V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

Wydarzenie: Zimowy Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-01-26
Miejsce: Cisna
Dystans: 23 km

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	**BRZĄKALSKI 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**	STALOWOLSKI 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 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
23	**BORDUN Maciej**	**1236**	SIARKA TARNOBRZEG	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-CZEKALSKA 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**	POZYTYWNIE 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_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
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	**WARĘCKA 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	**DRĄŻEK 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_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
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 Michal**	**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	**WAŚNIOWSKI 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	**OLESINSKA 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	**CZEKALSKI 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_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
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**	AKTYWNIE 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 Michal**	**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 Jacekj**	**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**	AKTYWNIE 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 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
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	**MĄCZKA 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 Michal**	**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_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
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	7.5 (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	7.5 (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	7.5 (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	7.5 (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	7.5 (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	7.4 (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	7.4 (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	7.4 (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	7.4 (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	7.4 (52.9%)
178	**GRYNIENKO Pawel**	**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	7.4 (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	7.4 (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	7.4 (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	7.4 (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	7.4 (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	7.4 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.3 (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	7.2 (51.4%)

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
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_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
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 PRZEMYŚL	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 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
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 Pawel**	**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 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
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	**KOBIAŁKA 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_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
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	**KUCHARZAK 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 Malgorzata**	**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 MÓGŁ 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_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
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 Slawomir**	**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	**IWANEK 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	**MĄKOSA 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	**KRYSPIN 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_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
371	**GĄSIOREK 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**	**DNF**		-	- (0.0%)
		1495				DNF	03:50:54 DNF	DNF	DNF		**DNF**	**DNF**		-	- (0.0%)

Znaleziono 404 wynik(ów)