

BIEG ZIELONYCH SZNUROWADEŁ 21 KM

Organizator: Jak Nie My To Kto?
Data: 2025-03-15
Miejsce: Puławy
Dystans: 21 km
Klasyfikacja wg czasów netto.



BIEG ZIELONYCH SZNUROWADEŁ 21 KM , OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5.5km	11km	16.5km	Netto	min/km	km/h
1	WILKOS MATEUSZ	2223		NIEMCE		M-30	1	M 1	00:24:30	00:47:38	01:09:57	01:30:23.95	4:18	13.9
2	BOROWSKI KAMIL	2157		WILCZOPOLE KOLONIA		M-30	2	M 2	00:24:31	00:47:39	01:10:02	01:31:28.10	4:21	13.8
3	KAMELA ROBERT	2075		WARSZAWA		M-50	1	M 3	00:25:10	00:50:13	01:14:19	01:37:56.80	4:39	12.9
4	BIGOS DANIEL	2067		TRZCINIEC		M-20	1	M 4	00:26:51	00:51:54	01:16:00	01:39:01.00	4:42	12.7
5	WYROSTEK KRZYSZTOF	2105		CHEŁM		M-50	2	M 5	00:27:17	00:54:07	01:19:23	01:43:38.80	4:56	12.2
6	ZAJĄC GRZEGORZ	2015		ŁĘCZNA		M-40	1	M 6	00:28:10	00:55:26	01:22:48	01:47:33.45	5:07	11.7
7	PAJDOSZ RAFAŁ	2214		BIAŁA PODLASKA		M-40	2	M 7	00:28:20	00:56:23	01:23:04	01:47:53.45	5:08	11.7
8	POŻAK GRZEGORZ	2161		LUBARTÓW		M-40	3	M 8	00:28:28	00:56:09	01:23:01	01:48:04.05	5:08	11.7
9	WALASEK GRZEGORZ	2021		RYKI		M-50	3	M 9	00:28:51	00:56:20	01:23:05	01:48:18.35	5:09	11.6
10	RUSEK BERNARD	2107		KARMANOWICE		M-40	4	M 10	00:28:43	00:57:14	01:24:51	01:51:36.20	5:18	11.3
11	DEJNECKA MARTYNA	2169		LUBARTÓW		K-30	1	K 1	00:29:31	00:58:10	01:25:33	01:52:08.45	5:20	11.2
12	ŻELASZCZYK MATEUSZ	2134		CHMIELÓW		M-20	2	M 11	00:28:45	00:57:39	01:25:05	01:52:10.45	5:20	11.2
13	MACHNICKI RAFAŁ	2066		RYKI		M-30	3	M 12	00:28:49	00:57:28	01:25:07	01:52:16.35	5:20	11.2
14	SMYK MARIUSZ	2088		LUBLIN		M-40	5	M 13	00:29:46	00:58:08	01:25:25	01:52:16.75	5:20	11.2
15	WEREMKO GRZEGORZ	2001		MYSŁOWICE		M-50	4	M 14	00:28:54	00:59:10	01:27:39	01:52:26.00	5:21	11.2
16	POCIECH MAREK	2095		KORYTÓW		M-60	1	M 15	00:28:19	00:56:22	01:24:40	01:53:20.30	5:23	11.1
17	SIEJKO ŁUKASZ	2133		LUBLIN		M-40	6	M 16	00:28:35	00:58:02	01:26:23	01:53:23.90	5:23	11.1
18	GRYMULSKI ŁUKASZ	2122		LUBLIN		M-30	4	M 17	00:29:35	00:58:34	01:26:32	01:53:26.80	5:24	11.1
19	KŁĘPKA MACIEJ	2050		TURKA		M-20	3	M 18	00:29:52	01:00:03	01:27:33	01:53:45.80	5:25	11.1
20	CHUDZIK PIOTR	2013		WOJCIECHÓW		M-50	5	M 19	00:30:00	00:58:40	01:26:37	01:53:51.65	5:25	11.1
21	LUTEK RADOSŁAW	2026		RADOM		M-50	6	M 20	00:29:28	00:58:13	01:26:23	01:53:59.50	5:25	11.1
22	JEZIORAŃSKI MAREK	2239		LUBLIN		M-50	7	M 21	00:31:16	01:00:16	01:27:37	01:54:02.85	5:25	11
23	KRÓLAK RADOSŁAW	2053		ŚWIDNIK		M-40	7	M 22	00:29:30	00:58:12	01:26:29	01:54:07.65	5:26	11
24	DESSAUER WIOLETTA	2162		LUBARTÓW		K-50	1	K 2	00:29:57	00:58:42	01:26:51	01:54:18.40	5:26	11
25	JENDRYCH ARTUR	2002		LUBLIN		M-30	5	M 23	00:29:38	00:59:36	01:27:33	01:54:23.25	5:26	11
26	JENDRYCH JAKUB	2203		ŚWIDNIK		M-30	6	M 24	00:29:36	00:59:11	01:27:44	01:54:24.20	5:26	11
27	PACHUCY DARIUSZ	2010		PULAWY		M-40	8	M 25	00:28:28	00:57:51	01:25:36	01:54:33.30	5:27	11
28	PIETRYKOWSKI KONRAD	2113		LUBLIN		M-40	9	M 26	00:30:38	01:00:38	01:28:20	01:55:40.40	5:30	10.9
29		2228						1	00:31:18	01:00:31	01:28:47	01:55:59.60	5:31	10.9
30	MANCZENKO EUGENIUSZ	2210		WARSZAWA		M-40	10	M 27	00:29:20	01:00:04	01:28:27	01:56:01.75	5:31	10.9
31	MITURA MAREK	2182		KOZŁÓWKA		M-40	11	M 28	00:32:16	01:01:24	01:30:09	01:56:51.70	5:33	10.8
32	PAĆKO MICHAŁ	2104		TURKA		M-30	7	M 29	00:31:51	01:01:59	01:30:32	01:57:25.25	5:35	10.7
33	CHOŁOST WOJCIECH	2080		NIEMCE		M-30	8	M 30	00:30:59	01:01:10	01:30:20	01:57:58.20	5:37	10.7
34	GRUZA PAWEŁ	2116		PULAWY		M-40	12	M 31	00:31:02	01:01:09	01:30:37	01:58:59.50	5:39	10.6
35	MACHAJ WOJCIECH	1108			POL	M-40	13	M 32	00:31:49	01:01:53	01:31:23	01:59:39.65	5:41	10.5
36	JĘDRASIK PIOTR	2111		PULAWY		M-50	8	M 33	00:31:06	01:01:23	01:30:40	02:00:08.80	5:43	10.5
37	SOLPA ROBERT	2243		ŚWIDNIK		M-50	9	M 34	00:32:45	01:02:02	01:31:15	02:00:41.00	5:44	10.4
38	STĘPNIAK MICHAŁ	2218		LUBLIN		M-40	14	M 35	00:33:52	01:04:42	01:33:58	02:01:09.10	5:46	10.4
39	TRUK ARTUR	2079		MILEJÓW		M-40	15	M 36	00:31:18	01:01:24	01:31:22	02:01:19.85	5:46	10.4
40	WILKOS KAMIL	2224		NIEMCE		M-30	9	M 37	00:30:54	01:01:07	01:30:39	02:02:14.50	5:49	10.3
41	DOBOSZ PAWEŁ	2072		JEDLIŃSK		M-40	16	M 38	00:32:41	01:03:17	01:33:26	02:02:23.45	5:49	10.3
42	WIECZOREK MARCIN	2038		MILEJÓW		M-40	17	M 39	00:31:21	01:01:25	01:31:31	02:02:33.70	5:50	10.3
43	KWIATKOWSKI TOMASZ	2054		WARSZAWA		M-40	18	M 40	00:31:50	01:03:27	01:34:04	02:03:03.40	5:51	10.2
44	KURZEP SZYMON	2046		BRZEŹCE		M-30	10	M 41	00:30:48	01:01:30	01:32:22	02:03:13.30	5:52	10.2
45	DOBOSZ MARIUSZ	2112		TURKA		M-40	19	M 42	00:33:02	01:03:24	01:33:05	02:03:17.75	5:52	10.2
46	RĘBKOWSKI PIOTR	2128		OTWOCK		M-50	10	M 43	00:31:50	01:03:03	01:33:47	02:03:30.60	5:52	10.2

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5.5km	11km	16.5km	Netto	min/km	km/h
47	DACHNO MAREK	2041		WOJCIECHÓW KOLONIA PIĄTA		M-40	20	M 44	00:32:14	01:03:35	01:33:47	02:03:51.45	5:53	10.2
48	KLUCZEK PAWEŁ	2154		LUBLIN		M-20	4	M 45	00:32:41	01:03:46	01:34:13	02:04:14.65	5:54	10.1
49	FURTAK JAKUB	2177		LUBARTÓW		M-40	21	M 46	00:34:40	01:05:54	01:35:58	02:04:19.05	5:55	10.1
50	POLAK AGNIESZKA	2025		PULAWY		K-40	1	K 3	00:32:42	01:03:42	01:34:26	02:04:22.25	5:55	10.1
51	ZEJMA DARIUSZ	2007		WILAMOWICE		M-50	11	M 47	00:31:12	01:02:01	01:33:46	02:04:30.65	5:55	10.1
52	SOBIESZEK SYLWIA	2017		NIWKI		K-40	2	K 4	00:31:03	01:01:57	01:33:23	02:04:44.30	5:56	10.1
53	KOŁODZIEJ SŁAWOMIR	2147		LUBLIN		M-50	12	M 48	00:32:32	01:05:05	01:34:59	02:05:01.10	5:57	10.1
54	MIZIOŁEK-WIELGOS NATALIA	2014		SPICZYN		K-30	2	K 5	00:32:59	01:05:03	01:35:28	02:05:08.25	5:57	10.1
55	MAJEWSKI JAREK	2035		TOMASZOWICE KOLONIA		M-40	22	M 49	00:32:14	01:03:42	01:34:25	02:05:51.95	5:59	10
56	GAJEK MAGDALENA	2064		CZÓŁNA		K-50	2	K 6	00:32:59	01:03:41	01:35:01	02:06:17.65	6:00	10
57	GAJEK GRZEGORZ	2065		CZÓŁNA		M-40	23	M 50	00:33:00	01:03:39	01:34:58	02:06:18.25	6:00	10
58	KARASEK MARIUSZ	2052		LUBLIN		M-50	13	M 51	00:33:55	01:05:16	01:35:45	02:06:31.30	6:01	10
59	MIROŚLAW MATEUSZ	2085		PULAWY		M-30	11	M 52	00:34:02	01:05:44	01:36:16	02:06:59.80	6:02	9.9
60	KITA KAMIL	2173		LUBLIN		M-30	12	M 53	00:31:23	01:05:10	01:35:50	02:07:22.50	6:03	9.9
61	ALBIŃSKI TOMASZ	2031		WARSZAWA		M-40	24	M 54	00:33:55	01:05:50	01:37:18	02:08:12.15	6:06	9.8
62	KARAUDA MARCIN	2205		LUBLIN		M-30	13	M 55	00:37:51	01:08:35	01:39:56	02:08:26.50	6:06	9.8
63	CYWKA WALDEMAR	2034		RADOM		M-40	25	M 56	00:31:22	01:03:59	01:35:10	02:08:37.65	6:07	9.8
64	GOŁĘBIOWSKI ALBERT	2140		LUBLIN		M-30	14	M 57	00:31:56	01:04:29	01:36:25	02:08:52.45	6:08	9.8
65	BAKIERA KAMIL	2092		TURKA		M-30	15	M 58	00:32:56	01:05:46	01:38:50	02:08:53.75	6:08	9.8
66	WAROWNY ROBERT	2030		ŁUKÓW		M-40	26	M 59	00:32:29	01:05:30	01:37:36	02:09:31.45	6:10	9.7
67	CICHECKI ŁUKASZ	2135		WARSZÓWKA		M-40	27	M 60	00:34:12	01:06:33	01:38:46	02:09:36.55	6:10	9.7
68	KORULCZYK ŁUKASZ	2144		LUBLIN		M-40	28	M 61	00:33:53	01:06:15	01:39:14	02:09:44.50	6:10	9.7
69	BAK GRZEGORZ	2245		RADOM		M-40	29	M 62	00:34:56	01:07:30	01:39:35	02:10:03.60	6:11	9.7
70	STAŃCZUK LESZEK	2076		CHODÓW		M-60	2	M 63	00:34:02	01:08:01	01:40:18	02:10:14.60	6:12	9.7
71	WYRWISZ DAMIAN	2196		LUBLIN		M-40	30	M 64	00:34:43	01:07:33	01:39:17	02:10:20.50	6:12	9.7
72	BRODACKI WALDEMAR	2180		PULAWY		M-60	3	M 65	00:36:53	01:07:58	01:41:38	02:10:45.30	6:13	9.6
73	STEFANIAK JAROSŁAW	2131		PODWIERZBIE		M-50	14	M 66	00:33:12	01:05:38	01:38:38	02:11:23.25	6:15	9.6
74	KOWALSKI ANDRZEJ	2209		KRAŚNIK		M-40	31	M 67	00:35:44	01:08:42	01:40:46	02:11:50.25	6:16	9.6
75	SMYKA MICHAŁ	2217		CIECIERZYN		M-30	16	M 68	00:34:12	01:07:51	01:41:01	02:12:16.45	6:17	9.5
76	MAMEJ PIOTR	2132		LUBLIN		M-60	4	M 69	00:35:11	01:07:47	01:40:09	02:12:24.40	6:18	9.5
77	OSTROWSKI SŁAWOMIR	2087		ŚWIDNIK		M-50	15	M 70	00:33:29	01:04:30	01:36:44	02:12:27.35	6:18	9.5
78	BAKUN MARIUSZ	2168		CHEŁM		M-50	16	M 71	00:35:14	01:08:17	01:41:32	02:12:36.60	6:18	9.5
79	TUMIELEWICZ MARIUSZ	2219		WIĄZOWNA		M-40	32	M 72	00:34:56	01:07:39	01:39:57	02:12:42.90	6:19	9.5
80	ZAJĄC MARIUSZ	2137		TRĄBKI		M-50	17	M 73	00:33:03	01:04:55	01:37:41	02:12:43.80	6:19	9.5
81	BEDNARCZYK TOMASZ	2123		FIRLEJ		M-40	33	M 74	00:34:30	01:07:10	01:39:40	02:12:47.55	6:19	9.5
82	MOKRZANOWSKI PIOTR	2143		TURKA		M-30	17	M 75	00:31:57	01:04:41	01:38:32	02:12:50.90	6:19	9.5
83	PILARSKI GRZEGORZ	2016		KOŃSKOWOLA		M-50	18	M 76	00:33:57	01:08:21	01:41:11	02:13:11.95	6:20	9.5
84	MICHALAK ELA	2101		LUBARTÓW		K-40	3	K 7	00:35:15	01:08:32	01:42:35	02:14:02.90	6:22	9.4
85	RUSIN ŁUKASZ	2070		CHEŁM		M-40	34	M 77	00:34:26	01:07:30	01:41:11	02:14:03.55	6:23	9.4
86	PASEK MONIKA	2249			POL	K-40	4	K 8	00:34:30	01:08:29	01:42:31	02:14:45.40	6:25	9.4
87	MARKIEWICZ MONIKA	2148		PULAWY		K-40	5	K 9	00:35:10	01:08:19	01:42:17	02:14:45.90	6:25	9.4
88	SADKOWSKI PAWEŁ	2194		MAKÓW		M-40	35	M 78	00:34:49	01:08:49	01:43:42	02:14:54.15	6:25	9.3
89	KRÓL PRZEMYSŁAW	2043		PULAWY		M-30	18	M 79	00:35:16	01:10:36	01:44:39	02:14:59.40	6:25	9.3
90	DZIDECZEK MARCIN	2044		WARSZAWA		M-40	36	M 80	00:35:43	01:09:03	01:42:23	02:15:07.00	6:26	9.3
91	WILK BARTOSZ	2149		ŚWIDNIK		M-30	19	M 81	00:35:29	01:09:16	01:43:19	02:15:36.70	6:27	9.3
92	CHRZANOWSKI PATRYK	2136		LUBLIN		M-30	20	M 82	00:35:31	01:09:17	01:43:22	02:15:43.30	6:27	9.3
93	BROMKE ŁUKASZ	2188		LUBLIN		M-40	37	M 83	00:35:40	01:10:10	01:43:41	02:16:09.40	6:29	9.3
94	BIELAK MICHAŁ	2117		ŚWIDNIK		M-30	21	M 84	00:35:04	01:08:36	01:42:42	02:16:14.85	6:29	9.2
95	MITURA DAMIAN	2184		DĘBLIN		M-30	22	M 85	00:33:56	01:07:39	01:42:16	02:16:23.70	6:29	9.2
96	FERENC MARCIN	2097		ŚWIDNIK		M-40	38	M 86	00:35:34	01:08:24	01:42:36	02:16:36.80	6:30	9.2
97	PAŁUBSKI MATEUSZ	2039		LUBLIN		M-30	23	M 87	00:35:05	01:08:54	01:44:03	02:17:05.25	6:31	9.2
98	ORŁOWSKI KRZYSZTOF	2145		WARSZAWA LEŚNE SZYCHY		M-50	19	M 88	00:33:16	01:07:08	01:42:52	02:17:18.50	6:32	9.2
99	DZIUBAK BARTŁOMIEJ	2051		WARSZAWA		M-30	24	M 89	00:34:32	01:09:05	01:43:37	02:17:48.15	6:33	9.1
100	JUREK ZBIGNIEW	2099		ZWOLEŃ		M-60	5	M 90	00:36:09	01:10:26	01:45:08	02:17:50.15	6:33	9.1
101	NIERADKO ADAM	2102		POLICZNA		M-50	20	M 91	00:35:13	01:10:28	01:45:18	02:18:29.05	6:35	9.1
102	BICZYK SZYMON	2191		NOWA WOLA		M-30	25	M 92	00:36:04	01:11:07	01:46:01	02:18:35.80	6:35	9.1
103	NOWAK KATARZYNA	2057		LUBLIN		K-30	3	K 10	00:35:11	01:09:55	01:44:52	02:18:39.40	6:36	9.1

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104	TUROWSKI ŁUKASZ	2151		NIEMCE		M-40	39	M 93	00:35:23	01:09:05	01:44:38	02:18:40.85	6:36	9.1
105	BALCERZAK MATEUSZ	2048		KOZIENICE-KOZIENICKI BIEGACZ		M-30	26	M 94	00:34:21	01:07:50	01:43:10	02:19:07.00	6:37	9.1
106	KOŚCIARZ MATEUSZ	2153		ŁĘCZNA		M-30	27	M 95	00:35:34	01:09:57	01:44:02	02:19:20.05	6:38	9
107	OCHNIK PRZEMYSŁAW	2212		ADAMÓW		M-40	40	M 96	00:34:39	01:07:44	01:42:00	02:19:30.55	6:38	9
108	TCHOREK ANNA	2150		LUBLIN		K-40	6	K 11	00:34:52	01:07:59	01:41:54	02:19:33.50	6:38	9
109	LEWANDOWSKA ANNA	2042		MROZY		K-40	7	K 12	00:35:41	01:09:20	01:45:13	02:20:43.30	6:42	9
110	DOROSZ ROBERT	2074		LIPOWO		M-50	21	M 97	00:36:58	01:12:40	01:45:55	02:21:05.15	6:43	8.9
111	KAWALEC BARTLOMIEJ	2172		LUBLIN		M-40	41	M 98	00:36:51	01:13:04	01:49:01	02:21:27.40	6:44	8.9
112	KACZMARZYK GRZEGORZ	2141		DĘBLIN		M-50	22	M 99	00:37:17	01:12:48	01:47:14	02:21:32.10	6:44	8.9
113	TURKOWSKI MACIEJ	2024		SIEDLCE		M-50	23	M 100	00:36:16	01:11:33	01:47:01	02:21:39.30	6:44	8.9
114	SITEK ARKADIUSZ	2012		WĘGRÓW		M-40	42	M 101	00:39:28	01:17:13	01:49:40	02:21:55.40	6:45	8.9
115	SZUBERT-WALENCZAK MAGDALENA	2238		WARSZAWA		K-40	8	K 13	00:36:05	01:10:11	01:45:40	02:22:23.90	6:46	8.8
116	MASŁOWSKI MARCIN	2118		REGÓW STARY		M-40	43	M 102	00:37:18	01:13:26	01:48:35	02:22:24.85	6:46	8.8
117	KOSTRZON MACIEJ	2207		PIONKI		M-50	24	M 103	00:36:45	01:12:49	01:48:42	02:22:45.60	6:47	8.8
118	KMAK ANETA	2241		LUBARTÓW		K-40	9	K 14	00:35:15	01:10:00	01:46:41	02:23:05.30	6:48	8.8
119	ŻUK WIKTORIA	2174		LUBLIN		K-30	4	K 15	00:36:50	01:13:02	01:49:12	02:23:14.40	6:49	8.8
120	BUJALSKI KONRAD	2125		WARSZAWA		M-20	5	M 104	00:36:16	01:12:30	01:49:25	02:23:17.20	6:49	8.8
121	BOGUSZ ZBYSZEK	2199		OTWOCK		M-40	44	M 105	00:36:57	01:12:40	01:45:55	02:23:23.55	6:49	8.8
122	CIOTUCHA PAWEŁ	2181		KOŃSKOWOLA		M-30	28	M 106	00:34:19	01:08:34	01:42:55	02:23:29.10	6:49	8.8
123	KOCYBA MARCIN	2244		WARSZAWA		M-30	29	M 107	00:35:11	01:10:57	01:48:28	02:23:38.05	6:50	8.8
124	STYRNIK MARCIN	2115		NIEMCE		M-40	45	M 108	00:40:22	01:15:04	01:49:40	02:23:57.70	6:51	8.8
125	ZAPŁOWSKA JOLANTA	2028		SIEDLCE		K-60+	1	K 16	00:38:33	01:15:21	01:50:17	02:24:07.00	6:51	8.7
126	TYRKOWSKA EWA	2160		DĘBLIN		K-30	5	K 17	00:36:56	01:13:07	01:50:25	02:24:08.35	6:51	8.7
127	ABRAMOWICZ DANIEL	2163		CHEŁM		M-40	46	M 109	00:35:50	01:13:05	01:47:23	02:24:24.65	6:52	8.7
128	JANEK PATRYK	2158		ABRAMÓW		M-30	30	M 110	00:37:01	01:13:49	01:51:12	02:24:29.15	6:52	8.7
129	PATRZYLAJ-SYLCZAK SYLWIA	2120		KAMIONKA		K-40	10	K 18	00:37:31	01:13:30	01:51:38	02:24:29.25	6:52	8.7
130	CZEMERYŚ MAŁGORZATA	2175		ŚWIDNIK		K-40	11	K 19	00:36:55	01:12:58	01:50:39	02:24:47.20	6:53	8.7
131	BRYGOŁA ANDRZEJ	2159		LUBLIN		M-60	6	M 111	00:36:46	01:13:13	01:50:31	02:24:51.80	6:53	8.7
132	MAZUREK ALEKSANDRA	2155		LUBLIN		K-20	1	K 20	00:38:59	01:16:59	01:52:12	02:25:20.20	6:55	8.7
133	TUREK ELŻBIETA	1085			POL	K-40	12	K 21	00:37:13	01:14:01	01:51:49	02:25:21.55	6:55	8.7
134	ZAGOZDON SŁAWOMIR	2226		ZASTÓW KARCMISKI		M-50	25	M 112	00:36:28	01:12:26	01:49:56	02:25:34.45	6:55	8.7
135	OSETEK MARIUSZ	2213		KRAŚNIK		M-50	26	M 113	00:36:23	01:12:28	01:49:56	02:25:35.10	6:55	8.7
136	SZKAMRUK ALICJA	2166		WARSZAWA		K-30	6	K 22	00:37:06	01:15:55	01:52:37	02:26:37.80	6:58	8.6
137	ZAWIŚLAK TOMASZ	2124		ŚWIDNIK		M-50	27	M 114	00:39:15	01:17:30	01:52:51	02:26:54.80	6:59	8.6
138	ADAMOWICZ AGNIESZKA	2023		STARY CIEPIELÓW		K-40	13	K 23	00:37:13	01:13:28	01:51:46	02:27:15.35	7:00	8.6
139	WOŹNIAK DARIUSZ	2062		KAZNÓW		M-50	28	M 115	00:37:27	01:15:28	01:51:53	02:27:21.65	7:01	8.6
140	KANTOR DAREK	2126		BODUSZYN		M-50	29	M 116	02:01:05			02:28:02.00	7:02	8.5
141	KARNOWSKI MICHAŁ	2033		WARSZAWA		M-40	47	M 117	00:35:39	01:13:07	01:51:04	02:28:10.15	7:03	8.5
142	JARCZYŃSKA-DOMINIK JOLA	2098		WĘGRÓW		K-40	14	K 24	00:39:30	01:17:54	01:52:39	02:29:12.15	7:06	8.4
143	KARAUDA ILONA	2204		LUBLIN		K-30	7	K 25	00:39:38	01:18:12	01:54:53	02:29:12.35	7:06	8.4
144	WÓJCIK MARCIN	2242		NOWINY		M-50	30	M 118	00:37:18	01:13:11	01:50:31	02:30:07.25	7:08	8.4
145	PIETROW MARTA	2110		LUBLIN		K-40	15	K 26	00:38:54	01:16:01	01:53:57	02:30:20.00	7:09	8.4
146	GNIADK ANNA	2193		DABROWKA ŁUG		K-40	16	K 27	00:39:39	01:17:19	01:54:50	02:30:23.15	7:09	8.4
147	NOWAK MICHAŁ	2058		LUBLIN		M-40	48	M 119	00:38:48	01:16:58	01:54:13	02:31:00.45	7:11	8.3
148	SZYSZ ALINA	2081		SIEDLCE		K-40	17	K 28	00:37:32	01:16:56	01:54:11	02:31:10.45	7:11	8.3
149	ADAMCZYK MARIUSZ	2156		BORZECZÓW		M-50	31	M 120	00:36:15	01:15:29	01:52:34	02:31:17.75	7:12	8.3
150	DUDEK BARBARA	2129		LUBLIN		K-50	3	K 29	00:38:34	01:16:44	01:54:48	02:31:29.65	7:12	8.3
151	KOTER KATARZYNA	2208		KOŃSKOWOLA		K-40	18	K 30	00:36:32	01:15:44	01:53:50	02:32:46.50	7:16	8.2
152	BAKUN JOLKA	2165		CHEŁM		K-50	4	K 31	00:38:00	01:15:18	01:53:33	02:32:49.10	7:16	8.2
153	ZAGOŹDŻON MARIA	2063		LUBLIN		K-20	2	K 32	00:39:56	01:18:33	01:57:24	02:34:00.15	7:20	8.2
154	SOBÓL KAMIL	2121		DĘBLIN		M-40	49	M 121	00:40:28	01:19:08	01:59:11	02:35:17.60	7:23	8.1
155	SKORUPKA LESZEK	2195		IGANIE NOWE		M-40	50	M 122	00:37:21	01:16:13	01:55:00	02:35:57.95	7:25	8.1
156	ROSA MAGDALENA	2089		KREPIEC		K-40	19	K 33	00:40:06	01:18:24	01:57:55	02:36:12.20	7:26	8.1
157	LITWIŃSKI KRZYSZTOF	2083		LUBLIN ORANGE POLSKA		M-50	32	M 123	00:38:23	01:18:02	01:57:23	02:36:19.70	7:26	8.1
158	KOWALCZUK DARIUSZ	2170		LUBLIN		M-40	51	M 124	00:39:16	01:18:03	01:58:35	02:37:02.60	7:28	8
159	WIADERNY RADOSŁAW	2119		DĘBLIN		M-40	52	M 125	00:40:31	01:19:56	01:59:13	02:37:38.35	7:30	8
160	MALEC KRYSZTIAN	2045		LUBLIN		M-40	53	M 126	00:38:28	01:17:20	01:57:32	02:38:09.20	7:31	8

BIEG ZIELONYCH SZNUROWADEŁ 21 KM , OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5.5km	11km	16.5km	Netto	min/km	km/h
161	GORECKA ALEKSANDRA	2186		MARKUSZÓW		K-20	3	K 34	00:38:36	01:18:42	02:01:35	02:38:24.15	7:32	8
162	STANIKOWSKA MARIA	2071		JEDKIŃSK		K-50	5	K 35	00:40:01	01:18:09	02:00:29	02:38:26.95	7:32	8
163	AUGUSTYNOPOLSKI MARCIN	2197		DĘBLIN		M-40	54	M 127	00:41:59	01:20:29	01:59:19	02:39:48.80	7:36	7.9
164	WĘGRZYN TOMASZ	2127		BRZEŹCE		M-30	31	M 128	00:40:30	01:19:10	01:59:22	02:40:00.75	7:37	7.9
165	WIRASZKA TOMASZ	2130		ŁASK		M-30	32	M 129	00:40:31	01:19:08	01:59:26	02:40:01.70	7:37	7.9
166	WRZOS SEBASTIAN	2036		PUŁAWY		M-30	33	M 130	00:39:27	01:17:39	01:58:38	02:41:04.45	7:40	7.8
167	WOJTAL DAWID	2192		LUBLIN		M-30	34	M 131	00:35:18	01:13:35	01:52:27	02:41:32.65	7:41	7.8
168	OCHNIK BARBARA	2211		ADAMÓW		K-40	20	K 36	00:39:32	01:17:02	02:03:24	02:41:49.85	7:42	7.8
169	SUCHORA ANNA	2167		KRAŚNIK		K-60+	2	K 37	00:42:07	01:23:33	02:02:34	02:42:06.90	7:43	7.8
170	POPEK KATARZYNA	2237		ŁĘCZNA		K-20	4	K 38	00:41:23	01:22:52	02:05:41	02:42:30.20	7:44	7.8
171	NIERADKO BEATA	2103		POLICZNA		K-40	21	K 39	00:41:15	01:21:56	02:04:43	02:43:17.65	7:46	7.7
172	DYŚ MARIUSZ	2082		ŚWIDNIK		M-40	55	M 132	00:39:19	01:21:00	02:02:04	02:44:14.10	7:49	7.7
173	MILC SZYMON	2142		JÓZEFÓW		M-40	56	M 133	00:39:49	01:20:03	02:01:12	02:44:33.10	7:50	7.7
174	KANIEWSKI JÓZEF	2027		LUBARTÓW		M-60	7	M 134	00:38:55	01:19:39	02:02:53	02:44:42.40	7:50	7.7
175	NIEZBECKA MARIOLA	2189		OPOLE LUBELSKIE		K-30	8	K 40	00:41:16	01:19:22	02:05:50	02:44:42.90	7:50	7.7
176	PAWŁOWSKI PIOTR	2073		SIEDLCE		M-30	35	M 135	00:40:29	01:19:51	02:02:14	02:44:54.90	7:51	7.6
177	GRUBA PRZEMYSŁAW	2178		LUBLIN		M-50	33	M 136	00:38:58	01:17:53	02:01:39	02:45:46.90	7:53	7.6
178	STRZESZEWSKI ANDRZEJ	2094		PUŁAWY		M-50	34	M 137	00:38:08	01:17:28	02:00:55	02:45:47.95	7:53	7.6
179	DOBRZYŃSKI JAROSŁAW	2201		LUBLIN		M-30	36	M 138	00:40:16	01:22:42	02:02:05	02:45:58.25	7:54	7.6
180	SIEDLACZEK ZBIGNIEW	2090		LUBLIN		M-60	8	M 139	00:41:44	01:24:36	02:06:05	02:46:59.35	7:57	7.5
181	SKRZYPEK ROBERT	2216		PIASECZNO		M-50	35	M 140	00:42:43	01:23:57	02:07:39	02:47:20.20	7:58	7.5
182	KOSSAKOWSKA DOROTA	2022		WĘGRÓW		K-50	6	K 41	00:40:14	01:22:11	02:07:44	02:48:18.40	8:00	7.5
183	KLUZIAK DARIA	2190		KARCZMISKA PIERWSZE		K-30	9	K 42	00:40:19	01:24:04	02:09:09	02:49:38.95	8:04	7.4
184	WILKIEWICZ DARIUSZ	2221		MIODNE		M-40	57	M 141	00:42:21	01:25:49	02:08:45	02:52:38.30	8:13	7.3
185	WOJNICZ GRZEGORZ	2068		KALINÓWKA		M-40	58	M 142	00:39:34	01:23:29	02:06:14	02:52:40.80	8:13	7.3
186	SZAROTA PATRYK	2096		ŁĘCZNA		M-40	59	M 143	00:40:40	01:23:34	02:07:52	02:54:36.80	8:18	7.2
187	PALAK KATARZYNA	2183		LUBLIN		K-30	10	K 43	00:42:12	01:25:47	02:08:11	02:54:41.15	8:19	7.2
188	BARTUZI SEBASTIAN	2049		PUŁAWY		M-20	6	M 144	00:40:12	01:22:45	02:08:01	02:55:38.10	8:21	7.2
189	BARTUZI ANDRZEJ	2018		PUŁAWY		M-50	36	M 145	00:40:12	01:22:45	02:07:08	02:55:39.35	8:21	7.2
190	SYKUT GRZEGORZ	2019		PRUSZKÓW		M-40	60	M 146	00:43:40	01:26:58	02:14:08	02:57:10.65	8:26	7.1
191	SULKOWSKI WOJCIECH	2139		DĘBLIN		M-40	61	M 147	00:45:53	01:37:10	02:19:44	02:59:04.90	8:31	7
192	DREWNIAK EWELINA	2185		LUBLIN		K-30	11	K 44	00:48:45	01:36:06	02:23:38	03:03:27.90	8:44	6.9
193	GORAL MAGDALENA	2047		TOMASZÓW LUBELSKI		K-40	22	K 45	00:45:23	01:37:08	02:21:59	03:06:29.15	8:52	6.8
194	TWARDOCHEB MARCIN	2061		RZESZÓW		M-40	62	M 148	00:43:53	01:30:48	02:20:30	03:07:37.75	8:56	6.7
195	CHINEK JACEK	2171		LUBLIN		M-40	63	M 149	00:42:57	01:50:44	02:31:58	03:07:52.20	8:56	6.7
196	TWARDOCHEB AGNIESZKA	2059		RZESZÓW		K-40	23	K 46	00:43:54	01:30:46	02:20:33	03:09:41.35	9:01	6.6
197	MRUCZYŃSKA-PIETRUCZANIS KATARZYNA	2029		WĘGRÓW		K-40	24	K 47	00:46:42	01:36:11	02:24:21	03:10:22.40	9:03	6.6
198	RDEBSKA RENATA	1084			POL	K-60+	3	K 48	00:48:45	01:36:21	02:23:33	03:10:43.45	9:04	6.6
199	KORNILUK BOGDAN	2206				M-60	9	M 150	00:44:19	01:33:34	02:24:34	03:11:17.75	9:06	6.6
200	BORKOWSKA AGNIESZKA	2200		BIAŁA PODLASKA		K-40	25	K 49	00:44:20	01:33:34	02:24:30	03:11:19.15	9:06	6.6
201	MOSKAL AGNIESZKA	2106		ŻYRZYN		K-40	26	K 50	00:45:53	01:37:11	02:25:09	03:14:02.85	9:14	6.5
202	JAWORSKI KAROL	2093		PUŁAWY		M-20	7	M 151	00:45:32	01:36:17	02:24:13	03:20:00.00	9:31	6.3
203	WOZNIAK WOJCIECH	2069		LUBLIN		M-40	64	M 152	00:49:14	01:39:12	02:29:54	03:26:28.70	9:49	6.1
204	PLESKACZ WOJCIECH	2248			POL	M-30	37	M 153	00:45:32	01:37:44	02:33:13	03:33:16.85	10:09	5.9
	TYBUREK MICHAŁ	2220		LUBLIN		M-40			00:25:49	00:53:18	01:18:05	DNF	-	-
									DNF	DNF	DNF	DNF	-	-
	BEDNARCZYK RENATA	1109			POL	K-40			00:47:17	01:37:57	DNF	DNF	-	-
									DNF	DNF				