



# ULTRA ROZTOCZE | 30KM

B4SPORT

**Wydarzenie:** Ultra Roztocze  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2022-05-14  
**Miejsce:** Józefów  
**Dystans:** 35 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
1	<b>JAKOWIECKI Ignacy</b>	<b>3061</b>		Senior Mężczyzn	1	02:00:33	<b>02:49:58.40</b>	<b>02:50:01.95</b>		4:51	12.4 (100%)
2	<b>PAROL Rafał</b>	<b>3162</b>	DZIKIE GRUBASY SZATANA	Master Mężczyzn	1	02:00:30	<b>02:50:30.35</b>	<b>02:50:32.35</b>	+00:00:30 (0.3%)	4:52	12.3 (99.2%)
3	<b>CZYŻ Michał</b>	<b>3028</b>		Senior Mężczyzn	2	02:00:32	<b>02:51:21.45</b>	<b>02:51:24.00</b>	+00:01:22 (0.8%)	4:53	12.3 (99.2%)
4	<b>WEREMKO Grzegorz</b>	<b>3231</b>	MULTIMEDIA RUNNERS PUŁAWY	Weteran Mężczyzn	1	02:00:33	<b>02:54:19.85</b>	<b>02:54:22.80</b>	+00:04:20 (2.5%)	4:58	12 (96.8%)
5	<b>POŻAK Grzegorz</b>	<b>3173</b>		Master Mężczyzn	2	02:06:59	<b>02:57:00.95</b>	<b>02:57:02.80</b>	+00:07:00 (4.0%)	5:03	11.9 (96.0%)
6	<b>MICHALCZEWSKI Jacek</b>	<b>3146</b>	RUN BEAVERS	Master Mężczyzn	3	02:00:29	<b>02:56:48.70</b>	<b>02:57:05.35</b>	+00:07:03 (4.0%)	5:03	11.9 (96.0%)
7	<b>SUCHORA Kacper</b>	<b>3201</b>	***** ***	Senior Mężczyzn	3	02:13:37	<b>03:11:36.50</b>	<b>03:11:49.10</b>	+00:21:47 (11.4%)	5:28	11 (88.7%)
8	<b>ZIEMIAŃSKI Grzegorz</b>	<b>3264</b>	MCP TEAM	Master Mężczyzn	4	02:10:41	<b>03:12:20.00</b>	<b>03:12:23.25</b>	+00:22:21 (11.6%)	5:29	10.9 (87.9%)
9	<b>SZMIT Joanna</b>	<b>3211</b>		Senior Kobiet	1	02:07:01	<b>03:13:10.20</b>	<b>03:13:13.15</b>	+00:23:11 (12.0%)	5:31	10.9 (87.9%)
10	<b>KARAŚ Kamil</b>	<b>3074</b>	RUN BEAVERS	Master Mężczyzn	5	02:12:14	<b>03:13:01.20</b>	<b>03:13:18.60</b>	+00:23:16 (12.0%)	5:30	10.9 (87.9%)
11	<b>DOROTA Zbyszek</b>	<b>3035</b>	RUN RUN OLESZYCE	Weteran Mężczyzn	2	02:10:39	<b>03:13:42.55</b>	<b>03:13:47.45</b>	+00:23:45 (12.3%)	5:32	10.8 (87.1%)
12	<b>WILK Krzysztof</b>	<b>3241</b>	SARNI TĘTENT	Master Mężczyzn	6	02:15:39	<b>03:15:06.60</b>	<b>03:15:14.30</b>	+00:25:12 (12.9%)	5:34	10.8 (87.1%)
13	<b>BARAN Kamil</b>	<b>3007</b>		Senior Mężczyzn	4	02:20:20	<b>03:15:26.75</b>	<b>03:15:34.10</b>	+00:25:32 (13.1%)	5:35	10.7 (86.3%)
14	<b>BROMKE Łukasz</b>	<b>3015</b>		Weteran Mężczyzn	3	02:17:11	<b>03:18:31.10</b>	<b>03:18:39.10</b>	+00:28:37 (14.4%)	5:40	10.6 (85.5%)
15	<b>WÓJTOWICZ Przemysław</b>	<b>3255</b>	OSP WZGÓRZE	Master Mężczyzn	7	02:15:42	<b>03:18:58.30</b>	<b>03:19:02.30</b>	+00:29:00 (14.6%)	5:41	10.6 (85.5%)
16	<b>GĘBORYS Bartłomiej</b>	<b>3046</b>		Senior Mężczyzn	5	02:16:57	<b>03:20:14.45</b>	<b>03:20:28.85</b>	+00:30:26 (15.2%)	5:43	10.5 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
17	<b>WOJTKOWIAK Marta</b>	<b>3246</b>		Master Kobiet	1	02:22:26	<b>03:20:38.75</b>	<b>03:20:48.90</b>	+00:30:46 (15.3%)	5:43	10.5 (84.7%)
18	<b>ŚLIWA Anna</b>	<b>3218</b>		Master Kobiet	2	02:22:24	<b>03:21:49.85</b>	<b>03:21:55.55</b>	+00:31:53 (15.8%)	5:45	10.4 (83.9%)
19	<b>WILKOS Kamil</b>	<b>3243</b>		Senior Mężczyzn	6	02:18:58	<b>03:22:33.60</b>	<b>03:22:44.05</b>	+00:32:42 (16.1%)	5:47	10.4 (83.9%)
20	<b>KAMIŃSKI Marcin</b>	<b>3073</b>		Master Mężczyzn	8	02:18:59	<b>03:26:05.55</b>	<b>03:26:14.30</b>	+00:36:12 (17.6%)	5:53	10.2 (82.3%)
21	<b>KUBISZYN Sebastian</b>	<b>3114</b>	KLUB PIWOSZA	Senior Mężczyzn	7	02:22:35	<b>03:26:46.40</b>	<b>03:26:52.10</b>	+00:36:50 (17.8%)	5:54	10.2 (82.3%)
22	<b>KOSZAROWSKI Jarosław</b>	<b>3091</b>	PRUSZCZ BIEGA / STRASZYN BIEGA	Weteran Mężczyzn	4	02:22:44	<b>03:26:55.15</b>	<b>03:27:06.85</b>	+00:37:04 (17.9%)	5:54	10.1 (81.5%)
23	<b>MIZIOŁEK-WIELGOS Natalia</b>	<b>3151</b>		Senior Kobiet	2	02:24:13	<b>03:27:58.35</b>	<b>03:28:26.35</b>	+00:38:24 (18.4%)	5:56	10.1 (81.5%)
24	<b>JAKUBOWSKI Zbyszek</b>	<b>3062</b>		Weteran Mężczyzn	5	02:22:59	<b>03:28:32.60</b>	<b>03:28:47.25</b>	+00:38:45 (18.6%)	5:57	10.1 (81.5%)
25	<b>TOMCZYK Kamil</b>	<b>3224</b>		Senior Mężczyzn	8	02:23:55	<b>03:29:13.10</b>	<b>03:29:17.65</b>	+00:39:15 (18.8%)	5:58	10 (80.6%)
26	<b>ŻUK Józef</b>	<b>3265</b>		Master Mężczyzn	9	02:25:50	<b>03:29:10.40</b>	<b>03:29:34.05</b>	+00:39:32 (18.9%)	5:58	10 (80.6%)
27	<b>KRÓLAK Radosław</b>	<b>3107</b>		Master Mężczyzn	10	02:19:00	<b>03:29:43.70</b>	<b>03:29:53.80</b>	+00:39:51 (19.0%)	5:59	10 (80.6%)
28	<b>FILIPIUK Tomasz</b>	<b>3039</b>		Master Mężczyzn	11	02:20:56	<b>03:32:56.35</b>	<b>03:33:00.40</b>	+00:42:58 (20.2%)	6:05	9.9 (79.8%)
29	<b>CHMIEL Krzysztof</b>	<b>3022</b>	ZABIEGANY WOŁOMIN	Senior Mężczyzn	9	02:28:36	<b>03:32:55.25</b>	<b>03:33:18.80</b>	+00:43:16 (20.3%)	6:05	9.9 (79.8%)
30	<b>TYMICKI Zbigniew</b>	<b>3226</b>		Weteran Mężczyzn	6	02:23:27	<b>03:34:35.80</b>	<b>03:34:41.20</b>	+00:44:39 (20.8%)	6:07	9.8 (79.0%)
31	<b>KOZAK Marcin</b>	<b>3100</b>		Master Mężczyzn	12	02:30:01	<b>03:34:30.15</b>	<b>03:34:47.25</b>	+00:44:45 (20.8%)	6:07	9.8 (79.0%)
32	<b>SZYMAŃSKA Agata</b>	<b>3217</b>		Senior Kobiet	3	02:27:20	<b>03:34:45.90</b>	<b>03:34:52.80</b>	+00:44:50 (20.9%)	6:08	9.8 (79.0%)
33	<b>KOZYRA Artur</b>	<b>3103</b>		Senior Mężczyzn	10	02:20:51	<b>03:35:27.75</b>	<b>03:35:38.15</b>	+00:45:36 (21.1%)	6:09	9.7 (78.2%)
34	<b>WILK Wiktoria</b>	<b>3242</b>	SARNI TĘTENT	Senior Kobiet	4	02:31:16	<b>03:35:52.65</b>	<b>03:35:59.25</b>	+00:45:57 (21.3%)	6:10	9.7 (78.2%)
35	<b>MILKA-NEUMAN Aleksandra</b>	<b>3147</b>	-	Master Kobiet	3	02:32:53	<b>03:37:20.10</b>	<b>03:37:45.60</b>	+00:47:43 (21.9%)	6:12	9.7 (78.2%)
36	<b>MĘLGIEŚ Marek</b>	<b>3141</b>	MELKOMP	Master Mężczyzn	13	02:30:27	<b>03:37:51.55</b>	<b>03:37:56.20</b>	+00:47:54 (22.0%)	6:13	9.6 (77.4%)
37	<b>WIATROWSKI Andrzej</b>	<b>3233</b>		Master Mężczyzn	14	02:26:24	<b>03:38:34.80</b>	<b>03:38:39.20</b>	+00:48:37 (22.2%)	6:14	9.6 (77.4%)
38	<b>GRODZKI Michał</b>	<b>3055</b>		Master Mężczyzn	15	02:27:26	<b>03:38:40.85</b>	<b>03:38:55.95</b>	+00:48:54 (22.3%)	6:14	9.6 (77.4%)
39	<b>KAWALA Łukasz</b>	<b>3075</b>		Senior Mężczyzn	11	02:25:19	<b>03:39:10.55</b>	<b>03:39:14.90</b>	+00:49:12 (22.4%)	6:15	9.6 (77.4%)

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40	<b>JAKOWIECKA Aleksandra</b>	<b>3060</b>	DELOITTE ADVENTURE TEAM	Senior Kobiet	5	02:29:36	<b>03:39:33.55</b>	<b>03:39:49.35</b>	+00:49:47 (22.7%)	6:16	9.6 (77.4%)
41	<b>KUBACKA Marta</b>	<b>3113</b>	STAJNIA BALONA	Master Kobiet	4	02:36:08	<b>03:39:44.35</b>	<b>03:39:52.90</b>	+00:49:50 (22.7%)	6:16	9.6 (77.4%)
42	<b>KOŁODZIEJ Mirosław</b>	<b>3085</b>		Senior Mężczyzn	12	02:27:25	<b>03:39:32.10</b>	<b>03:40:11.05</b>	+00:50:09 (22.8%)	6:16	9.6 (77.4%)
43	<b>KAŁOWSKI Tomasz</b>	<b>3072</b>		Weteran Mężczyzn	7	02:28:19	<b>03:39:51.45</b>	<b>03:40:23.55</b>	+00:50:21 (22.9%)	6:16	9.6 (77.4%)
44	<b>KOWALCZUK Adam</b>	<b>3093</b>	TANKS	Master Mężczyzn	16	02:27:35	<b>03:40:00.05</b>	<b>03:40:24.80</b>	+00:50:22 (22.9%)	6:17	9.5 (76.6%)
45	<b>SAMSEL Artur</b>	<b>3184</b>	TANKS	Master Mężczyzn	17	02:27:37	<b>03:40:00.80</b>	<b>03:40:25.70</b>	+00:50:23 (22.9%)	6:17	9.5 (76.6%)
46	<b>ŁĘKAWA Mateusz</b>	<b>3126</b>		Senior Mężczyzn	13	02:27:36	<b>03:40:01.75</b>	<b>03:40:26.70</b>	+00:50:24 (22.9%)	6:17	9.5 (76.6%)
47	<b>ZALEWSKI Dominik</b>	<b>3259</b>		Senior Mężczyzn	14	02:17:59	<b>03:40:53.55</b>	<b>03:41:12.50</b>	+00:51:10 (23.1%)	6:18	9.5 (76.6%)
48	<b>SZCZĘŚNIAK Michał</b>	<b>3205</b>		Weteran Mężczyzn	8	02:37:02	<b>03:40:50.75</b>	<b>03:41:22.85</b>	+00:51:20 (23.2%)	6:18	9.5 (76.6%)
49	<b>KUZIOŁA Iwona</b>	<b>3118</b>	#NOLIMITS	Weteran Kobiet	1	02:33:12	<b>03:41:15.55</b>	<b>03:41:23.20</b>	+00:51:21 (23.2%)	6:19	9.5 (76.6%)
50	<b>KORAL Jakub</b>	<b>3088</b>		Senior Mężczyzn	15	02:31:13	<b>03:41:36.95</b>	<b>03:41:41.90</b>	+00:51:39 (23.3%)	6:19	9.5 (76.6%)
51	<b>JASIŃSKI Krzysztof</b>	<b>3065</b>	GRUBE KORZENIE	Master Mężczyzn	18	02:26:30	<b>03:41:51.05</b>	<b>03:41:54.70</b>	+00:51:52 (23.4%)	6:20	9.5 (76.6%)
52	<b>WESOŁOWSKA Katarzyna</b>	<b>3232</b>	ORANGE POLSKA	Master Kobiet	5	02:35:23	<b>03:41:54.60</b>	<b>03:42:01.45</b>	+00:51:59 (23.4%)	6:20	9.5 (76.6%)
53	<b>PIETRASZKO Barbara</b>	<b>3167</b>		Master Kobiet	6	02:33:44	<b>03:41:53.25</b>	<b>03:42:11.60</b>	+00:52:09 (23.5%)	6:20	9.5 (76.6%)
54	<b>ŁYSUNIEK Marta</b>	<b>3127</b>		Master Kobiet	7	02:36:10	<b>03:43:44.40</b>	<b>03:43:59.55</b>	+00:53:57 (24.1%)	6:23	9.4 (75.8%)
55	<b>ZAKROCZYŃSKI Michał</b>	<b>30</b>		Weteran Mężczyzn	9	02:30:48	<b>03:44:23.15</b>	<b>03:44:28.75</b>	+00:54:26 (24.3%)	6:24	9.4 (75.8%)
56	<b>KUCH Paweł</b>	<b>3115</b>		Weteran Mężczyzn	10	02:36:04	<b>03:44:33.20</b>	<b>03:44:53.40</b>	+00:54:51 (24.4%)	6:24	9.4 (75.8%)
57	<b>WICINSKA-REUS Dominika</b>	<b>3234</b>	PGE OBRÓT RUN	Master Kobiet	8	02:38:54	<b>03:44:51.65</b>	<b>03:45:09.15</b>	+00:55:07 (24.5%)	6:25	9.3 (75.0%)
58	<b>GAJEWSKI Rafał</b>	<b>45</b>		Master Mężczyzn	19	02:33:17	<b>03:45:16.30</b>	<b>03:45:19.20</b>	+00:55:17 (24.5%)	6:26	9.3 (75.0%)
59	<b>SZADORSKA Agnieszka</b>	<b>3203</b>		Master Kobiet	9	02:35:55	<b>03:46:10.60</b>	<b>03:46:21.60</b>	+00:56:19 (24.9%)	6:27	9.3 (75.0%)
60	<b>SMYKA Michał</b>	<b>3191</b>		Senior Mężczyzn	16	02:33:40	<b>03:46:07.15</b>	<b>03:46:22.20</b>	+00:56:20 (24.9%)	6:27	9.3 (75.0%)
61	<b>KOWALSKI Krzysztof</b>	<b>3098</b>	HRMAXCROSSTEAM	Weteran Mężczyzn	11	02:33:13	<b>03:47:20.80</b>	<b>03:47:30.60</b>	+00:57:28 (25.3%)	6:29	9.2 (74.2%)
62	<b>TALAROWSKI Paweł</b>	<b>3220</b>		Master Mężczyzn	20	02:30:17	<b>03:47:29.90</b>	<b>03:47:37.10</b>	+00:57:35 (25.3%)	6:29	9.2 (74.2%)

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63	<b>ROSA Mariusz</b>	<b>3177</b>	ZABIEGANI WOŁOMIN	Master Mężczyzn	21	02:35:14	<b>03:47:14.85</b>	<b>03:47:39.30</b>	+00:57:37 (25.3%)	6:29	9.2 (74.2%)
64	<b>GACEK Mariusz</b>	<b>3042</b>		Senior Mężczyzn	17	02:31:53	<b>03:47:34.40</b>	<b>03:47:44.80</b>	+00:57:42 (25.3%)	6:30	9.2 (74.2%)
65	<b>BUBNIAK Bogumił</b>	<b>3017</b>	BEZKLUBIE ZNAD POTOKA :-)	Master Mężczyzn	22	02:32:36	<b>03:47:43.95</b>	<b>03:48:07.50</b>	+00:58:05 (25.5%)	6:30	9.2 (74.2%)
66	<b>GÓRNA-CICHOŃ Monika</b>	<b>3053</b>		Master Kobiet	10	02:40:09	<b>03:48:16.35</b>	<b>03:48:23.70</b>	+00:58:21 (25.6%)	6:31	9.2 (74.2%)
67	<b>JASIŃSKA Magdalena</b>	<b>3064</b>	GRUBE KORZENIE	Weteran Kobiet	2	02:38:32	<b>03:49:09.75</b>	<b>03:49:30.90</b>	+00:59:28 (25.9%)	6:32	9.2 (74.2%)
68	<b>RZEMIŃSKI Jacek</b>	<b>3181</b>		Weteran Mężczyzn	12	02:36:23	<b>03:50:31.35</b>	<b>03:50:40.85</b>	+01:00:38 (26.3%)	6:35	9.1 (73.4%)
69	<b>DACHNO Marek</b>	<b>3030</b>	KONIE-WOJCIECHÓW	Master Mężczyzn	23	02:39:00	<b>03:50:32.05</b>	<b>03:50:53.85</b>	+01:00:51 (26.4%)	6:35	9.1 (73.4%)
70	<b>WAWRUCH Piotr</b>	<b>3229</b>	KONIE-WOJCIECHÓW	Master Mężczyzn	24	02:38:53	<b>03:50:33.75</b>	<b>03:50:54.00</b>	+01:00:52 (26.4%)	6:35	9.1 (73.4%)
71	<b>SOCHAJ Anna</b>	<b>3192</b>	FUKUNDA	Master Kobiet	11	02:43:08	<b>03:51:31.85</b>	<b>03:51:42.60</b>	+01:01:40 (26.6%)	6:36	9.1 (73.4%)
72	<b>DRYGIEL VEL DRYGLAK Piotr</b>	<b>3036</b>		Weteran Mężczyzn	13	02:35:51	<b>03:51:59.55</b>	<b>03:52:06.90</b>	+01:02:04 (26.7%)	6:37	9.1 (73.4%)
73	<b>PEKALA Rafał</b>	<b>3165</b>		Master Mężczyzn	25	02:40:00	<b>03:51:47.20</b>	<b>03:52:22.05</b>	+01:02:20 (26.8%)	6:37	9.1 (73.4%)
74	<b>JARZĄBEK Michał</b>	<b>3063</b>		Senior Mężczyzn	18	02:41:47	<b>03:52:17.50</b>	<b>03:52:36.75</b>	+01:02:34 (26.9%)	6:38	9 (72.6%)
75	<b>BEDNARZ Paweł</b>	<b>3010</b>	LENIWIE DO PRZODU	Weteran Mężczyzn	14	02:38:20	<b>03:52:34.50</b>	<b>03:52:39.45</b>	+01:02:37 (26.9%)	6:38	9 (72.6%)
76	<b>SOŁTYS Michał</b>	<b>3193</b>		Senior Mężczyzn	19	02:35:14	<b>03:53:06.15</b>	<b>03:53:29.15</b>	+01:03:27 (27.2%)	6:39	9 (72.6%)
77	<b>NEPELSKI Krzysztof</b>	<b>3152</b>		Master Mężczyzn	26	02:37:56	<b>03:55:26.75</b>	<b>03:55:31.95</b>	+01:05:30 (27.8%)	6:43	8.9 (71.8%)
78	<b>ANTOŃCZAK Justyna</b>	<b>3001</b>	KRASNYSTAW BIEGA	Senior Kobiet	6	02:37:48	<b>03:55:23.70</b>	<b>03:55:42.65</b>	+01:05:40 (27.9%)	6:43	8.9 (71.8%)
79	<b>BERNAKIEWICZ Aleksandra</b>	<b>3011</b>		Senior Kobiet	7	02:35:33	<b>03:56:06.40</b>	<b>03:56:22.30</b>	+01:06:20 (28.1%)	6:44	8.9 (71.8%)
80	<b>GOLI Leszek</b>	<b>3051</b>	MOVADO	Weteran Mężczyzn	15	02:36:27	<b>03:56:16.15</b>	<b>03:56:22.40</b>	+01:06:20 (28.1%)	6:45	8.9 (71.8%)
81	<b>DZIERŻEŃSKA Monika</b>	<b>6028</b>	STAJNIA BALONA	Weteran Kobiet	3	02:41:44	<b>03:56:50.60</b>	<b>03:56:55.80</b>	+01:06:53 (28.2%)	6:46	8.9 (71.8%)
82	<b>WILGAT Adam</b>	<b>3240</b>	DZIKIE SZKRZYDŁO / WARSAW RUN CLUB	Weteran Mężczyzn	16	02:43:54	<b>03:57:20.75</b>	<b>03:57:33.10</b>	+01:07:31 (28.4%)	6:46	8.8 (71.0%)
83	<b>MARĆ Artur</b>	<b>3139</b>		Weteran Mężczyzn	17	02:42:06	<b>03:57:37.10</b>	<b>03:57:43.60</b>	+01:07:41 (28.5%)	6:47	8.8 (71.0%)
84	<b>MISZTAL Agnieszka</b>	<b>3149</b>	LUBELSKI BIEGACZ TEAM	Master Kobiet	12	02:43:42	<b>03:59:27.35</b>	<b>03:59:37.80</b>	+01:09:35 (29.0%)	6:50	8.8 (71.0%)
85	<b>GOLDMANN Bartosz</b>	<b>3050</b>		Senior Mężczyzn	20	02:49:48	<b>04:00:38.85</b>	<b>04:01:14.20</b>	+01:11:12 (29.5%)	6:52	8.7 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
86	<b>BRZYSKA Marcelina</b>	<b>3016</b>		Senior Kobiet	8	02:46:52	<b>04:01:15.65</b>	<b>04:01:26.65</b>	+01:11:24 (29.6%)	6:53	8.7 (70.2%)
87	<b>CZYŻOWICZ-GOTFRYD Agnieszka</b>	<b>3029</b>	POLISH RUNNERS SQUAD	Weteran Kobiet	4	02:49:59	<b>04:01:57.30</b>	<b>04:02:06.45</b>	+01:12:04 (29.8%)	6:54	8.7 (70.2%)
88	<b>BUZALSKI Robert</b>	<b>3021</b>		Weteran Mężczyzn	18	02:38:11	<b>04:02:19.65</b>	<b>04:02:47.45</b>	+01:12:45 (30.0%)	6:55	8.7 (70.2%)
89	<b>SZYMALA-LIPKA Magdalena</b>	<b>3215</b>		Master Kobiet	13	02:44:56	<b>04:02:29.30</b>	<b>04:03:00.15</b>	+01:12:58 (30.0%)	6:55	8.7 (70.2%)
90	<b>WIECZOREK Marcin</b>	<b>3236</b>		Master Mężczyzn	27	02:28:19	<b>04:02:59.65</b>	<b>04:03:05.65</b>	+01:13:03 (30.1%)	6:56	8.6 (69.4%)
91	<b>MENDEL Agnieszka</b>	<b>3144</b>		Master Kobiet	14	02:49:52	<b>04:03:33.50</b>	<b>04:04:04.20</b>	+01:14:02 (30.3%)	6:57	8.6 (69.4%)
92	<b>MENDEL Grzegorz</b>	<b>3143</b>		Master Mężczyzn	28	02:49:52	<b>04:03:33.40</b>	<b>04:04:04.40</b>	+01:14:02 (30.3%)	6:57	8.6 (69.4%)
93	<b>FORNALSKI Tomasz</b>	<b>3040</b>		Master Mężczyzn	29	02:45:29	<b>04:04:10.65</b>	<b>04:04:18.00</b>	+01:14:16 (30.4%)	6:58	8.6 (69.4%)
94	<b>WOŹNIAK Katarzyna</b>	<b>3252</b>	AKM PROMILEK	Senior Kobiet	9	02:44:41	<b>04:04:06.35</b>	<b>04:04:23.45</b>	+01:14:21 (30.4%)	6:58	8.6 (69.4%)
95	<b>WOŹNIAK Marek</b>	<b>3253</b>	AKM PROMILEK	Weteran Mężczyzn	19	02:44:45	<b>04:04:07.10</b>	<b>04:04:25.45</b>	+01:14:23 (30.4%)	6:58	8.6 (69.4%)
96	<b>TOMASZEWSKA Urszula</b>	<b>3223</b>		Weteran Kobiet	5	02:55:26	<b>04:04:10.50</b>	<b>04:04:33.10</b>	+01:14:31 (30.5%)	6:58	8.6 (69.4%)
97	<b>WIELGUS Artur</b>	<b>3237</b>	WIELGU TEAM	Senior Mężczyzn	21	02:31:02	<b>04:04:58.45</b>	<b>04:05:18.70</b>	+01:15:16 (30.7%)	6:59	8.6 (69.4%)
98	<b>WIŚNIEWSKI Michał</b>	<b>3244</b>		Weteran Mężczyzn	20	02:42:21	<b>04:04:45.95</b>	<b>04:05:23.25</b>	+01:15:21 (30.7%)	6:59	8.6 (69.4%)
99	<b>KRUKOWSKI Robert</b>	<b>3109</b>	PLATINIUM ZAMOŚĆ	Master Mężczyzn	30	02:44:29	<b>04:05:10.80</b>	<b>04:05:29.15</b>	+01:15:27 (30.7%)	7:00	8.6 (69.4%)
100	<b>TUROSZ Zbigniew</b>	<b>3225</b>		Dinozaur Mężczyzn	1	02:44:33	<b>04:05:36.45</b>	<b>04:05:43.15</b>	+01:15:41 (30.8%)	7:01	8.6 (69.4%)
101	<b>KOZIOŁ Sylwia</b>	<b>3101</b>		Master Kobiet	15	02:50:40	<b>04:05:21.45</b>	<b>04:05:58.85</b>	+01:15:56 (30.9%)	7:00	8.6 (69.4%)
102	<b>KRUSZEWSKI Jacek</b>	<b>3112</b>		Weteran Mężczyzn	21	02:48:00	<b>04:05:48.20</b>	<b>04:06:07.15</b>	+01:16:05 (30.9%)	7:01	8.5 (68.5%)
103	<b>GASECKI Bartosz</b>	<b>3044</b>		Senior Mężczyzn	22	02:46:34	<b>04:06:13.30</b>	<b>04:06:37.15</b>	+01:16:35 (31.1%)	7:02	8.5 (68.5%)
104	<b>MARSZAŁEK Dariusz</b>	<b>3140</b>	MCP TEAM	Weteran Mężczyzn	22	02:43:32	<b>04:06:14.60</b>	<b>04:06:43.10</b>	+01:16:41 (31.1%)	7:02	8.5 (68.5%)
105	<b>URBAŃSKI Bartłomiej</b>	<b>3227</b>		Senior Mężczyzn	23	02:52:36	<b>04:08:52.35</b>	<b>04:09:24.75</b>	+01:19:22 (31.8%)	7:06	8.4 (67.7%)
106	<b>PIEJKO Joanna</b>	<b>90</b>	BŁĘKITNA XVII-TKA	Master Kobiet	16	02:50:44	<b>04:08:53.90</b>	<b>04:09:28.50</b>	+01:19:26 (31.8%)	7:06	8.4 (67.7%)
107	<b>KWIECIEŃ Sebastian</b>	<b>3119</b>		Master Mężczyzn	31	02:54:31	<b>04:09:31.55</b>	<b>04:09:48.35</b>	+01:19:46 (31.9%)	7:07	8.4 (67.7%)
108	<b>PESZEK Katarzyna</b>	<b>3164</b>	BIEGNIJ Z PROSERVICE / DGS	Master Kobiet	17	02:50:13	<b>04:09:42.60</b>	<b>04:10:04.60</b>	+01:20:02 (32.0%)	7:08	8.4 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
109	<b>KITKA Tomasz</b>	<b>3078</b>	SPORTOWE PUŁAWY	Senior Mężczyzn	24	02:38:28	<b>04:09:59.20</b>	<b>04:10:05.20</b>	+01:20:03 (32.0%)	7:08	8.4 (67.7%)
110	<b>KRACZKOWSKI Krzysztof</b>	<b>3104</b>		Weteran Mężczyzn	23	02:50:25	<b>04:11:18.25</b>	<b>04:11:30.35</b>	+01:21:28 (32.4%)	7:10	8.4 (67.7%)
111	<b>FURDYNA Maria</b>	<b>3041</b>		Master Kobiet	18	02:55:35	<b>04:11:31.60</b>	<b>04:11:41.50</b>	+01:21:39 (32.4%)	7:11	8.3 (66.9%)
112	<b>WAGNER Mariusz</b>	<b>3228</b>		Weteran Mężczyzn	24	02:46:20	<b>04:11:30.20</b>	<b>04:12:07.30</b>	+01:22:05 (32.6%)	7:11	8.3 (66.9%)
113	<b>BAKUN Jolanta</b>	<b>3004</b>		Weteran Kobiet	6	02:52:32	<b>04:15:32.80</b>	<b>04:15:49.30</b>	+01:25:47 (33.5%)	7:18	8.2 (66.1%)
114	<b>JACEK Andrzej</b>	<b>3059</b>		Dinozaur Mężczyzn	2	02:52:49	<b>04:15:43.15</b>	<b>04:15:49.35</b>	+01:25:47 (33.5%)	7:18	8.2 (66.1%)
115	<b>BAKUN Mariusz</b>	<b>3003</b>		Weteran Mężczyzn	25	02:52:29	<b>04:15:32.35</b>	<b>04:15:49.45</b>	+01:25:47 (33.5%)	7:18	8.2 (66.1%)
116	<b>BEDŁUSZAK Tomasz</b>	<b>3009</b>	CHEŁM BIEGA	Master Mężczyzn	32	02:55:00	<b>04:16:24.10</b>	<b>04:16:40.20</b>	+01:26:38 (33.8%)	7:19	8.2 (66.1%)
117	<b>KŁODZIŃSKI Klaudiusz</b>	<b>3080</b>	ULTRAMĘKI	Weteran Mężczyzn	26	02:53:45	<b>04:16:35.75</b>	<b>04:16:57.65</b>	+01:26:55 (33.8%)	7:19	8.2 (66.1%)
118	<b>ŁĄCZNY Marcin</b>	<b>3125</b>	GALOPUJĄCE DŹDŻOWNICE	Master Mężczyzn	33	02:48:28	<b>04:18:36.75</b>	<b>04:18:53.25</b>	+01:28:51 (34.3%)	7:23	8.1 (65.3%)
119	<b>RÓŻAK-RUKUSZEWICZ Magdalena</b>	<b>3178</b>	DZIKIE GRUBASY SZATANA	Master Kobiet	19	02:56:46	<b>04:18:48.35</b>	<b>04:19:10.20</b>	+01:29:08 (34.4%)	7:23	8.1 (65.3%)
120	<b>TOKARSKA Bożena</b>	<b>3221</b>	#ADAMCZERWIŃSKITEAM	Master Kobiet	20	02:55:51	<b>04:18:44.70</b>	<b>04:19:12.20</b>	+01:29:10 (34.4%)	7:23	8.1 (65.3%)
121	<b>CHOJNOWSKA Magdalena</b>	<b>3023</b>	ZABIEGANY WOŁOMIN	Master Kobiet	21	02:55:25	<b>04:18:57.20</b>	<b>04:19:20.30</b>	+01:29:18 (34.4%)	7:23	8.1 (65.3%)
122	<b>SZUBARTOWSKI Paweł</b>	<b>3214</b>	BEŁZYCE I OKOLICE BIEGAJĄ	Senior Mężczyzn	25	02:55:39	<b>04:19:29.15</b>	<b>04:19:32.95</b>	+01:29:31 (34.5%)	7:24	8.1 (65.3%)
123	<b>KIERUZALSKA Małgorzata</b>	<b>3076</b>		Master Kobiet	22	02:54:27	<b>04:19:45.55</b>	<b>04:19:58.70</b>	+01:29:56 (34.6%)	7:25	8.1 (65.3%)
123	<b>KRĘPACKA Monika</b>	<b>3106</b>	CHEŁM BIEGA	Master Kobiet	22	02:59:21	<b>04:19:46.80</b>	<b>04:19:58.70</b>	+01:29:56 (34.6%)	7:25	8.1 (65.3%)
125	<b>KRAJEWSKA-PALUCH Ewa</b>	<b>3105</b>		Weteran Kobiet	7	02:59:52	<b>04:19:47.15</b>	<b>04:20:07.50</b>	+01:30:05 (34.6%)	7:25	8.1 (65.3%)
126	<b>CZERNAKIEWICZ Beata</b>	<b>3026</b>		Weteran Kobiet	8	02:57:47	<b>04:19:59.25</b>	<b>04:20:08.70</b>	+01:30:06 (34.6%)	7:25	8.1 (65.3%)
127	<b>FEDORCZUK Jadwiga</b>	<b>3038</b>	-----	Dinozaur Kobiet	1	02:51:04	<b>04:20:01.50</b>	<b>04:20:16.75</b>	+01:30:14 (34.7%)	7:25	8.1 (65.3%)
128	<b>GILAS Michał</b>	<b>3048</b>	BIŁGORUN	Master Mężczyzn	34	02:56:33	<b>04:20:28.20</b>	<b>04:20:57.30</b>	+01:30:55 (34.8%)	7:26	8.1 (65.3%)
129	<b>PACZUSKI Piotr</b>	<b>3161</b>	8 BALL CROSS GYM	Master Mężczyzn	35	02:50:26	<b>04:20:44.15</b>	<b>04:20:57.45</b>	+01:30:55 (34.8%)	7:26	8.1 (65.3%)
130	<b>ARMATYS Grzegorz</b>	<b>3002</b>	ORANGE POLSKA	Weteran Mężczyzn	27	03:02:18	<b>04:20:50.65</b>	<b>04:21:21.65</b>	+01:31:19 (34.9%)	7:27	8.1 (65.3%)
131	<b>WRONA Anna</b>	<b>3256</b>		Master Kobiet	24	02:59:25	<b>04:21:23.50</b>	<b>04:21:42.90</b>	+01:31:40 (35.0%)	7:28	8 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
132	<b>PRAŁAT Dawid</b>	<b>3174</b>	PZU SPORT TEAM	Master Mężczyzn	36	02:52:54	<b>04:21:38.35</b>	<b>04:21:53.65</b>	+01:31:51 (35.1%)	7:28	8 (64.5%)
133	<b>CZUPKIEWICZ Lena</b>	<b>3027</b>		Master Kobiet	25	02:57:12	<b>04:22:27.35</b>	<b>04:22:38.35</b>	+01:32:36 (35.3%)	7:29	8 (64.5%)
134	<b>KUZIOŁA Grzegorz</b>	<b>3117</b>	#NOLIMITS	Weteran Mężczyzn	28	02:50:31	<b>04:23:39.15</b>	<b>04:23:50.75</b>	+01:33:48 (35.6%)	7:31	8 (64.5%)
135	<b>BARTOSIEWICZ Daria</b>	<b>3008</b>	DZIKIE GRUBASY SZATANA	Senior Kobiet	10	02:58:13	<b>04:23:50.85</b>	<b>04:24:10.40</b>	+01:34:08 (35.6%)	7:32	8 (64.5%)
136	<b>NOWAK Katarzyna</b>	<b>3154</b>	DZIKIE GRUBASY SZATANA	Senior Kobiet	11	02:57:29	<b>04:23:48.25</b>	<b>04:24:10.45</b>	+01:34:08 (35.6%)	7:32	8 (64.5%)
137	<b>MIŁKOWSKI Dawid</b>	<b>3148</b>		Senior Mężczyzn	26	03:00:58	<b>04:24:22.35</b>	<b>04:24:22.35</b>	+01:34:20 (35.7%)	7:33	7.9 (63.7%)
138	<b>RUSIN Łukasz</b>	<b>3179</b>	RKS	Master Mężczyzn	37	02:57:56	<b>04:24:12.10</b>	<b>04:24:31.65</b>	+01:34:29 (35.7%)	7:32	7.9 (63.7%)
139	<b>MAJCHRZYK Dorota</b>	<b>3130</b>	#CZELADZBIEGA	Master Kobiet	26	03:01:36	<b>04:24:35.25</b>	<b>04:25:07.50</b>	+01:35:05 (35.9%)	7:33	7.9 (63.7%)
140	<b>JEDLEWSKI Krzysztof</b>	<b>3069</b>		Master Mężczyzn	38	02:56:26	<b>04:24:51.30</b>	<b>04:25:19.00</b>	+01:35:17 (35.9%)	7:34	7.9 (63.7%)
141	<b>PIÓRO Kamil</b>	<b>3168</b>	VIRGO ROZTOCZE	Master Mężczyzn	39	02:55:32	<b>04:25:23.35</b>	<b>04:25:41.70</b>	+01:35:39 (36.0%)	7:34	7.9 (63.7%)
142	<b>PIECZONKA Tomasz</b>	<b>3166</b>		Master Mężczyzn	40	02:56:23	<b>04:27:22.35</b>	<b>04:27:36.00</b>	+01:37:34 (36.5%)	7:38	7.9 (63.7%)
143	<b>MARCINKIEWICZ Dariusz</b>	<b>3137</b>		Master Mężczyzn	41	03:00:44	<b>04:28:15.30</b>	<b>04:28:51.70</b>	+01:38:49 (36.8%)	7:39	7.8 (62.9%)
144	<b>SZPONAR Krzysztof</b>	<b>3213</b>		Weteran Mężczyzn	29	02:58:22	<b>04:29:32.30</b>	<b>04:30:07.05</b>	+01:40:05 (37.1%)	7:42	7.8 (62.9%)
145	<b>KOWALIK Anna</b>	<b>3096</b>	UMCS BIEGA	Master Kobiet	27	03:05:16	<b>04:30:31.05</b>	<b>04:30:48.60</b>	+01:40:46 (37.2%)	7:43	7.8 (62.9%)
146	<b>ABRAMOWICZ Daniel</b>	<b>3000</b>	CHEŁM BIEGA	Master Mężczyzn	42	02:54:04	<b>04:31:16.70</b>	<b>04:31:29.25</b>	+01:41:27 (37.4%)	7:45	7.7 (62.1%)
147	<b>WILCZYŃSKI Bartłomiej</b>	<b>3239</b>		Master Mężczyzn	43	03:01:43	<b>04:31:04.50</b>	<b>04:31:33.75</b>	+01:41:31 (37.4%)	7:44	7.7 (62.1%)
148	<b>PABIAŃCZYK Małgorzata</b>	<b>3160</b>		Master Kobiet	28	03:06:30	<b>04:31:47.40</b>	<b>04:32:06.65</b>	+01:42:04 (37.5%)	7:45	7.7 (62.1%)
149	<b>BIELECKI Mariusz</b>	<b>3019</b>		Weteran Mężczyzn	30	03:07:25	<b>04:31:58.60</b>	<b>04:32:32.55</b>	+01:42:30 (37.6%)	7:46	7.7 (62.1%)
149	<b>KOŁODZIEJCZYK Adam</b>	<b>3086</b>		Master Mężczyzn	44	03:04:45	<b>04:31:59.20</b>	<b>04:32:32.55</b>	+01:42:30 (37.6%)	7:46	7.7 (62.1%)
149	<b>KRUPA-SZCZĘSNY Izabela</b>	<b>3111</b>		Weteran Kobiet	9	03:07:27	<b>04:31:59.05</b>	<b>04:32:32.55</b>	+01:42:30 (37.6%)	7:46	7.7 (62.1%)
152	<b>JĘDRZEJEWSKI Marcin</b>	<b>3070</b>		Senior Mężczyzn	27	02:49:51	<b>04:32:52.15</b>	<b>04:33:16.50</b>	+01:43:14 (37.8%)	7:47	7.7 (62.1%)
153	<b>OLCZAK Witold</b>	<b>3156</b>	UMCS BIEGA	Dinozaur Mężczyzn	3	03:11:25	<b>04:33:24.60</b>	<b>04:33:35.65</b>	+01:43:33 (37.9%)	7:48	7.7 (62.1%)
154	<b>GILAS Szymon</b>	<b>3047</b>	CHEŁM BIEGA	Master Mężczyzn	45	02:57:59	<b>04:33:09.80</b>	<b>04:33:39.20</b>	+01:43:37 (37.9%)	7:48	7.7 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
155	<b>SZPINDA Marta</b>	<b>3212</b>	BIŁGORAJ ULTRA TRAIL	Master Kobiet	29	03:07:33	<b>04:33:31.40</b>	<b>04:33:43.50</b>	+01:43:41 (37.9%)	7:48	7.7 (62.1%)
156	<b>MAKARZEC - SURMA Agnieszka</b>	<b>3133</b>		Senior Kobiet	12	03:07:33	<b>04:33:30.65</b>	<b>04:33:43.60</b>	+01:43:41 (37.9%)	7:48	7.7 (62.1%)
157	<b>HYZ Marek</b>	<b>7</b>		Weteran Mężczyzn	31	03:07:24	<b>04:33:35.35</b>	<b>04:33:43.90</b>	+01:43:41 (37.9%)	7:49	7.7 (62.1%)
158	<b>SIUCIAK Robert</b>	<b>3188</b>		Weteran Mężczyzn	32	03:05:06	<b>04:34:10.90</b>	<b>04:34:49.10</b>	+01:44:47 (38.1%)	7:50	7.7 (62.1%)
159	<b>SZCZYPKOWSKI Krzysztof</b>	<b>3207</b>		Master Mężczyzn	46	03:02:14	<b>04:34:35.65</b>	<b>04:35:01.20</b>	+01:44:59 (38.2%)	7:50	7.6 (61.3%)
160	<b>WRÓBEL Barbara</b>	<b>3257</b>	BIEGAJĄCY ŚWIDNIK	Weteran Kobiet	10	03:07:20	<b>04:34:46.65</b>	<b>04:35:01.65</b>	+01:44:59 (38.2%)	7:51	7.6 (61.3%)
161	<b>OZON Kinga</b>	<b>3159</b>	BIEGAJĄCY ŚWIDNIK	Weteran Kobiet	11	03:07:24	<b>04:34:47.05</b>	<b>04:35:01.75</b>	+01:44:59 (38.2%)	7:51	7.6 (61.3%)
162	<b>KINCZKOWSKA Aleksandra</b>	<b>3077</b>		Master Kobiet	30	03:02:18	<b>04:34:32.70</b>	<b>04:35:04.30</b>	+01:45:02 (38.2%)	7:50	7.6 (61.3%)
163	<b>KOWALCZUK Dariusz</b>	<b>3094</b>		Master Mężczyzn	47	03:05:36	<b>04:34:57.55</b>	<b>04:35:15.35</b>	+01:45:13 (38.2%)	7:51	7.6 (61.3%)
164	<b>OCZOŚ Przemysław</b>	<b>3155</b>		Master Mężczyzn	48	03:02:33	<b>04:35:09.25</b>	<b>04:35:18.10</b>	+01:45:16 (38.2%)	7:51	7.6 (61.3%)
165	<b>SUCHORA Anna</b>	<b>3199</b>		Weteran Kobiet	12	03:07:09	<b>04:35:12.95</b>	<b>04:35:21.40</b>	+01:45:19 (38.3%)	7:51	7.6 (61.3%)
166	<b>SUCHORA Jerzy</b>	<b>3200</b>		Weteran Mężczyzn	33	03:07:08	<b>04:35:13.25</b>	<b>04:35:21.50</b>	+01:45:19 (38.3%)	7:51	7.6 (61.3%)
167	<b>KURZYDŁO Bartosz</b>	<b>3116</b>		Master Mężczyzn	49	02:57:44	<b>04:35:38.70</b>	<b>04:35:50.20</b>	+01:45:48 (38.4%)	7:52	7.6 (61.3%)
168	<b>WICZUK-WICZEWSKI Marcin</b>	<b>3235</b>	ORANGE POLSKA	Weteran Mężczyzn	34	03:03:54	<b>04:35:29.30</b>	<b>04:35:58.65</b>	+01:45:56 (38.4%)	7:52	7.6 (61.3%)
169	<b>WENERSKI Wojciech</b>	<b>3230</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	Dinozaur Mężczyzn	4	02:55:38	<b>04:35:54.40</b>	<b>04:36:11.80</b>	+01:46:09 (38.4%)	7:52	7.6 (61.3%)
170	<b>GUMIELA Katarzyna</b>	<b>3057</b>	GUMISIOLANDIA	Master Kobiet	31	03:07:31	<b>04:37:28.90</b>	<b>04:38:00.70</b>	+01:47:58 (38.8%)	7:55	7.6 (61.3%)
171	<b>KOWALSKA Magdalena</b>	<b>3097</b>		Senior Kobiet	13	03:09:19	<b>04:38:07.85</b>	<b>04:38:40.40</b>	+01:48:38 (39.0%)	7:56	7.6 (61.3%)
172	<b>ŁOPATKIEWICZ Beata</b>	<b>21</b>		Weteran Kobiet	13	03:12:12	<b>04:39:01.30</b>	<b>04:39:14.45</b>	+01:49:12 (39.1%)	7:58	7.5 (60.5%)
173	<b>MICHALEC Marcin</b>	<b>91</b>	KKB MOSIR KROSNO	Senior Mężczyzn	28	03:12:18	<b>04:39:01.55</b>	<b>04:39:14.50</b>	+01:49:12 (39.1%)	7:58	7.5 (60.5%)
174	<b>KMIEĆ Andrzej</b>	<b>3081</b>	JARDON TEAM	Weteran Mężczyzn	35	02:58:14	<b>04:39:11.45</b>	<b>04:39:32.95</b>	+01:49:31 (39.2%)	7:58	7.5 (60.5%)
175	<b>CYRANKA Jarosław</b>	<b>3025</b>	JARDON TEAM	Weteran Mężczyzn	36	02:57:03	<b>04:39:12.00</b>	<b>04:39:33.10</b>	+01:49:31 (39.2%)	7:58	7.5 (60.5%)
176	<b>STANOSZEK Robert</b>	<b>3195</b>		Weteran Mężczyzn	37	03:09:16	<b>04:39:38.85</b>	<b>04:39:55.05</b>	+01:49:53 (39.3%)	7:59	7.5 (60.5%)
177	<b>STANOSZEK Agnieszka</b>	<b>3194</b>		Weteran Kobiet	14	03:09:02	<b>04:39:39.10</b>	<b>04:39:55.10</b>	+01:49:53 (39.3%)	7:59	7.5 (60.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
178	<b>SASIN Andrzej</b>	<b>3185</b>		Weteran Mężczyzn	38	03:02:07	<b>04:39:46.45</b>	<b>04:40:08.75</b>	+01:50:06 (39.3%)	7:59	7.5 (60.5%)
179	<b>BIEGOWY Amator</b>	<b>3012</b>		Weteran Mężczyzn	39	02:57:22	<b>04:40:54.80</b>	<b>04:41:32.60</b>	+01:51:30 (39.6%)	8:01	7.5 (60.5%)
180	<b>BUDA Barbara</b>	<b>3018</b>		Master Kobiet	32	02:57:50	<b>04:41:05.20</b>	<b>04:41:33.00</b>	+01:51:31 (39.6%)	8:01	7.5 (60.5%)
181	<b>TOKARSKI Rafał</b>	<b>3222</b>		Weteran Mężczyzn	40	03:03:55	<b>04:41:39.75</b>	<b>04:42:06.55</b>	+01:52:04 (39.7%)	8:02	7.5 (60.5%)
182	<b>DUBIL Michał</b>	<b>3037</b>	RAJD ŹRÓDEŁ CHODELKI	Master Mężczyzn	50	03:18:56	<b>04:41:42.80</b>	<b>04:42:18.70</b>	+01:52:16 (39.8%)	8:02	7.5 (60.5%)
183	<b>KOZAK Filip</b>	<b>3099</b>	NGB KŁOBUCK	Weteran Mężczyzn	41	03:01:46	<b>04:42:24.50</b>	<b>04:42:49.25</b>	+01:52:47 (39.9%)	8:04	7.4 (59.7%)
184	<b>MAKARUK Patrycja</b>	<b>3132</b>		Master Kobiet	33	03:01:50	<b>04:42:24.40</b>	<b>04:42:49.30</b>	+01:52:47 (39.9%)	8:04	7.4 (59.7%)
185	<b>SENATORSKA Małgorzata</b>	<b>3186</b>		Weteran Kobiet	15	03:15:07	<b>04:42:57.95</b>	<b>04:43:05.45</b>	+01:53:03 (39.9%)	8:05	7.4 (59.7%)
186	<b>ŻYCIŃSKA Magdalena</b>	<b>3266</b>		Weteran Kobiet	16	03:18:13	<b>04:43:17.05</b>	<b>04:43:50.45</b>	+01:53:48 (40.1%)	8:05	7.4 (59.7%)
187	<b>GUMIELA Piotr</b>	<b>3056</b>	GUMISIOLANDIA	Master Mężczyzn	51	03:09:21	<b>04:43:57.55</b>	<b>04:44:28.80</b>	+01:54:26 (40.2%)	8:06	7.4 (59.7%)
188	<b>PŁUCIENNICZAK Barbara</b>	<b>3169</b>		Master Kobiet	34	03:09:04	<b>04:44:21.35</b>	<b>04:44:35.30</b>	+01:54:33 (40.3%)	8:07	7.4 (59.7%)
189	<b>BAŃDO Piotr</b>	<b>3006</b>		Weteran Mężczyzn	42	03:02:32	<b>04:44:49.25</b>	<b>04:44:57.50</b>	+01:54:55 (40.3%)	8:08	7.4 (59.7%)
190	<b>RYCYK Paweł</b>	<b>3180</b>		Weteran Mężczyzn	43	03:13:48	<b>04:46:03.35</b>	<b>04:46:06.40</b>	+01:56:04 (40.6%)	8:10	7.3 (58.9%)
191	<b>KNOBLOCH Ewa</b>	<b>3083</b>		Weteran Kobiet	17	03:17:09	<b>04:45:45.35</b>	<b>04:46:15.50</b>	+01:56:13 (40.6%)	8:09	7.3 (58.9%)
192	<b>MALISIEWICZ Anna</b>	<b>3135</b>		Senior Kobiet	14	03:14:03	<b>04:45:47.90</b>	<b>04:46:15.60</b>	+01:56:13 (40.6%)	8:09	7.3 (58.9%)
193	<b>POŁUDNIUK Radosław</b>	<b>3172</b>	SII RUNNING TEAM	Master Mężczyzn	52	02:48:53	<b>04:46:44.00</b>	<b>04:46:53.30</b>	+01:56:51 (40.7%)	8:11	7.3 (58.9%)
194	<b>SMOLARCZYK Grzegorz</b>	<b>3190</b>		Weteran Mężczyzn	44	03:06:39	<b>04:46:59.50</b>	<b>04:47:31.00</b>	+01:57:29 (40.9%)	8:11	7.3 (58.9%)
195	<b>JAWORSKA Katarzyna</b>	<b>3067</b>		Master Kobiet	35	03:14:29	<b>04:47:00.90</b>	<b>04:47:36.10</b>	+01:57:34 (40.9%)	8:12	7.3 (58.9%)
196	<b>JAWORSKI Łukasz</b>	<b>3068</b>		Master Mężczyzn	53	03:14:29	<b>04:47:00.40</b>	<b>04:47:36.30</b>	+01:57:34 (40.9%)	8:12	7.3 (58.9%)
197	<b>MAGOCSY Justyna</b>	<b>3129</b>	ASICS FRONTRUNNER	Senior Kobiet	15	03:22:26	<b>04:47:48.00</b>	<b>04:48:13.80</b>	+01:58:11 (41.0%)	8:13	7.3 (58.9%)
198	<b>SURDEL Aleksandra</b>	<b>3202</b>		Master Kobiet	36	03:10:20	<b>04:48:36.90</b>	<b>04:48:55.25</b>	+01:58:53 (41.1%)	8:14	7.3 (58.9%)
199	<b>ŚLUSARZ Paweł</b>	<b>3219</b>	AR SPEED	Senior Mężczyzn	29	03:06:40	<b>04:49:16.70</b>	<b>04:49:56.45</b>	+01:59:54 (41.4%)	8:15	7.3 (58.9%)
200	<b>ZAWÓŁ Paweł</b>	<b>3262</b>	BIKE EQUIPA SANDOMIERZ	Master Mężczyzn	54	03:14:12	<b>04:53:32.45</b>	<b>04:53:41.95</b>	+02:03:40 (42.1%)	8:23	7.2 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
201	<b>LEWIŃSKI Tomasz</b>	<b>3122</b>	JEST LEPIEJ RUN TEAM	Master Mężczyzn	55	03:11:39	<b>04:53:34.95</b>	<b>04:54:03.40</b>	+02:04:01 (42.2%)	8:23	7.2 (58.1%)
202	<b>MENDOCHA Jakub</b>	<b>3145</b>		Senior Mężczyzn	30	03:20:26	<b>04:53:50.80</b>	<b>04:54:24.45</b>	+02:04:22 (42.2%)	8:23	7.1 (57.3%)
203	<b>SERWADCZAK Piotr</b>	<b>3187</b>	P+E	Weteran Mężczyzn	45	03:09:24	<b>04:55:11.40</b>	<b>04:55:32.20</b>	+02:05:30 (42.5%)	8:26	7.1 (57.3%)
204	<b>LORENS Krzysztof</b>	<b>3124</b>	ZABIEGANY WOŁOMIN	Weteran Mężczyzn	46	03:14:34	<b>04:56:31.20</b>	<b>04:56:55.70</b>	+02:06:53 (42.7%)	8:28	7.1 (57.3%)
205	<b>LORENS Katarzyna</b>	<b>3123</b>	ZABIEGANY WOŁOMIN	Weteran Kobiet	18	03:14:34	<b>04:56:30.55</b>	<b>04:56:55.90</b>	+02:06:53 (42.7%)	8:28	7.1 (57.3%)
206	<b>SZEWCZYK Katarzyna</b>	<b>3208</b>		Master Kobiet	37	03:24:05	<b>04:56:58.40</b>	<b>04:57:32.65</b>	+02:07:30 (42.9%)	8:29	7.1 (57.3%)
207	<b>PAWLIKOWSKA Agnieszka</b>	<b>3163</b>		Weteran Kobiet	19	03:26:27	<b>04:56:57.55</b>	<b>04:57:34.15</b>	+02:07:32 (42.9%)	8:29	7.1 (57.3%)
208	<b>GÓRA Arkadiusz</b>	<b>3052</b>	AR-SPEED	Master Mężczyzn	56	03:06:40	<b>04:56:54.35</b>	<b>04:57:34.40</b>	+02:07:32 (42.9%)	8:28	7.1 (57.3%)
209	<b>BURDA Monika</b>	<b>3020</b>		Weteran Kobiet	20	03:21:05	<b>04:59:22.00</b>	<b>04:59:49.35</b>	+02:09:47 (43.3%)	8:33	7 (56.5%)
210	<b>WOLFF Tomasz</b>	<b>3247</b>	BIEGAJĄCE ZĄBKI	Master Mężczyzn	57	03:02:36	<b>05:00:12.70</b>	<b>05:00:49.40</b>	+02:10:47 (43.5%)	8:34	7 (56.5%)
211	<b>KOMISARCZUK Arkadiusz</b>	<b>3087</b>		Senior Mężczyzn	31	03:28:26	<b>05:02:21.60</b>	<b>05:02:35.35</b>	+02:12:33 (43.8%)	8:38	6.9 (55.6%)
212	<b>GODZIŃSKI Tomasz</b>	<b>3049</b>	SII RUNNING TEAM	Master Mężczyzn	58	03:21:25	<b>05:02:44.65</b>	<b>05:02:59.45</b>	+02:12:57 (43.9%)	8:38	6.9 (55.6%)
213	<b>ZDUNEK Małgorzata</b>	<b>3263</b>		Weteran Kobiet	21	03:33:19	<b>05:02:55.85</b>	<b>05:03:07.75</b>	+02:13:05 (43.9%)	8:39	6.9 (55.6%)
214	<b>FIJAŁKOWSKA Karolina</b>	<b>89</b>		Master Kobiet	38	03:33:17	<b>05:05:05.80</b>	<b>05:05:38.70</b>	+02:15:36 (44.4%)	8:43	6.9 (55.6%)
215	<b>MAGOCSY Helena</b>	<b>3128</b>		Master Kobiet	39	03:31:23	<b>05:05:31.70</b>	<b>05:05:59.10</b>	+02:15:57 (44.4%)	8:43	6.9 (55.6%)
216	<b>MAJERSKI Michał</b>	<b>3131</b>		Master Mężczyzn	59	03:31:19	<b>05:05:29.05</b>	<b>05:05:59.40</b>	+02:15:57 (44.4%)	8:43	6.9 (55.6%)
217	<b>SZCZYBELSKA Elwira</b>	<b>3206</b>	ZABIEGANY WOŁOMIN	Master Kobiet	40	03:27:46	<b>05:08:44.40</b>	<b>05:09:08.40</b>	+02:19:06 (45.0%)	8:49	6.8 (54.8%)
218	<b>CYGAS Ewa</b>	<b>3024</b>	ZABIEGANY WOŁOMIN	Master Kobiet	41	03:27:47	<b>05:08:46.40</b>	<b>05:09:08.70</b>	+02:19:06 (45.0%)	8:49	6.8 (54.8%)
219	<b>KOCHANOWSKA Anna</b>	<b>3084</b>	CZEWARUN TIM	Master Kobiet	42	03:28:29	<b>05:08:41.60</b>	<b>05:09:14.95</b>	+02:19:13 (45.0%)	8:49	6.8 (54.8%)
220	<b>ZAJĄCZKOWSKA Paulina</b>	<b>3258</b>	POWER TRAINING	Master Kobiet	43	03:39:33	<b>05:16:57.10</b>	<b>05:17:01.50</b>	+02:26:59 (46.4%)	9:03	6.6 (53.2%)
221	<b>OSTANIEWICZ Kamila</b>	<b>3158</b>	HAJDAAA	Senior Kobiet	16	03:40:09	<b>05:20:32.75</b>	<b>05:20:55.25</b>	+02:30:53 (47.0%)	9:09	6.6 (53.2%)
222	<b>BALON Marcin</b>	<b>3005</b>		Weteran Mężczyzn	47	03:42:59	<b>05:21:13.35</b>	<b>05:21:42.70</b>	+02:31:40 (47.1%)	9:10	6.5 (52.4%)
223	<b>WIERCHOŁA Joanna</b>	<b>3238</b>		Dinozaur Kobiet	2	03:42:57	<b>05:21:12.70</b>	<b>05:21:43.00</b>	+02:31:41 (47.1%)	9:10	6.5 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Górecko 24km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
224	<b>N Bartłomiej</b>	<b>2</b>		Master Mężczyzn	60	03:33:15	<b>05:23:43.30</b>	<b>05:23:56.95</b>	+02:33:55 (47.5%)	9:14	6.5 (52.4%)
225	<b>SZYMAŃSKA Dorota</b>	<b>3216</b>		Weteran Kobiet	22	03:33:17	<b>05:25:08.25</b>	<b>05:25:43.15</b>	+02:35:41 (47.8%)	9:17	6.5 (52.4%)
226	<b>JASTRZĘBSKI Adam</b>	<b>3066</b>		Weteran Mężczyzn	48	03:33:18	<b>05:25:05.10</b>	<b>05:25:43.30</b>	+02:35:41 (47.8%)	9:17	6.5 (52.4%)
227	<b>NOWAK Kamil</b>	<b>26</b>		Senior Mężczyzn	32	03:43:59	<b>05:25:31.55</b>	<b>05:25:57.35</b>	+02:35:55 (47.8%)	9:18	6.5 (52.4%)
228	<b>DOMARADZKA Ewa</b>	<b>3034</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	Weteran Kobiet	23	03:41:38	<b>05:26:50.35</b>	<b>05:27:04.30</b>	+02:37:02 (48.0%)	9:20	6.4 (51.6%)
229	<b>STRASSBERGER Katarzyna</b>	<b>3197</b>	EKSTREMALNI RZEŹNICY NA RELAKSIE	Weteran Kobiet	24	03:41:46	<b>05:26:51.65</b>	<b>05:27:04.50</b>	+02:37:02 (48.0%)	9:20	6.4 (51.6%)
230	<b>DĄBROWSKI Paweł</b>	<b>3032</b>		Weteran Mężczyzn	49	03:42:57	<b>05:27:58.35</b>	<b>05:28:18.85</b>	+02:38:16 (48.2%)	9:22	6.4 (51.6%)
231	<b>STRZELCZYK Edyta</b>	<b>3198</b>		Weteran Kobiet	25	03:48:52	<b>05:35:42.15</b>	<b>05:36:12.50</b>	+02:46:10 (49.4%)	9:35	6.3 (50.8%)
232	<b>BŁAŻUK Dominik</b>	<b>3013</b>	ANKH-MORPORK	Weteran Mężczyzn	50	04:00:29	<b>05:38:40.65</b>	<b>05:39:04.30</b>	+02:49:02 (49.9%)	9:40	6.2 (50.0%)
233	<b>SZCZABEL Aleksandra</b>	<b>3204</b>	I LOVE GLIWICE	Senior Kobiet	17	03:58:41	<b>05:40:32.00</b>	<b>05:41:05.10</b>	+02:51:03 (50.1%)	9:43	6.2 (50.0%)
234	<b>LECHMAN Agnieszka</b>	<b>3121</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	Weteran Kobiet	26	03:54:21	<b>05:41:28.95</b>	<b>05:41:57.10</b>	+02:51:55 (50.3%)	9:45	6.1 (49.2%)
235	<b>ZAŁUBSKA Beata</b>	<b>3260</b>		Master Kobiet	44	03:49:48	<b>05:41:40.15</b>	<b>05:42:10.45</b>	+02:52:08 (50.3%)	9:45	6.1 (49.2%)
236	<b>RAJCA Anna</b>	<b>3176</b>	BŁĘKITNA XVII-TKA	Master Kobiet	45	03:50:26	<b>05:42:08.80</b>	<b>05:42:42.60</b>	+02:52:40 (50.4%)	9:46	6.1 (49.2%)
237	<b>MAŁEK Mariusz</b>	<b>3136</b>		Master Mężczyzn	61	03:50:45	<b>05:42:40.35</b>	<b>05:43:06.75</b>	+02:53:04 (50.4%)	9:47	6.1 (49.2%)
238	<b>MIZIA Marta</b>	<b>3150</b>	KIZIE MIZIE	Weteran Kobiet	27	03:59:56	<b>05:43:29.50</b>	<b>05:44:03.20</b>	+02:54:01 (50.6%)	9:48	6.1 (49.2%)
239	<b>DĄBROWSKI Adrian</b>	<b>3031</b>	POWER TRAINING	Senior Mężczyzn	33	03:51:02	<b>05:47:06.85</b>	<b>05:47:08.85</b>	+02:57:06 (51.0%)	9:55	6.1 (49.2%)
240	<b>DOBOSZ Dorota</b>	<b>15</b>		Master Kobiet	46	04:01:20	<b>05:49:41.55</b>	<b>05:50:15.80</b>	+03:00:13 (51.5%)	9:59	6 (48.4%)
241	<b>GROBELNY Bartek</b>	<b>3054</b>		Master Mężczyzn	62	04:02:15	<b>05:54:25.75</b>	<b>05:54:46.85</b>	+03:04:44 (52.1%)	10:07	5.9 (47.6%)
242	<b>SZKLANNY-RECLIK Elżbieta</b>	<b>3210</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Master Kobiet	47	04:06:41	<b>05:54:21.10</b>	<b>05:54:47.45</b>	+03:04:45 (52.1%)	10:07	5.9 (47.6%)
243	<b>MALIK Aleksandra</b>	<b>3134</b>	RZESZOWSKI HASACZ	Weteran Kobiet	28	03:57:51	<b>05:59:13.95</b>	<b>05:59:51.65</b>	+03:09:49 (52.8%)	10:15	5.8 (46.8%)
244	<b>SZKAMRUK Bogusława</b>	<b>3209</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	Dinozaur Kobiet	3	04:18:38	<b>06:04:32.10</b>	<b>06:04:44.30</b>	+03:14:42 (53.4%)	10:24	5.8 (46.8%)
245	<b>SATKO Jacek</b>	<b>6097</b>		Weteran Mężczyzn	51	04:54:35	<b>06:48:53.80</b>	<b>06:48:57.20</b>	+03:58:55 (58.4%)	11:40	5.1 (41.1%)