



# NIESTRUDZONY SAN | 32 KM

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

**Wydarzenie:** II Ultra-Bies  
**Organizator:** Fundacja Ultra-Bies  
**Data:** 2023-05-05  
**Miejsce:** Dożyca  
**Dystans:** 32 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	PK Łopienka 15km	PK Cisna 25km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
1	ZIAJKA Karol	722	PGR/FINISZ RYMANÓW	M20	1	00:40:38	01:15:21	02:14:52	<b>02:50:26.80</b>	<b>02:50:26.80</b>		5:19	11.3 (100%)
2	SOLIŃSKA Katarzyna	693	ON RUNNING	K30	1	00:43:44	01:21:27	02:25:38	<b>03:04:32.85</b>	<b>03:04:32.85</b>	+00:14:06 (7.6%)	5:46	10.4 (92.0%)
3	SKRZYSIŃSKI Gniewomir	697	INSTINCT/ALTRA RED	M40	1	00:41:25	01:19:44	02:25:20	<b>03:05:18.30</b>	<b>03:05:18.30</b>	+00:14:51 (8.0%)	5:47	10.4 (92.0%)
4	KAWIK Tomasz	733	RUNPROGRESS.PL TEAM	M30	1	00:42:00	01:20:51	02:30:14	<b>03:16:03.20</b>	<b>03:16:03.20</b>	+00:25:36 (13.1%)	6:07	9.8 (86.7%)
5	DOMIN Łukasz	645	AKTYWNY DYNÓW	M30	2	00:45:29	01:25:24	02:38:46	<b>03:25:01.45</b>	<b>03:25:01.45</b>	+00:34:34 (16.9%)	6:24	9.4 (83.2%)
6	ANCYGIER Tomasz	719	MUKS PODKARPACIE JEDLICZE	M30	3	00:46:54	01:30:02	02:46:47	<b>03:35:31.45</b>	<b>03:35:31.45</b>	+00:45:04 (20.9%)	6:44	8.9 (78.8%)
7	LEŚ Michał	723	SANOK BIEGA	M30	4	00:47:39	01:31:33	02:49:16	<b>03:36:54.40</b>	<b>03:36:54.40</b>	+00:46:27 (21.4%)	6:46	8.9 (78.8%)
8	JANDZIŚ Wiesław	698	AKTYWNY DYNÓW	M40	2	00:47:38	01:32:58	02:50:45	<b>03:36:58.25</b>	<b>03:36:58.25</b>	+00:46:31 (21.4%)	6:46	8.8 (77.9%)
9	ZIĘBA Mateusz	718	FOREVER TEAM	M30	5	00:51:32	01:33:16	02:52:09	<b>03:38:24.45</b>	<b>03:38:24.45</b>	+00:47:57 (22.0%)	6:49	8.8 (77.9%)
10	STANIO Arkadiusz	713	BIEGAM W RZESZOWIE	M40	3	00:48:23	01:32:43	02:50:21	<b>03:39:44.00</b>	<b>03:39:44.00</b>	+00:49:17 (22.4%)	6:52	8.7 (77.0%)
11	LEŚNIAK Dawid	620	LHO	M30	6	00:48:30	01:31:29	02:53:43	<b>03:43:59.55</b>	<b>03:43:59.55</b>	+00:53:32 (23.9%)	6:59	8.6 (76.1%)
12	KRZEMIŃSKI Marcin	669		M40	4	00:49:53	01:33:20	02:54:34	<b>03:44:02.20</b>	<b>03:44:02.20</b>	+00:53:35 (23.9%)	7:00	8.6 (76.1%)
13	KAWIAK Marek	633		M40	5	00:51:34	01:35:16	02:54:33	<b>03:45:59.00</b>	<b>03:45:59.00</b>	+00:55:32 (24.6%)	7:03	8.5 (75.2%)
14	CIENKOSZ Przemysław	605	#ZALINIAMETYTEAM	M20	2	00:49:43	01:33:19	02:55:58	<b>03:47:05.45</b>	<b>03:47:05.45</b>	+00:56:38 (24.9%)	7:05	8.5 (75.2%)
15	KSIĄŻKIEWICZ Bartłomiej	668	ROCKY BALBOA	M40	6	00:52:16	01:36:08	02:57:45	<b>03:48:09.65</b>	<b>03:48:09.65</b>	+00:57:42 (25.3%)	7:07	8.4 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	PK Łopienka 15km	PK Cisna 25km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
16	<b>PORCEK Maciej</b>	<b>699</b>	FINISZ RYMANÓW	M30	7	00:50:45	01:34:28	02:55:25	<b>03:48:51.10</b>	<b>03:48:51.10</b>	+00:58:24 (25.5%)	7:09	8.4 (74.3%)
17	<b>PODWÓJCI Michał</b>	<b>656</b>	GÓRAL Z MAZUR RUNNING TEAM	M40	7	00:51:42	01:34:07	02:55:22	<b>03:49:20.35</b>	<b>03:49:20.35</b>	+00:58:53 (25.7%)	7:10	8.4 (74.3%)
18	<b>GIERULA Grzegorz</b>	<b>700</b>	KB ATHLETIC ZRĘCIN	M30	8	00:49:09	01:34:10	03:00:47	<b>03:54:30.05</b>	<b>03:54:30.05</b>	+01:04:03 (27.3%)	7:19	8.2 (72.6%)
19	<b>PODOLAK Paweł</b>	<b>659</b>		M30	9	00:50:48	01:32:53	03:00:20	<b>03:55:41.10</b>	<b>03:55:41.10</b>	+01:05:14 (27.7%)	7:21	8.1 (71.7%)
20	<b>ORCZYKOWSKI Bogdan</b>	<b>621</b>	GOAPTIV!	M30	10	00:55:34	01:44:17	03:09:08	<b>03:58:55.95</b>	<b>03:58:55.95</b>	+01:08:29 (28.7%)	7:27	8 (70.8%)
21	<b>ZIEBA Tomek</b>	<b>642</b>	JACEKBIEGA RUNNING TEAM	M40	8	00:54:06	01:44:48	03:11:10	<b>04:02:30.00</b>	<b>04:02:30.00</b>	+01:12:03 (29.7%)	7:34	7.9 (69.9%)
22	<b>ROCZNIAK Marcin</b>	<b>648</b>	SANOK BIEGA/ROCZNIAK TEAM	M40	9	00:51:49	01:43:02	03:07:09	<b>04:04:35.40</b>	<b>04:04:35.40</b>	+01:14:08 (30.3%)	7:38	7.9 (69.9%)
23	<b>RZEPKO Urszula</b>	<b>736</b>	ULTRA ŁAŃCUT	K30	2	00:59:17	01:50:28	03:18:19	<b>04:12:58.30</b>	<b>04:12:58.30</b>	+01:22:31 (32.6%)	7:54	7.6 (67.3%)
24	<b>MARSZAŁEK Radosław</b>	<b>671</b>	BIEGAJ Z DYMKIEM	M30	11	00:54:53	01:49:39	03:21:56	<b>04:17:22.70</b>	<b>04:17:22.70</b>	+01:26:55 (33.8%)	8:02	7.5 (66.4%)
25	<b>KLIMEK Przemysław</b>	<b>688</b>		M40	10	00:57:00	01:49:15	03:18:38	<b>04:17:48.05</b>	<b>04:17:48.05</b>	+01:27:21 (33.9%)	8:03	7.4 (65.5%)
26	<b>MISIĄGIEWICZ Paweł</b>	<b>639</b>		M40	11	00:58:13	01:51:26	03:24:41	<b>04:19:07.60</b>	<b>04:19:07.60</b>	+01:28:40 (34.2%)	8:05	7.4 (65.5%)
27	<b>SETKOWICZ Jacek</b>	<b>617</b>		M30	12	00:56:23	01:46:42	03:16:44	<b>04:20:23.65</b>	<b>04:20:23.65</b>	+01:29:56 (34.5%)	8:08	7.4 (65.5%)
28	<b>GAŁUSZKA Tomasz</b>	<b>737</b>	SKITUROWE BIESZCZADY	M40	12	00:56:54	01:51:48	03:24:19	<b>04:21:27.45</b>	<b>04:21:27.45</b>	+01:31:00 (34.8%)	8:10	7.3 (64.6%)
29	<b>PEŁDIAK Mateusz</b>	<b>636</b>	KB ATHLETIC ZRĘCIN /PAWKO RUNNER TEAM	M30	13	00:56:04	01:47:46	03:25:38	<b>04:25:52.45</b>	<b>04:25:52.45</b>	+01:35:25 (35.9%)	8:18	7.2 (63.7%)
30	<b>RĘPALSKA Agata</b>	<b>646</b>		K30	3	00:56:04	01:47:47	03:25:38	<b>04:25:52.65</b>	<b>04:25:52.65</b>	+01:35:25 (35.9%)	8:18	7.2 (63.7%)
31	<b>ZMYŚŁOWSKI Łukasz</b>	<b>705</b>		M40	13	00:59:16	01:53:30	03:30:06	<b>04:27:40.85</b>	<b>04:27:40.85</b>	+01:37:14 (36.3%)	8:21	7.2 (63.7%)
32	<b>GARCZYŃSKI Radosław</b>	<b>681</b>	POWER TRAINING	M30	14	01:06:55	02:05:47	03:35:49	<b>04:28:37.00</b>	<b>04:28:37.00</b>	+01:38:10 (36.5%)	8:23	7.1 (62.8%)
33	<b>WIŚNIEWSKI Krzysztof</b>	<b>715</b>	KEREZA TEAM	M40	14	00:59:13	01:53:36	03:30:08	<b>04:28:39.00</b>	<b>04:28:39.00</b>	+01:38:12 (36.6%)	8:23	7.1 (62.8%)
34	<b>PERZ Marzenna</b>	<b>647</b>		K50	1	01:03:38	01:59:37	03:34:46	<b>04:29:10.40</b>	<b>04:29:10.40</b>	+01:38:43 (36.7%)	8:24	7.1 (62.8%)
35	<b>BOREK Mateusz</b>	<b>730</b>		M20	3	00:55:17	01:51:01	03:27:57	<b>04:29:30.50</b>	<b>04:29:30.50</b>	+01:39:03 (36.8%)	8:25	7.1 (62.8%)
36	<b>KŁOBUCHOWSKI Szymon</b>	<b>678</b>		M30	15	01:01:18	01:57:49	03:31:02	<b>04:30:42.75</b>	<b>04:30:42.75</b>	+01:40:15 (37.0%)	8:27	7.1 (62.8%)
37	<b>KACPERSKI Olaf</b>	<b>712</b>		M50	1	00:58:23	01:54:23	03:28:37	<b>04:31:14.60</b>	<b>04:31:14.60</b>	+01:40:47 (37.2%)	8:28	7.1 (62.8%)
38	<b>WIDOMSKA-MACIEJEWSKA Joanna</b>	<b>727</b>	PRZEDWOJEWSKI TEAM	K40	1	00:59:40	01:57:40	03:32:52	<b>04:34:00.40</b>	<b>04:34:00.40</b>	+01:43:33 (37.8%)	8:33	7 (61.9%)

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39	ZAWADKA Filip	687	CROSSFIT 12U1 WILANÓW	M30	16	00:59:55	01:56:33	03:36:32	<b>04:36:44.90</b>	<b>04:36:44.90</b>	+01:46:18 (38.4%)	8:38	6.9 (61.1%)
40	STĘPKOWSKA Berta	709	UMCS_BIEGA/ MROZEK TRI TEAM	K40	2	01:01:29	01:59:40	03:37:00	<b>04:39:55.55</b>	<b>04:39:55.55</b>	+01:49:28 (39.1%)	8:44	6.9 (61.1%)
41	KRUPA Piotr	657	CROSSFIT DOPAMINE	M30	17			03:39:14	<b>04:41:35.10</b>	<b>04:41:35.10</b>	+01:51:08 (39.5%)	8:47	6.8 (60.2%)
42	PARA Aleksandra	704		K30	4	01:02:42	02:04:05	03:47:34	<b>04:44:25.50</b>	<b>04:44:25.50</b>	+01:53:58 (40.1%)	8:53	6.8 (60.2%)
43	SZYMAŃSKI Piotr	640	RYKOWISKO TEAM	M40	15	01:05:02	02:01:16	03:44:45	<b>04:45:48.30</b>	<b>04:45:48.30</b>	+01:55:21 (40.4%)	8:55	6.7 (59.3%)
44	ORĘZIAK Maciej	650		M40	16	01:00:02	02:00:22	03:45:34	<b>04:47:45.75</b>	<b>04:47:45.75</b>	+01:57:18 (40.8%)	8:59	6.7 (59.3%)
45	FOK CZYNSKA Anna	732		K30	5	01:04:27	02:07:03	03:48:48	<b>04:48:12.00</b>	<b>04:48:12.00</b>	+01:57:45 (40.9%)	9:00	6.7 (59.3%)
46	JĘDRASIK Piotr	658	9-TKA RUNNING TEAM	M50	2	00:56:53	01:59:31	03:41:38	<b>04:48:12.60</b>	<b>04:48:12.60</b>	+01:57:45 (40.9%)	9:00	6.7 (59.3%)
47	SOBOTKA Monika	741	NBRC	K50	2	01:03:14	01:59:49	03:43:01	<b>04:48:44.10</b>	<b>04:48:44.10</b>	+01:58:17 (41.0%)	9:01	6.6 (58.4%)
48	RZESZUTEK Wiktoria	729		K20	1	00:59:58	01:58:18	03:45:32	<b>04:49:24.35</b>	<b>04:49:24.35</b>	+01:58:57 (41.1%)	9:02	6.6 (58.4%)
49	SAMUŚ Dariusz	651	BIESZCZADZKIE MORSY	M40	17	00:59:54	01:57:33	03:46:16	<b>04:49:50.00</b>	<b>04:49:50.00</b>	+01:59:23 (41.2%)	9:03	6.6 (58.4%)
50	KITOWSKI Bartosz	745		M40	18	00:59:04	01:55:24	03:41:37	<b>04:50:31.45</b>	<b>04:50:31.45</b>	+02:00:04 (41.3%)	9:04	6.6 (58.4%)
51	BOBOLA Sebastian	740		M30	18	00:59:04	01:55:07	03:41:37	<b>04:50:32.00</b>	<b>04:50:32.00</b>	+02:00:05 (41.3%)	9:04	6.6 (58.4%)
52	SZAMOCKA Paulina	674	TRAIL IS OUR WAY TEAM	K30	6	01:05:48	02:05:59	03:50:02	<b>04:50:42.50</b>	<b>04:50:42.50</b>	+02:00:15 (41.4%)	9:05	6.6 (58.4%)
53	MATKOWSKA Martyna	710		K30	7	01:08:09	02:06:54	03:49:44	<b>04:51:10.30</b>	<b>04:51:10.30</b>	+02:00:43 (41.5%)	9:05	6.6 (58.4%)
54	PIETRZAK Rafał	726	STOPKA PILAWA	M30	19	00:59:50	02:00:43	03:47:33	<b>04:54:05.10</b>	<b>04:54:05.10</b>	+02:03:38 (42.0%)	9:11	6.5 (57.5%)
55	MAZEK Łukasz	725	STOPKA PILAWA	M30	20	00:59:50	02:00:43	03:47:36	<b>04:54:12.70</b>	<b>04:54:12.70</b>	+02:03:45 (42.1%)	9:11	6.5 (57.5%)
56	WINIARSKA Katarzyna	615		K30	8	01:06:03	02:05:59	03:50:50	<b>04:55:17.90</b>	<b>04:55:17.90</b>	+02:04:51 (42.3%)	9:13	6.5 (57.5%)
57	BANGIS Łukasz	602	ŻÓRAWSKI TEAM	M30	21	00:58:14	02:00:34	03:49:20	<b>04:55:35.85</b>	<b>04:55:35.85</b>	+02:05:09 (42.3%)	9:14	6.5 (57.5%)
58	SUŁKOWSKA-WIROWSKA Gabriela	662		K40	3	01:05:57	02:06:30	03:53:51	<b>05:02:43.60</b>	<b>05:02:43.60</b>	+02:12:16 (43.7%)	9:27	6.3 (55.8%)
59	STECIUK Jarosław	721	ŁÓDZKI KLUB WYSOKOGÓRSKI	M30	22	01:05:07	02:07:44	03:54:42	<b>05:03:00.85</b>	<b>05:03:00.85</b>	+02:12:34 (43.7%)	9:28	6.3 (55.8%)
60	NALEPKA Grzegorz	682		M30	23	01:07:19	02:11:16	03:57:07	<b>05:05:58.25</b>	<b>05:05:58.25</b>	+02:15:31 (44.3%)	9:33	6.3 (55.8%)
61	KACZMARCZYK Mariusz	628	REXER	M50	3	00:59:48	01:59:00	03:55:37	<b>05:06:04.20</b>	<b>05:06:04.20</b>	+02:15:37 (44.3%)	9:33	6.3 (55.8%)

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62	<b>HEJDUK Monika</b>	<b>631</b>	UMCS BIEGA	K40	4	01:03:41	02:06:32	03:58:35	<b>05:07:22.50</b>	<b>05:07:22.50</b>	+02:16:55 (44.5%)	9:36	6.2 (54.9%)
63	<b>MATUŁA Przemysław</b>	<b>672</b>	AZS UMCS BIEGA	M50	4	01:01:30	02:02:56	03:55:31	<b>05:09:29.95</b>	<b>05:09:29.95</b>	+02:19:03 (44.9%)	9:40	6.2 (54.9%)
64	<b>BLAUT Marta</b>	<b>685</b>	WM TRI	K30	9	01:11:54	02:22:48	04:07:43	<b>05:09:30.55</b>	<b>05:09:30.55</b>	+02:19:03 (44.9%)	9:40	6.2 (54.9%)
65	<b>LEŃCZUK Andrzej</b>	<b>724</b>		M50	5	01:04:23	02:03:58	03:52:36	<b>05:10:04.10</b>	<b>05:10:04.10</b>	+02:19:37 (45.0%)	9:41	6.2 (54.9%)
66	<b>GALUSZEWSKA Katarzyna</b>	<b>665</b>		K30	10	01:00:14	02:08:25	04:00:39	<b>05:12:28.30</b>	<b>05:12:28.30</b>	+02:22:01 (45.5%)	9:45	6.1 (54.0%)
67	<b>LEWANDOWSKI Sebastian</b>	<b>673</b>		M30	24	01:09:34	02:12:09	04:01:14	<b>05:12:59.40</b>	<b>05:12:59.40</b>	+02:22:32 (45.5%)	9:46	6.1 (54.0%)
68	<b>KORZENIOWSKA Małgorzata</b>	<b>653</b>		K40	5	01:04:14	02:08:25	04:04:13	<b>05:15:36.25</b>	<b>05:15:36.25</b>	+02:25:09 (46.0%)	9:51	6.1 (54.0%)
69	<b>CHOJNACKI Mikołaj</b>	<b>739</b>	WARSAW RUN CLUB	M40	19	01:03:30	02:10:28	03:54:57	<b>05:15:37.50</b>	<b>05:15:37.50</b>	+02:25:10 (46.0%)	9:51	6.1 (54.0%)
70	<b>PORZYCKI Tomasz</b>	<b>684</b>		M30	25	01:07:19	02:10:50	04:03:20	<b>05:15:57.40</b>	<b>05:15:57.40</b>	+02:25:30 (46.1%)	9:52	6.1 (54.0%)
71	<b>STRZAŁKOWSKI Marcin</b>	<b>638</b>	RYKOWISKO TEAM	M40	20	01:05:36	02:09:49	04:01:26	<b>05:16:06.55</b>	<b>05:16:06.55</b>	+02:25:39 (46.1%)	9:52	6.1 (54.0%)
72	<b>ZARĘBA Jolanta</b>	<b>716</b>		K50	3	01:09:24	02:15:51	04:09:26	<b>05:18:03.45</b>	<b>05:18:03.45</b>	+02:27:36 (46.4%)	9:56	6 (53.1%)
73	<b>DEREŃ Wojciech</b>	<b>708</b>	TREKKING TEAM OSTROWIEC	M40	21	01:02:44	02:06:28	04:02:45	<b>05:20:19.25</b>	<b>05:20:19.25</b>	+02:29:52 (46.8%)	10:00	6 (53.1%)
74	<b>OŻÓG Paweł</b>	<b>744</b>	DZIKITIM	M40	22	01:01:40	02:06:09	03:59:35	<b>05:20:30.85</b>	<b>05:20:30.85</b>	+02:30:04 (46.8%)	10:00	6 (53.1%)
75	<b>PIETRUSZKA Mariusz</b>	<b>654</b>		M30	26	01:08:30	02:13:07	04:12:53	<b>05:21:23.85</b>	<b>05:21:23.85</b>	+02:30:57 (47.0%)	10:02	6 (53.1%)
76	<b>KRUK Anna</b>	<b>731</b>	RYKOWISKI TEAM	K20	2	01:04:57	02:13:40	04:09:10	<b>05:22:48.70</b>	<b>05:22:48.70</b>	+02:32:21 (47.2%)	10:05	5.9 (52.2%)
77	<b>SZYMANIK Lidia</b>	<b>696</b>		K40	6	01:10:17	02:22:58	04:18:34	<b>05:24:35.30</b>	<b>05:24:35.30</b>	+02:34:08 (47.5%)	10:08	5.9 (52.2%)
78	<b>BIENIEK Justyna</b>	<b>634</b>		K30	11	01:06:21	02:13:32	04:08:42	<b>05:25:12.25</b>	<b>05:25:12.25</b>	+02:34:45 (47.6%)	10:09	5.9 (52.2%)
79	<b>KLIMCZUK Maciej</b>	<b>635</b>		M30	27	01:06:22	02:13:32	04:08:44	<b>05:25:13.50</b>	<b>05:25:13.50</b>	+02:34:46 (47.6%)	10:09	5.9 (52.2%)
80	<b>KWIATKOWSKA Iska</b>	<b>675</b>	EKSTREMALNA GRUPA BIEGOWA	K40	7	01:07:47	02:12:57	04:13:31	<b>05:26:21.40</b>	<b>05:26:21.40</b>	+02:35:54 (47.8%)	10:11	5.9 (52.2%)
81	<b>MISIUREK Miron</b>	<b>714</b>	EKSTREMALNA GRUPA BIEGOWA	M40	23	01:07:43	02:11:43	04:13:33	<b>05:26:21.55</b>	<b>05:26:21.55</b>	+02:35:54 (47.8%)	10:11	5.9 (52.2%)
82	<b>GAWLIK Sylwia</b>	<b>703</b>		K40	8	01:09:35	02:12:45	04:13:31	<b>05:26:21.65</b>	<b>05:26:21.65</b>	+02:35:54 (47.8%)	10:11	5.9 (52.2%)
83	<b>GUCWA Jarosław</b>	<b>625</b>		M50	6	01:08:03	02:11:45	04:07:09	<b>05:27:08.45</b>	<b>05:27:08.45</b>	+02:36:41 (47.9%)	10:13	5.9 (52.2%)
84	<b>TUREK Paweł</b>	<b>613</b>	PRIN-S	M50	7	01:14:13	02:21:46	04:20:04	<b>05:28:13.70</b>	<b>05:28:13.70</b>	+02:37:46 (48.1%)	10:15	5.8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	PK Łopienka 15km	PK Cisna 25km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
85	<b>ORŁOWSKA Beata</b>	<b>637</b>	STALOWOWOLSKI KLUB BIEGACZA	K50	4	01:09:55	02:18:57	04:15:53	<b>05:29:55.05</b>	<b>05:29:55.05</b>	+02:39:28 (48.3%)	10:18	5.8 (51.3%)
86	<b>KLIMKIEWICZ Magdalena</b>	<b>734</b>		K40	9	01:08:07	02:15:16	04:12:06	<b>05:29:56.55</b>	<b>05:29:56.55</b>	+02:39:29 (48.3%)	10:18	5.8 (51.3%)
86	<b>ORZECZOWSKA Agnieszka</b>	<b>711</b>		K40	9	01:08:30	02:15:39	04:12:05	<b>05:29:56.55</b>	<b>05:29:56.55</b>	+02:39:29 (48.3%)	10:18	5.8 (51.3%)
88	<b>CIENKOSZ Anna</b>	<b>619</b>	#ZALINIAMETY	K20	3	01:11:33	02:21:33	04:22:36	<b>05:32:13.25</b>	<b>05:32:13.25</b>	+02:41:46 (48.7%)	10:22	5.8 (51.3%)
89	<b>WITA Krzysztof</b>	<b>728</b>		M30	28	01:09:08	02:19:06	04:15:04	<b>05:33:12.65</b>	<b>05:33:12.65</b>	+02:42:45 (48.8%)	10:24	5.8 (51.3%)
90	<b>NAHORSKI Marcin</b>	<b>677</b>		M30	29	01:04:34	02:13:30	04:18:23	<b>05:33:41.85</b>	<b>05:33:41.85</b>	+02:43:15 (48.9%)	10:25	5.8 (51.3%)
91	<b>FOWLER Krystian</b>	<b>676</b>		M30	30	01:10:15	02:15:51	04:13:38	<b>05:41:27.20</b>	<b>05:41:27.20</b>	+02:51:00 (50.1%)	10:40	5.6 (49.6%)
92	<b>ZIMOCZ Łukasz</b>	<b>601</b>		M40	24	01:07:55	02:25:10	04:21:49	<b>05:41:56.15</b>	<b>05:41:56.15</b>	+02:51:29 (50.2%)	10:41	5.6 (49.6%)
93	<b>ĆWIAKALA Halina</b>	<b>663</b>	ATHLETIC ZRĘCIN	K40	11	01:08:59	02:18:08	04:27:11	<b>05:42:14.80</b>	<b>05:42:14.80</b>	+02:51:48 (50.2%)	10:41	5.6 (49.6%)
94	<b>PODSIADŁY Maciej</b>	<b>612</b>	TRAIL IS OUR WAY	M30	31	01:08:36	02:18:39	04:24:00	<b>05:42:50.55</b>	<b>05:42:50.55</b>	+02:52:23 (50.3%)	10:42	5.6 (49.6%)
95	<b>TALAROWSKA Agnieszka</b>	<b>630</b>		K40	12	01:13:30	02:23:38	04:30:26	<b>05:46:08.85</b>	<b>05:46:08.85</b>	+02:55:42 (50.8%)	10:49	5.5 (48.7%)
96	<b>TALAROWSKI Paweł</b>	<b>629</b>	HRT	M40	25	01:13:30	02:23:49	04:30:26	<b>05:46:09.40</b>	<b>05:46:09.40</b>	+02:55:42 (50.8%)	10:49	5.5 (48.7%)
97	<b>WIERZBICKA Ewa</b>	<b>627</b>		K50	5	01:11:06	02:25:07	04:27:34	<b>05:46:53.30</b>	<b>05:46:53.30</b>	+02:56:26 (50.9%)	10:50	5.5 (48.7%)
98	<b>SIOREK Katarzyna</b>	<b>701</b>	WILQ TEAM	K40	13	01:12:53	02:27:18	04:31:07	<b>05:47:05.10</b>	<b>05:47:05.10</b>	+02:56:38 (50.9%)	10:50	5.5 (48.7%)
99	<b>WŁODARCZYK Grzegorz</b>	<b>608</b>		M30	32	01:07:51	02:12:26	04:23:21	<b>05:47:05.60</b>	<b>05:47:05.60</b>	+02:56:38 (50.9%)	10:50	5.5 (48.7%)
100	<b>BOBYK Paweł</b>	<b>644</b>	SANOK BIEGA	M40	26	01:12:11	02:21:28	04:29:35	<b>05:47:06.50</b>	<b>05:47:06.50</b>	+02:56:39 (50.9%)	10:50	5.5 (48.7%)
101	<b>CZAJA Paweł</b>	<b>686</b>		M40	27	01:05:36	02:15:21	04:22:28	<b>05:48:31.95</b>	<b>05:48:31.95</b>	+02:58:05 (51.1%)	10:53	5.5 (48.7%)
102	<b>PODOLAK Agnieszka</b>	<b>607</b>	PIĘKNIE I BRODACZE	K30	12	01:14:29	02:28:47	04:33:39	<b>05:51:03.70</b>	<b>05:51:03.70</b>	+03:00:36 (51.4%)	10:58	5.5 (48.7%)
103	<b>MUSIAŁ Paweł</b>	<b>742</b>		M40	28	01:04:41	02:15:19	04:21:55	<b>05:51:03.80</b>	<b>05:51:03.80</b>	+03:00:37 (51.4%)	10:58	5.5 (48.7%)
104	<b>HOFFMANN Robert</b>	<b>664</b>		M40	29	01:06:24	02:15:18	04:15:31	<b>05:51:03.90</b>	<b>05:51:03.90</b>	+03:00:37 (51.4%)	10:58	5.5 (48.7%)
105	<b>DRYL Radosław</b>	<b>603</b>		M40	30	01:07:58	02:25:01	04:21:52	<b>05:51:31.85</b>	<b>05:51:31.85</b>	+03:01:05 (51.5%)	10:59	5.5 (48.7%)
106	<b>SIEKIERA Aleksandra</b>	<b>614</b>		K20	4	01:20:41	02:31:44	04:37:37	<b>05:52:47.35</b>	<b>05:52:47.35</b>	+03:02:20 (51.7%)	11:01	5.4 (47.8%)
107	<b>SAPIEJEWSKI Krzysztof</b>	<b>706</b>		M30	33	01:09:56	02:18:52	04:29:09	<b>05:52:51.40</b>	<b>05:52:51.40</b>	+03:02:24 (51.7%)	11:01	5.4 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	PK Łopienka 15km	PK Cisna 25km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
108	<b>SZCZEPANEK Monika</b>	<b>611</b>		K50	6	01:17:33	02:33:22	04:44:38	<b>05:54:53.10</b>	<b>05:54:53.10</b>	+03:04:26 (52.0%)	11:05	5.4 (47.8%)
109	<b>DZADZ-WDOWIAK Aleksandra</b>	<b>743</b>		K30	13	01:13:10	02:29:14	04:40:07	<b>05:55:45.60</b>	<b>05:55:45.60</b>	+03:05:18 (52.1%)	11:07	5.4 (47.8%)
110	<b>KABULSKI Tomasz</b>	<b>689</b>	AUTOVASHKA	M40	31	01:11:35	02:22:53	04:34:42	<b>05:57:37.90</b>	<b>05:57:37.90</b>	+03:07:11 (52.3%)	11:10	5.4 (47.8%)
111	<b>CEBRAT Tomasz</b>	<b>717</b>		M40	32	01:12:46	02:23:47	04:34:38	<b>05:58:42.70</b>	<b>05:58:42.70</b>	+03:08:15 (52.5%)	11:12	5.4 (47.8%)
112	<b>KOSMOWSKA Alicja</b>	<b>626</b>	TRAIL IS OUR WAY	K30	14	01:13:57	02:25:34	04:34:31	<b>06:03:19.95</b>	<b>06:03:19.95</b>	+03:12:53 (53.1%)	11:21	5.3 (46.9%)
113	<b>PAWLAK Patryk</b>	<b>738</b>		M30	34	01:11:05	02:28:13	04:38:53	<b>06:03:36.15</b>	<b>06:03:36.15</b>	+03:13:09 (53.1%)	11:21	5.3 (46.9%)
114	<b>SIEDLACZEK Zbigniew</b>	<b>632</b>		M60	1	01:11:59	02:24:20	04:36:20	<b>06:06:00.50</b>	<b>06:06:00.50</b>	+03:15:33 (53.4%)	11:26	5.2 (46.0%)
115	<b>BANASIK Rafał</b>	<b>623</b>	ŚWIAT FORMY STALOWA WOLA	M40	33	01:15:15	02:31:47	04:46:17	<b>06:09:37.80</b>	<b>06:09:37.80</b>	+03:19:11 (53.9%)	11:33	5.2 (46.0%)
116	<b>WARZOCHA Paweł</b>	<b>667</b>	NIECHBIEGA	M40	34	01:15:15	02:31:49	04:43:16	<b>06:09:39.45</b>	<b>06:09:39.45</b>	+03:19:12 (53.9%)	11:33	5.2 (46.0%)
117	<b>SALA Anna</b>	<b>702</b>		K30	15	01:15:15	02:31:48	04:43:16	<b>06:09:48.30</b>	<b>06:09:48.30</b>	+03:19:21 (53.9%)	11:33	5.2 (46.0%)
118	<b>ZIELIŃSKA Magdalena</b>	<b>707</b>		K40	14	01:14:54	02:40:19	04:49:09	<b>06:09:55.95</b>	<b>06:09:55.95</b>	+03:19:29 (53.9%)	11:33	5.2 (46.0%)
119	<b>SAJEWICZ Magda</b>	<b>661</b>	ULTRAWAY TEAM	K30	16	01:14:43	02:41:11	04:49:11	<b>06:10:00.60</b>	<b>06:10:00.60</b>	+03:19:33 (53.9%)	11:33	5.2 (46.0%)
120	<b>MURASZEW - DĄBROWSKA Katarzyna</b>	<b>649</b>	DZIKIE SKRZYDŁO	K40	15	01:17:17	02:41:02	04:49:23	<b>06:10:04.50</b>	<b>06:10:04.50</b>	+03:19:37 (53.9%)	11:33	5.2 (46.0%)
121	<b>MAMEJ Elżbieta</b>	<b>666</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	K50	7	01:13:22	02:28:02	04:44:06	<b>06:16:26.60</b>	<b>06:16:26.60</b>	+03:25:59 (54.7%)	11:45	5.1 (45.1%)
122	<b>SIUDEM Elżbieta</b>	<b>655</b>		K50	8	01:21:01	02:43:01	05:00:59	<b>06:23:26.85</b>	<b>06:23:26.85</b>	+03:33:00 (55.5%)	11:58	5 (44.2%)
123	<b>WOŹNIAK Kasia</b>	<b>618</b>		K30	17	01:16:42	02:44:52	05:03:37	<b>06:28:04.85</b>	<b>06:28:04.85</b>	+03:37:38 (56.1%)	12:07	4.9 (43.4%)
124	<b>KĘSICKI Rafał</b>	<b>652</b>		M40	35	01:24:58	02:53:22	05:19:03	<b>06:47:15.10</b>	<b>06:47:15.10</b>	+03:56:48 (58.1%)	12:43	4.7 (41.6%)
<b>Przekroczony limit czasu: 07:00:00</b>													
125	<b>DRELINKIEWICZ Michał</b>	<b>604</b>	MISIE BIEGAJĄ	M40	36	01:31:28	03:05:07	05:44:06	<b>07:00:18.70</b>	<b>07:00:18.70</b>	+04:09:51 (59.4%)	13:08	4.6 (40.7%)
126	<b>SOBKÓW Katarzyna</b>	<b>606</b>	MISIE BIEGAJĄ	K30	18	01:31:28	03:05:00	05:44:09	<b>07:00:18.75</b>	<b>07:00:18.75</b>	+04:09:51 (59.4%)	13:08	4.6 (40.7%)
127	<b>BŁASZCZYK Magdalena</b>	<b>735</b>	KUŹNIA TRIATHLONU	K30	19	01:24:59	02:58:45	05:37:51	<b>07:04:40.05</b>	<b>07:04:40.05</b>	+04:14:13 (59.9%)	13:16	4.5 (39.8%)
128	<b>BARAŃSKA Justyna</b>	<b>680</b>		K40	16	01:28:02	03:05:00	05:33:46	<b>07:05:09.05</b>	<b>07:05:09.05</b>	+04:14:42 (59.9%)	13:17	4.5 (39.8%)
129	<b>ŚLUSARCZYK Karolina</b>	<b>679</b>		K30	20	01:28:02	03:05:01	05:33:47	<b>07:05:09.65</b>	<b>07:05:09.65</b>	+04:14:42 (59.9%)	13:17	4.5 (39.8%)
130	<b>STRUZIK-ŁUSZCZ Małgorzata</b>	<b>622</b>		K30	21	01:19:37	02:58:20	05:31:32	<b>07:06:51.00</b>	<b>07:06:51.00</b>	+04:16:24 (60.1%)	13:20	4.5 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	PK Łopienka 15km	PK Cisna 25km	Czas netto 32km	Czas brutto 32km	Różn	Tempo min/km	Tempo km/h
	<b>BRATKO-SETKOWICZ Alina</b>	<b>616</b>		K30		01:10:34 DNF	02:18:01 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 131 wynik(ów)