



VII DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: X FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-06-01
Miejsce: Cisna
Dystans: 12 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	TOMASZEK Hubert	5278	MKS HALICZ	M20	1	01:01:00.70	01:01:00.70		5:05	11.8 (100%)
2	TROJNAR Paweł	5309		M30	1	01:01:14.25	01:01:14.25	+00:00:13 (0.4%)	5:06	11.8 (100%)
3	WOŚ Michał	5349	KLUB LEKKOATLETYCZNY ZIEMIA KŁODZKA/TRENER SKLEP TEAM	M30	2	01:05:19.35	01:05:19.35	+00:04:18 (6.6%)	5:26	11 (93.2%)
4	TARGOSZ Michał	5276	RUNPROGRESS.PL	M40	1	01:06:38.20	01:06:38.20	+00:05:37 (8.4%)	5:33	10.8 (91.5%)
5	PARMEE Alexander	5157	ŻÓRAWSKI TEAM	M30	3	01:07:36.00	01:07:36.00	+00:06:35 (9.7%)	5:38	10.7 (90.7%)
6	RESZKA Marek	5334	RUNA RADICAL PRO	M30	4	01:07:39.15	01:07:39.15	+00:06:38 (9.8%)	5:38	10.6 (89.8%)
7	PEŁDIAK Mateusz	5348	KB ATHLETIC ZRĘCIN	M30	5	01:08:53.00	01:08:53.00	+00:07:52 (11.4%)	5:44	10.5 (89.0%)
8	JARZĘBOWICZ Paweł	5351	ZADYSZKA OŚWIĘCIM	M40	2	01:08:54.00	01:08:54.00	+00:07:53 (11.4%)	5:44	10.4 (88.1%)
9	SOKOŁOWSKI Marek	5055	ALPIN SPORT TEAM	M50	1	01:08:57.75	01:08:57.75	+00:07:57 (11.5%)	5:44	10.4 (88.1%)
10	ŚWIERAD Krystian	5297		M20	2	01:09:07.45	01:09:07.45	+00:08:06 (11.7%)	5:45	10.4 (88.1%)
11	ŚCIESZKA Wojciech	5130		M50	2	01:09:22.95	01:09:22.95	+00:08:22 (12.1%)	5:46	10.4 (88.1%)
12	WIĘCEK Damian	5268	PAPPYN RUNNING TEAM	M20	3	01:09:27.25	01:09:27.25	+00:08:26 (12.2%)	5:47	10.4 (88.1%)
13	STACHURSKI Paweł	5316		M40	3	01:09:43.00	01:09:43.00	+00:08:42 (12.5%)	5:48	10.3 (87.3%)
14	MLAŚ Ireneusz	5330	IPA PRZEMYŚL	M30	6	01:09:44.65	01:09:44.65	+00:08:43 (12.5%)	5:48	10.3 (87.3%)
15	OSIECKA Zosia	5136		K20	1	01:09:47.25	01:09:47.25	+00:08:46 (12.6%)	5:48	10.3 (87.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
16	JUSZCZAK Piotr	5296	NIEZRZESZONY	M30	7	01:09:51.85	01:09:51.85	+00:08:51 (12.7%)	5:49	10.3 (87.3%)
17	ZAWADZKI Marcin	5037	SZCZWANY TRZMIEL TEAM	M40	4	01:10:10.10	01:10:10.10	+00:09:09 (13.0%)	5:50	10.3 (87.3%)
18	LIS-PASIONEK Małgorzata	5332		K40	1	01:10:15.55	01:10:15.55	+00:09:14 (13.2%)	5:51	10.2 (86.4%)
19	JACHIMOWSKI Jarosław	5005	SANOK BIEGA	M40	5	01:10:23.30	01:10:23.30	+00:09:22 (13.3%)	5:51	10.2 (86.4%)
20	WIĘCEK Marek	5250	PAPPYN RUNNING TEAM	M20	4	01:10:54.65	01:10:54.65	+00:09:53 (14.0%)	5:54	10.2 (86.4%)
21	NASPIŃSKI Michał	5046	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M20	5	01:11:04.45	01:11:04.45	+00:10:03 (14.2%)	5:55	10.1 (85.6%)
22	MARSZAŁEK Ewa	5049	KROSSKI REMSPORT	K40	2	01:12:32.30	01:12:32.30	+00:11:31 (15.9%)	6:02	9.9 (83.9%)
23	OCHYRA Konrad	5277	SOLINA TEAM	M30	8	01:12:56.50	01:12:56.50	+00:11:55 (16.4%)	6:04	9.9 (83.9%)
24	LEŚ Michał	5356	SANOK BIEGA	M30	9	01:13:05.95	01:13:05.95	+00:12:05 (16.5%)	6:05	9.9 (83.9%)
25	BOLECHOWSKA Dominika	5006		K40	3	01:13:33.80	01:13:33.80	+00:12:33 (17.1%)	6:07	9.8 (83.1%)
26	WER Anna	5215	TOMICA COACHING	K30	1	01:14:29.00	01:14:29.00	+00:13:28 (18.1%)	6:12	9.7 (82.2%)
27	KUBICKI Jakub	5133		M20	6	01:14:39.15	01:14:39.15	+00:13:38 (18.3%)	6:13	9.6 (81.4%)
28	SOŁTYS Mateusz	5237		M20	7	01:14:50.65	01:14:50.65	+00:13:49 (18.5%)	6:14	9.6 (81.4%)
29	JANICKI Tomasz	5116		M20	8	01:14:55.60	01:14:55.60	+00:13:54 (18.6%)	6:14	9.6 (81.4%)
30	HOŁOWATY Renata	5343	SANOK BIEGA	K30	2	01:15:05.05	01:15:05.05	+00:14:04 (18.7%)	6:15	9.6 (81.4%)
31	MUSIALIK Magdalena	5052	RZESZÓW	K40	4	01:15:19.15	01:15:19.15	+00:14:18 (19.0%)	6:16	9.6 (81.4%)
32	KOĆWIN Jakub	5042	LDB	M30	10	01:15:23.75	01:15:23.75	+00:14:23 (19.1%)	6:16	9.6 (81.4%)
33	WIĘCKOWSKI Waldemar	5071		M30	11	01:15:27.95	01:15:27.95	+00:14:27 (19.2%)	6:17	9.5 (80.5%)
34	BANASIK Krzysztof	5076		M40	6	01:15:31.35	01:15:31.35	+00:14:30 (19.2%)	6:17	9.5 (80.5%)
35	KROPIWNICKI Marcin	5148		M30	12	01:15:40.15	01:15:40.15	+00:14:39 (19.4%)	6:18	9.5 (80.5%)
36	JAREMA Maciej	5379	LOKOMOTIV MAJDAN	M40	7	01:15:48.60	01:15:48.60	+00:14:47 (19.5%)	6:19	9.5 (80.5%)
37	ZĄBCZYŃSKI Dominik	5372	ALPIN SPORT TEAM	M50	3	01:16:24.05	01:16:24.05	+00:15:23 (20.1%)	6:22	9.4 (79.7%)
38	RABCZEWSKI Kacper	5167	AGH KRAKÓW	M20	9	01:16:49.95	01:16:49.95	+00:15:49 (20.6%)	6:24	9.4 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
39	MAMLA Zbigniew	5140	BIEGIEM NA KAWĘ	M50	4	01:18:24.00	01:18:24.00	+00:17:23 (22.2%)	6:32	9.2 (78.0%)
40	CHILICKA Marta	5320		K40	5	01:18:29.50	01:18:29.50	+00:17:28 (22.3%)	6:32	9.2 (78.0%)
41	NOWACKI Krzysztof	5120	POGODNI	M20	10	01:18:49.05	01:18:49.05	+00:17:48 (22.6%)	6:34	9.1 (77.1%)
42	JARZĘBOWICZ Beata	5352	ZADYSZKA OŚWIĘCIM	K40	6	01:19:05.95	01:19:05.95	+00:18:05 (22.9%)	6:35	9.1 (77.1%)
43	KLIMKOWSKI Tomasz	5300		M50	5	01:19:40.15	01:19:40.15	+00:18:39 (23.4%)	6:38	9 (76.3%)
44	BANASIK Monika	5075		K40	7	01:19:53.55	01:19:53.55	+00:18:52 (23.6%)	6:39	9 (76.3%)
45	ŚWIDZIŃSKI Tomasz	5378	LOKOMOTIV MAJDAN	M40	8	01:20:20.45	01:20:20.45	+00:19:19 (24.1%)	6:41	9 (76.3%)
46	SIKORSKI Błażej	5212		M30	13	01:22:47.50	01:22:47.50	+00:21:46 (26.3%)	6:53	8.7 (73.7%)
47	KALETA Piotr	5199		M30	14	01:23:11.55	01:23:11.55	+00:22:10 (26.7%)	6:55	8.7 (73.7%)
48	MILEWSKI Mateusz	5308		M20	11	01:23:20.20	01:23:20.20	+00:22:19 (26.8%)	6:56	8.6 (72.9%)
49	ROBERT Lorens	5182		M50	6	01:23:24.05	01:23:24.05	+00:22:23 (26.8%)	6:57	8.6 (72.9%)
50	INDYK Kamil	5008	CARPATHIAN RUNNERS	M20	12	01:23:30.05	01:23:30.05	+00:22:29 (26.9%)	6:57	8.6 (72.9%)
51	WAJDZIK Adam	5141		M30	15	01:23:55.35	01:23:55.35	+00:22:54 (27.3%)	6:59	8.6 (72.9%)
52	ZAJĄC Tomasz	5161		M50	7	01:24:48.00	01:24:48.00	+00:23:47 (28.1%)	7:04	8.5 (72.0%)
53	SZANIAWSKI Marcin	5001		M40	9	01:24:51.05	01:24:51.05	+00:23:50 (28.1%)	7:04	8.5 (72.0%)
54	SZCZYKUTOWICZ Marta	5359		K30	3	01:25:05.35	01:25:05.35	+00:24:04 (28.3%)	7:05	8.5 (72.0%)
55	NAWROT Bartłomiej	5286		M30	16	01:25:46.50	01:25:46.50	+00:24:45 (28.9%)	7:08	8.4 (71.2%)
56	BANCERZ Szymon	5310	TRAWNIKI BIEGAJĄ	M20	13	01:25:53.95	01:25:53.95	+00:24:53 (29.0%)	7:09	8.4 (71.2%)
57	GRACZYK Damian	5109		M30	17	01:26:17.20	01:26:17.20	+00:25:16 (29.3%)	7:11	8.3 (70.3%)
58	WALENDA Mateusz	5305	KS KANAŁEK	M30	18	01:26:18.40	01:26:18.40	+00:25:17 (29.3%)	7:11	8.3 (70.3%)
59	KOZIARSKI Piotr	5145		M40	10	01:26:27.45	01:26:27.45	+00:25:26 (29.4%)	7:12	8.3 (70.3%)
60	HAJDUK Witold	5132		M40	11	01:26:45.65	01:26:45.65	+00:25:44 (29.7%)	7:13	8.3 (70.3%)
61	ULMAN Bartłomiej	5126		M20	14	01:26:48.85	01:26:48.85	+00:25:48 (29.7%)	7:14	8.3 (70.3%)

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62	KACZMAREK Maciej	5346	WLKP MOUNTAINS ULTRA	M30	19	01:27:10.05	01:27:10.05	+00:26:09 (30.0%)	7:15	8.3 (70.3%)
63	PIELASZKIEWICZ Tomasz	5190		M40	12	01:27:43.15	01:27:43.15	+00:26:42 (30.4%)	7:18	8.2 (69.5%)
64	WIKA Bartosz	5127		M30	20	01:27:46.80	01:27:46.80	+00:26:46 (30.5%)	7:18	8.2 (69.5%)
65	CABAJ Krzysztof	5041	LDB	M30	21	01:27:48.60	01:27:48.60	+00:26:47 (30.5%)	7:19	8.2 (69.5%)
66	BANASIEWICZ Witold	5004	SANOK BIEGA	M40	13	01:27:55.05	01:27:55.05	+00:26:54 (30.6%)	7:19	8.2 (69.5%)
67	WYSOGLĄD Henryk	5248	AQUA TEAM BIELSKO-BIALA	M50	8	01:28:01.10	01:28:01.10	+00:27:00 (30.7%)	7:20	8.2 (69.5%)
68	KOIS Karolina	5124	ITMBW KRAKÓW	K30	4	01:28:12.30	01:28:12.30	+00:27:11 (30.8%)	7:21	8.2 (69.5%)
69	SKIERCZYŃSKI Łukasz	5315	AMS	M30	22	01:28:29.20	01:28:29.20	+00:27:28 (31.0%)	7:22	8.1 (68.6%)
70	SZADYKO-PAWLIK Monika	5337		K20	2	01:29:31.40	01:29:31.40	+00:28:30 (31.8%)	7:27	8 (67.8%)
71	LESZCZYŃSKI Michał	5202		M40	14	01:29:59.85	01:29:59.85	+00:28:59 (32.2%)	7:29	8 (67.8%)
72	ULMAN Jerzy	5125		M60	1	01:30:32.70	01:30:32.70	+00:29:32 (32.6%)	7:32	8 (67.8%)
73	KNAP Mariola	5131	SANOK BIEGA	K40	8	01:30:37.60	01:30:37.60	+00:29:36 (32.7%)	7:33	7.9 (66.9%)
74	DUSZA Łukasz	5146		M30	23	01:30:46.30	01:30:46.30	+00:29:45 (32.8%)	7:33	7.9 (66.9%)
75	MAKOWSKI Szymon	5162		M20	15	01:30:52.60	01:30:52.60	+00:29:51 (32.9%)	7:34	7.9 (66.9%)
76	GÓRSKA Urszula	5183	ISCG	K40	9	01:31:10.40	01:31:10.40	+00:30:09 (33.1%)	7:35	7.9 (66.9%)
77	RUTYNA Dawid	5255		M20	16	01:31:31.00	01:31:31.00	+00:30:30 (33.3%)	7:37	7.9 (66.9%)
78	ISKRZYCKI Andrzej	5365		M50	9	01:31:42.45	01:31:42.45	+00:30:41 (33.5%)	7:38	7.9 (66.9%)
79	BOGUSZ Konrad	5363		M30	24	01:31:54.15	01:31:54.15	+00:30:53 (33.6%)	7:39	7.8 (66.1%)
80	KUBACZYK Artur	5281		M30	25	01:31:57.60	01:31:57.60	+00:30:56 (33.7%)	7:39	7.8 (66.1%)
81	JANKOWSKI Michał	5225		M40	15	01:32:01.85	01:32:01.85	+00:31:01 (33.7%)	7:40	7.8 (66.1%)
82	SOWIŃSKI Paweł	5288		M50	10	01:32:03.20	01:32:03.20	+00:31:02 (33.7%)	7:40	7.8 (66.1%)
83	GUZ Łukasz	5173		M40	16	01:32:06.10	01:32:06.10	+00:31:05 (33.8%)	7:40	7.8 (66.1%)
84	NIEMCZUK Robert	5291		M40	17	01:32:11.55	01:32:11.55	+00:31:10 (33.8%)	7:40	7.8 (66.1%)

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85	WOJTAL Przemysław	5033		M30	26	01:32:13.30	01:32:13.30	+00:31:12 (33.8%)	7:41	7.8 (66.1%)
86	WALASZEK Karolina	5342		K30	5	01:32:17.35	01:32:17.35	+00:31:16 (33.9%)	7:41	7.8 (66.1%)
87	WOJNAROWSKA Weronika	5110		K30	6	01:32:19.85	01:32:19.85	+00:31:19 (33.9%)	7:41	7.8 (66.1%)
88	KOZIOŁ Paweł	5160		M30	27	01:32:22.55	01:32:22.55	+00:31:21 (34.0%)	7:41	7.8 (66.1%)
89	ĆWIEK Kuba	5218		M20	17	01:32:37.10	01:32:37.10	+00:31:36 (34.1%)	7:43	7.8 (66.1%)
90	TOMALA Grzegorz	5134	SANOK BIEGA	M30	28	01:32:42.40	01:32:42.40	+00:31:41 (34.2%)	7:43	7.8 (66.1%)
91	KOZACZUK Maria	5293		K40	10	01:32:44.90	01:32:44.90	+00:31:44 (34.2%)	7:43	7.8 (66.1%)
92	GÓRSKI Maciej	5269		M50	11	01:32:47.65	01:32:47.65	+00:31:46 (34.3%)	7:43	7.8 (66.1%)
93	IZDEBSKI Tomek	1212	SPORT GENERATION	M40	18	01:32:49.95	01:32:49.95	+00:31:49 (34.3%)	7:44	7.8 (66.1%)
94	LEWICKI Jakub	5318	AUTOMA.NET	M20	18	01:32:53.40	01:32:53.40	+00:31:52 (34.3%)	7:44	7.8 (66.1%)
95	UJMA Stanisław	5249	GALICJABIEGA2024	M60	2	01:33:12.05	01:33:12.05	+00:32:11 (34.5%)	7:46	7.7 (65.3%)
96	WROŃSKI Jakub	5061		M30	29	01:33:23.30	01:33:23.30	+00:32:22 (34.7%)	7:46	7.7 (65.3%)
97	WYDMAŃSKI Paweł	5224	KOBYLICA	M40	19	01:33:38.25	01:33:38.25	+00:32:37 (34.8%)	7:48	7.7 (65.3%)
98	ROGULSKA Monika	5211		K30	7	01:33:43.60	01:33:43.60	+00:32:42 (34.9%)	7:48	7.7 (65.3%)
99	SIKORSKA Magdalena	5213		K30	8	01:33:43.75	01:33:43.75	+00:32:43 (34.9%)	7:48	7.7 (65.3%)
100	KIECA Krzysztof	5206		M40	20	01:33:45.80	01:33:45.80	+00:32:45 (34.9%)	7:48	7.7 (65.3%)
101	STASZCZYK Ania	5251	BKB CZARNA PERŁA	K40	11	01:33:54.45	01:33:54.45	+00:32:53 (35.0%)	7:49	7.7 (65.3%)
102	KOBIELSKI Marcin	5327		M40	21	01:34:21.70	01:34:21.70	+00:33:21 (35.3%)	7:51	7.6 (64.4%)
103	MARZĘCKI Michał	5373		M40	22	01:34:25.65	01:34:25.65	+00:33:24 (35.4%)	7:52	7.6 (64.4%)
104	SZERSZEŃ Damian	5159		M20	19	01:34:39.75	01:34:39.75	+00:33:39 (35.5%)	7:53	7.6 (64.4%)
105	KUKUŁKA Adam	5079		M20	20	01:34:47.65	01:34:47.65	+00:33:46 (35.6%)	7:53	7.6 (64.4%)
106	ŁUKASIEWICZ Jarosław	5069		M50	12	01:34:53.15	01:34:53.15	+00:33:52 (35.7%)	7:54	7.6 (64.4%)
107	MAZUR Grzegorz	5311		M40	23	01:35:10.15	01:35:10.15	+00:34:09 (35.9%)	7:55	7.6 (64.4%)

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108	PARZNIEWSKI Maciej	5104	TOWARZYSTWO TOWARZYSTWO AKS POLONIA WARSZAWA	M40	24	01:35:18.65	01:35:18.65	+00:34:17 (36.0%)	7:56	7.6 (64.4%)
109	BUDZYN Dominika	5063		K30	9	01:35:40.95	01:35:40.95	+00:34:40 (36.2%)	7:58	7.5 (63.6%)
110	PŁAWECKI Dariusz	5253		M30	30	01:35:47.95	01:35:47.95	+00:34:47 (36.3%)	7:58	7.5 (63.6%)
111	KOMAN Iga	5273	FITMAMY GRZEPNICA	K30	10	01:36:13.30	01:36:13.30	+00:35:12 (36.6%)	8:01	7.5 (63.6%)
112	ROŹKIEWICZ Leszek	5122		M40	25	01:36:29.15	01:36:29.15	+00:35:28 (36.8%)	8:02	7.5 (63.6%)
113	GUCAJMA Izabela	5242		K30	11	01:36:48.45	01:36:48.45	+00:35:47 (37.0%)	8:04	7.4 (62.7%)
114	WRÓBEL Bartłomiej	5329	CISNA GÓRĄ	M40	26	01:37:17.75	01:37:17.75	+00:36:17 (37.3%)	8:06	7.4 (62.7%)
115	KRUPA Jacek	5298	LEBIODA RUNNING TEAM	M50	13	01:37:42.20	01:37:42.20	+00:36:41 (37.6%)	8:08	7.4 (62.7%)
116	KOWALSKI Tomasz	5153		M40	27	01:38:21.60	01:38:21.60	+00:37:20 (38.0%)	8:11	7.3 (61.9%)
117	SIKORSKA Agnieszka	5317	TRI SEXY	K40	12	01:38:25.45	01:38:25.45	+00:37:24 (38.0%)	8:12	7.3 (61.9%)
118	IMIOŁCZYK Przemysław	5221	KOMANDOS	M20	21	01:38:28.80	01:38:28.80	+00:37:28 (38.0%)	8:12	7.3 (61.9%)
119	PERKA Tomek	5319	WIECZORNE BIEGANIE W OPOLU	M50	14	01:38:34.80	01:38:34.80	+00:37:34 (38.1%)	8:12	7.3 (61.9%)
120	STRÓZIK Barbara	5144	JJ RUNNERS TEAM	K20	3	01:38:53.25	01:38:53.25	+00:37:52 (38.3%)	8:14	7.3 (61.9%)
121	ULICZNY Michał	5135		M20	22	01:39:13.90	01:39:13.90	+00:38:13 (38.5%)	8:16	7.3 (61.9%)
122	JELONEK Rafał	5031	CEDRUS TEAM	M40	28	01:39:15.45	01:39:15.45	+00:38:14 (38.5%)	8:16	7.3 (61.9%)
123	KUJON Karolina	5179		K30	12	01:39:51.80	01:39:51.80	+00:38:51 (38.9%)	8:19	7.2 (61.0%)
124	PAWEŁKÓW Alicja	5312		K30	13	01:39:51.95	01:39:51.95	+00:38:51 (38.9%)	8:19	7.2 (61.0%)
125	WIECZOREK Mateusz	5357		M30	31	01:39:52.60	01:39:52.60	+00:38:51 (38.9%)	8:19	7.2 (61.0%)
126	BOBYK Paweł	5238		M40	29	01:39:54.25	01:39:54.25	+00:38:53 (38.9%)	8:19	7.2 (61.0%)
127	SZCZUDLIK Małgorzata	5030	SZALENI BIEGACZE GNIEZNO	K40	13	01:40:03.20	01:40:03.20	+00:39:02 (39.0%)	8:20	7.2 (61.0%)
128	DRAGUŁA-LIS Andżelika	5368	KS DALIN MYŚLENICE	K30	14	01:40:08.30	01:40:08.30	+00:39:07 (39.1%)	8:20	7.2 (61.0%)
129	JAKIELASZEK Maciej	5200		M30	32	01:40:25.85	01:40:25.85	+00:39:25 (39.3%)	8:22	7.2 (61.0%)
130	PERLIŃSKA Paulina	5083		K30	15	01:40:28.80	01:40:28.80	+00:39:28 (39.3%)	8:22	7.2 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
131	FLIŚ Łukasz	5150	AKTYWNA PSZCZYNA	M30	33	01:40:46.85	01:40:46.85	+00:39:46 (39.5%)	8:23	7.1 (60.2%)
132	UJMA Paweł	5358		M40	30	01:40:48.35	01:40:48.35	+00:39:47 (39.5%)	8:24	7.1 (60.2%)
133	OLSYK Tadeusz	5119	MKL MARATON ŚWINOUJŚCIE	M60	3	01:40:49.60	01:40:49.60	+00:39:48 (39.5%)	8:24	7.1 (60.2%)
134	DOMAŃSKA Magdalena	5336	MOJABROSZKAMOJASPRAWA	K40	14	01:40:57.75	01:40:57.75	+00:39:57 (39.6%)	8:24	7.1 (60.2%)
135	MROCZEK Dawid	5376		M30	34	01:40:59.20	01:40:59.20	+00:39:58 (39.6%)	8:24	7.1 (60.2%)
136	SIEWRUK Katarzyna	5188	WARSAW RUN CLUB	K40	15	01:41:10.70	01:41:10.70	+00:40:10 (39.7%)	8:25	7.1 (60.2%)
137	WIERZBICKI Piotr	5169		M30	35	01:41:14.35	01:41:14.35	+00:40:13 (39.7%)	8:26	7.1 (60.2%)
138	KARCZMARCZYK Agnieszka	5070		K30	16	01:41:24.20	01:41:24.20	+00:40:23 (39.8%)	8:27	7.1 (60.2%)
139	KARCZMARCZYK Albert	5098		M30	36	01:41:25.25	01:41:25.25	+00:40:24 (39.8%)	8:27	7.1 (60.2%)
140	DZIKOWSKI Jozef	5267	BKB CZARNA PERLA	M60	4	01:41:28.30	01:41:28.30	+00:40:27 (39.9%)	8:27	7.1 (60.2%)
141	ZARZYCZNA Monika	5111		K40	16	01:41:34.30	01:41:34.30	+00:40:33 (39.9%)	8:27	7.1 (60.2%)
142	BONICH Magdalena	5137	WIECZORNE BIEGANIE W OPOLU	K40	17	01:41:35.20	01:41:35.20	+00:40:34 (39.9%)	8:27	7.1 (60.2%)
143	KSIĄŻEK Damian	5189	SANOK BIEGA	M30	37	01:41:38.50	01:41:38.50	+00:40:37 (40.0%)	8:28	7.1 (60.2%)
144	CICHOŃ Sabina	5205		K40	18	01:41:44.15	01:41:44.15	+00:40:43 (40.0%)	8:28	7.1 (60.2%)
145	WOJDYŁA Patryk	5054		M30	38	01:42:00.35	01:42:00.35	+00:40:59 (40.2%)	8:30	7.1 (60.2%)
146	KALINOWSKA Ewa	5038	GRAŻKA TEAM	K30	17	01:42:01.70	01:42:01.70	+00:41:01 (40.2%)	8:30	7.1 (60.2%)
147	MĄDRY Grzegorz	5029	NORDIC SPORT 2021	M60	5	01:42:18.30	01:42:18.30	+00:41:17 (40.4%)	8:31	7 (59.3%)
148	MICHALSKI Rafał	5151	G4	M30	39	01:42:21.95	01:42:21.95	+00:41:21 (40.4%)	8:31	7 (59.3%)
149	KAPUŚNIAK Jarosław	5180		M40	31	01:42:33.20	01:42:33.20	+00:41:32 (40.5%)	8:32	7 (59.3%)
150	RADOMSKI Kamil	5040	LDB	M40	32	01:42:37.50	01:42:37.50	+00:41:36 (40.5%)	8:33	7 (59.3%)
151	KOBIELSKA Magdalena	5226	GALICJABIEGA	K40	19	01:42:44.20	01:42:44.20	+00:41:43 (40.6%)	8:33	7 (59.3%)
152	ZDROJEWSKI Dominik	5057	ZADZIOR	M40	33	01:42:46.95	01:42:46.95	+00:41:46 (40.6%)	8:33	7 (59.3%)
153	MASZTALSKA Joanna	5147		K20	4	01:42:53.15	01:42:53.15	+00:41:52 (40.7%)	8:34	7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
154	SOSNOWSKA Marlena	5282	MUSZAKI	K30	18	01:42:57.50	01:42:57.50	+00:41:56 (40.7%)	8:34	7 (59.3%)
155	BUGAJNY Damian	5335	SUPERMARATON KALISZ/COLLINS AEROSPACE KALISZ	M40	34	01:43:00.15	01:43:00.15	+00:41:59 (40.8%)	8:35	7 (59.3%)
156	FIEDORCZUK Łukasz	5314	BIMBER RUNNING TEAM	M40	35	01:43:10.50	01:43:10.50	+00:42:09 (40.9%)	8:35	7 (59.3%)
157	GORZKOWSKI Marcin	5259		M40	36	01:43:22.50	01:43:22.50	+00:42:21 (41.0%)	8:36	7 (59.3%)
158	RADZIK Magdalena	5035		K40	20	01:43:28.85	01:43:28.85	+00:42:28 (41.0%)	8:37	7 (59.3%)
159	RADZIK Marec	5036		M50	15	01:43:29.45	01:43:29.45	+00:42:28 (41.0%)	8:37	7 (59.3%)
160	KONCA Michał	5246	KB OŻARÓW MAZOWIECKI BIEGA	M20	23	01:43:29.85	01:43:29.85	+00:42:29 (41.1%)	8:37	7 (59.3%)
161	FUDALI Jacek	5328		M30	40	01:43:33.30	01:43:33.30	+00:42:32 (41.1%)	8:37	7 (59.3%)
162	MAZUR Adam	5107		M30	41	01:43:37.75	01:43:37.75	+00:42:37 (41.1%)	8:38	6.9 (58.5%)
163	RACHWALSKA Marzena	5295		K40	21	01:43:41.50	01:43:41.50	+00:42:40 (41.2%)	8:38	6.9 (58.5%)
164	KAMIŃSKA Katarzyna	5355		K30	19	01:43:43.70	01:43:43.70	+00:42:43 (41.2%)	8:38	6.9 (58.5%)
165	KUCWAJ-BRYSZ Katarzyna	5261	SKAWINA BIEGA	K30	20	01:43:59.70	01:43:59.70	+00:42:59 (41.3%)	8:39	6.9 (58.5%)
166	KOZIOŁ Michał	5158		M30	42	01:44:12.55	01:44:12.55	+00:43:11 (41.5%)	8:41	6.9 (58.5%)
167	MIRKIEWICZ Marcin	5275		M30	43	01:44:17.75	01:44:17.75	+00:43:17 (41.5%)	8:41	6.9 (58.5%)
168	MAZUR Katarzyna	5101	UKS AZYMUT PABIANICE	K40	22	01:44:22.00	01:44:22.00	+00:43:21 (41.5%)	8:41	6.9 (58.5%)
169	KRUCZYK Marcin	5339	OPERACJA BIESZCZADY	M40	37	01:44:37.05	01:44:37.05	+00:43:36 (41.7%)	8:43	6.9 (58.5%)
170	MERCIK Andrzej	5080		M50	16	01:44:38.65	01:44:38.65	+00:43:37 (41.7%)	8:43	6.9 (58.5%)
171	GABRYJOŃCZYK Bartosz	5019		M30	44	01:44:40.70	01:44:40.70	+00:43:40 (41.7%)	8:43	6.9 (58.5%)
172	SROCZYŃSKA Emilia	5374	KB MCKIS JAWORZNO	K40	23	01:44:54.15	01:44:54.15	+00:43:53 (41.8%)	8:44	6.9 (58.5%)
173	KAPUSTA Miłosz	5321	CHŁODNIA MOKRE GOATED	M20	24	01:45:02.40	01:45:02.40	+00:44:01 (41.9%)	8:45	6.9 (58.5%)
174	STEBEL Piotr	5043	PRZEWODNIK	M50	17	01:45:30.00	01:45:30.00	+00:44:29 (42.2%)	8:47	6.8 (57.6%)
175	KOCHALSKI Dawid	5039	LDB	M30	45	01:45:31.25	01:45:31.25	+00:44:30 (42.2%)	8:47	6.8 (57.6%)
176	WAWRZCZAK Kinga	5123		K20	5	01:45:37.60	01:45:37.60	+00:44:36 (42.2%)	8:48	6.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
177	SAR Katarzyna	5197		K30	21	01:46:02.00	01:46:02.00	+00:45:01 (42.5%)	8:50	6.8 (57.6%)
178	DUCZYNSKI Daniel	5170		M40	38	01:46:03.05	01:46:03.05	+00:45:02 (42.5%)	8:50	6.8 (57.6%)
179	PASIONEK Bartłomiej	5333		M40	39	01:46:04.20	01:46:04.20	+00:45:03 (42.5%)	8:50	6.8 (57.6%)
180	GAWRON Paweł	5228	KONIN RUN	M60	6	01:46:24.00	01:46:24.00	+00:45:23 (42.7%)	8:52	6.8 (57.6%)
181	LATOSZEK Magdalena	5201		K20	6	01:46:37.15	01:46:37.15	+00:45:36 (42.8%)	8:53	6.8 (57.6%)
182	ADAMCZEWSKI Wiktor	5299		M40	40	01:46:41.20	01:46:41.20	+00:45:40 (42.8%)	8:53	6.7 (56.8%)
183	TRUSZKOWSKA Edyta	5375		K40	24	01:47:02.10	01:47:02.10	+00:46:01 (43.0%)	8:55	6.7 (56.8%)
184	ŻÓŁKIEWICZ Jakub	5086		M20	25	01:47:02.80	01:47:02.80	+00:46:02 (43.0%)	8:55	6.7 (56.8%)
185	ŻÓŁKIEWICZ Marcin	5085	PIĘTNASTKA	M40	41	01:47:02.95	01:47:02.95	+00:46:02 (43.0%)	8:55	6.7 (56.8%)
186	ORGANIŚCIAK Krzysztof	5280		M40	42	01:47:06.35	01:47:06.35	+00:46:05 (43.0%)	8:55	6.7 (56.8%)
187	KRYSIAK Małgorzata	5154		K30	22	01:47:07.70	01:47:07.70	+00:46:07 (43.0%)	8:55	6.7 (56.8%)
188	POKRYWKA Stefan	4008		M60	7	01:47:15.35	01:47:15.35	+00:46:14 (43.1%)	8:56	6.7 (56.8%)
189	PASTERNAK Jakub	5115		M20	26	01:47:17.35	01:47:17.35	+00:46:16 (43.1%)	8:56	6.7 (56.8%)
190	ROŻEK Maciej	5301		M20	27	01:47:34.50	01:47:34.50	+00:46:33 (43.3%)	8:57	6.7 (56.8%)
191	GUZ Weronika	5222		K30	23	01:48:08.05	01:48:08.05	+00:47:07 (43.6%)	9:00	6.7 (56.8%)
192	GROCHOWSKI Łukasz	5021	LUKSUS	M30	46	01:48:35.40	01:48:35.40	+00:47:34 (43.8%)	9:02	6.6 (55.9%)
193	KIKUT Marcin	5149		M40	43	01:48:37.10	01:48:37.10	+00:47:36 (43.8%)	9:03	6.6 (55.9%)
194	MISIAK Paweł	5192	RUN TEAM TYGRYSY ORZYSZ	M30	47	01:48:39.45	01:48:39.45	+00:47:38 (43.8%)	9:03	6.6 (55.9%)
195	BRUCH Lidia	5108	WITKOWO BIEGA	K30	24	01:48:51.60	01:48:51.60	+00:47:50 (44.0%)	9:04	6.6 (55.9%)
196	STERLING Monika	5103	WITKOWO BIEGA	K40	25	01:48:51.75	01:48:51.75	+00:47:51 (44.0%)	9:04	6.6 (55.9%)
197	BRYK Gniewomir	5345		M20	28	01:48:58.85	01:48:58.85	+00:47:58 (44.0%)	9:04	6.6 (55.9%)
198	ZAJĄC Jagoda	5344		K20	7	01:48:59.90	01:48:59.90	+00:47:59 (44.0%)	9:04	6.6 (55.9%)
199	BUKOWSKI Grzegorz	5209		M30	48	01:49:02.35	01:49:02.35	+00:48:01 (44.0%)	9:05	6.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
200	RUDY Magdalena	5324		K30	25	01:49:15.30	01:49:15.30	+00:48:14 (44.2%)	9:06	6.6 (55.9%)
201	KURASZ Tomasz	5112		M40	44	01:49:25.40	01:49:25.40	+00:48:24 (44.2%)	9:07	6.6 (55.9%)
202	MACIĄG-MASTERNAK Marta	5232	AURARACE	K30	26	01:49:46.55	01:49:46.55	+00:48:45 (44.4%)	9:08	6.6 (55.9%)
203	SAMSONOWICZ Krzysztof	5032	CEDRUS TEAM	M40	45	01:49:54.90	01:49:54.90	+00:48:54 (44.5%)	9:09	6.6 (55.9%)
204	ZIELONKA Paweł	5028		M50	18	01:49:59.05	01:49:59.05	+00:48:58 (44.5%)	9:09	6.5 (55.1%)
205	WIERZBICKA Ewa	5102		K50	1	01:50:31.95	01:50:31.95	+00:49:31 (44.8%)	9:12	6.5 (55.1%)
206	LITWA Łukasz	5254	FOREVER TEAM	M40	46	01:50:35.25	01:50:35.25	+00:49:34 (44.8%)	9:12	6.5 (55.1%)
207	BĄK LITWA Ewa	5252	FOREVER TEAM	K40	26	01:50:35.55	01:50:35.55	+00:49:34 (44.8%)	9:12	6.5 (55.1%)
208	MIKSZA Michał	5354	EXC MOBILE	M30	49	01:50:37.85	01:50:37.85	+00:49:37 (44.9%)	9:13	6.5 (55.1%)
209	GRABAREK Joanna	5056	KW TORUŃ	K30	27	01:51:29.05	01:51:29.05	+00:50:28 (45.3%)	9:17	6.5 (55.1%)
210	ŚWIERCZYŃSKI Jan	5322		M20	29	01:51:33.75	01:51:33.75	+00:50:33 (45.3%)	9:17	6.5 (55.1%)
211	FORTUNA Elżbieta	5045		K30	28	01:51:34.00	01:51:34.00	+00:50:33 (45.3%)	9:17	6.5 (55.1%)
212	DZIAGACZ Maciej	5233		M30	50	01:51:49.85	01:51:49.85	+00:50:49 (45.4%)	9:19	6.4 (54.2%)
213	IMIOŁCZYK Marlena	5220	KOMANDOS	K40	27	01:52:01.75	01:52:01.75	+00:51:01 (45.5%)	9:20	6.4 (54.2%)
214	ORGANIŚCIAK Justyna	5279		K40	28	01:52:47.90	01:52:47.90	+00:51:47 (45.9%)	9:23	6.4 (54.2%)
215	KOWAROWSKI Łukasz	5229		M50	19	01:53:30.10	01:53:30.10	+00:52:29 (46.2%)	9:27	6.3 (53.4%)
216	GRUDZIŃSKA Angelika	5271		K30	29	01:53:44.75	01:53:44.75	+00:52:44 (46.4%)	9:28	6.3 (53.4%)
217	WILISOWSKI Piotr	5088	62KS	M50	20	01:53:47.25	01:53:47.25	+00:52:46 (46.4%)	9:28	6.3 (53.4%)
218	BIĘNKOWSKA Dorota	5203		K40	29	01:54:09.90	01:54:09.90	+00:53:09 (46.6%)	9:30	6.3 (53.4%)
219	POWIERŻA Adrian	5051		M30	51	01:54:22.35	01:54:22.35	+00:53:21 (46.7%)	9:31	6.3 (53.4%)
220	SURZYN Aleksandra	5142		K30	30	01:54:33.95	01:54:33.95	+00:53:33 (46.7%)	9:32	6.3 (53.4%)
221	KUCHAREK Piotr	5272		M40	47	01:54:40.75	01:54:40.75	+00:53:40 (46.8%)	9:33	6.3 (53.4%)
222	SZNAJDER Joanna	5241		K40	30	01:54:44.65	01:54:44.65	+00:53:43 (46.8%)	9:33	6.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
223	ĆWIEKOWSKA Aneta	5026		K30	31	01:54:46.20	01:54:46.20	+00:53:45 (46.8%)	9:33	6.3 (53.4%)
223	KOŁODZIEJCZYK Adam	5027		M40	48	01:54:46.20	01:54:46.20	+00:53:45 (46.8%)	9:33	6.3 (53.4%)
225	ORLIŃSKI Grzegorz	5370		M40	49	01:54:48.75	01:54:48.75	+00:53:48 (46.9%)	9:34	6.3 (53.4%)
226	KWIATKOWSKA Tatiana	5003	GROŻNE REKINY	K20	8	01:54:50.15	01:54:50.15	+00:53:49 (46.9%)	9:34	6.3 (53.4%)
227	IZDEBSKA Monika	5089	SPORT GENERATION	K40	31	01:54:53.85	01:54:53.85	+00:53:53 (46.9%)	9:34	6.3 (53.4%)
228	MIRKIEWICZ Barbara	5274		K30	32	01:55:01.85	01:55:01.85	+00:54:01 (47.0%)	9:35	6.3 (53.4%)
229	PIECHOWSKA Magda	5166	FABRYKA DZIKA	K30	33	01:55:14.00	01:55:14.00	+00:54:13 (47.1%)	9:36	6.2 (52.5%)
230	JAKUBOWICZ-CZACHUR Katarzyna	5307	TEAM FLOREK	K50	2	01:55:31.75	01:55:31.75	+00:54:31 (47.2%)	9:37	6.2 (52.5%)
231	KONCA Julia	5244	KB OŻARÓW MAZOWIECKI BIEGA	K20	9	01:57:06.30	01:57:06.30	+00:56:05 (47.9%)	9:45	6.1 (51.7%)
232	WOŹNICZKA Michał	5239		M30	52	01:57:16.60	01:57:16.60	+00:56:15 (48.0%)	9:46	6.1 (51.7%)
233	WIELIŃSKA-JACHYMIAK Olga	5371	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40	32	01:57:32.30	01:57:32.30	+00:56:31 (48.1%)	9:47	6.1 (51.7%)
234	CHARUŻY Sebastian	5207		M40	50	01:57:56.05	01:57:56.05	+00:56:55 (48.3%)	9:49	6.1 (51.7%)
235	RÓG Iwona	5236	ZBŁAZ TEAM	K30	34	01:58:07.60	01:58:07.60	+00:57:06 (48.4%)	9:50	6.1 (51.7%)
236	JADZIEWICZ Janina	5264	LUFT TRI TEAM	K20	10	01:58:42.55	01:58:42.55	+00:57:41 (48.6%)	9:53	6.1 (51.7%)
237	JADZIEWICZ Jakub	5265		M40	51	01:58:42.80	01:58:42.80	+00:57:42 (48.6%)	9:53	6.1 (51.7%)
238	FORYŚ Agnieszka	5062		K30	35	01:58:48.35	01:58:48.35	+00:57:47 (48.6%)	9:54	6.1 (51.7%)
239	RABCZEWSKA Elżbieta	5165	MKS MECHANIK WŁODAWA	K50	3	01:59:13.25	01:59:13.25	+00:58:12 (48.8%)	9:56	6 (50.8%)
240	SZPAK Zyta	5204	BYLEDOMETRY	K30	36	02:00:04.70	02:00:04.70	+00:59:04 (49.2%)	10:00	6 (50.8%)
241	MIŻEJEWSKA Marta	5156	KONOPISKA RUNNING TEAM	K30	37	02:00:24.05	02:00:24.05	+00:59:23 (49.3%)	10:02	6 (50.8%)
242	SZELEST Małgorzata	5090		K50	4	02:00:30.05	02:00:30.05	+00:59:29 (49.4%)	10:02	6 (50.8%)
243	SZEWC Katarzyna	5235		K50	5	02:00:46.35	02:00:46.35	+00:59:45 (49.5%)	10:03	6 (50.8%)
244	KUCHARCZYK Bartłomiej	5219	GALICJA BIEGA	M20	30	02:00:59.75	02:00:59.75	+00:59:59 (49.6%)	10:04	6 (50.8%)
245	POPIÓŁ Izabela	5294		K40	33	02:01:08.40	02:01:08.40	+01:00:07 (49.6%)	10:05	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
246	ZARAJCZYK-CEBULA Monika	5072		K40	34	02:01:37.00	02:01:37.00	+01:00:36 (49.8%)	10:08	5.9 (50.0%)
247	KONCA Aleksander	5247	KB OŻARÓW MAZOWIECKI BIEGA	M20	31	02:02:20.40	02:02:20.40	+01:01:19 (50.1%)	10:11	5.9 (50.0%)
248	KRUPA Jadwiga	5231	GALICJA BIEGA	K20	11	02:03:14.90	02:03:14.90	+01:02:14 (50.5%)	10:16	5.8 (49.2%)
249	HAŁADYJ Andżelika	5230	GALICJA BIEGA	K20	12	02:03:15.15	02:03:15.15	+01:02:14 (50.5%)	10:16	5.8 (49.2%)
250	HAŁADYJ Anastazja	5243	GALICJA BIEGA	K20	13	02:03:15.45	02:03:15.45	+01:02:14 (50.5%)	10:16	5.8 (49.2%)
251	ŚLIWA Maciej	5290		M60	8	02:03:29.85	02:03:29.85	+01:02:29 (50.6%)	10:17	5.8 (49.2%)
252	ROGOWICZ Marcin	5068	EXC TEAM	M40	52	02:03:44.85	02:03:44.85	+01:02:44 (50.7%)	10:18	5.8 (49.2%)
253	TARASZKIEWICZ Joanna	5155		K30	38	02:04:21.65	02:04:21.65	+01:03:20 (50.9%)	10:21	5.8 (49.2%)
254	SKURSKA Klaudia	5059		K20	14	02:04:32.25	02:04:32.25	+01:03:31 (51.0%)	10:22	5.8 (49.2%)
255	SKARBEK-TWAROWSKA Ewelina	5064		K30	39	02:04:32.45	02:04:32.45	+01:03:31 (51.0%)	10:22	5.8 (49.2%)
256	KORNET Zuzanna	5022	LUKSUS	K30	40	02:04:40.30	02:04:40.30	+01:03:39 (51.1%)	10:23	5.8 (49.2%)
257	JABŁOŃSKI Paweł	5168		M40	53	02:04:41.05	02:04:41.05	+01:03:40 (51.1%)	10:23	5.8 (49.2%)
258	GLICA Hubert	5187		M50	21	02:04:47.50	02:04:47.50	+01:03:46 (51.1%)	10:23	5.8 (49.2%)
259	WALISZEWSKA-PLEWA Izabela	5024		K40	35	02:04:57.85	02:04:57.85	+01:03:57 (51.2%)	10:24	5.8 (49.2%)
260	BOKSZA Martyna	5164	KS PILICA	K20	15	02:05:00.05	02:05:00.05	+01:03:59 (51.2%)	10:25	5.8 (49.2%)
261	ZEMLER Adam	5262		M20	32	02:05:19.90	02:05:19.90	+01:04:19 (51.3%)	10:26	5.7 (48.3%)
262	WARAKOMSKA Magda	5304		K30	41	02:05:26.55	02:05:26.55	+01:04:25 (51.4%)	10:27	5.7 (48.3%)
263	MOCZYDŁOWSKI Marcin	5360		M40	54	02:06:09.80	02:06:09.80	+01:05:09 (51.6%)	10:30	5.7 (48.3%)
264	MROZIŃSKA Agata	5048	SPORT GENERATION	K40	36	02:06:11.40	02:06:11.40	+01:05:10 (51.7%)	10:30	5.7 (48.3%)
265	RESZETARSKA Ania	5263		K20	16	02:06:12.25	02:06:12.25	+01:05:11 (51.7%)	10:31	5.7 (48.3%)
266	SADURA Anna	5191		K40	37	02:06:14.55	02:06:14.55	+01:05:13 (51.7%)	10:31	5.7 (48.3%)
267	KONCA Beata	5245	KB OŻARÓW MAZOWIECKI BIEGA	K50	6	02:06:19.60	02:06:19.60	+01:05:18 (51.7%)	10:31	5.7 (48.3%)
268	LENARCZYK Michał	5325	TEAM BOGUMIŁA	M30	53	02:06:53.50	02:06:53.50	+01:05:52 (51.9%)	10:34	5.7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
269	ŚCIUBISZ Marta	5326	TEAM BIEGUS	K30	42	02:06:53.85	02:06:53.85	+01:05:53 (51.9%)	10:34	5.7 (48.3%)
270	WOŹNIAK Lidia	5178	PORMAT JEDLICZE BIEGA	K50	7	02:06:59.85	02:06:59.85	+01:05:59 (52.0%)	10:34	5.7 (48.3%)
271	ANIELAK Anita	5362		K50	8	02:07:21.55	02:07:21.55	+01:06:20 (52.1%)	10:36	5.7 (48.3%)
272	ANIELAK Janek	5361		M50	22	02:07:21.85	02:07:21.85	+01:06:21 (52.1%)	10:36	5.7 (48.3%)
273	HALENIUK Marta	5025	BULDOŻER I KOPARA	K20	17	02:07:28.30	02:07:28.30	+01:06:27 (52.1%)	10:37	5.6 (47.5%)
274	KONIKIEWICZ Katarzyna	5350		K40	38	02:07:43.20	02:07:43.20	+01:06:42 (52.2%)	10:38	5.6 (47.5%)
275	RYCHLIK Patrycja	5366		K30	43	02:07:45.35	02:07:45.35	+01:06:44 (52.2%)	10:38	5.6 (47.5%)
276	POWIERŻA Justyna	5077		K30	44	02:07:51.45	02:07:51.45	+01:06:50 (52.3%)	10:39	5.6 (47.5%)
277	FARVACQUE Anna	5081		K30	45	02:08:14.40	02:08:14.40	+01:07:13 (52.4%)	10:41	5.6 (47.5%)
278	BOKSA Nadia	5367		K20	18	02:09:17.35	02:09:17.35	+01:08:16 (52.8%)	10:46	5.6 (47.5%)
279	BOKSZA Aleksandra	5163		K40	39	02:09:17.95	02:09:17.95	+01:08:17 (52.8%)	10:46	5.6 (47.5%)
280	KUŚMIERCZYK Agnieszka	5114		K40	40	02:09:44.45	02:09:44.45	+01:08:43 (53.0%)	10:48	5.5 (46.6%)
281	KUŚMIERCZYK Tomasz	5113		M40	55	02:09:44.65	02:09:44.65	+01:08:43 (53.0%)	10:48	5.5 (46.6%)
282	MARCINIAK Barbara	5138	RADOMNO BIEGA	K40	41	02:09:46.15	02:09:46.15	+01:08:45 (53.0%)	10:48	5.5 (46.6%)
283	BANCERZ Miłosz	5195	TRAWNIKI BIEGAJĄ	M20	33	02:10:54.25	02:10:54.25	+01:09:53 (53.4%)	10:54	5.5 (46.6%)
284	BANCERZ Jolanta	5194	TRAWNIKI BIEGAJĄ	K40	42	02:10:54.70	02:10:54.70	+01:09:54 (53.4%)	10:54	5.5 (46.6%)
285	KUDRASZEW Emilia	5060		K30	46	02:11:05.90	02:11:05.90	+01:10:05 (53.5%)	10:55	5.5 (46.6%)
286	MOSUR-GALICKA Angelina	5099	AKADEMIA MISTRZÓW SPORTU	K50	9	02:11:35.80	02:11:35.80	+01:10:35 (53.6%)	10:57	5.5 (46.6%)
287	MAĆZKA Krystyna	5010		K60	1	02:11:49.00	02:11:49.00	+01:10:48 (53.7%)	10:59	5.5 (46.6%)
288	KUCHARCZYK Magdalena	5227	GALICJA BIEGA	K20	19	02:11:49.60	02:11:49.60	+01:10:48 (53.7%)	10:59	5.5 (46.6%)
289	SMYK Robert	5011		M50	23	02:11:49.90	02:11:49.90	+01:10:49 (53.7%)	10:59	5.5 (46.6%)
290	KUCHARCZYK Michał	5256	GALICJA BIEGA	M20	34	02:11:50.50	02:11:50.50	+01:10:49 (53.7%)	10:59	5.5 (46.6%)
291	PACHOLSKA Hanna	5143		K30	47	02:12:14.85	02:12:14.85	+01:11:14 (53.9%)	11:01	5.4 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
292	ZELAZNY Katarzyna	5096		K30	48	02:12:57.95	02:12:57.95	+01:11:57 (54.1%)	11:04	5.4 (45.8%)
293	WIECZOREK Oskar	5331		M20	35	02:13:25.05	02:13:25.05	+01:12:24 (54.3%)	11:07	5.4 (45.8%)
294	MISZCZYNSKA Aneta	5100		K50	10	02:13:45.35	02:13:45.35	+01:12:44 (54.4%)	11:08	5.4 (45.8%)
295	WOŁK Piotr	5034	CEDRUS TEAM	M30	54	02:14:07.35	02:14:07.35	+01:13:06 (54.5%)	11:10	5.4 (45.8%)
296	DOBRZENIECKI Rafał	5015	IRON TEAM	M30	55	02:14:36.85	02:14:36.85	+01:13:36 (54.7%)	11:13	5.3 (44.9%)
297	KASZUBIAK Bożena	5002		K50	11	02:15:00.00	02:15:00.00	+01:13:59 (54.8%)	11:15	5.3 (44.9%)
298	SOBOLEWSKI Marian	5016		M50	24	02:15:10.75	02:15:10.75	+01:14:10 (54.9%)	11:15	5.3 (44.9%)
299	ZGORZELSKI Przemysław	5017		M40	56	02:15:11.05	02:15:11.05	+01:14:10 (54.9%)	11:15	5.3 (44.9%)
300	JAROŃSKA Aneta	5260	IRON TEAM	K30	49	02:15:12.00	02:15:12.00	+01:14:11 (54.9%)	11:16	5.3 (44.9%)
301	STREIT Justyna	5117		K30	50	02:15:56.00	02:15:56.00	+01:14:55 (55.1%)	11:19	5.3 (44.9%)
302	JABŁOŃSKI Kazimierz	5347		M60	9	02:17:25.85	02:17:25.85	+01:16:25 (55.6%)	11:27	5.2 (44.1%)
303	KNAP Elżbieta	5171		K50	12	02:17:56.30	02:17:56.30	+01:16:55 (55.8%)	11:29	5.2 (44.1%)
304	SULEJA Joanna	5323	SKL	K60	2	02:19:39.95	02:19:39.95	+01:18:39 (56.3%)	11:38	5.2 (44.1%)
305	RÓLKA Kamila	5044		K40	43	02:19:57.90	02:19:57.90	+01:18:57 (56.4%)	11:39	5.1 (43.2%)
306	GRACZYK Dobrochna	5184		K20	20	02:20:19.25	02:20:19.25	+01:19:18 (56.5%)	11:41	5.1 (43.2%)
307	SZNURA Damian	5185		M20	36	02:20:19.60	02:20:19.60	+01:19:18 (56.5%)	11:41	5.1 (43.2%)
308	KUŚ Mariusz	5067	EXC TEAM	M30	56	02:20:54.10	02:20:54.10	+01:19:53 (56.7%)	11:44	5.1 (43.2%)
308	WOSIK Kamil	5091	EXC TEAM	M40	57	02:20:54.10	02:20:54.10	+01:19:53 (56.7%)	11:44	5.1 (43.2%)
310	MACIEJEWSKI Piotr	5217	SUPERMARATON KALISZ	M60	10	02:21:18.00	02:21:18.00	+01:20:17 (56.8%)	11:46	5.1 (43.2%)
311	MACIEJEWSKA Aldona	5313		K40	44	02:21:29.00	02:21:29.00	+01:20:28 (56.9%)	11:47	5.1 (43.2%)
312	SMIT Katarzyna	5023		K30	51	02:21:38.05	02:21:38.05	+01:20:37 (56.9%)	11:48	5.1 (43.2%)
313	GADOMSKI Radosław	5020	ŻÓRAWSKI TEAM	M40	58	02:21:46.65	02:21:46.65	+01:20:45 (57.0%)	11:48	5.1 (43.2%)
314	GADOMSKA Dominika	5018	ŻÓRAWSKI TEAM	K40	45	02:21:46.75	02:21:46.75	+01:20:46 (57.0%)	11:48	5.1 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
315	ZAJDA Iwona	5214	PAP TEAM	K60	3	02:21:56.50	02:21:56.50	+01:20:55 (57.0%)	11:49	5.1 (43.2%)
316	WOJCIECHOWSKA Ania	5129	NAJLEPSI OLD	K40	46	02:22:29.45	02:22:29.45	+01:21:28 (57.2%)	11:52	5.1 (43.2%)
317	SZOPIŃSKA Ewelina	5181		K30	52	02:25:04.25	02:25:04.25	+01:24:03 (57.9%)	12:05	5 (42.4%)
317	ISKRA-BATKIEWICZ Barbara	5216	TEAM NOWY TARG	K40	47	02:25:04.25	02:25:04.25	+01:24:03 (57.9%)	12:05	5 (42.4%)
319	LIPKOWSKA Katarzyna	5193	NOWY TARG	K40	48	02:25:04.35	02:25:04.35	+01:24:03 (57.9%)	12:05	5 (42.4%)
320	BORUTA Marcin	5341		M40	59	02:25:56.00	02:25:56.00	+01:24:55 (58.2%)	12:09	4.9 (41.5%)
321	CHOROŚ Sylwia	5340		K30	53	02:25:56.20	02:25:56.20	+01:24:55 (58.2%)	12:09	4.9 (41.5%)
322	SIEMEK Katarzyna	5007	COWOOCELL	K20	21	02:26:08.65	02:26:08.65	+01:25:07 (58.3%)	12:10	4.9 (41.5%)
323	ŚWIERZEWSKI Marcin	5284		M40	60	02:26:51.95	02:26:51.95	+01:25:51 (58.5%)	12:14	4.9 (41.5%)
324	BARTENBACH-BYCZKO Magdalena	5128	HARPAGAN CREW	K40	49	02:26:59.00	02:26:59.00	+01:25:58 (58.5%)	12:14	4.9 (41.5%)
325	MALISZEWSKA Monika	5014		K40	50	02:26:59.60	02:26:59.60	+01:25:58 (58.5%)	12:14	4.9 (41.5%)
326	SIEMIENIUK Izabela	5118	PRAŻANKA	K30	54	02:27:55.55	02:27:55.55	+01:26:54 (58.8%)	12:19	4.9 (41.5%)
327	PRUS Anna	5292	BIEGACZE KLECZEW	K40	51	02:28:50.30	02:28:50.30	+01:27:49 (59.0%)	12:24	4.8 (40.7%)
328	SROCZYŃSKA Ewa	5283	BIEGACZE KLECZEW, TRITON KONIN	K50	13	02:28:50.35	02:28:50.35	+01:27:49 (59.0%)	12:24	4.8 (40.7%)
329	KOWALEWICZ Ewa	5258		K30	55	02:30:56.35	02:30:56.35	+01:29:55 (59.6%)	12:34	4.8 (40.7%)
330	SOKOŁOWSKA Magdalena	5257		K30	56	02:30:56.45	02:30:56.45	+01:29:55 (59.6%)	12:34	4.8 (40.7%)
331	MENDRA Agata	5009	PŁONAŃCE MACICE	K30	57	02:31:36.30	02:31:36.30	+01:30:35 (59.8%)	12:38	4.7 (39.8%)
332	FILIŃSKA Maria	5065		K40	52	02:32:31.05	02:32:31.05	+01:31:30 (60.0%)	12:42	4.7 (39.8%)
333	BLANK Grzegorz	5240	OPERACJA BIESZCZADY	M50	25	02:32:45.40	02:32:45.40	+01:31:44 (60.1%)	12:43	4.7 (39.8%)
334	CZARNOTA Katarzyna	5285		K50	14	02:33:40.45	02:33:40.45	+01:32:39 (60.3%)	12:48	4.7 (39.8%)
335	OLSZEWSKI Michał	5174		M40	61	02:35:37.20	02:35:37.20	+01:34:36 (60.8%)	12:58	4.6 (39.0%)
336	PIOTROWSKA Justyna	5082		K40	53	02:35:37.80	02:35:37.80	+01:34:37 (60.8%)	12:58	4.6 (39.0%)
337	KRETOWICZ Jolanta	5073		K30	58	02:36:11.55	02:36:11.55	+01:35:10 (60.9%)	13:00	4.6 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
338	SIEMIENIUK Anna	5074		K40	54	02:36:11.85	02:36:11.85	+01:35:11 (60.9%)	13:00	4.6 (39.0%)
339	WILK Anna	5234	ZABIEGANI MIELEC	K40	55	02:45:06.25	02:45:06.25	+01:44:05 (63.0%)	13:45	4.4 (37.3%)
340	SPADŁO Ewelina	5303		K30	59	02:50:41.05	02:50:41.05	+01:49:40 (64.3%)	14:13	4.2 (35.6%)
341	CZAPLA Andrzej	5066		M60	11	02:50:42.95	02:50:42.95	+01:49:42 (64.3%)	14:13	4.2 (35.6%)
342	GNATOWICZ Wioletta	5105	KW ZIELONA GÓRA	K50	15	02:54:34.15	02:54:34.15	+01:53:33 (65.1%)	14:32	4.1 (34.7%)
343	GNATOWICZ Natalia	5106		K20	22	02:54:34.55	02:54:34.55	+01:53:33 (65.1%)	14:32	4.1 (34.7%)
DNC	KAROLKIEWICZ Daniel	7044	ENTRE.PL TEAM	M30		01:07:03.00	01:07:04.00		0:00	10.7 (90.7%)
DNC	TWORZYDŁO Paweł	5058		M40		01:37:02.00	01:37:02.00		0:00	7.4 (62.7%)
	DOMARADZKA Ewa	5053	KUMPELA BRONKI	K50		DNF	DNF		-	- (0.0%)
	BUKOWSKI Tomasz	5210		M40		DNF	DNF		-	- (0.0%)

Znaleziono 347 wynik(ów)