



# ULTRA ROZTOCZE | 30KM

B4SPORT

**Wydarzenie:** Ultra Roztocze 2021  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2021-10-02  
**Miejsce:** Krasnobród  
**Dystans:** 28 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>OLEKSY Przemysław</b>	<b>3194</b>	DREAM RUN	Master Mężczyzn	1		01:55:44	<b>02:11:51.85</b>	<b>02:11:55.90</b>		4:42	12.7 (100%)
2	<b>POŻAK Grzegorz</b>	<b>3217</b>		Master Mężczyzn	2	00:57:20	02:01:03	<b>02:17:17.60</b>	<b>02:17:23.50</b>	+00:05:27 (4.0%)	4:54	12.2 (96.1%)
3	<b>ZDUNEK Michał</b>	<b>3319</b>		Master Mężczyzn	3		02:00:58	<b>02:17:30.55</b>	<b>02:17:35.10</b>	+00:05:39 (4.1%)	4:54	12.2 (96.1%)
4	<b>PAROL Rafał</b>	<b>3204</b>	ADIDAS RUNNERS WARSAW	Master Mężczyzn	4		02:01:59	<b>02:18:11.95</b>	<b>02:18:16.30</b>	+00:06:20 (4.6%)	4:56	12.2 (96.1%)
5	<b>DESSAUER Wioletta</b>	<b>3043</b>	-	Weteran Kobiet	1	00:57:32	02:01:53	<b>02:18:49.70</b>	<b>02:18:56.05</b>	+00:07:00 (5.0%)	4:57	12.1 (95.3%)
6	<b>BISOWSKI Mariusz</b>	<b>3022</b>		Weteran Mężczyzn	1	00:58:20	02:07:45	<b>02:25:36.80</b>	<b>02:25:43.30</b>	+00:13:47 (9.5%)	5:12	11.5 (90.6%)
7	<b>RADZIK Jerzy</b>	<b>3224</b>	NIEPOŁOMICE BIEGAJĄ	Weteran Mężczyzn	2		02:07:51	<b>02:26:06.00</b>	<b>02:26:11.10</b>	+00:14:15 (9.8%)	5:13	11.5 (90.6%)
8	<b>WÓJTOWICZ Przemysław</b>	<b>3304</b>	OSP WZGÓRZE	Master Mężczyzn	5	01:00:58	02:09:27	<b>02:29:37.75</b>	<b>02:29:43.65</b>	+00:17:47 (11.9%)	5:20	11.2 (88.2%)
9	<b>MAZUREK Krzysztof</b>	<b>566</b>		Master Mężczyzn	6	00:57:31	02:10:30	<b>02:32:15.40</b>	<b>02:32:24.80</b>	+00:20:28 (13.4%)	5:26	11 (86.6%)
10	<b>KOWALCZYK Marcin</b>	<b>3121</b>		Master Mężczyzn	7	01:00:41	02:13:28	<b>02:32:56.20</b>	<b>02:33:02.15</b>	+00:21:06 (13.8%)	5:27	11 (86.6%)
11	<b>RZEMIŃSKI Jacek</b>	<b>3230</b>		Weteran Mężczyzn	3	01:00:27	02:13:35	<b>02:32:52.05</b>	<b>02:33:07.80</b>	+00:21:11 (13.8%)	5:27	11 (86.6%)
12	<b>KOWALSKI Daniel</b>	<b>3124</b>	BIEGAJĄCY ŚWIDNIK	Master Mężczyzn	8	01:02:07	02:13:34	<b>02:33:32.50</b>	<b>02:33:40.40</b>	+00:21:44 (14.1%)	5:29	10.9 (85.8%)
13	<b>KUŚMIERZAK Piotr</b>	<b>3144</b>	PRZEDWOJEWSKI TEAM/STAY INSANE	Master Mężczyzn	9	00:59:35	02:13:21	<b>02:34:16.15</b>	<b>02:34:20.55</b>	+00:22:24 (14.5%)	5:30	10.9 (85.8%)
14	<b>GĄBKA Magdalena</b>	<b>3062</b>		Master Kobiet	1	00:58:53	02:15:20	<b>02:34:47.30</b>	<b>02:34:52.15</b>	+00:22:56 (14.8%)	5:31	10.9 (85.8%)
15	<b>MAĆZKA Ryszard</b>	<b>3173</b>	LUBELSKI BANK SPÓŁDZIELCZY	Master Mężczyzn	10	01:02:33	02:14:10	<b>02:35:06.65</b>	<b>02:35:14.75</b>	+00:23:18 (15.0%)	5:32	10.8 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>DEJNECKA Martyna</b>	<b>3042</b>		Senior Kobiet	1	01:05:00	02:17:24	<b>02:35:20.55</b>	<b>02:35:28.00</b>	+00:23:32 (15.1%)	5:32	10.8 (85.0%)
17	<b>TYMICKI Zbigniew</b>	<b>510</b>		Weteran Mężczyzn	4	01:03:15	02:16:46	<b>02:36:20.65</b>	<b>02:36:32.95</b>	+00:24:37 (15.7%)	5:35	10.7 (84.3%)
18	<b>GRRZĄDKA Przemysław</b>	<b>568</b>	PZU SPORT TEAM	Master Mężczyzn	11		02:17:21	<b>02:36:49.40</b>	<b>02:36:56.65</b>	+00:25:00 (15.9%)	5:36	10.7 (84.3%)
19	<b>OBIDOWICZ Agata</b>	<b>569</b>		Senior Kobiet	2	00:59:43	02:15:49	<b>02:37:31.05</b>	<b>02:37:36.25</b>	+00:25:40 (16.3%)	5:37	10.7 (84.3%)
20	<b>JAKUBOWSKI Zbigniew</b>	<b>3083</b>		Weteran Mężczyzn	5		02:15:57	<b>02:37:44.80</b>	<b>02:37:50.30</b>	+00:25:54 (16.4%)	5:38	10.7 (84.3%)
21	<b>SZEWCZUK Krzysztof</b>	<b>3267</b>	ZADYSZKA	Master Mężczyzn	12	01:01:20	02:18:54	<b>02:38:29.00</b>	<b>02:38:39.25</b>	+00:26:43 (16.8%)	5:39	10.6 (83.5%)
22	<b>DOBRYŃSKI Andrzej</b>	<b>6034</b>		Weteran Mężczyzn	6		02:18:45	<b>02:38:23.20</b>	<b>02:38:39.85</b>	+00:26:43 (16.8%)	5:39	10.6 (83.5%)
23	<b>BROMKE Łukasz</b>	<b>3026</b>	KLUB BIEGACZA ORANGE	Master Mężczyzn	13	01:04:45	02:19:42	<b>02:38:58.40</b>	<b>02:39:07.10</b>	+00:27:11 (17.1%)	5:40	10.6 (83.5%)
24	<b>HADZIK Rafał</b>	<b>3074</b>		Senior Mężczyzn	1	01:06:33	02:19:50	<b>02:39:27.20</b>	<b>02:39:44.50</b>	+00:27:48 (17.4%)	5:41	10.5 (82.7%)
25	<b>SALACHNA - NOWAK Magdalena</b>	<b>3233</b>	STAY INSANE / BIEGAM Z ABS	Master Kobiet	2	01:04:38	02:19:34	<b>02:39:44.55</b>	<b>02:39:53.70</b>	+00:27:57 (17.5%)	5:42	10.5 (82.7%)
26	<b>KARGOL Marcin</b>	<b>3102</b>	SMASHING PĄPKINS / NBR TEAM	Master Mężczyzn	14	01:02:27	02:18:37	<b>02:40:04.40</b>	<b>02:40:04.40</b>	+00:28:08 (17.6%)	5:43	10.5 (82.7%)
27	<b>KUCZEK Tomasz</b>	<b>3140</b>	AZALIA BRZÓZA KRÓLEWSKA	Master Mężczyzn	15		02:18:46	<b>02:40:05.65</b>	<b>02:40:28.20</b>	+00:28:32 (17.8%)	5:43	10.5 (82.7%)
28	<b>FLOREK Marcin</b>	<b>3056</b>	MĘŻCZYŃNI ŚW.JÓZEFA	Weteran Mężczyzn	7	01:03:08	02:19:35	<b>02:41:22.10</b>	<b>02:41:26.80</b>	+00:29:30 (18.3%)	5:45	10.4 (81.9%)
29	<b>PYŚ Adrian</b>	<b>3223</b>	ROZTOCZE CYCLING TEAM	Senior Mężczyzn	2	00:59:37	02:20:12	<b>02:42:39.50</b>	<b>02:42:46.30</b>	+00:30:50 (18.9%)	5:48	10.3 (81.1%)
30	<b>PÓŹNIAK Sebastian</b>	<b>3218</b>	BRAK	Master Mężczyzn	16		02:20:42	<b>02:42:33.50</b>	<b>02:42:46.60</b>	+00:30:50 (18.9%)	5:48	10.3 (81.1%)
31	<b>TYRALSKI Dominik</b>	<b>3280</b>	POLSAT BIEGA	Master Mężczyzn	17	01:04:15	02:21:35	<b>02:42:59.55</b>	<b>02:43:09.00</b>	+00:31:13 (19.1%)	5:49	10.3 (81.1%)
32	<b>KOZAK Marcin</b>	<b>3126</b>	LUBLIN BIEGA	Master Mężczyzn	18	01:06:53	02:24:04	<b>02:43:07.90</b>	<b>02:43:29.00</b>	+00:31:33 (19.3%)	5:49	10.3 (81.1%)
33	<b>WRÓBEL Krzysztof</b>	<b>3306</b>	BIEGAJĄCY ŚWIDNIK	Master Mężczyzn	19	01:08:15	02:23:52	<b>02:43:34.50</b>	<b>02:43:56.30</b>	+00:32:00 (19.5%)	5:50	10.3 (81.1%)
34	<b>ŚLIWA Anna</b>	<b>3272</b>	TOMASZOWSKA GRUPA BIEGOWA	Master Kobiet	3		02:23:34	<b>02:43:32.55</b>	<b>02:43:59.85</b>	+00:32:03 (19.6%)	5:50	10.3 (81.1%)
35	<b>WIECZOREK Marcin</b>	<b>3288</b>		Master Mężczyzn	20		02:23:49	<b>02:43:33.75</b>	<b>02:44:00.95</b>	+00:32:05 (19.6%)	5:50	10.3 (81.1%)
36	<b>WILKOS Kamil</b>	<b>3293</b>		Senior Mężczyzn	3		02:21:42	<b>02:45:18.55</b>	<b>02:45:31.90</b>	+00:33:36 (20.3%)	5:54	10.2 (80.3%)
37	<b>SKURZAK Michal</b>	<b>3243</b>		Weteran Mężczyzn	8	01:07:09	02:25:01	<b>02:46:00.85</b>	<b>02:46:08.90</b>	+00:34:13 (20.6%)	5:55	10.1 (79.5%)
38	<b>PIETRAS Ryszard</b>	<b>3207</b>		Weteran Mężczyzn	9	01:01:46	02:24:20	<b>02:46:32.50</b>	<b>02:46:40.85</b>	+00:34:44 (20.8%)	5:56	10.1 (79.5%)

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39	<b>MATUSZEWSKI Arkadiusz</b>	<b>509</b>		Master Mężczyzn	21	01:04:43	02:24:26	<b>02:46:34.90</b>	<b>02:46:41.90</b>	+00:34:46 (20.9%)	5:56	10.1 (79.5%)
40	<b>MIELNICZEK Grzegorz</b>	<b>3178</b>		Weteran Mężczyzn	10		02:24:51	<b>02:46:54.65</b>	<b>02:47:09.55</b>	+00:35:13 (21.1%)	5:57	10.1 (79.5%)
41	<b>SZYMAŃSKA Agata</b>	<b>3270</b>		Senior Kobiet	3		02:25:35	<b>02:47:17.05</b>	<b>02:47:22.55</b>	+00:35:26 (21.2%)	5:58	10 (78.7%)
42	<b>WIŚNIEWSKI Sławomir</b>	<b>3295</b>	LBL	Weteran Mężczyzn	11	01:06:19	02:25:41	<b>02:47:20.40</b>	<b>02:47:39.30</b>	+00:35:43 (21.3%)	5:58	10 (78.7%)
43	<b>KOZYRA Artur</b>	<b>3128</b>		Senior Mężczyzn	4	01:01:21	02:24:10	<b>02:47:37.00</b>	<b>02:47:50.60</b>	+00:35:54 (21.4%)	5:59	10 (78.7%)
44	<b>MIAZGA Janusz</b>	<b>3176</b>		Weteran Mężczyzn	12		02:25:16	<b>02:48:35.30</b>	<b>02:48:42.80</b>	+00:36:46 (21.8%)	6:01	10 (78.7%)
45	<b>BLICHARZ Jacek</b>	<b>3023</b>		Weteran Mężczyzn	13	01:06:03	02:25:35	<b>02:48:25.55</b>	<b>02:48:54.70</b>	+00:36:58 (21.9%)	6:00	10 (78.7%)
46	<b>CZERNAK Piotr</b>	<b>3037</b>	ARMIA	Weteran Mężczyzn	14		02:25:15	<b>02:48:57.65</b>	<b>02:49:12.50</b>	+00:37:16 (22.0%)	6:02	9.9 (78.0%)
47	<b>MACHNIKOWSKI Tomasz</b>	<b>3155</b>	GENTLEMAN	Weteran Mężczyzn	15	01:08:09	02:28:23	<b>02:48:29.30</b>	<b>02:49:17.20</b>	+00:37:21 (22.1%)	6:01	10 (78.7%)
48	<b>SZCZYPIŃSKI Bartek</b>	<b>3266</b>		Master Mężczyzn	22	01:08:04	02:28:17	<b>02:48:29.40</b>	<b>02:49:18.40</b>	+00:37:22 (22.1%)	6:01	10 (78.7%)
49	<b>CHEKEL Julia</b>	<b>513</b>		Master Kobiet	4		02:28:54	<b>02:51:13.95</b>	<b>02:51:21.15</b>	+00:39:25 (23.0%)	6:06	9.8 (77.2%)
50	<b>SMYKA Michał</b>	<b>3246</b>		Senior Mężczyzn	5	01:10:38	02:29:04	<b>02:51:08.80</b>	<b>02:51:29.45</b>	+00:39:33 (23.1%)	6:06	9.8 (77.2%)
51	<b>BIK Andrzej</b>	<b>3021</b>		Weteran Mężczyzn	16	01:09:31	02:28:08	<b>02:50:50.25</b>	<b>02:51:31.00</b>	+00:39:35 (23.1%)	6:06	9.8 (77.2%)
52	<b>PALEJ Janusz</b>	<b>3200</b>	J&J	Master Mężczyzn	23	01:08:36	02:29:08	<b>02:51:34.55</b>	<b>02:52:00.30</b>	+00:40:04 (23.3%)	6:07	9.8 (77.2%)
53	<b>KONOPKA Sylwia</b>	<b>559</b>		Weteran Kobiet	2		02:29:47	<b>02:51:59.00</b>	<b>02:52:05.20</b>	+00:40:09 (23.3%)	6:08	9.8 (77.2%)
54	<b>TUROSZ Zbigniew</b>	<b>3277</b>		Dinozaur Mężczyzn	1	01:08:35	02:29:05	<b>02:51:43.40</b>	<b>02:52:08.25</b>	+00:40:12 (23.4%)	6:07	9.8 (77.2%)
55	<b>MAZUR - CHROMIAK Marcin</b>	<b>3172</b>		Master Mężczyzn	24		02:28:25	<b>02:52:12.50</b>	<b>02:53:03.05</b>	+00:41:07 (23.8%)	6:09	9.8 (77.2%)
56	<b>SOLIŃSKA Magdalena</b>	<b>3248</b>		Master Kobiet	5	01:09:08	02:30:16	<b>02:52:47.70</b>	<b>02:53:05.85</b>	+00:41:09 (23.8%)	6:10	9.7 (76.4%)
57	<b>FIGIEL Bartosz</b>	<b>3055</b>		Master Mężczyzn	25	01:08:47	02:28:44	<b>02:52:30.60</b>	<b>02:53:24.50</b>	+00:41:28 (23.9%)	6:09	9.7 (76.4%)
58	<b>POLAR Artur</b>	<b>3216</b>		Weteran Mężczyzn	17	01:07:12	02:31:31	<b>02:53:06.10</b>	<b>02:53:25.90</b>	+00:41:30 (23.9%)	6:10	9.7 (76.4%)
59	<b>URBAŃSKI Mirosław</b>	<b>3282</b>		Weteran Mężczyzn	18	01:07:13	02:30:39	<b>02:53:16.80</b>	<b>02:53:41.05</b>	+00:41:45 (24.0%)	6:11	9.7 (76.4%)
60	<b>GRZĄDKA Anna</b>	<b>567</b>		Master Kobiet	6	01:08:10	02:31:26	<b>02:53:47.20</b>	<b>02:53:54.10</b>	+00:41:58 (24.1%)	6:12	9.7 (76.4%)
61	<b>HAŁASA Piotr</b>	<b>3077</b>		Master Mężczyzn	26		02:31:02	<b>02:54:47.00</b>	<b>02:55:31.45</b>	+00:43:35 (24.8%)	6:14	9.6 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
62	<b>OCHNIK Przemysław</b>	<b>3192</b>		Master Mężczyzn	27	01:06:08	02:31:08	<b>02:55:38.00</b>	<b>02:55:58.45</b>	+00:44:02 (25.0%)	6:16	9.6 (75.6%)
63	<b>GODEK Piotr</b>	<b>3068</b>		Weteran Mężczyzn	19	01:07:19	02:31:37	<b>02:55:58.30</b>	<b>02:56:37.20</b>	+00:44:41 (25.3%)	6:17	9.5 (74.8%)
64	<b>KASPRZYŃSKI Krzysztof</b>	<b>3103</b>		Master Mężczyzn	28	01:09:03	02:34:56	<b>02:56:42.25</b>	<b>02:56:54.55</b>	+00:44:58 (25.4%)	6:18	9.5 (74.8%)
65	<b>GUŁAŚ Daniel</b>	<b>3072</b>		Master Mężczyzn	29	01:08:11	02:34:18	<b>02:56:50.85</b>	<b>02:57:45.25</b>	+00:45:49 (25.8%)	6:18	9.5 (74.8%)
66	<b>OGŁUSZKA Elżbieta</b>	<b>3193</b>	SAFEPRO USŁUGI BHP	Master Kobiet	7	01:08:07	02:34:51	<b>02:58:25.35</b>	<b>02:58:29.90</b>	+00:46:34 (26.1%)	6:22	9.4 (74.0%)
67	<b>MARCINKIEWICZ Dariusz</b>	<b>3166</b>		Master Mężczyzn	30	01:07:20	02:34:21	<b>02:59:28.45</b>	<b>02:59:50.85</b>	+00:47:54 (26.6%)	6:24	9.4 (74.0%)
68	<b>KOWALSKI Krzysztof</b>	<b>3123</b>	HRMAXCROSSTEAM	Weteran Mężczyzn	20		02:35:19	<b>03:00:01.30</b>	<b>03:00:14.55</b>	+00:48:18 (26.8%)	6:25	9.3 (73.2%)
69	<b>ZAWIŚLAK Tomasz</b>	<b>3318</b>	LUBLIN BIEGA	Weteran Mężczyzn	21	01:07:09	02:33:01	<b>03:00:23.90</b>	<b>03:00:23.90</b>	+00:48:28 (26.9%)	6:26	9.3 (73.2%)
70	<b>STPICZYŃSKI Marcin</b>	<b>3252</b>		Master Mężczyzn	31	01:12:18	02:37:45	<b>03:01:16.15</b>	<b>03:01:25.30</b>	+00:49:29 (27.3%)	6:28	9.3 (73.2%)
71	<b>ABRAMOWICZ Daniel</b>	<b>3001</b>	CHEŁM BIEGA	Master Mężczyzn	32	01:07:56	02:36:35	<b>03:01:31.80</b>	<b>03:01:42.40</b>	+00:49:46 (27.4%)	6:28	9.3 (73.2%)
72	<b>WOLENTARSKI Przemysław</b>	<b>3302</b>	ZABIEGANY WOŁOMIN	Master Mężczyzn	33	01:14:03	02:38:05	<b>03:01:31.05</b>	<b>03:02:23.70</b>	+00:50:27 (27.7%)	6:28	9.3 (73.2%)
73	<b>BALICKI Darek</b>	<b>3006</b>		Weteran Mężczyzn	22	01:07:41	02:34:46	<b>03:02:21.30</b>	<b>03:02:40.35</b>	+00:50:44 (27.8%)	6:30	9.2 (72.4%)
74	<b>KUZIOŁA Iwona</b>	<b>3146</b>	#NOLIMITS	Weteran Kobiet	3	01:11:11	02:39:48	<b>03:02:25.15</b>	<b>03:02:47.55</b>	+00:50:51 (27.8%)	6:30	9.2 (72.4%)
75	<b>ZARZYCKI Mariusz</b>	<b>3317</b>	NIE MA LETKO	Master Mężczyzn	34	01:11:27	02:41:13	<b>03:02:33.70</b>	<b>03:03:10.60</b>	+00:51:14 (28.0%)	6:31	9.2 (72.4%)
76	<b>KACZMARSKI Piotr</b>	<b>3095</b>		Master Mężczyzn	35	01:07:18	02:34:49	<b>03:03:06.50</b>	<b>03:03:16.65</b>	+00:51:20 (28.0%)	6:32	9.2 (72.4%)
77	<b>KOPIEC Arkadiusz</b>	<b>3118</b>		Master Mężczyzn	36	01:09:30	02:40:51	<b>03:06:04.95</b>	<b>03:06:38.80</b>	+00:54:42 (29.3%)	6:38	9 (70.9%)
78	<b>TALAROWSKI Paweł</b>	<b>3273</b>		Master Mężczyzn	37	01:06:27	02:39:15	<b>03:06:40.20</b>	<b>03:06:53.50</b>	+00:54:57 (29.4%)	6:40	9 (70.9%)
79	<b>SUCHORA Kacper</b>	<b>3256</b>		Senior Mężczyzn	6		02:36:08	<b>03:06:29.35</b>	<b>03:07:01.65</b>	+00:55:05 (29.5%)	6:39	9 (70.9%)
80	<b>WNUK Tomasz</b>	<b>512</b>		Master Mężczyzn	38	01:10:49	02:41:24	<b>03:06:17.05</b>	<b>03:07:04.55</b>	+00:55:08 (29.5%)	6:39	9 (70.9%)
81	<b>JOP Marta</b>	<b>3092</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	Master Kobiet	8		02:41:37	<b>03:06:49.40</b>	<b>03:07:07.10</b>	+00:55:11 (29.5%)	6:40	9 (70.9%)
81	<b>OCHNIK Barbara</b>	<b>3191</b>		Master Kobiet	8	01:12:30		<b>03:06:47.15</b>	<b>03:07:07.10</b>	+00:55:11 (29.5%)	6:40	9 (70.9%)
81	<b>STĘPORA Edyta</b>	<b>3251</b>		Senior Kobiet	4	01:11:01	02:41:00	<b>03:06:20.50</b>	<b>03:07:07.10</b>	+00:55:11 (29.5%)	6:39	9 (70.9%)
84	<b>SKÓRA Marcin</b>	<b>3240</b>	EMES I PARTNERZY	Weteran Mężczyzn	23		02:41:56	<b>03:06:10.85</b>	<b>03:07:08.75</b>	+00:55:12 (29.5%)	6:38	9 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>DOROZ Malgorzata</b>	<b>3045</b>	WKURW_TEAM	Master Kobiet	10	01:16:19	02:44:39	<b>03:06:44.80</b>	<b>03:07:09.85</b>	+00:55:13 (29.5%)	6:40	9 (70.9%)
86	<b>GLINA Sylwester</b>	<b>3066</b>		Master Mężczyzn	39		02:35:09	<b>03:07:12.85</b>	<b>03:07:32.35</b>	+00:55:36 (29.7%)	6:41	9 (70.9%)
87	<b>WINDLOCH Emilia</b>	<b>3294</b>	ZABIEGANY WOŁOMIN	Master Kobiet	11	01:12:18	02:42:34	<b>03:06:40.20</b>	<b>03:07:34.10</b>	+00:55:38 (29.7%)	6:40	9 (70.9%)
88	<b>KRUKOWSKI Robert</b>	<b>3135</b>	PLATINIUM CROSS ZAMOŚĆ	Master Mężczyzn	40	01:08:18	02:40:07	<b>03:07:20.35</b>	<b>03:07:35.55</b>	+00:55:39 (29.7%)	6:41	9 (70.9%)
89	<b>MAZUR Piotr</b>	<b>3170</b>		Senior Mężczyzn	7		02:43:13	<b>03:06:49.45</b>	<b>03:07:37.25</b>	+00:55:41 (29.7%)	6:40	9 (70.9%)
90	<b>PIĄTKOWSKI Piotr</b>	<b>3206</b>	GNIESZOWICE	Master Mężczyzn	41	01:10:52	02:42:17	<b>03:06:49.65</b>	<b>03:07:37.55</b>	+00:55:41 (29.7%)	6:40	9 (70.9%)
91	<b>BEDŁUSZAK Tomasz</b>	<b>3013</b>	CHEŁM BIEGA	Master Mężczyzn	42	01:15:21	02:42:19	<b>03:07:07.00</b>	<b>03:07:49.70</b>	+00:55:53 (29.8%)	6:40	9 (70.9%)
92	<b>SZOT Iwona</b>	<b>3268</b>	WW TEAM	Weteran Kobiet	4		02:44:42	<b>03:07:55.00</b>	<b>03:07:55.00</b>	+00:55:59 (29.8%)	6:42	8.9 (70.1%)
93	<b>MICHALAK Witold</b>	<b>3177</b>	#NOLIMITS	Weteran Mężczyzn	24	01:08:45	02:40:35	<b>03:07:40.05</b>	<b>03:08:02.95</b>	+00:56:07 (29.8%)	6:42	9 (70.9%)
94	<b>ORZECZOWSKI Marek</b>	<b>3196</b>	TAK LUBIĘ SANDOMIERZ	Weteran Mężczyzn	25	01:14:23	02:43:36	<b>03:07:13.75</b>	<b>03:08:06.75</b>	+00:56:10 (29.9%)	6:41	9 (70.9%)
95	<b>JANUSZ Grzegorz</b>	<b>3086</b>	UMCS BIEGA	Master Mężczyzn	43		02:44:38	<b>03:08:07.00</b>	<b>03:08:07.00</b>	+00:56:11 (29.9%)	6:43	8.9 (70.1%)
96	<b>MELGIEŚ Marek</b>	<b>3174</b>		Master Mężczyzn	44	01:09:19	02:46:52	<b>03:08:35.70</b>	<b>03:09:01.80</b>	+00:57:05 (30.2%)	6:44	8.9 (70.1%)
97	<b>SZABATOWSKI Bartłomiej</b>	<b>3259</b>	BIEGAJĄCY ŚWIDNIK	Senior Mężczyzn	8	01:11:09	02:43:32	<b>03:08:50.60</b>	<b>03:09:12.15</b>	+00:57:16 (30.3%)	6:44	8.9 (70.1%)
98	<b>BIELKA Marcin</b>	<b>3020</b>		Master Mężczyzn	45	01:11:33	02:43:41	<b>03:09:05.35</b>	<b>03:09:31.60</b>	+00:57:35 (30.4%)	6:45	8.9 (70.1%)
99	<b>SKRZYPIEC Katarzyna</b>	<b>3242</b>		Master Kobiet	12	01:11:03	02:45:16	<b>03:09:39.15</b>	<b>03:09:46.90</b>	+00:57:51 (30.5%)	6:46	8.9 (70.1%)
100	<b>KŁOS Paweł</b>	<b>3110</b>		Master Mężczyzn	46	01:12:05	02:42:44	<b>03:09:03.20</b>	<b>03:09:51.20</b>	+00:57:55 (30.5%)	6:45	8.9 (70.1%)
101	<b>DUDA Natalia</b>	<b>3049</b>	VEGERUNNERS	Senior Kobiet	5		02:44:25	<b>03:09:37.05</b>	<b>03:10:08.70</b>	+00:58:12 (30.6%)	6:46	8.9 (70.1%)
102	<b>GOŁEK Karolina</b>	<b>3069</b>		Senior Kobiet	6	01:13:17	02:44:17	<b>03:10:28.95</b>	<b>03:10:35.65</b>	+00:58:39 (30.8%)	6:48	8.8 (69.3%)
103	<b>ZIÓLKOWSKA-WNUK Monika</b>	<b>511</b>	AGENCJA UBEZPIECZENIOWA MONIKA ZIÓLKOWSKA-WNUK	Master Kobiet	13	01:15:26	02:44:16	<b>03:09:53.85</b>	<b>03:10:37.50</b>	+00:58:41 (30.8%)	6:46	8.8 (69.3%)
104	<b>SUPIŃSKI Zbigniew</b>	<b>3258</b>		Senior Mężczyzn	9	01:12:25	02:42:27	<b>03:10:04.15</b>	<b>03:10:45.85</b>	+00:58:49 (30.8%)	6:47	8.8 (69.3%)
105	<b>NAMIOTA Urszula</b>	<b>3185</b>	MARATOŃCZYK	Dinozaur Kobiet	1	01:11:06	02:45:44	<b>03:11:06.60</b>	<b>03:11:15.15</b>	+00:59:19 (31.0%)	6:49	8.8 (69.3%)
106	<b>SKRUSZENIEC Marcin</b>	<b>3241</b>		Master Mężczyzn	47	01:12:59	02:46:15	<b>03:11:00.80</b>	<b>03:11:31.05</b>	+00:59:35 (31.1%)	6:49	8.8 (69.3%)
107	<b>ŁOŚ Piotr</b>	<b>3154</b>	STAY INSANE	Master Mężczyzn	48	01:12:56	02:46:18	<b>03:11:05.05</b>	<b>03:11:35.10</b>	+00:59:39 (31.1%)	6:49	8.8 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>KRÓL Przemysław</b>	<b>3133</b>	LUBELSKI BANK SPÓŁDZIELCZY	Senior Mężczyzn	10	01:12:31	02:45:54	<b>03:11:25.55</b>	<b>03:11:37.15</b>	+00:59:41 (31.1%)	6:50	8.8 (69.3%)
109	<b>PIĄTKOWSKI Dariusz</b>	<b>3205</b>	CHEŁMSKA GRUPA TRIATHLONU	Weteran Mężczyzn	26	01:11:01	02:46:49	<b>03:11:41.90</b>	<b>03:11:58.20</b>	+01:00:02 (31.3%)	6:50	8.8 (69.3%)
110	<b>RYBCZYŃSKI Dawid</b>	<b>3229</b>	SARNI TĘTENT	Senior Mężczyzn	11		02:44:55	<b>03:11:47.20</b>	<b>03:12:24.60</b>	+01:00:28 (31.4%)	6:50	8.8 (69.3%)
111	<b>KAŁAKUCKI Jarosław</b>	<b>3097</b>	LUBELSKIBIEGACZ.PL TEAM	Weteran Mężczyzn	27	01:11:30	02:45:32	<b>03:12:07.95</b>	<b>03:12:45.75</b>	+01:00:49 (31.6%)	6:51	8.7 (68.5%)
112	<b>BRZOZOWSKI Łukasz</b>	<b>3028</b>	BIKE EQUIPA SANDOMIERZ	Master Mężczyzn	49	01:09:38	02:46:34	<b>03:13:41.85</b>	<b>03:14:34.00</b>	+01:02:38 (32.2%)	6:55	8.7 (68.5%)
113	<b>CZERNIAWSKA Beata</b>	<b>3038</b>		Master Kobiet	14	01:15:44	02:49:50	<b>03:14:38.95</b>	<b>03:14:45.55</b>	+01:02:49 (32.3%)	6:57	8.6 (67.7%)
114	<b>TURECKA Katarzyna</b>	<b>3276</b>		Senior Kobiet	7		02:47:43	<b>03:14:48.80</b>	<b>03:14:48.80</b>	+01:02:52 (32.3%)	6:57	8.6 (67.7%)
115	<b>BANATOWSKI Maciej</b>	<b>3008</b>	ZABIEGANY SKARYSZEW	Senior Mężczyzn	12	01:09:13	02:48:17	<b>03:14:49.45</b>	<b>03:14:55.85</b>	+01:02:59 (32.3%)	6:57	8.6 (67.7%)
116	<b>DOLIWKA Paweł</b>	<b>3044</b>	LUBAWA KOCHA BIEGAĆ/BIEGAM U KOLESI	Master Mężczyzn	50		02:46:57	<b>03:15:50.05</b>	<b>03:16:07.45</b>	+01:04:11 (32.7%)	6:59	8.6 (67.7%)
117	<b>PODGÓRNIAK Artur</b>	<b>3213</b>	ZADYSZKA	Master Mężczyzn	51	01:12:26	02:48:24	<b>03:16:19.30</b>	<b>03:16:29.00</b>	+01:04:33 (32.9%)	7:00	8.6 (67.7%)
118	<b>WAGNER Mariusz</b>	<b>3284</b>		Weteran Mężczyzn	28	01:18:29	02:52:55	<b>03:15:41.00</b>	<b>03:16:39.70</b>	+01:04:43 (32.9%)	6:59	8.6 (67.7%)
119	<b>LECKI Łukasz</b>	<b>565</b>	TYMOLEO SQUAD	Master Mężczyzn	52		02:51:44	<b>03:16:29.30</b>	<b>03:16:45.70</b>	+01:04:49 (32.9%)	7:01	8.6 (67.7%)
120	<b>KORECKI Marcin</b>	<b>3119</b>	4FI16	Master Mężczyzn	53	01:18:01	02:42:46	<b>03:17:00.90</b>	<b>03:17:13.55</b>	+01:05:17 (33.1%)	7:02	8.5 (66.9%)
121	<b>BUGAŁA Robert</b>	<b>3031</b>	SOLID HOUSE	Weteran Mężczyzn	29	01:12:39	02:49:17	<b>03:17:23.05</b>	<b>03:17:23.05</b>	+01:05:27 (33.2%)	7:02	8.5 (66.9%)
122	<b>KOZAK Filip</b>	<b>3127</b>	NGB KŁOBUCK	Weteran Mężczyzn	30		02:51:32	<b>03:18:02.25</b>	<b>03:18:17.50</b>	+01:06:21 (33.5%)	7:04	8.5 (66.9%)
123	<b>BEDNARZ Paweł</b>	<b>3014</b>		Master Mężczyzn	54	01:10:12	02:50:20	<b>03:18:00.00</b>	<b>03:18:20.15</b>	+01:06:24 (33.5%)	7:04	8.5 (66.9%)
124	<b>ROSA Magdalena</b>	<b>3226</b>	LUBELSKIBIEGACZ.PL TEAM	Master Kobiet	15	01:16:43	02:51:37	<b>03:18:08.35</b>	<b>03:18:26.00</b>	+01:06:30 (33.5%)	7:04	8.5 (66.9%)
125	<b>JACEK Andrzej</b>	<b>3081</b>		Dinozaur Mężczyzn	2	01:12:30	02:48:35	<b>03:17:56.45</b>	<b>03:18:27.25</b>	+01:06:31 (33.5%)	7:04	8.5 (66.9%)
126	<b>OSIAL Mariusz</b>	<b>3197</b>	KB IM. PIOTRA SĘKOWSKIEGO	Master Mężczyzn	55		02:49:40	<b>03:17:35.65</b>	<b>03:18:28.95</b>	+01:06:33 (33.5%)	7:03	8.5 (66.9%)
127	<b>JANIUK Piotr</b>	<b>3084</b>	CHEŁM BIEGA	Weteran Mężczyzn	31	01:14:02	02:53:03	<b>03:19:22.05</b>	<b>03:19:33.20</b>	+01:07:37 (33.9%)	7:07	8.4 (66.1%)
128	<b>ADAMCZYK Jacek</b>	<b>3002</b>		Weteran Mężczyzn	32	01:07:59	02:51:38	<b>03:20:31.15</b>	<b>03:20:36.25</b>	+01:08:40 (34.2%)	7:09	8.4 (66.1%)
129	<b>URBANOWICZ Łukasz</b>	<b>3281</b>		Master Mężczyzn	56	01:15:15	02:53:00	<b>03:19:51.65</b>	<b>03:20:50.05</b>	+01:08:54 (34.3%)	7:08	8.4 (66.1%)
130	<b>ZARAŃSKA Izabela</b>	<b>3315</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	5	01:19:18	02:53:54	<b>03:20:17.25</b>	<b>03:21:03.35</b>	+01:09:07 (34.4%)	7:09	8.4 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	<b>SOWIŃSKA Marta</b>	<b>3249</b>	WKURW_TEAM	Master Kobiet	16	01:16:28	02:55:36	<b>03:20:43.15</b>	<b>03:21:07.90</b>	+01:09:12 (34.4%)	7:10	8.4 (66.1%)
132	<b>LEŚNIEWSKI Sławomir</b>	<b>3152</b>	PARKRUN SŁODOWO, WŁOCŁAWEK	Weteran Mężczyzn	33	01:07:55	02:52:33	<b>03:20:36.85</b>	<b>03:21:09.15</b>	+01:09:13 (34.4%)	7:09	8.4 (66.1%)
133	<b>ARENDARCZYK Rafał</b>	<b>3005</b>		Senior Mężczyzn	13	01:07:38	02:49:39	<b>03:20:59.40</b>	<b>03:21:34.70</b>	+01:09:38 (34.6%)	7:10	8.4 (66.1%)
134	<b>MACHOŚ Mariusz</b>	<b>3156</b>	TOMASZOWSKA GRUPA BIEGOWA	Weteran Mężczyzn	34	01:17:17	02:54:49	<b>03:21:13.00</b>	<b>03:21:40.45</b>	+01:09:44 (34.6%)	7:11	8.3 (65.4%)
134	<b>WOJTOWICZ Małgorzata</b>	<b>3301</b>	TOMASZOWSKA GRUPA BIEGOWA	Weteran Kobiet	6	01:17:13	02:54:46	<b>03:21:12.55</b>	<b>03:21:40.45</b>	+01:09:44 (34.6%)	7:11	8.3 (65.4%)
136	<b>MACIĄG Monika</b>	<b>542</b>		Master Kobiet	17	01:18:40	02:57:19	<b>03:21:15.35</b>	<b>03:21:56.90</b>	+01:10:01 (34.7%)	7:11	8.3 (65.4%)
137	<b>KOBA Ania</b>	<b>3111</b>	NUTREND BIEGA	Master Kobiet	18	01:15:50	02:53:30	<b>03:22:00.50</b>	<b>03:22:06.60</b>	+01:10:10 (34.7%)	7:12	8.3 (65.4%)
138	<b>BLICHARZ Stanisław</b>	<b>3024</b>	NIE MA LETKO	Weteran Mężczyzn	35	01:18:18	02:58:01	<b>03:21:33.15</b>	<b>03:22:21.65</b>	+01:10:25 (34.8%)	7:11	8.3 (65.4%)
139	<b>TARNOWSKI Michał</b>	<b>3274</b>		Master Mężczyzn	57	01:16:47	02:58:39	<b>03:22:28.10</b>	<b>03:22:28.10</b>	+01:10:32 (34.8%)	7:13	8.3 (65.4%)
140	<b>FRAŃCZEK Marcin</b>	<b>3059</b>		Master Mężczyzn	58	01:12:07	02:55:40	<b>03:22:00.90</b>	<b>03:22:40.60</b>	+01:10:44 (34.9%)	7:12	8.3 (65.4%)
141	<b>WITBRODT Leszek</b>	<b>3296</b>		Weteran Mężczyzn	36	01:17:43	02:54:54	<b>03:22:37.30</b>	<b>03:23:34.85</b>	+01:11:38 (35.2%)	7:14	8.3 (65.4%)
142	<b>SAMOSIEJ Jakub</b>	<b>9043</b>		Master Mężczyzn	59	01:14:33	02:53:40	<b>03:23:23.50</b>	<b>03:23:49.35</b>	+01:11:53 (35.3%)	7:15	8.3 (65.4%)
143	<b>CYBULSKI Piotr</b>	<b>3036</b>	WYDOLNOŚĆ.PL	Weteran Mężczyzn	37	01:15:02	02:54:37	<b>03:23:04.35</b>	<b>03:23:53.65</b>	+01:11:57 (35.3%)	7:15	8.3 (65.4%)
144	<b>KUŚMIREK-KOWAL Joanna</b>	<b>3145</b>		Master Kobiet	19	01:17:43	02:55:13	<b>03:23:42.20</b>	<b>03:24:15.10</b>	+01:12:19 (35.4%)	7:16	8.2 (64.6%)
145	<b>SZUWARA Piotr</b>	<b>3269</b>	CSIL	Master Mężczyzn	60	01:17:29	02:56:27	<b>03:24:29.15</b>	<b>03:25:07.60</b>	+01:13:11 (35.7%)	7:18	8.2 (64.6%)
146	<b>GRABOWIECKI Michał</b>	<b>3071</b>	PIWNY LUBLIN	Master Mężczyzn	61		02:58:36	<b>03:24:26.85</b>	<b>03:25:21.55</b>	+01:13:25 (35.8%)	7:18	8.2 (64.6%)
147	<b>BARSZCZOWSKA Ewelina</b>	<b>3009</b>	KAŻDY MA SWOJE PODIUM	Senior Kobiet	8	01:17:30	02:58:52	<b>03:26:20.75</b>	<b>03:26:54.80</b>	+01:14:58 (36.2%)	7:22	8.1 (63.8%)
148	<b>OZON Kinga</b>	<b>3198</b>	BIEGAJĄCY ŚWIDNIK	Master Kobiet	20	01:18:51	03:00:35	<b>03:26:31.80</b>	<b>03:26:55.60</b>	+01:14:59 (36.2%)	7:22	8.1 (63.8%)
149	<b>WRÓBEL Barbara</b>	<b>3305</b>	BIEGAJĄCY ŚWIDNIK	Master Kobiet	21	01:18:53	03:00:31	<b>03:26:38.90</b>	<b>03:27:02.40</b>	+01:15:06 (36.3%)	7:22	8.1 (63.8%)
150	<b>STRUSKI Robert</b>	<b>3253</b>	ZADYSZKA	Master Mężczyzn	62	01:15:10	02:58:19	<b>03:28:22.55</b>	<b>03:28:33.55</b>	+01:16:37 (36.7%)	7:26	8.1 (63.8%)
151	<b>PIOTROWSKA Magdalena</b>	<b>514</b>	KLUB BIEGACZA JURUND SZCZYTNO	Senior Kobiet	9	01:16:48	03:00:53	<b>03:29:12.70</b>	<b>03:29:27.00</b>	+01:17:31 (37.0%)	7:28	8 (63.0%)
152	<b>DOSKOCZ Nina</b>	<b>3046</b>		Senior Kobiet	10		03:01:55	<b>03:29:21.70</b>	<b>03:29:44.90</b>	+01:17:49 (37.1%)	7:28	8 (63.0%)
153	<b>DOSKOCZ Mikołaj</b>	<b>3047</b>		Senior Mężczyzn	14		03:01:51	<b>03:29:21.65</b>	<b>03:29:45.30</b>	+01:17:49 (37.1%)	7:28	8 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	<b>KISIEL Jola</b>	<b>3108</b>	LBL LUBIĘ BIEGAĆ LENIWIE	Master Kobiet	22	01:22:07	03:01:20	<b>03:29:43.90</b>	<b>03:30:16.10</b>	+01:18:20 (37.3%)	7:29	8 (63.0%)
155	<b>GODEK Tomasz</b>	<b>3067</b>		Weteran Mężczyzn	38		03:00:24	<b>03:30:29.90</b>	<b>03:31:09.80</b>	+01:19:13 (37.5%)	7:31	8 (63.0%)
156	<b>KRACZKOWSKI Krzysztof</b>	<b>3129</b>	8 BALL CROSS GYM CHEŁM	Weteran Mężczyzn	39	01:14:04	03:05:22	<b>03:33:24.65</b>	<b>03:33:41.55</b>	+01:21:45 (38.3%)	7:37	7.9 (62.2%)
157	<b>PUDŁOWSKI Adam</b>	<b>3222</b>		Master Mężczyzn	63	01:13:59	03:05:15	<b>03:33:22.70</b>	<b>03:33:41.95</b>	+01:21:46 (38.3%)	7:37	7.9 (62.2%)
158	<b>BIDAS Paweł</b>	<b>3016</b>	BIKE EQUIPA SANDOMIERZ	Weteran Mężczyzn	40	01:18:34	03:03:51	<b>03:33:14.15</b>	<b>03:34:10.40</b>	+01:22:14 (38.4%)	7:36	7.9 (62.2%)
159	<b>KĘDZIOR Wiesława</b>	<b>3104</b>	MARATOŃCZYK DĘBICA	Weteran Kobiet	7	01:22:14	03:06:18	<b>03:34:39.60</b>	<b>03:35:07.90</b>	+01:23:12 (38.7%)	7:39	7.8 (61.4%)
160	<b>LACHOWSKI Karol</b>	<b>3148</b>	AEGONRUN	Master Mężczyzn	64	01:22:22	03:05:18	<b>03:34:26.25</b>	<b>03:35:16.65</b>	+01:23:20 (38.7%)	7:39	7.8 (61.4%)
161	<b>PŁUCIENNICZAK Barbara</b>	<b>3212</b>		Master Kobiet	23	01:20:58	03:06:43	<b>03:35:10.80</b>	<b>03:35:42.35</b>	+01:23:46 (38.8%)	7:41	7.8 (61.4%)
162	<b>MADAJ Jacek</b>	<b>3158</b>	MADGOLD TEAM	Senior Mężczyzn	15	01:19:38		<b>03:35:35.75</b>	<b>03:36:00.15</b>	+01:24:04 (38.9%)	7:41	7.8 (61.4%)
163	<b>MADAJ Paweł</b>	<b>3157</b>	MADGOLD TEAM	Weteran Mężczyzn	41	01:19:35	03:04:56	<b>03:35:35.15</b>	<b>03:36:00.20</b>	+01:24:04 (38.9%)	7:41	7.8 (61.4%)
164	<b>PODGÓRNY Tomasz</b>	<b>3214</b>		Senior Mężczyzn	16	01:12:49	03:07:37	<b>03:35:39.80</b>	<b>03:36:09.25</b>	+01:24:13 (39.0%)	7:42	7.8 (61.4%)
165	<b>WILCZYŃSKI Bartłomiej</b>	<b>3291</b>		Master Mężczyzn	65	01:16:07	03:08:14	<b>03:36:16.15</b>	<b>03:36:16.15</b>	+01:24:20 (39.0%)	7:43	7.8 (61.4%)
166	<b>SZAFRAN Łukasz</b>	<b>3262</b>		Senior Mężczyzn	17	01:24:04	03:06:32	<b>03:36:00.75</b>	<b>03:36:38.05</b>	+01:24:42 (39.1%)	7:42	7.8 (61.4%)
167	<b>SERWADCZAK Piotr</b>	<b>3235</b>	P+E	Weteran Mężczyzn	42	01:14:15	03:02:10	<b>03:37:28.80</b>	<b>03:37:53.95</b>	+01:25:58 (39.5%)	7:46	7.7 (60.6%)
168	<b>SAMUŚ Dariusz</b>	<b>3234</b>		Master Mężczyzn	66	01:17:10	03:02:34	<b>03:37:54.80</b>	<b>03:38:11.30</b>	+01:26:15 (39.5%)	7:46	7.7 (60.6%)
169	<b>SIERADZKA Agnieszka</b>	<b>3237</b>	BIEGAJ Z TRENERAMI	Senior Kobiet	11	01:29:16	03:08:24	<b>03:38:23.50</b>	<b>03:38:35.80</b>	+01:26:39 (39.6%)	7:47	7.7 (60.6%)
170	<b>SIERADZKI Dariusz</b>	<b>3238</b>	BIEGAJ Z TRENERAMI	Master Mężczyzn	67	01:28:44	03:08:17	<b>03:38:22.60</b>	<b>03:38:35.85</b>	+01:26:39 (39.6%)	7:47	7.7 (60.6%)
171	<b>FURDYNA Maria</b>	<b>3060</b>		Master Kobiet	24	01:21:04	03:12:37	<b>03:39:24.95</b>	<b>03:39:56.10</b>	+01:28:00 (40.0%)	7:50	7.7 (60.6%)
172	<b>BRZYSKA Marcelina</b>	<b>3029</b>		Senior Kobiet	12	01:16:26	03:10:03	<b>03:40:31.20</b>	<b>03:40:41.05</b>	+01:28:45 (40.2%)	7:52	7.6 (59.8%)
173	<b>WŁODARCZYK Michał</b>	<b>3297</b>	LUBELSKI BIEGACZ TEAM	Senior Mężczyzn	18	01:08:39	03:04:33	<b>03:40:40.10</b>	<b>03:40:48.80</b>	+01:28:52 (40.3%)	7:52	7.6 (59.8%)
174	<b>KRĘPACKA-GŁOWNIA Monika</b>	<b>3132</b>	CHEŁM BIEGA	Master Kobiet	25	01:19:08	03:13:31	<b>03:40:49.25</b>	<b>03:41:05.00</b>	+01:29:09 (40.3%)	7:53	7.6 (59.8%)
175	<b>SOCHA Bogusław</b>	<b>3247</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	Weteran Mężczyzn	43	01:19:45	03:09:42	<b>03:40:50.85</b>	<b>03:41:26.10</b>	+01:29:30 (40.4%)	7:53	7.6 (59.8%)
176	<b>BĄCZEK Agata</b>	<b>3012</b>	GRUPA JURA'PL	Weteran Kobiet	8	01:19:49	03:10:00	<b>03:40:46.35</b>	<b>03:41:28.95</b>	+01:29:33 (40.4%)	7:53	7.6 (59.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
176	<b>PANEK Agata</b>	<b>3203</b>	GRUPA JURA .PL	Master Kobiet	26		03:10:06	<b>03:40:46.45</b>	<b>03:41:28.95</b>	+01:29:33 (40.4%)	7:53	7.6 (59.8%)
178	<b>SZABLA Magdalena</b>	<b>3260</b>		Master Kobiet	27	01:19:30	03:09:47	<b>03:40:45.85</b>	<b>03:41:29.10</b>	+01:29:33 (40.4%)	7:53	7.6 (59.8%)
179	<b>KARASEK Magdalena</b>	<b>3101</b>		Master Kobiet	28		03:09:54	<b>03:40:47.15</b>	<b>03:41:29.15</b>	+01:29:33 (40.4%)	7:53	7.6 (59.8%)
180	<b>KARASEK Grzegorz</b>	<b>3100</b>		Master Mężczyzn	68		03:10:02	<b>03:40:47.05</b>	<b>03:41:30.30</b>	+01:29:34 (40.4%)	7:53	7.6 (59.8%)
181	<b>SOCHACKI Mariusz</b>	<b>557</b>		Master Mężczyzn	69	01:19:37	03:10:09	<b>03:40:47.10</b>	<b>03:41:31.20</b>	+01:29:35 (40.4%)	7:53	7.6 (59.8%)
182	<b>FEDORCZUK Jadwiga</b>	<b>3054</b>	-----	Dinozaur Kobiet	2	01:17:09	03:10:23	<b>03:41:36.70</b>	<b>03:41:36.70</b>	+01:29:40 (40.5%)	7:54	7.6 (59.8%)
183	<b>SMOLARCZYK Grzegorz</b>	<b>3245</b>		Weteran Mężczyzn	44		03:10:49	<b>03:41:23.95</b>	<b>03:41:50.75</b>	+01:29:54 (40.5%)	7:54	7.6 (59.8%)
184	<b>MENDOCHA Jakub</b>	<b>3175</b>		Senior Mężczyzn	19	00:59:28	03:13:37	<b>03:42:07.25</b>	<b>03:42:48.75</b>	+01:30:52 (40.8%)	7:55	7.6 (59.8%)
185	<b>IBRAHIM Tomasz</b>	<b>3079</b>		Master Mężczyzn	70	01:17:19	03:08:37	<b>03:42:37.25</b>	<b>03:42:51.60</b>	+01:30:55 (40.8%)	7:57	7.5 (59.1%)
186	<b>MISZCZYK Marcin</b>	<b>3179</b>		Weteran Mężczyzn	45	01:18:57	03:12:38	<b>03:42:02.85</b>	<b>03:43:00.00</b>	+01:31:04 (40.8%)	7:55	7.6 (59.8%)
187	<b>ADAMSKI Bartłomiej</b>	<b>3003</b>		Master Mężczyzn	71	01:20:50	03:12:35	<b>03:42:02.30</b>	<b>03:43:00.25</b>	+01:31:04 (40.8%)	7:55	7.6 (59.8%)
188	<b>KRUKOWSKA Ewa</b>	<b>3134</b>	PLATINIUM CROSS ZAMOŚĆ	Master Kobiet	29	01:19:52	03:13:24	<b>03:42:57.75</b>	<b>03:43:13.20</b>	+01:31:17 (40.9%)	7:57	7.5 (59.1%)
189	<b>SZAJEWSKI Arkadiusz</b>	<b>3264</b>	O TAK ŁO	Master Mężczyzn	72	01:18:42	03:08:55	<b>03:42:25.05</b>	<b>03:43:21.15</b>	+01:31:25 (40.9%)	7:56	7.6 (59.8%)
190	<b>CHOMIK Marcin</b>	<b>3034</b>	GUŁAJ TEAM	Master Mężczyzn	73	01:19:50	03:13:04	<b>03:42:58.90</b>	<b>03:43:49.15</b>	+01:31:53 (41.1%)	7:57	7.5 (59.1%)
191	<b>NAMIOTA Marek</b>	<b>3184</b>		Dinozaur Mężczyzn	3	01:23:42		<b>03:44:13.40</b>	<b>03:44:23.10</b>	+01:32:27 (41.2%)	8:00	7.5 (59.1%)
192	<b>WILK Łukasz</b>	<b>3292</b>		Senior Mężczyzn	20	01:30:24	03:13:11	<b>03:43:48.35</b>	<b>03:44:37.85</b>	+01:32:41 (41.3%)	7:59	7.5 (59.1%)
193	<b>KINCZKOWSKA Aleksndra</b>	<b>3106</b>		Master Kobiet	30	01:22:58	03:13:47	<b>03:43:54.45</b>	<b>03:44:50.55</b>	+01:32:54 (41.3%)	7:59	7.5 (59.1%)
194	<b>CHROMIEC Monika</b>	<b>563</b>		Master Kobiet	31	01:23:01	03:13:43	<b>03:43:54.40</b>	<b>03:44:50.60</b>	+01:32:54 (41.3%)	7:59	7.5 (59.1%)
195	<b>WICZUK-WICZEWSKI Marcin</b>	<b>3287</b>	ORANGE POLSKA	Master Mężczyzn	74	01:24:54	03:20:13	<b>03:43:47.45</b>	<b>03:45:10.70</b>	+01:33:14 (41.4%)	7:59	7.5 (59.1%)
196	<b>MARCINIEWICZ Marcin</b>	<b>3165</b>	23. BLT MIŃSK MAZOWIECKI	Master Mężczyzn	75	01:23:52	03:17:41	<b>03:46:02.95</b>	<b>03:46:49.85</b>	+01:34:53 (41.8%)	8:04	7.4 (58.3%)
197	<b>JENDRYSIK Kinga</b>	<b>3090</b>		Master Kobiet	32	01:22:58	03:15:08	<b>03:47:17.25</b>	<b>03:47:46.10</b>	+01:35:50 (42.1%)	8:07	7.4 (58.3%)
198	<b>SZPINDA Marta</b>	<b>528</b>		Master Kobiet	33	01:23:56	03:18:15	<b>03:47:27.95</b>	<b>03:48:02.60</b>	+01:36:06 (42.1%)	8:07	7.4 (58.3%)
199	<b>DĄBROWSKI Paweł</b>	<b>3041</b>		Master Mężczyzn	76	01:28:03	03:18:46	<b>03:47:46.70</b>	<b>03:48:12.30</b>	+01:36:16 (42.2%)	8:08	7.4 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>ZAJĄC Aga</b>	<b>3311</b>	77CATS	Master Kobiet	34	01:30:35	03:20:27	<b>03:48:16.90</b>	<b>03:48:16.90</b>	+01:36:21 (42.2%)	8:09	7.4 (58.3%)
201	<b>KRAJEWSKA-PALUCH Ewa</b>	<b>3130</b>		Weteran Kobiet	9	01:29:36	03:19:33	<b>03:47:26.20</b>	<b>03:48:17.05</b>	+01:36:21 (42.2%)	8:07	7.4 (58.3%)
202	<b>KOPER Renata</b>	<b>3117</b>	TOMASZOWSKA GRUPA BIEGOWA	Master Kobiet	35	01:22:47	03:18:08	<b>03:48:11.00</b>	<b>03:48:40.80</b>	+01:36:44 (42.3%)	8:08	7.4 (58.3%)
203	<b>KOPER Bartłomiej</b>	<b>3116</b>	TOMASZOWSKA GRUPA BIEGOWA	Master Mężczyzn	77	01:22:44	03:18:13	<b>03:48:10.25</b>	<b>03:48:41.05</b>	+01:36:45 (42.3%)	8:08	7.4 (58.3%)
204	<b>DURAJ Dariusz</b>	<b>3050</b>	ULTRA BESKID SPORT	Master Mężczyzn	78	01:21:22	03:16:55	<b>03:48:15.80</b>	<b>03:48:48.75</b>	+01:36:52 (42.3%)	8:09	7.4 (58.3%)
205	<b>ZAREMBA Marek</b>	<b>3316</b>	KAMIKADZE	Dinozaur Mężczyzn	4	01:25:19	03:17:39	<b>03:48:26.35</b>	<b>03:49:11.10</b>	+01:37:15 (42.4%)	8:09	7.4 (58.3%)
206	<b>DURAJ Magdalena</b>	<b>3051</b>	ULTRA BESKID SPORT	Master Kobiet	36	01:23:17	03:17:03	<b>03:48:57.15</b>	<b>03:49:29.05</b>	+01:37:33 (42.5%)	8:10	7.3 (57.5%)
207	<b>KRAWCZYK Sławomir</b>	<b>3131</b>		Weteran Mężczyzn	46	01:24:16	03:16:52	<b>03:48:48.10</b>	<b>03:49:39.75</b>	+01:37:43 (42.6%)	8:10	7.3 (57.5%)
208	<b>GILAS Michał</b>	<b>3065</b>	BIŁGORUN	Master Mężczyzn	79	01:09:57	03:15:32	<b>03:49:44.70</b>	<b>03:49:56.25</b>	+01:38:00 (42.6%)	8:12	7.3 (57.5%)
209	<b>GILAS Szymon</b>	<b>3064</b>	CHEŁM BIEGA	Master Mężczyzn	80	01:13:24	03:15:35	<b>03:49:44.30</b>	<b>03:49:56.45</b>	+01:38:00 (42.6%)	8:12	7.3 (57.5%)
210	<b>TULEWICZ Katarzyna</b>	<b>3275</b>	ULTRA BESKID SPORT	Weteran Kobiet	10	01:21:39	03:17:05	<b>03:49:34.80</b>	<b>03:50:08.20</b>	+01:38:12 (42.7%)	8:11	7.3 (57.5%)
211	<b>SUCHORA Anna</b>	<b>3255</b>		Weteran Kobiet	11	01:24:23	03:18:51	<b>03:50:11.05</b>	<b>03:50:50.35</b>	+01:38:54 (42.8%)	8:13	7.3 (57.5%)
212	<b>SUCHORA Jerzy</b>	<b>3257</b>		Weteran Mężczyzn	47	01:24:27	03:18:56	<b>03:50:11.10</b>	<b>03:50:50.65</b>	+01:38:54 (42.8%)	8:13	7.3 (57.5%)
213	<b>MROZOWSKA Magdalena</b>	<b>539</b>	KINGRUNNER	Weteran Kobiet	12			<b>03:51:01.60</b>	<b>03:52:25.60</b>	+01:40:29 (43.2%)	8:15	7.3 (57.5%)
214	<b>BIDNIK Jakub</b>	<b>3018</b>	DREWNOLAND	Weteran Mężczyzn	48	01:24:01	03:22:18	<b>03:52:35.10</b>	<b>03:52:53.95</b>	+01:40:58 (43.4%)	8:18	7.2 (56.7%)
215	<b>BALON Marcin</b>	<b>3007</b>		Weteran Mężczyzn	49	01:23:59	03:22:22	<b>03:52:35.80</b>	<b>03:52:54.00</b>	+01:40:58 (43.4%)	8:18	7.2 (56.7%)
216	<b>NOWAK Magdalena</b>	<b>3187</b>		Master Kobiet	37	01:22:20	03:18:51	<b>03:52:11.70</b>	<b>03:53:02.90</b>	+01:41:07 (43.4%)	8:17	7.2 (56.7%)
217	<b>KURZYDŁO Bartosz</b>	<b>3143</b>		Senior Mężczyzn	21	01:16:08	03:17:21	<b>03:53:05.15</b>	<b>03:53:46.05</b>	+01:41:50 (43.6%)	8:19	7.2 (56.7%)
218	<b>MATUSZAK Jakub</b>	<b>3168</b>	NOWOCZESNYSPORT.PL	Senior Mężczyzn	22	01:31:05	03:27:29	<b>03:54:01.75</b>	<b>03:54:01.75</b>	+01:42:05 (43.6%)	8:21	7.2 (56.7%)
219	<b>MATUSZAK Klaudia</b>	<b>3169</b>	NOWOCZESNYSPORT.PL	Senior Kobiet	13	01:30:28	03:26:45	<b>03:53:26.85</b>	<b>03:54:01.80</b>	+01:42:05 (43.6%)	8:20	7.2 (56.7%)
220	<b>STAWSKA Joanna</b>	<b>3250</b>	BIEGAJ Z TRENERAMI	Weteran Kobiet	13	01:28:47	03:24:07	<b>03:54:14.95</b>	<b>03:54:26.65</b>	+01:42:30 (43.7%)	8:21	7.2 (56.7%)
221	<b>DYGOŃ Małgorzata</b>	<b>3052</b>	BIEGAJ Z TRENERAMI	Master Kobiet	38	01:28:58	03:24:00	<b>03:54:12.75</b>	<b>03:54:26.90</b>	+01:42:31 (43.7%)	8:21	7.2 (56.7%)
222	<b>MAJEWSKA Guzel</b>	<b>3159</b>	NIGHT RUNNERS PYSKOWICE	Weteran Kobiet	14	01:28:49	03:24:12	<b>03:54:16.35</b>	<b>03:54:27.45</b>	+01:42:31 (43.7%)	8:22	7.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	<b>JANIK Pawel</b>	<b>515</b>	PRASKIE ULTRAŁOSIE	Weteran Mężczyzn	50	01:24:58	03:23:23	<b>03:54:17.80</b>	<b>03:55:41.65</b>	+01:43:45 (44.0%)	8:22	7.2 (56.7%)
224	<b>ZIELIŃSKA Magdalena</b>	<b>3322</b>	SALMING RUNNING POLSKA	Master Kobiet	39	01:28:39	03:23:39	<b>03:56:40.25</b>	<b>03:57:32.35</b>	+01:45:36 (44.5%)	8:27	7.1 (55.9%)
225	<b>PIÓRO Kamil</b>	<b>3211</b>		Master Mężczyzn	81	01:17:50	03:19:19	<b>03:56:52.95</b>	<b>03:57:35.00</b>	+01:45:39 (44.5%)	8:27	7.1 (55.9%)
226	<b>KURYŁO Tomasz</b>	<b>3142</b>		Master Mężczyzn	82	01:26:15	03:26:21	<b>03:58:18.30</b>	<b>03:59:39.00</b>	+01:47:43 (44.9%)	8:30	7 (55.1%)
227	<b>MAŁEK Bartłomiej</b>	<b>3161</b>		Master Mężczyzn	83	01:26:19	03:26:16	<b>03:58:17.70</b>	<b>03:59:39.10</b>	+01:47:43 (44.9%)	8:30	7.1 (55.9%)
228	<b>BUGAJSKA Katarzyna</b>	<b>3030</b>		Master Kobiet	40	01:29:22	03:30:00	<b>04:00:28.85</b>	<b>04:01:25.80</b>	+01:49:29 (45.4%)	8:35	7 (55.1%)
229	<b>IZDEBSKA Renata</b>	<b>3080</b>		Dinozaur Kobiet	3	01:34:46	03:32:28	<b>04:05:00.30</b>	<b>04:05:36.55</b>	+01:53:40 (46.3%)	8:45	6.9 (54.3%)
230	<b>CHLEWICKA Magdalena</b>	<b>3033</b>	ZABIEGANI CZĘSTOCHOWA	Master Kobiet	41	01:32:12	03:28:31	<b>04:05:37.00</b>	<b>04:06:05.65</b>	+01:54:09 (46.4%)	8:46	6.8 (53.5%)
231	<b>KRZEMIŃSKA Agata</b>	<b>3136</b>	BIKE EQUIPA SANDOMIERZ	Weteran Kobiet	15	01:34:32	03:34:15	<b>04:05:27.20</b>	<b>04:06:23.55</b>	+01:54:27 (46.5%)	8:45	6.8 (53.5%)
232	<b>CIUK Iwona</b>	<b>2012</b>		Weteran Kobiet	16	01:30:23	03:34:42	<b>04:09:20.10</b>	<b>04:09:33.65</b>	+01:57:37 (47.1%)	8:54	6.7 (52.8%)
233	<b>MAŁEK Mariusz</b>	<b>3162</b>	ELITE_CLUB	Master Mężczyzn	84	01:39:20	03:34:45	<b>04:09:43.00</b>	<b>04:10:14.40</b>	+01:58:18 (47.3%)	8:55	6.7 (52.8%)
234	<b>ZGODA Katarzyna</b>	<b>3320</b>	ZABIEGANY WOŁOMIN	Master Kobiet	42	01:32:56	03:42:24	<b>04:16:36.30</b>	<b>04:17:31.00</b>	+02:05:35 (48.8%)	9:09	6.5 (51.2%)
235	<b>GUMOWSKI Dariusz</b>	<b>3073</b>	ZWYCIĘZCA FUNDACJA DARKA STRYCHALSKIEGO	Weteran Mężczyzn	51	01:22:54	03:42:36	<b>04:17:08.15</b>	<b>04:17:36.35</b>	+02:05:40 (48.8%)	9:11	6.5 (51.2%)
236	<b>KUBIK Wanda</b>	<b>3139</b>		Master Kobiet	43	01:29:42	03:46:14	<b>04:19:01.15</b>	<b>04:19:35.90</b>	+02:07:40 (49.2%)	9:15	6.5 (51.2%)
237	<b>KALINOWSKA Joanna</b>	<b>3096</b>	ULATA BESKID SPORT	Master Kobiet	44	01:29:45	03:46:31	<b>04:19:53.30</b>	<b>04:20:28.85</b>	+02:08:32 (49.4%)	9:16	6.5 (51.2%)
238	<b>MAKARZEC - SURMA Agnieszka</b>	<b>3160</b>	BIŁGORAJ	Senior Kobiet	14	01:33:20	03:44:52	<b>04:21:22.15</b>	<b>04:21:33.00</b>	+02:09:37 (49.6%)	9:20	6.4 (50.4%)
239	<b>WIERCHOŁA Joanna</b>	<b>3290</b>		Dinozaur Kobiet	4	01:38:02	03:44:26	<b>04:20:33.00</b>	<b>04:21:33.15</b>	+02:09:37 (49.6%)	9:18	6.4 (50.4%)
240	<b>WALCZYŃSKA Karolina</b>	<b>3285</b>		Master Kobiet	45	01:32:29	03:49:32	<b>04:24:39.70</b>	<b>04:25:39.20</b>	+02:13:43 (50.3%)	9:27	6.3 (49.6%)
241	<b>PALEJ Justyna</b>	<b>3201</b>	J&J	Master Kobiet	46	01:32:00	03:51:59	<b>04:27:14.70</b>	<b>04:27:43.25</b>	+02:15:47 (50.7%)	9:32	6.3 (49.6%)
242	<b>STRZELCZYK Edyta</b>	<b>3254</b>	P+E	Weteran Kobiet	17	01:32:03	03:51:53	<b>04:27:14.85</b>	<b>04:27:43.45</b>	+02:15:47 (50.7%)	9:32	6.3 (49.6%)
243	<b>KOKOWSKA-SMOK Dagmara</b>	<b>3112</b>	GRUPA JURA'PL	Master Kobiet	47	01:38:33	03:52:24	<b>04:27:43.80</b>	<b>04:28:21.90</b>	+02:16:26 (50.8%)	9:33	6.3 (49.6%)
244	<b>DOMAGAŁA Agnieszka</b>	<b>541</b>		Master Kobiet	48	01:44:15	03:51:30	<b>04:27:37.40</b>	<b>04:28:21.95</b>	+02:16:26 (50.8%)	9:33	6.3 (49.6%)
245	<b>FABJANCZYK Agnieszka</b>	<b>3053</b>	GRUPA JURA PL	Master Kobiet	49	01:38:41	03:52:21	<b>04:27:43.45</b>	<b>04:28:22.15</b>	+02:16:26 (50.8%)	9:33	6.3 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	<b>KOŁODZIEJ Małgorzata</b>	<b>3113</b>	WATAHA ŁĄCZY NAS BIEGANIE	Weteran Kobiet	18	01:37:14	03:59:08	<b>04:31:14.85</b>	<b>04:31:58.55</b>	+02:20:02 (51.5%)	9:41	6.2 (48.8%)
247	<b>JASTRZĘBSKI Adam</b>	<b>3088</b>	JARZĄBKI SPORT TEAM	Weteran Mężczyzn	52	01:34:43	03:55:59	<b>04:32:04.65</b>	<b>04:32:26.55</b>	+02:20:30 (51.6%)	9:43	6.2 (48.8%)
248	<b>SZYMAŃSKA Dorota</b>	<b>3271</b>	JARZĄBKI SPORT TEAM	Weteran Kobiet	19	01:34:38	03:56:04	<b>04:32:03.85</b>	<b>04:32:26.70</b>	+02:20:30 (51.6%)	9:42	6.2 (48.8%)
249	<b>NOWOSAD Kamil</b>	<b>3190</b>		Senior Mężczyzn	23	01:35:35	03:58:22	<b>04:35:54.35</b>	<b>04:36:30.40</b>	+02:24:34 (52.3%)	9:51	6.1 (48.0%)
250	<b>ZAŁUBSKA Beata</b>	<b>3314</b>		Master Kobiet	50	01:40:15	04:13:42	<b>04:52:07.00</b>	<b>04:52:40.60</b>	+02:40:44 (54.9%)	10:25	5.8 (45.7%)
251	<b>MATERA Kinga</b>	<b>3167</b>	JURA	Weteran Kobiet	20	01:44:25	04:13:34	<b>04:52:02.80</b>	<b>04:52:42.10</b>	+02:40:46 (54.9%)	10:25	5.8 (45.7%)
252	<b>RZENNO Dagmara</b>	<b>3231</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	21	01:50:40	04:18:47	<b>04:56:48.85</b>	<b>04:57:32.80</b>	+02:45:36 (55.7%)	10:36	5.7 (44.9%)
253	<b>FRANKOWSKA Ania</b>	<b>3058</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	22	01:50:42	04:18:31	<b>04:56:48.10</b>	<b>04:57:32.90</b>	+02:45:37 (55.7%)	10:36	5.7 (44.9%)
254	<b>HERMAN Anna</b>	<b>3078</b>		Master Kobiet	51	01:45:11	04:29:53	<b>05:10:51.80</b>	<b>05:11:52.45</b>	+02:59:56 (57.7%)	11:06	5.4 (42.5%)
255	<b>SIECZKOWSKA Małgorzata</b>	<b>3236</b>	KLUB BIEGACZA RTV EURO AGD	Weteran Kobiet	23	01:45:06	04:29:57	<b>05:10:52.25</b>	<b>05:11:53.60</b>	+02:59:57 (57.7%)	11:06	5.4 (42.5%)
256	<b>KOŚCIELNA - WITA Paulina</b>	<b>3120</b>	KS FORMA WODZISŁAW ŚLĄSKI	Master Kobiet	52	01:56:05	04:34:38	<b>05:13:14.70</b>	<b>05:13:35.95</b>	+03:01:40 (57.9%)	11:11	5.4 (42.5%)
257	<b>BĄCZEK Krzysztof</b>	<b>3011</b>	GRUPA JURA'PL	Master Mężczyzn	85	01:48:43	04:33:29	<b>05:18:49.65</b>	<b>05:19:34.85</b>	+03:07:38 (58.7%)	11:23	5.3 (41.7%)
257	<b>MOŻEJKO Artur</b>	<b>3180</b>		Weteran Mężczyzn	53	01:48:31	04:33:56	<b>05:18:48.60</b>	<b>05:19:34.85</b>	+03:07:38 (58.7%)	11:23	5.3 (41.7%)
259	<b>MACIĄG Grzegorz</b>	<b>543</b>		Master Mężczyzn	86	01:48:54	04:33:00	<b>05:18:54.00</b>	<b>05:19:34.90</b>	+03:07:39 (58.7%)	11:23	5.3 (41.7%)
260	<b>MĘTLAK Małgorzata</b>	<b>516</b>	JURA.PL	Senior Kobiet	15	01:48:39	04:34:10	<b>05:18:50.60</b>	<b>05:19:35.05</b>	+03:07:39 (58.7%)	11:23	5.3 (41.7%)
261	<b>SZABLA Mateusz</b>	<b>3261</b>		Senior Mężczyzn	24	01:41:39	04:33:47	<b>05:18:48.05</b>	<b>05:19:35.35</b>	+03:07:39 (58.7%)	11:23	5.3 (41.7%)
262	<b>KOZA Grzegorz</b>	<b>3125</b>		Senior Mężczyzn	25	01:41:28	04:32:50	<b>05:18:49.85</b>	<b>05:19:35.80</b>	+03:07:39 (58.7%)	11:23	5.3 (41.7%)
263	<b>PIETRZYK Radosław</b>	<b>3208</b>	SII RUNNING TEAM	Master Mężczyzn	87	02:43:03	04:49:13	<b>05:22:36.40</b>	<b>05:23:38.30</b>	+03:11:42 (59.2%)	11:31	5.2 (40.9%)
	<b>WODYŃSKA Dagmara</b>	<b>3298</b>	EQUIDO TEAM	Weteran Kobiet		01:15:45 DNF	02:51:26 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>JELINSKI Jaroslaw</b>	<b>3089</b>		Weteran Mężczyzn		01:02:48 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PIOTRKOWICZ Marek</b>	<b>3210</b>		Weteran Mężczyzn		01:04:57 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PRZYCZYNA Marek</b>	<b>3220</b>		Weteran Mężczyzn		01:06:46 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SZCZEPOCKI Andrzej</b>	<b>3265</b>	NIEPOŁOMICE BIEGAJĄ	Weteran Mężczyzn		01:09:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Guciów 12km	Obroc 22km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
	<b>MÓRAWSKI Sławomir</b>	<b>3181</b>		Weteran Mężczyzn		02:37:59 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 269 wynik(ów)