

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

Organizator: Fundacja Bieg Rzeźnika
 Data: 2019-01-26
 Miejsce: Cisna
 Dystans: 23 km
 Klasyfikacja wg czasów brutto.

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
1	BODURKA KRZYSZTOF	1001	ALPIN SPORT	NIEPEPICE	POL	M20	1	M 1	00:00:23	00:24:23	00:55:19	01:23:20	01:38:48.75	01:38:48.75	4:17	14
2	DOMISZEWSKI IGNACY	1003	MKS HALICZ	USTRZYKI DOLNE	POL	M20	2	M 2	00:00:26	00:26:31	01:01:38	01:31:49	01:48:38.50	01:48:38.50	4:43	12.7
3	KANIA MICHAŁ	1273	ADIDAS RUNNERS WARSAW	KŁOCZEW	POL	M20	3	M 3	00:00:29	00:28:26	01:04:23	01:36:33	01:53:41.55	01:53:41.55	4:56	12.1
4	GAWLIK SŁAWEK	1059	MARCINŚWIERCTEAM	KRAKÓW	POL	M30	1	M 4	00:00:26	00:28:55	01:05:15	01:37:30	01:54:20.30	01:54:20.30	4:58	12.1
5	WYWŁOKA PAULINA	1385	SALCO GARMIN TEAM	WIERZBNA	POL	K20	1	K 1	00:00:33	00:29:27	01:06:46	01:38:08	01:55:30.75	01:55:30.75	5:01	11.9
6	SOLIŃSKA KATARZYNA	1438		KRAKÓW	POL	K20	2	K 2	00:00:33	00:29:34	01:06:54	01:39:11	01:56:57.35	01:56:57.35	5:05	11.8
7	BRZĄKAŁSKI KRZYSIEK	1370		WARSZAWA	POL	M20	4	M 5	00:00:28	00:29:00	01:05:33	01:39:14	01:58:03.75	01:58:03.75	5:07	11.7
8	DUDZIK ŁUKASZ	1002	GÓRAL BIEGA	KAMIENICA	POL	M30	2	M 6	00:00:34	00:29:52	01:07:12	01:40:42	01:58:41.35	01:58:41.35	5:09	11.6
9	TRACZ ŁUKASZ	1384	WWW.TRENINGFIZJOTERAPIA.PL	RADYMNO	POL	M30	3	M 7	00:00:33	00:29:50	01:07:17	01:41:35	01:59:55.20	01:59:55.20	5:12	11.5
10	BYRCZEK JAN	1428	OTK RZEŹNIK/UKS KOMETA GLIWICE	GLIWICE	POL	M20	5	M 8	00:00:51	00:31:08	01:08:53	01:43:08	02:01:25.20	02:01:25.20	5:16	11.4
11	KOZA KAMIL	1253	STALOWOLSKI KLUB BIEGACZA	ULANÓW	POL	M20	6	M 9	00:01:09	00:30:59	01:09:35	01:43:08	02:02:02.20	02:02:02.20	5:18	11.3
12	PREŃNIK SŁAWOMIR	1297		JEDLICZE	POL	M30	4	M 10	00:02:03	00:32:47	01:10:42	01:44:12	02:02:18.90	02:02:18.90	5:19	11.3
13	GŁUSZKO PRZEMYSŁAW	1250	SOLINA TEAM	POLAŃCZYK	POL	M30	5	M 11	00:00:33	00:30:08	01:09:39	01:44:59	02:03:53.95	02:03:53.95	5:23	11.1
14	WINIARSKA KATARZYNA	1396	PRZEMYSKI KLUB BIEGACZA	PRZEMYSŁ	POL	K30	1	K 3	00:00:34	00:31:02	01:11:00	01:45:30	02:04:02.60	02:04:02.60	5:23	11.1
15	ŠTRAUB DANIEL	1105		STRUZNICE	GBR	M20	7	M 12	00:01:10	00:32:12	01:12:13	01:45:52	02:04:14.30	02:04:14.30	5:24	11.1
16	MARZEC KRZYSZTOF	1234		BIŁGORAJ	POL	M40	1	M 13	00:00:32	00:31:07	01:10:07	01:45:32	02:04:31.50	02:04:31.50	5:24	11.1
17	JARMOLIŃSKI PIOTR	1164	WIECZORNE BIEGANIE W SZCZECINIE	SZCZECIN MIERZYN	POL	M40	2	M 14	00:00:34	00:31:11	01:11:01	01:46:04	02:05:09.95	02:05:09.95	5:26	11
18	ADAMCZYK PRZEMYSŁAW	1099	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	3	M 15	00:00:27	00:31:13	01:12:22	01:47:31	02:06:12.65	02:06:12.65	5:29	10.9
19	ODOWSKI MICHAŁ	1341		WARSZAWA	POL	M20	8	M 16		01:48:32			02:07:22.80	02:07:22.80	5:32	10.8
20	MILER MARCIN	1461		ŁAZISKA GÓRNE		M40	4	M 17	00:01:03	00:32:37	01:13:02	01:48:33	02:07:31.30	02:07:31.30	5:32	10.8
21	JURA MACIEJ	1022	ITMBW KRAKÓW	NOWY SĄCZ	POL	M20	9	M 18	00:00:57	00:32:33	01:13:41	01:49:12	02:08:02.00	02:08:02.00	5:34	10.8
22	KOWALCZYK ADAM	1375	ADIDAS RUNNERS WARSAW	LESZNO	POL	M30	6	M 19	00:00:32	00:32:00	01:13:25	01:49:53	02:10:04.45	02:10:04.45	5:39	10.6
23	BORDUN MACIEJ	1236	SIARKA TARNOBZEG	TARNOBZEG	POL	M30	7	M 20	00:00:32	00:31:06	01:10:54	01:48:33	02:10:18.80	02:10:18.80	5:39	10.6
24	WIĘCH PIOTR	1444		WOŁOMIN		M30	8	M 21	00:01:29	00:33:33	01:15:01	01:51:21	02:10:39.40	02:10:39.40	5:40	10.6
25	RATYŃSKI MAREK	1063	OTWOCKI TUPTACZ	OTWOCK	POL	M40	5	M 22	00:00:53	00:32:15	01:15:06	01:52:53	02:13:02.50	02:13:02.50	5:47	10.4
26	ZAWADA MICHAŁ	1228	MARYSIN WAWERSKI	WARSZAWA	POL	M30	9	M 23	00:00:35	00:31:46	01:13:48	01:52:43	02:13:26.20	02:13:26.20	5:48	10.3
27	SKOTNICZNY MICHAŁ	1128	EUROCLEAR RUNNING TEAM	KRAKÓW	POL	M20	10	M 24	00:00:35	00:32:06	01:13:57	01:51:58	02:13:38.55	02:13:38.55	5:48	10.3
28	DYMON BARTŁOMIEJ	1296		SZCZAWNO-ZDRÓJ	POL	M40	6	M 25	00:00:58	00:33:14	01:14:23	01:52:38	02:14:24.25	02:14:24.25	5:50	10.3
29	NOWICKI KAMIL	1058		KRAKÓW	POL	M30	10	M 26	00:00:35	00:33:40	01:17:30	01:55:43	02:15:25.55	02:15:25.55	5:53	10.2
30	SZCZOT ANDRZEJ	1452	KB SOBÓTKA	WROCLAW		M40	7	M 27	00:00:41	00:32:57	01:17:16	01:56:24	02:17:35.35	02:17:35.35	5:58	10
31	NEUFELD MARCIN	1237	INTEL RUNNERS / RUNPASSION.PL TEAM	GDYNIA	POL	M40	8	M 28	00:00:39	00:32:23	01:17:54	01:57:13	02:17:50.35	02:17:50.35	5:59	10
32	MAŚLANY DANIEL	1123		JUROWCE	POL	M40	9	M 29	00:00:59	00:33:08	01:17:13	01:56:43	02:19:40.05	02:19:40.05	6:04	9.9
33	STEPANIUK ADAM	1354	CHEŁM BIEGA	WIERZBICA-OSIEDLE	POL	M40	10	M 30	00:01:53	00:36:13	01:21:18	01:58:22	02:20:03.40	02:20:03.40	6:02	9.9
34	MARCZAK PAWEŁ	1142	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	M40	11	M 31	00:00:52	00:34:47	01:18:45	01:58:44	02:20:21.95	02:20:21.95	6:06	9.8
35	JAGIELKA MATEUSZ	1311	LINKLATERS RUNNING TEAM	WARSZAWA	POL	M20	11	M 32	00:00:53	00:34:07	01:18:09	01:57:35	02:21:13.00	02:21:13.00	6:08	9.8
36	KORZEP-CZEKAŁSKA DOROTA	1220	BIEGAM BO LUBIĘ OSTROŁĘKA	BIAŁOBIEL	POL	K40	1	K 4	00:01:08	00:35:33	01:21:34	02:00:40	02:21:31.95	02:21:31.95	6:09	9.8
37	JACHIMOWSKI JAROSŁAW	1324	POZYTYWNE ZABIEGANI SANOK	SANOK	POL	M30	11	M 33	00:02:43	00:37:53	01:21:31	02:00:45	02:21:40.70	02:21:40.70	6:09	9.7

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
38	BUDNIAK TOMASZ	1231	KB TKKF PROMYK CIECHANÓW	WŁADYSŁAWOWO	POL	M30	12	M 34		00:35:18	01:20:49	02:00:20	02:22:08.05	02:22:08.05	6:10	9.7
39	MIKOŁAJCZYK TOMASZ	1147		ZAKOPANE	POL	M30	13	M 35	00:01:12	00:35:11	01:20:41	02:01:16	02:22:42.50	02:22:42.50	6:12	9.7
40	HORODEJCZUK ANTONI	1406	HORODEJCZUK TEAM	OLSZANICA	POL	M40	12	M 36	00:00:32	00:34:29	01:19:49	02:00:50	02:22:59.15	02:22:59.15	6:13	9.7
41	KACPERSKI OLAF	1458		WARSZAWA		M40	13	M 37	00:01:11	00:37:23	01:24:10	02:03:20	02:23:05.10	02:23:05.10	6:13	9.6
42	STRZAŁKOWSKI ARTUR	1095	ADIDAS RUNNERS	WARSZAWA	POL	M20	12	M 38	00:01:43	00:37:54	01:24:36	02:03:24	02:23:14.05	02:23:14.05	6:13	9.6
43	NOWOMIEJSKI MARCIN	1194	BIEGACZ CEGŁÓW	MINSK MAZ	POL	M40	14	M 39	00:00:57	00:33:56	01:19:09	02:00:53	02:23:20.40	02:23:20.40	6:13	9.6
44	WALEWSKI LUKASZ	1166	DENTISTOO	RZESZÓW	POL	M40	15	M 40	00:00:44	00:35:52	01:22:01	02:02:16	02:23:43.40	02:23:43.40	6:14	9.6
45	CHAJDAŚ MATEUSZ	1315		PRZEMYŚL	POL	M20	13	M 41	00:01:16	00:37:55	01:24:02	02:03:21	02:23:47.00	02:23:47.00	6:15	9.6
46	WOŁOCH MICHAŁ	1320	DIAITA SPARTA	BIŁGORAJ	POL	M30	14	M 42	00:01:16	00:37:56	01:24:00	02:03:22	02:23:47.00	02:23:47.00	6:15	9.6
47	KRUPA GRZEGORZ	1451		STRZEGOMIANY		M40	16	M 43	00:00:56	00:36:37	01:23:52	02:03:49	02:24:43.40	02:24:43.40	6:17	9.5
48	DWORAKOWSKI ANDRZEJ	1235		BIALYSTOK	POL	M40	17	M 44	00:03:17	00:41:55	01:27:06	02:05:19	02:25:10.25	02:25:10.25	6:18	9.5
49	GÓRKA ŁUKASZ	1393	PODRÓŻE Z MARATONEM	KONSTANCIN-JEZIORNA	POL	M30	15	M 45	00:01:06	00:37:34	01:24:59	02:05:18	02:25:39.80	02:25:39.80	6:19	9.5
50	BAŁON KONRAD	1272		KROSNO	POL	M20	14	M 46	00:02:28	00:37:39	01:24:04	02:03:23	02:25:41.00	02:25:41.00	6:20	9.5
51	TUCZAPSKI PIOTR	1358	XRUNNERS	RZESZÓW	POL	M20	15	M 47	00:00:35	00:34:02	01:19:52	02:03:33	02:25:43.05	02:25:43.05	6:20	9.5
52	WĘGRZYN EMIL	1359	WARBUD RUNNIK TEAM	WARSZAWA	POL	M30	16	M 48	00:00:44	00:34:54	01:22:19	02:04:25	02:26:19.50	02:26:19.50	6:21	9.4
53	WARĘCKA KASIA	1230		LESKO	POL	K20	3	K 5	00:00:39	00:35:57	01:24:09	02:05:30	02:27:41.00	02:27:41.00	6:25	9.3
54	SIWAK RYSZARD	1233	TEAM RYŚ SKI	DZIEKANOWICE	POL	M40	18	M 49	00:01:54	00:38:15	01:25:35	02:06:10	02:28:16.00	02:28:16.00	6:26	9.3
55	KOŁODZIEJ ŁUKASZ	1202		SOKOŁÓW MAŁOPOLSKI	POL	M30	17	M 50	00:01:31	00:36:33	01:25:24	02:06:23	02:28:31.90	02:28:31.90	6:27	9.3
56	WOJTASIK GRZEGORZ	1270		STALOWA WOLA	POL	M40	19	M 51	00:01:28	00:37:42	01:24:02	02:06:52	02:29:02.65	02:29:02.65	6:28	9.3
57	MICAŁ ŁUKASZ	1413	ITMBW KRAKÓW	KRAKÓW	POL	M20	16	M 52	00:01:25	00:35:50	01:24:43	02:06:06	02:29:27.05	02:29:27.05	6:29	9.2
58	KONKEL KATARZYNA	1407	MAJA TEAM	GNIEWOWO	POL	K20	4	K 6	00:00:52	00:34:19	01:31:43	02:09:11	02:29:53.20	02:29:53.20	6:31	9.2
59	TOKARZ ADRIAN	1048	DZIKIE MUSTANGI	BRZEŹNICA	POL	M30	18	M 53	00:01:37	00:39:15	01:26:45	02:07:22	02:30:30.95	02:30:30.95	6:32	9.2
60	WOŹNIAK GRZEGORZ	1156		CHEŁM	POL	M30	19	M 54	00:00:47	00:35:11	01:24:55	02:06:50	02:30:37.65	02:30:37.65	6:32	9.2
61	SUŁKOWSKI MACIEJ	655	TRIATHLON JAROSŁAW	JAROSŁAW	POL	M40	20	M 55	00:02:49	00:42:31	01:28:58	02:08:49	02:30:39.50	02:30:39.50	6:33	9.2
62	BALON PIOTR	1409	BAKOMAT TEAM	KROSNO	POL	M30	20	M 56	00:02:16	00:39:24	01:25:24	02:08:02	02:30:44.70	02:30:44.70	6:33	9.2
63	WEREMKO GRZEGORZ	1145	MULTIMEDIA RUNNERS PUŁAWY	PUŁAWY	POL	M40	21	M 57	00:01:37	00:38:35	01:29:38	02:11:00	02:31:32.20	02:31:32.20	6:35	9.1
64	SKORUPKA LESZEK	1249	M3 SIEDLCE	IGANIE NOWE	POL	M30	21	M 58	00:02:21	00:40:03	01:29:05	02:10:03	02:31:49.90	02:31:49.90	6:36	9.1
65	GRACZYK KAROLINA	1437		KUTNO	POL	K30	2	K 7	00:00:41	00:38:26	01:29:41	02:10:48	02:32:43.40	02:32:43.40	6:38	9
66	GRZENIA MAŁGORZATA	1144	CENTRUM MEDYCZNE ORTO-OPTYMIST	LUBLIN	POL	K50	1	K 8	00:01:11	00:36:25	01:25:31	02:09:49	02:33:31.00	02:33:31.00	6:40	9
67	SZYBIAK WALDEMAR	1420		PRZEMYŚL	POL	M50	1	M 59	00:01:49	00:39:46	01:29:26	02:10:59	02:33:37.00	02:33:37.00	6:40	9
68	MACH TOMASZ	1159	LUBELSKA GRUPA TRIATHLONU	LUBLIN	POL	M40	22	M 60	00:00:48	00:34:01	01:32:24	02:12:32	02:34:23.00	02:34:23.00	6:42	8.9
69	SZYMEL JACEK	1411	HUSARIA RACE TEAM	ŁAŃCUT	POL	M30	22	M 61	00:01:45	00:40:01	01:27:36	02:10:16	02:34:24.90	02:34:24.90	6:40	9
70	KONIECZNY MARIUSZ	1419		ŁAŃCUT	POL	M50	2	M 62	00:01:50	00:39:13	01:28:29	02:10:59	02:34:35.55	02:34:35.55	6:43	8.9
71	ISKRA GRZEGORZ	1023	KP PSP STRZYŻÓW	CZUDEC	POL	M30	23	M 63	00:01:41	00:39:37	01:29:25	02:11:54	02:35:44.95	02:35:44.95	6:43	8.9
72	MATYSIAK TOMASZ	1328		WARSZAWA	POL	M40	23	M 64	00:00:49	00:34:05	01:31:45	02:13:33	02:36:05.95	02:36:05.95	6:47	8.8
73	PLUTA SEBASTIAN	1140	DZIKIE MUSTANGI	BRZEŹNICA	POL	M40	24	M 65	00:01:59	00:39:16	01:28:00	02:11:43	02:36:27.40	02:36:27.40	6:48	8.8
74	CHMIEL DAMIAN	1267		GODZISZÓW	POL	M20	17	M 66	00:00:37	00:41:28	01:31:30	02:13:32	02:36:40.80	02:36:40.80	6:48	8.8
75	KLABISZ DAWID	1462		CHORZÓW		M30	24	M 67	00:01:03	00:33:12	01:32:30	02:14:20	02:36:52.25	02:36:52.25	6:49	8.8
76	DRAŻEK SŁAWOMIR	1106	1971	FAJSŁAWICE	POL	M40	25	M 68	00:00:52	00:36:13	01:25:45	02:10:48	02:37:10.05	02:37:10.05	6:50	8.8
77	HYDZIK ŁUKASZ	1071	LIDER SANOK	SANOK	POL	M40	26	M 69	00:01:06	00:37:51	01:27:49	02:12:08	02:37:34.00	02:37:34.00	6:51	8.8
78	PŁAT JAKUB	1152	MULTIMEDIA RUNNERS PUŁAWY	GÓRA PUŁAWSKA	POL	M30	25	M 70	00:01:36	00:39:05	01:29:40	02:13:07	02:37:34.70	02:37:34.70	6:51	8.8
79	WOŹNICKA EWA	1134		WĘGRÓW	POL	K20	5	K 9	00:01:24	00:40:53	01:31:22	02:13:31	02:38:27.60	02:38:27.60	6:53	8.7
80	KANIA PRZEMYSŁAW	269		WARSZAWA	POL	M30	26	M 71	00:02:26	00:38:49	01:28:06	02:13:27	02:38:39.45	02:38:39.45	6:53	8.7
81	ZAWROTNIK PAWEŁ	1304		KRAKÓW	POL	M20	18	M 72	00:02:47	00:39:20		02:13:15	02:38:39.80	02:38:39.80	6:53	8.7
82	MAZANEK MICHAŁ	1190		KRAKÓW	POL	M20	19	M 73	00:03:01	00:41:15	01:33:55	02:15:10	02:38:48.95	02:38:48.95	6:54	8.7
83	JUROSZEK JÓZEF	1269		PAWŁOWICE	POL	M30	27	M 74	00:02:31	00:43:04	01:36:48	02:17:47	02:39:01.05	02:39:01.05	6:54	8.7
84	TOMAS DARIUSZ	80		JAROSŁAW	POL	M50	3	M 75	00:02:47	00:42:31	01:31:41	02:14:04	02:39:25.40	02:39:25.40	6:55	8.7
85	ŻEBRAKOWSKA KATARZYNA	1446		TRZEBOWNISKO		K40	2	K 10	00:02:30	00:41:13	01:33:17	02:16:39	02:39:30.35	02:39:30.35	6:56	8.7
86	ZIĘBA EMIL	1143	CENTRUM MEDYCZNE ORTO-OPTYMIST	LUBLIN	POL	M40	27	M 76	00:01:33	00:39:44	01:32:03	02:15:19	02:39:55.10	02:39:55.10	6:57	8.6
87	ZYGMUNT MARCIN	1321	SAPERZY	WOJCIECHOWICE	POL	M20	20	M 77	00:01:15	00:38:05	01:25:36	02:11:57	02:40:06.90	02:40:06.90	6:57	8.6
88	KANDEFER BEATA	1342	KB „ATHLETIC”ZREĆIN	KORCZYNA	POL	K40	3	K 11	00:00:51	00:37:29	01:32:20	02:15:55	02:40:12.10	02:40:12.10	6:57	8.6

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89	SZUMNY NINA	1356		KRAKÓW	POL	K30	3	K 12	00:00:33	00:39:00	01:33:35	02:16:58	02:40:13.95	02:40:13.95	6:57	8.6
90	NAWROT BARTŁOMIEJ	1031	KAMIENIOŁOM	LESKO	POL	M30	28	M 78	00:01:45	00:39:06	01:30:11	02:15:43	02:40:37.25	02:40:37.25	6:59	8.6
91	SZYBIAK JOANNA	1421		KRZYWCZA	POL	K40	4	K 13	00:01:50	00:39:44	01:32:04	02:16:35	02:40:41.15	02:40:41.15	6:59	8.6
92	OSZYWA DAMIAN	1460		KIELCE		M30	29	M 79	00:01:42	00:41:00	01:36:10	02:18:48	02:40:47.75	02:40:47.75	6:59	8.6
93	WOŹNIAK JANUSZ	1327	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	M50	4	M 80	00:01:02	00:38:39	01:31:33	02:17:36	02:41:31.00	02:41:31.00	7:01	8.5
94	BOGDAŃSKA KATARZYNA	1443		WARSZAWA		K20	6	K 14	00:01:02	00:39:32	01:32:25	02:16:59	02:41:46.10	02:41:46.10	7:02	8.5
95	KONOPKA HENRYK	1440		RUDENTA		M60	1	M 81	00:00:58	00:39:11	01:32:02	02:17:33	02:42:33.70	02:42:33.70	7:04	8.5
96	OBROŚLAK GRZEGORZ	341	TRAPER-BIEGOMANIA LUBACZÓW	LUBACZÓW	POL	M40	28	M 82	00:01:31	00:39:38	01:33:22	02:17:33	02:42:34.95	02:42:34.95	7:04	8.5
97	BARANEK PIOTR	1137		JÓZEFÓW	POL	M50	5	M 83	00:02:49	00:43:22	01:35:31	02:18:05	02:43:33.05	02:43:33.05	7:06	8.4
98	PITURA ELIZA	1155	LUBELSKA GRUPA TRIATHLONU	LUBLIN	POL	K40	5	K 15	00:00:49	00:37:31	01:31:25	02:18:04	02:43:50.30	02:43:50.30	7:07	8.4
99	LIPA PIOTR	1352	OCR TEAM DĘBICA	ŻYRAKÓW	POL	M30	30	M 84	00:02:04	00:34:45	01:34:00	02:17:52	02:43:53.20	02:43:53.20	7:07	8.4
100	HERMANIUK TOMASZ	1135	TAURUS TEAM	RUDNA WIELKA	POL	M40	29	M 85	00:03:11	00:43:30	01:35:41	02:19:44	02:44:03.85	02:44:03.85	7:07	8.4
101	ŁUSZCZYC ANNA	1256		RZESZÓW	POL	K30	4	K 16	00:01:28	00:42:52	01:36:39	02:21:38	02:44:56.45	02:44:56.45	7:10	8.4
102	BAJSAROWICZ MARLENA	1193	WKURW_TEAM	JELCZ-LASKOWICE	POL	K20	7	K 17	00:02:26	00:41:27	01:33:55	02:20:18	02:45:04.90	02:45:04.90	7:10	8.4
103	WAŚNIEWSKI KRZYSZTOF	1037		KRAKÓW	POL	M30	31	M 86	00:02:22	00:39:37	01:33:56	02:20:19	02:45:21.90	02:45:21.90	7:11	8.3
104	OLESINSKA AGNIESZKA	359	BOCHNIA BIEGA	BOCHNIA	POL	K40	6	K 18		00:44:02	01:38:05	02:22:43	02:45:29.80	02:45:29.80	7:11	8.3
105	SOBIERAJ KAMIL	1191	WKURW_TEAM	MAŁOGOSZCZ	POL	M20	21	M 87	00:01:41	00:37:17	01:32:22	02:19:32	02:46:35.10	02:46:35.10	7:14	8.3
106	BEDNARZ ANNA	1289		KRZESZÓW	POL	K20	8	K 19	00:03:29	00:44:41	01:36:34	02:21:29	02:46:41.00	02:46:41.00	7:14	8.3
107	BIEL SEBASTIAN	1240	BIEGANIESZYDERCÓW	TARNÓW	POL	M30	32	M 88	00:03:31	00:46:40	01:40:28	02:23:44	02:46:48.65	02:46:48.65	7:15	8.3
108	FLOREK TOMASZ	1241	BIEGANIE SZYDERCÓW	TARNÓW	POL	M40	30	M 89	00:03:28	00:46:42	01:38:18	02:22:51	02:46:48.70	02:46:48.70	7:15	8.3
109	CZEKAŁSKI MARIUSZ	1366	BBL OSTROŁĘKA	BIALOBIEL	POL	M40	31	M 90	00:02:18	00:42:23	01:38:13	02:22:53	02:47:33.20	02:47:33.20	7:17	8.2
110	KRYSIAK JAKUB	1172	TRIWAWA	WARSZAWA	POL	M20	22	M 91	00:02:06	00:40:38	01:34:49	02:22:30	02:47:49.55	02:47:49.55	7:17	8.2
111	DOMIN BARTOSZ	1349	COLLEGIUM MEDICUM UJ	ZAGÓRZE	POL	M30	33	M 92	00:00:53	00:38:14	01:32:42	02:20:27	02:49:05.40	02:49:05.40	7:21	8.2
112	MICHAŁIK MICHAŁ	1055	NOWA HUTA TEAM	KRAKÓW	POL	M20	23	M 93	00:01:48	00:40:52	01:40:00	02:26:30	02:49:41.80	02:49:41.80	7:22	8.1
113	MOLASY DOROTA	1348	AKTYWNIE Z MOLKAMI	MAŁBORK	POL	K30	5	K 20	00:02:51	00:43:55	01:40:05	02:26:41	02:49:50.95	02:49:50.95	7:23	8.1
114	KSYCINSKI MICHAŁ	1098		KRAKÓW	POL	M20	24	M 94	00:03:20	00:47:29	01:41:18	02:27:01	02:49:54.55	02:49:54.55	7:23	8.1
115	PIOTROWSKI TOMASZ	1238	GREMSKI TRIATHLON	WARSZAWA	POL	M30	34	M 95	00:01:52	00:40:50	01:37:18	02:25:20	02:49:57.15	02:49:57.15	7:23	8.1
116	HONKISZ MACIEJ	1203		KROSNO	POL	M60	2	M 96	00:02:03	00:42:13	01:36:47	02:22:47	02:50:28.50	02:50:28.50	7:24	8.1
117	OSTROWSKI ŁUKASZ	1448		MIELEC		M30	35	M 97	00:03:12	00:42:11	01:38:05	02:25:06	02:50:30.20	02:50:30.20	7:24	8.1
118	SKUBISZ ALEKSANDRA	1345		HARTA	POL	K20	9	K 21	00:01:02	00:41:41	01:39:07	02:25:19	02:50:53.25	02:50:53.25	7:25	8.1
119	CHMIEL MICHAŁ	1399	RZESZOWSKIE GAZELE I GEPARDY	KRACZKOWA	POL	M30	36	M 98	00:02:33	00:45:32	01:38:54	02:26:39	02:51:10.85	02:51:10.85	7:26	8.1
120	SOWA DARIUSZ	1165	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M50	6	M 99	00:01:55	00:43:10	01:36:38	02:24:06	02:52:24.85	02:52:24.85	7:29	8
121	PARTYKA ANDRZEJ	1435	RZESZOWSKIE GAZELE I GEPARDY	RZESZÓW	POL	M40	32	M 100	00:02:32	00:45:31	01:39:08	02:26:40	02:52:56.30	02:52:56.30	7:31	8
122	KUSY RAJMUND	1133		PRZEMYSŁ	POL	M20	25	M 101	00:01:25	00:42:10	01:40:03	02:26:53	02:53:57.95	02:53:57.95	7:33	7.9
123	SALA KAMIL ADAM	1087	POTRENUJEMY?	DĘBLIN	POL	M30	37	M 102	00:00:47	00:38:45	01:38:19	02:27:35	02:53:59.50	02:53:59.50	7:33	7.9
124	KAWA RAFAŁ	1404		ŻYRAKÓW	POL	M30	38	M 103	00:02:15	00:43:26	01:38:51	02:26:49	02:54:10.75	02:54:10.75	7:34	7.9
125	GRABOWSKA ALEKSANDRA	1261	LOTNICZA AKADEMIA WOJSKOWA	RZESZÓW	POL	K20	10	K 22	00:00:56	00:43:50	01:40:19	02:28:01	02:54:25.15	02:54:25.15	7:35	7.9
126	SOBURA-DURMA MAGDALENA	1450		KIELCE		K40	7	K 23	00:02:54	00:44:23	01:41:53	02:28:21	02:54:35.25	02:54:35.25	7:35	7.9
127	RAPACZ MARCIN	1004	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	M50	7	M 104	00:01:53	00:42:20	01:38:06	02:26:04	02:54:38.60	02:54:38.60	7:35	7.9
128	FRANCZYK PIOTR	1424		KRAKÓW	POL	M30	39	M 105	00:03:00	00:42:33	01:36:22	02:26:05	02:54:49.00	02:54:49.00	7:36	7.9
129	WIDZ ŁUKASZ	1072	POTRENUJEMY?	RYKI	POL	M30	40	M 106	00:00:47	00:38:47	01:38:19	02:27:36	02:55:23.55	02:55:23.55	7:37	7.9
130	RECZKOWSKI ANDRZEJ	1456		NIEWASZÓW		M60	3	M 107	00:00:54	00:39:12	01:34:38	02:25:32	02:56:10.95	02:56:10.95	7:39	7.8
131	NYCZ ARKADIUSZ	1276	CROSSFITTER BOX CHEŁM	CHEŁM	POL	M50	8	M 108	00:03:22	00:43:57	01:38:24	02:26:33	02:56:13.90	02:56:13.90	7:39	7.8
132	KAMYSZ ROBERT	1187		KRAKÓW	POL	M40	33	M 109	00:01:37	00:43:23	01:39:38	02:27:34	02:56:15.60	02:56:15.60	7:39	7.8
133	ŻUROWSKI JACEK	1214	CENTRUM MEDYCZNE ORTO-OPTYMIST	LUBLIN	POL	M50	9	M 110	00:02:54	00:44:31	01:42:34	02:28:33	02:56:16.20	02:56:16.20	7:39	7.8
134	CZARNECKI KONRAD	1257	KIEDYŚ TO BYŁO	RADOM	POL	M30	41	M 111		00:43:48	01:39:19	02:25:25	02:56:30.65	02:56:30.65	7:40	7.8
135	FRĄCZEK DARIUSZ	1265		RZESZÓW	POL	M30	42	M 112	00:02:52	00:45:24	01:42:31	02:28:41	02:56:36.40	02:56:36.40	7:40	7.8
136	MĄKA WOJCIECH	1329	TRIWAWA	GRANICA	POL	M40	34	M 113	00:02:17	00:43:56	01:44:12	02:31:46	02:56:37.40	02:56:37.40	7:40	7.8
137	BARAŃSKI JAREK	1259	KIEDYŚ TO BYŁO	RADOM	POL	M30	43	M 114		02:25:29			02:56:40.90	02:56:40.90	7:40	7.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
138	MOLASY TOMASZ	1350	AKTYWNI Z MOLKAMI	MALBORK	POL	M30	44	M 115	00:02:51	00:43:57	01:40:06	02:28:58	02:57:53.25	02:57:53.25	7:44	7.8
139	STACHNIUK MARCIN	1244	CROSSFITTER CHEŁM	CHEŁM	POL	M30	45	M 116	00:03:30	00:45:29	01:40:29	02:29:15	02:57:57.20	02:57:57.20	7:44	7.8
140	PYSKATY MARTA	1454		PASZCZYNA		K40	8	K 24	00:02:09	00:46:26	01:45:00	02:30:57	02:57:59.05	02:57:59.05	7:44	7.8
141	TKACZYK WOJCIECH	1266		JEDLICZE	POL	M40	35	M 117	00:02:46	00:44:28	01:44:50	02:29:59	02:58:03.15	02:58:03.15	7:44	7.8
142	PLUTA MARTA	2056	DZIKIEMUSTANGI	BRZEŃNICA	POL	K40	9	K 25	00:02:10	00:46:25	01:45:01	02:30:56	02:58:04.95	02:58:04.95	7:44	7.7
143	HABRAT DOROTA	1181	HABRAT TEAM	KROŚNI	POL	K40	10	K 26	00:02:15	00:43:24	01:40:33	02:29:47	02:58:24.30	02:58:24.30	7:45	7.7
144	ROCH KAMIL	1381		WARSZAWA	POL	M20	26	M 118	00:03:36	00:42:34	01:34:53	02:28:11	02:58:25.35	02:58:25.35	7:45	7.7
145	KRASOWSKI MATEUSZ	1201		LEŻAJSK	POL	M30	46	M 119	00:01:32	00:42:24	01:40:16	02:29:53	02:58:26.25	02:58:26.25	7:45	7.7
146	KRASOWSKI ŁUKASZ	1200	PROSWIM	RZESZÓW	POL	M30	47	M 120	00:01:32	00:42:30	01:40:18	02:29:52	02:58:27.20	02:58:27.20	7:45	7.7
147	RACZEK NATALIA	1285	EXTREME TRAUMA TEAM	RYCHWAŁDEK	POL	K20	11	K 27	00:02:55	00:45:39	01:44:44	02:31:43	02:58:27.70	02:58:27.70	7:45	7.7
148	KANCLERZ-MAZURCZUK MONIKA	1243	CROSSFITTER BOX CHEŁM	WÓŁKA CZULCZYCKA	POL	K40	11	K 28	00:03:29	00:46:05	01:41:41	02:31:35	02:58:30.35	02:58:30.35	7:45	7.7
149	BODZIOCH AGNIESZKA	1077	ITBMW KRAKÓW	WOJNICZ	POL	K20	12	K 29	00:01:25	00:41:54	01:39:37	02:29:46	02:59:04.30	02:59:04.30	7:47	7.7
150	OŻÓG PAWEŁ	1410		MEDYNA GŁÓG.	POL	M30	48	M 121	00:02:46	00:46:07	01:40:09	02:30:02	02:59:05.05	02:59:05.05	7:47	7.7
151	BOBUSIA MICHAŁ	1416	AZS PWSZ KROSNO	DOBIESZYN	POL	M30	49	M 122	00:01:30	00:40:51	01:39:21	02:28:48	02:59:08.10	02:59:08.10	7:47	7.7
152	OWOC KRYSZTIAN	1457		WRÓBLIK KRÓLEWSKI		M30	50	M 123	00:03:09	00:44:24	01:37:25	02:29:18	02:59:12.45	02:59:12.45	7:47	7.7
153	RZEMIŃSKI JACEK	1132		STRÓŻE	POL	M40	36	M 124	00:02:46	00:45:07	01:44:14	02:32:07	02:59:14.15	02:59:14.15	7:47	7.7
154	MUCHA ŁUKASZ	1430		RADOM	POL	M20	27	M 125	00:02:37	00:50:19	01:46:21	02:32:24	02:59:14.90	02:59:14.90	7:47	7.7
155	PARYS MICHAŁ	1445		WOŁOMIN		M30	51	M 126	00:01:24	00:39:31	01:38:55	02:30:34	02:59:16.20	02:59:16.20	7:47	7.7
156	ŁOKIETEK MICHAŁ	1290	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M30	52	M 127	00:02:11	00:50:02	01:48:52	02:34:35	02:59:59.20	02:59:59.20	7:49	7.7
157	PRUSZKOWSKI MARIUSZ	1277	CROSSFITTER BOX CHEŁM/CHEŁM BIEGA/24 BLP	POKRÓWKA	POL	M40	37	M 128	00:01:52	00:42:14	01:43:40	02:31:50	03:00:20.55	03:00:20.55	7:50	7.7
158	ZAKRZEWSKI SZYMON	1161		ŁAPY	POL	M30	53	M 129	00:03:17	00:46:34	01:41:19	02:28:39	03:00:41.55	03:00:41.55	7:51	7.6
159	MAĆZKA KRYSZYNA	1441		GLIWICE		K60	1	K 30	00:02:57	00:44:38	01:46:07	02:34:48	03:01:24.65	03:01:24.65	7:53	7.6
160	KUBACKA MARTA	1334	DRUŻYNA TVN	WARSZAWA	POL	K30	6	K 31	00:01:34	00:43:21	01:44:14	02:33:19	03:01:45.70	03:01:45.70	7:54	7.6
161	PISKADŁO JACEK	1232	NOWY STYL GROUP RUNNING TEAM	STRZYSZÓW	POL	M30	54	M 130	00:02:23	00:44:40	01:43:27	02:33:24	03:01:46.75	03:01:46.75	7:54	7.6
162	BILSKI MAREK	1080	VEGEDOG	WARSZAWA	POL	M40	38	M 131	00:01:53	00:44:56	01:49:16	02:37:00	03:01:48.55	03:01:48.55	7:54	7.6
163	CZAJKOWSKI MICHAŁ	1372	ŁAGIEWNICKA 35	KRAKÓW	POL	M40	39	M 132	00:02:57	00:47:13	01:44:44	02:33:33	03:01:51.90	03:01:51.90	7:51	7.6
164	MAŁEK WOJCIECH	1423		ZARZYZYN	POL	M40	40	M 133	00:02:24	00:46:09	01:47:10	02:36:56	03:01:57.65	03:01:57.65	7:54	7.6
165	NIEMIEC GRZEGORZ	1432		ZARZYZYN	POL	M40	41	M 134	00:02:24	00:46:09	01:47:12	02:36:58	03:02:29.90	03:02:29.90	7:56	7.6
166	KOMAŃSKI RAFAŁ	1343	DRUŻYNA SZPIKU	ZARZYZYN	POL	M40	42	M 135	00:02:24	00:46:44	01:47:11	02:37:21	03:02:45.05	03:02:45.05	7:56	7.6
167	SOKÓŁ SYLWIA	1043		SEDZISZÓW	POL	K30	7	K 32	00:03:39	00:48:40	01:45:38	02:34:36	03:02:52.45	03:02:52.45	7:57	7.5
168	PACZYŃSKI KAMIL	1222		KRAKÓW	POL	M30	55	M 136	00:01:56	00:43:21	01:40:24	02:34:35	03:03:05.50	03:03:05.50	7:57	7.5
169	BAŁABAN WALDEMAR	1192	WALBA	KROSNO	POL	M50	10	M 137	00:02:34	00:48:25	01:48:17	02:37:50	03:03:33.15	03:03:33.15	7:58	7.5
170	KUBACKI MACIEJ	1333	ŁAGIEWNICKA TEAM	KRAKÓW	POL	M40	43	M 138	00:02:54	00:44:08	01:44:47	02:34:35	03:04:28.05	03:04:28.05	8:01	7.5
171	KITOWSKA ANNA	1434	HUSARIA RACE TEAM	GŁOGÓW MAŁOPOLSKI	POL	K40	12	K 33	00:01:19	00:46:09	01:47:59	02:36:49	03:04:51.90	03:04:51.90	8:02	7.5
172	CZENCZEK KRYSZTIAN	1395	CUTLINE	RZESZÓW	POL	M30	56	M 139		00:51:31	01:47:17	02:38:39	03:04:58.45	03:04:58.45	8:02	7.5
173	NADOLSKI STANISŁAW	1278	CROSSFITTER BOX CHEŁM	CHEŁM	POL	M40	44	M 140	00:03:31	00:46:57	01:46:34	02:35:51	03:05:17.30	03:05:17.30	8:03	7.4
174	MACIĄG ANDRZEJ	1212	DZIKIE MUSTANGI	BELŻEC	POL	M40	45	M 141	00:03:28	00:47:12	01:45:09	02:36:21	03:05:19.00	03:05:19.00	8:03	7.4
175	HABRAT MACIEJ	1186	HABRAT TEAM	KROSNO	POL	M40	46	M 142	00:02:15	00:43:25	01:47:23	02:37:46	03:05:30.75	03:05:30.75	8:03	7.4
176	CHŁAP ELŻBIETA	1163	DOLINIARZ	KATOWICE	POL	K40	13	K 34	00:03:03	00:47:29	01:50:29	02:39:31	03:06:20.35	03:06:20.35	8:03	7.4
177	KISZA-GRYNIENKO ANNA	2153		WROCŁAW	POL	K30	8	K 35	00:03:21	00:47:26	01:46:27	02:36:47	03:06:29.00	03:06:29.00	8:06	7.4
178	GRYNIENKO PAWEŁ	2154		WROCŁAW	POL	M30	57	M 143	00:03:22	00:47:20	01:46:23	02:36:48	03:06:30.50	03:06:30.50	8:06	7.4
179	DUDEK ARKADIUSZ	1171		HUMNICKA	POL	M50	11	M 144	00:02:48	00:49:05	01:51:58	02:39:58	03:06:44.20	03:06:44.20	8:07	7.4
180	KURKOWIAK KRZYSZTOF	1097	WKURW_TEAM	WROCŁAW	POL	M30	58	M 145	00:01:51	00:44:14	01:45:26	02:38:38	03:07:20.25	03:07:20.25	8:08	7.4
181	CIEŚLA MAGDA	1283		KRAKÓW	POL	K30	9	K 36	00:02:23	00:46:30	01:48:28	02:38:37	03:07:42.80	03:07:42.80	8:09	7.4
182	GWOZDZIOWSKI MARCIN	1141		TARNOBRZEG	POL	M40	47	M 146	00:01:35	00:43:09	01:43:04	02:36:12	03:07:43.25	03:07:43.25	8:09	7.4
183	WRÓBLESKA WERONIKA	1150	BIEGUSIEM.PL	PUŁAWY	POL	K30	10	K 37	00:02:41	00:50:25	01:51:56	02:41:40	03:07:44.65	03:07:44.65	8:09	7.4
184	WOJCIECHOWSKA ANDŻELIKA	1248		RZESZÓW	POL	K20	13	K 38	00:02:45	00:50:07	01:51:31	02:40:11	03:07:46.40	03:07:46.40	8:09	7.3
185	SUSZEK DAMIAN	1176	LALUS SQUAD	RZESZOW	POL	M30	59	M 147	00:02:45	00:50:06	01:51:31	02:40:23	03:07:47.00	03:07:47.00	8:09	7.3
186	IWANIEC PIOTR	1292	BIEGANIE SZYDERCÓW	TARNÓW	POL	M30	60	M 148	00:03:32	00:46:50	01:45:38	02:37:57	03:07:58.00	03:07:58.00	8:10	7.3
187	DROZD PIOTR	1336	SOLINA TEAM	POLAŃCZYK	POL	M30	61	M 149	00:01:53	00:47:31	01:48:29	02:39:23	03:08:07.70	03:08:07.70	8:10	7.3
188	GRZESIK MICHAŁ	1062		RZESZÓW	POL	M30	62	M 150	00:02:57	00:47:13	01:51:19	02:40:26	03:08:28.20	03:08:28.20	8:11	7.3
189	SKRZYPEK KRZYSZTOF	611	KLINCZU TEAM	BYTOM	POL	M30	63	M 151	00:02:41	00:47:54	01:47:40	02:39:12	03:08:40.15	03:08:40.15	8:12	7.3
190	LUBAŃSKA ALICJA	1339		BUKOWICE	POL	K50	2	K 39	00:01:36	00:44:02	01:45:30	02:38:12	03:08:46.40	03:08:46.40	8:12	7.3

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
191	ZAWADZKI GRZEGORZ	1065	KLUB SPORTOWY PRESTIGE RZESZÓW	GŁOGÓW MAŁOPOLSKI	POL	M30	64	M 152	00:03:31	00:50:18	01:53:00	02:42:12	03:08:57.10	03:08:57.10	8:12	7.3
192	BAR ALEKSANDRA	1308	GMINA STRZELCE OPOLSKIE	STRZELCE OPOLSKIE	POL	K40	14	K 40	00:02:50	00:48:21	01:53:45	02:41:59	03:08:59.95	03:08:59.95	8:13	7.3
193	BODNIAK TOMASZ	1112		USTRZYKI DOLNE	POL	M30	65	M 153	00:01:49	00:47:32	01:49:12	02:39:58	03:09:02.65	03:09:02.65	8:13	7.3
194	MINKINA TOMASZ	1076		TARŁÓW	POL	M40	48	M 154	00:02:47	00:45:28	01:48:35	02:44:01	03:09:03.70	03:09:03.70	8:13	7.3
195	ORZECH ARTUR	1387	KROKODYLE KOLBUSZOWA	KOLBUSZOWA	POL	M40	49	M 155	00:03:20	00:48:23	01:47:36	02:40:55	03:09:41.45	03:09:41.45	8:14	7.3
196	ŚWIĘCICKI SAMUEL	1309	TEAM REMMERS	PŁOCHOCIN	POL	M30	66	M 156	00:01:02	00:44:45	01:46:54	02:39:55	03:10:30.25	03:10:30.25	8:16	7.2
197	BULWAN RADOSŁAW	1402		RZESZÓW	POL	M40	50	M 157	00:01:34	00:51:34	01:47:16	02:41:57	03:10:35.65	03:10:35.65	8:17	7.2
198	MATERNIA KAROLINA	1263		RZESZÓW	POL	K30	11	K 41	00:03:31	00:51:30	01:56:48	02:44:26	03:11:02.60	03:11:02.60	8:18	7.2
199	SMURA RAFAL	1109		TUREK	POL	M30	67	M 158	00:03:25	00:55:44	01:56:48	02:44:27	03:11:04.20	03:11:04.20	8:18	7.2
200	JOB WERONIKA	1075		STRÓŻE	POL	K30	12	K 42	00:02:43	00:45:38	01:48:30	02:44:00	03:12:09.10	03:12:09.10	8:21	7.2
201	KRÓLIKOWSKA ANNA	1271	HUSARIA RACE TEAM	MODLNICZKA	POL	K20	14	K 43	00:01:09	00:43:43	01:51:00	02:41:28	03:12:26.55	03:12:26.55	8:22	7.2
202	WITCZAK PAWEŁ	1199	WIELUŃ BIEGA	WIELUŃ	POL	M40	51	M 159	00:02:04	00:44:26	01:47:20	02:41:46	03:12:39.75	03:12:39.75	8:22	7.2
203	KĄŁOWSKI IREK	1153	WWW.POMOCDLAKAROLINY.PL	NIEPORĘT	POL	M40	52	M 160	00:02:35	00:48:11	01:49:33	02:43:14	03:12:39.75	03:12:39.75	8:22	7.2
204	OKRÓJ DAWID	1110	DEAF RUNNING	GDAŃSK	POL	M30	68	M 161	00:00:36	00:42:04	01:47:52	02:43:05	03:13:28.70	03:13:28.70	8:24	7.1
205	SOSZYŃSKA - PSTROKOŃSKA JOANNA	1119	GAZELE NA STARCIE	WARSZAWA	POL	K30	13	K 44	00:02:59	00:56:34	01:56:16	02:45:35	03:13:30.45	03:13:30.45	8:24	7.1
206	JASZCZAK MARZENA	1173	ZAKRZOWIEC TEAM	KRAKÓW	POL	K30	14	K 45	00:01:08	00:46:10	01:55:58	02:45:53	03:13:32.05	03:13:32.05	8:24	7.1
207	KAIM MARIUSZ	1174	ZAKRZOWIEC TEAM	KRAKÓW	POL	M30	69	M 162	00:01:08	00:46:11	01:56:01	02:45:53	03:13:32.15	03:13:32.15	8:24	7.1
208	SOBCZAK ZBIGNIEW	1221	MAZURSKI WILK	KRAKÓW (KRAKÓW-ŚRÓDMIEŚCIE)	POL	M30	70	M 163					03:13:40.00	03:13:40.00	8:25	7.1
209	HERMAN IRENEUSZ	1323	LECA Z SIEMIANOWIC	SIEMIANOWICE ŚLĄSKIE	POL	M30	71	M 164	00:01:29	00:45:19	01:54:02	02:44:30	03:14:18.15	03:14:18.15	8:26	7.1
210	GRABOWSKI DAMIAN	1433	WKURW_TEAM	STANOWICE	POL	M40	53	M 165	00:01:39	00:45:08	01:45:41	02:42:48	03:14:19.95	03:14:19.95	8:26	7.1
211	SMOLUCH RYSZARD	111		ZAMOŚĆ	POL	M40	54	M 166	00:03:03	00:47:30	01:46:52	02:43:16	03:15:11.85	03:15:11.85	8:29	7.1
212	MATUŁA PRZEMYSŁAW	1034	UMCS BIEGA	LUBLIN	POL	M50	12	M 167	00:02:59	00:49:33	01:56:23	02:46:24	03:15:16.00	03:15:16.00	8:29	7.1
213	MAGER BARTOSZ	1027		RZESZÓW	POL	M40	55	M 168	00:03:03	00:49:26	01:53:23	02:45:00	03:15:17.20	03:15:17.20	8:29	7.1
214	MAGER OLGA	1028		RZESZÓW	POL	K40	15	K 46	00:03:03	00:49:30	01:53:23	02:45:00	03:15:17.35	03:15:17.35	8:29	7.1
215	GRUSZECKI TOMASZ	1169		RYBARZOWICE	POL	M40	56	M 169	00:00:47	00:46:32	01:50:34	02:44:28	03:15:18.40	03:15:18.40	8:29	7.1
216	POSIM TOMASZ	1319	MIWIDO	RYKI	POL	M30	72	M 170	00:02:42	00:50:28	01:51:57	02:45:34	03:15:20.05	03:15:20.05	8:29	7.1
217	KLAUS DOMINIK	1114	KS PIASECZNO	PIASECZNO	POL	M40	57	M 171	00:03:43	00:50:57	01:51:22	02:46:38	03:15:31.65	03:15:31.65	8:30	7.1
218	KONDRACIUK KATARZYNA	1335	PROJEKT 'K JAK KAJAKI'	PIASECZNO	POL	K40	16	K 47	00:01:50	00:46:22	01:52:25	02:45:03	03:15:34.45	03:15:34.45	8:30	7.1
219	HEBANOWSKI ŁUKASZ	1330		GDYNIA	POL	M40	58	M 172	00:02:08	00:46:56	01:53:22	02:46:42	03:15:34.85	03:15:34.85	8:30	7.1
220	BŁASZCZAK BŁAŻEJ	1299		KRAKÓW	POL	M30	73	M 173	00:01:36	00:47:09	01:52:04	02:46:23	03:15:36.50	03:15:36.50	8:30	7.1
221	SZMUC ANNA	1093	MYSZKÓW BIEGA	MYSZKÓW	POL	K40	17	K 48	00:01:26	00:47:00	01:52:45	02:45:32	03:16:09.40	03:16:09.40	8:31	7
222	CEGLARSKI JACEK	1398	WKURW_TEAM	LUBLIN	POL	M40	59	M 174	00:03:27	00:50:41	01:58:19	02:49:44	03:16:42.20	03:16:42.20	8:33	7
223	WAWRZYNEK MICHAŁ	1455		KRAKÓW	POL	M20	28	M 175	00:01:36	00:47:09	01:51:36	02:46:28	03:16:45.80	03:16:45.80	8:33	7
224	JANIK ŁUKASZ	1377		BUKOWSKO	POL	M30	74	M 176	00:02:14	00:46:23	01:54:47	02:46:22	03:16:47.00	03:16:47.00	8:33	7
225	DĄBRÓWKA RADOSŁAW	1361	FUNDACJA LATARNIA	BUKOWSKO	POL	M30	75	M 177	00:02:14	00:44:27	01:54:45	02:46:23	03:17:13.65	03:17:13.65	8:34	7
226	GAWRON PIOTR	1380	KB MCKIS JAWORZNO	KRAKÓW	POL	M30	76	M 178	00:03:38	00:47:08	02:03:36	02:52:21	03:17:17.50	03:17:17.50	8:34	7
227	KOTERBICKA-PAŚKO AGNIESZKA	1085	ELEKTRONIK PRZEMYSŁ	PRZEMYSŁ	POL	K40	18	K 49	00:01:23	00:45:34	01:56:13	02:48:35	03:19:09.50	03:19:09.50	8:39	6.9
228	PAŚKO RAFAŁ	1086	TEATR S.A.N. I PRZEMYSKI KLUB BIEGACZA	PRZEMYSŁ	POL	M40	60	M 179	00:01:24	00:45:27	01:56:12	02:48:39	03:19:11.10	03:19:11.10	8:39	6.9
229	ŁAMPIKA KINGA	1388		SMOLEC	POL	K30	15	K 50	00:03:39	00:50:49	02:00:02	02:51:33	03:19:12.25	03:19:12.25	8:39	6.9
230	BALWIERCZAK PIOTR	1383	HERCOG RUNNING TEAM	WROCŁAW	POL	M20	29	M 180	00:03:39	00:50:49	02:00:03	02:51:33	03:19:12.55	03:19:12.55	8:39	6.9
231	SASAL MONIKA	1005	FUNDACJA TYLKO BIESZCZADY	KRAKÓW	POL	K40	19	K 51	00:02:04	00:46:13	01:53:47	02:48:43	03:19:13.50	03:19:13.50	8:39	6.9
232	PĘKAŁA JAROSŁAW	1226		ZABRZE	POL	M50	13	M 181	00:02:43	00:49:57	01:56:00	02:50:08	03:19:15.20	03:19:15.20	8:39	6.9
233	KRAL SEBASTIAN	1379		JAWORZNO	POL	M30	77	M 182	00:03:38	00:45:40	02:02:18	02:52:23	03:19:17.25	03:19:17.25	8:39	6.9
234	SOBCZAK MACIEJ	1129	RAZEM TRENUJEMY SPORT	ŁÓDŹ	POL	M30	78	M 183	00:01:28	00:47:08	01:52:08	02:48:18	03:19:31.50	03:19:31.50	8:40	6.9
235	SEBZDA MALGORZATA	1390	HUSARIA RACE TEAM	BŁĘDOWA TYCZYŃSKA	POL	K40	20	K 52	00:01:19	00:46:08	01:49:28	02:45:41	03:20:06.25	03:20:06.25	8:39	6.9
236	PLISZCZYŃSKA JUSTYNA	1044		LUBLIN	POL	K40	21	K 53	00:02:20	00:50:50	01:55:43	02:50:00	03:20:56.40	03:20:56.40	8:44	6.9
237	SIONKOWSKI MACIEJ	1275	CROSSFITTER CHEŁM	CHEŁM	POL	M40	61	M 184		02:51:40			03:20:57.40	03:20:57.40	8:44	6.9
238	SOSZYŃSKA GOSIA	168	CZŁAPACZE	WARSZAWA	POL	K50	3	K 54	00:03:32	00:52:50	01:56:51	02:52:05	03:21:35.45	03:21:35.45	8:45	6.8
239	KOŃKA MARIUSZ	1092		CHOJNÓW	POL	M40	62	M 185	00:01:19	00:45:15	01:48:07	02:47:26	03:23:06.75	03:23:06.75	8:49	6.8

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
240	FUS JACEK	1046		RZESZÓW	POL	M60	4	M 186	00:01:30	00:45:10	01:53:24	02:50:18	03:23:10.20	03:23:10.20	8:50	6.8
241	LEGIERSKI PIOTR	1417		MODLNICA	POL	M40	63	M 187	00:02:55	00:46:52	01:52:58	02:49:58	03:23:12.25	03:23:12.25	8:50	6.8
242	KRAKOWSKI MACIEJ	1459		MIELEC		M20	30	M 188	00:03:34	00:50:13	01:53:52	02:50:39	03:23:13.15	03:23:13.15	8:50	6.8
243	PEKALA ANNA	1225	NIGHT RUNNERS ZABRZE	ZABRZE	POL	K40	22	K 55	00:02:44	00:50:24	01:56:02	02:50:23	03:23:13.25	03:23:13.25	8:50	6.8
244	WÓJCIK JUSTYNA	1397	WKURW_TEAM	LUBLIN	POL	K30	16	K 56	00:03:26	00:50:42	01:59:28	02:52:08	03:23:14.15	03:23:14.15	8:50	6.8
245	GAJEWSKA ANNA	1041		WARSZAWA	POL	K40	23	K 57	00:03:39	00:51:35	01:56:19	02:51:34	03:23:17.75	03:23:17.75	8:50	6.8
246	STASZCZUK JAROSŁAW	1217	WATAHA-ŁĄCZY NAS BIEGANIE	BRZEG	POL	M40	64	M 189	00:01:21	00:47:27	01:56:29	02:52:24	03:23:22.80	03:23:22.80	8:50	6.8
247	BACZEWSKA KLAUDIA	1207	BIEGAM BO LUBIĘ OSTROŁĘKA	OSTROŁĘKA	POL	K20	15	K 58	00:03:13	00:58:17	02:03:33	02:55:45	03:23:24.25	03:23:24.25	8:50	6.8
248	MOTYKA ADAM	1403		RZESZÓW	POL	M30	79	M 190		00:57:06	01:57:13	02:51:49	03:23:35.00	03:23:35.00	8:51	6.8
249	KALWARA MACIEJ	1353		RZESZOW	POL	M30	80	M 191	00:03:31	00:51:32	01:55:19	02:50:51	03:23:37.45	03:23:37.45	8:51	6.8
250	STRZEPKA KRZYSZTOF	1389	KROKODYLE KOLBUSZOWA	PRZYŁĘK	POL	M50	14	M 192	00:03:20	00:48:24	01:49:14	02:47:36	03:23:40.95	03:23:40.95	8:51	6.8
251	TABACZYŃSKA MARTYNA	1215	NIGHT RUNNERS	POZNAŃ	POL	K20	16	K 59	00:03:00	00:52:05	01:57:05	02:54:04	03:23:40.95	03:23:40.95	8:51	6.8
252	STEC SEBASTIAN	1307	SIEMUSZOWA	PRZEMYŚL	POL	M40	65	M 193	00:01:53	00:50:26	01:56:13	02:51:37	03:23:47.85	03:23:47.85	8:51	6.8
253	KOZIOŁ ŁUKASZ	1036		WARSZAWA (MOKOTÓW)	POL	M30	81	M 194	00:02:23	00:48:12	01:57:28	02:53:23	03:24:09.55	03:24:09.55	8:52	6.8
254	KIERSNOWSKA AGNIESZKA	1223	CYBER ŁANIA	WROCŁAW	POL	K40	24	K 60	00:01:38	00:46:28	01:54:50	02:50:47	03:24:51.45	03:24:51.45	8:54	6.7
255	GREGIER KRZYSZTOF	1429		PRZEMYŚL	POL	M40	66	M 195	00:02:43	00:49:27	01:56:56	02:51:42	03:25:01.15	03:25:01.15	8:54	6.7
256	WĘGRZYN RADOŚLAW	1280		KROSNO	POL	M20	31	M 196	00:03:33	00:51:52	01:59:07	02:55:12	03:25:05.70	03:25:05.70	8:55	6.7
257	CZERWIŃSKA JULIA	1264		KRAKÓW	POL	K20	17	K 61	00:03:33	00:51:51	01:59:07	02:55:12	03:25:06.10	03:25:06.10	8:55	6.7
258	KWIATKOWSKA ISKA	1305	WKURW_TEAM	LUBLIN	POL	K30	17	K 62	00:04:27	00:56:24	01:56:24	02:52:42	03:25:07.00	03:25:07.00	8:55	6.7
259	BOBALA KRYSZTOF	1363		PRZEMYŚL	POL	M20	32	M 197	00:02:50	00:50:43	01:57:38	02:54:05	03:25:21.10	03:25:21.10	8:55	6.7
260	KARWACKA ANETA	1074	WKURW_TEAM	ŁĘCZNA	POL	K40	25	K 63	00:01:20	00:47:19	01:56:24	02:52:41	03:25:53.90	03:25:53.90	8:57	6.7
261	HERMANIUK IWONA	1136	TAURUS TEAM	RUDNA WIELKA	POL	K40	26	K 64	00:03:03	00:52:33	02:00:53	02:55:07	03:25:54.75	03:25:54.75	8:57	6.7
262	WYSZYŃSKA KINGA	1218		RZESZÓW	POL	K30	18	K 65	00:03:03	00:52:33	02:00:54	02:55:11	03:25:55.50	03:25:55.50	8:57	6.7
263	PIASEK PAWEŁ	1138	TRIUNLIMITED	OSTROŁĘKA	POL	M20	33	M 198	00:03:05	00:54:07	02:01:54	02:56:21	03:25:57.95	03:25:57.95	8:57	6.7
264	PIASEK PIOTR	1139	TRIUNLIMITED	OSTROŁĘKA	POL	M50	15	M 199	00:03:06	00:54:07	02:04:15	02:56:25	03:25:58.40	03:25:58.40	8:57	6.7
265	KIN RAFAŁ	1211	AZS PWSZ KROSNO	ODRZYKÓŃ	POL	M30	82	M 200	00:02:31	00:52:24	01:57:46	02:55:10	03:26:25.20	03:26:25.20	8:58	6.7
266	GAŁĄZKA MARCIN	1314	ESK EKO SERWIS KOTŁY TEAM	MIŃSK MAZOWIECKI	POL	M40	67	M 201	00:03:21	00:51:28	01:56:03	02:53:06	03:26:41.50	03:26:41.50	8:59	6.7
267	SIERADZKA AGNIESZKA	1154	BIEGAJ Z TRENERAMI	GLIWICE	POL	K30	19	K 66	00:03:09	00:48:15	02:03:36	02:56:49	03:26:46.05	03:26:46.05	8:59	6.7
268	SIERADZKI DARIUSZ	1024		GLIWICE	POL	M30	83	M 202	00:03:09	00:48:11	02:07:44	02:56:50	03:26:46.85	03:26:46.85	8:59	6.7
269	DZIANO ŁUKASZ	1014		SIEMIANOWICE ŚL.	POL	M30	84	M 203	00:02:00	00:51:30	02:14:01	02:58:49	03:26:48.10	03:26:48.10	8:59	6.7
270	ZIÓLKOWSKA BOŻENA	1213	WALBA	KROSNO	POL	K40	27	K 67	00:02:33	00:49:25	01:56:49	02:55:09	03:29:30.45	03:29:30.45	9:06	6.6
271	SOSZYŃSKI PIOTR	1117	GAZELE NA STARCIE	WARSZAWA	POL	M40	68	M 204	00:02:58	00:56:53	01:59:58	02:57:16	03:29:31.55	03:29:31.55	9:06	6.6
272	DANIEL MARIA	1414		WARSZAWA	POL	K30	20	K 68	00:03:21	00:53:31	02:00:02	02:53:59	03:29:32.00	03:29:32.00	9:06	6.6
273	BUBICZ KRZYSZTOF	1045	WKURW_TEAM	ŚWIDNIK	POL	M30	85	M 205	00:02:44	00:50:08	02:02:15	02:56:23	03:29:33.50	03:29:33.50	9:06	6.6
274	DOMANSKI JAREK	1168	GAZELE NA STARCIE	WARSZAWA	POL	M30	86	M 206	00:02:59	00:54:49	01:59:55	02:58:45	03:29:33.60	03:29:33.60	9:06	6.6
275	NIEMIEC TOMASZ	1298	NH TEAM	WROCŁAW	POL	M30	87	M 207	00:00:53	00:44:21	01:53:10	02:53:20	03:29:35.35	03:29:35.35	9:06	6.6
276	PANCZENKO KAMIL	1412	WKURW_TEAM	LUBLIN	POL	M20	34	M 208	00:02:54	00:52:19	02:04:29	03:00:03	03:29:37.15	03:29:37.15	9:06	6.6
277	SCHILLER FRYDERYK	1167	SCHODY HISZPAŃSKIE	MIKOŁÓW	POL	M40	69	M 209	00:02:27	00:53:04	02:00:13	02:57:00	03:30:11.60	03:30:11.60	9:08	6.6
278	WRONA SYLWESTER	1405		KRAKÓW	POL	M40	70	M 210	00:02:41	00:49:42	01:57:00	02:56:20	03:30:55.75	03:30:55.75	9:10	6.5
279	FEDAN ŁUKASZ	1079		LASZKI	POL	M30	88	M 211	00:02:44	00:50:16	02:03:45	02:59:02	03:31:17.85	03:31:17.85	9:11	6.5
280	SZEPIELAK DAWID	1246	BIEGANIE SZYDERCÓW	TARNÓW	POL	M30	89	M 212	00:03:28	00:52:54	01:59:14	02:58:19	03:31:27.55	03:31:27.55	9:11	6.5
281	WYWRÓT KLAUDIA	1078		KRAKÓW	POL	K30	21	K 69	00:02:43	00:50:17	02:03:45	02:59:01	03:31:28.45	03:31:28.45	9:11	6.5
282	ZABIELSKI GRZEGORZ	1073	WKURW_TEAM	LUBLIN	POL	M40	71	M 213	00:01:21	00:48:39	02:01:19	02:55:13	03:32:04.40	03:32:04.40	9:13	6.5
283	GROMADZKA-JĘDRUSZCZAK RENATA	1035	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	PIASECZNO	POL	K40	28	K 70	00:02:17	00:51:20	01:57:46	02:58:53	03:32:19.60	03:32:19.60	9:13	6.5
284	WILK RAFAŁ	1364	SEKCJA PIASKI	PIASKI	POL	M40	72	M 214	00:02:16	00:51:50	01:58:10	02:57:28	03:32:45.35	03:32:45.35	9:15	6.5
285	MOCIO MICHAŁ	1362	PRZEMYSKIE SERCA	PRZEMYŚL	POL	M30	90	M 215	00:02:50	00:50:53	01:57:40	02:58:04	03:32:45.95	03:32:45.95	9:15	6.5
286	STACHOWIAK ANETA	1376		TUREK	POL	K40	29	K 71	00:03:24	00:55:48	02:06:39	03:00:52	03:32:47.10	03:32:47.10	9:15	6.5
287	JANOWICZ AGNIESZKA	1453		OTWOCK		K40	30	K 72	00:02:57	00:51:43	02:01:52	03:00:15	03:32:48.25	03:32:48.25	9:15	6.5
288	WAŁĘGA MONIKA	1313		DĘBICA	POL	K30	22	K 73	00:03:08	00:52:56	02:07:46	03:02:46	03:32:49.25	03:32:49.25	9:15	6.5
289	KOBIALKA IREK	1316		DĘBICA	POL	M40	73	M 216	00:03:09	00:52:57	02:07:47	03:02:47	03:32:50.10	03:32:50.10	9:15	6.5
290	GARBOWSKA MONIKA	1017		GLIWICE	POL	K40	31	K 74	00:03:26	00:53:16	02:09:39	03:04:37	03:32:51.95	03:32:51.95	9:15	6.5
291	KORDOWSKA-WOCH KATARZYNA	1197		LUBLIN	POL	K30	23	K 75	00:03:29	00:55:57	02:02:09	03:00:51	03:34:59.30	03:34:59.30	9:20	6.4

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
292	WOCH SŁAWOMIR	1422		LUBLIN	POL	M30	91	M 217	00:03:29	00:55:50	02:02:12	03:00:31	03:34:59.40	03:34:59.40	9:20	6.4
293	JASIURSKI GRZEGORZ	1340	CORPORA EX ARMARIO	WĘGRÓW	POL	M40	74	M 218	00:02:15	00:52:31	02:01:49	03:00:41	03:36:40.30	03:36:40.30	9:25	6.4
294	GOŁOŚ MICHAŁ	1347	CORPORA EX ARMARIO	WARSZAWA	POL	M30	92	M 219	00:02:15	00:52:32	02:01:48	03:00:41	03:36:41.00	03:36:41.00	9:25	6.4
295	PAWEŁAS MARTA	1382		WARSZAWA	POL	K30	24	K 76	00:02:02	00:48:28	02:04:21	03:02:51	03:36:41.30	03:36:41.30	9:25	6.4
296	PISZCZYGŁOWA BERNADETA	1160		GORZÓW WIELKOPOLSKI	POL	K40	32	K 77	00:02:45	00:53:37	02:01:55	03:00:57	03:36:43.50	03:36:43.50	9:25	6.4
297	WIŚNIEWSKI PIOTR	1427	PIOTR WIŚNIEWSKI DOUBLE DIGIT	KRAKÓW	POL	M30	93	M 220	00:03:42	00:52:35	02:02:29	03:01:20	03:36:44.60	03:36:44.60	9:25	6.4
298	PABIAŃCZYK MAŁGORZATA	1118		KRAKÓW	POL	K40	33	K 78	00:03:27	00:51:25	02:04:15	03:02:51	03:36:45.65	03:36:45.65	9:25	6.4
299	STAWSKA JOANNA	1006	BIEGAJ Z TRENERAMI	GLIWICE	POL	K50	4	K 79	00:03:06	00:53:27	02:04:49	03:02:08	03:36:47.50	03:36:47.50	9:25	6.4
300	BUTKIEWICZ MATEUSZ	1295	NOWOSOLSCY BIMBROWNICY	NOWA SÓL	POL	M20	35	M 221	00:02:11	00:50:05	02:03:00	03:03:43	03:36:57.15	03:36:57.15	9:25	6.4
301	BACZA PIOTR	1426		ŻURAWICA	POL	M40	75	M 222	00:02:42	00:49:24	01:56:09	03:01:42	03:37:01.70	03:37:01.70	9:26	6.4
302	PELCZAR JAKUB	1337		PIASECZNO	POL	M30	94	M 223	00:02:06	00:52:16	02:03:22	03:02:25	03:37:02.00	03:37:02.00	9:26	6.4
303	GAWCZYŃSKA BACZA IZABELA	1425		ŻURAWICA	POL	K40	34	K 80	00:02:42	00:49:20	01:56:10	03:01:43	03:37:02.45	03:37:02.45	9:26	6.4
304	WOŹNY ŁUKASZ	1216		RZESZÓW	POL	M30	95	M 224	00:03:16	00:51:37	02:06:23	03:00:04	03:37:04.45	03:37:04.45	9:26	6.4
305	LASZCZYK ANNA	1287	LINKLATERS RUNNING TEAM	WARSZAWA	POL	K30	25	K 81	00:01:25	00:47:14	02:11:48	03:01:08	03:37:07.85	03:37:07.85	9:26	6.4
306	SOBOTKA MONIKA	1288	DZIKIE SKRZYDŁO/WYBIEGANIE MPK	WARSZAWA	POL	K40	35	K 82	00:01:24	00:47:25	02:11:49	03:01:09	03:37:09.70	03:37:09.70	9:26	6.4
307	CHORBIŃSKI KRYSZTIAN	1338		NOWA WOLA	POL	M30	96	M 225	00:02:06	00:52:17	02:03:22	03:02:27	03:37:12.40	03:37:12.40	9:26	6.4
308	BŁOCH SZYMON	1303		ŁÓDŹ	POL	M20	36	M 226	00:02:11	00:50:55	02:01:18	03:02:18	03:37:49.00	03:37:49.00	9:28	6.3
309	BŁOCH BEATA	1057	EPOKA NORDICA	ŁÓDŹ	POL	K50	5	K 83	00:02:10	00:50:59	02:01:17	03:02:26	03:37:52.95	03:37:52.95	9:28	6.3
310	MATUSZAK JAKUB	1061	NOWOCZESNYSPIRIT.PL	RZESZÓW	POL	M30	97	M 227	00:03:16	00:51:38	02:06:29	03:00:05	03:38:01.40	03:38:01.40	9:28	6.3
311	KĘDZIOR MICHAŁ	1052	DRUŻYNA SZPIKU	RZESZÓW	POL	M30	98	M 228	00:03:16	00:51:39	02:06:23	03:00:05	03:38:03.00	03:38:03.00	9:28	6.3
312	POSTOŁ KAROLINA	1013		GLIWICE	POL	K30	26	K 84	00:03:26	00:53:38		03:04:53	03:38:52.70	03:38:52.70	9:30	6.3
313	KASPROWICZ PIOTR	1439	FUN&RUN	CZUDEK	POL	M30	99	M 229	00:03:22	00:48:18	02:00:29	03:06:48	03:39:19.80	03:39:19.80	9:32	6.3
314	POLAK ROBERT	1368		RYKI	POL	M50	16	M 230	00:01:23	00:50:23	02:06:05	03:04:08	03:39:58.30	03:39:58.30	9:33	6.3
315	CHOMIUK ADRIAN	1325	BIAŁA PODLASKA	BIAŁA PODLASKA	POL	M30	100	M 231	00:01:51	00:52:55	02:11:11	03:08:40	03:40:35.70	03:40:35.70	9:35	6.3
316	WYDRO AGATA	1242	FUN & RUN	STRZYŻÓW	POL	K40	36	K 85	00:02:19	00:55:30	02:24:13	03:14:56	03:40:56.90	03:40:56.90	9:36	6.2
317	KUCHARZAK NORBERT	1326	JAZZANOVA PUB BIAŁA PODLASKA	BIAŁA PODLASKA	POL	M20	37	M 232	00:01:50	00:52:57	02:11:11	03:08:41	03:41:31.15	03:41:31.15	9:37	6.2
318	MIERZEJEWSKA MALGORZATA	1229	MORSY OSTROLEKA	OSTROLEKA	POL	K30	27	K 86	00:03:14	00:58:22	02:08:45	03:06:39	03:42:26.75	03:42:26.75	9:40	6.2
319	CHYLAK PAWEŁ	1054		PIASECZNO	POL	M30	101	M 233	00:01:46	00:47:15	02:00:19	03:04:17	03:42:28.25	03:42:28.25	9:40	6.2
320	SZLICHTYNG ŁUKASZ	1279	CROSSFITTER BOX CHEŁM	CHELM	POL	M30	102	M 234	00:03:34	00:51:26	01:58:46	03:04:28	03:42:38.00	03:42:38.00	9:40	6.2
321	NOWOSADZKI WOJCIECH	1208		KROSNO	POL	M30	103	M 235	00:02:33	00:55:54	02:04:35	03:08:03	03:42:41.85	03:42:41.85	9:40	6.2
322	PAPROCKA KAMILA	1400		RZESZÓW	POL	K20	18	K 87		01:00:31	02:16:52	03:10:50	03:42:46.90	03:42:46.90	9:41	6.2
323	WAŻNY ANDRZEJ	1394	TYNEXPOL	RZESZÓW	POL	M40	76	M 236		01:00:31	02:16:51	03:10:51	03:42:48.10	03:42:48.10	9:41	6.2
324	CYPARSKA ANNA	1188	-	BRZOZÓW	POL	K40	37	K 88	00:02:48	00:51:37	02:05:02	03:07:33	03:42:53.00	03:42:53.00	9:41	6.2
325	CYPARSKI ATRUR	1182	-	BRZOZÓW	POL	M40	77	M 237	00:02:49	00:51:29	02:05:00	03:07:27	03:42:53.10	03:42:53.10	9:41	6.2
326	KROCZEK LILIANA	1007	NIGH RUNNERS	GLIWICE	POL	K40	38	K 89	00:03:07	00:53:12	02:10:38	03:06:41	03:43:55.05	03:43:55.05	9:44	6.2
327	LASKA ANNA	1015	OCR TEAM DĘBICA	ROPCCZYCE	POL	K30	28	K 90	00:02:18	00:54:57	02:14:46	03:10:54	03:44:04.60	03:44:04.60	9:44	6.2
328	MYŚLIŃSKI TOMASZ	1040	BIEGUSIEM.PL	RADOM	POL	M40	78	M 238	00:02:37	00:50:52	02:03:42	03:08:05	03:44:43.80	03:44:43.80	9:46	6.1
329	KUTKOWSKI JAN	1401	HYUNDAI RADOM	RADOM	POL	M30	104	M 239	00:02:38	00:50:52	02:03:42	03:08:06	03:44:45.00	03:44:45.00	9:46	6.1
330	BEDNARSKA JOANNA	2151	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	KIELCE	POL	K30	29	K 91	00:02:56	00:56:30	02:14:07	03:12:22	03:44:46.85	03:44:46.85	9:46	6.1
331	BALON MARCIN	1371	VOLUME TRADING	KROSNO	POL	M40	79	M 240	00:02:28	00:52:52	02:05:32	03:07:23	03:44:48.25	03:44:48.25	9:46	6.1
332	BIDNIK JAKUB	1374		KROSNO	POL	M40	80	M 241	00:02:28	00:52:53	02:05:32	03:07:21	03:44:59.85	03:44:59.85	9:46	6.1
333	NALEPA TOMASZ	1291		RZESZÓW	POL	M30	105	M 242	00:01:17	00:48:07	02:03:19	03:10:56	03:45:12.90	03:45:12.90	9:47	6.1
334	ZAWADZKA AGNIESZKA	1064	KLUB SPORTOWY PRESTIGE RZESZÓW	GŁOGÓW MAŁOPOLSKI	POL	K30	30	K 92	00:03:32	00:53:42	02:04:36	03:06:40	03:45:40.65	03:45:40.65	9:48	6.1
335	MAGOŃ ŁUKASZ	1415	HUSARIA RACE TEAM	KRACZKOWA	POL	M30	106	M 243	00:02:00	00:55:22	02:10:27	03:05:47	03:45:41.80	03:45:41.80	9:48	6.1
336	KOWALCZYK EWA	1178	HUSARIA RACE TEAM	JAROSŁAW	POL	K30	31	K 93	00:02:39	00:55:05	02:10:27	03:06:13	03:45:44.80	03:45:44.80	9:48	6.1
337	GRUCHAŁA ANNA	1012	MK TEAM	SIEMIENOWICE ŚLĄSKIE	POL	K30	32	K 94	00:01:59	00:51:54	02:14:00	03:11:28	03:45:45.75	03:45:45.75	9:48	6.1
338	NAKONIECZNY JACEK	1367	SII POWER PEOPLE	LUBLIN	POL	M30	107	M 244	00:03:19	00:55:06	02:14:36	03:11:57	03:46:34.20	03:46:34.20	9:51	6.1
339	RADYMSKA MAŁGORZATA	1051		WARSZAWA	POL	K30	33	K 95	00:01:51	00:54:54	02:13:17	03:15:34	03:46:55.30	03:46:55.30	9:51	6.1

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
340	OZIMKOWSKA JUDYTA	1183		WARSZAWA	POL	K20	19	K 96	00:03:27	00:54:30	02:04:59	03:09:39	03:48:26.90	03:48:26.90	9:55	6
341	KOWALEWSKA DOROTA	700	SPARTANIE DZIECIOM	ZGORZAŁA	POL	K50	6	K 97	00:02:33	00:56:30	02:12:02	03:13:06	03:48:49.95	03:48:49.95	9:56	6
342	KAJCA JAKUB	1318	ESKIE STARS	KRAKOW	POL	M30	108	M 245	00:03:47	01:06:00	02:19:16	03:16:20	03:49:03.20	03:49:03.20	9:57	6
343	PRZYBYŁ SŁAWOMIR	1210		KRAKÓW	POL	M40	81	M 246	00:01:41	00:52:34	02:12:42	03:11:38	03:49:03.60	03:49:03.60	9:57	6
344	MACHNIK MARTA	1317	BABY W GÓRACH	KRAKOW	POL	K20	20	K 98	00:03:46	01:06:01	02:19:15	03:16:17	03:49:03.70	03:49:03.70	9:57	6
345	SZTUREMSKA-PRZYBYŁ AGATA	1209		KRAKÓW	POL	K40	39	K 99	00:01:42	00:52:41	02:12:40	03:12:21	03:49:04.15	03:49:04.15	9:57	6
346	GAJDA PIOTR	1301	#YOLOTEAMKRK	KRAKOW	POL	M50	17	M 247	00:03:44	00:58:42	02:24:25	03:16:36	03:49:05.75	03:49:05.75	9:57	6
347	KALBARCZYK IZABELLA	1047	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K30	34	K 100	00:01:34	00:51:38	02:12:35	03:14:17	03:49:56.20	03:49:56.20	9:59	6
348	ZUBA RAFAŁ	1442		NOWY SĄCZ		M20	38	M 248	00:01:30	00:42:31	01:58:51	03:06:23	03:51:10.80	03:51:10.80	10:03	6
349	CZOCHARA ROBERT	1083	AMATOR	OPOLE	POL	M40	82	M 249	00:03:42	00:52:15	02:21:31	03:12:59	03:51:14.20	03:51:14.20	10:03	6
350	CZOCHARA MARTA	1082	AMATOR	OPOLE	POL	K40	40	K 101	00:03:41	00:57:19	02:21:32	03:17:57	03:51:14.40	03:51:14.40	10:03	6
351	SZPAKOWSKI ANDRZEJ	155	FUN&RUN	NIEWODNA	POL	M40	83	M 250	00:02:20	00:55:41	02:24:14	03:18:45	03:51:30.35	03:51:30.35	10:03	6
352	WYDRO RAFAŁ	154	FUN&RUN	STRZYŻÓW	POL	M40	84	M 251	00:02:19	00:55:43	02:24:14	03:18:46	03:51:58.55	03:51:58.55	10:05	5.9
353	WIEDRO MAŁGORZATA	651	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ/WOŹNIAK RUNNING /WKURW_TEAM	ZAGNAŃSK	POL	K40	41	K 102	00:02:56	00:56:29	02:14:09	03:16:19	03:52:10.05	03:52:10.05	10:05	5.9
354	KRZEMIŃSKA AGATA	1126	STEFAN TEAM	SANDOMIERZ	POL	K50	7	K 103	00:02:00	00:58:39	02:18:04	03:17:45	03:52:15.25	03:52:15.25	10:05	5.9
355	BRZozowska PAULINA	1102	STEFAN TEAM	STALOWA WOLA	POL	K30	35	K 104	00:01:59	00:58:38	02:18:04	03:17:44	03:52:16.90	03:52:16.90	10:05	5.9
356	WOŹNIAK ALEKSANDRA	1103		WARSZAWA	POL	K30	36	K 105	00:02:40	00:58:14	02:18:08	03:17:45	03:52:17.35	03:52:17.35	10:05	5.9
357	IWANIEK SEBASTIAN	1069	BIEGUSIEM.PL	RYKI	POL	M30	109	M 252	00:02:41	00:52:23	02:13:49	03:16:34	03:52:39.45	03:52:39.45	10:06	5.9
358	DRZAŁ DAMIAN	1258		WYSOKA GŁOGOWSKA	POL	M30	110	M 253	00:01:18	00:48:05	02:03:20	03:11:20	03:53:45.85	03:53:45.85	10:09	5.9
359	ROMANOWICZ KAROLINA	1070	NIGHT RUNNERS POZNAŃ	POZNAŃ	POL	K30	37	K 106	00:02:53	01:00:09	02:21:52	03:20:10	03:53:56.90	03:53:56.90	10:10	5.9
360	DOJS ALEKSANDRA	1088	NIGHT RUNNERS	POZNAŃ	POL	K30	38	K 107	00:02:53	00:54:00	02:30:09	03:26:36	03:54:04.55	03:54:04.55	10:10	5.9
361	KRASOŃ JUSTYNA	1094	TSA SANDOMIERZ	SANDOMIERZ	POL	K30	39	K 108	00:02:01	00:57:59	02:25:04	03:20:56	03:54:45.45	03:54:45.45	10:12	5.9
362	LESZCZYŃSKI ALEKSANDER	1189	WKURW_TEAM	NOWY SĄCZ	POL	M30	111	M 254	00:03:02	00:58:48	02:13:34	03:17:12	03:55:52.90	03:55:52.90	10:15	5.9
363	LEJA MAREK	1026	TAK LUBIĘ SANDOMIERZ	JAROSŁAW	POL	M40	85	M 255	00:02:47	00:45:41	02:02:59	03:11:49	03:56:02.35	03:56:02.35	10:15	5.8
364	MAKOSA KONRAD	1029	WKURW_TEAM	WARSZAWA	POL	M40	86	M 256	00:03:28	00:59:35	02:14:51	03:20:13	03:57:01.90	03:57:01.90	10:18	5.8
365	SZYMANOWSKA MONIKA	1151		PSARY	POL	K40	42	K 109	00:03:24	00:56:09	02:25:01	03:21:11	03:57:53.85	03:57:53.85	10:20	5.8
366	OLEKSY BARBARA	1206		TUREK	POL	K30	40	K 110	00:03:27	00:56:17	02:25:09	03:21:10	03:57:54.00	03:57:54.00	10:20	5.8
367	OLEKSY PRZEMYSŁAW	1205		TUREK	POL	M40	87	M 257	00:03:27	00:56:17	02:25:09	03:21:10	03:57:54.00	03:57:54.00	10:20	5.8
368	PIĄSTKA DANIEL	1130		KAWĘCZYN	POL	M40	88	M 258	00:03:27	00:56:17	02:25:09	03:21:10	03:57:54.10	03:57:54.10	10:20	5.8
369	GAJDA BEATA	1300	#YOLOTEAMKRK	KRAKOW	POL	K40	43	K 111	00:03:44	00:59:00	02:24:22	03:23:32	03:58:08.50	03:58:08.50	10:21	5.8
370	KRYSPIN MARTA	1149	JA I ON	GRUDZIĄDZ	POL	K30	41	K 112	00:03:28	00:58:32	02:21:55	03:24:06	03:59:04.45	03:59:04.45	10:23	5.8
371	GAŚIÓREK KAMILA	1021		WARSZAWA	POL	K30	42	K 113	00:01:21	00:56:18	02:20:57	03:23:37	03:59:14.65	03:59:14.65	10:24	5.8
372	STRASSBERGER KATARZYNA	1198		GLIWICE	POL	K50	8	K 114	00:02:50	00:58:16	02:22:32	03:22:17	04:00:45.05	04:00:45.05	10:28	5.7
373	SZKAMRUK MAŁGORZATA	1227		GLIWICE	POL	K30	43	K 115	00:02:50	00:58:15	02:22:32	03:22:15	04:00:45.35	04:00:45.35	10:28	5.7
374	SOT LUCJAN	1116	A NIECH TO SZLAK BIEGIEM NA SZLAK	WETLINA	POL	M50	18	M 259	00:01:59	00:59:54	02:17:11	03:24:17	04:01:27.55	04:01:27.55	10:29	5.7
375	CHOLEWA ŁUKASZ	1053		WOŁOMIN	POL	M30	112	M 260	00:02:16	00:55:16	02:23:20	03:25:21	04:01:29.40	04:01:29.40	10:29	5.7
376	OKOŃSKI KRZYSZTOF	1224		POZNAŃ	POL	M20	39	M 261	00:02:12	01:00:25	02:30:04	03:29:44	04:01:31.75	04:01:31.75	10:30	5.7
377	PAWELEC JUSTYNA	1125	TSA SANDOMIERZ	SANDOMIERZ	POL	K30	44	K 116	00:03:18	00:59:24	02:24:19	03:24:47	04:03:33.30	04:03:33.30	10:35	5.7
378	WRZOSEK JUSTYNA	1124	TSA SANDOMIERZ	SANDOMIERZ	POL	K30	45	K 117	00:03:18	00:59:23	02:24:19	03:24:44	04:03:33.40	04:03:33.40	10:35	5.7
379	MARCINIAK JULIA	549	NATURAL BORN RUNNERS	POZNAŃ	POL	K30	46	K 118	00:02:42	00:59:26	02:18:27	03:24:33	04:05:10.85	04:05:10.85	10:39	5.6
380	WÓJCIK ŁUKASZ	1355	CYTRYNOWE CURRY???	LUBLIN	POL	M30	113	M 262	00:03:45	00:59:58	02:14:37	03:22:26	04:06:33.40	04:06:33.40	10:43	5.6
381	FORDOŃSKA KATARZYNA	1255	RUNFORFUN	MIŃSK MAZOWIECKI	POL	K40	44	K 119	00:03:20	01:00:46	02:27:46	03:30:38	04:08:59.25	04:08:59.25	10:49	5.5
382	JAWORSKA AGNIESZKA	1286		WARSZAWA	POL	K30	47	K 120	00:01:29	00:57:30	02:24:37	03:29:40	04:09:01.10	04:09:01.10	10:49	5.5
383	OSZCZĘDA MARZENA	1177	ZARAZIC PASJA	ŻORY	POL	K40	45	K 121	00:01:34	00:57:31	02:24:37	03:29:42	04:09:01.95	04:09:01.95	10:49	5.5
384	CZECHOWSKA IZABELA	1392	WW TEAM	LUBLIN	POL	K40	46	K 122	00:03:01	01:06:56	02:30:15	03:33:08	04:09:09.60	04:09:09.60	10:49	5.5
385	JAKUBIEC JUSTYNA	1408	LUBELSKA GRUPA TRIATHLONU	SNOPKÓW	POL	K40	47	K 123	00:03:10	01:06:17	02:30:16	03:33:10	04:09:09.65	04:09:09.65	10:49	5.5
386	SKOWROŃ JAKUB	1009		MARUSZÓW	POL	M30	114	M 263	00:02:44	00:59:02	02:20:23	03:28:11	04:11:03.45	04:11:03.45	10:54	5.5
387	PRZYBYŁA KRZYSZTOF	1090		ŚWIĘTOCHŁOWICE	POL	M40	89	M 264	00:02:53	01:06:30	02:31:09	03:36:56	04:12:08.05	04:12:08.05	10:57	5.5
388	SAMEK ARTUR	1449		BOCHNIA		M40	90	M 265	00:03:10	01:00:34	02:26:01	03:28:47	04:12:40.30	04:12:40.30	10:59	5.5
389	RYSIAWA JOANNA	1252	BEZ	MIŃSK MAZOWIECKI	POL	K40	48	K 124	00:03:20	01:00:45	02:27:43	03:32:44	04:13:27.70	04:13:27.70	11:01	5.4
390	KRZYCH MARCIN	1038	POLSOURCE	KRAKÓW	POL	M30	115	M 266	00:02:24	01:00:57	02:19:47	03:31:29	04:13:52.00	04:13:52.00	11:02	5.4
391	GŁOWACKA ALEKSANDRA	1195	MŁODY VS. STARY	LEGIONOWO	POL	K40	49	K 125	00:01:09	00:59:52	02:29:27	03:36:58	04:16:41.20	04:16:41.20	11:09	5.4
392	ZIENKOWSKA IZABELA	166		LUBLIN	POL	K30	48	K 126	00:02:56	01:03:06	02:31:33	03:39:00	04:16:54.50	04:16:54.50	11:10	5.4

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2km	6.5km	13km	18.5km	Netto	Brutto	min/km	km/h
393	WASILEWSKI MARCIN	211	WW TEAM	LUBLIN	POL	M40	91	M 267	00:02:56	01:03:07	02:31:33	03:39:01	04:16:54.95	04:16:54.95	11:10	5.4
394	JASIK JOANNA	1050	TSA SANDOMIERZ	SANDOMIERZ	POL	K40	50	K 127	00:02:01	00:59:39	02:25:08	03:38:37	04:19:21.40	04:19:21.40	11:16	5.3
395	GRĘBOWIEC DOMINIKA	1049	TSA SANDOMIERZ	SANDOMIERZ	POL	K30	49	K 128	00:02:01	00:58:21	02:25:04	03:38:02	04:19:21.70	04:19:21.70	11:16	5.3
396	PRZYBYŁA ALEKSANDRA	1091		ŚWIĘTOCHŁOWICE	POL	K30	50	K 129	00:02:53	01:06:31	02:30:11	03:38:29	04:21:10.30	04:21:10.30	11:21	5.3
397	BĄDZIUL DOROTA	1011		RZESZÓW	POL	K30	51	K 130	00:01:17	01:05:24	02:31:20	03:46:49	04:26:06.00	04:26:06.00	11:34	5.2
398	JEZIOREK JÓZEF	1115		ŁAPCZYCA	POL	M40	92	M 268	00:03:07	01:00:13	02:24:00	03:34:46	04:27:01.25	04:27:01.25	11:36	5.2
399	ŁAGOWSKA KATARZYNA	1447		MIELEC		K40	51	K 131	00:03:12	01:05:22	02:30:39	03:47:34	04:27:56.85	04:27:56.85	11:38	5.2
400	BORKOWSKA EWA	1030	WKURW-TEAM	ZŁOTÓW	POL	K60	2	K 132	00:03:23	01:08:11	02:36:08	03:53:17	04:37:33.60	04:37:33.60	12:04	5
401	REY ANDRZEJ	1184		WARSZAWA	POL	M40	93	M 269	00:03:35	01:00:55	02:38:19		04:46:36.75	04:46:36.75	12:27	4.8
402	MIRECKI JAN	1120		WARSZAWA	POL	M40	94	M 270	00:03:06	01:14:41	02:50:06	04:12:52	05:02:56.15	05:02:56.15	13:10	4.6
	GÓRYŃSKI RAFAŁ	1239		RYBNIK	POL	M20			DNF	03:50:46	DNF	DNF	DNF	DNF	-	-
		1495							DNF	03:50:54	DNF	DNF	DNF	DNF	-	-
										DNF						