



**Organizator:** Polskie Stowarzyszenie Producentów Oleju  
**Data:** 2022-05-29  
**Miejsce:** Nielisz  
**Dystans:** 10 km

# OLEJARSKA DYCHA

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JENDRYCH Artur	76	BIEGAJACY ŚWIDNIK	M2 30-49 lat	1		00:36:43.30	00:36:43.30		3:40	16.3 (100%)
2	JAWORSKI Krzysztof	75	WISEGRAD MARATON RYTRO	M2 30-49 lat	2		00:37:11.10	00:37:11.10	+00:00:27 (1.2%)	3:43	16.1 (98.8%)
3	GRAJ Arkadiusz	62	BIEGAJĄCY ŚWIDNIK	M2 30-49 lat	3		00:37:35.75	00:37:35.75	+00:00:52 (2.3%)	3:45	16 (98.2%)
4	ŚLIWIŃSKI Mateusz	155		M2 30-49 lat	4		00:38:02.80	00:38:02.80	+00:01:19 (3.5%)	3:48	15.8 (96.9%)
5	MAZUREK Paweł	122	PARKRUN OGRÓD SASKI LUBLIN	M2 30-49 lat	5		00:38:27.45	00:38:27.45	+00:01:44 (4.5%)	3:50	15.6 (95.7%)
6	KIEŁBASA Damian	81	UKS AZYMUT GMINA ZAMOŚĆ	M2 30-49 lat	6		00:38:36.55	00:38:36.55	+00:01:53 (4.9%)	3:51	15.5 (95.1%)
7	PAWLAK Grzegorz	143	3 ZAMOJSKI BATALION ZMECHANIZOWANY	M2 30-49 lat	7		00:38:45.65	00:38:45.65	+00:02:02 (5.3%)	3:52	15.5 (95.1%)
8	FLIS Robert	52	BIKE CLUB JANÓW LUBELSKI	M2 30-49 lat	8		00:39:09.40	00:39:09.40	+00:02:26 (6.2%)	3:54	15.3 (93.9%)
9	WILKOS Mateusz	219		M2 30-49 lat	9		00:39:35.25	00:39:35.25	+00:02:51 (7.2%)	3:57	15.2 (93.3%)
10	WAŻNY Jacek	214	BANDA GRUDNIA	M2 30-49 lat	10		00:39:42.35	00:39:42.35	+00:02:59 (7.5%)	3:58	15.1 (92.6%)
11	ANTOŃCZAK Marek	3	RUCH IZBICA	M2 30-49 lat	11	Tak	00:40:03.85	00:40:03.85	+00:03:20 (8.3%)	4:00	15 (92.0%)
12	WYROSTEK Krzysztof	230	CHEŁM BIEGA	M3 50+	1		00:40:32.05	00:40:32.05	+00:03:48 (9.4%)	4:03	14.8 (90.8%)
13	ŁOBACZUK Mariusz	108	CHEŁM BIEGA	M2 30-49 lat	12		00:40:37.30	00:40:37.30	+00:03:54 (9.6%)	4:03	14.8 (90.8%)
14	DYBOWSKI Tomasz	134		M2 30-49 lat	13		00:41:04.10	00:41:04.10	+00:04:20 (10.6%)	4:06	14.6 (89.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
15	<b>ZDUNEK Michał</b>	<b>242</b>	GMINA FRAMPOL	M2 30-49 lat	14		<b>00:41:14.90</b>	<b>00:41:14.90</b>	+00:04:31 (11.0%)	4:07	14.6 (89.6%)
16	<b>BIŻEK Piotr</b>	<b>18</b>	SPRINT WIERZCHOWISKA	M2 30-49 lat	15	Tak	<b>00:41:20.60</b>	<b>00:41:20.60</b>	+00:04:37 (11.2%)	4:08	14.5 (89.0%)
17	<b>LIPIŃSKI Tomasz</b>	<b>103</b>	IMPLOZJA CHEŁM	M1 < 29 lat	1		<b>00:41:36.50</b>	<b>00:41:36.50</b>	+00:04:53 (11.7%)	4:09	14.4 (88.3%)
18	<b>JAKUBCZAK Aleksandra</b>	<b>72</b>	ZAMOŚĆ BIEGA	K2 30-49 lat	1		<b>00:41:55.45</b>	<b>00:41:55.45</b>	+00:05:12 (12.4%)	4:11	14.3 (87.7%)
19	<b>RESZKA Marek</b>	<b>170</b>		M2 30-49 lat	16		<b>00:42:12.65</b>	<b>00:42:12.65</b>	+00:05:29 (13.0%)	4:13	14.2 (87.1%)
20	<b>BORKOWSKI-WRONA Wiktor</b>	<b>22</b>		M1 < 29 lat	2		<b>00:42:46.35</b>	<b>00:42:46.35</b>	+00:06:03 (14.1%)	4:16	14 (85.9%)
21	<b>SIENIEK Krzysztof</b>	<b>179</b>		M2 30-49 lat	17	Tak	<b>00:42:53.60</b>	<b>00:42:53.60</b>	+00:06:10 (14.4%)	4:17	14 (85.9%)
22	<b>KOŁODZIEJ Mariusz</b>	<b>82</b>	LW BOGDANKA	M3 50+	2		<b>00:43:07.90</b>	<b>00:43:07.90</b>	+00:06:24 (14.9%)	4:18	13.9 (85.3%)
23	<b>STAWECKI Karol</b>	<b>148</b>		M1 < 29 lat	3		<b>00:43:28.55</b>	<b>00:43:28.55</b>	+00:06:45 (15.5%)	4:20	13.8 (84.7%)
24	<b>PAZOWSKI Dawid</b>	<b>145</b>	KLUB PIWOSZA	M2 30-49 lat	18		<b>00:43:31.55</b>	<b>00:43:31.55</b>	+00:06:48 (15.6%)	4:21	13.8 (84.7%)
25	<b>RYCYK Grzegorz</b>	<b>173</b>	RUCH IZBICA	M2 30-49 lat	19		<b>00:43:47.65</b>	<b>00:43:47.65</b>	+00:07:04 (16.1%)	4:22	13.7 (84.0%)
26	<b>KUŚMIERZ Kazimierz</b>	<b>252</b>		M3 50+	3		<b>00:44:02.60</b>	<b>00:44:02.60</b>	+00:07:19 (16.6%)	4:24	13.6 (83.4%)
27	<b>MIAZGA Janusz</b>	<b>125</b>		M3 50+	4		<b>00:44:07.60</b>	<b>00:44:07.60</b>	+00:07:24 (16.8%)	4:24	13.6 (83.4%)
28	<b>MANDZIUK Mateusz</b>	<b>117</b>	MULKS GRUPA OSCAR TOMASZÓW LUBELSKI	M2 30-49 lat	20		<b>00:44:11.65</b>	<b>00:44:11.65</b>	+00:07:28 (16.9%)	4:25	13.6 (83.4%)
29	<b>STĘPIEŃ Adam</b>	<b>100</b>		M2 30-49 lat	21	Tak	<b>00:44:21.70</b>	<b>00:44:21.70</b>	+00:07:38 (17.2%)	4:26	13.5 (82.8%)
30	<b>ZAJĄC Grzegorz</b>	<b>233</b>	LUBELSKI WĘGIEL BOGDANKA	M2 30-49 lat	22		<b>00:44:31.35</b>	<b>00:44:31.35</b>	+00:07:48 (17.5%)	4:27	13.5 (82.8%)
31	<b>PALACZ Marcin</b>	<b>262</b>		M2 30-49 lat	23	Tak	<b>00:44:33.50</b>	<b>00:44:33.50</b>	+00:07:50 (17.6%)	4:27	13.5 (82.8%)
32	<b>FURMANIK Ewa</b>	<b>56</b>	CHEM BIEGA	K2 30-49 lat	2		<b>00:44:40.25</b>	<b>00:44:40.25</b>	+00:07:56 (17.8%)	4:28	13.4 (82.2%)
33	<b>DEC Piotr</b>	<b>215</b>		M3 50+	5		<b>00:44:47.25</b>	<b>00:44:47.25</b>	+00:08:03 (18.0%)	4:28	13.4 (82.2%)
34	<b>CZYŻEWSKI Ireneusz</b>	<b>35</b>		M2 30-49 lat	24		<b>00:44:48.05</b>	<b>00:44:48.05</b>	+00:08:04 (18.0%)	4:28	13.4 (82.2%)
35	<b>MAZUR Dominika</b>	<b>120</b>	#BASIASTEAM	K1 < 29 lat	1		<b>00:44:49.75</b>	<b>00:44:49.75</b>	+00:08:06 (18.1%)	4:28	13.4 (82.2%)
36	<b>WIECZOREK Marcin</b>	<b>217</b>		M2 30-49 lat	25		<b>00:44:55.35</b>	<b>00:44:55.35</b>	+00:08:12 (18.3%)	4:29	13.4 (82.2%)
37	<b>KRÓL Michał</b>	<b>93</b>		M2 30-49 lat	26		<b>00:45:12.70</b>	<b>00:45:12.70</b>	+00:08:29 (18.8%)	4:31	13.3 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
38	<b>BAKOŃ Janusz</b>	<b>8</b>		M3 50+	6		<b>00:45:18.30</b>	<b>00:45:18.30</b>	+00:08:35 (18.9%)	4:31	13.2 (81.0%)
39	<b>IWAŃCZUK Łukasz</b>	<b>69</b>	CHEŁM BIEGA	M2 30-49 lat	27		<b>00:45:19.45</b>	<b>00:45:19.45</b>	+00:08:36 (19.0%)	4:31	13.2 (81.0%)
40	<b>TUTKA Dominik</b>	<b>211</b>	BIŁGORAJ BIEGA	M2 30-49 lat	28		<b>00:45:23.05</b>	<b>00:45:23.05</b>	+00:08:39 (19.1%)	4:32	13.2 (81.0%)
41	<b>KUDNEJ Grzegorz</b>	<b>259</b>		M2 30-49 lat	29		<b>00:45:26.45</b>	<b>00:45:26.45</b>	+00:08:43 (19.2%)	4:32	13.2 (81.0%)
42	<b>KSENIAK Tomasz</b>	<b>96</b>		M2 30-49 lat	30		<b>00:45:35.85</b>	<b>00:45:35.85</b>	+00:08:52 (19.5%)	4:33	13.2 (81.0%)
43	<b>WIATROWSKI Andrzej</b>	<b>216</b>		M2 30-49 lat	31		<b>00:45:36.00</b>	<b>00:45:36.00</b>	+00:08:52 (19.5%)	4:33	13.2 (81.0%)
44	<b>SULOWSKI Janusz</b>	<b>193</b>	BIKE CLUB JANÓW LUBELSKI	M2 30-49 lat	32		<b>00:45:38.65</b>	<b>00:45:38.65</b>	+00:08:55 (19.5%)	4:33	13.1 (80.4%)
45	<b>CZEMERYS Piotr</b>	<b>32</b>	RUCH IZBICA	M2 30-49 lat	33		<b>00:45:42.30</b>	<b>00:45:42.30</b>	+00:08:59 (19.7%)	4:34	13.1 (80.4%)
46	<b>ZASIADKO Mikołaj</b>	<b>239</b>	LW BOGDANKA	M3 50+	7		<b>00:45:45.55</b>	<b>00:45:45.55</b>	+00:09:02 (19.8%)	4:34	13.1 (80.4%)
47	<b>KRÓLAK Radosław</b>	<b>94</b>		M2 30-49 lat	34		<b>00:45:51.90</b>	<b>00:45:51.90</b>	+00:09:08 (19.9%)	4:35	13.1 (80.4%)
48	<b>STELMACH Zbigniew</b>	<b>190</b>	LUBELSKI WĘGIEL BOGDANA	M3 50+	8		<b>00:45:55.20</b>	<b>00:45:55.20</b>	+00:09:11 (20.0%)	4:35	13.1 (80.4%)
49	<b>ŚLIWA Anna</b>	<b>204</b>	TOMASZOWSKA GRUPA BIEGOWA	K2 30-49 lat	3		<b>00:46:17.15</b>	<b>00:46:17.15</b>	+00:09:33 (20.7%)	4:37	13 (79.8%)
50	<b>DELEŻUCH Wojciech</b>	<b>37</b>		M2 30-49 lat	35		<b>00:46:34.05</b>	<b>00:46:34.05</b>	+00:09:50 (21.1%)	4:39	12.9 (79.1%)
51	<b>KIELAR Daniel</b>	<b>80</b>	KRESOWIANIE/CIESZANOWSKIE MORSY	M2 30-49 lat	36		<b>00:46:42.50</b>	<b>00:46:42.50</b>	+00:09:59 (21.4%)	4:40	12.8 (78.5%)
52	<b>ODZIEMCZYK Sylwester</b>	<b>139</b>	LUBELSKA GRUPA TRIATHLONU	M3 50+	9		<b>00:46:43.80</b>	<b>00:46:43.80</b>	+00:10:00 (21.4%)	4:40	12.8 (78.5%)
53	<b>WOŹNIAK Marek</b>	<b>225</b>	AKM PROMILEK	M3 50+	10		<b>00:46:46.80</b>	<b>00:46:46.80</b>	+00:10:03 (21.5%)	4:40	12.8 (78.5%)
54	<b>WOŹNIAK Katarzyna</b>	<b>226</b>	AKM PROMILEK	K1 < 29 lat	2		<b>00:46:46.85</b>	<b>00:46:46.85</b>	+00:10:03 (21.5%)	4:40	12.8 (78.5%)
55	<b>REPECKI Marcin</b>	<b>169</b>	ZAMOŚĆ BIEGA	M3 50+	11		<b>00:47:25.40</b>	<b>00:47:25.40</b>	+00:10:42 (22.6%)	4:44	12.7 (77.9%)
56	<b>PSUJA Anna</b>	<b>166</b>	BIEGAJĄCY ŚWIDNIK	K2 30-49 lat	4		<b>00:47:28.85</b>	<b>00:47:28.85</b>	+00:10:45 (22.7%)	4:44	12.6 (77.3%)
57	<b>SKRZYPCZAK Marcin</b>	<b>183</b>	JASZCZOWIANKA	M2 30-49 lat	37		<b>00:47:30.10</b>	<b>00:47:30.10</b>	+00:10:46 (22.7%)	4:45	12.6 (77.3%)
58	<b>KURASIEWICZ Mariusz</b>	<b>98</b>		M2 30-49 lat	38		<b>00:48:04.00</b>	<b>00:48:04.00</b>	+00:11:20 (23.6%)	4:48	12.5 (76.7%)
59	<b>GRABOWSKI Mateusz</b>	<b>61</b>		M2 30-49 lat	39		<b>00:48:04.80</b>	<b>00:48:04.80</b>	+00:11:21 (23.6%)	4:48	12.5 (76.7%)
60	<b>DUDEK Paweł</b>	<b>43</b>	RUCH IZBICA	M2 30-49 lat	40		<b>00:48:15.35</b>	<b>00:48:15.35</b>	+00:11:32 (23.9%)	4:49	12.4 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
61	<b>RUDZKI Adam</b>	<b>171</b>		M2 30-49 lat	41	Tak	<b>00:48:17.05</b>	<b>00:48:17.05</b>	+00:11:33 (23.9%)	4:49	12.4 (76.1%)
62	<b>POPIEL-POPIELEC Jakub</b>	<b>164</b>		M2 30-49 lat	42		<b>00:48:18.85</b>	<b>00:48:18.85</b>	+00:11:35 (24.0%)	4:49	12.4 (76.1%)
63	<b>ANTOŃCZAK Justyna</b>	<b>4</b>		K2 30-49 lat	5	Tak	<b>00:48:20.05</b>	<b>00:48:20.05</b>	+00:11:36 (24.0%)	4:50	12.4 (76.1%)
64	<b>LUKASZEK Artur</b>	<b>105</b>		M3 50+	12		<b>00:48:30.85</b>	<b>00:48:30.85</b>	+00:11:47 (24.3%)	4:51	12.4 (76.1%)
65	<b>SZUBIAK Arkadiusz</b>	<b>202</b>	NIE MA LETKO	M3 50+	13		<b>00:48:39.40</b>	<b>00:48:39.40</b>	+00:11:56 (24.5%)	4:51	12.3 (75.5%)
66	<b>BLICHARZ Jacek</b>	<b>19</b>		M3 50+	14		<b>00:48:41.15</b>	<b>00:48:41.15</b>	+00:11:57 (24.6%)	4:52	12.3 (75.5%)
67	<b>OSTROWSKI Michał</b>	<b>263</b>		M1 < 29 lat	4		<b>00:48:42.70</b>	<b>00:48:42.70</b>	+00:11:59 (24.6%)	4:52	12.3 (75.5%)
68	<b>WÓJCICKI Damian</b>	<b>227</b>	AKM PROMILEK	M2 30-49 lat	43		<b>00:48:45.55</b>	<b>00:48:45.55</b>	+00:12:02 (24.7%)	4:52	12.3 (75.5%)
69	<b>WYLEZOŁ Karolina</b>	<b>270</b>		K1 < 29 lat	3		<b>00:48:51.75</b>	<b>00:48:51.75</b>	+00:12:08 (24.8%)	4:53	12.3 (75.5%)
70	<b>KOSZAROWSKI Jarosław</b>	<b>86</b>		M2 30-49 lat	44		<b>00:48:54.20</b>	<b>00:48:54.20</b>	+00:12:10 (24.9%)	4:53	12.3 (75.5%)
71	<b>FORNAL Robert</b>	<b>54</b>		M3 50+	15		<b>00:48:56.95</b>	<b>00:48:56.95</b>	+00:12:13 (25.0%)	4:53	12.3 (75.5%)
72	<b>ŁUKASIK Paweł</b>	<b>109</b>	RAPY MASTERS	M1 < 29 lat	5		<b>00:49:00.75</b>	<b>00:49:00.75</b>	+00:12:17 (25.1%)	4:54	12.2 (74.8%)
73	<b>BALICKI Zbigniew</b>	<b>9</b>	FOREST CARABUS TEAM	M3 50+	16		<b>00:49:08.80</b>	<b>00:49:08.80</b>	+00:12:25 (25.3%)	4:54	12.2 (74.8%)
74	<b>RYCAK Andrzej</b>	<b>172</b>	NJN SABAUDIA	M3 50+	17		<b>00:49:09.35</b>	<b>00:49:09.35</b>	+00:12:26 (25.3%)	4:54	12.2 (74.8%)
75	<b>ZAJĄC Tomasz</b>	<b>234</b>		M2 30-49 lat	45		<b>00:49:12.35</b>	<b>00:49:12.35</b>	+00:12:29 (25.4%)	4:55	12.2 (74.8%)
76	<b>SOKALSKI Sławomir</b>	<b>186</b>	ZAMOŚĆ BIEGA	M3 50+	18		<b>00:49:24.60</b>	<b>00:49:24.60</b>	+00:12:41 (25.7%)	4:56	12.1 (74.2%)
77	<b>DOMARADZKI Grzegorz</b>	<b>40</b>	BT WAGABUNDA	M3 50+	19		<b>00:49:29.55</b>	<b>00:49:29.55</b>	+00:12:46 (25.8%)	4:56	12.1 (74.2%)
78	<b>FORMAL Robert</b>	<b>267</b>	RUCH IZBICA	M2 30-49 lat	46		<b>00:49:33.45</b>	<b>00:49:33.45</b>	+00:12:50 (25.9%)	4:57	12.1 (74.2%)
79	<b>CZUJ Stanisław</b>	<b>34</b>	ZAMOŚĆ BIEGA	M2 30-49 lat	47		<b>00:49:47.50</b>	<b>00:49:47.50</b>	+00:13:04 (26.2%)	4:58	12.1 (74.2%)
80	<b>TOMASZEWSKI Igor</b>	<b>210</b>		M2 30-49 lat	48		<b>00:49:50.00</b>	<b>00:49:50.00</b>	+00:13:06 (26.3%)	4:59	12 (73.6%)
81	<b>TRATKOWSKI Bartosz</b>	<b>10</b>		M2 30-49 lat	49		<b>00:49:52.75</b>	<b>00:49:52.75</b>	+00:13:09 (26.4%)	4:59	12 (73.6%)
82	<b>LIS Zbigniew</b>	<b>144</b>		M3 50+	20		<b>00:49:56.50</b>	<b>00:49:56.50</b>	+00:13:13 (26.5%)	4:59	12 (73.6%)
83	<b>DĘBOWSKA Agnieszka</b>	<b>38</b>		K2 30-49 lat	6		<b>00:49:58.25</b>	<b>00:49:58.25</b>	+00:13:14 (26.5%)	4:59	12 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
84	<b>GWOZDA Grzegorz</b>	<b>64</b>	UCZNIOWSKI KLUB SPORTOWY SABAUDIA	M2 30-49 lat	50		<b>00:50:02.65</b>	<b>00:50:02.65</b>	+00:13:19 (26.6%)	5:00	12 (73.6%)
85	<b>BUŁAWSKI Krzysztof</b>	<b>24</b>		M3 50+	21		<b>00:50:06.55</b>	<b>00:50:06.55</b>	+00:13:23 (26.7%)	5:00	12 (73.6%)
86	<b>BRYGOŁA Andrzej</b>	<b>23</b>	LUBLIN	M3 50+	22		<b>00:50:13.35</b>	<b>00:50:13.35</b>	+00:13:30 (26.9%)	5:01	11.9 (73.0%)
87	<b>ZAWADA Paweł</b>	<b>268</b>	BIEGAM NA TARCHOMINIE	M2 30-49 lat	51		<b>00:50:48.95</b>	<b>00:50:48.95</b>	+00:14:05 (27.7%)	5:04	11.8 (72.4%)
88	<b>LITWINEK Marek</b>	<b>104</b>	AKM PROMILEK	M2 30-49 lat	52		<b>00:51:04.85</b>	<b>00:51:04.85</b>	+00:14:21 (28.1%)	5:06	11.7 (71.8%)
89	<b>WOLSKI Michał</b>	<b>224</b>		M2 30-49 lat	53		<b>00:51:05.00</b>	<b>00:51:05.00</b>	+00:14:21 (28.1%)	5:06	11.7 (71.8%)
90	<b>PIETRAŚ Arkadiusz</b>	<b>149</b>		M2 30-49 lat	54		<b>00:51:06.40</b>	<b>00:51:06.40</b>	+00:14:23 (28.1%)	5:06	11.7 (71.8%)
91	<b>SZCZYGIELSKI Robert</b>	<b>196</b>		M2 30-49 lat	55	Tak	<b>00:51:07.15</b>	<b>00:51:07.15</b>	+00:14:23 (28.2%)	5:06	11.7 (71.8%)
92	<b>BOCIAN Piotr</b>	<b>21</b>	NIE	M3 50+	23		<b>00:51:13.60</b>	<b>00:51:13.60</b>	+00:14:30 (28.3%)	5:07	11.7 (71.8%)
93	<b>PETRYKOWSKI Grzegorz</b>	<b>147</b>		M2 30-49 lat	56	Tak	<b>00:51:34.85</b>	<b>00:51:34.85</b>	+00:14:51 (28.8%)	5:09	11.6 (71.2%)
94	<b>DUDA Natalia</b>	<b>42</b>	OSP NIEMCE	K1 < 29 lat	4		<b>00:51:53.15</b>	<b>00:51:53.15</b>	+00:15:09 (29.2%)	5:11	11.6 (71.2%)
95	<b>ZBICIAW Adam</b>	<b>256</b>		M3 50+	24		<b>00:51:53.95</b>	<b>00:51:53.95</b>	+00:15:10 (29.2%)	5:11	11.6 (71.2%)
96	<b>BEDNARZ Paweł</b>	<b>15</b>	LENIWIE DO PRZODU	M2 30-49 lat	57		<b>00:52:04.15</b>	<b>00:52:04.15</b>	+00:15:20 (29.5%)	5:12	11.5 (70.6%)
97	<b>SKAKUJ Marcin</b>	<b>181</b>		M2 30-49 lat	58		<b>00:52:07.30</b>	<b>00:52:07.30</b>	+00:15:24 (29.5%)	5:12	11.5 (70.6%)
97	<b>SZYMULA Tomasz</b>	<b>203</b>		M2 30-49 lat	58		<b>00:52:07.30</b>	<b>00:52:07.30</b>	+00:15:24 (29.5%)	5:12	11.5 (70.6%)
99	<b>KAPROŃ Czesiek</b>	<b>77</b>	FORTACO TEEM	M3 50+	25		<b>00:52:07.60</b>	<b>00:52:07.60</b>	+00:15:24 (29.6%)	5:12	11.5 (70.6%)
100	<b>PIKUS Robert</b>	<b>154</b>		M2 30-49 lat	60		<b>00:52:11.05</b>	<b>00:52:11.05</b>	+00:15:27 (29.6%)	5:13	11.5 (70.6%)
101	<b>SKIBA Witold</b>	<b>182</b>		M3 50+	26		<b>00:52:13.20</b>	<b>00:52:13.20</b>	+00:15:29 (29.7%)	5:13	11.5 (70.6%)
102	<b>WOJCIECHOWSKI Mateusz</b>	<b>222</b>		M2 30-49 lat	61		<b>00:52:14.00</b>	<b>00:52:14.00</b>	+00:15:30 (29.7%)	5:13	11.5 (70.6%)
103	<b>ABRAMOWICZ Daniel</b>	<b>2</b>	CHEŁM BIEGA	M2 30-49 lat	62		<b>00:52:19.90</b>	<b>00:52:19.90</b>	+00:15:36 (29.8%)	5:13	11.5 (70.6%)
104	<b>ŁUPINA Jan</b>	<b>112</b>	JANOWSKIE MORSY	M2 30-49 lat	63		<b>00:52:21.35</b>	<b>00:52:21.35</b>	+00:15:38 (29.9%)	5:14	11.5 (70.6%)
105	<b>FILIPIAK Krzysztof</b>	<b>48</b>	MARYSIN SPACERUJE	M2 30-49 lat	64		<b>00:52:25.55</b>	<b>00:52:25.55</b>	+00:15:42 (30.0%)	5:14	11.4 (69.9%)
106	<b>JACEK Andrzej</b>	<b>70</b>		M3 50+	27		<b>00:52:29.85</b>	<b>00:52:29.85</b>	+00:15:46 (30.1%)	5:14	11.4 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
107	<b>BLICHARZ Stanisław</b>	<b>20</b>	NIE MA LETKO	M3 50+	28		<b>00:52:34.80</b>	<b>00:52:34.80</b>	+00:15:51 (30.2%)	5:15	11.4 (69.9%)
108	<b>FITURSKI Wiktor</b>	<b>51</b>		M1 < 29 lat	6		<b>00:52:42.20</b>	<b>00:52:42.20</b>	+00:15:58 (30.3%)	5:16	11.4 (69.9%)
109	<b>SOWIŃSKI Marek</b>	<b>187</b>		M3 50+	29		<b>00:53:06.55</b>	<b>00:53:06.55</b>	+00:16:23 (30.9%)	5:18	11.3 (69.3%)
110	<b>ŁYSOMIRSKI Adrian</b>	<b>113</b>	CHEŁMSKI KLUB MORSÓW	M2 30-49 lat	65		<b>00:53:08.65</b>	<b>00:53:08.65</b>	+00:16:25 (30.9%)	5:18	11.3 (69.3%)
111	<b>KOZIOŁ Tomasz</b>	<b>90</b>	CHEŁM BIEGA	M2 30-49 lat	66		<b>00:53:10.50</b>	<b>00:53:10.50</b>	+00:16:27 (30.9%)	5:19	11.3 (69.3%)
112	<b>DRYGLAK VEL DRYGLAK Piotr</b>	<b>41</b>		M2 30-49 lat	67		<b>00:53:15.85</b>	<b>00:53:15.85</b>	+00:16:32 (31.1%)	5:19	11.3 (69.3%)
113	<b>PUKAS Leszek</b>	<b>102</b>		M2 30-49 lat	68		<b>00:53:24.95</b>	<b>00:53:24.95</b>	+00:16:41 (31.3%)	5:20	11.2 (68.7%)
113	<b>KARCZMARCZYK Albert</b>	<b>78</b>		M2 30-49 lat	68	Tak	<b>00:53:24.95</b>	<b>00:53:24.95</b>	+00:16:41 (31.3%)	5:20	11.2 (68.7%)
115	<b>GROMEK Barbara</b>	<b>63</b>	2 LBOT	K2 30-49 lat	7		<b>00:53:29.00</b>	<b>00:53:29.00</b>	+00:16:45 (31.3%)	5:20	11.2 (68.7%)
116	<b>SZCZĘŚNIAK Mariusz</b>	<b>246</b>		M2 30-49 lat	70		<b>00:53:35.35</b>	<b>00:53:35.35</b>	+00:16:52 (31.5%)	5:21	11.2 (68.7%)
117	<b>SZCZEPUCH Dorota</b>	<b>195</b>	ZAMOŚĆ BIEGA	K3 50+	1		<b>00:53:40.15</b>	<b>00:53:40.15</b>	+00:16:56 (31.6%)	5:22	11.2 (68.7%)
118	<b>ŚWIRK Sławomir</b>	<b>205</b>	CHEŁMSKI KLUB MORSÓW	M2 30-49 lat	71		<b>00:53:45.25</b>	<b>00:53:45.25</b>	+00:17:01 (31.7%)	5:22	11.2 (68.7%)
119	<b>GĘBICZ Norbert</b>	<b>58</b>	GRUPA ORŁÓW	M1 < 29 lat	7		<b>00:53:45.35</b>	<b>00:53:45.35</b>	+00:17:02 (31.7%)	5:22	11.2 (68.7%)
120	<b>PYSIEWICZ Dawid</b>	<b>167</b>		M1 < 29 lat	8		<b>00:53:48.25</b>	<b>00:53:48.25</b>	+00:17:04 (31.7%)	5:22	11.2 (68.7%)
121	<b>ZNÓJ Artur</b>	<b>248</b>		M2 30-49 lat	72		<b>00:53:48.55</b>	<b>00:53:48.55</b>	+00:17:05 (31.8%)	5:22	11.2 (68.7%)
122	<b>ZARĘBA Andrzej</b>	<b>238</b>		M2 30-49 lat	73		<b>00:53:49.45</b>	<b>00:53:49.45</b>	+00:17:06 (31.8%)	5:22	11.1 (68.1%)
123	<b>ZIELIŃSKI Wojciech</b>	<b>244</b>		M2 30-49 lat	74		<b>00:53:49.95</b>	<b>00:53:49.95</b>	+00:17:06 (31.8%)	5:22	11.1 (68.1%)
124	<b>ŁĄCZNY Marcin</b>	<b>107</b>	GALOPUJĄCE DŹDŹOWNICE	M2 30-49 lat	75		<b>00:53:50.15</b>	<b>00:53:50.15</b>	+00:17:06 (31.8%)	5:23	11.1 (68.1%)
125	<b>PAŹDZION Irena</b>	<b>260</b>		K3 50+	2		<b>00:53:53.30</b>	<b>00:53:53.30</b>	+00:17:10 (31.9%)	5:23	11.1 (68.1%)
126	<b>WIDOMSKI Mirosław</b>	<b>121</b>		M2 30-49 lat	76		<b>00:54:06.35</b>	<b>00:54:06.35</b>	+00:17:23 (32.1%)	5:24	11.1 (68.1%)
127	<b>PAKAS Grzegorz</b>	<b>99</b>		M1 < 29 lat	9	Tak	<b>00:54:15.15</b>	<b>00:54:15.15</b>	+00:17:31 (32.3%)	5:25	11.1 (68.1%)
128	<b>LECH Andrzej</b>	<b>253</b>		M3 50+	30		<b>00:54:17.65</b>	<b>00:54:17.65</b>	+00:17:34 (32.4%)	5:25	11.1 (68.1%)
129	<b>MIKULSKI Tomasz</b>	<b>127</b>	LUBELSKI KLUB MORMA	M3 50+	31		<b>00:54:19.30</b>	<b>00:54:19.30</b>	+00:17:36 (32.4%)	5:25	11 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>JAGIEŁŁO Paulina</b>	<b>71</b>		K1 < 29 lat	5		<b>00:54:26.15</b>	<b>00:54:26.15</b>	+00:17:42 (32.5%)	5:26	11 (67.5%)
131	<b>MARKOWICZ Dariusz</b>	<b>119</b>	MGD TEAM	M2 30-49 lat	77		<b>00:54:26.35</b>	<b>00:54:26.35</b>	+00:17:43 (32.5%)	5:26	11 (67.5%)
132	<b>SZTORC Stanisław</b>	<b>201</b>	MARATOŃCZYK DĘBICA	M3 50+	32		<b>00:54:26.40</b>	<b>00:54:26.40</b>	+00:17:43 (32.5%)	5:26	11 (67.5%)
133	<b>NIEMIERSKI Artur</b>	<b>135</b>		M3 50+	33		<b>00:54:34.15</b>	<b>00:54:34.15</b>	+00:17:50 (32.7%)	5:27	11 (67.5%)
134	<b>KOZAK Marcin</b>	<b>247</b>		M2 30-49 lat	78		<b>00:54:39.00</b>	<b>00:54:39.00</b>	+00:17:55 (32.8%)	5:27	11 (67.5%)
135	<b>ROSA Magdalena</b>	<b>25</b>		K2 30-49 lat	8		<b>00:54:52.60</b>	<b>00:54:52.60</b>	+00:18:09 (33.1%)	5:29	10.9 (66.9%)
136	<b>POŁETEK Tomasz</b>	<b>162</b>	FORTACO TEAM	M2 30-49 lat	79		<b>00:54:55.35</b>	<b>00:54:55.35</b>	+00:18:12 (33.1%)	5:29	10.9 (66.9%)
137	<b>MYŚLIWIECKI Michał</b>	<b>133</b>	SKIPOL.PL TEAM	M2 30-49 lat	80		<b>00:55:02.20</b>	<b>00:55:02.20</b>	+00:18:18 (33.3%)	5:30	10.9 (66.9%)
138	<b>TELEON-POLSKA Marlena</b>	<b>208</b>		K2 30-49 lat	9		<b>00:55:05.25</b>	<b>00:55:05.25</b>	+00:18:21 (33.3%)	5:30	10.9 (66.9%)
139	<b>SZKLANNY Marcin</b>	<b>198</b>		M2 30-49 lat	81		<b>00:55:12.35</b>	<b>00:55:12.35</b>	+00:18:29 (33.5%)	5:31	10.9 (66.9%)
140	<b>ZAKRZEWSKI Jarek</b>	<b>236</b>		M2 30-49 lat	82		<b>00:55:19.60</b>	<b>00:55:19.60</b>	+00:18:36 (33.6%)	5:31	10.8 (66.3%)
141	<b>STERNIK Daniel</b>	<b>191</b>	NAJWIĘKASZA ARMIA ŚWIATA	M2 30-49 lat	83		<b>00:55:19.85</b>	<b>00:55:19.85</b>	+00:18:36 (33.6%)	5:31	10.8 (66.3%)
142	<b>CHOMIK Marcin</b>	<b>29</b>	GUŁAJ TEAM	M2 30-49 lat	84		<b>00:55:26.55</b>	<b>00:55:26.55</b>	+00:18:43 (33.8%)	5:32	10.8 (66.3%)
143	<b>SAWICKI Adrian</b>	<b>175</b>	JANOWSKIE MORSY	M2 30-49 lat	85		<b>00:55:46.40</b>	<b>00:55:46.40</b>	+00:19:03 (34.2%)	5:34	10.8 (66.3%)
144	<b>WAGNER Tomasz</b>	<b>213</b>	TOMASZOWSKA GRUPA BIEGOWA	M2 30-49 lat	86		<b>00:55:48.15</b>	<b>00:55:48.15</b>	+00:19:04 (34.2%)	5:34	10.8 (66.3%)
145	<b>SALUSTOWICZ Patrycja</b>	<b>174</b>	#NOLIMITS	K2 30-49 lat	10		<b>00:55:48.85</b>	<b>00:55:48.85</b>	+00:19:05 (34.2%)	5:34	10.8 (66.3%)
146	<b>SMĘTKOWSKA Anna</b>	<b>184</b>		K2 30-49 lat	11		<b>00:56:04.75</b>	<b>00:56:04.75</b>	+00:19:21 (34.5%)	5:36	10.7 (65.6%)
147	<b>POPIELNICKI Łukasz</b>	<b>163</b>		M2 30-49 lat	87		<b>00:56:16.70</b>	<b>00:56:16.70</b>	+00:19:33 (34.7%)	5:37	10.7 (65.6%)
148	<b>OŚ Łucja</b>	<b>141</b>	HEŃTEAM	K2 30-49 lat	12		<b>00:56:35.50</b>	<b>00:56:35.50</b>	+00:19:52 (35.1%)	5:39	10.6 (65.0%)
149	<b>GROMEK Edyta</b>	<b>89</b>		K2 30-49 lat	13		<b>00:56:42.35</b>	<b>00:56:42.35</b>	+00:19:59 (35.2%)	5:40	10.6 (65.0%)
150	<b>DUDEK Piotr</b>	<b>7</b>		M2 30-49 lat	88		<b>00:56:44.55</b>	<b>00:56:44.55</b>	+00:20:01 (35.3%)	5:40	10.6 (65.0%)
151	<b>BIEDROŃ Artur</b>	<b>17</b>	ERP HEART TEAM	M2 30-49 lat	89		<b>00:56:51.20</b>	<b>00:56:51.20</b>	+00:20:07 (35.4%)	5:41	10.6 (65.0%)
152	<b>WOIŃSKI Mateusz</b>	<b>221</b>		M2 30-49 lat	90		<b>00:56:52.20</b>	<b>00:56:52.20</b>	+00:20:08 (35.4%)	5:41	10.6 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
153	WICZUK Marcin	269		M2 30-49 lat	91		00:56:53.45	00:56:53.45	+00:20:10 (35.5%)	5:41	10.5 (64.4%)
154	ZYŁOWSKI Mateusz	258		M2 30-49 lat	92		00:56:54.90	00:56:54.90	+00:20:11 (35.5%)	5:41	10.5 (64.4%)
155	MYSZAK Sławomir	132	BIŁGORAJ BIEGA	M2 30-49 lat	93		00:56:55.25	00:56:55.25	+00:20:11 (35.5%)	5:41	10.5 (64.4%)
156	CHMIST Jakub	27	GWARDIA	M2 30-49 lat	94		00:56:59.00	00:56:59.00	+00:20:15 (35.6%)	5:41	10.5 (64.4%)
157	ŁUKASIK Zbigniew	110	RAPY MASTERS	M3 50+	34		00:57:00.90	00:57:00.90	+00:20:17 (35.6%)	5:42	10.5 (64.4%)
158	WÓJCIK Renata	228		K2 30-49 lat	14		00:57:02.90	00:57:02.90	+00:20:19 (35.6%)	5:42	10.5 (64.4%)
159	ZBICIAW Kinga	254		K1 < 29 lat	6		00:57:06.10	00:57:06.10	+00:20:22 (35.7%)	5:42	10.5 (64.4%)
160	PRZYTUŁA Paweł	257		M2 30-49 lat	95		00:57:16.00	00:57:16.00	+00:20:32 (35.9%)	5:43	10.5 (64.4%)
161	DOBROMILSKI Robert	39	CYKUPYKURGB	M2 30-49 lat	96		00:57:19.45	00:57:19.45	+00:20:36 (35.9%)	5:43	10.5 (64.4%)
162	SIEDLACZEK Zbigniew	176		M3 50+	35		00:57:21.80	00:57:21.80	+00:20:38 (36.0%)	5:44	10.5 (64.4%)
163	MAZUREK Małgorzata	124	NKS ZRYW	K2 30-49 lat	15		00:57:26.70	00:57:26.70	+00:20:43 (36.1%)	5:44	10.4 (63.8%)
164	KRUK Zbigniew	95		M3 50+	36		00:57:32.10	00:57:32.10	+00:20:48 (36.2%)	5:45	10.4 (63.8%)
165	HARASIM Aleksandra	67		K2 30-49 lat	16		00:57:55.30	00:57:55.30	+00:21:12 (36.6%)	5:47	10.4 (63.8%)
166	CYBULSKI Dawid	31		M1 < 29 lat	10		00:57:56.05	00:57:56.05	+00:21:12 (36.6%)	5:47	10.4 (63.8%)
167	WNUK Przemysław	220	BOSCO LUBLIN TEAM	M3 50+	37		00:58:08.30	00:58:08.30	+00:21:25 (36.8%)	5:48	10.3 (63.2%)
168	BARANIAK Wojciech	13		M2 30-49 lat	97		00:58:19.40	00:58:19.40	+00:21:36 (37.0%)	5:49	10.3 (63.2%)
169	PASZKO Wojciech	142		M2 30-49 lat	98		00:58:27.10	00:58:27.10	+00:21:43 (37.2%)	5:50	10.3 (63.2%)
170	LATAŁA Andrzej	16		M2 30-49 lat	99		00:58:34.10	00:58:34.10	+00:21:50 (37.3%)	5:51	10.2 (62.6%)
171	GALEK Michał	57		M2 30-49 lat	100		00:59:01.30	00:59:01.30	+00:22:18 (37.8%)	5:54	10.2 (62.6%)
172	CYBULSKI Grzegorz	261	NAJWIĘKSZA ARMIA ŚWIATA	M2 30-49 lat	101		00:59:08.80	00:59:08.80	+00:22:25 (37.9%)	5:54	10.1 (62.0%)
173	KOT Leszek	87	LW BOGDANKA	M3 50+	38		00:59:12.45	00:59:12.45	+00:22:29 (38.0%)	5:55	10.1 (62.0%)
174	SOKALSKA-PIZUN Roksana	185	3 ZAMOJSKI BATALION ZMECHANIZOWANY	K2 30-49 lat	17		00:59:13.10	00:59:13.10	+00:22:29 (38.0%)	5:55	10.1 (62.0%)
175	BARTNIK Wojciech	14	UNIA HRUBIESZÓW	M3 50+	39		00:59:25.35	00:59:25.35	+00:22:42 (38.2%)	5:56	10.1 (62.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	<b>KORZENIOWSKA Joanna</b>	<b>85</b>	UMCS BIEGA	K2 30-49 lat	18		<b>00:59:31.15</b>	<b>00:59:31.15</b>	+00:22:47 (38.3%)	5:57	10.1 (62.0%)
177	<b>DAWID Paulina</b>	<b>36</b>		K2 30-49 lat	19		<b>00:59:52.50</b>	<b>00:59:52.50</b>	+00:23:09 (38.7%)	5:59	10 (61.3%)
178	<b>ŁUKASZEK Iwona</b>	<b>111</b>		K2 30-49 lat	20		<b>00:59:53.50</b>	<b>00:59:53.50</b>	+00:23:10 (38.7%)	5:59	10 (61.3%)
179	<b>SZAROTA Patryk</b>	<b>194</b>		M2 30-49 lat	102		<b>01:00:05.05</b>	<b>01:00:05.05</b>	+00:23:21 (38.9%)	6:00	10 (61.3%)
180	<b>FILIPIAK Mateusz</b>	<b>47</b>	MARYSIN SPACERUJE	M1 < 29 lat	11		<b>01:00:05.35</b>	<b>01:00:05.35</b>	+00:23:22 (38.9%)	6:00	10 (61.3%)
181	<b>MAZUREK Agnieszka</b>	<b>123</b>		K2 30-49 lat	21		<b>01:00:07.20</b>	<b>01:00:07.20</b>	+00:23:23 (38.9%)	6:00	10 (61.3%)
181	<b>GŁĄB Damian</b>	<b>59</b>		M2 30-49 lat	103		<b>01:00:07.20</b>	<b>01:00:07.20</b>	+00:23:23 (38.9%)	6:00	10 (61.3%)
183	<b>DYRKA Marek</b>	<b>45</b>		M3 50+	40		<b>01:00:09.75</b>	<b>01:00:09.75</b>	+00:23:26 (39.0%)	6:00	10 (61.3%)
184	<b>WACH Magdalena</b>	<b>212</b>		K2 30-49 lat	22		<b>01:00:10.35</b>	<b>01:00:10.35</b>	+00:23:27 (39.0%)	6:01	10 (61.3%)
185	<b>WRÓBLEWSKI Grzegorz</b>	<b>229</b>		M2 30-49 lat	104		<b>01:00:27.85</b>	<b>01:00:27.85</b>	+00:23:44 (39.3%)	6:02	9.9 (60.7%)
186	<b>MIROSŁAW Marek</b>	<b>128</b>	STOWARZYSZENIE SĘDZIÓW PIŁKI NOŻNEJ LUBELSZCZYZNY	M2 30-49 lat	105		<b>01:00:28.00</b>	<b>01:00:28.00</b>	+00:23:44 (39.3%)	6:02	9.9 (60.7%)
187	<b>MALEC Wojciech</b>	<b>115</b>	GALOPUJĄCE DŹDŹOWNICE	M2 30-49 lat	106		<b>01:00:28.90</b>	<b>01:00:28.90</b>	+00:23:45 (39.3%)	6:02	9.9 (60.7%)
188	<b>RAWSKA-ŚMIECIUCH Anna</b>	<b>168</b>		K3 50+	3		<b>01:00:37.25</b>	<b>01:00:37.25</b>	+00:23:53 (39.4%)	6:03	9.9 (60.7%)
189	<b>CHOMA Agnieszka</b>	<b>28</b>		K2 30-49 lat	23		<b>01:00:39.75</b>	<b>01:00:39.75</b>	+00:23:56 (39.5%)	6:03	9.9 (60.7%)
190	<b>PITUCHA Katarzyna</b>	<b>157</b>	MAESTRO NIERUCHOMOŚCI	K2 30-49 lat	24		<b>01:00:55.40</b>	<b>01:00:55.40</b>	+00:24:12 (39.7%)	6:05	9.8 (60.1%)
191	<b>PITUCHA Michał</b>	<b>156</b>	MAESTRO NIERUCHOMOŚCI	M2 30-49 lat	107		<b>01:00:55.55</b>	<b>01:00:55.55</b>	+00:24:12 (39.7%)	6:05	9.8 (60.1%)
192	<b>FORNAL Dawid</b>	<b>55</b>		M2 30-49 lat	108		<b>01:00:58.40</b>	<b>01:00:58.40</b>	+00:24:15 (39.8%)	6:05	9.8 (60.1%)
193	<b>CICHOSZ Konrad</b>	<b>30</b>		M2 30-49 lat	109		<b>01:00:58.45</b>	<b>01:00:58.45</b>	+00:24:15 (39.8%)	6:05	9.8 (60.1%)
194	<b>ZWIERZ Piotr</b>	<b>249</b>		M2 30-49 lat	110		<b>01:01:00.20</b>	<b>01:01:00.20</b>	+00:24:16 (39.8%)	6:06	9.8 (60.1%)
195	<b>DUDZIŃSKI Paweł</b>	<b>44</b>		M2 30-49 lat	111		<b>01:01:05.00</b>	<b>01:01:05.00</b>	+00:24:21 (39.9%)	6:06	9.8 (60.1%)
196	<b>JANKOWSKI Rafał</b>	<b>60</b>	BOSCO LUBLIN TEAM	M2 30-49 lat	112		<b>01:01:16.95</b>	<b>01:01:16.95</b>	+00:24:33 (40.1%)	6:07	9.8 (60.1%)
197	<b>TALAROWSKA Agnieszka</b>	<b>206</b>		K2 30-49 lat	25		<b>01:01:43.70</b>	<b>01:01:43.70</b>	+00:25:00 (40.5%)	6:10	9.7 (59.5%)
198	<b>TALAROWSKI Paweł</b>	<b>207</b>	HRT	M2 30-49 lat	113		<b>01:01:43.85</b>	<b>01:01:43.85</b>	+00:25:00 (40.5%)	6:10	9.7 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
199	<b>MARKOWICZ Grzegorz</b>	<b>118</b>	MGD TEAM	M3 50+	41		<b>01:02:00.75</b>	<b>01:02:00.75</b>	+00:25:17 (40.8%)	6:12	9.7 (59.5%)
200	<b>SZNAJDROWICZ Aneta</b>	<b>199</b>	ZAMOŚĆ BIEGA	K2 30-49 lat	26		<b>01:02:07.75</b>	<b>01:02:07.75</b>	+00:25:24 (40.9%)	6:12	9.7 (59.5%)
201	<b>PETRUK Marcin</b>	<b>146</b>	DRUŻYNA BIAŁEGO NIEDŹWIEDZIA	M2 30-49 lat	114		<b>01:02:15.90</b>	<b>01:02:15.90</b>	+00:25:32 (41.0%)	6:13	9.6 (58.9%)
202	<b>POLAK Irena</b>	<b>158</b>		K3 50+	4		<b>01:02:23.05</b>	<b>01:02:23.05</b>	+00:25:39 (41.1%)	6:14	9.6 (58.9%)
203	<b>KUŚPIT Jerzy</b>	<b>101</b>		M3 50+	42		<b>01:02:23.10</b>	<b>01:02:23.10</b>	+00:25:39 (41.1%)	6:14	9.6 (58.9%)
204	<b>ZDUNEK Edyta</b>	<b>241</b>	BÓBR TŁUSZCZ	K3 50+	5		<b>01:02:37.45</b>	<b>01:02:37.45</b>	+00:25:54 (41.4%)	6:15	9.6 (58.9%)
205	<b>ZDUNEK Waldemar</b>	<b>240</b>	BÓBR TŁUSZCZ	M3 50+	43		<b>01:02:37.75</b>	<b>01:02:37.75</b>	+00:25:54 (41.4%)	6:15	9.6 (58.9%)
206	<b>CIURYSEK Wojciech</b>	<b>264</b>		M2 30-49 lat	115	Tak	<b>01:02:45.75</b>	<b>01:02:45.75</b>	+00:26:02 (41.5%)	6:16	9.6 (58.9%)
207	<b>BURZYKOWSKI Stanisław</b>	<b>26</b>		M3 50+	44		<b>01:02:52.90</b>	<b>01:02:52.90</b>	+00:26:09 (41.6%)	6:17	9.5 (58.3%)
208	<b>MALEC Basia</b>	<b>114</b>		K3 50+	6		<b>01:03:02.35</b>	<b>01:03:02.35</b>	+00:26:19 (41.7%)	6:18	9.5 (58.3%)
209	<b>MORADEWICZ-PASZKO Ewa</b>	<b>129</b>		K2 30-49 lat	27		<b>01:03:08.05</b>	<b>01:03:08.05</b>	+00:26:24 (41.8%)	6:18	9.5 (58.3%)
210	<b>MORAWSKI Arkadiusz</b>	<b>131</b>	NIE MA LETKO	M2 30-49 lat	116		<b>01:03:10.30</b>	<b>01:03:10.30</b>	+00:26:27 (41.9%)	6:19	9.5 (58.3%)
211	<b>MORAWSKA Lidia</b>	<b>130</b>	NIE MA LETKO	K2 30-49 lat	28		<b>01:03:10.45</b>	<b>01:03:10.45</b>	+00:26:27 (41.9%)	6:19	9.5 (58.3%)
212	<b>SIERPIŃSKI Radosław</b>	<b>180</b>		M3 50+	45		<b>01:03:26.20</b>	<b>01:03:26.20</b>	+00:26:42 (42.1%)	6:20	9.5 (58.3%)
212	<b>HIBNER Dominik</b>	<b>68</b>	WOLNO ALE DO PRZODU !!!	M2 30-49 lat	117		<b>01:03:26.20</b>	<b>01:03:26.20</b>	+00:26:42 (42.1%)	6:20	9.5 (58.3%)
214	<b>HAPONIUK Bogumił</b>	<b>66</b>	CHEŁM BIEGA	M2 30-49 lat	118		<b>01:03:39.05</b>	<b>01:03:39.05</b>	+00:26:55 (42.3%)	6:21	9.4 (57.7%)
215	<b>POŁEĆ Ireneusz</b>	<b>161</b>	POLSKA MARKA	M2 30-49 lat	119		<b>01:03:47.70</b>	<b>01:03:47.70</b>	+00:27:04 (42.4%)	6:22	9.4 (57.7%)
216	<b>ZAJAC Anna</b>	<b>232</b>	TOMASZOWSKA GRUPA BIEGOWA	K3 50+	7		<b>01:03:59.85</b>	<b>01:03:59.85</b>	+00:27:16 (42.6%)	6:23	9.4 (57.7%)
217	<b>ZAJĄC Konrad</b>	<b>235</b>	ZAJĄC BIEGA	M2 30-49 lat	120		<b>01:04:00.15</b>	<b>01:04:00.15</b>	+00:27:16 (42.6%)	6:24	9.4 (57.7%)
218	<b>PIKUS Renata</b>	<b>153</b>		K2 30-49 lat	29		<b>01:04:21.85</b>	<b>01:04:21.85</b>	+00:27:38 (42.9%)	6:26	9.3 (57.1%)
219	<b>KARDASZ Jacek</b>	<b>79</b>		M2 30-49 lat	121		<b>01:04:23.40</b>	<b>01:04:23.40</b>	+00:27:40 (43.0%)	6:26	9.3 (57.1%)
220	<b>NIZIOL Damian</b>	<b>137</b>		M1 < 29 lat	12		<b>01:04:33.75</b>	<b>01:04:33.75</b>	+00:27:50 (43.1%)	6:27	9.3 (57.1%)
221	<b>ŻOŁNIERCZUK Marcin</b>	<b>250</b>		M2 30-49 lat	122		<b>01:04:53.10</b>	<b>01:04:53.10</b>	+00:28:09 (43.4%)	6:29	9.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
222	<b>BOJARCZUK Jolanta</b>	<b>245</b>	RUCH IZBICA	K2 30-49 lat	30		<b>01:05:18.40</b>	<b>01:05:18.40</b>	+00:28:35 (43.8%)	6:31	9.2 (56.4%)
223	<b>MICHALIK Dorota</b>	<b>126</b>		K2 30-49 lat	31		<b>01:05:19.00</b>	<b>01:05:19.00</b>	+00:28:35 (43.8%)	6:31	9.2 (56.4%)
224	<b>BARAN Karolina</b>	<b>11</b>	4NALSKY RUN	K2 30-49 lat	32		<b>01:06:20.95</b>	<b>01:06:20.95</b>	+00:29:37 (44.7%)	6:38	9 (55.2%)
225	<b>ORKISZEWSKI Arkadiusz</b>	<b>140</b>		M2 30-49 lat	123		<b>01:06:33.15</b>	<b>01:06:33.15</b>	+00:29:49 (44.8%)	6:39	9 (55.2%)
226	<b>MACIUŁA-KIELARZ Monika</b>	<b>265</b>		K2 30-49 lat	33		<b>01:06:40.15</b>	<b>01:06:40.15</b>	+00:29:56 (44.9%)	6:40	9 (55.2%)
227	<b>BARANIAK Agnieszka</b>	<b>12</b>		K2 30-49 lat	34		<b>01:07:03.90</b>	<b>01:07:03.90</b>	+00:30:20 (45.2%)	6:42	8.9 (54.6%)
228	<b>WIERCHOŁA Joanna</b>	<b>218</b>		K3 50+	8		<b>01:07:46.05</b>	<b>01:07:46.05</b>	+00:31:02 (45.8%)	6:46	8.9 (54.6%)
229	<b>KRÓL Anna</b>	<b>92</b>		K2 30-49 lat	35		<b>01:07:47.00</b>	<b>01:07:47.00</b>	+00:31:03 (45.8%)	6:46	8.9 (54.6%)
230	<b>NOWOSAD Kamil</b>	<b>138</b>		M2 30-49 lat	124		<b>01:07:59.70</b>	<b>01:07:59.70</b>	+00:31:16 (46.0%)	6:47	8.8 (54.0%)
231	<b>TOMASZEWSKA-ŁOŚ Ilona</b>	<b>209</b>		K2 30-49 lat	36		<b>01:07:59.80</b>	<b>01:07:59.80</b>	+00:31:16 (46.0%)	6:47	8.8 (54.0%)
232	<b>SZEWczyk Katarzyna</b>	<b>197</b>		K2 30-49 lat	37		<b>01:08:34.75</b>	<b>01:08:34.75</b>	+00:31:51 (46.5%)	6:51	8.8 (54.0%)
233	<b>ZIARKO Joanna</b>	<b>243</b>		K2 30-49 lat	38		<b>01:08:56.10</b>	<b>01:08:56.10</b>	+00:32:12 (46.7%)	6:53	8.7 (53.4%)
234	<b>ZARĘBA Małgorzata</b>	<b>237</b>		K2 30-49 lat	39		<b>01:09:06.35</b>	<b>01:09:06.35</b>	+00:32:23 (46.9%)	6:54	8.7 (53.4%)
235	<b>NIZIOL Agata</b>	<b>136</b>		K1 < 29 lat	7		<b>01:09:17.30</b>	<b>01:09:17.30</b>	+00:32:34 (47.0%)	6:55	8.7 (53.4%)
236	<b>PIKUS Patrycja</b>	<b>152</b>		K1 < 29 lat	8		<b>01:09:34.00</b>	<b>01:09:34.00</b>	+00:32:50 (47.2%)	6:57	8.6 (52.8%)
237	<b>CZUBA Marta</b>	<b>33</b>		K2 30-49 lat	40		<b>01:09:56.65</b>	<b>01:09:56.65</b>	+00:33:13 (47.5%)	6:59	8.6 (52.8%)
238	<b>PIETRYKOWSKI Robert</b>	<b>151</b>		M2 30-49 lat	125		<b>01:10:36.95</b>	<b>01:10:36.95</b>	+00:33:53 (48.0%)	7:03	8.5 (52.1%)
239	<b>PIETRYKOWSKA Elżbieta</b>	<b>150</b>		K2 30-49 lat	41		<b>01:10:37.05</b>	<b>01:10:37.05</b>	+00:33:53 (48.0%)	7:03	8.5 (52.1%)
240	<b>SIEGIEDA Sabina</b>	<b>177</b>		K2 30-49 lat	42		<b>01:10:44.75</b>	<b>01:10:44.75</b>	+00:34:01 (48.1%)	7:04	8.5 (52.1%)
241	<b>JAROSZ Krzysztof</b>	<b>1</b>		M2 30-49 lat	126		<b>01:11:45.75</b>	<b>01:11:45.75</b>	+00:35:02 (48.8%)	7:10	8.4 (51.5%)
242	<b>MAŁGORZATA Anna</b>	<b>116</b>		K2 30-49 lat	43		<b>01:11:47.35</b>	<b>01:11:47.35</b>	+00:35:04 (48.8%)	7:10	8.4 (51.5%)
243	<b>JANISZEWSKI Andrzej</b>	<b>73</b>		M3 50+	46		<b>01:12:09.90</b>	<b>01:12:09.90</b>	+00:35:26 (49.1%)	7:12	8.3 (50.9%)
244	<b>TCHÓRZEWSKA-WITESKA Paulina</b>	<b>88</b>		K2 30-49 lat	44		<b>01:13:09.55</b>	<b>01:13:09.55</b>	+00:36:26 (49.8%)	7:18	8.2 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	<b>ŁOZA Magdalena</b>	<b>91</b>		K2 30-49 lat	45		<b>01:13:28.45</b>	<b>01:13:28.45</b>	+00:36:45 (50.0%)	7:20	8.2 (50.3%)
246	<b>FITURSKA Elżbieta</b>	<b>49</b>		K2 30-49 lat	46		<b>01:13:42.45</b>	<b>01:13:42.45</b>	+00:36:59 (50.2%)	7:22	8.1 (49.7%)
247	<b>STASZAK Paulina</b>	<b>189</b>		K2 30-49 lat	47		<b>01:13:44.15</b>	<b>01:13:44.15</b>	+00:37:00 (50.2%)	7:22	8.1 (49.7%)
248	<b>PRZYBYŁ Barbara</b>	<b>165</b>	XXX	K2 30-49 lat	48		<b>01:13:45.45</b>	<b>01:13:45.45</b>	+00:37:02 (50.2%)	7:22	8.1 (49.7%)
249	<b>KUFEL Grzegorz</b>	<b>251</b>		M2 30-49 lat	127		<b>01:14:48.40</b>	<b>01:14:48.40</b>	+00:38:05 (50.9%)	7:28	8 (49.1%)
250	<b>KULIK Katarzyna</b>	<b>97</b>		K2 30-49 lat	49		<b>01:15:01.00</b>	<b>01:15:01.00</b>	+00:38:17 (51.0%)	7:30	8 (49.1%)
251	<b>MAŁEK Mariusz</b>	<b>192</b>	CHEŁM BIEGA	M2 30-49 lat	128	Tak	<b>01:15:24.80</b>	<b>01:15:24.80</b>	+00:38:41 (51.3%)	7:32	8 (49.1%)
252	<b>POLSKI Dariusz</b>	<b>160</b>		M3 50+	47		<b>01:16:09.15</b>	<b>01:16:09.15</b>	+00:39:25 (51.8%)	7:36	7.9 (48.5%)
253	<b>POLSKA Bożena</b>	<b>159</b>		K3 50+	9		<b>01:16:09.50</b>	<b>01:16:09.50</b>	+00:39:26 (51.8%)	7:36	7.9 (48.5%)
254	<b>MICHOŃ Artur</b>	<b>74</b>		M3 50+	48		<b>01:17:02.80</b>	<b>01:17:02.80</b>	+00:40:19 (52.3%)	7:42	7.8 (47.9%)
255	<b>ANTOSIEWICZ Stanisława</b>	<b>5</b>	LULATEAM	K3 50+	10		<b>01:17:23.10</b>	<b>01:17:23.10</b>	+00:40:39 (52.5%)	7:44	7.8 (47.9%)
256	<b>ANTOSIEWICZ Robert</b>	<b>6</b>	LULATEAM	M3 50+	49		<b>01:17:24.80</b>	<b>01:17:24.80</b>	+00:40:41 (52.6%)	7:44	7.8 (47.9%)
257	<b>FITURSKI Marek</b>	<b>50</b>		M2 30-49 lat	129		<b>01:21:41.75</b>	<b>01:21:41.75</b>	+00:44:58 (55.1%)	8:10	7.3 (44.8%)
258	<b>HAJNUS Wojciech</b>	<b>65</b>		M3 50+	50		<b>01:21:41.90</b>	<b>01:21:41.90</b>	+00:44:58 (55.1%)	8:10	7.3 (44.8%)
259	<b>LASKUS Monika</b>	<b>266</b>		K3 50+	11		<b>01:22:27.25</b>	<b>01:22:27.25</b>	+00:45:43 (55.5%)	8:14	7.3 (44.8%)
260	<b>KORNYLUK Katarzyna</b>	<b>83</b>		K2 30-49 lat	50		<b>01:26:41.00</b>	<b>01:26:41.00</b>	+00:49:57 (57.6%)	8:40	6.9 (42.3%)
261	<b>KORNYLUK Leszek</b>	<b>84</b>		M3 50+	51		<b>01:26:41.05</b>	<b>01:26:41.05</b>	+00:49:57 (57.6%)	8:40	6.9 (42.3%)

Znaleziono 261 wynik(ów)