



# PRZEBIEGŁY LESZY | 10 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** II Ultra-Bies  
**Organizator:** Fundacja Ultra-Bies  
**Data:** 2023-05-05  
**Miejsce:** Dożyca  
**Dystans:** 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SOBAS Jacek</b>	<b>941</b>	ON RUNNING	M30	1	<b>00:55:26.25</b>	<b>00:55:26.25</b>		5:32	10.8 (100%)
2	<b>JAKUBIK Marcin</b>	<b>833</b>	MKS HALICZ PSG KROŚCIENKO	M30	2	<b>00:57:15.30</b>	<b>00:57:15.30</b>	+00:01:49 (3.2%)	5:43	10.5 (97.2%)
3	<b>SZMIST Jarosław</b>	<b>856</b>	KB ATHLETIC ZRECIN	M40	1	<b>00:57:24.90</b>	<b>00:57:24.90</b>	+00:01:58 (3.4%)	5:44	10.5 (97.2%)
4	<b>MAZAN Beata</b>	<b>889</b>	FINISZ RYMANÓW/#R	K30	1	<b>00:59:37.10</b>	<b>00:59:37.10</b>	+00:04:10 (7.0%)	5:57	10.1 (93.5%)
5	<b>NIEMCZAK Michał</b>	<b>857</b>	PRZEWORSKA GRUPA BIEGOWA	M20	1	<b>01:02:54.05</b>	<b>01:02:54.05</b>	+00:07:27 (11.9%)	6:17	9.5 (88.0%)
6	<b>SOCHA Norbert</b>	<b>934</b>	KALLIPSO RUNNERS TEAM	M40	2	<b>01:03:09.20</b>	<b>01:03:09.20</b>	+00:07:42 (12.2%)	6:18	9.5 (88.0%)
7	<b>SABAT Sebastian</b>	<b>947</b>	SEBA BIEGA	M20	2	<b>01:04:23.90</b>	<b>01:04:23.90</b>	+00:08:57 (13.9%)	6:26	9.3 (86.1%)
8	<b>KOWALIK Andrzej</b>	<b>935</b>	BIEH OPOLSKI/ ADRUNALINE	M40	3	<b>01:05:32.65</b>	<b>01:05:32.65</b>	+00:10:06 (15.4%)	6:33	9.2 (85.2%)
9	<b>HOŁOWATY Renata</b>	<b>871</b>	SANOK BIEGA	K30	2	<b>01:05:33.60</b>	<b>01:05:33.60</b>	+00:10:07 (15.4%)	6:33	9.2 (85.2%)
10	<b>CICHY Krzysztof</b>	<b>812</b>	GÓRAL Z MAZUR RUNNING TEAM	M50	1	<b>01:06:14.50</b>	<b>01:06:14.50</b>	+00:10:48 (16.3%)	6:37	9.1 (84.3%)
11	<b>BANASIK Krzysztof</b>	<b>836</b>	KAŃCUCKA GRUPA BIEGOWA	M40	4	<b>01:07:08.50</b>	<b>01:07:08.50</b>	+00:11:42 (17.4%)	6:42	8.9 (82.4%)
12	<b>RAFAŁEK Czesław</b>	<b>867</b>	FUNDACJA TERAZ WSCHÓD	M40	5	<b>01:08:14.90</b>	<b>01:08:14.90</b>	+00:12:48 (18.8%)	6:49	8.8 (81.5%)
13	<b>LIS-PASIONEK Małgorzata</b>	<b>885</b>	LESKO	K40	1	<b>01:08:26.70</b>	<b>01:08:26.70</b>	+00:13:00 (19.0%)	6:50	8.8 (81.5%)
14	<b>OSTASIUK Aleksander</b>	<b>852</b>	FRANCUSKI BAGNET	M30	3	<b>01:08:52.50</b>	<b>01:08:52.50</b>	+00:13:26 (19.5%)	6:53	8.7 (80.6%)
15	<b>CEBO Artur</b>	<b>894</b>		M30	4	<b>01:10:07.85</b>	<b>01:10:07.85</b>	+00:14:41 (21.0%)	7:00	8.6 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>BRODA Sławomir</b>	<b>929</b>		M50	2	<b>01:10:50.95</b>	<b>01:10:50.95</b>	+00:15:24 (21.8%)	7:05	8.5 (78.7%)
17	<b>CHUCHRO Wojciech</b>	<b>915</b>		M20	3	<b>01:11:19.30</b>	<b>01:11:19.30</b>	+00:15:53 (22.3%)	7:07	8.4 (77.8%)
18	<b>STAŃKOWSKA Emilia</b>	<b>828</b>	KB MCKIS JAWORZNO	K30	3	<b>01:11:36.35</b>	<b>01:11:36.35</b>	+00:16:10 (22.6%)	7:09	8.4 (77.8%)
19	<b>DOŁOSZYCKI Grzegorz</b>	<b>927</b>		M40	6	<b>01:12:10.40</b>	<b>01:12:10.40</b>	+00:16:44 (23.2%)	7:13	8.3 (76.9%)
20	<b>PERZ Emilia</b>	<b>846</b>		K30	4	<b>01:12:36.90</b>	<b>01:12:36.90</b>	+00:17:10 (23.7%)	7:15	8.3 (76.9%)
21	<b>KOŁODZIEJCZYK Marcin</b>	<b>851</b>		M40	7	<b>01:12:52.80</b>	<b>01:12:52.80</b>	+00:17:26 (23.9%)	7:17	8.2 (75.9%)
22	<b>BODZIOCH Grzegorz</b>	<b>897</b>	GORLICKA GRUPA BIEGOWA	M50	3	<b>01:13:35.50</b>	<b>01:13:35.50</b>	+00:18:09 (24.7%)	7:21	8.2 (75.9%)
23	<b>SKALSKI Daniel</b>	<b>921</b>	LKS BŁĘKITNI ŻEGLCE	M40	8	<b>01:14:47.50</b>	<b>01:14:47.50</b>	+00:19:21 (25.9%)	7:28	8 (74.1%)
24	<b>DELMACZYŃSKI Sebastian</b>	<b>826</b>	CHEŁM	M30	5	<b>01:15:42.90</b>	<b>01:15:42.90</b>	+00:20:16 (26.8%)	7:34	7.9 (73.1%)
25	<b>BANASIK Monika</b>	<b>807</b>	KAŃCZUCKA GRUPA BIEGOWA	K30	5	<b>01:15:56.85</b>	<b>01:15:56.85</b>	+00:20:30 (27.0%)	7:35	7.9 (73.1%)
26	<b>WIKTOROWICZ Joanna</b>	<b>859</b>	ALIOR RUNNING TEAM	K30	6	<b>01:16:28.00</b>	<b>01:16:28.00</b>	+00:21:01 (27.5%)	7:38	7.8 (72.2%)
27	<b>SZCZUKA Leszek</b>	<b>946</b>	CROSSELITE	M50	4	<b>01:16:37.95</b>	<b>01:16:37.95</b>	+00:21:11 (27.7%)	7:39	7.8 (72.2%)
28	<b>WOŹNIAK Janusz</b>	<b>822</b>	PORMAT JEDLICZE BIEGA	M60	1	<b>01:18:25.90</b>	<b>01:18:25.90</b>	+00:22:59 (29.3%)	7:50	7.7 (71.3%)
29	<b>KASPROWICZ Paweł</b>	<b>821</b>		M30	6	<b>01:19:16.80</b>	<b>01:19:16.80</b>	+00:23:50 (30.1%)	7:55	7.6 (70.4%)
30	<b>OCHYRA Karolina</b>	<b>902</b>		K20	1	<b>01:19:51.35</b>	<b>01:19:51.35</b>	+00:24:25 (30.6%)	7:59	7.5 (69.4%)
31	<b>MARSZAŁEK Anna</b>	<b>853</b>	BIEGAJ Z DYMKIEM	K30	7	<b>01:20:18.70</b>	<b>01:20:18.70</b>	+00:24:52 (31.0%)	8:01	7.5 (69.4%)
32	<b>DRAŹEK Sławomir</b>	<b>892</b>		M50	5	<b>01:21:51.25</b>	<b>01:21:51.25</b>	+00:26:25 (32.3%)	8:11	7.3 (67.6%)
33	<b>DRYJA Mateusz</b>	<b>806</b>		M20	4	<b>01:22:17.25</b>	<b>01:22:17.25</b>	+00:26:51 (32.6%)	8:13	7.3 (67.6%)
34	<b>NIEMCZUK Robert</b>	<b>933</b>		M40	9	<b>01:22:24.90</b>	<b>01:22:24.90</b>	+00:26:58 (32.7%)	8:14	7.3 (67.6%)
35	<b>PUDŁO Marcin</b>	<b>925</b>		M40	10	<b>01:22:32.20</b>	<b>01:22:32.20</b>	+00:27:05 (32.8%)	8:15	7.3 (67.6%)
36	<b>FILUS Renata</b>	<b>938</b>	AKADEMIA BIEGACZA MATYLDY KOWAL	K40	2	<b>01:23:16.60</b>	<b>01:23:16.60</b>	+00:27:50 (33.4%)	8:19	7.2 (66.7%)
37	<b>LEJMAN Adam</b>	<b>907</b>		M50	6	<b>01:24:34.15</b>	<b>01:24:34.15</b>	+00:29:07 (34.4%)	8:27	7.1 (65.7%)
38	<b>ZABORNIAK Tomasz</b>	<b>804</b>		M30	7	<b>01:25:20.40</b>	<b>01:25:20.40</b>	+00:29:54 (35.0%)	8:32	7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>DRYJA Artur</b>	<b>805</b>		M20	5	<b>01:25:20.80</b>	<b>01:25:20.80</b>	+00:29:54 (35.0%)	8:32	7 (64.8%)
40	<b>ŁAWROWSKI Adolf</b>	<b>932</b>	KS HARPAGAN	M60	2	<b>01:25:23.10</b>	<b>01:25:23.10</b>	+00:29:56 (35.1%)	8:32	7 (64.8%)
41	<b>PTAK Sylwia</b>	<b>883</b>	TRAIL IS OUR WAY	K30	8	<b>01:25:33.80</b>	<b>01:25:33.80</b>	+00:30:07 (35.2%)	8:33	7 (64.8%)
42	<b>KOWALCZEWSKA Magdalena</b>	<b>890</b>		K20	2	<b>01:25:54.00</b>	<b>01:25:54.00</b>	+00:30:27 (35.5%)	8:35	7 (64.8%)
43	<b>PASIONEK Bartłomiej</b>	<b>886</b>	LESKO	M40	11	<b>01:26:12.60</b>	<b>01:26:12.60</b>	+00:30:46 (35.7%)	8:37	7 (64.8%)
44	<b>STEFANIAK Aleksandra</b>	<b>829</b>		K30	9	<b>01:27:20.30</b>	<b>01:27:20.30</b>	+00:31:54 (36.5%)	8:44	6.9 (63.9%)
45	<b>SEBASTIAN Kręgiel</b>	<b>860</b>		M40	12	<b>01:27:22.70</b>	<b>01:27:22.70</b>	+00:31:56 (36.6%)	8:44	6.9 (63.9%)
46	<b>PODOLAK Zbigniew</b>	<b>819</b>		M60	3	<b>01:27:35.85</b>	<b>01:27:35.85</b>	+00:32:09 (36.7%)	8:45	6.9 (63.9%)
47	<b>LORENC Monika</b>	<b>843</b>		K30	10	<b>01:27:49.10</b>	<b>01:27:49.10</b>	+00:32:22 (36.9%)	8:46	6.8 (63.0%)
48	<b>MOTYKA Szymon</b>	<b>841</b>		M20	6	<b>01:28:01.50</b>	<b>01:28:01.50</b>	+00:32:35 (37.0%)	8:48	6.8 (63.0%)
49	<b>KAMIŃSKA Aneta</b>	<b>840</b>		K20	3	<b>01:28:01.65</b>	<b>01:28:01.65</b>	+00:32:35 (37.0%)	8:48	6.8 (63.0%)
50	<b>WRÓBEL Bartłomiej</b>	<b>936</b>	CISNA GÓRĄ	M40	13	<b>01:28:19.30</b>	<b>01:28:19.30</b>	+00:32:53 (37.2%)	8:49	6.8 (63.0%)
51	<b>ŚNIEGOSKA Sandra</b>	<b>882</b>	KNEIPP TEAM	K30	11	<b>01:28:26.20</b>	<b>01:28:26.20</b>	+00:32:59 (37.3%)	8:50	6.8 (63.0%)
52	<b>HOLIK Iwona</b>	<b>896</b>	GORLICKA GRUPA BIEGOWA	K40	3	<b>01:29:10.70</b>	<b>01:29:10.70</b>	+00:33:44 (37.8%)	8:55	6.7 (62.0%)
53	<b>HOLIK Maciej</b>	<b>906</b>		M40	14	<b>01:29:11.05</b>	<b>01:29:11.05</b>	+00:33:44 (37.8%)	8:55	6.7 (62.0%)
54	<b>GANCARZ Barbara</b>	<b>834</b>		K30	12	<b>01:29:27.35</b>	<b>01:29:27.35</b>	+00:34:01 (38.0%)	8:56	6.7 (62.0%)
55	<b>TWARDOCHLEB Agnieszka</b>	<b>901</b>	BIEGAMWRZ	K40	4	<b>01:30:22.70</b>	<b>01:30:22.70</b>	+00:34:56 (38.7%)	9:02	6.6 (61.1%)
56	<b>TWARDOCHLEB Marcin</b>	<b>900</b>	BIEGAMWRZ	M40	15	<b>01:30:23.10</b>	<b>01:30:23.10</b>	+00:34:56 (38.7%)	9:02	6.6 (61.1%)
57	<b>SANKOWSKI Szymon</b>	<b>835</b>		M40	16	<b>01:31:00.50</b>	<b>01:31:00.50</b>	+00:35:34 (39.1%)	9:06	6.6 (61.1%)
58	<b>KUŹNIAK Martyna</b>	<b>878</b>		K50	1	<b>01:31:32.25</b>	<b>01:31:32.25</b>	+00:36:06 (39.4%)	9:09	6.6 (61.1%)
59	<b>MUSIAŁ Szczepan</b>	<b>842</b>	KLUB KIBICA	M30	8	<b>01:32:15.70</b>	<b>01:32:15.70</b>	+00:36:49 (39.9%)	9:13	6.5 (60.2%)
60	<b>PILAWSKA Sandra</b>	<b>913</b>		K20	4	<b>01:32:17.10</b>	<b>01:32:17.10</b>	+00:36:50 (39.9%)	9:13	6.5 (60.2%)
61	<b>KRZYŻEWSKI Roger</b>	<b>912</b>		M30	9	<b>01:32:18.40</b>	<b>01:32:18.40</b>	+00:36:52 (39.9%)	9:13	6.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	<b>CIEŚLA Sławomir</b>	<b>928</b>		M30	10	<b>01:32:25.70</b>	<b>01:32:25.70</b>	+00:36:59 (40.0%)	9:14	6.5 (60.2%)
63	<b>KABAŁA Joanna</b>	<b>875</b>	POWER TRAINING	K30	13	<b>01:33:01.25</b>	<b>01:33:01.25</b>	+00:37:35 (40.4%)	9:18	6.5 (60.2%)
64	<b>CZELNY Tomasz</b>	<b>872</b>	SMASHING PĄPKINS #OZD	M40	17	<b>01:33:39.65</b>	<b>01:33:39.65</b>	+00:38:13 (40.8%)	9:21	6.4 (59.3%)
65	<b>JAWORSKI Jacek</b>	<b>887</b>		M40	18	<b>01:33:43.85</b>	<b>01:33:43.85</b>	+00:38:17 (40.9%)	9:22	6.4 (59.3%)
66	<b>OBARA Maria</b>	<b>824</b>		K20	5	<b>01:34:06.20</b>	<b>01:34:06.20</b>	+00:38:39 (41.1%)	9:24	6.4 (59.3%)
67	<b>KARABANOWSKA Patrycja</b>	<b>803</b>		K30	14	<b>01:34:06.70</b>	<b>01:34:06.70</b>	+00:38:40 (41.1%)	9:24	6.4 (59.3%)
68	<b>GAŁUSZKA Mariusz</b>	<b>930</b>	EXPLORE BIESZCZADY SKITUROWE BIESZCZADY MARIUSZ GAŁUSZKA	M40	19	<b>01:34:54.20</b>	<b>01:34:54.20</b>	+00:39:27 (41.6%)	9:29	6.3 (58.3%)
69	<b>OWSIANIK Dawid</b>	<b>818</b>		M30	11	<b>01:34:58.50</b>	<b>01:34:58.50</b>	+00:39:32 (41.6%)	9:29	6.3 (58.3%)
70	<b>SKOLMOWSKI Marcin</b>	<b>850</b>		M20	7	<b>01:35:05.80</b>	<b>01:35:05.80</b>	+00:39:39 (41.7%)	9:30	6.3 (58.3%)
71	<b>GAŁKA Krzysztof</b>	<b>837</b>		M30	12	<b>01:35:10.90</b>	<b>01:35:10.90</b>	+00:39:44 (41.8%)	9:31	6.3 (58.3%)
72	<b>BRZEZIŃSKI Bartłomiej</b>	<b>931</b>		M30	13	<b>01:35:11.95</b>	<b>01:35:11.95</b>	+00:39:45 (41.8%)	9:31	6.3 (58.3%)
72	<b>WOJTAL Dariusz</b>	<b>899</b>	FOREST RUNNERS	M40	20	<b>01:35:11.95</b>	<b>01:35:11.95</b>	+00:39:45 (41.8%)	9:31	6.3 (58.3%)
74	<b>ŚNIEGOSKI Sebastian</b>	<b>881</b>	KNEIPP TEAM	M40	21	<b>01:35:12.85</b>	<b>01:35:12.85</b>	+00:39:46 (41.8%)	9:31	6.3 (58.3%)
75	<b>FIEDORCZUK Łukasz</b>	<b>918</b>	BIMBER RUNNERS	M40	22	<b>01:35:20.20</b>	<b>01:35:20.20</b>	+00:39:53 (41.9%)	9:32	6.3 (58.3%)
76	<b>CEBO Katarzyna</b>	<b>893</b>	RUNPROGRESS.PL TEAM	K30	15	<b>01:35:32.10</b>	<b>01:35:32.10</b>	+00:40:05 (42.0%)	9:33	6.3 (58.3%)
77	<b>SKOLMOWSKA Martyna</b>	<b>825</b>		K20	6	<b>01:35:36.60</b>	<b>01:35:36.60</b>	+00:40:10 (42.0%)	9:33	6.3 (58.3%)
78	<b>PALUS Natalia</b>	<b>820</b>		K20	7	<b>01:35:36.75</b>	<b>01:35:36.75</b>	+00:40:10 (42.0%)	9:33	6.3 (58.3%)
79	<b>CHODZIŃSKA Mariola</b>	<b>911</b>		K40	5	<b>01:35:46.80</b>	<b>01:35:46.80</b>	+00:40:20 (42.1%)	9:34	6.3 (58.3%)
80	<b>SIEKIERA Piotr</b>	<b>811</b>		M20	8	<b>01:35:50.80</b>	<b>01:35:50.80</b>	+00:40:24 (42.2%)	9:35	6.3 (58.3%)
81	<b>PIETRUSZKA Anna</b>	<b>855</b>		K30	16	<b>01:35:55.65</b>	<b>01:35:55.65</b>	+00:40:29 (42.2%)	9:35	6.3 (58.3%)
82	<b>MAZEK Emilia</b>	<b>917</b>	STOPKA PILAWA	K30	17	<b>01:36:15.65</b>	<b>01:36:15.65</b>	+00:40:49 (42.4%)	9:37	6.2 (57.4%)
83	<b>PISZCZ Dariusz</b>	<b>926</b>		M40	23	<b>01:36:22.25</b>	<b>01:36:22.25</b>	+00:40:56 (42.5%)	9:38	6.2 (57.4%)
84	<b>KUCZ Kamil</b>	<b>847</b>		M20	9	<b>01:39:08.00</b>	<b>01:39:08.00</b>	+00:43:41 (44.1%)	9:54	6.1 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>KARGUL Zbigniew</b>	<b>866</b>	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M50	7	<b>01:39:26.60</b>	<b>01:39:26.60</b>	+00:44:00 (44.3%)	9:56	6 (55.6%)
86	<b>PUDŁO Rita</b>	<b>924</b>		K20	8	<b>01:40:15.60</b>	<b>01:40:15.60</b>	+00:44:49 (44.7%)	10:01	6 (55.6%)
87	<b>CIUPIŃSKA Magda</b>	<b>809</b>		K40	6	<b>01:41:06.95</b>	<b>01:41:06.95</b>	+00:45:40 (45.2%)	10:06	5.9 (54.6%)
88	<b>JANKOWSKI Michał</b>	<b>891</b>		M50	8	<b>01:41:15.30</b>	<b>01:41:15.30</b>	+00:45:49 (45.2%)	10:07	5.9 (54.6%)
89	<b>ŁANNIK Magdalena</b>	<b>905</b>		K30	18	<b>01:41:18.20</b>	<b>01:41:18.20</b>	+00:45:51 (45.3%)	10:07	5.9 (54.6%)
90	<b>ORŁOWSKI Wojciech</b>	<b>844</b>	STALOWOWOLSKI KLUB BIEGACZA	M50	9	<b>01:42:33.75</b>	<b>01:42:33.75</b>	+00:47:07 (45.9%)	10:15	5.9 (54.6%)
91	<b>JASIŃSKI Ireneusz</b>	<b>920</b>		M40	24	<b>01:42:37.80</b>	<b>01:42:37.80</b>	+00:47:11 (46.0%)	10:15	5.8 (53.7%)
92	<b>KOLASA Marcin</b>	<b>939</b>		M40	25	<b>01:42:40.70</b>	<b>01:42:40.70</b>	+00:47:14 (46.0%)	10:16	5.8 (53.7%)
93	<b>LEŃCZUK Grażyna</b>	<b>877</b>	BESKIDZKIE RYSIE RUNNING TEAM	K50	2	<b>01:44:19.00</b>	<b>01:44:19.00</b>	+00:48:52 (46.9%)	10:25	5.8 (53.7%)
94	<b>KOWSKA Monika</b>	<b>880</b>	AKADEMIA SPORTU MONIKA KOWSKA	K30	19	<b>01:47:46.80</b>	<b>01:47:46.80</b>	+00:52:20 (48.6%)	10:46	5.6 (51.9%)
95	<b>GERULA Krystyna</b>	<b>838</b>	AKTYWNY DYNÓW	K40	7	<b>01:47:58.10</b>	<b>01:47:58.10</b>	+00:52:31 (48.7%)	10:47	5.6 (51.9%)
95	<b>JANDZIŚ Ewa</b>	<b>831</b>	AKTYWNY DYNÓW	K40	7	<b>01:47:58.10</b>	<b>01:47:58.10</b>	+00:52:31 (48.7%)	10:47	5.6 (51.9%)
97	<b>RUSEK Jola</b>	<b>873</b>	BIEG LOVELAS	K30	20	<b>01:48:15.35</b>	<b>01:48:15.35</b>	+00:52:49 (48.8%)	10:49	5.5 (50.9%)
98	<b>MOCZYŃSKA Joanna</b>	<b>865</b>		K30	21	<b>01:48:29.60</b>	<b>01:48:29.60</b>	+00:53:03 (48.9%)	10:50	5.5 (50.9%)
99	<b>DRAGAN Izabela</b>	<b>802</b>		K30	22	<b>01:48:43.35</b>	<b>01:48:43.35</b>	+00:53:17 (49.0%)	10:52	5.5 (50.9%)
100	<b>MATWIEJCZUK Mateusz</b>	<b>910</b>		M20	10	<b>01:49:50.80</b>	<b>01:49:50.80</b>	+00:54:24 (49.5%)	10:59	5.5 (50.9%)
101	<b>KALISZ Renata</b>	<b>898</b>		K40	9	<b>01:50:37.95</b>	<b>01:50:37.95</b>	+00:55:11 (49.9%)	11:03	5.4 (50.0%)
102	<b>DEREŃ Aneta</b>	<b>884</b>		K40	10	<b>01:50:51.85</b>	<b>01:50:51.85</b>	+00:55:25 (50.0%)	11:05	5.4 (50.0%)
103	<b>PIETRZAK Laura</b>	<b>919</b>		K30	23	<b>01:51:14.25</b>	<b>01:51:14.25</b>	+00:55:48 (50.2%)	11:07	5.4 (50.0%)
104	<b>WOŹNIAK Lidia</b>	<b>823</b>	PORMAT JEDLICZE BIEGA	K50	3	<b>01:52:27.90</b>	<b>01:52:27.90</b>	+00:57:01 (50.7%)	11:14	5.3 (49.1%)
105	<b>SZYBA Anna</b>	<b>870</b>	EKSTREMALNA GRUPA BIEGOWA	K40	11	<b>01:52:59.20</b>	<b>01:52:59.20</b>	+00:57:32 (50.9%)	11:17	5.3 (49.1%)
106	<b>DĄBROWSKA Agnieszka</b>	<b>858</b>	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	K30	24	<b>01:53:02.70</b>	<b>01:53:02.70</b>	+00:57:36 (51.0%)	11:18	5.3 (49.1%)
107	<b>GODLEWSKA Izabella</b>	<b>808</b>	GANG ŚWIETLIKÓW	K20	9	<b>01:53:04.10</b>	<b>01:53:04.10</b>	+00:57:37 (51.0%)	11:18	5.3 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>KWOLEK Wojciech</b>	<b>815</b>		M30	14	<b>01:53:07.55</b>	<b>01:53:07.55</b>	+00:57:41 (51.0%)	11:18	5.3 (49.1%)
109	<b>KUBALAK-KARKUT Marta</b>	<b>801</b>		K30	25	<b>01:54:21.20</b>	<b>01:54:21.20</b>	+00:58:54 (51.5%)	11:26	5.2 (48.1%)
110	<b>BRATKO Zbigniew</b>	<b>810</b>	67+	M60	4	<b>02:00:40.70</b>	<b>02:00:40.70</b>	+01:05:14 (54.1%)	12:04	5 (46.3%)
111	<b>LENAR Kamila</b>	<b>863</b>		K20	10	<b>02:04:58.90</b>	<b>02:04:58.90</b>	+01:09:32 (55.6%)	12:29	4.8 (44.4%)
112	<b>ZIMNICKI Dariusz</b>	<b>943</b>	TREKKING TEAM	M40	26	<b>02:05:49.10</b>	<b>02:05:49.10</b>	+01:10:22 (55.9%)	12:34	4.8 (44.4%)
113	<b>ZIMNICKA Agnieszka</b>	<b>942</b>	TREKKING TEAM	K40	12	<b>02:05:49.35</b>	<b>02:05:49.35</b>	+01:10:23 (55.9%)	12:34	4.8 (44.4%)
114	<b>HAWROT Jakub</b>	<b>854</b>	PROMATBUD	M40	27	<b>02:06:01.95</b>	<b>02:06:01.95</b>	+01:10:35 (56.0%)	12:36	4.8 (44.4%)
115	<b>KLUSEK Barbara</b>	<b>895</b>	RUNNING BLONDES	K50	4	<b>02:06:16.25</b>	<b>02:06:16.25</b>	+01:10:50 (56.1%)	12:37	4.8 (44.4%)
116	<b>BUKOWSKA Małgorzata</b>	<b>879</b>	RUNNING BLONDES	K50	5	<b>02:06:39.50</b>	<b>02:06:39.50</b>	+01:11:13 (56.2%)	12:39	4.7 (43.5%)
117	<b>FRANKOWSKA Joanna</b>	<b>940</b>		K40	13	<b>02:06:46.55</b>	<b>02:06:46.55</b>	+01:11:20 (56.3%)	12:40	4.7 (43.5%)
118	<b>KĘSICKA Katarzyna</b>	<b>888</b>		K40	14	<b>02:08:47.35</b>	<b>02:08:47.35</b>	+01:13:21 (57.0%)	12:52	4.7 (43.5%)
119	<b>WŁODARCZYK Agnieszka</b>	<b>876</b>		K30	26	<b>02:12:38.10</b>	<b>02:12:38.10</b>	+01:17:11 (58.2%)	13:15	4.5 (41.7%)
120	<b>WYBRANIEC Rossana</b>	<b>914</b>		K20	11	<b>02:17:24.00</b>	<b>02:17:24.00</b>	+01:21:57 (59.7%)	13:44	4.4 (40.7%)
121	<b>MÜLLER Dorota</b>	<b>849</b>		K50	6	<b>02:17:44.20</b>	<b>02:17:44.20</b>	+01:22:17 (59.8%)	13:46	4.4 (40.7%)
122	<b>MÜLLER Bernard</b>	<b>848</b>	MAFIA TEAM LUBLINIEC	M30	15	<b>02:17:44.25</b>	<b>02:17:44.25</b>	+01:22:18 (59.8%)	13:46	4.4 (40.7%)
123	<b>KOSTULSKA Olga</b>	<b>923</b>	WKURW_TEAM	K30	27	<b>02:19:54.80</b>	<b>02:19:54.80</b>	+01:24:28 (60.4%)	13:59	4.3 (39.8%)
124	<b>PEŁSZYK Sławomir</b>	<b>845</b>		M50	10	<b>02:20:56.10</b>	<b>02:20:56.10</b>	+01:25:29 (60.7%)	14:05	4.3 (39.8%)
125	<b>D Anna</b>	<b>869</b>		K40	15	<b>02:21:18.15</b>	<b>02:21:18.15</b>	+01:25:51 (60.8%)	14:07	4.2 (38.9%)
126	<b>KUDZIA Roksana</b>	<b>868</b>		K40	16	<b>02:21:18.30</b>	<b>02:21:18.30</b>	+01:25:52 (60.8%)	14:07	4.2 (38.9%)
127	<b>KAWA Monika</b>	<b>874</b>	TREKKING TEAM OSTROWIEC	K40	17	<b>02:26:06.80</b>	<b>02:26:06.80</b>	+01:30:40 (62.1%)	14:36	4.1 (38.0%)
128	<b>WOJCIECHOWICZ-BRATKO Aldona</b>	<b>908</b>		K60	1	<b>02:26:58.50</b>	<b>02:26:58.50</b>	+01:31:32 (62.3%)	14:41	4.1 (38.0%)
129	<b>CHUCHAŁA Andrzej</b>	<b>861</b>	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M40	28	<b>02:31:35.75</b>	<b>02:31:35.75</b>	+01:36:09 (63.4%)	15:09	4 (37.0%)
130	<b>CHUCHAŁA Iwona</b>	<b>862</b>	TREKKING TEAM OSTROWIEC ŚWIETOKRZYSKI	K40	18	<b>02:31:36.00</b>	<b>02:31:36.00</b>	+01:36:09 (63.4%)	15:09	4 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	<b>LENAR Nikola</b>	<b>864</b>		K20	12	<b>02:36:51.00</b>	<b>02:36:51.00</b>	+01:41:24 (64.7%)	15:41	3.8 (35.2%)
132	<b>SMELA Damian</b>	<b>904</b>		M20	11	<b>02:36:57.05</b>	<b>02:36:57.05</b>	+01:41:30 (64.7%)	15:41	3.8 (35.2%)
133	<b>WILK Anna</b>	<b>830</b>	ZABIEGANI MIELEC	K40	19	<b>02:42:19.00</b>	<b>02:42:19.00</b>	+01:46:52 (65.8%)	16:13	3.7 (34.3%)

Znaleziono 133 wynik(ów)