



NIESTRUDZONY SAN | 32 KM

B4SPORT

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

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

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	02:50:26.80	02:50:26.80		5:19	11.3 (100%)
2	SOLIŃSKA Katarzyna	693	ON RUNNING	K30	1	00:43:44	01:21:27	02:25:38	03:04:32.85	03:04:32.85	+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	03:05:18.30	03:05:18.30	+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	03:16:03.20	03:16:03.20	+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	03:25:01.45	03:25:01.45	+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	03:35:31.45	03:35:31.45	+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	03:36:54.40	03:36:54.40	+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	03:36:58.25	03:36:58.25	+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	03:38:24.45	03:38:24.45	+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	03:39:44.00	03:39:44.00	+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	03:43:59.55	03:43:59.55	+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	03:44:02.20	03:44:02.20	+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	03:45:59.00	03:45:59.00	+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	03:47:05.45	03:47:05.45	+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	03:48:09.65	03:48:09.65	+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	PORCEK Maciej	699	FINISZ RYMANÓW	M30	7	00:50:45	01:34:28	02:55:25	03:48:51.10	03:48:51.10	+00:58:24 (25.5%)	7:09	8.4 (74.3%)
17	PODWÓJCI Michał	656	GÓRAL Z MAZUR RUNNING TEAM	M40	7	00:51:42	01:34:07	02:55:22	03:49:20.35	03:49:20.35	+00:58:53 (25.7%)	7:10	8.4 (74.3%)
18	GIERULA Grzegorz	700	KB ATHLETIC ZRĘCIN	M30	8	00:49:09	01:34:10	03:00:47	03:54:30.05	03:54:30.05	+01:04:03 (27.3%)	7:19	8.2 (72.6%)
19	PODOLAK Paweł	659		M30	9	00:50:48	01:32:53	03:00:20	03:55:41.10	03:55:41.10	+01:05:14 (27.7%)	7:21	8.1 (71.7%)
20	ORCZYKOWSKI Bogdan	621	GOAPTIV!	M30	10	00:55:34	01:44:17	03:09:08	03:58:55.95	03:58:55.95	+01:08:29 (28.7%)	7:27	8 (70.8%)
21	ZIEBA Tomek	642	JACEKBIEGA RUNNING TEAM	M40	8	00:54:06	01:44:48	03:11:10	04:02:30.00	04:02:30.00	+01:12:03 (29.7%)	7:34	7.9 (69.9%)
22	ROCZNIAK Marcin	648	SANOK BIEGA/ROCZNIAK TEAM	M40	9	00:51:49	01:43:02	03:07:09	04:04:35.40	04:04:35.40	+01:14:08 (30.3%)	7:38	7.9 (69.9%)
23	RZEPKO Urszula	736	ULTRA ŁAŃCUT	K30	2	00:59:17	01:50:28	03:18:19	04:12:58.30	04:12:58.30	+01:22:31 (32.6%)	7:54	7.6 (67.3%)
24	MARSZAŁEK Radosław	671	BIEGAJ Z DYMKIEM	M30	11	00:54:53	01:49:39	03:21:56	04:17:22.70	04:17:22.70	+01:26:55 (33.8%)	8:02	7.5 (66.4%)
25	KLIMEK Przemysław	688		M40	10	00:57:00	01:49:15	03:18:38	04:17:48.05	04:17:48.05	+01:27:21 (33.9%)	8:03	7.4 (65.5%)
26	MISIĄGIEWICZ Paweł	639		M40	11	00:58:13	01:51:26	03:24:41	04:19:07.60	04:19:07.60	+01:28:40 (34.2%)	8:05	7.4 (65.5%)
27	SETKOWICZ Jacek	617		M30	12	00:56:23	01:46:42	03:16:44	04:20:23.65	04:20:23.65	+01:29:56 (34.5%)	8:08	7.4 (65.5%)
28	GAŁUSZKA Tomasz	737	SKITUROWE BIESZCZADY	M40	12	00:56:54	01:51:48	03:24:19	04:21:27.45	04:21:27.45	+01:31:00 (34.8%)	8:10	7.3 (64.6%)
29	PEŁDIAK Mateusz	636	KB ATHLETIC ZRĘCIN /PAWKO RUNNER TEAM	M30	13	00:56:04	01:47:46	03:25:38	04:25:52.45	04:25:52.45	+01:35:25 (35.9%)	8:18	7.2 (63.7%)
30	RĘPALSKA Agata	646		K30	3	00:56:04	01:47:47	03:25:38	04:25:52.65	04:25:52.65	+01:35:25 (35.9%)	8:18	7.2 (63.7%)
31	ZMYŚŁOWSKI Łukasz	705		M40	13	00:59:16	01:53:30	03:30:06	04:27:40.85	04:27:40.85	+01:37:14 (36.3%)	8:21	7.2 (63.7%)
32	GARCZYŃSKI Radosław	681	POWER TRAINING	M30	14	01:06:55	02:05:47	03:35:49	04:28:37.00	04:28:37.00	+01:38:10 (36.5%)	8:23	7.1 (62.8%)
33	WIŚNIEWSKI Krzysztof	715	KEREZA TEAM	M40	14	00:59:13	01:53:36	03:30:08	04:28:39.00	04:28:39.00	+01:38:12 (36.6%)	8:23	7.1 (62.8%)
34	PERZ Marzenna	647		K50	1	01:03:38	01:59:37	03:34:46	04:29:10.40	04:29:10.40	+01:38:43 (36.7%)	8:24	7.1 (62.8%)
35	BOREK Mateusz	730		M20	3	00:55:17	01:51:01	03:27:57	04:29:30.50	04:29:30.50	+01:39:03 (36.8%)	8:25	7.1 (62.8%)
36	KŁOBUCHOWSKI Szymon	678		M30	15	01:01:18	01:57:49	03:31:02	04:30:42.75	04:30:42.75	+01:40:15 (37.0%)	8:27	7.1 (62.8%)
37	KACPERSKI Olaf	712		M50	1	00:58:23	01:54:23	03:28:37	04:31:14.60	04:31:14.60	+01:40:47 (37.2%)	8:28	7.1 (62.8%)
38	WIDOMSKA-MACIEJEWSKA Joanna	727	PRZEDWOJEWSKI TEAM	K40	1	00:59:40	01:57:40	03:32:52	04:34:00.40	04:34:00.40	+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	04:36:44.90	04:36:44.90	+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	04:39:55.55	04:39:55.55	+01:49:28 (39.1%)	8:44	6.9 (61.1%)
41	KRUPA Piotr	657	CROSSFIT DOPAMINE	M30	17			03:39:14	04:41:35.10	04:41:35.10	+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	04:44:25.50	04:44:25.50	+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	04:45:48.30	04:45:48.30	+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	04:47:45.75	04:47:45.75	+01:57:18 (40.8%)	8:59	6.7 (59.3%)
45	FOKCZYNSKA Anna	732		K30	5	01:04:27	02:07:03	03:48:48	04:48:12.00	04:48:12.00	+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	04:48:12.60	04:48:12.60	+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	04:48:44.10	04:48:44.10	+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	04:49:24.35	04:49:24.35	+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	04:49:50.00	04:49:50.00	+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	04:50:31.45	04:50:31.45	+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	04:50:32.00	04:50:32.00	+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	04:50:42.50	04:50:42.50	+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	04:51:10.30	04:51:10.30	+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	04:54:05.10	04:54:05.10	+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	04:54:12.70	04:54:12.70	+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	04:55:17.90	04:55:17.90	+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	04:55:35.85	04:55:35.85	+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	05:02:43.60	05:02:43.60	+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	05:03:00.85	05:03:00.85	+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	05:05:58.25	05:05:58.25	+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	05:06:04.20	05:06:04.20	+02:15:37 (44.3%)	9:33	6.3 (55.8%)

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

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85	ORŁOWSKA Beata	637	STALOWOWOLSKI KLUB BIEGACZA	K50	4	01:09:55	02:18:57	04:15:53	05:29:55.05	05:29:55.05	+02:39:28 (48.3%)	10:18	5.8 (51.3%)
86	KLIMKIEWICZ Magdalena	734		K40	9	01:08:07	02:15:16	04:12:06	05:29:56.55	05:29:56.55	+02:39:29 (48.3%)	10:18	5.8 (51.3%)
86	ORZECZOWSKA Agnieszka	711		K40	9	01:08:30	02:15:39	04:12:05	05:29:56.55	05:29:56.55	+02:39:29 (48.3%)	10:18	5.8 (51.3%)
88	CIENKOSZ Anna	619	#ZALINIAMETY	K20	3	01:11:33	02:21:33	04:22:36	05:32:13.25	05:32:13.25	+02:41:46 (48.7%)	10:22	5.8 (51.3%)
89	WITA Krzysztof	728		M30	28	01:09:08	02:19:06	04:15:04	05:33:12.65	05:33:12.65	+02:42:45 (48.8%)	10:24	5.8 (51.3%)
90	NAHORSKI Marcin	677		M30	29	01:04:34	02:13:30	04:18:23	05:33:41.85	05:33:41.85	+02:43:15 (48.9%)	10:25	5.8 (51.3%)
91	FOWLER Krystian	676		M30	30	01:10:15	02:15:51	04:13:38	05:41:27.20	05:41:27.20	+02:51:00 (50.1%)	10:40	5.6 (49.6%)
92	ZIMOCZ Łukasz	601		M40	24	01:07:55	02:25:10	04:21:49	05:41:56.15	05:41:56.15	+02:51:29 (50.2%)	10:41	5.6 (49.6%)
93	ĆWIAKALA Halina	663	ATHLETIC ZRĘCIN	K40	11	01:08:59	02:18:08	04:27:11	05:42:14.80	05:42:14.80	+02:51:48 (50.2%)	10:41	5.6 (49.6%)
94	PODSIADŁY Maciej	612	TRAIL IS OUR WAY	M30	31	01:08:36	02:18:39	04:24:00	05:42:50.55	05:42:50.55	+02:52:23 (50.3%)	10:42	5.6 (49.6%)
95	TALAROWSKA Agnieszka	630		K40	12	01:13:30	02:23:38	04:30:26	05:46:08.85	05:46:08.85	+02:55:42 (50.8%)	10:49	5.5 (48.7%)
96	TALAROWSKI Paweł	629	HRT	M40	25	01:13:30	02:23:49	04:30:26	05:46:09.40	05:46:09.40	+02:55:42 (50.8%)	10:49	5.5 (48.7%)
97	WIERZBICKA Ewa	627		K50	5	01:11:06	02:25:07	04:27:34	05:46:53.30	05:46:53.30	+02:56:26 (50.9%)	10:50	5.5 (48.7%)
98	SIOREK Katarzyna	701	WILQ TEAM	K40	13	01:12:53	02:27:18	04:31:07	05:47:05.10	05:47:05.10	+02:56:38 (50.9%)	10:50	5.5 (48.7%)
99	WŁODARCZYK Grzegorz	608		M30	32	01:07:51	02:12:26	04:23:21	05:47:05.60	05:47:05.60	+02:56:38 (50.9%)	10:50	5.5 (48.7%)
100	BOBYK Paweł	644	SANOK BIEGA	M40	26	01:12:11	02:21:28	04:29:35	05:47:06.50	05:47:06.50	+02:56:39 (50.9%)	10:50	5.5 (48.7%)
101	CZAJA Paweł	686		M40	27	01:05:36	02:15:21	04:22:28	05:48:31.95	05:48:31.95	+02:58:05 (51.1%)	10:53	5.5 (48.7%)
102	PODOLAK Agnieszka	607	PIĘKNIE I BRODACZE	K30	12	01:14:29	02:28:47	04:33:39	05:51:03.70	05:51:03.70	+03:00:36 (51.4%)	10:58	5.5 (48.7%)
103	MUSIAŁ Paweł	742		M40	28	01:04:41	02:15:19	04:21:55	05:51:03.80	05:51:03.80	+03:00:37 (51.4%)	10:58	5.5 (48.7%)
104	HOFFMANN Robert	664		M40	29	01:06:24	02:15:18	04:15:31	05:51:03.90	05:51:03.90	+03:00:37 (51.4%)	10:58	5.5 (48.7%)
105	DRYL Radosław	603		M40	30	01:07:58	02:25:01	04:21:52	05:51:31.85	05:51:31.85	+03:01:05 (51.5%)	10:59	5.5 (48.7%)
106	SIEKIERA Aleksandra	614		K20	4	01:20:41	02:31:44	04:37:37	05:52:47.35	05:52:47.35	+03:02:20 (51.7%)	11:01	5.4 (47.8%)
107	SAPIEJEWSKI Krzysztof	706		M30	33	01:09:56	02:18:52	04:29:09	05:52:51.40	05:52:51.40	+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	SZCZEPANEK Monika	611		K50	6	01:17:33	02:33:22	04:44:38	05:54:53.10	05:54:53.10	+03:04:26 (52.0%)	11:05	5.4 (47.8%)
109	DZADZ-WDOWIAK Aleksandra	743		K30	13	01:13:10	02:29:14	04:40:07	05:55:45.60	05:55:45.60	+03:05:18 (52.1%)	11:07	5.4 (47.8%)
110	KABULSKI Tomasz	689	AUTOVASHKA	M40	31	01:11:35	02:22:53	04:34:42	05:57:37.90	05:57:37.90	+03:07:11 (52.3%)	11:10	5.4 (47.8%)
111	CEBRAT Tomasz	717		M40	32	01:12:46	02:23:47	04:34:38	05:58:42.70	05:58:42.70	+03:08:15 (52.5%)	11:12	5.4 (47.8%)
112	KOSMOWSKA Alicja	626	TRAIL IS OUR WAY	K30	14	01:13:57	02:25:34	04:34:31	06:03:19.95	06:03:19.95	+03:12:53 (53.1%)	11:21	5.3 (46.9%)
113	PAWLAK Patryk	738		M30	34	01:11:05	02:28:13	04:38:53	06:03:36.15	06:03:36.15	+03:13:09 (53.1%)	11:21	5.3 (46.9%)
114	SIEDLACZEK Zbigniew	632		M60	1	01:11:59	02:24:20	04:36:20	06:06:00.50	06:06:00.50	+03:15:33 (53.4%)	11:26	5.2 (46.0%)
115	BANASIK Rafał	623	ŚWIAT FORMY STALOWA WOLA	M40	33	01:15:15	02:31:47	04:46:17	06:09:37.80	06:09:37.80	+03:19:11 (53.9%)	11:33	5.2 (46.0%)
116	WARZOCHA Paweł	667	NIECHBIEGA	M40	34	01:15:15	02:31:49	04:43:16	06:09:39.45	06:09:39.45	+03:19:12 (53.9%)	11:33	5.2 (46.0%)
117	SALA Anna	702		K30	15	01:15:15	02:31:48	04:43:16	06:09:48.30	06:09:48.30	+03:19:21 (53.9%)	11:33	5.2 (46.0%)
118	ZIELIŃSKA Magdalena	707		K40	14	01:14:54	02:40:19	04:49:09	06:09:55.95	06:09:55.95	+03:19:29 (53.9%)	11:33	5.2 (46.0%)
119	SAJEWICZ Magda	661	ULTRAWAY TEAM	K30	16	01:14:43	02:41:11	04:49:11	06:10:00.60	06:10:00.60	+03:19:33 (53.9%)	11:33	5.2 (46.0%)
120	MURASZEW - DĄBROWSKA Katarzyna	649	DZIKIE SKRZYDŁO	K40	15	01:17:17	02:41:02	04:49:23	06:10:04.50	06:10:04.50	+03:19:37 (53.9%)	11:33	5.2 (46.0%)
121	MAMEJ Elżbieta	666	LUBELSKIE STOWARZYSZENIE BIEGOWE	K50	7	01:13:22	02:28:02	04:44:06	06:16:26.60	06:16:26.60	+03:25:59 (54.7%)	11:45	5.1 (45.1%)
122	SIUDEM Elżbieta	655		K50	8	01:21:01	02:43:01	05:00:59	06:23:26.85	06:23:26.85	+03:33:00 (55.5%)	11:58	5 (44.2%)
123	WOŹNIAK Kasia	618		K30	17	01:16:42	02:44:52	05:03:37	06:28:04.85	06:28:04.85	+03:37:38 (56.1%)	12:07	4.9 (43.4%)
124	KĘSICKI Rafał	652		M40	35	01:24:58	02:53:22	05:19:03	06:47:15.10	06:47:15.10	+03:56:48 (58.1%)	12:43	4.7 (41.6%)
Przekroczony limit czasu: 07:00:00													
125	DRELINKIEWICZ Michał	604	MISIE BIEGAJĄ	M40	36	01:31:28	03:05:07	05:44:06	07:00:18.70	07:00:18.70	+04:09:51 (59.4%)	13:08	4.6 (40.7%)
126	SOBKÓW Katarzyna	606	MISIE BIEGAJĄ	K30	18	01:31:28	03:05:00	05:44:09	07:00:18.75	07:00:18.75	+04:09:51 (59.4%)	13:08	4.6 (40.7%)
127	BŁASZCZYK Magdalena	735	KUŹNIA TRIATHLONU	K30	19	01:24:59	02:58:45	05:37:51	07:04:40.05	07:04:40.05	+04:14:13 (59.9%)	13:16	4.5 (39.8%)
128	BARAŃSKA Justyna	680		K40	16	01:28:02	03:05:00	05:33:46	07:05:09.05	07:05:09.05	+04:14:42 (59.9%)	13:17	4.5 (39.8%)
129	ŚLUSARCZYK Karolina	679		K30	20	01:28:02	03:05:01	05:33:47	07:05:09.65	07:05:09.65	+04:14:42 (59.9%)	13:17	4.5 (39.8%)
130	STRUZIK-ŁUSZCZ Małgorzata	622		K30	21	01:19:37	02:58:20	05:31:32	07:06:51.00	07:06:51.00	+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
	BRATKO-SETKOWICZ Alina	616		K30		01:10:34 DNF	02:18:01 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 131 wynik(ów)