



# VI DYCHA NA JELENI SKOK

B4SPORT

**Wydarzenie:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-06-10  
**Miejsce:** Cisna  
**Dystans:** 12 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	TARASEK Wojciech	4227	#ANDRZEJDLUGOSZTEAM	M30	1	00:57:12.55	00:57:15.35		4:46	12.6 (100%)
2	CABAJ Łukasz	4226	HARPAGAN TARNOBRZEG	M30	2	01:02:46.35	01:02:49.45	+00:05:34 (8.9%)	5:13	11.5 (91.3%)
3	JAKUBIK Marcin	4092	MKS HALICZ PSG KROŚCIENKO	M30	3	01:04:13.60	01:04:17.00	+00:07:01 (10.9%)	5:21	11.2 (88.9%)
4	CHWEDCZUK Robert	4279	ŻÓRAWSKI TEAM	M30	4	01:04:14.30	01:04:18.60	+00:07:03 (11.0%)	5:21	11.2 (88.9%)
5	DULKO Anna	4346		K30	1	01:04:42.10	01:04:46.60	+00:07:31 (11.6%)	5:23	11.1 (88.1%)
6	SZYBIAK Maciej	4307	PRZEMYSKI KLUB BIEGACZA	M20	1	01:09:49.25	01:09:53.05	+00:12:37 (18.1%)	5:49	10.3 (81.7%)
7	KROPIWNICKI Marcin	4068		M30	5	01:10:08.65	01:10:12.20	+00:12:56 (18.4%)	5:50	10.3 (81.7%)
8	SOKOŁOWSKI Marek	4210	ALPIN SPORT TEAM	M50	1	01:10:14.90	01:10:18.90	+00:13:03 (18.6%)	5:51	10.3 (81.7%)
9	LIPA Wojciech	4347	RZESZOWSKIE GAZELE I GEPARDY	M40	1	01:10:22.35	01:10:26.45	+00:13:11 (18.7%)	5:51	10.2 (81.0%)
10	JACHIMOWSKI Jarosław	4223	SANOK BIEGA	M30	6	01:10:52.15	01:10:55.80	+00:13:40 (19.3%)	5:54	10.2 (81.0%)
11	HOŁOWATY Renata	4121	SANOK BIEGA	K30	2	01:10:53.40	01:10:56.15	+00:13:40 (19.3%)	5:54	10.2 (81.0%)
12	LANGNER Tomasz	4020	RKS HUWDU	M20	2	01:12:10.90	01:12:23.75	+00:15:08 (20.9%)	6:00	10 (79.4%)
13	KMIECIK Paweł	4177	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ JAROSŁAW	M30	7	01:14:00.90	01:14:05.50	+00:16:50 (22.7%)	6:10	9.7 (77.0%)
14	MAJKUT Andrzej	4244	HARPAGAN TARNOBRZEG	M40	2	01:14:06.65	01:14:13.60	+00:16:58 (22.9%)	6:10	9.7 (77.0%)
15	MUSIALIK Magdalena	4065	RZESZOWSKIE GAZELE I GEPARDY	K30	3	01:14:29.15	01:14:34.35	+00:17:19 (23.2%)	6:12	9.7 (77.0%)
16	PIĄTEK Beata	4351		K40	1	01:15:14.10	01:15:18.10	+00:18:02 (24.0%)	6:16	9.6 (76.2%)
17	LATUSEK Daniel	4354		M30	8	01:16:05.50	01:16:09.80	+00:18:54 (24.8%)	6:20	9.5 (75.4%)
18	ZAWADZKI Marcin	4091	SZCZWANY TRZMIEL TEAM	M40	3	01:16:30.70	01:16:34.20	+00:19:18 (25.2%)	6:22	9.4 (74.6%)
19	WETHACZ Mateusz	4278		M30	9	01:16:53.95	01:16:57.20	+00:19:41 (25.6%)	6:24	9.4 (74.6%)
20	WŁODARCZAK Jan	4203		M30	10	01:17:00.30	01:17:04.35	+00:19:49 (25.7%)	6:25	9.4 (74.6%)
21	MUCHA Tomasz	4193		M40	4	01:17:44.10	01:17:54.20	+00:20:38 (26.5%)	6:28	9.3 (73.8%)
22	JASIULEWICZ Anna	4315	BIĄŁYSTOK BIEGA TEAM	K50	1	01:17:56.85	01:18:01.65	+00:20:46 (26.6%)	6:29	9.2 (73.0%)
23	JĘDRZEJCZYK Adam	4186		M30	11	01:19:03.15	01:19:07.75	+00:21:52 (27.6%)	6:35	9.1 (72.2%)
24	GAŁUSZKA Tomasz	4304	SKITUROWE BIESZCZADY	M40	5	01:19:16.65	01:19:20.65	+00:22:05 (27.8%)	6:36	9.1 (72.2%)
25	GRZĄDZIEL Darek	4213	COOL SPORT TEAM	M50	2	01:19:37.20	01:19:42.50	+00:22:27 (28.2%)	6:38	9 (71.4%)
26	BODZIOCH Grzegorz	4097		M50	3	01:19:39.20	01:19:47.50	+00:22:32 (28.2%)	6:38	9 (71.4%)
27	KLONOWICZ Stanisław	4252	HUNTERS OCR TEAM	M50	4	01:19:57.35	01:20:02.75	+00:22:47 (28.5%)	6:39	9 (71.4%)
28	ZAJC Tomasz	4158		M50	5	01:20:00.20	01:20:06.65	+00:22:51 (28.5%)	6:40	9 (71.4%)
29	ZABIELSKI Grzegorz	4061		M40	6	01:20:12.45	01:20:25.30	+00:23:09 (28.8%)	6:41	9 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
30	MAMLA Zbigniew	4310	BIEGIEM NA KAWĘ	M50	6	01:22:14.05	01:22:19.05	+00:25:03 (30.4%)	6:51	8.8 (69.8%)
31	JEDLIŃSKI Norbert	4308		M20	3	01:22:05.90	01:22:23.05	+00:25:07 (30.5%)	6:50	8.8 (69.8%)
32	KRYNICKI Jakub	4342	ULTRABIES	M30	12	01:24:35.80	01:24:39.80	+00:27:24 (32.4%)	7:02	8.5 (67.5%)
33	WOJNAROWSKA Weronika	4039		K30	4	01:24:39.50	01:24:46.85	+00:27:31 (32.5%)	7:03	8.5 (67.5%)
34	HAJDUK Witold	4259		M40	7	01:24:32.75	01:24:51.25	+00:27:35 (32.5%)	7:02	8.5 (67.5%)
35	MROCZEK Andrzej	4289	SEKCJA BIEGOWA OIL WARSZAWA	M40	8	01:25:19.65	01:25:27.35	+00:28:12 (33.0%)	7:06	8.4 (66.7%)
36	ZYCHALAK Grzegorz	4084	WODOCIĄGI WARSZAWSKIE	M40	9	01:25:16.30	01:25:44.80	+00:28:29 (33.2%)	7:06	8.4 (66.7%)
37	SZYMAŃSKA Brygida	4305	STRZEGOMSKA DWUNASTKA	K30	5	01:26:02.05	01:26:08.50	+00:28:53 (33.5%)	7:10	8.4 (66.7%)
38	PIKIEWICZ Bartłomiej	4217	PZSF	M40	10	01:26:04.15	01:26:12.90	+00:28:57 (33.6%)	7:10	8.4 (66.7%)
39	GELIOS Maciej	4045		M30	13	01:25:52.95	01:26:19.90	+00:29:04 (33.7%)	7:09	8.4 (66.7%)
40	JANECZEK Justyna	4293		K30	6	01:26:22.10	01:26:32.00	+00:29:16 (33.8%)	7:11	8.3 (65.9%)
41	ULMAN Jerzy	4057		M60	1	01:26:04.95	01:26:39.55	+00:29:24 (33.9%)	7:10	8.4 (66.7%)
42	KOZIARSKI Piotr	4236		M30	14	01:26:17.85	01:26:41.00	+00:29:25 (33.9%)	7:11	8.3 (65.9%)
43	ŚLIWIŃSKI Andrzej	4230		M60	2	01:26:40.90	01:26:46.70	+00:29:31 (34.0%)	7:13	8.3 (65.9%)
44	DOMBROWSKI Sebastian	4088		M20	4	01:26:37.25	01:26:48.65	+00:29:33 (34.0%)	7:13	8.3 (65.9%)
45	KLARECKI Adrian	4228	WIRAN / ASTMA TEAM	M40	11	01:26:27.80	01:26:54.45	+00:29:39 (34.1%)	7:12	8.3 (65.9%)
46	FURMANOWSKA Ania	4296		K30	7	01:27:07.20	01:27:14.60	+00:29:59 (34.4%)	7:15	8.3 (65.9%)
47	ZYCH Rafał	4032	NAJGORSZY JEST WIATR	M40	12	01:27:33.70	01:27:49.95	+00:30:34 (34.8%)	7:17	8.2 (65.1%)
48	ULMAN Bartłomiej	4042		M20	5	01:27:37.30	01:28:13.20	+00:30:57 (35.1%)	7:18	8.2 (65.1%)
49	SAWICKA Agnieszka	4127	GTR GOLUB-DOBRZYŃ	K30	8	01:28:03.45	01:28:14.60	+00:30:59 (35.1%)	7:20	8.2 (65.1%)
50	NAWROT Bartłomiej	4241	KAMIENIOŁOM	M30	15	01:28:32.00	01:28:54.70	+00:31:39 (35.6%)	7:22	8.1 (64.3%)
51	DOMIN Michał	4206		M30	16	01:29:34.55	01:29:47.30	+00:32:31 (36.2%)	7:27	8 (63.5%)
52	KLONOWICZ Patrycja	4248	HUNTERS OCR TEAM	K20	1	01:29:54.00	01:29:59.05	+00:32:43 (36.4%)	7:29	8 (63.5%)
53	KRĘGIELEWSKI Mirosław	4007	7 PBOT	M50	7	01:30:01.50	01:30:13.15	+00:32:57 (36.5%)	7:30	8 (63.5%)
54	KOPERSKI Marcin	4344		M50	8	01:30:08.70	01:30:18.70	+00:33:03 (36.6%)	7:30	8 (63.5%)
55	RABCZEWSKI Kacper	4052	AZS AGH LEKKOATLETYKA	M20	6	01:30:12.00	01:30:20.75	+00:33:05 (36.6%)	7:31	8 (63.5%)
56	BROMIRSKI Maciej	4194		M40	13	01:30:04.85	01:30:28.70	+00:33:13 (36.7%)	7:30	8 (63.5%)
57	BĄK Agnieszka	4082	MORSY OŚNO LUBUSKIE	K40	2	01:30:23.90	01:30:36.50	+00:33:21 (36.8%)	7:31	8 (63.5%)
58	PŁAWECKI Dariusz	4179		M30	17	01:30:35.00	01:30:41.85	+00:33:26 (36.9%)	7:32	7.9 (62.7%)
59	ŚWIECH Grzegorz	4099	GEORGINIA	M40	14	01:30:26.35	01:30:49.20	+00:33:33 (37.0%)	7:32	8 (63.5%)
60	KUNYSZ Paweł	4104	HEXOCEAN	M30	18	01:31:07.10	01:31:12.90	+00:33:57 (37.2%)	7:35	7.9 (62.7%)
61	PUTYRA Damian	4254		M20	7	01:30:58.20	01:31:13.35	+00:33:58 (37.2%)	7:34	7.9 (62.7%)
62	MARSZAŁEK Ewa	4154	KROSSKI REMSPORT	K40	3	01:31:08.55	01:31:14.05	+00:33:58 (37.2%)	7:35	7.9 (62.7%)
63	ŚLUSARZ Marian	4212		M60	3	01:31:28.30	01:31:37.50	+00:34:22 (37.5%)	7:37	7.9 (62.7%)
64	TUNIEWICZ Karolina	4196	PIESKI GÓROM	K20	2	01:31:50.30	01:31:54.70	+00:34:39 (37.7%)	7:39	7.8 (61.9%)
65	GOŚCIŃSKI Andrzej	4185	DUDYCZ RUN	M30	19	01:31:50.95	01:31:55.05	+00:34:39 (37.7%)	7:39	7.8 (61.9%)
66	OCHYRA Karolina	4239		K20	3	01:32:05.80	01:32:08.70	+00:34:53 (37.9%)	7:40	7.8 (61.9%)
67	ZARĘBSKI Piotr	4143		M40	15	01:32:01.45	01:32:10.85	+00:34:55 (37.9%)	7:40	7.8 (61.9%)
68	WRZESIŃSKI Andrzej	4114		M30	20	01:32:07.75	01:32:16.40	+00:35:01 (37.9%)	7:40	7.8 (61.9%)
69	MICHALSKI Rafał	4116	G4 SIEDLCE	M30	21	01:32:14.45	01:32:23.85	+00:35:08 (38.0%)	7:41	7.8 (61.9%)
70	CICHOŃ Sabina	4157		K30	9	01:32:10.00	01:32:24.60	+00:35:09 (38.0%)	7:40	7.8 (61.9%)
71	NIEMCZUK Robert	4334		M40	16	01:31:50.00	01:32:25.80	+00:35:10 (38.1%)	7:39	7.8 (61.9%)
72	SOLARSKI Krystian	4273		M20	8	01:32:20.30	01:32:28.25	+00:35:12 (38.1%)	7:41	7.8 (61.9%)
73	KORZENIOWSKI Xawery	4329	RK ATHLETICS	M20	9	01:32:40.50	01:32:40.50	+00:35:25 (38.2%)	7:43	7.8 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
74	<b>KORZENIOWSKI Robert</b>	<b>4331</b>	RK ATHLETICS	M50	9	<b>01:32:38.35</b>	<b>01:32:42.00</b>	+00:35:26 (38.2%)	7:43	7.8 (61.9%)
75	<b>STRZELECKI Robert</b>	<b>4204</b>		M40	17	<b>01:32:22.85</b>	<b>01:32:55.60</b>	+00:35:40 (38.4%)	7:41	7.8 (61.9%)
76	<b>STAWIARZ Paweł</b>	<b>4190</b>	AW SZYBCIEJ TEAM	M30	22	<b>01:32:53.75</b>	<b>01:33:00.00</b>	+00:35:44 (38.4%)	7:44	7.8 (61.9%)
77	<b>FALKOWSKI Łukasz</b>	<b>4075</b>		M30	23	<b>01:32:59.15</b>	<b>01:33:05.70</b>	+00:35:50 (38.5%)	7:44	7.7 (61.1%)
78	<b>ZAWITKOWSKI Piotr</b>	<b>4036</b>	PIĘKNE I BRODACZE	M50	10	<b>01:32:34.45</b>	<b>01:33:09.20</b>	+00:35:53 (38.5%)	7:42	7.8 (61.9%)
78	<b>DARECKA Katarzyna</b>	<b>4037</b>		K30	10	<b>01:32:36.15</b>	<b>01:33:09.20</b>	+00:35:53 (38.5%)	7:43	7.8 (61.9%)
80	<b>SZEWCZYK Kristyl Krzysztof</b>	<b>4303</b>		M30	24	<b>01:33:17.80</b>	<b>01:33:23.00</b>	+00:36:07 (38.7%)	7:46	7.7 (61.1%)
81	<b>PAPROCKI Michał</b>	<b>4201</b>		M30	25	<b>01:33:16.85</b>	<b>01:33:27.40</b>	+00:36:12 (38.7%)	7:46	7.7 (61.1%)
82	<b>STANISZEWSKA Joanna</b>	<b>4108</b>	SPC	K40	4	<b>01:33:21.70</b>	<b>01:33:28.00</b>	+00:36:12 (38.7%)	7:46	7.7 (61.1%)
83	<b>TWARDY Przemysław</b>	<b>4183</b>		M40	18	<b>01:33:24.50</b>	<b>01:33:29.70</b>	+00:36:14 (38.8%)	7:47	7.7 (61.1%)
84	<b>BANYK-MIELCAREK Marta</b>	<b>4141</b>		K30	11	<b>01:33:28.15</b>	<b>01:33:34.60</b>	+00:36:19 (38.8%)	7:47	7.7 (61.1%)
85	<b>KOPCIUCH Maciej</b>	<b>4059</b>	PODIUM RZESZÓW	M30	26	<b>01:33:42.60</b>	<b>01:33:54.35</b>	+00:36:39 (39.0%)	7:48	7.7 (61.1%)
86	<b>CICHOWLAS Sylwester</b>	<b>4172</b>	AS RUN POZNAŃ	M40	19	<b>01:34:10.80</b>	<b>01:34:26.70</b>	+00:37:11 (39.4%)	7:50	7.6 (60.3%)
87	<b>ROŹKIEWICZ Leszek</b>	<b>4041</b>	GRUBASY	M40	20	<b>01:33:54.80</b>	<b>01:34:30.00</b>	+00:37:14 (39.4%)	7:49	7.7 (61.1%)
88	<b>BANASZAK Paweł</b>	<b>4111</b>		M20	10	<b>01:34:45.45</b>	<b>01:34:50.80</b>	+00:37:35 (39.6%)	7:53	7.6 (60.3%)
89	<b>MARCINIAK Mateusz</b>	<b>4234</b>	ŁODZIANKA TEAM	M20	11	<b>01:35:03.10</b>	<b>01:35:11.80</b>	+00:37:56 (39.9%)	7:55	7.6 (60.3%)
90	<b>ŁUKASIEWICZ Jarosław</b>	<b>4155</b>		M50	11	<b>01:35:30.00</b>	<b>01:35:37.85</b>	+00:38:22 (40.1%)	7:57	7.5 (59.5%)
91	<b>KRUSZEWSKA Asia</b>	<b>4072</b>		K30	12	<b>01:35:30.80</b>	<b>01:35:56.80</b>	+00:38:41 (40.3%)	7:57	7.5 (59.5%)
92	<b>KRUSZEWSKI Filip</b>	<b>4317</b>		M30	27	<b>01:35:31.40</b>	<b>01:35:57.40</b>	+00:38:42 (40.3%)	7:57	7.5 (59.5%)
93	<b>DUSZA Łukasz</b>	<b>4013</b>		M30	28	<b>01:35:48.10</b>	<b>01:35:59.25</b>	+00:38:43 (40.4%)	7:59	7.5 (59.5%)
94	<b>SUŚLIK Robert</b>	<b>4300</b>		M40	21	<b>01:35:53.85</b>	<b>01:36:12.20</b>	+00:38:56 (40.5%)	7:59	7.5 (59.5%)
95	<b>SĄLEK Tomasz</b>	<b>4189</b>		M30	29	<b>01:36:22.65</b>	<b>01:36:32.20</b>	+00:39:16 (40.7%)	8:01	7.5 (59.5%)
96	<b>BARCZAK Joanna</b>	<b>4081</b>	MORSY OŚNO LUBUSKIE	K20	4	<b>01:36:27.75</b>	<b>01:36:41.05</b>	+00:39:25 (40.8%)	8:02	7.5 (59.5%)
97	<b>KOTULSKI Kamil</b>	<b>4268</b>		M30	30	<b>01:36:40.75</b>	<b>01:36:56.20</b>	+00:39:40 (40.9%)	8:03	7.4 (58.7%)
98	<b>LUDWICZAK Hubert</b>	<b>4202</b>		M30	31	<b>01:36:48.00</b>	<b>01:36:57.55</b>	+00:39:42 (40.9%)	8:04	7.4 (58.7%)
99	<b>KOKOSIŃSKI Krzysztof</b>	<b>4110</b>		M20	12	<b>01:36:46.45</b>	<b>01:36:58.20</b>	+00:39:42 (41.0%)	8:03	7.4 (58.7%)
100	<b>ZARZECZNA Agnieszka</b>	<b>4022</b>	ŚWO	K30	13	<b>01:36:56.45</b>	<b>01:37:02.65</b>	+00:39:47 (41.0%)	8:04	7.4 (58.7%)
101	<b>MOSKAL Izabella</b>	<b>4067</b>	TKKF MPK POZNAŃ	K50	2	<b>01:37:00.60</b>	<b>01:37:05.20</b>	+00:39:49 (41.0%)	8:05	7.4 (58.7%)
102	<b>PROTSIV Jarosław</b>	<b>4004</b>		M30	32	<b>01:36:56.85</b>	<b>01:37:07.95</b>	+00:39:52 (41.1%)	8:04	7.4 (58.7%)
102	<b>TYCHONCZUK Kateryna</b>	<b>4276</b>		K30	14	<b>01:36:59.10</b>	<b>01:37:07.95</b>	+00:39:52 (41.1%)	8:04	7.4 (58.7%)
104	<b>PUCHAŁA Karol</b>	<b>4129</b>		M20	13	<b>01:36:45.80</b>	<b>01:37:19.15</b>	+00:40:03 (41.2%)	8:03	7.4 (58.7%)
105	<b>PUCHAŁA Katarzyna</b>	<b>4130</b>		K20	5	<b>01:36:45.45</b>	<b>01:37:19.25</b>	+00:40:03 (41.2%)	8:03	7.4 (58.7%)
106	<b>CHMIELEWSKI Mateusz</b>	<b>4294</b>	HARDBOX	M30	33	<b>01:37:21.35</b>	<b>01:37:43.40</b>	+00:40:28 (41.4%)	8:06	7.4 (58.7%)
107	<b>STEBEL Piotr</b>	<b>4033</b>	PRZEWODNIK	M50	12	<b>01:38:04.35</b>	<b>01:38:10.15</b>	+00:40:54 (41.7%)	8:10	7.3 (57.9%)
108	<b>GANCARZ Barbara</b>	<b>4083</b>		K30	15	<b>01:38:14.30</b>	<b>01:38:24.15</b>	+00:41:08 (41.8%)	8:11	7.3 (57.9%)
109	<b>JODŁOWSKA-ETCHELLS Martyna</b>	<b>4138</b>		K30	16	<b>01:38:19.95</b>	<b>01:38:27.00</b>	+00:41:11 (41.8%)	8:11	7.3 (57.9%)
110	<b>KRAS Patrycja</b>	<b>4249</b>	HUNTERS OCR TEAM	K30	17	<b>01:38:47.35</b>	<b>01:38:52.25</b>	+00:41:36 (42.1%)	8:13	7.3 (57.9%)
111	<b>KOŃCZEWSKA Bożena</b>	<b>4225</b>	MKS HALICZ USTRZYKI DOLNE	K60	1	<b>01:38:32.75</b>	<b>01:38:52.70</b>	+00:41:37 (42.1%)	8:12	7.3 (57.9%)
112	<b>WRÓBEL Bartłomiej</b>	<b>4281</b>	CISNA GÓRĄ	M40	22	<b>01:39:16.30</b>	<b>01:39:20.80</b>	+00:42:05 (42.4%)	8:16	7.3 (57.9%)
113	<b>KRAWCZYK Małgorzata</b>	<b>4010</b>		K30	18	<b>01:39:05.35</b>	<b>01:39:26.55</b>	+00:42:11 (42.4%)	8:15	7.3 (57.9%)
114	<b>IKONIAK Aleksandra</b>	<b>4080</b>	MORSY OŚNO LUBUSKIE	K40	5	<b>01:39:14.25</b>	<b>01:39:28.00</b>	+00:42:12 (42.4%)	8:16	7.3 (57.9%)
115	<b>KLAŻYŃSKA Natalia</b>	<b>4256</b>		K30	19	<b>01:39:24.60</b>	<b>01:39:30.55</b>	+00:42:15 (42.5%)	8:17	7.2 (57.1%)
116	<b>KRAWCZYK Michał</b>	<b>4216</b>		M30	34	<b>01:39:18.65</b>	<b>01:39:40.50</b>	+00:42:25 (42.6%)	8:16	7.3 (57.9%)
117	<b>STREMLER Krzysztof</b>	<b>4170</b>		M40	23	<b>01:39:20.90</b>	<b>01:39:40.70</b>	+00:42:25 (42.6%)	8:16	7.2 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
118	<b>BIŃCZARSKA Monika</b>	<b>4253</b>	WKB MARATOŃCZYK WŁOCLAWEK	K40	6	<b>01:39:43.95</b>	<b>01:39:59.25</b>	+00:42:43 (42.7%)	8:18	7.2 (57.1%)
119	<b>GAŁUSZKA Mariusz</b>	<b>4325</b>	SKITUROWE BIESZCZADY	M40	24	<b>01:40:24.15</b>	<b>01:40:28.55</b>	+00:43:13 (43.0%)	8:22	7.2 (57.1%)
120	<b>KRASUSKI Piotr</b>	<b>4355</b>	G4	M40	25	<b>01:40:53.10</b>	<b>01:41:02.90</b>	+00:43:47 (43.3%)	8:24	7.1 (56.3%)
121	<b>GUZ Łukasz</b>	<b>4181</b>		M40	26	<b>01:40:50.85</b>	<b>01:41:16.55</b>	+00:44:01 (43.5%)	8:24	7.1 (56.3%)
122	<b>WANDYCZ Justyna</b>	<b>4207</b>	HOCZEW TEAM	K30	20	<b>01:41:06.65</b>	<b>01:41:25.45</b>	+00:44:10 (43.5%)	8:25	7.1 (56.3%)
123	<b>WANDYCZ Mariusz</b>	<b>4345</b>	KOLKA TEAM LUBAŃ	M30	35	<b>01:41:06.35</b>	<b>01:41:25.95</b>	+00:44:10 (43.6%)	8:25	7.1 (56.3%)
124	<b>KRUCZYK Marcin</b>	<b>4192</b>		M40	27	<b>01:41:35.40</b>	<b>01:41:45.80</b>	+00:44:30 (43.7%)	8:27	7.1 (56.3%)
125	<b>ZARZYCZNA Monika</b>	<b>4069</b>	SAVE	K40	7	<b>01:41:42.45</b>	<b>01:41:52.75</b>	+00:44:37 (43.8%)	8:28	7.1 (56.3%)
126	<b>MIELCAREK Maciej</b>	<b>4140</b>		M40	28	<b>01:41:46.70</b>	<b>01:41:56.10</b>	+00:44:40 (43.8%)	8:28	7.1 (56.3%)
127	<b>ZARĘBA Jolanta</b>	<b>4245</b>		K50	3	<b>01:41:58.05</b>	<b>01:42:10.65</b>	+00:44:55 (44.0%)	8:29	7.1 (56.3%)
128	<b>HAWRYLAK Kasia</b>	<b>4275</b>		K20	6	<b>01:42:22.70</b>	<b>01:42:31.05</b>	+00:45:15 (44.2%)	8:31	7 (55.6%)
129	<b>FUDALI Jacek</b>	<b>4272</b>		M30	36	<b>01:42:35.35</b>	<b>01:42:45.45</b>	+00:45:30 (44.3%)	8:32	7 (55.6%)
130	<b>STASZCZYK Anna</b>	<b>4089</b>	BKB CZARNA PERŁA	K30	21	<b>01:42:32.15</b>	<b>01:42:49.00</b>	+00:45:33 (44.3%)	8:32	7 (55.6%)
131	<b>STASZCZYK Michał</b>	<b>4255</b>	BKB CZARNA PERŁA	M30	37	<b>01:42:34.85</b>	<b>01:42:50.60</b>	+00:45:35 (44.3%)	8:32	7 (55.6%)
132	<b>SOŁGAŁA Tomasz</b>	<b>4335</b>		M40	29	<b>01:42:46.65</b>	<b>01:43:01.65</b>	+00:45:46 (44.4%)	8:33	7 (55.6%)
133	<b>SOSNOWSKA Marlena</b>	<b>4297</b>		K30	22	<b>01:42:51.70</b>	<b>01:43:12.70</b>	+00:45:57 (44.5%)	8:34	7 (55.6%)
134	<b>SOSNOWSKI Rafał</b>	<b>4302</b>	ZAJĄC	M30	38	<b>01:42:52.20</b>	<b>01:43:12.80</b>	+00:45:57 (44.5%)	8:34	7 (55.6%)
135	<b>ZALAS Anna</b>	<b>4274</b>		K40	8	<b>01:43:02.85</b>	<b>01:43:18.75</b>	+00:46:03 (44.6%)	8:35	7 (55.6%)
136	<b>STACHOWSKA Marta</b>	<b>4146</b>	ZABIEGANI IMIELIN	K30	23	<b>01:43:10.75</b>	<b>01:43:28.50</b>	+00:46:13 (44.7%)	8:35	7 (55.6%)
137	<b>WITKA Piotr</b>	<b>4349</b>		M50	13	<b>01:44:11.65</b>	<b>01:44:23.90</b>	+00:47:08 (45.2%)	8:40	6.9 (54.8%)
138	<b>KUNKEL Anna</b>	<b>4277</b>	PGB SPORTOWA PACZKA	K40	9	<b>01:44:31.00</b>	<b>01:44:38.55</b>	+00:47:23 (45.3%)	8:42	6.9 (54.8%)
139	<b>KRZESZEWSKI Gracjan</b>	<b>4267</b>		M20	14	<b>01:44:27.40</b>	<b>01:44:42.00</b>	+00:47:26 (45.3%)	8:42	6.9 (54.8%)
140	<b>WOJNECKI Marcin</b>	<b>4090</b>		M40	30	<b>01:44:33.45</b>	<b>01:44:44.05</b>	+00:47:28 (45.3%)	8:42	6.9 (54.8%)
141	<b>FIEDORCZUK Łukasz</b>	<b>4280</b>	BIMBER RUNNERS	M40	31	<b>01:45:03.75</b>	<b>01:45:18.45</b>	+00:48:03 (45.6%)	8:45	6.9 (54.8%)
142	<b>PAWLIK Bartek</b>	<b>4102</b>		M30	39	<b>01:45:23.05</b>	<b>01:45:33.60</b>	+00:48:18 (45.8%)	8:46	6.8 (54.0%)
143	<b>PAŹDZIERZ Kaja</b>	<b>4133</b>		K40	10	<b>01:45:11.10</b>	<b>01:45:35.80</b>	+00:48:20 (45.8%)	8:45	6.8 (54.0%)
144	<b>JANIAK Leszek</b>	<b>4016</b>	KUTNO BIEGA	M30	40	<b>01:45:35.65</b>	<b>01:45:44.10</b>	+00:48:28 (45.8%)	8:47	6.8 (54.0%)
145	<b>GAŁECKA Dagmara</b>	<b>4290</b>		K40	11	<b>01:46:04.25</b>	<b>01:46:17.60</b>	+00:49:02 (46.1%)	8:50	6.8 (54.0%)
146	<b>WIŚNIEWSKA Justyna</b>	<b>4353</b>		K30	24	<b>01:46:14.15</b>	<b>01:46:21.25</b>	+00:49:05 (46.2%)	8:51	6.8 (54.0%)
147	<b>MARZEC Konrad</b>	<b>4309</b>	ROZBIEGANE MICHAŁOWICE	M30	41	<b>01:46:17.00</b>	<b>01:46:24.20</b>	+00:49:08 (46.2%)	8:51	6.8 (54.0%)
148	<b>LEWANDOWSKI Paweł</b>	<b>4219</b>	BIAŁE MORSY GOSTYNIN- KUTNO	M40	32	<b>01:46:20.90</b>	<b>01:46:29.20</b>	+00:49:13 (46.2%)	8:51	6.8 (54.0%)
149	<b>SOBIERAJ Marta</b>	<b>4142</b>		K30	25	<b>01:46:20.85</b>	<b>01:46:31.95</b>	+00:49:16 (46.3%)	8:51	6.8 (54.0%)
150	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>4156</b>	HARDE DZIKI	K40	12	<b>01:46:28.85</b>	<b>01:46:36.90</b>	+00:49:21 (46.3%)	8:52	6.8 (54.0%)
151	<b>UJMA Paweł</b>	<b>4094</b>		M40	33	<b>01:47:20.65</b>	<b>01:47:43.30</b>	+00:50:27 (46.8%)	8:56	6.7 (53.2%)
152	<b>UJMA Paweł</b>	<b>4093</b>		M40	34	<b>01:47:21.60</b>	<b>01:47:44.10</b>	+00:50:28 (46.9%)	8:56	6.7 (53.2%)
153	<b>WODNICKI Karol</b>	<b>4063</b>		M20	15	<b>01:47:44.45</b>	<b>01:48:18.10</b>	+00:51:02 (47.1%)	8:58	6.7 (53.2%)
154	<b>KUMELSKA Monika</b>	<b>4198</b>	BE ACTIVE LEŚNA	K30	26	<b>01:48:10.65</b>	<b>01:48:29.50</b>	+00:51:14 (47.2%)	9:00	6.7 (53.2%)
155	<b>HOŁYŚ Justyna</b>	<b>4224</b>	BIEGANIE SZYDERCÓW	K30	27	<b>01:48:05.35</b>	<b>01:48:37.55</b>	+00:51:22 (47.3%)	9:00	6.7 (53.2%)
156	<b>ZAJĄC Maciej</b>	<b>4271</b>	DREAM TRI TEAM	M40	35	<b>01:48:05.80</b>	<b>01:48:39.75</b>	+00:51:24 (47.3%)	9:00	6.7 (53.2%)
157	<b>WODNICKI Rafał</b>	<b>4062</b>		M40	36	<b>01:48:09.15</b>	<b>01:48:42.50</b>	+00:51:27 (47.3%)	9:00	6.7 (53.2%)
158	<b>BIEL Sebastian</b>	<b>4324</b>	BIEGANIE SZYDERCÓW	M30	42	<b>01:48:15.75</b>	<b>01:48:47.15</b>	+00:51:31 (47.4%)	9:01	6.7 (53.2%)
159	<b>RAKOWSKI Mateusz</b>	<b>4148</b>		M20	16	<b>01:48:44.10</b>	<b>01:49:11.20</b>	+00:51:55 (47.6%)	9:03	6.6 (52.4%)
160	<b>CUDNY Paula</b>	<b>4208</b>		K30	28	<b>01:49:02.15</b>	<b>01:49:13.80</b>	+00:51:58 (47.6%)	9:05	6.6 (52.4%)
161	<b>ADAMUS Dawid</b>	<b>4240</b>		M30	43	<b>01:48:58.25</b>	<b>01:49:14.30</b>	+00:51:58 (47.6%)	9:04	6.6 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
162	<b>SPORNIAK Krzysztof</b>	<b>4319</b>		M30	44	<b>01:49:01.60</b>	<b>01:49:21.60</b>	+00:52:06 (47.6%)	9:05	6.6 (52.4%)
163	<b>GREGUŁA Joanna</b>	<b>4229</b>	KM TEAM	K30	29	<b>01:50:03.45</b>	<b>01:50:11.10</b>	+00:52:55 (48.0%)	9:10	6.5 (51.6%)
164	<b>GRZEJSZCZAK Tomasz</b>	<b>4286</b>	EXC MOBILE TEAM	M20	17	<b>01:50:00.35</b>	<b>01:50:12.15</b>	+00:52:56 (48.0%)	9:10	6.5 (51.6%)
165	<b>FRAĆ Bartłomiej</b>	<b>4046</b>	KUTNO BIEGA	M40	37	<b>01:50:11.20</b>	<b>01:50:19.85</b>	+00:53:04 (48.1%)	9:10	6.5 (51.6%)
166	<b>KLEINGARTNER Aneta</b>	<b>4211</b>	TEAMRUN UD	K40	13	<b>01:49:54.85</b>	<b>01:50:22.70</b>	+00:53:07 (48.1%)	9:09	6.6 (52.4%)
167	<b>GOSTYŃSKA Beata</b>	<b>4134</b>	DZIKI Z POLANKI	K40	14	<b>01:49:58.00</b>	<b>01:50:34.70</b>	+00:53:19 (48.2%)	9:09	6.5 (51.6%)
168	<b>PIECHOCKI Robert</b>	<b>4144</b>	DZIKI Z POLANKI	M50	14	<b>01:49:57.65</b>	<b>01:50:34.75</b>	+00:53:19 (48.2%)	9:09	6.5 (51.6%)
169	<b>STEFANIAK Piotr</b>	<b>4005</b>	LĘBORSKI BIEGACZ	M60	4	<b>01:51:30.25</b>	<b>01:51:41.70</b>	+00:54:26 (48.7%)	9:17	6.5 (51.6%)
170	<b>BARCZYK Agnieszka</b>	<b>4341</b>		K50	4	<b>01:51:34.70</b>	<b>01:51:54.10</b>	+00:54:38 (48.8%)	9:17	6.5 (51.6%)
171	<b>SZAL Katarzyna</b>	<b>4376</b>		K40	15	<b>01:51:21.95</b>	<b>01:51:57.20</b>	+00:54:41 (48.9%)	9:16	6.5 (51.6%)
172	<b>MAZEK Emilia</b>	<b>4231</b>		K30	30	<b>01:51:44.35</b>	<b>01:52:02.70</b>	+00:54:47 (48.9%)	9:18	6.4 (50.8%)
173	<b>SOKOŁOWSKI Artur</b>	<b>4200</b>	TEAM ZABIEGANEDNI	M40	38	<b>01:52:18.50</b>	<b>01:52:36.75</b>	+00:55:21 (49.2%)	9:21	6.4 (50.8%)
174	<b>PAWELEC Maria</b>	<b>4117</b>		K30	31	<b>01:52:01.35</b>	<b>01:52:39.35</b>	+00:55:24 (49.2%)	9:20	6.4 (50.8%)
175	<b>RYBKA Jan</b>	<b>4122</b>	RYBENS HUTTE	M30	45	<b>01:52:24.60</b>	<b>01:52:45.85</b>	+00:55:30 (49.2%)	9:22	6.4 (50.8%)
176	<b>RYBKA Agnieszka</b>	<b>4123</b>	RYBENS HUTTE	K40	16	<b>01:52:25.80</b>	<b>01:52:46.20</b>	+00:55:30 (49.2%)	9:22	6.4 (50.8%)
177	<b>MAKSYMOWICZ Marek</b>	<b>4336</b>	NIE DOTYCZY	M50	15	<b>01:52:48.05</b>	<b>01:52:55.70</b>	+00:55:40 (49.3%)	9:24	6.4 (50.8%)
178	<b>JAKIELASZEK Maciej</b>	<b>4096</b>	CHCIAŁEM 28KM, ALE ZŁ DYZIU KAZAŁ 12	M30	46	<b>01:52:48.85</b>	<b>01:52:59.55</b>	+00:55:44 (49.3%)	9:24	6.4 (50.8%)
179	<b>ZYCH Ewa</b>	<b>4074</b>	NAJGORSZY JEST WIATR	K40	17	<b>01:52:41.35</b>	<b>01:53:00.00</b>	+00:55:44 (49.3%)	9:23	6.4 (50.8%)
180	<b>MARUSZAK-KOBAS Małgorzata</b>	<b>4035</b>	NAJGORSZY JEST WIATR	K40	18	<b>01:53:15.95</b>	<b>01:53:34.50</b>	+00:56:19 (49.6%)	9:26	6.4 (50.8%)
181	<b>JABŁOŃSKI Paweł</b>	<b>4176</b>		M30	47	<b>01:53:19.05</b>	<b>01:53:52.00</b>	+00:56:36 (49.7%)	9:26	6.4 (50.8%)
182	<b>WOLIŃSKA Agnieszka</b>	<b>4095</b>	KUTNO BIEGA	K40	19	<b>01:53:46.15</b>	<b>01:53:59.75</b>	+00:56:44 (49.8%)	9:28	6.3 (50.0%)
183	<b>ULANOWSKA-PANIW Małgorzata</b>	<b>4322</b>		K40	20	<b>01:53:50.70</b>	<b>01:54:19.50</b>	+00:57:04 (49.9%)	9:29	6.3 (50.0%)
184	<b>RĘPALSKI Krzysztof</b>	<b>4149</b>		M30	48	<b>01:54:12.75</b>	<b>01:54:45.60</b>	+00:57:30 (50.1%)	9:31	6.3 (50.0%)
185	<b>KARWACKA Aneta</b>	<b>4060</b>		K40	21	<b>01:54:35.45</b>	<b>01:54:49.10</b>	+00:57:33 (50.1%)	9:32	6.3 (50.0%)
186	<b>SZULĘCKI Andrzej</b>	<b>4283</b>	EXC MOBILE TEAM	M40	39	<b>01:54:46.05</b>	<b>01:54:59.35</b>	+00:57:44 (50.2%)	9:33	6.3 (50.0%)
187	<b>MROCZEK Mariola</b>	<b>4340</b>		K50	5	<b>01:54:50.65</b>	<b>01:55:00.45</b>	+00:57:45 (50.2%)	9:34	6.3 (50.0%)
188	<b>ZAKRZACKI Damian</b>	<b>4321</b>		M30	49	<b>01:54:32.30</b>	<b>01:55:03.35</b>	+00:57:48 (50.2%)	9:32	6.3 (50.0%)
189	<b>DINTER Marta</b>	<b>4152</b>		K20	7	<b>01:55:31.10</b>	<b>01:55:50.80</b>	+00:58:35 (50.6%)	9:37	6.2 (49.2%)
190	<b>CIUPIŃSKA Magda</b>	<b>4214</b>	BRAK	K40	22	<b>01:55:31.10</b>	<b>01:56:00.00</b>	+00:58:44 (50.6%)	9:37	6.2 (49.2%)
191	<b>ŁUKASIAK Tomasz</b>	<b>4023</b>		M30	50	<b>01:56:21.20</b>	<b>01:56:37.50</b>	+00:59:22 (50.9%)	9:41	6.2 (49.2%)
192	<b>MIRKIEWICZ Barbara</b>	<b>4174</b>		K30	32	<b>01:56:29.20</b>	<b>01:56:41.75</b>	+00:59:26 (50.9%)	9:42	6.2 (49.2%)
193	<b>FRAĆKOWIAK Ireneusz</b>	<b>4197</b>		M40	40	<b>01:56:20.60</b>	<b>01:56:45.45</b>	+00:59:30 (51.0%)	9:41	6.2 (49.2%)
194	<b>GIERA Magdalena</b>	<b>4250</b>		K30	33	<b>01:56:34.40</b>	<b>01:56:46.35</b>	+00:59:31 (51.0%)	9:42	6.2 (49.2%)
195	<b>KRYSIAK Małgorzata</b>	<b>4043</b>		K30	34	<b>01:57:01.55</b>	<b>01:57:12.15</b>	+00:59:56 (51.1%)	9:45	6.2 (49.2%)
196	<b>KALISZ Renata</b>	<b>4098</b>		K40	23	<b>01:57:22.00</b>	<b>01:57:30.75</b>	+01:00:15 (51.3%)	9:46	6.1 (48.4%)
197	<b>TUROWSKI Łukasz</b>	<b>4131</b>	BIEGAM DLA SIEBIE	M30	51	<b>01:57:51.45</b>	<b>01:58:13.60</b>	+01:00:58 (51.6%)	9:49	6.1 (48.4%)
198	<b>ANDRASZ Paweł</b>	<b>4188</b>		M20	18	<b>01:58:08.40</b>	<b>01:58:22.35</b>	+01:01:07 (51.6%)	9:50	6.1 (48.4%)
199	<b>MISIAK Paweł</b>	<b>4119</b>		M30	52	<b>01:58:04.00</b>	<b>01:58:27.90</b>	+01:01:12 (51.7%)	9:50	6.1 (48.4%)
200	<b>RABCZEWSKA Elżbieta</b>	<b>4051</b>	MKS MECHANIK WŁODAWA	K50	6	<b>01:58:24.80</b>	<b>01:58:45.60</b>	+01:01:30 (51.8%)	9:52	6.1 (48.4%)
201	<b>KETNER Joanna</b>	<b>4049</b>		K20	8	<b>01:58:46.75</b>	<b>01:59:02.15</b>	+01:01:46 (51.9%)	9:53	6.1 (48.4%)
202	<b>SZNAJDER Joanna</b>	<b>4209</b>		K40	24	<b>01:59:01.90</b>	<b>01:59:08.65</b>	+01:01:53 (51.9%)	9:55	6 (47.6%)
203	<b>KOCZUR Grażyna</b>	<b>4165</b>		K40	25	<b>01:59:05.35</b>	<b>01:59:22.35</b>	+01:02:07 (52.0%)	9:55	6 (47.6%)
204	<b>KOCZUR Krzysztof</b>	<b>4164</b>		M40	41	<b>01:59:05.25</b>	<b>01:59:23.50</b>	+01:02:08 (52.0%)	9:55	6 (47.6%)
205	<b>KOZIEŁ Krzysztof</b>	<b>4288</b>	EXC MOBILE TEAM	M40	42	<b>01:59:31.15</b>	<b>01:59:45.65</b>	+01:02:30 (52.2%)	9:57	6 (47.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
206	KORZENIOWSKA Justyna	4330	RK ATHLETICS	K40	26	01:59:55.50	01:59:58.55	+01:02:43 (52.3%)	9:59	6 (47.6%)
207	KORZENIOWSKI Maksymilian	4328	RK ATHLETICS	M20	19	01:59:55.80	01:59:58.90	+01:02:43 (52.3%)	9:59	6 (47.6%)
208	SADURA Anna	4118		K40	27	01:59:59.15	02:00:22.40	+01:03:07 (52.4%)	9:59	6 (47.6%)
209	KĄŁKA Marcin	4318		M30	53	02:00:11.10	02:00:38.15	+01:03:22 (52.5%)	10:00	6 (47.6%)
210	CHABER Katarzyna	4352		K40	28	02:00:16.10	02:00:41.20	+01:03:25 (52.6%)	10:01	6 (47.6%)
211	DOMŻOŁ Radosław	4337		M20	20	02:00:06.55	02:00:45.40	+01:03:30 (52.6%)	10:00	6 (47.6%)
212	DOBROGOST Katarzyna	4160	DECEPTICON GYM	K30	35	02:00:19.95	02:00:48.55	+01:03:33 (52.6%)	10:01	6 (47.6%)
213	KNAP Elżbieta	4055		K50	7	02:00:30.05	02:00:50.70	+01:03:35 (52.6%)	10:02	6 (47.6%)
214	MALITEK Krzysztof	4163	DECEPTICON GYM	M50	16	02:00:24.15	02:00:51.45	+01:03:36 (52.6%)	10:02	6 (47.6%)
215	HOŁYŚ Marcin	4299		M30	54	02:00:38.55	02:01:08.85	+01:03:53 (52.7%)	10:03	6 (47.6%)
216	KOLASA Marta	4264		K30	36	02:00:56.80	02:01:14.55	+01:03:59 (52.8%)	10:04	6 (47.6%)
217	BIELUŃ Adrian	4265	PURA VIDA TEAM	M30	55	02:00:57.90	02:01:14.85	+01:03:59 (52.8%)	10:04	6 (47.6%)
218	NOWAK-ŚWIDERGOŁ Patrycja	4242		K30	37	02:01:00.60	02:01:16.05	+01:04:00 (52.8%)	10:05	6 (47.6%)
219	KRZESZEWSKI Krzysztof	4266		M40	43	02:01:12.90	02:01:27.05	+01:04:11 (52.9%)	10:06	5.9 (46.8%)
220	SZELEST Małgorzata	4064		K50	8	02:01:21.85	02:01:30.75	+01:04:15 (52.9%)	10:06	5.9 (46.8%)
221	MIKULSKI Zdzisław	4066		M50	17	02:01:46.55	02:01:57.35	+01:04:42 (53.1%)	10:08	5.9 (46.8%)
222	PRZYBYLSKI Wittek	4338	MUAY RUNNING TEAM	M40	44	02:01:50.65	02:02:20.55	+01:05:05 (53.2%)	10:09	5.9 (46.8%)
223	BALCERZAK Agnieszka	4030		K40	29	02:02:09.40	02:02:40.30	+01:05:24 (53.3%)	10:10	5.9 (46.8%)
224	MAKSELON Jan	4070		M30	56	02:02:51.70	02:03:21.40	+01:06:06 (53.6%)	10:14	5.9 (46.8%)
225	MODZELEWSKA-KRYSA Magda	4306		K40	30	02:02:59.10	02:03:27.40	+01:06:12 (53.6%)	10:14	5.9 (46.8%)
226	RZEŹNIK Stanisław	4173		M40	45	02:02:54.45	02:03:28.60	+01:06:13 (53.6%)	10:14	5.9 (46.8%)
227	MICHNIAK Gabriela	4169		K30	38	02:03:24.85	02:03:32.10	+01:06:16 (53.7%)	10:17	5.8 (46.0%)
228	PIETRZAK Laura	4167		K30	39	02:03:34.65	02:03:51.25	+01:06:35 (53.8%)	10:17	5.8 (46.0%)
229	GOŁĘBIEWSKA-TYTZ Kamilla	4171		K40	31	02:03:32.85	02:04:05.30	+01:06:49 (53.9%)	10:17	5.8 (46.0%)
230	OLSZEWSKI Michał	4086	BIEGAM DLA SIEBIE	M40	46	02:03:50.15	02:04:07.10	+01:06:51 (53.9%)	10:19	5.8 (46.0%)
231	GRABAREK Justyna	4348	NOSTROMO	K40	32	02:04:09.00	02:04:15.95	+01:07:00 (53.9%)	10:20	5.8 (46.0%)
232	PIEKUT Monika	4161	DECEPTICON GYM	K40	33	02:04:00.00	02:04:28.05	+01:07:12 (54.0%)	10:20	5.8 (46.0%)
233	CYBULSKA Dorota	4115		K30	40	02:04:05.05	02:04:29.65	+01:07:14 (54.0%)	10:20	5.8 (46.0%)
234	RADYK Joanna	4159		K40	34	02:04:06.65	02:04:30.80	+01:07:15 (54.0%)	10:20	5.8 (46.0%)
235	KRUCZYK Magdalena	4343		K40	35	02:04:01.75	02:04:31.45	+01:07:16 (54.0%)	10:20	5.8 (46.0%)
236	SERAFINOWICZ Katarzyna	4332	#NOLIMITS	K20	9	02:04:11.60	02:04:43.00	+01:07:27 (54.1%)	10:20	5.8 (46.0%)
237	SOBOTA Michał	4339	NAJLEPIEJ SIĘ OBALA PÓŁ LITRA U ZIOMALA	M20	21	02:04:10.80	02:04:43.10	+01:07:27 (54.1%)	10:20	5.8 (46.0%)
238	WOŹNIAK Lidia	4145	PORMAT JEDLICZE BIEGA	K50	9	02:04:35.80	02:04:48.20	+01:07:32 (54.1%)	10:22	5.8 (46.0%)
239	WALISZEWSKA-PLEWA Izabela	4053		K40	36	02:05:02.65	02:05:25.80	+01:08:10 (54.4%)	10:25	5.8 (46.0%)
240	PIECHOWSKA Magda	4048	FABRYKA DZIKA	K30	41	02:06:12.70	02:06:19.00	+01:09:03 (54.7%)	10:31	5.7 (45.2%)
241	ZDROJEWSKI Dominik	4101		M40	47	02:06:20.55	02:06:26.35	+01:09:11 (54.7%)	10:31	5.7 (45.2%)
242	PIETRZYK Marzena	4024		K40	37	02:06:10.80	02:06:39.70	+01:09:24 (54.8%)	10:30	5.7 (45.2%)
243	KORPAK Marta	4113		K30	42	02:06:23.40	02:06:40.90	+01:09:25 (54.8%)	10:31	5.7 (45.2%)
244	URBAŃSKA Sylwia	4087	BIEGAM DLA SIEBIE	K40	38	02:06:24.10	02:06:41.30	+01:09:25 (54.8%)	10:32	5.7 (45.2%)
245	DAWID Marysia	4178	WYDMUSZKA	K20	10	02:07:20.45	02:07:25.65	+01:10:10 (55.1%)	10:36	5.7 (45.2%)
246	MUNIAK Ewa	4106		K40	39	02:09:05.30	02:09:22.00	+01:12:06 (55.7%)	10:45	5.6 (44.4%)
247	KOPACZEWSKA Agnieszka	4107	BRAK	K50	10	02:09:06.05	02:09:22.90	+01:12:07 (55.7%)	10:45	5.6 (44.4%)
248	NEUMANN Monika	4128		K30	43	02:09:35.30	02:09:54.60	+01:12:39 (55.9%)	10:47	5.6 (44.4%)
249	MARCINIAK Barbara	4085	RADOMNO BIEGA	K40	40	02:09:56.65	02:10:12.55	+01:12:57 (56.0%)	10:49	5.5 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
250	LITWA Łukasz	4151	FOREVER TEAM	M40	48	02:10:08.00	02:10:29.25	+01:13:13 (56.1%)	10:50	5.5 (43.7%)
251	BAK LITWA Ewa	4150	FOREVER TEAM	K40	41	02:10:07.45	02:10:29.50	+01:13:14 (56.1%)	10:50	5.5 (43.7%)
252	GAŁECKA-ZIÓŁKOWSKA Kinga	4291		K30	44	02:10:18.75	02:10:32.25	+01:13:16 (56.1%)	10:51	5.5 (43.7%)
253	GRABOWSKA Natalia	4040		K20	11	02:10:55.25	02:11:20.40	+01:14:05 (56.4%)	10:54	5.5 (43.7%)
254	KUŚ Mariusz	4282	EXC MOBILE TEAM	M30	57	02:11:11.35	02:11:23.90	+01:14:08 (56.4%)	10:55	5.5 (43.7%)
255	WÓJCIK Małgorzata	4175		K60	2	02:11:10.60	02:11:30.20	+01:14:14 (56.5%)	10:55	5.5 (43.7%)
256	ZIĘTAK Marta	4350		K30	45	02:12:02.90	02:12:28.30	+01:15:12 (56.8%)	11:00	5.5 (43.7%)
257	KULA Milena	4021		K30	46	02:13:12.65	02:13:45.40	+01:16:30 (57.2%)	11:06	5.4 (42.9%)
258	FRANKOWSKA Joanna	4316	SKITUROWE BIESZCZADY	K40	42	02:14:19.05	02:14:23.10	+01:17:07 (57.4%)	11:11	5.4 (42.9%)
259	CZAPLA Andrzej	4006		M60	5	02:13:59.25	02:14:24.75	+01:17:09 (57.4%)	11:09	5.4 (42.9%)
260	KOGUT Katarzyna	4260	SII RUNNING TEAM	K30	47	02:15:23.35	02:15:50.40	+01:18:35 (57.9%)	11:16	5.3 (42.1%)
261	MANIA Izabela	4243		K30	48	02:15:54.45	02:16:09.05	+01:18:53 (57.9%)	11:19	5.3 (42.1%)
262	BANCERZ Miłosz	4195	TRAWNIKI BIEGAJĄ	M20	22	02:16:58.35	02:17:29.75	+01:20:14 (58.4%)	11:24	5.3 (42.1%)
263	BANCERZ Jolanta	4182	TRAWNIKI BIEGAJĄ	K40	43	02:16:58.65	02:17:30.15	+01:20:14 (58.4%)	11:24	5.3 (42.1%)
264	CHWASTA Mariusz	4258		M40	49	02:17:29.10	02:17:57.25	+01:20:41 (58.5%)	11:27	5.2 (41.3%)
265	WUJAK Sara	4298		K20	12	02:21:20.20	02:21:33.75	+01:24:18 (59.6%)	11:46	5.1 (40.5%)
266	PAWLAK Robert	4285	EXC MOBILE TEAM	M30	58	02:21:19.70	02:21:33.90	+01:24:18 (59.6%)	11:46	5.1 (40.5%)
267	JANICKA Katarzyna	4187		K30	49	02:21:37.45	02:21:59.20	+01:24:43 (59.7%)	11:48	5.1 (40.5%)
268	HOOG Wioleta	4301		K40	44	02:22:01.50	02:22:20.75	+01:25:05 (59.8%)	11:50	5.1 (40.5%)
269	KĘSICKA Katarzyna	4168		K40	45	02:22:32.95	02:23:00.80	+01:25:45 (60.0%)	11:52	5.1 (40.5%)
270	SKWAREK Zofia	4311	AKTYWNI NA SERIO	K60	3	02:23:35.55	02:23:54.10	+01:26:38 (60.2%)	11:57	5 (39.7%)
271	ABRAMEK Monika	4314		K40	46	02:23:51.05	02:24:11.35	+01:26:56 (60.3%)	11:59	5 (39.7%)
272	PODLASIN Agnieszka	4124	KUTNO BIEGA, BIAŁE MORSY GOSTYNIN-KUTNO	K30	50	02:23:58.00	02:24:11.50	+01:26:56 (60.3%)	11:59	5 (39.7%)
273	WILK Izabela	4054	SEKCJA PIASKI	K40	47	02:24:02.75	02:24:38.05	+01:27:22 (60.4%)	12:00	5 (39.7%)
274	PACUŁA-CHWASTA Monika	4262		K40	48	02:25:25.90	02:25:53.55	+01:28:38 (60.8%)	12:07	5 (39.7%)
275	BUDA Maciej	4320		M40	50	02:25:51.00	02:26:12.30	+01:28:56 (60.8%)	12:09	4.9 (38.9%)
276	BLANK Grzegorz	4191		M50	18	02:27:01.15	02:27:31.45	+01:30:16 (61.2%)	12:15	4.9 (38.9%)
277	LUX Viola	4025		K30	51	02:28:18.85	02:28:26.95	+01:31:11 (61.4%)	12:21	4.9 (38.9%)
278	RATOWSKA Oliwia	4327	HERO BOX	K30	52	02:28:01.60	02:28:27.00	+01:31:11 (61.4%)	12:20	4.9 (38.9%)
279	PIASKOWSKA Ania	4132	PIASKITEAM	K40	49	02:33:34.30	02:33:48.15	+01:36:32 (62.8%)	12:47	4.7 (37.3%)
280	WDOWIAK Aneta	4026		K40	50	02:36:46.35	02:37:10.50	+01:39:55 (63.6%)	13:03	4.6 (36.5%)
281	CHMIELIŃSKA Barbara	4027		K40	51	02:37:02.65	02:37:26.20	+01:40:10 (63.6%)	13:05	4.6 (36.5%)
282	MALIK Robert	4050		M40	51	02:37:03.75	02:37:26.70	+01:40:11 (63.6%)	13:05	4.6 (36.5%)
283	CELEJEWSKA Agnieszka	4126		K30	53	02:38:24.10	02:38:46.50	+01:41:31 (63.9%)	13:12	4.5 (35.7%)
283	CELEJEWSKI Przemysław	4125		M40	52	02:38:24.65	02:38:46.50	+01:41:31 (63.9%)	13:12	4.5 (35.7%)
285	BRODECKI Adam	4292		M30	59	02:39:08.35	02:39:45.20	+01:42:29 (64.2%)	13:15	4.5 (35.7%)
286	BUCIOR Iwona	4246	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	K40	52	02:39:28.00	02:39:52.30	+01:42:36 (64.2%)	13:17	4.5 (35.7%)
287	BUCIOR Katarzyna	4247	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	K20	13	02:40:17.50	02:40:17.50	+01:43:02 (64.3%)	13:21	4.5 (35.7%)
288	OSIŃSKA Agata	4263		K50	11	02:46:39.35	02:47:04.25	+01:49:48 (65.7%)	13:53	4.3 (34.1%)
289	KRZYSZTYNIAK Dominika	4215		K40	53	02:46:32.20	02:47:04.35	+01:49:49 (65.7%)	13:52	4.3 (34.1%)
290	KOCZOT Paulina	4313		K30	54	02:58:42.70	02:58:56.90	+02:01:41 (68.0%)	14:53	4 (31.7%)
291	GRABARCZYK Marta	4218	FABRYKA DZIKA	K40	54	02:58:36.10	02:59:04.00	+02:01:48 (68.0%)	14:53	4 (31.7%)
	WOJTAS Konrad	4166		M20		DNF	DNF	-	-	(0.0%)
	WŁOSIK Michał	4071		M30		DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
	<b>ZDYB Magdalena</b>	<b>4270</b>		K30		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 294 wynik(ów)