

## DUSZEK 30 KM

Organizator: Stowarzyszenie Duch Pogórza  
 Data: 2024-03-23  
 Miejsce: Dubiecko  
 Dystans: 34 km  
 Klasyfikacja wg czasów brutto.

### DUSZEK 30 KM, OPEN

| M-ce | Nazwisko i imię     | Nr  | Klub                                   | M-scowość        | Kraj | Kat.           | M. kat | K/M  | 9km      | 25km     | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|--|------------------|------|----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1    | CEBERAK BARTEK      | 9   |  | BIALOBZEGI       | POL  | OPEN MĘZCZYŹNI | 1      | M 1  | 00:46:33 | 02:09:17 | 03:06:19.00 | 03:06:19.00 | 5:28   | 10.9 |
| 2    | KNAPIK SEBASTIAN    | 48  | BUTYJANA                               | RZESZÓW          | POL  | OPEN MĘZCZYŹNI | 2      | M 2  | 00:50:14 | 02:19:19 | 03:17:40.00 | 03:17:40.00 | 5:48   | 10.3 |
| 3    | KRÓL ARTUR          | 56  | JW1517                                 | ZIELONA GÓRA     | POL  | OPEN MĘZCZYŹNI | 3      | M 3  | 00:51:51 | 02:25:30 | 03:29:47.00 | 03:29:47.00 | 6:10   | 9.7  |
| 4    | FLĄDRO DANIEL       | 23  | BKB CZARNA PERŁA                       | WOKOWICE         | POL  | OPEN MĘZCZYŹNI | 4      | M 4  | 00:51:40 | 02:25:22 | 03:30:55.00 | 03:30:55.00 | 6:12   | 9.7  |
| 5    | CZEMERYS PIOTREK    | 15  | RUCH IZBICA                            | SIENNICA NADOLNA | POL  | OPEN MĘZCZYŹNI | 5      | M 5  | 00:52:13 | 02:28:40 | 03:33:36.00 | 03:33:36.00 | 6:16   | 9.6  |
| 6    | KOWALCZYK MATEUSZ   | 52  | MINUTKA TRAIL                          | STUDZIAN         | POL  | OPEN MĘZCZYŹNI | 6      | M 6  | 00:52:09 | 02:25:19 | 03:36:38.00 | 03:36:38.00 | 6:22   | 9.4  |
| 7    | MAZIARSKI ADRIAN    | 66  |  | JAROSŁAW         | POL  | OPEN MĘZCZYŹNI | 7      | M 7  | 00:51:45 | 02:30:55 | 03:37:04.00 | 03:37:04.00 | 6:23   | 9.4  |
| 8    | KOZAK ŁUKASZ        | 54  | HALO BIEGACZE                          | DYLAŁÓWKA        | POL  | OPEN MĘZCZYŹNI | 8      | M 8  | 00:54:03 | 02:31:59 | 03:37:45.00 | 03:37:45.00 | 6:24   | 9.4  |
| 9    | ŚCIBOR ADRIAN       | 94  |  | PRZYSIETNICA     | POL  | OPEN MĘZCZYŹNI | 9      | M 9  | 00:59:49 | 02:39:13 | 03:42:59.00 | 03:42:59.00 | 6:33   | 9.1  |
| 10   | CYGAN DAWID         | 13  |  | KROSNO           | POL  | OPEN MĘZCZYŹNI | 10     | M 10 | 00:56:40 | 02:37:48 | 03:43:08.00 | 03:43:08.00 | 6:33   | 9.1  |
| 11   | OLEJARSKI MARCIN    | 69  |  | PRUCHNIK         | POL  | OPEN MĘZCZYŹNI | 11     | M 11 | 01:00:03 | 02:41:02 | 03:50:11.00 | 03:50:11.00 | 6:46   | 8.9  |
| 12   | ZIĘBA SABINA        | 114 | #SZLACHTABIEGA                         | ŚWILCZA          | POL  | OPEN KOBIETY   | 1      | K 1  | 00:57:41 | 02:41:08 | 03:50:50.00 | 03:50:50.00 | 6:47   | 8.8  |
| 13   | SOLECKI DOMINIK     | 83  | SWIM TRI RZESZÓW                       | STRASZYDLE       | POL  | OPEN MĘZCZYŹNI | 12     | M 12 | 01:00:25 | 02:47:56 | 03:56:41.00 | 03:56:41.00 | 6:57   | 8.6  |
| 14   | FILIPIŃSKI BARTOSZ  | 22  | FBOOMER                                | ŁANCUT           | POL  | OPEN MĘZCZYŹNI | 13     | M 13 | 00:56:12 | 02:42:08 | 03:58:18.00 | 03:58:18.00 | 7:00   | 8.6  |
| 15   | DOŁOSZYCKI GRZEGORZ | 17  |  | SANOK            | POL  | OPEN MĘZCZYŹNI | 14     | M 14 | 01:02:29 | 02:50:26 | 03:59:41.00 | 03:59:41.00 | 7:02   | 8.5  |
| 16   | WOŁOSZYN ARTUR      | 109 |  | RZESZÓW          | POL  | OPEN MĘZCZYŹNI | 15     | M 15 | 01:03:15 | 02:50:30 | 04:00:00.00 | 04:00:00.00 | 7:03   | 8.5  |
| 17   | DERDA MARIUSZ       | 16  | @BIEGOWA_WOLNOSC                       | DYNÓW            | POL  | OPEN MĘZCZYŹNI | 16     | M 16 | 00:57:46 | 02:47:45 | 04:02:37.00 | 04:02:37.00 | 7:08   | 8.4  |
| 18   | WÓJTOWICZ PIOTR     | 110 | PODIUM                                 | RZESZÓW          | POL  | OPEN MĘZCZYŹNI | 17     | M 17 | 01:04:11 | 02:54:43 | 04:04:36.00 | 04:04:36.00 | 7:11   | 8.3  |
| 19   | GÓRAK GRZEGORZ      | 33  |  | KRAKÓW           | POL  | OPEN MĘZCZYŹNI | 18     | M 18 | 01:00:44 | 02:50:34 | 04:07:46.00 | 04:07:46.00 | 7:17   | 8.2  |
| 20   | WANAT JANUSZ        | 103 | #SZLACHTABIEGA                         | SIEDLIKA         | POL  | OPEN MĘZCZYŹNI | 19     | M 19 | 01:02:00 | 02:56:21 | 04:10:28.00 | 04:10:28.00 | 7:22   | 8.1  |
| 21   | KLUS ANNA           | 47  |  | RZESZÓW          | POL  | OPEN KOBIETY   | 2      | K 2  | 01:02:37 | 02:55:43 | 04:10:45.00 | 04:10:45.00 | 7:22   | 8.1  |
| 22   | PIERZ SŁAWOMIR      | 72  |  | ISKRZYŃNIA       | POL  | OPEN MĘZCZYŹNI | 20     | M 20 | 01:01:32 | 02:52:23 | 04:11:13.00 | 04:11:13.00 | 7:23   | 8.1  |
| 23   | ZAWISZA GRZEGORZ    | 112 |  | WROCANKA         | POL  | OPEN MĘZCZYŹNI | 21     | M 21 | 01:01:21 | 02:54:46 | 04:13:14.00 | 04:13:14.00 | 7:26   | 8.1  |
| 24   | DZIUBAN ŁUKASZ      | 18  | GOPR BIESZCZADY, NADLEŚNICTWO USTRZYKI | ORELEC           | POL  | OPEN MĘZCZYŹNI | 22     | M 22 | 01:02:12 | 02:57:26 | 04:14:44.00 | 04:14:44.00 | 7:29   | 8    |
| 25   | DZIUBAN KATARZYNA   | 19  | GALLOPEM CZY GALLOWAYEM                | ORELEC           | POL  | OPEN KOBIETY   | 3      | K 3  | 01:02:09 | 02:57:18 | 04:14:44.00 | 04:14:44.00 | 7:29   | 8    |
| 26   | LUBAS GRZEGORZ      | 62  | DZIKITIM                               | RZESZÓW          | POL  | OPEN MĘZCZYŹNI | 23     | M 23 | 01:03:39 | 02:57:21 | 04:15:38.00 | 04:15:38.00 | 7:31   | 8    |
| 27   | RYDZIK JACEK        | 78  |  | LEŻAJSK          | POL  | OPEN MĘZCZYŹNI | 24     | M 24 | 01:03:56 | 03:00:07 | 04:19:34.00 | 04:19:34.00 | 7:38   | 7.9  |
| 28   | SZEWCZUK KRZYSZTOF  | 91  | PARSZYWA ZADYSZKA                      | CHEŁM            | POL  | OPEN MĘZCZYŹNI | 25     | M 25 | 01:06:19 | 03:00:32 | 04:19:38.00 | 04:19:38.00 | 7:38   | 7.9  |
| 29   | SADKOWSKI PAWEŁ     | 79  | DANIEL WOSIK TERVEL MOUNTAIN RUNNER    | MAKÓW            | POL  | OPEN MĘZCZYŹNI | 26     | M 26 | 01:03:33 | 03:06:04 | 04:24:03.00 | 04:24:03.00 | 7:45   | 7.7  |
| 30   | GIZICKI WOJCIECH    | 31  |  | KRUSZYNA         | POL  | OPEN MĘZCZYŹNI | 27     | M 27 | 01:06:02 | 03:07:25 | 04:25:47.00 | 04:25:47.00 | 7:49   | 7.7  |
| 31   | KRUCZEK KATARZYNA   | 57  |  | BŁĄŻOWA          | POL  | OPEN KOBIETY   | 4      | K 4  | 01:02:07 | 03:00:37 | 04:25:50.00 | 04:25:50.00 | 7:49   | 7.7  |
| 32   | FUS MACIEJ          | 26  |  | RZESZÓW          | POL  | OPEN MĘZCZYŹNI | 28     | M 28 | 01:03:20 | 02:58:55 | 04:25:50.00 | 04:25:50.00 | 7:49   | 7.7  |
| 33   | STARZEC MICHAŁ      | 85  |  | PRZEWORSK        | POL  | OPEN MĘZCZYŹNI | 29     | M 29 | 01:10:19 | 03:09:52 | 04:27:23.00 | 04:27:23.00 | 7:51   | 7.6  |
| 34   | CIECKIEWICZ TOMASZ  | 12  |  | CIESZANÓW        | POL  | OPEN MĘZCZYŹNI | 30     | M 30 | 01:07:41 | 03:09:36 | 04:27:25.00 | 04:27:25.00 | 7:51   | 7.6  |
| 35   | ZAWISZA ŁUKASZ      | 113 |  | IWONICZ          | POL  | OPEN MĘZCZYŹNI | 31     | M 31 | 01:03:37 | 03:06:56 | 04:29:37.00 | 04:29:37.00 | 7:55   | 7.6  |
| 36   | MORGAŚ MARIUSZ      | 67  |  | WARSZAWA         | POL  | OPEN MĘZCZYŹNI | 32     | M 32 | 01:00:30 | 02:58:13 | 04:29:40.00 | 04:29:40.00 | 7:55   | 7.6  |
| 37   | ARTYM MAGDA         | 1   | #TRENUJKOSTEREM                        | PRZEMYŚL         | POL  | OPEN KOBIETY   | 5      | K 5  | 01:06:12 | 03:09:04 | 04:31:11.00 | 04:31:11.00 | 7:58   | 7.5  |
| 38   | GIERUŁA MARIUSZ     | 28  | AKTYWNY DYNÓW                          | HARTA            | POL  | OPEN MĘZCZYŹNI | 33     | M 33 | 01:06:15 | 03:03:18 | 04:31:51.00 | 04:31:51.00 | 7:59   | 7.5  |
| 39   | JĘDRZEJCZYK ADAM    | 39  |  | SANOK            | POL  | OPEN MĘZCZYŹNI | 34     | M 34 | 01:05:55 | 03:08:31 | 04:34:56.00 | 04:34:56.00 | 8:05   | 7.4  |
| 40   | PIWŃSKI ADAM        | 74  | GÓRA BIEGA                             | GÓRA KALWARIA    | POL  | OPEN MĘZCZYŹNI | 35     | M 35 | 01:05:39 | 03:09:33 | 04:35:34.00 | 04:35:34.00 | 8:06   | 7.4  |
| 41   | KRZAŚTEK ZBIGNIEW   | 58  | KS HARPAGAN TARNOBRZEG                 | TARNOBRZEG       | POL  | OPEN MĘZCZYŹNI | 36     | M 36 | 01:08:42 | 03:11:47 | 04:38:01.00 | 04:38:01.00 | 8:10   | 7.3  |
| 42   | SMYKA MICHAŁ        | 82  |  | CIECIERZYN       | POL  | OPEN MĘZCZYŹNI | 37     | M 37 | 01:05:49 | 03:14:00 | 04:39:51.00 | 04:39:51.00 | 8:13   | 7.3  |
| 43   | TROJNAR DANIEL      | 97  |  | ŁĄCKO            | POL  | OPEN MĘZCZYŹNI | 38     | M 38 | 01:06:07 | 03:09:59 | 04:39:58.00 | 04:39:58.00 | 8:14   | 7.3  |
| 44   | SZYPROWSKI JAREK    | 93  | SPORT GENERATION                       | SOCHACZEW        | POL  | OPEN MĘZCZYŹNI | 39     | M 39 | 01:06:10 | 03:10:05 | 04:44:18.00 | 04:44:18.00 | 8:21   | 7.2  |

**DUSZEK 30 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                      | M-scowość          | Kraj | Kat.           | M. kat | K/M  | 9km         | 25km        | Netto       | Brutto      | min/km | km/h |
|------|-----------------------------|-----|---------------------------|--------------------|------|----------------|--------|------|-------------|-------------|-------------|-------------|--------|------|
| 45   | MARZEC JUSTYNA              | 118 | PODIUM                    | ŁAŃCUT             | POL  | OPEN KOBIETY   | 6      | K 6  | 01:05:22    | 03:12:11    | 04:44:26.00 | 04:44:26.00 | 8:21   | 7.2  |
| 46   | TWARDOCHEB MARCIN           | 98  | BIEGAM W RZESZOWIE        | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 40     | M 40 | 01:10:22    | 03:18:31    | 04:47:24.00 | 04:47:24.00 | 8:27   | 7.1  |
| 47   | CHMAJ JERZY                 | 10  |                           | BRATKOWICE         | POL  | OPEN MĘŻCZYŹNI | 41     | M 41 | 01:11:49    | 03:18:34    | 04:49:10.00 | 04:49:10.00 | 8:30   | 7.1  |
| 48   | WOLWOWICZ ZBIGNIEW          | 108 |                           | NOWA DĘBA          | POL  | OPEN MĘŻCZYŹNI | 42     | M 42 | 01:10:10    | 03:24:09    | 04:53:27.00 | 04:53:27.00 | 8:37   | 7    |
| 49   | GÓRKA PIOTR                 | 34  |                           | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 43     | M 43 | 01:13:46    | 03:26:50    | 04:54:44.00 | 04:54:44.00 | 8:40   | 6.9  |
| 50   | TYMOCZKO MACIEJ             | 101 |                           | SANOK              | POL  | OPEN MĘŻCZYŹNI | 44     | M 44 | 01:06:55    | 03:19:47    | 04:54:55.00 | 04:54:55.00 | 8:40   | 6.9  |
| 51   | GUT MARCIN                  | 36  | URAL BIKER                | ŁAŃCUT             | POL  | OPEN MĘŻCZYŹNI | 45     | M 45 | 01:09:27    | 03:24:01    | 04:55:50.00 | 04:55:50.00 | 8:42   | 6.9  |
| 52   | NIEDŹWIECKI PAWEŁ           | 68  | PODIUM/DYNOWSCY BIEGACZE  | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 46     | M 46 | 01:13:51    | 03:27:07    | 04:55:52.00 | 04:55:52.00 | 8:42   | 6.9  |
| 53   | KIEC ADAM                   | 44  |                           | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 47     | M 47 | 01:09:23    | 03:22:40    | 04:58:46.00 | 04:58:46.00 | 8:47   | 6.8  |
| 54   | IWAN BARTŁOMIEJ             | 37  |                           | PIASECZNO          | POL  | OPEN MĘŻCZYŹNI | 48     | M 48 | 01:17:03    | 03:30:31    | 05:00:33.00 | 05:00:33.00 | 8:50   | 6.8  |
| 55   | KUBICKI ŁUKASZ              | 59  | 3PBOT                     | IWONICZ- ZDRÓJ     | POL  | OPEN MĘŻCZYŹNI | 49     | M 49 | 01:08:45    | 03:26:02    | 05:01:45.00 | 05:01:45.00 | 8:52   | 6.8  |
| 56   | BANASIK MONIKA              | 2   |                           | PRUCHNIK           | POL  | OPEN KOBIETY   | 7      | K 7  | 01:05:17    | 03:33:25    | 05:01:57.00 | 05:01:57.00 | 8:52   | 6.8  |
| 57   | GROCH JACEK                 | 35  | KAŃCZUKA GRUPA BIEGOWA    | KAŃCZUGA           | POL  | OPEN MĘŻCZYŹNI | 50     | M 50 | 01:11:30    | 03:32:05    | 05:01:58.00 | 05:01:58.00 | 8:52   | 6.8  |
| 58   | FRANCZAK KATARZYNA          | 24  |                           | KRAKOW             | POL  | OPEN KOBIETY   | 8      | K 8  | 01:16:30    | 03:41:16    | 05:05:11.00 | 05:05:11.00 | 8:58   | 6.7  |
| 59   | WIECZOREK AGATA             | 105 | BIEGOWE CZWARTKI          | TARNOBRZEG         | POL  | OPEN KOBIETY   | 9      | K 9  | 01:15:38    | 03:38:58    | 05:07:31.00 | 05:07:31.00 | 9:02   | 6.6  |
| 60   | CZECH ALDONA                | 14  | BIEGOWE CZWARTKI          | TARNOBRZEG         | POL  | OPEN KOBIETY   | 9      | K 9  | 01:15:43    | 03:38:55    | 05:07:31.00 | 05:07:31.00 | 9:02   | 6.6  |
| 61   | FALKOWSKI BARTOSZ           | 20  |                           | PIASECZNO          | POL  | OPEN MĘŻCZYŹNI | 51     | M 51 | 01:10:17    | 03:36:00    | 05:07:50.00 | 05:07:50.00 | 9:03   | 6.6  |
| 62   | PRUCHNIEWSKA AGNIESZKA      | 76  | BANICI ULTRA              | ROKIETNICA         | POL  | OPEN KOBIETY   | 11     | K 11 | 01:14:08    | 03:35:27    | 05:08:39.00 | 05:08:39.00 | 9:04   | 6.6  |
| 63   | PESZEK BOGDAN               | 71  | ULTRA PRZESILENIE         | DYNÓW              | POL  | OPEN MĘŻCZYŹNI | 52     | M 52 | 01:17:53    | 03:39:46    | 05:12:33.00 | 05:12:33.00 | 9:11   | 6.5  |
| 64   | GAŚECKI DANIEL              | 27  | ULTRA PRZESILENIE         | DYNÓW              | POL  | OPEN MĘŻCZYŹNI | 52     | M 52 | 01:13:14    | 03:39:41    | 05:12:33.00 | 05:12:33.00 | 9:11   | 6.5  |
| 65   | GINTER GRZEGORZ             | 30  | AZS COLLEGIUM MEDICUM UJ  | KRAKÓW             | POL  | OPEN MĘŻCZYŹNI | 54     | M 54 | 01:16:40    | 03:43:35    | 05:15:12.00 | 05:15:12.00 | 9:16   | 6.5  |
| 66   | KISIELEWICZ MARCIN          | 46  | ATHLETIC ZRĘCIN           | KROSNO             | POL  | OPEN MĘŻCZYŹNI | 55     | M 55 | 01:10:04    | 03:37:11    | 05:15:24.00 | 05:15:24.00 | 9:16   | 6.5  |
| 67   | WITUSIK DOROTA              | 106 |                           | KOLACZYCE          | POL  | OPEN KOBIETY   | 12     | K 12 | 01:15:30    | 03:43:45    | 05:17:12.00 | 05:17:12.00 | 9:19   | 6.4  |
| 68   | ZIĘBA DAWID                 | 115 | IDEOAKTYWNI               | ŁOPUSZKA WIELKA    | POL  | OPEN MĘŻCZYŹNI | 56     | M 56 | 01:11:47    | 03:36:53    | 05:19:14.00 | 05:19:14.00 | 9:23   | 6.4  |
| 69   | SZYM CZAK ZBIGNIEW          | 92  | KS BIEGAJĄCE ZĄBKI        | ZĄBKI              | POL  | OPEN MĘŻCZYŹNI | 57     | M 57 | 01:14:52    | 03:39:52    | 05:19:53.00 | 05:19:53.00 | 9:24   | 6.4  |
| 70   | KRĘPA AGNIESZKA             | 55  | NOWA HUTA TEAM            | KRAKÓW             | POL  | OPEN KOBIETY   | 13     | K 13 | 01:14:33    | 03:42:29    | 05:27:02.00 | 05:27:02.00 | 9:37   | 6.2  |
| 71   | PIOTROWSKI PRZEMYSŁAW       | 73  | NOWA HUTA TEAM            | KRAKÓW             | POL  | OPEN MĘŻCZYŹNI | 58     | M 58 | 01:15:04    | 03:42:42    | 05:27:07.00 | 05:27:07.00 | 9:37   | 6.2  |
| 72   | ŚWIERCZEK PAULINA           | 95  | ZAWADZKA TEAM             | GŁOGÓW MAŁOPOLSKI  | POL  | OPEN KOBIETY   | 14     | K 14 | 01:19:49    | 03:53:09    | 05:29:11.00 | 05:29:11.00 | 9:40   | 6.2  |
| 73   | ZAWADZKA AGNIESZKA          | 111 | ZAWADZKA TEAM/AREYOUREADY | GŁOGÓW MAŁOPOLSKI  | POL  | OPEN KOBIETY   | 15     | K 15 | 01:19:54    | 03:53:14    | 05:29:14.00 | 05:29:14.00 | 9:41   | 6.2  |
| 74   | SUŁKOWSKA-WIROWSKA GABRIELA | 88  |                           | WARSZAWA           | POL  | OPEN KOBIETY   | 16     | K 16 | 01:19:16    | 03:51:08    | 05:30:29.00 | 05:30:29.00 | 9:43   | 6.2  |
| 75   | KORZENIOWSKI GRZEGORZ       | 51  |                           | PRZEMYSŁ           | POL  | OPEN MĘŻCZYŹNI | 59     | M 59 | 01:23:00    | 03:53:27    | 05:32:45.00 | 05:32:45.00 | 9:47   | 6.1  |
| 76   | KOKOT ROMAN                 | 50  | AKTYWNY DYNÓW             | DYNÓW              | POL  | OPEN MĘŻCZYŹNI | 60     | M 60 | 01:21:10    | 03:53:20    | 05:39:21.00 | 05:39:21.00 | 9:58   | 6    |
| 77   | KOWALSKI MAREK              | 53  |                           | STRZEBIŃ           | POL  | OPEN MĘŻCZYŹNI | 61     | M 61 | 01:22:43    | 03:55:28    | 05:43:04.00 | 05:43:04.00 | 10:05  | 5.9  |
| 78   | TYLUTKI AGNIESZKA           | 100 |                           | TARNOBRZEG         | POL  | OPEN KOBIETY   | 17     | K 17 | 01:17:30    | 03:55:43    | 05:44:07.00 | 05:44:07.00 | 10:07  | 5.9  |
| 79   | LEŚNICZAK BARBARA           | 61  |                           | ZIELONKA           | POL  | OPEN KOBIETY   | 18     | K 18 | 01:20:53    | 03:59:14    | 05:47:00.00 | 05:47:00.00 | 10:12  | 5.9  |
| 80   | KIEC TOMASZ                 | 45  | KIECU SÓD                 | ZACZERNIE          | POL  | OPEN MĘŻCZYŹNI | 62     | M 62 | 01:09:45    | 03:35:39    | 05:48:59.00 | 05:48:59.00 | 10:15  | 5.8  |
| 81   | PRZYBYCIEN MONIKA           | 77  | PIĘKNE I BRODACZE         | RZESZÓW            | POL  | OPEN KOBIETY   | 19     | K 19 | 01:14:59    | 03:53:01    | 05:49:51.00 | 05:49:51.00 | 10:17  | 5.8  |
| 82   | BRODA ŁUKASZ                | 7   | PIĘKNE I BRODACZE         | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 63     | M 63 | 01:14:17    | 03:53:05    | 05:49:51.00 | 05:49:51.00 | 10:17  | 5.8  |
| 83   | JANOCHA PRZEMYSŁAW          | 38  |                           | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 63     | M 63 | 01:14:16    | 03:53:12    | 05:49:51.00 | 05:49:51.00 | 10:17  | 5.8  |
| 84   | SIECZKOWSKI ARTUR           | 80  | NBRTEAM                   | KOSTRZYŃ NAD ODRĄ  | POL  | OPEN MĘŻCZYŹNI | 65     | M 65 | 05:50:10.00 | 05:50:10.00 | 05:50:10.00 | 05:50:10.00 | 10:17  | 5.8  |
| 85   | BIELAKOWSKI RAFAL PEREZ     | 6   |                           | NOWA DĘBA          | POL  | OPEN MĘŻCZYŹNI | 66     | M 66 | 01:23:28    | 04:02:04    | 05:51:01.00 | 05:51:01.00 | 10:19  | 5.8  |
| 86   | MAZGAJ TOMASZ               | 65  |                           | NOWA DĘBA          | POL  | OPEN MĘŻCZYŹNI | 66     | M 66 | 01:23:11    | 04:01:59    | 05:51:01.00 | 05:51:01.00 | 10:19  | 5.8  |
| 87   | STRUSKI ROBERT              | 86  | PARSZYWA ZADYSZKA         | CHEŁM              | POL  | OPEN MĘŻCZYŹNI | 68     | M 68 | 01:17:35    | 04:04:18    | 05:54:16.00 | 05:54:16.00 | 10:25  | 5.8  |
| 88   | GOLEŃ JUSTYNA               | 204 |                           | KRAŚNIK            | POL  | OPEN KOBIETY   | 20     | K 20 | 01:22:28    | 03:58:11    | 05:54:52.00 | 05:54:52.00 | 10:26  | 5.7  |
| 89   | STYŁA SEBASTIAN             | 87  |                           | TURKA              | POL  | OPEN MĘŻCZYŹNI | 69     | M 69 | 01:15:49    | 03:49:21    | 06:06:46.00 | 06:06:46.00 | 10:47  | 5.6  |
| 90   | TWARDOCHEB AGNIESZKA        | 99  | BIEGAM W RZESZOWIE        | RZESZÓW            | POL  | OPEN KOBIETY   | 21     | K 21 | 01:22:39    | 04:20:03    | 06:14:57.00 | 06:14:57.00 | 11:01  | 5.4  |
| 91   | SIWIEC STANISŁAW            | 81  | RESOVIA/PODIUM            | RZESZÓW            | POL  | OPEN MĘŻCZYŹNI | 70     | M 70 | 01:22:34    | 04:19:40    | 06:14:57.00 | 06:14:57.00 | 11:01  | 5.4  |
| 92   | BARSZCZOWSKA EWELINA        | 5   | NOCNY BÓR TEAM            | RZESZÓW            | POL  | OPEN KOBIETY   | 22     | K 22 | 01:30:15    | 04:21:31    | 06:14:58.00 | 06:14:58.00 | 11:01  | 5.4  |
| 93   | SZEW CZYK KATARZYNA         | 225 |                           | ŁUKOWA             | POL  | OPEN KOBIETY   | 23     | K 23 | 01:29:41    | 04:21:16    | 06:15:21.00 | 06:15:21.00 | 11:02  | 5.4  |
| 94   | PODGÓRNIK ARTUR             | 75  | PARSZYWA ZADYSZKA         | CHEŁM              | POL  | OPEN MĘŻCZYŹNI | 71     | M 71 | 01:22:24    | 04:19:52    | 06:20:06.00 | 06:20:06.00 | 11:10  | 5.4  |
| 95   | ZIEMNIAK MARCIN             | 316 |                           | WARSZAWA           | POL  | OPEN MĘŻCZYŹNI | 72     | M 72 | 01:31:10    | 04:34:57    | 06:34:26.00 | 06:34:26.00 | 11:36  | 5.2  |
| 96   | ŁUKASIEWICZ ALEKSANDRA      | 64  | ZABIEGANY SKARYSZEW       | SKARYSZEW          | POL  | OPEN KOBIETY   | 24     | K 24 | 01:34:07    | 04:36:34    | 06:36:39.00 | 06:36:39.00 | 11:39  | 5.1  |
| 97   | KAZALSKI GRZESIEK           | 43  |                           | STRZYŻÓW           | POL  | OPEN MĘŻCZYŹNI | 73     | M 73 | 02:17:05    | 04:50:40    | 06:38:02.00 | 06:38:02.00 | 11:42  | 5.1  |
| 98   | KARSKA KAMILA               | 42  |                           | ZAMOŚĆ             | POL  | OPEN KOBIETY   | 25     | K 25 | 01:30:13    | 04:38:03    | 06:43:23.00 | 06:43:23.00 | 11:51  | 5.1  |
| 99   | RADYK JOANNA                | 311 | RADYK TEAM                | PRZEMYSŁ           | POL  | OPEN KOBIETY   | 26     | K 26 | 01:45:10    | 05:22:42    | 06:57:07.00 | 06:57:07.00 | 12:16  | 4.9  |
| 100  | GOCAN TYMOTEU SZ            | 32  |                           | KUKLÓWKA ZARZECZNA | POL  | OPEN MĘŻCZYŹNI | 74     | M 74 | 01:30:18    | 04:44:09    | 06:58:55.00 | 06:58:55.00 | 12:19  | 4.9  |
| 101  | TOCZEK ŁUKASZ               | 96  |                           | KRAKÓW             | POL  | OPEN MĘŻCZYŹNI | 75     | M 75 | 01:33:19    | 04:38:32    | 07:04:09.00 | 07:04:09.00 | 12:28  | 4.8  |

**DUSZEK 30 KM, OPEN c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub                        | M-scowość           | Kraj | Kat.                 | M. kat | K/M  | 9km      | 25km     | Netto       | Brutto      | min/km  | km/h |
|------|--------------------|-----|-----------------------------|---------------------|------|----------------------|--------|------|----------|----------|-------------|-------------|---------|------|
| 102  | BANAŚ KAMIL        | 3   |                             | SKAWINA             | POL  | OPEN MĘŻCZYŹNI       | 76     | M 76 | 01:33:51 | 04:38:36 | 07:04:11.00 | 07:04:11.00 | 12:28   | 4.8  |
| 103  | KUBIK WANDA        | 229 |                             | JASZENICA           | POL  | OPEN KOBIETY         | 27     | K 27 | 01:38:45 | 04:50:51 | 07:05:20.00 | 07:05:20.00 | 12:30   | 4.8  |
| 104  | KOZAK ANGELIKA     | 609 | KOZAKI TEAM                 | ŁAŃCUT              | POL  | OPEN KOBIETY         | 28     | K 28 |          |          | 07:11:33.00 | 07:11:33.00 | 12:41   | 4.7  |
| 105  | SOWIŃSKA ANETTA    | 84  |                             | GORZÓW WIELKOPOLSKI | POL  | OPEN KOBIETY         | 29     | K 29 | 01:41:01 | 05:08:33 | 07:22:52.00 | 07:22:52.00 | 13:01   | 4.6  |
| 106  | RADYK ANNA         | 617 | JUMPING STARS TEAM PRZEMYŚL | PRZEMYŚL            | POL  | OPEN KOBIETY         | 30     | K 30 |          |          | 07:29:06.00 | 07:29:06.00 | 13:12   | 4.5  |
| 107  | WALASEK PRZEMYSŁAW | 102 |                             | TOMASZÓW MAZOWIECKI | POL  | OPEN MĘŻCZYŹNI       | 77     | M 77 | 01:44:34 | 06:02:01 | 08:45:41.00 | 08:45:41.00 | 15:27   | 3.9  |
| 108  | SZAŁ MATEUSZ       | 90  |                             | PRZEMYŚL            | POL  | OPEN MĘŻCZYŹNI       | 78     | M 78 |          |          | 1183:00:45. | 1183:00:45. | 2087:40 | 0    |
| 109  | JĘDRZEJCZYK MAJA   | 40  |                             | SANOK               | POL  | SŁUŻBY MUNDUROWE - K | 1      | K 31 |          |          | 1183:16:23. | 1183:16:23. | 2088:07 | 0    |
| 110  | GILAS SZYMON       | 29  | CHEŁM BIEGA                 | CHEŁM               | POL  | OPEN MĘŻCZYŹNI       | 79     | M 79 |          |          | 1184:21:25. | 1184:21:25. | 2090:02 | 0    |
| 111  | KOIS EWA           | 49  |                             | OSIEK JASIELSKI     | POL  | OPEN KOBIETY         | 31     | K 32 | 01:16:47 | 03:49:23 |             |             | 9:10    | 6.5  |

**DUSZEK 30 KM, OPEN Kobiety**

| M-ce | Nazwisko i imię             | Nr  | Klub                        | M-scowość           | Kraj | Kat.                 | M. kat | K/M  | 9km      | 25km     | Netto       | Brutto      | min/km  | km/h |
|------|-----------------------------|-----|-----------------------------|---------------------|------|----------------------|--------|------|----------|----------|-------------|-------------|---------|------|
| 1    | ZIĘBA SABINA                | 114 | #SZLACHTABIEGA              | ŚWILCZA             | POL  | OPEN KOBIETY         | 1      | K 1  | 00:57:41 | 02:41:08 | 03:50:50.00 | 03:50:50.00 | 6:47    | 8.8  |
| 2    | KLUS ANNA                   | 47  |                             | RZESZÓW             | POL  | OPEN KOBIETY         | 2      | K 2  | 01:02:37 | 02:55:43 | 04:10:45.00 | 04:10:45.00 | 7:22    | 8.1  |
| 3    | DZIUBAN KATARZYNA           | 19  | GALLOPEM CZY GALLOWAYEM     | ORELEC              | POL  | OPEN KOBIETY         | 3      | K 3  | 01:02:09 | 02:57:18 | 04:14:44.00 | 04:14:44.00 | 7:29    | 8    |
| 4    | KRUCZEK KATARZYNA           | 57  |                             | BŁAŻOWA             | POL  | OPEN KOBIETY         | 4      | K 4  | 01:02:07 | 03:00:37 | 04:25:50.00 | 04:25:50.00 | 7:49    | 7.7  |
| 5    | ARTYM MAGDA                 | 1   | #TRENUJKOSTEREM             | PRZEMYŚL            | POL  | OPEN KOBIETY         | 5      | K 5  | 01:06:12 | 03:09:04 | 04:31:11.00 | 04:31:11.00 | 7:58    | 7.5  |
| 6    | MARZEC JUSTYNA              | 118 | PODIUM                      | ŁAŃCUT              | POL  | OPEN KOBIETY         | 6      | K 6  | 01:05:22 | 03:12:11 | 04:44:26.00 | 04:44:26.00 | 8:21    | 7.2  |
| 7    | BANASIK MONIKA              | 2   |                             | PRUCHNIK            | POL  | OPEN KOBIETY         | 7      | K 7  | 01:05:17 | 03:33:25 | 05:01:57.00 | 05:01:57.00 | 8:52    | 6.8  |
| 8    | FRANCZAK KATARZYNA          | 24  |                             | KRAKOW              | POL  | OPEN KOBIETY         | 8      | K 8  | 01:16:30 | 03:41:16 | 05:05:11.00 | 05:05:11.00 | 8:58    | 6.7  |
| 9    | WIECZOREK AGATA             | 105 | BIEGOWE CZWARTKI            | TARNOBRZEG          | POL  | OPEN KOBIETY         | 9      | K 9  | 01:15:38 | 03:38:58 | 05:07:31.00 | 05:07:31.00 | 9:02    | 6.6  |
| 10   | CZECH ALDONA                | 14  | BIEGOWE CZWARTKI            | TARNOBRZEG          | POL  | OPEN KOBIETY         | 9      | K 9  | 01:15:43 | 03:38:55 | 05:07:31.00 | 05:07:31.00 | 9:02    | 6.6  |
| 11   | PRUCHNIEWSKA AGNIESZKA      | 76  | BANICI ULTRA                | ROKIETNICA          | POL  | OPEN KOBIETY         | 11     | K 11 | 01:14:08 | 03:35:27 | 05:08:39.00 | 05:08:39.00 | 9:04    | 6.6  |
| 12   | WITUSIK DOROTA              | 106 |                             | KOŁACZYCE           | POL  | OPEN KOBIETY         | 12     | K 12 | 01:15:30 | 03:43:45 | 05:17:12.00 | 05:17:12.00 | 9:19    | 6.4  |
| 13   | KRĘPA AGNIESZKA             | 55  | NOWA HUTA TEAM              | KRAKÓW              | POL  | OPEN KOBIETY         | 13     | K 13 | 01:14:33 | 03:42:29 | 05:27:02.00 | 05:27:02.00 | 9:37    | 6.2  |
| 14   | ŚWIERCZEK PAULINA           | 95  | ZAWADZKA TEAM               | GŁOGÓW MAŁOPOLSKI   | POL  | OPEN KOBIETY         | 14     | K 14 | 01:19:49 | 03:53:09 | 05:29:11.00 | 05:29:11.00 | 9:40    | 6.2  |
| 15   | ZAWADZKA AGNIESZKA          | 111 | ZAWADZKA TEAM/AREYOUREADY   | GŁOGÓW MAŁOPOLSKI   | POL  | OPEN KOBIETY         | 15     | K 15 | 01:19:54 | 03:53:14 | 05:29:14.00 | 05:29:14.00 | 9:41    | 6.2  |
| 16   | SUŁKOWSKA-WIROWSKA GABRIELA | 88  |                             | WARSZAWA            | POL  | OPEN KOBIETY         | 16     | K 16 | 01:19:16 | 03:51:08 | 05:30:29.00 | 05:30:29.00 | 9:43    | 6.2  |
| 17   | TYLUTKI AGNIESZKA           | 100 |                             | TARNOBRZEG          | POL  | OPEN KOBIETY         | 17     | K 17 | 01:17:30 | 03:55:43 | 05:44:07.00 | 05:44:07.00 | 10:07   | 5.9  |
| 18   | LEŚNICZAK BARBARA           | 61  |                             | ZIELONKA            | POL  | OPEN KOBIETY         | 18     | K 18 | 01:20:53 | 03:59:14 | 05:47:00.00 | 05:47:00.00 | 10:12   | 5.9  |
| 19   | PRZYBYCIEN MONIKA           | 77  | PIĘKNE I BRODACZE           | RZESZÓW             | POL  | OPEN KOBIETY         | 19     | K 19 | 01:14:59 | 03:53:01 | 05:49:51.00 | 05:49:51.00 | 10:17   | 5.8  |
| 20   | GOLEŃ JUSTYNA               | 204 |                             | KRAŚNIK             | POL  | OPEN KOBIETY         | 20     | K 20 | 01:22:28 | 03:58:11 | 05:54:52.00 | 05:54:52.00 | 10:26   | 5.7  |
| 21   | TWARDOCHEB AGNIESZKA        | 99  | BIEGAM W RZESZOWIE          | RZESZÓW             | POL  | OPEN KOBIETY         | 21     | K 21 | 01:22:39 | 04:20:03 | 06:14:57.00 | 06:14:57.00 | 11:01   | 5.4  |
| 22   | BARSCZOWSKA EWELINA         | 5   | NOCNY BÓR TEAM              | RZESZÓW             | POL  | OPEN KOBIETY         | 22     | K 22 | 01:30:15 | 04:21:31 | 06:14:58.00 | 06:14:58.00 | 11:01   | 5.4  |
| 23   | SZEWczyk KATARZYNA          | 225 |                             | ŁUKOWA              | POL  | OPEN KOBIETY         | 23     | K 23 | 01:29:41 | 04:21:16 | 06:15:21.00 | 06:15:21.00 | 11:02   | 5.4  |
| 24   | ŁUKASIEWICZ ALEKSANDRA      | 64  | ZABIEGANY SKARYSZEW         | SKARYSZEW           | POL  | OPEN KOBIETY         | 24     | K 24 | 01:34:07 | 04:36:34 | 06:36:39.00 | 06:36:39.00 | 11:39   | 5.1  |
| 25   | KARSKA KAMILA               | 42  |                             | ZAMOŚĆ              | POL  | OPEN KOBIETY         | 25     | K 25 | 01:30:13 | 04:38:03 | 06:43:23.00 | 06:43:23.00 | 11:51   | 5.1  |
| 26   | RADYK JOANNA                | 311 | RADYK TEAM                  | PRZEMYŚL            | POL  | OPEN KOBIETY         | 26     | K 26 | 01:45:10 | 05:22:42 | 06:57:07.00 | 06:57:07.00 | 12:16   | 4.9  |
| 27   | KUBIK WANDA                 | 229 |                             | JASZENICA           | POL  | OPEN KOBIETY         | 27     | K 27 | 01:38:45 | 04:50:51 | 07:05:20.00 | 07:05:20.00 | 12:30   | 4.8  |
| 28   | KOZAK ANGELIKA              | 609 | KOZAKI TEAM                 | ŁAŃCUT              | POL  | OPEN KOBIETY         | 28     | K 28 |          |          | 07:11:33.00 | 07:11:33.00 | 12:41   | 4.7  |
| 29   | SOWIŃSKA ANETTA             | 84  |                             | GORZÓW WIELKOPOLSKI | POL  | OPEN KOBIETY         | 29     | K 29 | 01:41:01 | 05:08:33 | 07:22:52.00 | 07:22:52.00 | 13:01   | 4.6  |
| 30   | RADYK ANNA                  | 617 | JUMPING STARS TEAM PRZEMYŚL | PRZEMYŚL            | POL  | OPEN KOBIETY         | 30     | K 30 |          |          | 07:29:06.00 | 07:29:06.00 | 13:12   | 4.5  |
| 31   | JĘDRZEJCZYK MAJA            | 40  |                             | SANOK               | POL  | SŁUŻBY MUNDUROWE - K | 1      | K 31 |          |          | 1183:16:23. | 1183:16:23. | 2088:07 | 0    |
| 32   | KOIS EWA                    | 49  |                             | OSIEK JASIELSKI     | POL  | OPEN KOBIETY         | 31     | K 32 | 01:16:47 | 03:49:23 |             |             | 9:10    | 6.5  |

**DUSZEK 30 KM, Służby Mundurowe - K**

| M-ce | Nazwisko i imię  | Nr | Klub | M-scowość | Kraj | Kat.                 | M. kat | K/M  | 9km | 25km | Netto       | Brutto      | min/km  | km/h |
|------|------------------|----|------|-----------|------|----------------------|--------|------|-----|------|-------------|-------------|---------|------|
| 1    | JĘDRZEJCZYK MAJA | 40 |      | SANOK     | POL  | SŁUŻBY MUNDUROWE - K | 1      | K 31 |     |      | 1183:16:23. | 1183:16:23. | 2088:07 | 0    |

**DUSZEK 30 KM, OPEN Mężczyźni**

| M-ce | Nazwisko i imię     | Nr  | Klub                                   | M-scowość        | Kraj | Kat.           | M. kat | K/M  | 9km      | 25km     | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|--|------------------|------|----------------|--------|------|----------|----------|-------------|-------------|--------|------|
| 1    | CEBERAK BARTEK      | 9   |  | BIAŁOBRZEGI      | POL  | OPEN MĘŻCZYŹNI | 1      | M 1  | 00:46:33 | 02:09:17 | 03:06:19.00 | 03:06:19.00 | 5:28   | 10.9 |
| 2    | KNAPIK SEBASTIAN    | 48  | BUTYJANA                               | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 2      | M 2  | 00:50:14 | 02:19:19 | 03:17:40.00 | 03:17:40.00 | 5:48   | 10.3 |
| 3    | KRÓL ARTUR          | 56  | JW1517                                 | ZIELONA GÓRA     | POL  | OPEN MĘŻCZYŹNI | 3      | M 3  | 00:51:51 | 02:25:30 | 03:29:47.00 | 03:29:47.00 | 6:10   | 9.7  |
| 4    | FLĄDRO DANIEL       | 23  | BKB CZARNA PERŁA                       | WOKOWICE         | POL  | OPEN MĘŻCZYŹNI | 4      | M 4  | 00:51:40 | 02:25:22 | 03:30:55.00 | 03:30:55.00 | 6:12   | 9.7  |
| 5    | CZEMERYS PIOTREK    | 15  | RUCH IZBICA                            | SIENNICA NADOLNA | POL  | OPEN MĘŻCZYŹNI | 5      | M 5  | 00:52:13 | 02:28:40 | 03:33:36.00 | 03:33:36.00 | 6:16   | 9.6  |
| 6    | KOWALCZYK MATEUSZ   | 52  | MINUTKA TRAIL                          | STUDZIAN         | POL  | OPEN MĘŻCZYŹNI | 6      | M 6  | 00:52:09 | 02:25:19 | 03:36:38.00 | 03:36:38.00 | 6:22   | 9.4  |
| 7    | MAZIARSKI ADRIAN    | 66  |  | JAROSŁAW         | POL  | OPEN MĘŻCZYŹNI | 7      | M 7  | 00:51:45 | 02:30:55 | 03:37:04.00 | 03:37:04.00 | 6:23   | 9.4  |
| 8    | KOZAK ŁUKASZ        | 54  | HALO BIEGACZE                          | DYŁĄGÓWKA        | POL  | OPEN MĘŻCZYŹNI | 8      | M 8  | 00:54:03 | 02:31:59 | 03:37:45.00 | 03:37:45.00 | 6:24   | 9.4  |
| 9    | ŚCIBOR ADRIAN       | 94  |  | PRZYSIETNICA     | POL  | OPEN MĘŻCZYŹNI | 9      | M 9  | 00:59:49 | 02:39:13 | 03:42:59.00 | 03:42:59.00 | 6:33   | 9.1  |
| 10   | CYGAN DAWID         | 13  |  | KROSNO           | POL  | OPEN MĘŻCZYŹNI | 10     | M 10 | 00:56:40 | 02:37:48 | 03:43:08.00 | 03:43:08.00 | 6:33   | 9.1  |
| 11   | OLEJARSKI MARCIN    | 69  |  | PRUCHNIK         | POL  | OPEN MĘŻCZYŹNI | 11     | M 11 | 01:00:03 | 02:41:02 | 03:50:11.00 | 03:50:11.00 | 6:46   | 8.9  |
| 12   | SOLECKI DOMINIK     | 83  | SWIM TRI RZESZÓW                       | STRASZYDLE       | POL  | OPEN MĘŻCZYŹNI | 12     | M 12 | 01:00:25 | 02:47:56 | 03:56:41.00 | 03:56:41.00 | 6:57   | 8.6  |
| 13   | FILIPIŃSKI BARTOSZ  | 22  | FBOOMER                                | ŁAŃCUT           | POL  | OPEN MĘŻCZYŹNI | 13     | M 13 | 00:56:12 | 02:42:08 | 03:58:18.00 | 03:58:18.00 | 7:00   | 8.6  |
| 14   | DOŁOSZYCKI GRZEGORZ | 17  |  | SANOK            | POL  | OPEN MĘŻCZYŹNI | 14     | M 14 | 01:02:29 | 02:50:26 | 03:59:41.00 | 03:59:41.00 | 7:02   | 8.5  |
| 15   | WOŁOSZYN ARTUR      | 109 |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 15     | M 15 | 01:03:15 | 02:50:30 | 04:00:00.00 | 04:00:00.00 | 7:03   | 8.5  |
| 16   | DERDA MARIUSZ       | 16  | @BIEGOWA_WOLNOSC                       | DYNÓW            | POL  | OPEN MĘŻCZYŹNI | 16     | M 16 | 00:57:46 | 02:47:45 | 04:02:37.00 | 04:02:37.00 | 7:08   | 8.4  |
| 17   | WÓJTOWICZ PIOTR     | 110 | PODIUM                                 | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 17     | M 17 | 01:04:11 | 02:54:43 | 04:04:36.00 | 04:04:36.00 | 7:11   | 8.3  |
| 18   | GÓRAK GRZEGORZ      | 33  |  | KRAKÓW           | POL  | OPEN MĘŻCZYŹNI | 18     | M 18 | 01:00:44 | 02:50:34 | 04:07:46.00 | 04:07:46.00 | 7:17   | 8.2  |
| 19   | WANAT JANUSZ        | 103 | #SZLACHTABIEGA                         | SIEDLISKA        | POL  | OPEN MĘŻCZYŹNI | 19     | M 19 | 01:02:00 | 02:56:21 | 04:10:28.00 | 04:10:28.00 | 7:22   | 8.1  |
| 20   | PIERZ SŁAWOMIR      | 72  |  | ISKRZYŃNIA       | POL  | OPEN MĘŻCZYŹNI | 20     | M 20 | 01:01:32 | 02:52:23 | 04:11:13.00 | 04:11:13.00 | 7:23   | 8.1  |
| 21   | ZAWISZA GRZEGORZ    | 112 |  | WROCANKA         | POL  | OPEN MĘŻCZYŹNI | 21     | M 21 | 01:01:21 | 02:54:46 | 04:13:14.00 | 04:13:14.00 | 7:26   | 8.1  |
| 22   | DZIUBAN ŁUKASZ      | 18  | GOPR BIESZCZADY, NADLEŚNICTWO USTRZYKI | ORELEC           | POL  | OPEN MĘŻCZYŹNI | 22     | M 22 | 01:02:12 | 02:57:26 | 04:14:44.00 | 04:14:44.00 | 7:29   | 8    |
| 23   | LUBAS GRZEGORZ      | 62  | DZIKITIM                               | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 23     | M 23 | 01:03:39 | 02:57:21 | 04:15:38.00 | 04:15:38.00 | 7:31   | 8    |
| 24   | RYDZIK JACEK        | 78  |  | LEŻAJSK          | POL  | OPEN MĘŻCZYŹNI | 24     | M 24 | 01:03:56 | 03:00:07 | 04:19:34.00 | 04:19:34.00 | 7:38   | 7.9  |
| 25   | SZEWCZUK KRZYSZTOF  | 91  | PARSZYWA ZADYSZKA                      | CHEŁM            | POL  | OPEN MĘŻCZYŹNI | 25     | M 25 | 01:06:19 | 03:00:32 | 04:19:38.00 | 04:19:38.00 | 7:38   | 7.9  |
| 26   | SADKOWSKI PAWEŁ     | 79  | DANIEL WOSIK TERVEL MOUNTAIN RUNNER    | MAKÓW            | POL  | OPEN MĘŻCZYŹNI | 26     | M 26 | 01:03:33 | 03:06:04 | 04:24:03.00 | 04:24:03.00 | 7:45   | 7.7  |
| 27   | GIZICKI WOJCIECH    | 31  |  | KRUSZYNA         | POL  | OPEN MĘŻCZYŹNI | 27     | M 27 | 01:06:02 | 03:07:25 | 04:25:47.00 | 04:25:47.00 | 7:49   | 7.7  |
| 28   | FUS MACIEJ          | 26  |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 28     | M 28 | 01:03:20 | 02:58:55 | 04:25:50.00 | 04:25:50.00 | 7:49   | 7.7  |
| 29   | STARZEC MICHAŁ      | 85  |  | PRZEWORSK        | POL  | OPEN MĘŻCZYŹNI | 29     | M 29 | 01:10:19 | 03:09:52 | 04:27:23.00 | 04:27:23.00 | 7:51   | 7.6  |
| 30   | CIEKIEWICZ TOMASZ   | 12  |  | CIESZANÓW        | POL  | OPEN MĘŻCZYŹNI | 30     | M 30 | 01:07:41 | 03:09:36 | 04:27:25.00 | 04:27:25.00 | 7:51   | 7.6  |
| 31   | ZAWISZA ŁUKASZ      | 113 |  | IWONICZ          | POL  | OPEN MĘŻCZYŹNI | 31     | M 31 | 01:03:37 | 03:06:56 | 04:29:37.00 | 04:29:37.00 | 7:55   | 7.6  |
| 32   | MORGAŚ MARIUSZ      | 67  |  | WARSZAWA         | POL  | OPEN MĘŻCZYŹNI | 32     | M 32 | 01:00:30 | 02:58:13 | 04:29:40.00 | 04:29:40.00 | 7:55   | 7.6  |
| 33   | GIERUŁA MARIUSZ     | 28  | AKTYWNY DYNÓW                          | HARTA            | POL  | OPEN MĘŻCZYŹNI | 33     | M 33 | 01:06:15 | 03:03:18 | 04:31:51.00 | 04:31:51.00 | 7:59   | 7.5  |
| 34   | JĘDRZEJCZYK ADAM    | 39  |  | SANOK            | POL  | OPEN MĘŻCZYŹNI | 34     | M 34 | 01:05:55 | 03:08:31 | 04:34:56.00 | 04:34:56.00 | 8:05   | 7.4  |
| 35   | PIWOŃSKI ADAM       | 74  | GÓRA BIEGA                             | GÓRA KALWARIA    | POL  | OPEN MĘŻCZYŹNI | 35     | M 35 | 01:05:39 | 03:09:33 | 04:35:34.00 | 04:35:34.00 | 8:06   | 7.4  |
| 36   | KRZĄSTEK ZBIGNIEW   | 58  | KS HARPAGAN TARNOBRZEG                 | TARNOBRZEG       | POL  | OPEN MĘŻCZYŹNI | 36     | M 36 | 01:08:42 | 03:11:47 | 04:38:01.00 | 04:38:01.00 | 8:10   | 7.3  |
| 37   | SMYKA MICHAŁ        | 82  |  | CIECIERZYN       | POL  | OPEN MĘŻCZYŹNI | 37     | M 37 | 01:05:49 | 03:14:00 | 04:39:51.00 | 04:39:51.00 | 8:13   | 7.3  |
| 38   | TROJNAR DANIEL      | 97  |  | ŁĄCKO            | POL  | OPEN MĘŻCZYŹNI | 38     | M 38 | 01:06:07 | 03:09:59 | 04:39:58.00 | 04:39:58.00 | 8:14   | 7.3  |
| 39   | SZYPROWSKI JAREK    | 93  | SPORT GENERATION                       | SÓCHACZEW        | POL  | OPEN MĘŻCZYŹNI | 39     | M 39 | 01:06:10 | 03:10:05 | 04:44:18.00 | 04:44:18.00 | 8:21   | 7.2  |
| 40   | TWARDOCHLEB MARCIN  | 98  | BIEGAM W RZESZOWIE                     | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 40     | M 40 | 01:10:22 | 03:18:31 | 04:47:24.00 | 04:47:24.00 | 8:27   | 7.1  |
| 41   | CHMAJ JERZY         | 10  |  | BRAKOWICE        | POL  | OPEN MĘŻCZYŹNI | 41     | M 41 | 01:11:49 | 03:18:34 | 04:49:10.00 | 04:49:10.00 | 8:30   | 7.1  |
| 42   | WOLWOWICZ ZBIGNIEW  | 108 |  | NOWA DĘBA        | POL  | OPEN MĘŻCZYŹNI | 42     | M 42 | 01:10:10 | 03:24:09 | 04:53:27.00 | 04:53:27.00 | 8:37   | 7    |
| 43   | GÓRKA PIOTR         | 34  |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 43     | M 43 | 01:13:46 | 03:26:50 | 04:54:44.00 | 04:54:44.00 | 8:40   | 6.9  |
| 44   | TYMOCZKO MACIEJ     | 101 |  | SANOK            | POL  | OPEN MĘŻCZYŹNI | 44     | M 44 | 01:06:55 | 03:19:47 | 04:54:55.00 | 04:54:55.00 | 8:40   | 6.9  |
| 45   | GUT MARCIN          | 36  | URAL BIKER                             | ŁAŃCUT           | POL  | OPEN MĘŻCZYŹNI | 45     | M 45 | 01:09:27 | 03:24:01 | 04:55:50.00 | 04:55:50.00 | 8:42   | 6.9  |
| 46   | NIEDŹWIECKI PAWEŁ   | 68  | PODIUM/DYNOWSCY BIEGACZE               | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 46     | M 46 | 01:13:51 | 03:27:07 | 04:55:52.00 | 04:55:52.00 | 8:42   | 6.9  |
| 47   | KIEC ADAM           | 44  |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 47     | M 47 | 01:09:23 | 03:22:40 | 04:58:46.00 | 04:58:46.00 | 8:47   | 6.8  |
| 48   | IWAN BARTŁOMIEJ     | 37  |  | PIASECZNO        | POL  | OPEN MĘŻCZYŹNI | 48     | M 48 | 01:17:03 | 03:30:31 | 05:00:33.00 | 05:00:33.00 | 8:50   | 6.8  |
| 49   | KUBICKI ŁUKASZ      | 59  | 3PBOT                                  | IWONICZ- ZDRÓJ   | POL  | OPEN MĘŻCZYŹNI | 49     | M 49 | 01:08:45 | 03:26:02 | 05:01:45.00 | 05:01:45.00 | 8:52   | 6.8  |
| 50   | GROCH JACEK         | 35  | KAŃCZUCKA GRUPA BIEGOWA                | KAŃCZUGA         | POL  | OPEN MĘŻCZYŹNI | 50     | M 50 | 01:11:30 | 03:32:05 | 05:01:58.00 | 05:01:58.00 | 8:52   | 6.8  |
| 51   | FALKOWSKI BARTOSZ   | 20  |  | PIASECZNO        | POL  | OPEN MĘŻCZYŹNI | 51     | M 51 | 01:10:17 | 03:36:00 | 05:07:50.00 | 05:07:50.00 | 9:03   | 6.6  |
| 52   | GAŚECKI DANIEL      | 27  | ULTRA PRZESILENIE                      | DYNÓW            | POL  | OPEN MĘŻCZYŹNI | 52     | M 52 | 01:13:14 | 03:39:41 | 05:12:33.00 | 05:12:33.00 | 9:11   | 6.5  |
| 53   | PESZEK BOGDAN       | 71  | ULTRA PRZESILENIE                      | DYNÓW            | POL  | OPEN MĘŻCZYŹNI | 52     | M 52 | 01:17:53 | 03:39:46 | 05:12:33.00 | 05:12:33.00 | 9:11   | 6.5  |
| 54   | GINTER GRZEGORZ     | 30  | AZS COLLEGIUM MEDICUM UJ               | KRAKÓW           | POL  | OPEN MĘŻCZYŹNI | 54     | M 54 | 01:16:40 | 03:43:35 | 05:15:12.00 | 05:15:12.00 | 9:16   | 6.5  |
| 55   | KISIELEWICZ MARCIN  | 46  | ATHLETIC ZRĘCIN                        | KROSNO           | POL  | OPEN MĘŻCZYŹNI | 55     | M 55 | 01:10:04 | 03:37:11 | 05:15:24.00 | 05:15:24.00 | 9:16   | 6.5  |

**DUSZEK 30 KM, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub               | M-scowość           | Kraj | Kat.           | M. kat | K/M  | 9km      | 25km     | Netto       | Brutto      | min/km  | km/h |
|------|-------------------------|-----|--------------------|---------------------|------|----------------|--------|------|----------|----------|-------------|-------------|---------|------|
| 56   | ZIĘBA DAWID             | 115 | IDEOAKTYWNI        | ŁOPUSZKA WIELKA     | POL  | OPEN MĘŻCZYŹNI | 56     | M 56 | 01:11:47 | 03:36:53 | 05:19:14.00 | 05:19:14.00 | 9:23    | 6.4  |
| 57   | SZYMCZAK ZBIGNIEW       | 92  | KS BIEGAJĄCE ZĄBKI | ZĄBKI               | POL  | OPEN MĘŻCZYŹNI | 57     | M 57 | 01:14:52 | 03:39:52 | 05:19:53.00 | 05:19:53.00 | 9:24    | 6.4  |
| 58   | PIOTROWSKI PRZEMYSŁAW   | 73  | NOWA HUTA TEAM     | KRAKÓW              | POL  | OPEN MĘŻCZYŹNI | 58     | M 58 | 01:15:04 | 03:42:42 | 05:27:07.00 | 05:27:07.00 | 9:37    | 6.2  |
| 59   | KORZENIOWSKI GRZEGORZ   | 51  |                    | PRZEMYŚL            | POL  | OPEN MĘŻCZYŹNI | 59     | M 59 | 01:23:00 | 03:53:27 | 05:32:45.00 | 05:32:45.00 | 9:47    | 6.1  |
| 60   | KOKOT ROMAN             | 50  | AKTYWNY DYNÓW      | DYNÓW               | POL  | OPEN MĘŻCZYŹNI | 60     | M 60 | 01:21:10 | 03:53:20 | 05:39:21.00 | 05:39:21.00 | 9:58    | 6    |
| 61   | KOWALSKI MAREK          | 53  |                    | STRZEBIŃ            | POL  | OPEN MĘŻCZYŹNI | 61     | M 61 | 01:22:43 | 03:55:28 | 05:43:04.00 | 05:43:04.00 | 10:05   | 5.9  |
| 62   | KIEC TOMASZ             | 45  | KIECU SQD          | ZACZERNIE           | POL  | OPEN MĘŻCZYŹNI | 62     | M 62 | 01:09:45 | 03:35:39 | 05:48:59.00 | 05:48:59.00 | 10:15   | 5.8  |
| 63   | JANOCHA PRZEMYSŁAW      | 38  |                    | RZESZÓW             | POL  | OPEN MĘŻCZYŹNI | 63     | M 63 | 01:14:16 | 03:53:12 | 05:49:51.00 | 05:49:51.00 | 10:17   | 5.8  |
| 64   | BRODA ŁUKASZ            | 7   | PIĘKNE I BRODACZE  | RZESZÓW             | POL  | OPEN MĘŻCZYŹNI | 63     | M 63 | 01:14:17 | 03:53:05 | 05:49:51.00 | 05:49:51.00 | 10:17   | 5.8  |
| 65   | SIECZKOWSKI ARTUR       | 80  | NBRTEAM            | KOSTRZYN NAD ODRĄ   | POL  | OPEN MĘŻCZYŹNI | 65     | M 65 |          |          | 05:50:10.00 | 05:50:10.00 | 10:17   | 5.8  |
| 66   | BIELAKOWSKI RAFAL PEREZ | 6   |                    | NOWA DĘBA           | POL  | OPEN MĘŻCZYŹNI | 66     | M 66 | 01:23:28 | 04:02:04 | 05:51:01.00 | 05:51:01.00 | 10:19   | 5.8  |
| 67   | MAZGAJ TOMASZ           | 65  |                    | NOWA DĘBA           | POL  | OPEN MĘŻCZYŹNI | 66     | M 66 | 01:23:11 | 04:01:59 | 05:51:01.00 | 05:51:01.00 | 10:19   | 5.8  |
| 68   | STRUSKI ROBERT          | 86  | PARSZYWA ZADYSZKA  | CHEŁM               | POL  | OPEN MĘŻCZYŹNI | 68     | M 68 | 01:17:35 | 04:04:18 | 05:54:16.00 | 05:54:16.00 | 10:25   | 5.8  |
| 69   | STYŁA SEBASTIAN         | 87  |                    | TURKA               | POL  | OPEN MĘŻCZYŹNI | 69     | M 69 | 01:15:49 | 03:49:21 | 06:06:46.00 | 06:06:46.00 | 10:47   | 5.6  |
| 70   | SIWIEC STANISŁAW        | 81  | RESOVIA/PODIUM     | RZESZÓW             | POL  | OPEN MĘŻCZYŹNI | 70     | M 70 | 01:22:34 | 04:19:40 | 06:14:57.00 | 06:14:57.00 | 11:01   | 5.4  |
| 71   | PODGÓRNIK ARTUR         | 75  | PARSZYWA ZADYSZKA  | CHEŁM               | POL  | OPEN MĘŻCZYŹNI | 71     | M 71 | 01:22:24 | 04:19:52 | 06:20:06.00 | 06:20:06.00 | 11:10   | 5.4  |
| 72   | ZIEMNIAK MARCIN         | 316 |                    | WARSZAWA            | POL  | OPEN MĘŻCZYŹNI | 72     | M 72 | 01:31:10 | 04:34:57 | 06:34:26.00 | 06:34:26.00 | 11:36   | 5.2  |
| 73   | KAZALSKI GRZESIEK       | 43  |                    | STRZYŻÓW            | POL  | OPEN MĘŻCZYŹNI | 73     | M 73 | 02:17:05 | 04:50:40 | 06:38:02.00 | 06:38:02.00 | 11:42   | 5.1  |
| 74   | GOCAN TYMOTEUSZ         | 32  |                    | KUKLÓWKA ZARZECZNA  | POL  | OPEN MĘŻCZYŹNI | 74     | M 74 | 01:30:18 | 04:44:09 | 06:58:55.00 | 06:58:55.00 | 12:19   | 4.9  |
| 75   | TOCZEK ŁUKASZ           | 96  |                    | KRAKÓW              | POL  | OPEN MĘŻCZYŹNI | 75     | M 75 | 01:33:19 | 04:38:32 | 07:04:09.00 | 07:04:09.00 | 12:28   | 4.8  |
| 76   | BANAŚ KAMIL             | 3   |                    | SKAWINA             | POL  | OPEN MĘŻCZYŹNI | 76     | M 76 | 01:33:51 | 04:38:36 | 07:04:11.00 | 07:04:11.00 | 12:28   | 4.8  |
| 77   | WALASEK PRZEMYSŁAW      | 102 |                    | TOMASZÓW MAZOWIECKI | POL  | OPEN MĘŻCZYŹNI | 77     | M 77 | 01:44:34 | 06:02:01 | 08:45:41.00 | 08:45:41.00 | 15:27   | 3.9  |
| 78   | SZAL MATEUSZ            | 90  |                    | PRZEMYŚL            | POL  | OPEN MĘŻCZYŹNI | 78     | M 78 |          |          | 1183:00:45. | 1183:00:45. | 2087:40 | 0    |
| 79   | GILAS SZYMON            | 29  | CHEŁM BIEGA        | CHEŁM               | POL  | OPEN MĘŻCZYŹNI | 79     | M 79 |          |          | 1184:21:25. | 1184:21:25. | 2090:02 | 0    |

**DUSZEK 30 KM, Służby Mundurowe - M**

| M-ce | Nazwisko i imię     | Nr  | Klub                                   | M-scowość        | Kraj | Kat.           | M. kat | K/M  | 9km      | 25km     | Netto       | Brutto      | min/km  | km/h |
|------|---------------------|-----|--|------------------|------|----------------|--------|------|----------|----------|-------------|-------------|---------|------|
| 1    | CEBERAK BARTEK      | 9   |  | BIAŁOBRZEGI      | POL  | OPEN MĘŻCZYŹNI | 1      | M 1  | 00:46:33 | 02:09:17 | 03:06:19.00 | 03:06:19.00 | 5:28    | 10.9 |
| 2    | KRÓL ARTUR          | 56  | JW1517                                 | ZIELONA GÓRA     | POL  | OPEN MĘŻCZYŹNI | 3      | M 3  | 00:51:51 | 02:25:30 | 03:29:47.00 | 03:29:47.00 | 6:10    | 9.7  |
| 3    | CZEMERYS PIOTREK    | 15  | RUCH IZBICA                            | SIENNICA NADOLNA | POL  | OPEN MĘŻCZYŹNI | 5      | M 5  | 00:52:13 | 02:28:40 | 03:33:36.00 | 03:33:36.00 | 6:16    | 9.6  |
| 4    | KOZAK ŁUKASZ        | 54  | HALO BIEGACZE                          | DYLAŁÓWKA        | POL  | OPEN MĘŻCZYŹNI | 8      | M 8  | 00:54:03 | 02:31:59 | 03:37:45.00 | 03:37:45.00 | 6:24    | 9.4  |
| 5    | DOŁOSZYCKI GRZEGORZ | 17  |  | SANOK            | POL  | OPEN MĘŻCZYŹNI | 14     | M 14 | 01:02:29 | 02:50:26 | 03:59:41.00 | 03:59:41.00 | 7:02    | 8.5  |
| 6    | WOŁOSZYN ARTUR      | 109 |  | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 15     | M 15 | 01:03:15 | 02:50:30 | 04:00:00.00 | 04:00:00.00 | 7:03    | 8.5  |
| 7    | GÓRAK GRZEGORZ      | 33  |  | KRAKÓW           | POL  | OPEN MĘŻCZYŹNI | 18     | M 18 | 01:00:44 | 02:50:34 | 04:07:46.00 | 04:07:46.00 | 7:17    | 8.2  |
| 8    | DZIUBAN ŁUKASZ      | 18  | GOPR BIESZCZADY, NADLEŚNICTWO USTRZYKI | ORELEC           | POL  | OPEN MĘŻCZYŹNI | 22     | M 22 | 01:02:12 | 02:57:26 | 04:14:44.00 | 04:14:44.00 | 7:29    | 8    |
| 9    | LUBAS GRZEGORZ      | 62  | DZIKITIM                               | RZESZÓW          | POL  | OPEN MĘŻCZYŹNI | 23     | M 23 | 01:03:39 | 02:57:21 | 04:15:38.00 | 04:15:38.00 | 7:31    | 8    |
| 10   | SADKOWSKI PAWEŁ     | 79  | DANIEL WOSIK TERVEL MOUNTAIN RUNNER    | MAKÓW            | POL  | OPEN MĘŻCZYŹNI | 26     | M 26 | 01:03:33 | 03:06:04 | 04:24:03.00 | 04:24:03.00 | 7:45    | 7.7  |
| 11   | GIZICKI WOJCIECH    | 31  |  | KRUSZYNA         | POL  | OPEN MĘŻCZYŹNI | 27     | M 27 | 01:06:02 | 03:07:25 | 04:25:47.00 | 04:25:47.00 | 7:49    | 7.7  |
| 12   | STARZEC MICHAŁ      | 85  |  | PRZEWORSK        | POL  | OPEN MĘŻCZYŹNI | 29     | M 29 | 01:10:19 | 03:09:52 | 04:27:23.00 | 04:27:23.00 | 7:51    | 7.6  |
| 13   | GIERUŁA MARIUSZ     | 28  | AKTYWNY DYNÓW                          | HARTA            | POL  | OPEN MĘŻCZYŹNI | 33     | M 33 | 01:06:15 | 03:03:18 | 04:31:51.00 | 04:31:51.00 | 7:59    | 7.5  |
| 14   | KRZAŚTEK ZBIGNIEW   | 58  | KS HARPAGAN TARNOBRZEG                 | TARNOBRZEG       | POL  | OPEN MĘŻCZYŹNI | 36     | M 36 | 01:08:42 | 03:11:47 | 04:38:01.00 | 04:38:01.00 | 8:10    | 7.3  |
| 15   | KUBICKI ŁUKASZ      | 59  | 3PBOT                                  | IWONICZ- ZDRÓJ   | POL  | OPEN MĘŻCZYŹNI | 49     | M 49 | 01:08:45 | 03:26:02 | 05:01:45.00 | 05:01:45.00 | 8:52    | 6.8  |
| 16   | ZIĘBA DAWID         | 115 | IDEOAKTYWNI                            | ŁOPUSZKA WIELKA  | POL  | OPEN MĘŻCZYŹNI | 56     | M 56 | 01:11:47 | 03:36:53 | 05:19:14.00 | 05:19:14.00 | 9:23    | 6.4  |
| 17   | SZAL MATEUSZ        | 90  |  | PRZEMYŚL         | POL  | OPEN MĘŻCZYŹNI | 78     | M 78 |          |          | 1183:00:45. | 1183:00:45. | 2087:40 | 0    |