

# ULTRAJANOSIK 10 KM LEDWO DYCHA

B4SPORT

**Wydarzenie:** ULTRAJANOSIK 2019  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2019-09-01  
**Miejsce:** Zespół Rekreacyjny Polana Sosny - Niedzica  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GABRYŚ Rafał</b>	<b>155</b>	KAWIK RUNNING TEAM	Senior Mężczyzn	1	00:15:33	<b>00:37:49.85</b>	<b>00:37:49.85</b>		3:46	15.9 (100%)
2	<b>GAWLIK Sławek</b>	<b>29</b>		Senior Mężczyzn	2	00:15:49	<b>00:38:19.85</b>	<b>00:38:19.85</b>	+00:00:30 (1.3%)	3:49	15.7 (98.7%)
3	<b>TOKARCZYK Piotr</b>	<b>108</b>	BRYGADA BESKIDÓW	Senior Mężczyzn	3	00:16:45	<b>00:38:26.10</b>	<b>00:38:26.10</b>	+00:00:36 (1.6%)	3:50	15.6 (98.1%)
4	<b>SZMIST Szymon</b>	<b>105</b>	KB.ATHLETIC ZRĘCIN	Master Mężczyzn	1	00:16:18	<b>00:39:24.50</b>	<b>00:39:24.50</b>	+00:01:34 (4.0%)	3:56	15.2 (95.6%)
5	<b>TARGOSZ Michał</b>	<b>107</b>	FISI COMPRESSPORT NB TEAM	Master Mężczyzn	2	00:16:21	<b>00:39:34.30</b>	<b>00:39:34.30</b>	+00:01:44 (4.4%)	3:57	15.2 (95.6%)
6	<b>KRZYSTYNIAK Robert</b>	<b>129</b>	GORĄCY POTOK	Master Mężczyzn	3	00:16:23	<b>00:39:42.90</b>	<b>00:39:42.90</b>	+00:01:53 (4.7%)	3:58	15.1 (95.0%)
7	<b>FIJAK Jan</b>	<b>125</b>	BIO-NOVA TEAM	Weteran Mężczyzn	1	00:16:19	<b>00:39:52.20</b>	<b>00:39:52.20</b>	+00:02:02 (5.1%)	3:59	15.1 (95.0%)
8	<b>DUDZIK Łukasz</b>	<b>21</b>	GÓRAL BIEGA	Senior Mężczyzn	4	00:16:38	<b>00:40:24.80</b>	<b>00:40:24.80</b>	+00:02:34 (6.4%)	4:02	14.9 (93.7%)
9	<b>CZAPLIŃSKI Jacek</b>	<b>17</b>	TAGER SPORT	Master Mężczyzn	4	00:17:20	<b>00:41:25.90</b>	<b>00:41:25.90</b>	+00:03:36 (8.7%)	4:08	14.5 (91.2%)
10	<b>ZALEWSKI Karol</b>	<b>149</b>	JATRENUJE	Master Mężczyzn	5	00:17:20	<b>00:41:54.70</b>	<b>00:41:54.70</b>	+00:04:04 (9.7%)	4:11	14.3 (89.9%)
11	<b>ZYGMUNT Tomasz</b>	<b>122</b>		Senior Mężczyzn	5	00:17:11	<b>00:41:56.80</b>	<b>00:41:56.80</b>	+00:04:06 (9.8%)	4:11	14.3 (89.9%)
12	<b>ADAMCZYK Martyna</b>	<b>2</b>		Senior Kobiet	1	00:17:20	<b>00:42:11.50</b>	<b>00:42:11.50</b>	+00:04:21 (10.3%)	4:13	14.2 (89.3%)
13	<b>MALEC Łukasz</b>	<b>59</b>		Senior Mężczyzn	6	00:15:48	<b>00:42:34.40</b>	<b>00:42:34.40</b>	+00:04:44 (11.1%)	4:15	14.1 (88.7%)
14	<b>TYNUS Grzegorz</b>	<b>148</b>	ELTYN	Master Mężczyzn	6	00:17:17	<b>00:42:46.65</b>	<b>00:42:46.65</b>	+00:04:56 (11.6%)	4:16	14 (88.1%)
15	<b>ROSIEK Daniel</b>	<b>85</b>	ESKADRA KRAKÓW	Senior Mężczyzn	7	00:17:29	<b>00:43:00.60</b>	<b>00:43:00.60</b>	+00:05:10 (12.0%)	4:18	14 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>NADKAŃSKI Marek</b>	<b>67</b>	MOK MSZANA DOLNA	Weteran Mężczyzn	2	00:18:46	<b>00:44:55.00</b>	<b>00:44:55.00</b>	+00:07:05 (15.8%)	4:29	13.4 (84.3%)
17	<b>SIVULKA Martin</b>	<b>94</b>	MARAS TEAM	Master Mężczyzn	7	00:19:27	<b>00:45:57.20</b>	<b>00:45:57.20</b>	+00:08:07 (17.7%)	4:35	13.1 (82.4%)
18	<b>FORTUNA Marcin</b>	<b>24</b>	ŚWISZCZĄCY ŁAŃCUCH	Master Mężczyzn	8	00:19:31	<b>00:47:49.40</b>	<b>00:47:49.40</b>	+00:09:59 (20.9%)	4:46	12.5 (78.6%)
19	<b>PACHURA Kinga</b>	<b>152</b>	ULTRAMARATON BABIA GÓRA	Master Kobiet	1	00:20:00	<b>00:48:08.65</b>	<b>00:48:08.65</b>	+00:10:18 (21.4%)	4:48	12.5 (78.6%)
20	<b>KOSIŃSKI Krzysztof</b>	<b>50</b>	04.06.1905	Master Mężczyzn	9	00:19:58	<b>00:48:42.05</b>	<b>00:48:42.05</b>	+00:10:52 (22.3%)	4:52	12.3 (77.4%)
21	<b>PATRO Bartłomiej</b>	<b>73</b>		Senior Mężczyzn	8	00:20:43	<b>00:48:54.30</b>	<b>00:48:54.30</b>	+00:11:04 (22.6%)	4:53	12.3 (77.4%)
22	<b>PAŁKA Justyna</b>	<b>71</b>	LKS "KŁOS" OLKUSZ	Senior Kobiet	2	00:20:08	<b>00:48:58.80</b>	<b>00:48:58.80</b>	+00:11:08 (22.8%)	4:53	12.3 (77.4%)
23	<b>ARENDARCZYK Rafał</b>	<b>3</b>		Senior Mężczyzn	9		<b>00:49:31.00</b>	<b>00:49:31.00</b>	+00:11:41 (23.6%)	4:57	12.1 (76.1%)
24	<b>SMOROŃ Barbara</b>	<b>96</b>	ZAKŁAD REMONTOWO BUDOWLANY	Master Kobiet	2	00:20:47	<b>00:49:31.20</b>	<b>00:49:31.20</b>	+00:11:41 (23.6%)	4:57	12.1 (76.1%)
25	<b>RZEMIŃSKA Kinga</b>	<b>89</b>		Senior Kobiet	3	00:21:01	<b>00:49:51.05</b>	<b>00:49:51.05</b>	+00:12:01 (24.1%)	4:59	12 (75.5%)
26	<b>MYŚLIWIEC Robert</b>	<b>136</b>	WILD & FREE	Master Mężczyzn	10	00:21:09	<b>00:49:54.60</b>	<b>00:49:54.60</b>	+00:12:04 (24.2%)	4:59	12 (75.5%)
27	<b>PARZONKA Michał</b>	<b>72</b>	ŚWISZCZĄCY ŁAŃCUCH	Senior Mężczyzn	10	00:20:34	<b>00:50:06.80</b>	<b>00:50:06.80</b>	+00:12:16 (24.5%)	5:00	12 (75.5%)
28	<b>RZEMIŃSKI Jacek</b>	<b>90</b>		Master Mężczyzn	11	00:20:59	<b>00:50:11.40</b>	<b>00:50:11.40</b>	+00:12:21 (24.6%)	5:01	12 (75.5%)
29	<b>GAJOWSKI Dariusz</b>	<b>28</b>		Master Mężczyzn	12	00:21:14	<b>00:50:19.45</b>	<b>00:50:19.45</b>	+00:12:29 (24.8%)	5:01	11.9 (74.8%)
30	<b>KRAKOVA Lucia</b>	<b>128</b>	ZAMAGURSKÍ BEŽCI	Senior Kobiet	4	00:21:05	<b>00:50:28.45</b>	<b>00:50:28.45</b>	+00:12:38 (25.0%)	5:02	11.9 (74.8%)
31	<b>JAGLARZ Jarosław</b>	<b>36</b>	VELLOP	Weteran Mężczyzn	3	00:20:34	<b>00:50:29.25</b>	<b>00:50:29.25</b>	+00:12:39 (25.1%)	5:02	11.9 (74.8%)
32	<b>ZAPOŁOCH Bożena</b>	<b>117</b>	BIESZCZADZKI ODDZIAŁ STRAŻY GRANICZNEJ	Master Kobiet	3	00:21:29	<b>00:50:30.25</b>	<b>00:50:30.25</b>	+00:12:40 (25.1%)	5:03	11.9 (74.8%)
33	<b>KONOPKA Krystian</b>	<b>49</b>	FUNDACJANARATUNEK	Master Mężczyzn	13	00:20:46	<b>00:50:45.80</b>	<b>00:50:45.80</b>	+00:12:55 (25.5%)	5:04	11.8 (74.2%)
34	<b>ZAWADZKI Damian</b>	<b>157</b>	ACTIVE MALBORK	Senior Mężczyzn	11	00:20:36	<b>00:50:57.90</b>	<b>00:50:57.90</b>	+00:13:08 (25.8%)	5:05	11.8 (74.2%)
35	<b>SADOWSKA-KLASA Alicja</b>	<b>92</b>		Senior Kobiet	5	00:20:50	<b>00:51:08.00</b>	<b>00:51:08.00</b>	+00:13:18 (26.0%)	5:06	11.7 (73.6%)
36	<b>GOLBIAK Wojciech</b>	<b>31</b>		Master Mężczyzn	14	00:21:38	<b>00:51:22.00</b>	<b>00:51:22.00</b>	+00:13:32 (26.4%)	5:08	11.7 (73.6%)
37	<b>ZDUNEK Michał</b>	<b>130</b>	WKURW_TEAM	Master Mężczyzn	15	00:21:24	<b>00:51:27.35</b>	<b>00:51:27.35</b>	+00:13:37 (26.5%)	5:08	11.7 (73.6%)
38	<b>ZMUDA Lukasz</b>	<b>120</b>		Senior Mężczyzn	12	00:22:41	<b>00:51:29.30</b>	<b>00:51:29.30</b>	+00:13:39 (26.5%)	5:08	11.7 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>JACHERA Elżbieta</b>	<b>35</b>	WINNICA SPISZ	Master Kobiet	4	00:21:52	<b>00:52:12.30</b>	<b>00:52:12.30</b>	+00:14:22 (27.5%)	5:13	11.5 (72.3%)
40	<b>JASIŃSKA-KIEŁEK Marta</b>	<b>40</b>		Master Kobiet	5	00:21:46	<b>00:53:11.15</b>	<b>00:53:11.15</b>	+00:15:21 (28.9%)	5:19	11.3 (71.1%)
41	<b>PAZEROVÁ Katarína</b>	<b>78</b>	RAMAGU, O.Z.	Senior Kobiet	6	00:21:36	<b>00:53:29.20</b>	<b>00:53:29.20</b>	+00:15:39 (29.3%)	5:20	11.2 (70.4%)
42	<b>PIETRZAK Michał</b>	<b>81</b>	BLOKUS	Master Mężczyzn	16	00:23:15	<b>00:54:18.70</b>	<b>00:54:18.70</b>	+00:16:28 (30.3%)	5:25	11 (69.2%)
43	<b>PRĘDKIEWICZ Katarzyna</b>	<b>84</b>	NIBYBIEGACZ :)	Senior Kobiet	7	00:22:45	<b>00:54:51.45</b>	<b>00:54:51.45</b>	+00:17:01 (31.0%)	5:29	10.9 (68.6%)
44	<b>JAGODZIŃSKI Hubert</b>	<b>37</b>	DZIK KOMANDO	Senior Mężczyzn	13		<b>00:55:27.00</b>	<b>00:55:27.00</b>	+00:17:37 (31.8%)	5:32	10.8 (67.9%)
45	<b>STANEK Krzysztof</b>	<b>98</b>		Master Mężczyzn	17	00:23:49	<b>00:55:31.70</b>	<b>00:55:31.70</b>	+00:17:41 (31.9%)	5:33	10.8 (67.9%)
46	<b>KWIATKOWSKA Katarzyna</b>	<b>135</b>	TSA SANDOMIERZ	Master Kobiet	6	00:22:52	<b>00:55:33.80</b>	<b>00:55:33.80</b>	+00:17:43 (31.9%)	5:33	10.8 (67.9%)
47	<b>JACHERA Andrzej</b>	<b>147</b>		Master Mężczyzn	18	00:24:01	<b>00:55:44.65</b>	<b>00:55:44.65</b>	+00:17:54 (32.1%)	5:34	10.8 (67.9%)
48	<b>ZELENÁK Kamil</b>	<b>119</b>	AUTOSERVIS ERIKA	Master Mężczyzn	19	00:23:42	<b>00:56:39.55</b>	<b>00:56:39.55</b>	+00:18:49 (33.2%)	5:39	10.6 (66.7%)
49	<b>STEFANOWSKI Mariusz</b>	<b>100</b>		Weteran Mężczyzn	4	00:23:56	<b>00:57:20.30</b>	<b>00:57:20.30</b>	+00:19:30 (34.0%)	5:44	10.5 (66.0%)
50	<b>PACEK Katarzyna</b>	<b>70</b>		Master Kobiet	7	00:24:52	<b>00:57:31.35</b>	<b>00:57:31.35</b>	+00:19:41 (34.2%)	5:45	10.4 (65.4%)
51	<b>MACINA Dariusz</b>	<b>57</b>		Weteran Mężczyzn	5	00:23:54	<b>00:57:36.85</b>	<b>00:57:36.85</b>	+00:19:47 (34.3%)	5:45	10.4 (65.4%)
52	<b>DYMEL Małgorzata</b>	<b>22</b>	CYKU PYKU RGB	Senior Kobiet	8	00:25:27	<b>00:58:03.55</b>	<b>00:58:03.55</b>	+00:20:13 (34.8%)	5:48	10.3 (64.8%)
53	<b>KWIATKOWSKI Krzysztof</b>	<b>55</b>	CYKU PYKU RGB	Senior Mężczyzn	14	00:25:27	<b>00:58:03.65</b>	<b>00:58:03.65</b>	+00:20:13 (34.8%)	5:48	10.3 (64.8%)
54	<b>JURAS Ewa</b>	<b>43</b>	DW KINGA	Senior Kobiet	9	00:23:57	<b>00:58:12.80</b>	<b>00:58:12.80</b>	+00:20:22 (35.0%)	5:49	10.3 (64.8%)
55	<b>PIASTA Żaneta</b>	<b>79</b>		Senior Kobiet	10	00:24:43	<b>00:59:00.70</b>	<b>00:59:00.70</b>	+00:21:10 (35.9%)	5:54	10.2 (64.2%)
56	<b>MAŁOLEPSZA Aleksandra</b>	<b>61</b>		Senior Kobiet	11	00:26:07	<b>00:59:25.15</b>	<b>00:59:25.15</b>	+00:21:35 (36.3%)	5:56	10.1 (63.5%)
57	<b>PATRO Monika</b>	<b>74</b>	LBL LUBIĘ BIEGAĆ LENIWIE	Master Kobiet	8	00:24:06	<b>00:59:32.80</b>	<b>00:59:32.80</b>	+00:21:42 (36.5%)	5:57	10.1 (63.5%)
58	<b>JAMIŃSKI Paweł</b>	<b>153</b>		Senior Mężczyzn	15	00:24:06	<b>00:59:33.20</b>	<b>00:59:33.20</b>	+00:21:43 (36.5%)	5:57	10.1 (63.5%)
59	<b>FRAŤCZAK Jakub</b>	<b>25</b>		Senior Mężczyzn	16	00:24:49	<b>00:59:38.50</b>	<b>00:59:38.50</b>	+00:21:48 (36.6%)	5:57	10.1 (63.5%)
60	<b>KRYSTOSIK Agata</b>	<b>52</b>		Senior Kobiet	12	00:25:07	<b>00:59:44.30</b>	<b>00:59:44.30</b>	+00:21:54 (36.7%)	5:58	10 (62.9%)
61	<b>PAZERA Jozef</b>	<b>77</b>	RAMAGU, O.Z.	Senior Mężczyzn	17	00:24:35	<b>01:00:03.70</b>	<b>01:00:03.70</b>	+00:22:13 (37.0%)	6:00	10 (62.9%)

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62	<b>KŁODZIŃSKA Barbara</b>	<b>47</b>	ULTRAMĘKI	Weteran Kobiet	1	00:24:39	<b>01:00:39.60</b>	<b>01:00:39.60</b>	+00:22:49 (37.6%)	6:03	9.9 (62.3%)
63	<b>SZMIST Jadwiga</b>	<b>104</b>	KB.ATHLETIC ZRĘCIN	Master Kobiet	9	00:25:31	<b>01:00:55.35</b>	<b>01:00:55.35</b>	+00:23:05 (37.9%)	6:05	9.8 (61.6%)
64	<b>CZAJKA Agata</b>	<b>16</b>	WSL	Senior Kobiet	13	00:24:33	<b>01:01:01.10</b>	<b>01:01:01.10</b>	+00:23:11 (38.0%)	6:06	9.8 (61.6%)
65	<b>MICHALIK Krzysztof</b>	<b>64</b>		Senior Mężczyzn	18	00:24:13	<b>01:01:01.45</b>	<b>01:01:01.45</b>	+00:23:11 (38.0%)	6:06	9.8 (61.6%)
66	<b>ZĄZEL Wiesław</b>	<b>118</b>		Senior Mężczyzn	19	00:23:58	<b>01:01:02.40</b>	<b>01:01:02.40</b>	+00:23:12 (38.0%)	6:06	9.8 (61.6%)
67	<b>BOROWSKA Monika</b>	<b>11</b>	ATOMÓWKI	Senior Kobiet	14	00:25:13	<b>01:01:24.30</b>	<b>01:01:24.30</b>	+00:23:34 (38.4%)	6:08	9.8 (61.6%)
68	<b>FORTUNA Agata</b>	<b>126</b>	ŚWISZCZĄCY ŁAŃCUCH	Senior Kobiet	15	00:25:53	<b>01:01:39.85</b>	<b>01:01:39.85</b>	+00:23:50 (38.7%)	6:09	9.7 (61.0%)
69	<b>BISOWSKA Katarzyna</b>	<b>9</b>	KOZY W UCHU	Master Kobiet	10	00:26:21	<b>01:02:07.45</b>	<b>01:02:07.45</b>	+00:24:17 (39.1%)	6:12	9.7 (61.0%)
70	<b>MICHAŁEK Jarosław</b>	<b>151</b>		Weteran Mężczyzn	6	00:24:46	<b>01:02:30.90</b>	<b>01:02:30.90</b>	+00:24:41 (39.5%)	6:15	9.6 (60.4%)
71	<b>BOROWSKA Anna</b>	<b>12</b>		Senior Kobiet	16	00:25:56	<b>01:02:40.25</b>	<b>01:02:40.25</b>	+00:24:50 (39.6%)	6:16	9.6 (60.4%)
72	<b>PISZCZYŃSKA Izabela</b>	<b>82</b>		Master Kobiet	11	00:24:52	<b>01:02:48.30</b>	<b>01:02:48.30</b>	+00:24:58 (39.8%)	6:16	9.6 (60.4%)
73	<b>KACZMAREK Mariusz</b>	<b>150</b>	SIEPRAWSKA PIĄTKA	Senior Mężczyzn	20	00:26:43	<b>01:03:01.80</b>	<b>01:03:01.80</b>	+00:25:11 (40.0%)	6:18	9.5 (59.7%)
74	<b>SADOWIŃSKA Adriana</b>	<b>91</b>	NOWA HUTA TEAM/WKURW_TEAM	Weteran Kobiet	2	00:25:17	<b>01:03:35.00</b>	<b>01:03:35.00</b>	+00:25:45 (40.5%)	6:21	9.4 (59.1%)
75	<b>GOLBIAK Hubert</b>	<b>30</b>		Senior Mężczyzn	21	00:24:51	<b>01:03:36.80</b>	<b>01:03:36.80</b>	+00:25:46 (40.5%)	6:21	9.4 (59.1%)
76	<b>RAFAŁ Eliza</b>	<b>134</b>		Master Kobiet	12	00:25:51	<b>01:04:03.90</b>	<b>01:04:03.90</b>	+00:26:14 (40.9%)	6:24	9.4 (59.1%)
77	<b>KAMIŃSKA Agnieszka</b>	<b>44</b>		Senior Kobiet	17	00:26:12	<b>01:04:20.10</b>	<b>01:04:20.10</b>	+00:26:30 (41.2%)	6:26	9.3 (58.5%)
78	<b>KRÓL Edyta</b>	<b>170</b>		Senior Kobiet	18	00:26:51	<b>01:04:27.40</b>	<b>01:04:27.40</b>	+00:26:37 (41.3%)	6:26	9.3 (58.5%)
79	<b>HARATYK Roksana</b>	<b>34</b>	DZIKIE MUSTANGI	Senior Kobiet	19	00:26:40	<b>01:04:54.25</b>	<b>01:04:54.25</b>	+00:27:04 (41.7%)	6:29	9.2 (57.9%)
80	<b>FERFECKI Paweł</b>	<b>23</b>	KKNW	Master Mężczyzn	20	00:26:40	<b>01:04:54.40</b>	<b>01:04:54.40</b>	+00:27:04 (41.7%)	6:29	9.2 (57.9%)
81	<b>ULATOWSKA Daria</b>	<b>110</b>	CELEBRYTKI	Master Kobiet	13	00:26:09	<b>01:05:05.65</b>	<b>01:05:05.65</b>	+00:27:15 (41.9%)	6:30	9.2 (57.9%)
82	<b>WIERCHOLA Joanna</b>	<b>114</b>		Dinozaur Kobiet	1	00:27:11	<b>01:05:09.35</b>	<b>01:05:09.35</b>	+00:27:19 (41.9%)	6:30	9.2 (57.9%)
83	<b>RZADKOSZ Mateusz</b>	<b>88</b>		Master Mężczyzn	21	00:25:36	<b>01:05:21.85</b>	<b>01:05:21.85</b>	+00:27:32 (42.1%)	6:32	9.2 (57.9%)
84	<b>PODYMNIAK Leszek</b>	<b>133</b>		Weteran Mężczyzn	7	00:28:11	<b>01:05:26.10</b>	<b>01:05:26.10</b>	+00:27:36 (42.2%)	6:32	9.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>PAWIAK-KUCHAREWICZ Gabriela</b>	<b>154</b>	POCIĄG DO BIEGANIA	Master Kobiet	14	00:26:46	<b>01:05:37.40</b>	<b>01:05:37.40</b>	+00:27:47 (42.4%)	6:33	9.1 (57.2%)
86	<b>PIĄTKOWSKA Hanna</b>	<b>80</b>	COKE RUNNERS	Master Kobiet	15	00:27:03	<b>01:05:38.60</b>	<b>01:05:38.60</b>	+00:27:48 (42.4%)	6:33	9.1 (57.2%)
87	<b>SZEWCZYK Bożena</b>	<b>103</b>		Weteran Kobiet	3	00:27:02	<b>01:05:39.10</b>	<b>01:05:39.10</b>	+00:27:49 (42.4%)	6:33	9.1 (57.2%)
88	<b>WITCZAK Szymon</b>	<b>115</b>		Master Mężczyzn	22	00:28:22	<b>01:05:54.00</b>	<b>01:05:54.00</b>	+00:28:04 (42.6%)	6:35	9.1 (57.2%)
89	<b>BURCZYŃSKA Beata</b>	<b>15</b>	ROSSMANN	Master Kobiet	16	00:28:18	<b>01:05:59.70</b>	<b>01:05:59.70</b>	+00:28:09 (42.7%)	6:35	9.1 (57.2%)
90	<b>GADZINOWSKI Ignacy</b>	<b>27</b>		Dinozaur Mężczyzn	1	00:26:12	<b>01:06:08.90</b>	<b>01:06:08.90</b>	+00:28:19 (42.8%)	6:36	9.1 (57.2%)
91	<b>NOWAKOWSKA Manta</b>	<b>137</b>		Master Kobiet	17	00:27:06	<b>01:06:14.75</b>	<b>01:06:14.75</b>	+00:28:24 (42.9%)	6:37	9.1 (57.2%)
92	<b>CHORABIK Armand</b>	<b>139</b>	ZABIEGANI MIELEC	Senior Mężczyzn	22	00:27:05	<b>01:06:22.35</b>	<b>01:06:22.35</b>	+00:28:32 (43.0%)	6:38	9 (56.6%)
92	<b>PRZYWARA Dominika</b>	<b>138</b>	ZABIEGANI MIELEC	Senior Kobiet	20	00:27:06	<b>01:06:22.35</b>	<b>01:06:22.35</b>	+00:28:32 (43.0%)	6:38	9 (56.6%)
94	<b>BENEDIKOVA Zuzana</b>	<b>6</b>	ZAMAGUSKÝ BEŽCI	Senior Kobiet	21	00:26:36	<b>01:06:27.85</b>	<b>01:06:27.85</b>	+00:28:38 (43.1%)	6:38	9 (56.6%)
95	<b>JANIK Agnieszka</b>	<b>38</b>	BRAK	Master Kobiet	18	00:27:22	<b>01:06:56.10</b>	<b>01:06:56.10</b>	+00:29:06 (43.5%)	6:41	9 (56.6%)
96	<b>TOMASKOVIC Milan</b>	<b>158</b>	ZDZIAR	Weteran Mężczyzn	8	00:27:47	<b>01:07:07.10</b>	<b>01:07:07.10</b>	+00:29:17 (43.6%)	6:42	8.9 (56.0%)
97	<b>DERMAŃSKA Marta</b>	<b>19</b>		Senior Kobiet	22	00:27:23	<b>01:08:02.70</b>	<b>01:08:02.70</b>	+00:30:12 (44.4%)	6:48	8.8 (55.3%)
98	<b>ZABORSKA-JOZEFIK Izabela</b>	<b>116</b>	POWER TRAINING	Weteran Kobiet	4	00:27:16	<b>01:08:28.00</b>	<b>01:08:28.00</b>	+00:30:38 (44.7%)	6:50	8.8 (55.3%)
99	<b>BALON Marcin</b>	<b>4</b>		Weteran Mężczyzn	9	00:28:06	<b>01:08:31.90</b>	<b>01:08:31.90</b>	+00:30:42 (44.8%)	6:51	8.8 (55.3%)
100	<b>STANCLIK Karolina</b>	<b>97</b>		Senior Kobiet	23	00:30:14	<b>01:08:59.95</b>	<b>01:08:59.95</b>	+00:31:10 (45.2%)	6:53	8.7 (54.7%)
101	<b>PLASKOTA Frederic</b>	<b>83</b>	IBM FRANCE PARIS	Master Mężczyzn	23	00:30:14	<b>01:09:00.10</b>	<b>01:09:00.10</b>	+00:31:10 (45.2%)	6:54	8.7 (54.7%)
102	<b>SAJAK Agnieszka</b>	<b>93</b>	DW KINGA	Senior Kobiet	24	00:27:25	<b>01:09:04.90</b>	<b>01:09:04.90</b>	+00:31:15 (45.2%)	6:54	8.7 (54.7%)
103	<b>KIELUR Sylwia</b>	<b>45</b>	MALIKI	Master Kobiet	19	00:26:24	<b>01:09:49.10</b>	<b>01:09:49.10</b>	+00:31:59 (45.8%)	6:58	8.6 (54.1%)
104	<b>DADAŚ Elżbieta</b>	<b>18</b>	NIGHT RUNNERS GLIWICE	Master Kobiet	20	00:29:28	<b>01:11:14.45</b>	<b>01:11:14.45</b>	+00:33:24 (46.9%)	7:07	8.4 (52.8%)
105	<b>BUDZOWSKI Maciej</b>	<b>14</b>		Master Mężczyzn	24	00:30:48	<b>01:12:30.90</b>	<b>01:12:30.90</b>	+00:34:41 (47.8%)	7:15	8.3 (52.2%)
106	<b>STARAKIEWICZ Szymon</b>	<b>99</b>		Senior Mężczyzn	23	00:30:49	<b>01:12:31.60</b>	<b>01:12:31.60</b>	+00:34:41 (47.8%)	7:15	8.3 (52.2%)
107	<b>KLEMOVÁ Tinka</b>	<b>46</b>	AUTOSERVIS ERIKA	Master Kobiet	21	00:29:11	<b>01:13:32.90</b>	<b>01:13:32.90</b>	+00:35:43 (48.6%)	7:21	8.2 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>MALEC Marta</b>	<b>60</b>		Master Kobiet	22	00:29:47	<b>01:13:45.90</b>	<b>01:13:45.90</b>	+00:35:56 (48.7%)	7:22	8.1 (50.9%)
109	<b>PAWŁOWSKA Karolina</b>	<b>75</b>		Senior Kobiet	25	00:30:00	<b>01:14:37.50</b>	<b>01:14:37.50</b>	+00:36:47 (49.3%)	7:27	8 (50.3%)
110	<b>KRAJEWSKI Michał</b>	<b>156</b>	WSL	Senior Mężczyzn	24	00:30:00	<b>01:14:38.10</b>	<b>01:14:38.10</b>	+00:36:48 (49.3%)	7:27	8 (50.3%)
111	<b>JASTRZĘBSKI Krzysztof</b>	<b>41</b>		Master Mężczyzn	25	00:30:27	<b>01:15:00.50</b>	<b>01:15:00.50</b>	+00:37:10 (49.6%)	7:30	8 (50.3%)
112	<b>FRONK Sandra</b>	<b>26</b>		Senior Kobiet	26	00:30:29	<b>01:15:01.00</b>	<b>01:15:01.00</b>	+00:37:11 (49.6%)	7:30	8 (50.3%)
113	<b>MARKIEWICZ Aneta</b>	<b>62</b>		Senior Kobiet	27	00:30:04	<b>01:15:19.15</b>	<b>01:15:19.15</b>	+00:37:29 (49.8%)	7:31	8 (50.3%)
114	<b>RYCERSKA Magdalena</b>	<b>87</b>		Master Kobiet	23	00:30:03	<b>01:15:19.25</b>	<b>01:15:19.25</b>	+00:37:29 (49.8%)	7:31	8 (50.3%)
115	<b>WRONKOWSKA Katarzyna</b>	<b>145</b>		Master Kobiet	24	00:30:40	<b>01:16:04.35</b>	<b>01:16:04.35</b>	+00:38:14 (50.3%)	7:36	7.9 (49.7%)
116	<b>ŁĘŻNIAK Arkadiusz</b>	<b>56</b>		Weteran Mężczyzn	10	00:31:11	<b>01:17:49.60</b>	<b>01:17:49.60</b>	+00:39:59 (51.4%)	7:46	7.7 (48.4%)
117	<b>ZOCHNIAK Anna</b>	<b>121</b>		Weteran Kobiet	5	00:30:58	<b>01:18:12.10</b>	<b>01:18:12.10</b>	+00:40:22 (51.6%)	7:49	7.7 (48.4%)
118	<b>KOTARBA Katarzyna</b>	<b>127</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	Master Kobiet	25	00:33:20	<b>01:19:27.25</b>	<b>01:19:27.25</b>	+00:41:37 (52.4%)	7:56	7.6 (47.8%)
119	<b>RUTKOWSKA Olga</b>	<b>86</b>		Senior Kobiet	28	00:32:53	<b>01:21:01.30</b>	<b>01:21:01.30</b>	+00:43:11 (53.3%)	8:06	7.4 (46.5%)
120	<b>GĄGALSKI Łukasz</b>	<b>143</b>	BIKE FUN LEGIONOWO	Master Mężczyzn	26	00:32:24	<b>01:21:29.55</b>	<b>01:21:29.55</b>	+00:43:39 (53.6%)	8:08	7.4 (46.5%)
121	<b>OPARA Maja</b>	<b>141</b>	BRAVEHEARTS LEGIONOWO	Master Kobiet	26	00:32:23	<b>01:21:29.85</b>	<b>01:21:29.85</b>	+00:43:40 (53.6%)	8:08	7.4 (46.5%)
122	<b>KOŚCIELSKI Mateusz</b>	<b>142</b>	BRAVEHEARTS LEGIONOWO	Master Mężczyzn	27	00:32:23	<b>01:21:30.00</b>	<b>01:21:30.00</b>	+00:43:40 (53.6%)	8:09	7.4 (46.5%)
123	<b>DUCZMALEWSKA Anna</b>	<b>140</b>	BRAVEHEARTS LEGIONOWO	Master Kobiet	27	00:32:24	<b>01:21:30.15</b>	<b>01:21:30.15</b>	+00:43:40 (53.6%)	8:09	7.4 (46.5%)
124	<b>SOSNOWSKA Justyna</b>	<b>144</b>	POWER TRAINING	Senior Kobiet	29	00:32:48	<b>01:27:10.45</b>	<b>01:27:10.45</b>	+00:49:20 (56.6%)	8:43	6.9 (43.4%)
124	<b>NOGAŃSKI Paweł</b>	<b>146</b>	POWER TRAINING	Senior Mężczyzn	25	00:32:48	<b>01:27:10.45</b>	<b>01:27:10.45</b>	+00:49:20 (56.6%)	8:43	6.9 (43.4%)
126	<b>BĄCZEK Krzysztof</b>	<b>5</b>	GRUPA JURA'PL	Master Mężczyzn	28	00:34:23	<b>01:28:06.00</b>	<b>01:28:06.00</b>	+00:50:16 (57.1%)	8:48	6.8 (42.8%)
127	<b>DĘBOWSKI Daniel</b>	<b>20</b>	COKE RUNNERS	Master Mężczyzn	29	00:34:18	<b>01:28:10.05</b>	<b>01:28:10.05</b>	+00:50:20 (57.1%)	8:49	6.8 (42.8%)
128	<b>ŚRUBARSKA Agata</b>	<b>132</b>		Weteran Kobiet	6	00:44:49	<b>01:48:47.60</b>	<b>01:48:47.60</b>	+01:10:57 (65.2%)	10:52	5.5 (34.6%)
129	<b>MARCINIEC Łukasz</b>	<b>131</b>		Weteran Mężczyzn	11	00:44:48	<b>01:48:48.35</b>	<b>01:48:48.35</b>	+01:10:58 (65.2%)	10:52	5.5 (34.6%)