

VI ZIMOWA BIESZCZADZKA DYCHA 2020

Organizator: Fundacja Bieg Rzeźnika
 Data: 2020-01-25
 Miejsce: Cisna
 Dystans: 10 km
 Klasyfikacja wg czasów brutto.


VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.5km | Netto | Brutto | min/km | km/h |
|------|-------------------------|------|------------------------------------|--------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 1 | DOMISZEWSKI IGNACY | 1501 | GUKLA BRATKOWICE | USTRZYKI DOLNE | POL | M30 | 1 | M 1 | 00:22:14 | 00:34:25.00 | 00:34:25.40 | 3:26 | 17.4 |
| 2 | GAJEWSKI MAREK | 1543 | @ARKENYA_TEAM | WARSZAWA | POL | M30 | 2 | M 2 | 00:25:21 | 00:38:40.85 | 00:38:43.25 | 3:52 | 15.5 |
| 3 | PACHUT JERZY | 1610 | MUAY RUNNING TEAM | SŁOPNICE | POL | M20 | 1 | M 3 | 00:26:01 | 00:39:09.65 | 00:39:12.25 | 3:55 | 15.3 |
| 4 | NOWAK MARCIN | 1503 | STALOWOWOLSKI KLUB BIEGACZA | STALOWA WOLA | POL | M30 | 3 | M 4 | 00:25:52 | 00:39:20.30 | 00:39:21.20 | 3:56 | 15.2 |
| 5 | GAWRON JANUSZ | 1704 | BRYGADA BESKIDÓW | | POL | M20 | 2 | M 5 | 00:26:04 | 00:39:25.25 | 00:39:26.45 | 3:56 | 15.2 |
| 6 | CHLIPAŁA PAWEŁ | 1521 | | KAMIENICA | POL | M20 | 3 | M 6 | 00:26:03 | 00:39:43.80 | 00:39:43.80 | 3:58 | 15.1 |
| 7 | ŚWIERAD KRYSZTIAN | 1671 | | TURZAŃSK | POL | M20 | 4 | M 7 | 00:26:04 | 00:39:56.05 | 00:39:59.05 | 3:59 | 15 |
| 8 | SZCZEPANIAK DAMIAN | 1661 | KAMIENICA | KAMIENICA | POL | M30 | 4 | M 8 | 00:26:45 | 00:40:52.05 | 00:40:54.40 | 4:05 | 14.7 |
| 9 | KOŁODZIEJCZYK ŁUKASZ | 1709 | UKS KOMETA | GLIWICE | POL | M20 | 5 | M 9 | 00:26:48 | 00:40:54.70 | 00:40:56.90 | 4:05 | 14.7 |
| 10 | ADAMCZYK MARTYNA | 1502 | ALPIN SPORT HOKA ONE ONE TEAM | SZYDŁOWIEC | POL | K20 | 1 | K 1 | 00:27:17 | 00:41:31.05 | 00:41:33.25 | 4:09 | 14.5 |
| 11 | CHOJNACKI WIKTOR | 1523 | | LUTOWISKA | POL | M30 | 5 | M 10 | 00:27:41 | 00:42:21.65 | 00:42:26.95 | 4:14 | 14.2 |
| 12 | RACHWAŁSKI TOMASZ | 1628 | BŁĘKITNI | CHORKUWKA | POL | M40 | 1 | M 11 | 00:28:15 | 00:42:42.35 | 00:42:51.30 | 4:16 | 14 |
| 13 | MARZEC KRZYSZTOF | 1596 | STALOWOWOLSKI KLUB BIEGACZA | TERESZPOL-ZYGMUNTY | POL | M40 | 2 | M 12 | 00:28:01 | 00:43:12.25 | 00:43:13.55 | 4:19 | 13.9 |
| 14 | ŚWIDZIŃSKI TOMASZ | 1670 | VEGE RUNNERS HAJIME KRAKÓW | KRAKÓW | POL | M40 | 3 | M 13 | 00:28:13 | 00:43:26.15 | 00:43:29.00 | 4:20 | 13.8 |
| 15 | ZAWADZKI MARCIN | 1695 | SZCZWANY TRZMIEL TEAM | LUBENIA | POL | M30 | 6 | M 14 | 00:28:26 | 00:44:08.85 | 00:44:10.35 | 4:24 | 13.6 |
| 16 | MARCZAK PAWEŁ | 1593 | DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO | WARSZAWA | POL | M40 | 4 | M 15 | 00:29:04 | 00:44:08.05 | 00:44:12.10 | 4:24 | 13.6 |
| 17 | WÓJCIK JÓZEF | 1687 | CHEŁM BIEGA | CHEŁM | POL | M50 | 1 | M 16 | 00:29:15 | 00:44:54.25 | 00:44:58.75 | 4:29 | 13.4 |
| 18 | SABAT SEBASTIAN | 1707 | | KOMAŃCZA | POL | M20 | 6 | M 17 | 00:29:30 | 00:45:08.95 | 00:45:09.40 | 4:30 | 13.3 |
| 19 | FRANCZYK PIOTR | 1542 | KOT I WILK | KRAKÓW | POL | M30 | 7 | M 18 | 00:29:27 | 00:44:54.20 | 00:45:10.20 | 4:29 | 13.4 |
| 20 | MAJCHROWICZ WIKTOR | 1730 | | ROGI | POL | M40 | 5 | M 19 | 00:29:26 | 00:43:57.25 | 00:45:35.95 | 4:23 | 13.7 |
| 21 | KALBARCZYK ADRIANA | 1505 | DUKLANOWSKI TEAM | WARSZAWA | POL | K20 | 2 | K 2 | 00:29:52 | 00:45:44.50 | 00:45:45.80 | 4:34 | 13.1 |
| 22 | TUROSZ IWONA | 1703 | | SANOK | POL | K30 | 1 | K 3 | 00:30:21 | 00:46:12.95 | 00:46:18.25 | 4:37 | 13 |
| 23 | WŁOCH SŁAWOMIR | 1683 | KROSNO MIASTO SZKŁA | KROSNO | POL | M50 | 2 | M 20 | 00:30:30 | 00:46:15.85 | 00:46:20.85 | 4:37 | 13 |
| 24 | WETHACZ MARIUSZ | 1719 | | CISNA | POL | M30 | 8 | M 21 | 00:30:41 | 00:46:42.75 | 00:46:49.85 | 4:40 | 12.8 |
| 25 | SZNAJDER RAFAŁ | 1666 | G.O.A.T. TEAM MICHAŁOWICE | MICHAŁOWICE | POL | M40 | 6 | M 22 | 00:30:54 | 00:46:56.20 | 00:46:59.35 | 4:41 | 12.8 |
| 26 | SKOTNICKI JAKUB | 1638 | ADIDAS RUNNERS WARSAW | WROCŁAW | POL | M30 | 9 | M 23 | 00:31:53 | 00:47:21.25 | 00:47:34.80 | 4:44 | 12.7 |
| 27 | BODZIOCH GRZEGORZ | 1513 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | M40 | 7 | M 24 | 00:31:00 | 00:47:30.40 | 00:47:39.85 | 4:45 | 12.6 |
| 28 | WIESNER LESZEK | 1679 | NOWA HUTA TEAM | KRAKÓW | POL | M20 | 7 | M 25 | 00:30:53 | 00:47:26.45 | 00:47:43.65 | 4:44 | 12.6 |
| 29 | BARAŃSKI JAROSŁAW | 1718 | | RADOM | POL | M30 | 10 | M 26 | 00:31:33 | 00:47:56.45 | 00:48:17.10 | 4:47 | 12.5 |
| 30 | BILSKI MARCIN | 1512 | | DĘBOWIEC | POL | M40 | 8 | M 27 | 00:32:10 | 00:48:07.95 | 00:48:20.65 | 4:48 | 12.5 |
| 31 | KSIĄŻKIEWICZ BARTŁOMIEJ | 1577 | ROCKY BALBOA | POLAŃCZYK | POL | M30 | 11 | M 28 | 00:33:07 | 00:49:14.00 | 00:49:14.00 | 4:55 | 12.2 |
| 32 | HORODEJCZUK ANTONI | 1556 | HORODEJCZUK TEAM | OLSZANICA | POL | M40 | 9 | M 29 | 00:32:17 | 00:49:37.75 | 00:49:39.55 | 4:57 | 12.1 |
| 33 | HADUCH JERZY | 1552 | SANOK I OKOLICE | PISAROWCE | POL | M60 | 1 | M 30 | 00:32:41 | 00:50:06.40 | 00:50:12.35 | 5:00 | 12 |
| 34 | LORENS MAGDALENA | 1504 | G.O.A.T. TEAM MICHAŁOWICE | MICHAŁOWICE | POL | K20 | 3 | K 4 | 00:33:12 | 00:50:25.45 | 00:50:31.95 | 5:02 | 11.9 |
| 35 | MARCINIAK TOMASZ | 1591 | RADOMNO BIEGA | PUSTKI | POL | M30 | 12 | M 31 | 00:33:27 | 00:50:20.15 | 00:50:46.30 | 5:02 | 11.9 |
| 36 | SIKORĄ JAREK | 1706 | | | POL | M40 | 10 | M 32 | 00:33:30 | 00:50:25.90 | 00:50:49.05 | 5:02 | 11.9 |
| 37 | SOLIŃSKA MAGDALENA | 1648 | | JANKOWICE | POL | K40 | 1 | K 5 | 00:33:33 | 00:51:01.15 | 00:51:13.85 | 5:06 | 11.8 |
| 38 | PIOTROWSKI PRZEMYSŁAW | 1619 | NOWA HUTA TEAM | KRAKÓW | POL | M30 | 13 | M 33 | 00:34:17 | 00:51:24.10 | 00:51:41.95 | 5:08 | 11.7 |
| 39 | WOŹNIAK JANUSZ | 1685 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN | POL | M50 | 3 | M 34 | 00:33:51 | 00:51:35.00 | 00:51:51.05 | 5:09 | 11.6 |
| 40 | KORONA JAN | 1574 | KROSNO | KROSNO | POL | M60 | 2 | M 35 | 00:33:57 | 00:51:42.00 | 00:52:00.50 | 5:10 | 11.6 |
| 41 | POGODA KINGA | 1711 | UKS KOMETA | GLIWICE | POL | K20 | 4 | K 6 | 00:34:04 | 00:52:06.05 | 00:52:08.45 | 5:12 | 11.5 |
| 42 | POLEWKA TOMASZ | 1712 | UKS KOMETA | GLIWICE | POL | M40 | 11 | M 36 | 00:34:18 | 00:52:26.80 | 00:52:28.80 | 5:14 | 11.4 |
| 43 | SOKOŁOWSKI WOJCIECH | 1645 | | WARSZAWA | POL | M30 | 14 | M 37 | 00:34:16 | 00:51:02.75 | 00:52:47.70 | 5:06 | 11.8 |
| 44 | JANKOWSKI MICHAŁ | 1560 | | TRAWNIKI | POL | M40 | 12 | M 38 | 00:33:56 | 00:52:44.25 | 00:52:53.35 | 5:16 | 11.4 |
| 45 | ZIELONKA MICHAŁ | 1691 | | CISNA | POL | M20 | 8 | M 39 | 00:35:06 | 00:53:27.20 | 00:53:31.90 | 5:20 | 11.2 |
| 46 | FLASKA ZDENEK | 1540 | MARAS TEAM | KOŠICE | SVK | M40 | 13 | M 40 | 00:34:52 | 00:52:06.40 | 00:53:58.25 | 5:12 | 11.5 |

VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|----------------------------------|------------------|------|------|--------|------|----------|-------------|-------------|--------|------|
| 47 | WRÓBEL BARTŁOMIEJ | 1724 | CISNA | CISNA | POL | M40 | 14 | M 41 | 00:34:53 | 00:53:59.15 | 00:54:01.05 | 5:24 | 11.1 |
| 48 | SZNAJDER JOANNA | 1665 | G.O.A.T. TEAM MICHAŁOWICE | MICHAŁOWICE | POL | K30 | 2 | K 7 | 00:35:14 | 00:53:59.95 | 00:54:03.40 | 5:24 | 11.1 |
| 49 | SURMA KAROLINA | 1658 | | GLIWICE | POL | K30 | 3 | K 8 | 00:35:08 | 00:53:42.90 | 00:54:29.20 | 5:22 | 11.2 |
| 50 | GALICA-NIEPOKÓJ AGNIESZKA | 1545 | BIESZCZADZKI KLUB NORDIC WALKING | ŚREDNIE WIELKIE | POL | K30 | 4 | K 9 | 00:36:03 | 00:54:59.85 | 00:55:04.20 | 5:30 | 10.9 |
| 51 | ZIĘBAKOWSKI MIKOŁAJ | 1692 | | RADOM | POL | M20 | 9 | M 42 | 00:35:17 | 00:54:19.95 | 00:55:12.55 | 5:26 | 11 |
| 52 | DUDZIAK AGNIESZKA | 1537 | POMPA TEAM | POKRÓWKA | POL | K40 | 2 | K 10 | 00:36:27 | 00:53:33.55 | 00:55:13.70 | 5:21 | 11.2 |
| 53 | KOGUT LESZEK | 1569 | | GROCHOWCE | POL | M40 | 15 | M 43 | 00:35:26 | 00:54:27.05 | 00:55:15.85 | 5:26 | 11 |
| 54 | JANAS MARIAN | 1731 | | BALIGRÓD | POL | M60 | 3 | M 44 | 00:36:28 | 00:55:09.95 | 00:55:22.25 | 5:31 | 10.9 |
| 55 | DUDZIAK DARIUSZ | 1536 | POMPA TEAM | CHEŁM | POL | M40 | 16 | M 45 | 00:36:28 | 00:53:58.95 | 00:55:39.70 | 5:23 | 11.1 |
| 56 | PODOLAK ZBIGNIEW | 1624 | | PRZEMYSŁ | POL | M50 | 4 | M 46 | 00:36:51 | 00:55:37.15 | 00:56:22.85 | 5:33 | 10.8 |
| 57 | KANDEFER WOJCIECH | 1564 | | KORCZYNA | POL | M50 | 5 | M 47 | 00:36:18 | 00:56:29.05 | 00:56:35.75 | 5:38 | 10.6 |
| 58 | WĘGRZYN PAWEŁ | 1725 | | ORELEC | POL | M20 | 10 | M 48 | 00:36:07 | 00:56:55.75 | 00:56:57.95 | 5:41 | 10.5 |
| 59 | DRAG PIOTR | 1717 | | KRZAKI | POL | M30 | 15 | M 49 | 00:36:38 | 00:57:23.25 | 00:57:24.60 | 5:44 | 10.5 |
| 60 | PIENKOWSKA KATARZYNA | 1618 | ADIDAS RUNNERS WARSAW | WARSAWA | POL | K30 | 5 | K 11 | 00:38:13 | 00:57:35.30 | 00:57:51.40 | 5:45 | 10.4 |
| 61 | GRUSZECKA ANNA | 1549 | | RYBARZOWICE | POL | K40 | 3 | K 12 | 00:38:34 | 00:57:40.00 | 00:58:03.05 | 5:46 | 10.4 |
| 62 | GWIZDAK JUSTYNA | 1705 | | RZESZÓW | POL | K30 | 6 | K 13 | 00:37:22 | 00:57:36.30 | 00:58:41.00 | 5:45 | 10.4 |
| 63 | PŁESZKA MAREK | 1622 | KLUB SPORTOWY OTRYT I | LUTOWISKA | POL | M40 | 17 | M 50 | 00:31:55 | 00:58:57.00 | 00:59:03.00 | 4:53 | 12.3 |
| 64 | KORALEWSKI PAWEŁ | 1573 | JAGRO TEAM | JUTROSIN | POL | M30 | 16 | M 51 | 00:38:59 | 00:57:19.60 | 00:59:06.10 | 5:44 | 10.5 |
| 65 | ŻÓŁKIEWICZ MATEUSZ | 1694 | | PIKULICE | POL | M20 | 11 | M 52 | 00:37:49 | 00:58:15.75 | 00:59:06.15 | 5:49 | 10.3 |
| 66 | WOJCIECHOWSKI WOJCIECH | 1684 | | GROCHOWCE | POL | M20 | 12 | M 53 | 00:37:53 | 00:58:24.60 | 00:59:14.45 | 5:50 | 10.3 |
| 67 | SAMUS DARIUSZ | 1701 | STG RZESZÓW | RZESZÓW | POL | M30 | 17 | M 54 | 00:39:32 | 00:59:01.30 | 00:59:18.85 | 5:54 | 10.2 |
| 68 | DYŁĄG MARLENA | 1539 | G.O.A.T. TEAM MICHAŁOWICE | WIĘCŁAWICE STARE | POL | K20 | 5 | K 14 | 00:39:22 | 00:59:14.45 | 00:59:20.70 | 5:55 | 10.1 |
| 69 | RUSIN ALEKSANDER | 1700 | | RZESZÓW | POL | M30 | 18 | M 55 | 00:38:20 | 00:58:39.60 | 00:59:22.00 | 5:52 | 10.2 |
| 70 | BURTAN MARCIN | 1519 | TERMOAKTYWNI.PL | RZESZÓW | POL | M30 | 19 | M 56 | 00:37:57 | 00:57:46.20 | 00:59:24.50 | 5:46 | 10.4 |
| 71 | RUSIN ŁUKASZ | 1635 | | CHEŁM | POL | M30 | 20 | M 57 | 00:38:25 | 00:59:14.65 | 00:59:25.45 | 5:55 | 10.1 |
| 72 | MATYKIEWICZ JAROSŁAW | 1599 | | KIELCE | POL | M50 | 6 | M 58 | 00:39:26 | 00:57:48.50 | 00:59:47.35 | 5:46 | 10.4 |
| 73 | GAJOS ŁUKASZ | 1544 | LIGA GENTLEMANÓW | KRAKÓW | POL | M30 | 21 | M 59 | 00:39:19 | 00:59:15.15 | 00:59:59.35 | 5:55 | 10.1 |
| 74 | MALINOWSKA IWONA | 1588 | | SIEDLISKA | POL | K40 | 4 | K 15 | 00:39:02 | 00:59:10.00 | 01:00:20.45 | 5:55 | 10.1 |
| 75 | ROSTEK ARKADIUSZ | 1633 | ULTRAMEKI | KOSZYCE WIELKIE | POL | M40 | 18 | M 60 | 00:40:11 | 00:59:19.65 | 01:00:25.50 | 5:56 | 10.1 |
| 76 | GRUSZECKI TOMASZ | 1550 | | RYBARZOWICE | POL | M40 | 18 | M 60 | 00:39:30 | 01:00:00.85 | 01:00:25.50 | 6:00 | 10 |
| 77 | DVORŠČAK MILAN | 1538 | MARAS TEAM | PREŠOV | SVK | M50 | 7 | M 62 | 00:38:29 | 00:58:34.50 | 01:00:25.85 | 5:51 | 10.2 |
| 78 | ANDRASZ PAWEŁ | 1506 | KMP ŁÓDŹ | PRZEMYSŁ | POL | M20 | 13 | M 63 | 00:39:10 | 01:00:16.15 | 01:00:31.60 | 6:01 | 10 |
| 79 | BRUSIŁO ILONA | 1696 | MAMY RUSZAMY | WARSAWA | POL | K30 | 7 | K 16 | 00:33:12 | 01:00:34.00 | 01:00:55.00 | 5:03 | 11.9 |
| 80 | STEC ANDRZEJ | 1654 | | WAŁCZ | POL | M50 | 8 | M 64 | 00:39:30 | 01:00:02.15 | 01:01:00.80 | 6:00 | 10 |
| 81 | SAMEK ALEKSANDER | 1636 | | JAWORZYNA ŚLĄSKA | POL | M30 | 22 | M 65 | 00:39:35 | 01:00:45.75 | 01:01:27.45 | 6:04 | 9.9 |
| 82 | SZYMONIAK MARCIN | 1669 | | POZNAŃ | POL | M40 | 20 | M 66 | 00:39:27 | 00:59:21.80 | 01:01:28.95 | 5:56 | 10.1 |
| 83 | GAŁUSZKA MARIUSZ | 1699 | GOPR | CISNA | POL | M40 | 21 | M 67 | 00:39:22 | 01:01:41.10 | 01:01:55.85 | 6:10 | 9.7 |
| 84 | SZAL KATARZYNA | 1660 | | WARSAWA WESOŁA | POL | K30 | 8 | K 17 | 00:39:41 | 01:00:09.55 | 01:02:09.15 | 6:01 | 10 |
| 85 | MANIAK ŁUKASZ | 1589 | | WARSAWA WESOŁA | POL | M40 | 22 | M 68 | 00:39:42 | 01:00:10.90 | 01:02:10.50 | 6:01 | 10 |
| 86 | JARMOC WOJCIECH | 1561 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 23 | M 69 | 00:40:30 | 01:01:00.60 | 01:02:11.70 | 6:06 | 9.8 |
| 87 | SKRUTEK ADAM | 1721 | | WIEDEN | AUT | M30 | 24 | M 70 | 00:40:44 | 01:00:29.40 | 01:02:15.35 | 6:03 | 9.9 |
| 88 | KŁOS KAMIL | 1567 | | WARSAWA | POL | M20 | 14 | M 71 | 00:40:44 | 01:00:24.30 | 01:02:37.95 | 6:02 | 9.9 |
| 89 | WITKO JERZY | 1682 | BRAK | FREDROPOL | POL | M40 | 23 | M 72 | 00:41:03 | 01:02:06.40 | 01:02:55.15 | 6:12 | 9.7 |
| 90 | SOKOŁOWSKI JERZY | 1646 | MOHER SKI TEAM | ŁAŃCUT | POL | M50 | 9 | M 73 | 00:41:03 | 01:01:12.75 | 01:02:59.45 | 6:07 | 9.8 |
| 91 | STROJNY URSZULA | 1656 | KOT I WILK | KRAKÓW | POL | K30 | 9 | K 18 | 00:42:25 | 01:02:44.60 | 01:03:01.20 | 6:16 | 9.6 |
| 92 | LYPIŃSKI MIKAEL | 1176 | | WARSAWA | POL | M40 | 24 | M 74 | 00:41:09 | 01:02:50.25 | 01:03:02.40 | 2:43 | 22 |
| 93 | CZARNECKI KONRAD | 1529 | | RADOM | POL | M30 | 25 | M 75 | 00:39:58 | 01:01:16.80 | 01:03:06.90 | 6:07 | 9.8 |
| 94 | MAGALSKA NATALIA | 1586 | | TOLKMICKO | POL | K20 | 6 | K 19 | 00:40:00 | 01:01:17.90 | 01:03:07.25 | 6:07 | 9.8 |
| 95 | WOJCIECHOWSKI PAWEŁ | 1729 | J U V E R U N | KRAKÓW | POL | M30 | 26 | M 76 | 00:40:29 | 01:00:40.35 | 01:03:10.35 | 6:04 | 9.9 |
| 96 | KURASZ WITOLD | 1579 | -- | PRUCHNIK | POL | M50 | 10 | M 77 | 00:42:14 | 01:01:01.75 | 01:03:21.45 | 6:06 | 9.8 |
| 97 | CHMIELEWSKI MATEUSZ | 1522 | HARDCOROWEWYCHYLBYBYMY | OTWOCK | POL | M30 | 27 | M 78 | 00:42:31 | 01:02:57.05 | 01:03:29.35 | 6:17 | 9.5 |
| 98 | MARCISZ BOGUSŁAW | 1592 | ŻANDARMERIA WOJSKOWA RZESZÓW | RZESZÓW | POL | M40 | 25 | M 79 | 00:40:46 | 01:02:33.45 | 01:03:40.85 | 6:15 | 9.6 |
| 99 | NIEMCZUK-WARNECKE JUSTYNA | 1603 | | SMEREK | POL | K30 | 10 | K 20 | 00:41:25 | 01:02:11.10 | 01:03:53.10 | 6:13 | 9.6 |
| 100 | DRAŻEK ŁUKASZ | 1534 | | RZESZÓW | POL | M30 | 28 | M 80 | 00:40:58 | 01:02:23.10 | 01:03:59.35 | 6:14 | 9.6 |
| 101 | ŻELAZNY AGNIESZKA | 1693 | GORLICKA GRUPA BIEGOWA | GORLICE | POL | K40 | 5 | K 21 | 00:35:21 | 01:04:06.00 | 01:04:21.00 | 5:24 | 11.1 |
| 102 | WARGA JAN | 1736 | MARAS TEAM | | | M30 | 29 | M 81 | 00:40:26 | 01:03:00.60 | 01:04:52.90 | 6:18 | 9.5 |
| 103 | KOŁODZIEJ KATARZYNA | 1572 | | JASŁO | POL | K40 | 6 | K 22 | 00:42:31 | 01:04:28.20 | 01:04:53.35 | 6:26 | 9.3 |

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| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.5km | Netto | Brutto | min/km | km/h |
|------|---------------------------|------|---|----------------------|------|------|--------|-------|----------|-------------|-------------|--------|------|
| 104 | SOBEL NATALIA | 1710 | UKS KOMETA | GLIWICE | POL | K20 | 7 | K 23 | 00:42:19 | 01:04:50.50 | 01:04:54.10 | 6:29 | 9.3 |
| 105 | WOŹNIAK LIDIA | 1686 | PORMAT JEDLICZEBIEGA | SKOŁYSZYN | POL | K50 | 1 | K 24 | 00:42:22 | 01:04:44.35 | 01:05:01.25 | 6:28 | 9.3 |
| 106 | WILK-PAWŁOWSKA AGNIESZKA | 1680 | ROCK&RUN | WARSZAWA | POL | K30 | 11 | K 25 | 00:42:51 | 01:04:55.10 | 01:05:10.90 | 6:29 | 9.2 |
| 107 | IWANIEC PIOTR | 1557 | BIEGANIE SZYDERCÓW | TARNÓW | POL | M30 | 30 | M 82 | 00:42:16 | 01:04:10.20 | 01:05:12.70 | 6:25 | 9.4 |
| 108 | CZUBA TOMASZ | 1531 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 31 | M 83 | 00:44:54 | 01:04:01.05 | 01:05:12.75 | 6:24 | 9.4 |
| 109 | PAWŁOWSKA AGNIESZKA | 1613 | PRZEMYSKI KLUB BIEGACZA | KRASICZYN | POL | K40 | 7 | K 26 | 00:42:33 | 01:03:26.75 | 01:05:31.20 | 6:20 | 9.5 |
| 110 | NIZIK MAGDALENA | 1606 | VEGEDOG | WARSZAWA | POL | K40 | 8 | K 27 | | 01:04:33.80 | 01:05:48.15 | 6:27 | 9.3 |
| 111 | KOZA SEBASTIAN | 1575 | SSW TEAM KROSZNICE | KROTOSZYN | POL | M20 | 15 | M 84 | 00:43:32 | 01:05:39.25 | 01:05:57.40 | 6:33 | 9.1 |
| 112 | SZPUNAR DANIEL | 1667 | HUSARIA RACE TEAM | DĘBINA | POL | M20 | 16 | M 85 | 00:36:20 | 01:04:31.00 | 01:05:58.00 | 5:27 | 11 |
| 113 | MAJEWSKA KAMILA | 1708 | | LUBLIN | POL | K30 | 12 | K 28 | 00:41:42 | 01:04:36.10 | 01:06:00.40 | 6:27 | 9.3 |
| 114 | GUCWA MIROSLAW | 1551 | BACK ON TRACK | KRASNE | POL | M40 | 26 | M 86 | 00:39:56 | 01:04:26.60 | 01:06:06.20 | 6:26 | 9.3 |
| 115 | KŁODZIŃSKA BARBARA | 1568 | ULTRAMEKI | TARNÓW | POL | K40 | 9 | K 29 | 00:43:36 | 01:05:03.70 | 01:06:09.25 | 6:30 | 9.2 |
| 116 | HENNIG WALDEMAR | 1555 | ECO KAPINO | KAPINO | POL | M40 | 27 | M 87 | 00:42:34 | 01:04:18.15 | 01:06:13.00 | 6:25 | 9.3 |
| 117 | KONDRAK JAN | 1702 | LUBELSKA FEDERACJA BARDÓW | ŚWIDNIK | POL | M60 | 4 | M 88 | 00:43:00 | 01:04:20.70 | 01:06:23.20 | 6:26 | 9.3 |
| 118 | KOLERA WIOLETA | 1571 | WODNIAK | OBÓRKI | POL | K30 | 13 | K 30 | 00:42:52 | 01:06:10.80 | 01:06:34.00 | 6:37 | 9.1 |
| 119 | PISZCZYGŁOWA BERNADETA | 1620 | | GORZÓW WIELKOPOLSKI | POL | K40 | 10 | K 31 | 00:42:47 | 01:05:56.85 | 01:06:36.45 | 6:35 | 9.1 |
| 120 | KAPLON ANDRZEJ | 1566 | KS HUDKA SPYRA | SCHWALBACH | GER | M50 | 11 | M 89 | 00:42:49 | 01:04:46.80 | 01:06:42.45 | 6:28 | 9.3 |
| 121 | JANIK JACEK | 1558 | | BOGUCHWAŁA | POL | M40 | 28 | M 90 | 00:30:04 | 01:06:21.00 | 01:06:43.00 | 4:38 | 12.9 |
| 122 | BARTOSZEK RENIA | 1511 | | WROCŁAW | POL | K40 | 11 | K 32 | 00:44:01 | 01:06:18.45 | 01:06:58.40 | 6:37 | 9 |
| 123 | STEFANIAK MARIA | 1655 | | WARSZAWA | POL | K20 | 8 | K 33 | 00:42:48 | 01:05:11.55 | 01:07:09.35 | 6:31 | 9.2 |
| 124 | SOBCZYK GRZEGORZ | 1644 | | TYCHY | POL | M20 | 17 | M 91 | 00:42:47 | 01:05:13.55 | 01:07:10.75 | 6:31 | 9.2 |
| 125 | SZADKOWSKA JUSTYNA | 1659 | NIGHT RUNNERS GLIWICE | GLIWICE | POL | K30 | 14 | K 34 | 00:43:17 | 01:05:41.25 | 01:07:20.05 | 6:34 | 9.1 |
| 126 | ŁUSZCZ PAWEŁ | 1584 | | DĘBICA | POL | M30 | 32 | M 92 | 00:44:36 | 01:06:01.25 | 01:08:03.45 | 6:36 | 9.1 |
| 127 | PENKALA PIOTR | 1614 | STRANGERS | ZĄBKI | POL | M20 | 18 | M 93 | 00:47:21 | 01:06:01.60 | 01:08:15.85 | 6:36 | 9.1 |
| 128 | MŁOCKA MATYLDA | 1600 | | WARSZAWA | POL | K30 | 15 | K 35 | 00:44:44 | 01:06:17.30 | 01:08:38.30 | 6:37 | 9.1 |
| 129 | RABIEJEWSKI ZBIGNIEW | 1627 | ŻANDARMERIA WOJSKOWA RZESZÓW | CHMIELNIK | POL | M40 | 29 | M 94 | 00:42:35 | 01:08:00.30 | 01:09:06.40 | 6:48 | 8.8 |
| 130 | SZUKOWSKA AMELIA | 1668 | | LESKO | POL | K30 | 16 | K 36 | 00:45:26 | 01:07:40.50 | 01:09:11.60 | 6:46 | 8.9 |
| 131 | KUBASIĆ ANGELIKA | 1698 | | PRZEWORSK | POL | K20 | 9 | K 37 | 00:45:14 | 01:07:59.20 | 01:09:15.00 | 6:48 | 8.8 |
| 132 | PAWLIK TOMASZ | 1612 | JB WARSAW | WARSZAWA | POL | M30 | 33 | M 95 | 00:43:50 | 01:07:52.05 | 01:09:49.40 | 6:47 | 8.8 |
| 133 | ŚWIGONIAK ANNA | 1672 | NOWA HUTA TEAM | KRAKÓW | POL | K40 | 12 | K 38 | 00:46:06 | 01:08:21.45 | 01:10:23.95 | 6:50 | 8.8 |
| 134 | PRUSZKOWSKA KATARZYNA | 1626 | CROSSFITTER BOX CHEŁM | CHEŁM | POL | K40 | 13 | K 39 | 00:46:28 | 01:08:59.00 | 01:10:44.05 | 6:53 | 8.7 |
| 135 | STACHOWNIUK ARTUR | 1714 | CROSSFITTER BOX CHEŁM | CHEŁMN | POL | M30 | 34 | M 96 | 00:46:29 | 01:08:59.70 | 01:10:44.15 | 6:54 | 8.7 |
| 136 | MISIEK MARCIN | 1720 | WQRW | KIELCE | POL | M50 | 12 | M 97 | 00:46:07 | 01:09:14.00 | 01:11:12.35 | 6:55 | 8.7 |
| 137 | RADON MARCIN | 1629 | SENNIK.BIZ | RZESZÓW | POL | M30 | 35 | M 98 | 00:45:23 | 01:09:31.60 | 01:11:19.90 | 6:57 | 8.6 |
| 138 | MATUSZAK KLAUDIA | 1598 | NOWOCZESNYSPO.RT.PL | RZESZÓW | POL | K20 | 10 | K 40 | 00:46:16 | 01:10:20.35 | 01:11:29.80 | 7:02 | 8.5 |
| 139 | PAWŁAK MAGDALENA | 1611 | KB V-MAX ADAMÓW | ADAMÓW | POL | K30 | 17 | K 41 | 00:27:19 | 01:11:54.00 | 01:12:00.00 | 4:11 | 14.3 |
| 140 | CHRUŚCIEL LEŚLAW | 1728 | | NOWY SĄCZ | POL | M50 | 13 | M 99 | 00:47:22 | 01:10:42.25 | 01:12:02.50 | 7:04 | 8.5 |
| 141 | CHMIELEWSKI MARCIN | 1733 | | OTWOCK | POL | M40 | 30 | M 100 | 00:45:43 | 01:10:02.55 | 01:12:08.30 | 7:00 | 8.6 |
| 142 | CZERSKI KRZYSZTOF | 1530 | | CHŁAPOWO | POL | M40 | 31 | M 101 | 00:46:49 | 01:11:15.85 | 01:12:11.35 | 7:07 | 8.4 |
| 143 | BOGUCKA MARTYNA | 1514 | JACEKBIEGA RUNNING TEAM | WARSZAWA | POL | K40 | 14 | K 42 | 00:47:33 | 01:10:43.75 | 01:12:13.65 | 7:04 | 8.5 |
| 144 | GIEŁBAGA ANNA | 1547 | | RZESZÓW | POL | K40 | 15 | K 43 | 00:46:06 | 01:10:43.25 | 01:12:13.70 | 7:04 | 8.5 |
| 145 | PENKALA MARCIN | 1615 | STRANGERS | ZĄBKI | POL | M40 | 32 | M 102 | 00:46:55 | 01:10:09.95 | 01:12:25.30 | 7:01 | 8.6 |
| 146 | WÓJCİK KAMILA | 1688 | LACHO-TEAM | KRAKÓW | POL | K40 | 16 | K 44 | 00:47:33 | 01:12:13.55 | 01:12:34.75 | 7:13 | 8.3 |
| 147 | SKRUTEK JAN | 1641 | SEKCJA SPORTÓW GÓRSKICH BIESZCZADZKI GOPR | WROCŁAW | POL | M60 | 5 | M 103 | 00:46:54 | 01:10:48.25 | 01:12:40.10 | 7:04 | 8.5 |
| 148 | SKÓRA MICHAŁ | 1640 | MICHAŁ TEAM | ŁOPUSZKA | POL | M40 | 33 | M 104 | 00:47:46 | 01:11:48.15 | 01:12:56.50 | 7:10 | 8.4 |
| 149 | MARMON KRZYSZTOF | 1594 | KKJM ŚNIEŻNE ŁAZY | RZESZÓW | POL | M30 | 36 | M 105 | 00:47:01 | 01:11:54.05 | 01:13:11.65 | 7:11 | 8.3 |
| 150 | MARMON MARCELINA | 1595 | KKJM ŚNIEŻNE ŁAZY | RZESZÓW | POL | K20 | 11 | K 45 | 00:48:25 | 01:11:54.65 | 01:13:13.70 | 7:11 | 8.3 |
| 151 | SZCZĘSNA - MARMON JUSTYNA | 1663 | KKJM ŚNIEŻNE ŁAZY | RZESZÓW | POL | K30 | 18 | K 45 | 00:47:04 | 01:11:56.20 | 01:13:13.70 | 7:11 | 8.3 |
| 152 | ZEGAR KRZYSZTOF | 1690 | KKJM ŚNIEŻNE ŁAZY | PODKARPACKIE | POL | M20 | 19 | M 106 | 00:48:26 | 01:11:56.20 | 01:13:15.70 | 7:11 | 8.3 |
| 153 | SKOWROŃ JAKUB | 1713 | WKURW_TEAM | MARUSZÓW | POL | M30 | 37 | M 107 | 00:47:57 | 01:12:27.30 | 01:13:41.45 | 7:14 | 8.3 |
| 154 | SKOWROŃ IZABELA | 1639 | WKURW_TEAM | OŻARÓW | POL | K30 | 19 | K 47 | 00:47:55 | 01:12:29.25 | 01:13:44.30 | 7:14 | 8.3 |
| 155 | SOLAREWICZ MONIKA | 1647 | | KLISINO | POL | K30 | 20 | K 48 | 00:48:28 | 01:13:02.80 | 01:13:48.90 | 7:18 | 8.2 |
| 156 | KUŁACZKOWSKI KONRAD | 1578 | | STAŁOWA WOLA | POL | M30 | 38 | M 108 | 00:48:11 | 01:12:56.75 | 01:13:51.30 | 7:17 | 8.2 |
| 157 | WAWRZYŃIAK KATARZYNA | 1677 | MAMY RYSZAMY | WARSZAWA | POL | K30 | 21 | K 49 | 00:47:30 | 01:12:30.30 | 01:13:52.85 | 7:15 | 8.3 |
| 158 | KAPLON DANUTA | 1565 | | SCHWALBACH AM TAUNUS | GER | K60 | 1 | K 50 | 00:47:41 | 01:12:02.80 | 01:13:58.35 | 7:12 | 8.3 |
| 159 | SUŁKOWSKA JOANNA | 1657 | | JAROSŁAW | POL | K40 | 17 | K 51 | 00:47:24 | 01:13:28.75 | 01:14:20.70 | 7:20 | 8.2 |

VI ZIMOWA BIESZCZADZKA DYCHA 2020, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 6.5km | Netto | Brutto | min/km | km/h |
|------|------------------------|------|--------------------------------|------------------|------|------|--------|-------|----------|-------------|-------------|--------|------|
| 160 | MAJCHROWICZ JUSTYNA | 1587 | FC PROSIACZEK | SOSNOWIEC | POL | K30 | 22 | K 52 | 00:47:25 | 01:12:30.05 | 01:14:22.05 | 7:15 | 8.3 |
| 161 | SZELA DANIEL | 1664 | DZIKIE MUSTANGI | PASZCZYNA | POL | M30 | 39 | M 109 | 00:47:45 | 01:12:38.30 | 01:14:39.55 | 7:15 | 8.3 |
| 162 | NOWAK TOMASZ | 1607 | DZIKIE MUSTANGI | DĘBICA | POL | M30 | 40 | M 110 | 00:48:09 | 01:12:38.85 | 01:14:40.00 | 7:15 | 8.3 |
| 163 | FORNEK PAULINA | 1541 | DZIKIE MUSTANGI | OCIEKA | POL | K20 | 12 | K 53 | 00:47:49 | 01:12:39.90 | 01:14:40.25 | 7:16 | 8.3 |
| 164 | HARATYK ROKSANA | 1553 | DZIKIE MUSTANGI | SĘDZISZÓW MŁP. | POL | K30 | 23 | K 54 | 00:47:49 | 01:12:39.10 | 01:14:40.35 | 7:15 | 8.3 |
| 165 | TUROSZ CECYLIA | 1722 | | LEŻAJŚC | POL | K60 | 2 | K 55 | 00:49:26 | 01:14:59.75 | 01:15:54.05 | 7:30 | 8 |
| 166 | PEKAŁSKA ANNA | 1616 | | NIEPORĘT | POL | K40 | 18 | K 56 | 00:49:06 | 01:14:12.80 | 01:15:56.20 | 7:25 | 8.1 |
| 167 | RADYK ALEKSANDRA | 1631 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K20 | 13 | K 57 | 00:48:03 | 01:14:35.65 | 01:16:21.00 | 7:27 | 8 |
| 168 | STANKIEWICZ EWA | 1651 | | KONSTANCIN | POL | K30 | 24 | K 58 | 00:47:49 | 01:14:34.80 | 01:16:37.70 | 7:27 | 8 |
| 169 | NOWOMIEJSKI MARCIN | 1608 | BIEGACZ CEGŁÓW | MIŃSK MAZOWIECKI | POL | M40 | 34 | M 111 | 00:30:22 | 01:16:32.00 | 01:16:38.00 | 4:39 | 12.9 |
| 170 | DĄBRÓWKA NINA | 1532 | FUNDACJA LATARNIA | BUKOWSKO | POL | K30 | 25 | K 59 | 00:49:06 | 01:16:47.15 | 01:17:57.60 | 7:40 | 7.8 |
| 171 | SKORUPKA RAFAŁ | 1637 | FUNDACJA LATARNIA | BUKOWSKO | POL | M30 | 41 | M 112 | 00:49:06 | 01:16:47.05 | 01:17:58.45 | 7:40 | 7.8 |
| 172 | STEC SZYMON | 1726 | | WARSZAWA | POL | M20 | 20 | M 113 | 00:43:32 | 01:15:51.00 | 01:18:09.00 | 6:35 | 9.1 |
| 173 | WELONCZYK JOANNA | 1678 | | WARSZAWA | POL | K30 | 26 | K 60 | 00:52:33 | 01:17:38.75 | 01:18:35.75 | 7:45 | 7.7 |
| 174 | TRZECIAK ALBINA | 1674 | 1989 | KRAKÓW | CZE | K30 | 27 | K 61 | 00:51:30 | 01:17:56.35 | 01:19:27.30 | 7:47 | 7.7 |
| 175 | LESZCZYŃSKI ALEKSANDER | 1723 | | KRAKÓW | POL | M40 | 35 | M 114 | 00:51:36 | 01:18:23.90 | 01:19:52.10 | 7:50 | 7.7 |
| 176 | CZAPLA ANDRZEJ | 1527 | | CHELM | POL | M60 | 6 | M 115 | 00:50:43 | 01:18:37.05 | 01:20:06.50 | 7:51 | 7.6 |
| 177 | LEŚNIAK BEATA | 1582 | | SZCZECIN | POL | K40 | 19 | K 62 | 00:52:10 | 01:19:47.60 | 01:20:28.45 | 7:58 | 7.5 |
| 178 | JASIURKOWSKI ROBERT | 1562 | | TARNÓW | POL | M40 | 36 | M 116 | 00:53:02 | 01:20:20.15 | 01:21:23.95 | 8:02 | 7.5 |
| 179 | STEC SEBASTIAN | 1652 | SIEMUSZOWA | PRZEMYSŁ | POL | M40 | 37 | M 117 | 00:46:30 | 01:19:17.00 | 01:21:35.00 | 6:55 | 8.7 |
| 180 | CEDROWICZ EWA | 1520 | | WROCLAW | POL | K30 | 28 | K 63 | 00:46:03 | 01:20:54.00 | 01:22:19.00 | 7:05 | 8.5 |
| 181 | CZAJA WAĆŁAW | 1526 | | PRZEMYSŁ | POL | M40 | 38 | M 118 | 00:51:27 | 01:20:42.00 | 01:22:58.85 | 8:04 | 7.4 |
| 182 | KOLASA BARBARA | 1570 | | WARSZAWA-WESOŁA | POL | K60 | 3 | K 64 | 00:53:52 | 01:25:01.90 | 01:25:40.90 | 8:30 | 7.1 |
| 183 | POCZTOWSKA KATARZYNA | 1623 | | WARSZAWA | POL | K30 | 29 | K 65 | 00:53:05 | 01:23:45.25 | 01:25:54.55 | 8:22 | 7.2 |
| 184 | RADYK JOANNA | 1732 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K30 | 30 | K 66 | 00:57:09 | 01:26:53.10 | 01:28:38.00 | 8:41 | 6.9 |
| 185 | RADYK ANNA | 1630 | PRZEMYSKI KLUB BIEGACZA | PRZEMYSŁ | POL | K20 | 14 | K 67 | 00:57:12 | 01:26:56.40 | 01:28:42.05 | 8:41 | 6.9 |
| 186 | WACHNIK AGNIESZKA | 1676 | NOWA HUTA TEAM | KRAKÓW | POL | K30 | 31 | K 68 | 00:59:02 | 01:26:57.95 | 01:29:00.35 | 8:41 | 6.9 |
| 187 | CZUBA JADWIGA | 1697 | | LIGOTA ZAMECKA | | K30 | 32 | K 69 | 00:52:16 | 01:29:51.00 | 01:30:25.00 | 7:59 | 7.5 |
| 188 | SŁOBODA KRZYSZTOF | 1643 | RUN SŁOBODAN | USTRYKI DOLNE | POL | M60 | 7 | M 119 | 00:57:05 | 01:29:31.15 | 01:31:36.70 | 8:57 | 6.7 |
| 189 | ROJ DAWID | 1632 | RUN SŁOBODAN | KRAKÓW | POL | M30 | 42 | M 120 | 00:57:05 | 01:29:31.20 | 01:31:37.15 | 8:57 | 6.7 |
| 190 | JANIK ANNA | 1559 | | BOGUCHWAŁA | POL | K40 | 20 | K 70 | 00:46:49 | 01:31:25.00 | 01:31:47.00 | 7:08 | 8.4 |
| 191 | DUDEK MONIKA | 1535 | | LUBENIA | POL | K30 | 33 | K 71 | 00:46:53 | 01:32:23.00 | 01:32:45.00 | 7:14 | 8.3 |
| 192 | LASKOWSKI MARCIN | 1580 | | GDYNIA | POL | M50 | 14 | M 121 | 01:00:04 | 01:33:38.95 | 01:35:47.15 | 9:21 | 6.4 |
| 193 | BOŚ TOMASZ | 1727 | | WARSZAWA | POL | M30 | 43 | M 122 | 00:57:37 | 01:34:33.00 | 01:36:32.00 | 8:27 | 7.1 |
| 194 | BOREK WOJCIECH | 1515 | EP-HEART-TEAM | KROSNO | POL | M50 | 15 | M 123 | 01:01:39 | 01:39:40.15 | 01:41:54.95 | 9:58 | 6 |
| 195 | ANTCZAK ALEKSANDRA | 1507 | | POZNAŃ | POL | K30 | 34 | K 72 | 01:01:39 | 01:39:39.45 | 01:41:55.25 | 9:58 | 6 |
| 196 | HADAM EWA | 1735 | SPARTAN TRAINING GROUP RZESZÓW | | POL | K50 | 2 | K 73 | 00:51:49 | 01:49:17.00 | 01:50:52.00 | 7:55 | 7.6 |
| 197 | SOŁTYSIAK KRYSZYNA | 1734 | SPARTAN TRAINING GROUP RZESZÓW | | | K50 | 3 | K 74 | 00:51:52 | 01:49:22.00 | 01:50:57.00 | 7:56 | 7.6 |
| 198 | SOŁTYSEK SEBASTIAN | 1649 | UNIVERSAL SOLDIERS | NISKO | POL | M40 | 39 | M 124 | 01:12:03 | 01:54:06.90 | 01:55:54.30 | 11:24 | 5.3 |
| 199 | SOŁTYSEK GRZEGORZ | 1650 | UNIVERSAL SOLDIERS | GRĘBÓW | POL | M40 | 40 | M 125 | 01:12:08 | 01:54:06.55 | 01:55:55.15 | 11:24 | 5.3 |
| 200 | GARNCARZ ADAM | 119 | | WROCLAW | POL | M20 | 21 | M 126 | | | | 0:56 | 63.5 |