

## EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA

Organizator: Fundacja na Ratunek  
Data: 2021-09-05  
Miejsce: Krynica Zdrój  
Dystans: 10 km  
Klasyfikacja wg czasów brutto.



## EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN

| M-ce | Nazwisko i imię    | Nr   | Klub                                            | M-scowość         | Kraj | Kat.                    | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|--------------------|------|-------------------------------------------------|-------------------|------|-------------------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | LIPŃSKI MATEUSZ    | 521  |                                                 |                   | POL  | SENIOR MĘŻCZYZN         | 1      | M 1  | 00:15:00 | 00:31:02.80 | 00:31:04.15 | 3:06   | 19.3 |
| 2    | POCIECHA TOMASZ    | 77   | TLC GORLICE                                     | KRYG              | POL  | SENIOR MĘŻCZYZN         | 2      | M 2  | 00:15:00 | 00:31:44.40 | 00:31:45.85 | 3:10   | 18.9 |
| 3    | DOMISZEWSKI IGNACY | 105  | GUKLA BRATKOWICE KORZENIOWSKI.PL                | USTRZYKI DOLNE    | POL  | SENIOR MĘŻCZYZN         | 3      | M 3  | 00:15:00 | 00:31:50.45 | 00:31:51.60 | 3:11   | 18.8 |
| 4    | SUŁKOWSKI RAFAŁ    | 532  |                                                 | LIMANOWA          | POL  | SENIOR MĘŻCZYZN         | 4      | M 4  | 00:15:01 | 00:33:01.25 | 00:33:02.50 | 3:18   | 18.2 |
| 5    | BUŻNIAK ARKADIUSZ  | 68   | BRYGADA BESKIDÓW                                | NOWY SĄCZ         | POL  | SENIOR MĘŻCZYZN         | 5      | M 5  | 00:15:16 | 00:34:15.85 | 00:34:17.50 | 3:25   | 17.5 |
| 6    | BIEŃ PRZEMYSŁAW    | 80   | KS RYGLICE-SEKCJA BIEGOWA                       | JONINY            | POL  | SENIOR MĘŻCZYZN         | 6      | M 6  | 00:15:44 | 00:34:27.75 | 00:34:30.20 | 3:26   | 17.4 |
| 7    | DUDCZAK KACPER     | 158  | LLKS WSCHOWA SIEN                               | RYTRO             | POL  | SENIOR MĘŻCZYZN         | 7      | M 7  | 00:16:25 | 00:35:03.95 | 00:35:06.70 | 3:30   | 17.1 |
| 8    | MALEC ŁUKASZ       | 32   | NIEDZICA TEAM                                   | NIEDZICA          | POL  | MASTER MĘŻCZYZN         | 1      | M 8  | 00:16:17 | 00:35:10.75 | 00:35:13.95 | 3:31   | 17.1 |
| 9    | WICHA IWONA        | 124  | ŁOBODZIŃSKI TEAM/PREFBET SONAROL                | WARSZAWA - BEMOWO | POL  | SENIOR KOBIET           | 1      | K 1  | 00:16:48 | 00:35:26.40 | 00:35:28.05 | 3:32   | 16.9 |
| 10   | CZYŻ GRZEGORZ      | 117  | GRUPA AZOTY-AUTOMATYKA TARNÓW                   | TARNÓW            | POL  | WETERAN SENIOR MĘŻCZYZN | 1      | M 9  | 00:16:44 | 00:35:48.00 | 00:35:50.15 | 3:34   | 16.8 |
| 11   | BOCHNIAK MACIEJ    | 529  |                                                 |                   | POL  | MASTER MĘŻCZYZN         | 2      | M 10 | 00:16:43 | 00:36:09.90 | 00:36:11.90 | 3:36   | 16.6 |
| 12   | GUZOWSKI DARIUSZ   | 38   | TALEX BORZYTUCHOM                               | TRZEBIELINO       | POL  | WETERAN SENIOR MĘŻCZYZN | 2      | M 11 | 00:16:44 | 00:36:23.20 | 00:36:25.55 | 3:38   | 16.5 |
| 13   | POCIECHA PIOTR     | 537  |                                                 |                   | POL  | SENIOR MĘŻCZYZN         | 8      | M 12 | 00:16:20 | 00:36:51.15 | 00:36:52.70 | 3:41   | 16.3 |
| 14   | RODZIOCH DANIEL    | 166  |                                                 | WARSZAWA          | POL  | SENIOR MĘŻCZYZN         | 9      | M 13 | 00:17:21 | 00:36:52.70 | 00:36:55.45 | 3:41   | 16.3 |
| 15   | CZUBA WOJCIECH     | 123  | CHARTY Z POŁUDNIA                               | POWROŹNIK         | POL  | MASTER MĘŻCZYZN         | 3      | M 14 | 00:16:55 | 00:37:08.20 | 00:37:11.70 | 3:42   | 16.2 |
| 16   | KMIEĆ KATARZYNA    | 533  |                                                 | PERŁA             | POL  | SENIOR KOBIET           | 2      | K 2  | 00:17:34 | 00:37:16.05 | 00:37:18.15 | 3:43   | 16.1 |
| 17   | JANUS JACEK        | 146  | R.T.C.K. W ŻYCIU                                | PTASZKOWA         | POL  | WETERAN SENIOR MĘŻCZYZN | 3      | M 15 | 00:16:52 | 00:37:31.85 | 00:37:34.15 | 3:45   | 16   |
| 18   | DARŁAK LUCASZ      | 420  | STAJNIA BALONA                                  | RZESZÓW           | POL  | SENIOR MĘŻCZYZN         | 10     | M 16 | 00:17:50 | 00:37:37.90 | 00:37:40.35 | 3:45   | 16   |
| 19   | HEBDA ADRIAN       | 107  |                                                 | KRAKÓW            | POL  | SENIOR MĘŻCZYZN         | 11     | M 17 | 00:17:04 | 00:37:46.20 | 00:37:48.80 | 3:46   | 15.9 |
| 20   | CHOJNACKI WIKTOR   | 111  | DWERNIK KAMIEŃ TRAIL                            | DWERNIK           | POL  | MASTER MĘŻCZYZN         | 4      | M 18 | 00:16:46 | 00:37:55.45 | 00:37:58.20 | 3:47   | 15.8 |
| 21   | KULKA-MNICH REGINA | 153  |                                                 | ROPA              | POL  | SENIOR KOBIET           | 3      | K 3  | 00:17:50 | 00:38:01.05 | 00:38:03.20 | 3:48   | 15.8 |
| 22   | KUBACKI KRZYSZTOF  | 104  | LASY PAŃSTWOWE                                  | KRAKÓW            | POL  | SENIOR MĘŻCZYZN         | 12     | M 19 | 00:17:30 | 00:39:16.15 | 00:39:19.40 | 3:55   | 15.3 |
| 23   | KRASIŃSKI MARCIN   | 535  |                                                 | KRAKÓW            | POL  | MASTER MĘŻCZYZN         | 5      | M 20 | 00:18:29 | 00:40:03.75 | 00:40:08.45 | 4:00   | 15   |
| 24   | GŁÓWKA MICHAŁ      | 121  |                                                 | KRAKÓW            | POL  | SENIOR MĘŻCZYZN         | 13     | M 21 | 00:18:31 | 00:40:14.25 | 00:40:17.30 | 4:01   | 14.9 |
| 25   | SKAŁSKA ANNA       | 142  | CARBON SILESIA SPORT                            | BYTOM             | POL  | MASTER KOBIET           | 1      | K 4  | 00:18:46 | 00:40:17.60 | 00:40:20.25 | 4:01   | 14.9 |
| 26   | ŚLEPIAK ADAM       | 151  | STAJNIA BALONA                                  | NOWY SĄCZ         | POL  | SENIOR MĘŻCZYZN         | 14     | M 22 | 00:18:15 | 00:40:29.70 | 00:40:32.80 | 4:02   | 14.8 |
| 27   | SZWAJKA KACPER     | 81   | STAJNIA BALONA                                  | WROCŁAW           | POL  | SENIOR MĘŻCZYZN         | 15     | M 23 | 00:19:36 | 00:41:04.65 | 00:41:09.50 | 4:06   | 14.6 |
| 28   | KRUK EMILIA        | 450  |                                                 |                   | POL  | SENIOR KOBIET           | 4      | K 5  | 00:19:37 | 00:41:10.10 | 00:41:12.40 | 4:07   | 14.6 |
| 29   | SMOŁUCH TOMASZ     | 141  | SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM | OLKUSZ            | POL  | MASTER MĘŻCZYZN         | 6      | M 24 | 00:19:10 | 00:41:31.65 | 00:41:34.55 | 4:09   | 14.5 |
| 30   | KOMARNICKI DAVID   | 155  | NOWY STYL RUNNING TEAM                          | KROSNO            | POL  | SENIOR MĘŻCZYZN         | 16     | M 25 | 00:18:57 | 00:42:07.95 | 00:42:12.45 | 4:12   | 14.2 |
| 31   | JASIULEWICZ ANNA   | 2222 | BIAŁYSTOK BIEGA TEAM                            | JÓZEFOSŁAW        | POL  | WETERAN SENIOR KOBIET   | 1      | K 6  | 00:19:10 | 00:42:17.65 | 00:42:19.80 | 4:13   | 14.2 |
| 32   | STOGOWSKI GRZEGORZ | 16   | BRAK                                            | CHORZÓW           | POL  | MASTER MĘŻCZYZN         | 7      | M 26 | 00:19:54 | 00:42:12.00 | 00:42:22.25 | 4:13   | 14.2 |
| 33   | NALEPA PAWEŁ       | 75   | CHILLOUT CREW                                   | BIAŁA NIŻNA       | POL  | SENIOR MĘŻCZYZN         | 17     | M 27 | 00:19:05 | 00:42:19.15 | 00:42:23.90 | 4:13   | 14.2 |
| 34   | BRZOSOWICZ JAKUB   | 98   | TS AKS CHORZÓW                                  | ŚWIĘTOCHŁOWICE    | POL  | MASTER MĘŻCZYZN         | 8      | M 28 | 00:19:37 | 00:42:27.15 | 00:42:30.40 | 4:14   | 14.1 |
| 35   | JAWORSKA WIOLETA   | 71   | TEAM KOPEĆ                                      | WARSZAWA          | POL  | SENIOR KOBIET           | 5      | K 7  | 00:19:46 | 00:42:31.65 | 00:42:36.40 | 4:15   | 14.1 |
| 36   | ŚWIRSZCZ ANDRZEJ   | 27   | ANAFIZJOTERAPIA                                 | ZAKRUCZE          | POL  | SENIOR MĘŻCZYZN         | 18     | M 29 | 00:18:56 | 00:42:40.45 | 00:42:46.40 | 4:16   | 14.1 |
| 37   | SIKORA RAFAŁ       | 159  |                                                 | GRABINY           | POL  | SENIOR MĘŻCZYZN         | 19     | M 30 | 00:19:35 | 00:42:42.70 | 00:42:49.35 | 4:16   | 14.1 |
| 38   | ZBOROWSKI JÓZEF    | 459  |                                                 |                   | POL  | WETERAN SENIOR MĘŻCZYZN | 4      | M 31 | 00:19:25 | 00:42:48.35 | 00:42:51.40 | 4:16   | 14   |
| 39   | SIBIK ANDRZEJ      | 134  | ITMBW KRAKÓW                                    | KRAKÓW            | POL  | SENIOR MĘŻCZYZN         | 20     | M 32 | 00:19:00 | 00:43:17.80 | 00:43:21.60 | 4:19   | 13.9 |
| 40   | HOMA RAFAŁ         | 507  | HOTEL KLIMEK****SPA                             |                   | POL  | SENIOR MĘŻCZYZN         | 21     | M 33 | 00:20:29 | 00:43:20.85 | 00:43:24.35 | 4:20   | 13.8 |

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| M-ce | Nazwisko i imię        | Nr   | Klub                                | M-scowość               | Kraj | Kat.                    | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|------------------------|------|-------------------------------------|-------------------------|------|-------------------------|--------|------|----------|-------------|-------------|--------|------|
| 41   | DAWID KATARZYNA        | 29   |                                     | JASZENICA               | POL  | MASTER KOBIET           | 2      | K 8  | 00:20:08 | 00:43:21.05 | 00:43:25.30 | 4:20   | 13.8 |
| 42   | LEWCZUK NORBERT        | 534  |                                     | ŁOSICE                  | POL  | MASTER MĘŻCZYZN         | 9      | M 34 | 00:20:25 | 00:43:44.80 | 00:43:52.35 | 4:22   | 13.7 |
| 43   | KOLEK TOMASZ           | 97   |                                     | NOWY SĄCZ               | POL  | SENIOR MĘŻCZYZN         | 22     | M 35 | 00:20:46 | 00:43:55.70 | 00:44:02.05 | 4:23   | 13.7 |
| 44   | STARZEC MALGORZATA     | 102  | SUSKA GRUPA BIEGOWA                 | SUKKOWICE               | POL  | MASTER KOBIET           | 3      | K 9  | 00:20:29 | 00:43:56.45 | 00:44:02.30 | 4:23   | 13.7 |
| 45   | KALUZYŃSKI BOGDAN      | 506  | HOTEL KLIMEK****SPA                 |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 5      | M 36 | 00:21:36 | 00:43:50.20 | 00:44:02.60 | 4:23   | 13.7 |
| 46   | ISKRZYCKI ANDRZEJ      | 510  | HOTEL KLIMEK****SPA                 |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 6      | M 37 | 00:21:35 | 00:43:49.60 | 00:44:02.70 | 4:22   | 13.7 |
| 47   | KICZKA KAMIL           | 59   | DOJO AKADEMIA                       | KRYNICA-ZDRÓJ           | POL  | SENIOR MĘŻCZYZN         | 23     | M 38 | 00:20:54 | 00:43:54.10 | 00:44:03.25 | 4:23   | 13.7 |
| 48   | DUBIEL JAROSŁAW        | 137  | IAC DÜREN                           | JASŁO                   | AFG  | WETERAN SENIOR MĘŻCZYZN | 7      | M 39 | 00:19:53 | 00:43:57.95 | 00:44:06.65 | 4:23   | 13.7 |
| 49   | DUNAL PAWEŁ            | 90   | ŚLĘZAK TEAM                         | MIECHÓW                 | POL  | MASTER MĘŻCZYZN         | 10     | M 40 | 00:21:11 | 00:44:09.70 | 00:44:20.00 | 4:24   | 13.6 |
| 50   | KANIA MARIAN           | 457  |                                     |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 8      | M 41 | 00:20:12 | 00:44:19.40 | 00:44:23.55 | 4:25   | 13.5 |
| 51   | ANDERSON AVASH         | 119  |                                     | LONDON                  | GBR  | SENIOR MĘŻCZYZN         | 24     | M 42 | 00:20:40 | 00:44:45.65 | 00:44:48.40 | 4:28   | 13.4 |
| 52   | NADRATOWSKI SŁAWOMIR   | 145  |                                     | NOWY SĄCZ               | POL  | WETERAN SENIOR MĘŻCZYZN | 9      | M 43 | 00:20:49 | 00:44:47.95 | 00:44:53.20 | 4:28   | 13.4 |
| 53   | SADO TOMASZ SADO       | 2    | AZS AWF KRAKÓW MASTERS              | KRAKÓW                  | POL  | SENIOR MĘŻCZYZN         | 25     | M 44 | 00:20:48 | 00:44:45.10 | 00:44:56.55 | 4:28   | 13.4 |
| 54   | SIDOWSKI KRZYSZTOF     | 150  | BBL OSTROWIEC ŚWIĘTOKRZYSKI         | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | WETERAN SENIOR MĘŻCZYZN | 10     | M 45 | 00:20:24 | 00:44:55.50 | 00:45:01.60 | 4:29   | 13.4 |
| 55   | SKIBICKI KRZYSZTOF     | 109  | D.A.M.Y.R.A.D.E.                    | OŚWIĘCIM                | POL  | WETERAN SENIOR MĘŻCZYZN | 11     | M 46 | 00:20:30 | 00:44:56.35 | 00:45:02.80 | 4:29   | 13.4 |
| 56   | KORULCZYK KATARZYNA    | 149  | BBL OSTROWIEC ŚWIĘTOKRZYSKI         | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | MASTER KOBIET           | 4      | K 10 | 00:20:24 | 00:45:14.45 | 00:45:20.70 | 4:31   | 13.3 |
| 57   | MAGIERA MAREK          | 152  | ULTRA BESKID SPORT                  | BIELSKO-BIAŁA           | POL  | WETERAN MASTER MĘŻCZYZN | 1      | M 47 | 00:20:53 | 00:45:25.70 | 00:45:30.60 | 4:32   | 13.2 |
| 58   | STROIŃSKI FRANCISZEK   | 498  |                                     |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 12     | M 48 | 00:20:22 | 00:45:32.65 | 00:45:34.65 | 4:33   | 13.2 |
| 59   | ZOSGÓRNIK ALEKSANDRA   | 46   | F4 / O CO BIEGA W KALETACH          | TARNOWSKIE GÓRY         | POL  | MASTER KOBIET           | 5      | K 11 | 00:20:37 | 00:45:39.50 | 00:45:43.30 | 4:33   | 13.1 |
| 60   | ZŁOCKI ARKADIUSZ       | 144  |                                     | NOWY SĄCZ               | POL  | SENIOR MĘŻCZYZN         | 26     | M 49 | 00:21:06 | 00:45:44.60 | 00:45:51.60 | 4:34   | 13.1 |
| 61   | GAJOWSKI DARIUSZ       | 531  |                                     |                         | POL  | MASTER MĘŻCZYZN         | 11     | M 50 | 00:21:26 | 00:46:04.60 | 00:46:08.10 | 4:36   | 13   |
| 62   | ZALEŚNY JANUSZ         | 44   | JASIELSKIE STOWARZYSZENIE CYKLISTÓW | JASŁO                   | POL  | WETERAN SENIOR MĘŻCZYZN | 13     | M 51 | 00:21:09 | 00:46:10.95 | 00:46:17.30 | 4:37   | 13   |
| 63   | ANDRZEJEWSKI KRZYSZTOF | 12   |                                     | TYMIENICE               | POL  | WETERAN SENIOR MĘŻCZYZN | 14     | M 52 | 00:21:18 | 00:46:39.30 | 00:46:47.10 | 4:39   | 12.9 |
| 64   | NOWOTNY MARIAN         | 63   | NIEPOŁOMICE BIEGAJĄ                 | DAMIENICE               | POL  | WETERAN MASTER MĘŻCZYZN | 2      | M 53 | 00:20:37 | 00:46:39.35 | 00:46:50.90 | 4:39   | 12.9 |
| 65   | DAWID MATEUSZ          | 35   | AQUA FITNESS BIELSKO-BIAŁA          | JASZENICA               | POL  | SENIOR MĘŻCZYZN         | 27     | M 54 | 00:22:22 | 00:46:54.40 | 00:46:58.60 | 4:41   | 12.8 |
| 66   | ŁACNY ŁUKASZ           | 76   |                                     | NOWY SĄCZ               | POL  | SENIOR MĘŻCZYZN         | 28     | M 55 | 00:21:23 | 00:46:59.35 | 00:47:03.15 | 4:41   | 12.8 |
| 67   | ORZYSZEK ROKSANA       | 50   |                                     | RYDUŁTOWY               | POL  | SENIOR KOBIET           | 6      | K 12 | 00:21:40 | 00:47:16.05 | 00:47:19.55 | 4:43   | 12.7 |
| 68   | MLEKO ROMAN            | 74   | ITMBW KRAKÓW                        | KRAKÓW                  | POL  | WETERAN MASTER MĘŻCZYZN | 3      | M 56 | 00:21:24 | 00:47:21.30 | 00:47:25.30 | 4:44   | 12.7 |
| 69   | DYDA KRZYSZTOF         | 163  |                                     | KACWIN                  | POL  | MASTER MĘŻCZYZN         | 12     | M 57 | 00:21:15 | 00:47:21.05 | 00:47:28.05 | 4:44   | 12.7 |
| 70   | ZBOROWSKI KAZIMIERZ    | 96   |                                     | KRYNICA-ZDRÓJ           | POL  | WETERAN SENIOR MĘŻCZYZN | 15     | M 58 | 00:22:02 | 00:47:38.10 | 00:47:43.80 | 4:45   | 12.6 |
| 71   | GNUTEK WIOLETTA        | 130  |                                     | NOWY SĄCZ               | POL  | MASTER KOBIET           | 6      | K 13 | 00:21:30 | 00:47:36.35 | 00:47:47.50 | 4:45   | 12.6 |
| 72   | SKAWIŃSKA JUSTYNA      | 125  |                                     | SANOK                   | POL  | MASTER KOBIET           | 7      | K 14 | 00:21:32 | 00:47:42.85 | 00:47:49.90 | 4:46   | 12.6 |
| 73   | NOWOTNY JAROSŁAW       | 517  |                                     |                         | POL  | MASTER MĘŻCZYZN         | 13     | M 59 | 00:21:53 | 00:47:43.05 | 00:47:55.25 | 4:46   | 12.6 |
| 74   | KAPRAL ADAM            | 114  | DWERNIK KAMIEŃ TRAIL                | DWERNIK                 | POL  | WETERAN SENIOR MĘŻCZYZN | 16     | M 60 | 00:22:13 | 00:47:58.05 | 00:48:06.30 | 4:47   | 12.5 |
| 75   | WESOŁOWSKI ROBERT      | 536  |                                     | DĘBLIN                  | POL  | MASTER MĘŻCZYZN         | 14     | M 61 | 00:22:27 | 00:47:54.75 | 00:48:07.80 | 4:47   | 12.5 |
| 76   | SZYMAŃSKI MICHAŁ       | 133  |                                     | NOWY SĄCZ               | POL  | MASTER MĘŻCZYZN         | 15     | M 62 | 00:21:58 | 00:47:58.25 | 00:48:09.40 | 4:47   | 12.5 |
| 77   | NALEPA MACIEK          | 84   |                                     | NOWY SĄCZ               | POL  | MASTER MĘŻCZYZN         | 16     | M 63 | 00:21:52 | 00:48:16.05 | 00:48:25.50 | 4:49   | 12.4 |
| 78   | JONSKI TOMASZ          | 522  |                                     |                         | POL  | SENIOR MĘŻCZYZN         | 29     | M 64 | 00:23:45 | 00:48:23.10 | 00:48:25.80 | 4:50   | 12.4 |
| 79   | FIRLEJ ANNA            | 2176 |                                     | NOWY SĄCZ               | POL  | MASTER KOBIET           | 8      | K 15 | 00:22:32 | 00:48:18.00 | 00:48:26.55 | 4:49   | 12.4 |
| 80   | DOMISZEWSKI WOJCIECH   | 165  |                                     | USTRZYKI DOLNE          | POL  | WETERAN SENIOR MĘŻCZYZN | 17     | M 65 | 00:22:13 | 00:48:23.25 | 00:48:31.15 | 4:50   | 12.4 |
| 81   | DAWID PIOTR            | 30   |                                     | JASZENICA               | POL  | WETERAN SENIOR MĘŻCZYZN | 18     | M 66 | 00:22:01 | 00:48:41.90 | 00:48:49.45 | 4:52   | 12.3 |

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| M-ce | Nazwisko i imię     | Nr  | Klub                           | M-scowość               | Kraj | Kat.                    | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|--------------------------------|-------------------------|------|-------------------------|--------|------|----------|-------------|-------------|--------|------|
| 82   | KILAR MARCIN        | 519 |                                | KRAKÓW                  | POL  | MASTER MĘŻCZYZN         | 17     | M 67 | 00:22:09 | 00:48:53.15 | 00:49:00.35 | 4:53   | 12.3 |
| 83   | HERMAN IRENEUSZ     | 67  |                                | SIEMIANOWICE ŚLĄSKIE    | POL  | MASTER MĘŻCZYZN         | 18     | M 68 | 00:22:59 | 00:49:13.60 | 00:49:23.50 | 4:55   | 12.2 |
| 84   | KICZKA NATALIA      | 60  | DOJO AKADEMIA SPORTOWA MUSZYNA | MUSZYNA                 | POL  | SENIOR KOBIET           | 7      | K 16 | 00:23:33 | 00:49:15.80 | 00:49:24.40 | 4:55   | 12.2 |
| 85   | WIŚNIEWSKA ANNA     | 129 | STREFA FIT                     | GRODZISK MAZOWIECKI     | POL  | SENIOR KOBIET           | 8      | K 17 | 00:22:46 | 00:49:48.35 | 00:49:57.85 | 4:58   | 12   |
| 86   | MORDARSKI JACEK     | 118 | BIEGAM BO LUBIĘ                | NAWOJOWA                | POL  | WETERAN MASTER MĘŻCZYZN | 4      | M 69 | 00:22:57 | 00:50:10.15 | 00:50:15.90 | 5:01   | 12   |
| 87   | SOWA JACEK          | 525 |                                | RZESZÓW                 | POL  | MASTER MĘŻCZYZN         | 19     | M 70 | 00:23:14 | 00:50:04.55 | 00:50:19.55 | 5:00   | 12   |
| 88   | PLYWACZYK MACIEJ    | 147 | TEAM PLESZEW                   | PLESZEW                 | POL  | WETERAN SENIOR MĘŻCZYZN | 19     | M 71 | 00:23:09 | 00:50:31.05 | 00:50:36.40 | 5:03   | 11.9 |
| 89   | PILCH MAREK         | 419 | GŁOS SENIORA                   | .                       | POL  | WETERAN MASTER MĘŻCZYZN | 5      | M 72 | 00:22:25 | 00:50:45.95 | 00:50:49.00 | 5:04   | 11.8 |
| 90   | DALEWSKI MICHAŁ     | 58  |                                | NOWY SĄCZ               | POL  | MASTER MĘŻCZYZN         | 20     | M 73 | 00:23:05 | 00:50:42.95 | 00:50:52.10 | 5:04   | 11.8 |
| 91   | PANEK MAREK         | 526 |                                |                         | POL  | SENIOR MĘŻCZYZN         | 30     | M 74 | 00:24:04 | 00:50:57.60 | 00:51:12.30 | 5:05   | 11.8 |
| 92   | TRELA JACEK         | 115 | AZS AWF KRAKÓW MASTERS         | KRAKÓW                  | POL  | WETERAN MASTER MĘŻCZYZN | 6      | M 75 | 00:24:16 | 00:51:11.55 | 00:51:23.45 | 5:07   | 11.7 |
| 93   | WITEK NATALIA       | 8   | AZS AWF KRAKÓW MASTERS         | KRAKÓW                  | POL  | SENIOR KOBIET           | 9      | K 18 | 00:24:17 | 00:51:12.45 | 00:51:23.60 | 5:07   | 11.7 |
| 94   | DUBIEL BEATA        | 138 | IAC DÜREN                      | JASŁO                   | POL  | WETERAN SENIOR KOBIET   | 2      | K 19 | 00:23:03 | 00:51:23.75 | 00:51:33.55 | 5:08   | 11.7 |
| 95   | WÓJTOWICZ PAWEŁ     | 472 |                                |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 20     | M 76 | 00:22:57 | 00:51:23.30 | 00:51:38.25 | 5:08   | 11.7 |
| 96   | WRĘCZYCKA IWONA     | 43  | O CO BIEGA W KALETACH          | KALETY                  | POL  | WETERAN SENIOR KOBIET   | 3      | K 20 | 00:23:32 | 00:51:35.15 | 00:51:40.60 | 5:09   | 11.6 |
| 97   | LACHCIK IWONA       | 527 |                                |                         | POL  | MASTER KOBIET           | 9      | K 21 | 00:23:34 | 00:51:46.90 | 00:51:53.75 | 5:10   | 11.6 |
| 98   | NOWIK JERZY         | 110 |                                | HAJNÓWKA                | POL  | WETERAN SENIOR MĘŻCZYZN | 21     | M 77 | 00:23:52 | 00:51:59.40 | 00:52:11.65 | 5:11   | 11.5 |
| 99   | RZEMIŃSKA KINGA     | 99  |                                | STRÓŻE                  | POL  | SENIOR KOBIET           | 10     | K 22 | 00:23:35 | 00:52:10.80 | 00:52:16.65 | 5:13   | 11.5 |
| 100  | RÓŻYCKA IWONA       | 94  |                                | NOWY SĄCZ               | POL  | MASTER KOBIET           | 10     | K 23 | 00:23:32 | 00:52:24.55 | 00:52:34.60 | 5:14   | 11.5 |
| 101  | OLEŚ RAFAŁ          | 508 | HOTEL KLIMEK****SPA            |                         | POL  | SENIOR MĘŻCZYZN         | 31     | M 78 | 00:24:06 | 00:52:38.15 | 00:52:50.40 | 5:15   | 11.4 |
| 102  | PIĘTA MARLENA       | 66  | OSTROBIEC                      | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | MASTER KOBIET           | 11     | K 24 | 00:25:05 | 00:52:42.50 | 00:52:55.85 | 5:16   | 11.4 |
| 103  | PRZYSTĄS AGATA      | 127 | FORREST KRYNICA                | KRYNICA-ZDRÓJ           | POL  | MASTER KOBIET           | 12     | K 25 | 00:24:37 | 00:53:14.30 | 00:53:24.00 | 5:19   | 11.3 |
| 104  | KALBARCZYK WALDEMAR | 474 |                                |                         | POL  | WETERAN MASTER MĘŻCZYZN | 7      | M 79 | 00:24:40 | 00:53:36.95 | 00:53:42.30 | 5:21   | 11.2 |
| 105  | MRÓZ TERESA         | 53  |                                | KRYNICA- ZDRÓJ          | POL  | WETERAN SENIOR KOBIET   | 4      | K 26 | 00:24:53 | 00:53:37.70 | 00:53:43.10 | 5:21   | 11.2 |
| 106  | KRÓL EDYTA          | 511 |                                |                         | POL  | SENIOR KOBIET           | 11     | K 27 | 00:24:54 | 00:53:53.95 | 00:53:57.45 | 5:23   | 11.1 |
| 107  | MAZUR OLIWIER       | 62  | O CO BIEGA W KALETACH          | KALETY                  | POL  | SENIOR MĘŻCZYZN         | 32     | M 80 | 00:24:19 | 00:54:11.90 | 00:54:16.20 | 5:25   | 11.1 |
| 108  | GAJDA BEATA         | 40  | #YOLOTEAM                      | KRAKÓW                  | POL  | WETERAN SENIOR KOBIET   | 5      | K 28 | 00:24:23 | 00:54:09.55 | 00:54:20.40 | 5:24   | 11.1 |
| 109  | CYRAN ANDRZEJ       | 10  | NOWY ŻMIGRÓD BIEGA             | NOWY ŻMIGRÓD            | POL  | WETERAN SENIOR MĘŻCZYZN | 22     | M 81 | 00:25:52 | 00:54:27.15 | 00:54:44.40 | 5:26   | 11   |
| 110  | BALON ADAM          | 140 |                                | KROSNO                  | POL  | SENIOR MĘŻCZYZN         | 33     | M 82 | 00:26:56 | 00:54:43.35 | 00:54:56.70 | 5:28   | 11   |
| 111  | SZOZDA DAMIAN       | 487 |                                | JAWORZNO                | POL  | SENIOR MĘŻCZYZN         | 34     | M 83 | 00:25:00 | 00:55:00.75 | 00:55:17.25 | 5:30   | 10.9 |
| 112  | MUCHA OREST         | 128 |                                | WIĘCKI                  | POL  | MASTER MĘŻCZYZN         | 21     | M 84 | 00:23:07 | 00:55:23.95 | 00:55:29.10 | 5:32   | 10.8 |
| 113  | REPELEWICZ NATALIA  | 56  |                                | NOWY SĄCZ               | POL  | SENIOR KOBIET           | 12     | K 29 | 00:25:41 | 00:55:18.30 | 00:55:30.70 | 5:31   | 10.8 |
| 114  | SZEWczyk NINA       | 69  |                                | NOWY SĄCZ               | POL  | SENIOR KOBIET           | 13     | K 30 | 00:24:36 | 00:55:24.35 | 00:55:36.80 | 5:32   | 10.8 |
| 115  | STANEK TOMASZ       | 538 |                                |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 23     | M 85 | 00:24:17 | 00:55:29.25 | 00:55:37.05 | 5:32   | 10.8 |
| 116  | POLAK BOGUSŁAWA     | 57  |                                | JAWORNIK301             | POL  | WETERAN SENIOR KOBIET   | 6      | K 31 | 00:25:01 | 00:55:37.20 | 00:55:42.85 | 5:33   | 10.8 |
| 117  | KACZMAREK MARIUSZ   | 161 | BBL                            | KRAKÓW                  | POL  | SENIOR MĘŻCZYZN         | 35     | M 86 | 00:25:31 | 00:55:35.65 | 00:55:51.60 | 5:33   | 10.8 |
| 118  | BURNUS BEATA        | 101 |                                | KRAKÓW                  | POL  | MASTER KOBIET           | 13     | K 32 | 00:25:45 | 00:56:09.65 | 00:56:22.80 | 5:36   | 10.7 |
| 119  | MAZUR DANKA         | 61  | O CO BIEGA W KALETACH          | KALETY                  | POL  | WETERAN SENIOR KOBIET   | 7      | K 33 | 00:25:03 | 00:56:28.05 | 00:56:34.20 | 5:38   | 10.6 |
| 120  | KOŁAKOWSKI DARIUSZ  | 122 |                                | ŚWIDWIN                 | POL  | WETERAN SENIOR MĘŻCZYZN | 24     | M 87 | 00:23:32 | 00:56:28.15 | 00:56:34.70 | 5:38   | 10.6 |
| 121  | MICHNO AGATA        | 132 |                                | KRAKÓW                  | POL  | SENIOR KOBIET           | 14     | K 34 | 00:26:38 | 00:56:29.45 | 00:56:41.20 | 5:38   | 10.6 |
| 122  | SZEWczyk BOŻENA     | 154 |                                | KACWIN                  | POL  | WETERAN SENIOR KOBIET   | 8      | K 35 | 00:25:18 | 00:56:37.05 | 00:56:44.30 | 5:39   | 10.6 |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr   | Klub                       | M-scowość     | Kraj | Kat.                       | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|------|----------------------------|---------------|------|----------------------------|--------|-------|----------|-------------|-------------|--------|------|
| 123  | SOSNOWSKA STELLA      | 13   |                            | BEŁCHATÓW     | POL  | MASTER KOBIET              | 14     | K 36  | 00:25:23 | 00:56:41.10 | 00:56:48.75 | 5:40   | 10.6 |
| 124  | SPYRKA EWELINA        | 136  |                            | LUBIEN        | POL  | SENIOR KOBIET              | 15     | K 37  | 00:26:24 | 00:57:07.60 | 00:57:16.30 | 5:42   | 10.5 |
| 125  | SKIBA KAMILA          | 157  |                            | CHEŁM         | POL  | MASTER KOBIET              | 15     | K 38  | 00:26:45 | 00:57:47.95 | 00:57:57.60 | 5:46   | 10.4 |
| 126  | KOSMAŁA PRZEMEK       | 73   |                            | RADOM         | POL  | SENIOR MĘŻCZYZN            | 36     | M 88  | 00:27:54 | 00:57:42.15 | 00:57:58.20 | 5:46   | 10.4 |
| 127  | MŁOCKA AGATA          | 524  |                            |               | POL  | SENIOR KOBIET              | 16     | K 39  | 00:25:04 | 00:58:09.75 | 00:58:19.90 | 5:48   | 10.3 |
| 128  | SZWACZKA SEBASTIAN    | 106  |                            | WARSZAWA      | POL  | MASTER MĘŻCZYZN            | 22     | M 89  | 00:26:29 | 00:58:20.35 | 00:58:26.30 | 5:50   | 10.3 |
| 129  | PIĄTEK PAWEŁ          | 528  |                            |               | POL  | WETERAN SENIOR<br>MĘŻCZYZN | 25     | M 90  | 00:26:32 | 00:58:13.25 | 00:58:27.20 | 5:49   | 10.3 |
| 130  | KRAWCZYK JAKUB        | 82   |                            | BEREST        | POL  | SENIOR MĘŻCZYZN            | 37     | M 91  | 00:25:53 | 00:58:30.60 | 00:58:35.65 | 5:51   | 10.3 |
| 131  | MICHAŁIK KAROLINA     | 2134 |                            | NOWY SĄCZ     | POL  | MASTER KOBIET              | 16     | K 40  | 00:27:54 | 00:58:33.75 | 00:58:41.85 | 5:51   | 10.2 |
| 132  | BRZESKI MIROŚLAW      | 64   |                            | NOWY SĄCZ     | POL  | MASTER MĘŻCZYZN            | 23     | M 92  | 00:28:13 | 00:58:46.00 | 00:59:01.15 | 5:52   | 10.2 |
| 133  | BRZESKA IWONA         | 65   |                            | NOWY SĄCZ     | POL  | MASTER KOBIET              | 17     | K 41  | 00:28:13 | 00:58:47.15 | 00:59:01.35 | 5:52   | 10.2 |
| 134  | URBANIAK ANNA         | 523  |                            |               | POL  | WETERAN SENIOR<br>KOBIET   | 9      | K 42  | 00:25:01 | 00:58:55.00 | 00:59:05.60 | 5:53   | 10.2 |
| 135  | KACZOR LUKASZ         | 100  | ŁUKASZ KACZOR              | KRAKÓW        | POL  | MASTER MĘŻCZYZN            | 24     | M 93  | 00:26:12 | 00:59:09.55 | 00:59:23.05 | 5:54   | 10.1 |
| 136  | JASTRZĘBSKA BARBARA   | 160  |                            | KRYNICA-ZDRÓJ | POL  | WETERAN SENIOR<br>KOBIET   | 10     | K 43  | 00:25:43 | 00:59:18.90 | 00:59:31.40 | 5:55   | 10.1 |
| 137  | FLOREK BEATA          | 9    |                            | ŁYSA GÓRA     | POL  | MASTER KOBIET              | 18     | K 44  | 00:26:22 | 00:59:25.20 | 00:59:32.70 | 5:56   | 10.1 |
| 138  | FLOREK TOMASZ         | 7    |                            | ŁYSA GÓRA     | POL  | MASTER MĘŻCZYZN            | 25     | M 94  | 00:26:26 | 00:59:25.35 | 00:59:32.95 | 5:56   | 10.1 |
| 139  | JANIK ZOFIA           | 493  |                            |               | POL  | SENIOR KOBIET              | 17     | K 45  | 00:29:29 | 00:59:58.20 | 01:00:09.65 | 5:59   | 10   |
| 140  | STAJSZCZYK BARBARA    | 113  | NIEPOŁOMICE BIEGAJĄ        | NIEPOŁOMICE   | POL  | MASTER KOBIET              | 19     | K 46  | 00:27:48 | 01:00:11.20 | 01:00:24.80 | 6:01   | 10   |
| 141  | KOPACKA WIOLETTA      | 11   |                            | TARNÓW        | POL  | MASTER KOBIET              | 20     | K 47  | 00:27:14 | 01:00:55.20 | 01:00:55.20 | 6:05   | 9.8  |
| 142  | MARKIEWICZ URSZULA    | 468  |                            |               | POL  | SENIOR KOBIET              | 18     | K 48  | 00:27:49 | 01:00:51.75 | 01:01:03.10 | 6:05   | 9.9  |
| 143  | BAŁAŻIŃSKA ANNA       | 88   |                            | MIECHÓW       | POL  | MASTER KOBIET              | 21     | K 49  | 00:27:35 | 01:01:22.90 | 01:01:33.45 | 6:08   | 9.8  |
| 144  | BAŁAŻIŃSKI SEBASTIAN  | 89   |                            | MIECHÓW       | POL  | MASTER MĘŻCZYZN            | 26     | M 95  | 00:27:36 | 01:01:25.50 | 01:01:35.85 | 6:08   | 9.8  |
| 145  | NOWAK PAULINA         | 26   |                            | BOCHNIA       | POL  | MASTER KOBIET              | 22     | K 50  | 00:28:11 | 01:02:06.70 | 01:02:22.35 | 6:12   | 9.7  |
| 146  | PIĄTKOWSKI PAWEŁ      | 23   |                            | BOCHNIA       | POL  | MASTER MĘŻCZYZN            | 27     | M 96  | 00:28:10 | 01:02:06.95 | 01:02:22.40 | 6:12   | 9.7  |
| 147  | KRÓL NATALIA          | 83   | LUBELSKI BANK SPÓŁDZIELCZY | KOŃSKOWOLA    | POL  | SENIOR KOBIET              | 19     | K 51  | 00:26:52 | 01:03:04.40 | 01:03:08.35 | 6:18   | 9.5  |
| 148  | MARASOJU EVELINE      | 162  |                            | WARSAW        | POL  | SENIOR KOBIET              | 20     | K 52  |          | 01:03:23.00 | 01:03:23.00 | 6:20   | 9.5  |
| 149  | KILAR ANNA            | 518  |                            |               | POL  | SENIOR KOBIET              | 21     | K 53  | 00:28:56 | 01:03:18.65 | 01:03:31.20 | 6:19   | 9.5  |
| 150  | WÓJTOWICZ ZDZISŁAW    | 530  |                            |               | POL  | WETERAN MASTER<br>MĘŻCZYZN | 8      | M 97  | 00:29:02 | 01:03:29.15 | 01:03:40.45 | 6:20   | 9.5  |
| 151  | STOPNICKI IGNACY      | 116  | TUPOT USTKA                | USTKA         | POL  | WETERAN MASTER<br>MĘŻCZYZN | 9      | M 98  | 00:28:49 | 01:03:47.45 | 01:03:55.85 | 6:22   | 9.4  |
| 152  | BOŻEK AGNIESZKA       | 112  | NIEPOŁOMICE BIEGAJĄ        | NIEPOŁOMICE   | POL  | MASTER KOBIET              | 23     | K 54  | 00:29:47 | 01:04:02.25 | 01:04:16.65 | 6:24   | 9.4  |
| 153  | SOJKA MAŁGORZATA      | 495  |                            |               | POL  | MASTER KOBIET              | 24     | K 55  | 00:29:46 | 01:04:03.00 | 01:04:17.05 | 6:24   | 9.4  |
| 154  | SZCZĘPOCKI ANDRZEJ    | 31   |                            |               | POL  | WETERAN SENIOR<br>MĘŻCZYZN | 26     | M 99  | 00:29:50 | 01:04:10.15 | 01:04:24.70 | 6:25   | 9.4  |
| 155  | ZAWIŚLAN AGNIESZKA    | 167  |                            | KRYNICA-ZDRÓJ | POL  | SENIOR KOBIET              | 22     | K 56  | 00:27:02 | 01:04:26.85 | 01:04:36.55 | 6:26   | 9.3  |
| 156  | HABEL EWA             | 509  | HOTEL KLIMEK****SPA        |               | POL  | MASTER KOBIET              | 25     | K 57  | 00:29:39 | 01:04:45.85 | 01:04:58.85 | 6:28   | 9.3  |
| 157  | BŁASZCZUK-MALIK EWA   | 95   |                            | ZAGÓRZE       | POL  | SENIOR KOBIET              | 23     | K 58  | 00:30:06 | 01:04:57.15 | 01:05:07.70 | 6:29   | 9.2  |
| 158  | BEDNAREK-KŁOS SANDRA  | 91   |                            | OPOLE         | POL  | SENIOR KOBIET              | 23     | K 58  | 00:30:06 | 01:04:57.15 | 01:05:07.70 | 6:29   | 9.2  |
| 159  | BAŁAŻIŃSKI MIECZYSLAW | 520  |                            |               | POL  | WETERAN MASTER<br>MĘŻCZYZN | 10     | M 100 | 00:29:01 | 01:05:51.50 | 01:06:00.35 | 6:35   | 9.1  |
| 160  | WRONICZ ZYGMUNT       | 164  |                            | KRYNICA-ZDRÓJ | POL  | WETERAN MASTER<br>MĘŻCZYZN | 11     | M 101 | 00:30:03 | 01:06:03.80 | 01:06:16.80 | 6:36   | 9.1  |
| 161  | PABIAN KATARZYNA      | 481  |                            | KRAKÓW        | POL  | SENIOR KOBIET              | 25     | K 60  | 00:30:45 | 01:07:39.60 | 01:07:57.20 | 6:45   | 8.9  |
| 162  | TALAGA KONRAD         | 482  |                            | TARNINA DOLNA | POL  | SENIOR MĘŻCZYZN            | 38     | M 102 | 00:30:45 | 01:07:43.65 | 01:08:01.70 | 6:46   | 8.9  |
| 163  | STANEK AGNIESZKA      | 143  |                            | ŁAPSZE NIŻNE  | POL  | MASTER KOBIET              | 26     | K 61  | 00:30:00 | 01:08:31.65 | 01:08:38.95 | 6:51   | 8.8  |
| 164  | MIELCZAREK HALINA     | 5    | AM.TRENER TEAM             | OPOLE         | POL  | WETERAN SENIOR<br>KOBIET   | 11     | K 62  | 00:29:44 | 01:08:51.20 | 01:09:00.35 | 6:53   | 8.7  |
| 165  | MIELCZAREK GRZEGORZ   | 15   | AM.TRENER TEAM             | OPOLE         | POL  | WETERAN SENIOR<br>MĘŻCZYZN | 27     | M 103 | 00:29:44 | 01:08:51.55 | 01:09:00.95 | 6:53   | 8.7  |
| 166  | WIKTOREK JADWIGA      | 467  |                            |               | POL  | WETERAN MASTER<br>KOBIET   | 1      | K 63  | 00:31:15 | 01:08:59.80 | 01:09:11.65 | 6:53   | 8.7  |
| 167  | MUSZ HELENA           | 452  |                            | KRYNICA       |      | WETERAN MASTER<br>KOBIET   | 2      | K 64  | 00:31:15 | 01:11:21.15 | 01:11:25.45 | 7:08   | 8.4  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN c.d.**

| M-ce | Nazwisko i imię | Nr  | Klub | M-scowość | Kraj | Kat.                       | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------|-----|------|-----------|------|----------------------------|--------|-------|----------|-------------|-------------|--------|------|
| 168  | ŚLIWA MACIEJ    | 156 | BRAC | KRAKÓW    | POL  | WETERAN SENIOR<br>MĘZCZYZN | 28     | M 104 | 00:37:05 | 01:21:52.55 | 01:22:03.10 | 8:11   | 7.3  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN Kobiety**

| M-ce | Nazwisko i imię      | Nr   | Klub                             | M-scowość               | Kraj | Kat.                     | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|----------------------------------|-------------------------|------|--------------------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | WICHA IWONA          | 124  | ŁOBODZIŃSKI TEAM/PREFBET SONAROL | WARSZAWA - BEMOWO       | POL  | SENIOR KOBIET            | 1      | K 1  | 00:16:48 | 00:35:26.40 | 00:35:28.05 | 3:32   | 16.9 |
| 2    | KMIEC KATARZYNA      | 533  |                                  | PERŁA                   | POL  | SENIOR KOBIET            | 2      | K 2  | 00:17:34 | 00:37:16.05 | 00:37:18.15 | 3:43   | 16.1 |
| 3    | KULKA-MNICH REGINA   | 153  |                                  | ROPA                    | POL  | SENIOR KOBIET            | 3      | K 3  | 00:17:50 | 00:38:01.05 | 00:38:03.20 | 3:48   | 15.8 |
| 4    | SKAŁSKA ANNA         | 142  | CARBON SILESIA SPORT             | BYTOM                   | POL  | MASTER KOBIET            | 1      | K 4  | 00:18:46 | 00:40:17.60 | 00:40:20.25 | 4:01   | 14.9 |
| 5    | KRUK EMILIA          | 450  |                                  |                         | POL  | SENIOR KOBIET            | 4      | K 5  | 00:19:37 | 00:41:10.10 | 00:41:12.40 | 4:07   | 14.6 |
| 6    | JASIULEWICZ ANNA     | 2222 | BIĄŁYSTOK BIEGA TEAM             | JÓZEFOSŁAW              | POL  | WETERAN SENIOR<br>KOBIET | 1      | K 6  | 00:19:10 | 00:42:17.65 | 00:42:19.80 | 4:13   | 14.2 |
| 7    | JAWORSKA WIOLETA     | 71   | TEAM KOPEC                       | WARSZAWA                | POL  | SENIOR KOBIET            | 5      | K 7  | 00:19:46 | 00:42:31.65 | 00:42:36.40 | 4:15   | 14.1 |
| 8    | DAWID KATARZYNA      | 29   |                                  | JASZENICA               | POL  | MASTER KOBIET            | 2      | K 8  | 00:20:08 | 00:43:21.05 | 00:43:25.30 | 4:20   | 13.8 |
| 9    | STARZEC MALGORZATA   | 102  | SUSKA GRUPA BIEGOWA              | SUŁKOWICE               | POL  | MASTER KOBIET            | 3      | K 9  | 00:20:29 | 00:43:56.45 | 00:44:02.30 | 4:23   | 13.7 |
| 10   | KORULCZYK KATARZYNA  | 149  | BBL OSTROWIEC ŚWIĘTOKRZYSKI      | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | MASTER KOBIET            | 4      | K 10 | 00:20:24 | 00:45:14.45 | 00:45:20.70 | 4:31   | 13.3 |
| 11   | ZOSGÓRNIK ALEKSANDRA | 46   | F4 / O CO BIEGA W KALETACH       | TARNOWSKIE GÓRY         | POL  | MASTER KOBIET            | 5      | K 11 | 00:20:37 | 00:45:39.50 | 00:45:43.30 | 4:33   | 13.1 |
| 12   | ORZYSZEK ROKSANA     | 50   |                                  | RYDUŁTOWY               | POL  | SENIOR KOBIET            | 6      | K 12 | 00:21:40 | 00:47:16.05 | 00:47:19.55 | 4:43   | 12.7 |
| 13   | GNUTEK WIOLETTA      | 130  |                                  | NOWY SĄCZ               | POL  | MASTER KOBIET            | 6      | K 13 | 00:21:30 | 00:47:36.35 | 00:47:47.50 | 4:45   | 12.6 |
| 14   | SKAWIŃSKA JUSTYNA    | 125  |                                  | SANOK                   | POL  | MASTER KOBIET            | 7      | K 14 | 00:21:32 | 00:47:42.85 | 00:47:49.90 | 4:46   | 12.6 |
| 15   | FIRLEJ ANNA          | 2176 |                                  | NOWY SĄCZ               | POL  | MASTER KOBIET            | 8      | K 15 | 00:22:32 | 00:48:18.00 | 00:48:26.55 | 4:49   | 12.4 |
| 16   | KICZKA NATALIA       | 60   | DOJO AKADEMIA SPORTOWA MUSZYNA   | MUSZYNA                 | POL  | SENIOR KOBIET            | 7      | K 16 | 00:23:33 | 00:49:15.80 | 00:49:24.40 | 4:55   | 12.2 |
| 17   | WIŚNIEWSKA ANNA      | 129  | STREFA FIT                       | GRODZISK MAZOWIECKI     | POL  | SENIOR KOBIET            | 8      | K 17 | 00:22:46 | 00:49:48.35 | 00:49:57.85 | 4:58   | 12   |
| 18   | WITEK NATALIA        | 8    | AZS AWF KRAKÓW MASTERS           | KRAKÓW                  | POL  | SENIOR KOBIET            | 9      | K 18 | 00:24:17 | 00:51:12.45 | 00:51:23.60 | 5:07   | 11.7 |
| 19   | DUBIEL BEATA         | 138  | IAC DÜREN                        | JASŁO                   | POL  | WETERAN SENIOR<br>KOBIET | 2      | K 19 | 00:23:03 | 00:51:23.75 | 00:51:33.55 | 5:08   | 11.7 |
| 20   | WRĘCZYCKA IWONA      | 43   | O CO BIEGA W KALETACH            | KALETY                  | POL  | WETERAN SENIOR<br>KOBIET | 3      | K 20 | 00:23:32 | 00:51:35.15 | 00:51:40.60 | 5:09   | 11.6 |
| 21   | LACHCIK IWONA        | 527  |                                  |                         | POL  | MASTER KOBIET            | 9      | K 21 | 00:23:34 | 00:51:46.90 | 00:51:53.75 | 5:10   | 11.6 |
| 22   | RZEMIŃSKA KINGA      | 99   |                                  | STRÓŻE                  | POL  | SENIOR KOBIET            | 10     | K 22 | 00:23:35 | 00:52:10.80 | 00:52:16.65 | 5:13   | 11.5 |
| 23   | RÓZYCKA IWONA        | 94   |                                  | NOWY SĄCZ               | POL  | MASTER KOBIET            | 10     | K 23 | 00:23:32 | 00:52:24.55 | 00:52:34.60 | 5:14   | 11.5 |
| 24   | PIĘTA MARLENA        | 66   | OSTROBIEC                        | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | MASTER KOBIET            | 11     | K 24 | 00:25:05 | 00:52:42.50 | 00:52:55.85 | 5:16   | 11.4 |
| 25   | PRZYSTAŚ AGATA       | 127  | FORREST KRYNICA                  | KRYNICA-ZDRÓJ           | POL  | MASTER KOBIET            | 12     | K 25 | 00:24:37 | 00:53:14.30 | 00:53:24.00 | 5:19   | 11.3 |
| 26   | MRÓZ TERESA          | 53   |                                  | KRYNICA- ZDRÓJ          | POL  | WETERAN SENIOR<br>KOBIET | 4      | K 26 | 00:24:53 | 00:53:37.70 | 00:53:43.10 | 5:21   | 11.2 |
| 27   | KRÓL EDYTA           | 511  |                                  |                         | POL  | SENIOR KOBIET            | 11     | K 27 | 00:24:54 | 00:53:53.95 | 00:53:57.45 | 5:23   | 11.1 |
| 28   | GAJDA BEATA          | 40   | #YOLOTEAM                        | KRAKÓW                  | POL  | WETERAN SENIOR<br>KOBIET | 5      | K 28 | 00:24:23 | 00:54:09.55 | 00:54:20.40 | 5:24   | 11.1 |
| 29   | REPELEWICZ NATALIA   | 56   |                                  | NOWY SĄCZ               | POL  | SENIOR KOBIET            | 12     | K 29 | 00:25:41 | 00:55:18.30 | 00:55:30.70 | 5:31   | 10.8 |
| 30   | SZEWCZYK NINA        | 69   |                                  | NOWY SĄCZ               | POL  | SENIOR KOBIET            | 13     | K 30 | 00:24:36 | 00:55:24.35 | 00:55:36.80 | 5:32   | 10.8 |
| 31   | POLAK BOGUSŁAWA      | 57   |                                  | JAWORNIK301             | POL  | WETERAN SENIOR<br>KOBIET | 6      | K 31 | 00:25:01 | 00:55:37.20 | 00:55:42.85 | 5:33   | 10.8 |
| 32   | BURNUS BEATA         | 101  |                                  | KRAKÓW                  | POL  | MASTER KOBIET            | 13     | K 32 | 00:25:45 | 00:56:09.65 | 00:56:22.80 | 5:36   | 10.7 |
| 33   | MAZUR DANKA          | 61   | O CO BIEGA W KALETACH            | KALETY                  | POL  | WETERAN SENIOR<br>KOBIET | 7      | K 33 | 00:25:03 | 00:56:28.05 | 00:56:34.20 | 5:38   | 10.6 |
| 34   | MICHNO AGATA         | 132  |                                  | KRAKÓW                  | POL  | SENIOR KOBIET            | 14     | K 34 | 00:26:38 | 00:56:29.45 | 00:56:41.20 | 5:38   | 10.6 |
| 35   | SZEWCZYK BOŻENA      | 154  |                                  | KACWIN                  | POL  | WETERAN SENIOR<br>KOBIET | 8      | K 35 | 00:25:18 | 00:56:37.05 | 00:56:44.30 | 5:39   | 10.6 |
| 36   | SOSNOWSKA STELLA     | 13   |                                  | BEŁCHATÓW               | POL  | MASTER KOBIET            | 14     | K 36 | 00:25:23 | 00:56:41.10 | 00:56:48.75 | 5:40   | 10.6 |
| 37   | SPYRKA EWELINA       | 136  |                                  | LUBIEN                  | POL  | SENIOR KOBIET            | 15     | K 37 | 00:26:24 | 00:57:07.60 | 00:57:16.30 | 5:42   | 10.5 |
| 38   | SKIBA KAMILA         | 157  |                                  | CHEŁM                   | POL  | MASTER KOBIET            | 15     | K 38 | 00:26:45 | 00:57:47.95 | 00:57:57.60 | 5:46   | 10.4 |
| 39   | MŁOCKA AGATA         | 524  |                                  |                         | POL  | SENIOR KOBIET            | 16     | K 39 | 00:25:04 | 00:58:09.75 | 00:58:19.90 | 5:48   | 10.3 |
| 40   | MICHAŁIK KAROLINA    | 2134 |                                  | NOWY SĄCZ               | POL  | MASTER KOBIET            | 16     | K 40 | 00:27:54 | 00:58:33.75 | 00:58:41.85 | 5:51   | 10.2 |
| 41   | BRZESKA IWONA        | 65   |                                  | NOWY SĄCZ               | POL  | MASTER KOBIET            | 17     | K 41 | 00:28:13 | 00:58:47.15 | 00:59:01.35 | 5:52   | 10.2 |
| 42   | URBANIĄK ANNA        | 523  |                                  |                         | POL  | WETERAN SENIOR<br>KOBIET | 9      | K 42 | 00:25:01 | 00:58:55.00 | 00:59:05.60 | 5:53   | 10.2 |

EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN Kobiety c.d.

| M-ce | Nazwisko i imię      | Nr  | Klub                       | M-scowość     | Kraj | Kat.                     | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|----------------------------|---------------|------|--------------------------|--------|------|----------|-------------|-------------|--------|------|
| 43   | JASTRZĘBSKA BARBARA  | 160 |                            | KRYNICA-ZDRÓJ | POL  | WETERAN SENIOR<br>Kobiet | 10     | K 43 | 00:25:43 | 00:59:18.90 | 00:59:31.40 | 5:55   | 10.1 |
| 44   | FLOREK BEATA         | 9   |                            | ŁYSA GÓRA     | POL  | MASTER KobiET            | 18     | K 44 | 00:26:22 | 00:59:25.20 | 00:59:32.70 | 5:56   | 10.1 |
| 45   | JANIK ZOFIA          | 493 |                            |               | POL  | SENIOR KobiET            | 17     | K 45 | 00:29:29 | 00:59:58.20 | 01:00:09.65 | 5:59   | 10   |
| 46   | STAJSZCZYK BARBARA   | 113 | NIEPOŁOMICE BIEGAJĄ        | NIEPOŁOMICE   | POL  | MASTER KobiET            | 19     | K 46 | 00:27:48 | 01:00:11.20 | 01:00:24.80 | 6:01   | 10   |
| 47   | KOPACKA WIOLETTA     | 11  |                            | TARNÓW        | POL  | MASTER KobiET            | 20     | K 47 | 00:27:14 | 01:00:55.20 | 01:00:55.20 | 6:05   | 9.8  |
| 48   | MARKIEWICZ URSZULA   | 468 |                            |               | POL  | SENIOR KobiET            | 18     | K 48 | 00:27:49 | 01:00:51.75 | 01:01:03.10 | 6:05   | 9.9  |
| 49   | BAŁAŻIŃSKA ANNA      | 88  |                            | MIECHÓW       | POL  | MASTER KobiET            | 21     | K 49 | 00:27:35 | 01:01:22.90 | 01:01:33.45 | 6:08   | 9.8  |
| 50   | NOWAK PAULINA        | 26  |                            | BOCHNIA       | POL  | MASTER KobiET            | 22     | K 50 | 00:28:11 | 01:02:06.70 | 01:02:22.35 | 6:12   | 9.7  |
| 51   | KRÓL NATALIA         | 83  | LUBELSKI BANK SPÓŁDZIELCZY | KOŃSKOWOLA    | POL  | SENIOR KobiET            | 19     | K 51 | 00:26:52 | 01:03:04.40 | 01:03:08.35 | 6:18   | 9.5  |
| 52   | MARASOJU EVELINE     | 162 |                            | WARSAW        | POL  | SENIOR KobiET            | 20     | K 52 |          | 01:03:23.00 | 01:03:23.00 | 6:20   | 9.5  |
| 53   | KILAR ANNA           | 518 |                            |               | POL  | SENIOR KobiET            | 21     | K 53 | 00:28:56 | 01:03:18.65 | 01:03:31.20 | 6:19   | 9.5  |
| 54   | BOŻEK AGNIESZKA      | 112 | NIEPOŁOMICE BIEGAJĄ        | NIEPOŁOMICE   | POL  | MASTER KobiET            | 23     | K 54 | 00:29:47 | 01:04:02.25 | 01:04:16.65 | 6:24   | 9.4  |
| 55   | SOJKA MAŁGORZATA     | 495 |                            |               | POL  | MASTER KobiET            | 24     | K 55 | 00:29:46 | 01:04:03.00 | 01:04:17.05 | 6:24   | 9.4  |
| 56   | ZAWIŚLAN AGNIESZKA   | 167 |                            | KRYNICA-ZDRÓJ | POL  | SENIOR KobiET            | 22     | K 56 | 00:27:02 | 01:04:26.85 | 01:04:36.55 | 6:26   | 9.3  |
| 57   | HABEL EWA            | 509 | HOTEL KLIMEK****SPA        |               | POL  | MASTER KobiET            | 25     | K 57 | 00:29:39 | 01:04:45.85 | 01:04:58.85 | 6:28   | 9.3  |
| 58   | BEDNAREK-KŁOS SANDRA | 91  |                            | OPOLE         | POL  | SENIOR KobiET            | 23     | K 58 | 00:30:06 | 01:04:57.15 | 01:05:07.70 | 6:29   | 9.2  |
| 59   | BŁASZCZUK-MALIK EWA  | 95  |                            | ZAGÓRZE       | POL  | SENIOR KobiET            | 23     | K 58 | 00:30:06 | 01:04:57.15 | 01:05:07.70 | 6:29   | 9.2  |
| 60   | PABIAN KATARZYNA     | 481 |                            | KRAKÓW        | POL  | SENIOR KobiET            | 25     | K 60 | 00:30:45 | 01:07:39.60 | 01:07:57.20 | 6:45   | 8.9  |
| 61   | STANEK AGNIESZKA     | 143 |                            | ŁAPSZE NIŻNE  | POL  | MASTER KobiET            | 26     | K 61 | 00:30:00 | 01:08:31.65 | 01:08:38.95 | 6:51   | 8.8  |
| 62   | MIELCZAREK HALINA    | 5   | AM.TRENER TEAM             | OPOLE         | POL  | WETERAN SENIOR<br>KobiET | 11     | K 62 | 00:29:44 | 01:08:51.20 | 01:09:00.35 | 6:53   | 8.7  |
| 63   | WIKTOREK JADWIGA     | 467 |                            |               | POL  | WETERAN MASTER<br>KobiET | 1      | K 63 | 00:31:15 | 01:08:59.80 | 01:09:11.65 | 6:53   | 8.7  |
| 64   | MUSZ HELENA          | 452 |                            | KRYNICA       |      | WETERAN MASTER<br>KobiET | 2      | K 64 | 00:31:15 | 01:11:21.15 | 01:11:25.45 | 7:08   | 8.4  |

EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN Mężczyźni

| M-ce | Nazwisko i imię    | Nr  | Klub                             | M-scowość     | Kraj | Kat.                       | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|----------------------------------|---------------|------|----------------------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | LIPIŃSKI MATEUSZ   | 521 |                                  |               | POL  | SENIOR MĘŻCZYZN            | 1      | M 1  | 00:15:00 | 00:31:02.80 | 00:31:04.15 | 3:06   | 19.3 |
| 2    | POCIECHA TOMASZ    | 77  | TLC GORLICE                      | KRYG          | POL  | SENIOR MĘŻCZYZN            | 2      | M 2  | 00:15:00 | 00:31:44.40 | 00:31:45.85 | 3:10   | 18.9 |
| 3    | DOMISZEWSKI IGNACY | 105 | GUKLA BRATKOWICE KORZENIOWSKI.PL | USTRYKI DOLNE | POL  | SENIOR MĘŻCZYZN            | 3      | M 3  | 00:15:00 | 00:31:50.45 | 00:31:51.60 | 3:11   | 18.8 |
| 4    | SUŁKOWSKI RAFAŁ    | 532 |                                  | LIMANOWA      | POL  | SENIOR MĘŻCZYZN            | 4      | M 4  | 00:15:01 | 00:33:01.25 | 00:33:02.50 | 3:18   | 18.2 |
| 5    | BUŻNIAK ARKADIUSZ  | 68  | BRYGADA BESKIDÓW                 | NOWY SĄCZ     | POL  | SENIOR MĘŻCZYZN            | 5      | M 5  | 00:15:16 | 00:34:15.85 | 00:34:17.50 | 3:25   | 17.5 |
| 6    | BIEŃ PRZEMYSŁAW    | 80  | KS RYGLICE-SEKCJA BIEGOWA        | JONINY        | POL  | SENIOR MĘŻCZYZN            | 6      | M 6  | 00:15:44 | 00:34:27.75 | 00:34:30.20 | 3:26   | 17.4 |
| 7    | DUDCZAK KACPER     | 158 | LLKS WSCHOWA SIEŃ                | RYTRO         | POL  | SENIOR MĘŻCZYZN            | 7      | M 7  | 00:16:25 | 00:35:03.95 | 00:35:06.70 | 3:30   | 17.1 |
| 8    | MALEC ŁUKASZ       | 32  | NIEDZICA TEAM                    | NIEDZICA      | POL  | MASTER MĘŻCZYZN            | 1      | M 8  | 00:16:17 | 00:35:10.75 | 00:35:13.95 | 3:31   | 17.1 |
| 9    | CZYŻ GRZEGORZ      | 117 | GRUPA AZOTY-AUTOMATYKA TARNÓW    | TARNÓW        | POL  | WETERAN SENIOR<br>MĘŻCZYZN | 1      | M 9  | 00:16:44 | 00:35:48.00 | 00:35:50.15 | 3:34   | 16.8 |
| 10   | BOCHNIAK MACIEJ    | 529 |                                  |               | POL  | MASTER MĘŻCZYZN            | 2      | M 10 | 00:16:43 | 00:36:09.90 | 00:36:11.90 | 3:36   | 16.6 |
| 11   | GUZOWSKI DARIUSZ   | 38  | TALEX BORZYTUCHOM                | TRZEBIELINO   | POL  | WETERAN SENIOR<br>MĘŻCZYZN | 2      | M 11 | 00:16:44 | 00:36:23.20 | 00:36:25.55 | 3:38   | 16.5 |
| 12   | POCIECHA PIOTR     | 537 |                                  |               | POL  | SENIOR MĘŻCZYZN            | 8      | M 12 | 00:16:20 | 00:36:51.15 | 00:36:52.70 | 3:41   | 16.3 |
| 13   | RODZIOCH DANIEL    | 166 |                                  | WARSZAWA      | POL  | SENIOR MĘŻCZYZN            | 9      | M 13 | 00:17:21 | 00:36:52.70 | 00:36:55.45 | 3:41   | 16.3 |
| 14   | CZUBA WOJCIECH     | 123 | CHARTY Z POŁUDNIA                | POWROŹNIK     | POL  | MASTER MĘŻCZYZN            | 3      | M 14 | 00:16:55 | 00:37:08.20 | 00:37:11.70 | 3:42   | 16.2 |
| 15   | JANUS JACEK        | 146 | R.T.C.K. W ŻYCIU                 | PTASZKOWA     | POL  | WETERAN SENIOR<br>MĘŻCZYZN | 3      | M 15 | 00:16:52 | 00:37:31.85 | 00:37:34.15 | 3:45   | 16   |
| 16   | DARŁAK LUCASZ      | 420 | STAJNIA BALONA                   | RZESZÓW       | POL  | SENIOR MĘŻCZYZN            | 10     | M 16 | 00:17:50 | 00:37:37.90 | 00:37:40.35 | 3:45   | 16   |
| 17   | HEBDA ADRIAN       | 107 |                                  | KRAKÓW        | POL  | SENIOR MĘŻCZYZN            | 11     | M 17 | 00:17:04 | 00:37:46.20 | 00:37:48.80 | 3:46   | 15.9 |
| 18   | CHOJNACKI WIKTOR   | 111 | DWERNIK KAMIEŃ TRAIL             | DWERNIK       | POL  | MASTER MĘŻCZYZN            | 4      | M 18 | 00:16:46 | 00:37:55.45 | 00:37:58.20 | 3:47   | 15.8 |
| 19   | KUBACKI KRZYSZTOF  | 104 | LASY PAŃSTWOWE                   | KRAKÓW        | POL  | SENIOR MĘŻCZYZN            | 12     | M 19 | 00:17:30 | 00:39:16.15 | 00:39:19.40 | 3:55   | 15.3 |
| 20   | KRAŚIŃSKI MARCIN   | 535 |                                  | KRAKÓW        | POL  | MASTER MĘŻCZYZN            | 5      | M 20 | 00:18:29 | 00:40:03.75 | 00:40:08.45 | 4:00   | 15   |
| 21   | GŁÓWKA MICHAŁ      | 121 |                                  | KRAKÓW        | POL  | SENIOR MĘŻCZYZN            | 13     | M 21 | 00:18:31 | 00:40:14.25 | 00:40:17.30 | 4:01   | 14.9 |
| 22   | ŚLEPIAK ADAM       | 151 | STAJNIA BALONA                   | NOWY SĄCZ     | POL  | SENIOR MĘŻCZYZN            | 14     | M 22 | 00:18:15 | 00:40:29.70 | 00:40:32.80 | 4:02   | 14.8 |
| 23   | SZWAJKA KACPER     | 81  | STAJNIA BALONA                   | WROCŁAW       | POL  | SENIOR MĘŻCZYZN            | 15     | M 23 | 00:19:36 | 00:41:04.65 | 00:41:09.50 | 4:06   | 14.6 |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                                            | M-scowość               | Kraj | Kat.                    | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|-------------------------------------------------|-------------------------|------|-------------------------|--------|------|----------|-------------|-------------|--------|------|
| 24   | SMOŁUCH TOMASZ         | 141 | SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM | OLKUSZ                  | POL  | MASTER MĘŻCZYZN         | 6      | M 24 | 00:19:10 | 00:41:31.65 | 00:41:34.55 | 4:09   | 14.5 |
| 25   | KOMARNICKI DAVID       | 155 | NOWY STYL RUNNING TEAM                          | KROSNO                  | POL  | SENIOR MĘŻCZYZN         | 16     | M 25 | 00:18:57 | 00:42:07.95 | 00:42:12.45 | 4:12   | 14.2 |
| 26   | STOGOWSKI GRZEGORZ     | 16  | BRAK                                            | CHORZÓW                 | POL  | MASTER MĘŻCZYZN         | 7      | M 26 | 00:19:54 | 00:42:12.00 | 00:42:22.25 | 4:13   | 14.2 |
| 27   | NALEPA PAWEŁ           | 75  | CHILLOUT CREW                                   | BIAŁA NIŻNA             | POL  | SENIOR MĘŻCZYZN         | 17     | M 27 | 00:19:05 | 00:42:19.15 | 00:42:23.90 | 4:13   | 14.2 |
| 28   | BRZOZOWICZ JAKUB       | 98  | TS AKS CHORZÓW                                  | ŚWIĘTOCHŁOWICE          | POL  | MASTER MĘŻCZYZN         | 8      | M 28 | 00:19:37 | 00:42:27.15 | 00:42:30.40 | 4:14   | 14.1 |
| 29   | ŚWIRSZCZ ANDRZEJ       | 27  | ANAFIZJOTERAPIA                                 | ZAKRUCZE                | POL  | SENIOR MĘŻCZYZN         | 18     | M 29 | 00:18:56 | 00:42:40.45 | 00:42:46.40 | 4:16   | 14.1 |
| 30   | SIKORA RAFAŁ           | 159 |                                                 | GRABINY                 | POL  | SENIOR MĘŻCZYZN         | 19     | M 30 | 00:19:35 | 00:42:42.70 | 00:42:49.35 | 4:16   | 14.1 |
| 31   | ZBOROWSKI JÓZEF        | 459 |                                                 |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 4      | M 31 | 00:19:25 | 00:42:48.35 | 00:42:51.40 | 4:16   | 14   |
| 32   | SIBIK ANDRZEJ          | 134 | ITMBW KRAKÓW                                    | KRAKÓW                  | POL  | SENIOR MĘŻCZYZN         | 20     | M 32 | 00:19:00 | 00:43:17.80 | 00:43:21.60 | 4:19   | 13.9 |
| 33   | HOMA RAFAŁ             | 507 | HOTEL KLIMEK****SPA                             |                         | POL  | SENIOR MĘŻCZYZN         | 21     | M 33 | 00:20:29 | 00:43:20.85 | 00:43:24.35 | 4:20   | 13.8 |
| 34   | LEWCZUK NORBERT        | 534 |                                                 | ŁOSICE                  | POL  | MASTER MĘŻCZYZN         | 9      | M 34 | 00:20:25 | 00:43:44.80 | 00:43:52.35 | 4:22   | 13.7 |
| 35   | KOŁEK TOMASZ           | 97  |                                                 | NOWY SĄCZ               | POL  | SENIOR MĘŻCZYZN         | 22     | M 35 | 00:20:46 | 00:43:55.70 | 00:44:02.05 | 4:23   | 13.7 |
| 36   | KALUŻYŃSKI BOGDAN      | 506 | HOTEL KLIMEK****SPA                             |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 5      | M 36 | 00:21:36 | 00:43:50.20 | 00:44:02.60 | 4:23   | 13.7 |
| 37   | ISKRZYCKI ANDRZEJ      | 510 | HOTEL KLIMEK****SPA                             |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 6      | M 37 | 00:21:35 | 00:43:49.60 | 00:44:02.70 | 4:22   | 13.7 |
| 38   | KICZKA KAMIL           | 59  | DOJO AKADEMIA                                   | KRYNICA-ZDRÓJ           | POL  | SENIOR MĘŻCZYZN         | 23     | M 38 | 00:20:54 | 00:43:54.10 | 00:44:03.25 | 4:23   | 13.7 |
| 39   | DUBIEL JAROSŁAW        | 137 | IAC DÜREN                                       | JASŁO                   | AFG  | WETERAN SENIOR MĘŻCZYZN | 7      | M 39 | 00:19:53 | 00:43:57.95 | 00:44:06.65 | 4:23   | 13.7 |
| 40   | DUNAL PAWEŁ            | 90  | ŚLĘZAK TEAM                                     | MIECHÓW                 | POL  | MASTER MĘŻCZYZN         | 10     | M 40 | 00:21:11 | 00:44:09.70 | 00:44:20.00 | 4:24   | 13.6 |
| 41   | KANIA MARIAN           | 457 |                                                 |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 8      | M 41 | 00:20:12 | 00:44:19.40 | 00:44:23.55 | 4:25   | 13.5 |
| 42   | ANDERSON AVASH         | 119 |                                                 | LONDON                  | GBR  | SENIOR MĘŻCZYZN         | 24     | M 42 | 00:20:40 | 00:44:45.65 | 00:44:48.40 | 4:28   | 13.4 |
| 43   | NADRATOWSKI SŁAWOMIR   | 145 |                                                 | NOWY SĄCZ               | POL  | WETERAN SENIOR MĘŻCZYZN | 9      | M 43 | 00:20:49 | 00:44:47.95 | 00:44:53.20 | 4:28   | 13.4 |
| 44   | SADO TOMASZ SADO       | 2   | AZS AWF KRAKÓW MASTERS                          | KRAKÓW                  | POL  | SENIOR MĘŻCZYZN         | 25     | M 44 | 00:20:48 | 00:44:45.10 | 00:44:56.55 | 4:28   | 13.4 |
| 45   | SIDOWSKI KRZYSZTOF     | 150 | BBL OSTROWIEC ŚWIĘTOKRZYSKI                     | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | WETERAN SENIOR MĘŻCZYZN | 10     | M 45 | 00:20:24 | 00:44:55.50 | 00:45:01.60 | 4:29   | 13.4 |
| 46   | SKIBICKI KRZYSZTOF     | 109 | D.A.M.Y.R.A.D.E.                                | OŚWIĘCIM                | POL  | WETERAN SENIOR MĘŻCZYZN | 11     | M 46 | 00:20:30 | 00:44:56.35 | 00:45:02.80 | 4:29   | 13.4 |
| 47   | MAGIERA MAREK          | 152 | ULTRA BESKID SPORT                              | BIELSKO-BIAŁA           | POL  | WETERAN MASTER MĘŻCZYZN | 1      | M 47 | 00:20:53 | 00:45:25.70 | 00:45:30.60 | 4:32   | 13.2 |
| 48   | STROIŃSKI FRANCISZEK   | 498 |                                                 |                         | POL  | WETERAN SENIOR MĘŻCZYZN | 12     | M 48 | 00:20:22 | 00:45:32.65 | 00:45:34.65 | 4:33   | 13.2 |
| 49   | ZŁOCKI ARKADIUSZ       | 144 |                                                 | NOWY SĄCZ               | POL  | SENIOR MĘŻCZYZN         | 26     | M 49 | 00:21:06 | 00:45:44.60 | 00:45:51.60 | 4:34   | 13.1 |
| 50   | GAJOWSKI DARIUSZ       | 531 |                                                 |                         | POL  | MASTER MĘŻCZYZN         | 11     | M 50 | 00:21:26 | 00:46:04.60 | 00:46:08.10 | 4:36   | 13   |
| 51   | ZALEŚNY JANUSZ         | 44  | JASIELSKIE STOWARZYSZENIE CYKLISTÓW             | JASŁO                   | POL  | WETERAN SENIOR MĘŻCZYZN | 13     | M 51 | 00:21:09 | 00:46:10.95 | 00:46:17.30 | 4:37   | 13   |
| 52   | ANDRZEJEWSKI KRZYSZTOF | 12  |                                                 | TYMIENICE               | POL  | WETERAN SENIOR MĘŻCZYZN | 14     | M 52 | 00:21:18 | 00:46:39.30 | 00:46:47.10 | 4:39   | 12.9 |
| 53   | NOWOTNY MARIAN         | 63  | NIEPOŁOMICE BIEGAJĄ                             | DAMIENICE               | POL  | WETERAN MASTER MĘŻCZYZN | 2      | M 53 | 00:20:37 | 00:46:39.35 | 00:46:50.90 | 4:39   | 12.9 |
| 54   | DAWID MATEUSZ          | 35  | AQUA FITNESS BIELSKO-BIAŁA                      | JASZENICA               | POL  | SENIOR MĘŻCZYZN         | 27     | M 54 | 00:22:22 | 00:46:54.40 | 00:46:58.60 | 4:41   | 12.8 |
| 55   | ŁACNY ŁUKASZ           | 76  |                                                 | NOWY SĄCZ               | POL  | SENIOR MĘŻCZYZN         | 28     | M 55 | 00:21:23 | 00:46:59.35 | 00:47:03.15 | 4:41   | 12.8 |
| 56   | MLEKO ROMAN            | 74  | ITMBW KRAKÓW                                    | KRAKÓW                  | POL  | WETERAN MASTER MĘŻCZYZN | 3      | M 56 | 00:21:24 | 00:47:21.30 | 00:47:25.30 | 4:44   | 12.7 |
| 57   | DYDA KRZYSZTOF         | 163 |                                                 | KACWIN                  | POL  | MASTER MĘŻCZYZN         | 12     | M 57 | 00:21:15 | 00:47:21.05 | 00:47:28.05 | 4:44   | 12.7 |
| 58   | ZBOROWSKI KAZIMIERZ    | 96  |                                                 | KRYNICA-ZDRÓJ           | POL  | WETERAN SENIOR MĘŻCZYZN | 15     | M 58 | 00:22:02 | 00:47:38.10 | 00:47:43.80 | 4:45   | 12.6 |
| 59   | NOWOTNY JAROSŁAW       | 517 |                                                 |                         |      | MASTER MĘŻCZYZN         | 13     | M 59 | 00:21:53 | 00:47:43.05 | 00:47:55.25 | 4:46   | 12.6 |
| 60   | KAPRAŁ ADAM            | 114 | DWERNIK KAMIEŃ TRAIL                            | DWERNIK                 | POL  | WETERAN SENIOR MĘŻCZYZN | 16     | M 60 | 00:22:13 | 00:47:58.05 | 00:48:06.30 | 4:47   | 12.5 |
| 61   | WESOŁOWSKI ROBERT      | 536 |                                                 | DĘBLIN                  | POL  | MASTER MĘŻCZYZN         | 14     | M 61 | 00:22:27 | 00:47:54.75 | 00:48:07.80 | 4:47   | 12.5 |
| 62   | SZYMAŃSKI MICHAŁ       | 133 |                                                 | NOWY SĄCZ               | POL  | MASTER MĘŻCZYZN         | 15     | M 62 | 00:21:58 | 00:47:58.25 | 00:48:09.40 | 4:47   | 12.5 |
| 63   | NALEPA MACIEK          | 84  |                                                 | NOWY SĄCZ               | POL  | MASTER MĘŻCZYZN         | 16     | M 63 | 00:21:52 | 00:48:16.05 | 00:48:25.50 | 4:49   | 12.4 |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                   | M-scowość            | Kraj | Kat.                    | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|-----|------------------------|----------------------|------|-------------------------|--------|-------|----------|-------------|-------------|--------|------|
| 64   | JOŃSKI TOMASZ         | 522 |                        |                      | POL  | SENIOR MĘŻCZYZN         | 29     | M 64  | 00:23:45 | 00:48:23.10 | 00:48:25.80 | 4:50   | 12.4 |
| 65   | DOMISZEWSKI WOJCIECH  | 165 |                        | USTRYKI DOLNE        | POL  | WETERAN SENIOR MĘŻCZYZN | 17     | M 65  | 00:22:13 | 00:48:23.25 | 00:48:31.15 | 4:50   | 12.4 |
| 66   | DAWID PIOTR           | 30  |                        | JASZENICA            | POL  | WETERAN SENIOR MĘŻCZYZN | 18     | M 66  | 00:22:01 | 00:48:41.90 | 00:48:49.45 | 4:52   | 12.3 |
| 67   | KILAR MARCIN          | 519 |                        | KRAKÓW               | POL  | MASTER MĘŻCZYZN         | 17     | M 67  | 00:22:09 | 00:48:53.15 | 00:49:00.35 | 4:53   | 12.3 |
| 68   | HERMAN IRENEUSZ       | 67  |                        | SIEMIANOWICE ŚLĄSKIE | POL  | MASTER MĘŻCZYZN         | 18     | M 68  | 00:22:59 | 00:49:13.60 | 00:49:23.50 | 4:55   | 12.2 |
| 69   | MORDARSKI JACEK       | 118 | BIEGAM BO LUBIEŹ       | NAWOJOWA             | POL  | WETERAN MASTER MĘŻCZYZN | 4      | M 69  | 00:22:57 | 00:50:10.15 | 00:50:15.90 | 5:01   | 12   |
| 70   | SOWA JACEK            | 525 |                        | RZESZÓW              | POL  | MASTER MĘŻCZYZN         | 19     | M 70  | 00:23:14 | 00:50:04.55 | 00:50:19.55 | 5:00   | 12   |
| 71   | PLYWACZYK MACIEJ      | 147 | TEAM PLESZEW           | PLESZEW              | POL  | WETERAN SENIOR MĘŻCZYZN | 19     | M 71  | 00:23:09 | 00:50:31.05 | 00:50:36.40 | 5:03   | 11.9 |
| 72   | PILCH MAREK           | 419 | GŁOS SENIORA           | .                    | POL  | WETERAN MASTER MĘŻCZYZN | 5      | M 72  | 00:22:25 | 00:50:45.95 | 00:50:49.00 | 5:04   | 11.8 |
| 73   | DALEWSKI MICHAŁ       | 58  |                        | NOWY SĄCZ            | POL  | MASTER MĘŻCZYZN         | 20     | M 73  | 00:23:05 | 00:50:42.95 | 00:50:52.10 | 5:04   | 11.8 |
| 74   | PANEK MAREK           | 526 |                        |                      | POL  | SENIOR MĘŻCZYZN         | 30     | M 74  | 00:24:04 | 00:50:57.60 | 00:51:12.30 | 5:05   | 11.8 |
| 75   | TRELA JACEK           | 115 | AZS AWF KRAKÓW MASTERS | KRAKÓW               | POL  | WETERAN MASTER MĘŻCZYZN | 6      | M 75  | 00:24:16 | 00:51:11.55 | 00:51:23.45 | 5:07   | 11.7 |
| 76   | WÓJTOWICZ PAWEŁ       | 472 |                        |                      | POL  | WETERAN SENIOR MĘŻCZYZN | 20     | M 76  | 00:22:57 | 00:51:23.30 | 00:51:38.25 | 5:08   | 11.7 |
| 77   | NOWIK JERZY           | 110 |                        | HAJNÓWKA             | POL  | WETERAN SENIOR MĘŻCZYZN | 21     | M 77  | 00:23:52 | 00:51:59.40 | 00:52:11.65 | 5:11   | 11.5 |
| 78   | OLEŚ RAFAŁ            | 508 | HOTEL KLIMEK****SPA    |                      | POL  | SENIOR MĘŻCZYZN         | 31     | M 78  | 00:24:06 | 00:52:38.15 | 00:52:50.40 | 5:15   | 11.4 |
| 79   | KALBARCZYK WALDEMAR   | 474 |                        |                      | POL  | WETERAN MASTER MĘŻCZYZN | 7      | M 79  | 00:24:40 | 00:53:36.95 | 00:53:42.30 | 5:21   | 11.2 |
| 80   | MAZUR OLIVER          | 62  | O CO BIEGA W KALETACH  | KALETY               | POL  | SENIOR MĘŻCZYZN         | 32     | M 80  | 00:24:19 | 00:54:11.90 | 00:54:16.20 | 5:25   | 11.1 |
| 81   | CYRAN ANDRZEJ         | 10  | NOWY ŻMIGRÓD BIEGA     | NOWY ŻMIGRÓD         | POL  | WETERAN SENIOR MĘŻCZYZN | 22     | M 81  | 00:25:52 | 00:54:27.15 | 00:54:44.40 | 5:26   | 11   |
| 82   | BALON ADAM            | 140 |                        | KROSNO               | POL  | SENIOR MĘŻCZYZN         | 33     | M 82  | 00:26:56 | 00:54:43.35 | 00:54:56.70 | 5:28   | 11   |
| 83   | SZOZDA DAMIAN         | 487 |                        | JAWORZNO             | POL  | SENIOR MĘŻCZYZN         | 34     | M 83  | 00:25:00 | 00:55:00.75 | 00:55:17.25 | 5:30   | 10.9 |
| 84   | MUCHA OREST           | 128 |                        | WIĘCKI               | POL  | MASTER MĘŻCZYZN         | 21     | M 84  | 00:23:07 | 00:55:23.95 | 00:55:29.10 | 5:32   | 10.8 |
| 85   | STANEK TOMASZ         | 538 |                        |                      | POL  | WETERAN SENIOR MĘŻCZYZN | 23     | M 85  | 00:24:17 | 00:55:29.25 | 00:55:37.05 | 5:32   | 10.8 |
| 86   | KACZMAREK MARIUSZ     | 161 | BBL                    | KRAKÓW               | POL  | SENIOR MĘŻCZYZN         | 35     | M 86  | 00:25:31 | 00:55:35.65 | 00:55:51.60 | 5:33   | 10.8 |
| 87   | KOŁAKOWSKI DARIUSZ    | 122 |                        | ŚWIDWIN              | POL  | WETERAN SENIOR MĘŻCZYZN | 24     | M 87  | 00:23:32 | 00:56:28.15 | 00:56:34.70 | 5:38   | 10.6 |
| 88   | KOSMAŁA PRZEMEK       | 73  |                        | RADOM                | POL  | SENIOR MĘŻCZYZN         | 36     | M 88  | 00:27:54 | 00:57:42.15 | 00:57:58.20 | 5:46   | 10.4 |
| 89   | SZWACZKA SEBASTIAN    | 106 |                        | WARSZAWA             | POL  | MASTER MĘŻCZYZN         | 22     | M 89  | 00:26:29 | 00:58:20.35 | 00:58:26.30 | 5:50   | 10.3 |
| 90   | PIĄTEK PAWEŁ          | 528 |                        |                      | POL  | WETERAN SENIOR MĘŻCZYZN | 25     | M 90  | 00:26:32 | 00:58:13.25 | 00:58:27.20 | 5:49   | 10.3 |
| 91   | KRAWCZYK JAKUB        | 82  |                        | BEREST               | POL  | SENIOR MĘŻCZYZN         | 37     | M 91  | 00:25:53 | 00:58:30.60 | 00:58:35.65 | 5:51   | 10.3 |
| 92   | BRZESKI MIROSŁAW      | 64  |                        | NOWY SĄCZ            | POL  | MASTER MĘŻCZYZN         | 23     | M 92  | 00:28:13 | 00:58:46.00 | 00:59:01.15 | 5:52   | 10.2 |
| 93   | KACZOR LUKASZ         | 100 | ŁUKASZ KACZOR          | KRAKÓW               | POL  | MASTER MĘŻCZYZN         | 24     | M 93  | 00:26:12 | 00:59:09.55 | 00:59:23.05 | 5:54   | 10.1 |
| 94   | FLOREK TOMASZ         | 7   |                        | ŁYSA GÓRA            | POL  | MASTER MĘŻCZYZN         | 25     | M 94  | 00:26:26 | 00:59:25.35 | 00:59:32.95 | 5:56   | 10.1 |
| 95   | BAŁAŻIŃSKI SEBASTIAN  | 89  |                        | MIECHÓW              | POL  | MASTER MĘŻCZYZN         | 26     | M 95  | 00:27:36 | 01:01:25.50 | 01:01:35.85 | 6:08   | 9.8  |
| 96   | PIĄTKOWSKI PAWEŁ      | 23  |                        | BOCHNIA              | POL  | MASTER MĘŻCZYZN         | 27     | M 96  | 00:28:10 | 01:02:06.95 | 01:02:22.40 | 6:12   | 9.7  |
| 97   | WÓJTOWICZ ZDZISŁAW    | 530 |                        |                      | POL  | WETERAN MASTER MĘŻCZYZN | 8      | M 97  | 00:29:02 | 01:03:29.15 | 01:03:40.45 | 6:20   | 9.5  |
| 98   | STOPNICKI IGNACY      | 116 | TUPOT USTKA            | USTKA                | POL  | WETERAN MASTER MĘŻCZYZN | 9      | M 98  | 00:28:49 | 01:03:47.45 | 01:03:55.85 | 6:22   | 9.4  |
| 99   | SZCZEPOCKI ANDRZEJ    | 31  |                        |                      | POL  | WETERAN SENIOR MĘŻCZYZN | 26     | M 99  | 00:29:50 | 01:04:10.15 | 01:04:24.70 | 6:25   | 9.4  |
| 100  | BAŁAŻIŃSKI MIECZYSLAW | 520 |                        |                      | POL  | WETERAN MASTER MĘŻCZYZN | 10     | M 100 | 00:29:01 | 01:05:51.50 | 01:06:00.35 | 6:35   | 9.1  |
| 101  | WRONICZ ZYGMUNT       | 164 |                        | KRYNICA-ZDRÓJ        | POL  | WETERAN MASTER MĘŻCZYZN | 11     | M 101 | 00:30:03 | 01:06:03.80 | 01:06:16.80 | 6:36   | 9.1  |
| 102  | TALAGA KONRAD         | 482 |                        | TARNINA DOLNA        | POL  | SENIOR MĘŻCZYZN         | 38     | M 102 | 00:30:45 | 01:07:43.65 | 01:08:01.70 | 6:46   | 8.9  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, OPEN Mężczyźni c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub           | M-scowość | Kraj | Kat.                    | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|---------------------|-----|----------------|-----------|------|-------------------------|--------|-------|----------|-------------|-------------|--------|------|
| 103  | MIELCZAREK GRZEGORZ | 15  | AM.TRENER TEAM | OPOLE     | POL  | WETERAN SENIOR MĘŻCZYZN | 27     | M 103 | 00:29:44 | 01:08:51.55 | 01:09:00.95 | 6:53   | 8.7  |
| 104  | ŚLIWA MACIEJ        | 156 | BRAK           | KRAKÓW    | POL  | WETERAN SENIOR MĘŻCZYZN | 28     | M 104 | 00:37:05 | 01:21:52.55 | 01:22:03.10 | 8:11   | 7.3  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Senior Kobiet**

| M-ce | Nazwisko i imię      | Nr  | Klub                             | M-scowość           | Kraj | Kat.          | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|----------------------------------|---------------------|------|---------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | WICHA IWONA          | 124 | ŁOBODZIŃSKI TEAM/PREFBET SONAROL | WARSZAWA - BEMOWO   | POL  | SENIOR KOBIET | 1      | K 1  | 00:16:48 | 00:35:26.40 | 00:35:28.05 | 3:32   | 16.9 |
| 2    | KMIEĆ KATARZYNA      | 533 |                                  | PERŁA               | POL  | SENIOR KOBIET | 2      | K 2  | 00:17:34 | 00:37:16.05 | 00:37:18.15 | 3:43   | 16.1 |
| 3    | KULKA-MNICH REGINA   | 153 |                                  | ROPA                | POL  | SENIOR KOBIET | 3      | K 3  | 00:17:50 | 00:38:01.05 | 00:38:03.20 | 3:48   | 15.8 |
| 4    | KRUK EMILIA          | 450 |                                  |                     | POL  | SENIOR KOBIET | 4      | K 5  | 00:19:37 | 00:41:10.10 | 00:41:12.40 | 4:07   | 14.6 |
| 5    | JAWORSKA WIOLETA     | 71  | TEAM KOPEĆ                       | WARSZAWA            | POL  | SENIOR KOBIET | 5      | K 7  | 00:19:46 | 00:42:31.65 | 00:42:36.40 | 4:15   | 14.1 |
| 6    | ORZYSZEK ROKSANA     | 50  |                                  | RYDUŁTOWY           | POL  | SENIOR KOBIET | 6      | K 12 | 00:21:40 | 00:47:16.05 | 00:47:19.55 | 4:43   | 12.7 |
| 7    | KICZKA NATALIA       | 60  | DOJO AKADEMIA SPORTOWA MUSZYNA   | MUSZYNA             | POL  | SENIOR KOBIET | 7      | K 16 | 00:23:33 | 00:49:15.80 | 00:49:24.40 | 4:55   | 12.2 |
| 8    | WIŚNIEWSKA ANNA      | 129 | STREFA FIT                       | GRODZISK MAZOWIECKI | POL  | SENIOR KOBIET | 8      | K 17 | 00:22:46 | 00:49:48.35 | 00:49:57.85 | 4:58   | 12   |
| 9    | WITEK NATALIA        | 8   | AZS AWF KRAKÓW MASTERS           | KRAKÓW              | POL  | SENIOR KOBIET | 9      | K 18 | 00:24:17 | 00:51:12.45 | 00:51:23.60 | 5:07   | 11.7 |
| 10   | RZEMIŃSKA KINGA      | 99  |                                  | STRÓŻE              | POL  | SENIOR KOBIET | 10     | K 22 | 00:23:35 | 00:52:10.80 | 00:52:16.65 | 5:13   | 11.5 |
| 11   | KRÓŁ EDYTA           | 511 |                                  |                     | POL  | SENIOR KOBIET | 11     | K 27 | 00:24:54 | 00:53:53.95 | 00:53:57.45 | 5:23   | 11.1 |
| 12   | REPELEWICZ NATALIA   | 56  |                                  | NOWY SĄCZ           | POL  | SENIOR KOBIET | 12     | K 29 | 00:25:41 | 00:55:18.30 | 00:55:30.70 | 5:31   | 10.8 |
| 13   | SZEWczyk NINA        | 69  |                                  | NOWY SĄCZ           | POL  | SENIOR KOBIET | 13     | K 30 | 00:24:36 | 00:55:24.35 | 00:55:36.80 | 5:32   | 10.8 |
| 14   | MICHNO AGATA         | 132 |                                  | KRAKÓW              | POL  | SENIOR KOBIET | 14     | K 34 | 00:26:38 | 00:56:29.45 | 00:56:41.20 | 5:38   | 10.6 |
| 15   | SPYRKA EWELINA       | 136 |                                  | LUBIEŃ              | POL  | SENIOR KOBIET | 15     | K 37 | 00:26:24 | 00:57:07.60 | 00:57:16.30 | 5:42   | 10.5 |
| 16   | MŁOCKA AGATA         | 524 |                                  |                     | POL  | SENIOR KOBIET | 16     | K 39 | 00:25:04 | 00:58:09.75 | 00:58:19.90 | 5:48   | 10.3 |
| 17   | JANIK ZOFIA          | 493 |                                  |                     | POL  | SENIOR KOBIET | 17     | K 45 | 00:29:29 | 00:59:58.20 | 01:00:09.65 | 5:59   | 10   |
| 18   | MARKIEWICZ URSZULA   | 468 |                                  |                     | POL  | SENIOR KOBIET | 18     | K 48 | 00:27:49 | 01:00:51.75 | 01:01:03.10 | 6:05   | 9.9  |
| 19   | KRÓŁ NATALIA         | 83  | LUBELSKI BANK SPÓŁDZIELCZY       | KOŃSKOWOLA          | POL  | SENIOR KOBIET | 19     | K 51 | 00:26:52 | 01:03:04.40 | 01:03:08.35 | 6:18   | 9.5  |
| 20   | MARASOIU EVELINE     | 162 |                                  | WARSAW              | POL  | SENIOR KOBIET | 20     | K 52 |          | 01:03:23.00 | 01:03:23.00 | 6:20   | 9.5  |
| 21   | KILAR ANNA           | 518 |                                  |                     | POL  | SENIOR KOBIET | 21     | K 53 | 00:28:56 | 01:03:18.65 | 01:03:31.20 | 6:19   | 9.5  |
| 22   | ZAWIŚLAN AGNIESZKA   | 167 |                                  | KRYNICA-ZDRÓJ       | POL  | SENIOR KOBIET | 22     | K 56 | 00:27:02 | 01:04:26.85 | 01:04:36.55 | 6:26   | 9.3  |
| 23   | BEDNAREK-KŁOS SANDRA | 91  |                                  | OPOLE               | POL  | SENIOR KOBIET | 23     | K 58 | 00:30:06 | 01:04:57.15 | 01:05:07.70 | 6:29   | 9.2  |
| 24   | BŁASZCZUK-MALIK EWA  | 95  |                                  | ZAGÓRZE             | POL  | SENIOR KOBIET | 23     | K 58 | 00:30:06 | 01:04:57.15 | 01:05:07.70 | 6:29   | 9.2  |
| 25   | PABIAN KATARZYNA     | 481 |                                  | KRAKÓW              | POL  | SENIOR KOBIET | 25     | K 60 | 00:30:45 | 01:07:39.60 | 01:07:57.20 | 6:45   | 8.9  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Senior Mężczyzn**

| M-ce | Nazwisko i imię    | Nr  | Klub                             | M-scowość      | Kraj | Kat.            | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|--------------------|-----|----------------------------------|----------------|------|-----------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | LIPiński MATEUSZ   | 521 |                                  |                | POL  | SENIOR MĘŻCZYZN | 1      | M 1  | 00:15:00 | 00:31:02.80 | 00:31:04.15 | 3:06   | 19.3 |
| 2    | POCIECHA TOMASZ    | 77  | TLC GORLICE                      | KRYG           | POL  | SENIOR MĘŻCZYZN | 2      | M 2  | 00:15:00 | 00:31:44.40 | 00:31:45.85 | 3:10   | 18.9 |
| 3    | DOMISZEWSKI IGNACY | 105 | GUKLA BRATKOWICE KORZENIOWSKI.PL | USTRZYKI DOLNE | POL  | SENIOR MĘŻCZYZN | 3      | M 3  | 00:15:00 | 00:31:50.45 | 00:31:51.60 | 3:11   | 18.8 |
| 4    | SUŁKOWSKI RAFAŁ    | 532 |                                  | LIMANOWA       | POL  | SENIOR MĘŻCZYZN | 4      | M 4  | 00:15:01 | 00:33:01.25 | 00:33:02.50 | 3:18   | 18.2 |
| 5    | BUŻNIAK ARKADIUSZ  | 68  | BRYGADA BESKIDÓW                 | NOWY SĄCZ      | POL  | SENIOR MĘŻCZYZN | 5      | M 5  | 00:15:16 | 00:34:15.85 | 00:34:17.50 | 3:25   | 17.5 |
| 6    | BIEŃ PRZEMYSŁAW    | 80  | KS RYGLICE-SEKCJA BIEGOWA        | JONINY         | POL  | SENIOR MĘŻCZYZN | 6      | M 6  | 00:15:44 | 00:34:27.75 | 00:34:30.20 | 3:26   | 17.4 |
| 7    | DUDCZAK KACPER     | 158 | LLKS WSCHOWA SIEN                | RYTRO          | POL  | SENIOR MĘŻCZYZN | 7      | M 7  | 00:16:25 | 00:35:03.95 | 00:35:06.70 | 3:30   | 17.1 |
| 8    | POCIECHA PIOTR     | 537 |                                  |                | POL  | SENIOR MĘŻCZYZN | 8      | M 12 | 00:16:20 | 00:36:51.15 | 00:36:52.70 | 3:41   | 16.3 |
| 9    | RODZUCH DANIEL     | 166 |                                  | WARSZAWA       | POL  | SENIOR MĘŻCZYZN | 9      | M 13 | 00:17:21 | 00:36:52.70 | 00:36:55.45 | 3:41   | 16.3 |
| 10   | DARŁAK LUCASZ      | 420 | STAJNIA BALONA                   | RZESZÓW        | POL  | SENIOR MĘŻCZYZN | 10     | M 16 | 00:17:50 | 00:37:37.90 | 00:37:40.35 | 3:45   | 16   |
| 11   | HEBDA ADRIAN       | 107 |                                  | KRAKÓW         | POL  | SENIOR MĘŻCZYZN | 11     | M 17 | 00:17:04 | 00:37:46.20 | 00:37:48.80 | 3:46   | 15.9 |
| 12   | KUBACKI KRZYSZTOF  | 104 | LASY PAŃSTWOWE                   | KRAKÓW         | POL  | SENIOR MĘŻCZYZN | 12     | M 19 | 00:17:30 | 00:39:16.15 | 00:39:19.40 | 3:55   | 15.3 |
| 13   | GŁÓWKA MICHAŁ      | 121 |                                  | KRAKÓW         | POL  | SENIOR MĘŻCZYZN | 13     | M 21 | 00:18:31 | 00:40:14.25 | 00:40:17.30 | 4:01   | 14.9 |
| 14   | ŚLEPIAK ADAM       | 151 | STAJNIA BALONA                   | NOWY SĄCZ      | POL  | SENIOR MĘŻCZYZN | 14     | M 22 | 00:18:15 | 00:40:29.70 | 00:40:32.80 | 4:02   | 14.8 |
| 15   | SZWAJKA KACPER     | 81  | STAJNIA BALONA                   | WROCŁAW        | POL  | SENIOR MĘŻCZYZN | 15     | M 23 | 00:19:36 | 00:41:04.65 | 00:41:09.50 | 4:06   | 14.6 |
| 16   | KOMARNICKI DAVID   | 155 | NOWY STYL RUNNING TEAM           | KROŚNO         | POL  | SENIOR MĘŻCZYZN | 16     | M 25 | 00:18:57 | 00:42:07.95 | 00:42:12.45 | 4:12   | 14.2 |
| 17   | NALEPA PAWEŁ       | 75  | CHILLOUT CREW                    | BIAŁA NIŻNA    | POL  | SENIOR MĘŻCZYZN | 17     | M 27 | 00:19:05 | 00:42:19.15 | 00:42:23.90 | 4:13   | 14.2 |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Senior Mężczyzn c.d.**

| M-ce | Nazwisko i imię   | Nr  | Klub                       | M-scowość     | Kraj | Kat.            | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|-------------------|-----|----------------------------|---------------|------|-----------------|--------|-------|----------|-------------|-------------|--------|------|
| 18   | ŚWIRSZCZ ANDRZEJ  | 27  | ANAFIZJOTERAPIA            | ZAKRUCZE      | POL  | SENIOR MĘŻCZYZN | 18     | M 29  | 00:18:56 | 00:42:40.45 | 00:42:46.40 | 4:16   | 14.1 |
| 19   | SIKORA RAFAŁ      | 159 |                            | GRABINY       | POL  | SENIOR MĘŻCZYZN | 19     | M 30  | 00:19:35 | 00:42:42.70 | 00:42:49.35 | 4:16   | 14.1 |
| 20   | SIBIK ANDRZEJ     | 134 | ITMBW KRAKÓW               | KRAKÓW        | POL  | SENIOR MĘŻCZYZN | 20     | M 32  | 00:19:00 | 00:43:17.80 | 00:43:21.60 | 4:19   | 13.9 |
| 21   | HOMA RAFAŁ        | 507 | HOTEL KLIMEK****SPA        |               | POL  | SENIOR MĘŻCZYZN | 21     | M 33  | 00:20:29 | 00:43:20.85 | 00:43:24.35 | 4:20   | 13.8 |
| 22   | KOLEK TOMASZ      | 97  |                            | NOWY SĄCZ     | POL  | SENIOR MĘŻCZYZN | 22     | M 35  | 00:20:46 | 00:43:55.70 | 00:44:02.05 | 4:23   | 13.7 |
| 23   | KICZKA KAMIL      | 59  | DOJO AKADEMIA              | KRYNICA-ZDRÓJ | POL  | SENIOR MĘŻCZYZN | 23     | M 38  | 00:20:54 | 00:43:54.10 | 00:44:03.25 | 4:23   | 13.7 |
| 24   | ANDERSON AVASH    | 119 |                            | LONDON        | GBR  | SENIOR MĘŻCZYZN | 24     | M 42  | 00:20:40 | 00:44:45.65 | 00:44:48.40 | 4:28   | 13.4 |
| 25   | SADO TOMASZ SADO  | 2   | AZS AWF KRAKÓW MASTERS     | KRAKÓW        | POL  | SENIOR MĘŻCZYZN | 25     | M 44  | 00:20:48 | 00:44:45.10 | 00:44:56.55 | 4:28   | 13.4 |
| 26   | ZŁOCKI ARKADIUSZ  | 144 |                            | NOWY SĄCZ     | POL  | SENIOR MĘŻCZYZN | 26     | M 49  | 00:21:06 | 00:45:44.60 | 00:45:51.60 | 4:34   | 13.1 |
| 27   | DAWID MATEUSZ     | 35  | AQUA FITNESS BIELSKO-BIAŁA | JASZENICA     | POL  | SENIOR MĘŻCZYZN | 27     | M 54  | 00:22:22 | 00:46:54.40 | 00:46:58.60 | 4:41   | 12.8 |
| 28   | ŁACNY ŁUKASZ      | 76  |                            | NOWY SĄCZ     | POL  | SENIOR MĘŻCZYZN | 28     | M 55  | 00:21:23 | 00:46:59.35 | 00:47:03.15 | 4:41   | 12.8 |
| 29   | JOŃSKI TOMASZ     | 522 |                            |               | POL  | SENIOR MĘŻCZYZN | 29     | M 64  | 00:23:45 | 00:48:23.10 | 00:48:25.80 | 4:50   | 12.4 |
| 30   | PANEK MAREK       | 526 |                            |               | POL  | SENIOR MĘŻCZYZN | 30     | M 74  | 00:24:04 | 00:50:57.60 | 00:51:12.30 | 5:05   | 11.8 |
| 31   | OLEŚ RAFAŁ        | 508 | HOTEL KLIMEK****SPA        |               | POL  | SENIOR MĘŻCZYZN | 31     | M 78  | 00:24:06 | 00:52:38.15 | 00:52:50.40 | 5:15   | 11.4 |
| 32   | MAZUR OLIVER      | 62  | O CO BIEGA W KALETACH      | KALETY        | POL  | SENIOR MĘŻCZYZN | 32     | M 80  | 00:24:19 | 00:54:11.90 | 00:54:16.20 | 5:25   | 11.1 |
| 33   | BALON ADAM        | 140 |                            | KROSNO        | POL  | SENIOR MĘŻCZYZN | 33     | M 82  | 00:26:56 | 00:54:43.35 | 00:54:56.70 | 5:28   | 11   |
| 34   | SZOZDA DAMIAN     | 487 |                            | JAWORZNO      | POL  | SENIOR MĘŻCZYZN | 34     | M 83  | 00:25:00 | 00:55:00.75 | 00:55:17.25 | 5:30   | 10.9 |
| 35   | KACZMAREK MARIUSZ | 161 | BBL                        | KRAKÓW        | POL  | SENIOR MĘŻCZYZN | 35     | M 86  | 00:25:31 | 00:55:35.65 | 00:55:51.60 | 5:33   | 10.8 |
| 36   | KOSMAŁA PRZEMEK   | 73  |                            | RADOM         | POL  | SENIOR MĘŻCZYZN | 36     | M 88  | 00:27:54 | 00:57:42.15 | 00:57:58.20 | 5:46   | 10.4 |
| 37   | KRAWCZYK JAKUB    | 82  |                            | BEREST        | POL  | SENIOR MĘŻCZYZN | 37     | M 91  | 00:25:53 | 00:58:30.60 | 00:58:35.65 | 5:51   | 10.3 |
| 38   | TALAGA KONRAD     | 482 |                            | TARNINA DOLNA | POL  | SENIOR MĘŻCZYZN | 38     | M 102 | 00:30:45 | 01:07:43.65 | 01:08:01.70 | 6:46   | 8.9  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Master Kobiet**

| M-ce | Nazwisko i imię      | Nr   | Klub                        | M-scowość               | Kraj | Kat.          | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|----------------------|------|-----------------------------|-------------------------|------|---------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | SKAŁSKA ANNA         | 142  | CARBON SILESIA SPORT        | BYTOM                   | POL  | MASTER KOBIET | 1      | K 4  | 00:18:46 | 00:40:17.60 | 00:40:20.25 | 4:01   | 14.9 |
| 2    | DAWID KATARZYNA      | 29   |                             | JASZENICA               | POL  | MASTER KOBIET | 2      | K 8  | 00:20:08 | 00:43:21.05 | 00:43:25.30 | 4:20   | 13.8 |
| 3    | STARZEC MALGORZATA   | 102  | SUSKA GRUPA BIEGOWA         | SUŁKOWICE               | POL  | MASTER KOBIET | 3      | K 9  | 00:20:29 | 00:43:56.45 | 00:44:02.30 | 4:23   | 13.7 |
| 4    | KORULCZYK KATARZYNA  | 149  | BBL OSTROWIEC ŚWIĘTOKRZYSKI | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | MASTER KOBIET | 4      | K 10 | 00:20:24 | 00:45:14.45 | 00:45:20.70 | 4:31   | 13.3 |
| 5    | ZOSGÓRNIK ALEKSANDRA | 46   | F4 / O CO BIEGA W KALETACH  | TARNOWSKIE GÓRY         | POL  | MASTER KOBIET | 5      | K 11 | 00:20:37 | 00:45:39.50 | 00:45:43.30 | 4:33   | 13.1 |
| 6    | GNUTEK WIOLETTA      | 130  |                             | NOWY SĄCZ               | POL  | MASTER KOBIET | 6      | K 13 | 00:21:30 | 00:47:36.35 | 00:47:47.50 | 4:45   | 12.6 |
| 7    | SKAWIŃSKA JUSTYNA    | 125  |                             | SANOK                   | POL  | MASTER KOBIET | 7      | K 14 | 00:21:32 | 00:47:42.85 | 00:47:49.90 | 4:46   | 12.6 |
| 8    | FIRLEJ ANNA          | 2176 |                             | NOWY SĄCZ               | POL  | MASTER KOBIET | 8      | K 15 | 00:22:32 | 00:48:18.00 | 00:48:26.55 | 4:49   | 12.4 |
| 9    | ŁACHCIK IWONA        | 527  |                             | NOWY SĄCZ               | POL  | MASTER KOBIET | 9      | K 21 | 00:23:34 | 00:51:46.90 | 00:51:53.75 | 5:10   | 11.6 |
| 10   | RÓŻYCKA IWONA        | 94   |                             | NOWY SĄCZ               | POL  | MASTER KOBIET | 10     | K 23 | 00:23:32 | 00:52:24.55 | 00:52:34.60 | 5:14   | 11.5 |
| 11   | PIĘTA MARLENA        | 66   | OSTROBIEC                   | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | MASTER KOBIET | 11     | K 24 | 00:25:05 | 00:52:42.50 | 00:52:55.85 | 5:16   | 11.4 |
| 12   | PRZYSTAŚ AGATA       | 127  | FORREST KRYNICA             | KRYNICA-ZDRÓJ           | POL  | MASTER KOBIET | 12     | K 25 | 00:24:37 | 00:53:14.30 | 00:53:24.00 | 5:19   | 11.3 |
| 13   | BURNUS BEATA         | 101  |                             | KRAKÓW                  | POL  | MASTER KOBIET | 13     | K 32 | 00:25:45 | 00:56:09.65 | 00:56:22.80 | 5:36   | 10.7 |
| 14   | SOSNOWSKA STELLA     | 13   |                             | BEŁCHATÓW               | POL  | MASTER KOBIET | 14     | K 36 | 00:25:23 | 00:56:41.10 | 00:56:48.75 | 5:40   | 10.6 |
| 15   | SKIBA KAMILA         | 157  |                             | CHEŁM                   | POL  | MASTER KOBIET | 15     | K 38 | 00:26:45 | 00:57:47.95 | 00:57:57.60 | 5:46   | 10.4 |
| 16   | MICHAŁIK KAROLINA    | 2134 |                             | NOWY SĄCZ               | POL  | MASTER KOBIET | 16     | K 40 | 00:27:54 | 00:58:33.75 | 00:58:41.85 | 5:51   | 10.2 |
| 17   | BRZESKA IWONA        | 65   |                             | NOWY SĄCZ               | POL  | MASTER KOBIET | 17     | K 41 | 00:28:13 | 00:58:47.15 | 00:59:01.35 | 5:52   | 10.2 |
| 18   | FLOREK BEATA         | 9    |                             | ŁYSA GÓRA               | POL  | MASTER KOBIET | 18     | K 44 | 00:26:22 | 00:59:25.20 | 00:59:32.70 | 5:56   | 10.1 |
| 19   | STAJSZCZYK BARBARA   | 113  | NIEPOŁOMICE BIEGAJĄ         | NIEPOŁOMICE             | POL  | MASTER KOBIET | 19     | K 46 | 00:27:48 | 01:00:11.20 | 01:00:24.80 | 6:01   | 10   |
| 20   | KOPACKA WIOLETTA     | 11   |                             | TARNÓW                  | POL  | MASTER KOBIET | 20     | K 47 | 00:27:14 | 01:00:55.20 | 01:00:55.20 | 6:05   | 9.8  |
| 21   | BAŁAŻIŃSKA ANNA      | 88   |                             | MIECHÓW                 | POL  | MASTER KOBIET | 21     | K 49 | 00:27:35 | 01:01:22.90 | 01:01:33.45 | 6:08   | 9.8  |
| 22   | NOWAK PAULINA        | 26   |                             | BOCHNIA                 | POL  | MASTER KOBIET | 22     | K 50 | 00:28:11 | 01:02:06.70 | 01:02:22.35 | 6:12   | 9.7  |
| 23   | BOŻEK AGNIESZKA      | 112  | NIEPOŁOMICE BIEGAJĄ         | NIEPOŁOMICE             | POL  | MASTER KOBIET | 23     | K 54 | 00:29:47 | 01:04:02.25 | 01:04:16.65 | 6:24   | 9.4  |
| 24   | SOJKA MAŁGORZATA     | 495  |                             |                         | POL  | MASTER KOBIET | 24     | K 55 | 00:29:46 | 01:04:03.00 | 01:04:17.05 | 6:24   | 9.4  |
| 25   | HABEL EWA            | 509  | HOTEL KLIMEK****SPA         |                         | POL  | MASTER KOBIET | 25     | K 57 | 00:29:39 | 01:04:45.85 | 01:04:58.85 | 6:28   | 9.3  |
| 26   | STANEK AGNIESZKA     | 143  |                             | ŁAPSZE NIŻNE            | POL  | MASTER KOBIET | 26     | K 61 | 00:30:00 | 01:08:31.65 | 01:08:38.95 | 6:51   | 8.8  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Master Mężczyzn**

| M-ce | Nazwisko i imię      | Nr  | Klub                                            | M-scowość            | Kraj | Kat.            | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|----------------------|-----|-------------------------------------------------|----------------------|------|-----------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | MALEC ŁUKASZ         | 32  | NIEDZICA TEAM                                   | NIEDZICA             | POL  | MASTER MĘŻCZYZN | 1      | M 8  | 00:16:17 | 00:35:10.75 | 00:35:13.95 | 3:31   | 17.1 |
| 2    | BOCHNIAK MACIEJ      | 529 |                                                 |                      | POL  | MASTER MĘŻCZYZN | 2      | M 10 | 00:16:43 | 00:36:09.90 | 00:36:11.90 | 3:36   | 16.6 |
| 3    | CZUBA WOJCIECH       | 123 | CHARTY Z POŁUDNIA                               | POWROŹNIK            | POL  | MASTER MĘŻCZYZN | 3      | M 14 | 00:16:55 | 00:37:08.20 | 00:37:11.70 | 3:42   | 16.2 |
| 4    | CHOJNACKI WIKTOR     | 111 | DWERNIK KAMIEŃ TRAIL                            | DWERNIK              | POL  | MASTER MĘŻCZYZN | 4      | M 18 | 00:16:46 | 00:37:55.45 | 00:37:58.20 | 3:47   | 15.8 |
| 5    | KRASIŃSKI MARCIN     | 535 |                                                 | KRAKÓW               | POL  | MASTER MĘŻCZYZN | 5      | M 20 | 00:18:29 | 00:40:03.75 | 00:40:08.45 | 4:00   | 15   |
| 6    | SMOŁUCH TOMASZ       | 141 | SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM | OLKUSZ               | POL  | MASTER MĘŻCZYZN | 6      | M 24 | 00:19:10 | 00:41:31.65 | 00:41:34.55 | 4:09   | 14.5 |
| 7    | STOGOWSKI GRZEGORZ   | 16  | BRAK                                            | CHORZÓW              | POL  | MASTER MĘŻCZYZN | 7      | M 26 | 00:19:54 | 00:42:12.00 | 00:42:22.25 | 4:13   | 14.2 |
| 8    | BRZOZOWICZ JAKUB     | 98  | TS AKS CHORZÓW                                  | ŚWIĘTOCHŁOWICE       | POL  | MASTER MĘŻCZYZN | 8      | M 28 | 00:19:37 | 00:42:27.15 | 00:42:30.40 | 4:14   | 14.1 |
| 9    | LEWCZUK NORBERT      | 534 |                                                 | ŁOSICE               | POL  | MASTER MĘŻCZYZN | 9      | M 34 | 00:20:25 | 00:43:44.80 | 00:43:52.35 | 4:22   | 13.7 |
| 10   | DUNAL PAWEŁ          | 90  | ŚLĘZAK TEAM                                     | MIECHÓW              | POL  | MASTER MĘŻCZYZN | 10     | M 40 | 00:21:11 | 00:44:09.70 | 00:44:20.00 | 4:24   | 13.6 |
| 11   | GAJOWSKI DARIUSZ     | 531 |                                                 |                      |      | MASTER MĘŻCZYZN | 11     | M 50 | 00:21:26 | 00:46:04.60 | 00:46:08.10 | 4:36   | 13   |
| 12   | DYDA KRZYSZTOF       | 163 |                                                 | KACWIN               | POL  | MASTER MĘŻCZYZN | 12     | M 57 | 00:21:15 | 00:47:21.05 | 00:47:28.05 | 4:44   | 12.7 |
| 13   | NOWOTNY JAROSŁAW     | 517 |                                                 |                      |      | MASTER MĘŻCZYZN | 13     | M 59 | 00:21:53 | 00:47:43.05 | 00:47:55.25 | 4:46   | 12.6 |
| 14   | WESOŁOWSKI ROBERT    | 536 |                                                 | DĘBLIN               | POL  | MASTER MĘŻCZYZN | 14     | M 61 | 00:22:27 | 00:47:54.75 | 00:48:07.80 | 4:47   | 12.5 |
| 15   | SZYMAŃSKI MICHAŁ     | 133 |                                                 | NOWY SĄCZ            | POL  | MASTER MĘŻCZYZN | 15     | M 62 | 00:21:58 | 00:47:58.25 | 00:48:09.40 | 4:47   | 12.5 |
| 16   | NALEPA MACIEK        | 84  |                                                 | NOWY SĄCZ            | POL  | MASTER MĘŻCZYZN | 16     | M 63 | 00:21:52 | 00:48:16.05 | 00:48:25.50 | 4:49   | 12.4 |
| 17   | KILAR MARCIN         | 519 |                                                 | KRAKÓW               | POL  | MASTER MĘŻCZYZN | 17     | M 67 | 00:22:09 | 00:48:53.15 | 00:49:00.35 | 4:53   | 12.3 |
| 18   | HERMAN IRENEUSZ      | 67  |                                                 | SIEMIANOWICE ŚLĄSKIE | POL  | MASTER MĘŻCZYZN | 18     | M 68 | 00:22:59 | 00:49:13.60 | 00:49:23.50 | 4:55   | 12.2 |
| 19   | SOWA JACEK           | 525 |                                                 | RZESZÓW              | POL  | MASTER MĘŻCZYZN | 19     | M 70 | 00:23:14 | 00:50:04.55 | 00:50:19.55 | 5:00   | 12   |
| 20   | DALEWSKI MICHAŁ      | 58  |                                                 | NOWY SĄCZ            | POL  | MASTER MĘŻCZYZN | 20     | M 73 | 00:23:05 | 00:50:42.95 | 00:50:52.10 | 5:04   | 11.8 |
| 21   | MUCHA OREST          | 128 |                                                 | WIĘCKI               | POL  | MASTER MĘŻCZYZN | 21     | M 84 | 00:23:07 | 00:55:23.95 | 00:55:29.10 | 5:32   | 10.8 |
| 22   | SZWACZKA SEBASTIAN   | 106 |                                                 | WARSZAWA             | POL  | MASTER MĘŻCZYZN | 22     | M 89 | 00:26:29 | 00:58:20.35 | 00:58:26.30 | 5:50   | 10.3 |
| 23   | BRZESKI MIROSLAW     | 64  |                                                 | NOWY SĄCZ            | POL  | MASTER MĘŻCZYZN | 23     | M 92 | 00:28:13 | 00:58:46.00 | 00:59:01.15 | 5:52   | 10.2 |
| 24   | KACZOR ŁUKASZ        | 100 | ŁUKASZ KACZOR                                   | KRAKÓW               | POL  | MASTER MĘŻCZYZN | 24     | M 93 | 00:26:12 | 00:59:09.55 | 00:59:23.05 | 5:54   | 10.1 |
| 25   | FLOREK TOMASZ        | 7   |                                                 | ŁYSA GÓRA            | POL  | MASTER MĘŻCZYZN | 25     | M 94 | 00:26:26 | 00:59:25.35 | 00:59:32.95 | 5:56   | 10.1 |
| 26   | BAŁAŻIŃSKI SEBASTIAN | 89  |                                                 | MIECHÓW              | POL  | MASTER MĘŻCZYZN | 26     | M 95 | 00:27:36 | 01:01:25.50 | 01:01:35.85 | 6:08   | 9.8  |
| 27   | PIĄTKOWSKI PAWEŁ     | 23  |                                                 | BOCHNIA              | POL  | MASTER MĘŻCZYZN | 27     | M 96 | 00:28:10 | 01:02:06.95 | 01:02:22.40 | 6:12   | 9.7  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Weteran Senior Kobiet**

| M-ce | Nazwisko i imię     | Nr   | Klub                  | M-scowość      | Kraj | Kat.                  | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|---------------------|------|-----------------------|----------------|------|-----------------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | JASIULEWICZ ANNA    | 2222 | BIĄŁYSTOK BIEGA TEAM  | JÓZEFOSŁAW     | POL  | WETERAN SENIOR KOBIEC | 1      | K 6  | 00:19:10 | 00:42:17.65 | 00:42:19.80 | 4:13   | 14.2 |
| 2    | DUBIEL BEATA        | 138  | IAC DÜREN             | JASŁO          | POL  | WETERAN SENIOR KOBIEC | 2      | K 19 | 00:23:03 | 00:51:23.75 | 00:51:33.55 | 5:08   | 11.7 |
| 3    | WRĘCZYCKA IWONA     | 43   | O CO BIEGA W KALETACH | KALETY         | POL  | WETERAN SENIOR KOBIEC | 3      | K 20 | 00:23:32 | 00:51:35.15 | 00:51:40.60 | 5:09   | 11.6 |
| 4    | MRÓZ TERESA         | 53   |                       | KRYNICA- ZDRÓJ | POL  | WETERAN SENIOR KOBIEC | 4      | K 26 | 00:24:53 | 00:53:37.70 | 00:53:43.10 | 5:21   | 11.2 |
| 5    | GAJDA BEATA         | 40   | #YOLOTEAM             | KRAKÓW         | POL  | WETERAN SENIOR KOBIEC | 5      | K 28 | 00:24:23 | 00:54:09.55 | 00:54:20.40 | 5:24   | 11.1 |
| 6    | POLAK BOGUSŁAWA     | 57   |                       | JAWORNIK301    | POL  | WETERAN SENIOR KOBIEC | 6      | K 31 | 00:25:01 | 00:55:37.20 | 00:55:42.85 | 5:33   | 10.8 |
| 7    | MAZUR DANKA         | 61   | O CO BIEGA W KALETACH | KALETY         | POL  | WETERAN SENIOR KOBIEC | 7      | K 33 | 00:25:03 | 00:56:28.05 | 00:56:34.20 | 5:38   | 10.6 |
| 8    | SZEWczyk BOŻENA     | 154  |                       | KACWIN         | POL  | WETERAN SENIOR KOBIEC | 8      | K 35 | 00:25:18 | 00:56:37.05 | 00:56:44.30 | 5:39   | 10.6 |
| 9    | URBANIAK ANNA       | 523  |                       |                | POL  | WETERAN SENIOR KOBIEC | 9      | K 42 | 00:25:01 | 00:58:55.00 | 00:59:05.60 | 5:53   | 10.2 |
| 10   | JAŚTRZĘBSKA BARBARA | 160  |                       | KRYNICA-ZDRÓJ  | POL  | WETERAN SENIOR KOBIEC | 10     | K 43 | 00:25:43 | 00:59:18.90 | 00:59:31.40 | 5:55   | 10.1 |
| 11   | MIELCZAREK HALINA   | 5    | AM.TRENER TEAM        | OPOLE          | POL  | WETERAN SENIOR KOBIEC | 11     | K 62 | 00:29:44 | 01:08:51.20 | 01:09:00.35 | 6:53   | 8.7  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Weteran Senior Mężczyzn**

| M-ce | Nazwisko i imię        | Nr  | Klub                                | M-scowość               | Kraj | Kat.                       | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|------------------------|-----|-------------------------------------|-------------------------|------|----------------------------|--------|-------|----------|-------------|-------------|--------|------|
| 1    | CZYŻ GRZEGORZ          | 117 | GRUPA AZOTY-AUTOMATYKA TARNÓW       | TARNÓW                  | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 1      | M 9   | 00:16:44 | 00:35:48.00 | 00:35:50.15 | 3:34   | 16.8 |
| 2    | GUZOWSKI DARIUSZ       | 38  | TALEX BORZYTUCHOM                   | TRZEBIELINO             | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 2      | M 11  | 00:16:44 | 00:36:23.20 | 00:36:25.55 | 3:38   | 16.5 |
| 3    | JANUS JACEK            | 146 | R.T.C.K. W ŻYCIU                    | PTASZKOWA               | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 3      | M 15  | 00:16:52 | 00:37:31.85 | 00:37:34.15 | 3:45   | 16   |
| 4    | ZBOROWSKI JÓZEF        | 459 |                                     |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 4      | M 31  | 00:19:25 | 00:42:48.35 | 00:42:51.40 | 4:16   | 14   |
| 5    | KAŁUŻYŃSKI BOGDAN      | 506 | HOTEL KLIMEK****SPA                 |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 5      | M 36  | 00:21:36 | 00:43:50.20 | 00:44:02.60 | 4:23   | 13.7 |
| 6    | ISKRZYCKI ANDRZEJ      | 510 | HOTEL KLIMEK****SPA                 |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 6      | M 37  | 00:21:35 | 00:43:49.60 | 00:44:02.70 | 4:22   | 13.7 |
| 7    | DUBIEL JAROSŁAW        | 137 | IAC DÜREN                           | JASŁO                   | AFG  | WETERAN SENIOR<br>MĘŻCZYŹN | 7      | M 39  | 00:19:53 | 00:43:57.95 | 00:44:06.65 | 4:23   | 13.7 |
| 8    | KANIA MARIAN           | 457 |                                     |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 8      | M 41  | 00:20:12 | 00:44:19.40 | 00:44:23.55 | 4:25   | 13.5 |
| 9    | NADRATOWSKI SŁAWOMIR   | 145 |                                     | NOWY SĄCZ               | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 9      | M 43  | 00:20:49 | 00:44:47.95 | 00:44:53.20 | 4:28   | 13.4 |
| 10   | SIDOWSKI KRZYSZTOF     | 150 | BBL OSTROWIEC ŚWIĘTOKRZYSKI         | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 10     | M 45  | 00:20:24 | 00:44:55.50 | 00:45:01.60 | 4:29   | 13.4 |
| 11   | SKIBICKI KRZYSZTOF     | 109 | D.A.M.Y.R.A.D.E.                    | OŚWIĘCIM                | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 11     | M 46  | 00:20:30 | 00:44:56.35 | 00:45:02.80 | 4:29   | 13.4 |
| 12   | STROIŃSKI FRANCISZEK   | 498 |                                     |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 12     | M 48  | 00:20:22 | 00:45:32.65 | 00:45:34.65 | 4:33   | 13.2 |
| 13   | ZALEŚNY JANUSZ         | 44  | JASIELSKIE STOWARZYSZENIE CYKLISTÓW | JASŁO                   | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 13     | M 51  | 00:21:09 | 00:46:10.95 | 00:46:17.30 | 4:37   | 13   |
| 14   | ANDRZEJEWSKI KRZYSZTOF | 12  |                                     | TYMIENICE               | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 14     | M 52  | 00:21:18 | 00:46:39.30 | 00:46:47.10 | 4:39   | 12.9 |
| 15   | ZBOROWSKI KAZIMIERZ    | 96  |                                     | KRYNICA-ZDRÓJ           | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 15     | M 58  | 00:22:02 | 00:47:38.10 | 00:47:43.80 | 4:45   | 12.6 |
| 16   | KAPRAL ADAM            | 114 | DWERNIK KAMIEŃ TRAIL                | DWERNIK                 | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 16     | M 60  | 00:22:13 | 00:47:58.05 | 00:48:06.30 | 4:47   | 12.5 |
| 17   | DOMISZEWSKI WOJCIECH   | 165 |                                     | USTRZYKI DOLNE          | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 17     | M 65  | 00:22:13 | 00:48:23.25 | 00:48:31.15 | 4:50   | 12.4 |
| 18   | DAWID PIOTR            | 30  |                                     | JASZENICA               | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 18     | M 66  | 00:22:01 | 00:48:41.90 | 00:48:49.45 | 4:52   | 12.3 |
| 19   | PŁYWACZYK MACIEJ       | 147 | TEAM PLESZEW                        | PLESZEW                 | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 19     | M 71  | 00:23:09 | 00:50:31.05 | 00:50:36.40 | 5:03   | 11.9 |
| 20   | WÓJTOWICZ PAWEŁ        | 472 |                                     |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 20     | M 76  | 00:22:57 | 00:51:23.30 | 00:51:38.25 | 5:08   | 11.7 |
| 21   | NOWIK JERZY            | 110 |                                     | HAJNÓWKA                | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 21     | M 77  | 00:23:52 | 00:51:59.40 | 00:52:11.65 | 5:11   | 11.5 |
| 22   | CYRAN ANDRZEJ          | 10  | NOWY ŻMIGRÓD BIEGA                  | NOWY ŻMIGRÓD            | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 22     | M 81  | 00:25:52 | 00:54:27.15 | 00:54:44.40 | 5:26   | 11   |
| 23   | STANEK TOMASZ          | 538 |                                     |                         |      | WETERAN SENIOR<br>MĘŻCZYŹN | 23     | M 85  | 00:24:17 | 00:55:29.25 | 00:55:37.05 | 5:32   | 10.8 |
| 24   | KOŁAKOWSKI DARIUSZ     | 122 |                                     | ŚWIDWIN                 | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 24     | M 87  | 00:23:32 | 00:56:28.15 | 00:56:34.70 | 5:38   | 10.6 |
| 25   | PIĄTEK PAWEŁ           | 528 |                                     |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 25     | M 90  | 00:26:32 | 00:58:13.25 | 00:58:27.20 | 5:49   | 10.3 |
| 26   | SZCZEOCKI ANDRZEJ      | 31  |                                     |                         | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 26     | M 99  | 00:29:50 | 01:04:10.15 | 01:04:24.70 | 6:25   | 9.4  |
| 27   | MIELCZAREK GRZEGORZ    | 15  | AM.TRENER TEAM                      | OPOLE                   | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 27     | M 103 | 00:29:44 | 01:08:51.55 | 01:09:00.95 | 6:53   | 8.7  |
| 28   | ŚLIWA MACIEJ           | 156 | BRĄK                                | KRAKÓW                  | POL  | WETERAN SENIOR<br>MĘŻCZYŹN | 28     | M 104 | 00:37:05 | 01:21:52.55 | 01:22:03.10 | 8:11   | 7.3  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Weteran Master Kobiet**

| M-ce | Nazwisko i imię  | Nr  | Klub    | M-scowość | Kraj | Kat.                     | M. kat | K/M  | 5km      | Netto       | Brutto      | min/km | km/h |
|------|------------------|-----|---------|-----------|------|--------------------------|--------|------|----------|-------------|-------------|--------|------|
| 1    | WIKTOREK JADWIGA | 467 |         |           | POL  | WETERAN MASTER<br>Kobiet | 1      | K 63 | 00:31:15 | 01:08:59.80 | 01:09:11.65 | 6:53   | 8.7  |
| 2    | MUSZ HELENA      | 452 | KRYNICA |           |      | WETERAN MASTER<br>Kobiet | 2      | K 64 | 00:31:15 | 01:11:21.15 | 01:11:25.45 | 7:08   | 8.4  |

**EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA, Weteran Master Mężczyzn**

| M-ce | Nazwisko i imię       | Nr  | Klub                   | M-scowość     | Kraj | Kat.                       | M. kat | K/M   | 5km      | Netto       | Brutto      | min/km | km/h |
|------|-----------------------|-----|------------------------|---------------|------|----------------------------|--------|-------|----------|-------------|-------------|--------|------|
| 1    | MAGIERA MAREK         | 152 | ULTRA BESKID SPORT     | BIELSKO-BIAŁA | POL  | WETERAN MASTER<br>MĘŻCZYZN | 1      | M 47  | 00:20:53 | 00:45:25.70 | 00:45:30.60 | 4:32   | 13.2 |
| 2    | NOWOTNY MARIAN        | 63  | NIEPOŁOMICE BIEGAJĄ    | DAMIENICE     | POL  | WETERAN MASTER<br>MĘŻCZYZN | 2      | M 53  | 00:20:37 | 00:46:39.35 | 00:46:50.90 | 4:39   | 12.9 |
| 3    | MLEKO ROMAN           | 74  | ITMBW KRAKÓW           | KRAKÓW        | POL  | WETERAN MASTER<br>MĘŻCZYZN | 3      | M 56  | 00:21:24 | 00:47:21.30 | 00:47:25.30 | 4:44   | 12.7 |
| 4    | MORDARSKI JACEK       | 118 | BIEGAM BO LUBIĘ        | NAWOJOWA      | POL  | WETERAN MASTER<br>MĘŻCZYZN | 4      | M 69  | 00:22:57 | 00:50:10.15 | 00:50:15.90 | 5:01   | 12   |
| 5    | PILCH MAREK           | 419 | GŁOS SENIORA           | .             | POL  | WETERAN MASTER<br>MĘŻCZYZN | 5      | M 72  | 00:22:25 | 00:50:45.95 | 00:50:49.00 | 5:04   | 11.8 |
| 6    | TRELA JACEK           | 115 | AZS AWF KRAKÓW MASTERS | KRAKÓW        | POL  | WETERAN MASTER<br>MĘŻCZYZN | 6      | M 75  | 00:24:16 | 00:51:11.55 | 00:51:23.45 | 5:07   | 11.7 |
| 7    | KALBARCZYK WALDEMAR   | 474 |                        |               | POL  | WETERAN MASTER<br>MĘŻCZYZN | 7      | M 79  | 00:24:40 | 00:53:36.95 | 00:53:42.30 | 5:21   | 11.2 |
| 8    | WÓJTOWICZ ZDZISŁAW    | 530 |                        |               | POL  | WETERAN MASTER<br>MĘŻCZYZN | 8      | M 97  | 00:29:02 | 01:03:29.15 | 01:03:40.45 | 6:20   | 9.5  |
| 9    | STOPNICKI IGNACY      | 116 | TUPOT USTKA            | USTKA         | POL  | WETERAN MASTER<br>MĘŻCZYZN | 9      | M 98  | 00:28:49 | 01:03:47.45 | 01:03:55.85 | 6:22   | 9.4  |
| 10   | BAŁAŻIŃSKI MIECZYŚLAW | 520 |                        |               | POL  | WETERAN MASTER<br>MĘŻCZYZN | 10     | M 100 | 00:29:01 | 01:05:51.50 | 01:06:00.35 | 6:35   | 9.1  |
| 11   | WRONICZ ZYGMUNT       | 164 |                        | KRYNICA-ZDRÓJ | POL  | WETERAN MASTER<br>MĘŻCZYZN | 11     | M 101 | 00:30:03 | 01:06:03.80 | 01:06:16.80 | 6:36   | 9.1  |