

VI ZIMOWA BIESZCZADZKA DYCHA 2020

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DOMISZEWSKI Ignacy	1501	GUKLA BRATKOWICE	M30	1	00:22:14		00:34:25.00	00:34:25.40		3:26	17.4 (100%)
2	GAJEWSKI Marek	1543	@ARKENYA_TEAM	M30	2	00:25:21		00:38:40.85	00:38:43.25	+00:04:17 (11.1%)	3:52	15.5 (89.1%)
3	PACHUT Jerzy	1610	MUAY RUNNING TEAM	M20	1	00:26:01		00:39:09.65	00:39:12.25	+00:04:46 (12.2%)	3:55	15.3 (87.9%)
4	NOWAK Marcin	1503	STALOWOWOLSKI KLUB BIEGACZA	M30	3	00:25:52		00:39:20.30	00:39:21.20	+00:04:55 (12.5%)	3:56	15.2 (87.4%)
5	GAWRON Janusz	1704	BRYGADA BESKIDÓW	M20	2	00:26:04		00:39:25.25	00:39:26.45	+00:05:01 (12.7%)	3:56	15.2 (87.4%)
6	CHLIPAŁA Paweł	1521		M20	3	00:26:03		00:39:43.80	00:39:43.80	+00:05:18 (13.4%)	3:58	15.1 (86.8%)
7	ŚWIERAD Krystian	1671		M20	4	00:26:04		00:39:56.05	00:39:59.05	+00:05:33 (13.9%)	3:59	15 (86.2%)
8	SZCZEPANIAK Damian	1661	KAMIENICA	M30	4	00:26:45		00:40:52.05	00:40:54.40	+00:06:29 (15.8%)	4:05	14.7 (84.5%)
9	KOŁODZIEJCZYK Łukasz	1709	UKS KOMETA	M20	5	00:26:48		00:40:54.70	00:40:56.90	+00:06:31 (15.9%)	4:05	14.7 (84.5%)
10	ADAMCZYK Martyna	1502	ALPIN SPORT HOKA ONE ONE TEAM	K20	1	00:27:17		00:41:31.05	00:41:33.25	+00:07:07 (17.2%)	4:09	14.5 (83.3%)
11	CHOJNACKI Wiktor	1523		M30	5	00:27:41		00:42:21.65	00:42:26.95	+00:08:01 (18.9%)	4:14	14.2 (81.6%)
12	RACHWAŁSKI Tomasz	1628	BŁĘKITNI	M40	1	00:28:15		00:42:42.35	00:42:51.30	+00:08:25 (19.7%)	4:16	14 (80.5%)
13	MARZEC Krzysztof	1596	STALOWOWOLSKI KLUB BIEGACZA	M40	2	00:28:01		00:43:12.25	00:43:13.55	+00:08:48 (20.4%)	4:19	13.9 (79.9%)
14	ŚWIDZIŃSKI Tomasz	1670	VEGE RUNNERS HAJIME KRAKÓW	M40	3	00:28:13		00:43:26.15	00:43:29.00	+00:09:03 (20.8%)	4:20	13.8 (79.3%)
15	ZAWADZKI Marcin	1695	SZCZWANY TRZMIEL TEAM	M30	6	00:28:26		00:44:08.85	00:44:10.35	+00:09:44 (22.1%)	4:24	13.6 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
16	MARCZAK Paweł	1593	DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO	M40	4	00:29:04		00:44:08.05	00:44:12.10	+00:09:46 (22.1%)	4:24	13.6 (78.2%)
17	WÓJCIK Józef	1687	CHEŁM BIEGA	M50	1	00:29:15		00:44:54.25	00:44:58.75	+00:10:33 (23.5%)	4:29	13.4 (77.0%)
18	SABAT Sebastian	1707		M20	6	00:29:30		00:45:08.95	00:45:09.40	+00:10:44 (23.8%)	4:30	13.3 (76.4%)
19	FRANCZYK Piotr	1542	KOT I WILK	M30	7	00:29:27		00:44:54.20	00:45:10.20	+00:10:44 (23.8%)	4:29	13.4 (77.0%)
20	MAJCHROWICZ Wiktor	1730		M40	5	00:29:26		00:43:57.25	00:45:35.95	+00:11:10 (24.5%)	4:23	13.7 (78.7%)
21	KALBARCZYK Adriana	1505	DUKLANOWSKI TEAM	K20	2	00:29:52		00:45:44.50	00:45:45.80	+00:11:20 (24.8%)	4:34	13.1 (75.3%)
22	TUROSZ Iwona	1703		K30	1	00:30:21		00:46:12.95	00:46:18.25	+00:11:52 (25.7%)	4:37	13 (74.7%)
23	WŁOCH Sławomir	1683	KROSNO MIASTO SZKŁA	M50	2	00:30:30		00:46:15.85	00:46:20.85	+00:11:55 (25.7%)	4:37	13 (74.7%)
24	WETHACZ Mariusz	1719		M30	8	00:30:41		00:46:42.75	00:46:49.85	+00:12:24 (26.5%)	4:40	12.8 (73.6%)
25	SZNAJDER Rafał	1666	G.O.A.T. TEAM MICHAŁOWICE	M40	6	00:30:54		00:46:56.20	00:46:59.35	+00:12:33 (26.7%)	4:41	12.8 (73.6%)
26	SKOTNICKI Jakub	1638	ADIDAS RUNNERS WARSAW	M30	9	00:31:53		00:47:21.25	00:47:34.80	+00:13:09 (27.7%)	4:44	12.7 (73.0%)
27	BODZIOCH Grzegorz	1513	GORLICKA GRUPA BIEGOWA	M40	7	00:31:00		00:47:30.40	00:47:39.85	+00:13:14 (27.8%)	4:45	12.6 (72.4%)
28	WIESNER Leszek	1679	NOWA HUTA TEAM	M20	7	00:30:53		00:47:26.45	00:47:43.65	+00:13:18 (27.9%)	4:44	12.6 (72.4%)
29	BARAŃSKI Jarosław	1718		M30	10	00:31:33		00:47:56.45	00:48:17.10	+00:13:51 (28.7%)	4:47	12.5 (71.8%)
30	BILSKI Marcin	1512		M40	8	00:32:10		00:48:07.95	00:48:20.65	+00:13:55 (28.8%)	4:48	12.5 (71.8%)
31	KSIĄŻKIEWICZ Bartłomiej	1577	ROCKY BALBOA	M30	11	00:33:07		00:49:14.00	00:49:14.00	+00:14:48 (30.1%)	4:55	12.2 (70.1%)
32	HORODEJCZUK Antoni	1556	HORODEJCZUK TEAM	M40	9	00:32:17		00:49:37.75	00:49:39.55	+00:15:14 (30.7%)	4:57	12.1 (69.5%)
33	HADUCH Jerzy	1552	SANOK I OKOLICE	M60	1	00:32:41		00:50:06.40	00:50:12.35	+00:15:46 (31.4%)	5:00	12 (69.0%)
34	LORENS Magdalena	1504	G.O.A.T. TEAM MICHAŁOWICE	K20	3	00:33:12		00:50:25.45	00:50:31.95	+00:16:06 (31.9%)	5:02	11.9 (68.4%)
35	MARCINIAK Tomasz	1591	RADOMNO BIEGA	M30	12	00:33:27		00:50:20.15	00:50:46.30	+00:16:20 (32.2%)	5:02	11.9 (68.4%)
36	SIKORA Jarek	1706		M40	10	00:33:30		00:50:25.90	00:50:49.05	+00:16:23 (32.3%)	5:02	11.9 (68.4%)
37	SOLIŃSKA Magdalena	1648		K40	1	00:33:33		00:51:01.15	00:51:13.85	+00:16:48 (32.8%)	5:06	11.8 (67.8%)
38	PIOTROWSKI Przemysław	1619	NOWA HUTA TEAM	M30	13	00:34:17		00:51:24.10	00:51:41.95	+00:17:16 (33.4%)	5:08	11.7 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
39	WOŹNIAK Janusz	1685	PORMAT JEDLICZE BIEGA	M50	3	00:33:51		00:51:35.00	00:51:51.05	+00:17:25 (33.6%)	5:09	11.6 (66.7%)
40	KORONA Jan	1574	KROSNO	M60	2	00:33:57		00:51:42.00	00:52:00.50	+00:17:35 (33.8%)	5:10	11.6 (66.7%)
41	POGODA Kinga	1711	UKS KOMETA	K20	4	00:34:04		00:52:06.05	00:52:08.45	+00:17:43 (34.0%)	5:12	11.5 (66.1%)
42	POLEWKA Tomasz	1712	UKS KOMETA	M40	11	00:34:18		00:52:26.80	00:52:28.80	+00:18:03 (34.4%)	5:14	11.4 (65.5%)
43	SOKOŁOWSKI Wojciech	1645		M30	14	00:34:16		00:51:02.75	00:52:47.70	+00:18:22 (34.8%)	5:06	11.8 (67.8%)
44	JANKOWSKI Michał	1560		M40	12	00:33:56		00:52:44.25	00:52:53.35	+00:18:27 (34.9%)	5:16	11.4 (65.5%)
45	ZIELONKA Michał	1691		M20	8	00:35:06		00:53:27.20	00:53:31.90	+00:19:06 (35.7%)	5:20	11.2 (64.4%)
46	FLASKA Zdenek	1540	MARAS TEAM	M40	13	00:34:52		00:52:06.40	00:53:58.25	+00:19:32 (36.2%)	5:12	11.5 (66.1%)
47	WRÓBEL Bartłomiej	1724	CISNA	M40	14	00:34:53		00:53:59.15	00:54:01.05	+00:19:35 (36.3%)	5:24	11.1 (63.8%)
48	SZNAJDER Joanna	1665	G.O.A.T. TEAM MICHAŁOWICE	K30	2	00:35:14		00:53:59.95	00:54:03.40	+00:19:38 (36.3%)	5:24	11.1 (63.8%)
49	SURMA Karolina	1658		K30	3	00:35:08		00:53:42.90	00:54:29.20	+00:20:03 (36.8%)	5:22	11.2 (64.4%)
50	GALICA-NIEPOKÓJ Agnieszka	1545	BIESZCZADZKI KLUB NORDIC WALKING	K30	4	00:36:03		00:54:59.85	00:55:04.20	+00:20:38 (37.5%)	5:30	10.9 (62.6%)
51	ZIĘBAKOWSKI Mikołaj	1692		M20	9	00:35:17		00:54:19.95	00:55:12.55	+00:20:47 (37.6%)	5:26	11 (63.2%)
52	DUDZIAK Agnieszka	1537	POMPA TEAM	K40	2	00:36:27		00:53:33.55	00:55:13.70	+00:20:48 (37.7%)	5:21	11.2 (64.4%)
53	KOGUT Leszek	1569		M40	15	00:35:26		00:54:27.05	00:55:15.85	+00:20:50 (37.7%)	5:26	11 (63.2%)
54	JANAS Marian	1731		M60	3	00:36:28		00:55:09.95	00:55:22.25	+00:20:56 (37.8%)	5:31	10.9 (62.6%)
55	DUDZIAK Dariusz	1536	POMPA TEAM	M40	16	00:36:28		00:53:58.95	00:55:39.70	+00:21:14 (38.2%)	5:23	11.1 (63.8%)
56	PODOLAK Zbigniew	1624		M50	4	00:36:51		00:55:37.15	00:56:22.85	+00:21:57 (38.9%)	5:33	10.8 (62.1%)
57	KANDEFER Wojciech	1564		M50	5	00:36:18		00:56:29.05	00:56:35.75	+00:22:10 (39.2%)	5:38	10.6 (60.9%)
58	WĘGRZYN Paweł	1725		M20	10	00:36:07		00:56:55.75	00:56:57.95	+00:22:32 (39.6%)	5:41	10.5 (60.3%)
59	DRAG Piotr	1717		M30	15	00:36:38		00:57:23.25	00:57:24.60	+00:22:59 (40.0%)	5:44	10.5 (60.3%)
60	PIĘNKOWSKA Katarzyna	1618	ADIDAS RUNNERS WARSAW	K30	5	00:38:13		00:57:35.30	00:57:51.40	+00:23:26 (40.5%)	5:45	10.4 (59.8%)
61	GRUSZECKA Anna	1549		K40	3	00:38:34		00:57:40.00	00:58:03.05	+00:23:37 (40.7%)	5:46	10.4 (59.8%)

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						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
62	GWIZDAK Justyna	1705		K30	6	00:37:22		00:57:36.30	00:58:41.00	+00:24:15 (41.3%)	5:45	10.4 (59.8%)
63	PŁESZKA Marek	1622	KLUB SPORTOWY OTRYT I	M40	17	00:31:55	00:10:00	00:58:57.00	00:59:03.00	+00:24:37 (41.7%)	4:53	12.3 (70.7%)
64	KORALEWSKI Paweł	1573	JAGRO TEAM	M30	16	00:38:59		00:57:19.60	00:59:06.10	+00:24:40 (41.8%)	5:44	10.5 (60.3%)
65	ŻÓŁKIEWICZ Mateusz	1694		M20	11	00:37:49		00:58:15.75	00:59:06.15	+00:24:40 (41.8%)	5:49	10.3 (59.2%)
66	WOJCIECHOWSKI Wojciech	1684		M20	12	00:37:53		00:58:24.60	00:59:14.45	+00:24:49 (41.9%)	5:50	10.3 (59.2%)
67	SAMUS Dariusz	1701	STG RZESZÓW	M30	17	00:39:32		00:59:01.30	00:59:18.85	+00:24:53 (42.0%)	5:54	10.2 (58.6%)
68	DYLAĞ Marlena	1539	G.O.A.T. TEAM MICHAŁOWICE	K20	5	00:39:22		00:59:14.45	00:59:20.70	+00:24:55 (42.0%)	5:55	10.1 (58.0%)
69	RUSIN Aleksander	1700		M30	18	00:38:20		00:58:39.60	00:59:22.00	+00:24:56 (42.0%)	5:52	10.2 (58.6%)
70	BURTAN Marcin	1519	TERMOAKTYWNIE.PL	M30	19	00:37:57		00:57:46.20	00:59:24.50	+00:24:59 (42.1%)	5:46	10.4 (59.8%)
71	RUSIN Łukasz	1635		M30	20	00:38:25		00:59:14.65	00:59:25.45	+00:25:00 (42.1%)	5:55	10.1 (58.0%)
72	MATYKIEWICZ Jarosław	1599		M50	6	00:39:26		00:57:48.50	00:59:47.35	+00:25:21 (42.4%)	5:46	10.4 (59.8%)
73	GAJOS Łukasz	1544	LIGA GENTLEMANÓW	M30	21	00:39:19		00:59:15.15	00:59:59.35	+00:25:33 (42.6%)	5:55	10.1 (58.0%)
74	MALINOWSKA Iwona	1588		K40	4	00:39:02		00:59:10.00	01:00:20.45	+00:25:55 (43.0%)	5:55	10.1 (58.0%)
75	ROSTEK Arkadiusz	1633	ULTRAMEKI	M40	18	00:40:11		00:59:19.65	01:00:25.50	+00:26:00 (43.0%)	5:56	10.1 (58.0%)
75	GRUSZECKI Tomasz	1550		M40	18	00:39:30		01:00:00.85	01:00:25.50	+00:26:00 (43.0%)	6:00	10 (57.5%)
77	DVORŠČAK Milan	1538	MARAS TEAM	M50	7	00:38:29		00:58:34.50	01:00:25.85	+00:26:00 (43.0%)	5:51	10.2 (58.6%)
78	ANDRASZ Paweł	1506	KMP ŁÓDŹ	M20	13	00:39:10		01:00:16.15	01:00:31.60	+00:26:06 (43.1%)	6:01	10 (57.5%)
79	BRUSIŁO Ilona	1696	MAMY RUSZAMY	K30	7	00:33:12	00:10:00	01:00:34.00	01:00:55.00	+00:26:29 (43.5%)	5:03	11.9 (68.4%)
80	STEC Andrzej	1654		M50	8	00:39:30		01:00:02.15	01:01:00.80	+00:26:35 (43.6%)	6:00	10 (57.5%)
81	SAMEK Aleksander	1636		M30	22	00:39:35		01:00:45.75	01:01:27.45	+00:27:02 (44.0%)	6:04	9.9 (56.9%)
82	SZYMONIAK Marcin	1669		M40	20	00:39:27		00:59:21.80	01:01:28.95	+00:27:03 (44.0%)	5:56	10.1 (58.0%)
83	GAŁUSZKA Mariusz	1699	GOPR	M40	21	00:39:22		01:01:41.10	01:01:55.85	+00:27:30 (44.4%)	6:10	9.7 (55.7%)
84	SZAL Katarzyna	1660		K30	8	00:39:41		01:00:09.55	01:02:09.15	+00:27:43 (44.6%)	6:01	10 (57.5%)

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						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
85	MANIAK Łukasz	1589		M40	22	00:39:42		01:00:10.90	01:02:10.50	+00:27:45 (44.6%)	6:01	10 (57.5%)
86	JARMOC Wojciech	1561	FUNDACJA LATARNIA	M30	23	00:40:30		01:01:00.60	01:02:11.70	+00:27:46 (44.7%)	6:06	9.8 (56.3%)
87	SKRUTEK Adam	1721		M30	24	00:40:44		01:00:29.40	01:02:15.35	+00:27:49 (44.7%)	6:03	9.9 (56.9%)
88	KLOS Kamil	1567		M20	14	00:40:44		01:00:24.30	01:02:37.95	+00:28:12 (45.0%)	6:02	9.9 (56.9%)
89	WITKO Jerzy	1682	BRAK	M40	23	00:41:03		01:02:06.40	01:02:55.15	+00:28:29 (45.3%)	6:12	9.7 (55.7%)
90	SOKOŁOWSKI Jerzy	1646	MOHER SKI TEAM	M50	9	00:41:03		01:01:12.75	01:02:59.45	+00:28:34 (45.4%)	6:07	9.8 (56.3%)
91	STROJNY Urszula	1656	KOT I WILK	K30	9	00:42:25		01:02:44.60	01:03:01.20	+00:28:35 (45.4%)	6:16	9.6 (55.2%)
92	LYPINSKI Mikael	1176		M40	24	00:41:09		01:02:50.25	01:03:02.40	+00:28:37 (45.4%)	2:43	22 (126.4%)
93	CZARNECKI Konrad	1529		M30	25	00:39:58		01:01:16.80	01:03:06.90	+00:28:41 (45.5%)	6:07	9.8 (56.3%)
94	MAGALSKA Natalia	1586		K20	6	00:40:00		01:01:17.90	01:03:07.25	+00:28:41 (45.5%)	6:07	9.8 (56.3%)
95	WOJCIECHOWSKI Paweł	1729	J U V E R U N	M30	26	00:40:29		01:00:40.35	01:03:10.35	+00:28:44 (45.5%)	6:04	9.9 (56.9%)
96	KURASZ Witold	1579	--	M50	10	00:42:14		01:01:01.75	01:03:21.45	+00:28:56 (45.7%)	6:06	9.8 (56.3%)
97	CHMIELEWSKI Mateusz	1522	HARDCOROWEWYCHYLILYBYMY	M30	27	00:42:31		01:02:57.05	01:03:29.35	+00:29:03 (45.8%)	6:17	9.5 (54.6%)
98	MARCISZ Bogusław	1592	ŻANDARMERIA WOJSKOWA RZESZÓW	M40	25	00:40:46		01:02:33.45	01:03:40.85	+00:29:15 (45.9%)	6:15	9.6 (55.2%)
99	NIEMCZUK-WARNECKE Justyna	1603		K30	10	00:41:25		01:02:11.10	01:03:53.10	+00:29:27 (46.1%)	6:13	9.6 (55.2%)
100	DRAŻEK Łukasz	1534		M30	28	00:40:58		01:02:23.10	01:03:59.35	+00:29:33 (46.2%)	6:14	9.6 (55.2%)
101	ŻELAZNY Agnieszka	1693	GORLICKA GRUPA BIEGOWA	K40	5	00:35:21	00:10:00	01:04:06.00	01:04:21.00	+00:29:55 (46.5%)	5:24	11.1 (63.8%)
102	WARGA Jan	1736	MARAS TEAM	M30	29	00:40:26		01:03:00.60	01:04:52.90	+00:30:27 (46.9%)	6:18	9.5 (54.6%)
103	KOŁODZIEJ Katarzyna	1572		K40	6	00:42:31		01:04:28.20	01:04:53.35	+00:30:27 (47.0%)	6:26	9.3 (53.4%)
104	SOBEL Natalia	1710	UKS KOMETA	K20	7	00:42:19		01:04:50.50	01:04:54.10	+00:30:28 (47.0%)	6:29	9.3 (53.4%)
105	WOŹNIAK Lidia	1686	PORMAT JEDLICZEBIEGA	K50	1	00:42:22		01:04:44.35	01:05:01.25	+00:30:35 (47.1%)	6:28	9.3 (53.4%)
106	WILK-PAWŁOWSKA Agnieszka	1680	ROCK&RUN	K30	11	00:42:51		01:04:55.10	01:05:10.90	+00:30:45 (47.2%)	6:29	9.2 (52.9%)
107	IWANIEC Piotr	1557	BIEGANIE SZYDERCÓW	M30	30	00:42:16		01:04:10.20	01:05:12.70	+00:30:47 (47.2%)	6:25	9.4 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
108	CZUBA Tomasz	1531	FUNDACJA LATARNIA	M30	31	00:44:54		01:04:01.05	01:05:12.75	+00:30:47 (47.2%)	6:24	9.4 (54.0%)
109	PAWŁOWSKA Agnieszka	1613	PRZEMYSKI KLUB BIEGACZA	K40	7	00:42:33		01:03:26.75	01:05:31.20	+00:31:05 (47.5%)	6:20	9.5 (54.6%)
110	NIZIK Magdalena	1606	VEGEDOG	K40	8			01:04:33.80	01:05:48.15	+00:31:22 (47.7%)	6:27	9.3 (53.4%)
111	KOZA Sebastian	1575	SSW TEAM KROSNICE	M20	15	00:43:32		01:05:39.25	01:05:57.40	+00:31:32 (47.8%)	6:33	9.1 (52.3%)
112	SZPUNAR Daniel	1667	HUSARIA RACE TEAM	M20	16	00:36:20	00:10:00	01:04:31.00	01:05:58.00	+00:31:32 (47.8%)	5:27	11 (63.2%)
113	MAJEWSKA Kamila	1708		K30	12	00:41:42		01:04:36.10	01:06:00.40	+00:31:35 (47.8%)	6:27	9.3 (53.4%)
114	GUCWA Mirosław	1551	BACK ON TRACK	M40	26	00:39:56		01:04:26.60	01:06:06.20	+00:31:40 (47.9%)	6:26	9.3 (53.4%)
115	KŁODZIŃSKA Barbara	1568	ULTRAMĘKI	K40	9	00:43:36		01:05:03.70	01:06:09.25	+00:31:43 (48.0%)	6:30	9.2 (52.9%)
116	HENNIG Waldemar	1555	ECO KĄPINO	M40	27	00:42:34		01:04:18.15	01:06:13.00	+00:31:47 (48.0%)	6:25	9.3 (53.4%)
117	KONDRAK Jan	1702	LUBELSKA FEDERACJA BARDÓW	M60	4	00:43:00		01:04:20.70	01:06:23.20	+00:31:57 (48.1%)	6:26	9.3 (53.4%)
118	KOLERA Wioleta	1571	WODNIAK	K30	13	00:42:52		01:06:10.80	01:06:34.00	+00:32:08 (48.3%)	6:37	9.1 (52.3%)
119	PISZCZYĞŁOWA Bernadeta	1620		K40	10	00:42:47		01:05:56.85	01:06:36.45	+00:32:11 (48.3%)	6:35	9.1 (52.3%)
120	KAPLON Andrzej	1566	KS HUDKA SPYRA	M50	11	00:42:49		01:04:46.80	01:06:42.45	+00:32:17 (48.4%)	6:28	9.3 (53.4%)
121	JANIK Jacek	1558		M40	28	00:30:04	00:20:00	01:06:21.00	01:06:43.00	+00:32:17 (48.4%)	4:38	12.9 (74.1%)
122	BARTOSZEK Renia	1511		K40	11	00:44:01		01:06:18.45	01:06:58.40	+00:32:33 (48.6%)	6:37	9 (51.7%)
123	STEFANIAK Maria	1655		K20	8	00:42:48		01:05:11.55	01:07:09.35	+00:32:43 (48.7%)	6:31	9.2 (52.9%)
124	SOBCZYK Grzegorz	1644		M20	17	00:42:47		01:05:13.55	01:07:10.75	+00:32:45 (48.8%)	6:31	9.2 (52.9%)
125	SZADKOWSKA Justyna	1659	NIGHT RUNNERS GLIWICE	K30	14	00:43:17		01:05:41.25	01:07:20.05	+00:32:54 (48.9%)	6:34	9.1 (52.3%)
126	ŁUSZCZ Paweł	1584		M30	32	00:44:36		01:06:01.25	01:08:03.45	+00:33:38 (49.4%)	6:36	9.1 (52.3%)
127	PENKALA Piotr	1614	STRANGERS	M20	18	00:47:21		01:06:01.60	01:08:15.85	+00:33:50 (49.6%)	6:36	9.1 (52.3%)
128	MŁOCKA Matylda	1600		K30	15	00:44:44		01:06:17.30	01:08:38.30	+00:34:12 (49.8%)	6:37	9.1 (52.3%)
129	RABIEJEWSKI Zbigniew	1627	ŻANDARMERIA WOJSKOWA RZESZÓW	M40	29	00:42:35		01:08:00.30	01:09:06.40	+00:34:41 (50.2%)	6:48	8.8 (50.6%)
130	SZUKOWSKA Amelia	1668		K30	16	00:45:26		01:07:40.50	01:09:11.60	+00:34:46 (50.3%)	6:46	8.9 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
131	KUBASIK Angelika	1698		K20	9	00:45:14		01:07:59.20	01:09:15.00	+00:34:49 (50.3%)	6:48	8.8 (50.6%)
132	PAWLIK Tomasz	1612	JB WARSAW	M30	33	00:43:50		01:07:52.05	01:09:49.40	+00:35:24 (50.7%)	6:47	8.8 (50.6%)
133	ŚWIGONIAK Anna	1672	NOWA HUTA TEAM	K40	12	00:46:06		01:08:21.45	01:10:23.95	+00:35:58 (51.1%)	6:50	8.8 (50.6%)
134	PRUSZKOWSKA Katarzyna	1626	CROSSFITTER BOX CHEŁM	K40	13	00:46:28		01:08:59.00	01:10:44.05	+00:36:18 (51.3%)	6:53	8.7 (50.0%)
135	STACHOWNIUK Artur	1714	CROSSFITTER BOX CHEŁM	M30	34	00:46:29		01:08:59.70	01:10:44.15	+00:36:18 (51.3%)	6:54	8.7 (50.0%)
136	MISIEK Marcin	1720	WQURW	M50	12	00:46:07		01:09:14.00	01:11:12.35	+00:36:46 (51.7%)	6:55	8.7 (50.0%)
137	RADON Marcin	1629	SENNIK.BIZ	M30	35	00:45:23		01:09:31.60	01:11:19.90	+00:36:54 (51.7%)	6:57	8.6 (49.4%)
138	MATUSZAK Klaudia	1598	NOWOCZESNYSPORT.PL	K20	10	00:46:16		01:10:20.35	01:11:29.80	+00:37:04 (51.9%)	7:02	8.5 (48.9%)
139	PAWLAK Magdalena	1611	KB V-MAX ADAMÓW	K30	17	00:27:19	00:30:00	01:11:54.00	01:12:00.00	+00:37:34 (52.2%)	4:11	14.3 (82.2%)
140	CHRUŚCIEL Lesław	1728		M50	13	00:47:22		01:10:42.25	01:12:02.50	+00:37:37 (52.2%)	7:04	8.5 (48.9%)
141	CHMIELEWSKI Marcin	1733		M40	30	00:45:43		01:10:02.55	01:12:08.30	+00:37:42 (52.3%)	7:00	8.6 (49.4%)
142	CZERSKI Krzysztof	1530		M40	31	00:46:49		01:11:15.85	01:12:11.35	+00:37:45 (52.3%)	7:07	8.4 (48.3%)
143	BOGUCKA Martyna	1514	JACEKBIEGA RUNNING TEAM	K40	14	00:47:33		01:10:43.75	01:12:13.65	+00:37:48 (52.3%)	7:04	8.5 (48.9%)
144	GIEŁBAGA Anna	1547		K40	15	00:46:06		01:10:43.25	01:12:13.70	+00:37:48 (52.3%)	7:04	8.5 (48.9%)
145	PENKALA Marcin	1615	STRANGERS	M40	32	00:46:55		01:10:09.95	01:12:25.30	+00:37:59 (52.5%)	7:01	8.6 (49.4%)
146	WÓJCIK Kamila	1688	LACHO-TEAM	K40	16	00:47:33		01:12:13.55	01:12:34.75	+00:38:09 (52.6%)	7:13	8.3 (47.7%)
147	SKRUTEK Jan	1641	SEKCJA SPORTÓW GÓRSKICH BIESZCZADZKI GOPR	M60	5	00:46:54		01:10:48.25	01:12:40.10	+00:38:14 (52.6%)	7:04	8.5 (48.9%)
148	SKÓRA Michał	1640	MICHAŁ TEAM	M40	33	00:47:46		01:11:48.15	01:12:56.50	+00:38:31 (52.8%)	7:10	8.4 (48.3%)
149	MARMON Krzysztof	1594	KKJM ŚNIEŻNE ŁAZY	M30	36	00:47:01		01:11:54.05	01:13:11.65	+00:38:46 (53.0%)	7:11	8.3 (47.7%)
150	MARMON Marcelina	1595	KKJM ŚNIEŻNE ŁAZY	K20	11	00:48:25		01:11:54.65	01:13:13.70	+00:38:48 (53.0%)	7:11	8.3 (47.7%)
150	SZCZĘSNA - MARMON Justyna	1663	KKJM ŚNIEŻNE ŁAZY	K30	18	00:47:04		01:11:56.20	01:13:13.70	+00:38:48 (53.0%)	7:11	8.3 (47.7%)
152	ZEGAR Krzysztof	1690	KKJM ŚNIEŻNE ŁAZY	M20	19	00:48:26		01:11:56.20	01:13:15.70	+00:38:50 (53.0%)	7:11	8.3 (47.7%)
153	SKOWROŃ Jakub	1713	WKURW_TEAM	M30	37	00:47:57		01:12:27.30	01:13:41.45	+00:39:16 (53.3%)	7:14	8.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
154	SKOWROŃ Izabela	1639	WKURW_TEAM	K30	19	00:47:55		01:12:29.25	01:13:44.30	+00:39:18 (53.3%)	7:14	8.3 (47.7%)
155	SOLAREWICZ Monika	1647		K30	20	00:48:28		01:13:02.80	01:13:48.90	+00:39:23 (53.4%)	7:18	8.2 (47.1%)
156	KUŁACZKOWSKI Konrad	1578		M30	38	00:48:11		01:12:56.75	01:13:51.30	+00:39:25 (53.4%)	7:17	8.2 (47.1%)
157	WAWRZYŃIAK Katarzyna	1677	MAMY RYSZAMY	K30	21	00:47:30		01:12:30.30	01:13:52.85	+00:39:27 (53.4%)	7:15	8.3 (47.7%)
158	KAPLON Danuta	1565		K60	1	00:47:41		01:12:02.80	01:13:58.35	+00:39:32 (53.5%)	7:12	8.3 (47.7%)
159	SUŁKOWSKA Joanna	1657		K40	17	00:47:24		01:13:28.75	01:14:20.70	+00:39:55 (53.7%)	7:20	8.2 (47.1%)
160	MAJCHROWICZ Justyna	1587	FC PROSIACZEK	K30	22	00:47:25		01:12:30.05	01:14:22.05	+00:39:56 (53.7%)	7:15	8.3 (47.7%)
161	SZELA Daniel	1664	DZIKIE MUSTANGI	M30	39	00:47:45		01:12:38.30	01:14:39.55	+00:40:14 (53.9%)	7:15	8.3 (47.7%)
162	NOWAK Tomasz	1607	DZIKIE MUSTANGI	M30	40	00:48:09		01:12:38.85	01:14:40.00	+00:40:14 (53.9%)	7:15	8.3 (47.7%)
163	FORNEK Paulina	1541	DZIKIE MUSTANGI	K20	12	00:47:49		01:12:39.90	01:14:40.25	+00:40:14 (53.9%)	7:16	8.3 (47.7%)
164	HARATYK Roksana	1553	DZIKIE MUSTANGI	K30	23	00:47:49		01:12:39.10	01:14:40.35	+00:40:14 (53.9%)	7:15	8.3 (47.7%)
165	TUROSZ Cecylia	1722		K60	2	00:49:26		01:14:59.75	01:15:54.05	+00:41:28 (54.6%)	7:30	8 (46.0%)
166	PĘKALSKA Anna	1616		K40	18	00:49:06		01:14:12.80	01:15:56.20	+00:41:30 (54.7%)	7:25	8.1 (46.6%)
167	RADYK Aleksandra	1631	PRZEMYSKI KLUB BIEGACZA	K20	13	00:48:03		01:14:35.65	01:16:21.00	+00:41:55 (54.9%)	7:27	8 (46.0%)
168	STANKIEWICZ Ewa	1651		K30	24	00:47:49		01:14:34.80	01:16:37.70	+00:42:12 (55.1%)	7:27	8 (46.0%)
169	NOWOMIEJSKI Marcin	1608	BIEGACZ CEGŁÓW	M40	34	00:30:22	00:30:00	01:16:32.00	01:16:38.00	+00:42:12 (55.1%)	4:39	12.9 (74.1%)
170	DĄBRÓWKA Nina	1532	FUNDACJA LATARNIA	K30	25	00:49:06		01:16:47.15	01:17:57.60	+00:43:32 (55.8%)	7:40	7.8 (44.8%)
171	SKORUPKA Rafał	1637	FUNDACJA LATARNIA	M30	41	00:49:06		01:16:47.05	01:17:58.45	+00:43:33 (55.9%)	7:40	7.8 (44.8%)
172	STEC Szymon	1726		M20	20	00:43:32	00:10:00	01:15:51.00	01:18:09.00	+00:43:43 (56.0%)	6:35	9.1 (52.3%)
173	WELOŃCZYK Joanna	1678		K30	26	00:52:33		01:17:38.75	01:18:35.75	+00:44:10 (56.2%)	7:45	7.7 (44.3%)
174	TRZECIAK Albina	1674	1989	K30	27	00:51:30		01:17:56.35	01:19:27.30	+00:45:01 (56.7%)	7:47	7.7 (44.3%)
175	LESZCZYŃSKI Aleksander	1723		M40	35	00:51:36		01:18:23.90	01:19:52.10	+00:45:26 (56.9%)	7:50	7.7 (44.3%)
176	CZAPLA Andrzej	1527		M60	6	00:50:43		01:18:37.05	01:20:06.50	+00:45:41 (57.0%)	7:51	7.6 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Kara/ bonifikata	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		netto 10km	brutto 10km			
177	LEŚNIAK Beata	1582		K40	19	00:52:10		01:19:47.60	01:20:28.45	+00:46:03 (57.2%)	7:58	7.5 (43.1%)
178	JASIURKOWSKI Robert	1562		M40	36	00:53:02		01:20:20.15	01:21:23.95	+00:46:58 (57.7%)	8:02	7.5 (43.1%)
179	STEC Sebastian	1652	SIEMUSZOWA	M40	37	00:46:30	00:10:00	01:19:17.00	01:21:35.00	+00:47:09 (57.8%)	6:55	8.7 (50.0%)
180	CEDROWICZ Ewa	1520		K30	28	00:46:03	00:10:00	01:20:54.00	01:22:19.00	+00:47:53 (58.2%)	7:05	8.5 (48.9%)
181	CZAJA Wacław	1526		M40	38	00:51:27		01:20:42.00	01:22:58.85	+00:48:33 (58.5%)	8:04	7.4 (42.5%)
182	KOLASA Barbara	1570		K60	3	00:53:52		01:25:01.90	01:25:40.90	+00:51:15 (59.8%)	8:30	7.1 (40.8%)
183	POCZTOWSKA Katarzyna	1623		K30	29	00:53:05		01:23:45.25	01:25:54.55	+00:51:29 (59.9%)	8:22	7.2 (41.4%)
184	RADYK Joanna	1732	PRZEMYSKI KLUB BIEGACZA	K30	30	00:57:09		01:26:53.10	01:28:38.00	+00:54:12 (61.2%)	8:41	6.9 (39.7%)
185	RADYK Anna	1630	PRZEMYSKI KLUB BIEGACZA	K20	14	00:57:12		01:26:56.40	01:28:42.05	+00:54:16 (61.2%)	8:41	6.9 (39.7%)
186	WACHNIK Agnieszka	1676	NOWA HUTA TEAM	K30	31	00:59:02		01:26:57.95	01:29:00.35	+00:54:34 (61.3%)	8:41	6.9 (39.7%)
187	CZUBA Jadwiga	1697		K30	32	00:52:16	00:10:00	01:29:51.00	01:30:25.00	+00:55:59 (61.9%)	7:59	7.5 (43.1%)
188	SŁOBODA Krzysztof	1643	RUN SŁOBODAN	M60	7	00:57:05		01:29:31.15	01:31:36.70	+00:57:11 (62.4%)	8:57	6.7 (38.5%)
189	ROJ Dawid	1632	RUN SŁOBODAN	M30	42	00:57:05		01:29:31.20	01:31:37.15	+00:57:11 (62.4%)	8:57	6.7 (38.5%)
190	JANIK Anna	1559		K40	20	00:46:49	00:20:00	01:31:25.00	01:31:47.00	+00:57:21 (62.5%)	7:08	8.4 (48.3%)
191	DUDEK Monika	1535		K30	33	00:46:53	00:20:00	01:32:23.00	01:32:45.00	+00:58:19 (62.9%)	7:14	8.3 (47.7%)
192	LASKOWSKI Marcin	1580		M50	14	01:00:04		01:33:38.95	01:35:47.15	+01:01:21 (64.1%)	9:21	6.4 (36.8%)
193	BOŚ Tomasz	1727		M30	43	00:57:37	00:10:00	01:34:33.00	01:36:32.00	+01:02:06 (64.3%)	8:27	7.1 (40.8%)
194	BOREK Wojciech	1515	EP-HEART-TEAM	M50	15	01:01:39		01:39:40.15	01:41:54.95	+01:07:29 (66.2%)	9:58	6 (34.5%)
195	ANTCZAK Aleksandra	1507		K30	34	01:01:39		01:39:39.45	01:41:55.25	+01:07:29 (66.2%)	9:58	6 (34.5%)
196	HADAM Ewa	1735	SPARTAN TRAINING GROUP RZESZÓW	K50	2	00:51:49	00:30:00	01:49:17.00	01:50:52.00	+01:16:26 (69.0%)	7:55	7.6 (43.7%)
197	SOŁTYSIAK Krystyna	1734	SPARTAN TRAINING GROUP RZESZÓW	K50	3	00:51:52	00:30:00	01:49:22.00	01:50:57.00	+01:16:31 (69.0%)	7:56	7.6 (43.7%)
198	SOŁTYSEK Sebastian	1649	UNIVERSAL SOLDIERS	M40	39	01:12:03		01:54:06.90	01:55:54.30	+01:21:28 (70.3%)	11:24	5.3 (30.5%)
199	SOŁTYSEK Grzegorz	1650	UNIVERSAL SOLDIERS	M40	40	01:12:08		01:54:06.55	01:55:55.15	+01:21:29 (70.3%)	11:24	5.3 (30.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	GARNCARZ Adam	119		M20	21						0:56	63.5 (364.9%)

Znaleziono 200 wynik(ów)