

# RZEŹNIK NA RATY - DZIEŃ I

B4SPORT

**Wydarzenie:** Festiwal Biegu Rzeźnika  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2017-06-12  
**Miejsce:** Komańcza  
**Dystans:** 33 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Zebrak 16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>PIECH Kacper</b>	<b>2134</b>	ETAPOWATRIADA.PL/ASICS FRONTRUNNER POLSKA	M20	1	01:27:40	<b>02:43:54.30</b>	<b>02:43:54.95</b>		4:58	12.1 (100%)
2	<b>POLAŃSKI Tomasz</b>	<b>2005</b>	B4SPORT	M40	1	01:29:45	<b>02:50:45.30</b>	<b>02:50:46.85</b>	+00:06:51 (4.0%)	5:10	11.6 (95.9%)
3	<b>PAŁKA Tomasz</b>	<b>2023</b>	LUZYX	M30	1	01:38:08	<b>03:08:10.70</b>	<b>03:08:23.95</b>	+00:24:29 (13.0%)	5:42	10.5 (86.8%)
4	<b>PAWĘZKA Mirosław</b>	<b>2039</b>	BANDA GRUDNIA / ORANGE POLSKA	M30	2	01:41:59	<b>03:15:03.30</b>	<b>03:15:05.75</b>	+00:31:10 (16.0%)	5:54	10.2 (84.3%)
5	<b>MOĆKO Jacek</b>	<b>2026</b>		M20	2	01:44:56	<b>03:15:10.95</b>	<b>03:15:12.80</b>	+00:31:17 (16.0%)	5:54	10.1 (83.5%)
6	<b>SKALSKI Radosław</b>	<b>2155</b>	KB AKTYWNI KONIN	M40	2	01:45:09	<b>03:22:06.90</b>	<b>03:22:10.60</b>	+00:38:15 (18.9%)	6:07	9.8 (81.0%)
7	<b>LUBAŃSKI Robert</b>	<b>2073</b>		M50	1	01:45:45	<b>03:27:47.25</b>	<b>03:27:50.00</b>	+00:43:55 (21.1%)	6:17	9.5 (78.5%)
8	<b>PYRKOSZ Damian</b>	<b>2029</b>		M40	3	01:53:11	<b>03:33:10.55</b>	<b>03:33:12.90</b>	+00:49:17 (23.1%)	6:27	9.3 (76.9%)
9	<b>PAPUGA Dariusz</b>	<b>2037</b>	ZADYSZKA OŚWIĘCIM	M50	2	01:50:58	<b>03:33:59.55</b>	<b>03:34:02.10</b>	+00:50:07 (23.4%)	6:29	9.3 (76.9%)
10	<b>GURGUL Sebastian</b>	<b>2019</b>	AROMAT NÓG	M30	3	01:49:38	<b>03:36:23.15</b>	<b>03:36:26.40</b>	+00:52:31 (24.3%)	6:33	9.2 (76.0%)
11	<b>KOZIŃSKI Marek</b>	<b>2111</b>	RUN BYDGOSZCZ	M30	4	02:01:56	<b>03:41:21.80</b>	<b>03:41:25.05</b>	+00:57:30 (26.0%)	6:42	8.9 (73.6%)
12	<b>BUCZYŃSKI Adam</b>	<b>2097</b>	NOKIA KRAKÓW	M40	4	01:58:25	<b>03:41:33.45</b>	<b>03:41:37.30</b>	+00:57:42 (26.0%)	6:42	8.9 (73.6%)
13	<b>MAJER Damian</b>	<b>2088</b>	ROZBIEGANA KRUSZWICA	M40	5	01:52:49	<b>03:41:39.80</b>	<b>03:41:42.25</b>	+00:57:47 (26.1%)	6:43	8.9 (73.6%)
14	<b>LANGE Beata</b>	<b>2072</b>		K40	1	02:01:55	<b>03:41:40.70</b>	<b>03:41:45.30</b>	+00:57:50 (26.1%)	6:43	8.9 (73.6%)
15	<b>SALSKI Rafał</b>	<b>2076</b>	1968	M40	6	01:54:46	<b>03:42:29.30</b>	<b>03:42:31.20</b>	+00:58:36 (26.3%)	6:44	8.9 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Zebrak 16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>SYDORUK Aleksander</b>	<b>2046</b>	12TRI.PL SS DRUŻYNA WILKA	M40	7	01:54:57	<b>03:46:42.20</b>	<b>03:46:45.05</b>	+01:02:50 (27.7%)	6:52	8.7 (71.9%)
17	<b>RYCHTER Karol</b>	<b>2131</b>	RYCHTEROWIE	M40	8	02:00:43	<b>03:50:51.40</b>	<b>03:50:54.70</b>	+01:06:59 (29.0%)	6:59	8.6 (71.1%)
18	<b>SEICHTER Adam</b>	<b>2110</b>	PRORUNNING PROMOTION	M40	9	02:03:06	<b>03:52:54.70</b>	<b>03:52:58.55</b>	+01:09:03 (29.6%)	7:03	8.5 (70.2%)
19	<b>CZELNY Tomasz</b>	<b>2016</b>	SMASHING PĄPKINS	M30	5	02:02:37	<b>03:53:41.15</b>	<b>03:53:48.45</b>	+01:09:53 (29.9%)	7:04	8.5 (70.2%)
20	<b>KACZMARCZYK Urszula</b>	<b>2048</b>	PRO - RUN WROCŁAW / KARKONOSZ RUNNING TEAM	K30	1	02:05:56	<b>03:58:18.60</b>	<b>03:58:24.50</b>	+01:14:29 (31.2%)	7:13	8.3 (68.6%)
21	<b>WARĘCKA Kasia</b>	<b>2069</b>		K20	1	02:08:06	<b>04:01:20.45</b>	<b>04:01:26.00</b>	+01:17:31 (32.1%)	7:18	8.2 (67.8%)
22	<b>STODOLNY Krzysztof</b>	<b>2074</b>		M50	3	02:03:45	<b>04:02:50.30</b>	<b>04:02:53.75</b>	+01:18:58 (32.5%)	7:21	8.2 (67.8%)
23	<b>WIADERNA Nina</b>	<b>2027</b>		K30	2	02:08:22	<b>04:03:25.05</b>	<b>04:03:30.55</b>	+01:19:35 (32.7%)	7:22	8.1 (66.9%)
24	<b>TOMCZAK Agnieszka</b>	<b>2054</b>		K40	2	02:09:17	<b>04:03:55.80</b>	<b>04:04:01.20</b>	+01:20:06 (32.8%)	7:23	8.1 (66.9%)
25	<b>SZOPIŃSKA Agnieszka</b>	<b>2052</b>		K30	3	02:09:20	<b>04:05:06.80</b>	<b>04:05:12.00</b>	+01:21:17 (33.2%)	7:25	8.1 (66.9%)
26	<b>SAMEREK Dariusz</b>	<b>2136</b>		M30	6	02:08:09	<b>04:06:17.10</b>	<b>04:06:21.35</b>	+01:22:26 (33.5%)	7:27	8 (66.1%)
27	<b>JASKULSKI Karol</b>	<b>2119</b>	MARMEL	M30	7	02:08:09	<b>04:06:17.25</b>	<b>04:06:21.60</b>	+01:22:26 (33.5%)	7:27	8 (66.1%)
28	<b>WALCZAK Agnieszka</b>	<b>2102</b>	PKO BP SA	K40	3	02:14:06	<b>04:07:20.80</b>	<b>04:07:29.75</b>	+01:23:34 (33.8%)	7:29	8 (66.1%)
29	<b>SZOŁTYSEK Wojciech</b>	<b>2047</b>	OCHAJORUN&FRIENDS	M40	10	02:12:16	<b>04:07:21.45</b>	<b>04:07:29.90</b>	+01:23:34 (33.8%)	7:29	8 (66.1%)
30	<b>STASICA Arkadiusz</b>	<b>2099</b>	NIEZRZESZONY	M50	4	02:09:46	<b>04:08:51.80</b>	<b>04:09:01.30</b>	+01:25:06 (34.2%)	7:32	8 (66.1%)
31	<b>MAJOR Zby</b>	<b>2015</b>	NIGHT RUNNERS	M40	11	02:10:31	<b>04:09:27.55</b>	<b>04:09:32.65</b>	+01:25:37 (34.3%)	7:33	7.9 (65.3%)
32	<b>DZIEDZINA Tomasz</b>	<b>2021</b>	NIGHT RUNNERS	M30	8	02:10:32	<b>04:09:27.90</b>	<b>04:09:32.70</b>	+01:25:37 (34.3%)	7:33	7.9 (65.3%)
33	<b>NOWAK Jarosław</b>	<b>2032</b>	SPC TORUŃ	M40	12	02:07:24	<b>04:10:13.00</b>	<b>04:10:17.15</b>	+01:26:22 (34.5%)	7:34	7.9 (65.3%)
34	<b>RYCHTER Marcin</b>	<b>2115</b>	RYCHTEROWIE	M40	13	02:02:44	<b>04:11:42.10</b>	<b>04:11:46.40</b>	+01:27:51 (34.9%)	7:37	7.9 (65.3%)
35	<b>LIBEREK Renata</b>	<b>2062</b>		K40	4	02:10:58	<b>04:16:04.35</b>	<b>04:16:11.75</b>	+01:32:16 (36.0%)	7:45	7.7 (63.6%)
36	<b>STEGNER Anna</b>	<b>2055</b>		K40	5	02:18:13	<b>04:16:18.10</b>	<b>04:16:20.15</b>	+01:32:25 (36.1%)	7:46	7.7 (63.6%)
37	<b>FUKS Wiktoria</b>	<b>2018</b>	NIGHT RUNNERS +	K20	2	02:19:32	<b>04:16:46.30</b>	<b>04:16:50.75</b>	+01:32:55 (36.2%)	7:46	7.7 (63.6%)
38	<b>SZPAIDEL Pawel</b>	<b>2014</b>		M30	9	02:15:44	<b>04:17:56.50</b>	<b>04:18:02.80</b>	+01:34:07 (36.5%)	7:48	7.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Zebrak 16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
39	<b>GULAN Norbert</b>	<b>2129</b>	MOYA MATCHA	M30	10	02:15:42	<b>04:18:38.45</b>	<b>04:18:49.05</b>	+01:34:54 (36.7%)	7:50	7.7 (63.6%)
40	<b>PODLASZEWSKI Jacek</b>	<b>2077</b>	VENI,CUCURRI,VICI	M40	14	02:16:33	<b>04:22:57.65</b>	<b>04:23:00.80</b>	+01:39:05 (37.7%)	7:58	7.5 (62.0%)
41	<b>KOWALSKA Justyna</b>	<b>2094</b>	MORSY OŚNO LUBUSKIE	K30	4	02:14:23	<b>04:23:46.50</b>	<b>04:23:53.10</b>	+01:39:58 (37.9%)	7:59	7.5 (62.0%)
42	<b>STEFAŃCZYK Monika</b>	<b>2003</b>	VEGE RUNNERS	K30	5	02:19:39	<b>04:24:18.55</b>	<b>04:24:29.80</b>	+01:40:34 (38.0%)	8:00	7.5 (62.0%)
43	<b>ODYA Marcin</b>	<b>2080</b>	EASY RUNNER	M40	15	02:14:19	<b>04:25:00.30</b>	<b>04:25:02.60</b>	+01:41:07 (38.2%)	8:01	7.5 (62.0%)
44	<b>ZAJAC Andrzej</b>	<b>2130</b>	NOKIA KRAKÓW	M40	16	02:16:26	<b>04:28:41.45</b>	<b>04:28:45.00</b>	+01:44:50 (39.0%)	8:08	7.4 (61.2%)
45	<b>BARTŁOMIEJSKA Urszula</b>	<b>2060</b>		K30	6	02:17:45	<b>04:28:46.55</b>	<b>04:28:52.25</b>	+01:44:57 (39.0%)	8:08	7.4 (61.2%)
46	<b>ZAMOJSKI Bogumił</b>	<b>2057</b>		M40	17	02:18:34	<b>04:28:52.55</b>	<b>04:28:56.70</b>	+01:45:01 (39.1%)	8:08	7.4 (61.2%)
47	<b>ROWIŃSKI Tomasz</b>	<b>2124</b>	GOLIAT LEONCIN	M40	18	02:16:51	<b>04:28:54.45</b>	<b>04:29:02.50</b>	+01:45:07 (39.1%)	8:08	7.4 (61.2%)
48	<b>SIEDLACZEK Zbigniew</b>	<b>2024</b>	SKLEP BIEGACZA LUBLIN TEAM	M60	1	02:16:25	<b>04:29:34.95</b>	<b>04:29:45.25</b>	+01:45:50 (39.2%)	8:10	7.3 (60.3%)
49	<b>WILCZAK Katarzyna</b>	<b>2043</b>		K20	3	02:23:10	<b>04:30:32.30</b>	<b>04:30:38.35</b>	+01:46:43 (39.4%)	8:11	7.3 (60.3%)
50	<b>CEGIEŁKO Paweł</b>	<b>2121</b>		M40	19	02:30:19	<b>04:34:35.55</b>	<b>04:34:45.30</b>	+01:50:50 (40.3%)	8:19	7.2 (59.5%)
51	<b>RAFAŁ Eliza</b>	<b>2065</b>		K30	7	02:21:32	<b>04:34:56.05</b>	<b>04:35:00.90</b>	+01:51:05 (40.4%)	8:19	7.2 (59.5%)
52	<b>ŁYSAKIEWICZ Paweł</b>	<b>1886</b>	JACEKBIEGA RUNNING TEAM	M30	11	02:23:11	<b>04:36:35.20</b>	<b>04:36:41.20</b>	+01:52:46 (40.8%)	8:22	7.2 (59.5%)
53	<b>ŻAK Oliwia</b>	<b>2011</b>	PIASECZNO RUNNING	K30	8	02:22:11	<b>04:40:44.70</b>	<b>04:40:47.15</b>	+01:56:52 (41.6%)	8:30	7.1 (58.7%)
54	<b>LEHMANN Lukasz</b>	<b>2133</b>		M30	12	02:17:10	<b>04:42:52.10</b>	<b>04:42:56.15</b>	+01:59:01 (42.1%)	8:34	7 (57.9%)
55	<b>DOMINIAK Michał</b>	<b>2138</b>	KB OŻARÓW MAZOWIECKI BIEGA	M30	13	02:25:49	<b>04:42:47.55</b>	<b>04:42:56.30</b>	+01:59:01 (42.1%)	8:34	7 (57.9%)
56	<b>SLENDAK Jacek</b>	<b>2041</b>	HUSARIA RACE TEAM	M20	3	02:29:20	<b>04:42:44.05</b>	<b>04:42:56.50</b>	+01:59:01 (42.1%)	8:34	7 (57.9%)
57	<b>PRYCIŃSKA Wiesława</b>	<b>2112</b>	CAFE SZKOLNA 16	K40	6	02:29:56	<b>04:46:41.90</b>	<b>04:46:48.50</b>	+02:02:53 (42.8%)	8:41	6.9 (57.0%)
58	<b>USZYŃSKI Grzegorz</b>	<b>2141</b>	OTK RZEŹNIK	M40	20	02:27:12	<b>04:46:31.40</b>	<b>04:46:48.60</b>	+02:02:53 (42.8%)	8:40	6.9 (57.0%)
59	<b>PRYCINSKI Krzysztof</b>	<b>2113</b>	CAFE SZKOLNA 16	M40	21	02:29:57	<b>04:46:42.10</b>	<b>04:46:48.85</b>	+02:02:53 (42.8%)	8:41	6.9 (57.0%)
60	<b>SAWICKI Bartosz</b>	<b>2093</b>	JACEKBIEGA RUNNING TEAM	M30	14	02:30:52	<b>04:46:53.00</b>	<b>04:46:59.00</b>	+02:03:04 (42.9%)	8:41	6.9 (57.0%)
61	<b>ONAK Izabela</b>	<b>2058</b>	OCHAJORUN & FRIENDS	K40	7	02:33:47	<b>04:46:55.55</b>	<b>04:47:04.70</b>	+02:03:09 (42.9%)	8:41	6.9 (57.0%)

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62	<b>JANOWSKA Agnieszka</b>	<b>2117</b>	SZATANY	K30	9	02:33:44	<b>04:46:59.40</b>	<b>04:47:10.30</b>	+02:03:15 (42.9%)	8:41	6.9 (57.0%)
63	<b>KAMINSKA Karolina</b>	<b>2127</b>	SHELL KRAKÓW / LES FAMES COURANT DANS LES FORETS	K30	10	02:26:08	<b>04:47:21.30</b>	<b>04:47:33.10</b>	+02:03:38 (43.0%)	8:42	6.9 (57.0%)
64	<b>DROZD Ola</b>	<b>2092</b>		K40	8	02:32:31	<b>04:49:59.85</b>	<b>04:50:09.65</b>	+02:06:14 (43.5%)	8:47	6.8 (56.2%)
65	<b>RYŁKO Mariola</b>	<b>2084</b>	SOLINA TEAM	K40	9	02:30:57	<b>04:50:11.35</b>	<b>04:50:19.90</b>	+02:06:24 (43.5%)	8:47	6.8 (56.2%)
66	<b>PIETYRA Karolina</b>	<b>2045</b>		K30	11	02:35:54	<b>04:54:57.25</b>	<b>04:55:06.30</b>	+02:11:11 (44.5%)	8:56	6.7 (55.4%)
67	<b>PIĄTEK Filip</b>	<b>2118</b>	SZATANY	M30	15	02:33:42	<b>04:56:56.70</b>	<b>04:57:07.50</b>	+02:13:12 (44.8%)	8:59	6.7 (55.4%)
68	<b>SREBRNY Mirosław</b>	<b>2075</b>		M40	22	02:31:06	<b>04:57:10.55</b>	<b>04:57:20.35</b>	+02:13:25 (44.9%)	9:00	6.7 (55.4%)
69	<b>PLASZCZYK Tomasz</b>	<b>2125</b>	SZTAFETA NADZIEI	M40	23	02:31:23	<b>04:57:07.25</b>	<b>04:57:20.60</b>	+02:13:25 (44.9%)	9:00	6.7 (55.4%)
70	<b>WOJCIUK Tomasz</b>	<b>2109</b>		M30	16	02:33:30	<b>04:57:23.15</b>	<b>04:57:34.55</b>	+02:13:39 (44.9%)	9:00	6.7 (55.4%)
71	<b>CZAJKA Joanna</b>	<b>2116</b>		K30	12	02:34:45	<b>04:57:36.85</b>	<b>04:57:46.65</b>	+02:13:51 (45.0%)	9:01	6.7 (55.4%)
72	<b>MĄCZKA Krystyna</b>	<b>2002</b>	OTK RZEŹNIK	K60	1	02:38:22	<b>04:58:13.60</b>	<b>04:58:26.05</b>	+02:14:31 (45.1%)	9:02	6.6 (54.5%)
73	<b>ZIELIŃSKI Łukasz</b>	<b>2103</b>		M40	24	02:33:35	<b>04:58:59.05</b>	<b>04:59:10.55</b>	+02:15:15 (45.2%)	9:03	6.6 (54.5%)
74	<b>PLISZCZYŃSKA Justyna</b>	<b>2063</b>	INSANE RUNNERS	K40	10	02:36:02	<b>05:00:01.20</b>	<b>05:00:07.80</b>	+02:16:12 (45.4%)	9:05	6.6 (54.5%)
75	<b>BALICKI Marcin</b>	<b>2083</b>		M30	17	02:33:50	<b>05:00:24.65</b>	<b>05:00:33.10</b>	+02:16:38 (45.5%)	9:06	6.6 (54.5%)
76	<b>JUSZCZAK Zbigniew</b>	<b>2101</b>	NIEZRZESZONY	M50	5	02:39:24	<b>05:01:32.45</b>	<b>05:01:44.30</b>	+02:17:49 (45.7%)	9:08	6.6 (54.5%)
77	<b>JUSZCZAK Anna</b>	<b>2100</b>		K50	1	02:39:22	<b>05:01:33.10</b>	<b>05:01:44.45</b>	+02:17:49 (45.7%)	9:08	6.6 (54.5%)
78	<b>SZCZEPKOWSKI Paweł</b>	<b>2056</b>	ARTEQUIPMENT	M60	2	02:37:20	<b>05:02:09.45</b>	<b>05:02:14.40</b>	+02:18:19 (45.8%)	9:09	6.6 (54.5%)
79	<b>FURMAN Agnieszka</b>	<b>2012</b>	OCHAJO RUN&FRIENDS	K30	13	02:36:25	<b>05:02:07.15</b>	<b>05:02:16.10</b>	+02:18:21 (45.8%)	9:09	6.6 (54.5%)
80	<b>JAWOROWICZ Dobrochna</b>	<b>2053</b>		K40	11	02:43:28	<b>05:06:26.35</b>	<b>05:06:31.60</b>	+02:22:36 (46.5%)	9:17	6.5 (53.7%)
81	<b>MORAWSKA Anna</b>	<b>2001</b>		K60	2	02:43:36	<b>05:08:39.55</b>	<b>05:08:46.75</b>	+02:24:51 (46.9%)	9:21	6.4 (52.9%)
82	<b>PRZYBYŁO Janusz</b>	<b>2090</b>		M60	3	02:35:31	<b>05:11:50.70</b>	<b>05:12:03.80</b>	+02:28:08 (47.5%)	9:26	6.3 (52.1%)
83	<b>MILCZAREK Jacek</b>	<b>2067</b>	PEŁZACZ NIZINNY	M30	18	02:45:31	<b>05:12:00.65</b>	<b>05:12:04.90</b>	+02:28:09 (47.5%)	9:27	6.3 (52.1%)
84	<b>LASKOWSKI Marcin</b>	<b>2068</b>	PEŁZACZ NIZINNY	M40	25	02:45:31	<b>05:12:01.30</b>	<b>05:12:06.25</b>	+02:28:11 (47.5%)	9:27	6.3 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Zebrak 16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
85	<b>RACZKOWSKA Beata</b>	<b>2078</b>		K50	2	02:44:39	<b>05:15:59.10</b>	<b>05:16:09.15</b>	+02:32:14 (48.2%)	9:34	6.3 (52.1%)
86	<b>MAJ Anna</b>	<b>2071</b>		K40	12	02:45:15	<b>05:16:00.05</b>	<b>05:16:09.40</b>	+02:32:14 (48.2%)	9:34	6.3 (52.1%)
87	<b>RACZKOWSKI Jacek</b>	<b>2079</b>		M50	6	02:44:36	<b>05:15:59.55</b>	<b>05:16:09.60</b>	+02:32:14 (48.2%)	9:34	6.3 (52.1%)
88	<b>JAWORSKI Bartłomiej</b>	<b>2034</b>	SPC	M20	4	02:50:18	<b>05:17:50.05</b>	<b>05:17:55.90</b>	+02:34:00 (48.4%)	9:37	6.2 (51.2%)
89	<b>ZAWROTNIAK Mariusz</b>	<b>2105</b>		M30	19	02:39:47	<b>05:18:58.40</b>	<b>05:19:04.55</b>	+02:35:09 (48.6%)	9:39	6.2 (51.2%)
90	<b>PERKOWSKI Tomasz</b>	<b>2122</b>	EUROCASH	M30	20	02:39:59	<b>05:18:52.85</b>	<b>05:19:04.70</b>	+02:35:09 (48.6%)	9:39	6.2 (51.2%)
91	<b>RADZIŃSKA-KAMYSZEK Ewa</b>	<b>2042</b>	SPC	K50	3	02:43:06	<b>05:23:45.25</b>	<b>05:23:51.75</b>	+02:39:56 (49.4%)	9:48	6.1 (50.4%)
92	<b>DOBRZYŃSKA Małgorzata</b>	<b>2030</b>	SPC	K50	4	02:43:03	<b>05:23:57.40</b>	<b>05:24:04.70</b>	+02:40:09 (49.4%)	9:49	6.1 (50.4%)
93	<b>KUKAWSKA Joanna</b>	<b>2000</b>	COCA COLA RUNNERS	K50	5	02:43:33	<b>05:25:19.70</b>	<b>05:25:27.55</b>	+02:41:32 (49.6%)	9:51	6.1 (50.4%)
94	<b>GÓRA Natalia</b>	<b>2082</b>		K20	4	02:42:53	<b>05:29:10.00</b>	<b>05:29:14.85</b>	+02:45:19 (50.2%)	9:58	6 (49.6%)
95	<b>SUŁEK Cezary</b>	<b>2033</b>		M40	26	02:48:09	<b>05:29:26.20</b>	<b>05:29:32.20</b>	+02:45:37 (50.3%)	9:58	6 (49.6%)
96	<b>BAKA Mateusz</b>	<b>2022</b>	GTS TRADYCJA	M20	5	02:52:24	<b>05:33:43.00</b>	<b>05:33:55.45</b>	+02:50:00 (50.9%)	10:06	5.9 (48.8%)
97	<b>BAKA Marcin</b>	<b>2017</b>	GTS TRADYCJA	M50	7	02:52:23	<b>05:33:43.10</b>	<b>05:33:55.65</b>	+02:50:00 (50.9%)	10:06	5.9 (48.8%)
98	<b>STRZELECKI Artur</b>	<b>2139</b>		M50	8	02:51:22	<b>05:34:44.90</b>	<b>05:34:53.65</b>	+02:50:58 (51.1%)	10:08	5.9 (48.8%)
99	<b>WŁODARCZYK Teresa</b>	<b>2044</b>	SPC	K50	6	02:51:05	<b>05:39:04.40</b>	<b>05:39:12.05</b>	+02:55:17 (51.7%)	10:16	5.8 (47.9%)
100	<b>BŁASIŃSKA Żaneta</b>	<b>2064</b>		K40	13	02:51:07	<b>05:39:05.15</b>	<b>05:39:12.90</b>	+02:55:17 (51.7%)	10:16	5.8 (47.9%)
101	<b>ŁADNIAK Jerzy</b>	<b>2098</b>	NIEZRZESZONY	M50	9	02:51:15	<b>05:39:04.30</b>	<b>05:39:14.00</b>	+02:55:19 (51.7%)	10:16	5.8 (47.9%)
102	<b>COFALSKI Jakub</b>	<b>2081</b>		M30	21	02:51:08	<b>05:39:11.80</b>	<b>05:39:20.15</b>	+02:55:25 (51.7%)	10:16	5.8 (47.9%)
103	<b>MODZELEWSKA Karolina</b>	<b>2028</b>	SPC	K30	14	02:55:54	<b>05:39:14.30</b>	<b>05:39:21.35</b>	+02:55:26 (51.7%)	10:16	5.8 (47.9%)
104	<b>BAK Andrzej</b>	<b>2137</b>	SPC	M40	27	02:51:07	<b>05:39:15.70</b>	<b>05:39:23.10</b>	+02:55:28 (51.7%)	10:16	5.8 (47.9%)
105	<b>DORSZEWSKA Bożena</b>	<b>2107</b>		K50	7	03:06:36	<b>05:42:52.55</b>	<b>05:43:00.05</b>	+02:59:05 (52.2%)	10:23	5.8 (47.9%)
106	<b>PODKÓWKA Zbigniew</b>	<b>2108</b>		M50	10	03:06:38	<b>05:42:55.85</b>	<b>05:43:03.60</b>	+02:59:08 (52.2%)	10:23	5.8 (47.9%)
107	<b>OBARSKI Norbert</b>	<b>2096</b>		M50	11	02:48:48	<b>05:50:36.35</b>	<b>05:50:45.85</b>	+03:06:50 (53.3%)	10:37	5.6 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Zebrak 16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
108	<b>DUBAS Mateusz</b>	<b>2089</b>	SPORTID	M20	6	03:01:09	<b>05:51:30.90</b>	<b>05:51:38.10</b>	+03:07:43 (53.4%)	10:39	5.6 (46.3%)
109	<b>NOWOWIEJSKI Grzegorz</b>	<b>2085</b>		M40	28	03:01:09	<b>05:51:31.20</b>	<b>05:51:39.15</b>	+03:07:44 (53.4%)	10:39	5.6 (46.3%)
110	<b>ROGACKA-RZEPKA Maria</b>	<b>2070</b>		K40	14	03:05:03	<b>05:51:29.05</b>	<b>05:51:39.95</b>	+03:07:45 (53.4%)	10:39	5.6 (46.3%)
111	<b>MARONDEL Katarzyna</b>	<b>2007</b>	FESTIWAL BIEGOWY	K30	15	03:00:55	<b>05:51:46.45</b>	<b>05:51:56.75</b>	+03:08:01 (53.4%)	10:39	5.6 (46.3%)
112	<b>ŁUCZAK Adrian</b>	<b>2132</b>	THE CAKE IS A LIE	M20	7	02:55:14	<b>05:51:57.25</b>	<b>05:52:02.05</b>	+03:08:07 (53.4%)	10:39	5.6 (46.3%)
113	<b>OBARSKA Małgorzata</b>	<b>2095</b>		K50	8	03:04:57	<b>05:59:40.00</b>	<b>05:59:50.75</b>	+03:15:55 (54.4%)	10:53	5.5 (45.5%)
114	<b>MOCZADŁO Maria</b>	<b>2035</b>	SPC	K40	15	02:56:19	<b>06:06:57.50</b>	<b>06:07:05.85</b>	+03:23:10 (55.3%)	11:07	5.4 (44.6%)
115	<b>TRZCIŃSKI Sebastian</b>	<b>2066</b>	PEŁZACZ NIZINNY	M30	22	03:26:20	<b>06:13:21.80</b>	<b>06:13:28.10</b>	+03:29:33 (56.1%)	11:18	5.3 (43.8%)
116	<b>STOLSKA Renata</b>	<b>2020</b>	MUD GOATS	K40	16	03:05:24	<b>06:18:45.10</b>	<b>06:18:55.90</b>	+03:35:00 (56.7%)	11:28	5.2 (43.0%)
	<b>GŁOGOWSKI Adam</b>	<b>2050</b>	NBP & NIGHT RUNNERS KABATY	M30		02:25:07 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 117 wynik(ów)