



OLEJARSKA DYCHA

B4SPORT

Organizator: Polskie Stowarzyszenie Producentów Oleju
Data: 2023-05-14
Miejsce: Nielisz
Dystans: 10 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ADAMCZUK Sebastian	12		M2 30-49 lat	1		00:36:26.15	00:36:26.15		3:38	16.5 (100%)
2	WYSOCKI Paweł	301	LUBELSKIBIEGACZ.PL TEAM	M2 30-49 lat	2		00:36:40.65	00:36:40.65	+00:00:14 (0.7%)	3:40	16.4 (99.4%)
3	PAWLAK Grzegorz	206	3 ZAMOJSKI BATALION ZMECHANIZOWANY	M2 30-49 lat	3		00:36:51.50	00:36:51.50	+00:00:25 (1.1%)	3:41	16.3 (98.8%)
4	MAZUREK Paweł	182	PARKRUN OGRÓD SASKI LUBLIN	M2 30-49 lat	4		00:37:17.10	00:37:17.10	+00:00:50 (2.3%)	3:43	16.1 (97.6%)
5	GRAJ Arkadiusz	89	BANDA GRUDNIA	M2 30-49 lat	5		00:38:03.25	00:38:03.25	+00:01:37 (4.3%)	3:48	15.8 (95.8%)
6	FLIS Robert	73	BIKE CLUB JANÓW LUBELSKI	M2 30-49 lat	6		00:38:50.40	00:38:50.40	+00:02:24 (6.2%)	3:53	15.5 (93.9%)
7	RUSZNIAK Paweł	328	LIPIEC RUNNING TEAM	M2 30-49 lat	7		00:39:24.60	00:39:24.60	+00:02:58 (7.5%)	3:56	15.2 (92.1%)
8	ANTOŃCZAK Damian	15	RUCH IZBICA	M1 < 29 lat	1	Tak	00:39:35.15	00:39:35.15	+00:03:09 (8.0%)	3:57	15.2 (92.1%)
9	JAREMKO Władysław	108		M2 30-49 lat	8		00:39:59.05	00:39:59.05	+00:03:32 (8.9%)	3:59	15 (90.9%)
10	MALIK Dominik	172	BIEGAJACY ŚWIDNIK	M1 < 29 lat	2		00:40:05.80	00:40:05.80	+00:03:39 (9.1%)	4:00	15 (90.9%)
11	ANTOŃCZAK Marek	14	RUCH IZBICA	M2 30-49 lat	9	Tak	00:40:12.05	00:40:12.05	+00:03:45 (9.4%)	4:01	14.9 (90.3%)
12	NOWOGRODZKI Dawid	202		M2 30-49 lat	10		00:40:18.50	00:40:18.50	+00:03:52 (9.6%)	4:01	14.9 (90.3%)
13	OLEKSY Przemysław	203	RADOSŁAW KŁECZEK TRENER BIEGANIA	M2 30-49 lat	11		00:40:22.75	00:40:22.75	+00:03:56 (9.8%)	4:02	14.9 (90.3%)
14	GÓRSKI Bartosz	86	NO IDEA TEAM	M2 30-49 lat	12		00:40:41.55	00:40:41.55	+00:04:15 (10.5%)	4:04	14.7 (89.1%)
15	BRODACZEWSKI Piotr	32	LUBELSKIBIEGACZ.PL TEAM	M1 < 29 lat	3		00:40:53.75	00:40:53.75	+00:04:27 (10.9%)	4:05	14.7 (89.1%)
16	BIŻEK Piotr	26	SPRINT WIERZCHOWISKA	M2 30-49 lat	13	Tak	00:41:01.00	00:41:01.00	+00:04:34 (11.2%)	4:06	14.6 (88.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	WIDZ Grzegorz	282	BIKE CLUB JANÓW LUBELSKI	M2 30-49 lat	14		00:41:12.60	00:41:12.60	+00:04:46 (11.6%)	4:07	14.6 (88.5%)
18	CICHORZ Jacek	43	BIEGAJĄCY ŚWIDNIK	M2 30-49 lat	15		00:41:28.40	00:41:28.40	+00:05:02 (12.1%)	4:08	14.5 (87.9%)
19	GODZWON Mateusz	82	BIEGIEMZAMARZENIAMI	M2 30-49 lat	16		00:41:32.75	00:41:32.75	+00:05:06 (12.3%)	4:09	14.4 (87.3%)
20	LIPIŃSKI Tomasz	159	IMPLOZJA CHEŁM	M1 < 29 lat	4		00:41:40.90	00:41:40.90	+00:05:14 (12.6%)	4:10	14.4 (87.3%)
21	MAZUREK Krzysztof	181	KP PSP W KRASNYMSTAWIE	M2 30-49 lat	17		00:42:11.30	00:42:11.30	+00:05:45 (13.6%)	4:13	14.2 (86.1%)
22	JAKUBCZAK Aleksandra	103	ZAMOŚĆ BIEGA	K2 30-49 lat	1		00:42:22.40	00:42:22.40	+00:05:56 (14.0%)	4:14	14.2 (86.1%)
23	KOŁODZIEJ Mariusz	129	LW BOGDANKA	M3 50+	1		00:42:30.20	00:42:30.20	+00:06:04 (14.3%)	4:15	14.1 (85.5%)
24	PIOTROWSKI Emil	214		M2 30-49 lat	18		00:42:44.35	00:42:44.35	+00:06:18 (14.7%)	4:16	14 (84.8%)
25	WÓJCIK Łukasz	293	SZYBCIEJ NIE DAM RADY	M2 30-49 lat	19		00:42:58.10	00:42:58.10	+00:06:31 (15.2%)	4:17	14 (84.8%)
26	BITNER Piotr	25		M2 30-49 lat	20		00:43:03.75	00:43:03.75	+00:06:37 (15.4%)	4:18	13.9 (84.2%)
27	STASIAK Piotr	251		M3 50+	2		00:43:24.25	00:43:24.25	+00:06:58 (16.1%)	4:20	13.8 (83.6%)
28	KURZAWSKI Tomasz	151	GB ULTRA PSZCZÓŁKI	M2 30-49 lat	21		00:43:36.60	00:43:36.60	+00:07:10 (16.5%)	4:21	13.8 (83.6%)
29	TUTKA Dominik	271	BIŁGORAJ BIEGA	M2 30-49 lat	22		00:43:42.95	00:43:42.95	+00:07:16 (16.7%)	4:22	13.7 (83.0%)
30	SIEGIEDA Michał	242		M2 30-49 lat	23		00:43:46.55	00:43:46.55	+00:07:20 (16.8%)	4:22	13.7 (83.0%)
31	KONDRACIUK Michał	130		M2 30-49 lat	24		00:44:10.45	00:44:10.45	+00:07:44 (17.5%)	4:25	13.6 (82.4%)
32	SIENIEK Krzysztof	243		M2 30-49 lat	25	Tak	00:44:12.45	00:44:12.45	+00:07:46 (17.6%)	4:25	13.6 (82.4%)
33	ŁUKASZCZYK Piotr	324	HERBA TRIATHLON TEAM BIEGOWY	M2 30-49 lat	26		00:44:24.10	00:44:24.10	+00:07:57 (17.9%)	4:26	13.5 (81.8%)
33	WIDOMSKI Wojciech	280		M3 50+	3	Tak	00:44:24.10	00:44:24.10	+00:07:57 (17.9%)	4:26	13.5 (81.8%)
35	KRÓLAK Radosław	143		M2 30-49 lat	27		00:44:27.70	00:44:27.70	+00:08:01 (18.1%)	4:26	13.5 (81.8%)
36	RYĆ Dariusz	235		M2 30-49 lat	28		00:44:35.25	00:44:35.25	+00:08:09 (18.3%)	4:27	13.5 (81.8%)
37	KSENIAK Tomasz	147		M2 30-49 lat	29		00:44:50.15	00:44:50.15	+00:08:24 (18.7%)	4:29	13.4 (81.2%)
38	FILIPIUK Tomasz	70	POWIAT ŚWIDNICKI	M2 30-49 lat	30		00:44:53.15	00:44:53.15	+00:08:27 (18.8%)	4:29	13.4 (81.2%)
39	OSIŃSKI Daniel	204	SĘDZIA	M2 30-49 lat	31		00:44:54.85	00:44:54.85	+00:08:28 (18.9%)	4:29	13.4 (81.2%)

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40	MIAZGA Janusz	188	ZAMOŚĆ BIEGA	M3 50+	4		00:45:02.05	00:45:02.05	+00:08:35 (19.1%)	4:30	13.3 (80.6%)
41	MANDZIUK Mateusz	174		M2 30-49 lat	32		00:45:07.40	00:45:07.40	+00:08:41 (19.3%)	4:30	13.3 (80.6%)
42	OSTROWSKI Sławomir	205	BIEGAJĄCY ŚWIDNIK	M3 50+	5		00:45:23.45	00:45:23.45	+00:08:57 (19.7%)	4:32	13.2 (80.0%)
43	STĘPIEŃ Adam	252		M2 30-49 lat	33	Tak	00:45:25.50	00:45:25.50	+00:08:59 (19.8%)	4:32	13.2 (80.0%)
44	KIELAR Daniel	124	KRESOWIANIE	M2 30-49 lat	34		00:45:31.50	00:45:31.50	+00:09:05 (20.0%)	4:33	13.2 (80.0%)
45	MAZUREK Robert	185	LUBELAKY RUNNING TEAM	M2 30-49 lat	35		00:45:43.95	00:45:43.95	+00:09:17 (20.3%)	4:34	13.1 (79.4%)
46	PŁECHA Grzegorz	215		M3 50+	6		00:45:45.70	00:45:45.70	+00:09:19 (20.4%)	4:34	13.1 (79.4%)
47	PROKOP Tomek	221		M2 30-49 lat	36		00:45:50.55	00:45:50.55	+00:09:24 (20.5%)	4:35	13.1 (79.4%)
48	KUŚMIERZ Kazimierz	154		M3 50+	7		00:46:03.00	00:46:03.00	+00:09:36 (20.9%)	4:36	13 (78.8%)
49	REPECKI Marcin	229	ZAMOŚĆ BIEGA	M3 50+	8		00:46:06.60	00:46:06.60	+00:09:40 (21.0%)	4:36	13 (78.8%)
50	WÓJCIK Józef	294	CHEŁM BIEGA	M3 50+	9		00:46:06.65	00:46:06.65	+00:09:40 (21.0%)	4:36	13 (78.8%)
51	KRÓL Michał	142		M2 30-49 lat	37		00:46:11.30	00:46:11.30	+00:09:45 (21.1%)	4:37	13 (78.8%)
52	MIROŚLAW Albert	318	WW TEAM	M3 50+	10		00:46:50.50	00:46:50.50	+00:10:24 (22.2%)	4:41	12.8 (77.6%)
53	ANTOSZ Bogdan	16		M3 50+	11		00:46:55.75	00:46:55.75	+00:10:29 (22.4%)	4:41	12.8 (77.6%)
54	DZIEWA Krzysiek	63	ALIPLAST RUNNING TEAM	M2 30-49 lat	38		00:47:08.40	00:47:08.40	+00:10:42 (22.7%)	4:42	12.7 (77.0%)
55	KURASIEWICZ Mariusz	150		M2 30-49 lat	39		00:47:17.80	00:47:17.80	+00:10:51 (23.0%)	4:43	12.7 (77.0%)
56	ŚLIWA Anna	265	UKS SABAUDIA	K2 30-49 lat	2		00:47:22.80	00:47:22.80	+00:10:56 (23.1%)	4:44	12.7 (77.0%)
57	KOWALCZYK Rafal	136	PARKRUN OGRÓD SASKI, LUBLIN.	M2 30-49 lat	40		00:47:24.60	00:47:24.60	+00:10:58 (23.1%)	4:44	12.7 (77.0%)
58	KONOPKA Piotr	131	LUBELSKA GRUPA TRIATHLONU/ 2 LBOT	M2 30-49 lat	41		00:47:29.00	00:47:29.00	+00:11:02 (23.3%)	4:44	12.6 (76.4%)
59	WILGOS Marek	319		M2 30-49 lat	42		00:47:33.80	00:47:33.80	+00:11:07 (23.4%)	4:45	12.6 (76.4%)
60	JACNIAK Ewa	101	#NOLIMITS	K2 30-49 lat	3		00:47:35.80	00:47:35.80	+00:11:09 (23.4%)	4:45	12.6 (76.4%)
61	FERENC Marcin	64	PĘDZLOGONY ZWINNE	M2 30-49 lat	43		00:47:38.60	00:47:38.60	+00:11:12 (23.5%)	4:45	12.6 (76.4%)
62	WOŹNIAK Marek	291		M3 50+	12		00:47:42.15	00:47:42.15	+00:11:16 (23.6%)	4:46	12.6 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	FRANCZAK Tomasz	75	LUBELAKY RUNNING TEAM	M2 30-49 lat	44		00:47:51.90	00:47:51.90	+00:11:25 (23.9%)	4:47	12.5 (75.8%)
64	PYŚ Adrian	225		M2 30-49 lat	45		00:48:04.60	00:48:04.60	+00:11:38 (24.2%)	4:48	12.5 (75.8%)
65	SOKALSKI Sławomir	249	ZAMOŚĆ BIEGA	M3 50+	13		00:48:24.95	00:48:24.95	+00:11:58 (24.7%)	4:50	12.4 (75.2%)
66	STAŻYŃSKI Roman	326		M2 30-49 lat	46		00:48:41.90	00:48:41.90	+00:12:15 (25.2%)	4:52	12.3 (74.5%)
67	DZIEDZIC Jacek	62		M2 30-49 lat	47		00:48:55.50	00:48:55.50	+00:12:29 (25.5%)	4:53	12.3 (74.5%)
68	RYCYK Grzegorz	234	RUCHN IZBICA	M2 30-49 lat	48		00:49:10.50	00:49:10.50	+00:12:44 (25.9%)	4:55	12.2 (73.9%)
69	MARKOWICZ Dariusz	176	MGD TEAM	M2 30-49 lat	49		00:49:14.10	00:49:14.10	+00:12:47 (26.0%)	4:55	12.2 (73.9%)
70	BRYŁA-CRUZ Agnieszka	33		K2 30-49 lat	4		00:49:15.60	00:49:15.60	+00:12:49 (26.0%)	4:55	12.2 (73.9%)
71	RUDZKI Adam	232		M2 30-49 lat	50	Tak	00:49:20.75	00:49:20.75	+00:12:54 (26.2%)	4:56	12.2 (73.9%)
72	GANCZARUK Wojciech	78	CYCÓW BIEGA	M2 30-49 lat	51		00:49:26.75	00:49:26.75	+00:13:00 (26.3%)	4:56	12.1 (73.3%)
73	KOSIOR Tomasz	133		M2 30-49 lat	52		00:49:36.10	00:49:36.10	+00:13:09 (26.5%)	4:57	12.1 (73.3%)
74	SZCZĘŚNIAK Mariusz	256	SAINT GOBAIN SQUAD	M2 30-49 lat	53		00:49:42.65	00:49:42.65	+00:13:16 (26.7%)	4:58	12.1 (73.3%)
75	SULOWSKI Janusz	253	WŚCIEKLI NA SZYBKICH	M2 30-49 lat	54		00:49:42.80	00:49:42.80	+00:13:16 (26.7%)	4:58	12.1 (73.3%)
76	WÓJCICKI Damian	292	PARKRUN OGRÓD SASKI, LUBLIN	M2 30-49 lat	55		00:49:45.80	00:49:45.80	+00:13:19 (26.8%)	4:58	12.1 (73.3%)
77	MITRUCZUK Marcin	193	SP3 PUŁAWY	M2 30-49 lat	56		00:49:47.70	00:49:47.70	+00:13:21 (26.8%)	4:58	12.1 (73.3%)
78	WIDOMSKI Mirosław	281		M2 30-49 lat	57		00:49:52.40	00:49:52.40	+00:13:26 (26.9%)	4:59	12 (72.7%)
79	KUZIOŁA Iwona	156	#NOLIMITS	K2 30-49 lat	5		00:50:00.35	00:50:00.35	+00:13:34 (27.1%)	5:00	12 (72.7%)
80	IŻEWSKI Sylwester	98	ALIPLAST RUNNING TEAM	M2 30-49 lat	58		00:50:04.95	00:50:04.95	+00:13:38 (27.2%)	5:00	12 (72.7%)
81	SAWOSZ Marta	238		K2 30-49 lat	6		00:50:08.20	00:50:08.20	+00:13:42 (27.3%)	5:00	12 (72.7%)
82	WAWRZYNIAK Damian	277	AKTYWNI KAMIEŃSK	M2 30-49 lat	59		00:50:08.55	00:50:08.55	+00:13:42 (27.3%)	5:00	12 (72.7%)
83	ADAMCZYK Mariusz	13		M3 50+	14		00:50:08.75	00:50:08.75	+00:13:42 (27.3%)	5:00	12 (72.7%)
84	KURZYNA Krzysztof	153		M3 50+	15		00:50:11.80	00:50:11.80	+00:13:45 (27.4%)	5:01	12 (72.7%)
85	KARDASZ Jacek	117	ATTYLA	M2 30-49 lat	60		00:50:14.50	00:50:14.50	+00:13:48 (27.5%)	5:01	11.9 (72.1%)

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86	JACEK Paweł	100		M2 30-49 lat	61		00:50:22.95	00:50:22.95	+00:13:56 (27.7%)	5:02	11.9 (72.1%)
87	SĘK Krystian	240	SĘK-TEAM	M2 30-49 lat	62		00:50:30.15	00:50:30.15	+00:14:04 (27.9%)	5:03	11.9 (72.1%)
88	RYCAK Andrzej	233		M3 50+	16		00:50:31.85	00:50:31.85	+00:14:05 (27.9%)	5:03	11.9 (72.1%)
89	ŁUPINA Jan	167	JANOWSKIE MORSY	M2 30-49 lat	63		00:50:38.50	00:50:38.50	+00:14:12 (28.1%)	5:03	11.8 (71.5%)
90	FIJAŁKOWSKI Marcin	66		M2 30-49 lat	64		00:50:42.90	00:50:42.90	+00:14:16 (28.2%)	5:04	11.8 (71.5%)
91	ZBICIAK Kinga	306		K1 < 29 lat	1		00:50:45.00	00:50:45.00	+00:14:18 (28.2%)	5:04	11.8 (71.5%)
92	CZUJ Stanisław	329	ZAMOŚĆ BIEGA	M2 30-49 lat	65		00:50:46.35	00:50:46.35	+00:14:20 (28.2%)	5:04	11.8 (71.5%)
93	POLSKI Marcin	216		M2 30-49 lat	66		00:50:57.15	00:50:57.15	+00:14:31 (28.5%)	5:05	11.8 (71.5%)
94	TWOREK Krzysztof	272		M1 < 29 lat	5		00:51:01.95	00:51:01.95	+00:14:35 (28.6%)	5:06	11.8 (71.5%)
95	FLIS Jan	323		M3 50+	17		00:51:03.95	00:51:03.95	+00:14:37 (28.6%)	5:06	11.8 (71.5%)
96	KOZIOŁ Tomasz	140	CHEŁM BIEGA	M2 30-49 lat	67		00:51:15.15	00:51:15.15	+00:14:49 (28.9%)	5:07	11.7 (70.9%)
97	TOMASZEWSKI Igor	268		M2 30-49 lat	68		00:51:19.55	00:51:19.55	+00:14:53 (29.0%)	5:07	11.7 (70.9%)
98	MALINOWSKI Marcin	173	RUCH IZBICA	M2 30-49 lat	69		00:51:36.90	00:51:36.90	+00:15:10 (29.4%)	5:09	11.6 (70.3%)
99	SOBOLEWSKI Tomasz	247		M2 30-49 lat	70		00:51:40.45	00:51:40.45	+00:15:14 (29.5%)	5:10	11.6 (70.3%)
100	BUŁAWSKI Krzysztof	34		M3 50+	18		00:51:45.20	00:51:45.20	+00:15:19 (29.6%)	5:10	11.6 (70.3%)
101	LIS Zbigniew	160		M3 50+	19		00:51:50.05	00:51:50.05	+00:15:23 (29.7%)	5:11	11.6 (70.3%)
102	LASKOWSKI Andrzej	157	OSP DRAGANY	M3 50+	20		00:51:51.65	00:51:51.65	+00:15:25 (29.7%)	5:11	11.6 (70.3%)
103	ŻUROWSKI Jacek	313	HEŃTEAM	M3 50+	21		00:51:55.55	00:51:55.55	+00:15:29 (29.8%)	5:11	11.6 (70.3%)
104	NOWAK Jan	200	CHEŁM	M3 50+	22		00:51:57.50	00:51:57.50	+00:15:31 (29.9%)	5:11	11.5 (69.7%)
105	MILANOWSKI Rafał	320		M2 30-49 lat	71		00:52:06.20	00:52:06.20	+00:15:40 (30.1%)	5:12	11.5 (69.7%)
106	PIKUS Robert	212		M2 30-49 lat	72		00:52:12.55	00:52:12.55	+00:15:46 (30.2%)	5:13	11.5 (69.7%)
107	KOŁAKOWSKI Przemek	128	ZAMOŚĆ BIEGA	M2 30-49 lat	73		00:52:16.55	00:52:16.55	+00:15:50 (30.3%)	5:13	11.5 (69.7%)
108	PETRYKOWSKI Grzegorz	207		M2 30-49 lat	74	Tak	00:52:16.95	00:52:16.95	+00:15:50 (30.3%)	5:13	11.5 (69.7%)

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109	SZYMULA Tomasz	264		M2 30-49 lat	75		00:52:22.00	00:52:22.00	+00:15:55 (30.4%)	5:14	11.5 (69.7%)
110	ZIELIŃSKI Wojciech	308		M2 30-49 lat	76		00:52:29.60	00:52:29.60	+00:16:03 (30.6%)	5:14	11.4 (69.1%)
111	PUDŁO Marian	224	MGD TEAM	M3 50+	23		00:52:31.05	00:52:31.05	+00:16:04 (30.6%)	5:15	11.4 (69.1%)
112	ZBICIAK Adam	307		M3 50+	24		00:52:35.70	00:52:35.70	+00:16:09 (30.7%)	5:15	11.4 (69.1%)
113	CHATAŁA Marek	39	SZEROKIE BIEGA	M3 50+	25		00:52:44.25	00:52:44.25	+00:16:18 (30.9%)	5:16	11.4 (69.1%)
114	POŁETEK Tomasz	218	FORTACO TEAM	M2 30-49 lat	77		00:52:54.95	00:52:54.95	+00:16:28 (31.1%)	5:17	11.3 (68.5%)
115	SAWICKI Adrian	237	JANOWSKIE MORSY	M2 30-49 lat	78		00:53:11.30	00:53:11.30	+00:16:45 (31.5%)	5:19	11.3 (68.5%)
116	ŚWIRSZCZ Mariusz	325	BIEGAJĄCY KRASNYSTAW	M2 30-49 lat	79		00:53:17.50	00:53:17.50	+00:16:51 (31.6%)	5:19	11.3 (68.5%)
117	JAGIELLO Dawid	102		M2 30-49 lat	80		00:53:21.80	00:53:21.80	+00:16:55 (31.7%)	5:20	11.2 (67.9%)
118	JAGI Tomasz	327	ZAMOŚĆ BIEGA	M2 30-49 lat	81		00:53:34.95	00:53:34.95	+00:17:08 (32.0%)	5:21	11.2 (67.9%)
119	BOCIAN Piotr	28	NIE	M3 50+	26		00:53:35.05	00:53:35.05	+00:17:08 (32.0%)	5:21	11.2 (67.9%)
120	CHMIST Jakub	40	FIGHT CLUB	M2 30-49 lat	82		00:54:05.00	00:54:05.00	+00:17:38 (32.6%)	5:24	11.1 (67.3%)
121	ZATOŃSKI Zbigniew	305	LUBELSKIE STOWARZYSZENIE BIEGOWE	M2 30-49 lat	83		00:54:11.90	00:54:11.90	+00:17:45 (32.8%)	5:25	11.1 (67.3%)
122	KARWAN Zbigniew	119	BBL	M3 50+	27		00:54:12.85	00:54:12.85	+00:17:46 (32.8%)	5:25	11.1 (67.3%)
123	KRACZKOWSKI Krzysztof	141	CHEŁM BIEGA	M2 30-49 lat	84		00:54:14.45	00:54:14.45	+00:17:48 (32.8%)	5:25	11.1 (67.3%)
124	TUSZKIEWICZ Radek	270		M2 30-49 lat	85		00:54:17.85	00:54:17.85	+00:17:51 (32.9%)	5:25	11.1 (67.3%)
125	KAWALEC Bartłomiej	121	HEŃTEAM	M2 30-49 lat	86		00:54:19.70	00:54:19.70	+00:17:53 (32.9%)	5:25	11 (66.7%)
126	GALEK Michał	76		M2 30-49 lat	87		00:54:33.35	00:54:33.35	+00:18:07 (33.2%)	5:27	11 (66.7%)
127	SKAKUJ Marcin	246	BIŁGORAJ BIEGA	M2 30-49 lat	88		00:54:38.90	00:54:38.90	+00:18:12 (33.3%)	5:27	11 (66.7%)
128	WOJTAS Sławek	288	TOMASZOWSKA GRUPA BIEGOWA	M2 30-49 lat	89		00:54:48.00	00:54:48.00	+00:18:21 (33.5%)	5:28	10.9 (66.1%)
129	JACEK Andrzej	99	ZAMOŚĆ BIEGA	M3 50+	28		00:54:49.35	00:54:49.35	+00:18:23 (33.5%)	5:28	10.9 (66.1%)
130	BIELECKI Andrzej	23	FOTO KARCZMARSKI CHEŁM	M2 30-49 lat	90		00:54:55.80	00:54:55.80	+00:18:29 (33.7%)	5:29	10.9 (66.1%)
131	WACH Magdalena	274	ZAMOŚĆ BIEGA	K2 30-49 lat	7		00:54:57.35	00:54:57.35	+00:18:31 (33.7%)	5:29	10.9 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	KRUKOWSKI Robert	146	PLATINIUM ZAMOŚĆ	M2 30-49 lat	91		00:55:02.45	00:55:02.45	+00:18:36 (33.8%)	5:30	10.9 (66.1%)
133	WRÓBEL Barbara	295	BIEGAJĄCY ŚWIDNIK	K2 30-49 lat	8		00:55:06.85	00:55:06.85	+00:18:40 (33.9%)	5:30	10.9 (66.1%)
134	WRÓBEL Krzysztof	296	BIEGAJĄCY ŚWIDNIK	M2 30-49 lat	92		00:55:06.95	00:55:06.95	+00:18:40 (33.9%)	5:30	10.9 (66.1%)
135	PRZYCZYNA Marek	222		M3 50+	29		00:55:21.25	00:55:21.25	+00:18:55 (34.2%)	5:32	10.8 (65.5%)
136	MADEJ Edyta	170		K2 30-49 lat	9		00:55:25.95	00:55:25.95	+00:18:59 (34.3%)	5:32	10.8 (65.5%)
137	WILKOS Marcin	283		M2 30-49 lat	93		00:55:29.45	00:55:29.45	+00:19:03 (34.3%)	5:32	10.8 (65.5%)
138	KAPROŃ Czesław	114	FORTACO TEAM	M3 50+	30		00:55:37.05	00:55:37.05	+00:19:10 (34.5%)	5:33	10.8 (65.5%)
139	SOWIŃSKI Marek	250		M3 50+	31		00:55:37.35	00:55:37.35	+00:19:11 (34.5%)	5:33	10.8 (65.5%)
140	JAWORSKI Jacek	110		M2 30-49 lat	94		00:55:38.95	00:55:38.95	+00:19:12 (34.5%)	5:33	10.8 (65.5%)
141	HARASIM Aleksandra	96		K2 30-49 lat	10		00:55:46.45	00:55:46.45	+00:19:20 (34.7%)	5:34	10.8 (65.5%)
142	GORECKA Aleksandra	85		K1 < 29 lat	2		00:55:48.35	00:55:48.35	+00:19:22 (34.7%)	5:34	10.8 (65.5%)
143	DYŚ Mariusz	61		M2 30-49 lat	95		00:55:49.70	00:55:49.70	+00:19:23 (34.7%)	5:34	10.7 (64.8%)
144	GROMEK Edyta	91	SZYBCIEJ NIE DAM RADY	K2 30-49 lat	11		00:55:51.60	00:55:51.60	+00:19:25 (34.8%)	5:35	10.7 (64.8%)
145	BARAN Karolina	17	4NALSKY.RUN	K2 30-49 lat	12		00:55:54.70	00:55:54.70	+00:19:28 (34.8%)	5:35	10.7 (64.8%)
146	BARAN-HAŁASA Lucyna	18	ZAMOSC BIEGA	K2 30-49 lat	13		00:56:04.70	00:56:04.70	+00:19:38 (35.0%)	5:36	10.7 (64.8%)
147	BELOWSKI Leszek	22	EXPLORE RUN TEAM	M3 50+	32		00:56:08.95	00:56:08.95	+00:19:42 (35.1%)	5:36	10.7 (64.8%)
148	PIĘTAK Marcin	209	DENVER BUKOWA	M1 < 29 lat	6		00:56:13.80	00:56:13.80	+00:19:47 (35.2%)	5:37	10.7 (64.8%)
149	POTEREK Katarzyna	219		K2 30-49 lat	14		00:56:16.65	00:56:16.65	+00:19:50 (35.3%)	5:37	10.7 (64.8%)
150	WOŁOSZYN Małgorzata	290		K2 30-49 lat	15		00:56:17.35	00:56:17.35	+00:19:51 (35.3%)	5:37	10.7 (64.8%)
151	WESOŁOWSKI Piotr	279		M3 50+	33		00:56:25.00	00:56:25.00	+00:19:58 (35.4%)	5:38	10.6 (64.2%)
152	GAWRON Anna	80		K2 30-49 lat	16		00:56:26.70	00:56:26.70	+00:20:00 (35.4%)	5:38	10.6 (64.2%)
153	SZCZYGIELSKI Robert	258		M2 30-49 lat	96	Tak	00:56:28.55	00:56:28.55	+00:20:02 (35.5%)	5:38	10.6 (64.2%)
154	ŁUKASIK Zbigniew	163	RAPY MASTERS	M3 50+	34		00:56:37.40	00:56:37.40	+00:20:11 (35.7%)	5:39	10.6 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	BARTNIK Wojciech	21	UNIA HRUBIESZÓW	M3 50+	35		00:56:40.95	00:56:40.95	+00:20:14 (35.7%)	5:40	10.6 (64.2%)
156	ŁĄCZNY Marcin	162	GALOPUJĄCE DŹDŹOWNICE	M2 30-49 lat	97		00:56:43.75	00:56:43.75	+00:20:17 (35.8%)	5:40	10.6 (64.2%)
157	SZCZUREK Piotr	257	SSPNL	M2 30-49 lat	98		00:56:44.30	00:56:44.30	+00:20:18 (35.8%)	5:40	10.6 (64.2%)
158	SZCZEPUCH Dorota	255	ZAMOŚĆ BIEGA	K3 50+	1		00:56:48.40	00:56:48.40	+00:20:22 (35.9%)	5:40	10.6 (64.2%)
159	KOT Leszek	322		M3 50+	36		00:57:07.70	00:57:07.70	+00:20:41 (36.2%)	5:42	10.5 (63.6%)
160	PRZYTUŁA Paweł	223		M2 30-49 lat	99		00:57:08.35	00:57:08.35	+00:20:42 (36.2%)	5:42	10.5 (63.6%)
161	KAPUŚNIAK Jarek	115		M2 30-49 lat	100		00:57:14.20	00:57:14.20	+00:20:48 (36.3%)	5:43	10.5 (63.6%)
162	WADOWSKI Dariusz	275	ŁĘCZNA BIEGA / BIEGAJĄCY CYCÓW	M2 30-49 lat	101		00:57:16.05	00:57:16.05	+00:20:49 (36.4%)	5:43	10.5 (63.6%)
163	MAZUREK Gocha	183	NKS ZRYW	K2 30-49 lat	17		00:57:17.80	00:57:17.80	+00:20:51 (36.4%)	5:43	10.5 (63.6%)
164	KOLASA Andrzej	126	KLUB J.SŁOWACKIEGO	M3 50+	37		00:57:28.15	00:57:28.15	+00:21:02 (36.6%)	5:44	10.4 (63.0%)
165	NIEMIERSKI Artur	198		M3 50+	38		00:57:43.05	00:57:43.05	+00:21:16 (36.9%)	5:46	10.4 (63.0%)
166	KAWALEC Andrzej	122	KAWALECWĘDKI	M3 50+	39		00:57:44.60	00:57:44.60	+00:21:18 (36.9%)	5:46	10.4 (63.0%)
167	ZAJDEL Dominik	303		M1 < 29 lat	7		00:58:06.60	00:58:06.60	+00:21:40 (37.3%)	5:48	10.3 (62.4%)
168	GODULA Ryszard	81	BIEGNIJ FORREST BIEGNIJ	M3 50+	40		00:58:13.15	00:58:13.15	+00:21:47 (37.4%)	5:49	10.3 (62.4%)
169	WRZESIŃSKI Krzysztof	298		M2 30-49 lat	102		00:58:14.20	00:58:14.20	+00:21:48 (37.4%)	5:49	10.3 (62.4%)
170	MARKOWICZ Grzegorz	175	MGD TEAM	M3 50+	41		00:58:15.95	00:58:15.95	+00:21:49 (37.5%)	5:49	10.3 (62.4%)
171	ZYGARLICKI Stanisław	311	KRESOWIANIE	M3 50+	42		00:58:22.60	00:58:22.60	+00:21:56 (37.6%)	5:50	10.3 (62.4%)
172	DUDEK Piotr	58		M2 30-49 lat	103		00:58:27.10	00:58:27.10	+00:22:00 (37.7%)	5:50	10.3 (62.4%)
173	SZERCER Jagoda	259	RUCH IZBICA	K2 30-49 lat	18		00:58:28.80	00:58:28.80	+00:22:02 (37.7%)	5:50	10.3 (62.4%)
174	LATAŁA Andrzej	158	POLBRUK RUN TEAM, BIEGAJĄCY ŚWIDNIK	M3 50+	43		00:58:35.70	00:58:35.70	+00:22:09 (37.8%)	5:51	10.2 (61.8%)
175	KUŚPIT Jerzy	155		M3 50+	44		00:58:40.20	00:58:40.20	+00:22:14 (37.9%)	5:52	10.2 (61.8%)
176	KARCZEWSKI Zenon	116		M3 50+	45		00:58:46.60	00:58:46.60	+00:22:20 (38.0%)	5:52	10.2 (61.8%)
177	PILIPCZUK Paweł	213		M2 30-49 lat	104		00:58:49.70	00:58:49.70	+00:22:23 (38.1%)	5:52	10.2 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
178	BRAKOWIECKI Wojciech	31		M3 50+	46		00:59:02.25	00:59:02.25	+00:22:36 (38.3%)	5:54	10.2 (61.8%)
179	WNUK Przemysław	286	BOSCOTEAM	M3 50+	47		00:59:07.25	00:59:07.25	+00:22:41 (38.4%)	5:54	10.1 (61.2%)
180	MYŚLIWIECKI Michał	197	SKIPOL.PL TEAM	M2 30-49 lat	105		00:59:17.05	00:59:17.05	+00:22:50 (38.5%)	5:55	10.1 (61.2%)
181	MIANOWANA Anna	187	ISKRY	K2 30-49 lat	19		00:59:19.75	00:59:19.75	+00:22:53 (38.6%)	5:55	10.1 (61.2%)
182	ROKITA Jacek	231	ISKRY	M2 30-49 lat	106		00:59:20.05	00:59:20.05	+00:22:53 (38.6%)	5:56	10.1 (61.2%)
183	MICHALIK Dorota	189		K2 30-49 lat	20		00:59:32.40	00:59:32.40	+00:23:06 (38.8%)	5:57	10.1 (61.2%)
184	KURZEJEWSKA Magdalena	152		K2 30-49 lat	21		00:59:32.60	00:59:32.60	+00:23:06 (38.8%)	5:57	10.1 (61.2%)
185	SZPONAR Krzysztof	263		M2 30-49 lat	107		00:59:32.70	00:59:32.70	+00:23:06 (38.8%)	5:57	10.1 (61.2%)
186	ŚWIDERSKI Darek	266	POLYPHARM	M3 50+	48		00:59:43.80	00:59:43.80	+00:23:17 (39.0%)	5:58	10 (60.6%)
187	KANTOR Sebastian	113		M1 < 29 lat	8		01:00:00.80	01:00:00.80	+00:23:34 (39.3%)	6:00	10 (60.6%)
188	MOKRZANOWSKI Piotr	194		M2 30-49 lat	108		01:00:01.25	01:00:01.25	+00:23:35 (39.3%)	6:00	10 (60.6%)
189	WOIŃSKI Mateusz	287	BIEGAM BO LUBIĘ	M2 30-49 lat	109		01:00:10.50	01:00:10.50	+00:23:44 (39.5%)	6:01	10 (60.6%)
190	TRATKOWSKI Bartosz	269	#NOLIMITS	M2 30-49 lat	110		01:00:12.30	01:00:12.30	+00:23:46 (39.5%)	6:01	10 (60.6%)
191	MALEC Wojciech	171	GALOPUJĄCE DZDZOWNICE	M2 30-49 lat	111		01:00:13.90	01:00:13.90	+00:23:47 (39.5%)	6:01	10 (60.6%)
192	WNUK Aneta	284		K2 30-49 lat	22		01:00:26.75	01:00:26.75	+00:24:00 (39.7%)	6:02	9.9 (60.0%)
193	ŻOŁNIERCZUK Marcin	312		M2 30-49 lat	112		01:00:32.60	01:00:32.60	+00:24:06 (39.8%)	6:03	9.9 (60.0%)
194	KARPOWICZ Łukasz	118		M2 30-49 lat	113		01:00:42.55	01:00:42.55	+00:24:16 (40.0%)	6:04	9.9 (60.0%)
195	CHABROS Agnieszka	38		K2 30-49 lat	23		01:00:46.85	01:00:46.85	+00:24:20 (40.1%)	6:04	9.9 (60.0%)
196	BOJARCZUK Irena	29	RUCH IZBICA	K1 < 29 lat	3		01:00:57.15	01:00:57.15	+00:24:31 (40.2%)	6:05	9.8 (59.4%)
197	RAWSKA-ŚMIECIUCH Anna	228		K3 50+	2		01:01:06.40	01:01:06.40	+00:24:40 (40.4%)	6:06	9.8 (59.4%)
198	GRODEK Jacek	90		M2 30-49 lat	114		01:01:11.30	01:01:11.30	+00:24:45 (40.5%)	6:07	9.8 (59.4%)
199	CEBULA Marcin	36		M2 30-49 lat	115		01:01:14.10	01:01:14.10	+00:24:47 (40.5%)	6:07	9.8 (59.4%)
200	WYŁUPEK Marcelina	300		K3 50+	3		01:01:15.80	01:01:15.80	+00:24:49 (40.5%)	6:07	9.8 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
201	SOKALSKA Roksana	248	3 ZAMOJSKI BATALION ZMECHANIZOWANY	K2 30-49 lat	24		01:01:20.75	01:01:20.75	+00:24:54 (40.6%)	6:08	9.8 (59.4%)
202	ŁACHOWSKA Małgorzata	161	KRESOWIANIE	K2 30-49 lat	25		01:01:28.30	01:01:28.30	+00:25:02 (40.7%)	6:08	9.8 (59.4%)
203	RODAK Sylwia	230		K1 < 29 lat	4		01:01:42.85	01:01:42.85	+00:25:16 (41.0%)	6:10	9.7 (58.8%)
204	KAWALEC Kamil	120	7 PIWEK GÓRNIK LUBLIN	M2 30-49 lat	116		01:02:13.40	01:02:13.40	+00:25:47 (41.4%)	6:13	9.6 (58.2%)
205	DAWIDEK Alina	51	ŁĘCZNA BIEGA	K3 50+	4		01:02:14.40	01:02:14.40	+00:25:48 (41.5%)	6:13	9.6 (58.2%)
206	ZYGARLICKI Bożena	310	KRESOWIANIE	K2 30-49 lat	26		01:02:15.80	01:02:15.80	+00:25:49 (41.5%)	6:13	9.6 (58.2%)
207	SZNAJDROWICZ Aneta	262	ZAMOŚĆ BIEGA	K2 30-49 lat	27		01:02:32.20	01:02:32.20	+00:26:06 (41.7%)	6:15	9.6 (58.2%)
208	HAPONIUK Bogumił	95	CHEŁM BIEGA	M2 30-49 lat	117		01:02:44.65	01:02:44.65	+00:26:18 (41.9%)	6:16	9.6 (58.2%)
209	WARTACZ Karolina	276		K1 < 29 lat	5		01:02:56.10	01:02:56.10	+00:26:29 (42.1%)	6:17	9.5 (57.6%)
209	FILIPIAK Mateusz	68	MARYSIN SPACERUJE	M1 < 29 lat	9		01:02:56.10	01:02:56.10	+00:26:29 (42.1%)	6:17	9.5 (57.6%)
211	KOWALCZUK Dariusz	135		M2 30-49 lat	118		01:03:10.45	01:03:10.45	+00:26:44 (42.3%)	6:19	9.5 (57.6%)
212	GASIDŁO Arkadiusz	79		M2 30-49 lat	119	Tak	01:03:13.20	01:03:13.20	+00:26:47 (42.4%)	6:19	9.5 (57.6%)
213	BIL Viktoria	24	CENTRO-CHEM	K1 < 29 lat	6		01:03:19.80	01:03:19.80	+00:26:53 (42.5%)	6:19	9.5 (57.6%)
214	SIKORA Monika	245		K2 30-49 lat	28		01:03:24.50	01:03:24.50	+00:26:58 (42.5%)	6:20	9.5 (57.6%)
215	MASZKOWSKI Rafał	178		M3 50+	49		01:03:29.60	01:03:29.60	+00:27:03 (42.6%)	6:20	9.5 (57.6%)
216	MASZKOWSKA Anna	177		K3 50+	5		01:03:29.85	01:03:29.85	+00:27:03 (42.6%)	6:20	9.5 (57.6%)
216	PYTKA Andrzej	226	ZAMOŚĆ BIEGA	M3 50+	50		01:03:29.85	01:03:29.85	+00:27:03 (42.6%)	6:20	9.5 (57.6%)
218	WRÓBLEWSKI Grzegorz	297	OGÓREK I WIKTOREK	M2 30-49 lat	120		01:04:13.95	01:04:13.95	+00:27:47 (43.3%)	6:25	9.3 (56.4%)
219	MIROSŁAW Marek	191	SSPNL	M2 30-49 lat	121		01:04:14.30	01:04:14.30	+00:27:48 (43.3%)	6:25	9.3 (56.4%)
220	KRUKOWSKA Ewa	145	PLATINIUM ZAMOŚĆ	K2 30-49 lat	29		01:04:17.00	01:04:17.00	+00:27:50 (43.3%)	6:25	9.3 (56.4%)
221	GORCZYCA-KUŹNICKA Ilona	84		K2 30-49 lat	30		01:04:21.40	01:04:21.40	+00:27:55 (43.4%)	6:26	9.3 (56.4%)
222	ZABŁOCKA Anna	302	LUBELSKA GRUPA TRIATHLONU	K3 50+	6		01:04:21.65	01:04:21.65	+00:27:55 (43.4%)	6:26	9.3 (56.4%)
223	CZUBA Marta	50	KLUB SPORTOWY DOLINY SANU I TANWI	K2 30-49 lat	31		01:05:06.05	01:05:06.05	+00:28:39 (44.0%)	6:30	9.2 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
224	MAZIARZ Anna	179		K2 30-49 lat	32		01:05:17.75	01:05:17.75	+00:28:51 (44.2%)	6:31	9.2 (55.8%)
225	DYJAK Paweł	60		M1 < 29 lat	10		01:05:22.20	01:05:22.20	+00:28:56 (44.3%)	6:32	9.2 (55.8%)
226	MACIUŁA - KIELAR Monika	168	KRESOWIANIE	K2 30-49 lat	33		01:05:36.30	01:05:36.30	+00:29:10 (44.5%)	6:33	9.1 (55.2%)
227	HIBNER Dominik	97	WOLNO ALE DO PRZODU !!	M2 30-49 lat	122		01:05:36.90	01:05:36.90	+00:29:10 (44.5%)	6:33	9.1 (55.2%)
228	SIERPIŃSKI Radosław	244	WOLNO ALE DO PRZODU !!!	M3 50+	51		01:05:37.05	01:05:37.05	+00:29:10 (44.5%)	6:33	9.1 (55.2%)
229	NIZIOŁ Agata	199		K1 < 29 lat	7		01:05:57.20	01:05:57.20	+00:29:31 (44.8%)	6:35	9.1 (55.2%)
230	CICHAWA Mirosław	42	POLYPHARM	M3 50+	52		01:06:18.20	01:06:18.20	+00:29:52 (45.0%)	6:37	9 (54.5%)
231	MORAWSKA Lidia	195	NIE MA LETKO	K2 30-49 lat	34		01:06:27.55	01:06:27.55	+00:30:01 (45.2%)	6:38	9 (54.5%)
232	FLIS Agata	74		K1 < 29 lat	8		01:06:37.15	01:06:37.15	+00:30:11 (45.3%)	6:39	9 (54.5%)
233	BOJARCZUK Jolanta	30	RUCH IZBICA	K2 30-49 lat	35		01:06:38.90	01:06:38.90	+00:30:12 (45.3%)	6:39	9 (54.5%)
234	CIURYSEK Wojciech	46		M2 30-49 lat	123	Tak	01:06:40.70	01:06:40.70	+00:30:14 (45.4%)	6:40	9 (54.5%)
235	FIJAŁKOWSKA Karolina	65		K2 30-49 lat	36		01:06:45.10	01:06:45.10	+00:30:18 (45.4%)	6:40	9 (54.5%)
236	CIUPAK Waldemar	45	KŁOS	M2 30-49 lat	124	Tak	01:06:51.20	01:06:51.20	+00:30:25 (45.5%)	6:41	9 (54.5%)
237	HALADYJ Anna	94		K2 30-49 lat	37		01:07:06.00	01:07:06.00	+00:30:39 (45.7%)	6:42	8.9 (53.9%)
238	PIETRYKOWSKI Robert	208		M2 30-49 lat	125		01:07:29.90	01:07:29.90	+00:31:03 (46.0%)	6:44	8.9 (53.9%)
239	KOWALIK Edyta	137	KLAUSTYNA4FIFTY	K3 50+	7		01:07:34.80	01:07:34.80	+00:31:08 (46.1%)	6:45	8.9 (53.9%)
240	MADEJ Julia	169	HEŃTEAM	K2 30-49 lat	38		01:07:35.55	01:07:35.55	+00:31:09 (46.1%)	6:45	8.9 (53.9%)
241	CHABIOR Michal	37	DRUZYNA ME	M2 30-49 lat	126		01:07:37.75	01:07:37.75	+00:31:11 (46.1%)	6:45	8.9 (53.9%)
242	SYSA Kazimierz	254	RUCH IZBICA	M3 50+	53		01:07:48.40	01:07:48.40	+00:31:22 (46.3%)	6:46	8.8 (53.3%)
243	CIEŚLA Agnieszka	44		K2 30-49 lat	39		01:09:54.30	01:09:54.30	+00:33:28 (47.9%)	6:59	8.6 (52.1%)
244	KRÓL Anja	144		K2 30-49 lat	40		01:10:13.45	01:10:13.45	+00:33:47 (48.1%)	7:01	8.5 (51.5%)
245	ŁUKASZEK Kacper	166		M1 < 29 lat	11		01:10:17.65	01:10:17.65	+00:33:51 (48.2%)	7:01	8.5 (51.5%)
246	ŁUKASZEK Artur	165	ULTRASY	M3 50+	54		01:10:17.85	01:10:17.85	+00:33:51 (48.2%)	7:01	8.5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
247	ŁUKASZEK Iwona	164	ULTRASZY	K2 30-49 lat	41		01:10:18.30	01:10:18.30	+00:33:52 (48.2%)	7:01	8.5 (51.5%)
248	JAROSZ Krzysztof	109		M2 30-49 lat	127	Tak	01:10:23.00	01:10:23.00	+00:33:56 (48.2%)	7:02	8.5 (51.5%)
249	KORNIAK Magdalena	132	LUBELSKA GRUPA TRIATHLONU	K2 30-49 lat	42		01:10:42.10	01:10:42.10	+00:34:15 (48.5%)	7:04	8.5 (51.5%)
250	PIKUS Renata	210		K2 30-49 lat	43		01:11:04.45	01:11:04.45	+00:34:38 (48.7%)	7:06	8.4 (50.9%)
251	MICHOŃ Artur	190	JESTEM W RUCHU	M3 50+	55		01:11:47.05	01:11:47.05	+00:35:20 (49.2%)	7:10	8.4 (50.9%)
252	DUDA Rafał	57	LUBELSKA GRUPA TRIATHLONU	M2 30-49 lat	128		01:13:36.05	01:13:36.05	+00:37:09 (50.5%)	7:21	8.2 (49.7%)
253	KUŁAKOWSKA Katarzyna	149	LUBELSKA GRUPA TRIATHLONU	K3 50+	8		01:13:36.80	01:13:36.80	+00:37:10 (50.5%)	7:21	8.2 (49.7%)
254	JANISZEWSKI Andrzej	106		M3 50+	56		01:13:57.25	01:13:57.25	+00:37:31 (50.7%)	7:23	8.1 (49.1%)
255	JAWORSKA Ewelina	330		K2 30-49 lat	44		01:14:19.60	01:14:19.60	+00:37:53 (51.0%)	7:25	8.1 (49.1%)
256	JANECZEK Monika	105		K2 30-49 lat	45		01:14:40.30	01:14:40.30	+00:38:14 (51.2%)	7:28	8 (48.5%)
257	KULIK Katarzyna	148		K2 30-49 lat	46		01:14:43.70	01:14:43.70	+00:38:17 (51.2%)	7:28	8 (48.5%)
258	FILIPCZAK Ewa	67	BIEGAJĄCY ŚWIDNIK	K2 30-49 lat	47		01:15:09.10	01:15:09.10	+00:38:42 (51.5%)	7:30	8 (48.5%)
259	BARCZEWSKI Grzegorz	19		M2 30-49 lat	129		01:15:10.10	01:15:10.10	+00:38:43 (51.5%)	7:31	8 (48.5%)
260	BARCZEWSKI Walenty	20		M1 < 29 lat	12		01:15:11.25	01:15:11.25	+00:38:45 (51.5%)	7:31	8 (48.5%)
261	RAK Paweł	227	BIEGAJĄCY ŚWIDNIK	M2 30-49 lat	130		01:15:12.15	01:15:12.15	+00:38:46 (51.5%)	7:31	8 (48.5%)
262	SZEWczyk Paweł	260	BIEGAJĄCY ŚWIDNIK SLOW	M2 30-49 lat	131		01:15:13.40	01:15:13.40	+00:38:47 (51.6%)	7:31	8 (48.5%)
263	JAKUBCZYK - LATAŁA Agnieszka	104	BIEGAJĄCY ŚWIDNIK SLOW	K3 50+	9		01:15:15.00	01:15:15.00	+00:38:48 (51.6%)	7:31	8 (48.5%)
263	MISIOPECKA Agnieszka	192	BIEGAJĄCY ŚWIDNIK SLOW	K2 30-49 lat	48		01:15:15.00	01:15:15.00	+00:38:48 (51.6%)	7:31	8 (48.5%)
265	DUDA Emilia	55		K2 30-49 lat	49		01:15:17.05	01:15:17.05	+00:38:50 (51.6%)	7:31	8 (48.5%)
266	GRUDZIŃSKA Angelika	92		K1 < 29 lat	9		01:15:59.75	01:15:59.75	+00:39:33 (52.1%)	7:35	7.9 (47.9%)
267	KIEŁTYKA Aneta	125		K3 50+	10		01:16:13.45	01:16:13.45	+00:39:47 (52.2%)	7:37	7.9 (47.9%)
268	ZARĘBA Małgorzata	304		K2 30-49 lat	50		01:17:22.55	01:17:22.55	+00:40:56 (52.9%)	7:44	7.8 (47.3%)
269	KOZAK-CHODANOWSKA Małgorzata	139	BIEGAJĄCY ŚWIDNIK	K3 50+	11		01:17:54.00	01:17:54.00	+00:41:27 (53.2%)	7:47	7.7 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	MP Olejarzy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
270	LIPIŃSKA Aneta	321		K2 30-49 lat	51		01:17:57.05	01:17:57.05	+00:41:30 (53.3%)	7:47	7.7 (46.7%)
271	JUCHNIEWICZ -DUDEK Iwona	112	BIEGAJĄCY ŚWIDNIK	K2 30-49 lat	52		01:17:57.20	01:17:57.20	+00:41:31 (53.3%)	7:47	7.7 (46.7%)
272	DUBIL Michał	53		M2 30-49 lat	132		01:18:30.55	01:18:30.55	+00:42:04 (53.6%)	7:51	7.6 (46.1%)
273	DUBIL Urszula	54	BEŁŻYCE I OKOLICE BIEGAJĄ	K2 30-49 lat	53	Tak	01:18:30.75	01:18:30.75	+00:42:04 (53.6%)	7:51	7.6 (46.1%)
274	FITURSKA Elżbieta	71	CHEŁM BIEGA	K2 30-49 lat	54		01:19:39.25	01:19:39.25	+00:43:13 (54.3%)	7:57	7.5 (45.5%)
275	JEZIERSKI Józef	111	NIE ZRZESZONY	M3 50+	57		01:20:24.05	01:20:24.05	+00:43:57 (54.7%)	8:02	7.5 (45.5%)
276	GAŁECKA Marzena	77		K3 50+	12		01:23:32.55	01:23:32.55	+00:47:06 (56.4%)	8:21	7.2 (43.6%)
277	BUTRYŃSKI Paweł	35	#KORWIN	M3 50+	58		01:23:32.75	01:23:32.75	+00:47:06 (56.4%)	8:21	7.2 (43.6%)
278	FITURSKI Marek	72	CHEŁM BIEGA	M2 30-49 lat	133		01:23:55.25	01:23:55.25	+00:47:29 (56.6%)	8:23	7.1 (43.0%)
279	KOLASA Barbara	127	KLUB J.SŁOWACKIEGO	K3 50+	13		01:25:00.30	01:25:00.30	+00:48:34 (57.1%)	8:30	7.1 (43.0%)
280	LATARNIA Czerwona	7		OPEN Kobiety	1		01:25:06.30	01:25:06.30	+00:48:40 (57.2%)	8:30	7.1 (43.0%)

Znaleziono 280 wynik(ów)