



BIESZCZADZKI WEEKEND BIEGOWY RYSIA

Klasyfikacja: Wszyscy

NOCNY SPRINT RYSIA - 6 KM

B4SPORT

Wydarzenie: Bieszczadzki Weekend Biegowy Rysia
Organizator: GOKSiT Polańczyk
Data: 2021-10-23
Miejsce: Polańczyk
Dystans: 6 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	DZIEWIŃSKI Damian	56	POZYTYWNIIE ZABIEGANI SANOK	M-40	1	00:11:40	00:23:39.40		3:56	15.2 (100%)
2	SZMIST Szymon	203	KB ATHLETIC ZRĘCIN	M-40	2	00:11:41	00:24:01.25	+00:00:21 (1.5%)	4:00	15 (98.7%)
3	MOTYKA Kamil	146	BIEGANIE NA SPONTANIE	M-30	1	00:12:09	00:24:49.90	+00:01:10 (4.7%)	4:08	14.5 (95.4%)
4	RUCIŃSKI Piotr	184		M-40	3	00:12:19	00:25:20.25	+00:01:40 (6.6%)	4:13	14.2 (93.4%)
5	MAKARSKI Krzysztof	133	BIEGANIE NA SPONTANIE	M-40	4	00:12:28	00:25:46.85	+00:02:07 (8.2%)	4:17	14 (92.1%)
6	SKAWIŃSKI Tomasz	189	POZYTYWNIIE ZABIEGANI SANOK	M-40	5	00:12:38	00:25:52.60	+00:02:13 (8.6%)	4:18	13.9 (91.4%)
7	BURY Maro	30		M-40	6	00:12:44	00:26:02.25	+00:02:22 (9.1%)	4:20	13.8 (90.8%)
8	WEREMKO Grzegorz	221	MULTIMEDIA RUNNERS PUŁAWY	M-40	7	00:12:47	00:26:11.20	+00:02:31 (9.7%)	4:21	13.7 (90.1%)
9	ŁAKOMY Tomasz	125	KRESOWIANIE	M-30	2	00:12:41	00:26:08.55	+00:02:29 (9.5%)	4:21	13.8 (90.8%)
10	WIERZBICKI Janusz	225		M-30	3	00:12:45	00:26:18.90	+00:02:39 (10.1%)	4:23	13.7 (90.1%)
11	JANAS Marcin	86	KB ATHLETIC ZRĘCIN	M-40	8	00:13:00	00:26:35.60	+00:02:56 (11.0%)	4:25	13.5 (88.8%)
12	NIEDZIELSKI Dariusz	150	AKTYWNY DYNÓW	M-40	9	00:13:00	00:26:40.45	+00:03:01 (11.3%)	4:26	13.5 (88.8%)
13	KOHUT Dariusz	101	PRZEMYSKI KLUB BIEGACZA	M-40	10	00:13:00	00:26:42.85	+00:03:03 (11.4%)	4:27	13.5 (88.8%)
14	DOMISZEWSKA Maria	252		K-50	1	00:12:50	00:26:45.30	+00:03:05 (11.6%)	4:27	13.5 (88.8%)
15	RADYK Jakub	176	PRZEMYSKI KLUB BIEGACZA RSB	M-30	4	00:12:48	00:26:51.40	+00:03:12 (11.9%)	4:28	13.4 (88.2%)
16	BRENDZOWSKI Adam	242	#ZABIEGANINOCA	M-30	5	00:12:50	00:26:54.65	+00:03:15 (12.1%)	4:29	13.4 (88.2%)
17	BANASIK Krzysztof	11	SZYBKE I WŚCIEKLI TEAM	M-40	11	00:12:53	00:26:59.70	+00:03:20 (12.4%)	4:29	13.3 (87.5%)
18	CUBER Wojciech	40	#ZABIEGANINOCA	M-30	6	00:13:28	00:27:00.25	+00:03:20 (12.4%)	4:30	13.3 (87.5%)
19	MACIEJKO Rafał	130	KRESOWIANIE	M-40	12	00:12:55	00:27:12.05	+00:03:32 (13.0%)	4:32	13.2 (86.8%)
20	ZABORNIAK Paweł	234	KRESOWIANIE	M-30	7	00:13:02	00:27:18.95	+00:03:39 (13.4%)	4:33	13.2 (86.8%)
21	PIETRASIEWICZ Maciej	163	KRESOWIANIE	M-30	8	00:13:08	00:27:19.45	+00:03:40 (13.4%)	4:33	13.2 (86.8%)
22	ŻELAZKO Kamil	240	CARPATHIAN RUNNERS	M-30	9	00:13:00	00:27:22.85	+00:03:43 (13.6%)	4:33	13.2 (86.8%)
23	OCHYRA Konrad	151	SOLINA TEAM	M-30	10	00:13:20	00:27:32.20	+00:03:52 (14.1%)	4:35	13.1 (86.2%)
24	SOBOL Krystian	192		M-40	13	00:13:17	00:27:42.65	+00:04:03 (14.6%)	4:37	13 (85.5%)
25	BUSZ Jacek	31	OLD SCHOOL TRAIL RUNNING	M-30	11	00:13:06	00:27:46.15	+00:04:06 (14.8%)	4:37	13 (85.5%)
26	JACHIMOWSKI Jarosław	82	POZYTYWNIIE ZABIEGANI SANOK	M-30	12	00:13:31	00:27:51.05	+00:04:11 (15.1%)	4:38	12.9 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
27	STADNIK Wojciech	196	PRZEMYSKI KLUB BIEGACZA RSB	M-50	1	00:13:35	00:27:56.90	+00:04:17 (15.4%)	4:39	12.9 (84.9%)
28	HULIN Sebastian	78	KOMENDA MIEJSKA POLICJI W KATOWICACH	M-40	14	00:13:42	00:28:05.90	+00:04:26 (15.8%)	4:40	12.8 (84.2%)
29	BODNAR Krystian	22		M-16	1	00:13:40	00:28:10.55	+00:04:31 (16.0%)	4:41	12.8 (84.2%)
30	JASTRZĄB Piotr	89	DEKAN LESKO	M-50	2	00:13:50	00:28:11.75	+00:04:32 (16.1%)	4:41	12.8 (84.2%)
31	MEJER Jacek	250	DRUŻYNA SZPIKU	M-30	13	00:14:17	00:28:14.30	+00:04:34 (16.2%)	4:42	12.8 (84.2%)
32	MAJCHER Damian	132		M-30	14	00:14:12	00:28:16.50	+00:04:37 (16.3%)	4:42	12.7 (83.6%)
33	SZKODA Robert	201	BIEGANIE NA SPONTANIE	M-30	15	00:13:33	00:28:26.75	+00:04:47 (16.8%)	4:44	12.7 (83.6%)
34	ROGALA Grzegorz	181		M-40	15	00:13:44	00:28:37.20	+00:04:57 (17.3%)	4:46	12.6 (82.9%)
35	FORJASZ Przemek	61		M-30	16	00:14:26	00:28:37.90	+00:04:58 (17.4%)	4:46	12.6 (82.9%)
36	BURAK Bartłomiej	29	PRZEMYSKI KLUB BIEGACZA RSB	M-16	2	00:14:26	00:28:38.40	+00:04:59 (17.4%)	4:46	12.6 (82.9%)
37	TRĘBSKI Krzysztof	215	#ZABIEGANINOCA	M-40	16	00:13:45	00:28:38.70	+00:04:59 (17.4%)	4:46	12.6 (82.9%)
38	ZATOR Janusz	238	DĘBICKIE GEPARDY	M-50	3	00:13:44	00:28:57.90	+00:05:18 (18.3%)	4:49	12.4 (81.6%)
39	ŚLIWA Anna	209	KRESOWIANIE	K-40	1	00:13:50	00:29:04.30	+00:05:24 (18.6%)	4:50	12.4 (81.6%)
40	BANASIK Monika	10	SZYBKE I WŚCIEKLI TEAM	K-30	1	00:14:00	00:29:27.10	+00:05:47 (19.7%)	4:54	12.2 (80.3%)
41	KŁÓSEK Paweł	99	DĘBICKIE GEPARDY	M-40	17	00:14:29	00:29:31.00	+00:05:51 (19.9%)	4:55	12.2 (80.3%)
42	MOSKOWICZ Stefan	145	PRZEMYSKI KLUB BIEGACZA 2	M-60+	1	00:14:35	00:29:44.75	+00:06:05 (20.5%)	4:57	12.1 (79.6%)
43	KRAWIEC Alan	110		M-16	3	00:14:19	00:29:44.85	+00:06:05 (20.5%)	4:57	12.1 (79.6%)
44	GAWORECKI Tomasz	70	POZYTYWNIE ZABIEGANI SANOK	M-40	18	00:14:25	00:29:45.95	+00:06:06 (20.5%)	4:57	12.1 (79.6%)
45	ANTOSZ Bogdan	2		M-50	4	00:14:07	00:29:46.55	+00:06:07 (20.6%)	4:57	12.1 (79.6%)
46	RĘPAŁSKA Agata	180	DZIKIE MUSTANGI	K-30	2	00:14:34	00:29:57.30	+00:06:17 (21.0%)	4:59	12 (78.9%)
47	ROŚĆ Dawid	182	ROKAN	M-40	19	00:14:27	00:30:05.65	+00:06:26 (21.4%)	5:00	12 (78.9%)
48	MITURA Wojtek	143		M-40	20	00:14:27	00:30:14.70	+00:06:35 (21.8%)	5:02	11.9 (78.3%)
49	WAGNER Tomasz	219	KRESOWIANIE	M-30	17	00:14:33	00:30:33.50	+00:06:54 (22.6%)	5:05	11.8 (77.6%)
50	ŚNIEŻEK Piotr	211	PRZEMYSKI KLUB BIEGACZA	M-50	5	00:14:54	00:30:36.95	+00:06:57 (22.7%)	5:06	11.8 (77.6%)
51	GAJEK Grzegorz	67	BIEGANIE NA SPONTANIE	M-40	21	00:14:48	00:30:39.65	+00:07:00 (22.8%)	5:06	11.7 (77.0%)
52	ZASADZIŃSKA Barbara	237	SZYBKE I WŚCIEKLI TEAM	K-40	2	00:14:29	00:30:45.60	+00:07:06 (23.1%)	5:07	11.7 (77.0%)
53	HUTNIK Krzysiek	80	ZERWANIE Z ŁAŃCUCHA	M-30	18	00:15:17	00:30:46.80	+00:07:07 (23.1%)	5:07	11.7 (77.0%)
54	ŚWICIŃSKI Rafał	131		M-16	4	00:14:40	00:30:48.55	+00:07:09 (23.2%)	5:08	11.7 (77.0%)
54	GAJEK Magdalena	68	BIEGANIE NA SPONTANIE	K-40	3	00:14:59	00:30:48.55	+00:07:09 (23.2%)	5:08	11.7 (77.0%)
56	LITWINEK Marek	121		M-40	22	00:14:57	00:30:49.60	+00:07:10 (23.3%)	5:08	11.7 (77.0%)
57	KRUSZYŃSKI Marek	114	PRZEMYSKI KLUB BIEGACZA 2	M-50	6	00:14:55	00:30:50.25	+00:07:10 (23.3%)	5:08	11.7 (77.0%)
58	ZDEB Maciej	239	PIĘKNE I BRODACZE	M-30	19	00:14:56	00:30:57.65	+00:07:18 (23.6%)	5:09	11.6 (76.3%)
59	ŁAWNICZAK Justyna	129	#ZABIEGANINOCA	K-30	3	00:15:15	00:30:59.35	+00:07:19 (23.7%)	5:09	11.6 (76.3%)
60	MAZUR Ireneusz	136	DĘBICKIE GEPARDY	M-40	23	00:14:44	00:31:02.20	+00:07:22 (23.8%)	5:10	11.6 (76.3%)
61	SURMAN Mariusz	197	DZIKIE MUSTANGI	M-30	20	00:14:59	00:31:19.05	+00:07:39 (24.5%)	5:13	11.5 (75.7%)
62	SUSABOWSKI Andrzej	199	BĘDZIE LEPIEJ	M-40	24	00:14:35	00:31:29.30	+00:07:49 (24.9%)	5:14	11.4 (75.0%)
63	PODOLAK Paweł	167	KAMIEŃ DWERNIK TRAIL	M-30	21	00:15:03	00:31:29.85	+00:07:50 (24.9%)	5:14	11.4 (75.0%)
64	SIEŃKO Łukasz	188	AKTYWNY DYNÓW	M-30	22	00:15:17	00:31:33.70	+00:07:54 (25.0%)	5:15	11.4 (75.0%)
65	FUTYMA Michał	65	DRUŻYNA FUTYMA!!!	M-40	25	00:15:48	00:31:38.85	+00:07:59 (25.2%)	5:16	11.4 (75.0%)
66	ŚWIĘCH Anna	212	DZIKIE MUSTANGI	K-40	4	00:15:25	00:31:41.00	+00:08:01 (25.3%)	5:16	11.4 (75.0%)
67	KUBICKI Łukasz	116	KB ATHLETIC ZREĆIN	M-30	23	00:14:54	00:31:47.60	+00:08:08 (25.6%)	5:17	11.3 (74.3%)
68	LEŚNIAK-POPIEL Marta	118	POZYTYWNIE ZABIEGANI SANOK	K-40	5	00:15:37	00:32:03.10	+00:08:23 (26.2%)	5:20	11.2 (73.7%)
69	PREISNER Renata	173		K-50	2	00:15:26	00:32:08.55	+00:08:29 (26.4%)	5:21	11.2 (73.7%)
70	BAL Barbara	8	DRUŻYNA B	K-40	6	00:15:44	00:32:14.30	+00:08:34 (26.6%)	5:22	11.2 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
71	GWOZDA Grzegorz	73	KRESOWIANIE	M-40	26	00:15:47	00:32:18.85	+00:08:39 (26.8%)	5:23	11.1 (73.0%)
72	ŁAPIŃSKA Anna	127	SZYBKIE I WŚCIEKLI TEAM	K-40	7	00:15:20	00:32:23.10	+00:08:43 (27.0%)	5:23	11.1 (73.0%)
73	SMAGACZ Henryk	190	DĘBICKIE GEPARDY	M-60+	2	00:15:31	00:32:25.05	+00:08:45 (27.0%)	5:24	11.1 (73.0%)
74	SAJ Paweł	186	DZIKIE MUSTANGI	M-30	24	00:15:37	00:32:26.45	+00:08:47 (27.1%)	5:24	11.1 (73.0%)
75	WAJCOWICZ Witold	220	POZYTYWNIE ZABIEGANI SANOK	M-40	27	00:15:35	00:32:35.80	+00:08:56 (27.4%)	5:25	11 (72.4%)
76	BILIŃSKI Tomasz	17	DRUŻYNA B	M-40	28	00:16:07	00:32:38.80	+00:08:59 (27.5%)	5:26	11 (72.4%)
77	ARCISZEWSKI Michał	4	DZIKIE MUSTANGI	M-30	25	00:15:43	00:32:49.55	+00:09:10 (27.9%)	5:28	11 (72.4%)
78	GÓRA Agnieszka	162	#ZABIEGANINOCA	K-40	8	00:15:45	00:32:50.95	+00:09:11 (28.0%)	5:28	11 (72.4%)
79	POŹNIAK Grzegorz	171	DRUŻYNA B	M-40	29	00:16:06	00:32:58.65	+00:09:19 (28.3%)	5:29	10.9 (71.7%)
80	CZEKAŃSKI Wojciech	46	GRUPA POSCIGOWA	M-40	30	00:16:08	00:33:02.20	+00:09:22 (28.4%)	5:30	10.9 (71.7%)
81	BEŁCH Michał	14	DECARUN RZESZÓW	M-30	26	00:15:48	00:33:21.05	+00:09:41 (29.1%)	5:33	10.8 (71.1%)
82	KRZYWDA Konrad	115	DZIKIE MUSTANGI	M-16	5	00:15:48	00:33:22.00	+00:09:42 (29.1%)	5:33	10.8 (71.1%)
83	WOJTANOWSKI Damian	229	OTRYT LUTOWISKA	M-40	31	00:16:14	00:33:30.50	+00:09:51 (29.4%)	5:35	10.7 (70.4%)
84	KACZMARSKI Wojciech	90	K&O TEAM/ KACZMARSKI TEAM	M-40	32	00:16:14	00:33:32.55	+00:09:53 (29.5%)	5:35	10.7 (70.4%)
85	KRUKOWSKI Robert	113	PLATINIUM CROSS ZAMOŚĆ	M-40	33	00:15:43	00:33:33.50	+00:09:54 (29.5%)	5:35	10.7 (70.4%)
86	STADNIK Renata	195	PRZEMYSKI KLUB BIEGACZA RSB	K-50	3	00:16:18	00:33:37.20	+00:09:57 (29.6%)	5:36	10.7 (70.4%)
87	BAL Robert	9	DRUŻYNA B	M-40	34	00:16:11	00:33:39.05	+00:09:59 (29.7%)	5:36	10.7 (70.4%)
88	WÓJCIK-BILIŃSKA Marta	231	DRUŻYNA B	K-40	9	00:16:19	00:33:39.80	+00:10:00 (29.7%)	5:36	10.7 (70.4%)
89	WOLF Weronika	230	POZYTYWNIE ZABIEGANI SANOK	K-40	10	00:16:07	00:33:44.60	+00:10:05 (29.9%)	5:37	10.7 (70.4%)
90	KOLANKO Michał	255	NFOSOFTWARE POLSKA/KILOMETRY ODDECHÓW	M-30	27	00:16:18	00:34:01.35	+00:10:21 (30.5%)	5:40	10.6 (69.7%)
91	WYSKIEL Maciej	233	AKTYWNY DYNÓW	M-40	35	00:16:21	00:34:04.05	+00:10:24 (30.6%)	5:40	10.6 (69.7%)
92	BOCHENEK Wiktoria	20	STALOWOWOLSKI KLUB BIEGACZA	K-30	4	00:16:00	00:34:19.15	+00:10:39 (31.1%)	5:43	10.5 (69.1%)
93	KRAWCZYK Jan	108	KLUB POD WISIENKĄ	M-30	28	00:16:43	00:34:20.60	+00:10:41 (31.1%)	5:43	10.5 (69.1%)
94	FEDAK Bohdan	57	KB ATHLETIC ZRĘCIN	M-40	36	00:16:43	00:34:21.00	+00:10:41 (31.1%)	5:43	10.5 (69.1%)
95	CZAJKA Tomasz	45		M-40	37	00:16:30	00:34:23.20	+00:10:43 (31.2%)	5:43	10.5 (69.1%)
96	SOPEL Wiesław	194	KRESOWIANIE	M-50	7	00:16:40	00:34:23.65	+00:10:44 (31.2%)	5:43	10.5 (69.1%)
97	KLIMOWICZ Sylwia	256		K-16	1	00:16:29	00:34:39.65	+00:11:00 (31.7%)	5:46	10.4 (68.4%)
98	CHOMISZCZAK Bogdan	37	POZYTYWNIE ZABIEGANI SANOK	M-50	8	00:16:43	00:34:42.95	+00:11:03 (31.9%)	5:47	10.4 (68.4%)
99	MUCHA Łukasz	149		M-40	38	00:16:56	00:34:59.55	+00:11:20 (32.4%)	5:49	10.3 (67.8%)
100	OCHYRA Krzysztof	152		M-50	9	00:16:33	00:35:00.45	+00:11:21 (32.4%)	5:50	10.3 (67.8%)
101	DOPART Tomasz	51	KAMIEŃ DWERNIK	M-40	39	00:17:01	00:35:11.15	+00:11:31 (32.8%)	5:51	10.2 (67.1%)
102	RYBIŃSKI Grzegorz	185	BIEGAM BO LUBIĘ	M-40	40	00:17:02	00:35:12.25	+00:11:32 (32.8%)	5:52	10.2 (67.1%)
103	CHMIELEWSKI Krzysztof	35		M-50	10	00:17:28	00:35:17.60	+00:11:38 (33.0%)	5:52	10.2 (67.1%)
104	OCHYRA Karolina	153		K-16	2	00:17:10	00:35:18.35	+00:11:38 (33.0%)	5:53	10.2 (67.1%)
105	ŁUCZYCKA Iwona	254	POZYTYWNIE ZABIEGANI SANOK	K-40	11	00:16:54	00:35:20.65	+00:11:41 (33.1%)	5:53	10.2 (67.1%)
106	POLAŃSKI Tomasz	169	PRZEMYSKI KLUB BIEGACZA 2	M-50	11	00:16:16	00:35:25.95	+00:11:46 (33.2%)	5:54	10.2 (67.1%)
107	ZAWADA Rafał	41		M-30	29	00:16:34	00:35:29.55	+00:11:50 (33.3%)	5:54	10.1 (66.4%)
108	PODOLAK Zbigniew	165	TOWARZYSTWO SZWEJKOWSKIE	M-60+	3	00:16:35	00:35:36.25	+00:11:56 (33.6%)	5:56	10.1 (66.4%)
109	SIEDLACZEK Zbigniew	187		M-60+	4	00:17:17	00:35:39.60	+00:12:00 (33.7%)	5:56	10.1 (66.4%)
110	BOCEK Sławomir	19	WATAHA	M-40	41	00:17:01	00:35:46.20	+00:12:06 (33.9%)	5:57	10.1 (66.4%)
111	OLEKSZYK Joanna	156	DECARUN RZESZÓW	K-16	3	00:17:02	00:35:49.20	+00:12:09 (34.0%)	5:58	10.1 (66.4%)
112	BUKSA Tomasz	27	PRZEMYSKI KLUB BIEGACZA 2	M-30	30	00:16:56	00:35:50.20	+00:12:10 (34.0%)	5:58	10 (65.8%)
113	BUKSA Andzelika	28	PRZEMYSKI KLUB BIEGACZA 2	K-40	12	00:16:57	00:35:51.05	+00:12:11 (34.0%)	5:58	10 (65.8%)
114	FLOREK Wojtek	58	DZIKIE MUSTANGI	M-30	31	00:17:37	00:36:09.55	+00:12:30 (34.6%)	6:01	10 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
115	JAKUBOWSKI Daniel	83	NOCNY BÓR TEAM	M-40	42	00:16:52	00:36:09.90	+00:12:30 (34.6%)	6:01	10 (65.8%)
116	MICKIEWICZ Adam	138		M-50	12	00:17:28	00:36:20.20	+00:12:40 (34.9%)	6:03	9.9 (65.1%)
117	CENGIEL Mateusz	32	5 BSP	M-16	6	00:18:41	00:36:37.50	+00:12:58 (35.4%)	6:06	9.8 (64.5%)
118	ROZENBAJGIER Sebastian	183	6 BATALION STRZELCÓW PODHALAŃSKICH	M-30	32	00:18:37	00:36:39.10	+00:12:59 (35.5%)	6:06	9.8 (64.5%)
119	PECKA Krzysztof	260	SOLINA TEAM	M-40	43	00:17:31	00:36:59.10	+00:13:19 (36.0%)	6:09	9.7 (63.8%)
120	KOPCZYK Waldemar	103	SZYBKIE I WŚCIEKLI TEAM	M-50	13	00:17:57	00:37:04.50	+00:13:25 (36.2%)	6:10	9.7 (63.8%)
121	OŻÓG Jacek	157	UCZESTNIK INDYWIDUALNY	M-40	44	00:16:58	00:37:05.10	+00:13:25 (36.2%)	6:10	9.7 (63.8%)
122	SZMIST Jadzia	202	KB ATHLETIC ZRĘCIN	K-40	13	00:17:50	00:37:07.30	+00:13:27 (36.3%)	6:11	9.7 (63.8%)
123	ŁASKAWSKA Justyna	128		K-40	14	00:17:51	00:37:20.20	+00:13:40 (36.6%)	6:13	9.6 (63.2%)
124	MAZUR Kinga	137	DĘBICKIE GEPARDY	K-30	5	00:17:34	00:37:47.25	+00:14:07 (37.4%)	6:17	9.5 (62.5%)
125	UJEJSKI Filip	216	4 BATALION STRZELCÓW PODHALAŃSKICH	M-16	7	00:18:40	00:37:56.85	+00:14:17 (37.7%)	6:19	9.5 (62.5%)
126	HOCEK Jakub	76	5 BSP	M-16	8	00:18:42	00:37:57.55	+00:14:18 (37.7%)	6:19	9.5 (62.5%)
127	CHODNICKI Radosław	36	BĘDZIE LEPIEJ	M-40	45	00:17:58	00:38:02.55	+00:14:23 (37.8%)	6:20	9.5 (62.5%)
128	MIKUSEK Ryszard	141	BĘDZIE LEPIEJ	M-40	46	00:17:46	00:38:19.80	+00:14:40 (38.3%)	6:23	9.4 (61.8%)
129	BIEDROŃ Wojciech	16		M-40	47	00:18:04	00:38:33.05	+00:14:53 (38.6%)	6:25	9.3 (61.2%)
130	BORCZ Marcin	23	DIP-MAR MARCIN BORCZ	M-30	33	00:18:10	00:38:41.50	+00:15:02 (38.9%)	6:26	9.3 (61.2%)
131	FORNEK Paulina	63	DZIKIE MUSTANGI	K-16	4	00:18:47	00:38:55.55	+00:15:16 (39.2%)	6:29	9.3 (61.2%)
132	BARTOSZEK Bogdan	13		M-50	14	00:19:00	00:39:11.70	+00:15:32 (39.6%)	6:31	9.2 (60.5%)
133	BABIŃSKA Inga	6	PRZEMYSKI KLUB BIEGACZA	K-40	15	00:19:08	00:39:13.55	+00:15:34 (39.7%)	6:32	9.2 (60.5%)
134	LEWICKIJ Yurii	119	'STRIYSKI KHVOSTY'	M-40	48	00:18:31	00:39:29.80	+00:15:50 (40.1%)	6:34	9.1 (59.9%)
135	CZAJKA Renata	44	DZIKIE MORSY	K-40	16	00:18:59	00:39:30.90	+00:15:51 (40.1%)	6:35	9.1 (59.9%)
136	ŚNIEŻEK Lidia	210	PRZEMYSKI KLUB BIEGACZA	K-40	17	00:18:39	00:39:36.20	+00:15:56 (40.3%)	6:36	9.1 (59.9%)
137	MROCZEK Bartek	147	WŁUCZYKIJE	M-40	49	00:18:56	00:39:38.85	+00:15:59 (40.3%)	6:36	9.1 (59.9%)
138	MROCZEK Sylwia	257		K-30	6	00:18:57	00:39:38.95	+00:15:59 (40.3%)	6:36	9.1 (59.9%)
139	WEREMKO Anna	222	MULTIMEDIA RUNNERS PUŁAWY	K-50	4	00:18:59	00:39:41.50	+00:16:02 (40.4%)	6:36	9.1 (59.9%)
140	WOJTANOWSKI Andrzej	228	MORSOLINY	M-50	15	00:18:38	00:39:54.35	+00:16:14 (40.7%)	6:39	9 (59.2%)
141	SUSABOWSKA Asia	198	BĘDZIE LEPIEJ	K-40	18	00:18:34	00:40:00.80	+00:16:21 (40.9%)	6:40	9 (59.2%)
142	CHMIELEWSKA Beata	34		K-50	5	00:19:24	00:40:14.30	+00:16:34 (41.2%)	6:42	8.9 (58.6%)
143	SOJA Tomasz	193	BRAK	M-50	16	00:19:40	00:40:36.70	+00:16:57 (41.7%)	6:46	8.9 (58.6%)
144	WÓJTOWICZ Paweł	232	LUBLIN BIEGA	M-40	50	00:18:57	00:40:43.30	+00:17:03 (41.9%)	6:47	8.8 (57.9%)
145	FOLTA Anita	59	GRUPA BIEGOWA ZARSZYN	K-50	6	00:19:36	00:41:29.65	+00:17:50 (43.0%)	6:54	8.7 (57.2%)
146	FOLTA Jan	60	GRUPA BIEGOWA ZARSZYN	M-50	17	00:19:37	00:41:30.25	+00:17:50 (43.0%)	6:55	8.7 (57.2%)
147	RADYK Joanna	177	PRZEMYSKI KLUB BIEGACZA RSB	K-30	7	00:19:49	00:42:14.20	+00:18:34 (44.0%)	7:02	8.5 (55.9%)
148	POLAŃSKA Bogusława	168	PRZEMYSKI KLUB BIEGACZA	K-50	7	00:19:50	00:42:16.35	+00:18:36 (44.0%)	7:02	8.5 (55.9%)
149	PIETRASIEWICZ Beata	164	KRESOWIANIE	K-16	5	00:20:39	00:44:01.55	+00:20:22 (46.3%)	7:20	8.2 (53.9%)
150	ŁAKOMA Małgorzata	124	KRESOWIANIE	K-30	8	00:20:38	00:44:01.80	+00:20:22 (46.3%)	7:20	8.2 (53.9%)
151	GRADOWSKA Katarzyna	71	PRZEMYSKI KLUB BIEGACZA	K-40	19	00:19:46	00:44:07.90	+00:20:28 (46.4%)	7:21	8.2 (53.9%)
152	KALIN Kamil	91		M-30	34	00:20:33	00:45:15.30	+00:21:35 (47.7%)	7:32	8 (52.6%)
153	CZERWIŃSKA Małgorzata	48	JUMPING STARS TEAM	K-40	20	00:22:03	00:46:50.75	+00:23:11 (49.5%)	7:48	7.7 (50.7%)
154	DROŃ Bernadeta	53		K-40	21	00:22:04	00:46:51.45	+00:23:12 (49.5%)	7:48	7.7 (50.7%)
155	RADYK Anna	178	PRZEMYSKI KLUB BIEGACZA	K-16	6	00:27:45	00:51:31.40	+00:27:52 (54.1%)	8:35	7 (46.1%)