



PRZEBIEGŁY LESZY | 10 KM

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: II Ultra-Bies
Organizator: Fundacja Ultra-Bies
Data: 2023-05-05
Miejsce: Dołżyca
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	SOBAS Jacek	941	ON RUNNING	M30	1	00:55:26.25	00:55:26.25		5:32	10.8 (100%)
2	JAKUBIK Marcin	833	MKS HALICZ PSG KROŚCIENKO	M30	2	00:57:15.30	00:57:15.30	+00:01:49 (3.2%)	5:43	10.5 (97.2%)
3	SZMIST Jarosław	856	KB ATHLETIC ZRECIN	M40	1	00:57:24.90	00:57:24.90	+00:01:58 (3.4%)	5:44	10.5 (97.2%)
4	MAZAN Beata	889	FINISZ RYMANÓW/#R	K30	1	00:59:37.10	00:59:37.10	+00:04:10 (7.0%)	5:57	10.1 (93.5%)
5	NIEMCZAK Michał	857	PRZEWORSKA GRUPA BIEGOWA	M20	1	01:02:54.05	01:02:54.05	+00:07:27 (11.9%)	6:17	9.5 (88.0%)
6	SOCHA Norbert	934	KALLIPSO RUNNERS TEAM	M40	2	01:03:09.20	01:03:09.20	+00:07:42 (12.2%)	6:18	9.5 (88.0%)
7	SABAT Sebastian	947	SEBA BIEGA	M20	2	01:04:23.90	01:04:23.90	+00:08:57 (13.9%)	6:26	9.3 (86.1%)
8	KOWALIK Andrzej	935	BIEH OPOLSKI/ ADRUNALINE	M40	3	01:05:32.65	01:05:32.65	+00:10:06 (15.4%)	6:33	9.2 (85.2%)
9	HOŁOWATY Renata	871	SANOK BIEGA	K30	2	01:05:33.60	01:05:33.60	+00:10:07 (15.4%)	6:33	9.2 (85.2%)
10	CICHY Krzysztof	812	GÓRAL Z MAZUR RUNNING TEAM	M50	1	01:06:14.50	01:06:14.50	+00:10:48 (16.3%)	6:37	9.1 (84.3%)
11	BANASIK Krzysztof	836	KAŃCZUCKA GRUPA BIEGOWA	M40	4	01:07:08.50	01:07:08.50	+00:11:42 (17.4%)	6:42	8.9 (82.4%)
12	RAFAŁEK Czesław	867	FUNDACJA TERAZ WSCHÓD	M40	5	01:08:14.90	01:08:14.90	+00:12:48 (18.8%)	6:49	8.8 (81.5%)
13	LIS-PASIONEK Małgorzata	885	LESKO	K40	1	01:08:26.70	01:08:26.70	+00:13:00 (19.0%)	6:50	8.8 (81.5%)
14	OSTASIUK Aleksander	852	FRANCUSKI BAGNET	M30	3	01:08:52.50	01:08:52.50	+00:13:26 (19.5%)	6:53	8.7 (80.6%)
15	CEBO Artur	894		M30	4	01:10:07.85	01:10:07.85	+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	BRODA Sławomir	929		M50	2	01:10:50.95	01:10:50.95	+00:15:24 (21.8%)	7:05	8.5 (78.7%)
17	CHUCHRO Wojciech	915		M20	3	01:11:19.30	01:11:19.30	+00:15:53 (22.3%)	7:07	8.4 (77.8%)
18	STAŃKOWSKA Emilia	828	KB MCKIS JAWORZNO	K30	3	01:11:36.35	01:11:36.35	+00:16:10 (22.6%)	7:09	8.4 (77.8%)
19	DOŁOSZYCKI Grzegorz	927		M40	6	01:12:10.40	01:12:10.40	+00:16:44 (23.2%)	7:13	8.3 (76.9%)
20	PERZ Emilia	846		K30	4	01:12:36.90	01:12:36.90	+00:17:10 (23.7%)	7:15	8.3 (76.9%)
21	KOŁODZIEJCZYK Marcin	851		M40	7	01:12:52.80	01:12:52.80	+00:17:26 (23.9%)	7:17	8.2 (75.9%)
22	BODZIOCH Grzegorz	897	GORLICKA GRUPA BIEGOWA	M50	3	01:13:35.50	01:13:35.50	+00:18:09 (24.7%)	7:21	8.2 (75.9%)
23	SKALSKI Daniel	921	LKS BŁĘKITNI ŻEGLCE	M40	8	01:14:47.50	01:14:47.50	+00:19:21 (25.9%)	7:28	8 (74.1%)
24	DELMACZYŃSKI Sebastian	826	CHEŁM	M30	5	01:15:42.90	01:15:42.90	+00:20:16 (26.8%)	7:34	7.9 (73.1%)
25	BANASIK Monika	807	KAŃCZUCKA GRUPA BIEGOWA	K30	5	01:15:56.85	01:15:56.85	+00:20:30 (27.0%)	7:35	7.9 (73.1%)
26	WIKTOROWICZ Joanna	859	ALIOR RUNNING TEAM	K30	6	01:16:28.00	01:16:28.00	+00:21:01 (27.5%)	7:38	7.8 (72.2%)
27	SZCZUKA Leszek	946	CROSSELITE	M50	4	01:16:37.95	01:16:37.95	+00:21:11 (27.7%)	7:39	7.8 (72.2%)
28	WOŹNIAK Janusz	822	PORMAT JEDLICZE BIEGA	M60	1	01:18:25.90	01:18:25.90	+00:22:59 (29.3%)	7:50	7.7 (71.3%)
29	KASPROWICZ Paweł	821		M30	6	01:19:16.80	01:19:16.80	+00:23:50 (30.1%)	7:55	7.6 (70.4%)
30	OCHYRA Karolina	902		K20	1	01:19:51.35	01:19:51.35	+00:24:25 (30.6%)	7:59	7.5 (69.4%)
31	MARSZAŁEK Anna	853	BIEGAJ Z DYMKIEM	K30	7	01:20:18.70	01:20:18.70	+00:24:52 (31.0%)	8:01	7.5 (69.4%)
32	DRAŹEK Sławomir	892		M50	5	01:21:51.25	01:21:51.25	+00:26:25 (32.3%)	8:11	7.3 (67.6%)
33	DRYJA Mateusz	806		M20	4	01:22:17.25	01:22:17.25	+00:26:51 (32.6%)	8:13	7.3 (67.6%)
34	NIEMCZUK Robert	933		M40	9	01:22:24.90	01:22:24.90	+00:26:58 (32.7%)	8:14	7.3 (67.6%)
35	PUDŁO Marcin	925		M40	10	01:22:32.20	01:22:32.20	+00:27:05 (32.8%)	8:15	7.3 (67.6%)
36	FILUS Renata	938	AKADEMIA BIEGACZA MATYLDY KOWAL	K40	2	01:23:16.60	01:23:16.60	+00:27:50 (33.4%)	8:19	7.2 (66.7%)
37	LEJMAN Adam	907		M50	6	01:24:34.15	01:24:34.15	+00:29:07 (34.4%)	8:27	7.1 (65.7%)
38	ZABORNIAK Tomasz	804		M30	7	01:25:20.40	01:25:20.40	+00:29:54 (35.0%)	8:32	7 (64.8%)

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

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

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

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108	KWOLEK Wojciech	815		M30	14	01:53:07.55	01:53:07.55	+00:57:41 (51.0%)	11:18	5.3 (49.1%)
109	KUBALAK-KARKUT Marta	801		K30	25	01:54:21.20	01:54:21.20	+00:58:54 (51.5%)	11:26	5.2 (48.1%)
110	BRATKO Zbigniew	810	67+	M60	4	02:00:40.70	02:00:40.70	+01:05:14 (54.1%)	12:04	5 (46.3%)
111	LENAR Kamila	863		K20	10	02:04:58.90	02:04:58.90	+01:09:32 (55.6%)	12:29	4.8 (44.4%)
112	ZIMNICKI Dariusz	943	TREKKING TEAM	M40	26	02:05:49.10	02:05:49.10	+01:10:22 (55.9%)	12:34	4.8 (44.4%)
113	ZIMNICKA Agnieszka	942	TREKKING TEAM	K40	12	02:05:49.35	02:05:49.35	+01:10:23 (55.9%)	12:34	4.8 (44.4%)
114	HAWROT Jakub	854	PROMATBUD	M40	27	02:06:01.95	02:06:01.95	+01:10:35 (56.0%)	12:36	4.8 (44.4%)
115	KLUSEK Barbara	895	RUNNING BLONDES	K50	4	02:06:16.25	02:06:16.25	+01:10:50 (56.1%)	12:37	4.8 (44.4%)
116	BUKOWSKA Małgorzata	879	RUNNING BLONDES	K50	5	02:06:39.50	02:06:39.50	+01:11:13 (56.2%)	12:39	4.7 (43.5%)
117	FRANKOWSKA Joanna	940		K40	13	02:06:46.55	02:06:46.55	+01:11:20 (56.3%)	12:40	4.7 (43.5%)
118	KĘSICKA Katarzyna	888		K40	14	02:08:47.35	02:08:47.35	+01:13:21 (57.0%)	12:52	4.7 (43.5%)
119	WŁODARCZYK Agnieszka	876		K30	26	02:12:38.10	02:12:38.10	+01:17:11 (58.2%)	13:15	4.5 (41.7%)
120	WYBRANIEC Rossana	914		K20	11	02:17:24.00	02:17:24.00	+01:21:57 (59.7%)	13:44	4.4 (40.7%)
121	MÜLLER Dorota	849		K50	6	02:17:44.20	02:17:44.20	+01:22:17 (59.8%)	13:46	4.4 (40.7%)
122	MÜLLER Bernard	848	MAFIA TEAM LUBLINIEC	M30	15	02:17:44.25	02:17:44.25	+01:22:18 (59.8%)	13:46	4.4 (40.7%)
123	KOSTULSKA Olga	923	WKURW_TEAM	K30	27	02:19:54.80	02:19:54.80	+01:24:28 (60.4%)	13:59	4.3 (39.8%)
124	PEŁSZYK Sławomir	845		M50	10	02:20:56.10	02:20:56.10	+01:25:29 (60.7%)	14:05	4.3 (39.8%)
125	D Anna	869		K40	15	02:21:18.15	02:21:18.15	+01:25:51 (60.8%)	14:07	4.2 (38.9%)
126	KUDZIA Roksana	868		K40	16	02:21:18.30	02:21:18.30	+01:25:52 (60.8%)	14:07	4.2 (38.9%)
127	KAWA Monika	874	TREKKING TEAM OSTROWIEC	K40	17	02:26:06.80	02:26:06.80	+01:30:40 (62.1%)	14:36	4.1 (38.0%)
128	WOJCIECHOWICZ-BRATKO Aldona	908		K60	1	02:26:58.50	02:26:58.50	+01:31:32 (62.3%)	14:41	4.1 (38.0%)
129	CHUCHAŁA Andrzej	861	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M40	28	02:31:35.75	02:31:35.75	+01:36:09 (63.4%)	15:09	4 (37.0%)
130	CHUCHAŁA Iwona	862	TREKKING TEAM OSTROWIEC ŚWIETOKRZYSKI	K40	18	02:31:36.00	02:31:36.00	+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	LENAR Nikola	864		K20	12	02:36:51.00	02:36:51.00	+01:41:24 (64.7%)	15:41	3.8 (35.2%)
132	SMELA Damian	904		M20	11	02:36:57.05	02:36:57.05	+01:41:30 (64.7%)	15:41	3.8 (35.2%)
133	WILK Anna	830	ZABIEGANI MIELEC	K40	19	02:42:19.00	02:42:19.00	+01:46:52 (65.8%)	16:13	3.7 (34.3%)

Znaleziono 133 wynik(ów)