73.5%)
52	KOPACZ Piotr	205	PERFEX	M36-49	34	02:18:45.00	02:18:45.00	+00:36:24 (26.2%)	5:33	10.8 (73.5%)
53	JABŁOŃSKI Tomasz	269	DRUŻYNA SZWAGRÓW	M36-49	35	02:20:06.00	02:20:06.00	+00:37:45 (26.9%)	5:36	10.7 (72.8%)
54	WICHEREK Maciej	252	ITMBW	M50+	8	02:20:23.00	02:20:23.00	+00:38:02 (27.1%)	5:36	10.7 (72.8%)
55	BOCHENEK Adam	281	WBO OPOLE	M36-49	36	02:20:51.00	02:20:51.00	+00:38:30 (27.3%)	5:38	10.6 (72.1%)
56	PIĘNKOSZ Wojciech	304	PGE ENERGETIC RUNNING	M36-49	37	02:20:55.00	02:20:55.00	+00:38:34 (27.4%)	5:38	10.6 (72.1%)
57	SZURLEJ Paulina	406		K36-49	2	02:22:13.00	02:22:13.00	+00:39:52 (28.0%)	5:41	10.5 (71.4%)
58	SAMBOROWSKI Marcin	411		M36-49	38	02:22:28.00	02:22:28.00	+00:40:07 (28.2%)	5:41	10.5 (71.4%)
59	SOLIŃSKA Magdalena	268		K36-49	3	02:22:29.00	02:22:29.00	+00:40:08 (28.2%)	5:41	10.5 (71.4%)
60	BARAN Arkadiusz	206	HUNTERS OCR TEAM	M16-35	10	02:22:30.00	02:22:30.00	+00:40:09 (28.2%)	5:42	10.5 (71.4%)
61	SURMAN Mariusz	334	DZIKIE MUSTANGI	M16-35	11	02:22:56.00	02:22:56.00	+00:40:35 (28.4%)	5:43	10.5 (71.4%)
61	SURMIAK Piotr	363		M36-49	39	02:22:56.00	02:22:56.00	+00:40:35 (28.4%)	5:43	10.5 (71.4%)
63	ŻUROWSKI Krzysztof	279	NOCNY BÓR TEAM	M50+	9	02:23:14.00	02:23:14.00	+00:40:53 (28.5%)	5:43	10.5 (71.4%)
64	BŁAJSZCZAK Karol	401	DOBRO ZAWSZE WYGRYWA !	M36-49	40	02:24:07.00	02:24:07.00	+00:41:46 (29.0%)	5:45	10.4 (70.7%)
65	SŁODKIEWICZ Jarosław	347	CHODZĘ I BIEGAM BO LUBIĘ	M36-49	41	02:24:32.00	02:24:32.00	+00:42:11 (29.2%)	5:46	10.4 (70.7%)
66	RÓG Dorota	381	RZESZOWSKIE GAZELE I GEPARDY	K36-49	4	02:25:10.00	02:25:10.00	+00:42:49 (29.5%)	5:48	10.3 (70.1%)
67	STOPA Marcin	236	UM RZESZOWA	M36-49	42	02:25:11.00	02:25:11.00	+00:42:50 (29.5%)	5:48	10.3 (70.1%)
68	WIELGOSZ Artur	313	AUTOPART / ZABIEGANI MIELEC	M36-49	43	02:25:18.00	02:25:18.00	+00:42:57 (29.6%)	5:48	10.3 (70.1%)
69	LUBAS Grzegorz	394	RZESZOWSKIE GAZELE I GEPARDY	M36-49	44	02:25:23.00	02:25:23.00	+00:43:02 (29.6%)	5:48	10.3 (70.1%)
70	SIEK Kazimierz	436		M50+	10	02:25:54.00	02:25:54.00	+00:43:33 (29.8%)	5:50	10.3 (70.1%)
71	GAJDA Łukasz	312		M36-49	45	02:26:39.00	02:26:39.00	+00:44:18 (30.2%)	5:51	10.2 (69.4%)
72	BRUDZ Krzysztof	350	NOCNY BÓR TEAM	M16-35	12	02:26:44.00	02:26:44.00	+00:44:23 (30.2%)	5:52	10.2 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
73	BEDNARZ Krzysztof	271	4K TEAM TARNÓW	M50+	11	02:27:18.00	02:27:18.00	+00:44:57 (30.5%)	5:53	10.2 (69.4%)
74	WROŃSKA Agata	201		K36-49	5	02:27:40.00	02:27:40.00	+00:45:19 (30.7%)	5:54	10.2 (69.4%)
75	WOŹNIAK Katarzyna	326	AKM PROMILEK	K16-35	2	02:28:11.00	02:28:11.00	+00:45:50 (30.9%)	5:55	10.1 (68.7%)
76	GAJEK Magdalena	289	WIEŚ TAŃCZY I BIEGA	K36-49	6	02:28:12.00	02:28:12.00	+00:45:51 (30.9%)	5:55	10.1 (68.7%)
77	WOŹNIAK Marek	295	AKM PROMILEK	M36-49	46	02:28:13.00	02:28:13.00	+00:45:52 (30.9%)	5:55	10.1 (68.7%)
78	GAJEK Grzegorz	290	WIEŚ TAŃCZY I BIEGA	M36-49	47	02:28:19.00	02:28:19.00	+00:45:58 (31.0%)	5:55	10.1 (68.7%)
79	ROŚĆ Dawid	285		M36-49	48	02:28:34.00	02:28:34.00	+00:46:13 (31.1%)	5:56	10.1 (68.7%)
80	MYŚLIWSKA Kinga	333	BBL OSTROWIEC ŚWIĘTOKRZYSKI	K16-35	3	02:29:33.00	02:29:33.00	+00:47:12 (31.6%)	5:58	10 (68.0%)
81	BIDAS Michał	378	FIZJOACCESS	M16-35	13	02:30:16.00	02:30:16.00	+00:47:55 (31.9%)	6:00	10 (68.0%)
82	SZELA Dominik	239	SUEZ IZOLACJE BUDOWLANE RZESZÓW	M36-49	49	02:30:21.00	02:30:21.00	+00:48:00 (31.9%)	6:00	10 (68.0%)
83	ŁAPIŃSKA Anna	344	PODIUM / JUMPING STARS TEAM PRZEMYŚL	K36-49	7	02:30:49.00	02:30:49.00	+00:48:28 (32.1%)	6:01	9.9 (67.3%)
84	SOKÓŁ Urszula	360	BBL OSTROWIEC ŚWIĘTOKRZYSKI/OSTROBIEC	K36-49	8	02:30:57.00	02:30:57.00	+00:48:36 (32.2%)	6:02	9.9 (67.3%)
85	GRAD-KOWALCZYK Barbara	219		K36-49	9	02:31:46.00	02:31:46.00	+00:49:25 (32.6%)	6:04	9.9 (67.3%)
86	KOWALCZYK Piotr	220		M36-49	50	02:31:47.00	02:31:47.00	+00:49:26 (32.6%)	6:04	9.9 (67.3%)
87	RZESZOT Łukasz	242	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M36-49	51	02:31:48.00	02:31:48.00	+00:49:27 (32.6%)	6:04	9.9 (67.3%)
88	ADAMCZYK Janusz	365		M50+	12	02:32:09.00	02:32:09.00	+00:49:48 (32.7%)	6:05	9.9 (67.3%)
89	KOŚCIAK Tomasz	368	OSP PASZCZYNA	M36-49	52	02:32:13.00	02:32:13.00	+00:49:52 (32.8%)	6:05	9.9 (67.3%)
90	ORŁOWSKA Beata	387	STAŁOWOWOLSKI KLUB BIEGACZA	K50+	1	02:32:19.00	02:32:19.00	+00:49:58 (32.8%)	6:05	9.8 (66.7%)
91	CHORZĘPA Mariusz	393	TSA SANDOMIERZ	M36-49	53	02:32:24.00	02:32:24.00	+00:50:03 (32.8%)	6:05	9.8 (66.7%)
92	RELIGA Zbyszek	241		M36-49	54	02:32:36.00	02:32:36.00	+00:50:15 (32.9%)	6:06	9.8 (66.7%)
93	KUSION Anna	321	EKIPA Z TARNOWA	K50+	2	02:33:31.00	02:33:31.00	+00:51:10 (33.3%)	6:08	9.8 (66.7%)
94	BEDNARSKA Kaśka	251	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K36-49	10	02:33:46.00	02:33:46.00	+00:51:25 (33.4%)	6:09	9.8 (66.7%)
95	NAUKA Edyta	355	DĘBICKIE GEPARDY	K36-49	11	02:33:49.00	02:33:49.00	+00:51:28 (33.5%)	6:09	9.8 (66.7%)
96	KOCOT Aleksandra	337		K16-35	4	02:34:02.00	02:34:02.00	+00:51:41 (33.6%)	6:09	9.7 (66.0%)
97	NAUKA Wiesław	356	DĘBICKIE GEPARDY	M50+	13	02:34:55.00	02:34:55.00	+00:52:34 (33.9%)	6:11	9.7 (66.0%)
98	SMAGACZ Henryk	346	DĘBICKIE GEPARDY	M50+	14	02:35:16.00	02:35:16.00	+00:52:55 (34.1%)	6:12	9.7 (66.0%)
99	ROKITA Adam	291	WKURW_TEAM	M16-35	14	02:35:23.00	02:35:23.00	+00:53:02 (34.1%)	6:12	9.7 (66.0%)
100	SKRZYPEK Adam	372		M50+	15	02:35:40.00	02:35:40.00	+00:53:19 (34.3%)	6:13	9.6 (65.3%)
101	SROKA Zbigniew	374		M50+	16	02:35:59.00	02:35:59.00	+00:53:38 (34.4%)	6:14	9.6 (65.3%)
102	JANOCHA Przemysław	435		M36-49	55	02:36:30.00	02:36:30.00	+00:54:09 (34.6%)	6:15	9.6 (65.3%)
103	KOPEĆ Beata	266	NOCNY BÓR TEAM	K16-35	5	02:36:33.00	02:36:33.00	+00:54:12 (34.6%)	6:15	9.6 (65.3%)
104	BANAŚ Aneta	377	NOCNY BÓR TEAM	K16-35	6	02:36:35.00	02:36:35.00	+00:54:14 (34.6%)	6:15	9.6 (65.3%)
105	ORZECHOWSKI Marek	404	TAKLUBIESANDOMIERZ	M50+	17	02:36:50.00	02:36:50.00	+00:54:29 (34.7%)	6:16	9.6 (65.3%)
106	MARSZAŁEK Dariusz	362	MCP TEAM	M50+	18	02:36:57.00	02:36:57.00	+00:54:36 (34.8%)	6:16	9.6 (65.3%)
107	RADZIEJOWSKI Aleksander	418	ŻURAWICA	M36-49	56	02:37:25.00	02:37:25.00	+00:55:04 (35.0%)	6:17	9.5 (64.6%)
108	HOLIK Iwona	339	GGB	K36-49	12	02:37:40.00	02:37:40.00	+00:55:19 (35.1%)	6:18	9.5 (64.6%)
109	GOŁĘBIEWSKI Michał	207		M36-49	57	02:37:42.00	02:37:42.00	+00:55:21 (35.1%)	6:18	9.5 (64.6%)
110	SIDOWSKI Krzysztof	330	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M50+	19	02:38:10.00	02:38:10.00	+00:55:49 (35.3%)	6:19	9.5 (64.6%)
111	KOT Iga	227		K16-35	7	02:38:11.00	02:38:11.00	+00:55:50 (35.3%)	6:19	9.5 (64.6%)
111	KORULCZYK Katarzyna	331	BBL OSTROWIEC ŚWIĘTOKRZYSKI	K36-49	13	02:38:11.00	02:38:11.00	+00:55:50 (35.3%)	6:19	9.5 (64.6%)
113	GOŁĘBIEWSKA Marta	427		K36-49	14	02:38:41.00	02:38:41.00	+00:56:20 (35.5%)	6:20	9.5 (64.6%)
114	SKAWIŃSKA Justyna	246		K36-49	15	02:39:17.00	02:39:17.00	+00:56:56 (35.7%)	6:22	9.4 (63.9%)
115	BOCEK Sławomir	273	PODIUM	M36-49	58	02:39:44.00	02:39:44.00	+00:57:23 (35.9%)	6:23	9.4 (63.9%)
116	MOŃKA Monika	428	PIĘKNE I BRODACZE	K36-49	16	02:41:00.00	02:41:00.00	+00:58:39 (36.4%)	6:26	9.3 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
117	SIEDLACZEK Zbigniew	319		M50+	20	02:41:32.00	02:41:32.00	+00:59:11 (36.6%)	6:27	9.3 (63.3%)
118	ZAWADZKA Agnieszka	230	ZAWADZKA TEAM / NOCNY BÓR TEAM	K36-49	17	02:42:08.00	02:42:08.00	+00:59:47 (36.9%)	6:29	9.3 (63.3%)
119	GULKA Krystian	278		M36-49	59	02:42:09.00	02:42:09.00	+00:59:48 (36.9%)	6:29	9.3 (63.3%)
120	PERLIŃSKI Mirosław	218	ASSECO ACTIVE TEAM	M36-49	60	02:42:28.00	02:42:28.00	+01:00:07 (37.0%)	6:29	9.2 (62.6%)
121	BURY Marek	276	SWIM TRI RZESZÓW	M36-49	61	02:43:49.00	02:43:49.00	+01:01:28 (37.5%)	6:33	9.2 (62.6%)
122	WZOREK Ewa	309	WKURW_TEAM/BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K16-35	8	02:44:08.00	02:44:08.00	+01:01:47 (37.6%)	6:33	9.1 (61.9%)
123	ŁOJCZYK Marcin	375	PODIUM	M16-35	15	02:45:25.00	02:45:25.00	+01:03:04 (38.1%)	6:37	9.1 (61.9%)
124	ŚWIĘTONIOWSKA Justyna	420	PODIUM	K36-49	18	02:45:28.00	02:45:28.00	+01:03:07 (38.1%)	6:37	9.1 (61.9%)
125	BAZERA Gabriela	253	NOCNY BÓR TEAM	K36-49	19	02:45:51.00	02:45:51.00	+01:03:30 (38.3%)	6:38	9 (61.2%)
126	DULIK Bartosz	410	MIEJ WYBIEGANĘ A BĘDZIE CI DANE	M16-35	16	02:47:04.00	02:47:04.00	+01:04:43 (38.7%)	6:40	9 (61.2%)
127	KRUKOWSKI Robert	335	PLATINIUM ZAMOŚĆ	M36-49	62	02:48:59.00	02:48:59.00	+01:06:38 (39.4%)	6:45	8.9 (60.5%)
128	JAKUBOWSKI Daniel	327	NOCNY BÓR TEAM	M36-49	63	02:49:19.00	02:49:19.00	+01:06:58 (39.6%)	6:46	8.9 (60.5%)
129	PABIAN Agnieszka	211	HUSARIA RACE TEAM	K50+	3	02:49:29.00	02:49:29.00	+01:07:08 (39.6%)	6:46	8.9 (60.5%)
130	BŁASZCZYK-LIPA Dominika	361		K36-49	20	02:50:38.00	02:50:38.00	+01:08:17 (40.0%)	6:49	8.8 (59.9%)
131	ZYMA Łukasz	352	ATHLETE BOX	M36-49	64	02:51:03.00	02:51:03.00	+01:08:42 (40.2%)	6:50	8.8 (59.9%)
132	ROGOWSKA Daria	212	VEGE RUNNERS	K16-35	9	02:52:17.00	02:52:17.00	+01:09:56 (40.6%)	6:53	8.7 (59.2%)
133	ZIELIŃSKA-KOŁACZ Ewelina	224		K36-49	21	02:52:19.00	02:52:19.00	+01:09:58 (40.6%)	6:53	8.7 (59.2%)
134	POLAŃSKI Robert	274	NOĆNE WOŁKI	M36-49	65	02:54:10.00	02:54:10.00	+01:11:49 (41.2%)	6:58	8.6 (58.5%)
135	FUS Wojciech	247	ASSECO ACTIVE TEAM	M36-49	66	02:54:26.00	02:54:26.00	+01:12:05 (41.3%)	6:58	8.6 (58.5%)
136	STEC Michał	386		M16-35	17	02:56:05.00	02:56:05.00	+01:13:44 (41.9%)	7:02	8.5 (57.8%)
136	ZAŁUCKA Maria	400		K16-35	10	02:56:05.00	02:56:05.00	+01:13:44 (41.9%)	7:02	8.5 (57.8%)
138	GAMRACKA Katarzyna	249		K16-35	11	02:56:13.00	02:56:13.00	+01:13:52 (41.9%)	7:02	8.5 (57.8%)
139	MISZTAL Katarzyna	294	SKRZYDLACI DZIECIOM	K36-49	22	02:56:16.00	02:56:16.00	+01:13:55 (41.9%)	7:03	8.5 (57.8%)
140	KRÓL Robert	226	SKRZYDLACI DZIECIOM	M50+	21	02:56:21.00	02:56:21.00	+01:14:00 (42.0%)	7:03	8.5 (57.8%)
141	RĘPALSKI Marcin	217		M36-49	67	02:56:28.00	02:56:28.00	+01:14:07 (42.0%)	7:03	8.5 (57.8%)
142	PISZCZ Dariusz	424		M36-49	68	02:57:00.00	02:57:00.00	+01:14:39 (42.2%)	7:04	8.5 (57.8%)
143	NOSAL Sławomir	405		M50+	22	02:57:46.00	02:57:46.00	+01:15:25 (42.4%)	7:06	8.4 (57.1%)
144	MAZUR Kinga	353	DĘBICKIE GEPARDY	K36-49	23	02:57:49.00	02:57:49.00	+01:15:28 (42.4%)	7:06	8.4 (57.1%)
145	SKOLARCZYK Bartłomiej	340		M16-35	18	02:58:16.00	02:58:16.00	+01:15:55 (42.6%)	7:07	8.4 (57.1%)
146	JAROSZ Katarzyna	329	VEGE RUNNERS	K16-35	12	02:59:35.00	02:59:35.00	+01:17:14 (43.0%)	7:11	8.4 (57.1%)
147	KRUKOWSKA Ewa	336	PLATINIUM ZAMOŚĆ	K36-49	24	03:00:26.00	03:00:26.00	+01:18:05 (43.3%)	7:13	8.3 (56.5%)
148	SOJA Tomek	293		M50+	23	03:00:43.00	03:00:43.00	+01:18:22 (43.4%)	7:13	8.3 (56.5%)
149	BARSZCZOWSKA Ewelina	272	PODIUM / NOCNY BÓR TEAM	K16-35	13	03:00:51.00	03:00:51.00	+01:18:30 (43.4%)	7:14	8.3 (56.5%)
150	ŁUKASZEK-KUŻNIA Ania	328	NOCNY BÓR TEAM/ ZAWADZKA TEAM	K36-49	25	03:01:57.00	03:01:57.00	+01:19:36 (43.7%)	7:16	8.2 (55.8%)
151	MAĆZKA Katarzyna	315		K36-49	26	03:03:14.00	03:03:14.00	+01:20:53 (44.1%)	7:19	8.2 (55.8%)
152	ŁASKAWSKA Justyna	324		K36-49	27	03:03:49.00	03:03:49.00	+01:21:28 (44.3%)	7:21	8.2 (55.8%)
153	DOROZ Małgorzata	398		K36-49	28	03:04:10.00	03:04:10.00	+01:21:49 (44.4%)	7:22	8.1 (55.1%)
154	KULAWIAK Łukasz	270	RUNNING POŁANIEC	M36-49	69	03:04:39.00	03:04:39.00	+01:22:18 (44.6%)	7:23	8.1 (55.1%)
155	MAZURKIEWICZ Wojciech	414	GRUBO ALBO WCALE	M16-35	19	03:05:24.00	03:05:24.00	+01:23:03 (44.8%)	7:24	8.1 (55.1%)
156	BALICKI Hubert	373		M50+	24	03:05:34.00	03:05:34.00	+01:23:13 (44.8%)	7:25	8.1 (55.1%)
157	SUMIEC-SZYFNER Katarzyna	311	ZABIEGANI MIELEC	K16-35	14	03:06:47.00	03:06:47.00	+01:24:26 (45.2%)	7:28	8 (54.4%)
158	TOTKO Piotr	257	KB MARATOŃCZYK DĘBICA	M36-49	70	03:06:49.00	03:06:49.00	+01:24:28 (45.2%)	7:28	8 (54.4%)
158	ZABOROWSKA Halina	343	KB MARATOŃCZYK DĘBICA	K50+	4	03:06:49.00	03:06:49.00	+01:24:28 (45.2%)	7:28	8 (54.4%)
160	OCHA Katarzyna	430				03:06:56.00	03:06:56.00	+01:24:35 (45.2%)	7:28	8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 25km	Czas brutto 25km	Różn	Tempo min/km	Tempo km/h
161	PRZEPIÓRA Iwona	392		K50+	5	03:07:02.00	03:07:02.00	+01:24:41 (45.3%)	7:28	8 (54.4%)
162	MARZAŁEK Grzegorz	298	SZYBKE SZYSZKI	M36-49	71	03:07:58.00	03:07:58.00	+01:25:37 (45.5%)	7:31	8 (54.4%)
163	SAPKO Paulina	354	NOCNY BÓR TEAM	K36-49	29	03:08:04.00	03:08:04.00	+01:25:43 (45.6%)	7:31	8 (54.4%)
164	SZAL Ewa	432		K36-49	30	03:09:12.00	03:09:12.00	+01:26:51 (45.9%)	7:34	7.9 (53.7%)
164	SZAL Marcin	433		M50+	25	03:09:12.00	03:09:12.00	+01:26:51 (45.9%)	7:34	7.9 (53.7%)
166	GAWLE Mirosław	262	KB MARATOŃCZYK DĘBICA	M36-49	72	03:11:02.00	03:11:02.00	+01:28:41 (46.4%)	7:38	7.9 (53.7%)
167	DOBROWOLSKA Grażyna	258	KB MARATOŃCZYK DĘBICA	K50+	6	03:11:04.00	03:11:04.00	+01:28:43 (46.4%)	7:38	7.9 (53.7%)
168	GAWLE Katarzyna	261	KB MARATOŃCZYK DĘBICA	K36-49	31	03:11:06.00	03:11:06.00	+01:28:45 (46.4%)	7:38	7.8 (53.1%)
169	STĘPIEŃ Renata	389		K50+	7	03:11:25.00	03:11:25.00	+01:29:04 (46.5%)	7:39	7.8 (53.1%)
170	KOZIOŁ Marcin	302		M16-35	20	03:12:26.00	03:12:26.00	+01:30:05 (46.8%)	7:41	7.8 (53.1%)
171	BALON Marcin	407	NORDTREAT	M36-49	73	03:13:46.00	03:13:46.00	+01:31:25 (47.2%)	7:45	7.7 (52.4%)
172	FLESZAR Łukasz	264		M16-35	21	03:13:58.00	03:13:58.00	+01:31:37 (47.2%)	7:45	7.7 (52.4%)
173	JAWORSKA Sylwia	370	NOCNY BÓR TEAM	K36-49	32	03:14:25.00	03:14:25.00	+01:32:04 (47.4%)	7:46	7.7 (52.4%)
174	MATARSZEK Joanna	233	ZAWADZKA TEAM	K16-35	15	03:14:30.00	03:14:30.00	+01:32:09 (47.4%)	7:46	7.7 (52.4%)
175	BASAK Justyna	322	WKURW_TEAM	K16-35	16	03:14:52.00	03:14:52.00	+01:32:31 (47.5%)	7:47	7.7 (52.4%)
176	SOŁTYS Teresa	323	DECATHLON STALOWA WOLA	K16-35	17	03:14:54.00	03:14:54.00	+01:32:33 (47.5%)	7:47	7.7 (52.4%)
177	ZGÓRSKI Maciej	229	WKURW_TEAM	M36-49	74	03:16:44.00	03:16:44.00	+01:34:23 (48.0%)	7:52	7.6 (51.7%)
178	LEŚNICZAK Barbara	254		K36-49	33	03:16:48.00	03:16:48.00	+01:34:27 (48.0%)	7:52	7.6 (51.7%)
179	MAĆZKA Nikodem	316		M36-49	75	03:17:20.00	03:17:20.00	+01:34:59 (48.1%)	7:53	7.6 (51.7%)
180	SABAJ Piotr	391	PRO-MILE	M36-49	76	03:17:43.00	03:17:43.00	+01:35:22 (48.2%)	7:54	7.6 (51.7%)
181	KAMENCZAK Kamil	395	DZIKIE MUSTANGI	M16-35	22	03:21:04.00	03:21:04.00	+01:38:43 (49.1%)	8:02	7.5 (51.0%)
182	KOZIARA Patryk	317	DZIKIE MUSTANGI	M16-35	23	03:21:06.00	03:21:06.00	+01:38:45 (49.1%)	8:02	7.5 (51.0%)
183	GŁAZ Magdalena	345	HUSARIA RACE TEAM	K16-35	18	03:22:29.00	03:22:29.00	+01:40:08 (49.5%)	8:05	7.4 (50.3%)
184	BEDNARSKA-KOZIOŁ Danuta	248	WKURW_TEAM	K36-49	34	03:22:45.00	03:22:45.00	+01:40:24 (49.5%)	8:06	7.4 (50.3%)
185	PACZKOWSKA Ewelina	238	WKURW_TEAM	K36-49	35	03:23:27.00	03:23:27.00	+01:41:06 (49.7%)	8:08	7.4 (50.3%)
186	NIEMIEC Monika	300	DZIKIE MUSTANGI	K16-35	19	03:24:32.00	03:24:32.00	+01:42:11 (50.0%)	8:10	7.3 (49.7%)
187	OPALIŃSKI Michał	225	KB MARATOŃCZYK DĘBICA	M16-35	24	03:24:34.00	03:24:34.00	+01:42:13 (50.0%)	8:10	7.3 (49.7%)
188	KUŁACZKOWSKI Konrad	243		M16-35	25	03:26:04.00	03:26:04.00	+01:43:43 (50.3%)	8:14	7.3 (49.7%)
189	PARADOWSKI Paweł	288	BYLEDOMETRY	M50+	26	03:26:09.00	03:26:09.00	+01:43:48 (50.4%)	8:14	7.3 (49.7%)
190	BURZ-PARADOWSKA Jowita	245	BYLEDOMETRY/WKURW_TEAM	K36-49	36	03:26:12.00	03:26:12.00	+01:43:51 (50.4%)	8:14	7.3 (49.7%)
191	WÓJTOWICZ Paweł	320	LUBLIN BIEGA	M36-49	77	03:27:17.00	03:27:17.00	+01:44:56 (50.6%)	8:17	7.2 (49.0%)
192	MALIK Aleksandra	263	RZESZOWSKI HASACZ	K50+	8	03:29:59.00	03:29:59.00	+01:47:38 (51.3%)	8:23	7.1 (48.3%)
193	POŁEĆ Grzegorz	388		M50+	27	03:30:50.00	03:30:50.00	+01:48:29 (51.5%)	8:26	7.1 (48.3%)
194	BIELIK Radosław	280	WKURW_TEAM	M36-49	78	03:32:52.00	03:32:52.00	+01:50:31 (51.9%)	8:30	7 (47.6%)
195	WEREMA Mariola	232	WKURW_TEAM	K16-35	20	03:32:54.00	03:32:54.00	+01:50:33 (51.9%)	8:30	7 (47.6%)
196	WRONA Anna	244		K16-35	21	03:33:07.00	03:33:07.00	+01:50:46 (52.0%)	8:31	7 (47.6%)
197	CZARNY Łukasz	209	WKURW_TEAM	M36-49	79	03:38:04.00	03:38:04.00	+01:55:43 (53.1%)	8:43	6.9 (46.9%)
198	BASZCZYŃSKA Barbara	250	WKURW_TEAM	K50+	9	03:50:26.00	03:50:26.00	+02:08:05 (55.6%)	9:13	6.5 (44.2%)
199	KOSTULSKA Olga	256	WKURW_TEAM	K16-35	22	03:50:27.00	03:50:27.00	+02:08:06 (55.6%)	9:13	6.5 (44.2%)
200	TOMPALSKA Maria	299	PODIUM / AKTYWNY DYNÓW	K36-49	37	03:58:42.00	03:58:42.00	+02:16:21 (57.1%)	9:32	6.3 (42.9%)
201	HANULAK Kuba	423	PODIUM	M16-35	26	03:59:00.00	03:59:00.00	+02:16:39 (57.2%)	9:33	6.3 (42.9%)
202	SOŁTYSIAK Krystyna	287	SPARTAN TRAINING GROUP RZESZÓW	K50+	10	04:07:47.00	04:07:47.00	+02:25:26 (58.7%)	9:54	6.1 (41.5%)
203	HADAM Ewa	286	SPARTAN TRAINING GROUP RZESZÓW	K50+	11	04:07:48.00	04:07:48.00	+02:25:27 (58.7%)	9:54	6.1 (41.5%)

