



VI HYUNDAI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

Wydarzenie: Maraton Bieszczadzki 2018
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-10-13
Miejsce: Cisna
Dystans: 26 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	NOWOCIN Radosław	1214		M20	1	00:55:59	02:11:05.90	02:11:35.30		5:02	11.9 (100%)
2	STYCZEŃ Piotr	1192	CKBABCIE/WOŹNIAKRUNNINGTEAM	M30	1	00:59:37	02:17:14.75	02:17:44.10	+00:06:08 (4.5%)	5:16	11.4 (95.8%)
3	DUDZIK Łukasz	1291	GÓRAL BIEGA	M30	2	01:03:15	02:26:47.35	02:27:17.15	+00:15:41 (10.7%)	5:38	10.6 (89.1%)
4	ADAMCZYK Przemysław	1360	ADIDAS RUNNERS WARSAW	M40	1	01:04:32	02:27:38.20	02:28:08.20	+00:16:32 (11.2%)	5:40	10.6 (89.1%)
5	MOTYKA Kamil	1173	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ - KAMIL-BIEGA	M30	3	01:04:33	02:29:38.00	02:30:08.90	+00:18:33 (12.4%)	5:45	10.4 (87.4%)
6	PIELECKI Bartłomiej	1371		M30	4	01:02:45	02:30:11.55	02:30:42.30	+00:19:07 (12.7%)	5:46	10.4 (87.4%)
7	ZIELAK Darek	1344		M40	2	01:06:35	02:36:04.85	02:36:37.15	+00:25:01 (16.0%)	6:00	10 (84.0%)
8	LEMAŃSKI Damian	1358		M20	2	01:06:58	02:37:49.10	02:38:20.75	+00:26:45 (16.9%)	6:04	9.9 (83.2%)
9	DELEKTA Dariusz	1326	DELNOVA	M30	5	01:09:36	02:39:32.20	02:40:04.35	+00:28:29 (17.8%)	6:08	9.8 (82.4%)
10	FLĄDRO Daniel	1341		M40	3	01:07:21	02:42:15.00	02:42:44.10	+00:31:08 (19.1%)	6:14	9.6 (80.7%)
11	RUPIŃSKI Krzysztof	1330	TRAINING LAB	M20	3	01:10:46	02:43:16.55	02:43:50.10	+00:32:14 (19.7%)	6:16	9.6 (80.7%)
12	DELEKTA Jan	1325	DJ	M40	4	01:09:34	02:43:31.00	02:44:03.85	+00:32:28 (19.8%)	6:17	9.5 (79.8%)
13	TELEGA Maciej	1230		M20	4	01:11:42	02:46:46.10	02:47:43.45	+00:36:08 (21.5%)	6:24	9.4 (79.0%)
14	JASTRZĄBEK Konrad	1123	EVERRUN	M30	6	01:14:11	02:49:38.80	02:50:12.00	+00:38:36 (22.7%)	6:31	9.2 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
15	KOWALIK Ewelina	1225	FIZJOBIEGACZE SZCZECIN	K20	1	01:10:41	02:49:47.10	02:50:17.70	+00:38:42 (22.7%)	6:31	9.2 (77.3%)
16	RICHTER Marcin	1108		M30	7	01:11:31	02:50:18.15	02:50:59.40	+00:39:24 (23.0%)	6:33	9.2 (77.3%)
17	BEKAS Marcin	1375	RUNONLINE.PL	M40	5	01:11:44	02:52:06.05	02:52:36.80	+00:41:01 (23.8%)	6:37	9.1 (76.5%)
18	WĘGRZYN Radosław	1249		M20	5	01:10:36	02:53:01.25	02:54:03.35	+00:42:28 (24.4%)	6:39	9 (75.6%)
19	ADAMIAK Marcin	1117	EVERRUN	M40	6	01:12:51	02:54:06.70	02:54:39.60	+00:43:04 (24.7%)	6:41	9 (75.6%)
20	SZCZEPAŃSKI Marcin	1116	EVERRUN	M40	7	01:14:11	02:54:10.70	02:54:43.90	+00:43:08 (24.7%)	6:41	9 (75.6%)
21	KOPEĆ Arkadiusz	1335	WOLBROM TEAM	M40	8	01:12:13	02:54:58.00	02:55:30.40	+00:43:55 (25.0%)	6:43	8.9 (74.8%)
22	CZERCHAWSKI Janusz	1021		M40	9	01:12:58	02:56:25.75	02:57:05.55	+00:45:30 (25.7%)	6:47	8.8 (73.9%)
23	KOPEĆ Paweł	1287	RZESZOWSKIE GAZELE I GEPARDY	M30	8	01:11:24	02:56:40.40	02:57:12.35	+00:45:37 (25.7%)	6:47	8.8 (73.9%)
24	BURANDT Magdalena	1345	DRUŻYNA WILKA/3 LIFE TEAM	K30	1	01:14:43	02:59:34.85	03:00:13.60	+00:48:38 (27.0%)	6:54	8.7 (73.1%)
25	JASIŃSKI Michał	1156		M30	9	01:13:33	02:59:42.15	03:00:15.20	+00:48:39 (27.0%)	6:54	8.7 (73.1%)
26	KUCZKOWSKI Krzysztof	1161	TRAINING LAB	M30	10	01:14:43	02:59:43.15	03:00:18.30	+00:48:43 (27.0%)	6:54	8.7 (73.1%)
27	TOKARZ Adrian	1241	DZIKIE MUSTANGI	M30	11	01:13:55	03:01:53.85	03:02:48.35	+00:51:13 (28.0%)	6:59	8.6 (72.3%)
28	WOŹNIAK Grzegorz	1248		M30	12	01:15:58	03:02:48.15	03:03:26.20	+00:51:50 (28.3%)	7:01	8.5 (71.4%)
29	SURDACKI Mateusz	1054		M30	13	01:15:16	03:03:46.20	03:04:28.55	+00:52:53 (28.7%)	7:04	8.5 (71.4%)
30	KLAPPHOLZ Adriana	209	BIEGIEM PRZEZ CHYBIE	K40	1	01:19:59	03:05:11.15	03:05:43.10	+00:54:07 (29.1%)	7:07	8.4 (70.6%)
31	LISTOPAD Dariusz	1215	NOVEMBEREER RUNNING TEAM	M40	10	01:12:05	03:05:50.05	03:06:20.55	+00:54:45 (29.4%)	7:08	8.4 (70.6%)
32	KORCZYK Jakub	1197		M30	14	01:17:34	03:06:07.70	03:06:40.65	+00:55:05 (29.5%)	7:09	8.4 (70.6%)
33	WRĘCZYCKI Mirosław	1239	CIDRY LOTAJOM	M50	1	01:20:08	03:06:02.70	03:06:44.50	+00:55:09 (29.5%)	7:09	8.4 (70.6%)
34	JAGODZIŃSKI Robert	1092	JAGODA TEAM	M40	11	01:20:00	03:06:32.20	03:07:10.35	+00:55:35 (29.7%)	7:10	8.4 (70.6%)
35	POLIŃSKI Robert	1160	TRAINING LAB	M30	15	01:21:36	03:06:49.65	03:07:23.45	+00:55:48 (29.8%)	7:11	8.3 (69.7%)
36	GŁUSZKO Przemysław	1315	SOLINA TEAM	M30	16	01:10:54	03:07:28.50	03:07:59.25	+00:56:23 (30.0%)	7:12	8.3 (69.7%)
37	BERTINO Francesco	1245	CAZZO CLUB RUNNING TEAM	M20	6	01:18:15	03:08:09.80	03:08:40.55	+00:57:05 (30.3%)	7:14	8.3 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
38	STRAŚ Jarosław	1372		M30	17	01:25:13	03:08:05.20	03:08:52.45	+00:57:17 (30.3%)	7:14	8.3 (69.7%)
39	KAŻMIERCZAK Bartłomiej	1218		M30	18	01:20:56	03:09:50.05	03:10:23.85	+00:58:48 (30.9%)	7:18	8.2 (68.9%)
40	ZASINA Sebastian	1181	RUBEZAHN TEAM	M30	19	01:17:24	03:11:51.60	03:12:23.75	+01:00:48 (31.6%)	7:22	8.1 (68.1%)
41	TARNOWSKI Mieczysław	1128		M30	20	01:16:57	03:12:08.35	03:12:39.90	+01:01:04 (31.7%)	7:23	8.1 (68.1%)
42	SIERPIŃSKI Mateusz	1151	TRAINING LAB	M30	21	01:20:22	03:11:44.90	03:12:40.40	+01:01:05 (31.7%)	7:22	8.1 (68.1%)
43	WOŁOSZYN Piotr	1278		M30	22	01:20:04	03:12:14.70	03:12:53.50	+01:01:18 (31.8%)	7:23	8.1 (68.1%)
44	MAKARSKI Krzysztof	1179	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	23	01:19:04	03:12:28.90	03:13:00.25	+01:01:24 (31.8%)	7:24	8.1 (68.1%)
45	PRZYBYŁOWICZ Ramona	1135		K30	2	01:20:23	03:12:29.15	03:13:00.40	+01:01:25 (31.8%)	7:24	8.1 (68.1%)
46	ŚWIADER Jerzy	1083		M40	12	01:18:37	03:12:35.60	03:13:19.40	+01:01:44 (31.9%)	7:24	8.1 (68.1%)
47	GOŁASZEWSKA Karolina	1318	WARSZTAT FORMY	K30	3	01:23:06	03:13:09.55	03:13:54.50	+01:02:19 (32.1%)	7:25	8.1 (68.1%)
48	PRZYBYŁOWICZ Marek	1136		M40	13	01:20:23	03:13:31.95	03:14:03.05	+01:02:27 (32.2%)	7:26	8.1 (68.1%)
49	BAJOR Michał	1336		M30	24	01:19:58	03:13:51.05	03:14:40.35	+01:03:05 (32.4%)	7:27	8 (67.2%)
50	KRASUSKI Mirosław	1319	1966	M50	2	01:19:42	03:14:19.60	03:14:50.65	+01:03:15 (32.5%)	7:28	8 (67.2%)
51	KACZMAREK Mateusz	1058	TEAM BARDZO	M20	7	01:17:16	03:14:07.25	03:15:07.55	+01:03:32 (32.6%)	7:27	8 (67.2%)
52	MAŁKIEWICZ Michał	1299	OSŻW MIŃSK MAZ./KS ZIELONO-CZARNI	M20	8	01:18:53	03:14:48.35	03:15:18.60	+01:03:43 (32.6%)	7:29	8 (67.2%)
53	IZDEBSKI Paweł	1357		M30	25	01:42:02	03:15:20.20	03:15:52.80	+01:04:17 (32.8%)	7:30	8 (67.2%)
54	PECA Dariusz	1369	BIAŁYBÓR TEAM	M30	26	01:19:03	03:16:02.55	03:16:34.40	+01:04:59 (33.1%)	7:32	8 (67.2%)
55	MAZURKIEWICZ Bartłomiej	1176	ZAPOROWY MARATON TEAM	M20	9	01:18:37	03:16:02.85	03:16:42.85	+01:05:07 (33.1%)	7:32	8 (67.2%)
56	GĄSIENICA Jakub	1232		M30	27	01:18:32	03:16:13.00	03:16:53.55	+01:05:18 (33.2%)	7:32	8 (67.2%)
57	WOJTANOWSKA Karolina	1363	DREAM CHASER TEAM	K20	2	01:20:32	03:17:46.85	03:18:16.05	+01:06:40 (33.6%)	7:36	7.9 (66.4%)
58	SZCZEPANEK Sylwester	1276	BOBOWSKA GRUPA BIEGOEA	M30	28	01:25:58	03:17:57.05	03:19:02.35	+01:07:27 (33.9%)	7:36	7.9 (66.4%)
59	NOWAKOWSKI Wojciech	1237		M30	29	01:23:21	03:18:26.20	03:19:06.50	+01:07:31 (33.9%)	7:37	7.9 (66.4%)
60	WRÓBLEWSKI Adrian	1322	3ATHLETE.PL	M30	30	01:23:26	03:20:06.95	03:21:06.25	+01:09:30 (34.6%)	7:41	7.8 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
61	BANY Marek	1203		M40	14	01:24:24	03:20:42.65	03:21:22.40	+01:09:47 (34.7%)	7:43	7.8 (65.5%)
62	PRUSKI Zbigniew	1253		M40	15	01:17:07	03:21:06.50	03:21:40.60	+01:10:05 (34.8%)	7:44	7.8 (65.5%)
63	PINKOWSKI Dariusz	1043	PKP LUBLINIEC , CALESTHENICA LUBLINIEC	M40	16	01:17:08	03:21:06.50	03:21:40.90	+01:10:05 (34.8%)	7:44	7.8 (65.5%)
64	BARTOSIK Marek	1320	BEAUTYSPORT.PL	M40	17	01:23:16	03:21:08.90	03:21:42.60	+01:10:07 (34.8%)	7:44	7.8 (65.5%)
65	NOWAKOWSKI Arkadiusz	1097	TRIATHLON SIEDLCE CLUB	M30	31	01:19:42	03:21:11.45	03:21:43.40	+01:10:08 (34.8%)	7:44	7.8 (65.5%)
66	DĄBROWSKI Maciej	1275		M30	32	01:33:30	03:21:03.85	03:22:00.30	+01:10:25 (34.9%)	7:44	7.8 (65.5%)
67	PORĘBSKI Łukasz	226	STOWARZYSZENIE PROSHARE CYCLING TEAM	M30	33	01:22:39	03:20:54.70	03:22:03.25	+01:10:27 (34.9%)	7:43	7.8 (65.5%)
68	SZTUBA Robert	1368		M30	34	01:20:45	03:21:35.45	03:22:08.15	+01:10:32 (34.9%)	7:45	7.7 (64.7%)
69	ZIÓŁKOWSKI Krzysztof	1346		M30	35	01:29:10	03:22:03.80	03:23:00.90	+01:11:25 (35.2%)	7:46	7.7 (64.7%)
70	ŻEBRAKOWSKA Katarzyna	1323	ULTRAMARATONPODKARPACKI.PL	K40	2	01:30:18	03:22:31.45	03:23:07.70	+01:11:32 (35.2%)	7:47	7.7 (64.7%)
71	ŻEBRAKOWSKI Grzegorz	1328	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M40	18	01:30:18	03:22:30.25	03:23:08.00	+01:11:32 (35.2%)	7:47	7.7 (64.7%)
72	PODBIELSKI Krystian	1187	ROCHE RUNNERS	M40	19		03:23:09.00	03:23:09.00	+01:11:33 (35.2%)	7:48	7.7 (64.7%)
73	SZADŁOWSKI Dariusz	1062	DRIM TIM	M40	20	01:24:14	03:22:44.50	03:23:36.35	+01:12:01 (35.4%)	7:47	7.7 (64.7%)
74	KRASOWSKI Łukasz	1050		M30	36	01:24:20	03:23:01.50	03:23:42.65	+01:12:07 (35.4%)	7:48	7.7 (64.7%)
75	PARTYKA Sebastian	1076		M30	37	01:23:50	03:23:43.75	03:24:16.70	+01:12:41 (35.6%)	7:50	7.7 (64.7%)
76	SZYBKOWSKI Marcin	1074		M30	38	01:23:47	03:24:03.80	03:24:37.30	+01:13:02 (35.7%)	7:50	7.6 (63.9%)
77	SADZIK Dariusz	1281	GRUPALUKTRANS.PL	M30	39	01:29:20	03:23:33.35	03:24:39.70	+01:13:04 (35.7%)	7:49	7.7 (64.7%)
78	SKRZESZEWSKI Henryk P.	1247	FARTLEK GO	M40	21	01:23:40	03:24:35.05	03:25:07.50	+01:13:32 (35.8%)	7:52	7.6 (63.9%)
79	IDZIOR Tomasz	1086		M20	10	01:24:25	03:24:46.15	03:25:34.20	+01:13:58 (36.0%)	7:52	7.6 (63.9%)
80	SZYBIAK Joanna	1236		K40	3	01:23:50	03:25:06.05	03:25:41.20	+01:14:05 (36.0%)	7:53	7.6 (63.9%)
81	FRIDRICH Marcin	1158	TRAINING LAB	M20	11	01:21:37	03:25:41.85	03:26:15.70	+01:14:40 (36.2%)	7:54	7.6 (63.9%)
82	MORAWIEC Daniel	1349	BEAUTYSPORT.PL	M40	22	01:26:57	03:26:14.40	03:26:49.40	+01:15:14 (36.4%)	7:55	7.6 (63.9%)
83	RAPACZ Marcin	1056	FUNDACJA TYLKO BIESZCZADY	M50	3	01:23:47	03:27:07.10	03:27:42.60	+01:16:07 (36.6%)	7:57	7.5 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
84	ŁUCJANEK Andrzej	1188		M30	40		03:27:50.00	03:27:50.00	+01:16:14 (36.7%)	7:59	7.5 (63.0%)
85	CZARNACKA Karolina	1126		K30	4	01:30:34	03:27:24.05	03:28:09.30	+01:16:34 (36.8%)	7:58	7.5 (63.0%)
86	GRECJA Jarek	1178		M40	23	01:21:35	03:28:08.95	03:28:49.35	+01:17:14 (37.0%)	8:00	7.5 (63.0%)
87	GUJSKI Marcin	1175	TRIPAKA	M30	41	01:32:27	03:28:17.90	03:28:55.35	+01:17:20 (37.0%)	8:00	7.5 (63.0%)
88	GRONCZEWSKI Artur	1211	FMW RUNNERS	M40	24	01:21:01	03:28:40.05	03:29:13.35	+01:17:38 (37.1%)	8:01	7.5 (63.0%)
89	MŁYNARCZYK Tatiana	1072	HUSARIA RACE TEAM	K30	5	01:25:05	03:29:12.00	03:29:53.25	+01:18:17 (37.3%)	8:02	7.5 (63.0%)
90	WICZKOWSKI Gabriel	1071	ANWIL TEAM	M50	4	01:29:41	03:32:03.70	03:32:51.85	+01:21:16 (38.2%)	8:09	7.4 (62.2%)
91	ŁASTOWIECKI Radosław	1250	KS BARAKUDA MIŃSK MAZOWIECKI	M40	25	01:26:33	03:32:33.45	03:33:19.65	+01:21:44 (38.3%)	8:10	7.3 (61.3%)
92	KRASOWSKI Mateusz	1052		M30	42	01:24:28	03:32:50.20	03:33:31.35	+01:21:56 (38.4%)	8:11	7.3 (61.3%)
93	PORZUCZEK Bartosz	1068		M30	43	01:12:34	03:33:05.40	03:33:51.15	+01:22:15 (38.5%)	8:11	7.3 (61.3%)
94	POKRYWKA Stefan	1366		M60	1	01:28:14	03:33:06.45	03:34:05.00	+01:22:29 (38.5%)	8:11	7.3 (61.3%)
95	DOŁŻYŃSKI Krzysztof	1147	LATAJĄCE KLAPKI KUBOTA	M30	44	01:33:49	03:33:26.45	03:34:18.05	+01:22:42 (38.6%)	8:12	7.3 (61.3%)
96	SZYBISTY Grzegorz	1207	KROSNO GLASS RUNING TEAM	M40	26	01:27:08	03:33:58.40	03:34:40.80	+01:23:05 (38.7%)	8:13	7.3 (61.3%)
97	HYDZIK Łukasz	1030	LIDER SANOK	M40	27	01:27:07	03:34:17.90	03:34:54.80	+01:23:19 (38.8%)	8:14	7.3 (61.3%)
98	RADOMIŃSKI Tomasz	1251	KS BARAKUDA MIŃSK MAZOWIECKI	M40	28	01:26:34	03:34:24.30	03:35:11.10	+01:23:35 (38.8%)	8:14	7.3 (61.3%)
99	JASTRZĄBEK Agnieszka	1111	EVERRUN	K30	6	01:28:21	03:34:29.45	03:35:13.40	+01:23:38 (38.9%)	8:15	7.3 (61.3%)
100	JABŁOŃSKI Karol	1297	KS ZIELONO - CZARNI	M30	45		03:35:15.00	03:35:15.00	+01:23:39 (38.9%)	8:16	7.2 (60.5%)
101	SKARŻYŃSKI Marek	1309	TRIATHLON LUBLIN TEAM	M40	29	01:25:05	03:34:46.80	03:35:32.35	+01:23:57 (38.9%)	8:15	7.3 (61.3%)
102	GRANDA Paweł	1378	21 DAPLOT	M30	46	01:24:50	03:34:47.00	03:35:33.15	+01:23:57 (39.0%)	8:15	7.3 (61.3%)
103	MATUSIK- SKALSKA Renata	1303	ŻUKI W BŁOCIE	K40	4	01:29:05	03:34:55.50	03:35:49.15	+01:24:13 (39.0%)	8:16	7.3 (61.3%)
104	SKALSKI Jarosław	1302		M40	30	01:29:06	03:34:56.05	03:35:49.45	+01:24:14 (39.0%)	8:16	7.3 (61.3%)
105	KOWALSKI Łukasz	1316		M30	47	01:25:59	03:35:50.45	03:36:31.35	+01:24:56 (39.2%)	8:18	7.2 (60.5%)
106	SKONECZNA Magdalena	1075		K30	7	01:32:20	03:36:11.35	03:37:13.05	+01:25:37 (39.4%)	8:18	7.2 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
107	GRĘBOWSKI Sebastian	1098	UKS START	M40	31	01:21:49	03:36:38.75	03:37:18.55	+01:25:43 (39.4%)	8:19	7.2 (60.5%)
108	MURAWSKI Michał	1384		M40	32	01:35:34	03:36:27.25	03:37:25.20	+01:25:49 (39.5%)	8:19	7.2 (60.5%)
109	RYSIAWA Marek	1347		M40	33	01:28:15	03:36:48.00	03:37:26.40	+01:25:51 (39.5%)	8:20	7.2 (60.5%)
110	DULAK Anna	1342	ROBDOR	K40	5	01:35:29	03:37:03.10	03:37:41.25	+01:26:05 (39.6%)	8:20	7.2 (60.5%)
111	DUBIJ Albert	1024	BIĄŁYSTOK BIEGA TEAM	M40	34	01:30:31	03:36:51.65	03:37:41.40	+01:26:06 (39.6%)	8:20	7.2 (60.5%)
112	URBAŚ Paweł	1066		M40	35	01:30:35	03:36:55.10	03:37:42.05	+01:26:06 (39.6%)	8:20	7.2 (60.5%)
113	SKOWERA Edward	1129	PĘDZIWIATR BIAŁYSTOK	M60	2	01:30:28	03:36:56.25	03:37:44.25	+01:26:08 (39.6%)	8:20	7.2 (60.5%)
114	ZIĘBA Tomasz	1332	JACEKBIEGA RUNNING TEAM	M40	36	01:25:50	03:37:18.90	03:38:02.35	+01:26:27 (39.6%)	8:21	7.2 (60.5%)
115	RADYK Jakub	1269	PRZEMYSKI KLUB BIEGACZA	M30	48	01:24:29	03:37:45.95	03:38:28.45	+01:26:53 (39.8%)	8:22	7.2 (60.5%)
116	LEGUTKO Piotr	1166		M30	49	01:30:34	03:37:56.45	03:38:37.75	+01:27:02 (39.8%)	8:22	7.2 (60.5%)
117	KĘDZIOŁKA Łukasz	1367		M20	12	01:31:11	03:37:54.90	03:38:47.80	+01:27:12 (39.9%)	8:22	7.2 (60.5%)
118	KURZYŃSKI Michał	1049	EFEKT GOMBAO	M30	50	01:21:20	03:38:29.50	03:39:03.10	+01:27:27 (39.9%)	8:24	7.1 (59.7%)
119	FURMAGA Przemysław	1018	POWER TRAINING	M30	51	01:28:00	03:38:31.00	03:39:19.90	+01:27:44 (40.0%)	8:24	7.1 (59.7%)
120	SPRAWKA Marta	1259	CAZZO CLUB RUNNING TEAM	K20	3	01:33:43	03:38:37.90	03:39:20.00	+01:27:44 (40.0%)	8:24	7.1 (59.7%)
121	ŻYCHOWICZ Rafał	1198	ALD RUNNING TEAM	M30	52	01:30:08	03:39:25.10	03:40:11.25	+01:28:35 (40.2%)	8:26	7.1 (59.7%)
122	ŻARNICKI Kamil	1061	STAY INSANE / CROSSFIT Z16	M30	53	01:30:56	03:40:14.85	03:40:56.90	+01:29:21 (40.4%)	8:28	7.1 (59.7%)
123	TUSZYŃSKA Karolina	1038	KS RYGLICE	K30	8	01:31:41	03:40:46.50	03:41:23.95	+01:29:48 (40.6%)	8:29	7.1 (59.7%)
124	MATOSZKA Arkadiusz	1163	TRAINING LAB	M30	54	01:26:48	03:42:05.35	03:42:39.45	+01:31:04 (40.9%)	8:32	7 (58.8%)
125	STYCZEŃ Ewelina	1152	CKBABCIE/WOŹNIAKRUNNINGTEAM	K30	9	01:34:53	03:42:00.75	03:42:47.70	+01:31:12 (40.9%)	8:32	7 (58.8%)
126	MAJEWSKI Sebastian	1212	ODROBINĘ BLIŻEJ NIEBA - MAJKI RUNNER	M30	55	01:22:57	03:42:12.95	03:42:56.30	+01:31:21 (41.0%)	8:32	7 (58.8%)
127	RZEPNIEWSKA Agata	1262		K30	10	01:36:13	03:42:05.25	03:43:02.10	+01:31:26 (41.0%)	8:32	7 (58.8%)
128	KOZAK Filip	1165		M40	37	01:24:21	03:42:40.35	03:43:16.30	+01:31:41 (41.1%)	8:33	7 (58.8%)
129	BITNER Krystian	1172		M30	56	01:24:20	03:42:41.10	03:43:16.45	+01:31:41 (41.1%)	8:33	7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
130	KOSEK Dariusz	1268	1966	M50	5	01:25:50	03:43:09.95	03:44:03.95	+01:32:28 (41.3%)	8:34	7 (58.8%)
131	DYLEWSKI Paweł	1317	FIZJO-SPORT/ ŁĘCZNA BIEGA	M40	38	01:32:14	03:43:12.70	03:44:09.45	+01:32:34 (41.3%)	8:35	7 (58.8%)
132	GAJOS Anna	1256	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	6	01:30:57	03:43:50.20	03:44:35.95	+01:33:00 (41.4%)	8:36	7 (58.8%)
133	LACH Agnieszka	1379	AUUUUU	K40	7	01:34:23	03:43:56.45	03:44:59.60	+01:33:24 (41.5%)	8:36	7 (58.8%)
134	ZIELIŃSKA Iwona	1118	WKB MARATOŃCZYK WŁOCŁAWEK	K50	1	01:31:17	03:43:59.85	03:45:03.75	+01:33:28 (41.5%)	8:36	7 (58.8%)
135	DUTKIEWICZ Iwona	1290		K40	8	01:34:33	03:44:31.50	03:45:23.20	+01:33:47 (41.6%)	8:38	6.9 (58.0%)
136	KRZYSZTOŃ Piotr	444	GMP LASY KRAŚNIK	M30	57	01:26:52	03:44:35.80	03:45:35.05	+01:33:59 (41.7%)	8:38	6.9 (58.0%)
137	WIŚNIEWSKA Bożena	1180		K40	9	01:36:17	03:45:40.15	03:46:23.10	+01:34:47 (41.9%)	8:40	6.9 (58.0%)
138	MAŁEK Daren	1205		M20	13	01:29:38	03:45:55.10	03:46:34.40	+01:34:59 (41.9%)	8:41	6.9 (58.0%)
139	SZCZUKA Krzysztof	1258	_____SEVEN SUMMITS	M30	58	01:36:09	03:45:49.45	03:46:40.20	+01:35:04 (41.9%)	8:41	6.9 (58.0%)
140	RZEPKOWSKA Mirosława	1289		K30	11	01:32:42	03:46:26.10	03:47:15.85	+01:35:40 (42.1%)	8:42	6.9 (58.0%)
141	FRANUSIAK Marek	1310		M20	14	01:40:04	03:47:26.25	03:47:26.25	+01:35:50 (42.1%)	8:44	6.9 (58.0%)
142	MACIOSZEK Katarzyna	1170	FLORKI	K30	12	01:36:17	03:46:30.40	03:47:31.80	+01:35:56 (42.2%)	8:42	6.9 (58.0%)
143	WARZYCHA Dawid	1013	PKP INTERCITY	M20	15	01:30:35	03:46:45.10	03:47:38.05	+01:36:02 (42.2%)	8:43	6.9 (58.0%)
144	MAJCHRZAK Joanna	1162	TRAINING LAB	K30	13	01:29:40	03:47:31.55	03:48:06.90	+01:36:31 (42.3%)	8:45	6.9 (58.0%)
145	PASZKO Stanisław	1270	BSK MIÓD KOZACKI BILGORAJ	M60	3	01:36:09	03:47:20.40	03:48:12.85	+01:36:37 (42.3%)	8:44	6.9 (58.0%)
146	GRALA-MAKA Wiesława	1208	STARGLOSS TEAM OSTROŁĘKA	K40	10	01:35:19	03:47:30.10	03:48:15.00	+01:36:39 (42.3%)	8:45	6.9 (58.0%)
147	ŻEBRAKOWSKI Marek	1374	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	6	01:37:31	03:47:58.85	03:48:35.70	+01:37:00 (42.4%)	8:46	6.8 (57.1%)
148	SZUBERT Agnieszka	1131	KOŁOBRZEG BIEGA	K30	14	01:36:24	03:47:58.90	03:48:43.60	+01:37:08 (42.5%)	8:46	6.8 (57.1%)
149	KLOCEK Konrad	1337		M30	59	01:28:57	03:47:59.15	03:48:59.55	+01:37:24 (42.5%)	8:46	6.8 (57.1%)
150	JABŁOŃSKA Dorota	1191	OUTDOOR TRAINING	K20	4	01:37:46	03:48:23.20	03:49:03.75	+01:37:28 (42.6%)	8:47	6.8 (57.1%)
151	BERNACKI Kamil	1100	OSTROBIEC	M40	39	01:40:18	03:48:23.75	03:49:14.50	+01:37:39 (42.6%)	8:47	6.8 (57.1%)
152	FRANKOWSKI Piotr	1002		M40	40	01:30:19	03:48:31.30	03:49:19.75	+01:37:44 (42.6%)	8:47	6.8 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
153	BAGIŃSKI Paweł	1079		M40	41	01:34:57	03:48:33.25	03:49:20.35	+01:37:45 (42.6%)	8:47	6.8 (57.1%)
154	ORZOŁ Jacek	280	KB LENIWIEC ZĄBKI	M30	60	01:30:42	03:49:03.90	03:49:42.40	+01:38:07 (42.7%)	8:48	6.8 (57.1%)
155	WARZYCHA Krzysztof	1012		M50	7	01:31:07	03:48:56.00	03:49:47.55	+01:38:12 (42.7%)	8:48	6.8 (57.1%)
156	ŻELEŚKIEWICZ Arkadiusz	1096	KB GEOTERMIA UNIEJÓW	M30	61	01:27:49	03:49:27.80	03:50:06.05	+01:38:30 (42.8%)	8:49	6.8 (57.1%)
157	TUREK Michał	1174	ROCHE RUNNERS	M30	62	01:34:08	03:49:48.70	03:50:23.70	+01:38:48 (42.9%)	8:50	6.8 (57.1%)
158	SEREDA Joanna	1145	ADIDAS RUNNERS WARSAW	K20	5	01:35:09	03:49:50.70	03:50:28.00	+01:38:52 (42.9%)	8:50	6.8 (57.1%)
159	GALUS Jacek	1020		M40	42	01:38:49	03:49:43.20	03:50:37.40	+01:39:02 (42.9%)	8:50	6.8 (57.1%)
160	GŁUSZKO Justyna	1314	SOLINA TEAM	K30	15	01:34:57	03:50:06.40	03:50:37.75	+01:39:02 (42.9%)	8:51	6.8 (57.1%)
161	WAŚ Marek	1377	MARIAN BIEGA	M40	43	01:36:24	03:50:50.55	03:51:25.35	+01:39:50 (43.1%)	8:52	6.8 (57.1%)
162	ZDROJEWSKA Magdalena	1228		K40	11	01:43:44	03:50:51.10	03:51:43.05	+01:40:07 (43.2%)	8:52	6.8 (57.1%)
163	SZTUBA Roman	1370	BIĄŁYBÓR TEAM	M30	63	01:36:51	03:51:23.65	03:51:57.15	+01:40:21 (43.3%)	8:54	6.7 (56.3%)
164	MAJEWSKI Marek	1154	TRAINING LAB	M30	64	01:29:41	03:51:54.05	03:52:28.45	+01:40:53 (43.4%)	8:55	6.7 (56.3%)
165	WAŁACHOWSKA Urszula	1095	SOLINATEAM	K30	16	01:33:40	03:51:58.65	03:52:29.90	+01:40:54 (43.4%)	8:55	6.7 (56.3%)
166	JANKOWSKI Łukasz	1261		M30	65	01:36:16	03:52:23.55	03:53:14.60	+01:41:39 (43.6%)	8:56	6.7 (56.3%)
167	DZIEDZINA Tomasz	1361	MUAY RUNNING TEAM	M40	44	01:32:23	03:52:56.85	03:53:33.25	+01:41:57 (43.7%)	8:57	6.7 (56.3%)
168	GMAJ Karolina	1578		K30	17	01:33:39	03:52:51.05	03:53:35.55	+01:42:00 (43.7%)	8:57	6.7 (56.3%)
169	TROĆ Maria	1308	SKAWINA BIEGA	K20	6	01:30:06	03:53:19.20	03:53:55.45	+01:42:20 (43.7%)	8:58	6.7 (56.3%)
170	BARDAN Michał	1199	ALD RUNNING TEAM	M30	66	01:29:47	03:53:17.45	03:54:03.30	+01:42:28 (43.8%)	8:58	6.7 (56.3%)
171	BABINSKA Inga	1104		K40	12	01:35:41	03:54:15.90	03:54:55.35	+01:43:20 (44.0%)	9:00	6.7 (56.3%)
172	KOŁACZ Piotr	1194		M40	45	01:37:28	03:55:04.40	03:55:41.30	+01:44:06 (44.2%)	9:02	6.6 (55.5%)
173	BALCEWICZ Alfred	1204		M20	16	01:36:00	03:54:49.90	03:55:45.80	+01:44:10 (44.2%)	9:01	6.6 (55.5%)
174	NIEDBAŁ Maja	1141		K20	7	01:33:32	03:55:25.35	03:56:03.55	+01:44:28 (44.3%)	9:03	6.6 (55.5%)
175	NIEDBAŁ Magdalena	1142		K20	8	01:33:31	03:55:25.80	03:56:04.50	+01:44:29 (44.3%)	9:03	6.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
176	KACZMARSKI Wojciech	1182	ROCHE RUNNERS	M50	8	01:34:04	03:55:30.65	03:56:06.40	+01:44:31 (44.3%)	9:03	6.6 (55.5%)
177	SIDOR Jerzy	1364		M60	4	01:34:53	03:55:36.30	03:56:17.75	+01:44:42 (44.3%)	9:03	6.6 (55.5%)
178	JAGODZIŃSKA Aleksandra	1091	JAGODA TEAM	K40	13	01:40:23	03:55:53.80	03:56:33.10	+01:44:57 (44.4%)	9:04	6.6 (55.5%)
179	CIUPA Tomasz	1305	LUBIĘ BIEGAĆ LENIWIE LBL	M40	46	01:39:30	03:55:55.90	03:56:48.50	+01:45:13 (44.4%)	9:04	6.6 (55.5%)
180	GRANDE Piotr	1150	BIGYELLOWFOOD ADVENTURE TEAM	M30	67	01:33:53	03:56:04.35	03:56:55.10	+01:45:19 (44.5%)	9:04	6.6 (55.5%)
181	PELCZAR Jakub	1234		M30	68	01:36:16	03:57:10.40	03:57:49.00	+01:46:13 (44.7%)	9:07	6.6 (55.5%)
182	MAZGAJ Michał	1327	NOA	M30	69	01:33:41	03:57:05.50	03:57:50.90	+01:46:15 (44.7%)	9:07	6.6 (55.5%)
183	KOWALEWSKI Kasper	1348		M20	17	01:29:45	03:57:36.95	03:58:16.55	+01:46:41 (44.8%)	9:08	6.6 (55.5%)
184	BENTKOWSKA Magdalena	1257	WKURW_TEAM	K30	18	01:32:30	03:57:37.60	03:58:16.65	+01:46:41 (44.8%)	9:08	6.6 (55.5%)
185	MAŃKOWSKI Wojciech	1352	TRAINING LAB	M30	70	01:37:25	03:59:05.10	03:59:40.10	+01:48:04 (45.1%)	9:11	6.5 (54.6%)
186	SZYMAŃSKI Mariusz	1119	MKB DREPTAK	M40	47	01:38:10	03:58:54.25	03:59:43.10	+01:48:07 (45.1%)	9:11	6.5 (54.6%)
187	GUDZ Beata	1373	INŻYNIERIA BIEGANIA	K30	19	01:43:33	03:59:04.40	03:59:54.85	+01:48:19 (45.2%)	9:11	6.5 (54.6%)
188	GÓRA Zbigniew	1124	WADOWICE	M40	48	01:35:21	03:59:22.10	03:59:55.15	+01:48:19 (45.2%)	9:12	6.5 (54.6%)
189	GOCYLA Dariusz	1034	1966	M50	9	01:35:45	03:59:26.05	04:00:20.05	+01:48:44 (45.2%)	9:12	6.5 (54.6%)
190	DOŁHUN Adam	1354	RUN PASJA BYDGOSZCX	M30	71	01:35:35	03:59:59.75	04:00:53.20	+01:49:17 (45.4%)	9:13	6.5 (54.6%)
191	PERUZYŃSKA-ZYCH Ilona	1113		K40	14	01:39:42	04:00:18.00	04:01:03.80	+01:49:28 (45.4%)	9:14	6.5 (54.6%)
192	JASIŃSKI Mikołaj	1333	UKA WARSZAWA	M50	10	01:35:40	04:00:26.45	04:01:07.00	+01:49:31 (45.4%)	9:14	6.5 (54.6%)
193	SASAL Monika	1055	FUNDACJA TYLKO BIESZCZADY	K30	20	01:40:29	04:00:35.25	04:01:11.70	+01:49:36 (45.4%)	9:15	6.5 (54.6%)
194	MARCINEK Wojciech	1210	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M40	49	01:39:02	04:00:58.30	04:01:36.05	+01:50:00 (45.5%)	9:16	6.5 (54.6%)
195	PORSCH Arkadiusz	1298		M40	50	01:44:12	04:01:30.25	04:02:27.90	+01:50:52 (45.7%)	9:17	6.5 (54.6%)
196	WINCZURA Leszek	1355		M40	51	01:36:16	04:01:49.10	04:02:45.65	+01:51:10 (45.8%)	9:18	6.5 (54.6%)
197	ŻYŁKA Ireneusz	1105	BIEGACZ	M40	52	01:36:26	04:02:12.20	04:02:58.10	+01:51:22 (45.8%)	9:18	6.4 (53.8%)
198	PIĄTEK Dawid	1159	TRAINING LAB	M30	72	01:27:27	04:03:02.15	04:03:37.05	+01:52:01 (46.0%)	9:20	6.4 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
199	DROSZCZ Krzysztof	1307	BIGYELLOWFOOT ADVENTURE TEAM	M30	73	01:35:22	04:02:48.45	04:03:37.85	+01:52:02 (46.0%)	9:20	6.4 (53.8%)
200	WĘGLIŃSKI Sebastian	1265	MKB DREPTAK	M30	74	01:38:49	04:04:16.80	04:05:06.40	+01:53:31 (46.3%)	9:23	6.4 (53.8%)
201	WĘGLIŃSKA Joanna	1264	MKB DREPTAK	K30	21	01:38:55	04:04:22.90	04:05:06.80	+01:53:31 (46.3%)	9:23	6.4 (53.8%)
202	ZEMŁA Piotr	1053		M40	53	01:38:21	04:05:14.60	04:05:57.95	+01:54:22 (46.5%)	9:25	6.4 (53.8%)
203	PASIECZNA Małgorzata	1059	FARTLEK GO	K30	22	01:40:35	04:05:44.45	04:06:16.10	+01:54:40 (46.6%)	9:27	6.3 (52.9%)
204	DOMARADZKA-KASZUBOWICZ Wiktoria	1120	POZYTYWNIIE ZABIEGANI SANOK	K30	23	01:45:19	04:05:29.25	04:06:29.05	+01:54:53 (46.6%)	9:26	6.4 (53.8%)
205	WICZKOWSKI Dawid	1084		M20	18	01:33:47	04:06:31.10	04:07:17.75	+01:55:42 (46.8%)	9:28	6.3 (52.9%)
206	BUCIORA Paweł	1343		M30	75	01:34:36	04:06:41.25	04:07:19.50	+01:55:44 (46.8%)	9:29	6.3 (52.9%)
207	SZCZEPANIK Marek	1240	NATURECALLING.PL	M30	76	01:36:34	04:06:18.35	04:07:19.80	+01:55:44 (46.8%)	9:28	6.3 (52.9%)
208	ZYDEK Katarzyna	1229	DZIK KOMANDO	K20	9	01:32:32	04:07:56.25	04:08:38.50	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
208	JAGODZIŃSKI Hubert	1381	DZIK COMANDO	M20	19	01:32:35	04:07:58.15	04:08:38.50	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
210	KACZMAREK Łukasz	1350	DZIK KOMANDO	M30	77	01:32:33	04:07:56.95	04:08:38.70	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
211	BOGDAŃSKI Bartosz	1185	DZIK KOMANDO	M30	78	01:32:33	04:07:58.00	04:08:38.90	+01:57:03 (47.1%)	9:32	6.3 (52.9%)
212	JANUSZKIEWICZ Wojciech	1031		M40	54	01:37:24	04:07:50.85	04:08:41.15	+01:57:05 (47.1%)	9:31	6.3 (52.9%)
213	KOZIŃSKA Agata	1242	RUN PASJA	K20	10	01:40:12	04:07:55.55	04:08:47.90	+01:57:12 (47.1%)	9:32	6.3 (52.9%)
214	PRZYBYLSKI Marcin	1220		M40	55	01:42:34	04:08:10.45	04:08:55.35	+01:57:20 (47.1%)	9:32	6.3 (52.9%)
215	FILIPIAK Magdalena	1223	OSP TARGOWO	K40	15	01:41:47	04:08:11.45	04:09:08.80	+01:57:33 (47.2%)	9:32	6.3 (52.9%)
216	KAZEK Sylwia	1255		K30	24	01:37:19	04:08:33.15	04:09:12.95	+01:57:37 (47.2%)	9:33	6.3 (52.9%)
217	LULA Radosław	1078		M40	56	01:34:55	04:08:39.85	04:09:27.40	+01:57:52 (47.3%)	9:33	6.3 (52.9%)
218	LUBAŃSKA Alicja	1267	ZS BUKOWICE	K50	2	01:35:15	04:09:23.85	04:10:00.40	+01:58:25 (47.4%)	9:35	6.3 (52.9%)
219	KĄCKI Piotr	1032		M50	11	01:39:59	04:09:38.90	04:10:23.70	+01:58:48 (47.4%)	9:36	6.2 (52.1%)
220	GRUSZKA Karol	1153	TRAINING LAB	M30	79	01:39:56	04:09:50.45	04:10:26.40	+01:58:51 (47.5%)	9:36	6.2 (52.1%)
221	KULEC Anna	1252		K20	11	01:35:17	04:09:27.65	04:10:29.45	+01:58:54 (47.5%)	9:35	6.3 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
222	KAŁUŻNY Andrzej	1037		M40	57	01:35:57	04:09:47.05	04:10:34.45	+01:58:59 (47.5%)	9:36	6.2 (52.1%)
223	WACŁAWEK Marta	1284	POWER TRAINING	K30	25	01:45:10	04:09:43.10	04:10:35.25	+01:58:59 (47.5%)	9:36	6.2 (52.1%)
224	SOSZYŃSKA Małgorzata	1304	1962	K50	3	01:45:48	04:10:01.60	04:10:51.40	+01:59:16 (47.5%)	9:37	6.2 (52.1%)
225	FILIPIAK Grzegorz	1224	OSP TARGOWO	M40	58	01:38:42	04:10:17.25	04:11:14.65	+01:59:39 (47.6%)	9:37	6.2 (52.1%)
226	MAZAN Przemysław	1266		M40	59	01:43:18	04:10:30.30	04:11:30.40	+01:59:55 (47.7%)	9:38	6.2 (52.1%)
227	RUBAJ Adam	1376	KWIDZYN BIEGA	M40	60	01:36:26	04:11:11.65	04:11:49.15	+02:00:13 (47.7%)	9:39	6.2 (52.1%)
228	MAJSTEREK Paweł	1283		M30	80	01:43:22	04:11:00.40	04:11:59.70	+02:00:24 (47.8%)	9:39	6.2 (52.1%)
229	RUPIŃSKI Maciej	1331		M50	12	01:35:59	04:11:29.85	04:12:22.80	+02:00:47 (47.9%)	9:40	6.2 (52.1%)
230	LIS Arkadiusz	1273	NOGIZETRE	M30	81	01:52:04	04:11:32.70	04:12:33.60	+02:00:58 (47.9%)	9:40	6.2 (52.1%)
231	KRZYŻEWSKI Roger	1103		M30	82	01:38:54	04:13:17.70	04:13:56.80	+02:02:21 (48.2%)	9:44	6.2 (52.1%)
232	MAJDA Dominika	1121	PGB SPOROWA PACZKA BIEGOWA	K20	12	01:40:32	04:14:08.65	04:14:08.65	+02:02:33 (48.2%)	9:46	6.1 (51.3%)
233	SOBOLEWSKI Grzegorz	1144	MASAKRA KLUB SPORTOWY	M30	83	01:44:05	04:13:36.35	04:14:43.25	+02:03:07 (48.3%)	9:45	6.2 (52.1%)
234	ARGIER Łukasz	1621		M30	84	01:44:16	04:14:59.20	04:16:11.40	+02:04:36 (48.6%)	9:48	6.1 (51.3%)
235	PIĘTA Łukasz	1243		M40	61	01:44:58	04:15:43.40	04:16:22.90	+02:04:47 (48.7%)	9:50	6.1 (51.3%)
236	SIUDA Anna	1073	NAMEDYCYNE SKLEP24 GMBH JP	K20	13	01:44:53	04:15:22.70	04:16:23.30	+02:04:48 (48.7%)	9:49	6.1 (51.3%)
237	JURCZAK Robert	1334		M40	62	01:39:48	04:15:39.85	04:16:28.95	+02:04:53 (48.7%)	9:49	6.1 (51.3%)
238	JĘDRZEJEWSKA Agnieszka	1026	JAKOŚTOBĘDZIE	K30	26	01:44:29	04:15:41.80	04:16:31.90	+02:04:56 (48.7%)	9:50	6.1 (51.3%)
239	HORODYSKI Maciej	1222	WKB MARATOŃCZYK	M60	5	01:38:50	04:15:55.85	04:16:43.30	+02:05:08 (48.7%)	9:50	6.1 (51.3%)
240	ORLEWSKI Piotr	1226	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	13	01:40:07	04:16:07.25	04:16:45.15	+02:05:09 (48.7%)	9:51	6.1 (51.3%)
241	KRUCZEK Robert	1221	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	14	01:41:01	04:16:07.90	04:16:45.25	+02:05:09 (48.7%)	9:51	6.1 (51.3%)
242	KŁOPOT Grzegorz	1048	AKMB PĘDZIWIATR GLIWICE	M30	85	01:36:04	04:15:45.60	04:16:46.80	+02:05:11 (48.8%)	9:50	6.1 (51.3%)
243	PECYNA Dariusz	1246	METAL HEART	M40	63	01:49:51	04:16:08.25	04:17:03.15	+02:05:27 (48.8%)	9:51	6.1 (51.3%)
244	PAJĄK Krzysztof	1140	SPORTIVA GLIWICE	M50	15	01:39:40	04:16:34.20	04:17:08.80	+02:05:33 (48.8%)	9:52	6.1 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
245	DOMARADZKA Ewa	1005		K40	16	01:48:49	04:16:31.05	04:17:23.65	+02:05:48 (48.9%)	9:51	6.1 (51.3%)
246	GOSZCZYŃSKI Piotr	1359		M40	64	01:40:29	04:16:41.05	04:17:49.10	+02:06:13 (49.0%)	9:52	6.1 (51.3%)
247	CIEZYNSKI Eryk	1046	EMAK	M40	65	01:34:57	04:17:11.00	04:18:02.60	+02:06:27 (49.0%)	9:53	6.1 (51.3%)
248	GONET Radosław	1200	GONET TEAM	M40	66	01:36:31	04:17:52.65	04:18:34.90	+02:06:59 (49.1%)	9:55	6 (50.4%)
248	GONET Grzegorz	1202	GONETTEAM	M40	67	01:36:46	04:17:51.85	04:18:34.90	+02:06:59 (49.1%)	9:55	6.1 (51.3%)
250	BALCER Marcin	1190		M30	86	01:50:55	04:17:24.40	04:18:38.00	+02:07:02 (49.1%)	9:54	6.1 (51.3%)
251	MIELNICZEK Ewa	1285		K40	17	01:47:32	04:18:00.20	04:18:38.90	+02:07:03 (49.1%)	9:55	6 (50.4%)
252	MIŁOSZ Bartłomiej	1093	KASZANKI	M50	16	01:41:55	04:17:42.30	04:18:40.40	+02:07:05 (49.1%)	9:54	6.1 (51.3%)
253	PIWOWARSKI Bartosz	1077		M30	87	01:42:36	04:18:33.00	04:19:12.90	+02:07:37 (49.2%)	9:56	6 (50.4%)
254	WRÓBLEWSKA Dorota	1051	BZG	K50	4	01:46:26	04:18:13.60	04:19:14.00	+02:07:38 (49.2%)	9:55	6 (50.4%)
255	KRÓLIKOWSKA Emilia	1339		K30	27	01:48:27	04:18:12.30	04:19:17.70	+02:07:42 (49.3%)	9:55	6 (50.4%)
255	LESZCZYŃSKA Kamila	1340		K20	14	01:48:28	04:18:12.50	04:19:17.70	+02:07:42 (49.3%)	9:55	6 (50.4%)
257	KURKOWIAK Krzysztof	1109	WKURW_TEAM	M30	88	01:43:35	04:18:44.95	04:19:22.70	+02:07:47 (49.3%)	9:57	6 (50.4%)
258	PŁATEK Katarzyna	1112	WKURW_TEAM	K30	28	01:43:35	04:18:45.80	04:19:22.95	+02:07:47 (49.3%)	9:57	6 (50.4%)
259	KOŁACZ Liliana	1311		K30	29	01:42:34	04:19:08.15	04:19:45.20	+02:08:09 (49.3%)	9:58	6 (50.4%)
260	KOŁACZ Tomasz	1312		M30	89	01:42:37	04:19:07.80	04:19:45.35	+02:08:10 (49.3%)	9:58	6 (50.4%)
261	ZIELAK Aldona	1383		K40	18	01:43:33	04:19:27.20	04:20:15.80	+02:08:40 (49.4%)	9:58	6 (50.4%)
262	KĘDRA Agnieszka	1025	PODKARPACKA SZKOŁA KRAV MAGA	K20	15	01:42:28	04:19:37.80	04:20:33.00	+02:08:57 (49.5%)	9:59	6 (50.4%)
263	LATAŁA Andrzej	1294	BIEGAJĄCY ŚWIDNIK	M40	68	01:40:01	04:19:36.20	04:20:34.75	+02:08:59 (49.5%)	9:59	6 (50.4%)
264	SUGIER Tomasz	1365	WKURW_TEAM	M30	90	01:42:10	04:21:53.90	04:22:38.55	+02:11:03 (49.9%)	10:04	6 (50.4%)
265	GANCARSKI Marcin	1235	NOWY STYL GROUP RUNNING TEAM	M30	91	01:46:54	04:24:20.80	04:25:09.95	+02:13:34 (50.4%)	10:10	5.9 (49.6%)
266	MATUSIAK Anna	1035		K50	5	01:45:14	04:24:43.25	04:25:21.50	+02:13:46 (50.4%)	10:10	5.9 (49.6%)
267	LATOS Joanna	1099		K40	19	01:48:57	04:25:16.85	04:26:05.20	+02:14:29 (50.5%)	10:12	5.9 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
268	KAWKA Paweł	1329		M30	92	01:41:57	04:25:20.40	04:26:28.75	+02:14:53 (50.6%)	10:12	5.9 (49.6%)
269	ADAMSKI Bartłomiej	1148		M40	69	01:45:20	04:29:06.40	04:29:41.85	+02:18:06 (51.2%)	10:21	5.8 (48.7%)
270	URBANOWICZ Łukasz	1149		M40	70	01:45:19	04:29:09.60	04:29:45.85	+02:18:10 (51.2%)	10:21	5.8 (48.7%)
271	KOTOMSKA Renata	460	FIGLARZE	K40	20	01:39:07	04:29:08.25	04:29:49.40	+02:18:14 (51.2%)	10:21	5.8 (48.7%)
272	BRATKO- SETKOWICZ Alina	1107		K30	30	01:50:23	04:28:53.25	04:29:50.00	+02:18:14 (51.2%)	10:20	5.8 (48.7%)
273	CĘCELEWSKI Jarosław	456	FIGLARZE	M40	71	01:41:46	04:29:09.20	04:29:50.05	+02:18:14 (51.2%)	10:21	5.8 (48.7%)
274	BEDNAREK Grażyna	1206	RUN PASJA	K40	21	01:51:45	04:29:13.80	04:30:07.80	+02:18:32 (51.3%)	10:21	5.8 (48.7%)
275	HYZIAK Jakub	1216	FHU HYZIAK	M40	72	01:49:47	04:29:17.95	04:30:13.45	+02:18:38 (51.3%)	10:21	5.8 (48.7%)
276	HYZIAK Joanna	1217	FHU HYZIAK	K40	22	01:49:47	04:29:16.55	04:30:13.60	+02:18:38 (51.3%)	10:21	5.8 (48.7%)
277	WALOSZEK Marcin	1069	DZIKIE MUSTANGI	M30	93	01:32:14	04:31:54.50	04:32:51.05	+02:21:15 (51.8%)	10:27	5.7 (47.9%)
278	FOTYGA Agnieszka	1122	OSTROBIEC	K40	23	01:47:31	04:32:11.20	04:33:04.35	+02:21:29 (51.8%)	10:28	5.7 (47.9%)
279	SAWCZUK Marek	1164	GONET TEAM	M40	73	01:48:25	04:32:46.45	04:33:29.45	+02:21:54 (51.9%)	10:29	5.7 (47.9%)
280	STACHOWICZ Marcin	1110	5F TEAM	M30	94	01:42:30	04:32:49.25	04:33:45.05	+02:22:09 (51.9%)	10:29	5.7 (47.9%)
281	PAWLIK Katarzyna	1115	5F TEAM	K30	31	01:42:30	04:32:50.35	04:33:45.45	+02:22:10 (51.9%)	10:29	5.7 (47.9%)
282	KIJOWSKI Tomasz	1155	FOJADOR	M50	17	01:41:44	04:33:31.30	04:34:32.60	+02:22:57 (52.1%)	10:31	5.7 (47.9%)
283	JAMRÓZ Robert	1085	JAMERKI	M40	74	01:36:09	04:36:00.10	04:37:06.95	+02:25:31 (52.5%)	10:36	5.7 (47.9%)
284	ORZECHOWSKA Karolina	1186	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K30	32	01:49:21	04:37:00.25	04:37:52.10	+02:26:16 (52.6%)	10:39	5.6 (47.1%)
285	CEBRAT Tomasz	1274		M40	75	01:49:41	04:37:07.85	04:38:01.85	+02:26:26 (52.7%)	10:39	5.6 (47.1%)
286	LESZCZYŃSKA Małgorzata	1196		K40	24	01:52:11	04:38:28.95	04:39:12.90	+02:27:37 (52.9%)	10:42	5.6 (47.1%)
287	WÓJCIK Justyna	1321	WKURW_TEAM	K30	33	01:38:43	04:38:27.35	04:39:13.55	+02:27:38 (52.9%)	10:42	5.6 (47.1%)
288	CEGLARSKI Jacek	1324	WKURW_TEAM	M40	76	01:38:43	04:38:28.25	04:39:13.65	+02:27:38 (52.9%)	10:42	5.6 (47.1%)
289	KIJEWICZ Michał	1272		M30	95	01:52:39	04:38:15.05	04:39:13.75	+02:27:38 (52.9%)	10:42	5.6 (47.1%)
290	GŁOWACKI Zdzisław	1382		M60	6	01:48:08	04:38:15.20	04:39:14.35	+02:27:39 (52.9%)	10:42	5.6 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
291	PIEKARZ Paweł	1195		M30	96	01:38:47	04:39:02.50	04:40:05.65	+02:28:30 (53.0%)	10:43	5.6 (47.1%)
292	SKOWROŃSKA Agnieszka	1044		K40	25	01:55:42	04:40:12.30	04:41:03.00	+02:29:27 (53.2%)	10:46	5.6 (47.1%)
293	BRZEZIŃSKA Teresa	455	NIGHT RUNNERS GLIWICE	K40	26	01:52:04	04:40:30.65	04:41:23.80	+02:29:48 (53.2%)	10:47	5.6 (47.1%)
294	TYMBOROWSKA - WIEDRO Gosia	1286	WKURW_TEAM /WOZNIAK RUNNING TEAM /BIEGNĘ ŻEBY BARTEK MÓGŁBIEGAĆ	K40	27	01:44:35	04:40:36.10	04:41:27.20	+02:29:51 (53.2%)	10:47	5.6 (47.1%)
295	ZIOBER Barbara	1380	SNG WILD DUCKS	K20	16	01:54:52	04:40:59.35	04:41:54.05	+02:30:18 (53.3%)	10:48	5.6 (47.1%)
296	KOŁTUNICKI Krzysztof	1003	GORCE ULTRA TRAIL	M40	77	01:54:41	04:41:35.25	04:42:39.50	+02:31:04 (53.4%)	10:49	5.5 (46.2%)
297	WICZKOWSKA Jolanta	1070		K40	28	01:52:44	04:43:00.25	04:43:47.85	+02:32:12 (53.6%)	10:53	5.5 (46.2%)
298	WITCZAK Ola	1087	GKS FABIANKI	K40	29	01:49:19	04:42:44.40	04:43:47.95	+02:32:12 (53.6%)	10:52	5.5 (46.2%)
299	DĄBROWSKA Edyta	1209		K30	34	01:53:48	04:45:33.70	04:46:26.30	+02:34:51 (54.1%)	10:59	5.5 (46.2%)
300	CZOSTEK Joanna	1260	WKURW_TEAM	K50	6	01:54:38	04:47:05.35	04:47:53.70	+02:36:18 (54.3%)	11:02	5.4 (45.4%)
301	TATARATA Paweł	1157	TRAINING LAB	M30	97	01:44:48	04:47:52.10	04:48:28.10	+02:36:52 (54.4%)	11:04	5.4 (45.4%)
302	PECYNA Katarzyna	1356	PSZCZYNA BIEGA	K30	35	01:56:32	04:48:46.10	04:49:42.00	+02:38:06 (54.6%)	11:06	5.4 (45.4%)
303	GÓRKA Aleksandra	1201		K30	36	01:54:25	04:49:20.60	04:50:04.25	+02:38:28 (54.6%)	11:07	5.4 (45.4%)
304	ZATOŃ Bożena	1362		K30	37	01:55:15	04:49:46.35	04:50:40.20	+02:39:04 (54.7%)	11:08	5.4 (45.4%)
305	OSIKOWSKA Aleksandra	1282	POWER TRAINING	K30	38	01:56:13	04:51:17.95	04:52:09.00	+02:40:33 (55.0%)	11:12	5.4 (45.4%)
306	JAKUBCZYK - LATAŁA Agnieszka	1295	BIEGAJĄCY ŚWIDNIK	K40	30	01:52:01	04:51:36.85	04:52:35.50	+02:41:00 (55.0%)	11:12	5.3 (44.5%)
307	KANIA Krystyna	1106		K60	1	01:48:35	04:51:59.70	04:52:55.30	+02:41:20 (55.1%)	11:13	5.3 (44.5%)
307	SOBOLEWSKI Jarosław	1263	VEGE RUNNERS	M40	78	01:50:24	04:51:51.10	04:52:55.30	+02:41:20 (55.1%)	11:13	5.3 (44.5%)
309	PRZECH-FUS Agnieszka	1047	WW TEAM	K50	7	01:51:50	04:52:36.40	04:53:34.50	+02:41:59 (55.2%)	11:15	5.3 (44.5%)
310	CELI Piotr	1288	KASZTANIAKI TEAM	M30	98	01:53:01	04:54:19.25	04:55:25.75	+02:43:50 (55.5%)	11:19	5.3 (44.5%)
311	KNAPIK Ilona	1353		K40	31	01:55:10	04:54:25.80	04:55:26.30	+02:43:51 (55.5%)	11:19	5.3 (44.5%)
312	SAMEK Artur	1244		M40	79	01:53:28	04:56:50.65	04:57:27.40	+02:45:52 (55.8%)	11:25	5.3 (44.5%)

Przekroczony limit czasu: 05:00:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
313	FIREK Grażyna	1300	RGB CYKU PYKU	K40	32	01:59:17	04:59:17.40	05:00:02.60	+02:48:27 (56.1%)	11:30	5.2 (43.7%)
313	MATUSZEWSKI Arkadiusz	1301		M40	80	01:59:18	04:59:17.90	05:00:02.60	+02:48:27 (56.1%)	11:30	5.2 (43.7%)
315	GOLON Leszek	1139	KRAV MAGA	M30	99	01:41:31	04:59:30.65	05:00:37.60	+02:49:02 (56.2%)	11:31	5.2 (43.7%)
316	JEZIOREK Jozi	1171		M40	81	02:10:39	05:00:59.80	05:02:04.50	+02:50:29 (56.4%)	11:34	5.2 (43.7%)
317	SWATEK Mateusz	1137		M20	20	01:47:31	05:01:28.90	05:02:11.95	+02:50:36 (56.5%)	11:35	5.2 (43.7%)
318	GRONOWSKA Małgorzata	1338	RGB CYKU PYKU	K40	33	01:54:25	05:02:34.60	05:03:18.80	+02:51:43 (56.6%)	11:38	5.2 (43.7%)
319	BOGATKIEWICZ Maciej	1167	FLORKI	M20	21	02:01:52	05:03:02.30	05:04:02.85	+02:52:27 (56.7%)	11:39	5.1 (42.9%)
320	MACIOSZEK Krystyna	1168	FLORKI	K30	39	02:02:23	05:03:12.75	05:04:15.15	+02:52:39 (56.8%)	11:39	5.1 (42.9%)
321	MACIOSZEK Ania	1169	FLORKI	K20	17	02:02:24	05:03:13.20	05:04:16.25	+02:52:40 (56.8%)	11:39	5.1 (42.9%)
322	FURMAN Agnieszka	1146	OCHAJORUN & FRIENDS	K30	40	02:02:48	05:05:47.85	05:06:50.45	+02:55:15 (57.1%)	11:45	5.1 (42.9%)
323	FURMAN Michał	1193	OCHAJORUN & FRIENDS	M30	100	02:02:48	05:05:52.80	05:06:55.40	+02:55:20 (57.1%)	11:45	5.1 (42.9%)
324	KWIATKOWSKA Alicja	1127	MAŁE LWY	K30	41	02:05:54	05:06:05.75	05:06:56.20	+02:55:20 (57.1%)	11:46	5.1 (42.9%)
325	SAMOJLIK Daniel	1130	PĘDZIWIATR BIAŁYSTOK	M30	101	01:49:04	05:07:17.45	05:08:05.70	+02:56:30 (57.3%)	11:49	5.1 (42.9%)
326	PRZYBYLSKA Magdalena	1219		K30	42	02:06:28	05:08:36.60	05:09:21.10	+02:57:45 (57.5%)	11:52	5.1 (42.9%)
327	WĄSOWSKA Jagoda	1400		K50	8	02:03:30	05:08:49.95	05:09:53.85	+02:58:18 (57.5%)	11:52	5.1 (42.9%)
328	DAWID Honorata	1065		K40	34	02:02:59	05:10:14.90	05:10:49.50	+02:59:14 (57.7%)	11:55	5 (42.0%)
329	RZECZKOWSKI Maciej	1064	WARSZAWSKI KLUB GÓRSKI	M50	18	02:04:36	05:10:38.75	05:11:44.65	+03:00:09 (57.8%)	11:56	5 (42.0%)
330	KUŚMIERSKI Krzysztof	1067	WARSZAWSKI KLUB GÓRSKI	M40	82	02:05:09	05:10:38.85	05:11:45.05	+03:00:09 (57.8%)	11:56	5 (42.0%)
331	KARPIŃSKA Nina	1296		K30	43	02:02:50	05:29:12.05	05:30:14.35	+03:18:39 (60.2%)	12:39	4.7 (39.5%)
332	JÓŻWIK Artur	1063	BIEGAM, BO BIEGAM.	M40	83	02:14:06	05:29:39.35	05:30:38.90	+03:19:03 (60.2%)	12:40	4.7 (39.5%)
333	KOLAKOWSKA Anna	1101	NIGHT RUNNERS GLIWICE	K40	35	02:22:21	06:11:36.90	06:12:39.25	+04:01:03 (64.7%)	14:17	4.2 (35.3%)
334	FU Zhigang	1001		M60	7		06:27:29.55	06:27:29.55	+04:15:54 (66.0%)	14:54	4 (33.6%)
335	RUPIŃSKA Maria	1351		K20	18		06:56:29.55	06:56:29.55	+04:44:54 (68.4%)	16:01	3.7 (31.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
	MARCOL Mateusz	1007			M20	01:48:19 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 336 wynik(ów)