

RZEŹNIK ENIGMA 2019

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-23
Miejsce: Cisna
Dystans: 30 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_kontrolny 12km	Punkt_kontrolny 19km	Kara/ bonifikata	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	KOCIOŁEK Witold	6047	INŻYNIERIA BIEGANIA / #ADAMCZERWINSKITEAM	M40	1	00:57:49	01:47:05		02:57:47.35	02:57:49.65		5:55	10.1 (100%)
2	PRZYBYŁOWSKI Krzysztof	6094		M20	1	01:01:19	01:55:04		03:12:14.20	03:12:18.40	+00:14:28 (7.5%)	6:24	9.4 (93.1%)
3	BRATEK Agnieszka	6177		K40	1	01:03:59	01:59:24		03:14:43.70	03:14:47.25	+00:16:57 (8.7%)	6:29	9.2 (91.1%)
4	ZIELAK Darek	6142		M40	2	00:59:50	02:03:42		03:18:05.30	03:18:10.85	+00:20:21 (10.3%)	6:36	9.1 (90.1%)
5	KOZANECKI Przemysław	6055	CONSTRAVIA	M20	2	01:11:25	02:06:34		03:19:19.60	03:19:40.20	+00:21:50 (10.9%)	6:38	9 (89.1%)
6	GŁUSZKO Przemysław	6164		M30	1	00:59:40	02:03:10		03:20:27.70	03:20:29.10	+00:22:39 (11.3%)	6:40	9 (89.1%)
7	TUCZAPSKI Piotr	6122	XRUNNERS	M20	3	01:06:08	02:06:45		03:21:54.70	03:21:56.45	+00:24:06 (11.9%)	6:43	8.9 (88.1%)
8	KONIK Marcin	6049		M40	3	01:11:15	02:09:16		03:25:09.40	03:25:11.55	+00:27:21 (13.3%)	6:50	8.8 (87.1%)
9	ZAPŁATA Wojciech	6140		M40	4	01:10:59	02:08:11		03:26:08.25	03:26:32.75	+00:28:43 (13.9%)	6:52	8.7 (86.1%)
10	ARUSZTOWICZ Bartosz	6001	HARDCOROWE WYCHYLYLYBYMY	M30	2	01:10:23	02:05:50		03:29:16.85	03:29:34.75	+00:31:45 (15.2%)	6:58	8.6 (85.1%)
11	TABOR Piotr	6115	WWW.TYLMANOWA.EU	M30	3	01:16:44	02:17:41		03:35:19.25	03:35:49.55	+00:37:59 (17.6%)	7:10	8.4 (83.2%)
12	PIPANS Marek	6088	KP PSP PSZCZYNA	M20	4	01:17:04	02:18:54		03:36:30.10	03:36:34.50	+00:38:44 (17.9%)	7:13	8.3 (82.2%)
13	HERMAN Paweł	6032		M40	5	01:12:55	02:16:41		03:36:49.85	03:36:56.10	+00:39:06 (18.0%)	7:13	8.3 (82.2%)
14	MIGACZ Dawid	6074	1X1	M30	4	01:15:24	02:20:41		03:37:32.60	03:37:39.05	+00:39:49 (18.3%)	7:15	8.3 (82.2%)
15	BUZALSKI Robert	6011	ORANGE POLSKA	M40	6	01:16:40	02:20:26		03:40:44.75	03:41:18.40	+00:43:28 (19.6%)	7:21	8.2 (81.2%)
16	SOBCZYŃSKI Paweł	6105		M30	5	01:14:03	02:18:18		03:42:13.05	03:42:18.30	+00:44:28 (20.0%)	7:24	8.1 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_kontrolny 12km	Punkt_kontrolny 19km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 30km	brutto 30km			
17	POPARDA Paweł	6091	PZU SPORT TEAM	M40	7	01:17:04	02:19:51		03:43:11.40	03:43:40.55	+00:45:50 (20.5%)	7:26	8.1 (80.2%)
18	WRÓBEL Aleksandra	6134	DIRTY SPARROWS	K30	1	01:12:41	02:16:23		03:45:13.15	03:45:18.10	+00:47:28 (21.1%)	7:30	8 (79.2%)
19	ŚLIWA Grzegorz	6114	.GET LOST	M30	6	01:15:21	02:20:39		03:45:53.50	03:46:02.90	+00:48:13 (21.3%)	7:31	8 (79.2%)
20	TELEJKO Łukasz	6117	STUDIO ZDROWIA BYDGOSZCZ	M20	5	01:13:48	02:18:54		03:46:16.10	03:46:21.55	+00:48:31 (21.4%)	7:32	8 (79.2%)
21	WIECZOREK Patryk	6128		M20	6	01:11:07	02:11:57		03:46:52.80	03:47:00.95	+00:49:11 (21.7%)	7:33	7.9 (78.2%)
22	TOKARZ Marcin	6149		M40	8	01:16:29	02:21:20		03:47:58.45	03:48:01.05	+00:50:11 (22.0%)	7:35	7.9 (78.2%)
23	BACZEWSKA Klaudia	6002	BIEGAM BO LUBIĘ OSTROŁĘKA	K20	1	01:14:52	02:21:59		03:48:52.75	03:49:23.50	+00:51:33 (22.5%)	7:37	7.9 (78.2%)
24	BANDEL Adam	6004	REEBOKRUNCREW LDZ	M30	7	01:15:17	02:22:02		03:49:37.85	03:49:57.45	+00:52:07 (22.7%)	7:39	7.8 (77.2%)
25	CHILICKA Marta	6014	RED LION CLUB	K30	2	01:13:55	02:20:28		03:50:35.15	03:50:38.10	+00:52:48 (22.9%)	7:41	7.8 (77.2%)
26	KOWALEWSKI Kasper	6054	DIRTY SPARROWS	M20	7	01:06:09	02:11:16		03:51:09.80	03:51:13.65	+00:53:24 (23.1%)	7:42	7.8 (77.2%)
27	GAZDA Michał	6024	CONSTRAVIA	M20	8	01:14:29	02:21:26		03:51:35.80	03:51:54.60	+00:54:04 (23.3%)	7:43	7.8 (77.2%)
28	ANDRZEJCZAK Michał	6000	EVERRUN	M30	8	01:15:15	02:21:29		03:51:39.00	03:52:01.35	+00:54:11 (23.4%)	7:43	7.8 (77.2%)
29	KOCHANIAK Andrzej	6046	WŁÓCZYBIEGI	M30	9	01:12:26	02:10:48		03:52:23.25	03:52:46.20	+00:54:56 (23.6%)	7:44	7.7 (76.2%)
30	GUBERNIAK Renata	6030		K30	3	01:17:52	02:26:16		03:52:25.70	03:52:46.25	+00:54:56 (23.6%)	7:44	7.7 (76.2%)
31	BRUSIŁO Bartosz	6009	MAMY RUSZAMY	M30	10	01:15:07	02:26:30		03:55:08.10	03:55:11.20	+00:57:21 (24.4%)	7:50	7.7 (76.2%)
32	NIEDŹWIEDŹ Tomasz	6076		M30	11	01:13:56	02:20:27		03:56:44.35	03:56:47.95	+00:58:58 (24.9%)	7:53	7.6 (75.2%)
33	DRABIK Jacek	6018		M50	1	01:18:15	02:32:05		03:58:01.35	03:58:05.25	+01:00:15 (25.3%)	7:56	7.6 (75.2%)
34	BŁOŃSKI Piotr	6008		M50	2	01:19:45	02:32:51		03:57:51.00	03:58:19.05	+01:00:29 (25.4%)	7:55	7.6 (75.2%)
35	OLSZEWSKI Jacek	6157		M40	9	01:23:30	02:34:17		03:59:55.95	04:00:21.55	+01:02:31 (26.0%)	7:59	7.5 (74.3%)
36	KALETA Anna	6038	HUSARIA RACE TEAM	K20	2	01:15:05	02:22:08		04:03:27.55	04:03:33.70	+01:05:44 (27.0%)	8:06	7.4 (73.3%)
37	OBIDOWICZ Agata	6145	MOUNTAIN FUEL POLSKA	K30	4	01:17:19	02:27:32		04:04:11.25	04:04:33.90	+01:06:44 (27.3%)	8:08	7.4 (73.3%)
38	KOZŁOWSKA Iwona	6056		K40	2	01:20:09	02:28:35		04:06:16.55	04:06:21.75	+01:08:32 (27.8%)	8:12	7.3 (72.3%)
39	PIELATOWSKI Adam	6086	DIRTY SPARROWS	M30	12	01:18:16	02:32:53		04:10:23.55	04:10:28.00	+01:12:38 (29.0%)	8:20	7.2 (71.3%)
40	MARZAŁEK Magdalena	6070	GRAŻYNKI OCR	K40	3	01:18:12	02:32:49		04:10:37.80	04:10:44.95	+01:12:55 (29.1%)	8:21	7.2 (71.3%)

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									netto 30km	brutto 30km			
41	TYMOSZUK Michał	6154		M40	10	01:21:02	02:31:48		04:09:57.05	04:10:47.85	+01:12:58 (29.1%)	8:19	7.2 (71.3%)
42	JUSZCZAK Marcin	6037		M40	11	01:21:01	02:31:46		04:09:56.05	04:10:48.05	+01:12:58 (29.1%)	8:19	7.2 (71.3%)
43	CICHOCKI Rafał	6015	KAJ TA META	M40	12	01:05:32	02:17:22	00:15:00	04:11:23.10	04:11:27.85	+01:13:38 (29.3%)	7:52	7.6 (75.2%)
44	TKACZUK Jacek	6118		M30	13	01:23:33	02:30:14		04:11:17.75	04:12:05.80	+01:14:16 (29.5%)	8:22	7.2 (71.3%)
45	NAZIMEK Lilianna	6075	SUO TEMPORE	K40	4	01:16:00	02:26:37		04:13:11.80	04:13:14.60	+01:15:24 (29.8%)	8:26	7.1 (70.3%)
46	POGORZELSKA Katarzyna	6089	BWM TEAM	K30	5	01:19:49	02:34:49		04:13:08.05	04:13:34.90	+01:15:45 (29.9%)	8:26	7.1 (70.3%)
47	SZYMAŃSKI Przemysław	6113	BIMBERIAN WARRIOR	M20	9	01:18:36	02:34:31		04:14:38.75	04:14:48.30	+01:16:58 (30.2%)	8:29	7.1 (70.3%)
48	ZALEWSKI Jakub	6139	GOLONKA HULS	M30	14	01:17:38	02:34:47		04:14:35.35	04:14:52.50	+01:17:02 (30.2%)	8:29	7.1 (70.3%)
49	WNENT Bartosz	6156		M30	15	01:23:07	02:40:21		04:15:17.15	04:15:17.15	+01:17:27 (30.3%)	8:30	7.1 (70.3%)
50	GRZEBIELUCHA Jan	6160		M30	16	01:27:54	02:40:31		04:14:53.05	04:15:23.35	+01:17:33 (30.4%)	8:29	7.1 (70.3%)
51	KINDLER Bartłomiej	6044	#BARUNKI	M30	17	01:20:12	02:32:05		04:16:46.65	04:16:53.40	+01:19:03 (30.8%)	8:33	7 (69.3%)
52	TARKOWSKI Mariusz	6162		M40	13	01:23:13	02:40:02		04:20:06.05	04:20:25.95	+01:22:36 (31.7%)	8:40	6.9 (68.3%)
53	MEDUNA Zbigniew	6072		M40	14	01:22:52	02:41:57		04:20:24.15	04:21:03.65	+01:23:14 (31.9%)	8:40	6.9 (68.3%)
54	WOLF Weronika	6132	3PBOT, POZYTYWNE ZABIEGANI SANOK	K40	5	01:25:13	02:43:08		04:21:02.05	04:21:39.60	+01:23:49 (32.0%)	8:42	6.9 (68.3%)
55	LEŚNIAK-POPIEL Marta	6064	POZYTYWNE ZABIEGANI SANOK	K40	6	01:25:15	02:43:07		04:21:04.35	04:21:40.60	+01:23:50 (32.0%)	8:42	6.9 (68.3%)
56	MAJSZCZYK Paulina	6067	HARDCOROWE WYCHYLYLYBYMY	K30	6	01:34:20	02:44:57		04:21:40.95	04:21:40.95	+01:23:51 (32.0%)	8:43	6.9 (68.3%)
57	HRYSZKO Robert	6033	TRAIN FOR SKILLS	M50	3	01:25:17	02:43:16		04:21:02.60	04:21:41.15	+01:23:51 (32.0%)	8:42	6.9 (68.3%)
58	WOJCIECHOWSKI Tomasz	6131		M30	18	01:28:34	02:40:58		04:21:44.00	04:22:15.65	+01:24:26 (32.2%)	8:43	6.9 (68.3%)
59	KATUS Agata	6039	ZABIEGANY SKARYSZEW	K30	7	01:31:49	02:47:00		04:22:03.35	04:22:47.40	+01:24:57 (32.3%)	8:44	6.9 (68.3%)
60	DULEBSKI Sławomir	6022	ZABIEGANYSKARYSZEW	M30	19	01:31:53	02:47:04		04:22:07.05	04:22:48.95	+01:24:59 (32.3%)	8:44	6.9 (68.3%)
61	REDŁOWSKA Bożena	6095	LADIES ULTRA RUN	K40	7	01:27:01	02:45:46		04:22:43.75	04:23:15.40	+01:25:25 (32.5%)	8:45	6.9 (68.3%)
62	BEZKOROWAJNY Mateusz	6155		M30	20	01:19:42	02:33:40		04:23:52.25	04:23:55.65	+01:26:06 (32.6%)	8:47	6.8 (67.3%)
63	ŁYKO Marcin	6153		M30	21	01:23:05	02:40:17		04:24:00.05	04:24:03.50	+01:26:13 (32.7%)	8:48	6.8 (67.3%)
64	DREWNIK Robert	6019		M40	15	01:28:04	02:49:19		04:24:07.90	04:24:37.30	+01:26:47 (32.8%)	8:48	6.8 (67.3%)

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65	STEPANCZENKO Rafał	6109	BIAŁYSTOK BIEGA TEAM	M30	22	01:26:59	02:42:50		04:24:32.25	04:25:05.60	+01:27:15 (32.9%)	8:49	6.8 (67.3%)
66	KUKAWSKA Joanna	6059	RK ATHLETICS	K50	1	01:23:19	02:42:25		04:25:50.65	04:26:02.50	+01:28:12 (33.2%)	8:51	6.8 (67.3%)
67	KOBIĄŁKA Irek	6045		M40	16	01:31:47	02:48:43		04:28:40.95	04:29:22.40	+01:31:32 (34.0%)	8:57	6.7 (66.3%)
67	WAŁĘGA Monika	6125		K30	8	01:31:48	02:48:43		04:28:43.15	04:29:22.40	+01:31:32 (34.0%)	8:57	6.7 (66.3%)
69	POGORZELSKI Grzegorz	6090	BMW TEAM	M30	23	01:20:28	02:34:48		04:29:05.55	04:29:33.40	+01:31:43 (34.0%)	8:58	6.7 (66.3%)
70	JASIOROWSKI Michał	6036		M30	24	01:24:33	02:45:29		04:30:14.75	04:30:38.80	+01:32:49 (34.3%)	9:00	6.7 (66.3%)
71	PROMIŃSKA Karolina	6093		K30	9	01:24:45	02:45:38		04:30:24.05	04:30:39.15	+01:32:49 (34.3%)	9:00	6.7 (66.3%)
72	WALNIK Rafał	6152		M40	17	01:23:08	02:40:16		04:31:37.80	04:31:41.55	+01:33:51 (34.5%)	9:03	6.6 (65.3%)
73	ZIELIŃSKA Ewelina	6161		K20	3	01:20:52	02:40:18		04:31:40.10	04:31:41.95	+01:33:52 (34.5%)	9:03	6.6 (65.3%)
74	CEBRAT Ewa	6012	POZYTYWNIIE ZABIEGANI SANOK	K40	8	01:36:57	02:56:01		04:31:34.60	04:32:17.45	+01:34:27 (34.7%)	9:03	6.6 (65.3%)
75	KICIŃSKI Piotr	6040		M30	25	01:27:23	02:46:18		04:34:42.70	04:34:55.45	+01:37:05 (35.3%)	9:09	6.6 (65.3%)
76	BIEGAJ Jacek	6007		M40	18	01:29:42	02:49:42		04:37:01.70	04:37:12.85	+01:39:23 (35.9%)	9:14	6.5 (64.4%)
77	KOPANIA Pawel	6050		M30	26	01:27:17	02:46:30		04:38:12.65	04:38:19.00	+01:40:29 (36.1%)	9:16	6.5 (64.4%)
78	GRZYBOWSKI Marek	6029		M20	10	01:32:37	02:58:18		04:38:20.20	04:38:34.00	+01:40:44 (36.2%)	9:16	6.5 (64.4%)
79	PAŁYS Rafał	6080		M20	11	01:32:32	02:58:14		04:38:16.65	04:38:34.25	+01:40:44 (36.2%)	9:16	6.5 (64.4%)
80	UCHAŃSKA-STASIAK Justyna	6123		K40	9	01:26:36	02:51:29		04:38:43.90	04:39:19.70	+01:41:30 (36.3%)	9:17	6.5 (64.4%)
81	GRĘBOWIEC Marcin	6027		M40	19	01:26:44	02:51:32		04:38:46.90	04:39:19.85	+01:41:30 (36.3%)	9:17	6.5 (64.4%)
82	OBRZUT Bartek	6077		M30	27	01:30:21	02:51:55		04:40:19.75	04:40:44.85	+01:42:55 (36.7%)	9:20	6.4 (63.4%)
83	RÓŻYCKA Agnieszka	6096	NAUKA BIEGA	K40	10	01:33:30	02:57:03		04:40:45.90	04:41:22.95	+01:43:33 (36.8%)	9:21	6.4 (63.4%)
84	MAMICA Andrzej	6068	NAUKA BIEGA	M40	20	01:33:31	02:57:03		04:40:45.80	04:41:23.15	+01:43:33 (36.8%)	9:21	6.4 (63.4%)
85	KOSIŃSKA Katarzyna	6051		K20	4	01:32:15	02:57:50		04:42:13.70	04:42:23.65	+01:44:34 (37.0%)	9:24	6.4 (63.4%)
86	LIS Martyna	6066		K20	5	01:32:14	02:57:51		04:42:14.55	04:42:23.95	+01:44:34 (37.0%)	9:24	6.4 (63.4%)
87	BATOREK Bogdan	6005	RAWA TIM ZAWSZE SLIM	M40	21	01:36:27	02:57:49		04:42:36.45	04:43:28.05	+01:45:38 (37.3%)	9:25	6.4 (63.4%)
88	WARDA Justyna	6126	HARDCOROWE WYCHYLYLYBYMY	K20	6	01:34:27	02:57:53		04:44:45.80	04:45:00.65	+01:47:11 (37.6%)	9:29	6.3 (62.4%)

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									netto 30km	brutto 30km			
89	FIRAZA Łukasz	6146	NAPIERACZE	M30	28	01:33:04	03:02:20		04:48:34.55	04:49:18.75	+01:51:29 (38.5%)	9:37	6.2 (61.4%)
90	SOSIŃSKI Tomasz	6107	NAPIERACZE	M30	29	01:33:08	03:02:20		04:49:05.10	04:49:49.50	+01:51:59 (38.6%)	9:38	6.2 (61.4%)
91	KIJEWSKA - RAJ Karolina	6041		K40	11	01:33:57	03:03:24		04:54:06.85	04:54:23.80	+01:56:34 (39.6%)	9:48	6.1 (60.4%)
92	RYBIENIK Lech	6098		M40	22	01:33:56	03:03:21		04:54:05.80	04:54:23.95	+01:56:34 (39.6%)	9:48	6.1 (60.4%)
93	POPŁAWSKI Krzysiek	6092	REEBOK RUN CREW	M40	23	01:33:58	03:03:32		04:54:07.55	04:54:25.30	+01:56:35 (39.6%)	9:48	6.1 (60.4%)
94	TARASZEWSKA Paulina	6116		K30	10	01:34:09	03:03:41		04:54:18.60	04:54:26.95	+01:56:37 (39.6%)	9:48	6.1 (60.4%)
95	KOZŁOWSKI Piotr	6057	HUSARIA RACE TEAM	M40	24	01:39:07	03:05:41		04:55:38.15	04:56:05.45	+01:58:15 (39.9%)	9:51	6.1 (60.4%)
96	WILK Magdalena	6130	TEAM ZABIEGANEDNI	K40	12	01:35:35	03:06:03		04:56:58.05	04:57:07.90	+01:59:18 (40.2%)	9:53	6.1 (60.4%)
97	OSIAL Aneta	6079		K20	7	01:33:33	03:14:47		04:56:59.80	04:57:13.40	+01:59:23 (40.2%)	9:54	6.1 (60.4%)
98	TOMASZUK Ewelina	6121		K20	8	01:33:38	03:14:52		04:57:05.45	04:57:13.50	+01:59:23 (40.2%)	9:54	6.1 (60.4%)
99	TANJGA-NAWROT Konstancja	6158	DELOITTE ADVENTURE TEAM	K30	11	01:39:56	03:08:06		04:57:03.80	04:57:44.00	+01:59:54 (40.3%)	9:54	6.1 (60.4%)
100	NAWROT Michał	6159		M30	30	01:40:04	03:08:04		04:57:02.65	04:57:44.30	+01:59:54 (40.3%)	9:54	6.1 (60.4%)
101	SOKOŁOWSKI Artur	6106	TEAM ZABIEGANEDNI	M40	25	01:35:47	03:06:09		04:58:02.95	04:58:15.60	+02:00:25 (40.4%)	9:56	6 (59.4%)
102	GRZELAKOWSKA Małgorzata Agata	6028		K40	13	01:34:54	03:06:29		04:58:01.50	04:58:31.35	+02:00:41 (40.4%)	9:56	6 (59.4%)
103	SZPAKOWSKA Malgorzata	6112		K30	12	01:43:24	03:14:36		04:58:29.05	04:58:47.75	+02:00:58 (40.5%)	9:56	6 (59.4%)
104	LEMIESZ Marcin	6063		M30	31	01:39:03	03:07:46		04:58:48.75	04:58:56.45	+02:01:06 (40.5%)	9:57	6 (59.4%)
105	WEBER Agata	6127	JACEKBIEGA RUNNING TEAM	K40	14	01:50:23	03:14:46		04:59:57.50	05:00:03.25	+02:02:13 (40.7%)	9:59	6 (59.4%)
105	FRYBES Agnieszka	6150		K30	13	01:50:12	03:14:48		04:59:57.90	05:00:03.25	+02:02:13 (40.7%)	9:59	6 (59.4%)
107	WRZOSEK Justyna	6135	TSA SANDOMIERZ	K30	14	01:41:06	03:16:02		05:01:05.10	05:01:23.50	+02:03:33 (41.0%)	10:02	6 (59.4%)
107	PAWELEC Justyna	6084	TSA SANDOMIERZ	K30	14	01:41:15	03:16:02		05:01:05.65	05:01:23.50	+02:03:33 (41.0%)	10:02	6 (59.4%)
109	SKURSKA Monika	6102		K40	15	01:36:49	03:07:54		05:03:08.20	05:03:19.35	+02:05:29 (41.4%)	10:06	5.9 (58.4%)
110	WYGLĄDAŁA Michał	6137		M30	32	01:34:47	03:05:49		05:03:21.05	05:03:36.50	+02:05:46 (41.4%)	10:06	5.9 (58.4%)
111	ORDON Dorota	6078		K30	16	01:34:36	03:06:36		05:03:11.45	05:03:36.55	+02:05:46 (41.4%)	10:06	5.9 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_kontrolny 12km	Punkt_kontrolny 19km	Kara/ bonifikata	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
112	PAPIERNAK Anna	6082		K30	17	01:34:51	03:06:26		05:03:09.85	05:03:36.60	+02:05:46 (41.4%)	10:06	5.9 (58.4%)
113	STOŃ Wojciech	6110		M30	33	01:34:47	03:07:48		05:03:22.40	05:03:37.10	+02:05:47 (41.4%)	10:06	5.9 (58.4%)
114	CEBRAT Tomasz	6013	POZYTYWNIIE ZABIEGANI SANOK	M40	26	01:37:04	03:06:02		05:03:16.60	05:03:54.85	+02:06:05 (41.5%)	10:06	5.9 (58.4%)
115	ZADROŻNA Dorota	6138	JACK RUNNER	K40	16	01:36:35	03:06:25		05:03:28.60	05:04:17.45	+02:06:27 (41.6%)	10:06	5.9 (58.4%)
116	GINTER Katarzyna	6148		K30	18	01:46:12	03:14:57		05:07:52.10	05:08:22.45	+02:10:32 (42.3%)	10:15	5.8 (57.4%)
117	GINTER Grzegorz	6025	AZS COLLEGIUM MEDICUM UJ	M30	34	01:46:12	03:14:56		05:07:52.55	05:08:22.55	+02:10:32 (42.3%)	10:15	5.8 (57.4%)
118	WILCZYŃSKA-KOGUT Aleksandra	6129	NIGHT RUNNERS GLIWICE	K40	17	01:43:46	03:16:20		05:10:29.35	05:10:40.80	+02:12:51 (42.8%)	10:20	5.8 (57.4%)
119	TOMASIK Piotr	6120	REEBOKRUNCREW LDZ	M30	35	01:39:11	03:05:50		05:10:09.65	05:10:50.35	+02:13:00 (42.8%)	10:20	5.8 (57.4%)
120	DŁUGOSZ Kasia	6017	STAY INSANE	K30	19	01:40:18	03:16:28		05:11:08.25	05:11:20.70	+02:13:31 (42.9%)	10:22	5.8 (57.4%)
121	LEDWOŃ Aneta	6061		K40	18	01:43:35	03:16:24		05:11:24.55	05:11:34.75	+02:13:45 (42.9%)	10:22	5.8 (57.4%)
122	PANENKA Małgorzata	6081	NIGHT RUNNERS GLIWICE	K40	19	01:43:41	03:16:17		05:11:18.00	05:11:34.95	+02:13:45 (42.9%)	10:22	5.8 (57.4%)
Przekroczony limit czasu: 05:15:00													
123	KULITA Elżbieta	6060	TAK LUBIĘ SANDOMIERZ	K40	20	01:35:28	03:14:33		05:15:12.35	05:15:42.25	+02:17:52 (43.7%)	10:30	5.7 (56.4%)
124	STROŃSKA Agnieszka	6111	KOPALNIA MOCY TARNOBZEG	K40	21	01:39:11	03:14:31		05:15:12.10	05:15:43.45	+02:17:53 (43.7%)	10:30	5.7 (56.4%)
125	MATYJEWICZ Klaudia	6071	BIEGOWE ENDORFINY	K20	9	01:42:57	03:16:11		05:17:40.80	05:18:15.10	+02:20:25 (44.1%)	10:35	5.7 (56.4%)
126	KOCZYK Artur	6048		M30	36	01:42:57	03:16:11		05:17:40.25	05:18:15.20	+02:20:25 (44.1%)	10:35	5.7 (56.4%)
127	COFALSKI Jakub	6016		M30	37	01:42:45	03:17:34		05:20:45.10	05:21:19.25	+02:23:29 (44.7%)	10:41	5.6 (55.4%)
128	PIOTROWSKI Marek	6087		M50	4	01:43:48	03:25:56		05:31:48.25	05:31:57.45	+02:34:07 (46.4%)	11:03	5.4 (53.5%)
129	GORCZYCA Angelika	6026		K20	10	01:43:30	03:21:58		05:36:23.10	05:36:36.30	+02:38:46 (47.2%)	11:12	5.4 (53.5%)
130	URBAŃSKA Mariola	6124	URBUD TEAM	K40	22	01:49:35	03:28:19		05:51:24.70	05:51:30.85	+02:53:41 (49.4%)	11:42	5.1 (50.5%)
131	ŻUBROWSKA Aneta	6151		K40	23	01:51:57	03:33:26		05:51:24.35	05:51:31.30	+02:53:41 (49.4%)	11:42	5.1 (50.5%)
132	WSZELAK Ilona	6136	ŁUBUDUBU	K40	24	01:48:55	03:27:45		05:51:00.70	05:51:50.35	+02:54:00 (49.5%)	11:42	5.1 (50.5%)
133	WOŹNIAK Monika	6133	#RUNFORSMAIL	K40	25	01:50:32	03:27:14		05:50:53.20	05:52:04.80	+02:54:15 (49.5%)	11:41	5.1 (50.5%)
134	ŻUK Wiktoria	6143	#RUNFORSMILE	K20	11	01:50:02	03:27:03		05:50:56.85	05:52:04.85	+02:54:15 (49.5%)	11:41	5.1 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Punkt_kontrolny 12km	Punkt_kontrolny 19km	Kara/ bonifikata	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
134	ŻUK Agata	6144	#RUNFORSMILE	K40	26	01:50:08	03:27:05		05:50:58.45	05:52:04.85	+02:54:15 (49.5%)	11:41	5.1 (50.5%)
136	JACZAK Anna	6035	#RUNFORSMILE	K40	27	01:50:43	03:27:19		05:50:58.65	05:52:05.25	+02:54:15 (49.5%)	11:41	5.1 (50.5%)

Znaleziono 136 wynik(ów)