



V DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VIII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-06-18
Miejsce: Cisna
Dystans: 11 km

B4SPORT

INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Dominik	4217	ATTIQ TEAM	M30	1	00:53:48.45	00:53:49.70		4:53	12.3 (100%)
2	LUŻNIAK Damian	4462	SCI GÓRSCY ENTUZJAŚCI	M30	2	00:57:15.50	00:57:17.10	+00:03:27 (6.0%)	5:12	11.5 (93.5%)
3	WRÓBEL Przemysław	4211		M40	1	00:57:28.65	00:57:29.60	+00:03:39 (6.4%)	5:13	11.5 (93.5%)
4	CABAJ Łukasz	4362	HARPAGAN TARNOBRZEG	M30	3	00:57:37.85	00:57:38.80	+00:03:49 (6.6%)	5:14	11.5 (93.5%)
5	JAKUBIK Marcin	4189	MKS HALICZ PSG KROŚCIENKO	M30	4	00:58:26.95	00:58:28.00	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
6	MULARCZYK Paweł	4256	GRUPA JURA'PL	M30	5	00:58:26.75	00:58:28.30	+00:04:38 (7.9%)	5:18	11.3 (91.9%)
7	ZYGMUNT Tomasz	4254	ULTRA WYJADACZE	M20	1	00:59:55.80	00:59:58.25	+00:06:08 (10.2%)	5:26	11 (89.4%)
8	SKAWIŃSKI Tomasz	4201	GOPR BIESZCZADY	M40	2	01:00:29.80	01:00:31.20	+00:06:41 (11.1%)	5:29	10.9 (88.6%)
9	SABAT Sebastian	4461		M20	2	01:03:43.55	01:03:43.55	+00:09:53 (15.5%)	5:47	10.4 (84.6%)
10	KAPUSTA-SZYDŁAK Sylwia	4259		K40	1	01:03:48.10	01:03:50.10	+00:10:00 (15.7%)	5:48	10.3 (83.7%)
11	SZYBIAK Maciej	4323	TEMPO 5 PRZEMYSŁ	M20	3	01:05:25.95	01:05:26.70	+00:11:37 (17.8%)	5:56	10.1 (82.1%)
12	MLAŚ Ireneusz	4165	IPA PRZEMYSŁ	M30	6	01:05:37.50	01:05:39.35	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
13	JAGNIĄTKOWSKI Jacek	4319		M40	3	01:05:37.50	01:05:39.40	+00:11:49 (18.0%)	5:57	10.1 (82.1%)
14	CHAJEC Michał	4102		M30	7	01:05:40.35	01:05:42.70	+00:11:53 (18.1%)	5:58	10.1 (82.1%)
15	BIGAS Jakub	4346		M30	8	01:06:12.15	01:06:19.50	+00:12:29 (18.8%)	6:01	10 (81.3%)
16	MIGDAL Michał	4466	MARKOWI BIEGACZE	M30	9	01:07:47.50	01:07:50.70	+00:14:01 (20.7%)	6:09	9.7 (78.9%)
17	SKOWROŃSKI Błażej	4115	DZIK KOMANDO	M30	10	01:08:20.55	01:08:26.05	+00:14:36 (21.3%)	6:12	9.7 (78.9%)
18	PIETRAS Ryszard	4478	STAY INSANE/BIEGAM Z ABS	M50	1	01:08:23.05	01:08:26.95	+00:14:37 (21.4%)	6:13	9.7 (78.9%)
19	KUSIAK Maciej	4200		M20	4	01:08:41.35	01:08:44.60	+00:14:54 (21.7%)	6:14	9.6 (78.0%)
20	BOLECHOWSKA Dominika	4482	ALPIN SPORT	K40	2	01:08:44.30	01:08:46.00	+00:14:56 (21.7%)	6:14	9.6 (78.0%)
21	PODOLAK Jakub	4027	A TAK SOBIE BIEGAM	M20	5	01:08:45.50	01:08:51.95	+00:15:02 (21.8%)	6:15	9.6 (78.0%)
22	KROPIWNICKI Marcin	4203		M30	11	01:08:55.65	01:09:02.70	+00:15:13 (22.0%)	6:15	9.6 (78.0%)
23	CAPINSKI Paweł	4231	CROSSFIT RZESZÓW	M40	4	01:09:20.00	01:09:22.35	+00:15:32 (22.4%)	6:18	9.5 (77.2%)
24	ZAWADZKI Marcin	4164	SZCZWANY TRZMIEL TEAM	M30	12	01:09:58.90	01:10:00.45	+00:16:10 (23.1%)	6:21	9.4 (76.4%)
25	BOBKO Michał	4272		M20	6	01:10:17.00	01:10:20.50	+00:16:30 (23.5%)	6:23	9.4 (76.4%)
26	CICHY Krzysztof	4198	GÓRAL Z MAZUR RUNNING TEAM	M50	2	01:10:16.15	01:10:22.95	+00:16:33 (23.5%)	6:23	9.4 (76.4%)
27	STACH Tomasz	4352		M40	5	01:10:38.45	01:10:41.50	+00:16:51 (23.9%)	6:25	9.3 (75.6%)
28	MASZKOWSKI Jakub	4294	AZS UMCS LUBLIN	M20	7	01:10:42.75	01:10:44.65	+00:16:54 (23.9%)	6:25	9.3 (75.6%)
29	ŚWIDZIŃSKI Tomasz	4370	LOKOMOTIV MAJDAN	M40	6	01:10:58.05	01:11:00.65	+00:17:10 (24.2%)	6:27	9.3 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	WETHACZ Mateusz	4290		M30	13	01:11:26.35	01:11:28.20	+00:17:38 (24.7%)	6:29	9.2 (74.8%)
31	LANGNER Tomasz	4301	RKS HUWDU	M20	8	01:11:16.45	01:11:34.40	+00:17:44 (24.8%)	6:28	9.3 (75.6%)
32	RUDY Przemysław	4426	BEFIT24TEAM	M20	9	01:11:36.70	01:11:42.85	+00:17:53 (24.9%)	6:30	9.2 (74.8%)
33	LAUKS Jan	4126	DZIK KOMANDO	M20	10	01:11:52.95	01:11:58.80	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
34	WOŁK Mariusz	4460	#ZALINIAMETYTEAM	M30	14	01:11:56.30	01:11:59.05	+00:18:09 (25.2%)	6:32	9.2 (74.8%)
35	KORŻYK Marek	4344		M40	7	01:12:57.75	01:13:03.10	+00:19:13 (26.3%)	6:37	9 (73.2%)
36	PALOWSKA Joanna	4262	GÓRAL Z MAZUR RUNNING TEAM	K30	1	01:12:56.35	01:13:05.15	+00:19:15 (26.3%)	6:37	9 (73.2%)
37	PILIPCZUK Jakub	4295		M20	11	01:12:59.85	01:13:11.80	+00:19:22 (26.5%)	6:38	9 (73.2%)
38	SPYCHAŁA Jakub	4448	NIE ZAPOMNIJ ODDYCHAĆ	M20	12	01:13:20.80	01:13:23.00	+00:19:33 (26.6%)	6:40	9 (73.2%)
39	ZAJĄC Kamila	4282	WKS SZRENIAWA NOWY WIŚNICZ	K20	1	01:13:52.50	01:13:55.85	+00:20:06 (27.2%)	6:42	8.9 (72.4%)
40	SKÓRA Tomasz	4434	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	8	01:13:53.40	01:13:56.45	+00:20:06 (27.2%)	6:43	8.9 (72.4%)
41	ZAJĄC Tomasz	4271		M40	9	01:15:04.55	01:15:08.65	+00:21:18 (28.4%)	6:49	8.8 (71.5%)
42	KOCZUR Kamila	4304		K30	2	01:15:10.00	01:15:17.65	+00:21:27 (28.5%)	6:50	8.8 (71.5%)
43	WOJNAROWSKA Weronika	4004		K30	3	01:15:46.55	01:15:50.55	+00:22:00 (29.0%)	6:53	8.7 (70.7%)
44	OKOŃSKI Wiesław	4372		M60	1	01:16:05.45	01:16:09.15	+00:22:19 (29.3%)	6:55	8.7 (70.7%)
45	ŚLĄSKI Bartosz	4361	PRZEDWOJEWSKI TEAM	M30	15	01:16:05.10	01:16:11.25	+00:22:21 (29.3%)	6:55	8.7 (70.7%)
46	PAJĄK Andrzej	4335	STAY INSANE / BIEGAM Z ABS	M40	10	01:16:10.60	01:16:17.05	+00:22:27 (29.4%)	6:55	8.7 (70.7%)
47	BIENIECKA Anna	4468	RZEŹNIK NA RELAKSIE	K40	3	01:16:28.05	01:16:30.70	+00:22:41 (29.6%)	6:57	8.6 (69.9%)
48	PODLEŚ Robert	4034	COBI POLAND TEAM	M60	2	01:17:18.80	01:17:21.40	+00:23:31 (30.4%)	7:01	8.5 (69.1%)
49	HOŁOWATY Renata	4444		K30	4	01:17:25.80	01:17:29.05	+00:23:39 (30.5%)	7:02	8.5 (69.1%)
50	KOMISARCZYK Anna	4413		K30	5	01:17:28.90	01:17:32.90	+00:23:43 (30.6%)	7:02	8.5 (69.1%)
51	BARTUŚ Monika	4317		K20	2	01:17:37.60	01:17:39.95	+00:23:50 (30.7%)	7:03	8.5 (69.1%)
52	DWORAK Bartłomiej	4357		M30	16	01:17:44.85	01:17:48.30	+00:23:58 (30.8%)	7:04	8.5 (69.1%)
53	ROŚCIŃSKI Franciszek	4312		M50	3	01:18:04.35	01:18:07.45	+00:24:17 (31.1%)	7:05	8.5 (69.1%)
54	DĄBKOWSKI Damian	4269	HARDER CIECHANÓW	M30	17	01:18:22.90	01:18:33.65	+00:24:43 (31.5%)	7:07	8.4 (68.3%)
55	KRYNICKI Jakub	4184	GALICJA CISNA	M30	18	01:18:44.60	01:18:46.75	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
56	STACH Jacek	4342		M40	11	01:18:41.10	01:18:47.10	+00:24:57 (31.7%)	7:09	8.4 (68.3%)
57	MICAŁ Łukasz	4070	ITMBW KRAKÓW	M20	13	01:18:52.10	01:18:57.15	+00:25:07 (31.8%)	7:10	8.4 (68.3%)
57	BODZIOCH Agnieszka	4083		K30	6	01:18:51.30	01:18:57.15	+00:25:07 (31.8%)	7:10	8.4 (68.3%)
59	BORGOSZ Eryk	4389	ŁAPIE SARNY	M20	14	01:19:53.50	01:19:54.80	+00:26:05 (32.6%)	7:15	8.3 (67.5%)
60	OCHYRA Karolina	4366		K20	3	01:19:59.75	01:20:03.65	+00:26:13 (32.8%)	7:16	8.3 (67.5%)
61	KRYNICKI Bartosz	4244	GALICJA CISNA	M20	15	01:20:34.70	01:20:37.60	+00:26:47 (33.2%)	7:19	8.2 (66.7%)
62	SZATKOWSKI Michał	4275		M20	16	01:20:32.25	01:20:42.05	+00:26:52 (33.3%)	7:19	8.2 (66.7%)
62	ZIEMIŃSKI Szymon	4388	ŁAPIE SARNY	M20	16	01:20:40.15	01:20:42.05	+00:26:52 (33.3%)	7:20	8.2 (66.7%)
64	SWEENEY Keith	4273		M30	19	01:21:56.25	01:22:05.65	+00:28:15 (34.4%)	7:26	8.1 (65.9%)
65	PRUS Tomasz	4299		M40	12	01:22:09.35	01:22:23.35	+00:28:33 (34.7%)	7:28	8 (65.0%)
66	MICZEK Wiesław	4177	NIEZRZESZONY	M60	3	01:23:06.00	01:23:12.60	+00:29:22 (35.3%)	7:33	7.9 (64.2%)
67	RAK Alicja	4246		K30	7	01:22:59.00	01:23:13.00	+00:29:23 (35.3%)	7:32	8 (65.0%)
68	WNOROWSKA Magdalena	4315		K40	4	01:23:16.10	01:23:23.45	+00:29:33 (35.5%)	7:34	7.9 (64.2%)
69	CURZYDŁO Magdalena	4429	SANOK BIEGA	K30	8	01:23:37.15	01:23:40.55	+00:29:50 (35.7%)	7:36	7.9 (64.2%)
69	DROBOT Piotr	4487		M50	4	01:23:37.05	01:23:40.55	+00:29:50 (35.7%)	7:36	7.9 (64.2%)
71	CZERWIŃSKI Maciej	4136		M20	18	01:23:41.40	01:23:46.30	+00:29:56 (35.7%)	7:36	7.9 (64.2%)
72	PAŚNICKA Marta	4425		K40	5	01:23:40.50	01:23:48.50	+00:29:58 (35.8%)	7:36	7.9 (64.2%)
73	GRZELAK Anna	4099	MARMUROWE DZIKI	K30	9	01:23:48.90	01:23:53.80	+00:30:04 (35.8%)	7:37	7.9 (64.2%)

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74	GRZEGORY Marek	4440	DECATHLON RUMIA	M30	20	01:24:02.05	01:24:07.15	+00:30:17 (36.0%)	7:38	7.9 (64.2%)
75	BLOK Tomasz	4296		M40	13	01:25:28.35	01:25:37.25	+00:31:47 (37.1%)	7:46	7.7 (62.6%)
76	TABAKA Piotr	4276		M30	21	01:25:42.70	01:25:55.40	+00:32:05 (37.4%)	7:47	7.7 (62.6%)
77	GALAS Grzegorz	4080	SCI GÓRSCY ENTUZJAŚCI	M40	14	01:26:11.35	01:26:14.85	+00:32:25 (37.6%)	7:50	7.7 (62.6%)
78	UCHEREK Kacper	4261		M20	19	01:26:10.90	01:26:22.30	+00:32:32 (37.7%)	7:50	7.7 (62.6%)
79	LATUSEK Daniel	4286		M30	22	01:26:10.40	01:26:37.65	+00:32:47 (37.9%)	7:50	7.7 (62.6%)
80	PSZONAK Damian	4289		M30	23	01:26:26.15	01:26:41.00	+00:32:51 (37.9%)	7:51	7.6 (61.8%)
81	SKROBAŃSKA Laura	4122	KANTOR RUNNING TEAM, SKROBKITEAM	K20	4	01:26:40.25	01:26:45.25	+00:32:55 (38.0%)	7:52	7.6 (61.8%)
82	SKOWRONEK Dariusz	4053	#BYLEDOMETRY	M50	5	01:26:49.10	01:26:56.90	+00:33:07 (38.1%)	7:53	7.6 (61.8%)
83	STEBEL Piotr	4116	PRZEWODNIK	M50	6	01:26:57.25	01:27:00.80	+00:33:11 (38.1%)	7:54	7.6 (61.8%)
84	SKAWIŃSKA Justyna	4417		K30	10	01:26:49.70	01:27:05.80	+00:33:16 (38.2%)	7:53	7.6 (61.8%)
85	MAREK Paweł	4181		M30	24	01:27:01.35	01:27:13.00	+00:33:23 (38.3%)	7:54	7.6 (61.8%)
86	KLARECKI Adrian	4063	ASTMA TEAM	M40	15	01:27:11.45	01:27:16.95	+00:33:27 (38.3%)	7:55	7.6 (61.8%)
87	RUS Marta	4477		K40	6	01:27:23.30	01:27:36.35	+00:33:46 (38.6%)	7:56	7.6 (61.8%)
88	TROJNAR Daniel	4258		M30	25	01:27:36.75	01:27:50.85	+00:34:01 (38.7%)	7:57	7.5 (61.0%)
89	KALBARCZYK Wojciech	4447	ADIDAS RANERS WARSAW	M30	26	01:27:47.00	01:27:57.60	+00:34:07 (38.8%)	7:58	7.5 (61.0%)
90	KŁODZIŃSKA Barbara	4106	ULTRAMĘKI	K50	1	01:27:56.30	01:28:02.45	+00:34:12 (38.9%)	7:59	7.5 (61.0%)
91	GOLEC Janusz	4333		M40	16	01:28:00.95	01:28:14.50	+00:34:24 (39.0%)	8:00	7.5 (61.0%)
92	JANKOWSKI Michał	4459	KOBYLICA	M40	17	01:28:18.55	01:28:26.80	+00:34:37 (39.1%)	8:01	7.5 (61.0%)
93	LATUSEK Joanna	4285		K30	11	01:28:01.85	01:28:28.00	+00:34:38 (39.2%)	8:00	7.5 (61.0%)
94	CICHON Sabina	4441		K30	12	01:28:17.90	01:28:45.25	+00:34:55 (39.4%)	8:01	7.5 (61.0%)
95	PODOLAK Zbigniew	4206		M60	4	01:28:51.15	01:28:54.60	+00:35:04 (39.5%)	8:04	7.4 (60.2%)
96	TUCZAPSKI Artur	4349	COMTAT	M60	5	01:28:49.00	01:29:03.40	+00:35:13 (39.6%)	8:04	7.4 (60.2%)
97	PAJĄCZKOWSKI Tomasz	4465		M40	18	01:29:01.35	01:29:14.90	+00:35:25 (39.7%)	8:05	7.4 (60.2%)
98	ZIÓŁEK Błażej	4197		M30	27	01:29:12.00	01:29:19.25	+00:35:29 (39.7%)	8:06	7.4 (60.2%)
99	RATKOWSKI Sławomir	4474		M40	19	01:29:12.00	01:29:24.55	+00:35:34 (39.8%)	8:06	7.4 (60.2%)
100	ZIELIŃSKA Dorota	4188		K20	5	01:29:12.10	01:29:34.80	+00:35:45 (39.9%)	8:06	7.4 (60.2%)
101	WALASZEK Kamil	4212		M30	28	01:29:07.60	01:29:34.85	+00:35:45 (39.9%)	8:06	7.4 (60.2%)
102	LATUSEK Katarzyna	4332		K20	6	01:29:35.25	01:30:00.95	+00:36:11 (40.2%)	8:08	7.4 (60.2%)
103	DACYK Sylwester	4243	SAINT-GOBAIN SQUAD	M40	20	01:30:09.20	01:30:21.75	+00:36:32 (40.4%)	8:11	7.3 (59.3%)
104	BARAŃSKI Przemysław	4277		M30	29	01:30:36.95	01:30:52.90	+00:37:03 (40.8%)	8:14	7.3 (59.3%)
105	ANTKIEWICZ Natalia	4129	TAJFUN KOLBUSZOWA	K20	7	01:31:11.40	01:31:30.05	+00:37:40 (41.2%)	8:17	7.2 (58.5%)
106	PEHCIN Jakub	4236		M30	30	01:31:37.75	01:31:56.95	+00:38:07 (41.5%)	8:19	7.2 (58.5%)
107	LEWANDOWSKI Bernard	4418		M20	20	01:31:17.70	01:32:02.75	+00:38:13 (41.5%)	8:17	7.2 (58.5%)
108	OWSKI Filip	4341	DKMS TEAM	M30	31	01:32:10.40	01:32:16.25	+00:38:26 (41.7%)	8:22	7.2 (58.5%)
109	TYLIŃSKA Dagmara	4023	SŁOŃCE JURY	K30	13	01:32:23.75	01:32:43.40	+00:38:53 (41.9%)	8:23	7.1 (57.7%)
110	GARBATY Anna	4327		K30	14	01:32:31.45	01:32:45.35	+00:38:55 (42.0%)	8:24	7.1 (57.7%)
111	TWORZYDŁO Dominika	4314	RĄCZY JELEŃ	K20	8	01:33:03.05	01:33:08.90	+00:39:19 (42.2%)	8:27	7.1 (57.7%)
112	WILGA Ewa	4371	JOZEFIŃSKA TEAM	K30	15	01:32:35.80	01:33:09.75	+00:39:20 (42.2%)	8:25	7.1 (57.7%)
113	CIEPIELEWSKI Mateusz	4216		M30	32	01:32:45.40	01:33:13.25	+00:39:23 (42.3%)	8:25	7.1 (57.7%)
114	GŁĄB Paulina	4391		K20	9	01:33:09.50	01:33:24.50	+00:39:34 (42.4%)	8:28	7.1 (57.7%)
115	OCHEJ Joanna	4407	APTENEO TEAM	K30	16	01:33:32.70	01:33:52.90	+00:40:03 (42.7%)	8:30	7.1 (57.7%)
116	KRAKOWSKI Krzysztof	4324		M20	21	01:33:49.25	01:34:08.15	+00:40:18 (42.8%)	8:31	7 (56.9%)
117	SZCZUREK Aleksandra	4293	KPU KROSNO	K20	10	01:33:59.85	01:34:11.80	+00:40:22 (42.9%)	8:32	7 (56.9%)

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118	ZIELIŃSKI Konrad	4421		M20	22	01:33:59.30	01:34:12.05	+00:40:22 (42.9%)	8:32	7 (56.9%)
119	LORENC-KAPALA Katarzyna	4270	AKS POLONIA WARSZAWA	K40	7	01:34:14.05	01:34:24.80	+00:40:35 (43.0%)	8:34	7 (56.9%)
120	SIUDAK Anna	4291		K40	8	01:34:27.25	01:34:42.70	+00:40:53 (43.2%)	8:35	7 (56.9%)
121	KOZAK Beata	4218		K40	9	01:35:14.85	01:35:40.10	+00:41:50 (43.7%)	8:39	6.9 (56.1%)
122	STĘPIEŃ-MŁOT Aneta	4428		K30	17	01:35:46.95	01:35:58.45	+00:42:08 (43.9%)	8:42	6.9 (56.1%)
123	GARCZAREK Krzysztof	4182		M60	6	01:35:52.00	01:36:03.35	+00:42:13 (44.0%)	8:42	6.9 (56.1%)
124	BOBYK Paweł	4455		M40	21	01:36:01.25	01:36:05.25	+00:42:15 (44.0%)	8:43	6.9 (56.1%)
125	SKLEPOWICZ Jacek	4042		M40	22	01:36:22.15	01:36:32.65	+00:42:42 (44.2%)	8:45	6.8 (55.3%)
126	ŁOŚ Feliks	4127	DZIK KOMANDO	M20	23	01:36:12.35	01:36:36.40	+00:42:46 (44.3%)	8:44	6.9 (56.1%)
127	SZAŁANKIEWICZ Dawid	4172		M20	24	01:36:08.20	01:36:45.35	+00:42:55 (44.4%)	8:44	6.9 (56.1%)
128	WYBRANIEC Wojciech	4464	SUSKA GRUPA BIEGOWA	M40	23	01:36:31.75	01:36:47.70	+00:42:58 (44.4%)	8:46	6.8 (55.3%)
129	BACHURSKA Ewa	4176	KB HARCOWNIK JELCZ-LASKOWICE	K40	10	01:36:45.10	01:36:49.50	+00:42:59 (44.4%)	8:47	6.8 (55.3%)
130	BOBER Marcin	4173		M20	25	01:36:23.50	01:37:00.10	+00:43:10 (44.5%)	8:45	6.8 (55.3%)
131	HŁADUŃSKI Jacek	4138		M30	33	01:36:56.95	01:37:05.60	+00:43:15 (44.6%)	8:48	6.8 (55.3%)
132	WALASZEK Karolina	4208		K30	18	01:36:39.85	01:37:08.00	+00:43:18 (44.6%)	8:47	6.8 (55.3%)
133	DUSZA Łukasz	4153		M30	34	01:36:43.80	01:37:08.90	+00:43:19 (44.6%)	8:47	6.8 (55.3%)
134	WIERZBICKA Katarzyna	4423		K30	19	01:37:02.40	01:37:09.75	+00:43:20 (44.6%)	8:49	6.8 (55.3%)
135	WIERZBICKA Ewa	4088		K50	2	01:37:03.00	01:37:10.05	+00:43:20 (44.6%)	8:49	6.8 (55.3%)
136	PALUCH Laura	4169		K20	11	01:36:34.80	01:37:11.60	+00:43:21 (44.6%)	8:46	6.8 (55.3%)
137	RODZIEWICZ Marta	4193		K30	20	01:36:47.20	01:37:11.70	+00:43:22 (44.6%)	8:47	6.8 (55.3%)
138	DACKO Oskar	4292	DANZEL TEAM	M30	35	01:36:51.85	01:37:18.55	+00:43:28 (44.7%)	8:48	6.8 (55.3%)
139	MICHALSKI Mateusz	4033	SŁOŃCA JURY	M20	26	01:37:13.80	01:37:26.80	+00:43:37 (44.8%)	8:50	6.8 (55.3%)
140	DOLEGACZ Ewa	4223		K40	11	01:37:28.65	01:37:47.75	+00:43:58 (45.0%)	8:51	6.8 (55.3%)
141	WAŁASIŃSKA Ewelina	4360		K20	12	01:37:29.00	01:37:48.80	+00:43:59 (45.0%)	8:51	6.8 (55.3%)
142	CUDNA-WILK Justyna	4005		K30	21	01:37:40.60	01:37:50.10	+00:44:00 (45.0%)	8:52	6.8 (55.3%)
143	WILK Marcin	4002		M40	24	01:37:41.00	01:37:50.40	+00:44:00 (45.0%)	8:52	6.8 (55.3%)
144	FIEDORCZUK Łukasz	4383	HDD WINNICZKI	M40	25	01:37:57.95	01:38:06.60	+00:44:16 (45.1%)	8:54	6.7 (54.5%)
145	SIARA Wojciech	4359		M40	26	01:37:45.20	01:38:10.80	+00:44:21 (45.2%)	8:53	6.8 (55.3%)
146	PASZKO Wojciech	4308		M40	27	01:38:05.65	01:38:14.75	+00:44:25 (45.2%)	8:55	6.7 (54.5%)
147	PAWELCZAK Iwona	4119		K30	22	01:38:23.85	01:38:31.90	+00:44:42 (45.4%)	8:56	6.7 (54.5%)
148	MARZEC Konrad	4158	ROZBIEGANE MICHAŁOWICE	M30	36	01:38:21.90	01:38:33.55	+00:44:43 (45.4%)	8:56	6.7 (54.5%)
149	NOWAKOWSKI Wiesław	4108	BIEGAM BO LUBIĘ	M60	7	01:38:33.45	01:38:37.10	+00:44:47 (45.4%)	8:57	6.7 (54.5%)
150	STROMECKI Marcin	4148	BIAŁOŁĘCKA FABRYKA MOCY	M30	37	01:38:01.85	01:38:39.85	+00:44:50 (45.4%)	8:54	6.7 (54.5%)
151	DREZNER Miłosz	4016		M30	38	01:38:29.00	01:38:41.15	+00:44:51 (45.5%)	8:57	6.7 (54.5%)
152	FOLTA Anita	4328		K50	3	01:38:44.40	01:38:48.70	+00:44:59 (45.5%)	8:58	6.7 (54.5%)
153	FOLTA Jan	4329		M50	7	01:38:44.30	01:38:48.90	+00:44:59 (45.5%)	8:58	6.7 (54.5%)
154	IKANOWICZ Agata	4190		K20	13	01:38:48.85	01:39:11.65	+00:45:21 (45.7%)	8:58	6.7 (54.5%)
155	MILCZAREK Aneta	4485	KUTNO BIEGA	K40	12	01:39:05.50	01:39:22.85	+00:45:33 (45.8%)	9:00	6.7 (54.5%)
156	CUDNA-GRUSZECKA Edyta	4446		K40	13	01:39:26.80	01:39:36.90	+00:45:47 (46.0%)	9:02	6.6 (53.7%)
157	KOWALIŃSKA Małgorzata	4159		K20	14	01:39:28.85	01:39:38.45	+00:45:48 (46.0%)	9:02	6.6 (53.7%)
158	GRUSZECKI Kamil	4445		M40	28	01:39:29.25	01:39:38.55	+00:45:48 (46.0%)	9:02	6.6 (53.7%)
159	OLSZEWSKA Katarzyna	4114	DZIK KOMANDO	K20	15	01:39:18.90	01:39:40.05	+00:45:50 (46.0%)	9:01	6.6 (53.7%)
160	KARLIŃSKA Małgorzata	4113	DZIK KOMANDO	K20	16	01:39:23.70	01:39:44.05	+00:45:54 (46.0%)	9:02	6.6 (53.7%)
161	MAZUR Maria	4414		K30	23	01:39:44.95	01:39:44.95	+00:45:55 (46.0%)	9:04	6.6 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	SIKORA Grzegorz	4415		M30	39	01:39:13.15	01:39:45.10	+00:45:55 (46.0%)	9:01	6.7 (54.5%)
163	SZERMENT Magdalena	4340	MAZURTEAM	K40	14	01:39:37.70	01:39:50.65	+00:46:00 (46.1%)	9:03	6.6 (53.7%)
164	KLUZ Robert	4001		M50	8	01:39:41.20	01:39:56.10	+00:46:06 (46.1%)	9:03	6.6 (53.7%)
165	NIECKARZ Renata	4118		K40	15	01:39:47.90	01:40:06.35	+00:46:16 (46.2%)	9:04	6.6 (53.7%)
166	KARSKI Tomasz	4411		M30	40	01:39:59.20	01:40:11.15	+00:46:21 (46.3%)	9:05	6.6 (53.7%)
167	WARYSZAK Joanna	4121	DZIK KOMANDO	K30	24	01:40:07.55	01:40:28.25	+00:46:38 (46.4%)	9:06	6.6 (53.7%)
168	STASZCZYK Anna	4263		K30	25	01:40:25.10	01:41:05.60	+00:47:15 (46.8%)	9:07	6.6 (53.7%)
169	STASZCZYK Michał	4265	PASZCZAKI	M30	41	01:40:25.60	01:41:05.70	+00:47:16 (46.8%)	9:07	6.6 (53.7%)
170	FIGEL Małgorzata	4402	MIKITEAM	K20	17	01:40:34.70	01:41:06.30	+00:47:16 (46.8%)	9:08	6.6 (53.7%)
171	SKASZEWSKA Dominika	4191		K30	26	01:40:44.85	01:41:08.75	+00:47:19 (46.8%)	9:09	6.6 (53.7%)
172	KLISOWSKI Karol	4048		M20	27	01:41:14.05	01:41:27.70	+00:47:38 (46.9%)	9:12	6.5 (52.8%)
173	BECHTA Katarzyna	4416	BRACTWO BIEGOWE BGK	K20	18	01:40:50.85	01:41:30.60	+00:47:40 (47.0%)	9:10	6.5 (52.8%)
174	KOŁOTUSZA Młgorzata	4094	ZASAPANI HYDRO	K40	16	01:41:45.10	01:41:49.70	+00:48:00 (47.1%)	9:15	6.5 (52.8%)
175	PARAFINIUK Sylwia	4387		K20	19	01:41:12.35	01:41:52.15	+00:48:02 (47.2%)	9:12	6.5 (52.8%)
176	RORAT Artur	4139	CHEŁM BIEGA	M30	42	01:41:45.20	01:41:53.25	+00:48:03 (47.2%)	9:15	6.5 (52.8%)
177	UCHEREK Kinga	4098		K40	17	01:42:00.35	01:42:11.80	+00:48:22 (47.3%)	9:16	6.5 (52.8%)
178	KANIEWSKI Michał	4245		M40	29	01:41:48.15	01:42:14.55	+00:48:24 (47.4%)	9:15	6.5 (52.8%)
179	CZARNECKA Malgorzata	4311		K30	27	01:42:17.70	01:42:34.55	+00:48:44 (47.5%)	9:17	6.5 (52.8%)
180	JANIAK Leszek	4157	KUTNO BIEGA	M30	43	01:42:15.15	01:42:34.75	+00:48:45 (47.5%)	9:17	6.5 (52.8%)
181	FRYSIAK Barbara	4017	WIELUŃ	K50	4	01:43:01.25	01:43:08.00	+00:49:18 (47.8%)	9:21	6.4 (52.0%)
182	SIARA Agnieszka	4358		K30	28	01:42:52.05	01:43:17.05	+00:49:27 (47.9%)	9:21	6.4 (52.0%)
183	TOMALA Barbara	4373		K20	20	01:42:42.90	01:43:21.45	+00:49:31 (47.9%)	9:20	6.4 (52.0%)
184	KWOLEK Wojciech	4283		M30	44	01:43:11.60	01:43:27.85	+00:49:38 (48.0%)	9:22	6.4 (52.0%)
185	BARAŃSKA Anna	4278		K30	29	01:43:17.95	01:43:33.05	+00:49:43 (48.0%)	9:23	6.4 (52.0%)
186	SZYMANEK Beata	4408	APTENEO RUNNING TEAM	K40	18	01:43:23.25	01:43:44.45	+00:49:54 (48.1%)	9:23	6.4 (52.0%)
187	BIELAK Paweł	4110	EXC MOBILE	M30	45	01:43:34.85	01:43:49.65	+00:49:59 (48.2%)	9:24	6.4 (52.0%)
188	KETNER Joanna	4385		K20	21	01:43:42.50	01:43:50.50	+00:50:00 (48.2%)	9:25	6.4 (52.0%)
189	MORADEWICZ-PASZKO Ewa	4310		K30	30	01:44:01.25	01:44:11.15	+00:50:21 (48.3%)	9:27	6.3 (51.2%)
190	BRYL Magdalena	4486	KUTNO BIEGA	K30	31	01:43:56.70	01:44:13.30	+00:50:23 (48.4%)	9:26	6.4 (52.0%)
191	BORKOWSKI Arkadiusz	4096		M30	46	01:43:58.05	01:44:14.80	+00:50:25 (48.4%)	9:27	6.3 (51.2%)
192	PODLASIN Agnieszka	4384	KUTNO BIEGA	K30	32	01:44:04.55	01:44:20.15	+00:50:30 (48.4%)	9:27	6.3 (51.2%)
193	OPALIŃSKI Paweł	4229		M40	30	01:43:54.80	01:44:22.10	+00:50:32 (48.4%)	9:26	6.4 (52.0%)
193	OPALIŃSKA Agnieszka	4380		K40	19	01:43:55.05	01:44:22.10	+00:50:32 (48.4%)	9:26	6.4 (52.0%)
195	BALICKA Magdalena	4194	BIEGACZ NOWOSOLNA	K20	22	01:43:59.25	01:44:23.10	+00:50:33 (48.4%)	9:27	6.3 (51.2%)
196	SZULCZEWSKI Wojciech	4195	BIEGACZ NOWOSOLNA	M30	47	01:43:59.50	01:44:23.20	+00:50:33 (48.4%)	9:27	6.3 (51.2%)
197	GÓRNY Kamila	4019	SŁOŃCA JURY	K40	20	01:44:08.80	01:44:29.30	+00:50:39 (48.5%)	9:28	6.3 (51.2%)
198	KACZMAREK Sandra	4253	KACZORKI	K30	33	01:44:12.20	01:44:35.60	+00:50:45 (48.5%)	9:28	6.3 (51.2%)
199	OGOZEJA Cezary	4381		M30	48	01:44:37.50	01:44:58.70	+00:51:09 (48.7%)	9:30	6.3 (51.2%)
200	GRUSZECKA Olga	4412	TRITON KONIN	K20	23	01:44:51.65	01:45:20.80	+00:51:31 (48.9%)	9:31	6.3 (51.2%)
201	DUDEK Marcin	4363	LEŚNA BIEGUNKA	M40	31	01:45:02.90	01:45:21.35	+00:51:31 (48.9%)	9:32	6.3 (51.2%)
202	KĘDZIOR Katarzyna	4367	LEŚNA BIEGUNKA	K40	21	01:45:02.10	01:45:21.60	+00:51:31 (48.9%)	9:32	6.3 (51.2%)
203	WITCZAK Anna	4007	IRONTEAM3CITY	K40	22	01:45:17.90	01:45:22.50	+00:51:32 (48.9%)	9:34	6.3 (51.2%)
204	GANCARZ Barbara	4288		K30	34	01:45:13.25	01:45:30.60	+00:51:40 (49.0%)	9:33	6.3 (51.2%)
205	KOZIEŁ Krzysztof	4125	EXC MOBILE	M40	32	01:45:31.05	01:45:48.50	+00:51:58 (49.1%)	9:35	6.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 11km	brutto 11km			
206	LARWA Paweł	4318		M30	49	01:45:49.10	01:46:38.35	+00:52:48 (49.5%)	9:37	6.2 (50.4%)
207	SURDEL Aleksandra	4431		K40	23	01:46:46.65	01:46:53.10	+00:53:03 (49.6%)	9:42	6.2 (50.4%)
208	SIEJA Piotr	4247		M40	33	01:46:38.30	01:46:59.75	+00:53:10 (49.7%)	9:41	6.2 (50.4%)
209	JAKUBOWSKA Dagmara	4142		K40	24	01:46:34.00	01:47:07.35	+00:53:17 (49.8%)	9:41	6.2 (50.4%)
210	SZULĘCKI Andrzej	4109	EXC MOBILE	M40	34	01:47:51.85	01:48:08.20	+00:54:18 (50.2%)	9:48	6.1 (49.6%)
211	ZIELIŃSKI Paweł	4242		M60	8	01:47:45.30	01:48:22.15	+00:54:32 (50.3%)	9:47	6.1 (49.6%)
212	WOLSKI Marcin	4135		M30	50	01:47:39.40	01:48:28.55	+00:54:38 (50.4%)	9:47	6.1 (49.6%)
213	KUSIAK Anna	4204		K20	24	01:48:19.35	01:48:32.20	+00:54:42 (50.4%)	9:50	6.1 (49.6%)
214	CEBRAT Tomasz	4378	BROOKLYN GHETTO BOXING TEAM	M40	35	01:48:41.20	01:48:46.40	+00:54:56 (50.5%)	9:52	6.1 (49.6%)
215	SLIWINSKA Katarzyna	4241		K40	25	01:48:47.10	01:49:08.40	+00:55:18 (50.7%)	9:53	6.1 (49.6%)
216	KACZMARCZYK Ryszard	4078		M20	28	01:48:59.30	01:49:10.40	+00:55:20 (50.7%)	9:54	6.1 (49.6%)
217	JASEWICZ Wojciech	4267		M30	51	01:48:57.35	01:49:13.90	+00:55:24 (50.7%)	9:54	6.1 (49.6%)
218	RADYK Aleksandra	4303	PRZEMYSKI KLUB BIEGACZA	K20	25	01:49:05.35	01:49:20.80	+00:55:31 (50.8%)	9:55	6.1 (49.6%)
219	SŁOMCZEWSKA-ROGE Zuzanna	4009		K30	35	01:49:08.60	01:49:31.65	+00:55:41 (50.9%)	9:55	6 (48.8%)
220	RECZEK Sebatan	4396	KS ZIELONO CZARNI	M40	36	01:49:28.95	01:49:42.85	+00:55:53 (50.9%)	9:57	6 (48.8%)
221	GRUDZIŃSKA Agnieszka	4377		K40	26	01:49:29.55	01:49:43.10	+00:55:53 (50.9%)	9:57	6 (48.8%)
222	BUŁKA Piotr	4406		M40	37	01:49:35.90	01:49:54.00	+00:56:04 (51.0%)	9:57	6 (48.8%)
223	KARWACKA Joanna	4405		K40	27	01:49:35.65	01:49:54.05	+00:56:04 (51.0%)	9:57	6 (48.8%)
224	JAWORSKA Magdalena	4427	ŁÓDŹ KOCHA SPORT	K20	26	01:50:12.95	01:50:22.45	+00:56:32 (51.2%)	10:01	6 (48.8%)
225	BIENIARZ Iлона	4228		K30	36	01:50:03.15	01:50:23.95	+00:56:34 (51.2%)	10:00	6 (48.8%)
226	KAMIŃSKI Tomasz	4233		M40	38	01:50:13.50	01:50:40.45	+00:56:50 (51.4%)	10:01	6 (48.8%)
227	KRZYŻANOWSKI Tomasz	4185	BOBO TEAM	M40	39	01:50:35.20	01:50:45.45	+00:56:55 (51.4%)	10:03	6 (48.8%)
228	KUSIAK Joanna	4471		K20	27	01:50:34.00	01:50:46.70	+00:56:57 (51.4%)	10:03	6 (48.8%)
229	BERGMANN Ewa	4398		K40	28	01:50:40.70	01:50:46.85	+00:56:57 (51.4%)	10:03	6 (48.8%)
230	KUZHDEBA Bozhena	4162		K20	28	01:50:11.20	01:50:50.25	+00:57:00 (51.4%)	10:01	6 (48.8%)
231	URBAŃSKI Olaf	4430		M20	29	01:50:27.45	01:50:51.45	+00:57:01 (51.4%)	10:02	6 (48.8%)
232	ANGOWSKI Marcin	4167		M40	40	01:50:29.90	01:50:54.50	+00:57:04 (51.5%)	10:02	6 (48.8%)
233	JAGODA Adam	4107	FUCHS OIL TEAM	M50	9	01:50:17.45	01:50:57.45	+00:57:07 (51.5%)	10:01	6 (48.8%)
234	JAGODA Mateusz	4151	FUCHS OIL TEAM	M20	30	01:50:18.20	01:50:57.85	+00:57:08 (51.5%)	10:01	6 (48.8%)
235	WRÓBEL Barbara	4439	CISNA GÓRĄ	K50	5	01:50:57.95	01:51:00.80	+00:57:11 (51.5%)	10:05	5.9 (48.0%)
236	WRÓBEL Bartłomiej	4438	CISNA GÓRĄ	M40	41	01:50:58.70	01:51:01.05	+00:57:11 (51.5%)	10:05	5.9 (48.0%)
237	CIŻYŃSKA Katarzyna	4101		K20	29	01:50:34.60	01:51:16.20	+00:57:26 (51.6%)	10:03	6 (48.8%)
238	LESZCZYŃSKA Kinga	4320	TEAM TWEETY	K30	37	01:50:57.75	01:51:19.55	+00:57:29 (51.6%)	10:05	5.9 (48.0%)
239	SABITOV Nadia	4024		K20	30	01:51:45.05	01:51:52.60	+00:58:02 (51.9%)	10:09	5.9 (48.0%)
240	GRABARZ Artur	4300		M20	31	01:51:46.95	01:51:54.75	+00:58:05 (51.9%)	10:09	5.9 (48.0%)
241	KOZIOŁ Mateusz	4463		M20	32	01:51:20.65	01:51:55.25	+00:58:05 (51.9%)	10:07	5.9 (48.0%)
242	RABCZEWSKA Elżbieta	4154		K50	6	01:51:46.85	01:52:03.40	+00:58:13 (52.0%)	10:09	5.9 (48.0%)
243	HINC Stanisław	4309		M40	42	01:51:46.45	01:52:14.60	+00:58:24 (52.0%)	10:09	5.9 (48.0%)
244	HINC Aldona	4368		K30	38	01:51:46.35	01:52:14.70	+00:58:25 (52.0%)	10:09	5.9 (48.0%)
245	CIEPIELEWSKA Patrycja	4215		K20	31	01:51:57.25	01:52:25.60	+00:58:35 (52.1%)	10:10	5.9 (48.0%)
246	SKÓRSKA-BOBER Katarzyna	4174		K20	32	01:52:17.00	01:52:52.60	+00:59:02 (52.3%)	10:12	5.9 (48.0%)
247	CHILIŃSKA Edyta	4214		K30	39	01:52:31.25	01:52:53.30	+00:59:03 (52.3%)	10:13	5.9 (48.0%)
248	WNUK Małgorzata	4390		K30	40	01:52:22.05	01:53:00.30	+00:59:10 (52.4%)	10:12	5.9 (48.0%)
249	KRAKOWSKI Darek	4325	NADAKTYWNI	M50	10	01:52:47.00	01:53:05.20	+00:59:15 (52.4%)	10:15	5.9 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 11km	brutto 11km			
249	DRAGAN-PUSTELAK Aneta	4354		K40	29	01:52:42.85	01:53:05.20	+00:59:15 (52.4%)	10:14	5.9 (48.0%)
251	KNAP Elżbieta	4155		K50	7	01:52:57.70	01:53:12.90	+00:59:23 (52.5%)	10:16	5.8 (47.2%)
252	SOWA Mateusz	4227	RZUŁTE MORDY	M20	33	01:52:18.90	01:53:15.20	+00:59:25 (52.5%)	10:12	5.9 (48.0%)
253	DUL Marcin	4010		M30	52	01:53:19.70	01:53:25.35	+00:59:35 (52.5%)	10:18	5.8 (47.2%)
254	DUL Katarzyna	4011		K30	41	01:53:19.10	01:53:25.55	+00:59:35 (52.5%)	10:18	5.8 (47.2%)
255	GÓRAJ Marta	4419	YOLO ,)	K40	30	01:52:59.65	01:53:32.15	+00:59:42 (52.6%)	10:16	5.8 (47.2%)
256	LITKE Andżelika	4457	EAZYMUT.PL	K20	33	01:52:54.45	01:53:33.30	+00:59:43 (52.6%)	10:15	5.8 (47.2%)
257	FRANKOWSKA Joanna	4469	SKITUROWE BIESZCZADY	K40	31	01:53:23.65	01:53:34.40	+00:59:44 (52.6%)	10:18	5.8 (47.2%)
258	BAK - SPALIŃSKA Magdalena	4239		K30	42	01:53:19.35	01:53:38.55	+00:59:48 (52.6%)	10:18	5.8 (47.2%)
259	KOWALIKOWSKI Dariusz	4298		M50	11	01:53:03.00	01:53:47.25	+00:59:57 (52.7%)	10:16	5.8 (47.2%)
260	LIPIŃSKI Łukasz	4222	AKADEMIA SPORTU MEDYK	M30	53	01:53:48.00	01:54:10.65	+01:00:20 (52.9%)	10:20	5.8 (47.2%)
261	BORTNOWSKA-WIENCEK Matylda	4146		K30	43	01:53:42.20	01:54:12.70	+01:00:23 (52.9%)	10:20	5.8 (47.2%)
262	KUMOREK Anna	4470		K30	44	01:53:48.70	01:54:15.80	+01:00:26 (52.9%)	10:20	5.8 (47.2%)
263	KUMOREK Krzysztof	4472		M40	43	01:53:49.95	01:54:15.85	+01:00:26 (52.9%)	10:20	5.8 (47.2%)
264	DĄBROWSKA-ŚWIDER Danuta	4355		K50	8	01:53:57.35	01:54:21.65	+01:00:31 (52.9%)	10:21	5.8 (47.2%)
265	FRĄCKIEL Anna	4183		K30	45	01:54:18.70	01:54:27.30	+01:00:37 (53.0%)	10:23	5.8 (47.2%)
266	BEŚKA Jacek	4484		M50	12	01:54:01.10	01:54:42.55	+01:00:52 (53.1%)	10:21	5.8 (47.2%)
267	KOZACZKIEWICZ Aneta	4351		K40	32	01:54:16.55	01:54:52.55	+01:01:02 (53.1%)	10:23	5.8 (47.2%)
268	PASIEKA Krzysztof	4305		M30	54	01:54:57.15	01:55:02.15	+01:01:12 (53.2%)	10:27	5.7 (46.3%)
269	RABCZEWSKI Kacper	4219		M20	34	01:54:47.75	01:55:03.35	+01:01:13 (53.2%)	10:26	5.7 (46.3%)
270	JABŁOŃSKI Paweł	4081		M30	55	01:54:23.85	01:55:06.40	+01:01:16 (53.2%)	10:23	5.8 (47.2%)
271	WRÓBEL Barbara	4437	CISNA GÓRĄ	K20	34	01:55:33.75	01:55:36.35	+01:01:46 (53.4%)	10:30	5.7 (46.3%)
272	SAMBORSKA-SWEENEY Sylwia	4274		K40	33	01:55:34.75	01:55:42.55	+01:01:52 (53.5%)	10:30	5.7 (46.3%)
273	MANDRA Adriana	4345		K40	34	01:55:29.25	01:55:42.70	+01:01:53 (53.5%)	10:29	5.7 (46.3%)
274	ZIÓLEK Teresa	4481	STAY INSANE	K60	1	01:55:56.20	01:56:17.35	+01:02:27 (53.7%)	10:32	5.7 (46.3%)
275	CZAPLA Andrzej	4071		M60	9	01:56:06.45	01:56:17.55	+01:02:27 (53.7%)	10:33	5.7 (46.3%)
276	RAJCA Anna	4337	BŁĘKITNA XVII	K40	35	01:56:12.15	01:56:32.35	+01:02:42 (53.8%)	10:33	5.7 (46.3%)
276	MIZIA Marta	4338	KIZIE MIZIE	K40	35	01:56:12.75	01:56:32.35	+01:02:42 (53.8%)	10:33	5.7 (46.3%)
278	NOWAK Karol	4483	WOŁÓW BIEGA	M60	10	01:55:56.25	01:56:37.25	+01:02:47 (53.8%)	10:32	5.7 (46.3%)
279	GAJDECKA Adriana	4280		K40	37	01:57:02.70	01:57:20.15	+01:03:30 (54.1%)	10:38	5.6 (45.5%)
280	GAJDECKI Tomek	4279	ACCENTURE	M40	44	01:57:03.30	01:57:20.35	+01:03:30 (54.1%)	10:38	5.6 (45.5%)
281	KORAB Grzegorz	4334		M40	45	01:56:39.15	01:57:26.90	+01:03:37 (54.2%)	10:36	5.7 (46.3%)
282	HENSOLDT Arletta	4255		K30	46	01:57:33.50	01:57:33.50	+01:03:43 (54.2%)	10:41	5.6 (45.5%)
283	WOJCIECHOWSKA Weronika	4453		K30	47	01:57:27.90	01:57:45.10	+01:03:55 (54.3%)	10:40	5.6 (45.5%)
283	PÓLTORNIAK Natalia	4454		K30	47	01:57:27.20	01:57:45.10	+01:03:55 (54.3%)	10:40	5.6 (45.5%)
285	ZAJĄC Anna	4040		K40	38	01:57:02.65	01:57:48.85	+01:03:59 (54.3%)	10:38	5.6 (45.5%)
286	ZAJĄC Mateusz	4039		M40	46	01:57:06.40	01:57:52.50	+01:04:02 (54.3%)	10:38	5.6 (45.5%)
287	RZEPA Andrzej	4394	JÓZEFIŃSKA TEAM	M40	47	01:57:22.55	01:57:57.20	+01:04:07 (54.4%)	10:40	5.6 (45.5%)
288	ADAMCZYK-PASIEKA Małgorzata	4306		K30	49	01:57:58.10	01:58:03.30	+01:04:13 (54.4%)	10:43	5.6 (45.5%)
289	MAJDYŚ Wojciech	4240		M40	48	01:57:37.10	01:58:05.55	+01:04:15 (54.4%)	10:41	5.6 (45.5%)
290	JAGODA Małgorzata	4134	FUCHS OIL TEAM	K20	35	01:57:44.45	01:58:24.25	+01:04:34 (54.5%)	10:42	5.6 (45.5%)
291	LACHCIK Małgorzata	4266		K30	50	01:58:16.55	01:58:33.70	+01:04:44 (54.6%)	10:45	5.6 (45.5%)
292	WALISZEWSKA-PLEWA Izabela	4035		K40	39	01:58:25.90	01:58:44.40	+01:04:54 (54.7%)	10:45	5.6 (45.5%)
293	KUŚ Mariusz	4123	EXC MOBILE	M30	56	01:59:37.70	01:59:56.10	+01:06:06 (55.1%)	10:52	5.5 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
294	WOSIK Kamil	4120	EXC MOBILE	M30	57	01:59:38.35	01:59:56.40	+01:06:06 (55.1%)	10:52	5.5 (44.7%)
295	OBIDZIŃSKA Katarzyna	4104		K40	40	01:59:26.95	02:00:14.05	+01:06:24 (55.2%)	10:51	5.5 (44.7%)
296	POBUDKIEWICZ Marta	4086	CAMEL BYDGOSZCZ	K30	51	02:00:08.15	02:00:14.90	+01:06:25 (55.2%)	10:55	5.5 (44.7%)
297	POBUDKIEWICZ Seweryn	4085	CAMEL BYDGOSZCZ	M40	49	02:00:08.85	02:00:15.00	+01:06:25 (55.2%)	10:55	5.5 (44.7%)
298	KACZOR Paweł	4103		M30	58	01:59:28.40	02:00:15.50	+01:06:25 (55.2%)	10:51	5.5 (44.7%)
299	CZAŁPIŃSKA Joanna	4467		K40	41	01:59:48.20	02:00:21.30	+01:06:31 (55.3%)	10:53	5.5 (44.7%)
300	PASTUSZAK Grzegorz	4353		M50	13	02:00:46.30	02:00:53.20	+01:07:03 (55.5%)	10:58	5.5 (44.7%)
301	MAZURKÓW Marian	4330		M60	11	02:00:46.60	02:00:53.50	+01:07:03 (55.5%)	10:58	5.5 (44.7%)
302	RAJCZAK Monika	4376		K30	52	02:00:39.70	02:01:05.70	+01:07:16 (55.5%)	10:58	5.5 (44.7%)
303	SZCZERBICKA Katarzyna	4163		K40	42	02:01:13.60	02:01:17.90	+01:07:28 (55.6%)	11:01	5.4 (43.9%)
304	GOLDA Edyta	4178		K40	43	02:01:13.95	02:01:18.05	+01:07:28 (55.6%)	11:01	5.4 (43.9%)
305	LEWANDOWSKA Anna	4343	UBEZPIECZENIA - KUP NAJLEPSZE	K30	53	02:01:19.40	02:01:25.05	+01:07:35 (55.7%)	11:01	5.4 (43.9%)
306	NOWAK Karol	4105		M30	59	02:01:15.60	02:01:26.15	+01:07:36 (55.7%)	11:01	5.4 (43.9%)
307	TYSZKA Sylwia	4449		K40	44	02:00:56.30	02:01:26.75	+01:07:37 (55.7%)	10:59	5.5 (44.7%)
308	WÓJTOWICZ Agata	4144		K30	54	02:01:03.25	02:01:36.95	+01:07:47 (55.7%)	11:00	5.5 (44.7%)
309	MROCZKA Kinga	4284		K40	45	02:01:20.85	02:01:50.25	+01:08:00 (55.8%)	11:01	5.4 (43.9%)
310	DUDKIEWICZ Anna	4321	EKO-OKNA RUNNERS	K40	46	02:01:39.25	02:02:04.05	+01:08:14 (55.9%)	11:03	5.4 (43.9%)
311	LITAK Grzegorz	4480		M50	14	02:02:19.95	02:03:00.65	+01:09:10 (56.2%)	11:07	5.4 (43.9%)
312	PIETRZYK Marzena	4058		K40	47	02:02:33.55	02:03:02.45	+01:09:12 (56.3%)	11:08	5.4 (43.9%)
313	SZCZYGIELSKA Patrycja	4166		K30	55	02:03:20.95	02:03:41.15	+01:09:51 (56.5%)	11:12	5.4 (43.9%)
314	BRÓDKA Natalia	4038		K30	56	02:03:17.85	02:03:43.00	+01:09:53 (56.5%)	11:12	5.4 (43.9%)
315	KASTELIK Dariusz	4030	SPRINTEX TEAM	M40	50	02:03:33.30	02:03:47.90	+01:09:58 (56.5%)	11:13	5.3 (43.1%)
316	JAMKA Wiesław	4020	SKAWINA BIEGA	M60	12	02:03:33.70	02:03:48.00	+01:09:58 (56.5%)	11:13	5.3 (43.1%)
317	KULA Milena	4160		K30	57	02:04:08.70	02:04:34.50	+01:10:44 (56.8%)	11:17	5.3 (43.1%)
318	TRZCIŃSKA-LITWORA Sylwia	4281		K40	48	02:04:38.30	02:05:08.60	+01:11:18 (57.0%)	11:19	5.3 (43.1%)
319	KRÓL Maciej	4091	WIRAN TEAM	M40	51	02:05:14.45	02:05:41.25	+01:11:51 (57.2%)	11:23	5.3 (43.1%)
319	KRÓL Pola	4092	WIRAN TEAM	K20	36	02:05:16.25	02:05:41.25	+01:11:51 (57.2%)	11:23	5.3 (43.1%)
321	ŚWIĘCH Marlena	4238		K30	58	02:05:56.00	02:06:30.35	+01:12:40 (57.4%)	11:26	5.2 (42.3%)
322	ŚWIĘCH Konrad	4213		M30	60	02:05:57.10	02:06:30.50	+01:12:40 (57.5%)	11:27	5.2 (42.3%)
323	GAJEWSKA Klaudia	4067		K20	37	02:06:04.75	02:06:35.35	+01:12:45 (57.5%)	11:27	5.2 (42.3%)
324	CIENKOSZ Krzysztof	4473		M40	52	02:06:32.10	02:06:59.65	+01:13:09 (57.6%)	11:30	5.2 (42.3%)
325	WALASEK Przemysław	4205		M30	61	02:06:23.70	02:07:00.50	+01:13:10 (57.6%)	11:29	5.2 (42.3%)
326	SIEROTNIK Zuzanna	4143		K30	59	02:06:49.55	02:07:21.05	+01:13:31 (57.7%)	11:31	5.2 (42.3%)
327	SOWA Paweł	4186	RZUŁTE MORDY	M50	15	02:06:32.50	02:07:28.80	+01:13:39 (57.8%)	11:30	5.2 (42.3%)
328	SAMBORSKA-BLOK Dominika	4297		K30	60	02:07:28.35	02:07:37.30	+01:13:47 (57.8%)	11:35	5.2 (42.3%)
329	MERMER Beata	4037	SŁOŃCA JURY	K20	38	02:07:29.80	02:08:05.20	+01:14:15 (58.0%)	11:35	5.2 (42.3%)
330	PĘKALSKA Anna	4424		K50	9	02:07:33.95	02:08:06.45	+01:14:16 (58.0%)	11:35	5.2 (42.3%)
331	MAŃKA Paulina	4252		K40	49	02:07:55.95	02:08:36.65	+01:14:46 (58.1%)	11:37	5.2 (42.3%)
332	PAJĄK Anna	4336		K40	50	02:07:55.75	02:08:36.95	+01:14:47 (58.1%)	11:37	5.2 (42.3%)
333	CHOJNACKA Alina	4420		K40	51	02:08:41.75	02:09:04.40	+01:15:14 (58.3%)	11:41	5.1 (41.5%)
334	KOGUT Katarzyna	4018	SII RUNNING TEAM	K30	61	02:08:43.75	02:09:27.20	+01:15:37 (58.4%)	11:42	5.1 (41.5%)
335	RAK Michał	4257	SII RUNNING TEAM	M20	35	02:09:33.35	02:10:18.70	+01:16:29 (58.7%)	11:46	5.1 (41.5%)
336	OLSZEWSKA Ewa	4232	BS ŁĘCZNA	K30	62	02:09:49.55	02:10:25.15	+01:16:35 (58.7%)	11:48	5.1 (41.5%)
337	PIECHOWSKA Magda	4029	FABRYKA DZIKA	K30	63	02:08:28.25	02:10:26.10	+01:16:36 (58.7%)	11:40	5.1 (41.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
338	IGNASZAK Marek	4369		M60	13	02:10:29.25	02:11:01.40	+01:17:11 (58.9%)	11:51	5.1 (41.5%)
339	SŁOWIK Katarzyna	4458		K40	52	02:14:12.65	02:14:22.65	+01:20:32 (59.9%)	12:12	4.9 (39.8%)
340	TRZYNA Paula	4202		K30	64	02:14:13.20	02:14:27.90	+01:20:38 (60.0%)	12:12	4.9 (39.8%)
341	MALCHER Barbara	4187	GRUPA JURA'PL	K30	65	02:14:00.35	02:14:45.10	+01:20:55 (60.1%)	12:10	4.9 (39.8%)
342	PIASKOWSKA Ania	4073	PIASKITEAM	K40	53	02:15:24.75	02:15:34.05	+01:21:44 (60.3%)	12:18	4.9 (39.8%)
343	WOROSZYŁO Agnieszka	4442		K20	39	02:15:25.70	02:16:03.45	+01:22:13 (60.4%)	12:18	4.9 (39.8%)
344	KUBASIEWICZ Patrycja	4443		K20	40	02:15:39.40	02:16:17.95	+01:22:28 (60.5%)	12:19	4.9 (39.8%)
345	KILJAN Anna	4069		K30	66	02:16:29.30	02:16:39.70	+01:22:50 (60.6%)	12:24	4.8 (39.0%)
346	DOBROWOLSKI Jacek	4422		M30	62	02:18:00.55	02:18:31.85	+01:24:42 (61.1%)	12:32	4.8 (39.0%)
347	KOZŁOWSKA Jagoda	4436		K30	67	02:18:04.30	02:18:35.90	+01:24:46 (61.2%)	12:33	4.8 (39.0%)
348	MARCINIAK Barbara	4313	RANDOMNO BIEGA	K40	54	02:18:12.70	02:18:42.70	+01:24:53 (61.2%)	12:33	4.8 (39.0%)
349	DOBROWOLSKA Karolina	4112		K40	55	02:18:30.60	02:18:52.50	+01:25:02 (61.2%)	12:35	4.8 (39.0%)
350	GOSKA Dariusz	4097	CAMEL BYDGOSZCZ	M50	16	02:19:11.55	02:19:18.05	+01:25:28 (61.4%)	12:39	4.7 (38.2%)
351	TOMASZEK Michał	4322		M60	14	02:19:15.20	02:20:05.70	+01:26:16 (61.6%)	12:39	4.7 (38.2%)
352	KOŁACZYŃSKA Magdalena	4268	PIEROGI ATTAKE	K20	41	02:17:55.35	02:21:06.25	+01:27:16 (61.9%)	12:32	4.8 (39.0%)
353	BLADY Bogdan	4395		M50	17	02:22:52.15	02:23:36.10	+01:29:46 (62.5%)	12:59	4.6 (37.4%)
354	LEWANDOWSKI Maciej	4199		M50	18	02:22:53.25	02:23:37.05	+01:29:47 (62.5%)	12:59	4.6 (37.4%)
355	URBAŃSKA Sylwia	4132		K40	56	02:23:41.95	02:24:15.60	+01:30:25 (62.7%)	13:03	4.6 (37.4%)
356	OLSZEWSKI Michał	4131		M40	53	02:23:42.55	02:24:15.95	+01:30:26 (62.7%)	13:03	4.6 (37.4%)
357	BUTRYN Agnieszka	4140		K50	10	02:26:50.05	02:27:19.85	+01:33:30 (63.5%)	13:20	4.5 (36.6%)
358	STECZKO Ania	4400		K40	57	02:26:38.05	02:27:20.30	+01:33:30 (63.5%)	13:19	4.5 (36.6%)
359	BIEGESZ Agnieszka	4149		K40	58	02:26:56.95	02:27:20.65	+01:33:30 (63.5%)	13:21	4.5 (36.6%)
360	WEINER Aleksandra	4220	VIKING	K40	59	02:26:38.75	02:27:20.75	+01:33:31 (63.5%)	13:19	4.5 (36.6%)
360	BANAŚ Katarzyna	4221		K40	59	02:26:38.70	02:27:20.75	+01:33:31 (63.5%)	13:19	4.5 (36.6%)
362	RAK Dorota	4013		K60	2	02:29:28.65	02:30:12.90	+01:36:23 (64.2%)	13:35	4.4 (35.8%)
363	NEĆKA Alicja	4015	SŁOŃCA JURY	K20	42	02:30:44.15	02:31:15.25	+01:37:25 (64.4%)	13:42	4.4 (35.8%)
364	URBANIEC Stanisław	4450		M20	36	02:30:41.00	02:31:15.40	+01:37:25 (64.4%)	13:41	4.4 (35.8%)
365	WERYHO Maja	4339		K40	61	02:31:33.40	02:31:58.80	+01:38:09 (64.6%)	13:46	4.4 (35.8%)
366	SKWAREK Zofia	4476	AKTYWNI NA SERJO	K60	3	02:31:48.15	02:32:09.45	+01:38:19 (64.6%)	13:48	4.3 (35.0%)
367	MAJCHRZAK Lidia	4006	FIBOO TEAM	K30	68	02:31:50.20	02:32:12.75	+01:38:23 (64.6%)	13:48	4.3 (35.0%)
368	KACZMAREK Anna	4075	TRITON KONIN	K40	62	02:32:20.90	02:32:51.10	+01:39:01 (64.8%)	13:50	4.3 (35.0%)
369	NOWICZ Konrad	4382	TRITON KONIN	M30	63	02:32:20.35	02:32:52.20	+01:39:02 (64.8%)	13:50	4.3 (35.0%)
370	KACZMAREK Jarosław	4392	TRITON KONIN	M40	54	02:32:24.25	02:32:52.90	+01:39:03 (64.8%)	13:51	4.3 (35.0%)
371	ZIELIŃSKA-GOLIK Izabela	4150		K40	63	02:33:46.00	02:33:46.00	+01:39:56 (65.0%)	13:58	4.3 (35.0%)
372	MAKOWSKA Joanna	4379		K40	64	02:33:23.35	02:33:47.40	+01:39:57 (65.0%)	13:56	4.3 (35.0%)
373	WILCZYŃSKA Joanna	4386		K30	69	02:33:32.40	02:34:15.40	+01:40:25 (65.1%)	13:57	4.3 (35.0%)
374	SZCZEPANIAK Kasia	4111		K30	70	02:33:33.05	02:34:15.65	+01:40:25 (65.1%)	13:57	4.3 (35.0%)
375	DĄBROWSKA Anna	4479	MJK	K50	11	02:33:32.90	02:34:16.35	+01:40:26 (65.1%)	13:57	4.3 (35.0%)
376	STRZECHOWSKI Dariusz	4393	RAJSPORT ACTIVE	M40	55	02:33:35.40	02:34:17.40	+01:40:27 (65.1%)	13:57	4.3 (35.0%)
377	SKLEPOWICZ Stanisław	4350		M20	37	02:34:18.60	02:34:28.70	+01:40:39 (65.2%)	14:01	4.3 (35.0%)
378	DITTMAJER-SKLEPOWICZ Izabela	4043		K40	65	02:34:23.60	02:34:35.30	+01:40:45 (65.2%)	14:02	4.3 (35.0%)
379	MICHALIK Wiktoria	4032	SŁOŃCA JURY	K20	43	02:34:08.10	02:34:43.90	+01:40:54 (65.2%)	14:00	4.3 (35.0%)
380	WARDZIŃSKA Agnieszka	4095		K20	44	02:34:09.85	02:34:49.15	+01:40:59 (65.2%)	14:00	4.3 (35.0%)
381	KLIMEK Sonia	4047		K20	45	02:34:40.00	02:35:15.90	+01:41:26 (65.3%)	14:03	4.3 (35.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
382	GARDOCKA-KACZMARCZYK Milena	4046		K40	66	02:36:23.35	02:36:35.15	+01:42:45 (65.6%)	14:13	4.2 (34.1%)
383	BLANK Grzegorz	4055		M50	19	02:36:23.15	02:36:35.40	+01:42:45 (65.6%)	14:13	4.2 (34.1%)
384	NAPIERAŁA Marzena	4036		K30	71	02:37:23.10	02:37:23.10	+01:43:33 (65.8%)	14:18	4.2 (34.1%)
385	GRUBE Bartosz	4410	SUT - STRASZYN ULTRA TEAM	M30	64	02:37:22.40	02:37:52.50	+01:44:02 (65.9%)	14:18	4.2 (34.1%)
386	KUCZMENDA Katarzyna	4356		K40	67	02:37:37.40	02:38:00.20	+01:44:10 (65.9%)	14:19	4.2 (34.1%)
387	SZEWCZYK Anna	4093		K40	68	02:38:06.50	02:38:23.80	+01:44:34 (66.0%)	14:22	4.2 (34.1%)
388	PARLIŃSKA Aleksandra	4192		K40	69	02:38:50.85	02:39:30.60	+01:45:40 (66.3%)	14:26	4.2 (34.1%)
389	RADYK Jakub	4432	PRZEMYSKI KLUB BIEGACZA	M30	65	02:39:45.85	02:40:23.30	+01:46:33 (66.4%)	14:31	4.1 (33.3%)
390	RADYK Anna	4302	PRZEMYSKI KLUB BIEGACZA	K20	46	02:39:44.50	02:40:23.50	+01:46:33 (66.4%)	14:31	4.1 (33.3%)
391	RADYK Joanna	4433	PRZEMYSKI KLUB BIEGACZA	K40	70	02:39:46.25	02:40:24.35	+01:46:34 (66.4%)	14:31	4.1 (33.3%)
392	SKÓRA Aldona	4435	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	71	02:41:42.55	02:42:04.10	+01:48:14 (66.8%)	14:42	4.1 (33.3%)
393	STELMACH Jerzy	4225	LEŻACZE ŁĄKOWI	M50	20	02:42:50.95	02:42:59.55	+01:49:09 (67.0%)	14:48	4.1 (33.3%)
394	STELMACH Małgorzata	4224	LEŻACZE ŁĄKOWI	K50	12	02:42:51.40	02:42:59.85	+01:49:10 (67.0%)	14:48	4.1 (33.3%)
395	MIECHOWICZ Tomasz	4152	LEŻACZE ŁĄKOWI	M50	21	02:42:51.60	02:42:59.95	+01:49:10 (67.0%)	14:48	4.1 (33.3%)
396	KASZTELAN Agata	4026	SŁOŃCA JURY	K40	72	02:48:30.90	02:49:08.40	+01:55:18 (68.2%)	15:19	3.9 (31.7%)
397	BIELECKA Ewa	4028	SŁOŃCA JURY	K40	73	02:48:35.30	02:49:08.50	+01:55:18 (68.2%)	15:19	3.9 (31.7%)
398	MICHALIK Agnieszka	4025	SŁOŃCA JURY	K40	74	02:48:30.75	02:49:08.70	+01:55:19 (68.2%)	15:19	3.9 (31.7%)
399	REDMER Krzysztof	4052		M20	38	02:54:59.80	02:55:28.90	+02:01:39 (69.3%)	15:54	3.8 (30.9%)
400	REDMER Bartłomiej	4051		M20	39	02:55:42.35	02:56:11.70	+02:02:22 (69.4%)	15:58	3.8 (30.9%)
401	KOJRUK Emilia	4050		K20	47	02:55:43.55	02:56:11.90	+02:02:22 (69.5%)	15:58	3.8 (30.9%)
402	CZARNOCKA Małgorzata	4022	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	75	02:57:52.85	02:58:15.20	+02:04:25 (69.8%)	16:10	3.7 (30.1%)
Przekroczony limit czasu: 03:00:00										
403	KAWECKA Aneta	4087	SŁOŃCA JURY	K40	76	02:59:45.80	03:00:19.15	+02:06:29 (70.1%)	16:20	3.7 (30.1%)
403	URBANIEC Marta	4451		K40	76	02:59:44.85	03:00:19.15	+02:06:29 (70.1%)	16:20	3.7 (30.1%)
405	ŃĘCKA Ewa	4014	SŁOŃCA JURY	K40	78	02:59:45.40	03:00:19.20	+02:06:29 (70.1%)	16:20	3.7 (30.1%)

Znaleziono 405 wynik(ów)