

# NOCNY RZEŹNICZEK 2019

B4SPORT

**Wydarzenie:** V FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2019-06-21  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki_przel 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>TRACZ Łukasz</b>	<b>3150</b>	WWW.TRENINGFIZJOTERAPIA.PL / AQUAREH	M30	1	01:23:23	<b>02:42:16.80</b>	<b>02:42:17.95</b>		5:47	10.4 (100%)
2	<b>GAWLIK Sławek</b>	<b>3064</b>	MARCINŚWIERCTEAM	M30	2	01:23:39	<b>02:46:10.10</b>	<b>02:46:11.45</b>	+00:03:53 (2.3%)	5:56	10.1 (97.1%)
3	<b>WYWŁOKA Paulina</b>	<b>3148</b>	SALCOGARMINTEAM	K20	1	01:31:37	<b>02:54:53.45</b>	<b>02:54:55.30</b>	+00:12:37 (7.2%)	6:14	9.6 (92.3%)
4	<b>LIPA Wojciech</b>	<b>3175</b>	RZESZÓWSKIE GAZELE I GEPARDY	M40	1	01:28:19	<b>02:55:04.85</b>	<b>02:55:06.50</b>	+00:12:48 (7.3%)	6:15	9.6 (92.3%)
5	<b>PUDŁO Mateusz</b>	<b>3178</b>	WARBUD RUNNING TEAM	M20	1	01:31:32	<b>02:58:09.15</b>	<b>02:58:12.05</b>	+00:15:54 (8.9%)	6:21	9.4 (90.4%)
6	<b>ILKIEWICZ Adam</b>	<b>3147</b>	3BRO	M30	3	01:32:52	<b>03:03:02.05</b>	<b>03:03:04.55</b>	+00:20:46 (11.3%)	6:32	9.2 (88.5%)
7	<b>KUŚ Sławomir</b>	<b>3164</b>		M30	4	01:38:36	<b>03:10:39.75</b>	<b>03:10:45.20</b>	+00:28:27 (14.9%)	6:48	8.8 (84.6%)
8	<b>CYMMER Michał</b>	<b>3177</b>		M30	5	01:34:42	<b>03:11:04.80</b>	<b>03:11:15.85</b>	+00:28:57 (15.1%)	6:49	8.8 (84.6%)
9	<b>BARTOSIK Marek</b>	<b>3185</b>		M40	2	01:38:01	<b>03:11:15.30</b>	<b>03:11:20.35</b>	+00:29:02 (15.2%)	6:49	8.8 (84.6%)
10	<b>SKÓRA Tomasz</b>	<b>3030</b>	SKÓRZEC BIEGA	M40	3	01:34:44	<b>03:11:34.85</b>	<b>03:11:43.60</b>	+00:29:25 (15.3%)	6:50	8.8 (84.6%)
11	<b>KONIK Marcin</b>	<b>3003</b>		M40	4	01:37:49	<b>03:13:05.45</b>	<b>03:13:09.80</b>	+00:30:51 (16.0%)	6:53	8.7 (83.7%)
12	<b>SZCZYPKA Piotr</b>	<b>3077</b>	BIEGIEM PRZEZ CHYBIE	M30	6	01:36:06	<b>03:16:54.40</b>	<b>03:17:06.75</b>	+00:34:48 (17.7%)	7:01	8.5 (81.7%)
13	<b>BARUT-SKUPIEŃ Barbara</b>	<b>3168</b>	SPELEOKLUB BIELSKO BIAŁA	K40	1	01:42:00	<b>03:22:02.05</b>	<b>03:22:04.85</b>	+00:39:46 (19.7%)	7:12	8.3 (79.8%)
14	<b>POŻAROWSZCZYK Adam</b>	<b>3029</b>		M30	7	01:32:26	<b>03:22:04.15</b>	<b>03:22:06.45</b>	+00:39:48 (19.7%)	7:13	8.3 (79.8%)
15	<b>FALANDYSZ Piotr</b>	<b>3089</b>		M20	2	01:41:50	<b>03:30:49.20</b>	<b>03:30:59.45</b>	+00:48:41 (23.1%)	7:31	8 (76.9%)
16	<b>MOTYKA Kamil</b>	<b>3090</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	8	01:28:22	<b>03:31:52.20</b>	<b>03:31:54.15</b>	+00:49:36 (23.4%)	7:34	7.9 (76.0%)
17	<b>PYTEL Waldek</b>	<b>3012</b>	YULO RUN TEAM SIEDLCE	M50	1	01:48:50	<b>03:35:13.55</b>	<b>03:35:21.35</b>	+00:53:03 (24.6%)	7:41	7.8 (75.0%)
18	<b>SZMIDT Karol</b>	<b>3158</b>	SZMIDT I SYN	M30	9	01:43:15	<b>03:35:23.35</b>	<b>03:35:28.00</b>	+00:53:10 (24.7%)	7:41	7.8 (75.0%)
19	<b>OBIDOWICZ Agata</b>	<b>3054</b>		K30	1	01:48:52	<b>03:35:34.05</b>	<b>03:35:36.55</b>	+00:53:18 (24.7%)	7:41	7.8 (75.0%)
20	<b>MARKOWSKA Karolina</b>	<b>3179</b>	EUROPA UBEZPIECZENIA/NOA	K30	2	01:49:15	<b>03:40:22.95</b>	<b>03:40:27.75</b>	+00:58:09 (26.4%)	7:52	7.6 (73.1%)
21	<b>BIEL Sebastian</b>	<b>3136</b>	BIEGANIE SZYDERCÓW	M30	10	01:54:30	<b>03:42:34.05</b>	<b>03:42:51.85</b>	+01:00:33 (27.2%)	7:56	7.5 (72.1%)
22	<b>SIKORA Artur</b>	<b>3133</b>		M20	3	01:50:29	<b>03:44:53.75</b>	<b>03:45:02.95</b>	+01:02:45 (27.9%)	8:01	7.5 (72.1%)
23	<b>HERMAN Paweł</b>	<b>3186</b>		M40	5	01:54:42	<b>03:45:01.15</b>	<b>03:45:21.20</b>	+01:03:03 (28.0%)	8:02	7.5 (72.1%)
24	<b>TARTANUS Andrzej</b>	<b>3034</b>	VEGE RUNNERS	M40	6	01:56:47	<b>03:46:16.70</b>	<b>03:46:37.70</b>	+01:04:19 (28.4%)	8:04	7.4 (71.2%)
25	<b>GÓRSKI Adam</b>	<b>3059</b>		M30	11	01:48:38	<b>03:48:42.00</b>	<b>03:48:59.25</b>	+01:06:41 (29.1%)	8:10	7.3 (70.2%)
26	<b>FLOREK Tomasz</b>	<b>3104</b>	BIEGANIE SZYDERCÓW	M40	7	01:54:33	<b>03:51:26.10</b>	<b>03:51:43.40</b>	+01:09:25 (30.0%)	8:15	7.3 (70.2%)
27	<b>TEPER Bartosz</b>	<b>3151</b>	ŚMIGAJĄCEZIOME CZKI	M20	4	01:54:37	<b>03:52:02.30</b>	<b>03:52:31.40</b>	+01:10:13 (30.2%)	8:17	7.2 (69.2%)
28	<b>ANTOSZ Mateusz</b>	<b>3152</b>	ŚMIGAJĄCEZIOME CZKI	M20	5	01:54:51	<b>03:52:02.30</b>	<b>03:52:31.45</b>	+01:10:13 (30.2%)	8:17	7.2 (69.2%)
29	<b>GRUSZKA Kamila</b>	<b>3033</b>	NIEPOŁOMICE BIEGAJĄ	K40	2	01:54:33	<b>03:54:44.25</b>	<b>03:54:50.15</b>	+01:12:32 (30.9%)	8:23	7.2 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki_przel 16.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
30	<b>KRAWCZYK Karol</b>	<b>3131</b>		M30	12	01:49:09	<b>03:57:39.45</b>	<b>03:57:52.15</b>	+01:15:34 (31.8%)	8:29	7.1 (68.3%)
31	<b>PAWELEC Piotr</b>	<b>3002</b>	HARDCOROWE WYCHYLYLYBYMY	M50	2	01:54:44	<b>03:57:45.05</b>	<b>03:57:53.15</b>	+01:15:35 (31.8%)	8:29	7.1 (68.3%)
32	<b>CZEPIGA Dariusz</b>	<b>3111</b>		M20	6	02:03:39	<b>03:58:29.10</b>	<b>03:58:36.05</b>	+01:16:18 (32.0%)	8:31	7 (67.3%)
33	<b>KOWALSKI Maciej</b>	<b>3191</b>		M30	13	02:01:55	<b>03:59:07.95</b>	<b>03:59:24.65</b>	+01:17:06 (32.2%)	8:32	7 (67.3%)
34	<b>KŁODZIŃSKI Klaudiusz</b>	<b>3138</b>	BIEGANIE SZYDERCÓW	M40	8	02:00:18	<b>04:00:22.80</b>	<b>04:00:40.65</b>	+01:18:22 (32.6%)	8:35	7 (67.3%)
35	<b>DUDEK Łukasz</b>	<b>3161</b>		M30	14	01:56:25	<b>04:00:39.45</b>	<b>04:00:51.20</b>	+01:18:33 (32.6%)	8:35	7 (67.3%)
36	<b>STĘPIEŃ Wojciech</b>	<b>3107</b>	BIEGUSIEM PRZEZ ŻYCIE	M40	9	02:05:00	<b>04:00:57.60</b>	<b>04:01:12.65</b>	+01:18:54 (32.7%)	8:36	7 (67.3%)
37	<b>GARBOWSKA Monika</b>	<b>3106</b>	BIEGUSIEM PRZEZ ŻYCIE	K40	3	02:05:03	<b>04:00:58.15</b>	<b>04:01:12.75</b>	+01:18:54 (32.7%)	8:36	7 (67.3%)
38	<b>MAGDA Katarzyna</b>	<b>3173</b>	1978	K40	4	02:05:13	<b>04:01:01.65</b>	<b>04:01:16.20</b>	+01:18:58 (32.7%)	8:36	7 (67.3%)
39	<b>ĆMIELIŃSKI Tomasz</b>	<b>3132</b>	BIEGACZE UROZMAICONE	M40	10	02:06:03	<b>04:01:16.65</b>	<b>04:01:27.90</b>	+01:19:09 (32.8%)	8:37	7 (67.3%)
40	<b>PODOLAK Zbigniew</b>	<b>3080</b>		M50	3	02:00:07	<b>04:04:34.75</b>	<b>04:04:48.15</b>	+01:22:30 (33.7%)	8:44	6.9 (66.3%)
41	<b>STEFANOWICZ Piotr</b>	<b>3006</b>	HARDCOROWE WYCHYLYLYBYMY	M30	15	01:49:37	<b>04:05:36.15</b>	<b>04:05:40.55</b>	+01:23:22 (33.9%)	8:46	6.8 (65.4%)
42	<b>SZTĄBER Adam</b>	<b>3159</b>		M30	16	01:37:31	<b>04:07:27.10</b>	<b>04:07:51.30</b>	+01:25:33 (34.5%)	8:50	6.8 (65.4%)
43	<b>JABŁOŃSKI Przemysław</b>	<b>3170</b>	PIETRZYK RUNNING TEAM	M30	17	01:37:49	<b>04:07:27.90</b>	<b>04:07:51.60</b>	+01:25:33 (34.5%)	8:50	6.8 (65.4%)
44	<b>RAPA Piotr</b>	<b>3194</b>		M40	11	02:05:59	<b>04:08:05.55</b>	<b>04:08:30.15</b>	+01:26:12 (34.7%)	8:51	6.8 (65.4%)
45	<b>MĘDRZYCKI Piotr</b>	<b>3160</b>		M30	18	01:52:34	<b>04:08:07.95</b>	<b>04:08:32.75</b>	+01:26:14 (34.7%)	8:51	6.8 (65.4%)
46	<b>TOKARZ Krzysztof</b>	<b>3174</b>		M30	19	02:06:24	<b>04:08:28.75</b>	<b>04:08:33.05</b>	+01:26:15 (34.7%)	8:52	6.8 (65.4%)
47	<b>CZARNOCKI Paweł</b>	<b>3020</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M30	20	02:06:15	<b>04:08:29.05</b>	<b>04:08:39.30</b>	+01:26:21 (34.7%)	8:52	6.8 (65.4%)
48	<b>PIETRUSZKA Mariusz</b>	<b>3190</b>	MANIEK PO SECIE	M30	21	02:06:09	<b>04:11:57.05</b>	<b>04:12:09.00</b>	+01:29:51 (35.6%)	8:59	6.7 (64.4%)
49	<b>SZNAJDER Joanna</b>	<b>3129</b>		K40	5	02:00:02	<b>04:14:01.55</b>	<b>04:14:19.50</b>	+01:32:01 (36.2%)	9:04	6.6 (63.5%)
50	<b>MATUSZAK Paweł</b>	<b>3184</b>		M30	22	02:00:07	<b>04:14:14.40</b>	<b>04:14:24.70</b>	+01:32:06 (36.2%)	9:04	6.6 (63.5%)
51	<b>KISIELNICKA Karolina</b>	<b>3071</b>	KWIDZYN BIEGA	K30	3	02:06:03	<b>04:15:36.75</b>	<b>04:15:49.40</b>	+01:33:31 (36.6%)	9:07	6.6 (63.5%)
52	<b>KISIELNICKI Bartek</b>	<b>3176</b>	KWIDZYN BIEGA	M30	23	02:06:04	<b>04:15:37.65</b>	<b>04:15:49.95</b>	+01:33:32 (36.6%)	9:07	6.6 (63.5%)
53	<b>SZCZUREK Mariusz</b>	<b>3066</b>		M40	12	02:06:06	<b>04:15:33.45</b>	<b>04:15:54.15</b>	+01:33:36 (36.6%)	9:07	6.6 (63.5%)
54	<b>FREJ Marcin</b>	<b>3121</b>	ZABIEGANI.TV	M30	24	01:48:06	<b>04:16:17.00</b>	<b>04:16:22.25</b>	+01:34:04 (36.7%)	9:09	6.6 (63.5%)
55	<b>BILSKI Marek</b>	<b>3192</b>		M40	13	02:10:34	<b>04:16:07.40</b>	<b>04:16:37.55</b>	+01:34:19 (36.8%)	9:08	6.6 (63.5%)
56	<b>LOMBARSKI Łukasz</b>	<b>3135</b>	SSW TEAM KROŚNICE	M30	25	02:08:02	<b>04:18:46.35</b>	<b>04:18:51.15</b>	+01:36:33 (37.3%)	9:14	6.5 (62.5%)
57	<b>SAMBORSKI Bartosz</b>	<b>3044</b>	WKURW_TEAM	M40	14	02:12:02	<b>04:18:54.30</b>	<b>04:19:00.20</b>	+01:36:42 (37.3%)	9:14	6.5 (62.5%)
58	<b>TUCHOŁKA Marta</b>	<b>1075</b>	POCOLOCO	K30	4	02:05:59	<b>04:18:51.80</b>	<b>04:19:05.05</b>	+01:36:47 (37.4%)	9:14	6.5 (62.5%)
59	<b>STARZYŃSKI Stefan</b>	<b>3070</b>	PERFECT RUNNER LUBLIN	M50	4	02:10:34	<b>04:19:13.30</b>	<b>04:19:24.55</b>	+01:37:06 (37.4%)	9:15	6.5 (62.5%)
60	<b>CIUPA Tomasz</b>	<b>3154</b>		M40	15	02:10:32	<b>04:19:24.65</b>	<b>04:19:48.95</b>	+01:37:31 (37.5%)	9:15	6.5 (62.5%)
61	<b>BANDEL Adam</b>	<b>3114</b>	REEBOKRUNCREW LDZ	M30	26	02:13:35	<b>04:21:21.25</b>	<b>04:21:41.50</b>	+01:39:23 (38.0%)	9:20	6.4 (61.5%)
62	<b>LITWINEK Marek</b>	<b>3141</b>	WKURW_TEAM	M30	27	02:09:39	<b>04:21:54.10</b>	<b>04:22:04.55</b>	+01:39:46 (38.1%)	9:21	6.4 (61.5%)
63	<b>KOCZEWSKI Paweł</b>	<b>3036</b>		M50	5	02:03:26	<b>04:22:08.05</b>	<b>04:22:25.30</b>	+01:40:07 (38.2%)	9:21	6.4 (61.5%)
64	<b>BOCH Jarosław</b>	<b>3063</b>		M30	28	01:58:49	<b>04:25:40.55</b>	<b>04:25:45.80</b>	+01:43:27 (38.9%)	9:29	6.3 (60.6%)
65	<b>KRAL Sebastian</b>	<b>3109</b>		M30	29	02:07:33	<b>04:26:12.20</b>	<b>04:26:26.90</b>	+01:44:08 (39.1%)	9:30	6.3 (60.6%)
66	<b>SZYMCZAK Łukasz</b>	<b>3076</b>	SSW TEAM KROŚNICE	M30	30	02:10:41	<b>04:27:22.75</b>	<b>04:27:27.25</b>	+01:45:09 (39.3%)	9:32	6.3 (60.6%)
67	<b>PASZKO Stanisław</b>	<b>3165</b>	BSK MIÓD KOZACKI BILGORAJ	M60	1	02:12:50	<b>04:27:26.40</b>	<b>04:27:48.00</b>	+01:45:30 (39.4%)	9:33	6.3 (60.6%)
68	<b>ŚLIWIŃSKI Rafał</b>	<b>3031</b>	AQUA MED KIELCE	M40	16	02:05:13	<b>04:27:48.30</b>	<b>04:28:10.25</b>	+01:45:52 (39.5%)	9:33	6.3 (60.6%)
69	<b>PAWLIKOWSKI Bogusław</b>	<b>49 Y</b>	STARE DZIADY	M50	6	02:16:56	<b>04:28:09.95</b>	<b>04:28:23.15</b>	+01:46:05 (39.5%)	9:34	6.3 (60.6%)
70	<b>FOLUSIAK Marcin</b>	<b>49 X</b>	STARE DZIADY	M40	17	02:16:59	<b>04:28:10.50</b>	<b>04:28:23.20</b>	+01:46:05 (39.5%)	9:34	6.3 (60.6%)
71	<b>PAWLAK Bartosz</b>	<b>3019</b>		M40	18	02:07:19	<b>04:28:52.95</b>	<b>04:29:11.25</b>	+01:46:53 (39.7%)	9:36	6.2 (59.6%)
72	<b>ŚLĘCZKA Radka</b>	<b>3126</b>		K30	5	02:12:04	<b>04:30:00.55</b>	<b>04:30:15.15</b>	+01:47:57 (39.9%)	9:38	6.2 (59.6%)
73	<b>NOWOTARSKI Wojciech</b>	<b>3128</b>		M30	31	02:11:59	<b>04:30:00.95</b>	<b>04:30:15.35</b>	+01:47:57 (39.9%)	9:38	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki_przel 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
74	<b>KURZAWSKI Marek</b>	<b>3166</b>		M50	7	02:07:59	<b>04:31:52.55</b>	<b>04:32:14.20</b>	+01:49:56 (40.4%)	9:42	6.2 (59.6%)
75	<b>POPIOŁEK Rafał</b>	<b>3053</b>	HUSARIA RACE TEAM	M20	7	02:08:49	<b>04:32:06.25</b>	<b>04:32:22.85</b>	+01:50:04 (40.4%)	9:43	6.2 (59.6%)
76	<b>BANACH Patryk</b>	<b>3142</b>		M20	8	02:13:10	<b>04:32:24.50</b>	<b>04:32:38.45</b>	+01:50:20 (40.5%)	9:43	6.2 (59.6%)
77	<b>BARCIK Przemek</b>	<b>3143</b>		M30	32	02:07:39	<b>04:32:47.50</b>	<b>04:32:56.70</b>	+01:50:38 (40.5%)	9:44	6.2 (59.6%)
78	<b>BERNAŚ Dariusz</b>	<b>3162</b>	BSCZADY	M30	33	02:10:25	<b>04:32:45.05</b>	<b>04:33:01.60</b>	+01:50:43 (40.6%)	9:44	6.2 (59.6%)
79	<b>KUŚPIET Sylwia</b>	<b>3180</b>		K20	2	02:11:16	<b>04:35:26.15</b>	<b>04:35:32.65</b>	+01:53:14 (41.1%)	9:50	6.1 (58.7%)
80	<b>JÓZEFIAK Jakub</b>	<b>3120</b>		M50	8	02:08:59	<b>04:35:35.70</b>	<b>04:35:51.35</b>	+01:53:33 (41.2%)	9:50	6.1 (58.7%)
81	<b>JAMBOR Michał</b>	<b>3017</b>	BRACTWO BIEGOWE BGK	M40	19	02:07:26	<b>04:35:43.60</b>	<b>04:36:02.30</b>	+01:53:44 (41.2%)	9:50	6.1 (58.7%)
82	<b>WITOWSKI Łukasz</b>	<b>3095</b>	BCM TEAM	M30	34	02:16:42	<b>04:37:06.00</b>	<b>04:37:37.00</b>	+01:55:19 (41.5%)	9:53	6.1 (58.7%)
83	<b>PARYSKI Tomasz</b>	<b>3169</b>	1976	M40	20	02:12:25	<b>04:37:16.55</b>	<b>04:37:40.05</b>	+01:55:22 (41.5%)	9:54	6.1 (58.7%)
84	<b>KRZYŻEWSKI Roger</b>	<b>3004</b>		M30	35	02:11:46	<b>04:37:40.80</b>	<b>04:37:57.05</b>	+01:55:39 (41.6%)	9:55	6.1 (58.7%)
85	<b>ZULEWSKI Radosław</b>	<b>3193</b>		M30	36	02:13:38	<b>04:37:44.20</b>	<b>04:38:03.60</b>	+01:55:45 (41.6%)	9:55	6 (57.7%)
86	<b>MICHAŁEK Paweł</b>	<b>3099</b>	ONE WAY TICKET	M20	9	02:14:05	<b>04:41:46.40</b>	<b>04:42:17.95</b>	+02:00:00 (42.5%)	10:03	6 (57.7%)
87	<b>DOROS Tomasz</b>	<b>3047</b>		M30	37	02:11:52	<b>04:42:37.95</b>	<b>04:42:55.60</b>	+02:00:37 (42.6%)	10:05	5.9 (56.7%)
88	<b>ZWIERZYK Maciej</b>	<b>3118</b>		M20	10	02:09:00	<b>04:42:56.35</b>	<b>04:43:13.25</b>	+02:00:55 (42.7%)	10:06	5.9 (56.7%)
89	<b>SNARSKI Bogdan</b>	<b>3195</b>		M40	21	02:12:58	<b>04:45:29.45</b>	<b>04:45:39.45</b>	+02:03:21 (43.2%)	10:11	5.9 (56.7%)
90	<b>SKUPIEŃ Izabela</b>	<b>3196</b>		K30	6	02:12:59	<b>04:45:29.90</b>	<b>04:45:39.55</b>	+02:03:21 (43.2%)	10:11	5.9 (56.7%)
91	<b>ALBIGOWSKA Magdalena</b>	<b>3198</b>		K30	7	02:15:10	<b>04:46:46.85</b>	<b>04:47:09.05</b>	+02:04:51 (43.5%)	10:14	5.9 (56.7%)
92	<b>PANEK Wojciech</b>	<b>3149</b>		M40	22	02:10:01	<b>04:47:22.75</b>	<b>04:47:26.45</b>	+02:05:08 (43.5%)	10:15	5.8 (55.8%)
93	<b>GAŁKA Maciej</b>	<b>3027</b>		M30	38	02:09:02	<b>04:47:08.90</b>	<b>04:47:33.10</b>	+02:05:15 (43.6%)	10:15	5.9 (56.7%)
94	<b>GAŁKA Jacek</b>	<b>3026</b>	VEGE RUNNERS / KB SUCKES ŻMIGRÓD	M40	23	02:08:48	<b>04:47:09.45</b>	<b>04:47:33.45</b>	+02:05:15 (43.6%)	10:15	5.9 (56.7%)
95	<b>MARYNIAK Wojciech</b>	<b>3091</b>		M30	39	02:11:56	<b>04:47:08.00</b>	<b>04:47:34.35</b>	+02:05:16 (43.6%)	10:15	5.9 (56.7%)
96	<b>JOZEFIAK Marta</b>	<b>3139</b>	BOKONONI	K20	3	02:13:00	<b>04:47:29.50</b>	<b>04:47:50.85</b>	+02:05:32 (43.6%)	10:16	5.8 (55.8%)
97	<b>ZWAAN Johan</b>	<b>3140</b>		M30	40	02:12:59	<b>04:47:29.55</b>	<b>04:47:51.30</b>	+02:05:33 (43.6%)	10:16	5.8 (55.8%)
98	<b>FURTAK Gerard</b>	<b>3100</b>	ONE WAY TICKET	M20	11	02:14:04	<b>04:49:44.75</b>	<b>04:50:16.30</b>	+02:07:58 (44.1%)	10:20	5.8 (55.8%)
99	<b>LORENC Wiktor</b>	<b>3048</b>		M40	24	02:09:07	<b>04:50:10.70</b>	<b>04:50:17.95</b>	+02:08:00 (44.1%)	10:21	5.8 (55.8%)
100	<b>TOMANEK Marek</b>	<b>3122</b>		M40	25	02:11:36	<b>04:49:55.65</b>	<b>04:50:23.85</b>	+02:08:05 (44.1%)	10:21	5.8 (55.8%)
101	<b>BACHÓRZ Agata</b>	<b>3183</b>		K40	6	02:07:26	<b>04:50:16.85</b>	<b>04:50:25.20</b>	+02:08:07 (44.1%)	10:22	5.8 (55.8%)
102	<b>BEZKOROWAJNY Joanna</b>	<b>3016</b>		K30	8	02:13:13	<b>04:54:15.00</b>	<b>04:54:28.25</b>	+02:12:10 (44.9%)	10:30	5.7 (54.8%)
103	<b>STELMACH Dariusz</b>	<b>3127</b>	BIEGANIE SZYDERCÓW	M30	41	02:00:13	<b>04:54:30.65</b>	<b>04:54:48.20</b>	+02:12:30 (44.9%)	10:31	5.7 (54.8%)
104	<b>CHOŁAŚCIŃSKI Wojtek</b>	<b>3038</b>	HUSARIA RACE TEAM	M40	26	02:19:29	<b>04:54:46.50</b>	<b>04:54:57.90</b>	+02:12:39 (45.0%)	10:31	5.7 (54.8%)
105	<b>POŁOCZEK Jarosław</b>	<b>3078</b>		M30	42	02:11:12	<b>04:54:49.90</b>	<b>04:55:05.85</b>	+02:12:47 (45.0%)	10:31	5.7 (54.8%)
106	<b>SADOWSKI Paweł</b>	<b>3079</b>		M30	43	02:09:52	<b>04:55:00.40</b>	<b>04:55:16.65</b>	+02:12:58 (45.0%)	10:32	5.7 (54.8%)
107	<b>SYBILSKI Dominik</b>	<b>3072</b>		M30	44	02:21:20	<b>04:54:55.60</b>	<b>04:55:23.90</b>	+02:13:05 (45.1%)	10:31	5.7 (54.8%)
108	<b>ZIENKIEWICZ Agata</b>	<b>3032</b>	PIASECZNO RUNNING	K30	9	02:21:19	<b>04:56:23.90</b>	<b>04:56:49.30</b>	+02:14:31 (45.3%)	10:35	5.7 (54.8%)
109	<b>ŻAK Oliwia</b>	<b>3156</b>	PIASECZNO RUNNING	K30	10	02:21:21	<b>04:56:24.85</b>	<b>04:56:50.35</b>	+02:14:32 (45.3%)	10:35	5.7 (54.8%)
110	<b>PIUS Patryk</b>	<b>3124</b>		M20	12	02:05:24	<b>04:59:29.30</b>	<b>04:59:31.20</b>	+02:17:13 (45.8%)	10:41	5.6 (53.8%)
111	<b>JAZ Małgorzata</b>	<b>3163</b>	KM TEAM	K40	7	02:26:45	<b>05:00:24.25</b>	<b>05:00:53.15</b>	+02:18:35 (46.1%)	10:43	5.6 (53.8%)
112	<b>BURZYŃSKI Klaudiusz</b>	<b>3035</b>		M30	45	02:19:20	<b>05:00:50.95</b>	<b>05:01:18.20</b>	+02:19:00 (46.1%)	10:44	5.6 (53.8%)
113	<b>RAJCZAK Łukasz</b>	<b>3092</b>	KGHM ZG RUN	M30	46	02:09:45	<b>05:01:23.15</b>	<b>05:01:39.10</b>	+02:19:21 (46.2%)	10:45	5.6 (53.8%)
114	<b>WITA Krzysztof</b>	<b>3065</b>	FORMA WODZISŁAW ŚLĄSKI	M30	47	02:26:38	<b>05:01:52.05</b>	<b>05:02:22.65</b>	+02:20:04 (46.3%)	10:46	5.6 (53.8%)
115	<b>CAPIŃSKA Anna</b>	<b>3123</b>		K30	11	02:25:07	<b>05:02:55.65</b>	<b>05:03:23.20</b>	+02:21:05 (46.5%)	10:49	5.5 (52.9%)
116	<b>RYBIENIK Lech</b>	<b>3007</b>		M40	27	02:25:04	<b>05:02:53.15</b>	<b>05:03:23.75</b>	+02:21:05 (46.5%)	10:49	5.5 (52.9%)
117	<b>GOŁĄB Edmund</b>	<b>3171</b>		M20	13	02:25:14	<b>05:11:17.35</b>	<b>05:11:39.90</b>	+02:29:21 (47.9%)	11:07	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki_przel 16.2km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 28km	brutto 28km			
118	<b>PŁATEK Katarzyna</b>	<b>3015</b>	WKURW_TEAM	K30	12	02:19:52	<b>05:12:04.30</b>	<b>05:12:08.70</b>	+02:29:50 (48.0%)	11:08	5.4 (51.9%)
119	<b>GOŁĄB Grzegorz</b>	<b>3130</b>		M60	2	02:21:07	<b>05:12:01.30</b>	<b>05:12:23.80</b>	+02:30:05 (48.0%)	11:08	5.4 (51.9%)
120	<b>BŁĘDKOWSKA Katarzyna</b>	<b>648 X</b>	FAMILY AFFAIRS	K30	13	02:35:00	<b>05:13:56.65</b>	<b>05:14:17.65</b>	+02:31:59 (48.4%)	11:12	5.4 (51.9%)
121	<b>MAĆZKA Krystyna</b>	<b>3199</b>	EKSTREMALNE OTK NA RELAKSIE	K60	1	02:27:03	<b>05:14:15.95</b>	<b>05:14:19.85</b>	+02:32:01 (48.4%)	11:13	5.3 (51.0%)
122	<b>SMOGORZEWSKI Michał</b>	<b>3010</b>	WKURW_TEAM	M30	48	02:20:46	<b>05:15:04.55</b>	<b>05:15:15.75</b>	+02:32:57 (48.5%)	11:15	5.3 (51.0%)
123	<b>KISZKIS Elżbieta</b>	<b>3134</b>	HUSARIA RACE TEAM	K40	8	02:27:00	<b>05:15:07.70</b>	<b>05:15:19.25</b>	+02:33:01 (48.5%)	11:15	5.3 (51.0%)
124	<b>RADYK Joanna</b>	<b>3083</b>	PRZEMYSKI KLUB BIEGACZA	K30	14	02:28:58	<b>05:17:13.80</b>	<b>05:17:28.10</b>	+02:35:10 (48.9%)	11:19	5.3 (51.0%)
125	<b>RADYK Jakub</b>	<b>3082</b>	PRZEMYSKI KLUB BIEGACZA	M30	49	02:28:58	<b>05:17:13.70</b>	<b>05:17:28.75</b>	+02:35:10 (48.9%)	11:19	5.3 (51.0%)
126	<b>GIEC Piotr</b>	<b>3042</b>		M30	50	02:27:16	<b>05:19:57.55</b>	<b>05:20:23.35</b>	+02:38:05 (49.3%)	11:25	5.3 (51.0%)
127	<b>MAŁŻ Daniel</b>	<b>3116</b>		M30	51	02:37:40	<b>05:20:02.95</b>	<b>05:20:31.00</b>	+02:38:13 (49.4%)	11:25	5.2 (50.0%)
128	<b>MARONDEL Katarzyna</b>	<b>3113</b>	FESTIWAL BIEGOWY	K30	15	02:33:18	<b>05:22:58.75</b>	<b>05:23:21.90</b>	+02:41:03 (49.8%)	11:32	5.2 (50.0%)
129	<b>PINDRAL Paweł</b>	<b>3101</b>		M40	28	02:32:41	<b>05:23:05.25</b>	<b>05:23:28.25</b>	+02:41:10 (49.8%)	11:32	5.2 (50.0%)
130	<b>MOYKOWSKI Aleksander</b>	<b>3069</b>		M30	52	02:28:27	<b>05:28:05.75</b>	<b>05:28:34.05</b>	+02:46:16 (50.6%)	11:43	5.1 (49.0%)
131	<b>BĄDZIUL Dorota</b>	<b>3001</b>		K30	16	02:50:24	<b>05:28:11.90</b>	<b>05:28:34.30</b>	+02:46:16 (50.6%)	11:43	5.1 (49.0%)
132	<b>ŻACZEK Hubert</b>	<b>3125</b>		M30	53	02:28:17	<b>05:34:01.10</b>	<b>05:34:04.20</b>	+02:51:46 (51.4%)	11:55	5 (48.1%)
133	<b>CICHECKA Honorata</b>	<b>3181</b>		K40	9	02:40:25	<b>05:33:37.10</b>	<b>05:34:06.50</b>	+02:51:48 (51.4%)	11:54	5 (48.1%)
134	<b>GWÓŹDŹ Kamil</b>	<b>3086</b>	BCM TEAM	M30	54	02:26:53	<b>05:33:36.15</b>	<b>05:34:07.10</b>	+02:51:49 (51.4%)	11:54	5 (48.1%)
135	<b>ŻUKIEWICZ Piotr</b>	<b>3145</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M40	29	02:27:21	<b>05:33:38.80</b>	<b>05:34:09.00</b>	+02:51:51 (51.4%)	11:54	5 (48.1%)
136	<b>KINDRA Marek</b>	<b>3144</b>	FC KACZOR LUBIN	M40	30	02:27:42	<b>05:33:39.10</b>	<b>05:34:09.20</b>	+02:51:51 (51.4%)	11:54	5 (48.1%)
137	<b>DOBROWOLSKA Małgorzata</b>	<b>3146</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K30	17	02:27:27	<b>05:33:40.25</b>	<b>05:34:09.40</b>	+02:51:51 (51.4%)	11:55	5 (48.1%)
138	<b>HYZIAK Jakub</b>	<b>3167</b>	FHU HYZIAK	M40	31	02:42:57	<b>05:35:46.10</b>	<b>05:36:04.80</b>	+02:53:46 (51.7%)	11:59	5 (48.1%)
139	<b>HYZIAK Joanna</b>	<b>3011</b>	FHUHYZIAK	K40	10	02:43:00	<b>05:35:46.95</b>	<b>05:36:05.05</b>	+02:53:47 (51.7%)	11:59	5 (48.1%)
140	<b>WRZOSEK Justyna</b>	<b>3188</b>		K30	18	02:38:40	<b>05:36:43.50</b>	<b>05:37:03.20</b>	+02:54:45 (51.8%)	12:01	5 (48.1%)
141	<b>PAWELEC Justyna</b>	<b>3187</b>		K30	19	02:38:41	<b>05:36:44.10</b>	<b>05:37:03.40</b>	+02:54:45 (51.8%)	12:01	5 (48.1%)
142	<b>LENART Bernard</b>	<b>3117</b>	HUSARIA RACE TEAM	M20	14	02:36:24	<b>05:42:12.50</b>	<b>05:42:24.60</b>	+03:00:06 (52.6%)	12:13	4.9 (47.1%)
143	<b>BUBICZ Krzysztof</b>	<b>4674</b>	WKURW_TEAM	M30	55	02:48:59	<b>05:42:20.40</b>	<b>05:42:31.75</b>	+03:00:13 (52.6%)	12:13	4.9 (47.1%)
144	<b>TOMASIK Piotr</b>	<b>3115</b>	REEBOKRUNCREW LDZ	M30	56	02:25:32	<b>05:44:03.90</b>	<b>05:44:23.35</b>	+03:02:05 (52.9%)	12:17	4.9 (47.1%)
145	<b>HANGIEL Urszula</b>	<b>3074</b>	ŻWAWĘ ŻÓŁWIE	K30	20	02:32:02	<b>05:47:08.55</b>	<b>05:47:35.40</b>	+03:05:17 (53.3%)	12:23	4.8 (46.2%)
146	<b>CZACHOWSKI Michał</b>	<b>3075</b>	ŻWAWĘ ŻÓŁWIE	M40	32	02:32:03	<b>05:48:29.60</b>	<b>05:48:57.05</b>	+03:06:39 (53.5%)	12:26	4.8 (46.2%)
147	<b>SZNEJFUS Beata</b>	<b>3096</b>	ROZBIEGANY PIASTÓW	K30	21	02:26:37	<b>05:51:36.85</b>	<b>05:52:03.95</b>	+03:09:46 (53.9%)	12:33	4.8 (46.2%)
147	<b>KOPACZ Hanka</b>	<b>3098</b>		K40	11	02:26:39	<b>05:51:37.50</b>	<b>05:52:03.95</b>	+03:09:46 (53.9%)	12:33	4.8 (46.2%)
149	<b>RYBAK Monika</b>	<b>3081</b>		K40	12	02:26:37	<b>05:51:36.80</b>	<b>05:52:04.05</b>	+03:09:46 (53.9%)	12:33	4.8 (46.2%)
150	<b>CICHECKA Anna</b>	<b>3025</b>	KOŚCIUCHY TEAM	K40	13	02:42:59	<b>05:52:09.45</b>	<b>05:52:18.45</b>	+03:10:00 (53.9%)	12:34	4.8 (46.2%)
151	<b>JODKO Magda</b>	<b>3024</b>	KOŚCIUCHY TEAM	K40	14	02:42:43	<b>05:52:10.05</b>	<b>05:52:18.65</b>	+03:10:00 (53.9%)	12:34	4.8 (46.2%)
152	<b>ZIELIŃSKA Ewelina</b>	<b>3049</b>	PSEUDOBIEGACZKI	K20	4	02:47:20	<b>05:52:40.55</b>	<b>05:52:43.10</b>	+03:10:25 (54.0%)	12:35	4.8 (46.2%)
153	<b>LATUSEK Wioletta</b>	<b>3050</b>	POLACY BIEGAJĄ W UK	K20	5	02:47:21	<b>05:52:40.25</b>	<b>05:52:43.25</b>	+03:10:25 (54.0%)	12:35	4.8 (46.2%)
154	<b>BĄK Piotr</b>	<b>1057</b>	HUSARIA RACE TEAM	M30	57	02:48:02	<b>05:52:34.05</b>	<b>05:52:46.35</b>	+03:10:28 (54.0%)	12:35	4.8 (46.2%)
155	<b>HEJMAN Maciej</b>	<b>3021</b>		M30	58	02:49:00	<b>05:57:50.75</b>	<b>05:58:01.50</b>	+03:15:43 (54.7%)	12:46	4.7 (45.2%)
156	<b>GRĘBOWIEC Mateusz</b>	<b>3110</b>	TSA SANDOMIERZ	M30	59	02:47:54	<b>06:06:27.10</b>	<b>06:06:43.05</b>	+03:24:25 (55.7%)	13:05	4.6 (44.2%)
157	<b>GRĘBOWIEC Dominika</b>	<b>3119</b>	TSA SANDOMIERZ	K30	22	02:47:54	<b>06:06:28.45</b>	<b>06:06:43.65</b>	+03:24:25 (55.7%)	13:05	4.6 (44.2%)
158	<b>GAWRYŁAK Beata</b>	<b>3062</b>		K40	15	02:48:06	<b>06:06:57.45</b>	<b>06:07:05.15</b>	+03:24:47 (55.8%)	13:06	4.6 (44.2%)
159	<b>CHRZĄSZCZ Jerzy</b>	<b>3153</b>		M40	33	02:48:18	<b>06:06:57.20</b>	<b>06:07:06.55</b>	+03:24:48 (55.8%)	13:06	4.6 (44.2%)
160	<b>WYRWAŁ Radosław</b>	<b>3155</b>		M30	60	02:47:06	<b>06:07:00.50</b>	<b>06:07:10.35</b>	+03:24:52 (55.8%)	13:06	4.6 (44.2%)
161	<b>MIRSKI Jerzy</b>	<b>3014</b>	WKURW_TEAM	M20	15	02:55:12	<b>06:11:28.90</b>	<b>06:11:36.80</b>	+03:29:18 (56.3%)	13:16	4.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki_przel 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	<b>ZWYDAK Anna</b>	<b>3013</b>	WKURW_TEAM	K30	23	02:55:11	<b>06:11:29.00</b>	<b>06:11:37.05</b>	+03:29:19 (56.3%)	13:16	4.5 (43.3%)
163	<b>CZARNY Łukasz</b>	<b>3018</b>		M30	61	02:48:47	<b>06:16:11.15</b>	<b>06:16:20.35</b>	+03:34:02 (56.9%)	13:26	4.5 (43.3%)
164	<b>ADAMCZYK Zbigniew</b>	<b>3157</b>	KM TRUCHCIK ŁUBIANKA	M60	3	02:38:00	<b>06:15:56.15</b>	<b>06:16:20.95</b>	+03:34:03 (56.9%)	13:25	4.5 (43.3%)
165	<b>MACIEJEWSKA Angelika</b>	<b>3009</b>	WKURW_TEAM	K30	24	02:48:52	<b>06:16:15.40</b>	<b>06:16:21.25</b>	+03:34:03 (56.9%)	13:26	4.5 (43.3%)
166	<b>BOROWIAK Patrycja</b>	<b>3005</b>	WKURW_TEAM	K30	25	02:47:50	<b>06:16:15.95</b>	<b>06:16:22.10</b>	+03:34:04 (56.9%)	13:26	4.5 (43.3%)
167	<b>SKOTNY Barbara</b>	<b>3058</b>		K30	26	02:47:45	<b>06:20:37.25</b>	<b>06:21:03.40</b>	+03:38:45 (57.4%)	13:35	4.4 (42.3%)
168	<b>NAJDA Krzysztof</b>	<b>3057</b>		M30	62	02:47:44	<b>06:20:39.35</b>	<b>06:21:05.90</b>	+03:38:47 (57.4%)	13:35	4.4 (42.3%)
169	<b>WÓJTOWICZ Paweł</b>	<b>3067</b>	LUBLIN BIEGA	M40	34	02:52:10	<b>06:21:11.25</b>	<b>06:21:23.30</b>	+03:39:05 (57.4%)	13:36	4.4 (42.3%)
170	<b>LUDKA Dagmara</b>	<b>3028</b>	PSEUDOBIEGACZKI	K40	16	03:04:51	<b>06:21:47.30</b>	<b>06:22:01.00</b>	+03:39:43 (57.5%)	13:38	4.4 (42.3%)
171	<b>CERANOWSKA Aga</b>	<b>3022</b>	PSEUDOBIEGACZKI	K40	17	03:04:46	<b>06:21:59.80</b>	<b>06:22:14.05</b>	+03:39:56 (57.5%)	13:38	4.4 (42.3%)
<b>Przekroczony limit czasu: 06:30:00</b>											
172	<b>ZOCHNIAK Marek</b>	<b>3045</b>		M50	9	02:50:39	<b>06:44:11.95</b>	<b>06:44:19.10</b>	+04:02:01 (59.9%)	14:26	4.2 (40.4%)
173	<b>ZOCHNIAK Anna</b>	<b>3046</b>		K50	1	02:51:49	<b>06:44:14.05</b>	<b>06:44:21.20</b>	+04:02:03 (59.9%)	14:26	4.2 (40.4%)
	<b>PYDYCH Krystian</b>	<b>3189</b>		M30		02:11:17 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 174 wynik(ów)