



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

# LOVE'LAS

B4SPORT

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INTELIGENTNE 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	<b>CHAJDAŚ Robert</b>	<b>379</b>	ZABIEGANI MIELEC	M50+	4	<b>02:12:59.00</b>	<b>02:12:59.00</b>	+00:30:38 (23.0%)	5:19	11.3 (76.9%)
31	<b>OBRĘCZAREK Jerzy</b>	<b>301</b>		M36-49	17	<b>02:13:05.00</b>	<b>02:13:05.00</b>	+00:30:44 (23.1%)	5:19	11.3 (76.9%)
32	<b>KLUS Jakub</b>	<b>384</b>	ROZBIEGANA MALAWA	M36-49	18	<b>02:13:42.00</b>	<b>02:13:42.00</b>	+00:31:21 (23.4%)	5:20	11.2 (76.2%)
33	<b>CYNAR Tomasz</b>	<b>292</b>	ZAWADZKA TEAM / NOCNY BÓR TEAM	M36-49	19	<b>02:13:43.00</b>	<b>02:13:43.00</b>	+00:31:22 (23.5%)	5:20	11.2 (76.2%)
34	<b>WIŚNIEWSKI Maciej</b>	<b>342</b>	MONDI BAGS	M36-49	20	<b>02:13:55.00</b>	<b>02:13:55.00</b>	+00:31:34 (23.6%)	5:21	11.2 (76.2%)
35	<b>LISAK Tomasz</b>	<b>419</b>	KS RYGLICE SEKCJA BIEGOWA	M36-49	21	<b>02:14:20.00</b>	<b>02:14:20.00</b>	+00:31:59 (23.8%)	5:22	11.2 (76.2%)
36	<b>RZESZÓW Damian</b>	<b>231</b>		M36-49	22	<b>02:14:22.00</b>	<b>02:14:22.00</b>	+00:32:01 (23.8%)	5:22	11.2 (76.2%)
37	<b>MROŻEK Tomasz</b>	<b>431</b>		M36-49	23	<b>02:14:24.00</b>	<b>02:14:24.00</b>	+00:32:03 (23.8%)	5:22	11.2 (76.2%)
38	<b>ĆWIAKAŁA Michał</b>	<b>318</b>	BIEGOWE WIDZI-MI-SIĘ	M36-49	24	<b>02:15:00.00</b>	<b>02:15:00.00</b>	+00:32:39 (24.2%)	5:24	11.1 (75.5%)
39	<b>BĘBEN Robert</b>	<b>235</b>	OSTROBIEC	M50+	5	<b>02:15:22.00</b>	<b>02:15:22.00</b>	+00:33:01 (24.4%)	5:24	11.1 (75.5%)
40	<b>BALICKI Zbigniew</b>	<b>214</b>	FOREST CARABUS TEAM	M36-49	25	<b>02:15:49.00</b>	<b>02:15:49.00</b>	+00:33:28 (24.6%)	5:25	11 (74.8%)
41	<b>ZIĘBA Mateusz</b>	<b>332</b>	FOREVER TEAM	M36-49	26	<b>02:15:57.00</b>	<b>02:15:57.00</b>	+00:33:36 (24.7%)	5:26	11 (74.8%)
42	<b>PALUCH Andrzej</b>	<b>376</b>	BIEGACZE. PL	M36-49	27	<b>02:16:27.00</b>	<b>02:16:27.00</b>	+00:34:06 (25.0%)	5:27	11 (74.8%)
43	<b>WODZIEN Andrzej</b>	<b>383</b>	PAKO TEAM	M50+	6	<b>02:16:38.00</b>	<b>02:16:38.00</b>	+00:34:17 (25.1%)	5:27	11 (74.8%)
44	<b>KOŚCIAK Janek</b>	<b>367</b>	PGO PASZCZYNA	M36-49	28	<b>02:16:41.00</b>	<b>02:16:41.00</b>	+00:34:20 (25.1%)	5:28	11 (74.8%)
45	<b>BAŃKOWSKI Bartłomiej</b>	<b>308</b>	VEGE RUNNERS	M36-49	29	<b>02:16:46.00</b>	<b>02:16:46.00</b>	+00:34:25 (25.2%)	5:28	11 (74.8%)
46	<b>KRAWCZYNSKI Janusz</b>	<b>358</b>	OSTROBIEC	M50+	7	<b>02:16:50.00</b>	<b>02:16:50.00</b>	+00:34:29 (25.2%)	5:28	11 (74.8%)
47	<b>KOPPLINGER Grzegorz</b>	<b>221</b>	ASSECO ACTIVE TEAM	M36-49	30	<b>02:17:12.00</b>	<b>02:17:12.00</b>	+00:34:51 (25.4%)	5:29	10.9 (74.1%)
48	<b>MASŁOWSKI Dominik</b>	<b>380</b>	PODIUM	M36-49	31	<b>02:17:21.00</b>	<b>02:17:21.00</b>	+00:35:00 (25.5%)	5:29	10.9 (74.1%)
49	<b>KOSMAŁA Grzegorz</b>	<b>307</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M36-49	32	<b>02:17:48.00</b>	<b>02:17:48.00</b>	+00:35:27 (25.7%)	5:30	10.9 (74.1%)
50	<b>SKRZYPEK Paulina</b>	<b>306</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K36-49	1	<b>02:17:51.00</b>	<b>02:17:51.00</b>	+00:35:30 (25.8%)	5:30	10.9 (74.1%)
51	<b>CZACHOR Andrzej</b>	<b>310</b>	TURLAM SIĘ DO METY	M36-49	33	<b>02:18:24.00</b>	<b>02:18:24.00</b>	+00:36:03 (26.0%)	5:32	10.8 (73.5%)
52	<b>KOPACZ Piotr</b>	<b>205</b>	PERFEX	M36-49	34	<b>02:18:45.00</b>	<b>02:18:45.00</b>	+00:36:24 (26.2%)	5:33	10.8 (73.5%)
53	<b>JABŁOŃSKI Tomasz</b>	<b>269</b>	DRUŻYNA SZWAGRÓW	M36-49	35	<b>02:20:06.00</b>	<b>02:20:06.00</b>	+00:37:45 (26.9%)	5:36	10.7 (72.8%)
54	<b>WICHEREK Maciej</b>	<b>252</b>	ITMBW	M50+	8	<b>02:20:23.00</b>	<b>02:20:23.00</b>	+00:38:02 (27.1%)	5:36	10.7 (72.8%)
55	<b>BOCHENEK Adam</b>	<b>281</b>	WBO OPOLE	M36-49	36	<b>02:20:51.00</b>	<b>02:20:51.00</b>	+00:38:30 (27.3%)	5:38	10.6 (72.1%)
56	<b>PIĘNKOSZ Wojciech</b>	<b>304</b>	PGE ENERGETIC RUNNING	M36-49	37	<b>02:20:55.00</b>	<b>02:20:55.00</b>	+00:38:34 (27.4%)	5:38	10.6 (72.1%)
57	<b>SZURLEJ Paulina</b>	<b>406</b>		K36-49	2	<b>02:22:13.00</b>	<b>02:22:13.00</b>	+00:39:52 (28.0%)	5:41	10.5 (71.4%)
58	<b>SAMBOROWSKI Marcin</b>	<b>411</b>		M36-49	38	<b>02:22:28.00</b>	<b>02:22:28.00</b>	+00:40:07 (28.2%)	5:41	10.5 (71.4%)
59	<b>SOLIŃSKA Magdalena</b>	<b>268</b>		K36-49	3	<b>02:22:29.00</b>	<b>02:22:29.00</b>	+00:40:08 (28.2%)	5:41	10.5 (71.4%)
60	<b>BARAN Arkadiusz</b>	<b>206</b>	HUNTERS OCR TEAM	M16-35	10	<b>02:22:30.00</b>	<b>02:22:30.00</b>	+00:40:09 (28.2%)	5:42	10.5 (71.4%)
61	<b>SURMAN Mariusz</b>	<b>334</b>	DZIKIE MUSTANGI	M16-35	11	<b>02:22:56.00</b>	<b>02:22:56.00</b>	+00:40:35 (28.4%)	5:43	10.5 (71.4%)
61	<b>SURMIAK Piotr</b>	<b>363</b>		M36-49	39	<b>02:22:56.00</b>	<b>02:22:56.00</b>	+00:40:35 (28.4%)	5:43	10.5 (71.4%)
63	<b>ŻUROWSKI Krzysztof</b>	<b>279</b>	NOCNY BÓR TEAM	M50+	9	<b>02:23:14.00</b>	<b>02:23:14.00</b>	+00:40:53 (28.5%)	5:43	10.5 (71.4%)
64	<b>BŁAJSZCZAK Karol</b>	<b>401</b>	DOBRO ZAWSZE WYGRYWA !	M36-49	40	<b>02:24:07.00</b>	<b>02:24:07.00</b>	+00:41:46 (29.0%)	5:45	10.4 (70.7%)
65	<b>SŁODKIEWICZ Jarosław</b>	<b>347</b>	CHODZĘ I BIEGAM BO LUBIĘ	M36-49	41	<b>02:24:32.00</b>	<b>02:24:32.00</b>	+00:42:11 (29.2%)	5:46	10.4 (70.7%)
66	<b>RÓG Dorota</b>	<b>381</b>	RZESZOWSKIE GAZELE I GEPARDY	K36-49	4	<b>02:25:10.00</b>	<b>02:25:10.00</b>	+00:42:49 (29.5%)	5:48	10.3 (70.1%)
67	<b>STOPA Marcin</b>	<b>236</b>	UM RZESZOWA	M36-49	42	<b>02:25:11.00</b>	<b>02:25:11.00</b>	+00:42:50 (29.5%)	5:48	10.3 (70.1%)
68	<b>WIELGOSZ Artur</b>	<b>313</b>	AUTOPART / ZABIEGANI MIELEC	M36-49	43	<b>02:25:18.00</b>	<b>02:25:18.00</b>	+00:42:57 (29.6%)	5:48	10.3 (70.1%)
69	<b>LUBAS Grzegorz</b>	<b>394</b>	RZESZOWSKIE GAZELE I GEPARDY	M36-49	44	<b>02:25:23.00</b>	<b>02:25:23.00</b>	+00:43:02 (29.6%)	5:48	10.3 (70.1%)
70	<b>SIEK Kazimierz</b>	<b>436</b>		M50+	10	<b>02:25:54.00</b>	<b>02:25:54.00</b>	+00:43:33 (29.8%)	5:50	10.3 (70.1%)
71	<b>GAJDA Łukasz</b>	<b>312</b>		M36-49	45	<b>02:26:39.00</b>	<b>02:26:39.00</b>	+00:44:18 (30.2%)	5:51	10.2 (69.4%)
72	<b>BRUDZ Krzysztof</b>	<b>350</b>	NOCNY BÓR TEAM	M16-35	12	<b>02:26:44.00</b>	<b>02:26:44.00</b>	+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	<b>BEDNARZ Krzysztof</b>	<b>271</b>	4K TEAM TARNÓW	M50+	11	<b>02:27:18.00</b>	<b>02:27:18.00</b>	+00:44:57 (30.5%)	5:53	10.2 (69.4%)
74	<b>WROŃSKA Agata</b>	<b>201</b>		K36-49	5	<b>02:27:40.00</b>	<b>02:27:40.00</b>	+00:45:19 (30.7%)	5:54	10.2 (69.4%)
75	<b>WOŹNIAK Katarzyna</b>	<b>326</b>	AKM PROMILEK	K16-35	2	<b>02:28:11.00</b>	<b>02:28:11.00</b>	+00:45:50 (30.9%)	5:55	10.1 (68.7%)
76	<b>GAJEK Magdalena</b>	<b>289</b>	WIEŚ TAŃCZY I BIEGA	K36-49	6	<b>02:28:12.00</b>	<b>02:28:12.00</b>	+00:45:51 (30.9%)	5:55	10.1 (68.7%)
77	<b>WOŹNIAK Marek</b>	<b>295</b>	AKM PROMILEK	M36-49	46	<b>02:28:13.00</b>	<b>02:28:13.00</b>	+00:45:52 (30.9%)	5:55	10.1 (68.7%)
78	<b>GAJEK Grzegorz</b>	<b>290</b>	WIEŚ TAŃCZY I BIEGA	M36-49	47	<b>02:28:19.00</b>	<b>02:28:19.00</b>	+00:45:58 (31.0%)	5:55	10.1 (68.7%)
79	<b>ROŚĆ Dawid</b>	<b>285</b>		M36-49	48	<b>02:28:34.00</b>	<b>02:28:34.00</b>	+00:46:13 (31.1%)	5:56	10.1 (68.7%)
80	<b>MYŚLIWSKA Kinga</b>	<b>333</b>	BBL OSTROWIEC ŚWIĘTOKRZYSKI	K16-35	3	<b>02:29:33.00</b>	<b>02:29:33.00</b>	+00:47:12 (31.6%)	5:58	10 (68.0%)
81	<b>BIDAS Michał</b>	<b>378</b>	FIZJOACCESS	M16-35	13	<b>02:30:16.00</b>	<b>02:30:16.00</b>	+00:47:55 (31.9%)	6:00	10 (68.0%)
82	<b>SZELA Dominik</b>	<b>239</b>	SUEZ IZOLACJE BUDOWLANE RZESZÓW	M36-49	49	<b>02:30:21.00</b>	<b>02:30:21.00</b>	+00:48:00 (31.9%)	6:00	10 (68.0%)
83	<b>ŁAPIŃSKA Anna</b>	<b>344</b>	PODIUM / JUMPING STARS TEAM PRZEMYŚL	K36-49	7	<b>02:30:49.00</b>	<b>02:30:49.00</b>	+00:48:28 (32.1%)	6:01	9.9 (67.3%)
84	<b>SOKÓŁ Urszula</b>	<b>360</b>	BBL OSTROWIEC ŚWIĘTOKRZYSKI/OSTROBIEC	K36-49	8	<b>02:30:57.00</b>	<b>02:30:57.00</b>	+00:48:36 (32.2%)	6:02	9.9 (67.3%)
85	<b>GRAD-KOWALCZYK Barbara</b>	<b>219</b>		K36-49	9	<b>02:31:46.00</b>	<b>02:31:46.00</b>	+00:49:25 (32.6%)	6:04	9.9 (67.3%)
86	<b>KOWALCZYK Piotr</b>	<b>220</b>		M36-49	50	<b>02:31:47.00</b>	<b>02:31:47.00</b>	+00:49:26 (32.6%)	6:04	9.9 (67.3%)
87	<b>RZESZOT Łukasz</b>	<b>242</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M36-49	51	<b>02:31:48.00</b>	<b>02:31:48.00</b>	+00:49:27 (32.6%)	6:04	9.9 (67.3%)
88	<b>ADAMCZYK Janusz</b>	<b>365</b>		M50+	12	<b>02:32:09.00</b>	<b>02:32:09.00</b>	+00:49:48 (32.7%)	6:05	9.9 (67.3%)
89	<b>KOŚCIAK Tomasz</b>	<b>368</b>	OSP PASZCZYNA	M36-49	52	<b>02:32:13.00</b>	<b>02:32:13.00</b>	+00:49:52 (32.8%)	6:05	9.9 (67.3%)
90	<b>ORŁOWSKA Beata</b>	<b>387</b>	STAŁOWOWOLSKI KLUB BIEGACZA	K50+	1	<b>02:32:19.00</b>	<b>02:32:19.00</b>	+00:49:58 (32.8%)	6:05	9.8 (66.7%)
91	<b>CHORZĘPA Mariusz</b>	<b>393</b>	TSA SANDOMIERZ	M36-49	53	<b>02:32:24.00</b>	<b>02:32:24.00</b>	+00:50:03 (32.8%)	6:05	9.8 (66.7%)
92	<b>RELIGA Zbyszek</b>	<b>241</b>		M36-49	54	<b>02:32:36.00</b>	<b>02:32:36.00</b>	+00:50:15 (32.9%)	6:06	9.8 (66.7%)
93	<b>KUSION Anna</b>	<b>321</b>	EKIPA Z TARNOWA	K50+	2	<b>02:33:31.00</b>	<b>02:33:31.00</b>	+00:51:10 (33.3%)	6:08	9.8 (66.7%)
94	<b>BEDNARSKA Kaśka</b>	<b>251</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K36-49	10	<b>02:33:46.00</b>	<b>02:33:46.00</b>	+00:51:25 (33.4%)	6:09	9.8 (66.7%)
95	<b>NAUKA Edyta</b>	<b>355</b>	DĘBICKIE GEPARDY	K36-49	11	<b>02:33:49.00</b>	<b>02:33:49.00</b>	+00:51:28 (33.5%)	6:09	9.8 (66.7%)
96	<b>KOCOT Aleksandra</b>	<b>337</b>		K16-35	4	<b>02:34:02.00</b>	<b>02:34:02.00</b>	+00:51:41 (33.6%)	6:09	9.7 (66.0%)
97	<b>NAUKA Wiesław</b>	<b>356</b>	DĘBICKIE GEPARDY	M50+	13	<b>02:34:55.00</b>	<b>02:34:55.00</b>	+00:52:34 (33.9%)	6:11	9.7 (66.0%)
98	<b>SMAGACZ Henryk</b>	<b>346</b>	DĘBICKIE GEPARDY	M50+	14	<b>02:35:16.00</b>	<b>02:35:16.00</b>	+00:52:55 (34.1%)	6:12	9.7 (66.0%)
99	<b>ROKITA Adam</b>	<b>291</b>	WKURW_TEAM	M16-35	14	<b>02:35:23.00</b>	<b>02:35:23.00</b>	+00:53:02 (34.1%)	6:12	9.7 (66.0%)
100	<b>SKRZYPEK Adam</b>	<b>372</b>		M50+	15	<b>02:35:40.00</b>	<b>02:35:40.00</b>	+00:53:19 (34.3%)	6:13	9.6 (65.3%)
101	<b>SROKA Zbigniew</b>	<b>374</b>		M50+	16	<b>02:35:59.00</b>	<b>02:35:59.00</b>	+00:53:38 (34.4%)	6:14	9.6 (65.3%)
102	<b>JANOCHA Przemysław</b>	<b>435</b>		M36-49	55	<b>02:36:30.00</b>	<b>02:36:30.00</b>	+00:54:09 (34.6%)	6:15	9.6 (65.3%)
103	<b>KOPEĆ Beata</b>	<b>266</b>	NOCNY BÓR TEAM	K16-35	5	<b>02:36:33.00</b>	<b>02:36:33.00</b>	+00:54:12 (34.6%)	6:15	9.6 (65.3%)
104	<b>BANAŚ Aneta</b>	<b>377</b>	NOCNY BÓR TEAM	K16-35	6	<b>02:36:35.00</b>	<b>02:36:35.00</b>	+00:54:14 (34.6%)	6:15	9.6 (65.3%)
105	<b>ORZECHOWSKI Marek</b>	<b>404</b>	TAKLUBIESANDOMIERZ	M50+	17	<b>02:36:50.00</b>	<b>02:36:50.00</b>	+00:54:29 (34.7%)	6:16	9.6 (65.3%)
106	<b>MARSZAŁEK Dariusz</b>	<b>362</b>	MCP TEAM	M50+	18	<b>02:36:57.00</b>	<b>02:36:57.00</b>	+00:54:36 (34.8%)	6:16	9.6 (65.3%)
107	<b>RADZIEJOWSKI Aleksander</b>	<b>418</b>	ŻURAWICA	M36-49	56	<b>02:37:25.00</b>	<b>02:37:25.00</b>	+00:55:04 (35.0%)	6:17	9.5 (64.6%)
108	<b>HOLIK Iwona</b>	<b>339</b>	GGB	K36-49	12	<b>02:37:40.00</b>	<b>02:37:40.00</b>	+00:55:19 (35.1%)	6:18	9.5 (64.6%)
109	<b>GOŁĘBIEWSKI Michał</b>	<b>207</b>		M36-49	57	<b>02:37:42.00</b>	<b>02:37:42.00</b>	+00:55:21 (35.1%)	6:18	9.5 (64.6%)
110	<b>SIDOWSKI Krzysztof</b>	<b>330</b>	BBL OSTROWIEC ŚWIĘTOKRZYSKI	M50+	19	<b>02:38:10.00</b>	<b>02:38:10.00</b>	+00:55:49 (35.3%)	6:19	9.5 (64.6%)
111	<b>KOT Iga</b>	<b>227</b>		K16-35	7	<b>02:38:11.00</b>	<b>02:38:11.00</b>	+00:55:50 (35.3%)	6:19	9.5 (64.6%)
111	<b>KORULCZYK Katarzyna</b>	<b>331</b>	BBL OSTROWIEC ŚWIĘTOKRZYSKI	K36-49	13	<b>02:38:11.00</b>	<b>02:38:11.00</b>	+00:55:50 (35.3%)	6:19	9.5 (64.6%)
113	<b>GOŁĘBIEWSKA Marta</b>	<b>427</b>		K36-49	14	<b>02:38:41.00</b>	<b>02:38:41.00</b>	+00:56:20 (35.5%)	6:20	9.5 (64.6%)
114	<b>SKAWIŃSKA Justyna</b>	<b>246</b>		K36-49	15	<b>02:39:17.00</b>	<b>02:39:17.00</b>	+00:56:56 (35.7%)	6:22	9.4 (63.9%)
115	<b>BOCEK Sławomir</b>	<b>273</b>	PODIUM	M36-49	58	<b>02:39:44.00</b>	<b>02:39:44.00</b>	+00:57:23 (35.9%)	6:23	9.4 (63.9%)
116	<b>MOŃKA Monika</b>	<b>428</b>	PIĘKNE I BRODACZE	K36-49	16	<b>02:41:00.00</b>	<b>02:41:00.00</b>	+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	<b>SIEDLACZEK Zbigniew</b>	<b>319</b>		M50+	20	<b>02:41:32.00</b>	<b>02:41:32.00</b>	+00:59:11 (36.6%)	6:27	9.3 (63.3%)
118	<b>ZAWADZKA Agnieszka</b>	<b>230</b>	ZAWADZKA TEAM / NOCNY BÓR TEAM	K36-49	17	<b>02:42:08.00</b>	<b>02:42:08.00</b>	+00:59:47 (36.9%)	6:29	9.3 (63.3%)
119	<b>GULKA Krystian</b>	<b>278</b>		M36-49	59	<b>02:42:09.00</b>	<b>02:42:09.00</b>	+00:59:48 (36.9%)	6:29	9.3 (63.3%)
120	<b>PERLIŃSKI Mirosław</b>	<b>218</b>	ASSECO ACTIVE TEAM	M36-49	60	<b>02:42:28.00</b>	<b>02:42:28.00</b>	+01:00:07 (37.0%)	6:29	9.2 (62.6%)
121	<b>BURY Marek</b>	<b>276</b>	SWIM TRI RZESZÓW	M36-49	61	<b>02:43:49.00</b>	<b>02:43:49.00</b>	+01:01:28 (37.5%)	6:33	9.2 (62.6%)
122	<b>WZOREK Ewa</b>	<b>309</b>	WKURW_TEAM/BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K16-35	8	<b>02:44:08.00</b>	<b>02:44:08.00</b>	+01:01:47 (37.6%)	6:33	9.1 (61.9%)
123	<b>ŁOJCZYK Marcin</b>	<b>375</b>	PODIUM	M16-35	15	<b>02:45:25.00</b>	<b>02:45:25.00</b>	+01:03:04 (38.1%)	6:37	9.1 (61.9%)
124	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>420</b>	PODIUM	K36-49	18	<b>02:45:28.00</b>	<b>02:45:28.00</b>	+01:03:07 (38.1%)	6:37	9.1 (61.9%)
125	<b>BAZERA Gabriela</b>	<b>253</b>	NOCNY BÓR TEAM	K36-49	19	<b>02:45:51.00</b>	<b>02:45:51.00</b>	+01:03:30 (38.3%)	6:38	9 (61.2%)
126	<b>DULIK Bartosz</b>	<b>410</b>	MIEJ WYBIEGANĘ A BĘDZIE CI DANE	M16-35	16	<b>02:47:04.00</b>	<b>02:47:04.00</b>	+01:04:43 (38.7%)	6:40	9 (61.2%)
127	<b>KRUKOWSKI Robert</b>	<b>335</b>	PLATINIUM ZAMOŚĆ	M36-49	62	<b>02:48:59.00</b>	<b>02:48:59.00</b>	+01:06:38 (39.4%)	6:45	8.9 (60.5%)
128	<b>JAKUBOWSKI Daniel</b>	<b>327</b>	NOCNY BÓR TEAM	M36-49	63	<b>02:49:19.00</b>	<b>02:49:19.00</b>	+01:06:58 (39.6%)	6:46	8.9 (60.5%)
129	<b>PABIAN Agnieszka</b>	<b>211</b>	HUSARIA RACE TEAM	K50+	3	<b>02:49:29.00</b>	<b>02:49:29.00</b>	+01:07:08 (39.6%)	6:46	8.9 (60.5%)
130	<b>BŁASZCZYK-LIPA Dominika</b>	<b>361</b>		K36-49	20	<b>02:50:38.00</b>	<b>02:50:38.00</b>	+01:08:17 (40.0%)	6:49	8.8 (59.9%)
131	<b>ZYMA Łukasz</b>	<b>352</b>	ATHLETE BOX	M36-49	64	<b>02:51:03.00</b>	<b>02:51:03.00</b>	+01:08:42 (40.2%)	6:50	8.8 (59.9%)
132	<b>ROGOWSKA Daria</b>	<b>212</b>	VEGE RUNNERS	K16-35	9	<b>02:52:17.00</b>	<b>02:52:17.00</b>	+01:09:56 (40.6%)	6:53	8.7 (59.2%)
133	<b>ZIELIŃSKA-KOŁACZ Ewelina</b>	<b>224</b>		K36-49	21	<b>02:52:19.00</b>	<b>02:52:19.00</b>	+01:09:58 (40.6%)	6:53	8.7 (59.2%)
134	<b>POLAŃSKI Robert</b>	<b>274</b>	NOĆNE WOŁKI	M36-49	65	<b>02:54:10.00</b>	<b>02:54:10.00</b>	+01:11:49 (41.2%)	6:58	8.6 (58.5%)
135	<b>FUS Wojciech</b>	<b>247</b>	ASSECO ACTIVE TEAM	M36-49	66	<b>02:54:26.00</b>	<b>02:54:26.00</b>	+01:12:05 (41.3%)	6:58	8.6 (58.5%)
136	<b>STEC Michał</b>	<b>386</b>		M16-35	17	<b>02:56:05.00</b>	<b>02:56:05.00</b>	+01:13:44 (41.9%)	7:02	8.5 (57.8%)
136	<b>ZAŁUCKA Maria</b>	<b>400</b>		K16-35	10	<b>02:56:05.00</b>	<b>02:56:05.00</b>	+01:13:44 (41.9%)	7:02	8.5 (57.8%)
138	<b>GAMRACKA Katarzyna</b>	<b>249</b>		K16-35	11	<b>02:56:13.00</b>	<b>02:56:13.00</b>	+01:13:52 (41.9%)	7:02	8.5 (57.8%)
139	<b>MISZTAL Katarzyna</b>	<b>294</b>	SKRZYDLACI DZIECIOM	K36-49	22	<b>02:56:16.00</b>	<b>02:56:16.00</b>	+01:13:55 (41.9%)	7:03	8.5 (57.8%)
140	<b>KRÓL Robert</b>	<b>226</b>	SKRZYDLACI DZIECIOM	M50+	21	<b>02:56:21.00</b>	<b>02:56:21.00</b>	+01:14:00 (42.0%)	7:03	8.5 (57.8%)
141	<b>RĘPALSKI Marcin</b>	<b>217</b>		M36-49	67	<b>02:56:28.00</b>	<b>02:56:28.00</b>	+01:14:07 (42.0%)	7:03	8.5 (57.8%)
142	<b>PISZCZ Dariusz</b>	<b>424</b>		M36-49	68	<b>02:57:00.00</b>	<b>02:57:00.00</b>	+01:14:39 (42.2%)	7:04	8.5 (57.8%)
143	<b>NOSAL Sławomir</b>	<b>405</b>		M50+	22	<b>02:57:46.00</b>	<b>02:57:46.00</b>	+01:15:25 (42.4%)	7:06	8.4 (57.1%)
144	<b>MAZUR Kinga</b>	<b>353</b>	DĘBICKIE GEPARDY	K36-49	23	<b>02:57:49.00</b>	<b>02:57:49.00</b>	+01:15:28 (42.4%)	7:06	8.4 (57.1%)
145	<b>SKOLARCZYK Bartłomiej</b>	<b>340</b>		M16-35	18	<b>02:58:16.00</b>	<b>02:58:16.00</b>	+01:15:55 (42.6%)	7:07	8.4 (57.1%)
146	<b>JAROSZ Katarzyna</b>	<b>329</b>	VEGE RUNNERS	K16-35	12	<b>02:59:35.00</b>	<b>02:59:35.00</b>	+01:17:14 (43.0%)	7:11	8.4 (57.1%)
147	<b>KRUKOWSKA Ewa</b>	<b>336</b>	PLATINIUM ZAMOŚĆ	K36-49	24	<b>03:00:26.00</b>	<b>03:00:26.00</b>	+01:18:05 (43.3%)	7:13	8.3 (56.5%)
148	<b>SOJA Tomek</b>	<b>293</b>		M50+	23	<b>03:00:43.00</b>	<b>03:00:43.00</b>	+01:18:22 (43.4%)	7:13	8.3 (56.5%)
149	<b>BARSZCZOWSKA Ewelina</b>	<b>272</b>	PODIUM / NOCNY BÓR TEAM	K16-35	13	<b>03:00:51.00</b>	<b>03:00:51.00</b>	+01:18:30 (43.4%)	7:14	8.3 (56.5%)
150	<b>ŁUKASZEK-KUŹNIA Ania</b>	<b>328</b>	NOCNY BÓR TEAM/ ZAWADZKA TEAM	K36-49	25	<b>03:01:57.00</b>	<b>03:01:57.00</b>	+01:19:36 (43.7%)	7:16	8.2 (55.8%)
151	<b>MAĆZKA Katarzyna</b>	<b>315</b>		K36-49	26	<b>03:03:14.00</b>	<b>03:03:14.00</b>	+01:20:53 (44.1%)	7:19	8.2 (55.8%)
152	<b>ŁASKAWSKA Justyna</b>	<b>324</b>		K36-49	27	<b>03:03:49.00</b>	<b>03:03:49.00</b>	+01:21:28 (44.3%)	7:21	8.2 (55.8%)
153	<b>DOROZ Małgorzata</b>	<b>398</b>		K36-49	28	<b>03:04:10.00</b>	<b>03:04:10.00</b>	+01:21:49 (44.4%)	7:22	8.1 (55.1%)
154	<b>KULAWIAK Łukasz</b>	<b>270</b>	RUNNING POŁANIEC	M36-49	69	<b>03:04:39.00</b>	<b>03:04:39.00</b>	+01:22:18 (44.6%)	7:23	8.1 (55.1%)
155	<b>MAZURKIEWICZ Wojciech</b>	<b>414</b>	GRUBO ALBO WCALE	M16-35	19	<b>03:05:24.00</b>	<b>03:05:24.00</b>	+01:23:03 (44.8%)	7:24	8.1 (55.1%)
156	<b>BALICKI Hubert</b>	<b>373</b>		M50+	24	<b>03:05:34.00</b>	<b>03:05:34.00</b>	+01:23:13 (44.8%)	7:25	8.1 (55.1%)
157	<b>SUMIEC-SZYFNER Katarzyna</b>	<b>311</b>	ZABIEGANI MIELEC	K16-35	14	<b>03:06:47.00</b>	<b>03:06:47.00</b>	+01:24:26 (45.2%)	7:28	8 (54.4%)
158	<b>TOTKO Piotr</b>	<b>257</b>	KB MARATOŃCZYK DĘBICA	M36-49	70	<b>03:06:49.00</b>	<b>03:06:49.00</b>	+01:24:28 (45.2%)	7:28	8 (54.4%)
158	<b>ZABOROWSKA Halina</b>	<b>343</b>	KB MARATOŃCZYK DĘBICA	K50+	4	<b>03:06:49.00</b>	<b>03:06:49.00</b>	+01:24:28 (45.2%)	7:28	8 (54.4%)
160	<b>OCHA Katarzyna</b>	<b>430</b>				<b>03:06:56.00</b>	<b>03:06:56.00</b>	+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	<b>PRZEPIÓRA Iwona</b>	<b>392</b>		K50+	5	<b>03:07:02.00</b>	<b>03:07:02.00</b>	+01:24:41 (45.3%)	7:28	8 (54.4%)
162	<b>MARZAŁEK Grzegorz</b>	<b>298</b>	SZYBKE SZYSZKI	M36-49	71	<b>03:07:58.00</b>	<b>03:07:58.00</b>	+01:25:37 (45.5%)	7:31	8 (54.4%)
163	<b>SAPKO Paulina</b>	<b>354</b>	NOCNY BÓR TEAM	K36-49	29	<b>03:08:04.00</b>	<b>03:08:04.00</b>	+01:25:43 (45.6%)	7:31	8 (54.4%)
164	<b>SZAL Ewa</b>	<b>432</b>		K36-49	30	<b>03:09:12.00</b>	<b>03:09:12.00</b>	+01:26:51 (45.9%)	7:34	7.9 (53.7%)
164	<b>SZAL Marcin</b>	<b>433</b>		M50+	25	<b>03:09:12.00</b>	<b>03:09:12.00</b>	+01:26:51 (45.9%)	7:34	7.9 (53.7%)
166	<b>GAWLE Mirosław</b>	<b>262</b>	KB MARATOŃCZYK DĘBICA	M36-49	72	<b>03:11:02.00</b>	<b>03:11:02.00</b>	+01:28:41 (46.4%)	7:38	7.9 (53.7%)
167	<b>DOBROWOLSKA Grażyna</b>	<b>258</b>	KB MARATOŃCZYK DĘBICA	K50+	6	<b>03:11:04.00</b>	<b>03:11:04.00</b>	+01:28:43 (46.4%)	7:38	7.9 (53.7%)
168	<b>GAWLE Katarzyna</b>	<b>261</b>	KB MARATOŃCZYK DĘBICA	K36-49	31	<b>03:11:06.00</b>	<b>03:11:06.00</b>	+01:28:45 (46.4%)	7:38	7.8 (53.1%)
169	<b>STĘPIEŃ Renata</b>	<b>389</b>		K50+	7	<b>03:11:25.00</b>	<b>03:11:25.00</b>	+01:29:04 (46.5%)	7:39	7.8 (53.1%)
170	<b>KOZIOŁ Marcin</b>	<b>302</b>		M16-35	20	<b>03:12:26.00</b>	<b>03:12:26.00</b>	+01:30:05 (46.8%)	7:41	7.8 (53.1%)
171	<b>BALON Marcin</b>	<b>407</b>	NORDTREAT	M36-49	73	<b>03:13:46.00</b>	<b>03:13:46.00</b>	+01:31:25 (47.2%)	7:45	7.7 (52.4%)
172	<b>FLESZAR Łukasz</b>	<b>264</b>		M16-35	21	<b>03:13:58.00</b>	<b>03:13:58.00</b>	+01:31:37 (47.2%)	7:45	7.7 (52.4%)
173	<b>JAWORSKA Sylwia</b>	<b>370</b>	NOCNY BÓR TEAM	K36-49	32	<b>03:14:25.00</b>	<b>03:14:25.00</b>	+01:32:04 (47.4%)	7:46	7.7 (52.4%)
174	<b>MATARSZEK Joanna</b>	<b>233</b>	ZAWADZKA TEAM	K16-35	15	<b>03:14:30.00</b>	<b>03:14:30.00</b>	+01:32:09 (47.4%)	7:46	7.7 (52.4%)
175	<b>BASAK Justyna</b>	<b>322</b>	WKURW_TEAM	K16-35	16	<b>03:14:52.00</b>	<b>03:14:52.00</b>	+01:32:31 (47.5%)	7:47	7.7 (52.4%)
176	<b>SOŁTYS Teresa</b>	<b>323</b>	DECATHLON STALOWA WOLA	K16-35	17	<b>03:14:54.00</b>	<b>03:14:54.00</b>	+01:32:33 (47.5%)	7:47	7.7 (52.4%)
177	<b>ZGÓRSKI Maciej</b>	<b>229</b>	WKURW_TEAM	M36-49	74	<b>03:16:44.00</b>	<b>03:16:44.00</b>	+01:34:23 (48.0%)	7:52	7.6 (51.7%)
178	<b>LEŚNICZAK Barbara</b>	<b>254</b>		K36-49	33	<b>03:16:48.00</b>	<b>03:16:48.00</b>	+01:34:27 (48.0%)	7:52	7.6 (51.7%)
179	<b>MAĆZKA Nikodem</b>	<b>316</b>		M36-49	75	<b>03:17:20.00</b>	<b>03:17:20.00</b>	+01:34:59 (48.1%)	7:53	7.6 (51.7%)
180	<b>SABAJ Piotr</b>	<b>391</b>	PRO-MILE	M36-49	76	<b>03:17:43.00</b>	<b>03:17:43.00</b>	+01:35:22 (48.2%)	7:54	7.6 (51.7%)
181	<b>KAMENCZAK Kamil</b>	<b>395</b>	DZIKIE MUSTANGI	M16-35	22	<b>03:21:04.00</b>	<b>03:21:04.00</b>	+01:38:43 (49.1%)	8:02	7.5 (51.0%)
182	<b>KOZIARA Patryk</b>	<b>317</b>	DZIKIE MUSTANGI	M16-35	23	<b>03:21:06.00</b>	<b>03:21:06.00</b>	+01:38:45 (49.1%)	8:02	7.5 (51.0%)
183	<b>GŁAZ Magdalena</b>	<b>345</b>	HUSARIA RACE TEAM	K16-35	18	<b>03:22:29.00</b>	<b>03:22:29.00</b>	+01:40:08 (49.5%)	8:05	7.4 (50.3%)
184	<b>BEDNARSKA-KOZIOŁ Danuta</b>	<b>248</b>	WKURW_TEAM	K36-49	34	<b>03:22:45.00</b>	<b>03:22:45.00</b>	+01:40:24 (49.5%)	8:06	7.4 (50.3%)
185	<b>PACZKOWSKA Ewelina</b>	<b>238</b>	WKURW_TEAM	K36-49	35	<b>03:23:27.00</b>	<b>03:23:27.00</b>	+01:41:06 (49.7%)	8:08	7.4 (50.3%)
186	<b>NIEMIEC Monika</b>	<b>300</b>	DZIKIE MUSTANGI	K16-35	19	<b>03:24:32.00</b>	<b>03:24:32.00</b>	+01:42:11 (50.0%)	8:10	7.3 (49.7%)
187	<b>OPALIŃSKI Michał</b>	<b>225</b>	KB MARATOŃCZYK DĘBICA	M16-35	24	<b>03:24:34.00</b>	<b>03:24:34.00</b>	+01:42:13 (50.0%)	8:10	7.3 (49.7%)
188	<b>KUŁACZKOWSKI Konrad</b>	<b>243</b>		M16-35	25	<b>03:26:04.00</b>	<b>03:26:04.00</b>	+01:43:43 (50.3%)	8:14	7.3 (49.7%)
189	<b>PARADOWSKI Paweł</b>	<b>288</b>	BYLEDOMETRY	M50+	26	<b>03:26:09.00</b>	<b>03:26:09.00</b>	+01:43:48 (50.4%)	8:14	7.3 (49.7%)
190	<b>BURZ-PARADOWSKA Jowita</b>	<b>245</b>	BYLEDOMETRY/WKURW_TEAM	K36-49	36	<b>03:26:12.00</b>	<b>03:26:12.00</b>	+01:43:51 (50.4%)	8:14	7.3 (49.7%)
191	<b>WÓJTOWICZ Paweł</b>	<b>320</b>	LUBLIN BIEGA	M36-49	77	<b>03:27:17.00</b>	<b>03:27:17.00</b>	+01:44:56 (50.6%)	8:17	7.2 (49.0%)
192	<b>MALIK Aleksandra</b>	<b>263</b>	RZESZOWSKI HASACZ	K50+	8	<b>03:29:59.00</b>	<b>03:29:59.00</b>	+01:47:38 (51.3%)	8:23	7.1 (48.3%)
193	<b>POŁEĆ Grzegorz</b>	<b>388</b>		M50+	27	<b>03:30:50.00</b>	<b>03:30:50.00</b>	+01:48:29 (51.5%)	8:26	7.1 (48.3%)
194	<b>BIELIK Radosław</b>	<b>280</b>	WKURW_TEAM	M36-49	78	<b>03:32:52.00</b>	<b>03:32:52.00</b>	+01:50:31 (51.9%)	8:30	7 (47.6%)
195	<b>WEREMA Mariola</b>	<b>232</b>	WKURW_TEAM	K16-35	20	<b>03:32:54.00</b>	<b>03:32:54.00</b>	+01:50:33 (51.9%)	8:30	7 (47.6%)
196	<b>WRONA Anna</b>	<b>244</b>		K16-35	21	<b>03:33:07.00</b>	<b>03:33:07.00</b>	+01:50:46 (52.0%)	8:31	7 (47.6%)
197	<b>CZARNY Łukasz</b>	<b>209</b>	WKURW_TEAM	M36-49	79	<b>03:38:04.00</b>	<b>03:38:04.00</b>	+01:55:43 (53.1%)	8:43	6.9 (46.9%)
198	<b>BASZCZYŃSKA Barbara</b>	<b>250</b>	WKURW_TEAM	K50+	9	<b>03:50:26.00</b>	<b>03:50:26.00</b>	+02:08:05 (55.6%)	9:13	6.5 (44.2%)
199	<b>KOSTULSKA Olga</b>	<b>256</b>	WKURW_TEAM	K16-35	22	<b>03:50:27.00</b>	<b>03:50:27.00</b>	+02:08:06 (55.6%)	9:13	6.5 (44.2%)
200	<b>TOMPALSKA Maria</b>	<b>299</b>	PODIUM / AKTYWNY DYNÓW	K36-49	37	<b>03:58:42.00</b>	<b>03:58:42.00</b>	+02:16:21 (57.1%)	9:32	6.3 (42.9%)
201	<b>HANULAK Kuba</b>	<b>423</b>	PODIUM	M16-35	26	<b>03:59:00.00</b>	<b>03:59:00.00</b>	+02:16:39 (57.2%)	9:33	6.3 (42.9%)
202	<b>SOŁTYSIAK Krystyna</b>	<b>287</b>	SPARTAN TRAINING GROUP RZESZÓW	K50+	10	<b>04:07:47.00</b>	<b>04:07:47.00</b>	+02:25:26 (58.7%)	9:54	6.1 (41.5%)
203	<b>HADAM Ewa</b>	<b>286</b>	SPARTAN TRAINING GROUP RZESZÓW	K50+	11	<b>04:07:48.00</b>	<b>04:07:48.00</b>	+02:25:27 (58.7%)	9:54	6.1 (41.5%)

