



**Wydarzenie:** ULTRAJANOSIK  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2021-08-28  
**Miejsce:** Niedzica  
**Dystans:** 35 km

# ULTRAJANOSIK 35 KM ZBÓJNICKA ŚLEBODA

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka 4km	Dursztyn 19km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
1	<b>KUDLA Daniel</b>	<b>3664</b>		Senior Mężczyzn	1	00:19:34	01:33:39	<b>02:42:07.20</b>	<b>02:42:09.00</b>		4:37	13 (100%)
2	<b>GÓRAK Przemysław</b>	<b>3509</b>	KB SOBÓTKA	Master Mężczyzn	1	00:19:29	01:34:39	<b>02:47:08.55</b>	<b>02:47:09.00</b>	+00:05:00 (3.0%)	4:46	12.6 (96.9%)
3	<b>DYREK Michał</b>	<b>213</b>	MOK MSZANA DOLNA	Master Mężczyzn	2	00:20:41	01:41:26	<b>03:02:42.35</b>	<b>03:02:43.15</b>	+00:20:34 (11.3%)	5:13	11.5 (88.5%)
4	<b>DUDZIK Robert</b>	<b>215</b>	LIMANOVA HOTEL	Master Mężczyzn	3	00:20:57	01:48:03	<b>03:09:31.80</b>	<b>03:09:33.25</b>	+00:27:24 (14.5%)	5:24	11.1 (85.4%)
5	<b>MAZUREK Marcin</b>	<b>3621</b>	FEHLAU RUN TEAM	Master Mężczyzn	4	00:21:03	01:46:15	<b>03:11:32.75</b>	<b>03:11:36.00</b>	+00:29:27 (15.4%)	5:28	11 (84.6%)
6	<b>WALKOSZ Mateusz</b>	<b>3520</b>		Senior Mężczyzn	2	00:21:02	01:44:22	<b>03:12:54.10</b>	<b>03:12:55.00</b>	+00:30:46 (15.9%)	5:30	10.9 (83.8%)
7	<b>TOPORKIEWICZ Anna</b>	<b>3622</b>	WMT	Master Kobiet	1	00:22:21	01:49:02	<b>03:15:54.50</b>	<b>03:15:56.20</b>	+00:33:47 (17.2%)	5:35	10.7 (82.3%)
8	<b>MISZTAL Kamil</b>	<b>214</b>		Master Mężczyzn	5	00:23:57	01:53:34	<b>03:19:24.65</b>	<b>03:19:28.45</b>	+00:37:19 (18.7%)	5:41	10.5 (80.8%)
9	<b>URBASEK Łukasz</b>	<b>3502</b>		Master Mężczyzn	6	00:25:30	01:53:29	<b>03:20:53.15</b>	<b>03:20:59.75</b>	+00:38:50 (19.3%)	5:44	10.5 (80.8%)
10	<b>WYROŚLAK Józef</b>	<b>3626</b>	JUICY RUNNER	Master Mężczyzn	7	00:24:24	01:52:04	<b>03:21:50.35</b>	<b>03:22:02.90</b>	+00:39:53 (19.7%)	5:46	10.4 (80.0%)
11	<b>KURASZ Piotr</b>	<b>3612</b>	47	Master Mężczyzn	8	00:24:29	01:53:42	<b>03:29:43.40</b>	<b>03:29:50.85</b>	+00:47:41 (22.7%)	5:59	10 (76.9%)
12	<b>BIESZCZAD Magdalena</b>	<b>3610</b>	TRESERTEAM	Master Kobiet	2	00:24:21	01:59:12	<b>03:33:59.80</b>	<b>03:34:01.00</b>	+00:51:52 (24.2%)	6:06	9.8 (75.4%)
13	<b>GRYŻŁO Jakub</b>	<b>3645</b>	WWW.LEDMAX24.PL	Master Mężczyzn	9	00:24:20	01:59:10	<b>03:34:20.55</b>	<b>03:34:21.90</b>	+00:52:12 (24.4%)	6:07	9.8 (75.4%)
14	<b>KOŁEK Sebastian</b>	<b>3546</b>		Master Mężczyzn	10	00:22:45	01:54:40	<b>03:36:30.85</b>	<b>03:36:36.70</b>	+00:54:27 (25.1%)	6:11	9.7 (74.6%)
15	<b>ANTCZAK Jolanta</b>	<b>3619</b>	SPORTOWE PUŁAWY	Senior Kobiet	1	00:25:31	02:01:06	<b>03:36:49.75</b>	<b>03:36:53.85</b>	+00:54:44 (25.2%)	6:11	9.7 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						4km	Dursztyn 19km	35km	35km	Różn			
16	<b>PAWLOWSKI Jakub</b>	<b>3615</b>		Master Mężczyzn	11	00:21:43	02:01:50	<b>03:39:33.25</b>	<b>03:39:38.00</b>	+00:57:29 (26.2%)	6:16	9.6 (73.8%)	
17	<b>TOKARSKI Szymon</b>	<b>3667</b>		Master Mężczyzn	12	00:22:07	01:51:45	<b>03:39:39.45</b>	<b>03:39:48.35</b>	+00:57:39 (26.2%)	6:16	9.6 (73.8%)	
18	<b>SZUMACHER Marta</b>	<b>3564</b>		Senior Kobiet	2	00:26:25	02:01:04	<b>03:40:06.50</b>	<b>03:40:14.00</b>	+00:58:05 (26.4%)	6:17	9.5 (73.1%)	
19	<b>TOMECKA Aleksandra</b>	<b>211</b>	LPP TEAM	Senior Kobiet	3	00:25:04	02:03:04	<b>03:42:10.90</b>	<b>03:42:16.05</b>	+01:00:07 (27.0%)	6:20	9.5 (73.1%)	
20	<b>PASZKOWSKI Paweł</b>	<b>3563</b>		Senior Mężczyzn	3	00:25:02	02:01:05	<b>03:49:36.75</b>	<b>03:49:44.85</b>	+01:07:35 (29.4%)	6:33	9.1 (70.0%)	
21	<b>ŚLĄSKI Bartosz</b>	<b>3616</b>	DZIK KOMANDO	Senior Mężczyzn	4	00:27:38	02:09:07	<b>03:51:44.05</b>	<b>03:51:50.30</b>	+01:09:41 (30.1%)	6:37	9.1 (70.0%)	
22	<b>KUCH Paweł</b>	<b>3654</b>		Weteran Mężczyzn	1	00:27:29	02:09:04	<b>03:56:16.65</b>	<b>03:56:30.75</b>	+01:14:21 (31.4%)	6:45	8.9 (68.5%)	
23	<b>GUMIELA Michał</b>	<b>3660</b>	GUMISTORE-PL	Senior Mężczyzn	5	00:24:45	02:03:10	<b>03:56:32.90</b>	<b>03:56:38.25</b>	+01:14:29 (31.5%)	6:45	8.9 (68.5%)	
24	<b>JACHYMEK Bartłomiej</b>	<b>3662</b>	JACEKBIEGA RUNNING TEAM	Weteran Mężczyzn	2	00:26:16	02:07:43	<b>03:56:37.35</b>	<b>03:56:43.20</b>	+01:14:34 (31.5%)	6:45	8.9 (68.5%)	
25	<b>ZABDYR Marcin</b>	<b>3583</b>	KS PEGAZ	Weteran Mężczyzn	3	00:27:02	02:11:41	<b>03:56:40.70</b>	<b>03:56:47.55</b>	+01:14:38 (31.5%)	6:45	8.9 (68.5%)	
26	<b>BĄK Piotr</b>	<b>234</b>	KB LUPUS OLEŚNICA	Master Mężczyzn	13	00:23:20	02:03:47	<b>03:57:23.35</b>	<b>03:57:25.65</b>	+01:15:16 (31.7%)	6:46	8.8 (67.7%)	
27	<b>KACZMAREK Łukasz</b>	<b>233</b>	DZIK KOMANDO	Senior Mężczyzn	6	00:27:39	02:09:07	<b>03:58:39.50</b>	<b>03:58:45.50</b>	+01:16:36 (32.1%)	6:49	8.8 (67.7%)	
28	<b>TOMCZUK Krzysztof</b>	<b>3500</b>		Master Mężczyzn	14	00:27:30	02:14:56	<b>03:59:38.80</b>	<b>03:59:45.35</b>	+01:17:36 (32.4%)	6:50	8.8 (67.7%)	
29	<b>SUCHANEK Radosław</b>	<b>3642</b>		Weteran Mężczyzn	4	00:27:17	02:14:20	<b>04:00:24.65</b>	<b>04:00:33.35</b>	+01:18:24 (32.6%)	6:52	8.7 (66.9%)	
30	<b>KACZOR Marcin</b>	<b>3547</b>	ADJ	Weteran Mężczyzn	5	00:26:29	02:21:44	<b>04:00:52.75</b>	<b>04:00:55.40</b>	+01:18:46 (32.7%)	6:52	8.7 (66.9%)	
31	<b>SOBIŁO Ewa</b>	<b>3635</b>		Senior Kobiet	4	00:26:21	02:18:07	<b>04:00:57.85</b>	<b>04:01:04.60</b>	+01:18:55 (32.7%)	6:53	8.7 (66.9%)	
32	<b>WIELGOCKI Artur</b>	<b>3600</b>		Master Mężczyzn	15	00:29:49	02:19:34	<b>04:03:57.50</b>	<b>04:04:07.00</b>	+01:21:58 (33.6%)	6:58	8.6 (66.2%)	
33	<b>FILIPCZUK Dariusz</b>	<b>3579</b>		Weteran Mężczyzn	6	00:28:13	02:16:31	<b>04:05:03.55</b>	<b>04:05:12.75</b>	+01:23:03 (33.9%)	7:00	8.6 (66.2%)	
34	<b>LAMENCOVÁ Radka</b>	<b>3545</b>		Senior Kobiet	5	00:29:18	02:18:15	<b>04:05:09.50</b>	<b>04:05:17.80</b>	+01:23:08 (33.9%)	7:00	8.6 (66.2%)	
35	<b>MASŁOWSKI Dominik</b>	<b>3602</b>		Master Mężczyzn	16	00:31:34	02:16:05	<b>04:07:37.35</b>	<b>04:07:48.40</b>	+01:25:39 (34.6%)	7:04	8.5 (65.4%)	
36	<b>BODZIOCH Grzegorz</b>	<b>3521</b>	GORLICKA GRUPA BIEGOWA	Weteran Mężczyzn	7	00:28:13	02:15:45	<b>04:10:31.65</b>	<b>04:10:36.40</b>	+01:28:27 (35.3%)	7:09	8.4 (64.6%)	
37	<b>KOWALSKI Krzysztof</b>	<b>3512</b>	HRMAXCROSSTEAM	Weteran Mężczyzn	8	00:27:29	02:16:12	<b>04:10:33.55</b>	<b>04:10:39.55</b>	+01:28:30 (35.3%)	7:09	8.4 (64.6%)	
38	<b>ZAGAJEWSKI Przemek</b>	<b>3526</b>	KUJAWSKY RUNNERS	Master Mężczyzn	17	00:31:06	02:20:44	<b>04:10:34.40</b>	<b>04:10:43.85</b>	+01:28:34 (35.3%)	7:09	8.4 (64.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka 4km	Dursztyn 19km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 35km	brutto 35km			
39	<b>MINDYKOWSKI Zbigniew</b>	<b>3643</b>		Weteran Mężczyzn	9	00:26:16	02:23:30	<b>04:10:43.00</b>	<b>04:10:49.70</b>	+01:28:40 (35.4%)	7:09	8.4 (64.6%)
40	<b>PAWIŃSKI Artur</b>	<b>3508</b>	ADIDAS RUNNERS WARSAW	Master Mężczyzn	18	00:27:39	02:14:44	<b>04:11:25.40</b>	<b>04:11:35.10</b>	+01:29:26 (35.5%)	7:11	8.4 (64.6%)
41	<b>PŁONKA Leszek</b>	<b>3587</b>	LADERMON TEAM	Master Mężczyzn	19	00:31:09	02:32:18	<b>04:12:45.45</b>	<b>04:12:55.80</b>	+01:30:46 (35.9%)	7:13	8.3 (63.8%)
42	<b>WOŹNIAK Janusz</b>	<b>3573</b>	PORMAT JEDLICZE BIEGA	Weteran Mężczyzn	10	00:26:55	02:15:45	<b>04:13:11.20</b>	<b>04:13:16.40</b>	+01:31:07 (36.0%)	7:14	8.3 (63.8%)
43	<b>KAPUSTA Zuzanna</b>	<b>3562</b>	DZIKIE MUSTANGI	Master Kobiet	3	00:28:20	02:19:23	<b>04:13:38.55</b>	<b>04:13:42.15</b>	+01:31:33 (36.1%)	7:14	8.3 (63.8%)
44	<b>TYLIBA Ireneusz</b>	<b>3604</b>	JURA TEAM	Weteran Mężczyzn	11	00:26:26	02:15:41	<b>04:13:39.35</b>	<b>04:13:44.50</b>	+01:31:35 (36.1%)	7:14	8.3 (63.8%)
45	<b>SZPORAK Bartłomiej</b>	<b>3633</b>		Senior Mężczyzn	7	00:26:17	02:21:42	<b>04:13:40.60</b>	<b>04:13:47.15</b>	+01:31:38 (36.1%)	7:14	8.3 (63.8%)
46	<b>KUBACKA Marta</b>	<b>3529</b>	DRUŻYNA TVN	Master Kobiet	4	00:29:31	02:20:23	<b>04:14:08.75</b>	<b>04:14:11.85</b>	+01:32:02 (36.2%)	7:15	8.3 (63.8%)
47	<b>ZIEMIAŃSKI Grzegorz</b>	<b>3614</b>	MCP TEAM	Master Mężczyzn	20	00:23:49	01:57:30	<b>04:14:19.25</b>	<b>04:14:22.45</b>	+01:32:13 (36.3%)	7:15	8.3 (63.8%)
48	<b>SZMAJDOWICZ Paweł</b>	<b>3534</b>		Weteran Mężczyzn	12	00:28:11	02:16:31	<b>04:15:23.40</b>	<b>04:15:31.50</b>	+01:33:22 (36.5%)	7:17	8.2 (63.1%)
49	<b>HUBKA Jerzy</b>	<b>3605</b>	ZABRZAŃSKIE PARKOWE BIEGANIE	Dinozaur Mężczyzn	1	00:27:54	02:19:46	<b>04:15:56.90</b>	<b>04:16:03.30</b>	+01:33:54 (36.7%)	7:18	8.2 (63.1%)
50	<b>ŻARNICKI Kamil</b>	<b>3608</b>		Senior Mężczyzn	8	00:30:42	02:24:40	<b>04:15:58.50</b>	<b>04:16:05.80</b>	+01:33:56 (36.7%)	7:18	8.2 (63.1%)
51	<b>ŁUCZYCKA Iwona</b>	<b>3599</b>	POZYTYWNE ZABIEGANI SANOK	Master Kobiet	5	00:31:42	02:24:19	<b>04:16:06.90</b>	<b>04:16:15.40</b>	+01:34:06 (36.7%)	7:19	8.2 (63.1%)
52	<b>KUCHTA Maciej</b>	<b>2417</b>	TEAM KACWIN	Senior Mężczyzn	9	00:29:44	02:24:20	<b>04:16:21.85</b>	<b>04:16:26.65</b>	+01:34:17 (36.8%)	7:19	8.2 (63.1%)
53	<b>PIETRASZKO Barbara</b>	<b>3578</b>		Senior Kobiet	6	00:29:40	02:21:29	<b>04:16:26.70</b>	<b>04:16:45.20</b>	+01:34:36 (36.8%)	7:19	8.2 (63.1%)
54	<b>JÓZEFIAK Jakub</b>	<b>3661</b>		Weteran Mężczyzn	13	00:28:26	02:21:41	<b>04:16:50.50</b>	<b>04:16:59.30</b>	+01:34:50 (36.9%)	7:20	8.2 (63.1%)
55	<b>ŁUKASZEWICZ Dawid</b>	<b>3646</b>		Master Mężczyzn	21	00:28:32	02:18:46	<b>04:17:08.75</b>	<b>04:17:12.45</b>	+01:35:03 (37.0%)	7:20	8.2 (63.1%)
56	<b>PRZYWIECZERSKI Paweł</b>	<b>3617</b>		Master Mężczyzn	22	00:25:33	02:15:39	<b>04:19:41.15</b>	<b>04:19:44.40</b>	+01:37:35 (37.6%)	7:25	8.1 (62.3%)
57	<b>EDWARDSDÓTTIR Monika</b>	<b>3527</b>	ZABIEGANI REYKJAVÍK	Master Kobiet	6	00:30:52	02:30:07	<b>04:20:17.10</b>	<b>04:20:26.70</b>	+01:38:17 (37.7%)	7:26	8.1 (62.3%)
58	<b>WILKOS Kamil</b>	<b>3528</b>		Senior Mężczyzn	10	00:26:41	02:14:55	<b>04:20:21.90</b>	<b>04:20:31.40</b>	+01:38:22 (37.8%)	7:26	8.1 (62.3%)
59	<b>BRUNKE Tomasz</b>	<b>3603</b>	RUN BYDGOSZCZ	Weteran Mężczyzn	14	00:27:15	02:19:56	<b>04:20:27.25</b>	<b>04:20:34.25</b>	+01:38:25 (37.8%)	7:26	8.1 (62.3%)
60	<b>SURMAN Mariusz</b>	<b>3572</b>	DZIKIE MUSTANGI	Senior Mężczyzn	11	00:28:19	02:19:28	<b>04:21:02.35</b>	<b>04:21:06.25</b>	+01:38:57 (37.9%)	7:27	8 (61.5%)
61	<b>WODYŃSKA Dagmara</b>	<b>3588</b>	EQUIDO TEAM	Weteran Kobiet	1	00:29:47	02:23:59	<b>04:21:26.75</b>	<b>04:21:33.80</b>	+01:39:24 (38.0%)	7:28	8 (61.5%)

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								netto 35km	brutto 35km			
62	<b>SOSNÓWKA Bartosz</b>	<b>3535</b>	KLUB SOSNOWY	Senior Mężczyzn	12	00:30:52	02:18:26	<b>04:21:17.25</b>	<b>04:21:35.00</b>	+01:39:26 (38.0%)	7:27	8 (61.5%)
63	<b>STASIAK Piotr</b>	<b>3580</b>		Senior Mężczyzn	13	00:30:03	02:25:00	<b>04:22:04.65</b>	<b>04:22:08.65</b>	+01:39:59 (38.1%)	7:29	8 (61.5%)
64	<b>SZMYTKOWSKI Krzysztof</b>	<b>3606</b>	MIA SAN MIA	Weteran Mężczyzn	15	00:30:59	02:21:43	<b>04:21:58.90</b>	<b>04:22:13.30</b>	+01:40:04 (38.2%)	7:29	8 (61.5%)
65	<b>TOCZEWSKA Anna</b>	<b>3663</b>	JACEKBIEGA RUNNING TEAM	Weteran Kobiet	2	00:28:48	02:23:08	<b>04:22:28.20</b>	<b>04:22:36.00</b>	+01:40:27 (38.3%)	7:29	8 (61.5%)
66	<b>UBYSZ Marek</b>	<b>3637</b>	JACEK BIEGA RUNNING TEAM	Weteran Mężczyzn	16	00:30:51		<b>04:22:29.45</b>	<b>04:22:40.10</b>	+01:40:31 (38.3%)	7:29	8 (61.5%)
67	<b>CISAK Maciek</b>	<b>2416</b>		Senior Mężczyzn	14	00:29:42	02:24:42	<b>04:22:45.20</b>	<b>04:22:50.60</b>	+01:40:41 (38.3%)	7:30	8 (61.5%)
68	<b>ADAMCZYK Jacek</b>	<b>3597</b>		Weteran Mężczyzn	17	00:26:54	02:16:22	<b>04:23:15.00</b>	<b>04:23:19.55</b>	+01:41:10 (38.4%)	7:31	8 (61.5%)
69	<b>MELON Krzysztof</b>	<b>3659</b>		Senior Mężczyzn	15	00:28:51	02:15:51	<b>04:23:33.00</b>	<b>04:23:44.95</b>	+01:41:35 (38.5%)	7:31	8 (61.5%)
70	<b>WOJCIECHOWSKI Pawel</b>	<b>3627</b>	J U V E R U N	Master Mężczyzn	23	00:25:57	02:21:25	<b>04:27:18.30</b>	<b>04:27:38.80</b>	+01:45:29 (39.4%)	7:38	7.9 (60.8%)
71	<b>BAKUN Mariusz</b>	<b>3530</b>	CHEŁM BIEGA	Weteran Mężczyzn	18	00:29:46	02:24:17	<b>04:28:57.20</b>	<b>04:29:11.70</b>	+01:47:02 (39.8%)	7:41	7.8 (60.0%)
72	<b>BAKUN Jolanta</b>	<b>3531</b>	CHEŁM BIEGA	Weteran Kobiet	3	00:29:46	02:24:17	<b>04:28:57.40</b>	<b>04:29:11.90</b>	+01:47:02 (39.8%)	7:41	7.8 (60.0%)
73	<b>BIALOUS Joanna</b>	<b>3630</b>	CLUB D'ESCALADA D'EIVISSA	Master Kobiet	7	00:27:12	02:22:40	<b>04:30:20.00</b>	<b>04:30:26.30</b>	+01:48:17 (40.0%)	7:43	7.8 (60.0%)
74	<b>PODKÓWKA Zbigniew</b>	<b>3503</b>		Dinozaur Mężczyzn	2	00:34:33	02:40:15	<b>04:30:57.45</b>	<b>04:31:02.35</b>	+01:48:53 (40.2%)	7:44	7.8 (60.0%)
75	<b>STAŃCZUK Wojciech</b>	<b>3565</b>	GRUPA BIEGOWA CHTMO	Master Mężczyzn	24	00:31:24		<b>04:31:19.15</b>	<b>04:31:30.00</b>	+01:49:21 (40.3%)	7:45	7.7 (59.2%)
76	<b>KONIECZNA Joanna</b>	<b>3598</b>	BIEGAMBOBIEGAM	Master Kobiet	8	00:32:08	02:39:18	<b>04:32:46.50</b>	<b>04:32:55.50</b>	+01:50:46 (40.6%)	7:47	7.7 (59.2%)
77	<b>KAMIŃSKI Robert</b>	<b>3537</b>		Senior Mężczyzn	16	00:27:44	02:21:46	<b>04:33:49.95</b>	<b>04:33:56.05</b>	+01:51:47 (40.8%)	7:49	7.7 (59.2%)
78	<b>KSIĄŻEK Leszek</b>	<b>212</b>		Weteran Mężczyzn	19	00:30:03	02:35:32	<b>04:40:05.10</b>	<b>04:40:17.65</b>	+01:58:08 (42.2%)	8:00	7.5 (57.7%)
79	<b>GAC Karolina</b>	<b>3623</b>	GOSPODARSTWO OGRODNICZO-PSZCZELARSKIE	Master Kobiet	9	00:31:39	02:37:12	<b>04:41:06.40</b>	<b>04:41:16.65</b>	+01:59:07 (42.4%)	8:01	7.5 (57.7%)
80	<b>KISIEL Michał</b>	<b>3631</b>	TEAM BIEGOWY SZCZECINEK	Master Mężczyzn	25	00:32:25	02:40:01	<b>04:41:24.30</b>	<b>04:41:37.95</b>	+01:59:28 (42.4%)	8:02	7.5 (57.7%)
81	<b>KĘDZIOR Grzegorz</b>	<b>3577</b>		Senior Mężczyzn	17	00:32:02	02:32:57	<b>04:42:22.00</b>	<b>04:42:26.40</b>	+02:00:17 (42.6%)	8:04	7.4 (56.9%)
82	<b>BAŃDO Piotr</b>	<b>3634</b>		Master Mężczyzn	26	00:26:06	02:24:20	<b>04:43:34.95</b>	<b>04:43:42.95</b>	+02:01:33 (42.8%)	8:06	7.4 (56.9%)
83	<b>NOWAK Marcin</b>	<b>3552</b>	TIM JEST TIM	Master Mężczyzn	27	00:31:53		<b>04:43:58.00</b>	<b>04:44:05.00</b>	+02:01:56 (42.9%)	8:06	7.4 (56.9%)
84	<b>NAWAROWSKI Marcin</b>	<b>3609</b>	TIM JEST TIM	Master Mężczyzn	28	00:31:20	02:39:27	<b>04:43:57.90</b>	<b>04:44:05.05</b>	+02:01:56 (42.9%)	8:06	7.4 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						4km	Dursztyn 19km	35km	35km	Różn			
85	<b>GALKOWSKI Jakub</b>	<b>3625</b>		Master Mężczyzn	29	00:30:12	02:35:38	<b>04:47:41.90</b>	<b>04:47:41.90</b>	+02:05:32 (43.6%)	8:13	7.3 (56.2%)	
86	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>3550</b>	TIM JEST TIM	Master Kobiet	10	00:31:53	02:45:03	<b>04:47:36.15</b>	<b>04:47:43.70</b>	+02:05:34 (43.6%)	8:13	7.3 (56.2%)	
87	<b>DAŃSKA Małgorzata</b>	<b>3638</b>		Master Kobiet	11	00:33:28	02:42:18	<b>04:49:11.60</b>	<b>04:49:14.50</b>	+02:07:05 (43.9%)	8:15	7.3 (56.2%)	
88	<b>DAŃSKI Rafał</b>	<b>3639</b>		Master Mężczyzn	30	00:33:32	02:42:19	<b>04:49:11.35</b>	<b>04:49:14.65</b>	+02:07:05 (43.9%)	8:15	7.3 (56.2%)	
89	<b>KACZMARCZYK Mariusz</b>	<b>3613</b>		Weteran Mężczyzn	20	00:31:50	02:38:38	<b>04:49:22.10</b>	<b>04:49:26.90</b>	+02:07:17 (44.0%)	8:16	7.3 (56.2%)	
90	<b>PLASKOTA Frederic</b>	<b>3636</b>		Weteran Mężczyzn	21	00:30:39	02:25:02	<b>04:50:08.90</b>	<b>04:50:22.90</b>	+02:08:13 (44.2%)	8:17	7.2 (55.4%)	
91	<b>KOTULA Łukasz</b>	<b>3544</b>		Master Mężczyzn	31	00:32:12	02:45:43	<b>04:50:43.75</b>	<b>04:50:59.50</b>	+02:08:50 (44.3%)	8:18	7.2 (55.4%)	
92	<b>KOTULA Weronika</b>	<b>3543</b>		Senior Kobiet	7	00:32:12	02:45:44	<b>04:50:44.15</b>	<b>04:50:59.60</b>	+02:08:50 (44.3%)	8:18	7.2 (55.4%)	
93	<b>FRANKOWSKA Dorota</b>	<b>3513</b>		Weteran Kobiet	4	00:34:13	02:47:58	<b>04:52:24.05</b>	<b>04:52:37.05</b>	+02:10:28 (44.6%)	8:21	7.2 (55.4%)	
94	<b>BIELAS Krzysztof</b>	<b>3632</b>		Master Mężczyzn	32	00:26:18	02:21:44	<b>04:53:51.80</b>	<b>04:53:58.70</b>	+02:11:49 (44.8%)	8:23	7.1 (54.6%)	
95	<b>GUMIELA Katarzyna</b>	<b>3596</b>	GUMISIOLANDIA	Master Kobiet	12	00:32:25	02:51:53	<b>04:58:22.80</b>	<b>04:58:35.50</b>	+02:16:26 (45.7%)	8:31	7 (53.8%)	
96	<b>URBANOWICZ Łukasz</b>	<b>3582</b>		Master Mężczyzn	33	00:36:53	02:55:02	<b>05:00:14.85</b>	<b>05:00:25.55</b>	+02:18:16 (46.0%)	8:34	7 (53.8%)	
97	<b>PACHO Sylwester</b>	<b>3648</b>		Senior Mężczyzn	18	00:35:49	02:54:01	<b>05:01:24.85</b>	<b>05:01:26.80</b>	+02:19:17 (46.2%)	8:36	7 (53.8%)	
98	<b>LICHOŃ Jacek</b>	<b>3647</b>		Senior Mężczyzn	19	00:35:36	02:54:00	<b>05:01:24.25</b>	<b>05:01:26.90</b>	+02:19:17 (46.2%)	8:36	7 (53.8%)	
99	<b>GRUCA Dariusz</b>	<b>3650</b>		Senior Mężczyzn	20	00:35:48	02:54:03	<b>05:01:25.10</b>	<b>05:01:27.10</b>	+02:19:18 (46.2%)	8:36	7 (53.8%)	
100	<b>KRACZKOWSKI Krzysztof</b>	<b>3532</b>	8 BALL CROSS GYM CHEŁM	Weteran Mężczyzn	22	00:37:11	02:52:18	<b>05:01:36.20</b>	<b>05:01:49.15</b>	+02:19:40 (46.3%)	8:37	7 (53.8%)	
101	<b>KRYCZEK Piotr</b>	<b>3601</b>		Weteran Mężczyzn	23	00:32:07	02:43:51	<b>05:02:24.00</b>	<b>05:02:41.25</b>	+02:20:32 (46.4%)	8:38	6.9 (53.1%)	
102	<b>ABRAMOWICZ Daniel</b>	<b>3517</b>	CHEŁM BIEGA	Master Mężczyzn	34	00:37:12	02:52:16	<b>05:02:34.55</b>	<b>05:02:47.20</b>	+02:20:38 (46.4%)	8:38	6.9 (53.1%)	
103	<b>WIELIŃSKA-JACHYMIAK Olga</b>	<b>3506</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	Master Kobiet	13	00:29:26	02:41:26	<b>05:06:49.10</b>	<b>05:06:52.10</b>	+02:24:43 (47.2%)	8:45	6.8 (52.3%)	
104	<b>GUMIELA Piotr</b>	<b>3570</b>	GUMISIOLANDIA	Master Mężczyzn	35	00:32:24	02:51:53	<b>05:07:37.85</b>	<b>05:07:50.80</b>	+02:25:41 (47.3%)	8:47	6.8 (52.3%)	
105	<b>MISZCZYK Marcin</b>	<b>3665</b>		Weteran Mężczyzn	24	00:36:54	02:55:01	<b>05:13:04.80</b>	<b>05:13:16.10</b>	+02:31:07 (48.2%)	8:56	6.7 (51.5%)	
106	<b>NYKIEL Małgorzata</b>	<b>3593</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	5	00:37:45	03:00:13	<b>05:13:34.40</b>	<b>05:13:41.75</b>	+02:31:32 (48.3%)	8:57	6.7 (51.5%)	
107	<b>CHRUŚCIEL Lesław</b>	<b>3628</b>		Weteran Mężczyzn	25	00:33:14	02:47:29	<b>05:15:48.70</b>	<b>05:16:00.00</b>	+02:33:51 (48.7%)	9:01	6.6 (50.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka 4km	Dursztyn 19km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
108	<b>RUTKOWSKA Małgorzata</b>	<b>3504</b>		Weteran Kobiet	6	00:37:05	03:00:36	<b>05:16:09.20</b>	<b>05:16:13.60</b>	+02:34:04 (48.7%)	9:01	6.6 (50.8%)
109	<b>MRACHACZ Dorota</b>	<b>3592</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	7	00:37:24	03:00:13	<b>05:16:51.90</b>	<b>05:16:58.35</b>	+02:34:49 (48.8%)	9:03	6.6 (50.8%)
110	<b>WRĘCZYCKA Izabela</b>	<b>3594</b>	CIDRY LOTAJOM	Weteran Kobiet	8	00:37:46	03:00:12	<b>05:16:52.80</b>	<b>05:16:58.75</b>	+02:34:49 (48.8%)	9:03	6.6 (50.8%)
111	<b>JUKIEWICZ Krzysztof</b>	<b>3533</b>	KOZIOROŻEC	Weteran Mężczyzn	26	00:35:43	02:57:51	<b>05:17:15.00</b>	<b>05:17:22.90</b>	+02:35:13 (48.9%)	9:03	6.6 (50.8%)
112	<b>MROZIŃSKA Renata</b>	<b>3538</b>		Master Kobiet	14	00:34:35	02:54:05	<b>05:22:46.65</b>	<b>05:22:51.80</b>	+02:40:42 (49.8%)	9:13	6.5 (50.0%)
113	<b>MROZIŃSKI Albert</b>	<b>3539</b>		Weteran Mężczyzn	27	00:34:18	02:54:05	<b>05:22:46.65</b>	<b>05:22:52.00</b>	+02:40:43 (49.8%)	9:13	6.5 (50.0%)
114	<b>ROGUSKA Klaudia</b>	<b>3586</b>	RADZYMIN RUN TEAM	Senior Kobiet	8	00:38:07	03:07:41	<b>05:29:41.00</b>	<b>05:29:45.40</b>	+02:47:36 (50.8%)	9:25	6.4 (49.2%)
114	<b>KIĘDZIŃSKA Aneta</b>	<b>3585</b>	RADZYMIN RUN TEAM	Master Kobiet	15	00:38:13	03:07:46	<b>05:29:41.50</b>	<b>05:29:45.40</b>	+02:47:36 (50.8%)	9:25	6.4 (49.2%)
116	<b>CAŁKA Agnieszka</b>	<b>5092</b>	RADZYMIN RUN TEAM	Master Kobiet	16	00:37:45	03:07:43	<b>05:29:41.20</b>	<b>05:29:45.45</b>	+02:47:36 (50.8%)	9:25	6.4 (49.2%)
117	<b>PIRAŃSKA Aleksandra</b>	<b>3590</b>	RADZYMIN RUN TEAM	Master Kobiet	17	00:38:13	03:07:46	<b>05:29:41.90</b>	<b>05:29:45.70</b>	+02:47:36 (50.8%)	9:25	6.4 (49.2%)
118	<b>KĘDZIOR Jacek</b>	<b>3569</b>	PĘDZĄCE ŚLIMAKI	Master Mężczyzn	36	00:34:27	02:59:05	<b>05:31:38.50</b>	<b>05:31:47.60</b>	+02:49:38 (51.1%)	9:28	6.3 (48.5%)
119	<b>PANEK Piotr</b>	<b>3567</b>	DZIKIE MUSTANGI	Weteran Mężczyzn	28	00:34:26	02:59:06	<b>05:31:41.10</b>	<b>05:31:50.10</b>	+02:49:41 (51.1%)	9:28	6.3 (48.5%)
120	<b>MAZUR Marola</b>	<b>3557</b>	DZIKIE MUSTANGI	Senior Kobiet	9	00:34:12	02:59:06	<b>05:31:40.75</b>	<b>05:31:50.25</b>	+02:49:41 (51.1%)	9:28	6.3 (48.5%)
121	<b>LAMPART Marta</b>	<b>3559</b>	DZIKIE MUSTANGI	Master Kobiet	18	00:34:27	02:59:07	<b>05:31:42.20</b>	<b>05:31:50.40</b>	+02:49:41 (51.1%)	9:28	6.3 (48.5%)
122	<b>TOKARZ Adrian</b>	<b>3568</b>	DZIKIE MUSTANGI	Master Mężczyzn	37	00:34:28	02:49:24	<b>05:31:42.20</b>	<b>05:31:50.70</b>	+02:49:41 (51.1%)	9:28	6.3 (48.5%)
123	<b>LAMPART Dorota</b>	<b>3556</b>	DZIKIE MUSTANGI	Senior Kobiet	10	00:34:25	02:59:06	<b>05:31:42.10</b>	<b>05:31:51.10</b>	+02:49:42 (51.1%)	9:28	6.3 (48.5%)
124	<b>CAŁKA Grzegorz</b>	<b>3589</b>	RADZYMIN RUN TEAM	Weteran Mężczyzn	29	00:36:20	03:11:49	<b>05:33:06.55</b>	<b>05:33:12.20</b>	+02:51:03 (51.3%)	9:31	6.3 (48.5%)
125	<b>SOCHACKI Mariusz</b>	<b>3655</b>	GRUPA JURA.PL	Master Mężczyzn	38	00:39:22	03:10:08	<b>05:34:38.00</b>	<b>05:34:40.15</b>	+02:52:31 (51.5%)	9:33	6.3 (48.5%)
126	<b>ADAMSKI Bartłomiej</b>	<b>3644</b>		Master Mężczyzn	39	00:36:51	03:06:47	<b>05:35:12.90</b>	<b>05:35:24.35</b>	+02:53:15 (51.7%)	9:34	6.3 (48.5%)
127	<b>KOKOWSKA-SMOK Dagmara</b>	<b>3620</b>	GRUPA JURA'PL	Master Kobiet	19	00:37:25	03:06:30	<b>05:37:29.55</b>	<b>05:37:31.90</b>	+02:55:22 (52.0%)	9:38	6.2 (47.7%)
128	<b>LUBAŃSKA Alicja</b>	<b>3514</b>		Weteran Kobiet	9	00:38:34	03:11:25	<b>05:39:39.05</b>	<b>05:39:48.50</b>	+02:57:39 (52.3%)	9:42	6.2 (47.7%)
129	<b>RÓŻAŃSKA Joanna</b>	<b>3551</b>	LECYMY DURŚ	Master Kobiet	20	00:38:46	03:06:31	<b>05:40:44.10</b>	<b>05:40:55.85</b>	+02:58:46 (52.4%)	9:44	6.2 (47.7%)
130	<b>..</b>	<b>236</b>				00:37:58	03:10:00	<b>05:41:56.20</b>	<b>05:42:09.50</b>	+03:00:00 (52.6%)	9:46	6.1 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka 4km	Dursztyn 19km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
131	SIWINSKA Gosia	3522		Master Kobiet	21	00:36:30	03:07:19	<b>05:43:30.45</b>	<b>05:43:47.10</b>	+03:01:38 (52.8%)	9:48	6.1 (46.9%)
132	MICHALSKA Ewa	3524		Master Kobiet	22	00:37:12	03:07:24	<b>05:46:55.35</b>	<b>05:47:13.00</b>	+03:05:04 (53.3%)	9:54	6.1 (46.9%)
132	HADAM Przemysław	3523		Master Mężczyzn	40	00:37:09	03:07:23	<b>05:46:55.60</b>	<b>05:47:13.00</b>	+03:05:04 (53.3%)	9:54	6.1 (46.9%)
134	MĘTLAK Małgorzata	3666	GRUPA JURA.PL	Senior Kobiet	11	00:39:22	03:10:08	<b>05:48:11.40</b>	<b>05:48:13.45</b>	+03:06:04 (53.4%)	9:56	6 (46.2%)
135	ZAWÓŁ Paweł	3561	BIKE EQUIPA SANDOMIERZ	Master Mężczyzn	41	00:37:05	03:20:25	<b>05:48:54.00</b>	<b>05:49:10.10</b>	+03:07:01 (53.6%)	9:58	6 (46.2%)
136	MACIĄG Alina	3560	BIKE EQUIPA SANDOMIERZ	Weteran Kobiet	10	00:36:53	03:18:23	<b>05:48:52.45</b>	<b>05:49:10.15</b>	+03:07:01 (53.6%)	9:58	6 (46.2%)
137	KAIM Antoni	3574		Dinozaur Mężczyzn	3	00:37:03	03:10:09	<b>05:50:15.90</b>	<b>05:50:29.70</b>	+03:08:20 (53.7%)	10:00	6 (46.2%)
138	OSTANIEWICZ Kamila	3584	HAJDAAA	Senior Kobiet	12	00:38:14	03:19:42	<b>05:52:56.80</b>	<b>05:53:08.30</b>	+03:10:59 (54.1%)	10:05	6 (46.2%)
139	ADAMCZYK Ania	3595		Master Kobiet	23	00:40:08	03:16:02	<b>05:54:55.70</b>	<b>05:55:05.95</b>	+03:12:56 (54.3%)	10:08	5.9 (45.4%)
140	BĘBENEK Kamil	3554		Senior Mężczyzn	21	00:32:42	03:03:06	<b>05:55:56.90</b>	<b>05:56:12.00</b>	+03:14:03 (54.5%)	10:10	5.9 (45.4%)
141	BRONCEL Sebastian	3553		Senior Mężczyzn	22	00:32:42	03:03:04	<b>05:55:56.60</b>	<b>05:56:12.35</b>	+03:14:03 (54.5%)	10:10	5.9 (45.4%)
142	DĄBROWSKI Paweł	3518		Master Mężczyzn	42	00:37:16	03:15:05	<b>05:59:33.95</b>	<b>05:59:50.50</b>	+03:17:41 (54.9%)	10:16	5.8 (44.6%)
143	PEPLIŃSKI Piotr	3540		Weteran Mężczyzn	30	00:39:29	03:15:21	<b>06:06:24.90</b>	<b>06:06:26.60</b>	+03:24:17 (55.8%)	10:28	5.7 (43.8%)
144	CZERNIACHOWSKA Aneta	3507	515233491	Weteran Kobiet	11	00:47:20	03:27:25	<b>06:10:46.45</b>	<b>06:11:04.35</b>	+03:28:55 (56.3%)	10:35	5.7 (43.8%)
145	KOSTARSKI Patryk	3640		Master Mężczyzn	43	00:46:36	03:28:46	<b>06:14:38.95</b>	<b>06:15:01.00</b>	+03:32:52 (56.8%)	10:42	5.6 (43.1%)
146	KOSTARSKA Bożena	3641		Weteran Kobiet	12	00:43:34	03:27:38	<b>06:14:39.05</b>	<b>06:15:01.10</b>	+03:32:52 (56.8%)	10:42	5.6 (43.1%)
147	GRACZYK Dobrochna	3511		Senior Kobiet	13	00:42:39	03:42:02	<b>06:17:24.55</b>	<b>06:17:41.85</b>	+03:35:32 (57.1%)	10:46	5.6 (43.1%)
148	GRACZYK Magdalena	3510		Weteran Kobiet	13	00:42:39	03:42:03	<b>06:17:24.65</b>	<b>06:17:41.90</b>	+03:35:32 (57.1%)	10:46	5.6 (43.1%)
149	POKROPIŃSKI Kazimierz	3581		Dinozaur Mężczyzn	4	00:41:48	03:31:00	<b>06:20:10.85</b>	<b>06:20:23.05</b>	+03:38:14 (57.4%)	10:51	5.5 (42.3%)
150	POKROPIŃSKA Elżbieta	3591		Dinozaur Kobiet	1	00:41:46	03:31:02	<b>06:20:09.85</b>	<b>06:20:23.15</b>	+03:38:14 (57.4%)	10:51	5.5 (42.3%)
151	WALKOWIAK Daria	2304	BIEGAMY DLA SIEBIE	Master Kobiet	24	00:47:21	03:35:22	<b>06:33:53.90</b>	<b>06:34:11.90</b>	+03:52:02 (58.9%)	11:15	5.3 (40.8%)
152	URBANIAK Agnieszka	3657		Master Kobiet	25	00:39:00	03:39:15	<b>06:34:35.00</b>	<b>06:34:47.05</b>	+03:52:38 (58.9%)	11:16	5.3 (40.8%)
153	KASZUBA Katarzyna	3548	#CZELADZBIEGA	Master Kobiet	26	00:43:16	03:43:18	<b>06:36:03.05</b>	<b>06:36:21.85</b>	+03:54:12 (59.1%)	11:18	5.3 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Łapszanka 4km	Dursztyn 19km	Czas netto 35km	Czas brutto 35km	Różn	Tempo min/km	Tempo km/h
154	<b>CZAJKA Urszula</b>	<b>3618</b>		Senior Kobiet	14	00:38:18	03:39:16	<b>06:46:17.95</b>	<b>06:46:29.75</b>	+04:04:20 (60.1%)	11:36	5.2 (40.0%)

Znaleziono 154 wynik(ów)