

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2019
Fundacja Bieg Rzeźnika
2019-01-26
Cisna
23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k 2km	Split Mateusz 6.5km	Split Kamyk 13km	Split Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	BODURKA Krzysztof	1001	ALPIN SPORT	M20	1	00:00:23	00:24:23	00:55:19	01:23:20		01:38:48.75	01:38:48.75		4:17	14 (100%)
2	DOMISZEWSKI Ignacy	1003	MKS HALICZ	M20	2	00:00:26	00:26:31	01:01:38	01:31:49		01:48:38.50	01:48:38.50	+00:09:49 (9.0%)	4:43	12.7 (90.7%)
3	KANIA Michał	1273	ADIDAS RUNNERS WARSAW	M20	3	00:00:29	00:28:26	01:04:23	01:36:33		01:53:41.55	01:53:41.55	+00:14:52 (13.1%)	4:56	12.1 (86.4%)
4	GAWLIK Sławek	1059	MARCINŚWIERCTEAM	M30	1	00:00:26	00:28:55	01:05:15	01:37:30		01:54:20.30	01:54:20.30	+00:15:31 (13.6%)	4:58	12.1 (86.4%)
5	WYWŁOKA Paulina	1385	SALCO GARMIN TEAM	K20	1	00:00:33	00:29:27	01:06:46	01:38:08		01:55:30.75	01:55:30.75	+00:16:42 (14.5%)	5:01	11.9 (85.0%)
6	SOLIŃSKA Katarzyna	1438		K20	2	00:00:33	00:29:34	01:06:54	01:39:11		01:56:57.35	01:56:57.35	+00:18:08 (15.5%)	5:05	11.8 (84.3%)
7	BRZĄKAŁSKI Krzysiek	1370		M20	4	00:00:28	00:29:00	01:05:33	01:39:14		01:58:03.75	01:58:03.75	+00:19:15 (16.3%)	5:07	11.7 (83.6%)
8	DUDZIK Łukasz	1002	GÓRAL BIEGA	M30	2	00:00:34	00:29:52	01:07:12	01:40:42		01:58:41.35	01:58:41.35	+00:19:52 (16.7%)	5:09	11.6 (82.9%)
9	TRACZ Łukasz	1384	WWW.TRENINGFIZJOTERAPIA.PL	M30	3	00:00:33	00:29:50	01:07:17	01:41:35		01:59:55.20	01:59:55.20	+00:21:06 (17.6%)	5:12	11.5 (82.1%)
10	BYRCZEK Jan	1428	OTK RZEŹNIK/UKS KOMETA GLIWICE	M20	5	00:00:51	00:31:08	01:08:53	01:43:08		02:01:25.20	02:01:25.20	+00:22:36 (18.6%)	5:16	11.4 (81.4%)
11	KOZA Kamil	1253	STAŁOWOLSKI KLUB BIEGACZA	M20	6	00:01:09	00:30:59	01:09:35	01:43:08		02:02:02.20	02:02:02.20	+00:23:13 (19.0%)	5:18	11.3 (80.7%)
12	PRĘTNIK Sławomir	1297		M30	4	00:02:03	00:32:47	01:10:42	01:44:12		02:02:18.90	02:02:18.90	+00:23:30 (19.2%)	5:19	11.3 (80.7%)
13	GŁUSZKO Przemysław	1250	SOLINA TEAM	M30	5	00:00:33	00:30:08	01:09:39	01:44:59		02:03:53.95	02:03:53.95	+00:25:05 (20.2%)	5:23	11.1 (79.3%)
14	WINIARSKA Katarzyna	1396	PRZEMYSKI KLUB BIEGACZA	K30	1	00:00:34	00:31:02	01:11:00	01:45:30		02:04:02.60	02:04:02.60	+00:25:13 (20.3%)	5:23	11.1 (79.3%)
15	ŠTRAUB Daniel	1105		M20	7	00:01:10	00:32:12	01:12:13	01:45:52		02:04:14.30	02:04:14.30	+00:25:25 (20.5%)	5:24	11.1 (79.3%)
16	MARZEC Krzysztof	1234		M40	1	00:00:32	00:31:07	01:10:07	01:45:32		02:04:31.50	02:04:31.50	+00:25:42 (20.6%)	5:24	11.1 (79.3%)
17	JARMOLIŃSKI Piotr	1164	WIECZORNE BIEGANIE W SZCZECINIE	M40	2	00:00:34	00:31:11	01:11:01	01:46:04		02:05:09.95	02:05:09.95	+00:26:21 (21.1%)	5:26	11 (78.6%)
18	ADAMCZYK Przemysław	1099	ADIDAS RUNNERS WARSAW	M40	3	00:00:27	00:31:13	01:12:22	01:47:31		02:06:12.65	02:06:12.65	+00:27:23 (21.7%)	5:29	10.9 (77.9%)
19	ODOWSKI Michał	1341		M20	8		01:48:32				02:07:22.80	02:07:22.80	+00:28:34 (22.4%)	5:32	10.8 (77.1%)
20	MILER Marcin	1461		M40	4	00:01:03	00:32:37	01:13:02	01:48:33		02:07:31.30	02:07:31.30	+00:28:42 (22.5%)	5:32	10.8 (77.1%)
21	JURA Maciej	1022	ITMBW KRAKÓW	M20	9	00:00:57	00:32:33	01:13:41	01:49:12		02:08:02.00	02:08:02.00	+00:29:13 (22.8%)	5:34	10.8 (77.1%)
22	KOWALCZYK Adam	1375	ADIDAS RUNNERS WARSAW	M30	6	00:00:32	00:32:00	01:13:25	01:49:53		02:10:04.45	02:10:04.45	+00:31:15 (24.0%)	5:39	10.6 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						2km	6.5km	13km	18.5km		23km	23km			
23	BORDUN Maciej	1236	SIARKA TARNOBZEG	M30	7	00:00:32	00:31:06	01:10:54	01:48:33		02:10:18.80	02:10:18.80	+00:31:30 (24.2%)	5:39	10.6 (75.7%)
24	WIĘCH Piotr	1444		M30	8	00:01:29	00:33:33	01:15:01	01:51:21		02:10:39.40	02:10:39.40	+00:31:50 (24.4%)	5:40	10.6 (75.7%)
25	RATYŃSKI Marek	1063	OTWOCKI TUPTACZ	M40	5	00:00:53	00:32:15	01:15:06	01:52:53		02:13:02.50	02:13:02.50	+00:34:13 (25.7%)	5:47	10.4 (74.3%)
26	ZAWADA Michał	1228	MARYSIN WAWERSKI	M30	9	00:00:35	00:31:46	01:13:48	01:52:43		02:13:26.20	02:13:26.20	+00:34:37 (25.9%)	5:48	10.3 (73.6%)
27	SKOTNICZNY Michał	1128	EUROCLEAR RUNNING TEAM	M20	10	00:00:35	00:32:06	01:13:57	01:51:58		02:13:38.55	02:13:38.55	+00:34:49 (26.1%)	5:48	10.3 (73.6%)
28	DYMON Bartłomiej	1296		M40	6	00:00:58	00:33:14	01:14:23	01:52:38		02:14:24.25	02:14:24.25	+00:35:35 (26.5%)	5:50	10.3 (73.6%)
29	NOWICKI Kamil	1058		M30	10	00:00:35	00:33:40	01:17:30	01:55:43		02:15:25.55	02:15:25.55	+00:36:36 (27.0%)	5:53	10.2 (72.9%)
30	SZCZOT Andrzej	1452	KB SOBÓTKA	M40	7	00:00:41	00:32:57	01:17:16	01:56:24		02:17:35.35	02:17:35.35	+00:38:46 (28.2%)	5:58	10 (71.4%)
31	NEUFELD Marcin	1237	INTEL RUNNERS / RUNPASSION.PL TEAM	M40	8	00:00:39	00:32:23	01:17:54	01:57:13		02:17:50.35	02:17:50.35	+00:39:01 (28.3%)	5:59	10 (71.4%)
32	MAŚLANY Daniel	1123		M40	9	00:00:59	00:33:08	01:17:13	01:56:43		02:19:40.05	02:19:40.05	+00:40:51 (29.3%)	6:04	9.9 (70.7%)
33	STEPANIUK Adam	1354	CHEŁM BIEGA	M40	10	00:01:53	00:36:13	01:21:18	01:58:22	00:01:00	02:20:03.40	02:20:03.40	+00:41:14 (29.4%)	6:02	9.9 (70.7%)
34	MARCZAK Paweł	1142	ADIDAS RUNNERS WARSAW	M40	11	00:00:52	00:34:47	01:18:45	01:58:44		02:20:21.95	02:20:21.95	+00:41:33 (29.6%)	6:06	9.8 (70.0%)
35	JAGIELKA Mateusz	1311	LINKLATERS RUNNING TEAM	M20	11	00:00:53	00:34:07	01:18:09	01:57:35		02:21:13.00	02:21:13.00	+00:42:24 (30.0%)	6:08	9.8 (70.0%)
36	KORZEP-CZEKAŁSKA Dorota	1220	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	1	00:01:08	00:35:33	01:21:34	02:00:40		02:21:31.95	02:21:31.95	+00:42:43 (30.2%)	6:09	9.8 (70.0%)
37	JACHIMOWSKI Jarosław	1324	POZYTYWNIIE ZABIEGANI SANOK	M30	11	00:02:43	00:37:53	01:21:31	02:00:45		02:21:40.70	02:21:40.70	+00:42:51 (30.3%)	6:09	9.7 (69.3%)
38	BUDNIAK Tomasz	1231	KB TKKF PROMYK CIECHANÓW	M30	12		00:35:18	01:20:49	02:00:20		02:22:08.05	02:22:08.05	+00:43:19 (30.5%)	6:10	9.7 (69.3%)
39	MIKOŁAJCZYK Tomasz	1147		M30	13	00:01:12	00:35:11	01:20:41	02:01:16		02:22:42.50	02:22:42.50	+00:43:53 (30.8%)	6:12	9.7 (69.3%)
40	HORODEJCZUK Antoni	1406	HORODEJCZUK TEAM	M40	12	00:00:32	00:34:29	01:19:49	02:00:50		02:22:59.15	02:22:59.15	+00:44:10 (30.9%)	6:13	9.7 (69.3%)
41	KACPERSKI Olaf	1458		M40	13	00:01:11	00:37:33	01:24:10	02:03:20		02:23:05.10	02:23:05.10	+00:44:16 (30.9%)	6:13	9.6 (68.6%)
42	STRZAŁKOWSKI Artur	1095	ADIDAS RUNNERS	M20	12	00:01:43	00:37:54	01:24:36	02:03:24		02:23:14.05	02:23:14.05	+00:44:25 (31.0%)	6:13	9.6 (68.6%)
43	NOWOMIEJSKI Marcin	1194	BIEGACZ CEGŁÓW	M40	14	00:00:57	00:33:56	01:19:09	02:00:53		02:23:20.40	02:23:20.40	+00:44:31 (31.1%)	6:13	9.6 (68.6%)
44	WALEWSKI Lukasz	1166	DENTISTOO	M40	15	00:00:44	00:35:52	01:22:01	02:02:16		02:23:43.40	02:23:43.40	+00:44:54 (31.2%)	6:14	9.6 (68.6%)
45	CHAJDAŚ Mateusz	1315		M20	13	00:01:16	00:37:55	01:24:02	02:03:21		02:23:47.00	02:23:47.00	+00:44:58 (31.3%)	6:15	9.6 (68.6%)
45	WOŁOCH Michał	1320	DIAITA SPARTA	M30	14	00:01:16	00:37:56	01:24:00	02:03:22		02:23:47.00	02:23:47.00	+00:44:58 (31.3%)	6:15	9.6 (68.6%)
47	KRUPA Grzegorz	1451		M40	16	00:00:56	00:36:37	01:23:52	02:03:49		02:24:43.40	02:24:43.40	+00:45:54 (31.7%)	6:17	9.5 (67.9%)
48	DWORAKOWSKI Andrzej	1235		M40	17	00:03:17	00:41:55	01:27:06	02:05:19		02:25:10.25	02:25:10.25	+00:46:21 (31.9%)	6:18	9.5 (67.9%)
49	GÓRKA Łukasz	1393	PODRÓŻE Z MARATONEM	M30	15	00:01:06	00:37:34	01:24:59	02:05:18		02:25:39.80	02:25:39.80	+00:46:51 (32.2%)	6:19	9.5 (67.9%)
50	BAŁON Konrad	1272		M20	14	00:02:28	00:37:39	01:24:04	02:03:23		02:25:41.00	02:25:41.00	+00:46:52 (32.2%)	6:20	9.5 (67.9%)
51	TUCZAPSKI Piotr	1358	XRUNNERS	M20	15	00:00:35	00:34:02	01:19:52	02:03:33		02:25:43.05	02:25:43.05	+00:46:54 (32.2%)	6:20	9.5 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas			Tempo min/km	Tempo km/h
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km	Różn		
52	WĘGRZYN Emil	1359	WARBUD RUNNIK TEAM	M30	16	00:00:44	00:34:54	01:22:19	02:04:25		02:26:19.50	02:26:19.50	+00:47:30 (32.5%)	6:21	9.4 (67.1%)
53	WAREČKA Kasia	1230		K20	3	00:00:39	00:35:57	01:24:09	02:05:30		02:27:41.00	02:27:41.00	+00:48:52 (33.1%)	6:25	9.3 (66.4%)
54	SIWAK Ryszard	1233	TEAM RYŚ SKI	M40	18	00:01:54	00:38:15	01:25:35	02:06:10		02:28:16.00	02:28:16.00	+00:49:27 (33.4%)	6:26	9.3 (66.4%)
55	KOŁODZIEJ Łukasz	1202		M30	17	00:01:31	00:36:33	01:25:24	02:06:23		02:28:31.90	02:28:31.90	+00:49:43 (33.5%)	6:27	9.3 (66.4%)
56	WOJTASIK Grzegorz	1270		M40	19	00:01:28	00:37:42	01:24:02	02:06:52		02:29:02.65	02:29:02.65	+00:50:13 (33.7%)	6:28	9.3 (66.4%)
57	MICAŁ Łukasz	1413	ITMBW KRAKÓW	M20	16	00:01:25	00:35:50	01:24:43	02:06:06		02:29:27.05	02:29:27.05	+00:50:38 (33.9%)	6:29	9.2 (65.7%)
58	KONKEL Katarzyna	1407	MAJA TEAM	K20	4	00:00:52	00:34:19	01:31:43	02:09:11		02:29:53.20	02:29:53.20	+00:51:04 (34.1%)	6:31	9.2 (65.7%)
59	TOKARZ Adrian	1048	DZIKIE MUSTANGI	M30	18	00:01:37	00:39:15	01:26:45	02:07:22		02:30:30.95	02:30:30.95	+00:51:42 (34.4%)	6:32	9.2 (65.7%)
60	WOŹNIAK Grzegorz	1156		M30	19	00:00:47	00:35:11	01:24:55	02:06:50		02:30:37.65	02:30:37.65	+00:51:48 (34.4%)	6:32	9.2 (65.7%)
61	SUŁKOWSKI Maciej	655	TRIATHLON JAROSŁAW	M40	20	00:02:49	00:42:31	01:28:58	02:08:49		02:30:39.50	02:30:39.50	+00:51:50 (34.4%)	6:33	9.2 (65.7%)
62	BALON Piotr	1409	BAKOMAT TEAM	M30	20	00:02:16	00:39:24	01:25:24	02:08:02		02:30:44.70	02:30:44.70	+00:51:55 (34.5%)	6:33	9.2 (65.7%)
63	WEREMKO Grzegorz	1145	MULTIMEDIA RUNNERS PUŁAWY	M40	21	00:01:37	00:38:35	01:29:38	02:11:00		02:31:32.20	02:31:32.20	+00:52:43 (34.8%)	6:35	9.1 (65.0%)
64	SKORUPKA Leszek	1249	M3 SIEDLCE	M30	21	00:02:21	00:40:03	01:29:05	02:10:03		02:31:49.90	02:31:49.90	+00:53:01 (34.9%)	6:36	9.1 (65.0%)
65	GRACZYK Karolina	1437		K30	2	00:00:41	00:38:26	01:29:41	02:10:48		02:32:43.40	02:32:43.40	+00:53:54 (35.3%)	6:38	9 (64.3%)
66	GRZENIA Małgorzata	1144	CENTRUM MEDYCZNE ORTO-OPTYMIST	K50	1	00:01:11	00:36:25	01:25:31	02:09:49		02:33:31.00	02:33:31.00	+00:54:42 (35.6%)	6:40	9 (64.3%)
67	SZYBIAK Waldemar	1420		M50	1	00:01:49	00:39:46	01:29:26	02:10:59		02:33:37.00	02:33:37.00	+00:54:48 (35.7%)	6:40	9 (64.3%)
68	MACH Tomasz	1159	LUBELSKA GRUPA TRIATHLONU	M40	22	00:00:48	00:34:01	01:32:24	02:12:32		02:34:23.00	02:34:23.00	+00:55:34 (36.0%)	6:42	8.9 (63.6%)
69	SZYMEL Jacek	1411	HUSARIA RACE TEAM	M30	22	00:01:45	00:40:01	01:27:36	02:10:16	00:01:00	02:34:24.90	02:34:24.90	+00:55:36 (36.0%)	6:40	9 (64.3%)
70	KONIECZNY Mariusz	1419		M50	2	00:01:50	00:39:13	01:28:29	02:10:59		02:34:35.55	02:34:35.55	+00:55:46 (36.1%)	6:43	8.9 (63.6%)
71	ISKRA Grzegorz	1023	KP PSP STRZYŻÓW	M30	23	00:01:41	00:39:37	01:29:25	02:11:54	00:01:00	02:35:44.95	02:35:44.95	+00:56:56 (36.6%)	6:43	8.9 (63.6%)
72	MATYSIAK Tomasz	1328		M40	23	00:00:49	00:34:05	01:31:45	02:13:33		02:36:05.95	02:36:05.95	+00:57:17 (36.7%)	6:47	8.8 (62.9%)
73	PLUTA Sebastian	1140	DZIKIE MUSTANGI	M40	24	00:01:59	00:39:16	01:28:00	02:11:43		02:36:27.40	02:36:27.40	+00:57:38 (36.8%)	6:48	8.8 (62.9%)
74	CHMIEL Damian	1267		M20	17	00:00:37	00:41:28	01:31:30	02:13:32		02:36:40.80	02:36:40.80	+00:57:52 (36.9%)	6:48	8.8 (62.9%)
75	KLABISZ Dawid	1462		M30	24	00:01:03	00:33:12	01:32:30	02:14:20		02:36:52.25	02:36:52.25	+00:58:03 (37.0%)	6:49	8.8 (62.9%)
76	DRAŻEK Sławomir	1106	1971	M40	25	00:00:52	00:36:13	01:25:45	02:10:48		02:37:10.05	02:37:10.05	+00:58:21 (37.1%)	6:50	8.8 (62.9%)
77	HYDZIK Łukasz	1071	LIDER SANOK	M40	26	00:01:06	00:37:51	01:27:49	02:12:08		02:37:34.00	02:37:34.00	+00:58:45 (37.3%)	6:51	8.8 (62.9%)
78	PIŁAT Jakub	1152	MULTIMEDIA RUNNERS PUŁAWY	M30	25	00:01:36	00:39:05	01:29:40	02:13:07		02:37:34.70	02:37:34.70	+00:58:45 (37.3%)	6:51	8.8 (62.9%)
79	WOŹNICKA Ewa	1134		K20	5	00:01:24	00:40:53	01:31:22	02:13:31		02:38:27.60	02:38:27.60	+00:59:38 (37.6%)	6:53	8.7 (62.1%)
80	KANIA Przemysław	269		M30	26	00:02:26	00:38:49	01:28:06	02:13:27		02:38:39.45	02:38:39.45	+00:59:50 (37.7%)	6:53	8.7 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km			Różn
81	ZAWROTNIAK Paweł	1304		M20	18	00:02:47	00:39:20		02:13:15		02:38:39.80	02:38:39.80	+00:59:51 (37.7%)	6:53	8.7 (62.1%)
82	MAZANEK Michał	1190		M20	19	00:03:01	00:41:15	01:33:55	02:15:10		02:38:48.95	02:38:48.95	+01:00:00 (37.8%)	6:54	8.7 (62.1%)
83	JUROSZEK Józef	1269		M30	27	00:02:31	00:43:04	01:36:48	02:17:47		02:39:01.05	02:39:01.05	+01:00:12 (37.9%)	6:54	8.7 (62.1%)
84	TOMAS Dariusz	80		M50	3	00:02:47	00:42:31	01:31:41	02:14:04		02:39:25.40	02:39:25.40	+01:00:36 (38.0%)	6:55	8.7 (62.1%)
85	ŻEBRAKOWSKA Katarzyna	1446		K40	2	00:02:30	00:41:13	01:33:17	02:16:39		02:39:30.35	02:39:30.35	+01:00:41 (38.1%)	6:56	8.7 (62.1%)
86	ZIĘBA Emil	1143	CENTRUM MEDYCZNE ORTO-OPTYMIST	M40	27	00:01:33	00:39:44	01:32:03	02:15:19		02:39:55.10	02:39:55.10	+01:01:06 (38.2%)	6:57	8.6 (61.4%)
87	ZYGMUNT Marcin	1321	SAPERZY	M20	20	00:01:15	00:38:05	01:25:36	02:11:57		02:40:06.90	02:40:06.90	+01:01:18 (38.3%)	6:57	8.6 (61.4%)
88	KANDEFER Beata	1342	KB „ATHLETIC”ZRĘCIN	K40	3	00:00:51	00:37:29	01:32:20	02:15:55		02:40:12.10	02:40:12.10	+01:01:23 (38.3%)	6:57	8.6 (61.4%)
89	SZUMNY Nina	1356		K30	3	00:00:33	00:39:00	01:33:35	02:16:58		02:40:13.95	02:40:13.95	+01:01:25 (38.3%)	6:57	8.6 (61.4%)
90	NAWROT Bartłomiej	1031	KAMIENIOŁOM	M30	28	00:01:45	00:39:06	01:30:11	02:15:43		02:40:37.25	02:40:37.25	+01:01:48 (38.5%)	6:59	8.6 (61.4%)
91	SZYBIAK Joanna	1421		K40	4	00:01:50	00:39:44	01:32:04	02:16:35		02:40:41.15	02:40:41.15	+01:01:52 (38.5%)	6:59	8.6 (61.4%)
92	OSZYWA Damian	1460		M30	29	00:01:42	00:41:00	01:36:10	02:18:48		02:40:47.75	02:40:47.75	+01:01:59 (38.5%)	6:59	8.6 (61.4%)
93	WOŹNIAK Janusz	1327	PORMAT JEDLICZE BIEGA	M50	4	00:01:02	00:38:39	01:31:33	02:17:36		02:41:31.00	02:41:31.00	+01:02:42 (38.8%)	7:01	8.5 (60.7%)
94	BOGDAŃSKA Katarzyna	1443		K20	6	00:01:02	00:39:32	01:32:25	02:16:59		02:41:46.10	02:41:46.10	+01:02:57 (38.9%)	7:02	8.5 (60.7%)
95	KONOPKA Henryk	1440		M60	1	00:00:58	00:39:11	01:32:02	02:17:33		02:42:33.70	02:42:33.70	+01:03:44 (39.2%)	7:04	8.5 (60.7%)
96	OBROŚLAK Grzegorz	341	TRAPER-BIEGOMANIA LUBACZÓW	M40	28	00:01:31	00:39:38	01:33:22	02:17:33		02:42:34.95	02:42:34.95	+01:03:46 (39.2%)	7:04	8.5 (60.7%)
97	BARANEK Piotr	1137		M50	5	00:02:49	00:43:22	01:35:31	02:18:05		02:43:33.05	02:43:33.05	+01:04:44 (39.6%)	7:06	8.4 (60.0%)
98	PITURA Eliza	1155	LUBELSKA GRUPA TRIATHLONU	K40	5	00:00:49	00:37:31	01:31:25	02:18:04		02:43:50.30	02:43:50.30	+01:05:01 (39.7%)	7:07	8.4 (60.0%)
99	LIPA Piotr	1352	OCR TEAM DĘBICA	M30	30	00:02:04	00:34:45	01:34:00	02:17:52		02:43:53.20	02:43:53.20	+01:05:04 (39.7%)	7:07	8.4 (60.0%)
100	HERMANIUK Tomasz	1135	TAURUS TEAM	M40	29	00:03:11	00:43:30	01:35:41	02:19:44		02:44:03.85	02:44:03.85	+01:05:15 (39.8%)	7:07	8.4 (60.0%)
101	ŁUSZCZYC Anna	1256		K30	4	00:01:28	00:42:52	01:36:39	02:21:38		02:44:56.45	02:44:56.45	+01:06:07 (40.1%)	7:10	8.4 (60.0%)
102	BAJSAROWICZ Marlena	1193	WKURW_TEAM	K20	7	00:02:26	00:41:27	01:33:55	02:20:18		02:45:04.90	02:45:04.90	+01:06:16 (40.1%)	7:10	8.4 (60.0%)
103	WAŚNIEWSKI Krzysztof	1037		M30	31	00:02:22	00:39:37	01:33:56	02:20:19		02:45:21.90	02:45:21.90	+01:06:33 (40.2%)	7:11	8.3 (59.3%)
104	OLESIŃSKA Agnieszka	359	BOCHNIA BIEGA	K40	6		00:44:02	01:38:05	02:22:43		02:45:29.80	02:45:29.80	+01:06:41 (40.3%)	7:11	8.3 (59.3%)
105	SOBIERAJ Kamil	1191	WKURW_TEAM	M20	21	00:01:41	00:37:17	01:32:22	02:19:32		02:46:35.10	02:46:35.10	+01:07:46 (40.7%)	7:14	8.3 (59.3%)
106	BEDNARZ Anna	1289		K20	8	00:03:29	00:44:41	01:36:34	02:21:29		02:46:41.00	02:46:41.00	+01:07:52 (40.7%)	7:14	8.3 (59.3%)
107	BIEL Sebastian	1240	BIEGANIESZYDERCÓW	M30	32	00:03:31	00:46:40	01:40:28	02:23:44		02:46:48.65	02:46:48.65	+01:07:59 (40.8%)	7:15	8.3 (59.3%)
108	FLOREK Tomasz	1241	BIEGANIE SZYDERCÓW	M40	30	00:03:28	00:46:42	01:38:18	02:22:51		02:46:48.70	02:46:48.70	+01:07:59 (40.8%)	7:15	8.3 (59.3%)
109	CZEKAŁSKI Mariusz	1366	BBL OSTROŁĘKA	M40	31	00:02:18	00:42:23	01:38:13	02:22:53		02:47:33.20	02:47:33.20	+01:08:44 (41.0%)	7:17	8.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km			Różn
110	KRYSIAK Jakub	1172	TRIWAWA	M20	22	00:02:06	00:40:38	01:34:49	02:22:30		02:47:49.55	02:47:49.55	+01:09:00 (41.1%)	7:17	8.2 (58.6%)
111	DOMIN Bartosz	1349	COLLEGIUM MEDICUM UJ	M30	33	00:00:53	00:38:14	01:32:42	02:20:27		02:49:05.40	02:49:05.40	+01:10:16 (41.6%)	7:21	8.2 (58.6%)
112	MICHALIK Michał	1055	NOWA HUTA TEAM	M20	23	00:01:48	00:40:52	01:40:00	02:26:30		02:49:41.80	02:49:41.80	+01:10:53 (41.8%)	7:22	8.1 (57.9%)
113	MOLASY Dorota	1348	AKTYWNIIE Z MOLKAMI	K30	5	00:02:51	00:43:55	01:40:05	02:26:41		02:49:50.95	02:49:50.95	+01:11:02 (41.8%)	7:23	8.1 (57.9%)
114	KSYCINSKI Michał	1098		M20	24	00:03:20	00:47:29	01:41:18	02:27:01		02:49:54.55	02:49:54.55	+01:11:05 (41.8%)	7:23	8.1 (57.9%)
115	PIOTROWSKI Tomasz	1238	GREMBSKI TRIATHLON	M30	34	00:01:52	00:40:50	01:37:18	02:25:20		02:49:57.15	02:49:57.15	+01:11:08 (41.9%)	7:23	8.1 (57.9%)
116	HONKISZ Maciej	1203		M60	2	00:02:03	00:42:13	01:36:47	02:22:47		02:50:28.50	02:50:28.50	+01:11:39 (42.0%)	7:24	8.1 (57.9%)
117	OSTROWSKI Łukasz	1448		M30	35	00:03:12	00:42:11	01:38:05	02:25:06		02:50:30.20	02:50:30.20	+01:11:41 (42.0%)	7:24	8.1 (57.9%)
118	SKUBISZ Aleksandra	1345		K20	9	00:01:02	00:41:41	01:39:07	02:25:19		02:50:53.25	02:50:53.25	+01:12:04 (42.2%)	7:25	8.1 (57.9%)
119	CHMIEL Michał	1399	RZESZOWSKIE GAZELE I GEPARDY	M30	36	00:02:33	00:45:32	01:38:54	02:26:39		02:51:10.85	02:51:10.85	+01:12:22 (42.3%)	7:26	8.1 (57.9%)
120	SOWA Dariusz	1165	RZESZOWSKIE GAZELE I GEPARDY	M50	6	00:01:55	00:43:10	01:36:38	02:24:06		02:52:24.85	02:52:24.85	+01:13:36 (42.7%)	7:29	8 (57.1%)
121	PARTYKA Andrzej	1435	RZESZOWSKIE GAZELE I GEPARDY	M40	32	00:02:32	00:45:31	01:39:08	02:26:40		02:52:56.30	02:52:56.30	+01:14:07 (42.9%)	7:31	8 (57.1%)
122	KUSY Rajmund	1133		M20	25	00:01:25	00:42:10	01:40:03	02:26:53		02:53:57.95	02:53:57.95	+01:15:09 (43.2%)	7:33	7.9 (56.4%)
123	SALA Kamil Adam	1087	POTRENUJEMY?	M30	37	00:00:47	00:38:45	01:38:19	02:27:35		02:53:59.50	02:53:59.50	+01:15:10 (43.2%)	7:33	7.9 (56.4%)
124	KAWA Rafał	1404		M30	38	00:02:15	00:43:26	01:38:51	02:26:49		02:54:10.75	02:54:10.75	+01:15:22 (43.3%)	7:34	7.9 (56.4%)
125	GRABOWSKA Aleksandra	1261	LOTNICZA AKADEMIA WOJSKOWA	K20	10	00:00:56	00:43:50	01:40:19	02:28:01		02:54:25.15	02:54:25.15	+01:15:36 (43.3%)	7:35	7.9 (56.4%)
126	SOBURA-DURMA Magdalena	1450		K40	7	00:02:54	00:44:23	01:41:53	02:28:21		02:54:35.25	02:54:35.25	+01:15:46 (43.4%)	7:35	7.9 (56.4%)
127	RAPACZ Marcin	1004	FUNDACJA TYLKO BIESZCZADY	M50	7	00:01:53	00:42:20	01:38:06	02:26:04		02:54:38.60	02:54:38.60	+01:15:49 (43.4%)	7:35	7.9 (56.4%)
128	FRANCZYK Piotr	1424		M30	39	00:03:00	00:42:33	01:36:22	02:26:05		02:54:49.00	02:54:49.00	+01:16:00 (43.5%)	7:36	7.9 (56.4%)
129	WIDZ Łukasz	1072	POTRENUJEMY?	M30	40	00:00:47	00:38:47	01:38:19	02:27:36		02:55:23.55	02:55:23.55	+01:16:34 (43.7%)	7:37	7.9 (56.4%)
130	RECZKOWSKI Andrzej	1456		M60	3	00:00:54	00:39:12	01:34:38	02:25:32		02:56:10.95	02:56:10.95	+01:17:22 (43.9%)	7:39	7.8 (55.7%)
131	NYCZ Arkadiusz	1276	CROSSFITTER BOX CHEŁM	M50	8	00:03:22	00:43:57	01:38:24	02:26:33		02:56:13.90	02:56:13.90	+01:17:25 (43.9%)	7:39	7.8 (55.7%)
132	KAMYSZ Robert	1187		M40	33	00:01:37	00:43:23	01:39:38	02:27:34		02:56:15.60	02:56:15.60	+01:17:26 (43.9%)	7:39	7.8 (55.7%)
133	ŻUROWSKI Jacek	1214	CENTRUM MEDYCZNE ORTO-OPTYMIST	M50	9	00:02:54	00:44:31	01:42:34	02:28:33		02:56:16.20	02:56:16.20	+01:17:27 (43.9%)	7:39	7.8 (55.7%)
134	CZARNECKI Konrad	1257	KIEDYŚ TO BYŁO	M30	41		00:43:48	01:39:19	02:25:25		02:56:30.65	02:56:30.65	+01:17:41 (44.0%)	7:40	7.8 (55.7%)
135	FRĄCZEK Dariusz	1265		M30	42	00:02:52	00:45:24	01:42:31	02:28:41		02:56:36.40	02:56:36.40	+01:17:47 (44.0%)	7:40	7.8 (55.7%)
136	MĄKA Wojciech	1329	TRIWAWA	M40	34	00:02:17	00:43:56	01:44:12	02:31:46		02:56:37.40	02:56:37.40	+01:17:48 (44.1%)	7:40	7.8 (55.7%)
137	BARAŃSKI Jarek	1259	KIEDYŚ TO BYŁO	M30	43		02:25:29				02:56:40.90	02:56:40.90	+01:17:52 (44.1%)	7:40	7.8 (55.7%)
138	MOLASY Tomasz	1350	AKTYWNIIE Z MOLKAMI	M30	44	00:02:51	00:43:57	01:40:06	02:28:58		02:57:53.25	02:57:53.25	+01:19:04 (44.5%)	7:44	7.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		23km	23km		min/km	km/h
139	STACHNIUK Marcin	1244	CROSSFITTER CHEŁ	M30	45	00:03:30	00:45:29	01:40:29	02:29:15		02:57:57.20	02:57:57.20	+01:19:08 (44.5%)	7:44	7.8 (55.7%)
140	PYSKATY Marta	1454		K40	8	00:02:09	00:46:26	01:45:00	02:30:57		02:57:59.05	02:57:59.05	+01:19:10 (44.5%)	7:44	7.8 (55.7%)
141	TKACZYK Wojciech	1266		M40	35	00:02:46	00:44:28	01:44:50	02:29:59		02:58:03.15	02:58:03.15	+01:19:14 (44.5%)	7:44	7.8 (55.7%)
142	PLUTA Marta	2056	DZIKIEMUSTANGI	K40	9	00:02:10	00:46:25	01:45:01	02:30:56		02:58:04.95	02:58:04.95	+01:19:16 (44.5%)	7:44	7.7 (55.0%)
143	HABRAT Dorota	1181	HABRAT TEAM	K40	10	00:02:15	00:43:24	01:40:33	02:29:47		02:58:24.30	02:58:24.30	+01:19:35 (44.6%)	7:45	7.7 (55.0%)
144	ROCH Kamil	1381		M20	26	00:03:36	00:42:34	01:34:53	02:28:11		02:58:25.35	02:58:25.35	+01:19:36 (44.6%)	7:45	7.7 (55.0%)
145	KRASOWSKI Mateusz	1201		M30	46	00:01:32	00:42:24	01:40:16	02:29:53		02:58:26.25	02:58:26.25	+01:19:37 (44.6%)	7:45	7.7 (55.0%)
146	KRASOWSKI Łukasz	1200	PROSWIM	M30	47	00:01:32	00:42:30	01:40:18	02:29:52		02:58:27.20	02:58:27.20	+01:19:38 (44.6%)	7:45	7.7 (55.0%)
147	RACZEK Natalia	1285	EXTREME TRAUMA TEAM	K20	11	00:02:55	00:45:39	01:44:44	02:31:43		02:58:27.70	02:58:27.70	+01:19:38 (44.6%)	7:45	7.7 (55.0%)
148	KANCLERZ-MAZURCZUK Monika	1243	CROSSFITTER BOX CHEŁM	K40	11	00:03:29	00:46:05	01:41:41	02:31:35		02:58:30.35	02:58:30.35	+01:19:41 (44.6%)	7:45	7.7 (55.0%)
149	BODZIOCH Agnieszka	1077	ITMBW KRAKÓW	K20	12	00:01:25	00:41:54	01:39:37	02:29:46		02:59:04.30	02:59:04.30	+01:20:15 (44.8%)	7:47	7.7 (55.0%)
150	OŻÓG Paweł	1410		M30	48	00:02:46	00:46:07	01:40:09	02:30:02		02:59:05.05	02:59:05.05	+01:20:16 (44.8%)	7:47	7.7 (55.0%)
151	BOBUSIA Michał	1416	AZS PWSZ KROSNO	M30	49	00:01:30	00:40:51	01:39:21	02:28:48		02:59:08.10	02:59:08.10	+01:20:19 (44.8%)	7:47	7.7 (55.0%)
152	OWOC Krystian	1457		M30	50	00:03:09	00:44:24	01:37:25	02:29:18		02:59:12.45	02:59:12.45	+01:20:23 (44.9%)	7:47	7.7 (55.0%)
153	RZEMIŃSKI Jacek	1132		M40	36	00:02:46	00:45:07	01:44:14	02:32:07		02:59:14.15	02:59:14.15	+01:20:25 (44.9%)	7:47	7.7 (55.0%)
154	MUCHA Łukasz	1430		M20	27	00:02:37	00:50:19	01:46:21	02:32:24		02:59:14.90	02:59:14.90	+01:20:26 (44.9%)	7:47	7.7 (55.0%)
155	PARYS Michał	1445		M30	51	00:01:24	00:39:31	01:38:55	02:30:34		02:59:16.20	02:59:16.20	+01:20:27 (44.9%)	7:47	7.7 (55.0%)
156	ŁOKIETEK Michał	1290	NOWOSOLSCY BIMBROWNICY	M30	52	00:02:11	00:50:02	01:48:52	02:34:35		02:59:59.20	02:59:59.20	+01:21:10 (45.1%)	7:49	7.7 (55.0%)
157	PRUSZKOWSKI Mariusz	1277	CROSSFITTER BOX CHEŁM/CHEŁM BIEGA/24 BLP	M40	37	00:01:52	00:42:14	01:43:40	02:31:50		03:00:20.55	03:00:20.55	+01:21:31 (45.2%)	7:50	7.7 (55.0%)
158	ZAKRZEWSKI Szymon	1161		M30	53	00:03:17	00:46:34	01:41:19	02:28:39		03:00:41.55	03:00:41.55	+01:21:52 (45.3%)	7:51	7.6 (54.3%)
159	MAĆZKA Krystyna	1441		K60	1	00:02:57	00:44:38	01:46:07	02:34:48		03:01:24.65	03:01:24.65	+01:22:35 (45.5%)	7:53	7.6 (54.3%)
160	KUBACKA Marta	1334	DRUŻYNA TVN	K30	6	00:01:34	00:43:21	01:44:14	02:33:19		03:01:45.70	03:01:45.70	+01:22:56 (45.6%)	7:54	7.6 (54.3%)
161	PISKADŁO Jacek	1232	NOWY STYL GROUP RUNNING TEAM	M30	54	00:02:23	00:44:40	01:43:27	02:33:24		03:01:46.75	03:01:46.75	+01:22:58 (45.6%)	7:54	7.6 (54.3%)
162	BILSKI Marek	1080	VEGEDOG	M40	38	00:01:53	00:44:56	01:49:16	02:37:00		03:01:48.55	03:01:48.55	+01:22:59 (45.7%)	7:54	7.6 (54.3%)
163	CZAJKOWSKI Michał	1372	LAGIEWNICKA 35	M40	39	00:02:57	00:47:13	01:44:44	02:33:33	00:01:00	03:01:51.90	03:01:51.90	+01:23:03 (45.7%)	7:51	7.6 (54.3%)
164	MAŁEK Wojciech	1423		M40	40	00:02:24	00:46:09	01:47:10	02:36:56		03:01:57.65	03:01:57.65	+01:23:08 (45.7%)	7:54	7.6 (54.3%)
165	NIEMIEC Grzegorz	1432		M40	41	00:02:24	00:46:09	01:47:12	02:36:58		03:02:29.90	03:02:29.90	+01:23:41 (45.9%)	7:56	7.6 (54.3%)
166	KOMAŃSKI Rafał	1343	DRUŻYNA SZPIKU	M40	42	00:02:24	00:46:44	01:47:11	02:37:21		03:02:45.05	03:02:45.05	+01:23:56 (45.9%)	7:56	7.6 (54.3%)
167	SOKÓŁ Sylwia	1043		K30	7	00:03:39	00:48:40	01:45:38	02:34:36		03:02:52.45	03:02:52.45	+01:24:03 (46.0%)	7:57	7.5 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km		
168	PACZYŃSKI Kamil	1222		M30	55	00:01:56	00:43:21	01:40:24	02:34:35		03:03:05.50	03:03:05.50	+01:24:16 (46.0%)	7:57 (53.6%)
169	BAŁABAN Waldemar	1192	WALBA	M50	10	00:02:34	00:48:25	01:48:17	02:37:50		03:03:33.15	03:03:33.15	+01:24:44 (46.2%)	7:58 (53.6%)
170	KUBACKI Maciej	1333	ŁAGIEWNICKA TEAM	M40	43	00:02:54	00:44:08	01:44:47	02:34:35		03:04:28.05	03:04:28.05	+01:25:39 (46.4%)	8:01 (53.6%)
171	KITOWSKA Anna	1434	HUSARIA RACE TEAM	K40	12	00:01:19	00:46:09	01:47:59	02:36:49		03:04:51.90	03:04:51.90	+01:26:03 (46.5%)	8:02 (53.6%)
172	CZENCZEK Krystian	1395	CUTLINE	M30	56		00:51:31	01:47:17	02:38:39		03:04:58.45	03:04:58.45	+01:26:09 (46.6%)	8:02 (53.6%)
173	NADOLSKI Stanisław	1278	CROSSFITTER BOX CHEŁM	M40	44	00:03:31	00:46:57	01:46:34	02:35:51		03:05:17.30	03:05:17.30	+01:26:28 (46.7%)	8:03 (52.9%)
174	MACIĄG Andrzej	1212	DZIKIE MUSTANGI	M40	45	00:03:28	00:47:12	01:45:09	02:36:21		03:05:19.00	03:05:19.00	+01:26:30 (46.7%)	8:03 (52.9%)
175	HABRAT Maciej	1186	HABRAT TEAM	M40	46	00:02:15	00:43:25	01:47:23	02:37:46		03:05:30.75	03:05:30.75	+01:26:42 (46.7%)	8:03 (52.9%)
176	CHŁAP Elżbieta	1163	DOLINIARZ	K40	13	00:03:03	00:47:29	01:50:29	02:39:31	00:01:00	03:06:20.35	03:06:20.35	+01:27:31 (47.0%)	8:03 (52.9%)
177	KISZA-GRYNIENKO Anna	2153		K30	8	00:03:21	00:47:26	01:46:27	02:36:47		03:06:29.00	03:06:29.00	+01:27:40 (47.0%)	8:06 (52.9%)
178	GRYNIENKO Paweł	2154		M30	57	00:03:22	00:47:20	01:46:23	02:36:48		03:06:30.50	03:06:30.50	+01:27:41 (47.0%)	8:06 (52.9%)
179	DUDEK Arkadiusz	1171		M50	11	00:02:48	00:49:05	01:51:58	02:39:58		03:06:44.20	03:06:44.20	+01:27:55 (47.1%)	8:07 (52.9%)
180	KURKOWIAK Krzysztof	1097	WKURW_TEAM	M30	58	00:01:51	00:44:14	01:45:26	02:38:38		03:07:20.25	03:07:20.25	+01:28:31 (47.3%)	8:08 (52.9%)
181	CIEŚLA Magda	1283		K30	9	00:02:23	00:46:30	01:48:28	02:38:37		03:07:42.80	03:07:42.80	+01:28:54 (47.4%)	8:09 (52.9%)
182	GWOZDZIOWSKI Marcin	1141		M40	47	00:01:35	00:43:09	01:43:04	02:36:12		03:07:43.25	03:07:43.25	+01:28:54 (47.4%)	8:09 (52.9%)
183	WRÓBLESKA Weronika	1150	BIEGUSIEM.PL	K30	10	00:02:41	00:50:25	01:51:56	02:41:40		03:07:44.65	03:07:44.65	+01:28:55 (47.4%)	8:09 (52.9%)
184	WOJCIECHOWSKA Andżelika	1248		K20	13	00:02:45	00:50:07	01:51:31	02:40:11		03:07:46.40	03:07:46.40	+01:28:57 (47.4%)	8:09 (52.1%)
185	SUSZEK Damian	1176	LALUS SQUAD	M30	59	00:02:45	00:50:06	01:51:31	02:40:23		03:07:47.00	03:07:47.00	+01:28:58 (47.4%)	8:09 (52.1%)
186	IWANIEC Piotr	1292	BIEGANIE SZYDERCÓW	M30	60	00:03:32	00:46:50	01:45:38	02:37:57		03:07:58.00	03:07:58.00	+01:29:09 (47.4%)	8:10 (52.1%)
187	DROZD Piotr	1336	SOLINA TEAM	M30	61	00:01:53	00:47:31	01:48:29	02:39:23		03:08:07.70	03:08:07.70	+01:29:18 (47.5%)	8:10 (52.1%)
188	GRZESIK Michał	1062		M30	62	00:02:57	00:47:13	01:51:19	02:40:26		03:08:28.20	03:08:28.20	+01:29:39 (47.6%)	8:11 (52.1%)
189	SKRZYPEK Krzysztof	611	KLINCZU TEAM	M30	63	00:02:41	00:47:54	01:47:40	02:39:12		03:08:40.15	03:08:40.15	+01:29:51 (47.6%)	8:12 (52.1%)
190	LUBAŃSKA Alicja	1339		K50	2	00:01:36	00:44:02	01:45:30	02:38:12		03:08:46.40	03:08:46.40	+01:29:57 (47.7%)	8:12 (52.1%)
191	ZAWADZKI Grzegorz	1065	KLUB SPORTOWY PRESTIGE RZESZÓW	M30	64	00:03:31	00:50:18	01:53:00	02:42:12		03:08:57.10	03:08:57.10	+01:30:08 (47.7%)	8:12 (52.1%)
192	BAR Aleksandra	1308	GMINA STRZELCE OPOLSKIE	K40	14	00:02:50	00:48:21	01:53:45	02:41:59		03:08:59.95	03:08:59.95	+01:30:11 (47.7%)	8:13 (52.1%)
193	BODNIAK Tomasz	1112		M30	65	00:01:49	00:47:32	01:49:12	02:39:58		03:09:02.65	03:09:02.65	+01:30:13 (47.7%)	8:13 (52.1%)
194	MINKINA Tomasz	1076		M40	48	00:02:47	00:45:28	01:48:35	02:44:01		03:09:03.70	03:09:03.70	+01:30:14 (47.7%)	8:13 (52.1%)
195	ORZECH Artur	1387	KROKODYLE KOLBUSZOWA	M40	49	00:03:20	00:48:23	01:47:36	02:40:55		03:09:41.45	03:09:41.45	+01:30:52 (47.9%)	8:14 (52.1%)
196	ŚWIĘCICKI Samuel	1309	TEAM REMMERS	M30	66	00:01:02	00:44:45	01:46:54	02:39:55		03:10:30.25	03:10:30.25	+01:31:41 (48.1%)	8:16 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas			Tempo min/km	Tempo km/h
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km	Różn		
197	BULWAN Radosław	1402		M40	50		00:51:34	01:47:16	02:41:57		03:10:35.65	03:10:35.65	+01:31:46 (48.2%)	8:17	7.2 (51.4%)
198	MATERNIA Karolina	1263		K30	11	00:03:31	00:51:30	01:56:48	02:44:26		03:11:02.60	03:11:02.60	+01:32:13 (48.3%)	8:18	7.2 (51.4%)
199	SMURA Rafal	1109		M30	67	00:03:25	00:55:44	01:56:48	02:44:27		03:11:04.20	03:11:04.20	+01:32:15 (48.3%)	8:18	7.2 (51.4%)
200	JOB Weronika	1075		K30	12	00:02:43	00:45:38	01:48:30	02:44:00		03:12:09.10	03:12:09.10	+01:33:20 (48.6%)	8:21	7.2 (51.4%)
201	KRÓLIKOWSKA Anna	1271	HUSARIA RACE TEAM	K20	14	00:01:09	00:43:43	01:51:00	02:41:28		03:12:26.55	03:12:26.55	+01:33:37 (48.7%)	8:22	7.2 (51.4%)
202	WITCZAK Paweł	1199	WIELUŃ BIEGA	M40	51	00:02:04	00:44:26	01:47:20	02:41:46		03:12:39.75	03:12:39.75	+01:33:51 (48.7%)	8:22	7.2 (51.4%)
202	KAŁOWSKI Irek	1153	WWW.POMOCDLAKAROLINY.PL	M40	52	00:02:35	00:48:11	01:49:33	02:43:14		03:12:39.75	03:12:39.75	+01:33:51 (48.7%)	8:22	7.2 (51.4%)
204	OKRÓJ Dawid	1110	DEAF RUNNING	M30	68	00:00:36	00:42:04	01:47:52	02:43:05		03:13:28.70	03:13:28.70	+01:34:39 (48.9%)	8:24	7.1 (50.7%)
205	SOSZYŃSKA - PSTROKOŃSKA Joanna	1119	GAZELE NA STARCIE	K30	13	00:02:59	00:56:34	01:56:16	02:45:35		03:13:30.45	03:13:30.45	+01:34:41 (48.9%)	8:24	7.1 (50.7%)
206	JASZCZAK Marzena	1173	ZAKRZOWIEC TEAM CHALLENGE	K30	14	00:01:08	00:46:10	01:55:58	02:45:53		03:13:32.05	03:13:32.05	+01:34:43 (48.9%)	8:24	7.1 (50.7%)
207	KAIM Mariusz	1174	ZAKRZOWIEC TEAM CHALLENGE	M30	69	00:01:08	00:46:11	01:56:01	02:45:53		03:13:32.15	03:13:32.15	+01:34:43 (48.9%)	8:24	7.1 (50.7%)
208	SOBCZAK Zbigniew	1221	MAZURSKI WILK	M30	70						03:13:40.00	03:13:40.00	+01:34:51 (49.0%)	8:25	7.1 (50.7%)
209	HERMAN Ireneusz	1323	LECA Z SIEMIANOWIC	M30	71	00:01:29	00:45:19	01:54:02	02:44:30		03:14:18.15	03:14:18.15	+01:35:29 (49.1%)	8:26	7.1 (50.7%)
210	GRABOWSKI Damian	1433	WKURW_TEAM	M40	53	00:01:39	00:45:08	01:45:41	02:42:48		03:14:19.95	03:14:19.95	+01:35:31 (49.2%)	8:26	7.1 (50.7%)
211	SMOLUCH Ryszard	111		M40	54	00:03:03	00:47:30	01:46:52	02:43:16		03:15:11.85	03:15:11.85	+01:36:23 (49.4%)	8:29	7.1 (50.7%)
212	MATUŁA Przemysław	1034	UMCS BIEGA	M50	12	00:02:59	00:49:33	01:56:23	02:46:24		03:15:16.00	03:15:16.00	+01:36:27 (49.4%)	8:29	7.1 (50.7%)
213	MAGER Bartosz	1027		M40	55	00:03:03	00:49:26	01:53:23	02:45:00		03:15:17.20	03:15:17.20	+01:36:28 (49.4%)	8:29	7.1 (50.7%)
214	MAGER Olga	1028		K40	15	00:03:03	00:49:30	01:53:23	02:45:00		03:15:17.35	03:15:17.35	+01:36:28 (49.4%)	8:29	7.1 (50.7%)
215	GRUSZECKI Tomasz	1169		M40	56	00:00:47	00:46:32	01:50:34	02:44:28		03:15:18.40	03:15:18.40	+01:36:29 (49.4%)	8:29	7.1 (50.7%)
216	POSIM Tomasz	1319	MIWIDO	M30	72	00:02:42	00:50:28	01:51:57	02:45:34		03:15:20.05	03:15:20.05	+01:36:31 (49.4%)	8:29	7.1 (50.7%)
217	KLAUS Dominik	1114	KS PIASECZNO	M40	57	00:03:43	00:50:57	01:51:22	02:46:38		03:15:31.65	03:15:31.65	+01:36:42 (49.5%)	8:30	7.1 (50.7%)
218	KONDRACIUK Katarzyna	1335	PROJEKT 'K JAK KAJAKI'	K40	16	00:01:50	00:46:22	01:52:25	02:45:03		03:15:34.45	03:15:34.45	+01:36:45 (49.5%)	8:30	7.1 (50.7%)
219	HEBANOWSKI Łukasz	1330		M40	58	00:02:08	00:46:56	01:53:22	02:46:42		03:15:34.85	03:15:34.85	+01:36:46 (49.5%)	8:30	7.1 (50.7%)
220	BŁASZCZAK Błażej	1299		M30	73	00:01:36	00:47:09	01:52:04	02:46:23		03:15:36.50	03:15:36.50	+01:36:47 (49.5%)	8:30	7.1 (50.7%)
221	SZMUC Anna	1093	MYSZKÓW BIEGA	K40	17	00:01:26	00:47:00	01:52:45	02:45:32		03:16:09.40	03:16:09.40	+01:37:20 (49.6%)	8:31	7 (50.0%)
222	CEGLARSKI Jacek	1398	WKURW_TEAM	M40	59	00:03:27	00:50:41	01:58:19	02:49:44		03:16:42.20	03:16:42.20	+01:37:53 (49.8%)	8:33	7 (50.0%)
223	WAWRZYNEK Michał	1455		M20	28	00:01:36	00:47:09	01:51:36	02:46:28		03:16:45.80	03:16:45.80	+01:37:57 (49.8%)	8:33	7 (50.0%)
224	JANIK Łukasz	1377		M30	74	00:02:14	00:46:23	01:54:47	02:46:22		03:16:47.00	03:16:47.00	+01:37:58 (49.8%)	8:33	7 (50.0%)
225	DĄBRÓWKA Radosław	1361	FUNDACJA LATARNIA	M30	75	00:02:14	00:44:27	01:54:45	02:46:23		03:17:13.65	03:17:13.65	+01:38:24 (49.9%)	8:34	7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas			Tempo min/km	Tempo km/h
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km	Różn		
226	GAWRON Piotr	1380	KB MCKIS JAWORZNO	M30	76	00:03:38	00:47:08	02:03:36	02:52:21		03:17:17.50	03:17:17.50	+01:38:28 (49.9%)	8:34	7 (50.0%)
227	KOTERBICKA-PAŚKO Agnieszka	1085	ELEKTRONIK PRZEMYSŁ	K40	18	00:01:23	00:45:34	01:56:13	02:48:35		03:19:09.50	03:19:09.50	+01:40:20 (50.4%)	8:39	6.9 (49.3%)
228	PAŚKO Rafał	1086	TEATR S.A.N. I PRZEMYSKI KLUB BIEGACZA	M40	60	00:01:24	00:45:27	01:56:12	02:48:39		03:19:11.10	03:19:11.10	+01:40:22 (50.4%)	8:39	6.9 (49.3%)
229	ŁAMPIKA Kinga	1388		K30	15	00:03:39	00:50:49	02:00:02	02:51:33		03:19:12.25	03:19:12.25	+01:40:23 (50.4%)	8:39	6.9 (49.3%)
230	BALWIERCZAK Piotr	1383	HERCOG RUNNING TEAM	M20	29	00:03:39	00:50:49	02:00:03	02:51:33		03:19:12.55	03:19:12.55	+01:40:23 (50.4%)	8:39	6.9 (49.3%)
231	SASAL Monika	1005	FUNDACJA TYLKO BIESZCZADY	K40	19	00:02:04	00:46:13	01:53:47	02:48:43		03:19:13.50	03:19:13.50	+01:40:24 (50.4%)	8:39	6.9 (49.3%)
232	PĘKALA Jarosław	1226		M50	13	00:02:43	00:49:57	01:56:00	02:50:08		03:19:15.20	03:19:15.20	+01:40:26 (50.4%)	8:39	6.9 (49.3%)
233	KRAL Sebastian	1379		M30	77	00:03:38	00:45:40	02:02:18	02:52:23		03:19:17.25	03:19:17.25	+01:40:28 (50.4%)	8:39	6.9 (49.3%)
234	SOBCZAK Maciej	1129	RAZEM TRENUJEMY SPORT	M30	78	00:01:28	00:47:08	01:52:08	02:48:18		03:19:31.50	03:19:31.50	+01:40:42 (50.5%)	8:40	6.9 (49.3%)
235	SEBZDA Malgorzata	1390	HUSARIA RACE TEAM	K40	20	00:01:19	00:46:08	01:49:28	02:45:41	00:01:00	03:20:06.25	03:20:06.25	+01:41:17 (50.6%)	8:39	6.9 (49.3%)
236	PLISZCZYŃSKA Justyna	1044		K40	21	00:02:20	00:50:50	01:55:43	02:50:00		03:20:56.40	03:20:56.40	+01:42:07 (50.8%)	8:44	6.9 (49.3%)
237	SIONKOWSKI Maciej	1275	CROSSFITTER CHEŁM	M40	61		02:51:40				03:20:57.40	03:20:57.40	+01:42:08 (50.8%)	8:44	6.9 (49.3%)
238	SOSZYŃSKA Gosia	168	CZŁAPACZE	K50	3	00:03:32	00:52:50	01:56:51	02:52:05		03:21:35.45	03:21:35.45	+01:42:46 (51.0%)	8:45	6.8 (48.6%)
239	KOŃKA Mariusz	1092		M40	62	00:01:19	00:45:15	01:48:07	02:47:26		03:23:06.75	03:23:06.75	+01:44:18 (51.4%)	8:49	6.8 (48.6%)
240	FUS Jacek	1046		M60	4	00:01:30	00:45:10	01:53:24	02:50:18		03:23:10.20	03:23:10.20	+01:44:21 (51.4%)	8:50	6.8 (48.6%)
241	LEGIERSKI Piotr	1417		M40	63	00:02:55	00:46:52	01:52:58	02:49:58		03:23:12.25	03:23:12.25	+01:44:23 (51.4%)	8:50	6.8 (48.6%)
242	KRAKOWSKI Maciej	1459		M20	30	00:03:34	00:50:13	01:53:52	02:50:39		03:23:13.15	03:23:13.15	+01:44:24 (51.4%)	8:50	6.8 (48.6%)
243	PĘKALA Anna	1225	NIGHT RUNNERS ZABRZE	K40	22	00:02:44	00:50:24	01:56:02	02:50:23		03:23:13.25	03:23:13.25	+01:44:24 (51.4%)	8:50	6.8 (48.6%)
244	WÓJCIK Justyna	1397	WKURW_TEAM	K30	16	00:03:26	00:50:42	01:59:28	02:52:08		03:23:14.15	03:23:14.15	+01:44:25 (51.4%)	8:50	6.8 (48.6%)
245	GAJEWSKA Anna	1041		K40	23	00:03:39	00:51:35	01:56:19	02:51:34		03:23:17.75	03:23:17.75	+01:44:29 (51.4%)	8:50	6.8 (48.6%)
246	STASZCZUK Jarosław	1217	WATAHA-ŁĄCZY NAS BIEGANIE	M40	64	00:01:21	00:47:27	01:56:29	02:52:24		03:23:22.80	03:23:22.80	+01:44:34 (51.4%)	8:50	6.8 (48.6%)
247	BACZEWSKA Klaudia	1207	BIEGAM BO LUBIĘ OSTROŁĘKA	K20	15	00:03:13	00:58:17	02:03:33	02:55:45		03:23:24.25	03:23:24.25	+01:44:35 (51.4%)	8:50	6.8 (48.6%)
248	MOTYKA Adam	1403		M30	79		00:57:06	01:57:13	02:51:49		03:23:35.00	03:23:35.00	+01:44:46 (51.5%)	8:51	6.8 (48.6%)
249	KALWARA Maciej	1353		M30	80	00:03:31	00:51:32	01:55:19	02:50:51		03:23:37.45	03:23:37.45	+01:44:48 (51.5%)	8:51	6.8 (48.6%)
250	STRZĘPKA Krzysztof	1389	KROKODYLE KOLBUSZOWA	M50	14	00:03:20	00:48:24	01:49:14	02:47:36		03:23:40.95	03:23:40.95	+01:44:52 (51.5%)	8:51	6.8 (48.6%)
250	TABACZYŃSKA Martyna	1215	NIGHT RUNNERS	K20	16	00:03:00	00:52:05	01:57:05	02:54:04		03:23:40.95	03:23:40.95	+01:44:52 (51.5%)	8:51	6.8 (48.6%)
252	STEC Sebastian	1307	SIEMUSZOWA	M40	65	00:01:53	00:50:26	01:56:13	02:51:37		03:23:47.85	03:23:47.85	+01:44:59 (51.5%)	8:51	6.8 (48.6%)
253	KOZIOŁ Łukasz	1036		M30	81	00:02:23	00:48:12	01:57:28	02:53:23		03:24:09.55	03:24:09.55	+01:45:20 (51.6%)	8:52	6.8 (48.6%)
254	KIERSNOWSKA Agnieszka	1223	CYBER ŁANIA	K40	24	00:01:38	00:46:28	01:54:50	02:50:47		03:24:51.45	03:24:51.45	+01:46:02 (51.8%)	8:54	6.7 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		23km	23km		min/km	km/h
255	GREGIER Krzysztof	1429		M40	66	00:02:43	00:49:27	01:56:56	02:51:42		03:25:01.15	03:25:01.15	+01:46:12 (51.8%)	8:54	6.7 (47.9%)
256	WĘGRZYN Radosław	1280		M20	31	00:03:33	00:51:52	01:59:07	02:55:12		03:25:05.70	03:25:05.70	+01:46:16 (51.8%)	8:55	6.7 (47.9%)
257	CZERWIŃSKA Julia	1264		K20	17	00:03:33	00:51:51	01:59:07	02:55:12		03:25:06.10	03:25:06.10	+01:46:17 (51.8%)	8:55	6.7 (47.9%)
258	KWIATKOWSKA Iska	1305	WKURW_TEAM	K30	17		00:47:27	01:56:24	02:52:42		03:25:07.00	03:25:07.00	+01:46:18 (51.8%)	8:55	6.7 (47.9%)
259	BOBALA Krystian	1363		M20	32	00:02:50	00:50:43	01:57:38	02:54:05		03:25:21.10	03:25:21.10	+01:46:32 (51.9%)	8:55	6.7 (47.9%)
260	KARWACKA Aneta	1074	WKURW_TEAM	K40	25	00:01:20	00:47:19	01:56:24	02:52:41		03:25:53.90	03:25:53.90	+01:47:05 (52.0%)	8:57	6.7 (47.9%)
261	HERMANIUK Iwona	1136	TAURUS TEAM	K40	26	00:03:03	00:52:33	02:00:53	02:55:07		03:25:54.75	03:25:54.75	+01:47:06 (52.0%)	8:57	6.7 (47.9%)
262	WYSZYŃSKA Kinga	1218		K30	18	00:03:03	00:52:33	02:00:54	02:55:11		03:25:55.50	03:25:55.50	+01:47:06 (52.0%)	8:57	6.7 (47.9%)
263	PIASEK Paweł	1138	TRIUNLIMITED	M20	33	00:03:05	00:54:07	02:01:54	02:56:21		03:25:57.95	03:25:57.95	+01:47:09 (52.0%)	8:57	6.7 (47.9%)
264	PIASEK Piotr	1139	TRIUNLIMITED	M50	15	00:03:06	00:54:07	02:04:15	02:56:25		03:25:58.40	03:25:58.40	+01:47:09 (52.0%)	8:57	6.7 (47.9%)
265	KIN Rafał	1211	AZS PWSZ KROSNO	M30	82	00:02:31	00:52:24	01:57:46	02:55:10		03:26:25.20	03:26:25.20	+01:47:36 (52.1%)	8:58	6.7 (47.9%)
266	GAŁĄZKA Marcin	1314	ESK EKO SERWIS KOTŁY TEAM	M40	67	00:03:21	00:51:28	01:56:03	02:53:06		03:26:41.50	03:26:41.50	+01:47:52 (52.2%)	8:59	6.7 (47.9%)
267	SIERADZKA Agnieszka	1154	BIEGAJ Z TRENERAMI	K30	19	00:03:09	00:48:15	02:03:36	02:56:49		03:26:46.05	03:26:46.05	+01:47:57 (52.2%)	8:59	6.7 (47.9%)
268	SIERADZKI Dariusz	1024		M30	83	00:03:09	00:48:11	02:07:44	02:56:50		03:26:46.85	03:26:46.85	+01:47:58 (52.2%)	8:59	6.7 (47.9%)
269	DZIANO Łukasz	1014		M30	84	00:02:00	00:51:30	02:14:01	02:58:49		03:26:48.10	03:26:48.10	+01:47:59 (52.2%)	8:59	6.7 (47.9%)
270	ZIÓŁKOWSKA Bożena	1213	WALBA	K40	27	00:02:33	00:49:25	01:56:49	02:55:09		03:29:30.45	03:29:30.45	+01:50:41 (52.8%)	9:06	6.6 (47.1%)
271	SOSZYŃSKI Piotr	1117	GAZELE NA STARCIE	M40	68	00:02:58	00:56:53	01:59:58	02:57:16		03:29:31.55	03:29:31.55	+01:50:42 (52.8%)	9:06	6.6 (47.1%)
272	DANIEL Maria	1414		K30	20	00:03:21	00:53:31	02:00:02	02:53:59		03:29:32.00	03:29:32.00	+01:50:43 (52.8%)	9:06	6.6 (47.1%)
273	BUBICZ Krzysztof	1045	WKURW_TEAM	M30	85	00:02:44	00:50:08	02:02:15	02:56:23		03:29:33.50	03:29:33.50	+01:50:44 (52.8%)	9:06	6.6 (47.1%)
274	DOMANSKI Jarek	1168	GAZELE NA STARCIE	M30	86	00:02:59	00:54:49	01:59:55	02:58:45		03:29:33.60	03:29:33.60	+01:50:44 (52.8%)	9:06	6.6 (47.1%)
275	NIEMIEC Tomasz	1298	NH TEAM	M30	87	00:00:53	00:44:21	01:53:10	02:53:20		03:29:35.35	03:29:35.35	+01:50:46 (52.9%)	9:06	6.6 (47.1%)
276	PANCZENKO Kamil	1412	WKURW_TEAM	M20	34	00:02:54	00:52:19	02:04:29	03:00:03		03:29:37.15	03:29:37.15	+01:50:48 (52.9%)	9:06	6.6 (47.1%)
277	SCHILLER Fryderyk	1167	SCHODY HISZPAŃSKIE	M40	69	00:02:27	00:53:04	02:00:13	02:57:00		03:30:11.60	03:30:11.60	+01:51:22 (53.0%)	9:08	6.6 (47.1%)
278	WRONA Sylwester	1405		M40	70	00:02:41	00:49:42	01:57:00	02:56:20		03:30:55.75	03:30:55.75	+01:52:07 (53.2%)	9:10	6.5 (46.4%)
279	FEDAN Łukasz	1079		M30	88	00:02:44	00:50:16	02:03:45	02:59:02		03:31:17.85	03:31:17.85	+01:52:29 (53.2%)	9:11	6.5 (46.4%)
280	SZEPIELAK Dawid	1246	BIEGANIE SZYDERCÓW	M30	89	00:03:28	00:52:54	01:59:14	02:58:19		03:31:27.55	03:31:27.55	+01:52:38 (53.3%)	9:11	6.5 (46.4%)
281	WYWRÓT Klaudia	1078		K30	21	00:02:43	00:50:17	02:03:45	02:59:01		03:31:28.45	03:31:28.45	+01:52:39 (53.3%)	9:11	6.5 (46.4%)
282	ZABIELSKI Grzegorz	1073	WKURW_TEAM	M40	71	00:01:21	00:48:39	02:01:19	02:55:13		03:32:04.40	03:32:04.40	+01:53:15 (53.4%)	9:13	6.5 (46.4%)
283	GROMADZKA-JĘDRUSZCZAK Renata	1035	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	K40	28	00:02:17	00:51:20	01:57:46	02:58:53		03:32:19.60	03:32:19.60	+01:53:30 (53.5%)	9:13	6.5 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo	Tempo
						2km	6.5km	13km	18.5km		23km	23km		min/km	km/h
284	WILK Rafał	1364	SEKCJA PIASKI	M40	72	00:02:16	00:51:50	01:58:10	02:57:28		03:32:45.35	03:32:45.35	+01:53:56 (53.6%)	9:15	6.5 (46.4%)
285	MOCIO Michał	1362	PRZEMYSKIE SERCA	M30	90	00:02:50	00:50:53	01:57:40	02:58:04		03:32:45.95	03:32:45.95	+01:53:57 (53.6%)	9:15	6.5 (46.4%)
286	STACHOWIAK Aneta	1376		K40	29	00:03:24	00:55:48	02:06:39	03:00:52		03:32:47.10	03:32:47.10	+01:53:58 (53.6%)	9:15	6.5 (46.4%)
287	JANOWICZ Agnieszka	1453		K40	30	00:02:57	00:51:43	02:01:52	03:00:15		03:32:48.25	03:32:48.25	+01:53:59 (53.6%)	9:15	6.5 (46.4%)
288	WAŁĘGA Monika	1313		K30	22	00:03:08	00:52:56	02:07:46	03:02:46		03:32:49.25	03:32:49.25	+01:54:00 (53.6%)	9:15	6.5 (46.4%)
289	KOBIĄŁKA Irek	1316		M40	73	00:03:09	00:52:57	02:07:47	03:02:47		03:32:50.10	03:32:50.10	+01:54:01 (53.6%)	9:15	6.5 (46.4%)
290	GARBOWSKA Monika	1017		K40	31	00:03:26	00:53:16	02:09:39	03:04:37		03:32:51.95	03:32:51.95	+01:54:03 (53.6%)	9:15	6.5 (46.4%)
291	KORDOWSKA-WOCH Katarzyna	1197		K30	23	00:03:29	00:55:57	02:02:09	03:00:51		03:34:59.30	03:34:59.30	+01:56:10 (54.0%)	9:20	6.4 (45.7%)
292	WOCH Sławomir	1422		M30	91	00:03:29	00:55:50	02:02:12	03:00:31		03:34:59.40	03:34:59.40	+01:56:10 (54.0%)	9:20	6.4 (45.7%)
293	JASIURSKI Grzegorz	1340	CORPORA EX ARMARIO	M40	74	00:02:15	00:52:31	02:01:49	03:00:41		03:36:40.30	03:36:40.30	+01:57:51 (54.4%)	9:25	6.4 (45.7%)
294	GOŁOŚ Michał	1347	CORPORA EX ARMARIO	M30	92	00:02:15	00:52:32	02:01:48	03:00:41		03:36:41.00	03:36:41.00	+01:57:52 (54.4%)	9:25	6.4 (45.7%)
295	PAWEŁAS Marta	1382		K30	24	00:02:02	00:48:28	02:04:21	03:02:51		03:36:41.30	03:36:41.30	+01:57:52 (54.4%)	9:25	6.4 (45.7%)
296	PISZCZYGŁOWA Bernadeta	1160		K40	32	00:02:45	00:53:37	02:01:55	03:00:57		03:36:43.50	03:36:43.50	+01:57:54 (54.4%)	9:25	6.4 (45.7%)
297	WIŚNIEWSKI Piotr	1427	PIOTR WIŚNIEWSKI DOUBLE DIGIT	M30	93	00:03:42	00:52:35	02:02:29	03:01:20		03:36:44.60	03:36:44.60	+01:57:55 (54.4%)	9:25	6.4 (45.7%)
298	PABIAŃCZYK Małgorzata	1118		K40	33	00:03:27	00:51:25	02:04:15	03:02:51		03:36:45.65	03:36:45.65	+01:57:56 (54.4%)	9:25	6.4 (45.7%)
299	STAWSKA Joanna	1006	BIEGAJ Z TRENERAMI	K50	4	00:03:06	00:53:27	02:04:49	03:02:08		03:36:47.50	03:36:47.50	+01:57:58 (54.4%)	9:25	6.4 (45.7%)
300	BUTKIEWICZ Mateusz	1295	NOWOSOLSCY BIMBROWNICY	M20	35	00:02:11	00:50:05	02:03:00	03:03:43		03:36:57.15	03:36:57.15	+01:58:08 (54.5%)	9:25	6.4 (45.7%)
301	BACZA Piotr	1426		M40	75	00:02:42	00:49:24	01:56:09	03:01:42		03:37:01.70	03:37:01.70	+01:58:12 (54.5%)	9:26	6.4 (45.7%)
302	PELCZAR Jakub	1337		M30	94	00:02:06	00:52:16	02:03:22	03:02:25		03:37:02.00	03:37:02.00	+01:58:13 (54.5%)	9:26	6.4 (45.7%)
303	GAWCZYŃSKA BACZA Izabela	1425		K40	34	00:02:42	00:49:20	01:56:10	03:01:43		03:37:02.45	03:37:02.45	+01:58:13 (54.5%)	9:26	6.4 (45.7%)
304	WOŹNY Łukasz	1216		M30	95	00:03:16	00:51:37	02:06:23	03:00:04		03:37:04.45	03:37:04.45	+01:58:15 (54.5%)	9:26	6.4 (45.7%)
305	LASZCZYK Anna	1287	LINKLATERS RUNNING TEAM	K30	25	00:01:25	00:47:14	02:11:48	03:01:08		03:37:07.85	03:37:07.85	+01:58:19 (54.5%)	9:26	6.4 (45.7%)
306	SOBOTKA Monika	1288	DZIKIE SKRZYDŁO/WYBIEGANIE MPK	K40	35	00:01:24	00:47:25	02:11:49	03:01:09		03:37:09.70	03:37:09.70	+01:58:20 (54.5%)	9:26	6.4 (45.7%)
307	CHORBIŃSKI Krystian	1338		M30	96	00:02:06	00:52:17	02:03:22	03:02:27		03:37:12.40	03:37:12.40	+01:58:23 (54.5%)	9:26	6.4 (45.7%)
308	BŁOCH Szymon	1303		M20	36	00:02:11	00:50:55	02:01:18	03:02:18		03:37:49.00	03:37:49.00	+01:59:00 (54.6%)	9:28	6.3 (45.0%)
309	BŁOCH Beata	1057	EPOKA NORDICA	K50	5	00:02:10	00:50:59	02:01:17	03:02:26		03:37:52.95	03:37:52.95	+01:59:04 (54.6%)	9:28	6.3 (45.0%)
310	MATUSZAK Jakub	1061	NOWOCZESNYSPORT.PL	M30	97	00:03:16	00:51:38	02:06:29	03:00:05		03:38:01.40	03:38:01.40	+01:59:12 (54.7%)	9:28	6.3 (45.0%)
311	KĘDZIOR Michał	1052	DRUŻYNA SZPIKU	M30	98	00:03:16	00:51:39	02:06:23	03:00:05		03:38:03.00	03:38:03.00	+01:59:14 (54.7%)	9:28	6.3 (45.0%)
312	POSTÓŁ Karolina	1013		K30	26	00:03:26	00:53:38		03:04:53		03:38:52.70	03:38:52.70	+02:00:03 (54.9%)	9:30	6.3 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km			Różn
313	KASPROWICZ Piotr	1439	FUN&RUN	M30	99	00:03:22	00:48:18	02:00:29	03:06:48		03:39:19.80	03:39:19.80	+02:00:31 (54.9%)	9:32	6.3 (45.0%)
314	POLAK Robert	1368		M50	16	00:01:23	00:50:23	02:06:05	03:04:08		03:39:58.30	03:39:58.30	+02:01:09 (55.1%)	9:33	6.3 (45.0%)
315	CHOMIUK Adrian	1325	BIAŁA PODLASKA	M30	100	00:01:51	00:52:55	02:11:11	03:08:40		03:40:35.70	03:40:35.70	+02:01:46 (55.2%)	9:35	6.3 (45.0%)
316	WYDRO Agata	1242	FUN & RUN	K40	36	00:02:19	00:55:30	02:24:13	03:14:56		03:40:56.90	03:40:56.90	+02:02:08 (55.3%)	9:36	6.2 (44.3%)
317	KUCCHARZAK Norbert	1326	JAZZANOVA PUB BIAŁA PODLASKA	M20	37	00:01:50	00:52:57	02:11:11	03:08:41		03:41:31.15	03:41:31.15	+02:02:42 (55.4%)	9:37	6.2 (44.3%)
318	MIERZEJEWSKA Małgorzata	1229	MORSY OSTROLEKA	K30	27	00:03:14	00:58:22	02:08:45	03:06:39		03:42:26.75	03:42:26.75	+02:03:38 (55.6%)	9:40	6.2 (44.3%)
319	CHYLAK Paweł	1054		M30	101	00:01:46	00:47:15	02:00:19	03:04:17		03:42:28.25	03:42:28.25	+02:03:39 (55.6%)	9:40	6.2 (44.3%)
320	SZLICHTYNG Łukasz	1279	CROSSFITTER BOX CHEŁM	M30	102	00:03:34	00:51:26	01:58:46	03:04:28		03:42:38.00	03:42:38.00	+02:03:49 (55.6%)	9:40	6.2 (44.3%)
321	NOWOSADZKI Wojciech	1208		M30	103	00:02:33	00:55:54	02:04:35	03:08:03		03:42:41.85	03:42:41.85	+02:03:53 (55.6%)	9:40	6.2 (44.3%)
322	PAPROCKA Kamila	1400		K20	18		01:00:31	02:16:52	03:10:50		03:42:46.90	03:42:46.90	+02:03:58 (55.6%)	9:41	6.2 (44.3%)
323	WAŻNY Andrzej	1394	TYNEXPOL	M40	76		01:00:31	02:16:51	03:10:51		03:42:48.10	03:42:48.10	+02:03:59 (55.7%)	9:41	6.2 (44.3%)
324	CYPARSKA Anna	1188	-	K40	37	00:02:48	00:51:37	02:05:02	03:07:33		03:42:53.00	03:42:53.00	+02:04:04 (55.7%)	9:41	6.2 (44.3%)
325	CYPARSKI Atrur	1182	-	M40	77	00:02:49	00:51:29	02:05:00	03:07:27		03:42:53.10	03:42:53.10	+02:04:04 (55.7%)	9:41	6.2 (44.3%)
326	KROCZEK Liliana	1007	NIGH RUNNERS	K40	38	00:03:07	00:53:12	02:10:38	03:06:41		03:43:55.05	03:43:55.05	+02:05:06 (55.9%)	9:44	6.2 (44.3%)
327	LASKA Anna	1015	OCR TEAM DĘBICA	K30	28	00:02:18	00:54:57	02:14:46	03:10:54		03:44:04.60	03:44:04.60	+02:05:15 (55.9%)	9:44	6.2 (44.3%)
328	MYŚLIŃSKI Tomasz	1040	BIEGUSIEM.PL	M40	78	00:02:37	00:50:52	02:03:42	03:08:05		03:44:43.80	03:44:43.80	+02:05:55 (56.0%)	9:46	6.1 (43.6%)
329	KUTKOWSKI Jan	1401	HYUNDAI RADOM	M30	104	00:02:38	00:50:52	02:03:42	03:08:06		03:44:45.00	03:44:45.00	+02:05:56 (56.0%)	9:46	6.1 (43.6%)
330	BEDNARSKA Joanna	2151	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K30	29	00:02:56	00:56:30	02:14:07	03:12:22		03:44:46.85	03:44:46.85	+02:05:58 (56.0%)	9:46	6.1 (43.6%)
331	BALON Marcin	1371	VOLUME TRADING	M40	79	00:02:28	00:52:52	02:05:32	03:07:23		03:44:48.25	03:44:48.25	+02:05:59 (56.0%)	9:46	6.1 (43.6%)
332	BIDNIK Jakub	1374		M40	80	00:02:28	00:52:53	02:05:32	03:07:21		03:44:59.85	03:44:59.85	+02:06:11 (56.1%)	9:46	6.1 (43.6%)
333	NALEPA Tomasz	1291		M30	105	00:01:17	00:48:07	02:03:19	03:10:56		03:45:12.90	03:45:12.90	+02:06:24 (56.1%)	9:47	6.1 (43.6%)
334	ZAWADZKA Agnieszka	1064	KLUB SPORTOWY PRESTIGE RZESZÓW	K30	30	00:03:32	00:53:42	02:04:36	03:06:40		03:45:40.65	03:45:40.65	+02:06:51 (56.2%)	9:48	6.1 (43.6%)
335	MAGOŃ Łukasz	1415	HUSARIA RACE TEAM	M30	106	00:02:00	00:55:22	02:10:27	03:05:47		03:45:41.80	03:45:41.80	+02:06:53 (56.2%)	9:48	6.1 (43.6%)
336	KOWALCZYK Ewa	1178	HUSARIA RACE TEAM	K30	31	00:02:39	00:55:05	02:10:27	03:06:13		03:45:44.80	03:45:44.80	+02:06:56 (56.2%)	9:48	6.1 (43.6%)
337	GRUCHAŁA Anna	1012	MK TEAM	K30	32	00:01:59	00:51:54	02:14:00	03:11:28		03:45:45.75	03:45:45.75	+02:06:57 (56.2%)	9:48	6.1 (43.6%)
338	NAKONIECZNY Jacek	1367	SII POWER PEOPLE	M30	107	00:03:19	00:55:06	02:14:36	03:11:57		03:46:34.20	03:46:34.20	+02:07:45 (56.4%)	9:51	6.1 (43.6%)
339	RADYMSKA Małgorzata	1051		K30	33	00:01:51	00:54:54	02:13:17	03:15:34		03:46:55.30	03:46:55.30	+02:08:06 (56.5%)	9:51	6.1 (43.6%)
340	OZIMKOWSKA Judyta	1183		K20	19	00:03:27	00:54:30	02:04:59	03:09:39		03:48:26.90	03:48:26.90	+02:09:38 (56.7%)	9:55	6 (42.9%)
341	KOWALEWSKA Dorota	700	SPARTANIE DZIECIOM	K50	6	00:02:33	00:56:30	02:12:02	03:13:06		03:48:49.95	03:48:49.95	+02:10:01 (56.8%)	9:56	6 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km			
342	KAJCA Jakub	1318	ESKIE STARS	M30	108	00:03:47	01:06:00	02:19:16	03:16:20		03:49:03.20	03:49:03.20	+02:10:14 (56.9%)	9:57	6 (42.9%)
343	PRZYBYŁ Sławomir	1210		M40	81	00:01:41	00:52:34	02:12:42	03:11:38		03:49:03.60	03:49:03.60	+02:10:14 (56.9%)	9:57	6 (42.9%)
344	MACHNIK Marta	1317	BABY W GÓRACH	K20	20	00:03:46	01:06:01	02:19:15	03:16:17		03:49:03.70	03:49:03.70	+02:10:14 (56.9%)	9:57	6 (42.9%)
345	SZTUREMSKA-PRZYBYŁ Agata	1209		K40	39	00:01:42	00:52:41	02:12:40	03:12:21		03:49:04.15	03:49:04.15	+02:10:15 (56.9%)	9:57	6 (42.9%)
346	GAJDA Piotr	1301	#YOLOTEAMKRK	M50	17	00:03:44	00:58:42	02:24:25	03:16:36		03:49:05.75	03:49:05.75	+02:10:17 (56.9%)	9:57	6 (42.9%)
347	KALBARCZYK Izabella	1047	ADIDAS RUNNERS WARSAW	K30	34	00:01:34	00:51:38	02:12:35	03:14:17		03:49:56.20	03:49:56.20	+02:11:07 (57.0%)	9:59	6 (42.9%)
348	ZUBA Rafał	1442		M20	38	00:01:30	00:42:31	01:58:51	03:06:23		03:51:10.80	03:51:10.80	+02:12:22 (57.3%)	10:03	6 (42.9%)
349	CZOCHARA Robert	1083	AMATOR	M40	82	00:03:42	00:52:15	02:21:31	03:12:59		03:51:14.20	03:51:14.20	+02:12:25 (57.3%)	10:03	6 (42.9%)
350	CZOCHARA Marta	1082	AMATOR	K40	40	00:03:41	00:57:19	02:21:32	03:17:57		03:51:14.40	03:51:14.40	+02:12:25 (57.3%)	10:03	6 (42.9%)
351	SZPAKOWSKI Andrzej	155	FUN&RUN	M40	83	00:02:20	00:55:41	02:24:14	03:18:45		03:51:30.35	03:51:30.35	+02:12:41 (57.3%)	10:03	6 (42.9%)
352	WYDRO Rafał	154	FUN&RUN	M40	84	00:02:19	00:55:43	02:24:14	03:18:46		03:51:58.55	03:51:58.55	+02:13:09 (57.4%)	10:05	5.9 (42.1%)
353	WIEDRO Małgorzata	651	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ/WOŹNIAK RUNNING /WKURW_TEAM	K40	41	00:02:56	00:56:29	02:14:09	03:16:19		03:52:10.05	03:52:10.05	+02:13:21 (57.4%)	10:05	5.9 (42.1%)
354	KRZEMIŃSKA Agata	1126	STEFAN TEAM	K50	7	00:02:00	00:58:39	02:18:04	03:17:45		03:52:15.25	03:52:15.25	+02:13:26 (57.5%)	10:05	5.9 (42.1%)
355	BRZOZOWSKA Paulina	1102	STEFAN TEAM	K30	35	00:01:59	00:58:38	02:18:04	03:17:44		03:52:16.90	03:52:16.90	+02:13:28 (57.5%)	10:05	5.9 (42.1%)
356	WOŹNIAK Aleksandra	1103		K30	36	00:02:40	00:58:14	02:18:08	03:17:45		03:52:17.35	03:52:17.35	+02:13:28 (57.5%)	10:05	5.9 (42.1%)
357	IWANIEK Sebastian	1069	BIEGUSIEM.PL	M30	109	00:02:41	00:52:23	02:13:49	03:16:34		03:52:39.45	03:52:39.45	+02:13:50 (57.5%)	10:06	5.9 (42.1%)
358	DRZAŁ Damian	1258		M30	110	00:01:18	00:48:05	02:03:20	03:11:20		03:53:45.85	03:53:45.85	+02:14:57 (57.7%)	10:09	5.9 (42.1%)
359	ROMANOWICZ Karolina	1070	NIGHT RUNNERS POZNAŃ	K30	37	00:02:53	01:00:09	02:21:52	03:20:10		03:53:56.90	03:53:56.90	+02:15:08 (57.8%)	10:10	5.9 (42.1%)
360	DOJS Aleksandra	1088	NIGHT RUNNERS	K30	38	00:02:53	00:54:00	02:30:09	03:26:36		03:54:04.55	03:54:04.55	+02:15:15 (57.8%)	10:10	5.9 (42.1%)
361	KRASOŃ Justyna	1094	TSA SANDOMIERZ	K30	39	00:02:01	00:57:59	02:25:04	03:20:56		03:54:45.45	03:54:45.45	+02:15:56 (57.9%)	10:12	5.9 (42.1%)
362	LESZCZYŃSKI Aleksander	1189	WKURW_TEAM	M30	111	00:03:02	00:58:48	02:13:34	03:17:12		03:55:52.90	03:55:52.90	+02:17:04 (58.1%)	10:15	5.9 (42.1%)
363	LEJA Marek	1026	TAK LUBIĘ SANDOMIERZ	M40	85	00:02:47	00:45:41	02:02:59	03:11:49		03:56:02.35	03:56:02.35	+02:17:13 (58.1%)	10:15	5.8 (41.4%)
364	MAKOSA Konrad	1029	WKURW_TEAM	M40	86	00:03:28	00:59:35	02:14:51	03:20:13		03:57:01.90	03:57:01.90	+02:18:13 (58.3%)	10:18	5.8 (41.4%)
365	SZYMANOWSKA Monika	1151		K40	42	00:03:24	00:56:09	02:25:01	03:21:11		03:57:53.85	03:57:53.85	+02:19:05 (58.5%)	10:20	5.8 (41.4%)
366	OLEKSY Barbara	1206		K30	40	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.00	03:57:54.00	+02:19:05 (58.5%)	10:20	5.8 (41.4%)
366	OLEKSY Przemysław	1205		M40	87	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.00	03:57:54.00	+02:19:05 (58.5%)	10:20	5.8 (41.4%)
368	PIĄSTKA Daniel	1130		M40	88	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.10	03:57:54.10	+02:19:05 (58.5%)	10:20	5.8 (41.4%)
369	GAJDA Beata	1300	#YOLOTEAMKRK	K40	43	00:03:44	00:59:00	02:24:22	03:23:32		03:58:08.50	03:58:08.50	+02:19:19 (58.5%)	10:21	5.8 (41.4%)
370	KRYPIN Marta	1149	JA I ON	K30	41	00:03:28	00:58:32	02:21:55	03:24:06		03:59:04.45	03:59:04.45	+02:20:15 (58.7%)	10:23	5.8 (41.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Kara/ bonifikata	Czas			Tempo min/km	Tempo km/h
						2k	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km		netto 23km	brutto 23km	Różn		
371	GAŚIOREK Kamila	1021		K30	42	00:01:21	00:56:18	02:20:57	03:23:37		03:59:14.65	03:59:14.65	+02:20:25 (58.7%)	10:24	5.8 (41.4%)
372	STRASSBERGER Katarzyna	1198		K50	8	00:02:50	00:58:16	02:22:32	03:22:17		04:00:45.05	04:00:45.05	+02:21:56 (59.0%)	10:28	5.7 (40.7%)
373	SZKAMRUK Małgorzata	1227		K30	43	00:02:50	00:58:15	02:22:32	03:22:15		04:00:45.35	04:00:45.35	+02:21:56 (59.0%)	10:28	5.7 (40.7%)
374	SOT Lucjan	1116	A NIECH TO SZLAK BIEGIEM NA SZLAK	M50	18	00:01:59	00:59:54	02:17:11	03:24:17		04:01:27.55	04:01:27.55	+02:22:38 (59.1%)	10:29	5.7 (40.7%)
375	CHOLEWA Łukasz	1053		M30	112	00:02:16	00:55:16	02:23:20	03:25:21		04:01:29.40	04:01:29.40	+02:22:40 (59.1%)	10:29	5.7 (40.7%)
376	OKOŃSKI Krzysztof	1224		M20	39	00:02:12	01:00:25	02:30:04	03:29:44		04:01:31.75	04:01:31.75	+02:22:43 (59.1%)	10:30	5.7 (40.7%)
377	PAWELEC Justyna	1125	TSA SANDOMIERZ	K30	44	00:03:18	00:59:24	02:24:19	03:24:47		04:03:33.30	04:03:33.30	+02:24:44 (59.4%)	10:35	5.7 (40.7%)
378	WRZOSEK Justyna	1124	TSA SANDOMIERZ	K30	45	00:03:18	00:59:23	02:24:19	03:24:44		04:03:33.40	04:03:33.40	+02:24:44 (59.4%)	10:35	5.7 (40.7%)
379	MARCINIAK Julia	549	NATURAL BORN RUNNERS	K30	46	00:02:42	00:59:26	02:18:27	03:24:33		04:05:10.85	04:05:10.85	+02:26:22 (59.7%)	10:39	5.6 (40.0%)
380	WÓJCIK Łukasz	1355	CYTRYNOWE CURRY???	M30	113	00:03:45	00:59:58	02:14:37	03:22:26		04:06:33.40	04:06:33.40	+02:27:44 (59.9%)	10:43	5.6 (40.0%)
381	FORDOŃSKA Katarzyna	1255	RUNFORFUN	K40	44	00:03:20	01:00:46	02:27:46	03:30:38		04:08:59.25	04:08:59.25	+02:30:10 (60.3%)	10:49	5.5 (39.3%)
382	JAWORSKA Agnieszka	1286		K30	47	00:01:29	00:57:30	02:24:37	03:29:40		04:09:01.10	04:09:01.10	+02:30:12 (60.3%)	10:49	5.5 (39.3%)
383	OSZCZĘDA Marzena	1177	ZARAZIC PASJA	K40	45	00:01:34	00:57:31	02:24:37	03:29:42		04:09:01.95	04:09:01.95	+02:30:13 (60.3%)	10:49	5.5 (39.3%)
384	CZECHOWSKA Izabela	1392	WW TEAM	K40	46	00:03:01	01:06:56	02:30:15	03:33:08		04:09:09.60	04:09:09.60	+02:30:20 (60.3%)	10:49	5.5 (39.3%)
385	JAKUBIEC Justyna	1408	LUBELSKA GRUPA TRIATHLONU	K40	47	00:03:10	01:06:17	02:30:16	03:33:10		04:09:09.65	04:09:09.65	+02:30:20 (60.3%)	10:49	5.5 (39.3%)
386	SKOWROŃ Jakub	1009		M30	114	00:02:44	00:59:02	02:20:23	03:28:11		04:11:03.45	04:11:03.45	+02:32:14 (60.6%)	10:54	5.5 (39.3%)
387	PRZYBYŁA Krzysztof	1090		M40	89	00:02:53	01:06:30	02:31:09	03:36:56		04:12:08.05	04:12:08.05	+02:33:19 (60.8%)	10:57	5.5 (39.3%)
388	SAMEK Artur	1449		M40	90	00:03:10	01:00:34	02:26:01	03:28:47		04:12:40.30	04:12:40.30	+02:33:51 (60.9%)	10:59	5.5 (39.3%)
389	RYSIAWA Joanna	1252	BEZ	K40	48	00:03:20	01:00:45	02:27:43	03:32:44		04:13:27.70	04:13:27.70	+02:34:38 (61.0%)	11:01	5.4 (38.6%)
390	KRZYCH Marcin	1038	POLSOURCE	M30	115	00:02:24	01:00:57	02:19:47	03:31:29		04:13:52.00	04:13:52.00	+02:35:03 (61.1%)	11:02	5.4 (38.6%)
391	GŁOWACKA Aleksandra	1195	MŁODY VS. STARY	K40	49	00:01:09	00:59:52	02:29:27	03:36:58		04:16:41.20	04:16:41.20	+02:37:52 (61.5%)	11:09	5.4 (38.6%)
392	ZIEŃKOWSKA Izabela	166		K30	48	00:02:56	01:03:06	02:31:33	03:39:00		04:16:54.50	04:16:54.50	+02:38:05 (61.5%)	11:10	5.4 (38.6%)
393	WASILEWSKI Marcin	211	WW TEAM	M40	91	00:02:56	01:03:07	02:31:33	03:39:01		04:16:54.95	04:16:54.95	+02:38:06 (61.5%)	11:10	5.4 (38.6%)
394	JASIK Joanna	1050	TSA SANDOMIERZ	K40	50	00:02:01	00:59:39	02:25:08	03:38:37		04:19:21.40	04:19:21.40	+02:40:32 (61.9%)	11:16	5.3 (37.9%)
395	GRĘBOWIEC Dominika	1049	TSA SANDOMIERZ	K30	49	00:02:01	00:58:21	02:25:04	03:38:02		04:19:21.70	04:19:21.70	+02:40:32 (61.9%)	11:16	5.3 (37.9%)
396	PRZYBYŁA Aleksandra	1091		K30	50	00:02:53	01:06:31	02:30:11	03:38:29		04:21:10.30	04:21:10.30	+02:42:21 (62.2%)	11:21	5.3 (37.9%)
397	BĄDZIUL Dorota	1011		K30	51	00:01:17	01:05:24	02:31:20	03:46:49		04:26:06.00	04:26:06.00	+02:47:17 (62.9%)	11:34	5.2 (37.1%)
398	JEZIOREK Józef	1115		M40	92	00:03:07	01:00:13	02:24:00	03:34:46		04:27:01.25	04:27:01.25	+02:48:12 (63.0%)	11:36	5.2 (37.1%)
399	ŁAGOWSKA Katarzyna	1447		K40	51	00:03:12	01:05:22	02:30:39	03:47:34		04:27:56.85	04:27:56.85	+02:49:08 (63.1%)	11:38	5.2 (37.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
400	BORKOWSKA Ewa	1030	WKURW-TEAM	K60	2	00:03:23	01:08:11	02:36:08	03:53:17		04:37:33.60	04:37:33.60	+02:58:44 (64.4%)	12:04	5 (35.7%)
401	REY Andrzej	1184		M40	93	00:03:35	01:00:55	02:38:19			04:46:36.75	04:46:36.75	+03:07:48 (65.5%)	12:27	4.8 (34.3%)
402	MIRECKI Jan	1120		M40	94	00:03:06	01:14:41	02:50:06	04:12:52		05:02:56.15	05:02:56.15	+03:24:07 (67.4%)	13:10	4.6 (32.9%)
	GÓRYŃSKI Rafał	1239		M20		DNF	03:50:46	DNF	DNF		DNF	DNF		-	- (0.0%)
		1495				DNF	03:50:54	DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 404 wynik(ów)