

# 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	<b>DOMISZEWSKI Ignacy</b>	<b>1501</b>	GUKLA BRATKOWICE	M30	1	00:22:14		<b>00:34:25.00</b>	<b>00:34:25.40</b>		3:26	17.4 (100%)
2	<b>GAJEWSKI Marek</b>	<b>1543</b>	@ARKENYA_TEAM	M30	2	00:25:21		<b>00:38:40.85</b>	<b>00:38:43.25</b>	+00:04:17 (11.1%)	3:52	15.5 (89.1%)
3	<b>PACHUT Jerzy</b>	<b>1610</b>	MUAY RUNNING TEAM	M20	1	00:26:01		<b>00:39:09.65</b>	<b>00:39:12.25</b>	+00:04:46 (12.2%)	3:55	15.3 (87.9%)
4	<b>NOWAK Marcin</b>	<b>1503</b>	STALOWOWOLSKI KLUB BIEGACZA	M30	3	00:25:52		<b>00:39:20.30</b>	<b>00:39:21.20</b>	+00:04:55 (12.5%)	3:56	15.2 (87.4%)
5	<b>GAWRON Janusz</b>	<b>1704</b>	BRYGADA BESKIDÓW	M20	2	00:26:04		<b>00:39:25.25</b>	<b>00:39:26.45</b>	+00:05:01 (12.7%)	3:56	15.2 (87.4%)
6	<b>CHLIPAŁA Paweł</b>	<b>1521</b>		M20	3	00:26:03		<b>00:39:43.80</b>	<b>00:39:43.80</b>	+00:05:18 (13.4%)	3:58	15.1 (86.8%)
7	<b>ŚWIERAD Krystian</b>	<b>1671</b>		M20	4	00:26:04		<b>00:39:56.05</b>	<b>00:39:59.05</b>	+00:05:33 (13.9%)	3:59	15 (86.2%)
8	<b>SZCZEPANIAK Damian</b>	<b>1661</b>	KAMIENICA	M30	4	00:26:45		<b>00:40:52.05</b>	<b>00:40:54.40</b>	+00:06:29 (15.8%)	4:05	14.7 (84.5%)
9	<b>KOŁODZIEJCZYK Łukasz</b>	<b>1709</b>	UKS KOMETA	M20	5	00:26:48		<b>00:40:54.70</b>	<b>00:40:56.90</b>	+00:06:31 (15.9%)	4:05	14.7 (84.5%)
10	<b>ADAMCZYK Martyna</b>	<b>1502</b>	ALPIN SPORT HOKA ONE ONE TEAM	K20	1	00:27:17		<b>00:41:31.05</b>	<b>00:41:33.25</b>	+00:07:07 (17.2%)	4:09	14.5 (83.3%)
11	<b>CHOJNACKI Wiktor</b>	<b>1523</b>		M30	5	00:27:41		<b>00:42:21.65</b>	<b>00:42:26.95</b>	+00:08:01 (18.9%)	4:14	14.2 (81.6%)
12	<b>RACHWAŁSKI Tomasz</b>	<b>1628</b>	BŁĘKITNI	M40	1	00:28:15		<b>00:42:42.35</b>	<b>00:42:51.30</b>	+00:08:25 (19.7%)	4:16	14 (80.5%)
13	<b>MARZEC Krzysztof</b>	<b>1596</b>	STALOWOWOLSKI KLUB BIEGACZA	M40	2	00:28:01		<b>00:43:12.25</b>	<b>00:43:13.55</b>	+00:08:48 (20.4%)	4:19	13.9 (79.9%)
14	<b>ŚWIDZIŃSKI Tomasz</b>	<b>1670</b>	VEGE RUNNERS HAJIME KRAKÓW	M40	3	00:28:13		<b>00:43:26.15</b>	<b>00:43:29.00</b>	+00:09:03 (20.8%)	4:20	13.8 (79.3%)
15	<b>ZAWADZKI Marcin</b>	<b>1695</b>	SZCZWANY TRZMIEL TEAM	M30	6	00:28:26		<b>00:44:08.85</b>	<b>00:44:10.35</b>	+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	<b>MARCZAK Paweł</b>	<b>1593</b>	DRUŻYNA BLONDYNA - ŁUKASZ OSKIERKO	M40	4	00:29:04		<b>00:44:08.05</b>	<b>00:44:12.10</b>	+00:09:46 (22.1%)	4:24	13.6 (78.2%)
17	<b>WÓJCIK Józef</b>	<b>1687</b>	CHEŁM BIEGA	M50	1	00:29:15		<b>00:44:54.25</b>	<b>00:44:58.75</b>	+00:10:33 (23.5%)	4:29	13.4 (77.0%)
18	<b>SABAT Sebastian</b>	<b>1707</b>		M20	6	00:29:30		<b>00:45:08.95</b>	<b>00:45:09.40</b>	+00:10:44 (23.8%)	4:30	13.3 (76.4%)
19	<b>FRANCZYK Piotr</b>	<b>1542</b>	KOT I WILK	M30	7	00:29:27		<b>00:44:54.20</b>	<b>00:45:10.20</b>	+00:10:44 (23.8%)	4:29	13.4 (77.0%)
20	<b>MAJCHROWICZ Wiktor</b>	<b>1730</b>		M40	5	00:29:26		<b>00:43:57.25</b>	<b>00:45:35.95</b>	+00:11:10 (24.5%)	4:23	13.7 (78.7%)
21	<b>KALBARCZYK Adriana</b>	<b>1505</b>	DUKLANOWSKI TEAM	K20	2	00:29:52		<b>00:45:44.50</b>	<b>00:45:45.80</b>	+00:11:20 (24.8%)	4:34	13.1 (75.3%)
22	<b>TUROSZ Iwona</b>	<b>1703</b>		K30	1	00:30:21		<b>00:46:12.95</b>	<b>00:46:18.25</b>	+00:11:52 (25.7%)	4:37	13 (74.7%)
23	<b>WŁOCH Sławomir</b>	<b>1683</b>	KROSNO MIASTO SZKŁA	M50	2	00:30:30		<b>00:46:15.85</b>	<b>00:46:20.85</b>	+00:11:55 (25.7%)	4:37	13 (74.7%)
24	<b>WETHACZ Mariusz</b>	<b>1719</b>		M30	8	00:30:41		<b>00:46:42.75</b>	<b>00:46:49.85</b>	+00:12:24 (26.5%)	4:40	12.8 (73.6%)
25	<b>SZNAJDER Rafał</b>	<b>1666</b>	G.O.A.T. TEAM MICHAŁOWICE	M40	6	00:30:54		<b>00:46:56.20</b>	<b>00:46:59.35</b>	+00:12:33 (26.7%)	4:41	12.8 (73.6%)
26	<b>SKOTNICKI Jakub</b>	<b>1638</b>	ADIDAS RUNNERS WARSAW	M30	9	00:31:53		<b>00:47:21.25</b>	<b>00:47:34.80</b>	+00:13:09 (27.7%)	4:44	12.7 (73.0%)
27	<b>BODZIOCH Grzegorz</b>	<b>1513</b>	GORLICKA GRUPA BIEGOWA	M40	7	00:31:00		<b>00:47:30.40</b>	<b>00:47:39.85</b>	+00:13:14 (27.8%)	4:45	12.6 (72.4%)
28	<b>WIESNER Leszek</b>	<b>1679</b>	NOWA HUTA TEAM	M20	7	00:30:53		<b>00:47:26.45</b>	<b>00:47:43.65</b>	+00:13:18 (27.9%)	4:44	12.6 (72.4%)
29	<b>BARAŃSKI Jarosław</b>	<b>1718</b>		M30	10	00:31:33		<b>00:47:56.45</b>	<b>00:48:17.10</b>	+00:13:51 (28.7%)	4:47	12.5 (71.8%)
30	<b>BILSKI Marcin</b>	<b>1512</b>		M40	8	00:32:10		<b>00:48:07.95</b>	<b>00:48:20.65</b>	+00:13:55 (28.8%)	4:48	12.5 (71.8%)
31	<b>KSIĄŻKIEWICZ Bartłomiej</b>	<b>1577</b>	ROCKY BALBOA	M30	11	00:33:07		<b>00:49:14.00</b>	<b>00:49:14.00</b>	+00:14:48 (30.1%)	4:55	12.2 (70.1%)
32	<b>HORODEJCZUK Antoni</b>	<b>1556</b>	HORODEJCZUK TEAM	M40	9	00:32:17		<b>00:49:37.75</b>	<b>00:49:39.55</b>	+00:15:14 (30.7%)	4:57	12.1 (69.5%)
33	<b>HADUCH Jerzy</b>	<b>1552</b>	SANOK I OKOLICE	M60	1	00:32:41		<b>00:50:06.40</b>	<b>00:50:12.35</b>	+00:15:46 (31.4%)	5:00	12 (69.0%)
34	<b>LORENS Magdalena</b>	<b>1504</b>	G.O.A.T. TEAM MICHAŁOWICE	K20	3	00:33:12		<b>00:50:25.45</b>	<b>00:50:31.95</b>	+00:16:06 (31.9%)	5:02	11.9 (68.4%)
35	<b>MARCINIAK Tomasz</b>	<b>1591</b>	RADOMNO BIEGA	M30	12	00:33:27		<b>00:50:20.15</b>	<b>00:50:46.30</b>	+00:16:20 (32.2%)	5:02	11.9 (68.4%)
36	<b>SIKORA Jarek</b>	<b>1706</b>		M40	10	00:33:30		<b>00:50:25.90</b>	<b>00:50:49.05</b>	+00:16:23 (32.3%)	5:02	11.9 (68.4%)
37	<b>SOLIŃSKA Magdalena</b>	<b>1648</b>		K40	1	00:33:33		<b>00:51:01.15</b>	<b>00:51:13.85</b>	+00:16:48 (32.8%)	5:06	11.8 (67.8%)
38	<b>PIOTROWSKI Przemysław</b>	<b>1619</b>	NOWA HUTA TEAM	M30	13	00:34:17		<b>00:51:24.10</b>	<b>00:51:41.95</b>	+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	<b>WOŹNIAK Janusz</b>	<b>1685</b>	PORMAT JEDLICZE BIEGA	M50	3	00:33:51		<b>00:51:35.00</b>	<b>00:51:51.05</b>	+00:17:25 (33.6%)	5:09	11.6 (66.7%)
40	<b>KORONA Jan</b>	<b>1574</b>	KROSNO	M60	2	00:33:57		<b>00:51:42.00</b>	<b>00:52:00.50</b>	+00:17:35 (33.8%)	5:10	11.6 (66.7%)
41	<b>POGODA Kinga</b>	<b>1711</b>	UKS KOMETA	K20	4	00:34:04		<b>00:52:06.05</b>	<b>00:52:08.45</b>	+00:17:43 (34.0%)	5:12	11.5 (66.1%)
42	<b>POLEWKA Tomasz</b>	<b>1712</b>	UKS KOMETA	M40	11	00:34:18		<b>00:52:26.80</b>	<b>00:52:28.80</b>	+00:18:03 (34.4%)	5:14	11.4 (65.5%)
43	<b>SOKOŁOWSKI Wojciech</b>	<b>1645</b>		M30	14	00:34:16		<b>00:51:02.75</b>	<b>00:52:47.70</b>	+00:18:22 (34.8%)	5:06	11.8 (67.8%)
44	<b>JANKOWSKI Michał</b>	<b>1560</b>		M40	12	00:33:56		<b>00:52:44.25</b>	<b>00:52:53.35</b>	+00:18:27 (34.9%)	5:16	11.4 (65.5%)
45	<b>ZIELONKA Michał</b>	<b>1691</b>		M20	8	00:35:06		<b>00:53:27.20</b>	<b>00:53:31.90</b>	+00:19:06 (35.7%)	5:20	11.2 (64.4%)
46	<b>FLASKA Zdenek</b>	<b>1540</b>	MARAS TEAM	M40	13	00:34:52		<b>00:52:06.40</b>	<b>00:53:58.25</b>	+00:19:32 (36.2%)	5:12	11.5 (66.1%)
47	<b>WRÓBEL Bartłomiej</b>	<b>1724</b>	CISNA	M40	14	00:34:53		<b>00:53:59.15</b>	<b>00:54:01.05</b>	+00:19:35 (36.3%)	5:24	11.1 (63.8%)
48	<b>SZNAJDER Joanna</b>	<b>1665</b>	G.O.A.T. TEAM MICHAŁOWICE	K30	2	00:35:14		<b>00:53:59.95</b>	<b>00:54:03.40</b>	+00:19:38 (36.3%)	5:24	11.1 (63.8%)
49	<b>SURMA Karolina</b>	<b>1658</b>		K30	3	00:35:08		<b>00:53:42.90</b>	<b>00:54:29.20</b>	+00:20:03 (36.8%)	5:22	11.2 (64.4%)
50	<b>GALICA-NIEPOKÓJ Agnieszka</b>	<b>1545</b>	BIESZCZADZKI KLUB NORDIC WALKING	K30	4	00:36:03		<b>00:54:59.85</b>	<b>00:55:04.20</b>	+00:20:38 (37.5%)	5:30	10.9 (62.6%)
51	<b>ZIĘBAKOWSKI Mikołaj</b>	<b>1692</b>		M20	9	00:35:17		<b>00:54:19.95</b>	<b>00:55:12.55</b>	+00:20:47 (37.6%)	5:26	11 (63.2%)
52	<b>DUDZIAK Agnieszka</b>	<b>1537</b>	POMPA TEAM	K40	2	00:36:27		<b>00:53:33.55</b>	<b>00:55:13.70</b>	+00:20:48 (37.7%)	5:21	11.2 (64.4%)
53	<b>KOGUT Leszek</b>	<b>1569</b>		M40	15	00:35:26		<b>00:54:27.05</b>	<b>00:55:15.85</b>	+00:20:50 (37.7%)	5:26	11 (63.2%)
54	<b>JANAS Marian</b>	<b>1731</b>		M60	3	00:36:28		<b>00:55:09.95</b>	<b>00:55:22.25</b>	+00:20:56 (37.8%)	5:31	10.9 (62.6%)
55	<b>DUDZIAK Dariusz</b>	<b>1536</b>	POMPA TEAM	M40	16	00:36:28		<b>00:53:58.95</b>	<b>00:55:39.70</b>	+00:21:14 (38.2%)	5:23	11.1 (63.8%)
56	<b>PODOLAK Zbigniew</b>	<b>1624</b>		M50	4	00:36:51		<b>00:55:37.15</b>	<b>00:56:22.85</b>	+00:21:57 (38.9%)	5:33	10.8 (62.1%)
57	<b>KANDEFER Wojciech</b>	<b>1564</b>		M50	5	00:36:18		<b>00:56:29.05</b>	<b>00:56:35.75</b>	+00:22:10 (39.2%)	5:38	10.6 (60.9%)
58	<b>WĘGRZYN Paweł</b>	<b>1725</b>		M20	10	00:36:07		<b>00:56:55.75</b>	<b>00:56:57.95</b>	+00:22:32 (39.6%)	5:41	10.5 (60.3%)
59	<b>DRAG Piotr</b>	<b>1717</b>		M30	15	00:36:38		<b>00:57:23.25</b>	<b>00:57:24.60</b>	+00:22:59 (40.0%)	5:44	10.5 (60.3%)
60	<b>PIĘNKOWSKA Katarzyna</b>	<b>1618</b>	ADIDAS RUNNERS WARSAW	K30	5	00:38:13		<b>00:57:35.30</b>	<b>00:57:51.40</b>	+00:23:26 (40.5%)	5:45	10.4 (59.8%)
61	<b>GRUSZECKA Anna</b>	<b>1549</b>		K40	3	00:38:34		<b>00:57:40.00</b>	<b>00:58:03.05</b>	+00:23:37 (40.7%)	5:46	10.4 (59.8%)

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

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			
85	<b>MANIAK Łukasz</b>	<b>1589</b>		M40	22	00:39:42		<b>01:00:10.90</b>	<b>01:02:10.50</b>	+00:27:45 (44.6%)	6:01	10 (57.5%)
86	<b>JARMOC Wojciech</b>	<b>1561</b>	FUNDACJA LATARNIA	M30	23	00:40:30		<b>01:01:00.60</b>	<b>01:02:11.70</b>	+00:27:46 (44.7%)	6:06	9.8 (56.3%)
87	<b>SKRUTEK Adam</b>	<b>1721</b>		M30	24	00:40:44		<b>01:00:29.40</b>	<b>01:02:15.35</b>	+00:27:49 (44.7%)	6:03	9.9 (56.9%)
88	<b>KLOS Kamil</b>	<b>1567</b>		M20	14	00:40:44		<b>01:00:24.30</b>	<b>01:02:37.95</b>	+00:28:12 (45.0%)	6:02	9.9 (56.9%)
89	<b>WITKO Jerzy</b>	<b>1682</b>	BRAK	M40	23	00:41:03		<b>01:02:06.40</b>	<b>01:02:55.15</b>	+00:28:29 (45.3%)	6:12	9.7 (55.7%)
90	<b>SOKOŁOWSKI Jerzy</b>	<b>1646</b>	MOHER SKI TEAM	M50	9	00:41:03		<b>01:01:12.75</b>	<b>01:02:59.45</b>	+00:28:34 (45.4%)	6:07	9.8 (56.3%)
91	<b>STROJNY Urszula</b>	<b>1656</b>	KOT I WILK	K30	9	00:42:25		<b>01:02:44.60</b>	<b>01:03:01.20</b>	+00:28:35 (45.4%)	6:16	9.6 (55.2%)
92	<b>LYPINSKI Mikael</b>	<b>1176</b>		M40	24	00:41:09		<b>01:02:50.25</b>	<b>01:03:02.40</b>	+00:28:37 (45.4%)	2:43	22 (126.4%)
93	<b>CZARNECKI Konrad</b>	<b>1529</b>		M30	25	00:39:58		<b>01:01:16.80</b>	<b>01:03:06.90</b>	+00:28:41 (45.5%)	6:07	9.8 (56.3%)
94	<b>MAGALSKA Natalia</b>	<b>1586</b>		K20	6	00:40:00		<b>01:01:17.90</b>	<b>01:03:07.25</b>	+00:28:41 (45.5%)	6:07	9.8 (56.3%)
95	<b>WOJCIECHOWSKI Paweł</b>	<b>1729</b>	J U V E R U N	M30	26	00:40:29		<b>01:00:40.35</b>	<b>01:03:10.35</b>	+00:28:44 (45.5%)	6:04	9.9 (56.9%)
96	<b>KURASZ Witold</b>	<b>1579</b>	--	M50	10	00:42:14		<b>01:01:01.75</b>	<b>01:03:21.45</b>	+00:28:56 (45.7%)	6:06	9.8 (56.3%)
97	<b>CHMIELEWSKI Mateusz</b>	<b>1522</b>	HARDCOROWEWYCHYLILYBYMY	M30	27	00:42:31		<b>01:02:57.05</b>	<b>01:03:29.35</b>	+00:29:03 (45.8%)	6:17	9.5 (54.6%)
98	<b>MARCISZ Bogusław</b>	<b>1592</b>	ŻANDARMERIA WOJSKOWA RZESZÓW	M40	25	00:40:46		<b>01:02:33.45</b>	<b>01:03:40.85</b>	+00:29:15 (45.9%)	6:15	9.6 (55.2%)
99	<b>NIEMCZUK-WARNECKE Justyna</b>	<b>1603</b>		K30	10	00:41:25		<b>01:02:11.10</b>	<b>01:03:53.10</b>	+00:29:27 (46.1%)	6:13	9.6 (55.2%)
100	<b>DRAŻEK Łukasz</b>	<b>1534</b>		M30	28	00:40:58		<b>01:02:23.10</b>	<b>01:03:59.35</b>	+00:29:33 (46.2%)	6:14	9.6 (55.2%)
101	<b>ŻELAZNY Agnieszka</b>	<b>1693</b>	GORLICKA GRUPA BIEGOWA	K40	5	00:35:21	00:10:00	<b>01:04:06.00</b>	<b>01:04:21.00</b>	+00:29:55 (46.5%)	5:24	11.1 (63.8%)
102	<b>WARGA Jan</b>	<b>1736</b>	MARAS TEAM	M30	29	00:40:26		<b>01:03:00.60</b>	<b>01:04:52.90</b>	+00:30:27 (46.9%)	6:18	9.5 (54.6%)
103	<b>KOŁODZIEJ Katarzyna</b>	<b>1572</b>		K40	6	00:42:31		<b>01:04:28.20</b>	<b>01:04:53.35</b>	+00:30:27 (47.0%)	6:26	9.3 (53.4%)
104	<b>SOBEL Natalia</b>	<b>1710</b>	UKS KOMETA	K20	7	00:42:19		<b>01:04:50.50</b>	<b>01:04:54.10</b>	+00:30:28 (47.0%)	6:29	9.3 (53.4%)
105	<b>WOŹNIAK Lidia</b>	<b>1686</b>	PORMAT JEDLICZEBIEGA	K50	1	00:42:22		<b>01:04:44.35</b>	<b>01:05:01.25</b>	+00:30:35 (47.1%)	6:28	9.3 (53.4%)
106	<b>WILK-PAWŁOWSKA Agnieszka</b>	<b>1680</b>	ROCK&RUN	K30	11	00:42:51		<b>01:04:55.10</b>	<b>01:05:10.90</b>	+00:30:45 (47.2%)	6:29	9.2 (52.9%)
107	<b>IWANIEC Piotr</b>	<b>1557</b>	BIEGANIE SZYDERCÓW	M30	30	00:42:16		<b>01:04:10.20</b>	<b>01:05:12.70</b>	+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	<b>CZUBA Tomasz</b>	<b>1531</b>	FUNDACJA LATARNIA	M30	31	00:44:54		<b>01:04:01.05</b>	<b>01:05:12.75</b>	+00:30:47 (47.2%)	6:24	9.4 (54.0%)
109	<b>PAWŁOWSKA Agnieszka</b>	<b>1613</b>	PRZEMYSKI KLUB BIEGACZA	K40	7	00:42:33		<b>01:03:26.75</b>	<b>01:05:31.20</b>	+00:31:05 (47.5%)	6:20	9.5 (54.6%)
110	<b>NIZIK Magdalena</b>	<b>1606</b>	VEGEDOG	K40	8			<b>01:04:33.80</b>	<b>01:05:48.15</b>	+00:31:22 (47.7%)	6:27	9.3 (53.4%)
111	<b>KOZA Sebastian</b>	<b>1575</b>	SSW TEAM KROSNICE	M20	15	00:43:32		<b>01:05:39.25</b>	<b>01:05:57.40</b>	+00:31:32 (47.8%)	6:33	9.1 (52.3%)
112	<b>SZPUNAR Daniel</b>	<b>1667</b>	HUSARIA RACE TEAM	M20	16	00:36:20	00:10:00	<b>01:04:31.00</b>	<b>01:05:58.00</b>	+00:31:32 (47.8%)	5:27	11 (63.2%)
113	<b>MAJEWSKA Kamila</b>	<b>1708</b>		K30	12	00:41:42		<b>01:04:36.10</b>	<b>01:06:00.40</b>	+00:31:35 (47.8%)	6:27	9.3 (53.4%)
114	<b>GUCWA Mirosław</b>	<b>1551</b>	BACK ON TRACK	M40	26	00:39:56		<b>01:04:26.60</b>	<b>01:06:06.20</b>	+00:31:40 (47.9%)	6:26	9.3 (53.4%)
115	<b>KŁODZIŃSKA Barbara</b>	<b>1568</b>	ULTRAMĘKI	K40	9	00:43:36		<b>01:05:03.70</b>	<b>01:06:09.25</b>	+00:31:43 (48.0%)	6:30	9.2 (52.9%)
116	<b>HENNIG Waldemar</b>	<b>1555</b>	ECO KĄPINO	M40	27	00:42:34		<b>01:04:18.15</b>	<b>01:06:13.00</b>	+00:31:47 (48.0%)	6:25	9.3 (53.4%)
117	<b>KONDRAK Jan</b>	<b>1702</b>	LUBELSKA FEDERACJA BARDÓW	M60	4	00:43:00		<b>01:04:20.70</b>	<b>01:06:23.20</b>	+00:31:57 (48.1%)	6:26	9.3 (53.4%)
118	<b>KOLERA Wioleta</b>	<b>1571</b>	WODNIAK	K30	13	00:42:52		<b>01:06:10.80</b>	<b>01:06:34.00</b>	+00:32:08 (48.3%)	6:37	9.1 (52.3%)
119	<b>PISZCZYĞŁOWA Bernadeta</b>	<b>1620</b>		K40	10	00:42:47		<b>01:05:56.85</b>	<b>01:06:36.45</b>	+00:32:11 (48.3%)	6:35	9.1 (52.3%)
120	<b>KAPLON Andrzej</b>	<b>1566</b>	KS HUDKA SPYRA	M50	11	00:42:49		<b>01:04:46.80</b>	<b>01:06:42.45</b>	+00:32:17 (48.4%)	6:28	9.3 (53.4%)
121	<b>JANIK Jacek</b>	<b>1558</b>		M40	28	00:30:04	00:20:00	<b>01:06:21.00</b>	<b>01:06:43.00</b>	+00:32:17 (48.4%)	4:38	12.9 (74.1%)
122	<b>BARTOSZEK Renia</b>	<b>1511</b>		K40	11	00:44:01		<b>01:06:18.45</b>	<b>01:06:58.40</b>	+00:32:33 (48.6%)	6:37	9 (51.7%)
123	<b>STEFANIAK Maria</b>	<b>1655</b>		K20	8	00:42:48		<b>01:05:11.55</b>	<b>01:07:09.35</b>	+00:32:43 (48.7%)	6:31	9.2 (52.9%)
124	<b>SOBCZYK Grzegorz</b>	<b>1644</b>		M20	17	00:42:47		<b>01:05:13.55</b>	<b>01:07:10.75</b>	+00:32:45 (48.8%)	6:31	9.2 (52.9%)
125	<b>SZADKOWSKA Justyna</b>	<b>1659</b>	NIGHT RUNNERS GLIWICE	K30	14	00:43:17		<b>01:05:41.25</b>	<b>01:07:20.05</b>	+00:32:54 (48.9%)	6:34	9.1 (52.3%)
126	<b>ŁUSZCZ Paweł</b>	<b>1584</b>		M30	32	00:44:36		<b>01:06:01.25</b>	<b>01:08:03.45</b>	+00:33:38 (49.4%)	6:36	9.1 (52.3%)
127	<b>PENKALA Piotr</b>	<b>1614</b>	STRANGERS	M20	18	00:47:21		<b>01:06:01.60</b>	<b>01:08:15.85</b>	+00:33:50 (49.6%)	6:36	9.1 (52.3%)
128	<b>MŁOCKA Matylda</b>	<b>1600</b>		K30	15	00:44:44		<b>01:06:17.30</b>	<b>01:08:38.30</b>	+00:34:12 (49.8%)	6:37	9.1 (52.3%)
129	<b>RABIEJEWSKI Zbigniew</b>	<b>1627</b>	ŻANDARMERIA WOJSKOWA RZESZÓW	M40	29	00:42:35		<b>01:08:00.30</b>	<b>01:09:06.40</b>	+00:34:41 (50.2%)	6:48	8.8 (50.6%)
130	<b>SZUKOWSKA Amelia</b>	<b>1668</b>		K30	16	00:45:26		<b>01:07:40.50</b>	<b>01:09:11.60</b>	+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	<b>SKOWROŃ Izabela</b>	<b>1639</b>	WKURW_TEAM	K30	19	00:47:55		<b>01:12:29.25</b>	<b>01:13:44.30</b>	+00:39:18 (53.3%)	7:14	8.3 (47.7%)
155	<b>SOLAREWICZ Monika</b>	<b>1647</b>		K30	20	00:48:28		<b>01:13:02.80</b>	<b>01:13:48.90</b>	+00:39:23 (53.4%)	7:18	8.2 (47.1%)
156	<b>KUŁACZKOWSKI Konrad</b>	<b>1578</b>		M30	38	00:48:11		<b>01:12:56.75</b>	<b>01:13:51.30</b>	+00:39:25 (53.4%)	7:17	8.2 (47.1%)
157	<b>WAWRZYNIAK Katarzyna</b>	<b>1677</b>	MAMY RYSZAMY	K30	21	00:47:30		<b>01:12:30.30</b>	<b>01:13:52.85</b>	+00:39:27 (53.4%)	7:15	8.3 (47.7%)
158	<b>KAPLON Danuta</b>	<b>1565</b>		K60	1	00:47:41		<b>01:12:02.80</b>	<b>01:13:58.35</b>	+00:39:32 (53.5%)	7:12	8.3 (47.7%)
159	<b>SUŁKOWSKA Joanna</b>	<b>1657</b>		K40	17	00:47:24		<b>01:13:28.75</b>	<b>01:14:20.70</b>	+00:39:55 (53.7%)	7:20	8.2 (47.1%)
160	<b>MAJCHROWICZ Justyna</b>	<b>1587</b>	FC PROSIACZEK	K30	22	00:47:25		<b>01:12:30.05</b>	<b>01:14:22.05</b>	+00:39:56 (53.7%)	7:15	8.3 (47.7%)
161	<b>SZELA Daniel</b>	<b>1664</b>	DZIKIE MUSTANGI	M30	39	00:47:45		<b>01:12:38.30</b>	<b>01:14:39.55</b>	+00:40:14 (53.9%)	7:15	8.3 (47.7%)
162	<b>NOWAK Tomasz</b>	<b>1607</b>	DZIKIE MUSTANGI	M30	40	00:48:09		<b>01:12:38.85</b>	<b>01:14:40.00</b>	+00:40:14 (53.9%)	7:15	8.3 (47.7%)
163	<b>FORNEK Paulina</b>	<b>1541</b>	DZIKIE MUSTANGI	K20	12	00:47:49		<b>01:12:39.90</b>	<b>01:14:40.25</b>	+00:40:14 (53.9%)	7:16	8.3 (47.7%)
164	<b>HARATYK Roksana</b>	<b>1553</b>	DZIKIE MUSTANGI	K30	23	00:47:49		<b>01:12:39.10</b>	<b>01:14:40.35</b>	+00:40:14 (53.9%)	7:15	8.3 (47.7%)
165	<b>TUROSZ Cecylia</b>	<b>1722</b>		K60	2	00:49:26		<b>01:14:59.75</b>	<b>01:15:54.05</b>	+00:41:28 (54.6%)	7:30	8 (46.0%)
166	<b>PĘKALSKA Anna</b>	<b>1616</b>		K40	18	00:49:06		<b>01:14:12.80</b>	<b>01:15:56.20</b>	+00:41:30 (54.7%)	7:25	8.1 (46.6%)
167	<b>RADYK Aleksandra</b>	<b>1631</b>	PRZEMYSKI KLUB BIEGACZA	K20	13	00:48:03		<b>01:14:35.65</b>	<b>01:16:21.00</b>	+00:41:55 (54.9%)	7:27	8 (46.0%)
168	<b>STANKIEWICZ Ewa</b>	<b>1651</b>		K30	24	00:47:49		<b>01:14:34.80</b>	<b>01:16:37.70</b>	+00:42:12 (55.1%)	7:27	8 (46.0%)
169	<b>NOWOMIEJSKI Marcin</b>	<b>1608</b>	BIEGACZ CEGŁÓW	M40	34	00:30:22	00:30:00	<b>01:16:32.00</b>	<b>01:16:38.00</b>	+00:42:12 (55.1%)	4:39	12.9 (74.1%)
170	<b>DĄBRÓWKA Nina</b>	<b>1532</b>	FUNDACJA LATARNIA	K30	25	00:49:06		<b>01:16:47.15</b>	<b>01:17:57.60</b>	+00:43:32 (55.8%)	7:40	7.8 (44.8%)
171	<b>SKORUPKA Rafał</b>	<b>1637</b>	FUNDACJA LATARNIA	M30	41	00:49:06		<b>01:16:47.05</b>	<b>01:17:58.45</b>	+00:43:33 (55.9%)	7:40	7.8 (44.8%)
172	<b>STEC Szymon</b>	<b>1726</b>		M20	20	00:43:32	00:10:00	<b>01:15:51.00</b>	<b>01:18:09.00</b>	+00:43:43 (56.0%)	6:35	9.1 (52.3%)
173	<b>WELOŃCZYK Joanna</b>	<b>1678</b>		K30	26	00:52:33		<b>01:17:38.75</b>	<b>01:18:35.75</b>	+00:44:10 (56.2%)	7:45	7.7 (44.3%)
174	<b>TRZECIAK Albina</b>	<b>1674</b>	1989	K30	27	00:51:30		<b>01:17:56.35</b>	<b>01:19:27.30</b>	+00:45:01 (56.7%)	7:47	7.7 (44.3%)
175	<b>LESZCZYŃSKI Aleksander</b>	<b>1723</b>		M40	35	00:51:36		<b>01:18:23.90</b>	<b>01:19:52.10</b>	+00:45:26 (56.9%)	7:50	7.7 (44.3%)
176	<b>CZAPLA Andrzej</b>	<b>1527</b>		M60	6	00:50:43		<b>01:18:37.05</b>	<b>01:20:06.50</b>	+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	<b>LEŚNIAK Beata</b>	<b>1582</b>		K40	19	00:52:10		<b>01:19:47.60</b>	<b>01:20:28.45</b>	+00:46:03 (57.2%)	7:58	7.5 (43.1%)
178	<b>JASIURKOWSKI Robert</b>	<b>1562</b>		M40	36	00:53:02		<b>01:20:20.15</b>	<b>01:21:23.95</b>	+00:46:58 (57.7%)	8:02	7.5 (43.1%)
179	<b>STEC Sebastian</b>	<b>1652</b>	SIEMUSZOWA	M40	37	00:46:30	00:10:00	<b>01:19:17.00</b>	<b>01:21:35.00</b>	+00:47:09 (57.8%)	6:55	8.7 (50.0%)
180	<b>CEDROWICZ Ewa</b>	<b>1520</b>		K30	28	00:46:03	00:10:00	<b>01:20:54.00</b>	<b>01:22:19.00</b>	+00:47:53 (58.2%)	7:05	8.5 (48.9%)
181	<b>CZAJA Wacław</b>	<b>1526</b>		M40	38	00:51:27		<b>01:20:42.00</b>	<b>01:22:58.85</b>	+00:48:33 (58.5%)	8:04	7.4 (42.5%)
182	<b>KOLASA Barbara</b>	<b>1570</b>		K60	3	00:53:52		<b>01:25:01.90</b>	<b>01:25:40.90</b>	+00:51:15 (59.8%)	8:30	7.1 (40.8%)
183	<b>POCZTOWSKA Katarzyna</b>	<b>1623</b>		K30	29	00:53:05		<b>01:23:45.25</b>	<b>01:25:54.55</b>	+00:51:29 (59.9%)	8:22	7.2 (41.4%)
184	<b>RADYK Joanna</b>	<b>1732</b>	PRZEMYSKI KLUB BIEGACZA	K30	30	00:57:09		<b>01:26:53.10</b>	<b>01:28:38.00</b>	+00:54:12 (61.2%)	8:41	6.9 (39.7%)
185	<b>RADYK Anna</b>	<b>1630</b>	PRZEMYSKI KLUB BIEGACZA	K20	14	00:57:12		<b>01:26:56.40</b>	<b>01:28:42.05</b>	+00:54:16 (61.2%)	8:41	6.9 (39.7%)
186	<b>WACHNIK Agnieszka</b>	<b>1676</b>	NOWA HUTA TEAM	K30	31	00:59:02		<b>01:26:57.95</b>	<b>01:29:00.35</b>	+00:54:34 (61.3%)	8:41	6.9 (39.7%)
187	<b>CZUBA Jadwiga</b>	<b>1697</b>		K30	32	00:52:16	00:10:00	<b>01:29:51.00</b>	<b>01:30:25.00</b>	+00:55:59 (61.9%)	7:59	7.5 (43.1%)
188	<b>SŁOBODA Krzysztof</b>	<b>1643</b>	RUN SŁOBODAN	M60	7	00:57:05		<b>01:29:31.15</b>	<b>01:31:36.70</b>	+00:57:11 (62.4%)	8:57	6.7 (38.5%)
189	<b>ROJ Dawid</b>	<b>1632</b>	RUN SŁOBODAN	M30	42	00:57:05		<b>01:29:31.20</b>	<b>01:31:37.15</b>	+00:57:11 (62.4%)	8:57	6.7 (38.5%)
190	<b>JANIK Anna</b>	<b>1559</b>		K40	20	00:46:49	00:20:00	<b>01:31:25.00</b>	<b>01:31:47.00</b>	+00:57:21 (62.5%)	7:08	8.4 (48.3%)
191	<b>DUDEK Monika</b>	<b>1535</b>		K30	33	00:46:53	00:20:00	<b>01:32:23.00</b>	<b>01:32:45.00</b>	+00:58:19 (62.9%)	7:14	8.3 (47.7%)
192	<b>LASKOWSKI Marcin</b>	<b>1580</b>		M50	14	01:00:04		<b>01:33:38.95</b>	<b>01:35:47.15</b>	+01:01:21 (64.1%)	9:21	6.4 (36.8%)
193	<b>BOŚ Tomasz</b>	<b>1727</b>		M30	43	00:57:37	00:10:00	<b>01:34:33.00</b>	<b>01:36:32.00</b>	+01:02:06 (64.3%)	8:27	7.1 (40.8%)
194	<b>BOREK Wojciech</b>	<b>1515</b>	EP-HEART-TEAM	M50	15	01:01:39		<b>01:39:40.15</b>	<b>01:41:54.95</b>	+01:07:29 (66.2%)	9:58	6 (34.5%)
195	<b>ANTCZAK Aleksandra</b>	<b>1507</b>		K30	34	01:01:39		<b>01:39:39.45</b>	<b>01:41:55.25</b>	+01:07:29 (66.2%)	9:58	6 (34.5%)
196	<b>HADAM Ewa</b>	<b>1735</b>	SPARTAN TRAINING GROUP RZESZÓW	K50	2	00:51:49	00:30:00	<b>01:49:17.00</b>	<b>01:50:52.00</b>	+01:16:26 (69.0%)	7:55	7.6 (43.7%)
197	<b>SOŁTYSIAK Krystyna</b>	<b>1734</b>	SPARTAN TRAINING GROUP RZESZÓW	K50	3	00:51:52	00:30:00	<b>01:49:22.00</b>	<b>01:50:57.00</b>	+01:16:31 (69.0%)	7:56	7.6 (43.7%)
198	<b>SOŁTYSEK Sebastian</b>	<b>1649</b>	UNIVERSAL SOLDIERS	M40	39	01:12:03		<b>01:54:06.90</b>	<b>01:55:54.30</b>	+01:21:28 (70.3%)	11:24	5.3 (30.5%)
199	<b>SOŁTYSEK Grzegorz</b>	<b>1650</b>	UNIVERSAL SOLDIERS	M40	40	01:12:08		<b>01:54:06.55</b>	<b>01:55:55.15</b>	+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	<b>GARNCARZ Adam</b>	<b>119</b>		M20	21						0:56	63.5 (364.9%)

Znaleziono 200 wynik(ów)