

# ULTRAJANOSIK 55 KM SPISKA PĘTLA

B4SPORT

**Wydarzenie:** ULTRAJANOSIK 2019  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2019-08-31  
**Miejsce:** Zespół Rekreacyjny Polana Sosny - Niedzica  
**Dystans:** 55 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
1	<b>KĘPKA Adrian</b>	<b>5105</b>	DECATHLON KOSZALIN	Senior Mężczyzn	1	01:14:56	04:08:43	<b>05:51:41.10</b>	<b>05:51:45.10</b>		6:23	9.4 (100%)
2	<b>KASIŃSKI Maciej</b>	<b>5101</b>		Senior Mężczyzn	2	01:19:25	04:08:08	<b>05:51:36.90</b>	<b>05:51:49.45</b>	+00:00:04 (0.0%)	6:23	9.4 (100%)
3	<b>GRONDYS Paweł</b>	<b>5081</b>		Master Mężczyzn	1	01:17:20	04:12:02	<b>05:58:55.00</b>	<b>05:59:00.10</b>	+00:07:15 (2.0%)	6:31	9.2 (97.9%)
4	<b>GRZELAK Kamila</b>	<b>5304</b>	#MĘCINAPANY	Senior Kobiet	1	01:18:37	04:12:33	<b>05:59:38.30</b>	<b>05:59:43.90</b>	+00:07:58 (2.2%)	6:32	9.2 (97.9%)
5	<b>BANIAK Marcin</b>	<b>5010</b>	G.O.A.T. TEAM MICHAŁOWICE	Master Mężczyzn	2	01:12:41	04:16:34	<b>06:12:17.80</b>	<b>06:12:19.40</b>	+00:20:34 (5.5%)	6:46	8.9 (94.7%)
6	<b>WARWAS Radosław</b>	<b>5261</b>		Master Mężczyzn	3	01:20:59	04:17:16	<b>06:13:46.05</b>	<b>06:14:07.95</b>	+00:22:22 (6.0%)	6:47	8.8 (93.6%)
7	<b>KLASA Łukasz</b>	<b>5108</b>		Senior Mężczyzn	3	01:14:18	04:21:15	<b>06:17:35.80</b>	<b>06:17:38.05</b>	+00:25:52 (6.9%)	6:51	8.7 (92.6%)
8	<b>ZALEWSKI Karol</b>	<b>5285</b>	JATRENUJE	Master Mężczyzn	4	01:14:21	04:23:48	<b>06:19:08.95</b>	<b>06:19:10.80</b>	+00:27:25 (7.2%)	6:53	8.7 (92.6%)
9	<b>SZULTK Magdalena</b>	<b>5248</b>		Senior Kobiet	2	01:21:10	04:27:50	<b>06:24:47.25</b>	<b>06:24:54.00</b>	+00:33:08 (8.6%)	6:59	8.6 (91.5%)
10	<b>TAJCHMAN Jarosław</b>	<b>5251</b>	STAJNIA BALONA	Master Mężczyzn	5	01:28:36	04:43:26	<b>06:26:55.65</b>	<b>06:27:00.85</b>	+00:35:15 (9.1%)	7:02	8.5 (90.4%)
11	<b>MUSZYŃSKI Krzysztof</b>	<b>5168</b>		Master Mężczyzn	6	01:21:04	04:20:33	<b>06:26:55.40</b>	<b>06:27:05.10</b>	+00:35:20 (9.1%)	7:02	8.5 (90.4%)
12	<b>WALASIK Jarosław</b>	<b>5259</b>		Weteran Mężczyzn	1	01:17:12	04:30:25	<b>06:33:11.40</b>	<b>06:33:15.50</b>	+00:41:30 (10.6%)	7:08	8.4 (89.4%)
13	<b>DZIEDZIC Witold</b>	<b>5059</b>	RZESZOWSKIE GAZELE I GEPARDY	Master Mężczyzn	7	01:22:14	04:30:44	<b>06:35:08.75</b>	<b>06:35:19.55</b>	+00:43:34 (11.0%)	7:11	8.4 (89.4%)
14	<b>POCHROŃ Marcin</b>	<b>5205</b>		Senior Mężczyzn	4	01:19:54	04:24:34	<b>06:35:48.30</b>	<b>06:35:53.40</b>	+00:44:08 (11.1%)	7:11	8.3 (88.3%)
15	<b>SZKOŁUDA Miłosz</b>	<b>5246</b>	DECATHLON KOSZALIN	Senior Mężczyzn	5	01:16:28	04:34:42	<b>06:36:14.55</b>	<b>06:36:18.85</b>	+00:44:33 (11.2%)	7:12	8.3 (88.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
16	<b>GOŁĄB Marek</b>	<b>5078</b>	STAY INSANE	Senior Mężczyzn	6	01:15:34	04:28:32	<b>06:37:36.00</b>	<b>06:37:38.75</b>	+00:45:53 (11.5%)	7:13	8.3 (88.3%)
17	<b>SNARSKI Piotr</b>	<b>5233</b>	REEBOK RUN CREW	Master Mężczyzn	8	01:21:50	04:34:32	<b>06:42:03.95</b>	<b>06:42:19.45</b>	+00:50:34 (12.6%)	7:18	8.2 (87.2%)
18	<b>AGRES Paweł</b>	<b>5002</b>	KW KOTŁOWNIA	Master Mężczyzn	9	01:24:36	04:40:55	<b>06:42:49.80</b>	<b>06:42:59.10</b>	+00:51:14 (12.7%)	7:19	8.2 (87.2%)
19	<b>ARMATA Adam</b>	<b>5006</b>		Master Mężczyzn	10	01:20:13	04:36:43	<b>06:44:50.00</b>	<b>06:44:59.10</b>	+00:53:14 (13.1%)	7:21	8.2 (87.2%)
20	<b>BISOWSKI Mariusz</b>	<b>5019</b>	KOZY W UCHU	Master Mężczyzn	11	01:26:32	04:47:24	<b>06:48:09.30</b>	<b>06:48:14.35</b>	+00:56:29 (13.8%)	7:25	8.1 (86.2%)
21	<b>CIEŚLIK Sławomir</b>	<b>5039</b>		Senior Mężczyzn	7	01:21:09		<b>06:49:35.95</b>	<b>06:49:43.05</b>	+00:57:57 (14.1%)	7:26	8.1 (86.2%)
22	<b>NYKIEL Mariusz</b>	<b>5179</b>	SOCIOS SILESIA	Senior Mężczyzn	8	01:25:13	04:46:05	<b>06:50:07.85</b>	<b>06:50:40.95</b>	+00:58:55 (14.3%)	7:27	8 (85.1%)
23	<b>WIECZOREK Agata</b>	<b>5267</b>	TEBEG RUNNERS TEAM	Master Kobiet	1	01:27:23	04:49:25	<b>06:52:54.95</b>	<b>06:53:23.80</b>	+01:01:38 (14.9%)	7:30	8 (85.1%)
24	<b>ŻUREK-KRÓL Żaneta</b>	<b>5292</b>	POZNAŃ CITYZEN	Master Kobiet	2	01:32:44	04:50:50	<b>06:57:07.20</b>	<b>06:57:10.10</b>	+01:05:25 (15.7%)	7:35	7.9 (84.0%)
25	<b>DRAŃKO Piotr</b>	<b>5054</b>		Senior Mężczyzn	9	01:28:45	04:52:25	<b>06:58:17.50</b>	<b>06:58:31.90</b>	+01:06:46 (16.0%)	7:36	7.9 (84.0%)
26	<b>MALECKA-LEŃ Patrycja</b>	<b>5153</b>	SANTANDERRUNNERSTEAM	Master Kobiet	3	01:30:48	04:54:59	<b>06:59:14.00</b>	<b>06:59:43.45</b>	+01:07:58 (16.2%)	7:37	7.9 (84.0%)
27	<b>MURAK Robert</b>	<b>5167</b>		Master Mężczyzn	12	01:20:58	04:39:07	<b>06:59:32.55</b>	<b>06:59:54.40</b>	+01:08:09 (16.2%)	7:37	7.9 (84.0%)
28	<b>TRZEŹWIŃSKA Anna</b>	<b>5257</b>	LBL	Master Kobiet	4	01:40:38	04:56:00	<b>06:59:43.15</b>	<b>07:00:08.65</b>	+01:08:23 (16.3%)	7:37	7.9 (84.0%)
29	<b>ŁUKOWIAK Karol</b>	<b>5145</b>	MUKS SZOK BOJANOWO	Master Mężczyzn	13	01:33:58	05:00:59	<b>07:02:46.70</b>	<b>07:03:09.95</b>	+01:11:24 (16.9%)	7:41	7.8 (83.0%)
30	<b>POPRAWSKI Mateusz</b>	<b>5207</b>	MUKS SZOK BOJANOWO	Senior Mężczyzn	10	01:33:58	05:01:00	<b>07:02:47.10</b>	<b>07:03:10.55</b>	+01:11:25 (16.9%)	7:41	7.8 (83.0%)
31	<b>SZAFRAŃSKA Aleksandra</b>	<b>5243</b>	WKURW_TEAM	Senior Kobiet	3	01:30:33	04:53:27	<b>07:05:53.05</b>	<b>07:05:57.95</b>	+01:14:12 (17.4%)	7:44	7.7 (81.9%)
32	<b>STAŃKO Paweł</b>	<b>5305</b>	BIESY I CZORTY	Master Mężczyzn	14	01:17:00	04:40:20	<b>07:08:23.95</b>	<b>07:08:27.75</b>	+01:16:42 (17.9%)	7:47	7.7 (81.9%)
33	<b>DĄBROWSKA Natalia</b>	<b>5048</b>	VEGE RUNNERS	Senior Kobiet	4	01:36:20	05:00:43	<b>07:10:01.15</b>	<b>07:10:41.60</b>	+01:18:56 (18.3%)	7:49	7.7 (81.9%)
34	<b>GAŚ Piotr</b>	<b>5071</b>	KAWIK RUNNING TEAM	Senior Mężczyzn	11	01:27:11	04:54:02	<b>07:11:06.95</b>	<b>07:11:29.10</b>	+01:19:44 (18.5%)	7:50	7.7 (81.9%)
35	<b>NOWAK Michał</b>	<b>5175</b>	DW KINGA	Master Mężczyzn	15	01:37:20	05:02:39	<b>07:12:27.25</b>	<b>07:12:57.60</b>	+01:21:12 (18.8%)	7:51	7.6 (80.9%)
36	<b>JAMROZIAK Grzegorz</b>	<b>5089</b>	KB KAMIEŃ POMORSKI	Master Mężczyzn	16	01:33:39	04:58:46	<b>07:14:22.10</b>	<b>07:14:42.60</b>	+01:22:57 (19.1%)	7:53	7.6 (80.9%)
37	<b>MAJNUSZ Tomasz</b>	<b>5151</b>		Senior Mężczyzn	12	01:22:17	04:49:48	<b>07:15:44.00</b>	<b>07:15:50.50</b>	+01:24:05 (19.3%)	7:55	7.6 (80.9%)
38	<b>JANIK Rafał</b>	<b>5092</b>	GMINA STRZELCE OPOLSKIE	Master Mężczyzn	17	01:21:18	04:48:39	<b>07:18:01.85</b>	<b>07:18:03.70</b>	+01:26:18 (19.7%)	7:57	7.5 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
39	<b>PAWLIK Łukasz</b>	<b>5190</b>	GDÓW PROUD RUNNERS	Master Mężczyzn	18	01:31:01	04:58:12	<b>07:19:01.50</b>	<b>07:19:19.55</b>	+01:27:34 (19.9%)	7:58	7.5 (79.8%)
40	<b>DANIEL Łukasz</b>	<b>5046</b>	GDÓW PROUD RUNNERS	Senior Mężczyzn	13	01:31:02	04:58:14	<b>07:19:18.40</b>	<b>07:19:36.00</b>	+01:27:50 (20.0%)	7:59	7.5 (79.8%)
41	<b>KOWALSKI Aleksander</b>	<b>5121</b>		Senior Mężczyzn	14	01:26:07	04:32:38	<b>06:56:59.80</b>	<b>07:20:46.80</b>	+01:29:01 (20.2%)	7:34	7.9 (84.0%)
42	<b>KURZYDLAK Jakub</b>	<b>5129</b>	EDC EXPERT	Senior Mężczyzn	15	01:35:40	05:07:12	<b>07:20:47.15</b>	<b>07:21:18.75</b>	+01:29:33 (20.3%)	8:00	7.5 (79.8%)
43	<b>BOHUCKI Piotr</b>	<b>5023</b>		Master Mężczyzn	19	01:34:23	05:04:29	<b>07:20:49.05</b>	<b>07:21:23.50</b>	+01:29:38 (20.3%)	8:00	7.5 (79.8%)
44	<b>LASKO Łukasz</b>	<b>5131</b>	BIESY	Senior Mężczyzn	16	01:37:39	05:12:55	<b>07:23:31.30</b>	<b>07:23:39.40</b>	+01:31:54 (20.7%)	8:03	7.4 (78.7%)
45	<b>GESSLER Łukasz</b>	<b>5073</b>	BIESY	Senior Mężczyzn	17	01:37:42	05:12:56	<b>07:23:32.00</b>	<b>07:23:40.15</b>	+01:31:55 (20.7%)	8:03	7.4 (78.7%)
46	<b>SADOWSKI Mariusz</b>	<b>5221</b>	EDC EXPERT	Master Mężczyzn	20	01:36:08	05:07:12	<b>07:25:08.55</b>	<b>07:25:40.80</b>	+01:33:55 (21.1%)	8:05	7.4 (78.7%)
47	<b>HERMAN Michał</b>	<b>5084</b>		Senior Mężczyzn	18	01:31:35	05:02:17	<b>07:29:03.75</b>	<b>07:29:26.40</b>	+01:37:41 (21.7%)	8:09	7.3 (77.7%)
48	<b>STANGIERSKI Adam</b>	<b>5299</b>		Master Mężczyzn	21	01:39:33	05:19:59	<b>07:29:07.35</b>	<b>07:29:51.25</b>	+01:38:06 (21.8%)	8:09	7.3 (77.7%)
49	<b>BELKIEWICZ Rafał</b>	<b>5014</b>	KABATY ULTRA	Master Mężczyzn	22	01:32:49	05:10:44	<b>07:34:42.80</b>	<b>07:34:48.50</b>	+01:43:03 (22.7%)	8:16	7.3 (77.7%)
50	<b>GIERADA Mateusz</b>	<b>5074</b>	NIGHT RUNNERS GLIWICE	Senior Mężczyzn	19	01:37:11	05:20:50	<b>07:34:57.35</b>	<b>07:35:01.95</b>	+01:43:16 (22.7%)	8:16	7.3 (77.7%)
51	<b>RYCERSKI Rafał</b>	<b>5218</b>		Master Mężczyzn	23	01:24:01	05:20:17	<b>07:35:48.85</b>	<b>07:35:51.20</b>	+01:44:06 (22.8%)	8:17	7.2 (76.6%)
52	<b>SZEWczyk Krzysztof</b>	<b>5245</b>	CZEWARUN TIM	Weteran Mężczyzn	2	01:54:48	05:20:22	<b>07:35:32.45</b>	<b>07:35:55.45</b>	+01:44:10 (22.8%)	8:16	7.2 (76.6%)
53	<b>ZDUNEK Michał</b>	<b>5289</b>	EUROSOFT TEAM / WKURW_TEAM	Master Mężczyzn	24	01:31:50	05:09:34	<b>07:37:14.95</b>	<b>07:37:20.05</b>	+01:45:34 (23.1%)	8:18	7.2 (76.6%)
54	<b>FURMAŃSKI Jakub</b>	<b>5070</b>		Master Mężczyzn	25	01:29:28	05:03:43	<b>07:38:11.95</b>	<b>07:38:16.45</b>	+01:46:31 (23.2%)	8:19	7.2 (76.6%)
55	<b>PACHO Sylwester</b>	<b>5307</b>	PAPIKI	Weteran Mężczyzn	3	01:26:12	04:53:28	<b>07:38:22.95</b>	<b>07:38:26.10</b>	+01:46:41 (23.3%)	8:20	7.2 (76.6%)
56	<b>PASTUŁA Łukasz</b>	<b>5185</b>		Master Mężczyzn	26	01:35:51	05:16:07	<b>07:39:14.50</b>	<b>07:39:25.55</b>	+01:47:40 (23.4%)	8:20	7.2 (76.6%)
57	<b>WINIARSKA Monika</b>	<b>5271</b>	BIEGIEM PRZEZ GÓRY	Master Kobiet	5	01:41:01	05:32:46	<b>07:39:54.30</b>	<b>07:40:03.80</b>	+01:48:18 (23.5%)	8:21	7.2 (76.6%)
58	<b>KASIŃSKI Wojciech</b>	<b>5102</b>	ULTRAPLESS	Weteran Mężczyzn	4	01:38:09	05:17:50	<b>07:39:57.45</b>	<b>07:40:10.65</b>	+01:48:25 (23.6%)	8:21	7.2 (76.6%)
59	<b>ERENBERG Rafał</b>	<b>5060</b>	EDC EXPERT	Master Mężczyzn	27	01:37:01	05:17:30	<b>07:39:38.30</b>	<b>07:40:10.75</b>	+01:48:25 (23.6%)	8:21	7.2 (76.6%)
60	<b>KOWALSKI Daniel</b>	<b>5122</b>	BIEGAJĄCY ŚWIDNIK	Master Mężczyzn	28	01:31:51	05:11:06	<b>07:41:32.75</b>	<b>07:41:42.30</b>	+01:49:57 (23.8%)	8:23	7.1 (75.5%)
61	<b>RAMOTOWSKI Marcin</b>	<b>5214</b>		Master Mężczyzn	29	01:31:45	05:14:39	<b>07:41:46.60</b>	<b>07:42:02.70</b>	+01:50:17 (23.9%)	8:23	7.1 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
62	<b>MICHALIK Krzysztof</b>	<b>5157</b>	TG SOKOL ZAKOPANE	Senior Mężczyzn	20	01:29:24		<b>07:42:18.20</b>	<b>07:42:26.90</b>	+01:50:41 (23.9%)	8:24	7.1 (75.5%)
63	<b>FRANCUZ Mariusz</b>	<b>5065</b>	VEGERUNNERS	Weteran Mężczyzn	5	01:37:48	05:08:30	<b>07:44:26.85</b>	<b>07:44:48.60</b>	+01:53:03 (24.3%)	8:26	7.1 (75.5%)
64	<b>CEBRAT Ewa</b>	<b>5031</b>	POZYTYWNE ZABIEGANI SANOK	Master Kobiet	6	01:47:30	05:36:28	<b>07:45:35.65</b>	<b>07:45:56.00</b>	+01:54:10 (24.5%)	8:27	7.1 (75.5%)
65	<b>SEKMAN Tomasz</b>	<b>5223</b>		Master Mężczyzn	30	01:30:55	05:20:13	<b>07:46:29.40</b>	<b>07:46:41.55</b>	+01:54:56 (24.6%)	8:28	7.1 (75.5%)
66	<b>GÓRKA Piotr</b>	<b>5080</b>	1982	Master Mężczyzn	31	01:40:56	05:28:51	<b>07:46:42.70</b>	<b>07:47:03.70</b>	+01:55:18 (24.7%)	8:29	7.1 (75.5%)
67	<b>PÓBIŠ Ivan</b>	<b>5204</b>	2THETOP	Senior Mężczyzn	21	01:34:01	05:38:56	<b>07:48:08.95</b>	<b>07:48:22.75</b>	+01:56:37 (24.9%)	8:30	7 (74.5%)
68	<b>KŁODZIŃSKI Karol</b>	<b>5109</b>		Master Mężczyzn	32	01:39:23	05:28:04	<b>07:48:27.55</b>	<b>07:48:43.55</b>	+01:56:58 (25.0%)	8:31	7 (74.5%)
69	<b>CHOJNACKA Karolina</b>	<b>5035</b>		Master Kobiet	7	01:39:24	05:28:04	<b>07:48:27.50</b>	<b>07:48:44.15</b>	+01:56:59 (25.0%)	8:31	7 (74.5%)
70	<b>KOLASA Bartłomiej</b>	<b>5115</b>	OBIDOWA GŁUSZEC	Senior Mężczyzn	22	01:30:50	05:19:05	<b>07:48:59.55</b>	<b>07:49:02.05</b>	+01:57:16 (25.0%)	8:31	7 (74.5%)
71	<b>PODODEMSKA-ZABDYR Izabela</b>	<b>5206</b>	KS PEGAZ	Weteran Kobiet	1	01:46:39	05:35:56	<b>07:49:17.85</b>	<b>07:50:01.30</b>	+01:58:16 (25.2%)	8:31	7 (74.5%)
72	<b>ZABDYR Marcin</b>	<b>5283</b>	KS PEGAZ	Weteran Mężczyzn	6	01:41:59	05:28:32	<b>07:49:17.70</b>	<b>07:50:01.50</b>	+01:58:16 (25.2%)	8:31	7 (74.5%)
73	<b>PERZ Marzenna</b>	<b>5193</b>		Weteran Kobiet	2	01:46:05	05:34:28	<b>07:50:55.05</b>	<b>07:51:19.20</b>	+01:59:34 (25.4%)	8:33	7 (74.5%)
74	<b>KMITA Krzysztof</b>	<b>5295</b>		Senior Mężczyzn	23	01:26:03	05:18:51	<b>07:51:24.50</b>	<b>07:51:37.85</b>	+01:59:52 (25.4%)	8:34	7 (74.5%)
75	<b>WASIELEWSKI Oskar</b>	<b>5262</b>		Master Mężczyzn	33	01:38:20	05:26:00	<b>07:52:52.95</b>	<b>07:53:06.60</b>	+02:01:21 (25.7%)	8:35	7 (74.5%)
75	<b>LEWANDOWSKI Marek</b>	<b>5136</b>	HOPIKI	Senior Mężczyzn	24	01:38:29	05:26:22	<b>07:52:35.20</b>	<b>07:53:06.60</b>	+02:01:21 (25.7%)	8:35	7 (74.5%)
77	<b>KOWALCZYK Marcin</b>	<b>5119</b>		Master Mężczyzn	34	01:30:44	05:20:28	<b>07:53:26.40</b>	<b>07:53:34.05</b>	+02:01:48 (25.7%)	8:36	7 (74.5%)
78	<b>KAJRUKSZTO Maciej</b>	<b>5098</b>	ARTURKUREK.PRO CAS	Senior Mężczyzn	25	01:41:47	05:26:09	<b>07:54:00.40</b>	<b>07:54:05.00</b>	+02:02:19 (25.8%)	8:37	7 (74.5%)
79	<b>STELMASZCZYK Bartłomiej</b>	<b>5239</b>		Master Mężczyzn	35	01:39:29	05:36:29	<b>07:53:46.85</b>	<b>07:54:07.35</b>	+02:02:22 (25.8%)	8:36	7 (74.5%)
80	<b>ZAWADZKI Karol</b>	<b>5287</b>	RADLINIOKI W BIEGU	Senior Mężczyzn	26	01:18:59	05:16:05	<b>07:55:12.25</b>	<b>07:55:19.20</b>	+02:03:34 (26.0%)	8:38	6.9 (73.4%)
81	<b>KRAWCZYK Karol</b>	<b>5125</b>		Senior Mężczyzn	27	01:26:55	05:10:17	<b>07:55:29.70</b>	<b>07:56:00.00</b>	+02:04:14 (26.1%)	8:38	6.9 (73.4%)
82	<b>PAWELEC Przemysław</b>	<b>5188</b>		Master Mężczyzn	36	01:27:51	05:19:17	<b>07:56:29.45</b>	<b>07:56:38.40</b>	+02:04:53 (26.2%)	8:39	6.9 (73.4%)
83	<b>SALAŚ Krzysztof</b>	<b>5222</b>	TIGER FAJA FAJA	Master Mężczyzn	37	01:37:46	05:26:46	<b>07:56:37.25</b>	<b>07:56:40.35</b>	+02:04:55 (26.2%)	8:39	6.9 (73.4%)
84	<b>BARSZCZ Bartosz</b>	<b>5012</b>	GAMBLERS RUNNING	Master Mężczyzn	38	01:37:47	05:26:53	<b>07:58:41.20</b>	<b>07:58:43.80</b>	+02:06:58 (26.5%)	8:42	6.9 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
85	<b>KOZŁOWSKI Tomasz</b>	<b>5123</b>	LESZ NO LIMITS RUNNERS	Weteran Mężczyzn	7	01:33:58	05:28:31	<b>07:59:30.85</b>	<b>07:59:54.85</b>	+02:08:09 (26.7%)	8:43	6.9 (73.4%)
86	<b>KOCIK Maciej</b>	<b>5111</b>		Senior Mężczyzn	28	01:41:29	05:28:34	<b>07:59:51.30</b>	<b>08:00:04.00</b>	+02:08:18 (26.7%)	8:43	6.9 (73.4%)
87	<b>KARPIŁOWSKA Maria</b>	<b>5100</b>		Master Kobiet	8	01:35:54	05:42:07	<b>07:59:28.10</b>	<b>08:00:06.95</b>	+02:08:21 (26.7%)	8:43	6.9 (73.4%)
88	<b>KOCIOŁEK Krzysztof</b>	<b>5112</b>	LUBRYKANT MAFIA	Master Mężczyzn	39	01:41:56	05:37:22	<b>07:59:37.70</b>	<b>08:00:11.05</b>	+02:08:25 (26.7%)	8:43	6.9 (73.4%)
89	<b>GOLEC Tomasz</b>	<b>5076</b>	BART TEAM	Master Mężczyzn	40	01:37:04	05:28:30	<b>08:00:09.00</b>	<b>08:00:12.75</b>	+02:08:27 (26.8%)	8:43	6.9 (73.4%)
90	<b>NOWAK Piotr</b>	<b>5176</b>	SPARTACUS	Senior Mężczyzn	29	01:37:21	05:20:27	<b>08:00:49.65</b>	<b>08:01:20.15</b>	+02:09:35 (26.9%)	8:44	6.9 (73.4%)
91	<b>WOŁOSZYN Piotr</b>	<b>5278</b>	PIORUN	Master Mężczyzn	41	01:44:43	05:35:32	<b>08:02:02.15</b>	<b>08:02:10.95</b>	+02:10:25 (27.1%)	8:45	6.8 (72.3%)
92	<b>MIELNICZEK Grzegorz</b>	<b>5161</b>	B.RUNNER	Weteran Mężczyzn	8	01:35:17	05:32:34	<b>08:08:06.20</b>	<b>08:08:27.20</b>	+02:16:42 (28.0%)	8:52	6.8 (72.3%)
93	<b>CZYCZERSKI Jacek</b>	<b>5045</b>	GRUPA BIEGOWA BEZ GRANIC	Weteran Mężczyzn	9	01:28:02	05:29:27	<b>08:08:45.70</b>	<b>08:08:55.40</b>	+02:17:10 (28.1%)	8:53	6.8 (72.3%)
94	<b>SŁABOŃ Mariusz</b>	<b>5231</b>	KIWK-A BIEGA	Master Mężczyzn	42	01:32:09	05:16:34	<b>08:08:48.90</b>	<b>08:09:02.40</b>	+02:17:17 (28.1%)	8:53	6.8 (72.3%)
95	<b>SŁONAWSKI Łukasz</b>	<b>5232</b>	ULTRAJANUSZE	Master Mężczyzn	43	01:41:59	05:33:08	<b>08:08:37.20</b>	<b>08:09:20.35</b>	+02:17:35 (28.1%)	8:53	6.8 (72.3%)
96	<b>MARSZAŁEK Jan</b>	<b>5155</b>	DZIKI TIM	Senior Mężczyzn	30	01:37:40	05:40:48	<b>08:09:07.80</b>	<b>08:09:25.00</b>	+02:17:39 (28.1%)	8:53	6.7 (71.3%)
97	<b>PRZYBYŁOWICZ Łukasz</b>	<b>5209</b>	GOPR KRYNICA	Master Mężczyzn	44	01:47:33	05:47:18	<b>08:13:11.50</b>	<b>08:13:27.30</b>	+02:21:42 (28.7%)	8:58	6.7 (71.3%)
98	<b>JANAS Kasia</b>	<b>5091</b>		Senior Kobiet	5	01:47:36	05:37:19	<b>08:13:47.20</b>	<b>08:13:58.65</b>	+02:22:13 (28.8%)	8:58	6.7 (71.3%)
99	<b>STACHURSKI Paweł</b>	<b>5236</b>		Senior Mężczyzn	31	01:47:36	05:37:19	<b>08:13:47.50</b>	<b>08:13:58.95</b>	+02:22:13 (28.8%)	8:58	6.7 (71.3%)
100	<b>SKRZYŃSKI Mirosław</b>	<b>5229</b>		Master Mężczyzn	45	01:27:32	05:22:46	<b>08:13:58.60</b>	<b>08:14:06.60</b>	+02:22:21 (28.8%)	8:58	6.7 (71.3%)
101	<b>JURGA Piotr</b>	<b>5303</b>		Senior Mężczyzn	32	01:43:15	05:38:41	<b>08:14:56.60</b>	<b>08:15:27.60</b>	+02:23:42 (29.0%)	8:59	6.7 (71.3%)
102	<b>NISZCZOT Dariusz</b>	<b>5174</b>		Senior Mężczyzn	33	01:28:49	05:05:12	<b>08:15:32.30</b>	<b>08:15:38.80</b>	+02:23:53 (29.0%)	9:00	6.7 (71.3%)
103	<b>GOLON Marlena</b>	<b>5077</b>	RUN PASJA	Master Kobiet	9	01:48:45	05:57:19	<b>08:17:32.25</b>	<b>08:17:39.00</b>	+02:25:53 (29.3%)	9:02	6.6 (70.2%)
104	<b>PIETRASZEWSKI Witold</b>	<b>5197</b>	GOSTYŃ EASY TRAIL	Senior Mężczyzn	34	01:36:44	05:36:37	<b>08:17:18.70</b>	<b>08:17:40.45</b>	+02:25:55 (29.3%)	9:02	6.6 (70.2%)
105	<b>OLSZEWSKI Jarosław</b>	<b>5181</b>	NIGHT RUNNERS	Weteran Mężczyzn	10	01:42:55	05:44:43	<b>08:17:11.55</b>	<b>08:17:45.20</b>	+02:26:00 (29.3%)	9:02	6.6 (70.2%)
106	<b>TATARCZYK Patrycja</b>	<b>5252</b>	SKLEP BIEGACZA	Senior Kobiet	6	01:50:48	05:49:56	<b>08:18:19.95</b>	<b>08:18:27.15</b>	+02:26:42 (29.4%)	9:03	6.6 (70.2%)
107	<b>PIETRZAK Mateusz</b>	<b>5199</b>		Senior Mężczyzn	35	01:28:08	05:40:15	<b>08:18:47.10</b>	<b>08:19:04.85</b>	+02:27:19 (29.5%)	9:04	6.6 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
108	<b>BROŻNOWICZ Nataniel</b>	<b>5027</b>		Senior Mężczyzn	36	01:44:35	05:42:27	<b>08:18:45.95</b>	<b>08:19:07.20</b>	+02:27:22 (29.5%)	9:04	6.6 (70.2%)
109	<b>BANATOWSKI Maciej</b>	<b>5009</b>	ZABIEGANY SKARYSZEW	Senior Mężczyzn	37	01:46:28	05:54:42	<b>08:20:38.80</b>	<b>08:21:07.65</b>	+02:29:22 (29.8%)	9:06	6.6 (70.2%)
110	<b>PÔBIŠ Marek</b>	<b>5298</b>		Senior Mężczyzn	38	01:34:01	05:48:37	<b>08:23:44.80</b>	<b>08:23:58.35</b>	+02:32:13 (30.2%)	9:09	6.6 (70.2%)
111	<b>HORDZIEJEWICZ-KARASIŃSKA Ewa</b>	<b>5086</b>	STREFA BYKÓW	Weteran Kobiet	3	01:39:40	05:47:01	<b>08:25:48.05</b>	<b>08:26:15.00</b>	+02:34:29 (30.5%)	9:11	6.5 (69.1%)
112	<b>STASIOWSKI Rafał</b>	<b>5238</b>	FREELANCER	Master Mężczyzn	46	01:41:16		<b>08:25:55.20</b>	<b>08:26:15.15</b>	+02:34:30 (30.5%)	9:11	6.5 (69.1%)
113	<b>QUINN Andy</b>	<b>5212</b>		Master Mężczyzn	47	01:42:48	05:44:07	<b>08:26:01.30</b>	<b>08:26:16.60</b>	+02:34:31 (30.5%)	9:12	6.5 (69.1%)
114	<b>ŻYNDA Jan</b>	<b>5302</b>	FUNDACJA KIERUNEK ULTRA	Weteran Mężczyzn	11	01:44:46	05:53:52	<b>08:26:49.05</b>	<b>08:27:01.80</b>	+02:35:16 (30.6%)	9:12	6.5 (69.1%)
115	<b>WOLSKA Agata</b>	<b>5276</b>		Master Kobiet	10	01:47:59	05:51:33	<b>08:26:52.25</b>	<b>08:27:10.75</b>	+02:35:25 (30.6%)	9:12	6.5 (69.1%)
116	<b>ŚLEPIAK Adam</b>	<b>5300</b>	STAJNIA BALONA	Senior Mężczyzn	39	01:50:16	05:49:12	<b>08:26:43.05</b>	<b>08:27:11.05</b>	+02:35:25 (30.6%)	9:12	6.5 (69.1%)
117	<b>NOWAKOWSKI Lukasz</b>	<b>5177</b>	LOTOS TEAM - SOBCZAK TEAM	Master Mężczyzn	48	01:47:32	05:50:24	<b>08:26:55.00</b>	<b>08:27:11.25</b>	+02:35:26 (30.6%)	9:13	6.5 (69.1%)
118	<b>WAJCOWICZ Witold</b>	<b>5258</b>	KILOMETRY ODDECHÓW	Master Mężczyzn	49	01:47:32	05:49:38	<b>08:28:58.25</b>	<b>08:29:18.75</b>	+02:37:33 (30.9%)	9:15	6.5 (69.1%)
119	<b>PAWLAK Artur</b>	<b>5189</b>	MEBLE WŁOSKIE SZAJNOCHY BYDGOSZCZ	Weteran Mężczyzn	12	01:51:46	05:50:31	<b>08:29:24.65</b>	<b>08:29:59.10</b>	+02:38:14 (31.0%)	9:15	6.5 (69.1%)
120	<b>KIEŁEK Przemysław</b>	<b>5106</b>	DOGOŃ GRODZISK MAZOWIECKI	Master Mężczyzn	50	01:46:15	05:49:01	<b>08:29:42.00</b>	<b>08:30:21.20</b>	+02:38:36 (31.1%)	9:16	6.5 (69.1%)
121	<b>DUBIŃSKI Jarosław</b>	<b>5055</b>	BBL ZDUŃSKA WOLA	Weteran Mężczyzn	13	01:41:05	05:44:55	<b>08:30:22.70</b>	<b>08:30:32.00</b>	+02:38:46 (31.1%)	9:16	6.5 (69.1%)
122	<b>SIMO Peter</b>	<b>5227</b>		Master Mężczyzn	51	01:48:52	05:55:31	<b>08:31:14.35</b>	<b>08:31:40.80</b>	+02:39:55 (31.3%)	9:17	6.5 (69.1%)
123	<b>IWANICKI Władysław</b>	<b>5088</b>	LUBELSKI WĘGIEL BOGDANKA	Dinozaur Mężczyzn	1	01:47:37	06:04:25	<b>08:31:22.80</b>	<b>08:31:56.90</b>	+02:40:11 (31.3%)	9:17	6.5 (69.1%)
124	<b>MAGIERA Paweł</b>	<b>5149</b>		Master Mężczyzn	52	01:44:14	06:00:48	<b>08:32:23.95</b>	<b>08:32:37.85</b>	+02:40:52 (31.4%)	9:18	6.4 (68.1%)
125	<b>SOBEL Adrian</b>	<b>5234</b>	BIEGIEM PRZEZ GÓRY	Master Mężczyzn	53	01:41:34	06:00:47	<b>08:32:27.00</b>	<b>08:32:41.15</b>	+02:40:56 (31.4%)	9:19	6.4 (68.1%)
126	<b>NICIEJA Krzysztof</b>	<b>5171</b>	AUUUUU	Master Mężczyzn	54			<b>08:33:00.70</b>	<b>08:33:00.70</b>	+02:41:15 (31.4%)	9:19	6.4 (68.1%)
127	<b>MICHON Kacper</b>	<b>5158</b>	NIGHT RUNNERS	Senior Mężczyzn	40	01:42:56	05:52:39	<b>08:32:39.10</b>	<b>08:33:12.00</b>	+02:41:26 (31.5%)	9:19	6.4 (68.1%)
128	<b>PANEK Aleksandra</b>	<b>5184</b>		Weteran Kobiet	4	01:54:33	06:04:01	<b>08:34:06.00</b>	<b>08:34:29.75</b>	+02:42:44 (31.6%)	9:20	6.4 (68.1%)
129	<b>KULCZYŃSKI Michał</b>	<b>5127</b>		Master Mężczyzn	55	01:54:38	06:06:35	<b>08:34:56.35</b>	<b>08:35:15.85</b>	+02:43:30 (31.7%)	9:21	6.4 (68.1%)
130	<b>NIEWIADA Maciej</b>	<b>5173</b>	EXPLORADOR	Master Mężczyzn	56	01:52:48	05:56:57	<b>08:35:19.50</b>	<b>08:35:45.80</b>	+02:44:00 (31.8%)	9:22	6.4 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
131	<b>WODYŃSKI Jacek</b>	<b>5274</b>	EQUIDO	Weteran Mężczyzn	14	01:44:10	05:58:37	<b>08:36:03.75</b>	<b>08:36:29.85</b>	+02:44:44 (31.9%)	9:22	6.4 (68.1%)
132	<b>WILMAN Andrzej</b>	<b>5270</b>	WSL	Senior Mężczyzn	41	01:56:43	06:02:27	<b>08:36:36.25</b>	<b>08:37:05.45</b>	+02:45:20 (32.0%)	9:23	6.4 (68.1%)
133	<b>LISOWSKA Kamila</b>	<b>5141</b>	YNO ULTRA / LEŚNE RUN	Senior Kobiet	7	01:54:10	06:03:26	<b>08:39:44.70</b>	<b>08:40:26.20</b>	+02:48:41 (32.4%)	9:27	6.3 (67.0%)
134	<b>SADOWSKA Jagoda</b>	<b>5220</b>	#YOLOTEAMKRK	Senior Kobiet	8	01:40:33	05:57:13	<b>08:40:21.45</b>	<b>08:40:31.75</b>	+02:48:46 (32.4%)	9:27	6.3 (67.0%)
135	<b>ANTOŃCZAK Damian</b>	<b>5003</b>	KRASNYSTAW BIEGA	Senior Mężczyzn	42	01:59:04	06:12:47	<b>08:40:25.20</b>	<b>08:40:53.40</b>	+02:49:08 (32.5%)	9:27	6.3 (67.0%)
135	<b>ANTOŃCZAK Marek</b>	<b>5005</b>	KRASNYSTAW BIEGA	Master Mężczyzn	57	01:59:06	06:12:49	<b>08:40:25.50</b>	<b>08:40:53.40</b>	+02:49:08 (32.5%)	9:27	6.3 (67.0%)
137	<b>ANTOŃCZAK Justyna</b>	<b>5004</b>	KRASNYSTAW BIEGA	Senior Kobiet	9	01:59:03	06:12:48	<b>08:40:24.60</b>	<b>08:40:53.50</b>	+02:49:08 (32.5%)	9:27	6.3 (67.0%)
138	<b>WENCEL Jarek</b>	<b>5265</b>	EXPLORADOR	Master Mężczyzn	58	01:52:48	05:56:57	<b>08:41:03.30</b>	<b>08:41:30.70</b>	+02:49:45 (32.6%)	9:28	6.3 (67.0%)
139	<b>BŁACHNO Marcin</b>	<b>5020</b>	ANIOŁKI CHARLIEGO	Master Mężczyzn	59	01:46:22	06:01:39	<b>08:42:03.20</b>	<b>08:42:42.75</b>	+02:50:57 (32.7%)	9:29	6.3 (67.0%)
140	<b>BAGIŃSKA Paulina</b>	<b>5007</b>		Master Kobiet	11	01:52:50	06:11:03	<b>08:44:14.70</b>	<b>08:44:40.60</b>	+02:52:55 (33.0%)	9:31	6.3 (67.0%)
141	<b>PIĄTEK Rafał</b>	<b>5195</b>	OBLEŚNI BIEGACZE	Master Mężczyzn	60	01:53:09	06:11:06	<b>08:44:35.45</b>	<b>08:44:41.30</b>	+02:52:56 (33.0%)	9:32	6.3 (67.0%)
142	<b>MAJER Damian</b>	<b>5150</b>	YNO ULTRA	Master Mężczyzn	61	01:36:51	06:13:50	<b>08:44:49.55</b>	<b>08:45:30.45</b>	+02:53:45 (33.1%)	9:32	6.3 (67.0%)
143	<b>CHUDYBA Michał</b>	<b>5036</b>		Master Mężczyzn	62	01:52:44	06:01:17	<b>08:45:06.95</b>	<b>08:45:44.95</b>	+02:53:59 (33.1%)	9:32	6.3 (67.0%)
144	<b>NADULSKI Piotr</b>	<b>5297</b>	GOOD SPACE	Master Mężczyzn	63	01:46:42	06:14:18	<b>08:46:30.15</b>	<b>08:46:46.20</b>	+02:55:01 (33.2%)	9:34	6.3 (67.0%)
145	<b>FRANKIEWICZ Jakub</b>	<b>5067</b>		Master Mężczyzn	64	01:46:22	06:03:49	<b>08:46:22.35</b>	<b>08:47:01.50</b>	+02:55:16 (33.3%)	9:34	6.3 (67.0%)
146	<b>KRÓL Mieczysław</b>	<b>5126</b>	BIEG OPOLSKI / ULTRATATA	Master Mężczyzn	65	01:56:34	06:08:34	<b>08:49:31.80</b>	<b>08:50:12.60</b>	+02:58:27 (33.7%)	9:37	6.2 (66.0%)
147	<b>FOGT Monika</b>	<b>5064</b>		Master Kobiet	12	01:49:59	06:10:56	<b>08:50:17.85</b>	<b>08:50:21.45</b>	+02:58:36 (33.7%)	9:38	6.2 (66.0%)
148	<b>ETMAŃSKI Piotr</b>	<b>5061</b>	BUNGA BUNGA TEAM	Weteran Mężczyzn	15	01:49:59	06:10:56	<b>08:50:18.20</b>	<b>08:50:21.60</b>	+02:58:36 (33.7%)	9:38	6.2 (66.0%)
149	<b>ADAMSKI Łukasz</b>	<b>5001</b>	BIEGAM BO NIE LUBIĘ	Master Mężczyzn	66	01:56:29	06:20:40	<b>08:54:10.15</b>	<b>08:54:22.00</b>	+03:02:36 (34.2%)	9:42	6.2 (66.0%)
150	<b>BRUZDA Piotr</b>	<b>5029</b>	BIEGOWA KUŹNIA	Weteran Mężczyzn	16	01:46:46	06:05:07	<b>08:54:15.95</b>	<b>08:54:26.05</b>	+03:02:40 (34.2%)	9:42	6.2 (66.0%)
150	<b>BRUZDA Joanna</b>	<b>5028</b>	BIEGOWA KUŹNIA	Master Kobiet	13	01:46:46	06:05:07	<b>08:54:15.55</b>	<b>08:54:26.05</b>	+03:02:40 (34.2%)	9:42	6.2 (66.0%)
152	<b>KRAWCZYK Dawid</b>	<b>5296</b>	BIEGAJ Z BANANEM	Senior Mężczyzn	43	01:51:47	06:07:53	<b>08:54:08.05</b>	<b>08:54:34.15</b>	+03:02:49 (34.2%)	9:42	6.2 (66.0%)
153	<b>PLACHA Piotr</b>	<b>5201</b>	KOPALNIA MOCY TARNOBRZEG	Master Mężczyzn	67	01:50:21	06:11:24	<b>08:54:19.20</b>	<b>08:54:49.20</b>	+03:03:04 (34.2%)	9:42	6.2 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
154	<b>GNACY Agnieszka</b>	<b>5075</b>		Senior Kobiet	10	02:02:16	06:21:13	<b>08:55:28.70</b>	<b>08:55:50.60</b>	+03:04:05 (34.4%)	9:44	6.2 (66.0%)
155	<b>BRENER Maciej</b>	<b>5026</b>	KUŹNIA TRIATHLONU	Senior Mężczyzn	44	01:48:51	06:04:55	<b>08:55:49.95</b>	<b>08:56:04.65</b>	+03:04:19 (34.4%)	9:44	6.2 (66.0%)
156	<b>FIGURSKA Honorata</b>	<b>5063</b>	MARKOWI BIEGACZE	Weteran Kobiet	5	02:03:58	06:21:18	<b>08:56:46.00</b>	<b>08:57:02.65</b>	+03:05:17 (34.5%)	9:45	6.1 (64.9%)
157	<b>PRZEWŁOKA Wojciech</b>	<b>5208</b>	SAINT-GOBAIN SQUAD	Master Mężczyzn	68	01:41:18	05:50:51	<b>08:57:43.40</b>	<b>08:57:51.10</b>	+03:06:06 (34.6%)	9:46	6.1 (64.9%)
157	<b>BARAN Stanisław</b>	<b>5011</b>	SAINT-GOBAIN SQUAD	Weteran Mężczyzn	17	01:41:19	05:50:52	<b>08:57:43.45</b>	<b>08:57:51.10</b>	+03:06:06 (34.6%)	9:46	6.1 (64.9%)
159	<b>BRYŁA Krzysztof</b>	<b>5030</b>	FOR-REST-RUN KOSZALIN	Master Mężczyzn	69	01:48:57	06:20:23	<b>08:57:58.85</b>	<b>08:58:06.90</b>	+03:06:21 (34.6%)	9:46	6.1 (64.9%)
160	<b>JAMRÓZ Ryszard</b>	<b>5090</b>	AUUUUU	Dinozaur Mężczyzn	2	01:45:58	05:55:07	<b>09:01:49.40</b>	<b>09:01:53.45</b>	+03:10:08 (35.1%)	9:51	6.1 (64.9%)
161	<b>ŁODZIANA Andrzej</b>	<b>5143</b>	CROSSFIT POŁUDNIE	Master Mężczyzn	70	01:36:26	06:04:25	<b>09:02:02.70</b>	<b>09:02:11.15</b>	+03:10:26 (35.1%)	9:51	6.1 (64.9%)
162	<b>KOCZUR Tomasz</b>	<b>5114</b>	BOSS TEAM	Master Mężczyzn	71	01:51:49	06:18:48	<b>09:02:48.90</b>	<b>09:03:06.70</b>	+03:11:21 (35.2%)	9:52	6.1 (64.9%)
163	<b>PAWLIK Ula</b>	<b>5191</b>	#ADAMCZERWIŃSKITEAM	Master Kobiet	14	01:50:00	06:05:49	<b>09:02:55.70</b>	<b>09:03:13.90</b>	+03:11:28 (35.2%)	9:52	6.1 (64.9%)
164	<b>PLISZCZYŃSKA Justyna</b>	<b>5202</b>		Master Kobiet	15	01:50:57	06:19:06	<b>09:03:12.40</b>	<b>09:03:32.00</b>	+03:11:46 (35.3%)	9:52	6.1 (64.9%)
165	<b>FRIEZE Tatiana</b>	<b>5069</b>		Master Kobiet	16	01:56:17	06:22:19	<b>09:04:45.65</b>	<b>09:05:11.25</b>	+03:13:26 (35.5%)	9:54	6.1 (64.9%)
166	<b>FRIEZE Krzysztof</b>	<b>5068</b>		Master Mężczyzn	72	01:56:18	06:22:17	<b>09:04:46.50</b>	<b>09:05:11.60</b>	+03:13:26 (35.5%)	9:54	6.1 (64.9%)
167	<b>SZNAJDER Jarosław</b>	<b>5247</b>		Weteran Mężczyzn	18	01:46:03	05:56:40	<b>09:09:10.95</b>	<b>09:09:18.00</b>	+03:17:32 (36.0%)	9:59	6 (63.8%)
168	<b>MIELNICZEK Ewa</b>	<b>5160</b>		Master Kobiet	17	01:54:02	06:06:49	<b>09:09:21.90</b>	<b>09:09:32.20</b>	+03:17:47 (36.0%)	9:59	6 (63.8%)
169	<b>FRANICA Krystian</b>	<b>5066</b>	KS FORMA WODZISLAW	Master Mężczyzn	73	01:47:42	06:16:44	<b>09:11:35.10</b>	<b>09:11:58.55</b>	+03:20:13 (36.3%)	10:01	6 (63.8%)
170	<b>HOŁUJ Andrzej</b>	<b>5085</b>		Weteran Mężczyzn	19	01:44:53	06:21:33	<b>09:12:26.25</b>	<b>09:12:32.70</b>	+03:20:47 (36.3%)	10:02	6 (63.8%)
171	<b>BANACH Sebastian</b>	<b>5008</b>	YNO ULTRA	Master Mężczyzn	74	01:53:53	06:22:55	<b>09:12:05.70</b>	<b>09:12:47.40</b>	+03:21:02 (36.4%)	10:02	6 (63.8%)
172	<b>MILEWSKI Michał</b>	<b>5163</b>	ŻYCIE CZĘSTOCHOWY TEAM	Senior Mężczyzn	45	01:54:48	06:22:19	<b>09:13:22.30</b>	<b>09:13:45.45</b>	+03:22:00 (36.5%)	10:03	6 (63.8%)
173	<b>DUBIŃSKI Przemysław</b>	<b>5056</b>	PRZEMEK DUBIŃSKI - BIEGIEMPRZEŚWIAT	Master Mężczyzn	75	01:55:54	06:22:00	<b>09:13:03.10</b>	<b>09:13:46.25</b>	+03:22:01 (36.5%)	10:03	6 (63.8%)
174	<b>SUSKI Józef</b>	<b>5242</b>	AGB TORFY	Master Mężczyzn	76	02:05:29	06:37:02	<b>09:13:25.60</b>	<b>09:13:58.80</b>	+03:22:13 (36.5%)	10:03	6 (63.8%)
175	<b>STARZYŃSKI Stefan</b>	<b>5237</b>	PERFECT RUNNER LUBLIN	Weteran Mężczyzn	20	01:53:48	06:20:35	<b>09:15:28.30</b>	<b>09:15:43.60</b>	+03:23:58 (36.7%)	10:05	5.9 (62.8%)
176	<b>MYTNIK Katarzyna</b>	<b>5169</b>	OBIBOKI	Master Kobiet	18	01:54:19	06:22:22	<b>09:15:17.20</b>	<b>09:15:48.80</b>	+03:24:03 (36.7%)	10:05	5.9 (62.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
177	<b>MYTNIK Wojciech</b>	<b>5170</b>	OBIBOKI	Master Mężczyzn	77	01:54:18	06:22:23	<b>09:15:16.35</b>	<b>09:15:48.85</b>	+03:24:03 (36.7%)	10:05	5.9 (62.8%)
178	<b>KASPRZAK Damian</b>	<b>5103</b>		Senior Mężczyzn	46	01:45:59	06:18:14	<b>09:16:00.10</b>	<b>09:16:07.45</b>	+03:24:22 (36.7%)	10:06	5.9 (62.8%)
178	<b>KASPRZAK Jacek</b>	<b>5104</b>	DRUŻYNA SZPIKU	Weteran Mężczyzn	21	01:44:26	06:19:04	<b>09:16:00.35</b>	<b>09:16:07.45</b>	+03:24:22 (36.7%)	10:06	5.9 (62.8%)
180	<b>TRĘDOTA-NIEPSUJ Iwona</b>	<b>5255</b>	SZCZYPIORKI	Master Kobiet	19	02:02:32	06:25:27	<b>09:17:07.65</b>	<b>09:17:18.50</b>	+03:25:33 (36.9%)	10:07	5.9 (62.8%)
181	<b>CIEPAK Krystian</b>	<b>5038</b>	GIT-EKIPA	Senior Mężczyzn	47	01:48:47	06:29:54	<b>09:16:51.75</b>	<b>09:17:27.05</b>	+03:25:41 (36.9%)	10:07	5.9 (62.8%)
182	<b>CIEPAK Adam</b>	<b>5037</b>	GIT-EKIPA	Weteran Mężczyzn	22	01:48:44	06:29:51	<b>09:16:51.30</b>	<b>09:17:28.00</b>	+03:25:42 (36.9%)	10:07	5.9 (62.8%)
183	<b>WILK Krzysztof</b>	<b>5269</b>		Weteran Mężczyzn	23	01:48:41	06:20:34	<b>09:17:44.25</b>	<b>09:17:58.65</b>	+03:26:13 (37.0%)	10:08	5.9 (62.8%)
184	<b>PSZONAK Tomasz</b>	<b>5211</b>		Senior Mężczyzn	48	01:38:54	05:52:16	<b>09:17:44.95</b>	<b>09:17:59.95</b>	+03:26:14 (37.0%)	10:08	5.9 (62.8%)
185	<b>JASIŃSKI Krzysztof</b>	<b>5094</b>	GRUBE KORZENIE	Master Mężczyzn	78	01:32:02	05:33:35	<b>09:18:03.25</b>	<b>09:18:13.25</b>	+03:26:28 (37.0%)	10:08	5.9 (62.8%)
186	<b>KALIŃSKA Dorota Lidia</b>	<b>5099</b>	NIEMANIE	Senior Kobiet	11	01:57:30	06:25:05	<b>09:18:06.20</b>	<b>09:18:40.95</b>	+03:26:55 (37.0%)	10:08	5.9 (62.8%)
187	<b>CZERNYSZ Grzegorz</b>	<b>5044</b>	SZWAGIERKOLASKA	Master Mężczyzn	79	01:44:40	06:21:23	<b>09:20:34.65</b>	<b>09:20:46.00</b>	+03:29:00 (37.3%)	10:11	5.9 (62.8%)
188	<b>PIĄTEK Tomasz</b>	<b>5194</b>	WILDBUCHAYS	Master Mężczyzn	80	01:51:02	06:20:09	<b>09:21:06.55</b>	<b>09:21:25.50</b>	+03:29:40 (37.3%)	10:12	5.9 (62.8%)
189	<b>BYRSKI Henryk</b>	<b>5306</b>	WILDBUCHAYS	Master Mężczyzn	81	01:51:02	06:20:07	<b>09:21:07.60</b>	<b>09:21:25.85</b>	+03:29:40 (37.3%)	10:12	5.9 (62.8%)
190	<b>PANEK Agata</b>	<b>5183</b>	GRUPA JURA.PL	Master Kobiet	20	02:03:02	06:27:50	<b>09:22:57.45</b>	<b>09:23:35.40</b>	+03:31:50 (37.6%)	10:14	5.9 (62.8%)
191	<b>KACZMAREK Agata</b>	<b>5097</b>	GRUPA JURA'PL	Master Kobiet	21	02:03:01	06:27:52	<b>09:22:58.55</b>	<b>09:23:35.55</b>	+03:31:50 (37.6%)	10:14	5.9 (62.8%)
192	<b>CZARNOMSKI Aleksander</b>	<b>5043</b>		Senior Mężczyzn	49	01:52:52	06:31:27	<b>09:24:36.50</b>	<b>09:24:58.25</b>	+03:33:13 (37.7%)	10:15	5.8 (61.7%)
193	<b>DWORAK Adam</b>	<b>5058</b>	TAJFUN	Master Mężczyzn	82	01:49:13	06:31:39	<b>09:25:48.45</b>	<b>09:25:57.10</b>	+03:34:12 (37.8%)	10:17	5.8 (61.7%)
194	<b>KISIEL Jolanta</b>	<b>5107</b>	LBL LUBIĘ BIEGAĆ LENIWIE	Master Kobiet	22	01:49:52	06:21:09	<b>09:28:22.95</b>	<b>09:28:41.75</b>	+03:36:56 (38.1%)	10:20	5.8 (61.7%)
195	<b>PATRO Jacek</b>	<b>5186</b>	LBL LUBIĘ BIEGAĆ LENIWIE	Master Mężczyzn	83	01:49:51	06:21:19	<b>09:28:23.80</b>	<b>09:28:42.65</b>	+03:36:57 (38.1%)	10:20	5.8 (61.7%)
196	<b>WITKOWSKA Maria</b>	<b>5273</b>	KLUB KRÓLIKA STEFANA	Dinozaur Kobiet	1	02:05:24	06:40:42	<b>09:29:55.65</b>	<b>09:30:22.05</b>	+03:38:36 (38.3%)	10:21	5.8 (61.7%)
197	<b>LITWIŃSKI Krzysztof</b>	<b>5142</b>		Weteran Mężczyzn	24	01:51:47	06:38:00	<b>09:34:48.70</b>	<b>09:34:58.80</b>	+03:43:13 (38.8%)	10:27	5.7 (60.6%)
198	<b>SZYMCZAK Katarzyna</b>	<b>5249</b>		Weteran Kobiet	6	01:58:09	06:37:56	<b>09:34:45.75</b>	<b>09:34:58.90</b>	+03:43:13 (38.8%)	10:27	5.7 (60.6%)
199	<b>WRĘCZYCKI Łukasz</b>	<b>5281</b>	5 PUŁK CHEMICZNY TARNOWSKIE GÓRY	Senior Mężczyzn	50	01:49:13	06:23:00	<b>09:35:31.15</b>	<b>09:35:42.65</b>	+03:43:57 (38.9%)	10:27	5.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
200	<b>GURBIEL Mateusz</b>	<b>5082</b>	NISKOBUDŻETOWY BIEGACZ	Senior Mężczyzn	51	01:45:39	06:21:23	<b>09:35:37.20</b>	<b>09:35:43.35</b>	+03:43:58 (38.9%)	10:27	5.7 (60.6%)
201	<b>DUDEK Kamila</b>	<b>5057</b>	POWER TRAINING	Senior Kobiet	12	02:03:36	06:25:25	<b>09:35:49.65</b>	<b>09:36:06.50</b>	+03:44:21 (38.9%)	10:28	5.7 (60.6%)
202	<b>WOROBIEWA Jekatierina</b>	<b>5279</b>	POWER TRAINING	Senior Kobiet	13	02:03:36	06:25:24	<b>09:35:49.90</b>	<b>09:36:06.80</b>	+03:44:21 (38.9%)	10:28	5.7 (60.6%)
203	<b>WALCZYK Anna</b>	<b>5260</b>	DĘBICKIE GEPARDY	Senior Kobiet	14	02:06:06	06:43:25	<b>09:36:25.55</b>	<b>09:36:36.35</b>	+03:44:51 (39.0%)	10:28	5.7 (60.6%)
204	<b>CHODZIŃSKI Piotr</b>	<b>5034</b>		Master Mężczyzn	84	01:46:06	06:12:33	<b>09:40:28.30</b>	<b>09:40:57.40</b>	+03:49:12 (39.5%)	10:33	5.7 (60.6%)
205	<b>TOBERA Alicja</b>	<b>5253</b>		Senior Kobiet	15	02:10:37	06:52:30	<b>09:46:45.50</b>	<b>09:47:19.60</b>	+03:55:34 (40.1%)	10:40	5.6 (59.6%)
206	<b>WAŚCIŃSKA Edyta</b>	<b>5263</b>	PĘDZI - PARA	Weteran Kobiet	7	02:00:49	06:44:55	<b>09:47:17.95</b>	<b>09:47:43.45</b>	+03:55:58 (40.2%)	10:40	5.6 (59.6%)
207	<b>WAŚCIŃSKI Roman</b>	<b>5264</b>	PĘDZI - PARA	Weteran Mężczyzn	25	02:00:20	06:46:12	<b>09:47:18.50</b>	<b>09:47:43.60</b>	+03:55:58 (40.2%)	10:40	5.6 (59.6%)
208	<b>MILARSKI Andrzej</b>	<b>5162</b>	SKAWINA BIEGA	Weteran Mężczyzn	26	01:53:33	06:41:06	<b>09:47:46.80</b>	<b>09:48:08.30</b>	+03:56:23 (40.2%)	10:41	5.6 (59.6%)
209	<b>SUŁKOWSKI Paweł</b>	<b>5241</b>	VISEGRAD MARATON RYTRO/ SRH 1 PSP AK	Master Mężczyzn	85	02:04:28	06:41:01	<b>09:48:05.40</b>	<b>09:48:33.90</b>	+03:56:48 (40.2%)	10:41	5.6 (59.6%)
210	<b>SZELAĞIEWICZ Arek</b>	<b>5244</b>		Master Mężczyzn	86	02:01:45	06:41:14	<b>09:48:29.10</b>	<b>09:48:43.80</b>	+03:56:58 (40.3%)	10:41	5.6 (59.6%)
211	<b>PLUTA Marta</b>	<b>5203</b>	DZIKIE MUSTANGI	Master Kobiet	23	02:10:23	06:48:27	<b>09:49:11.05</b>	<b>09:49:53.40</b>	+03:58:08 (40.4%)	10:42	5.6 (59.6%)
212	<b>ŚCISŁY Darek</b>	<b>5250</b>		Master Mężczyzn	87	02:04:00	06:53:01	<b>09:55:16.75</b>	<b>09:55:54.55</b>	+04:04:09 (41.0%)	10:49	5.5 (58.5%)
213	<b>HOŁYSZ Daniel</b>	<b>5294</b>		Weteran Mężczyzn	27	02:16:23	06:51:35	<b>09:59:54.65</b>	<b>10:00:35.00</b>	+04:08:49 (41.4%)	10:54	5.5 (58.5%)
214	<b>MORITZ Karol</b>	<b>5164</b>	BIEGIEM DLA MAGDY	Weteran Mężczyzn	28	02:02:39	06:56:41	<b>10:00:26.00</b>	<b>10:00:40.00</b>	+04:08:54 (41.4%)	10:55	5.5 (58.5%)
215	<b>BINEK Katarzyna</b>	<b>5018</b>	NIGHT RUNNERS	Senior Kobiet	16	02:05:30	06:55:29	<b>10:07:08.80</b>	<b>10:07:40.75</b>	+04:15:55 (42.1%)	11:02	5.4 (57.4%)
216	<b>ŻABKO Aleksandra</b>	<b>5291</b>	NIGHT RUNNERS POZNAŃ	Senior Kobiet	17	02:05:27	06:55:22	<b>10:07:08.40</b>	<b>10:07:40.85</b>	+04:15:55 (42.1%)	11:02	5.4 (57.4%)
217	<b>KNURA Grzegorz</b>	<b>5110</b>		Master Mężczyzn	88	02:05:33	06:55:19	<b>10:07:06.20</b>	<b>10:07:41.80</b>	+04:15:56 (42.1%)	11:02	5.4 (57.4%)
218	<b>ZABURKO Mateusz</b>	<b>5284</b>		Senior Mężczyzn	52	02:04:03	07:03:50	<b>10:08:08.05</b>	<b>10:08:37.70</b>	+04:16:52 (42.2%)	11:03	5.4 (57.4%)
219	<b>MACIĄG Monika</b>	<b>5148</b>		Master Kobiet	24	02:06:50	07:13:11	<b>10:08:48.30</b>	<b>10:09:25.95</b>	+04:17:40 (42.3%)	11:04	5.4 (57.4%)
220	<b>DOMIŃCZYK Rafał</b>	<b>5053</b>	ULTRAS Z ŁAZ	Master Mężczyzn	89	02:06:51	07:13:14	<b>10:08:50.70</b>	<b>10:09:26.20</b>	+04:17:41 (42.3%)	11:04	5.4 (57.4%)
221	<b>MACIĄG Grzegorz</b>	<b>5147</b>		Master Mężczyzn	90	02:06:42	07:13:12	<b>10:08:40.85</b>	<b>10:09:26.30</b>	+04:17:41 (42.3%)	11:04	5.4 (57.4%)
222	<b>MAREK Jacek</b>	<b>5154</b>		Master Mężczyzn	91	01:56:01	06:47:07	<b>10:09:18.60</b>	<b>10:09:38.00</b>	+04:17:52 (42.3%)	11:04	5.4 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
223	TRZETRZELEWSKI Maciej	5256		Master Mężczyzn	92		07:06:56	10:23:05.65	10:23:05.65	+04:31:20 (43.5%)	11:19	5.3 (56.4%)
224	BOCHNAK Jan	5021		Master Mężczyzn	93	02:06:11	07:08:01	10:25:01.35	10:25:41.50	+04:33:56 (43.8%)	11:21	5.3 (56.4%)
225	CUDZIŁO Joanna	5041	PKO BANK POLSKI	Weteran Kobiet	8	01:54:47	06:47:18	10:25:50.10	10:26:20.10	+04:34:35 (43.8%)	11:22	5.3 (56.4%)
226	PIELAK Marcin	5196	MARKOWI BIEGACZE	Master Mężczyzn	94	02:01:33	07:28:34	10:38:28.90	10:38:46.35	+04:47:01 (44.9%)	11:36	5.2 (55.3%)
227	CYLC Agnieszka	5042	YNY	Master Kobiet	25	02:14:19	07:32:45	10:38:10.70	10:38:46.85	+04:47:01 (44.9%)	11:36	5.2 (55.3%)
228	SIEDLACZEK Zbigniew	5225	SKLEP BIEGACZA LUBLIN TEAM	Dinozaur Mężczyzn	3	01:57:08	07:12:10	10:39:59.30	10:40:19.20	+04:48:34 (45.1%)	11:38	5.2 (55.3%)
229	LEMIESZ Marcin	5133		Master Mężczyzn	95	02:10:39	07:23:56	10:48:34.75	10:48:54.35	+04:57:09 (45.8%)	11:47	5.1 (54.3%)
230	DĄBROWSKI Adrian	5049	POWER TRAINING	Senior Mężczyzn	53	02:16:31	07:22:12	10:51:55.20	10:52:09.80	+05:00:24 (46.1%)	11:51	5.1 (54.3%)
231	ZDROJKOWSKI Ireneusz	5288		Master Mężczyzn	96	02:16:16	07:21:57	10:51:40.50	10:52:10.15	+05:00:25 (46.1%)	11:50	5.1 (54.3%)
232	ZARAŃSKA Izabela	5286	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	9	02:10:30	07:32:10	10:56:29.35	10:56:56.60	+05:05:11 (46.5%)	11:56	5 (53.2%)
233	RZENNO Dagmara	5219	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	10	02:10:30	07:32:54	10:56:29.70	10:56:57.00	+05:05:11 (46.5%)	11:56	5 (53.2%)
<b>Przekroczony limit czasu: 11:00:00</b>												
234	MIELCAREK Anna	5159	NO EXCUSES TEAM	Master Kobiet	26	02:44:17	07:59:06	11:00:36.95	11:00:55.90	+05:09:10 (46.8%)	12:00	5 (53.2%)
235	RUDZKI Tomasz	5216		Weteran Mężczyzn	29	02:05:28	07:36:15	11:10:07.35	11:10:40.55	+05:18:55 (47.6%)	12:11	4.9 (52.1%)
236	RATAJCZAK Anna	5215	HERNIK TEAM	Master Kobiet	27	02:44:16	08:11:20	12:05:37.60	12:05:56.25	+06:14:11 (51.5%)	13:11	4.5 (47.9%)
237	WRÓBLEWSKA Joanna	5282	FESTIWAL BIEGOWY	Dinozaur Kobiet	2	02:40:43	08:23:46	12:20:11.65	12:20:54.95	+06:29:09 (52.5%)	13:27	4.5 (47.9%)
238	DOMAGAŁA Agnieszka	5052	GRUPA JURA. PL	Master Kobiet	28	02:28:57	08:00:40	12:40:50.05	12:41:26.30	+06:49:41 (53.8%)	13:50	4.3 (45.7%)
	MOSIŃSKI Michał	5165	HAWAJSKIE REKINY / AKADEMIADUATHLONU.PL	Senior Mężczyzn		01:16:16 DNF	04:50:44 DNF	DNF	DNF	-	-	- (0.0%)
	SOCHA Piotr	5235		Senior Mężczyzn		01:22:27 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GAŁDYN Kamil	5293	GORĄCY POTOK	Senior Mężczyzn		01:25:48 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TOMCZAK Mariusz	5254		Weteran Mężczyzn		01:36:42 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WOJNO Małgorzata	5275	DROGA DO ULTRA	Senior Kobiet		01:48:48 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	PAWELCZYK Adriana	5187	BIEGAM BO NIE LUBIĘ	Master Kobiet		01:56:29 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	BILSKI Piotr	5017		Senior Mężczyzn		02:05:44 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kacwin 11km	Dursztyn 38km	Czas netto 55km	Czas brutto 55km	Różn	Tempo min/km	Tempo km/h
	<b>MRÓZ-SICZYŃSKA Katarzyna</b>	<b>5166</b>	KEJT.LAJF	Senior Kobiet		02:14:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GEMZIK Jacek</b>	<b>5072</b>	J U V E R U N	Master Mężczyzn		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LEŚNIAK Ireneusz</b>	<b>5134</b>	DW KINGA	Senior Mężczyzn		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŚWIERKOSZ-HOŁYSZ Małgorzata</b>	<b>5301</b>		Master Kobiet		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KUPIJAJ Marcin</b>	<b>5128</b>	SOCIOS SILESIA	Senior Mężczyzn		DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 250 wynik(ów)