

# ŁEMKOWYNA WINTER TRAIL 18 KM

Organizator: Fundacja ULTRA  
Data: 2024-02-17  
Miejsce: Iwonicz-Zdrój  
Dystans: 18 km  
Klasyfikacja wg czasów brutto.

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE



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INTELIĞENTNE ZAWODY SPORTOWE

ŁEMKOWYNA  
WINTER TRAIL

## ŁEMKOWYNA WINTER TRAIL 18 KM, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub                                    | M-scowość        | Kraj | Kat.           | M. kat | K/M  | 9km      | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|---|------------------|------|----------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | KIJOWSKI DOMINIK       | 287 | KB KROŚCIENKO WYŻNE                     |                  |      | OPEN MĘZCZYŻNI | 1      | M 1  | 00:36:29 | 01:15:42.00 | 01:15:42.00 | 4:12   | 14.3 |
| 2    | ZYGMUNT TOMASZ         | 283 | BORGWARNER RUNNING TEAM                 | LEŻAJSK          | POL  | OPEN MĘZCZYŻNI | 2      | M 2  | 00:40:23 | 01:20:35.00 | 01:20:35.00 | 4:28   | 13.4 |
| 3    | SALOMON MATEUSZ        | 286 | POWER TRAINING                          |                  | POL  | OPEN MĘZCZYŻNI | 3      | M 3  | 00:39:33 | 01:20:56.00 | 01:20:56.00 | 4:29   | 13.3 |
| 4    | NIEZGODA MARCIN        | 243 | KKB MOSIR KROSNO                        | KROSNO           | POL  | OPEN MĘZCZYŻNI | 4      | M 4  | 00:39:52 | 01:22:10.00 | 01:22:10.00 | 4:33   | 13.1 |
| 5    | KOZIK ADAM             | 224 | AZS UJ CM                               | KRAÓW            | POL  | OPEN MĘZCZYŻNI | 5      | M 5  | 00:46:20 | 01:24:32.00 | 01:24:32.00 | 4:41   | 12.8 |
| 6    | PERNAL DARIUSZ         | 249 |   | RYMANÓW          | POL  | OPEN MĘZCZYŻNI | 6      | M 6  | 01:30:38 | 01:32:28.00 | 01:32:28.00 | 5:08   | 11.7 |
| 7    | KULIGA SŁAWOMIR        | 229 | POSMAKUJ RUN TEAM                       | KROSNO           | POL  | OPEN MĘZCZYŻNI | 7      | M 7  |          | 01:32:58.00 | 01:32:58.00 | 5:09   | 11.6 |
| 8    | ŁASKI TOMASZ           | 236 | PTASIE RADIO BRZOZÓW                    | BRZOZÓW          | POL  | OPEN MĘZCZYŻNI | 8      | M 8  | 01:30:49 | 01:34:58.00 | 01:34:58.00 | 5:16   | 11.4 |
| 9    | JABŁOŃSKA SYLWIA       | 212 | SBG PODBIEG NESSI TEAM                  | KRAKÓW           | POL  | OPEN KOBIETY   | 1      | K 1  | 01:30:53 | 01:35:18.00 | 01:35:18.00 | 5:17   | 11.3 |
| 10   | PEŁDIAK MATEUSZ        | 248 | KB ATHLETIC ZREĆIN / PAWKO RUNNER TEAM  | KROSNO           | POL  | OPEN MĘZCZYŻNI | 9      | M 9  | 01:31:57 | 01:36:20.00 | 01:36:20.00 | 5:21   | 11.2 |
| 11   | ŚCIBOR ADRIAN          | 264 |   | PRZYSIETNICA     | POL  | OPEN MĘZCZYŻNI | 10     | M 10 | 01:36:28 | 01:36:35.00 | 01:36:35.00 | 5:21   | 11.2 |
| 12   | GIERULA GRZEGORZ       | 210 | KB ATHLETIC ZREĆIN                      | ŁĘŻANY           | POL  | OPEN MĘZCZYŻNI | 11     | M 11 | 01:32:21 | 01:37:12.00 | 01:37:12.00 | 5:24   | 11.1 |
| 13   | LENART KAMIL           | 233 |   | KROŚCIENKO WYŻNE | POL  | OPEN MĘZCZYŻNI | 12     | M 12 | 01:35:03 | 01:37:20.00 | 01:37:20.00 | 5:24   | 11.1 |
| 14   | SKALSKI JERZY          | 253 | LKS BŁĘKITNI ŻEGLCE                     | ŻEGLCE           | POL  | OPEN MĘZCZYŻNI | 13     | M 13 | 01:36:06 | 01:38:38.00 | 01:38:38.00 | 5:28   | 10.9 |
| 15   | HOŁOWATY RENATA        | 211 | SANOK BIEGA                             | WYSOCZANY        | POL  | OPEN KOBIETY   | 2      | K 2  | 01:36:40 | 01:40:14.00 | 01:40:14.00 | 5:34   | 10.8 |
| 16   | BAK-PUCHAŁKA MICHALINA | 202 | PUCHAŁKA SPORT - TEAM SCARPA POLSKA     | MIKOŁÓW          | POL  | OPEN KOBIETY   | 3      | K 3  | 01:37:05 | 01:43:46.00 | 01:43:46.00 | 5:45   | 10.4 |
| 17   | KRUKAR ADAM            | 228 | FINISZ RYMANÓW                          | IWONICZ          | POL  | OPEN MĘZCZYŻNI | 14     | M 14 |          | 01:45:24.00 | 01:45:24.00 | 5:51   | 10.2 |
| 18   | GRZEGORZ TOMCZYK       | 288 |   |                  | POL  | OPEN MĘZCZYŻNI | 15     | M 15 | 01:38:36 | 01:45:42.00 | 01:45:42.00 | 5:52   | 10.2 |
| 19   | SZYDLAK DARIUSZ        | 263 |   | RZESZÓW          | POL  | OPEN MĘZCZYŻNI | 16     | M 16 | 01:36:53 | 01:46:27.00 | 01:46:27.00 | 5:54   | 10.1 |
| 20   | SKALSKI DANIEL         | 254 | LKS BŁĘKITNI ŻEGLCE                     | ŻEGLCE           | POL  | OPEN MĘZCZYŻNI | 17     | M 17 | 01:38:25 | 01:46:48.00 | 01:46:48.00 | 5:56   | 10.1 |
| 21   | KOZIOŁ WERONIKA        | 225 |   | KRAKÓW           | POL  | OPEN KOBIETY   | 4      | K 4  | 01:39:16 | 01:48:29.00 | 01:48:29.00 | 6:01   | 10   |
| 22   | BLICHARZ ARTUR         | 204 |   | OŁPINY           | POL  | OPEN MĘZCZYŻNI | 18     | M 18 | 01:41:10 | 01:50:27.00 | 01:50:27.00 | 6:08   | 9.8  |
| 23   | KUPKA DAWID            | 232 | RUNNERROS                               | NOWY SĄCZ        | POL  | OPEN MĘZCZYŻNI | 19     | M 19 | 01:39:10 | 01:51:04.00 | 01:51:04.00 | 6:10   | 9.7  |
| 24   | KĘDZIOR MACIEJ         | 218 |   | ZACZERNIE        | POL  | OPEN MĘZCZYŻNI | 20     | M 20 | 01:38:46 | 01:51:32.00 | 01:51:32.00 | 6:11   | 9.7  |
| 25   | KRAWCZYK DARIUSZ       | 227 | DAYONET                                 | PORAŻ            | POL  | OPEN MĘZCZYŻNI | 21     | M 21 | 01:40:40 | 01:51:38.00 | 01:51:38.00 | 6:12   | 9.7  |
| 26   | TRZOSŁO TOMASZ         | 267 | -                                       | KRAKÓW           | POL  | OPEN MĘZCZYŻNI | 22     | M 22 | 01:39:27 | 01:51:49.00 | 01:51:49.00 | 6:12   | 9.7  |
| 27   | KOSTKA JANUSZ          | 222 | POSMAKUJ RUN TEAM                       | SZCZEPAŃCOWA     | POL  | OPEN MĘZCZYŻNI | 23     | M 23 | 01:40:11 | 01:53:50.00 | 01:53:50.00 | 6:19   | 9.5  |
| 28   | JURYŚ SŁAWOMIR         | 217 | JSYSTEM                                 | KROSNO           | POL  | OPEN MĘZCZYŻNI | 24     | M 24 | 01:43:20 | 01:53:57.00 | 01:53:57.00 | 6:19   | 9.5  |
| 29   | JĘDRZEJCZYK ADAM       | 215 |   | SANOK            | POL  | OPEN MĘZCZYŻNI | 25     | M 25 | 01:43:17 | 01:54:20.00 | 01:54:20.00 | 6:21   | 9.4  |
| 30   | NIEMIEC GRZEGORZ       | 242 |   | POSADA ZARZYŃSKA | POL  | OPEN MĘZCZYŻNI | 26     | M 26 | 01:43:12 | 01:55:05.00 | 01:55:05.00 | 6:23   | 9.4  |
| 31   | KULIGA KATARZYNA       | 230 |   | KROSNO           | POL  | OPEN KOBIETY   | 5      | K 5  | 01:41:50 | 01:55:07.00 | 01:55:07.00 | 6:23   | 9.4  |
| 32   | URBAŃSKI KRZYSZTOF     | 270 | TAKADA TEAM                             | KRAKÓW           | POL  | OPEN MĘZCZYŻNI | 27     | M 27 | 01:41:00 | 01:55:14.00 | 01:55:14.00 | 6:24   | 9.4  |
| 33   | RĘPAŁSKA AGATA         | 252 |   | KROŚCIENKO WYŻNE | POL  | OPEN KOBIETY   | 6      | K 6  | 01:41:30 | 01:56:04.00 | 01:56:04.00 | 6:26   | 9.3  |
| 34   | OWOC TOMASZ            | 245 | PKO BANK POLSKI / ADIDAS RUNNERS WARSAW | WARSZAWA         | POL  | OPEN MĘZCZYŻNI | 28     | M 28 | 01:41:25 | 01:56:08.00 | 01:56:08.00 | 6:27   | 9.3  |
| 35   | MUC TOMASZ             | 241 | 42K PRO TEAM                            | ŁĘDZINY          | POL  | OPEN MĘZCZYŻNI | 29     | M 29 | 01:43:43 | 01:58:21.00 | 01:58:21.00 | 6:34   | 9.1  |
| 36   | ZAJĄC KAMIL            | 276 | MULTIFLORA                              | TARNOWO PODGÓRNE | POL  | OPEN MĘZCZYŻNI | 30     | M 30 | 01:43:26 | 01:58:27.00 | 01:58:27.00 | 6:34   | 9.1  |
| 37   | KOSZ PAWEŁ             | 223 | PGE RUN OBRÓT                           | RZESZÓW, POLAND  | POL  | OPEN MĘZCZYŻNI | 31     | M 31 | 01:34:32 | 01:59:46.00 | 01:59:46.00 | 6:39   | 9    |
| 38   | JĘDRZEJCZYK MAJA       | 216 |   | SANOK            | POL  | OPEN KOBIETY   | 7      | K 7  | 01:43:29 | 02:00:46.00 | 02:00:46.00 | 6:42   | 8.9  |
| 39   | DWORZAŃSKI MARCIN      | 207 | BIEGAM BO LUBIĘ                         | RYMANÓW ZDRÓJ    | POL  | OPEN MĘZCZYŻNI | 32     | M 32 | 01:43:40 | 02:03:14.00 | 02:03:14.00 | 6:50   | 8.8  |
| 40   | JAGIELLO MICHAŁ        | 213 |   | LUBATOWA         | POL  | OPEN MĘZCZYŻNI | 33     | M 33 | 01:45:24 | 02:03:35.00 | 02:03:35.00 | 6:51   | 8.7  |
| 41   | WOLWOWICZ ZBIGNIEW     | 274 |   | NOWA DĘBA        | POL  | OPEN MĘZCZYŻNI | 34     | M 34 | 01:44:04 | 02:04:06.00 | 02:04:06.00 | 6:53   | 8.7  |
| 42   | STERKOWICZ DOROTA      | 258 |   | KRAKÓW           | POL  | OPEN KOBIETY   | 8      | K 8  | 01:45:48 | 02:07:03.00 | 02:07:03.00 | 7:03   | 8.5  |
| 43   | LIBERACKI GRZEGORZ     | 235 | LIBERATOR NOWY SĄCZ                     | NOWY SĄCZ        | POL  | OPEN MĘZCZYŻNI | 35     | M 35 | 01:45:28 | 02:07:11.00 | 02:07:11.00 | 7:03   | 8.5  |
| 44   | ŁĄCZNY MARCIN          | 237 | GALOPUJĄCE DŹDŹOWNICE/SPARTAŃSKA DZICZ  | LUBLIN/WITRYŁÓW  | POL  | OPEN MĘZCZYŻNI | 36     | M 36 | 01:47:59 | 02:08:28.00 | 02:08:28.00 | 7:08   | 8.4  |

**ŁEMKOWYNA WINTER TRAIL 18 KM, OPEN c.d.**

| M-ce | Nazwisko i imię          | Nr  | Klub                  | M-scowość              | Kraj | Kat.           | M. kat | K/M  | 9km      | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|-----|-----------------------|------------------------|------|----------------|--------|------|----------|-------------|-------------|--------|------|
| 45   | TOMPALSKI WOJCIECH       | 266 |                       | GLIWICE                | POL  | OPEN MĘŻCZYŹNI | 37     | M 37 | 01:45:44 | 02:08:55.00 | 02:08:55.00 | 7:09   | 8.4  |
| 46   | WOŹNIAK JANUSZ           | 275 | PORMAT JEDLICZE BIEGA | SKOŁYSZYN              | POL  | OPEN MĘŻCZYŹNI | 38     | M 38 | 01:45:18 | 02:09:49.00 | 02:09:49.00 | 7:12   | 8.3  |
| 47   | STANOSZ-CHEŁKOWSKA ANETA | 257 | HARDE DZIKI           | CHYROWA                | POL  | OPEN KOBIETY   | 9      | K 9  | 01:45:39 | 02:11:29.00 | 02:11:29.00 | 7:18   | 8.2  |
| 48   | ZONTEK PAWEŁ             | 282 | POJEDNYCHPINIONDZACH  | BŁAŻOWA                | POL  | OPEN MĘŻCZYŹNI | 39     | M 39 | 01:45:34 | 02:12:28.00 | 02:12:28.00 | 7:21   | 8.2  |
| 49   | SKRZYPEK ROBERT          | 255 | BIEGNIJ Z PROSERVICE  | PIASECZNO              | POL  | OPEN MĘŻCZYŹNI | 40     | M 40 | 01:48:20 | 02:14:12.00 | 02:14:12.00 | 7:27   | 8    |
| 50   | SZCZUR IWONA             | 262 |                       | NOWA DĘBA              | POL  | OPEN KOBIETY   | 10     | K 10 | 01:48:13 | 02:14:31.00 | 02:14:31.00 | 7:28   | 8    |
| 51   | KOMAŃSKI RAFAŁ           | 221 | AKTYWNA GMINA ZARSZYN | ZARSZYN                | POL  | OPEN MĘŻCZYŹNI | 41     | M 41 | 01:48:08 | 02:14:31.00 | 02:14:31.00 | 7:28   | 8    |
| 52   | LEPAK ALEKSANDRA         | 234 |                       | SĘKOWA                 | POL  | OPEN KOBIETY   | 11     | K 11 | 01:48:04 | 02:16:06.00 | 02:16:06.00 | 7:33   | 7.9  |
| 53   | KOZIOŁ SYLWESTER         | 226 |                       | KROSNO                 | POL  | OPEN MĘŻCZYŹNI | 42     | M 42 | 01:48:16 | 02:16:46.00 | 02:16:46.00 | 7:35   | 7.9  |
| 54   | GANCARZ BARBARA          | 208 |                       | PRZEDMIĘSCIE CZUDECKIE | POL  | OPEN KOBIETY   | 12     | K 12 | 01:45:52 | 02:18:21.00 | 02:18:21.00 | 7:41   | 7.8  |
| 55   | JEMIOŁA PAULINA          | 214 | POGÓRZE ULTRA TRAIL   | CZUDEC                 | POL  | OPEN KOBIETY   | 13     | K 13 | 01:48:24 | 02:19:20.00 | 02:19:20.00 | 7:44   | 7.8  |
| 56   | WOJTOWICZ TOMASZ         | 273 |                       | STRYZOW                | POL  | OPEN MĘŻCZYŹNI | 43     | M 43 | 01:47:54 | 02:21:39.00 | 02:21:39.00 | 7:52   | 7.6  |
| 57   | MARCINIAK TOMASZ         | 239 |                       | DYS                    | POL  | OPEN MĘŻCZYŹNI | 44     | M 44 | 01:48:28 | 02:21:48.00 | 02:21:48.00 | 7:52   | 7.6  |
| 58   | URBACZKA ŁUKASZ          | 268 |                       | MIELEC                 | POL  | OPEN MĘŻCZYŹNI | 45     | M 45 | 01:48:44 | 02:22:16.00 | 02:22:16.00 | 7:54   | 7.6  |
| 59   | STACHOWSKA MARTA         | 256 | ZABIEGANI IMIELIN     | IMIELIN                | POL  | OPEN KOBIETY   | 14     | K 14 | 01:48:35 | 02:23:07.00 | 02:23:07.00 | 7:57   | 7.5  |
| 60   | STACHOWSKI DAMIAN        | 285 | ZABIEGANI IMIELIN     | IMIELIN                | POL  | OPEN MĘŻCZYŹNI | 46     | M 46 | 01:48:39 | 02:23:08.00 | 02:23:08.00 | 7:57   | 7.5  |
| 61   | ZAWITKOWSKI BARTOSZ      | 280 |                       | RZESZÓW                | POL  | OPEN MĘŻCZYŹNI | 47     | M 47 | 01:48:33 | 02:26:14.00 | 02:26:14.00 | 8:07   | 7.4  |
| 62   | URBANOWICZ PIOTR         | 269 |                       | KRAKÓW                 | POL  | OPEN MĘŻCZYŹNI | 48     | M 48 | 01:49:52 | 02:28:35.00 | 02:28:35.00 | 8:15   | 7.3  |
| 63   | KLUZ ROBERT              | 220 | PODIUM                | RZESZÓW                | POL  | OPEN MĘŻCZYŹNI | 49     | M 49 | 01:50:06 | 02:29:46.00 | 02:29:46.00 | 8:19   | 7.2  |
| 64   | DRAGAN IZABELA           | 206 |                       | KROSNO                 | POL  | OPEN KOBIETY   | 15     | K 15 | 01:50:20 | 02:31:20.00 | 02:31:20.00 | 8:24   | 7.1  |
| 65   | WNUK JUSTYNA             | 272 | HARDE DZIKI           | IWONICZ                | POL  | OPEN KOBIETY   | 16     | K 16 | 01:50:17 | 02:32:47.00 | 02:32:47.00 | 8:29   | 7.1  |
| 66   | PLANETA ADAM             | 250 | RUNNERROS             | NOWY SACZ              | POL  | OPEN MĘŻCZYŹNI | 50     | M 50 | 01:50:04 | 02:34:19.00 | 02:34:19.00 | 8:34   | 7    |
| 67   | OLECH WITOLD             | 244 |                       | STRAŻÓW                | POL  | OPEN MĘŻCZYŹNI | 51     | M 51 | 01:49:44 | 02:35:52.00 | 02:35:52.00 | 8:39   | 6.9  |
| 68   | ZIN JACEK                | 281 |                       | RZESZÓW                | POL  | OPEN MĘŻCZYŹNI | 51     | M 51 | 01:49:38 | 02:35:52.00 | 02:35:52.00 | 8:39   | 6.9  |
| 69   | MAZUR GRZEGORZ           | 240 |                       | ZGORZAŁA               | POL  | OPEN MĘŻCZYŹNI | 53     | M 53 | 01:49:49 | 02:36:25.00 | 02:36:25.00 | 8:41   | 6.9  |
| 70   | ZAREMBA-GĄSKA OLGA       | 278 | BEFIT24TEAM           | WARSZAWA               | POL  | OPEN KOBIETY   | 17     | K 17 | 01:50:34 | 02:36:30.00 | 02:36:30.00 | 8:41   | 6.9  |
| 71   | AUGUSTYNSKI FILIP        | 201 |                       | TYLICZ                 | POL  | OPEN MĘŻCZYŹNI | 54     | M 54 | 01:50:12 | 02:37:35.00 | 02:37:35.00 | 8:45   | 6.9  |
| 72   | KLIMCZAK KRZYSZTOF       | 219 |                       | GLIWICE                | POL  | OPEN MĘŻCZYŹNI | 55     | M 55 | 01:50:09 | 02:38:14.00 | 02:38:14.00 | 8:47   | 6.8  |
| 73   | PASTWA GRZEGORZ          | 247 |                       | BUSKO ZDROJ            | POL  | OPEN MĘŻCZYŹNI | 56     | M 56 | 01:51:55 | 02:43:35.00 | 02:43:35.00 | 9:05   | 6.6  |
| 74   | MALEC BASIA              | 238 |                       | LUBLIN                 | POL  | OPEN KOBIETY   | 18     | K 18 | 01:50:28 | 02:45:42.00 | 02:45:42.00 | 9:12   | 6.5  |
| 75   | WARDA AGNIESZKA TONNY    | 271 | SPARTA LUBLIN         | LUBLIN                 | POL  | OPEN KOBIETY   | 19     | K 19 | 01:50:23 | 02:45:43.00 | 02:45:43.00 | 9:12   | 6.5  |
| 76   | GAWRYSIAK EDYTA          | 209 |                       | NIEBOROWICE            | POL  | OPEN KOBIETY   | 20     | K 20 | 01:52:06 | 02:54:01.00 | 02:54:01.00 | 9:40   | 6.2  |
| 77   | ZARZYCKI PIOTR           | 279 |                       | GLIWICE                | POL  | OPEN MĘŻCZYŹNI | 57     | M 57 | 01:51:46 | 02:56:06.00 | 02:56:06.00 | 9:47   | 6.1  |
| 78   | ŻYŁOWICZ MARCIN          | 284 |                       | KRAKÓW                 | POL  | OPEN MĘŻCZYŹNI | 58     | M 58 | 01:52:14 | 03:17:41.00 | 03:17:41.00 | 10:58  | 5.5  |
| 79   |                          | 305 |                       |                        |      |                |        | 1    | 01:52:18 | 03:18:26.00 | 03:18:26.00 | 11:01  | 5.4  |

**ŁEMKOWYNA WINTER TRAIL 18 KM, OPEN Kobiety**

| M-ce | Nazwisko i imię          | Nr  | Klub                                | M-scowość              | Kraj | Kat.         | M. kat | K/M  | 9km      | Netto       | Brutto      | min/km | km/h |
|------|--------------------------|-----|-------------------------------------|------------------------|------|--------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | JABŁOŃSKA SYLWIA         | 212 | SBG PODBIEG NESSI TEAM              | KRAKÓW                 | POL  | OPEN KOBIETY | 1      | K 1  | 01:30:53 | 01:35:18.00 | 01:35:18.00 | 5:17   | 11.3 |
| 2    | HOŁOWATY RENATA          | 211 | SANOK BIEGA                         | WYSOCZANY              | POL  | OPEN KOBIETY | 2      | K 2  | 01:36:40 | 01:40:14.00 | 01:40:14.00 | 5:34   | 10.8 |
| 3    | BAK-PUCHAŁKA MICHALINA   | 202 | PUCHAŁKA SPORT - TEAM SCARPA POLSKA | MIKOŁÓW                | POL  | OPEN KOBIETY | 3      | K 3  | 01:37:05 | 01:43:46.00 | 01:43:46.00 | 5:45   | 10.4 |
| 4    | KOZIOŁ WERONIKA          | 225 |                                     | KRAKÓW                 | POL  | OPEN KOBIETY | 4      | K 4  | 01:39:16 | 01:48:29.00 | 01:48:29.00 | 6:01   | 10   |
| 5    | KULIGA KATARZYNA         | 230 |                                     | KROSNO                 | POL  | OPEN KOBIETY | 5      | K 5  | 01:41:50 | 01:55:07.00 | 01:55:07.00 | 6:23   | 9.4  |
| 6    | RĘPAŁSKA AGATA           | 252 |                                     | KROŚCIENKO WYŻNE       | POL  | OPEN KOBIETY | 6      | K 6  | 01:41:30 | 01:56:04.00 | 01:56:04.00 | 6:26   | 9.3  |
| 7    | JĘDRZEJCZYK MAJA         | 216 |                                     | SANOK                  | POL  | OPEN KOBIETY | 7      | K 7  | 01:43:29 | 02:00:46.00 | 02:00:46.00 | 6:42   | 8.9  |
| 8    | STERKOWICZ DOROTA        | 258 |                                     | KRAKÓW                 | POL  | OPEN KOBIETY | 8      | K 8  | 01:45:48 | 02:07:03.00 | 02:07:03.00 | 7:03   | 8.5  |
| 9    | STANOSZ-CHEŁKOWSKA ANETA | 257 | HARDE DZIKI                         | CHYROWA                | POL  | OPEN KOBIETY | 9      | K 9  | 01:45:39 | 02:11:29.00 | 02:11:29.00 | 7:18   | 8.2  |
| 10   | SZCZUR IWONA             | 262 |                                     | NOWA DĘBA              | POL  | OPEN KOBIETY | 10     | K 10 | 01:48:13 | 02:14:31.00 | 02:14:31.00 | 7:28   | 8    |
| 11   | LEPAK ALEKSANDRA         | 234 |                                     | SĘKOWA                 | POL  | OPEN KOBIETY | 11     | K 11 | 01:48:04 | 02:16:06.00 | 02:16:06.00 | 7:33   | 7.9  |
| 12   | GANCARZ BARBARA          | 208 |                                     | PRZEDMIĘSCIE CZUDECKIE | POL  | OPEN KOBIETY | 12     | K 12 | 01:45:52 | 02:18:21.00 | 02:18:21.00 | 7:41   | 7.8  |
| 13   | JEMIOŁA PAULINA          | 214 | POGÓRZE ULTRA TRAIL                 | CZUDEC                 | POL  | OPEN KOBIETY | 13     | K 13 | 01:48:24 | 02:19:20.00 | 02:19:20.00 | 7:44   | 7.8  |
| 14   | STACHOWSKA MARTA         | 256 | ZABIEGANI IMIELIN                   | IMIELIN                | POL  | OPEN KOBIETY | 14     | K 14 | 01:48:35 | 02:23:07.00 | 02:23:07.00 | 7:57   | 7.5  |
| 15   | DRAGAN IZABELA           | 206 |                                     | KROSNO                 | POL  | OPEN KOBIETY | 15     | K 15 | 01:50:20 | 02:31:20.00 | 02:31:20.00 | 8:24   | 7.1  |
| 16   | WNUK JUSTYNA             | 272 | HARDE DZIKI                         | IWONICZ                | POL  | OPEN KOBIETY | 16     | K 16 | 01:50:17 | 02:32:47.00 | 02:32:47.00 | 8:29   | 7.1  |
| 17   | ZAREMBA-GĄSKA OLGA       | 278 | BEFIT24TEAM                         | WARSZAWA               | POL  | OPEN KOBIETY | 17     | K 17 | 01:50:34 | 02:36:30.00 | 02:36:30.00 | 8:41   | 6.9  |

**ŁEMKOWYNA WINTER TRAIL 18 KM, OPEN Kobiety c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub          | M-scowość   | Kraj | Kat.         | M. kat | K/M  | 9km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|-----|---------------|-------------|------|--------------|--------|------|----------|-------------|-------------|--------|------|
| 18   | MALEC BASIA           | 238 |               | LUBLIN      | POL  | OPEN KOBIETY | 18     | K 18 | 01:50:28 | 02:45:42.00 | 02:45:42.00 | 9:12   | 6.5  |
| 19   | WARDA AGNIESZKA TONNY | 271 | SPARTA LUBLIN | LUBLIN      | POL  | OPEN KOBIETY | 19     | K 19 | 01:50:23 | 02:45:43.00 | 02:45:43.00 | 9:12   | 6.5  |
| 20   | GAWRYSIAK EDYTA       | 209 |               | NIEBOROWICE | POL  | OPEN KOBIETY | 20     | K 20 | 01:52:06 | 02:54:01.00 | 02:54:01.00 | 9:40   | 6.2  |

**ŁEMKOWYNA WINTER TRAIL 18 KM, OPEN Mężczyźni**

| M-ce | Nazwisko i imię    | Nr  | Klub                                    | M-scowość        | Kraj | Kat.           | M. kat | K/M  | 9km      | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|---|------------------|------|----------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | KIJOWSKI DOMINIK   | 287 | KB KROŚCIENKO WYŻNE                     |                  | POL  | OPEN MĘŻCZYŻNI | 1      | M 1  | 00:36:29 | 01:15:42.00 | 01:15:42.00 | 4:12   | 14.3 |
| 2    | ZYGMUNT TOMASZ     | 283 | BORGWARNER RUNNING TEAM                 | LEŻAJSK          | POL  | OPEN MĘŻCZYŻNI | 2      | M 2  | 00:40:23 | 01:20:35.00 | 01:20:35.00 | 4:28   | 13.4 |
| 3    | SALOMON MATEUSZ    | 286 | POWER TRAINING                          |                  | POL  | OPEN MĘŻCZYŻNI | 3      | M 3  | 00:39:33 | 01:20:56.00 | 01:20:56.00 | 4:29   | 13.3 |
| 4    | NIEZGODA MARCIN    | 243 | KKB MOSIR KROSNO                        | KROSNO           | POL  | OPEN MĘŻCZYŻNI | 4      | M 4  | 00:39:52 | 01:22:10.00 | 01:22:10.00 | 4:33   | 13.1 |
| 5    | KOZIK ADAM         | 224 | AZS UJ CM                               | KRAÓW            | POL  | OPEN MĘŻCZYŻNI | 5      | M 5  | 00:46:20 | 01:24:32.00 | 01:24:32.00 | 4:41   | 12.8 |
| 6    | PERNAL DARIUSZ     | 249 |   | RYMANÓW          | POL  | OPEN MĘŻCZYŻNI | 6      | M 6  | 01:30:38 | 01:32:28.00 | 01:32:28.00 | 5:08   | 11.7 |
| 7    | KULIGA SŁAWOMIR    | 229 | POSMAKUJ RUN TEAM                       | KROSNO           | POL  | OPEN MĘŻCZYŻNI | 7      | M 7  |          | 01:32:58.00 | 01:32:58.00 | 5:09   | 11.6 |
| 8    | ŁASKI TOMASZ       | 236 | PTASIE RADIO BRZOZÓW                    | BRZOZÓW          | POL  | OPEN MĘŻCZYŻNI | 8      | M 8  | 01:30:49 | 01:34:58.00 | 01:34:58.00 | 5:16   | 11.4 |
| 9    | PEŁDIAK MATEUSZ    | 248 | KB ATHLETIC ZRĘCIN / PAWKO RUNNER TEAM  | KROSNO           | POL  | OPEN MĘŻCZYŻNI | 9      | M 9  | 01:31:57 | 01:36:20.00 | 01:36:20.00 | 5:21   | 11.2 |
| 10   | ŚCIBOR ADRIAN      | 264 |   | PRZYSIETNICA     | POL  | OPEN MĘŻCZYŻNI | 10     | M 10 | 01:36:28 | 01:36:35.00 | 01:36:35.00 | 5:21   | 11.2 |
| 11   | GIERULA GRZEGORZ   | 210 | KB ATHLETIC ZRĘCIN                      | ŁĘŻANY           | POL  | OPEN MĘŻCZYŻNI | 11     | M 11 | 01:32:21 | 01:37:12.00 | 01:37:12.00 | 5:24   | 11.1 |
| 12   | LENART KAMIL       | 233 |   | KROŚCIENKO WYŻNE | POL  | OPEN MĘŻCZYŻNI | 12     | M 12 | 01:35:03 | 01:37:20.00 | 01:37:20.00 | 5:24   | 11.1 |
| 13   | SKALSKI JERZY      | 253 | LKS BŁĘKITNI ŻEGLCE                     | ŻEGLCE           | POL  | OPEN MĘŻCZYŻNI | 13     | M 13 | 01:36:06 | 01:38:38.00 | 01:38:38.00 | 5:28   | 10.9 |
| 14   | KRUKAR ADAM        | 228 | FINISZ RYMANÓW                          | IWONICZ          | POL  | OPEN MĘŻCZYŻNI | 14     | M 14 |          | 01:45:24.00 | 01:45:24.00 | 5:51   | 10.2 |
| 15   | GRZEGORZ TOMCZYK   | 288 |   |                  | POL  | OPEN MĘŻCZYŻNI | 15     | M 15 | 01:38:36 | 01:45:42.00 | 01:45:42.00 | 5:52   | 10.2 |
| 16   | SZYDLAK DARIUSZ    | 263 |   | RZESZÓW          | POL  | OPEN MĘŻCZYŻNI | 16     | M 16 | 01:36:53 | 01:46:27.00 | 01:46:27.00 | 5:54   | 10.1 |
| 17   | SKALSKI DANIEL     | 254 | LKS BŁĘKITNI ŻEGLCE                     | ŻEGLCE           | POL  | OPEN MĘŻCZYŻNI | 17     | M 17 | 01:38:25 | 01:46:48.00 | 01:46:48.00 | 5:56   | 10.1 |
| 18   | Blicharz Artur     | 204 |   | OŁPINY           | POL  | OPEN MĘŻCZYŻNI | 18     | M 18 | 01:41:10 | 01:50:27.00 | 01:50:27.00 | 6:08   | 9.8  |
| 19   | KUPKA DAWID        | 232 | RUNNERROS                               | NOWY SĄCZ        | POL  | OPEN MĘŻCZYŻNI | 19     | M 19 | 01:39:10 | 01:51:04.00 | 01:51:04.00 | 6:10   | 9.7  |
| 20   | KĘDZIOR MACIEJ     | 218 |   | ZACZERNIE        | POL  | OPEN MĘŻCZYŻNI | 20     | M 20 | 01:38:46 | 01:51:32.00 | 01:51:32.00 | 6:11   | 9.7  |
| 21   | KRAWCZYK DARIUSZ   | 227 | DAYONET                                 | PORAŻ            | POL  | OPEN MĘŻCZYŻNI | 21     | M 21 | 01:40:40 | 01:51:38.00 | 01:51:38.00 | 6:12   | 9.7  |
| 22   | TRZOSŁO TOMASZ     | 267 | -                                       | KRAKÓW           | POL  | OPEN MĘŻCZYŻNI | 22     | M 22 | 01:39:27 | 01:51:49.00 | 01:51:49.00 | 6:12   | 9.7  |
| 23   | KOSTKA JANUSZ      | 222 | POSMAKUJ RUN TEAM                       | SZCZEPAŃCOWA     | POL  | OPEN MĘŻCZYŻNI | 23     | M 23 | 01:40:11 | 01:53:50.00 | 01:53:50.00 | 6:19   | 9.5  |
| 24   | JURYŚ SŁAWOMIR     | 217 | JSYSTEM                                 | KROSNO           | POL  | OPEN MĘŻCZYŻNI | 24     | M 24 | 01:43:20 | 01:53:57.00 | 01:53:57.00 | 6:19   | 9.5  |
| 25   | JĘDRZEJCZYK ADAM   | 215 |   | SANOK            | POL  | OPEN MĘŻCZYŻNI | 25     | M 25 | 01:43:17 | 01:54:20.00 | 01:54:20.00 | 6:21   | 9.4  |
| 26   | NIEMIEC GRZEGORZ   | 242 |   | POSADA ZARZYŃSKA | POL  | OPEN MĘŻCZYŻNI | 26     | M 26 | 01:43:12 | 01:55:05.00 | 01:55:05.00 | 6:23   | 9.4  |
| 27   | URBAŃSKI KRZYSZTOF | 270 | TAKADA TEAM                             | KRAKÓW           | POL  | OPEN MĘŻCZYŻNI | 27     | M 27 | 01:41:00 | 01:55:14.00 | 01:55:14.00 | 6:24   | 9.4  |
| 28   | OWOC TOMASZ        | 245 | PKO BANK POLSKI / ADIDAS RUNNERS WARSAW | WARSZAWA         | POL  | OPEN MĘŻCZYŻNI | 28     | M 28 | 01:41:25 | 01:56:08.00 | 01:56:08.00 | 6:27   | 9.3  |
| 29   | MUC TOMASZ         | 241 | 42K PRO TEAM                            | ŁĘDZINY          | POL  | OPEN MĘŻCZYŻNI | 29     | M 29 | 01:43:43 | 01:58:21.00 | 01:58:21.00 | 6:34   | 9.1  |
| 30   | ZAJĄC KAMIL        | 276 | MULTIFLORA                              | TARNOWO PODGÓRNE | POL  | OPEN MĘŻCZYŻNI | 30     | M 30 | 01:43:26 | 01:58:27.00 | 01:58:27.00 | 6:34   | 9.1  |
| 31   | KOSZ PAWEŁ         | 223 | PGE RUN OBRÓT                           | RZESZÓW, POLAND  | POL  | OPEN MĘŻCZYŻNI | 31     | M 31 | 01:34:32 | 01:59:46.00 | 01:59:46.00 | 6:39   | 9    |
| 32   | DWORZAŃSKI MARCIN  | 207 | BIEGAM BO LUBIĘ                         | RYMANÓW ZDRÓJ    | POL  | OPEN MĘŻCZYŻNI | 32     | M 32 | 01:43:40 | 02:03:14.00 | 02:03:14.00 | 6:50   | 8.8  |
| 33   | JAGIELLO MICHAŁ    | 213 |   | LUBATOWA         | POL  | OPEN MĘŻCZYŻNI | 33     | M 33 | 01:45:24 | 02:03:35.00 | 02:03:35.00 | 6:51   | 8.7  |
| 34   | WOLWOWICZ ZBIGNIEW | 274 |   | NOWA DĘBA        | POL  | OPEN MĘŻCZYŻNI | 34     | M 34 | 01:44:04 | 02:04:06.00 | 02:04:06.00 | 6:53   | 8.7  |
| 35   | LIBERACKI GRZEGORZ | 235 | LIBERATOR NOWY SĄCZ                     | NOWY SĄCZ        | POL  | OPEN MĘŻCZYŻNI | 35     | M 35 | 01:45:28 | 02:07:11.00 | 02:07:11.00 | 7:03   | 8.5  |
| 36   | ŁĄCZNY MARCIN      | 237 | GALOPIUJĄCE DZDŻOWNICE/SPARTAŃSKA DZICZ | LUBLIN/WITRYŁÓW  | POL  | OPEN MĘŻCZYŻNI | 36     | M 36 | 01:47:59 | 02:08:28.00 | 02:08:28.00 | 7:08   | 8.4  |
| 37   | TOMPALSKI WOJCIECH | 266 |   | GLIWICE          | POL  | OPEN MĘŻCZYŻNI | 37     | M 37 | 01:45:44 | 02:08:55.00 | 02:08:55.00 | 7:09   | 8.4  |
| 38   | WOŹNIAK JANUSZ     | 275 | PORMAT JEDLICZE BIEGA                   | SKOŁYSZYN        | POL  | OPEN MĘŻCZYŻNI | 38     | M 38 | 01:45:18 | 02:09:49.00 | 02:09:49.00 | 7:12   | 8.3  |
| 39   | ZONTEK PAWEŁ       | 282 | POJEDNYCHPINIONDZACH                    | BŁĄŻOWA          | POL  | OPEN MĘŻCZYŻNI | 39     | M 39 | 01:45:34 | 02:12:28.00 | 02:12:28.00 | 7:21   | 8.2  |
| 40   | SKRZYPEK ROBERT    | 255 | BIEGNIJ Z PROSERVICE                    | PIASECZNO        | POL  | OPEN MĘŻCZYŻNI | 40     | M 40 | 01:48:20 | 02:14:12.00 | 02:14:12.00 | 7:27   | 8    |
| 41   | KOMAŃSKI RAFAŁ     | 221 | AKTYWNA GMINA ZARZYSZYN                 | ZARZYSZYN        | POL  | OPEN MĘŻCZYŻNI | 41     | M 41 | 01:48:08 | 02:14:31.00 | 02:14:31.00 | 7:28   | 8    |
| 42   | KOZIOŁ SYLWESTER   | 226 |   | KROSNO           | POL  | OPEN MĘŻCZYŻNI | 42     | M 42 | 01:48:16 | 02:16:46.00 | 02:16:46.00 | 7:35   | 7.9  |
| 43   | WOJTOWICZ TOMASZ   | 273 |   | STRYZOW          | POL  | OPEN MĘŻCZYŻNI | 43     | M 43 | 01:47:54 | 02:21:39.00 | 02:21:39.00 | 7:52   | 7.6  |
| 44   | MARCINIAK TOMASZ   | 239 |   | DYS              | POL  | OPEN MĘŻCZYŻNI | 44     | M 44 | 01:48:28 | 02:21:48.00 | 02:21:48.00 | 7:52   | 7.6  |
| 45   | URBACZKA ŁUKASZ    | 268 |   | MIELEC           | POL  | OPEN MĘŻCZYŻNI | 45     | M 45 | 01:48:44 | 02:22:16.00 | 02:22:16.00 | 7:54   | 7.6  |
| 46   | STACHOWSKI DAMIAN  | 285 | ZABIEGANI IMIELIN                       | IMIELIN          | POL  | OPEN MĘŻCZYŻNI | 46     | M 46 | 01:48:39 | 02:23:08.00 | 02:23:08.00 | 7:57   | 7.5  |

**ŁEMKOWYNA WINTER TRAIL 18 KM, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub      | M-scowość   | Kraj | Kat.           | M. kat | K/M  | 9km      | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|-----------|-------------|------|----------------|--------|------|----------|-------------|-------------|--------|------|
| 47   | ZAWITKOWSKI BARTOSZ | 280 |           | RZESZÓW     | POL  | OPEN MĘŻCZYŹNI | 47     | M 47 | 01:48:33 | 02:26:14.00 | 02:26:14.00 | 8:07   | 7.4  |
| 48   | URBANOWICZ PIOTR    | 269 |           | KRAKÓW      | POL  | OPEN MĘŻCZYŹNI | 48     | M 48 | 01:49:52 | 02:28:35.00 | 02:28:35.00 | 8:15   | 7.3  |
| 49   | KLUZ ROBERT         | 220 | PODIUM    | RZESZÓW     | POL  | OPEN MĘŻCZYŹNI | 49     | M 49 | 01:50:06 | 02:29:46.00 | 02:29:46.00 | 8:19   | 7.2  |
| 50   | PLANETA ADAM        | 250 | RUNNERROS | NOWY SACZ   | POL  | OPEN MĘŻCZYŹNI | 50     | M 50 | 01:50:04 | 02:34:19.00 | 02:34:19.00 | 8:34   | 7    |
| 51   | ZIN JACEK           | 281 |           | RZESZÓW     | POL  | OPEN MĘŻCZYŹNI | 51     | M 51 | 01:49:38 | 02:35:52.00 | 02:35:52.00 | 8:39   | 6.9  |
| 52   | OLECH WITOLD        | 244 |           | STRAŻÓW     | POL  | OPEN MĘŻCZYŹNI | 51     | M 51 | 01:49:44 | 02:35:52.00 | 02:35:52.00 | 8:39   | 6.9  |
| 53   | MAZUR GRZEGORZ      | 240 |           | ZGORZAŁA    | POL  | OPEN MĘŻCZYŹNI | 53     | M 53 | 01:49:49 | 02:36:25.00 | 02:36:25.00 | 8:41   | 6.9  |
| 54   | AUGUSTYNSKI FILIP   | 201 |           | TYLICZ      | POL  | OPEN MĘŻCZYŹNI | 54     | M 54 | 01:50:12 | 02:37:35.00 | 02:37:35.00 | 8:45   | 6.9  |
| 55   | KLIMCZAK KRZYSZTOF  | 219 |           | GLIWICE     | POL  | OPEN MĘŻCZYŹNI | 55     | M 55 | 01:50:09 | 02:38:14.00 | 02:38:14.00 | 8:47   | 6.8  |
| 56   | PASTWA GRZEGORZ     | 247 |           | BUSKO ZDROJ | POL  | OPEN MĘŻCZYŹNI | 56     | M 56 | 01:51:55 | 02:43:35.00 | 02:43:35.00 | 9:05   | 6.6  |
| 57   | ZARZYCKI PIOTR      | 279 |           | GLIWICE     | POL  | OPEN MĘŻCZYŹNI | 57     | M 57 | 01:51:46 | 02:56:06.00 | 02:56:06.00 | 9:47   | 6.1  |
| 58   | ŻYŁOWICZ MARCIN     | 284 |           | KRAKÓW      | POL  | OPEN MĘŻCZYŹNI | 58     | M 58 | 01:52:14 | 03:17:41.00 | 03:17:41.00 | 10:58  | 5.5  |

**ŁEMKOWYNA WINTER TRAIL 18 KM,**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 9km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------|-----|------|-----------|------|------|--------|-----|----------|-------------|-------------|--------|------|
| 1    |                 | 305 |      |           |      |      |        | 1   | 01:52:18 | 03:18:26.00 | 03:18:26.00 | 11:01  | 5.4  |