



# VI HYUNDAI ULTRAMARATON BIESZCZADZKI - 17 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Maraton Bieszczadzki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-10-13  
**Miejsce:** Cisna  
**Dystans:** 17 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 17km	Czas brutto 17km	Różn	Tempo min/km	Tempo km/h
1	KUBIAK Tomasz	1681		M30	1	01:25:40.30	01:25:45.45		5:02	11.9 (100%)
2	WĘGIEL Marcin	212	POLWAX RACING TEAM	M30	2	01:27:54.35	01:27:57.15	+00:02:11 (2.5%)	5:10	11.6 (97.5%)
3	ZAWADA Michał	1598	BRZEZINKI STARE TEAM	M30	3	01:33:34.10	01:33:36.45	+00:07:51 (8.4%)	5:30	10.9 (91.6%)
4	BRÓG Wojciech	1570		M30	4	01:37:04.10	01:37:07.10	+00:11:21 (11.7%)	5:42	10.5 (88.2%)
5	DZIOREK Tomasz	1597	SPRINT GORZYCE	M30	5	01:38:39.85	01:38:40.80	+00:12:55 (13.1%)	5:48	10.3 (86.6%)
6	KORZONEK Karol	1587	SPRINT GORZYCE	M30	6	01:39:14.50	01:39:20.35	+00:13:34 (13.7%)	5:50	10.3 (86.6%)
7	BONDARA Sylwia	1501	JACEKBIEGA RUNNING TEAM	K30	1	01:43:36.30	01:43:39.45	+00:17:54 (17.3%)	6:05	9.8 (82.4%)
8	NOWOMIEJSKI Marcin	1661	BIEGACZ CEGŁÓW	M40	1	01:44:36.10	01:44:40.15	+00:18:54 (18.1%)	6:09	9.8 (82.4%)
9	STANOSZ Patryk	1567		M20	1	01:45:08.40	01:45:35.85	+00:19:50 (18.8%)	6:11	9.7 (81.5%)
10	SZKLANA Anita	1535		K20	1	01:45:23.25	01:45:36.65	+00:19:51 (18.8%)	6:11	9.7 (81.5%)
11	ZAWADZKI Marcin	1664		M30	7	01:45:28.20	01:45:44.00	+00:19:58 (18.9%)	6:12	9.7 (81.5%)
12	EPA Karolina	207	PZU SPORT TEAM	K20	2	01:47:07.70	01:47:11.60	+00:21:26 (20.0%)	6:18	9.5 (79.8%)
13	PODLEŚ Robert	1525	COBI POLAND	M50	1	01:47:49.55	01:47:51.45	+00:22:06 (20.5%)	6:20	9.5 (79.8%)
14	MAKOWSKA Olga	1502	JACEKBIEGA RUNNING TEAM	K30	2	01:48:09.55	01:48:12.70	+00:22:27 (20.8%)	6:21	9.4 (79.0%)
15	FARON Piotr	1676		M60	1	01:48:55.30	01:48:59.30	+00:23:13 (21.3%)	6:24	9.4 (79.0%)
16	CYTAWA Adrian	1545	ŁĘCZNA BIEGA	M20	2	01:49:08.35	01:49:49.45	+00:24:04 (21.9%)	6:25	9.3 (78.2%)
17	PIOTROWICZ Sławomir	1549		M30	8	01:49:40.50	01:50:04.10	+00:24:18 (22.1%)	6:27	9.3 (78.2%)
18	KOMORNIK Marek	1623	BSK MIÓD KOZACKI BILGORAJ	M40	2	01:49:36.20	01:50:35.60	+00:24:50 (22.5%)	6:26	9.3 (78.2%)
19	PILICHOWSKI Wojciech	322	GRUPA SZALONYCH ROWERZYSTÓW	M40	3	01:50:16.25	01:50:39.75	+00:24:54 (22.5%)	6:29	9.3 (78.2%)
20	NOWICKI Kamil	1660		M20	3	01:50:24.90	01:51:01.15	+00:25:15 (22.8%)	6:29	9.2 (77.3%)
21	JACHYMEK Bartłomiej	1655	JACEKBIEGA RUNNING TEAM	M40	4	01:51:10.95	01:51:15.35	+00:25:29 (22.9%)	6:32	9.2 (77.3%)
22	RACHWALSKA Marzena	1670		K30	3	01:52:41.25	01:52:46.50	+00:27:01 (24.0%)	6:37	9.1 (76.5%)
23	KOLBUS Tomasz	1607	ADRIAN DANILEWICZ GROUP	M40	5	01:55:47.30	01:55:51.50	+00:30:06 (26.0%)	6:48	8.8 (73.9%)
24	PRZYBYLSKI Mariusz	1620	PGB SPORTOWA PACZKA	M40	6	02:01:51.40	02:02:25.10	+00:36:39 (29.9%)	7:10	8.4 (70.6%)
25	GURBA Sebastian	1673		M30	9	02:02:41.35	02:02:41.35	+00:36:55 (30.1%)	7:13	8.3 (69.7%)
26	KORNAK Dariusz	1639	PKP CARGO	M40	7	02:02:36.75	02:03:04.10	+00:37:18 (30.3%)	7:12	8.3 (69.7%)
27	CZEPIGA Dariusz`	1559		M20	4	02:03:00.40	02:03:20.70	+00:37:35 (30.5%)	7:14	8.3 (69.7%)
28	DYŚ Małgorzata	1582	STAY INSANE	K30	4	02:03:13.00	02:03:26.70	+00:37:41 (30.5%)	7:14	8.3 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	17km			
29	<b>RIEKSTINA Liga</b>	<b>1671</b>	BIAŁY BÓR TEAM	K30	5	<b>02:03:33.30</b>	<b>02:03:59.75</b>	+00:38:14 (30.8%)	7:16	8.3 (69.7%)
30	<b>BARAŃSKA Monika</b>	<b>1674</b>		K50	1	<b>02:03:39.10</b>	<b>02:04:17.40</b>	+00:38:31 (31.0%)	7:16	8.2 (68.9%)
31	<b>PRZEPIÓRKA Michał</b>	<b>1636</b>		M30	10	<b>02:04:15.60</b>	<b>02:04:43.25</b>	+00:38:57 (31.2%)	7:18	8.2 (68.9%)
32	<b>STRZELECKI Mateusz</b>	<b>1089</b>		M30	11	<b>02:04:56.10</b>	<b>02:05:51.20</b>	+00:40:05 (31.9%)	7:20	8.2 (68.9%)
33	<b>PŁACZEK Paweł</b>	<b>1678</b>		M30	12	<b>02:05:35.00</b>	<b>02:05:51.40</b>	+00:40:05 (31.9%)	7:23	8.1 (68.1%)
34	<b>OCHAL Krzysztof</b>	<b>1624</b>		M20	5	<b>02:04:59.90</b>	<b>02:05:55.40</b>	+00:40:09 (31.9%)	7:21	8.2 (68.9%)
35	<b>NOWICKA Anna</b>	<b>1569</b>		K30	6	<b>02:05:39.15</b>	<b>02:06:17.20</b>	+00:40:31 (32.1%)	7:23	8.1 (68.1%)
36	<b>MĄCZKA Krystyna</b>	<b>365</b>	OTK RZEŹNIK	K60	1	<b>02:06:46.45</b>	<b>02:06:49.00</b>	+00:41:03 (32.4%)	7:27	8 (67.2%)
37	<b>MERESTA Konrad</b>	<b>1590</b>	LW BOGDANKA	M30	13	<b>02:06:12.05</b>	<b>02:06:53.20</b>	+00:41:07 (32.4%)	7:25	8.1 (68.1%)
38	<b>KASPRZYKOWSKI Zbigniew</b>	<b>1650</b>		M40	8	<b>02:06:05.60</b>	<b>02:06:58.05</b>	+00:41:12 (32.5%)	7:25	8.1 (68.1%)
38	<b>GRZANECKA Mirosława</b>	<b>1649</b>		K40	1	<b>02:06:04.95</b>	<b>02:06:58.05</b>	+00:41:12 (32.5%)	7:25	8.1 (68.1%)
40	<b>KOBYŁKIEWICZ Artur</b>	<b>1608</b>		M30	14	<b>02:05:59.60</b>	<b>02:07:04.50</b>	+00:41:19 (32.5%)	7:24	8.1 (68.1%)
41	<b>LORENC Wiktor</b>	<b>1556</b>		M30	15	<b>02:06:45.65</b>	<b>02:07:05.30</b>	+00:41:19 (32.5%)	7:27	8 (67.2%)
42	<b>KAPITAN Monika</b>	<b>1541</b>		K30	7	<b>02:07:22.60</b>	<b>02:07:45.95</b>	+00:42:00 (32.9%)	7:29	8 (67.2%)
43	<b>BOROWIEC Arkadiusz</b>	<b>1515</b>	CHEŁM BIEGA	M40	9	<b>02:07:16.95</b>	<b>02:07:58.60</b>	+00:42:13 (33.0%)	7:29	8 (67.2%)
44	<b>SAŁDAN Krzysztof</b>	<b>1680</b>		M60	2	<b>02:07:00.70</b>	<b>02:08:09.70</b>	+00:42:24 (33.1%)	7:28	8 (67.2%)
45	<b>ZAWADZKI Grzegorz</b>	<b>1558</b>	KLUB SPORTOWY PRESTIGE	M30	16	<b>02:09:11.10</b>	<b>02:09:19.70</b>	+00:43:34 (33.7%)	7:35	7.9 (66.4%)
46	<b>ŻUK Marcin</b>	<b>1612</b>	1972	M40	10	<b>02:08:45.65</b>	<b>02:09:23.70</b>	+00:43:38 (33.7%)	7:34	7.9 (66.4%)
47	<b>SANECKI Robert</b>	<b>1606</b>	SPRINT GORZYCE	M40	11	<b>02:10:11.15</b>	<b>02:10:15.85</b>	+00:44:30 (34.2%)	7:39	7.8 (65.5%)
48	<b>ODOLIŃSKA Agnieszka</b>	<b>1594</b>	PSZCZÓŁKOWSKI TEAM	K40	2	<b>02:12:14.35</b>	<b>02:12:42.70</b>	+00:46:57 (35.4%)	7:46	7.7 (64.7%)
49	<b>WRÓBEL Bartłomiej</b>	<b>1503</b>	CISNA	M40	12	<b>02:11:50.35</b>	<b>02:12:58.60</b>	+00:47:13 (35.5%)	7:45	7.7 (64.7%)
50	<b>TYLKA Małgorzata</b>	<b>1553</b>		K30	8	<b>02:12:40.85</b>	<b>02:13:18.65</b>	+00:47:33 (35.7%)	7:48	7.7 (64.7%)
51	<b>MATŁOSZ Jolanta</b>	<b>1642</b>		K30	9	<b>02:13:11.40</b>	<b>02:13:19.40</b>	+00:47:33 (35.7%)	7:50	7.7 (64.7%)
52	<b>KRZAK Dominika</b>	<b>1619</b>		K30	10	<b>02:13:42.10</b>	<b>02:14:06.15</b>	+00:48:20 (36.1%)	7:51	7.6 (63.9%)
53	<b>SKRUTEK Adam</b>	<b>1605</b>		M30	17	<b>02:13:46.70</b>	<b>02:14:09.20</b>	+00:48:23 (36.1%)	7:52	7.6 (63.9%)
54	<b>BEŚKA Michał</b>	<b>1589</b>	SPRINT GORZYCE	M30	18	<b>02:14:12.15</b>	<b>02:14:16.60</b>	+00:48:31 (36.1%)	7:53	7.6 (63.9%)
55	<b>UZDOWSKA Monika</b>	<b>1540</b>		K30	11	<b>02:14:22.30</b>	<b>02:14:46.35</b>	+00:49:00 (36.4%)	7:54	7.6 (63.9%)
56	<b>OKRÓJ Dawid</b>	<b>1548</b>	DEAF RUNNING	M30	19	<b>02:15:43.10</b>	<b>02:16:06.30</b>	+00:50:20 (37.0%)	7:59	7.5 (63.0%)
57	<b>TOKARZ Waldemar</b>	<b>1675</b>		M30	20	<b>02:16:37.85</b>	<b>02:17:06.10</b>	+00:51:20 (37.4%)	8:02	7.5 (63.0%)
58	<b>RĄCZKA Mateusz</b>	<b>1679</b>		M30	21	<b>02:16:36.85</b>	<b>02:17:30.60</b>	+00:51:45 (37.6%)	8:02	7.5 (63.0%)
59	<b>KLAWIKOWSKI Jakub</b>	<b>1600</b>	BEZTLENOWI MALBORK	M30	22	<b>02:17:07.40</b>	<b>02:17:31.15</b>	+00:51:45 (37.6%)	8:04	7.4 (62.2%)
60	<b>BIALEK Tomasz</b>	<b>1651</b>		M40	13	<b>02:17:28.75</b>	<b>02:17:41.65</b>	+00:51:56 (37.7%)	8:05	7.4 (62.2%)
61	<b>KUBALA Alicja</b>	<b>1513</b>		K40	3	<b>02:18:03.20</b>	<b>02:18:14.25</b>	+00:52:28 (38.0%)	8:07	7.4 (62.2%)
62	<b>RUPIŃSKA Agnieszka</b>	<b>1644</b>		K20	3	<b>02:17:28.90</b>	<b>02:18:25.90</b>	+00:52:40 (38.1%)	8:05	7.4 (62.2%)
63	<b>HEILMAN Maciej</b>	<b>1646</b>		M40	14	<b>02:20:27.30</b>	<b>02:20:44.80</b>	+00:54:59 (39.1%)	8:15	7.3 (61.3%)
64	<b>PLEŚNIAR-KOZŁOWSKA Agata</b>	<b>1672</b>		K40	4	<b>02:20:11.80</b>	<b>02:20:57.95</b>	+00:55:12 (39.2%)	8:14	7.3 (61.3%)
65	<b>SŁODKOWSKA Marta</b>	<b>1592</b>		K20	4	<b>02:22:11.15</b>	<b>02:22:32.30</b>	+00:56:46 (39.8%)	8:21	7.2 (60.5%)
66	<b>JANICKI Mateusz</b>	<b>1593</b>		M20	6	<b>02:22:10.85</b>	<b>02:22:32.40</b>	+00:56:46 (39.8%)	8:21	7.2 (60.5%)
67	<b>SKWARCZYŃSKA Patrycja</b>	<b>1596</b>		K20	5	<b>02:22:11.65</b>	<b>02:22:32.50</b>	+00:56:47 (39.8%)	8:21	7.2 (60.5%)
68	<b>GARWACKA Beata</b>	<b>1604</b>		K50	2	<b>02:22:19.25</b>	<b>02:23:03.20</b>	+00:57:17 (40.1%)	8:22	7.2 (60.5%)
69	<b>KAŁOWSKI Irek</b>	<b>1628</b>	WWW.POMOCDLAKAROLINY.PL	M40	15	<b>02:22:44.80</b>	<b>02:23:13.75</b>	+00:57:28 (40.1%)	8:23	7.1 (59.7%)
70	<b>GRUSZECKA Iwona</b>	<b>1584</b>	ALD RUNNING TEAM	K30	12	<b>02:22:25.90</b>	<b>02:23:24.05</b>	+00:57:38 (40.2%)	8:22	7.2 (60.5%)
71	<b>ŁUSZCZ Paweł</b>	<b>1626</b>		M30	23	<b>02:23:16.10</b>	<b>02:23:49.30</b>	+00:58:03 (40.4%)	8:25	7.1 (59.7%)
72	<b>PYTEL Bożena</b>	<b>1568</b>		K40	5	<b>02:23:20.90</b>	<b>02:24:21.65</b>	+00:58:36 (40.6%)	8:25	7.1 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						17km	17km			
73	<b>KRÓL Michał</b>	<b>1579</b>		M30	24	<b>02:23:21.00</b>	<b>02:24:30.80</b>	+00:58:45 (40.7%)	8:25	7.1 (59.7%)
74	<b>PACHOLICKA Katarzyna</b>	<b>1591</b>		K20	6	<b>02:24:47.05</b>	<b>02:25:40.00</b>	+00:59:54 (41.1%)	8:31	7 (58.8%)
75	<b>SKRUTEK Jan</b>	<b>1574</b>		M60	3	<b>02:25:42.60</b>	<b>02:26:05.40</b>	+01:00:19 (41.3%)	8:34	7 (58.8%)
76	<b>BUDKIEWICZ-FELUCH Donata</b>	<b>1648</b>		K40	6	<b>02:25:08.55</b>	<b>02:26:07.50</b>	+01:00:22 (41.3%)	8:32	7 (58.8%)
77	<b>FRANKOWSKI Dariusz</b>	<b>1533</b>		M40	16	<b>02:27:34.80</b>	<b>02:27:49.50</b>	+01:02:04 (42.0%)	8:40	6.9 (58.0%)
78	<b>BOJDA Paweł</b>	<b>1564</b>		M30	25	<b>02:28:21.60</b>	<b>02:28:21.60</b>	+01:02:36 (42.2%)	8:43	6.9 (58.0%)
79	<b>PĘKALA Jarosław</b>	<b>1524</b>		M40	17	<b>02:29:14.30</b>	<b>02:29:32.70</b>	+01:03:47 (42.7%)	8:46	6.8 (57.1%)
80	<b>PĘKALA Anna</b>	<b>1523</b>		K40	7	<b>02:29:14.30</b>	<b>02:29:32.90</b>	+01:03:47 (42.7%)	8:46	6.8 (57.1%)
81	<b>POLAK Krzysztof</b>	<b>1665</b>	CROSSFIT GCW	M40	18	<b>02:29:34.70</b>	<b>02:29:47.00</b>	+01:04:01 (42.7%)	8:47	6.8 (57.1%)
82	<b>KUKLA Elzbieta</b>	<b>1586</b>	PWC RUNNING TEAM	K50	3	<b>02:28:50.50</b>	<b>02:29:47.55</b>	+01:04:02 (42.7%)	8:45	6.9 (58.0%)
83	<b>WRÓBLEWSKA Weronika</b>	<b>1666</b>	BIEGUSIEM.PL	K30	13	<b>02:28:56.35</b>	<b>02:29:47.60</b>	+01:04:02 (42.7%)	8:45	6.8 (57.1%)
84	<b>LUC Adam</b>	<b>1647</b>	BIEGUSIEM.PL	M30	26	<b>02:28:56.45</b>	<b>02:29:47.70</b>	+01:04:02 (42.8%)	8:45	6.8 (57.1%)
85	<b>GARGAS-DZIEDZINA Joanna</b>	<b>1667</b>	MUAY RUNNING TEAM	K30	14	<b>02:30:05.25</b>	<b>02:30:26.10</b>	+01:04:40 (43.0%)	8:49	6.8 (57.1%)
86	<b>BOCEK Sławomir</b>	<b>1609</b>		M40	19	<b>02:29:30.05</b>	<b>02:30:31.95</b>	+01:04:46 (43.0%)	8:47	6.8 (57.1%)
87	<b>ZAWADZKA Agnieszka</b>	<b>1557</b>	KLUB SPORTOWY PRESTIGE	K30	15	<b>02:30:23.70</b>	<b>02:30:33.10</b>	+01:04:47 (43.0%)	8:50	6.8 (57.1%)
88	<b>WŁODARCZYK Marek</b>	<b>1551</b>		M40	20	<b>02:31:20.05</b>	<b>02:32:01.90</b>	+01:06:16 (43.6%)	8:54	6.7 (56.3%)
89	<b>POSIM Tomasz</b>	<b>1652</b>	-	M30	27	<b>02:32:32.75</b>	<b>02:33:24.25</b>	+01:07:38 (44.1%)	8:58	6.7 (56.3%)
90	<b>PODGRUDNY Radosław</b>	<b>1528</b>	PEŁZACZ NIZINNY	M40	21	<b>02:33:22.75</b>	<b>02:34:04.45</b>	+01:08:19 (44.3%)	9:01	6.7 (56.3%)
91	<b>BANASIAK Karolina</b>	<b>1668</b>	WKURW_TEAM	K30	16	<b>02:35:41.35</b>	<b>02:35:47.90</b>	+01:10:02 (45.0%)	9:09	6.6 (55.5%)
91	<b>HEJMAN Maciej</b>	<b>1669</b>	WKURW_TEAM	M40	22	<b>02:35:41.85</b>	<b>02:35:47.90</b>	+01:10:02 (45.0%)	9:09	6.6 (55.5%)
93	<b>SADEK Amanda</b>	<b>1531</b>		K20	7	<b>02:35:11.40</b>	<b>02:36:10.00</b>	+01:10:24 (45.1%)	9:07	6.6 (55.5%)
94	<b>WOLSKA Aleksandra</b>	<b>249</b>	DZIK KOMANDO	K20	8	<b>02:37:25.55</b>	<b>02:38:59.35</b>	+01:13:13 (46.1%)	9:15	6.5 (54.6%)
95	<b>ZIMOŃ Urszula</b>	<b>1233</b>	DZIK KOMANDO	K40	8	<b>02:37:56.85</b>	<b>02:39:29.40</b>	+01:13:43 (46.2%)	9:17	6.5 (54.6%)
96	<b>PULKOWSKI Dariusz</b>	<b>1630</b>	OSTRÓDA RUNNERS	M50	2	<b>02:38:49.15</b>	<b>02:39:33.85</b>	+01:13:48 (46.3%)	9:20	6.4 (53.8%)
97	<b>PAWLIK Anna</b>	<b>1631</b>	OSTRÓDA RUNNERS	K40	9	<b>02:38:49.60</b>	<b>02:39:33.90</b>	+01:13:48 (46.3%)	9:20	6.4 (53.8%)
98	<b>KOWALCZYK Anita</b>	<b>1522</b>	#TEAMKRÓLAK	K20	9	<b>02:40:07.30</b>	<b>02:40:45.95</b>	+01:15:00 (46.7%)	9:25	6.4 (53.8%)
99	<b>KOCHAŃSKA Joanna</b>	<b>1572</b>		K40	10	<b>02:41:44.90</b>	<b>02:42:22.35</b>	+01:16:36 (47.2%)	9:30	6.3 (52.9%)
100	<b>KOCHAŃSKI Bartosz</b>	<b>1573</b>		M30	28	<b>02:41:45.35</b>	<b>02:42:22.50</b>	+01:16:37 (47.2%)	9:30	6.3 (52.9%)
101	<b>KUCIA-OCHAL Magdalena</b>	<b>1625</b>	1988	K30	17	<b>02:41:37.30</b>	<b>02:42:33.60</b>	+01:16:48 (47.2%)	9:30	6.3 (52.9%)
102	<b>PANCZENKO Kamil</b>	<b>1615</b>	WKURW_TEAM	M20	7	<b>02:41:41.60</b>	<b>02:42:37.50</b>	+01:16:52 (47.3%)	9:30	6.3 (52.9%)
103	<b>BATOROWICZ Dominik</b>	<b>1638</b>	CROSSFIT DECEPTICON	M30	29	<b>02:42:43.90</b>	<b>02:42:56.20</b>	+01:17:10 (47.4%)	9:34	6.3 (52.9%)
104	<b>ZAORSKA Marta</b>	<b>1585</b>		K30	18	<b>02:42:29.00</b>	<b>02:43:00.00</b>	+01:17:14 (47.4%)	9:33	6.3 (52.9%)
105	<b>AUGUSTYŃSKA Kinga</b>	<b>1514</b>	LACHO TEAM	K40	11	<b>02:42:36.55</b>	<b>02:43:04.50</b>	+01:17:19 (47.4%)	9:33	6.3 (52.9%)
106	<b>ŚWISTUŃ Izolda</b>	<b>1563</b>		K40	12	<b>02:44:18.40</b>	<b>02:44:45.55</b>	+01:19:00 (47.9%)	9:39	6.2 (52.1%)
107	<b>KRYSPIN Marta</b>	<b>1618</b>	V RUNER	K30	19	<b>02:44:14.10</b>	<b>02:45:14.75</b>	+01:19:29 (48.1%)	9:39	6.2 (52.1%)
108	<b>KUBIŚ Klaudia</b>	<b>1645</b>		K40	13	<b>02:45:03.90</b>	<b>02:45:21.50</b>	+01:19:36 (48.1%)	9:42	6.2 (52.1%)
109	<b>JAREMEK Wojtek</b>	<b>1576</b>		M30	30	<b>02:44:39.20</b>	<b>02:45:40.60</b>	+01:19:55 (48.2%)	9:41	6.2 (52.1%)
110	<b>SAFARYN Marek</b>	<b>1633</b>		M40	23	<b>02:45:09.95</b>	<b>02:45:53.25</b>	+01:20:07 (48.3%)	9:42	6.2 (52.1%)
111	<b>KRZYKWA Agnieszka</b>	<b>1632</b>		K50	4	<b>02:45:49.75</b>	<b>02:46:26.90</b>	+01:20:41 (48.5%)	9:45	6.2 (52.1%)
112	<b>KSIĘŻAK Jolanta</b>	<b>1561</b>		K30	20	<b>02:45:49.50</b>	<b>02:46:27.05</b>	+01:20:41 (48.5%)	9:45	6.2 (52.1%)
113	<b>SOBIK Paulina</b>	<b>1656</b>	PRO366	K30	21	<b>02:45:32.65</b>	<b>02:46:28.65</b>	+01:20:43 (48.5%)	9:44	6.2 (52.1%)
114	<b>PĘKALSKA Anna</b>	<b>1602</b>		K40	14	<b>02:46:24.80</b>	<b>02:47:08.35</b>	+01:21:22 (48.7%)	9:47	6.1 (51.3%)
115	<b>KUŁAGA Krzysztof</b>	<b>1588</b>	SPRINT GORZYCE	M30	31	<b>02:47:14.95</b>	<b>02:47:20.00</b>	+01:21:34 (48.8%)	9:50	6.1 (51.3%)
116	<b>KOTKIEWICZ Hubert</b>	<b>1637</b>	CROSSFIT GCW	M30	32	<b>02:48:34.65</b>	<b>02:48:48.30</b>	+01:23:02 (49.2%)	9:55	6.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 17km	Czas brutto 17km	Różn	Tempo min/km	Tempo km/h
117	KANDZIA-BARTOCHA Karolina	1510	O CO BIEGA W KALETACH	K20	10	02:52:05.15	02:53:13.60	+01:27:28 (50.5%)	10:07	5.9 (49.6%)
118	LABA Kamila	1654		K20	11	02:53:26.65	02:53:29.80	+01:27:44 (50.6%)	10:12	5.9 (49.6%)
119	MUCHA Jaroslaw	1643		M50	3	02:53:21.25	02:53:35.80	+01:27:50 (50.6%)	10:11	5.9 (49.6%)
120	WARDECKA Dorota	1657		K50	5	02:54:21.15	02:54:34.10	+01:28:48 (50.9%)	10:15	5.8 (48.7%)
121	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	1517	KS AKTYWNI WĘGRÓW , WKURW_TEAM	K40	15	02:55:54.65	02:56:33.70	+01:30:48 (51.4%)	10:20	5.8 (48.7%)
122	PIETRUCZANIS Paweł	1518	KS AKTYWNI WĘGRÓW , WKURW_TEAM	M40	24	02:55:53.10	02:56:33.90	+01:30:48 (51.4%)	10:20	5.8 (48.7%)
123	SZYMAŃSKA Ewa	1610		K40	16	02:59:07.60	02:59:50.30	+01:34:04 (52.3%)	10:32	5.7 (47.9%)
124	GESSLER Sylwia	1635	BIESY	K30	22	02:59:41.40	03:00:24.30	+01:34:38 (52.5%)	10:34	5.7 (47.9%)
125	ZAJDENC Aleksandra	1641	DECATHLON MAGNOLIA	K20	12	03:01:28.15	03:02:32.90	+01:36:47 (53.0%)	10:40	5.6 (47.1%)
126	SKOWROŃSKA Milena	1640	WKURW_TEAM	K30	23	03:01:40.45	03:02:46.60	+01:37:01 (53.1%)	10:41	5.6 (47.1%)
127	RUTKA-ŻUK Monika	1613	1970	K40	17	03:02:34.10	03:03:13.80	+01:37:28 (53.2%)	10:44	5.6 (47.1%)
128	ROLLA Magdalena	1554		K40	18	03:03:23.55	03:03:34.90	+01:37:49 (53.3%)	10:47	5.6 (47.1%)
129	BURZYŃSKA Karolina	1580		K40	19	03:06:54.20	03:07:12.30	+01:41:26 (54.2%)	10:59	5.5 (46.2%)
130	SZUKALSKA - WALCZAK Ewa	1581	BIEGAJĄCE WALCZAKI	K30	24	03:07:08.90	03:07:49.50	+01:42:04 (54.3%)	11:00	5.5 (46.2%)
131	MULKA Urszula	1583	JAWORZNO RUNNERS	K30	25	03:08:59.50	03:09:56.35	+01:44:10 (54.9%)	11:07	5.4 (45.4%)
132	WILK Izabela	1677		K40	20	03:10:11.05	03:10:32.70	+01:44:47 (55.0%)	11:11	5.4 (45.4%)
133	CHRAPEK Joanna	1595		K20	13	03:10:07.60	03:10:38.30	+01:44:52 (55.0%)	11:11	5.4 (45.4%)
134	ŻALIŃSKA Teresa	1520	JAWORZNO RUNNERS	K50	6	03:10:59.85	03:11:56.60	+01:46:11 (55.3%)	11:14	5.3 (44.5%)
135	POPIS Justyna	1627		K40	21	03:13:06.30	03:13:18.10	+01:47:32 (55.6%)	11:21	5.3 (44.5%)
136	KOLASA Barbara	1512	KLUB J.SŁOWACKIEGO	K60	2	03:14:18.35	03:14:21.60	+01:48:36 (55.9%)	11:25	5.2 (43.7%)
137	SOBOCZYŃSKA Monika	1617	RUN PASJA	K40	22	03:17:34.10	03:18:29.95	+01:52:44 (56.8%)	11:37	5.2 (43.7%)
137	MELLEM-ZWIEWKA Małgorzata	1616	RUN PASJA	K40	23	03:17:34.05	03:18:29.95	+01:52:44 (56.8%)	11:37	5.2 (43.7%)
139	PANKOWSKA Katarzyna	1550	ORKAMASTERS IŁAWA	K30	26	03:24:26.80	03:25:18.95	+01:59:33 (58.2%)	12:01	5 (42.0%)
140	GRUBE Bartosz	1575	BIGYELLOWFOOT ADVENTURE TEAM	M30	33	03:27:12.55	03:27:47.55	+02:02:02 (58.7%)	12:11	4.9 (41.2%)
141	OŻÓG Dorota	1566		K40	24	03:31:36.25	03:31:57.90	+02:06:12 (59.5%)	12:26	4.8 (40.3%)
142	OŻÓG Iwona	1565		K40	25	03:31:36.40	03:31:58.15	+02:06:12 (59.5%)	12:26	4.8 (40.3%)
143	NOWAK Roman	1536		M40	25	03:36:03.95	03:36:08.45	+02:10:23 (60.3%)	12:42	4.7 (39.5%)
144	GAWRON Gabriela	1662		K30	27	03:37:56.40	03:38:10.35	+02:12:24 (60.7%)	12:49	4.7 (39.5%)
145	EBERT Agata	1519		K50	7	03:53:13.20	03:54:14.70	+02:28:29 (63.4%)	13:43	4.4 (37.0%)
146	SAFARYN Lidia	1611		K40	26	03:55:27.70	03:56:11.00	+02:30:25 (63.7%)	13:51	4.3 (36.1%)
<b>Przekroczony limit czasu: 04:00:00</b>										
147	FRĄC Elżbieta	1537	NIGHT RUNNERS GLIWICE	K40	27	04:01:13.70	04:02:03.20	+02:36:17 (64.6%)	14:11	4.2 (35.3%)
148	BRODIUK Norbert	1543	NIGHT RUNNERS GLIWICE	M40	26	04:01:14.90	04:02:03.40	+02:36:17 (64.6%)	14:11	4.2 (35.3%)
149	PUTA Andrzej	1562		M40	27	04:01:02.50	04:02:06.15	+02:36:20 (64.6%)	14:10	4.2 (35.3%)

Znaleziono 149 wynik(ów)