

IX ZIMOWA BIESZCZADZKA DYCHA 2023

Organizator: Fundacja Bieg Rzeźnika
 Data: 2023-01-28
 Miejsce: Cisna
 Dystans: 10 km
 Klasyfikacja wg czasów brutto.


IX ZIMOWA BIESZCZADZKA DYCHA 2023, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	JAKUBIK MARCIN	1062	MKS HALICZ PSG KROŚCIENKO		POL	M30	1	M 1	00:22:02	00:55:07.25	00:55:07.25	5:30	10.9
2	MATUSZ KRYSZTIAN	1080			POL	M20	1	M 2	00:22:29	00:55:29.40	00:55:29.40	5:32	10.8
3	TARGOSZ MICHAŁ	1069	#ADAMCZERWIŃSKITEAM		POL	M40	1	M 3	00:21:54	00:55:37.90	00:55:37.90	5:33	10.8
4	WETHACZ MATEUSZ	1052			POL	M30	2	M 4	00:21:58	00:58:23.95	00:58:23.95	5:50	10.3
5	MLAŚ IRENEUSZ	1036	IPA PRZEMYSŁ		POL	M30	3	M 5	00:23:31	00:58:38.35	00:58:38.35	5:51	10.2
6	BANASIK KRZYSZTOF	1149	KAŃCZUCKA GRUPA BIEGOWA		POL	M40	2	M 6	00:24:13	00:58:44.80	00:58:44.80	5:52	10.2
7	SZYBIAK MACIEJ	1129	PRZEMYSKI KLUB BIEGACZA		POL	M20	2	M 7	00:24:35	00:59:53.25	00:59:53.25	5:59	10
8	POTERA MACIEJ	1059			POL	M40	3	M 8	00:36:30	01:00:43.75	01:00:43.75	6:04	9.9
9	ZAWADZKI MARCIN	1027	SZCZWAN Y TRZMIEL TEAM		POL	M40	4	M 9	00:25:22	01:01:37.65	01:01:37.65	6:09	9.7
10	ŚWIDZIŃSKI TOMASZ	1128			POL	M40	5	M 10	00:25:39	01:02:46.00	01:02:46.00	6:16	9.6
11	BOLECHOWSKA DOMINIKA	1156	ALPIN SPORT		POL	K40	1	K 1	00:25:31	01:02:57.80	01:02:57.80	6:17	9.5
12	STACH TOMASZ	1122	STRACHY....PL		POL	M40	6	M 11	00:22:15	01:03:47.90	01:03:47.90	6:22	9.4
13	PUTYRA DAMIAN	1131			POL	M20	3	M 12	00:26:05	01:04:19.75	01:04:19.75	6:25	9.3
14	HOŁOWATY RENATA	1141	SANOK BIEGA		POL	K30	1	K 2	00:27:01	01:04:36.00	01:04:36.00	6:27	9.3
15	GAŁUSZKA TOMASZ	1110	SKITUROWE BIESZCZADY		POL	M40	7	M 13	00:26:33	01:04:38.00	01:04:38.00	6:27	9.3
16	RACZKOWSKI PAWEŁ	1094	BLIND FURY		POL	M40	8	M 14	00:26:27	01:04:42.30	01:04:42.30	6:28	9.3
17	HYB DARIUSZ	1055			POL	M20	4	M 15		01:05:34.60	01:05:34.60	6:33	9.2
18	BIESZCZAD MAGDALENA	1082	TRESERTEAM		POL	K40	2	K 3	00:26:50	01:06:00.35	01:06:00.35	6:36	9.1
19	BANASIK MONIKA	1148	KAŃCZUCKA GRUPA BIEGOWA		POL	K30	2	K 4	00:26:55	01:06:34.05	01:06:34.05	6:39	9
20	TAJAK BARTŁOMIEJ	1022			POL	M30	4	M 16		01:06:38.30	01:06:38.30	6:39	9
21	ZUBEK JÓZEF	1121			POL	M40	9	M 17	00:27:32	01:07:22.25	01:07:22.25	6:44	8.9
22	KARNAS DAMIAN	1039			POL	M30	5	M 18	00:27:42	01:07:22.50	01:07:22.50	6:44	8.9
23	KOZA JASIEK	1111	GOPR BIESZCZADY		POL	M30	6	M 19	00:27:05	01:07:50.60	01:07:50.60	6:47	8.8
24	BODZIOCH GRZEGORZ	1042			POL	M50	1	M 20	00:27:23	01:08:55.15	01:08:55.15	6:53	8.7
25	TARNOWSKA EWA	1105	LUBELSKA GRUPA TRIATHLONU		POL	K30	3	K 5		01:09:00.10	01:09:00.10	6:54	8.7
26	BEM JAKUB	1146	NOWA HUTA TEAM		POL	M30	7	M 21	00:27:16	01:09:47.70	01:09:47.70	6:58	8.6
27	OCHYRA KAROLINA	1109			POL	K20	1	K 6	00:27:36	01:09:53.85	01:09:53.85	6:59	8.6
28	WOŹNIAK JANUSZ	1004	PORMAT JEDLICZE BIEGA		POL	M60	1	M 22	00:30:00	01:12:18.10	01:12:18.10	7:13	8.3
29	KOSTKA ROBERT	1023	TEAM ZALEWSKI		POL	M40	10	M 23	00:28:43	01:12:28.65	01:12:28.65	7:14	8.3
30	UJMA STANISŁAW	1051			POL	M60	2	M 24	00:29:20	01:12:41.35	01:12:41.35	7:16	8.3
31	PROTSIV JAROSŁAW	1159			POL	M30	8	M 25	00:30:07	01:13:28.70	01:13:28.70	7:20	8.2
32	KRYNICKI JAKUB	1140	GALICJA CISNA		POL	M30	9	M 26	00:28:43	01:13:55.75	01:13:55.75	7:23	8.1
33	PODOLAK ZBIGNIEW	1085	GWIAZDY PRZEMYSŁ		POL	M60	3	M 27	00:30:44	01:14:32.60	01:14:32.60	7:27	8.1
34	CHMIEL DAMIAN	1054			POL	M20	5	M 28		01:15:15.45	01:15:15.45	7:31	8
35	SIENKO KAROL	1084	ASURA WEAR		POL	M30	10	M 29		01:15:21.85	01:15:21.85	7:32	8
36	MARKOWICZ DAWID	1031			POL	M20	6	M 30	00:38:07	01:15:29.30	01:15:29.30	7:32	7.9
37	HAJDUK TOMEK	1044	YULO RUN TEAM SIEDLCE		POL	M40	11	M 31	00:29:42	01:16:01.15	01:16:01.15	7:36	7.9
38	OCHYRA KRZYSZTOF	1114			POL	M50	2	M 32	00:30:25	01:16:33.35	01:16:33.35	7:39	7.8
39	JANAS MARIAN	1152			POL	M60	4	M 33	00:31:25	01:16:39.95	01:16:39.95	7:39	7.8
40	LIBERADZKA JOANNA	1117			POL	K30	4	K 7	00:32:50	01:17:05.80	01:17:05.80	7:42	7.8
41	OBYRTACZ PAWEŁ	1071			POL	M30	11	M 34	00:30:33	01:17:51.75	01:17:51.75	7:47	7.7
42	MOLEND A SZCZEPAN	1009			POL	M30	12	M 35	00:31:55	01:17:52.30	01:17:52.30	7:47	7.7
43	RUSZCZYK MAREK	1077			POL	M40	12	M 36		01:18:00.80	01:18:00.80	7:48	7.7
44	CZARNOCKI PAWEŁ	1029	GRUPA BIEGACZY SKÓRZEC BIEGA		POL	M40	13	M 37		01:18:25.55	01:18:25.55	7:50	7.7
45	STOLARZ ANDRZEJ	1151			POL	M30	13	M 38	00:31:35	01:18:45.85	01:18:45.85	7:52	7.6
46	PENKALA PIOTR	1090	STRANGERS		POL	M20	7	M 39	00:33:53	01:18:51.55	01:18:51.55	7:53	7.6

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
47	SPRAWKA MARTA	1158		POL	K30	5	K 8	00:33:11	01:19:08.50	01:19:08.50	7:54	7.6
48	KRÓL MARIUSZ	1150			POL	M40	14	M 40	00:34:25	01:19:19.25	01:19:19.25	7:55	7.6
49	ZIELIŃSKI DAMIAN	1050	STOPKA PILAWA		POL	M40	15	M 41	00:33:02	01:19:23.70	01:19:23.70	7:56	7.6
50	SZCZUR WIEŚLAW	1123			POL	M50	3	M 42	00:31:55	01:19:25.15	01:19:25.15	7:56	7.6
51	ZIOBROWSKI MARCIN	1096			POL	M40	16	M 43	00:32:46	01:20:11.30	01:20:11.30	8:01	7.5
52	URZEDOWSKI ARKADIUSZ	1143			POL	M30	14	M 44		01:20:18.35	01:20:18.35	8:01	7.5
53	SURMA KAROLINA	1078			POL	K40	3	K 9	00:30:20	01:20:57.05	01:20:57.05	8:05	7.4
54	SKIBA ELŻBIETA	1088	NOWA HUTA TEAM		POL	K30	6	K 10		01:21:12.15	01:21:12.15	8:07	7.4
55	RĘKAS PIOTR	1035	RAPTOWNI		POL	M60	5	M 45	00:31:10	01:21:46.80	01:21:46.80	8:10	7.3
56	JAŁOSZEWSKI MATEUSZ	1093			POL	M30	15	M 46		01:21:48.65	01:21:48.65	8:10	7.3
57	NAZIMEK LILIANA	1154	WISEGRAD MARATON RYTRO/OHANA		POL	K50	1	K 11		01:22:07.65	01:22:07.65	8:12	7.3
58	WOJCIK MACIEJ	1074			POL	M40	17	M 47	00:33:48	01:22:18.00	01:22:18.00	8:13	7.3
59	WRÓBEL BARTŁOMIEJ	1019	CISNA GÓRĄ		POL	M40	18	M 48	00:31:35	01:22:44.90	01:22:44.90	8:16	7.3
60	BOROWSKA TERESA	1127			POL	K50	2	K 12	00:32:36	01:22:50.70	01:22:50.70	8:17	7.2
61	BERTRANDT BARTOSZ	1018			POL	M30	16	M 49	00:36:37	01:23:28.05	01:23:28.05	8:20	7.2
62	PUDŁO RITA	1101			POL	K20	2	K 13	00:33:39	01:23:38.65	01:23:38.65	8:21	7.2
63	PUDŁO MARCIN	1102			POL	M40	19	M 50	00:29:47	01:23:39.85	01:23:39.85	8:21	7.2
64	BOROWSKI TOMASZ	1142	HAMER		POL	M60	6	M 51	00:35:30	01:24:06.10	01:24:06.10	8:24	7.1
65	KAMIŃSKA KATARZYNA	1103			POL	K30	7	K 14	00:33:19	01:24:08.85	01:24:08.85	8:24	7.1
66	MAŃKOWSKI MAREK	1098	MAKABI WARSZAWA		POL	M40	20	M 52	00:35:14	01:24:59.60	01:24:59.60	8:29	7.1
67	CZAJKOWSKI ADAM	1120			POL	M50	4	M 53		01:25:06.80	01:25:06.80	8:30	7.1
68	KOPEĆ PAWEŁ	1092	BLIND FURY		POL	M40	21	M 54	00:34:17	01:26:47.20	01:26:47.20	8:40	6.9
69	SOWA SARA	1017	NH TEAM		POL	K20	3	K 15	00:35:01	01:27:35.35	01:27:35.35	8:45	6.9
70	WASILEWSKA AGNIESZKA	1070	AROMAT NÓG		POL	K40	4	K 16	00:34:51	01:27:35.60	01:27:35.60	8:45	6.9
71	GURGUŁ DOROTA	1068	AROMAT NÓG		POL	K40	5	K 17		01:27:40.50	01:27:40.50	8:46	6.8
72	JAWORSKA MAGDALENA	1007	KS CELESTYNA		POL	K30	8	K 18		01:28:06.85	01:28:06.85	8:48	6.8
73	BEMBNISTA OLA	1049	WŁÓCZYMORDY		POL	K40	6	K 19	00:33:58	01:28:07.65	01:28:07.65	8:48	6.8
74	SABANOŚ GEJZA	1162	MARAS TEAM		SVK	M60	7	M 55	00:35:50	01:28:53.20	01:28:53.20	8:53	6.8
75	KAMIŃSKA PATRYCJA	1104			POL	K30	9	K 20		01:29:16.05	01:29:16.05	8:55	6.7
76	STASZCZYK ANNA	1118	BKB CZARNA PERŁA		POL	K30	10	K 21	00:44:29	01:30:03.65	01:30:03.65	9:00	6.7
77	NOWAK MACIEJ	1032			POL	M30	17	M 56	00:35:35	01:30:03.75	01:30:03.75	9:00	6.7
78	GRODON MAGDALENA	1065	HARPAGAN SOSNOWIEC		POL	K40	7	K 22	00:34:13	01:30:10.80	01:30:10.80	9:01	6.7
79	MACIEWICZ TERESA	1013			POL	K50	3	K 23	00:34:41	01:30:48.10	01:30:48.10	9:04	6.6
80	MICHNO AGATA	1025	NOWA HUTA TEAM		POL	K30	11	K 24	00:34:21	01:30:48.30	01:30:48.30	9:04	6.6
81	KAMINIK-MICHALCZAK ANNA	1066			POL	K40	8	K 25	00:37:31	01:31:21.70	01:31:21.70	9:08	6.6
82	MAŃKOWSKA KAROLINA	1100	MAKABI WARSZAWA		POL	K40	9	K 26	00:37:13	01:31:57.50	01:31:57.50	9:11	6.5
83	LASKOWSKI MARCIN	1155	MAKABI WARSZAWA		POL	M40	22	M 57	00:37:06	01:32:01.15	01:32:01.15	9:12	6.5
84	STEC ANDRZEJ	1046			POL	M50	5	M 58		01:32:42.60	01:32:42.60	9:16	6.5
85	ZUBA RAFAŁ	1153	BLACK RIVER		POL	M20	8	M 59		01:33:03.85	01:33:03.85	9:18	6.4
86	KLUZ ROBERT	1136			POL	M50	6	M 60	00:39:31	01:33:33.45	01:33:33.45	9:21	6.4
87	DOMAGAŁA JOANNA	1081			POL	K40	10	K 27	00:37:40	01:34:16.85	01:34:16.85	9:25	6.4
88	GIL MARTA	1015	LUBELSKA GRUPA TRIATHLONU		POL	K30	12	K 28	00:37:02	01:35:03.10	01:35:03.10	9:30	6.3
89	STEPNOWSKI ŁUKASZ	1157	PADŁ NA RYJ TEAM		POL	M30	18	M 61	00:36:55	01:35:36.95	01:35:36.95	9:33	6.3
90	KAFARSKI MARCIN	1030			POL	M40	23	M 62	00:35:44	01:35:48.10	01:35:48.10	9:34	6.3
91	PISZCZ DARIUSZ	1135			POL	M40	24	M 63	00:36:48	01:35:48.90	01:35:48.90	9:34	6.3
92	SZUKOWSKA AMELIA	1021			POL	K30	13	K 29	00:39:48	01:36:06.20	01:36:06.20	9:36	6.2
93	WŁÓDARSKI LESZEK	1126	BLIND FURY		POL	M40	25	M 64	00:36:33	01:36:08.60	01:36:08.60	9:36	6.2
94	KUREK KRZYSZTOF	1106	PŁOCK BIEGA NO AGE LIMIT		POL	M40	26	M 65	00:36:40	01:36:18.85	01:36:18.85	9:37	6.2
95	TYCHONCZUK KATERYNA	1160			POL	K30	14	K 30		01:36:51.85	01:36:51.85	9:41	6.2
96	LITAK GRZEGORZ	1095			POL	M60	8	M 66	00:36:24	01:37:02.70	01:37:02.70	9:42	6.2
97	DUDEK MARCIN	1130	LEŚNA BIEGUNKA		POL	M40	27	M 67	00:36:45	01:37:05.50	01:37:05.50	9:42	6.2
98	KALISZ RENATA	1043			POL	K40	11	K 31	00:39:55	01:37:10.65	01:37:10.65	9:43	6.2
99	GRAL KATARZYNA	1058	WŁÓCZYMORDY		POL	K50	4	K 32		01:37:17.45	01:37:17.45	9:43	6.2
100	JANUSZEWICZ ALEKSANDRA	1099	AKS ZŁY		POL	K30	15	K 33	00:38:03	01:37:20.00	01:37:20.00	9:44	6.2
101	OSTROWICKA JUSTYNA	1116			POL	K30	16	K 34	00:37:59	01:37:20.10	01:37:20.10	9:44	6.2
102	TRZECIAK ALBINA	1011			POL	K30	17	K 35		01:38:24.95	01:38:24.95	9:50	6.1
103	TOMCZAK MIŁOSZ	1064			POL	M30	19	M 68	00:37:46	01:39:07.60	01:39:07.60	9:54	6.1

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
104	KĘDZIOR JUSTYNA	1006	NIELEPKOWICE GÓRA		POL	K30	18	K 36	00:38:42	01:39:21.85	01:39:21.85	9:56	6
105	FUDALI JACEK	1048			POL	M30	20	M 69	01:39:53.45	01:39:53.45	01:39:53.45	9:59	6
106	SZPREJDA PAULINA	1063			POL	K30	19	K 37	00:39:37	01:41:03.65	01:41:03.65	10:06	5.9
107	LEŃCZUK GRAZYNA	1091	BESKIDZKIE RYSIE RUNNING TEAM		POL	K50	5	K 38	01:41:07.75	01:41:07.75	01:41:07.75	10:06	5.9
108	NAWROT WALDEK	1137	J U V E R U N		POL	M50	7	M 70	00:39:17	01:41:18.45	01:41:18.45	10:07	5.9
109	BOŻEK ALEKSANDRA	1014	TEAM ZABIEGANEDNI		POL	K30	20	K 39	01:41:25.45	01:41:25.45	01:41:25.45	10:08	5.9
110	GEMZIK AGATA	1115	J U V E R U N		POL	K30	21	K 40	01:41:31.45	01:41:31.45	01:41:31.45	10:09	5.9
111	NAWROT MAGDALENA	1138	J U V E R U N		POL	K40	12	K 41	01:41:31.85	01:41:31.85	01:41:31.85	10:09	5.9
112	RYŻYŃSKA AGNIESZKA	1139	CHEŁM BIEGA		POL	K40	13	K 42	00:42:31	01:43:14.90	01:43:14.90	10:19	5.8
113	PEKALSKA ANNA	1086			POL	K50	6	K 43	01:44:34.95	01:44:34.95	01:44:34.95	10:27	5.7
114	PASTUSZAK GRZEGORZ	1041			POL	M50	8	M 71	00:38:11	01:44:44.20	01:44:44.20	10:28	5.7
115	MAZURKÓW MARIAN	1040			POL	M60	9	M 72	00:38:20	01:44:44.80	01:44:44.80	10:28	5.7
116	WILSZ EWA	1037	#THEWINEFEELS		POL	K40	14	K 44	01:44:59.10	01:44:59.10	01:44:59.10	10:29	5.7
117	WILSZ ADAM	1038	#THEWINEFEELS		POL	M50	9	M 73	00:38:59	01:45:01.55	01:45:01.55	10:30	5.7
118	WOŹNIAK LIDIA	1005	PORMAT JEDLICZE BIEGA		POL	K50	7	K 45	00:40:48	01:45:08.35	01:45:08.35	10:30	5.7
119	WRÓBEL BARBARA	1134	CISNA GÓRĄ		POL	K20	4	K 46	00:42:27	01:45:38.55	01:45:38.55	10:33	5.7
120	SZADKOWSKI SEBASTIAN	1072			POL	M40	28	M 74	00:39:22	01:45:56.90	01:45:56.90	10:35	5.7
121	KUDŁA AGNIESZKA	1056			POL	K50	8	K 47	00:42:03	01:45:57.20	01:45:57.20	10:35	5.7
122	BARTNIK DOMINIKA	1016			POL	K30	22	K 48	00:41:55	01:46:07.65	01:46:07.65	10:36	5.7
123	PENKALA MARCIN	1089	STRANGERS		POL	M40	29	M 75	00:43:40	01:46:12.45	01:46:12.45	10:37	5.6
124	KLIMCZAK MARCIN	1057			POL	M20	9	M 76	00:40:39	01:47:31.70	01:47:31.70	10:45	5.6
125	WALATEK FILIP	1083	BLIND FURY		POL	M40	30	M 77	01:47:59.15	01:47:59.15	01:47:59.15	10:47	5.6
126	MAJDYŚ WOJCIECH	1125			POL	M50	10	M 78	00:41:59	01:48:04.85	01:48:04.85	10:48	5.6
127	CZAPLA ANDRZEJ	1024			POL	M60	10	M 79	00:44:57	01:48:21.15	01:48:21.15	10:50	5.5
128	KULA MILENA	1112			POL	K30	23	K 49	00:44:15	01:49:23.25	01:49:23.25	10:56	5.5
129	JEZIOR MONIKA	1060			POL	K30	24	K 50	00:46:37	01:50:19.55	01:50:19.55	11:01	5.4
130	JEZIOR BARTOSZ	1061			POL	M40	31	M 80	00:46:40	01:50:19.65	01:50:19.65	11:01	5.4
131	PIELAK MARCIN	1067			POL	M40	32	M 81	01:50:54.40	01:50:54.40	01:50:54.40	11:05	5.4
132	DRELINKIEWICZ ALICJA	1076			POL	K50	9	K 51	00:45:15	01:50:57.25	01:50:57.25	11:05	5.4
133	ANDRASZ PAWEŁ	1001			POL	M20	10	M 82	00:43:12	01:51:04.10	01:51:04.10	11:06	5.4
134	JAROSZ KATARZYNA	1097			POL	K20	5	K 52	00:43:17	01:51:05.20	01:51:05.20	11:06	5.4
135	PAWŁOWSKA KAMILA	1034			POL	K20	6	K 53	00:43:20	01:51:05.30	01:51:05.30	11:06	5.4
136	MARAS LADISLAV	1079	MARAS TEAM		SVK	M60	11	M 83	00:42:59	01:51:08.45	01:51:08.45	11:06	5.4
137	ŻARNICKA ANNA	1028			POL	K40	15	K 54	00:40:32	01:51:24.05	01:51:24.05	11:08	5.4
138	SKOŘEK-MASZOTA WERONIKA	1087	PADŁ NA RYJ TEAM		POL	K40	16	K 55	00:45:19	01:52:15.75	01:52:15.75	11:13	5.3
139	DZIURUŃ JAGODA	1053			POL	K30	25	K 56	00:42:07	01:53:46.85	01:53:46.85	11:22	5.3
140	SZOT MARIA	1107			POL	K50	10	K 57	00:44:41	01:55:11.60	01:55:11.60	11:31	5.2
141	SUWAŁA KATARZYNA	1010			POL	K40	17	K 58	00:48:28	01:56:37.05	01:56:37.05	11:39	5.1
142	LASOTA DOMINIK	1124	BEJBK		POL	M20	11	M 84	00:44:26	02:00:22.80	02:00:22.80	12:02	5
143	LASOTA MARTYNA	1132	BEJBK		POL	K20	7	K 59	02:00:30.45	02:00:30.45	02:00:30.45	12:03	5
144	POTEPA ALEKSANDRA	1133			POL	K20	8	K 60	02:00:31.25	02:00:31.25	02:00:31.25	12:03	5
145	KORNAK MICHAŁ	1119	BEJBK		POL	M20	12	M 85	02:00:31.25	02:00:31.25	02:00:31.25	12:03	5
146	HADAM EWA	1073	SPARTAN RACE TRAINING GROUP RZESZÓW		POL	K50	11	K 61	00:47:02	02:04:18.95	02:04:18.95	12:25	4.8
147	SOŁTYSIAK KRYSZYNA	1075	SPARTAN RACE TRAINING GROUP RZESZÓW		POL	K50	12	K 62	00:46:51	02:04:23.30	02:04:23.30	12:26	4.8
148	PAŁACH KATARZYNA	1008			POL	K30	26	K 63	00:43:58	02:05:51.25	02:05:51.25	12:35	4.8
149	OSIŃSKA AGATA	1003			POL	K50	13	K 64	00:50:59	02:18:50.50	02:18:50.50	13:53	4.3
150	RADYK ANNA	1113	PRZEMYSKI KLUB BIEGACZA		POL	K20	9	K 65	00:51:52	02:30:45.40	02:30:45.40	15:04	4
151	KOCZOT PAULINA	1145			POL	K30	27	K 66	00:48:33	02:30:45.70	02:30:45.70	15:04	4
	RYZIŃSKI RYSZARD	1033			POL	M40			00:44:37	DNF	DNF	-	-
									DNF	DNF	DNF	-	-
	FUS JACEK	1108	BAMBERTEAM		POL	M60			DNF	DNF	DNF	-	-

IX ZIMOWA BIESZCZADZKA DYCHA 2023, Kobiety

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	BOLECHOWSKA DOMINIKA	1156	ALPIN SPORT		POL	K40	1	K 1	00:25:31	01:02:57.80	01:02:57.80	6:17	9.5
2	HOŁOWATY RENATA	1141	SANOK BIEGA		POL	K30	1	K 2	00:27:01	01:04:36.00	01:04:36.00	6:27	9.3
3	BIESZCZAD MAGDALENA	1082	TRESERTEAM		POL	K40	2	K 3	00:26:50	01:06:00.35	01:06:00.35	6:36	9.1
4	BANASIK MONIKA	1148	KĄCZUŁKA GRUPA BIEGOWA		POL	K30	2	K 4	00:26:55	01:06:34.05	01:06:34.05	6:39	9
5	TARNOWSKA EWA	1105	LUBELSKA GRUPA TRIATHLONU		POL	K30	3	K 5		01:09:00.10	01:09:00.10	6:54	8.7
6	OCHYRA KAROLINA	1109			POL	K20	1	K 6	00:27:36	01:09:53.85	01:09:53.85	6:59	8.6
7	LIBERADZKA JOANNA	1117			POL	K30	4	K 7	00:32:50	01:17:05.80	01:17:05.80	7:42	7.8
8	SPRAWKA MARTA	1158		POL	K30	5	K 8	00:33:11	01:19:08.50	01:19:08.50	7:54	7.6
9	SURMA KAROLINA	1078			POL	K40	3	K 9	00:30:20	01:20:57.05	01:20:57.05	8:05	7.4
10	SKIBA ELŻBIETA	1088	NOWA HUTA TEAM		POL	K30	6	K 10		01:21:12.15	01:21:12.15	8:07	7.4
11	NAZIMEK LILIANA	1154	VISEGRAD MARATON RYTRO/OHANA		POL	K50	1	K 11		01:22:07.65	01:22:07.65	8:12	7.3
12	BOROWSKA TERESA	1127			POL	K50	2	K 12	00:32:36	01:22:50.70	01:22:50.70	8:17	7.2
13	PUDŁO RITA	1101			POL	K20	2	K 13	00:33:39	01:23:38.65	01:23:38.65	8:21	7.2
14	KAMIŃSKA KATARZYNA	1103			POL	K30	7	K 14	00:33:19	01:24:08.85	01:24:08.85	8:24	7.1
15	SOWA SARA	1017	NH TEAM		POL	K20	3	K 15	00:35:01	01:27:35.35	01:27:35.35	8:45	6.9
16	WASILEWSKA AGNIESZKA	1070	AROMAT NÓG		POL	K40	4	K 16	00:34:51	01:27:35.60	01:27:35.60	8:45	6.9
17	GURGUL DOROTA	1068	AROMAT NÓG		POL	K40	5	K 17		01:27:40.50	01:27:40.50	8:46	6.8
18	JAWORSKA MAGDALENA	1007	KS CELESTYNA		POL	K30	8	K 18		01:28:06.85	01:28:06.85	8:48	6.8
19	BEMBNISTA OLA	1049	WŁÓCZYMORDY		POL	K40	6	K 19	00:33:58	01:28:07.65	01:28:07.65	8:48	6.8
20	KAMIŃSKA PATRYCJA	1104			POL	K30	9	K 20		01:29:16.05	01:29:16.05	8:55	6.7
21	STASZCZYK ANNA	1118	BKB CZARNA PERŁA		POL	K30	10	K 21	00:44:29	01:30:03.65	01:30:03.65	9:00	6.7
22	GRODON MAGDALENA	1065	HARPAGAN SOSNOWIEC		POL	K40	7	K 22	00:34:13	01:30:10.80	01:30:10.80	9:01	6.7
23	MACIEWICZ TERESA	1013			POL	K50	3	K 23	00:34:41	01:30:48.10	01:30:48.10	9:04	6.6
24	MICHNO AGATA	1025	NOWA HUTA TEAM		POL	K30	11	K 24	00:34:21	01:30:48.30	01:30:48.30	9:04	6.6
25	KAMINIK-MICHALCZAK ANNA	1066			POL	K40	8	K 25	00:37:31	01:31:21.70	01:31:21.70	9:08	6.6
26	MAŃKOWSKA KAROLINA	1100	MAKABI WARSZAWA		POL	K40	9	K 26	00:37:13	01:31:57.50	01:31:57.50	9:11	6.5
27	DOMAGALA JOANNA	1081			POL	K40	10	K 27	00:37:40	01:34:16.85	01:34:16.85	9:25	6.4
28	GIL MARTA	1015	LUBELSKA GRUPA TRIATHLONU		POL	K30	12	K 28	00:37:02	01:35:03.10	01:35:03.10	9:30	6.3
29	SZUKOWSKA AMELIA	1021			POL	K30	13	K 29	00:39:48	01:36:06.20	01:36:06.20	9:36	6.2
30	TYCHONCZUK KATERYNA	1160			POL	K30	14	K 30		01:36:51.85	01:36:51.85	9:41	6.2
31	KALISZ RENATA	1043			POL	K40	11	K 31	00:39:55	01:37:10.65	01:37:10.65	9:43	6.2
32	GRAL KATARZYNA	1058	WŁÓCZYMORDY		POL	K50	4	K 32		01:37:17.45	01:37:17.45	9:43	6.2
33	JANUSZEWICZ ALEKSANDRA	1099	AKS ZŁY		POL	K30	15	K 33	00:38:03	01:37:20.00	01:37:20.00	9:44	6.2
34	OSTROWICKA JUSTYNA	1116			POL	K30	16	K 34	00:37:59	01:37:20.10	01:37:20.10	9:44	6.2
35	TRZECIAK ALBINA	1011			POL	K30	17	K 35		01:38:24.95	01:38:24.95	9:50	6.1
36	KĘDZIOR JUSTYNA	1006	NIELEPKOWICE GÓRĄ		POL	K30	18	K 36	00:38:42	01:39:21.85	01:39:21.85	9:56	6
37	SZPREJDA PAULINA	1063			POL	K30	19	K 37	00:39:37	01:41:03.65	01:41:03.65	10:06	5.9
38	LEŃCZUK GRAŻYNA	1091	BESKIDZKIE RYSIE RUNNING TEAM		POL	K50	5	K 38		01:41:07.75	01:41:07.75	10:06	5.9
39	BOŻEK ALEKSANDRA	1014	TEAM ZABIEGANEDNI		POL	K30	20	K 39		01:41:25.45	01:41:25.45	10:08	5.9
40	GEMZIK AGATA	1115	J U V E R U N		POL	K30	21	K 40		01:41:31.45	01:41:31.45	10:09	5.9
41	NAWROT MAGDALENA	1138	J U V E R U N		POL	K40	12	K 41		01:41:31.85	01:41:31.85	10:09	5.9
42	RYŻYŃSKA AGNIESZKA	1139	CHEŁM BIEGA		POL	K40	13	K 42	00:42:31	01:43:14.90	01:43:14.90	10:19	5.8
43	PEKAŁSKA ANNA	1086			POL	K50	6	K 43		01:44:34.95	01:44:34.95	10:27	5.7
44	WILSZ EWA	1037	#THEWINEFEELS		POL	K40	14	K 44		01:44:59.10	01:44:59.10	10:29	5.7
45	WOŹNIAK LIDIA	1005	PORMAT JEDLICZE BIEGA		POL	K50	7	K 45	00:40:48	01:45:08.35	01:45:08.35	10:30	5.7
46	WRÓBEL BARBARA	1134	CISNA GÓRĄ		POL	K20	4	K 46	00:42:27	01:45:38.55	01:45:38.55	10:33	5.7
47	KUDŁA AGNIESZKA	1056			POL	K50	8	K 47	00:42:03	01:45:57.20	01:45:57.20	10:35	5.7
48	BARTNIK DOMINIKA	1016			POL	K30	22	K 48	00:41:55	01:46:07.65	01:46:07.65	10:36	5.7
49	KULA MILENA	1112			POL	K30	23	K 49	00:44:15	01:49:23.25	01:49:23.25	10:56	5.5
50	JEZIOR MONIKA	1060			POL	K30	24	K 50	00:46:37	01:50:19.55	01:50:19.55	11:01	5.4
51	DRELINKIEWICZ ALICJA	1076			POL	K50	9	K 51	00:45:15	01:50:57.25	01:50:57.25	11:05	5.4
52	JAROSZ KATARZYNA	1097			POL	K20	5	K 52	00:43:17	01:51:05.20	01:51:05.20	11:06	5.4
53	PAWŁOWSKA KAMILA	1034			POL	K20	6	K 53	00:43:20	01:51:05.30	01:51:05.30	11:06	5.4
54	ŻARNICKA ANNA	1028			POL	K40	15	K 54	00:40:32	01:51:24.05	01:51:24.05	11:08	5.4
55	SKOREK-MASZOTA WERONIKA	1087	PADŁ NA RYJ TEAM		POL	K40	16	K 55	00:45:19	01:52:15.75	01:52:15.75	11:13	5.3
56	DZIURUŃ JAGODA	1053			POL	K30	25	K 56	00:42:07	01:53:46.85	01:53:46.85	11:22	5.3
57	SZOT MARIA	1107			POL	K50	10	K 57	00:44:41	01:55:11.60	01:55:11.60	11:31	5.2

IX ZIMOWA BIESZCZADZKA DYCHA 2023, Kobiety c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
58	SUWAŁA KATARZYNA	1010			POL	K40	17	K 58	00:48:28	01:56:37.05	01:56:37.05	11:39	5.1
59	LASOTA MARTYNA	1132	BEJBIK		POL	K20	7	K 59	02:00:30.45	02:00:30.45	02:00:30.45	12:03	5
60	POTĘPA ALEKSANDRA	1133			POL	K20	8	K 60		02:00:31.25	02:00:31.25	12:03	5
61	HADAM EWA	1073	SPARTAN RACE TRAINING GROUP RZESZÓW		POL	K50	11	K 61	00:47:02	02:04:18.95	02:04:18.95	12:25	4.8
62	SOŁTYSIAK KRYSZYNA	1075	SPARTAN RACE TRAINING GROUP RZESZÓW		POL	K50	12	K 62	00:46:51	02:04:23.30	02:04:23.30	12:26	4.8
63	PAŁACH KATARZYNA	1008			POL	K30	26	K 63	00:43:58	02:05:51.25	02:05:51.25	12:35	4.8
64	OSIŃSKA AGATA	1003			POL	K50	13	K 64	00:50:59	02:18:50.50	02:18:50.50	13:53	4.3
65	RADYK ANNA	1113	PRZEMYSKI KLUB BIEGACZA		POL	K20	9	K 65	00:51:52	02:30:45.40	02:30:45.40	15:04	4
66	KOCZOT PAULINA	1145			POL	K30	27	K 66	00:48:33	02:30:45.70	02:30:45.70	15:04	4

IX ZIMOWA BIESZCZADZKA DYCHA 2023, Mężczyźni

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	JAKUBIK MARCIN	1062	MKS HALICZ PSG KROŚCIENKO		POL	M30	1	M 1	00:22:02	00:55:07.25	00:55:07.25	5:30	10.9
2	MATUSZ KRYSZTIAN	1080			POL	M20	1	M 2	00:22:29	00:55:29.40	00:55:29.40	5:32	10.8
3	TARGOSZ MICHAŁ	1069	#ADAMCZERWIŃSKITEAM		POL	M40	1	M 3	00:21:54	00:55:37.90	00:55:37.90	5:33	10.8
4	WETHACZ MATEUSZ	1052			POL	M30	2	M 4	00:21:58	00:58:23.95	00:58:23.95	5:50	10.3
5	MLAŚ IRENEUSZ	1036	IPA PRZEMYSŁ		POL	M30	3	M 5	00:23:31	00:58:38.35	00:58:38.35	5:51	10.2
6	BANASIK KRZYSZTOF	1149	KAŃCZUCKA GRUPA BIEGOWA		POL	M40	2	M 6	00:24:13	00:58:44.80	00:58:44.80	5:52	10.2
7	SZYBIAK MACIEJ	1129	PRZEMYSKI KLUB BIEGACZA		POL	M20	2	M 7	00:24:35	00:59:53.25	00:59:53.25	5:59	10
8	POTERA MACIEJ	1059			POL	M40	3	M 8	00:36:30	01:00:43.75	01:00:43.75	6:04	9.9
9	ZAWADZKI MARCIN	1027	SZCZEWANY TRZMIEL TEAM		POL	M40	4	M 9	00:25:22	01:01:37.65	01:01:37.65	6:09	9.7
10	ŚWIDZIŃSKI TOMASZ	1128			POL	M40	5	M 10	00:25:39	01:02:46.00	01:02:46.00	6:16	9.6
11	STACH TOMASZ	1122	STRACHY...PL		POL	M40	6	M 11	00:22:15	01:03:47.90	01:03:47.90	6:22	9.4
12	PUTYRA DAMIAN	1131			POL	M20	3	M 12	00:26:05	01:04:19.75	01:04:19.75	6:25	9.3
13	GAŁUSZKA TOMASZ	1110	SKITUROWE BIESZCZADY		POL	M40	7	M 13	00:26:33	01:04:38.00	01:04:38.00	6:27	9.3
14	RACZKOWSKI PAWEŁ	1094	BLIND FURY		POL	M40	8	M 14	00:26:27	01:04:42.30	01:04:42.30	6:28	9.3
15	HYB DARIUSZ	1055			POL	M20	4	M 15		01:05:34.60	01:05:34.60	6:33	9.2
16	TAJAK BARTŁOMIEJ	1022			POL	M30	4	M 16		01:06:38.30	01:06:38.30	6:39	9
17	ZUBEK JÓZEF	1121			POL	M40	9	M 17	00:27:32	01:07:22.25	01:07:22.25	6:44	8.9
18	KARNAS DAMIAN	1039			POL	M30	5	M 18	00:27:42	01:07:22.50	01:07:22.50	6:44	8.9
19	KOZA JASIEK	1111	GOPR BIESZCZADY		POL	M30	6	M 19	00:27:05	01:07:50.60	01:07:50.60	6:47	8.8
20	BODZIOCH GRZEGORZ	1042			POL	M50	1	M 20	00:27:23	01:08:55.15	01:08:55.15	6:53	8.7
21	BEM JAKUB	1146	NOWA HUTA TEAM		POL	M30	7	M 21	00:27:16	01:09:47.70	01:09:47.70	6:58	8.6
22	WOŹNIAK JANUSZ	1004	PORMAT JEDLICZE BIEGA		POL	M60	1	M 22	00:30:00	01:12:18.10	01:12:18.10	7:13	8.3
23	KOSTKA ROBERT	1023	TEAM ZALEWSKI		POL	M40	10	M 23	00:28:43	01:12:28.65	01:12:28.65	7:14	8.3
24	UJMA STANISŁAW	1051			POL	M60	2	M 24	00:29:20	01:12:41.35	01:12:41.35	7:16	8.3
25	PROTSIV JAROSŁAW	1159			POL	M30	8	M 25	00:30:07	01:13:28.70	01:13:28.70	7:20	8.2
26	KRYNICKI JAKUB	1140	GALICJA CISNA		POL	M30	9	M 26	00:28:43	01:13:55.75	01:13:55.75	7:23	8.1
27	PODOLAK ZBIGNIEW	1085	GWIAZDY PRZEMYSŁ		POL	M60	3	M 27	00:30:44	01:14:32.60	01:14:32.60	7:27	8.1
28	CHMIEL DAMIAN	1054			POL	M20	5	M 28		01:15:15.45	01:15:15.45	7:31	8
29	SIENKO KAROL	1084	ASURA WEAR		POL	M30	10	M 29		01:15:21.85	01:15:21.85	7:32	8
30	MARKOWICZ DAWID	1031			POL	M20	6	M 30	00:38:07	01:15:29.30	01:15:29.30	7:32	7.9
31	HAJDUK TOMEK	1044	YULO RUN TEAM SIEDLCE		POL	M40	11	M 31	00:29:42	01:16:01.15	01:16:01.15	7:36	7.9
32	OCHYRA KRZYSZTOF	1114			POL	M50	2	M 32	00:30:25	01:16:33.35	01:16:33.35	7:39	7.8
33	JANAS MARIAN	1152			POL	M60	4	M 33	00:31:25	01:16:39.95	01:16:39.95	7:39	7.8
34	OBYRTACZ PAWEŁ	1071			POL	M30	11	M 34	00:30:33	01:17:51.75	01:17:51.75	7:47	7.7
35	MOLENDASZCZEPAN	1009			POL	M30	12	M 35	00:31:55	01:17:52.30	01:17:52.30	7:47	7.7
36	RUSZCZYK MAREK	1077			POL	M40	12	M 36		01:18:00.80	01:18:00.80	7:48	7.7
37	CZARNOCKI PAWEŁ	1029	GRUPA BIEGACZY SKÓRZEC BIEGA		POL	M40	13	M 37		01:18:25.55	01:18:25.55	7:50	7.7
38	STOLARZ ANDRZEJ	1151			POL	M30	13	M 38	00:31:35	01:18:45.85	01:18:45.85	7:52	7.6
39	PENKALA PIOTR	1090	STRANGERS		POL	M20	7	M 39	00:33:53	01:18:51.55	01:18:51.55	7:53	7.6
40	KRÓL MARIUSZ	1150			POL	M40	14	M 40	00:34:25	01:19:19.25	01:19:19.25	7:55	7.6
41	ZIELIŃSKI DAMIAN	1050	STOPKA PILAWA		POL	M40	15	M 41	00:33:02	01:19:23.70	01:19:23.70	7:56	7.6

IX ZIMOWA BIESZCZADZKA DYCHA 2023, Mężczyźni c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
42	SZCZUR WIESŁAW	1123			POL	M50	3	M 42	00:31:55	01:19:25.15	01:19:25.15	7:56	7.6
43	ZIOBROWSKI MARCIN	1096			POL	M40	16	M 43	00:32:46	01:20:11.30	01:20:11.30	8:01	7.5
44	URZEDOWSKI ARKADIUSZ	1143			POL	M30	14	M 44		01:20:18.35	01:20:18.35	8:01	7.5
45	RĘKAS PIOTR	1035	RAPTOWNI		POL	M60	5	M 45	00:31:10	01:21:46.80	01:21:46.80	8:10	7.3
46	JAŁOSZEWSKI MATEUSZ	1093			POL	M30	15	M 46		01:21:48.65	01:21:48.65	8:10	7.3
47	WOJCIK MACIEJ	1074			POL	M40	17	M 47	00:33:48	01:22:18.00	01:22:18.00	8:13	7.3
48	WRÓBEL BARTŁOMIEJ	1019	CISNA GÓRA		POL	M40	18	M 48	00:31:35	01:22:44.90	01:22:44.90	8:16	7.3
49	BERTRANDT BARTOSZ	1018			POL	M30	16	M 49	00:36:37	01:23:28.05	01:23:28.05	8:20	7.2
50	PUDŁO MARCIN	1102			POL	M40	19	M 50	00:29:47	01:23:39.85	01:23:39.85	8:21	7.2
51	BOROWSKI TOMASZ	1142	HAMER		POL	M60	6	M 51	00:35:30	01:24:06.10	01:24:06.10	8:24	7.1
52	MANKOWSKI MAREK	1098	MAKABI WARSZAWA		POL	M40	20	M 52	00:35:14	01:24:59.60	01:24:59.60	8:29	7.1
53	CZAJKOWSKI ADAM	1120			POL	M50	4	M 53		01:25:06.80	01:25:06.80	8:30	7.1
54	KOPEĆ PAWEŁ	1092	BLIND FURY		POL	M40	21	M 54	00:34:17	01:26:47.20	01:26:47.20	8:40	6.9
55	SABANOŚ GEJZA	1162	MARAS TEAM		SVK	M60	7	M 55	00:35:50	01:28:53.20	01:28:53.20	8:53	6.8
56	NOWAK MACIEJ	1032			POL	M30	17	M 56	00:35:35	01:30:03.75	01:30:03.75	9:00	6.7
57	LASKOWSKI MARCIN	1155	MAKABI WARSZAWA		POL	M40	22	M 57	00:37:06	01:32:01.15	01:32:01.15	9:12	6.5
58	STEC ANDRZEJ	1046			POL	M50	5	M 58		01:32:42.60	01:32:42.60	9:16	6.5
59	ZUBA RAFAŁ	1153	BLACK RIVER		POL	M20	8	M 59		01:33:03.85	01:33:03.85	9:18	6.4
60	KLUZ ROBERT	1136			POL	M50	6	M 60	00:39:31	01:33:33.45	01:33:33.45	9:21	6.4
61	STEPNOWSKI ŁUKASZ	1157	PADŁ NA RYJ TEAM		POL	M30	18	M 61	00:36:55	01:35:36.95	01:35:36.95	9:33	6.3
62	KAFARSKI MARCIN	1030			POL	M40	23	M 62	00:35:44	01:35:48.10	01:35:48.10	9:34	6.3
63	PISZCZ DARIUSZ	1135			POL	M40	24	M 63	00:36:48	01:35:48.90	01:35:48.90	9:34	6.3
64	WŁODARSKI LESZEK	1126	BLIND FURY		POL	M40	25	M 64	00:36:33	01:36:08.60	01:36:08.60	9:36	6.2
65	KUREK KRZYSZTOF	1106	PŁOCK BIEGA NO AGE LIMIT		POL	M40	26	M 65	00:36:40	01:36:18.85	01:36:18.85	9:37	6.2
66	LITAK GRZEGORZ	1095			POL	M60	8	M 66	00:36:24	01:37:02.70	01:37:02.70	9:42	6.2
67	DUDEK MARCIN	1130	LEŚNA BIEGUNKA		POL	M40	27	M 67	00:36:45	01:37:05.50	01:37:05.50	9:42	6.2
68	TOMCZAK MIŁOSZ	1064			POL	M30	19	M 68	00:37:46	01:39:07.60	01:39:07.60	9:54	6.1
69	FUDALI JACEK	1048			POL	M30	20	M 69		01:39:53.45	01:39:53.45	9:59	6
70	NAWROT WALDEK	1137	J U V E R U N		POL	M50	7	M 70	00:39:17	01:41:18.45	01:41:18.45	10:07	5.9
71	PASTUSZAK GRZEGORZ	1041			POL	M50	8	M 71	00:38:11	01:44:44.20	01:44:44.20	10:28	5.7
72	MAZURKÓW MARIAN	1040			POL	M60	9	M 72	00:38:20	01:44:44.80	01:44:44.80	10:28	5.7
73	WILSZ ADAM	1038	#THEWINEFEELS		POL	M50	9	M 73	00:38:59	01:45:01.55	01:45:01.55	10:30	5.7
74	SZADKOWSKI SEBASTIAN	1072			POL	M40	28	M 74	00:39:22	01:45:56.90	01:45:56.90	10:35	5.7
75	PENKALA MARCIN	1089	STRANGERS		POL	M40	29	M 75	00:43:40	01:46:12.45	01:46:12.45	10:37	5.6
76	KLIMCZAK MARCIN	1057			POL	M20	9	M 76	00:40:39	01:47:31.70	01:47:31.70	10:45	5.6
77	WALATEK FILIP	1083	BLIND FURY		POL	M40	30	M 77		01:47:59.15	01:47:59.15	10:47	5.6
78	MAJDYŚ WOJCIECH	1125			POL	M50	10	M 78	00:41:59	01:48:04.85	01:48:04.85	10:48	5.6
79	CZAPLA ANDRZEJ	1024			POL	M60	10	M 79	00:44:57	01:48:21.15	01:48:21.15	10:50	5.5
80	JEZIOR BARTOSZ	1061			POL	M40	31	M 80	00:46:40	01:50:19.65	01:50:19.65	11:01	5.4
81	PIELAK MARCIN	1067			POL	M40	32	M 81		01:50:54.40	01:50:54.40	11:05	5.4
82	ANDRASZ PAWEŁ	1001			POL	M20	10	M 82	00:43:12	01:51:04.10	01:51:04.10	11:06	5.4
83	MARAS LADISLAV	1079	MARAS TEAM		SVK	M60	11	M 83	00:42:59	01:51:08.45	01:51:08.45	11:06	5.4
84	LASOTA DOMINIK	1124	BEJBIK		POL	M20	11	M 84	00:44:26	02:00:22.80	02:00:22.80	12:02	5
85	KORNAK MICHAŁ	1119	BEJBIK		POL	M20	12	M 85		02:00:31.25	02:00:31.25	12:03	5
	RYZIŃSKI RYSZARD	1033			POL	M40			00:44:37	DNF	DNF	-	-
	FUS JACEK	1108	BAMBERTEAM		POL	M60			DNF	DNF	DNF	-	-

IX ZIMOWA BIESZCZADZKA DYCHA 2023, K20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	OCHYRA KAROLINA	1109			POL	K20	1	K 6	00:27:36	01:09:53.85	01:09:53.85	6:59	8.6
2	PUDŁO RITA	1101			POL	K20	2	K 13	00:33:39	01:23:38.65	01:23:38.65	8:21	7.2
3	SOWA SARA	1017	NH TEAM		POL	K20	3	K 15	00:35:01	01:27:35.35	01:27:35.35	8:45	6.9
4	WRÓBEL BARBARA	1134	CISNA GÓRA		POL	K20	4	K 46	00:42:27	01:45:38.55	01:45:38.55	10:33	5.7
5	JAROSZ KATARZYNA	1097			POL	K20	5	K 52	00:43:17	01:51:05.20	01:51:05.20	11:06	5.4

IX ZIMOWA BIESZCZADZKA DYCHA 2023, K20 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
6	PAWŁOWSKA KAMILA	1034			POL	K20	6	K 53	00:43:20	01:51:05.30	01:51:05.30	11:06	5.4
7	LASOTA MARTYNA	1132	BEJBIK		POL	K20	7	K 59		02:00:30.45	02:00:30.45	12:03	5
8	POTĘPA ALEKSANDRA	1133			POL	K20	8	K 60		02:00:31.25	02:00:31.25	12:03	5
9	RADYK ANNA	1113	PRZEMYSKI KLUB BIEGACZA		POL	K20	9	K 65	00:51:52	02:30:45.40	02:30:45.40	15:04	4

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M20

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	MATUSZ KRYSZTIAN	1080			POL	M20	1	M 2	00:22:29	00:55:29.40	00:55:29.40	5:32	10.8
2	SZYBIAK MACIEJ	1129	PRZEMYSKI KLUB BIEGACZA		POL	M20	2	M 7	00:24:35	00:59:53.25	00:59:53.25	5:59	10
3	PUTYRA DAMIAN	1131			POL	M20	3	M 12	00:26:05	01:04:19.75	01:04:19.75	6:25	9.3
4	HYB DARIUSZ	1055			POL	M20	4	M 15		01:05:34.60	01:05:34.60	6:33	9.2
5	CHMIEL DAMIAN	1054			POL	M20	5	M 28		01:15:15.45	01:15:15.45	7:31	8
6	MARKOWICZ DAWID	1031			POL	M20	6	M 30	00:38:07	01:15:29.30	01:15:29.30	7:32	7.9
7	PENKALA PIOTR	1090	STRANGERS		POL	M20	7	M 39	00:33:53	01:18:51.55	01:18:51.55	7:53	7.6
8	ZUBA RAFAŁ	1153	BLACK RIVER		POL	M20	8	M 59		01:33:03.85	01:33:03.85	9:18	6.4
9	KLIMCZAK MARCIN	1057			POL	M20	9	M 76	00:40:39	01:47:31.70	01:47:31.70	10:45	5.6
10	ANDRASZ PAWEŁ	1001			POL	M20	10	M 82	00:43:12	01:51:04.10	01:51:04.10	11:06	5.4
11	LASOTA DOMINIK	1124	BEJBIK		POL	M20	11	M 84	00:44:26	02:00:22.80	02:00:22.80	12:02	5
12	KORNAK MICHAŁ	1119	BEJBIK		POL	M20	12	M 85		02:00:31.25	02:00:31.25	12:03	5

IX ZIMOWA BIESZCZADZKA DYCHA 2023, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	HOŁOWATY RENATA	1141	SANOK BIEGA		POL	K30	1	K 2	00:27:01	01:04:36.00	01:04:36.00	6:27	9.3
2	BANASIK MONIKA	1148	KAŃCZUCKA GRUPA BIEGOWA		POL	K30	2	K 4	00:26:55	01:06:34.05	01:06:34.05	6:39	9
3	TARNOWSKA EWA	1105	LUBELSKA GRUPA TRIATHLONU		POL	K30	3	K 5		01:09:00.10	01:09:00.10	6:54	8.7
4	LIBERADZKA JOANNA	1117			POL	K30	4	K 7	00:32:50	01:17:05.80	01:17:05.80	7:42	7.8
5	SPRAWKA MARTA	1158		POL	K30	5	K 8	00:33:11	01:19:08.50	01:19:08.50	7:54	7.6
6	SKIBA ELŻBIETA	1088	NOWA HUTA TEAM		POL	K30	6	K 10		01:21:12.15	01:21:12.15	8:07	7.4
7	KAMIŃSKA KATARZYNA	1103			POL	K30	7	K 14	00:33:19	01:24:08.85	01:24:08.85	8:24	7.1
8	JAWORSKA MAGDALENA	1007	KS CELESTYNA		POL	K30	8	K 18		01:28:06.85	01:28:06.85	8:48	6.8
9	KAMIŃSKA PATRYCJA	1104			POL	K30	9	K 20		01:29:16.05	01:29:16.05	8:55	6.7
10	STASZCZYK ANNA	1118	BKB CZARNA PERŁA		POL	K30	10	K 21	00:44:29	01:30:03.65	01:30:03.65	9:00	6.7
11	MICHNO AGATA	1025	NOWA HUTA TEAM		POL	K30	11	K 24	00:34:21	01:30:48.30	01:30:48.30	9:04	6.6
12	GIL MARTA	1015	LUBELSKA GRUPA TRIATHLONU		POL	K30	12	K 28	00:37:02	01:35:03.10	01:35:03.10	9:30	6.3
13	SZUKOWSKA AMELIA	1021			POL	K30	13	K 29	00:39:48	01:36:06.20	01:36:06.20	9:36	6.2
14	TYCHONCZUK KATERYNA	1160			POL	K30	14	K 30		01:36:51.85	01:36:51.85	9:41	6.2
15	JANUSZEWICZ ALEKSANDRA	1099	AKS ZŁY		POL	K30	15	K 33	00:38:03	01:37:20.00	01:37:20.00	9:44	6.2
16	OSTROWICKA JUSTYNA	1116			POL	K30	16	K 34	00:37:59	01:37:20.10	01:37:20.10	9:44	6.2
17	TRZECIAK ALBINA	1011			POL	K30	17	K 35		01:38:24.95	01:38:24.95	9:50	6.1
18	KĘDZIOR JUSTYNA	1006	NIELEPKOWICE GÓRĄ		POL	K30	18	K 36	00:38:42	01:39:21.85	01:39:21.85	9:56	6
19	SZPREJDA PAULINA	1063			POL	K30	19	K 37	00:39:37	01:41:03.65	01:41:03.65	10:06	5.9
20	BOŻEK ALEKSANDRA	1014	TEAM ZABIEGANEDNI		POL	K30	20	K 39		01:41:25.45	01:41:25.45	10:08	5.9
21	GEMZIK AGATA	1115	J U V E R U N		POL	K30	21	K 40		01:41:31.45	01:41:31.45	10:09	5.9
22	BARTNIK DOMINIKA	1016			POL	K30	22	K 48	00:41:55	01:46:07.65	01:46:07.65	10:36	5.7
23	KULA MILENA	1112			POL	K30	23	K 49	00:44:15	01:49:23.25	01:49:23.25	10:56	5.5
24	JEZIOR MONIKA	1060			POL	K30	24	K 50	00:46:37	01:50:19.55	01:50:19.55	11:01	5.4
25	DZIURUŃ JAGODA	1053			POL	K30	25	K 56	00:42:07	01:53:46.85	01:53:46.85	11:22	5.3
26	PAŁACH KATARZYNA	1008			POL	K30	26	K 63	00:43:58	02:05:51.25	02:05:51.25	12:35	4.8
27	KOCZOT PAULINA	1145			POL	K30	27	K 66	00:48:33	02:30:45.70	02:30:45.70	15:04	4

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	JAKUBIK MARCIN	1062	MKS HALICZ PSG KROŚCIENKO		POL	M30	1	M 1	00:22:02	00:55:07.25	00:55:07.25	5:30	10.9
2	WETHACZ MATEUSZ	1052			POL	M30	2	M 4	00:21:58	00:58:23.95	00:58:23.95	5:50	10.3
3	MLAŚ IRENEUSZ	1036	IPA PRZEMYSŁ		POL	M30	3	M 5	00:23:31	00:58:38.35	00:58:38.35	5:51	10.2
4	TAJAK BARTŁOMIEJ	1022			POL	M30	4	M 16		01:06:38.30	01:06:38.30	6:39	9
5	KARNAS DAMIAN	1039			POL	M30	5	M 18	00:27:42	01:07:22.50	01:07:22.50	6:44	8.9
6	KOZA JASIEK	1111	GOPR BIESZCZADY		POL	M30	6	M 19	00:27:05	01:07:50.60	01:07:50.60	6:47	8.8
7	BEM JAKUB	1146	NOWA HUTA TEAM		POL	M30	7	M 21	00:27:16	01:09:47.70	01:09:47.70	6:58	8.6
8	PROTSIV JAROSŁAW	1159			POL	M30	8	M 25	00:30:07	01:13:28.70	01:13:28.70	7:20	8.2
9	KRYNICKI JAKUB	1140	GALICJA CISNA		POL	M30	9	M 26	00:28:43	01:13:55.75	01:13:55.75	7:23	8.1
10	SIENKO KAROL	1084	ASURA WEAR		POL	M30	10	M 29		01:15:21.85	01:15:21.85	7:32	8
11	OBYRTACZ PAWEŁ	1071			POL	M30	11	M 34	00:30:33	01:17:51.75	01:17:51.75	7:47	7.7
12	MOLENDA SZCZEPAN	1009			POL	M30	12	M 35	00:31:55	01:17:52.30	01:17:52.30	7:47	7.7
13	STOLARZ ANDRZEJ	1151			POL	M30	13	M 38	00:31:35	01:18:45.85	01:18:45.85	7:52	7.6
14	URZEDOWSKI ARKADIUSZ	1143			POL	M30	14	M 44		01:20:18.35	01:20:18.35	8:01	7.5
15	JAŁOSZEWSKI MATEUSZ	1093			POL	M30	15	M 46		01:21:48.65	01:21:48.65	8:10	7.3
16	BERTRANDT BARTOSZ	1018			POL	M30	16	M 49	00:36:37	01:23:28.05	01:23:28.05	8:20	7.2
17	NOWAK MACIEJ	1032			POL	M30	17	M 56	00:35:35	01:30:03.75	01:30:03.75	9:00	6.7
18	STEPNOWSKI ŁUKASZ	1157	PADŁ NA RYJ TEAM		POL	M30	18	M 61	00:36:55	01:35:36.95	01:35:36.95	9:33	6.3
19	TOMCZAK MIŁOSZ	1064			POL	M30	19	M 68	00:37:46	01:39:07.60	01:39:07.60	9:54	6.1
20	FUDALI JACEK	1048			POL	M30	20	M 69		01:39:53.45	01:39:53.45	9:59	6

IX ZIMOWA BIESZCZADZKA DYCHA 2023, K40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	BOLECHOWSKA DOMINIKA	1156	ALPIN SPORT		POL	K40	1	K 1	00:25:31	01:02:57.80	01:02:57.80	6:17	9.5
2	BIESZCZAD MAGDALENA	1082	TRESERTEAM		POL	K40	2	K 3	00:26:50	01:06:00.35	01:06:00.35	6:36	9.1
3	SURMA KAROLINA	1078			POL	K40	3	K 9	00:30:20	01:20:57.05	01:20:57.05	8:05	7.4
4	WASILEWSKA AGNIESZKA	1070	AROMAT NÓG		POL	K40	4	K 16	00:34:51	01:27:35.60	01:27:35.60	8:45	6.9
5	GURGUL DOROTA	1068	AROMAT NÓG		POL	K40	5	K 17		01:27:40.50	01:27:40.50	8:46	6.8
6	BEMBNISTA OLA	1049	WŁÓCZYMORDY		POL	K40	6	K 19	00:33:58	01:28:07.65	01:28:07.65	8:48	6.8
7	GRODON MAGDALENA	1065	HARPAGAN SOSNOWIEC		POL	K40	7	K 22	00:34:13	01:30:10.80	01:30:10.80	9:01	6.7
8	KAMINIK-MICHALCZAK ANNA	1066			POL	K40	8	K 25	00:37:31	01:31:21.70	01:31:21.70	9:08	6.6
9	MAŃKOWSKA KAROLINA	1100	MAKABI WARSZAWA		POL	K40	9	K 26	00:37:13	01:31:57.50	01:31:57.50	9:11	6.5
10	DOMAGALA JOANNA	1081			POL	K40	10	K 27	00:37:40	01:34:16.85	01:34:16.85	9:25	6.4
11	KALISZ RENATA	1043			POL	K40	11	K 31	00:39:55	01:37:10.65	01:37:10.65	9:43	6.2
12	NAWROT MAGDALENA	1138	J U V E R U N		POL	K40	12	K 41		01:41:31.85	01:41:31.85	10:09	5.9
13	RYŻYŃSKA AGNIESZKA	1139	CHEŁM BIEGA		POL	K40	13	K 42	00:42:31	01:43:14.90	01:43:14.90	10:19	5.8
14	WILSZ EWA	1037	#THEWINEFEELS		POL	K40	14	K 44		01:44:59.10	01:44:59.10	10:29	5.7
15	ŻARNICKA ANNA	1028			POL	K40	15	K 54	00:40:32	01:51:24.05	01:51:24.05	11:08	5.4
16	SKOREK-MASZOTA WERONIKA	1087	PADŁ NA RYJ TEAM		POL	K40	16	K 55	00:45:19	01:52:15.75	01:52:15.75	11:13	5.3
17	SUWAŁA KATARZYNA	1010			POL	K40	17	K 58	00:48:28	01:56:37.05	01:56:37.05	11:39	5.1

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M40

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	TARGOSZ MICHAŁ	1069	#ADAMCZERWIŃSKITEAM		POL	M40	1	M 3	00:21:54	00:55:37.90	00:55:37.90	5:33	10.8
2	BANASIK KRZYSZTOF	1149	KAŃCZUCKA GRUPA BIEGOWA		POL	M40	2	M 6	00:24:13	00:58:44.80	00:58:44.80	5:52	10.2
3	POTERA MACIEJ	1059			POL	M40	3	M 8	00:36:30	01:00:43.75	01:00:43.75	6:04	9.9
4	ZAWADZKI MARCIN	1027	SZCZYWANY TRZMIEL TEAM		POL	M40	4	M 9	00:25:22	01:01:37.65	01:01:37.65	6:09	9.7
5	ŚWIDZIŃSKI TOMASZ	1128			POL	M40	5	M 10	00:25:39	01:02:46.00	01:02:46.00	6:16	9.6
6	STACH TOMASZ	1122	STRACHY...PL		POL	M40	6	M 11	00:22:15	01:03:47.90	01:03:47.90	6:22	9.4
7	GAŁUSZKA TOMASZ	1110	SKITUROWE BIESZCZADY		POL	M40	7	M 13	00:26:33	01:04:38.00	01:04:38.00	6:27	9.3
8	RACZKOWSKI PAWEŁ	1094	BLIND FURY		POL	M40	8	M 14	00:26:27	01:04:42.30	01:04:42.30	6:28	9.3
9	ZUBEK JÓZEF	1121			POL	M40	9	M 17	00:27:32	01:07:22.25	01:07:22.25	6:44	8.9

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M40 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
10	KOSTKA ROBERT	1023	TEAM ZALEWSKI		POL	M40	10	M 23	00:28:43	01:12:28.65	01:12:28.65	7:14	8.3
11	HAJDUK TOMEK	1044	YULO RUN TEAM SIEDLCE		POL	M40	11	M 31	00:29:42	01:16:01.15	01:16:01.15	7:36	7.9
12	RUSZCZYK MAREK	1077			POL	M40	12	M 36		01:18:00.80	01:18:00.80	7:48	7.7
13	CZARNOCKI PAWEŁ	1029	GRUPA BIEGACZY SKÓRZEC BIEGA		POL	M40	13	M 37		01:18:25.55	01:18:25.55	7:50	7.7
14	KRÓL MARIUSZ	1150			POL	M40	14	M 40	00:34:25	01:19:19.25	01:19:19.25	7:55	7.6
15	ZIELIŃSKI DAMIAN	1050	STOPKA PILAWA		POL	M40	15	M 41	00:33:02	01:19:23.70	01:19:23.70	7:56	7.6
16	ZIOBROWSKI MARCIN	1096			POL	M40	16	M 43	00:32:46	01:20:11.30	01:20:11.30	8:01	7.5
17	WOJCIK MACIEJ	1074			POL	M40	17	M 47	00:33:48	01:22:18.00	01:22:18.00	8:13	7.3
18	WRÓBEL BARTŁOMIEJ	1019	CISNA GÓRĄ		POL	M40	18	M 48	00:31:35	01:22:44.90	01:22:44.90	8:16	7.3
19	PUDŁO MARCIN	1102			POL	M40	19	M 50	00:29:47	01:23:39.85	01:23:39.85	8:21	7.2
20	MANKOWSKI MAREK	1098	MAKABI WARSZAWA		POL	M40	20	M 52	00:35:14	01:24:59.60	01:24:59.60	8:29	7.1
21	KOPEĆ PAWEŁ	1092	BLIND FURY		POL	M40	21	M 54	00:34:17	01:26:47.20	01:26:47.20	8:40	6.9
22	LASKOWSKI MARCIN	1155	MAKABI WARSZAWA		POL	M40	22	M 57	00:37:06	01:32:01.15	01:32:01.15	9:12	6.5
23	KAFARSKI MARCIN	1030			POL	M40	23	M 62	00:35:44	01:35:48.10	01:35:48.10	9:34	6.3
24	PISZCZ DARIUSZ	1135			POL	M40	24	M 63	00:36:48	01:35:48.90	01:35:48.90	9:34	6.3
25	WŁODARSKI LESZEK	1126	BLIND FURY		POL	M40	25	M 64	00:36:33	01:36:08.60	01:36:08.60	9:36	6.2
26	KUREK KRZYSZTOF	1106	PŁOCK BIEGA NO AGE LIMIT		POL	M40	26	M 65	00:36:40	01:36:18.85	01:36:18.85	9:37	6.2
27	DUDEK MARCIN	1130	LEŚNA BIEGUNKA		POL	M40	27	M 67	00:36:45	01:37:05.50	01:37:05.50	9:42	6.2
28	SZADKOWSKI SEBASTIAN	1072			POL	M40	28	M 74	00:39:22	01:45:56.90	01:45:56.90	10:35	5.7
29	PENKALA MARCIN	1089	STRANGERS		POL	M40	29	M 75	00:43:40	01:46:12.45	01:46:12.45	10:37	5.6
30	WALATEK FILIP	1083	BLIND FURY		POL	M40	30	M 77		01:47:59.15	01:47:59.15	10:47	5.6
31	JEZIOR BARTOSZ	1061			POL	M40	31	M 80	00:46:40	01:50:19.65	01:50:19.65	11:01	5.4
32	PIELAK MARCIN	1067			POL	M40	32	M 81		01:50:54.40	01:50:54.40	11:05	5.4
	RYZIŃSKI RYSZARD	1033			POL	M40			00:44:37	DNF	DNF	-	-
									DNF				

IX ZIMOWA BIESZCZADZKA DYCHA 2023, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	NAZIMEK LILIANNA	1154	VISEGRAD MARATON RYTRO/OHANA		POL	K50	1	K 11		01:22:07.65	01:22:07.65	8:12	7.3
2	BOROWSKA TERESA	1127			POL	K50	2	K 12	00:32:36	01:22:50.70	01:22:50.70	8:17	7.2
3	MACIEWICZ TERESA	1013			POL	K50	3	K 23	00:34:41	01:30:48.10	01:30:48.10	9:04	6.6
4	GRAL KATARZYNA	1058	WŁÓCZYMORDY		POL	K50	4	K 32		01:37:17.45	01:37:17.45	9:43	6.2
5	LEŃCZUK GRAZYNA	1091	BESKIDZKIE RYSIE RUNNING TEAM		POL	K50	5	K 38		01:41:07.75	01:41:07.75	10:06	5.9
6	PEKALSKA ANNA	1086			POL	K50	6	K 43		01:44:34.95	01:44:34.95	10:27	5.7
7	WOŹNIAK LIDIA	1005	PORMAT JEDLICZE BIEGA		POL	K50	7	K 45	00:40:48	01:45:08.35	01:45:08.35	10:30	5.7
8	KUDŁA AGNIESZKA	1056			POL	K50	8	K 47	00:42:03	01:45:57.20	01:45:57.20	10:35	5.7
9	DRELINKIEWICZ ALICJA	1076			POL	K50	9	K 51	00:45:15	01:50:57.25	01:50:57.25	11:05	5.4
10	SZOT MARIA	1107			POL	K50	10	K 57	00:44:41	01:55:11.60	01:55:11.60	11:31	5.2
11	HADAM EWA	1073	SPARTAN RACE TRAINING GROUP RZESZÓW		POL	K50	11	K 61	00:47:02	02:04:18.95	02:04:18.95	12:25	4.8
12	SOŁTYSIAK KRYSZYNA	1075	SPARTAN RACE TRAINING GROUP RZESZÓW		POL	K50	12	K 62	00:46:51	02:04:23.30	02:04:23.30	12:26	4.8
13	OSIŃSKA AGATA	1003			POL	K50	13	K 64	00:50:59	02:18:50.50	02:18:50.50	13:53	4.3

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	BODZIOCH GRZEGORZ	1042			POL	M50	1	M 20	00:27:23	01:08:55.15	01:08:55.15	6:53	8.7
2	OCHYRA KRZYSZTOF	1114			POL	M50	2	M 32	00:30:25	01:16:33.35	01:16:33.35	7:39	7.8
3	SZCZUR WIESŁAW	1123			POL	M50	3	M 42	00:31:55	01:19:25.15	01:19:25.15	7:56	7.6
4	CZAJKOWSKI ADAM	1120			POL	M50	4	M 53		01:25:06.80	01:25:06.80	8:30	7.1
5	STEC ANDRZEJ	1046			POL	M50	5	M 58		01:32:42.60	01:32:42.60	9:16	6.5
6	KLUZ ROBERT	1136			POL	M50	6	M 60	00:39:31	01:33:33.45	01:33:33.45	9:21	6.4

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M50 c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
7	NAWROT WALDEK	1137	J U V E R U N		POL	M50	7	M 70	00:39:17	01:41:18.45	01:41:18.45	10:07	5.9
8	PASTUSZAK GRZEGORZ	1041			POL	M50	8	M 71	00:38:11	01:44:44.20	01:44:44.20	10:28	5.7
9	WILSZ ADAM	1038	#THEWINEFEELS		POL	M50	9	M 73	00:38:59	01:45:01.55	01:45:01.55	10:30	5.7
10	MAJDYŚ WOJCIECH	1125			POL	M50	10	M 78	00:41:59	01:48:04.85	01:48:04.85	10:48	5.6

IX ZIMOWA BIESZCZADZKA DYCHA 2023, M60

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	3.7km	Netto	Brutto	min/km	km/h
1	WOŹNIAK JANUSZ	1004	PORMAT JEDLICZE BIEGA		POL	M60	1	M 22	00:30:00	01:12:18.10	01:12:18.10	7:13	8.3
2	UJMA STANISŁAW	1051			POL	M60	2	M 24	00:29:20	01:12:41.35	01:12:41.35	7:16	8.3
3	PODOLAK ZBIGNIEW	1085	GWIAZDY PRZEMYSŁ		POL	M60	3	M 27	00:30:44	01:14:32.60	01:14:32.60	7:27	8.1
4	JANAS MARIAN	1152			POL	M60	4	M 33	00:31:25	01:16:39.95	01:16:39.95	7:39	7.8
5	RĘKAS PIOTR	1035	RAPTOWNI		POL	M60	5	M 45	00:31:10	01:21:46.80	01:21:46.80	8:10	7.3
6	BOROWSKI TOMASZ	1142	HAMER		POL	M60	6	M 51	00:35:30	01:24:06.10	01:24:06.10	8:24	7.1
7	SABANOŚ GEJZA	1162	MARAS TEAM		SVK	M60	7	M 55	00:35:50	01:28:53.20	01:28:53.20	8:53	6.8
8	LITAK GRZEGORZ	1095			POL	M60	8	M 66	00:36:24	01:37:02.70	01:37:02.70	9:42	6.2
9	MAZURKÓW MARIAN	1040			POL	M60	9	M 72	00:38:20	01:44:44.80	01:44:44.80	10:28	5.7
10	CZAPLA ANDRZEJ	1024			POL	M60	10	M 79	00:44:57	01:48:21.15	01:48:21.15	10:50	5.5
11	MARAS LADISLAV	1079	MARAS TEAM		SVK	M60	11	M 83	00:42:59	01:51:08.45	01:51:08.45	11:06	5.4
	FUS JACEK	1108	BAMBERTEAM		POL	M60			DNF	DNF	DNF	-	-