

V ZIMOWA BIESZCZADZKA DYCHA 2019

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-01-26
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MARSZAŁEK Patryk	2213	CWKS RESOVIA RZESZÓW	M20	1	00:00:24	00:24:12		00:38:42.00	00:38:42.00		3:52	15.5 (100%)
2	JAKUBKOVIČ Dominik	2189	MARAS TEAM	M20	2	00:00:30	00:28:24		00:43:55.10	00:43:55.10	+00:05:13 (11.9%)	4:23	13.7 (88.4%)
3	NOWAK Marcin	2233		M30	1	00:00:27	00:28:34		00:44:16.65	00:44:16.65	+00:05:34 (12.6%)	4:25	13.6 (87.7%)
4	SUDACKI Sebastian	2045	OSP CZUDEC	M20	3	00:00:50	00:28:23	00:00:30	00:45:39.25	00:45:39.25	+00:06:57 (15.2%)	4:30	13.3 (85.8%)
5	WĘGIEL Marcin	2002	POLWAX RACING TEAM	M30	2	00:00:25	00:29:21		00:46:22.95	00:46:22.95	+00:07:40 (16.6%)	4:38	12.9 (83.2%)
6	KOŁODZIEJCZYK Łukasz	2214	RZEŹNIK/UKS KOMETA	M20	4	00:01:20	00:31:17		00:48:03.50	00:48:03.50	+00:09:21 (19.5%)	4:48	12.5 (80.6%)
7	ZAWADZKI Marcin	2076	SZCZWANY TRZMIEL TEAM	M30	3	00:00:52	00:31:05		00:49:09.85	00:49:09.85	+00:10:27 (21.3%)	4:54	12.2 (78.7%)
8	KOWALCZYK Agnieszka	2185	ADIDAS RUNNERS WARSAW	K30	1	00:00:31	00:31:30		00:50:05.90	00:50:05.90	+00:11:23 (22.8%)	5:00	12 (77.4%)
9	WETHACZ Mariusz	2243		M30	4	00:00:45	00:32:43		00:50:37.40	00:50:37.40	+00:11:55 (23.6%)	5:03	11.9 (76.8%)
10	LORENS Magdalena	2173	G.O.A.T. TEAM MICHAŁOWICE	K20	1	00:00:32	00:32:12		00:50:51.05	00:50:51.05	+00:12:09 (23.9%)	5:05	11.8 (76.1%)
11	KALBARCZYK Adriana	2144	ADIDAS RUNNERS WARSAW	K20	2	00:00:31	00:33:06		00:52:16.85	00:52:16.85	+00:13:34 (26.0%)	5:13	11.5 (74.2%)
12	ROMANOWSKI Łukasz	2063	HUSARIA RACE TEAM	M30	5	00:01:02	00:35:01		00:54:08.90	00:54:08.90	+00:15:26 (28.5%)	5:24	11.1 (71.6%)
13	GĄSZCZYK Grzegorz	2017	NOWA HUTA TEAM	M40	1	00:00:54	00:35:08		00:54:40.00	00:54:40.00	+00:15:58 (29.2%)	5:28	11 (71.0%)
14	WILCZAK Janusz	2005		M40	2	00:00:36	00:34:33		00:54:47.20	00:54:47.20	+00:16:05 (29.4%)	5:28	11 (71.0%)
15	PŁESZKA Marek	2221	OTRYT LUTOWISKA	M40	3	00:00:38	00:35:16		00:55:20.75	00:55:20.75	+00:16:38 (30.1%)	5:32	10.8 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km		netto 10km	brutto 10km			
16	EPA Karolina	2001	PZU SPORT TEAM	K30	2	00:00:42	00:34:48		00:55:31.90	00:55:31.90	+00:16:49 (30.3%)	5:33	10.8 (69.7%)
17	ZIELONKA Michał	2218	RESOVIA RZESZÓW	M20	5	00:00:43	00:35:19		00:55:37.15	00:55:37.15	+00:16:55 (30.4%)	5:33	10.8 (69.7%)
18	KOZAK Mark	2242		M30	6	00:00:49	00:35:27		00:55:44.00	00:55:44.00	+00:17:02 (30.6%)	5:34	10.8 (69.7%)
19	HACZ Paweł	2042		M30	7	00:01:24	00:36:26		00:56:02.65	00:56:02.65	+00:17:20 (30.9%)	5:36	10.7 (69.0%)
20	BODZIOCH Grzegorz	2078	GORLICKA GRUPA BIEGOWA	M40	4	00:01:04	00:35:21		00:56:10.10	00:56:10.10	+00:17:28 (31.1%)	5:37	10.7 (69.0%)
21	SZNAJDER Rafał	2226	G.O.A.T. TEAM MICHAŁOWICE	M40	5	00:00:53	00:36:59		00:57:30.50	00:57:30.50	+00:18:48 (32.7%)	5:45	10.4 (67.1%)
22	FURS Teodor	2222	PIERDZĄCE ZAJĄCE	M40	6	00:00:55	00:37:16		00:57:37.75	00:57:37.75	+00:18:55 (32.8%)	5:45	10.4 (67.1%)
23	SZKLANA Anita	1060		K20	3	00:00:45	00:36:24		00:58:11.40	00:58:11.40	+00:19:29 (33.5%)	5:49	10.3 (66.5%)
24	POGODA Kinga	2215	OTK RZEŹNIK	K20	4	00:01:01	00:37:30		00:58:47.55	00:58:47.55	+00:20:05 (34.2%)	5:52	10.2 (65.8%)
25	ROMEJKO Michał	2179		M40	7	00:00:56	00:37:32		00:59:01.85	00:59:01.85	+00:20:19 (34.4%)	5:54	10.2 (65.8%)
26	JANKOWSKI Konrad	2133		M30	8	00:01:12	00:38:28		00:59:06.10	00:59:06.10	+00:20:24 (34.5%)	5:54	10.2 (65.8%)
27	JANKOWSKI Michał	2065		M40	8	00:00:54	00:36:53		00:59:34.55	00:59:34.55	+00:20:52 (35.0%)	5:57	10.1 (65.2%)
28	POLEWKA Aleksandra	2217	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	K20	5	00:01:01	00:38:22		01:00:21.10	01:00:21.10	+00:21:39 (35.9%)	6:02	9.9 (63.9%)
29	HADUCH Jerzy	2177	SANOK I OKOLICE	M60	1	00:02:03	00:39:30		01:00:33.30	01:00:33.30	+00:21:51 (36.1%)	6:03	9.9 (63.9%)
30	ŻELAZNY Agnieszka	2111	GORLICKA GRUPA BIEGOWA	K40	1	00:01:00	00:38:54		01:01:08.55	01:01:08.55	+00:22:26 (36.7%)	6:06	9.8 (63.2%)
31	DOMIN Wiesław	2168		M50	1	00:00:53	00:37:52	00:00:30	01:01:23.95	01:01:23.95	+00:22:41 (37.0%)	6:05	9.9 (63.9%)
32	WRÓBEL Bartłomiej	2241		M40	9	00:00:48	00:38:25		01:01:26.90	01:01:26.90	+00:22:44 (37.0%)	6:08	9.8 (63.2%)
33	POLEWKA Tomasz	2216	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	M40	10		00:39:09		01:01:34.40	01:01:34.40	+00:22:52 (37.1%)	6:09	9.7 (62.6%)
34	MATŁOSZ Jolanta	2157		K30	3	00:00:47	00:38:56		01:01:35.80	01:01:35.80	+00:22:53 (37.2%)	6:09	9.7 (62.6%)
35	CZEPIGA Dariusz	2052		M20	6	00:00:52	00:39:04		01:01:36.55	01:01:36.55	+00:22:54 (37.2%)	6:09	9.7 (62.6%)
36	BRYK Gniewomir	2203		M20	7	00:02:10	00:40:12		01:01:37.25	01:01:37.25	+00:22:55 (37.2%)	6:09	9.7 (62.6%)
37	NYGA Julia	2212	OTK RZEŹNIK	K20	6	00:01:02	00:38:23		01:01:52.80	01:01:52.80	+00:23:10 (37.5%)	6:11	9.7 (62.6%)
38	LORENC Wiktor	2026		M40	11	00:00:51	00:39:05		01:01:58.45	01:01:58.45	+00:23:16 (37.6%)	6:11	9.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km		netto 10km	brutto 10km			
39	ŻACZKIEWICZ Jacek	2229		M50	2	00:02:29	00:41:16	00:00:30	01:02:29.50	01:02:29.50	+00:23:47 (38.1%)	6:11	9.7 (62.6%)
40	BURTAN Marcin	2137	TERMOAKTYWNIE.PL	M30	9	00:01:47	00:41:23		01:02:38.10	01:02:38.10	+00:23:56 (38.2%)	6:15	9.6 (61.9%)
41	ŁAGOŻNY Katarzyna	2143		K20	7	00:01:25	00:39:29		01:03:36.55	01:03:36.55	+00:24:54 (39.2%)	6:21	9.4 (60.6%)
42	SAWULSKI Bartosz	2201		M30	10	00:00:42	00:39:23		01:03:49.70	01:03:49.70	+00:25:07 (39.4%)	6:22	9.4 (60.6%)
43	SIEJKOWSKI Krzysztof	2082		M30	11	00:01:33	00:40:45		01:04:15.30	01:04:15.30	+00:25:33 (39.8%)	6:25	9.3 (60.0%)
44	MROCZEK Bartłomiej	2055		M30	12	00:01:47	00:41:24		01:04:26.75	01:04:26.75	+00:25:44 (39.9%)	6:26	9.3 (60.0%)
45	FEDAK Bohdan	2093		M40	12	00:02:38	00:43:23		01:04:48.00	01:04:48.00	+00:26:06 (40.3%)	6:28	9.3 (60.0%)
46	SIKORA Artur	2106		M20	8	00:02:42	00:41:21		01:04:55.65	01:04:55.65	+00:26:13 (40.4%)	6:29	9.2 (59.4%)
47	JONKISZ Ewelina	2115		K30	4	00:01:39	00:41:33		01:05:05.75	01:05:05.75	+00:26:23 (40.5%)	6:30	9.2 (59.4%)
48	SZYBIAK Maciej	2204		M20	9	00:01:49	00:40:33		01:05:08.95	01:05:08.95	+00:26:26 (40.6%)	6:30	9.2 (59.4%)
49	SUCHOWIECKA Sabina	2077		K20	8	00:00:52	00:41:34		01:05:51.85	01:05:51.85	+00:27:09 (41.2%)	6:35	9.1 (58.7%)
50	WAŁACHOWSKA Urszula	2176	SOLINA TEAM	K30	5	00:00:59	00:41:19		01:06:09.60	01:06:09.60	+00:27:27 (41.5%)	6:36	9.1 (58.7%)
51	SZNAJDER Joanna	2009	G.O.A.T. TEAM MICHAŁOWICE	K30	6	00:00:53	00:41:50		01:06:16.10	01:06:16.10	+00:27:34 (41.6%)	6:37	9.1 (58.7%)
52	PANEK Piotr	2033	DZIKI MUSTANG	M40	13	00:01:48	00:43:03		01:06:19.55	01:06:19.55	+00:27:37 (41.7%)	6:37	9 (58.1%)
53	MANIAK Justyna	2163		K30	7	00:01:23	00:41:42		01:06:20.50	01:06:20.50	+00:27:38 (41.7%)	6:38	9 (58.1%)
54	ŁUSZCZYC Krzysztof	2053		M30	13	00:01:28	00:42:54		01:06:22.45	01:06:22.45	+00:27:40 (41.7%)	6:38	9 (58.1%)
55	KUSTRA Marek	2030		M30	14	00:01:42	00:43:00		01:06:24.45	01:06:24.45	+00:27:42 (41.7%)	6:38	9 (58.1%)
56	SPORNIAK Krzysztof	2199		M30	15	00:02:14	00:42:56		01:06:50.10	01:06:50.10	+00:28:08 (42.1%)	6:41	9 (58.1%)
57	BERA Adam	2118	PAN	M50	3	00:01:19	00:42:08		01:07:08.35	01:07:08.35	+00:28:26 (42.4%)	6:42	8.9 (57.4%)
58	NOWICKA Anna	2039		K30	8	00:01:28	00:43:10		01:07:17.60	01:07:17.60	+00:28:35 (42.5%)	6:43	8.9 (57.4%)
59	MAZUR Mariola	2057	DZIKIE MUSTANGI	K30	9	00:01:26	00:42:40		01:07:59.95	01:07:59.95	+00:29:17 (43.1%)	6:47	8.8 (56.8%)
60	JURYŚ Sławomir	2182	AUDYTOR ENERGETYCZNY	M40	14	00:02:55	00:44:58		01:08:03.15	01:08:03.15	+00:29:21 (43.1%)	6:48	8.8 (56.8%)
61	DOŁOWY Łukasz	2036		M30	16	00:03:39	00:44:17		01:08:10.35	01:08:10.35	+00:29:28 (43.2%)	6:49	8.8 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	5.5km		netto 10km	brutto 10km			
62	DYLAĞ Marlena	2044	G.O.A.T. TEAM MICHAŁOWICE	K20	9	00:00:52	00:42:47		01:08:16.65	01:08:16.65	+00:29:34 (43.3%)	6:49	8.8 (56.8%)
63	GIRAŠEK Peter	2220	MARAS TEAM	M20	10	00:02:55	00:42:57		01:08:17.80	01:08:17.80	+00:29:35 (43.3%)	6:49	8.8 (56.8%)
64	GOLIS Magdalena	2038		K30	10	00:00:50	00:42:49		01:08:51.45	01:08:51.45	+00:30:09 (43.8%)	6:53	8.7 (56.1%)
65	KOWALCZYK Piotr	2043	G.O.A.T. TEAM MICHAŁOWICE	M40	15	00:00:58	00:43:20		01:09:10.15	01:09:10.15	+00:30:28 (44.1%)	6:55	8.7 (56.1%)
66	PABIAN Arkadiusz	2129		M30	17		00:45:04		01:09:12.75	01:09:12.75	+00:30:30 (44.1%)	6:55	8.7 (56.1%)
67	MARAS Ladislav	2148	MARAS TEAM	M50	4	00:02:51	00:45:10		01:09:13.65	01:09:13.65	+00:30:31 (44.1%)	6:55	8.7 (56.1%)
68	GRUSZECKA Anna	2067		K40	2	00:00:51	00:45:06		01:09:16.45	01:09:16.45	+00:30:34 (44.1%)	6:55	8.7 (56.1%)
69	BOZA Beata	2141	GREIF TEAM WŁADYSŁAWOWO	K40	3	00:02:50	00:45:30		01:09:21.10	01:09:21.10	+00:30:39 (44.2%)	6:56	8.7 (56.1%)
70	ŻACZKIEWICZ Izabela	2228		K50	1	00:02:30	00:43:44	00:00:30	01:09:23.15	01:09:23.15	+00:30:41 (44.2%)	6:53	8.7 (56.1%)
71	NOWAK Wioletta	2051	DZIKIE MUSTANGI	K30	11	00:01:27	00:42:39	00:01:30	01:09:30.00	01:09:30.00	+00:30:48 (44.3%)	6:48	8.8 (56.8%)
72	BIEDROŃ Artur	2180		M40	16	00:03:17	00:46:51		01:10:37.70	01:10:37.70	+00:31:55 (45.2%)	7:03	8.5 (54.8%)
73	MILLER Tomasz	2097	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	18	00:00:42	00:42:00		01:10:56.35	01:10:56.35	+00:32:14 (45.4%)	7:05	8.5 (54.8%)
74	KOGUT Leszek	2119		M40	17	00:02:25	00:44:30		01:10:59.30	01:10:59.30	+00:32:17 (45.5%)	7:05	8.5 (54.8%)
75	MARZEC Marek	2091		M40	18	00:01:29	00:44:16		01:11:00.20	01:11:00.20	+00:32:18 (45.5%)	7:06	8.5 (54.8%)
76	MAZUREK Katarzyna	2102		K40	4	00:02:48	00:45:49		01:11:00.95	01:11:00.95	+00:32:18 (45.5%)	7:06	8.5 (54.8%)
77	BRZEZIŃSKA Agnieszka	2124	DUSZA DRZEWA	K40	5	00:02:47	00:44:21		01:11:03.30	01:11:03.30	+00:32:21 (45.5%)	7:06	8.4 (54.2%)
78	BRZEZIŃSKI Sergiusz	2123	DUSZA DRZEWA	M40	19	00:02:47	00:44:20		01:11:03.50	01:11:03.50	+00:32:21 (45.5%)	7:06	8.4 (54.2%)
79	SZABAT Katarzyna	2029		K20	10	00:01:43	00:44:19		01:11:20.20	01:11:20.20	+00:32:38 (45.8%)	7:08	8.4 (54.2%)
80	TOKARZ Waldemar	2047		M30	19	00:01:48	00:44:26	00:00:30	01:11:28.00	01:11:28.00	+00:32:46 (45.8%)	7:05	8.5 (54.8%)
81	POKRYWKA Stefan	2232		M60	2	00:01:37	00:45:58		01:11:30.60	01:11:30.60	+00:32:48 (45.9%)	7:09	8.4 (54.2%)
82	HALUCH Łukasz	2134		M30	20	00:01:47	00:44:23		01:11:31.10	01:11:31.10	+00:32:49 (45.9%)	7:09	8.4 (54.2%)
83	STEC Andrzej	2219	SZLACHETNA PACZKA	M50	5	00:01:24	00:45:21		01:11:36.50	01:11:36.50	+00:32:54 (46.0%)	7:09	8.4 (54.2%)
84	RAWSKA Anna	2074		K20	11	00:02:27	00:45:28		01:12:07.90	01:12:07.90	+00:33:25 (46.3%)	7:12	8.3 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km		netto 10km	brutto 10km			
85	ROJ Dawid	2121	RUN SŁOBODAN	M30	21	00:03:25	00:47:37		01:12:10.35	01:12:10.35	+00:33:28 (46.4%)	7:13	8.3 (53.5%)
86	GNIĘCIAK Monika	2191	MMTEAM	K30	12	00:01:15	00:45:56		01:13:35.65	01:13:35.65	+00:34:53 (47.4%)	7:21	8.2 (52.9%)
87	KITOWSKI Bartosz	2223		M40	20	00:01:18	00:45:47	00:00:30	01:13:41.50	01:13:41.50	+00:34:59 (47.5%)	7:19	8.2 (52.9%)
88	ARTYM Magdalena	2100	PRZEMYSKI KLUB BIEGACZA	K40	6	00:03:13	00:48:27		01:14:34.55	01:14:34.55	+00:35:52 (48.1%)	7:27	8 (51.6%)
89	ŚWIERC Iwona	2184		K40	7	00:01:11	00:45:54	00:00:30	01:14:56.30	01:14:56.30	+00:36:14 (48.4%)	7:26	8.1 (52.3%)
90	STASIAK Włodzimierz	2117	PRO-RUN WROCŁAW	M30	22	00:03:28	00:47:33		01:15:11.05	01:15:11.05	+00:36:29 (48.5%)	7:31	8 (51.6%)
91	MĄDRO Mateusz	2059	DZIKIE MUSTANGI	M30	23	00:02:09	00:47:25		01:15:13.80	01:15:13.80	+00:36:31 (48.6%)	7:31	8 (51.6%)
92	MĄDRO Anna	2231		K30	13	00:02:08	00:47:26		01:15:14.05	01:15:14.05	+00:36:32 (48.6%)	7:31	8 (51.6%)
93	DOMAGAŁA Andrzej	2235		M30	24	00:01:52	00:47:11		01:15:15.10	01:15:15.10	+00:36:33 (48.6%)	7:31	8 (51.6%)
94	BALICKI Jacek	2025	BIEGACZ NOWOSOLNA	M50	6	00:02:09	00:48:10		01:15:27.55	01:15:27.55	+00:36:45 (48.7%)	7:32	8 (51.6%)
95	WYZINA Andrzej	2035		M30	25	00:03:39	00:49:31		01:15:42.40	01:15:42.40	+00:37:00 (48.9%)	7:34	7.9 (51.0%)
96	DVORŠČAK Milan	2186	MARAS TEAM	M50	7	00:02:48	00:47:28		01:15:45.55	01:15:45.55	+00:37:03 (48.9%)	7:34	7.9 (51.0%)
97	SKRUTEK Adam	2048		M30	26	00:03:45	00:49:47		01:15:46.80	01:15:46.80	+00:37:04 (48.9%)	7:34	7.9 (51.0%)
98	KŁODZIŃSKI Klaudiusz	2110	ULTRAMEKI	M40	21	00:03:33	00:51:49		01:15:52.60	01:15:52.60	+00:37:10 (49.0%)	7:35	7.9 (51.0%)
99	KAMYCKI Wiktor	2099		M20	11	00:03:19	00:49:36		01:16:11.85	01:16:11.85	+00:37:29 (49.2%)	7:37	7.9 (51.0%)
100	ROMANOWICZ Michał	2034		M20	12	00:02:47	00:47:46		01:16:47.05	01:16:47.05	+00:38:05 (49.6%)	7:40	7.8 (50.3%)
101	KOZUBAŁA Paweł	2049	ŻÓŁW ULTRAS TEAM	M30	27	00:03:10	00:47:32		01:17:04.20	01:17:04.20	+00:38:22 (49.8%)	7:42	7.8 (50.3%)
102	KUROPATWA Kazimierz	2126	SZAFA BIEGACZA TEAM	M60	3	00:01:02	00:47:29		01:17:10.85	01:17:10.85	+00:38:28 (49.9%)	7:43	7.8 (50.3%)
103	BĄCZYŃSKI Przemysław	2206		M30	28	00:02:18	00:48:08		01:17:13.00	01:17:13.00	+00:38:31 (49.9%)	7:43	7.8 (50.3%)
104	MIKSZA Karol	2135	CROSSFITTERCHEŁM	M50	8	00:03:04	00:48:57		01:17:32.15	01:17:32.15	+00:38:50 (50.1%)	7:45	7.7 (49.7%)
105	WITKO Jerzy	2113	BRAK	M40	22	00:02:25	00:49:06		01:17:43.70	01:17:43.70	+00:39:01 (50.2%)	7:46	7.7 (49.7%)
106	KŁODZIŃSKA Barbara	2112	1971	K40	8	00:03:33	00:50:41		01:18:02.25	01:18:02.25	+00:39:20 (50.4%)	7:48	7.7 (49.7%)
107	WOŹNIAK Lidia	2195	PORMAT JEDLICZE BIEGA	K50	2	00:01:05	00:46:49		01:18:03.95	01:18:03.95	+00:39:21 (50.4%)	7:48	7.7 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
108	HUDZIK Dominika	2004		K40	9	00:03:10	00:49:29		01:18:29.35	01:18:29.35	+00:39:47 (50.7%)	7:50	7.6 (49.0%)
109	HUDZIK Robert	2003	#ADAMCZERWIŃSKITEAM	M40	23	00:03:10	00:49:22		01:18:31.40	01:18:31.40	+00:39:49 (50.7%)	7:51	7.6 (49.0%)
110	STARZECKA Joanna	2023		K40	10	00:02:46	00:49:46		01:19:53.90	01:19:53.90	+00:41:11 (51.6%)	7:59	7.5 (48.4%)
111	WALKOWICZ Iwona	2041		K30	14	00:01:44	00:48:40		01:19:54.95	01:19:54.95	+00:41:12 (51.6%)	7:59	7.5 (48.4%)
112	GUMNY Grzegorz	2028		M40	24	00:02:47	00:48:34		01:19:55.50	01:19:55.50	+00:41:13 (51.6%)	7:59	7.5 (48.4%)
113	SOBOCIŃSKI Szymon	2146	RUN SŁOBODAN	M30	29	00:03:26	00:50:37		01:19:56.80	01:19:56.80	+00:41:14 (51.6%)	7:59	7.5 (48.4%)
114	ŻAK Izabela	2132		K20	12	00:03:21	00:50:48		01:20:00.45	01:20:00.45	+00:41:18 (51.6%)	8:00	7.5 (48.4%)
115	CZERSKI Krzysztof	2142	GREIF TEAM WŁADYSŁAWOWO	M40	25	00:02:50	00:50:46		01:20:03.05	01:20:03.05	+00:41:21 (51.7%)	8:00	7.5 (48.4%)
116	SKRUTEK Jan	2008	GOPR BIESZCZADY ST.POZA SŁUŻB.	M60	4	00:03:46	00:51:36		01:20:04.30	01:20:04.30	+00:41:22 (51.7%)	8:00	7.5 (48.4%)
117	TOMASZEWSKI Wojtek	2014	BRACIAT	M40	26	00:02:43	00:52:04		01:20:09.90	01:20:09.90	+00:41:27 (51.7%)	8:00	7.5 (48.4%)
118	TOMASZEWSKI Piotr	2015	BRACIAT	M30	30	00:02:44	00:51:33		01:20:11.60	01:20:11.60	+00:41:29 (51.7%)	8:01	7.5 (48.4%)
119	SZYMAŁA Monika	2032		K20	13	00:01:58	00:49:19	00:00:30	01:20:19.25	01:20:19.25	+00:41:37 (51.8%)	7:58	7.5 (48.4%)
120	ROSIAK Kamila	2069		K30	15	00:03:31	00:50:22		01:20:27.00	01:20:27.00	+00:41:45 (51.9%)	8:02	7.5 (48.4%)
121	BAJER Daniel	2066		M30	31	00:02:56	00:52:18		01:20:38.90	01:20:38.90	+00:41:56 (52.0%)	8:03	7.4 (47.7%)
122	TOMASZEWSKI Robert	2062	BRACIAT	M40	27	00:02:44	00:52:03	00:00:30	01:20:39.45	01:20:39.45	+00:41:57 (52.0%)	8:00	7.5 (48.4%)
123	NOWAK Tomasz	2050	DZIKIE MUSTANGI	M30	32	00:01:40	00:47:25	00:01:30	01:20:51.65	01:20:51.65	+00:42:09 (52.1%)	7:56	7.6 (49.0%)
124	MAZURKIEWICZ Angelika	2230		K20	14	00:02:06	00:51:44		01:21:18.55	01:21:18.55	+00:42:36 (52.4%)	8:07	7.4 (47.7%)
125	GŁUCHOWSKA Joanna	2187	RYKI	K40	11	00:01:18	00:49:32		01:21:49.30	01:21:49.30	+00:43:07 (52.7%)	8:10	7.3 (47.1%)
126	WILK-PAWŁOWSKA Agnieszka	2139	ROCK&RUN	K30	16	00:01:47	00:51:21		01:21:49.60	01:21:49.60	+00:43:07 (52.7%)	8:10	7.3 (47.1%)
127	JANKOWSKA Natalia	2192		K30	17	00:01:11	00:49:55		01:21:54.10	01:21:54.10	+00:43:12 (52.7%)	8:11	7.3 (47.1%)
128	SŁOWIK Ilona	2108	BIEGANIE SZYDERCÓW	K30	18	00:03:32	00:52:21		01:21:54.80	01:21:54.80	+00:43:12 (52.8%)	8:11	7.3 (47.1%)
129	WIERCHOŁA Joanna	2125		K60	1	00:03:05	00:50:56		01:21:56.20	01:21:56.20	+00:43:14 (52.8%)	8:11	7.3 (47.1%)
130	TOKARSKA Bożena	2225		K40	12	00:02:19	00:51:01		01:22:01.25	01:22:01.25	+00:43:19 (52.8%)	8:12	7.3 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km		netto 10km	brutto 10km			
131	KOŁODZIEJCZYK Joanna	2239		K30	19	00:02:07	00:52:47		01:22:02.35	01:22:02.35	+00:43:20 (52.8%)	8:12	7.3 (47.1%)
132	ZAJĄC Ireneusz	2165	BIECZ	M60	5	00:03:13	00:53:05		01:22:02.40	01:22:02.40	+00:43:20 (52.8%)	8:12	7.3 (47.1%)
133	SKOP Paweł	2081	WKURW_TEAM	M30	33	00:03:30	00:54:02		01:22:04.70	01:22:04.70	+00:43:22 (52.8%)	8:12	7.3 (47.1%)
134	KOPYCIŃSKI Miłosz	2244		M30	34	00:02:41	00:52:01		01:22:26.40	01:22:26.40	+00:43:44 (53.1%)	8:14	7.3 (47.1%)
135	BOMBA Dawid	2202		M20	13	00:02:42	00:52:02		01:22:29.45	01:22:29.45	+00:43:47 (53.1%)	8:14	7.3 (47.1%)
136	LENAR Wojciech	2197	KLUB SPORTOWY PRESTIGE	M30	35	00:03:31	00:53:55		01:22:30.45	01:22:30.45	+00:43:48 (53.1%)	8:15	7.3 (47.1%)
137	GARWACKA Beata	2160		K50	3	00:03:12	00:52:51		01:22:51.20	01:22:51.20	+00:44:09 (53.3%)	8:17	7.2 (46.5%)
138	SOBOCIŃSKA Dominika	2147	RUN SŁOBODAN	K30	20	00:03:26	00:53:39		01:23:12.90	01:23:12.90	+00:44:30 (53.5%)	8:19	7.2 (46.5%)
139	BARADZIEJ Barbara	2245		K30	21	00:01:14	00:51:02		01:24:01.20	01:24:01.20	+00:45:19 (53.9%)	8:24	7.1 (45.8%)
140	SUŁKOWSKA Joanna	2058		K40	13	00:02:49	00:51:56		01:24:05.20	01:24:05.20	+00:45:23 (54.0%)	8:24	7.1 (45.8%)
141	BEDNARCZUK Joanna	2193		K40	14	00:02:05	00:53:40		01:24:06.90	01:24:06.90	+00:45:24 (54.0%)	8:24	7.1 (45.8%)
142	KIEŁB Jakub	1056	1998	M30	36	00:03:30	00:54:16		01:24:08.05	01:24:08.05	+00:45:26 (54.0%)	8:24	7.1 (45.8%)
143	BATORA Marcin	1331	SRTG DĘBICA	M30	37	00:03:03	00:54:56		01:24:24.45	01:24:24.45	+00:45:42 (54.2%)	8:26	7.1 (45.8%)
144	ZIMEK Dominika	2090	PANI	K30	22	00:03:20	00:54:27		01:26:53.85	01:26:53.85	+00:48:11 (55.5%)	8:41	6.9 (44.5%)
145	GŁUCHOWSKI Wojciech	2188	RYKI	M40	28	00:01:23	00:52:30		01:27:00.30	01:27:00.30	+00:48:18 (55.5%)	8:42	6.9 (44.5%)
146	PTASZYŃSKA Milena	2162	KOSMOLÓW TEAM	K30	23	00:02:23	00:55:03		01:27:03.75	01:27:03.75	+00:48:21 (55.5%)	8:42	6.9 (44.5%)
147	BOCEK Sławomir	2027		M40	29	00:03:37	00:55:09		01:27:05.15	01:27:05.15	+00:48:23 (55.6%)	8:42	6.9 (44.5%)
148	POPIELA - KAWA Sylwia	2210	KRYSTEK TEAM	K30	24	00:03:15	00:55:07		01:27:06.80	01:27:06.80	+00:48:24 (55.6%)	8:42	6.9 (44.5%)
149	WYBRANIEC Wojciech	2211	OFIARY JEDZIENIA KOTLETÓW	M40	30	00:03:15	00:55:08		01:27:07.40	01:27:07.40	+00:48:25 (55.6%)	8:42	6.9 (44.5%)
150	WAJCOWICZ Małgorzata	2200	POZYTYWNIIE ZABIEGANI SANOK	K40	15	00:02:22	00:51:27		01:27:10.80	01:27:10.80	+00:48:28 (55.6%)	8:43	6.9 (44.5%)
151	ADAMCZAK Wiesław	2130	BIEGAJ BEZ KOŃCA	M50	9	00:02:32	00:54:33		01:27:13.00	01:27:13.00	+00:48:31 (55.6%)	8:43	6.9 (44.5%)
152	WOJTOWICZ Elżbieta	2073		K40	16	00:00:51	00:53:37		01:27:15.20	01:27:15.20	+00:48:33 (55.6%)	8:43	6.9 (44.5%)
153	SZPREJDA Paulina	2054	MSMTECHNIC.COM	K30	25	00:03:30	00:52:49		01:27:15.95	01:27:15.95	+00:48:33 (55.7%)	8:43	6.9 (44.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km		netto 10km	brutto 10km			
154	SZOSTAK Dorota	2071	PRUSIE	K40	17	00:02:20	00:54:14		01:27:17.30	01:27:17.30	+00:48:35 (55.7%)	8:43	6.9 (44.5%)
155	NAZIMEK Małgorzata	2236		K20	15	00:01:33	00:54:11		01:27:17.80	01:27:17.80	+00:48:35 (55.7%)	8:43	6.9 (44.5%)
156	KNET Marcin	2247		M30	38	00:03:30	00:54:31		01:27:19.35	01:27:19.35	+00:48:37 (55.7%)	8:43	6.9 (44.5%)
157	KALINOWSKA Lucyna	2127		K50	4	00:01:45	00:53:42		01:27:22.85	01:27:22.85	+00:48:40 (55.7%)	8:44	6.9 (44.5%)
158	HADAM Ewa	2095	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	5	00:03:28	00:54:29		01:27:23.30	01:27:23.30	+00:48:41 (55.7%)	8:44	6.9 (44.5%)
159	KAJMOWICZ Kasia	2104		K30	26	00:03:32	00:54:32		01:27:24.60	01:27:24.60	+00:48:42 (55.7%)	8:44	6.9 (44.5%)
160	BORCZ Marcin	2246		M30	39	00:03:37	00:55:23		01:27:29.90	01:27:29.90	+00:48:47 (55.8%)	8:44	6.9 (44.5%)
161	PĘKALSKA Anna	2022		K40	18	00:03:11	00:55:02		01:27:31.00	01:27:31.00	+00:48:49 (55.8%)	8:45	6.9 (44.5%)
162	GRABOWSKA Paulina	2194		K20	16	00:03:36	00:56:20		01:27:31.95	01:27:31.95	+00:48:49 (55.8%)	8:45	6.9 (44.5%)
163	DRAZEK Aleksandra	2164		K20	17	00:01:13	00:55:02		01:27:45.80	01:27:45.80	+00:49:03 (55.9%)	8:46	6.8 (43.9%)
164	KRYCZOWSKI Zbigniew	2240		M40	31	00:02:46	00:53:20		01:27:49.60	01:27:49.60	+00:49:07 (55.9%)	8:46	6.8 (43.9%)
165	STRZĘPEK Jagoda	2098		K20	18	00:03:19	00:55:52		01:28:17.15	01:28:17.15	+00:49:35 (56.2%)	8:49	6.8 (43.9%)
166	GRODON Magdalena	2171	TRENUJ Z NAMI	K40	19	00:02:19	00:56:31		01:29:24.15	01:29:24.15	+00:50:42 (56.7%)	8:56	6.7 (43.2%)
167	SALUGA Bartłomiej	2172		M40	32	00:02:19	00:56:32		01:29:25.20	01:29:25.20	+00:50:43 (56.7%)	8:56	6.7 (43.2%)
168	SKOREK-MASZOTA Weronika	2155		K40	20	00:02:07	00:56:09		01:29:26.55	01:29:26.55	+00:50:44 (56.7%)	8:56	6.7 (43.2%)
169	ZIOBRO-MYŚLIWIEC Anna	2234		K40	21	00:03:10	00:55:36		01:30:04.50	01:30:04.50	+00:51:22 (57.0%)	9:00	6.7 (43.2%)
170	PACHOLIK Katarzyna	2116		K30	27	00:03:45	00:55:18		01:31:08.20	01:31:08.20	+00:52:26 (57.5%)	9:06	6.6 (42.6%)
171	TOMASZEWSKI Mikołaj	2175		M30	40	00:03:44	00:55:18		01:31:09.35	01:31:09.35	+00:52:27 (57.5%)	9:06	6.6 (42.6%)
172	STANKIEWICZ Ewa	2224		K30	28	00:03:01	00:58:20		01:31:43.00	01:31:43.00	+00:53:01 (57.8%)	9:10	6.5 (41.9%)
173	NAZIMEK Mariusz	2237		M40	33	00:01:35	00:57:41		01:31:45.05	01:31:45.05	+00:53:03 (57.8%)	9:10	6.5 (41.9%)
174	TOMASZEWSKI Mikołaj	2024		M40	34	00:01:24	00:56:14		01:31:45.85	01:31:45.85	+00:53:03 (57.8%)	9:10	6.5 (41.9%)
175	NOWAK Karolina	2158		K30	29	00:01:23	00:56:11		01:31:47.70	01:31:47.70	+00:53:05 (57.8%)	9:10	6.5 (41.9%)
176	SZCZEPANEK Ewelina	2031	POTRENUJEMY?	K30	30	00:00:56	00:56:39		01:32:16.55	01:32:16.55	+00:53:34 (58.1%)	9:13	6.5 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 5.5km		netto 10km	brutto 10km			
177	KANIA Monika	2166	POTRENUJEMY?	K30	31	00:00:55	00:56:41		01:32:16.70	01:32:16.70	+00:53:34 (58.1%)	9:13	6.5 (41.9%)
178	SKORUPKA Anna	2131		K30	32		00:58:34		01:32:35.85	01:32:35.85	+00:53:53 (58.2%)	9:15	6.5 (41.9%)
179	FURDYNA Maria	2167		K30	33	00:03:37	00:58:55		01:32:38.25	01:32:38.25	+00:53:56 (58.2%)	9:15	6.5 (41.9%)
180	CZAPLA Andrzej	2080		M60	6	00:03:33	01:00:36		01:32:42.35	01:32:42.35	+00:54:00 (58.3%)	9:16	6.5 (41.9%)
181	JANKOWSKI Marcin	2094		M30	41	00:02:14	00:57:34		01:33:51.30	01:33:51.30	+00:55:09 (58.8%)	9:23	6.4 (41.3%)
182	SŁOBODA Krzysztof	2122	RUN SLOBODA	M60	7	00:03:24	01:00:21		01:33:57.50	01:33:57.50	+00:55:15 (58.8%)	9:23	6.4 (41.3%)
183	ROJ Magdalena	2120	RUN SŁOBODAN	K30	34	00:03:24	00:59:55		01:33:57.70	01:33:57.70	+00:55:15 (58.8%)	9:23	6.4 (41.3%)
184	KONARSKA Karolina	2128	RUN SŁOBODAN	K30	35	00:03:25	01:00:21		01:33:59.25	01:33:59.25	+00:55:17 (58.8%)	9:23	6.4 (41.3%)
185	CZUBA Jadwiga	2061		K30	36	00:01:09	00:57:14	00:00:30	01:34:17.00	01:34:17.00	+00:55:35 (59.0%)	9:22	6.4 (41.3%)
186	STACHNIUK Artur	2196	CROSSFITTER	M30	42	00:03:38	00:58:22		01:35:04.45	01:35:04.45	+00:56:22 (59.3%)	9:30	6.3 (40.6%)
187	SULEWSKA Kasia	2085	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	22	00:03:14	00:58:32		01:35:06.50	01:35:06.50	+00:56:24 (59.3%)	9:30	6.3 (40.6%)
188	CZAJA Wacław	2020		M40	35	00:03:37	00:58:33		01:35:08.40	01:35:08.40	+00:56:26 (59.3%)	9:30	6.3 (40.6%)
189	SNOPKOWSKI Krystian	2068		M30	43	00:01:36	01:00:18		01:35:11.10	01:35:11.10	+00:56:29 (59.3%)	9:31	6.3 (40.6%)
190	SZEWCZYK Jan Adam	198		M30	44	00:03:39	01:04:14		01:35:12.90	01:35:12.90	+00:56:30 (59.4%)	9:31	6.3 (40.6%)
191	SIONKOWSKA Joanna	2169	CROSSFITTER CHEŁM	K40	23		00:58:36	00:00:30	01:35:32.10	01:35:32.10	+00:56:50 (59.5%)	9:30	6.3 (40.6%)
192	DADAŚ Elżbieta	2007	NIGHT RUNNERS GLIWICE	K40	24	00:03:25	00:57:58		01:35:59.60	01:35:59.60	+00:57:17 (59.7%)	9:35	6.3 (40.6%)
193	GAŁUSZEK Olga	2190		K50	6	00:01:41	01:01:05		01:36:02.15	01:36:02.15	+00:57:20 (59.7%)	9:36	6.2 (40.0%)
194	LAZAROWICZ Piotr	2227		M30	45	00:03:42	01:01:34		01:36:21.20	01:36:21.20	+00:57:39 (59.8%)	9:38	6.2 (40.0%)
195	ŠIMKO Radoslav	2207	MARAS TEAM	M30	46	00:02:58	00:59:09		01:37:03.70	01:37:03.70	+00:58:21 (60.1%)	9:42	6.2 (40.0%)
196	MROCZKA Agnieszka	2114	BBL JAROSŁAW	K40	25	00:02:13	01:00:16		01:37:05.75	01:37:05.75	+00:58:23 (60.1%)	9:42	6.2 (40.0%)
197	SĄCZAWA Ewa	2140	BBL JAROSŁAW	K40	26	00:02:13	01:00:17	00:00:30	01:38:20.15	01:38:20.15	+00:59:38 (60.6%)	9:47	6.1 (39.4%)
198	KĘDRA Agnieszka	2072		K20	19	00:01:51	00:59:20		01:38:25.10	01:38:25.10	+00:59:43 (60.7%)	9:50	6.1 (39.4%)
199	RADYK Joanna	2156	PRZEMYSKI KLUB BIEGACZA	K30	37	00:03:13	00:59:22		01:38:26.30	01:38:26.30	+00:59:44 (60.7%)	9:50	6.1 (39.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	WROTKOWSKA Barbara	2105		K30	38	00:02:46	01:03:45		01:38:28.50	01:38:28.50	+00:59:46 (60.7%)	9:50	6.1 (39.4%)
201	WILK Izabela	2174	SEKCJA PIASKI	K40	27	00:02:18	01:04:13		01:38:29.10	01:38:29.10	+00:59:47 (60.7%)	9:50	6.1 (39.4%)
202	CHRAPEK Joanna	2079		K20	20	00:02:18	01:04:10		01:38:29.40	01:38:29.40	+00:59:47 (60.7%)	9:50	6.1 (39.4%)
203	POLAK Luiza	2178		K40	28	00:01:23	01:00:42		01:38:29.90	01:38:29.90	+00:59:47 (60.7%)	9:50	6.1 (39.4%)
204	PASZKIEWICZ Ola	2159		K20	21	00:02:18	01:04:12		01:38:31.40	01:38:31.40	+00:59:49 (60.7%)	9:51	6.1 (39.4%)
205	OPALSKI Wojciech	2107		M40	36	00:02:49	00:44:27		01:38:32.25	01:38:32.25	+00:59:50 (60.7%)	9:51	6.1 (39.4%)
206	WACHNIK Agnieszka	2021	NOWA HUTA TEAM	K30	39	00:02:01	01:05:01		01:38:49.00	01:38:49.00	+01:00:07 (60.8%)	9:52	6.1 (39.4%)
207	GRABOWSKA Anna	2010	1968	K50	7	00:01:18	01:04:48		01:40:56.90	01:40:56.90	+01:02:14 (61.7%)	10:05	5.9 (38.1%)
208	JUREWICZ Aneta	2037		K30	40	00:01:32			01:41:44.90	01:41:44.90	+01:03:02 (62.0%)	10:10	5.9 (38.1%)
209	GAWRON Gabriela	2103	ROOKS TEAM	K30	41	00:00:58	01:04:44		01:41:54.85	01:41:54.85	+01:03:12 (62.0%)	10:11	5.9 (38.1%)
210	BURZ Jowita	2084		K40	29	00:03:53	01:02:42		01:43:30.65	01:43:30.65	+01:04:48 (62.6%)	10:21	5.8 (37.4%)
211	PODOLAK Zbigniew	2183		M50	10	00:00:53	00:39:38		01:43:35.25	01:43:35.25	+01:04:53 (62.6%)	10:21	5.8 (37.4%)
212	PARADOWSKI Paweł	2083		M50	11	00:03:51	01:02:40		01:43:49.80	01:43:49.80	+01:05:07 (62.7%)	10:22	5.8 (37.4%)
213	MIKSZA Aneta	2136		K40	30	00:03:06	01:06:12		01:46:35.00	01:46:35.00	+01:07:53 (63.7%)	10:39	5.6 (36.1%)
214	LODWICH Marek	2238		M40	37	00:03:06	01:06:11		01:46:36.35	01:46:36.35	+01:07:54 (63.7%)	10:39	5.6 (36.1%)
215	HERNAS Aneta	1391		K30	42	00:03:10	01:07:09		01:48:22.30	01:48:22.30	+01:09:40 (64.3%)	10:50	5.5 (35.5%)
216	FRAĆ Elżbieta	2013	NIGHT RUNNERS GLIWICE	K40	31	00:03:27	01:06:29		01:48:22.60	01:48:22.60	+01:09:40 (64.3%)	10:50	5.5 (35.5%)
217	ADAMSKA Jola	2018	NIGHT RUNNERS GLIWICE	K50	8	00:03:40	01:21:21		02:08:26.55	02:08:26.55	+01:29:44 (69.9%)	12:50	4.7 (30.3%)
	JERZAK Krzysztof	2070		M30		00:05:12 DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 218 wynik(ów)