

VII HYUNDAI ULTRAMARATON BIESZCZADZKI - 90 KM

B4SPORT

Wydarzenie: Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-10-12
Miejsce: Cisna
Dystans: 90 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
1	SEDLAK Michał	152		M40	1	00:54:59	02:16:55	03:32:37	06:09:35	07:37:03	09:32:28.15	09:32:30.05		6:21	9.4 (100%)
2	DYBEK Paweł	2	SALOMON SUUNTO TEAM	M40	2	00:54:59	02:20:18	03:42:25	06:11:58	07:56:12	09:56:27.20	09:56:29.50	+00:23:59 (4.0%)	6:37	9.1 (96.8%)
3	CHOROŚ Piotr	26	STAY INSANE	M30	1	00:54:57	02:16:52	03:37:39	06:11:35	07:51:55	09:57:15.95	09:57:21.45	+00:24:51 (4.2%)	6:38	9 (95.7%)
4	PAWŁOWSKI Arkadiusz	129	ROCK&RUN	M30	2	00:58:18	02:32:57	04:10:34	06:51:36	08:31:36	10:34:19.75	10:34:22.95	+01:01:52 (9.8%)	7:02	8.5 (90.4%)
5	WIERNUSZ Krzysztof	10	FINISZ RYMANÓW	M40	3	00:56:28	02:22:38	03:51:17	06:49:11	08:30:02	10:41:59.30	10:42:02.05	+01:09:32 (10.8%)	7:08	8.4 (89.4%)
6	KRUŻEL Rafał	88	RYŚ KARPATY	M40	4	00:54:59	02:18:38	03:48:09	06:50:34	08:39:34	10:58:24.20	10:58:26.95	+01:25:56 (13.1%)	7:18	8.2 (87.2%)
7	ŚCIESZKA Wojciech	8	13 ELT KRAKÓW-BALICE	M40	5	00:58:21	02:26:57	03:59:22	07:05:08	08:48:39	11:04:28.10	11:04:30.85	+01:32:00 (13.8%)	7:22	8.1 (86.2%)
8	KOPEL Rafał	6	7	M30	3	00:59:14	02:31:52	04:05:16	07:04:05	08:52:46	11:21:03.65	11:21:06.45	+01:48:36 (15.9%)	7:34	7.9 (84.0%)
9	DEJAS Tomasz	32		M40	6	00:59:32		04:10:13	07:16:15	09:05:07	11:24:25.00	11:24:25.00	+01:51:54 (16.4%)	7:36	7.9 (84.0%)
10	WYSOKIŃSKI Konrad	185	MESM	M40	7	00:56:28	02:28:45	04:05:14	07:06:36	09:05:37	11:27:56.15	11:28:00.00	+01:55:29 (16.8%)	7:38	7.8 (83.0%)
11	MARZEC Grzegorz	107	GMINA STRZELCE OPOLSKIE	M40	8	01:00:17	02:37:21	04:16:34	07:26:24	09:15:41	11:28:17.20	11:28:20.95	+01:55:50 (16.8%)	7:38	7.8 (83.0%)
12	MIKA Tomasz	111	LABOSPORT TEAM	M40	9	01:03:11	02:42:50	04:21:37	07:22:06	09:09:02	11:28:41.70	11:28:44.65	+01:56:14 (16.9%)	7:39	7.8 (83.0%)
13	KRAWCZAK Paulina	5	BIEGUSIEM.PL	K30	1	01:01:22	02:41:02	04:19:10		09:12:14	11:33:29.50	11:33:34.85	+02:01:04 (17.5%)	7:42	7.8 (83.0%)
14	GRONDYS Paweł	54		M30	4	01:02:20	02:52:56	04:37:12	07:28:14	09:15:44	11:38:55.75	11:38:59.50	+02:06:29 (18.1%)	7:45	7.7 (81.9%)
15	PLISZKA Bartosz	136	OLA TEAM	M40	10	00:58:20	02:32:15	04:10:40	07:32:29	09:16:45	11:39:51.65	11:39:54.25	+02:07:24 (18.2%)	7:46	7.7 (81.9%)
16	DĄBROWICZ Jakub	30		M30	5	01:00:19	02:38:13	04:16:48	07:26:26	09:16:13	11:43:23.35	11:43:25.85	+02:10:55 (18.6%)	7:48	7.7 (81.9%)
17	KOPEL Andrzej	81	7 #7TRTP	M30	6	00:57:50	02:37:24	04:17:03	07:28:24	09:25:34	11:43:49.85	11:43:52.75	+02:11:22 (18.7%)	7:49	7.7 (81.9%)
18	SNARSKI Dariusz	156		M40	11	01:05:03	02:47:17	04:21:28	07:32:34	09:23:46	11:47:12.75	11:47:25.80	+02:14:55 (19.1%)	7:51	7.6 (80.9%)
19	KOMISARCZYK Anna	7		K30	2	01:00:15	02:42:41	04:21:30	07:23:35	09:22:46	11:53:58.00	11:54:02.10	+02:21:32 (19.8%)	7:55	7.6 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	P5_Wetlina	P6_Smerek	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	60km	72km	90km	90km			
20	FELUCH Krzysztof	39	JACEK BIEGA RUNNING TEAM	M40	12	01:08:26	02:55:40	04:37:57	07:42:39	09:38:37	12:01:58.05	12:02:04.80	+02:29:34 (20.7%)	8:01	7.5 (79.8%)
21	ŁACIAK Marcin	96	MESMERIK RUNNERS	M40	13	00:56:26	02:28:45	04:10:20	07:28:25	09:32:23	12:04:50.70	12:04:54.05	+02:32:24 (21.0%)	8:03	7.4 (78.7%)
22	PLUTA Daniel	137	TEAM PLUTT	M30	7	01:02:12	02:37:12	04:16:15	07:28:57	09:36:29	12:13:13.75	12:13:19.35	+02:40:49 (21.9%)	8:08	7.4 (78.7%)
23	KOŁDER Tomasz	78		M40	14	01:08:57	02:59:23	04:38:23	07:46:33	09:51:24	12:13:54.70	12:14:01.45	+02:41:31 (22.0%)	8:09	7.4 (78.7%)
24	DOMISZEWSKA Maria	3	MKS HALICZ	K50	1	00:59:25	02:37:35	04:16:25	07:29:28	09:38:57	12:18:27.85	12:18:31.25	+02:46:01 (22.5%)	8:12	7.3 (77.7%)
25	ROWIŃSKI Michał	151		M30	8	01:03:11	02:44:30	04:31:04	07:50:58	09:46:46	12:25:33.85	12:25:39.25	+02:53:09 (23.2%)	8:17	7.2 (76.6%)
26	WALASIK Jarosław	174		M40	15	01:05:44	02:46:47	04:31:51	07:47:37	09:46:08	12:26:27.60	12:26:38.45	+02:54:08 (23.3%)	8:17	7.2 (76.6%)
27	PRZYPOLSKI Paweł	144	IM-POSSIBLE TEAM	M40	16	01:09:14	03:00:48	04:51:44	08:06:52	10:02:46	12:30:13.70	12:30:23.20	+02:57:53 (23.7%)	8:20	7.2 (76.6%)
28	WETHACZ Dariusz	200	A25 SANOK/LOKOMOTIV MAJDAN	M30	9	01:00:09	02:37:32	04:22:57	08:19:06	10:13:12	12:35:32.80	12:35:36.50	+03:03:06 (24.2%)	8:23	7.1 (75.5%)
29	BANASZYNSKI Damian	146		M30	10	01:00:07	02:37:32	04:18:34	07:51:07	09:55:48	12:37:32.35	12:37:37.15	+03:05:07 (24.4%)	8:25	7.1 (75.5%)
30	WALACIK Adam	173		M20	1	01:02:14	02:42:56	04:28:57	07:51:34	09:56:47	12:37:43.55	12:37:55.65	+03:05:25 (24.5%)	8:25	7.1 (75.5%)
31	SZCZYPEK Mariusz	194		M40	17	01:06:22	02:51:38	04:38:11	07:54:02	10:03:52	12:44:16.25	12:44:28.35	+03:11:58 (25.1%)	8:29	7.1 (75.5%)
32	PIETLUSZENKO Darek	133		M40	18	01:05:41	02:49:58	04:40:01	08:01:31	10:10:35	12:50:50.90	12:51:07.50	+03:18:37 (25.8%)	8:33	7 (74.5%)
33	WOLSKI Piotr	181	ŁUBUDUBU	M30	11	01:00:04	02:41:54	04:23:47	07:44:12	10:04:54	12:54:30.50	12:54:38.00	+03:22:07 (26.1%)	8:36	7 (74.5%)
34	JARMOLIŃSKI Piotr	65	WIECZORNE BIEGANIE W SZCZECINIE	M40	19	00:56:38	02:28:44	04:16:00	07:52:12	10:13:32	12:54:49.60	12:54:53.15	+03:22:23 (26.1%)	8:36	7 (74.5%)
35	PRZEPIÓRKA Barbara	143		K30	3	01:10:08	03:00:54	04:52:15	08:06:49	10:12:57	12:56:24.65	12:56:33.70	+03:24:03 (26.3%)	8:37	7 (74.5%)
36	STAŃCZAK Szymon	160	LASKI WINO I KASYNO	M40	20	01:05:04	02:50:59	04:48:52	08:11:59	10:16:47	12:58:16.65	12:58:23.20	+03:25:53 (26.5%)	8:38	6.9 (73.4%)
37	KMAK Sławek	76	PAPIKI	M40	21	01:00:20	02:50:07	04:49:54	08:08:29	10:19:24	13:03:22.30	13:03:25.55	+03:30:55 (26.9%)	8:42	6.9 (73.4%)
38	OLESKI Arkadiusz	121	WKB FRAJDA	M40	22	01:03:36	02:44:25	04:29:50	07:59:43	10:10:16	13:04:34.35	13:04:42.20	+03:32:12 (27.0%)	8:43	6.9 (73.4%)
39	CEBULA Leszek	23		M40	23	01:02:13	02:44:25	04:29:49	08:15:06	10:19:33	13:05:10.45	13:05:16.15	+03:32:46 (27.1%)	8:43	6.9 (73.4%)
40	SUM Lukasz	165		M20	2	01:00:15	02:44:37	04:37:28	08:03:29	10:11:33	13:11:29.55	13:11:35.70	+03:39:05 (27.7%)	8:47	6.8 (72.3%)
41	HANKUS Łukasz	57		M30	12	01:05:03	02:50:58	04:49:03	08:11:49	10:27:55	13:17:54.35	13:18:01.40	+03:45:31 (28.3%)	8:51	6.8 (72.3%)
42	RECZEK Sebastian	44	KS ZIELONO-CZARNI	M30	13	01:15:00	03:08:42	05:15:14	08:49:46	10:53:02	13:28:22.55	13:28:31.50	+03:56:01 (29.2%)	8:58	6.7 (71.3%)
43	PETRYNA Jagoda	130	NOA	K30	4	01:08:59	03:04:14	05:18:29	09:16:24	11:06:39	13:35:19.50	13:35:23.50	+04:02:53 (29.8%)	9:03	6.6 (70.2%)
44	STEPAK Włodzimierz	162		M50	1	01:05:44	02:51:41	04:49:12	08:20:31	10:39:42	13:37:49.15	13:37:59.55	+04:05:29 (30.0%)	9:05	6.6 (70.2%)
45	GWIZDAK Justyna	56	WKURW_TEAM	K30	5	01:08:44	03:04:46	05:01:20	08:43:03	10:53:37	13:41:43.75	13:42:01.95	+04:09:31 (30.4%)	9:07	6.6 (70.2%)
46	RODAK Zbigniew	149	GRUPA BIEGOWA 'BEZ GRANIC'	M30	14	01:08:57	02:59:29	05:00:05	08:34:07	10:53:44	13:49:38.75	13:49:46.25	+04:17:16 (31.0%)	9:13	6.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	P5_Wetlina	P6_Smerek	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	60km	72km	90km	90km			
47	WIERZBICKI Tomasz	176		M40	24	01:10:29	03:05:40	05:07:13	08:43:08	10:56:21	13:52:21.45	13:52:39.90	+04:20:09 (31.2%)	9:14	6.5 (69.1%)
48	DZIUBALA Karolina	9	ULTRA PARA - BIEGAMY W GÓRACH	K20	1	01:09:15	03:14:11	05:12:57	08:44:48	11:01:27	13:58:41.75	13:58:48.20	+04:26:18 (31.7%)	9:19	6.4 (68.1%)
49	POTRZESZCZ Grzegorz	140		M40	25	01:09:56	03:09:13	05:12:02	08:54:54	11:09:43	13:59:23.80	14:00:01.55	+04:27:31 (31.8%)	9:19	6.4 (68.1%)
50	POTRZESZCZ Tomasz	141		M40	26	01:10:00	03:09:19	05:12:08	08:54:30	11:09:53	13:59:29.90	14:00:02.10	+04:27:32 (31.8%)	9:19	6.4 (68.1%)
51	MARUCHA Tomasz	106	DRUŻYNA Ż	M30	15	01:06:05	02:58:30	04:52:39	08:32:54	10:56:13	14:06:58.75	14:07:15.35	+04:34:45 (32.4%)	9:24	6.4 (68.1%)
52	POREBA Eugeniusz	139		M50	2	01:18:40	03:20:00	05:18:33	08:58:30	11:19:48	14:08:41.85	14:08:45.25	+04:36:15 (32.5%)	9:25	6.4 (68.1%)
53	NOGALSKI Wojciech	118		M30	16	01:14:50	03:13:52	05:13:47	08:51:48	11:10:30	14:12:33.10	14:12:33.10	+04:40:03 (32.8%)	9:28	6.3 (67.0%)
54	MICKIEWICZ Adam	109	BAZALT-GRACZE	M50	3	01:15:11	03:34:17	06:01:36			14:16:02.55	14:16:17.55	+04:43:47 (33.1%)	9:30	6.3 (67.0%)
55	MAJEWICZ Grzegorz	102		M40	27	01:18:39	03:19:58	05:18:35	08:58:33	11:19:55	14:20:25.90	14:20:31.10	+04:48:01 (33.5%)	9:33	6.3 (67.0%)
56	GAWLEWICZ Krystyna	264	GAWELKI TEAM/POZYTYWNE ZABIEGANI SANOK	K30	6	01:03:05	02:53:07	04:47:47	08:32:35	10:55:57	14:20:34.60	14:20:43.65	+04:48:13 (33.5%)	9:33	6.3 (67.0%)
57	GAWLEWICZ Tomasz	363	GAWELKI TEAM / POZYTYWNE ZABIEGANI SANOK	M40	28	01:03:04	02:53:07	04:47:40	08:32:40	10:56:04	14:20:35.05	14:20:43.95	+04:48:13 (33.5%)	9:33	6.3 (67.0%)
58	SNARSKI Piotr	157	ADIDAS RUNNERS	M30	17	01:08:51	02:55:38	04:48:58	08:38:17	11:09:26	14:21:39.05	14:21:53.00	+04:49:22 (33.6%)	9:34	6.3 (67.0%)
59	FOGIEL-PAWŁOWSKA Agnieszka	53		K40	1	01:11:30	03:15:32	05:17:39	08:54:45	11:21:10	14:24:40.05	14:24:43.90	+04:52:13 (33.8%)	9:36	6.2 (66.0%)
60	DOBRYŃSKA Weronika	34	MARATON1984	K30	7	01:12:56	03:13:39	05:18:56	08:56:04	11:22:50	14:29:05.75	14:29:15.90	+04:56:45 (34.1%)	9:39	6.2 (66.0%)
61	CHOJNACKI Wiktor	25		M30	18	01:01:03	02:42:40	04:28:49	08:11:22	10:48:20	14:32:06.90	14:32:12.40	+04:59:42 (34.4%)	9:41	6.2 (66.0%)
62	KOWALSKI Maciej	86		M40	29	01:09:13	03:03:58	05:06:55	08:49:09	11:07:08	14:33:11.45	14:33:30.80	+05:01:00 (34.5%)	9:42	6.2 (66.0%)
63	KONOPKA Bartosz	79	TRÓJKA/BIEGAMBOLUBIĘ	M40	30	01:14:44	03:16:01	05:18:28	08:55:54	11:22:52	14:34:34.10	14:34:39.00	+05:02:08 (34.5%)	9:43	6.2 (66.0%)
64	PRÜFER Paweł	142		M40	31	01:09:18	03:08:43	05:17:54	09:05:44	11:33:47	14:40:11.40	14:40:22.90	+05:07:52 (35.0%)	9:46	6.1 (64.9%)
65	ZIEMBA Michal	189	ZIOMKI	M30	19	01:07:46	03:05:33	05:09:38	08:49:24	11:29:10	14:42:05.65	14:42:16.55	+05:09:46 (35.1%)	9:48	6.1 (64.9%)
65	MERKWA Wojciech	108	ZIOMKI	M30	19	01:07:44	03:05:32	05:09:34	08:49:29	11:29:04	14:42:05.20	14:42:16.55	+05:09:46 (35.1%)	9:48	6.1 (64.9%)
67	BANASIK Grzegorz	195	SBG PODBIEG	M40	32	01:08:29	03:00:35	05:01:48	08:54:37	11:27:09	14:44:43.60	14:45:00.80	+05:12:30 (35.3%)	9:49	6.1 (64.9%)
68	BIESZCZAD Mateusz	18	NOWY STYL GROUP RUNNING TEAM	M30	21	01:05:06	02:50:00	04:42:32	08:33:02	11:11:15	14:48:14.15	14:48:20.10	+05:15:50 (35.6%)	9:52	6.1 (64.9%)
69	SKRABURSKI Piotr	155		M40	33	01:08:48	03:12:50	05:19:28	09:13:07	11:48:17	14:52:57.00	14:53:15.70	+05:20:45 (35.9%)	9:55	6 (63.8%)
70	JAMA Rafał	63	WATER TEAM	M40	34	01:10:27	03:12:45	05:21:38	09:08:46	11:39:27	14:52:58.45	14:53:16.80	+05:20:46 (35.9%)	9:55	6 (63.8%)
71	GWIZDAK Bartosz	55	PIJE BIMBER NON STOP	M30	22	01:10:28	03:12:46	05:21:38	09:08:45	11:39:26	14:52:59.40	14:53:17.15	+05:20:47 (35.9%)	9:55	6 (63.8%)
72	WOJCIECHOWSKA Justyna	180		K30	8	01:12:54	03:13:39	05:18:55	08:56:20	11:28:03	14:54:19.55	14:54:30.70	+05:22:00 (36.0%)	9:56	6 (63.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	P5_Wetlina	P6_Smerek	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	60km	72km	90km	90km			
73	JOSZCZAK Michał	71		M40	35	01:08:41	03:12:53	05:19:46	09:13:00	11:49:11	14:58:11.00	14:58:29.85	+05:25:59 (36.3%)	9:58	6 (63.8%)
74	BIAŁEK Rafał	17		M40	36	01:15:26	03:18:10	05:27:21	09:16:43	11:47:51	14:58:13.30	14:58:30.15	+05:26:00 (36.3%)	9:58	6 (63.8%)
75	JASKULSKI Kazimierz	69	GRUDZIĄDZ	M50	4	01:13:42	03:20:52	05:38:29	09:16:57	11:56:12	14:59:06.95	14:59:15.35	+05:26:45 (36.3%)	9:59	6 (63.8%)
76	JASKULSKA Mirela	68	GRUDZIĄDZ	K50	2	01:13:42	03:20:52	05:38:30	09:16:54	11:55:52	14:59:07.30	14:59:15.65	+05:26:45 (36.3%)	9:59	6 (63.8%)
77	URACZ Łukasz	172	HARPAGAN SOSNOWIEC	M40	37	01:11:52	03:12:38	05:17:20	09:07:39	11:48:17	14:59:40.70	15:00:02.00	+05:27:31 (36.4%)	9:59	6 (63.8%)
78	SZAREK Rafał	166	KB MCKIS JAWORZNO	M40	38	01:09:23	03:01:07	05:13:34	08:58:53	11:25:03	15:00:17.20	15:00:36.45	+05:28:06 (36.4%)	10:00	6 (63.8%)
79	PUCHACZ Piotr	1316	MPK WYBIEGANIE	M40	39	01:10:13	03:15:56	05:20:15	09:06:07	11:47:43	15:01:18.95	15:01:24.35	+05:28:54 (36.5%)	10:00	6 (63.8%)
80	MALISZEWSKI Jacek	104	SMASHING PĄPKINS	M40	40	01:10:14	03:15:55	05:20:10	09:05:57	11:47:47	15:01:20.60	15:01:25.40	+05:28:55 (36.5%)	10:00	6 (63.8%)
81	ROKITA Andrzej	150		M50	5	01:07:45	03:09:43	05:21:24	09:21:14	12:07:49	15:01:56.25	15:02:04.05	+05:29:34 (36.5%)	10:01	6 (63.8%)
82	PASZKOWSKI Piotr	127	WKURW_TEAM	M30	23	00:57:33	02:38:06	04:37:03	08:38:15	11:27:48	15:04:57.85	15:05:02.45	+05:32:32 (36.7%)	10:03	6 (63.8%)
83	REINERT Aleksandra	148		K40	2	01:16:00	03:20:14	05:36:43	09:25:11	11:58:26	15:05:50.85	15:06:04.75	+05:33:34 (36.8%)	10:03	6 (63.8%)
84	KIELAR Maciej	75	SILNIA!	M30	24	01:14:50	03:23:01	05:29:29	09:16:59	11:49:03	15:06:02.60	15:06:20.70	+05:33:50 (36.8%)	10:04	6 (63.8%)
85	DADAŚ Janusz	29	NIGHT RUNNERS GLIWICE	M40	41	01:12:23	03:18:29	05:31:51	09:17:26	11:49:57	15:06:29.10	15:06:35.40	+05:34:05 (36.9%)	10:04	6 (63.8%)
86	KOSIN Paweł	83	KLUB BIEGAJĄCYCH LEŚNIKÓW	M30	25	01:16:18	03:25:05	05:28:52	09:13:44	11:50:47	15:07:16.45	15:07:33.90	+05:35:03 (36.9%)	10:04	6 (63.8%)
87	ŁAGÓD Łukasz	97	WIGO	M30	26	01:06:06	03:04:54	05:07:14	09:10:22	11:46:36	15:08:55.00	15:09:05.10	+05:36:35 (37.0%)	10:05	5.9 (62.8%)
88	ODOLCZYK Jerzy	120		M50	6	01:24:20	03:38:35	05:50:20	09:35:43	12:08:52	15:10:20.70	15:10:45.80	+05:38:15 (37.1%)	10:06	5.9 (62.8%)
89	MILEWSKI Mateusz	112	WKURW_TEAM	M30	27	01:09:53	03:11:46	05:11:59	08:53:20	11:32:54	15:17:59.00	15:18:03.40	+05:45:33 (37.6%)	10:11	5.9 (62.8%)
90	KRASIŃSKI Wojciech	87	TRI4FUN TRIATHLON TEAM PIASECZNO	M30	28	01:07:36	03:04:54	05:10:51	08:59:12	11:55:52	15:18:08.35	15:18:18.95	+05:45:48 (37.7%)	10:12	5.9 (62.8%)
91	PAWLAK Maciej	128	3TEAMKONIN/MPEC KONIN	M40	42	01:11:51	03:19:56	05:37:31	09:49:52	12:21:19	15:22:19.20	15:22:37.15	+05:50:07 (37.9%)	10:14	5.9 (62.8%)
92	FROŁOW Jakub	45		M40	43	01:05:29	02:59:16	05:07:08	08:55:15	11:52:50	15:27:31.05	15:27:57.05	+05:55:27 (38.3%)	10:18	5.8 (61.7%)
93	UCHEREK Mateusz	171	SEA STAR PREMIUM	M30	29	01:02:48	02:52:11	05:10:52	08:52:47	11:53:08	15:27:52.85	15:27:58.75	+05:55:28 (38.3%)	10:18	5.8 (61.7%)
94	BANASIK Bartosz Wojciech	12	TRAILOWE BIEGI DUCHOWE TBD	M30	30	01:15:52	03:17:42	05:31:43	09:21:14	11:58:27	15:28:29.75	15:28:39.25	+05:56:09 (38.4%)	10:19	5.8 (61.7%)
95	MALESA Radosław	103	LESZKOWICE BIEGAJĄ	M40	44	01:25:38	03:57:13	06:12:47	09:52:38	12:24:48	15:29:42.35	15:29:54.75	+05:57:24 (38.4%)	10:19	5.8 (61.7%)
96	ŻYCIŃSKI Paweł	192	BADBULL RUNNIG TEAM	M40	45	01:11:51	03:18:17	05:40:15	09:41:04	12:11:43	15:31:02.95	15:31:17.15	+05:58:47 (38.5%)	10:20	5.8 (61.7%)
97	FILIPCZAK Łukasz	43	OKNOPLAST RUNNING TEAM	M30	31	01:14:38	03:29:59	05:53:58	09:52:26	12:31:24	15:34:04.50	15:34:19.80	+06:01:49 (38.7%)	10:22	5.8 (61.7%)
98	BODZEK Bartłomiej	20		M30	32	01:22:46	03:40:54	05:56:21	09:52:32	12:24:39	15:34:09.70	15:34:21.45	+06:01:51 (38.7%)	10:22	5.8 (61.7%)
99	MOSKAŁA Remigiusz	115		M30	33	01:08:46	03:15:24	05:21:37	09:07:34	11:48:34	15:34:43.00	15:34:51.90	+06:02:21 (38.8%)	10:23	5.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	P5_Wetlina	P6_Smerek	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	60km	72km	90km	90km			
100	KAZIMIERZ Rafał	74	NOA	M30	34	01:08:58	03:04:14	05:18:28	09:16:46	11:59:00	15:36:57.90	15:37:02.30	+06:04:32 (38.9%)	10:24	5.8 (61.7%)
101	GINTER Grzegorz	50	AZS COLLEGIUM MEDICUM UJ	M30	35	01:21:59	03:41:56	05:59:36	10:01:41	12:35:20	15:40:02.30	15:40:14.25	+06:07:44 (39.1%)	10:26	5.7 (60.6%)
102	CHRZAŚCIK Anna	27	PŁOMYK OLKUSZ	K40	3	01:14:28	03:20:03	05:28:34	09:28:18	12:11:02	15:43:37.10	15:43:46.25	+06:11:16 (39.3%)	10:29	5.7 (60.6%)
103	SULEWSKI Maciej	164	BIEGAM BO LUBIĘ OSTROŁĘKA	M40	46	01:19:39	03:26:28	05:40:38	09:40:21	12:20:53	15:45:51.25	15:45:56.75	+06:13:26 (39.5%)	10:30	5.7 (60.6%)
104	MAŃKOWSKI Krzysztof	105	RMF4RT GLADIATORS	M30	36	01:13:37	03:24:52	05:33:31	09:36:02	12:11:04	15:45:52.85	15:45:56.85	+06:13:26 (39.5%)	10:30	5.7 (60.6%)
105	GĄSECKI Daniel	48	AKTYWNY DYNÓW	M40	47	01:19:14	03:36:00	05:55:22	10:06:50	12:38:15	15:45:58.10	15:46:18.05	+06:13:48 (39.5%)	10:30	5.7 (60.6%)
106	GAJDA Michał	46	KBWYSZKÓW	M30	37	01:11:55	03:23:16	05:40:37	09:50:12	12:31:53	15:54:22.40	15:54:29.45	+06:21:59 (40.0%)	10:36	5.7 (60.6%)
107	GĄSIOROWSKI Jacek	49	DRUŻYNA SZPIKU	M40	48	01:07:43	03:08:39	05:21:47	09:21:20	12:08:00	15:55:34.15	15:55:41.95	+06:23:11 (40.1%)	10:37	5.7 (60.6%)
108	KORBUT Radosław	82	CROSSFITMGW	M30	38	01:14:03	03:25:59	05:40:08	09:44:20	12:29:40	15:56:05.15	15:56:22.65	+06:23:52 (40.1%)	10:37	5.6 (59.6%)
109	DOBRYŃSKI Henryk	35	MARATON1984	M50	7	01:12:57	03:21:22	05:38:16	09:45:59	12:30:46	15:59:19.35	15:59:29.65	+06:26:59 (40.3%)	10:39	5.6 (59.6%)
110	BĘDŹKOWSKI Marek	16	MORSY OSTROŁĘKA	M50	8	01:22:27	03:37:23	06:02:22	10:19:01	12:40:28	15:59:30.80	15:59:35.70	+06:27:05 (40.3%)	10:39	5.6 (59.6%)
111	INGLANT Zbigniew	60	RUN LOG COM	M50	9	01:22:28	03:39:38	06:03:46	09:58:43	12:49:28	16:08:10.30	16:08:22.85	+06:35:52 (40.9%)	10:45	5.6 (59.6%)
112	PAŁUSZNA Anna	126	WIKOSS SPORT TEAM	K30	9	01:29:42	03:52:40	06:13:31	10:14:08	12:40:37	16:08:02.10	16:08:23.05	+06:35:53 (40.9%)	10:45	5.6 (59.6%)
113	SUDER Michał	163	BEZNAPINY	M40	49	01:15:32	03:17:57	05:29:07	09:50:15	12:42:07	16:12:08.30	16:12:15.95	+06:39:45 (41.1%)	10:48	5.6 (59.6%)
114	WSZELAK Tomasz	184	ŁUBUDUBU	M40	50	01:18:17	03:36:45	06:00:07	09:56:17	12:46:01	16:14:40.80	16:14:49.15	+06:42:19 (41.3%)	10:49	5.5 (58.5%)
114	PACUSZKA Krzysztof	124	ŁUBUDUBU	M40	50	01:18:17	03:36:43	06:00:04	09:57:08	12:45:58	16:14:40.70	16:14:49.15	+06:42:19 (41.3%)	10:49	5.5 (58.5%)
116	ZYCH Michał	190	KLUB BIEGACZA RTVEUROAGD	M30	39	01:16:02	03:47:35	06:14:31	10:09:56	12:51:00	16:22:04.30	16:22:12.45	+06:49:42 (41.7%)	10:54	5.5 (58.5%)
117	KOKOT Roman	77	WKURW_TEAM	M40	52	01:19:13	03:35:58	05:55:27	10:06:48	12:57:23	16:26:47.25	16:27:07.85	+06:54:37 (42.0%)	10:57	5.5 (58.5%)
118	SOFUŁ Tomasz	159		M40	53	01:12:02	03:23:12	05:50:53	10:20:24		16:31:37.30	16:31:50.95	+06:59:20 (42.3%)	11:01	5.4 (57.4%)
119	JANISZEWSKI Jakub	64	SPC	M40	54	01:21:34	03:43:04	05:56:57	10:03:05	12:58:11	16:36:28.65	16:36:44.25	+07:04:14 (42.6%)	11:04	5.4 (57.4%)
120	DĄBROWSKA Katarzyna	31	PANORAMA OBIEKTY SPORTOWE	K30	10	01:14:03	03:24:35	05:34:37	09:46:42	12:43:06	16:39:18.45	16:39:36.10	+07:07:06 (42.7%)	11:06	5.4 (57.4%)
121	KSIĘŻAK Bartosz	89	BEAUTY SPORT TEAM	M40	55	01:15:17	03:29:56	05:47:47	10:02:17	13:03:14	16:40:48.55	16:41:05.80	+07:08:35 (42.8%)	11:07	5.4 (57.4%)
122	RADWAŃSKA Justyna	145		K30	11	01:15:11	03:29:54	05:47:48	10:02:16	13:03:04	16:40:51.60	16:41:08.45	+07:08:38 (42.8%)	11:07	5.4 (57.4%)
123	KOWALCZYK Marcin	84		M30	40	01:13:15	03:15:29	05:27:39	09:48:14	12:35:31	16:43:12.45	16:43:22.35	+07:10:52 (42.9%)	11:08	5.4 (57.4%)
124	SZEWCZYK Michał	167	BBL ZDUŃSKA WOLA	M30	41	01:14:39	03:30:10	05:54:01	10:02:12	13:05:56	16:44:52.05	16:45:06.45	+07:12:36 (43.0%)	11:09	5.4 (57.4%)
125	JAGODZIŃSKI Paweł	62	VIKMED 3TEAM KONIN	M40	56	01:11:53	03:20:12	05:49:25	10:11:52	13:00:38	16:45:43.45	16:46:01.20	+07:13:31 (43.1%)	11:10	5.4 (57.4%)
126	KAWA Barbara	73	MARATOŃCZYK DĘBICA	K30	12	01:27:22	03:51:53	06:13:14	10:33:59	13:26:33	16:55:27.20	16:55:48.30	+07:23:18 (43.6%)	11:16	5.3 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki	P3_Solinka	P2_Roztoki	P5_Wetlina	P6_Smerek	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						12km	26km	38km	60km	72km	90km	90km			
127	OPALIŃSKI Michał	123	MARATOŃCZYK DĘBICA	M30	42	01:27:24	03:51:54	06:13:16	10:33:58	13:26:39	16:55:27.75	16:55:48.55	+07:23:18 (43.6%)	11:16	5.3 (56.4%)
128	IRZYK Robert	61		M30	43	01:24:39	04:00:40	06:34:13	10:22:32	13:28:18	16:56:28.75	16:56:40.45	+07:24:10 (43.7%)	11:17	5.3 (56.4%)
129	BAC Żaneta	11		K30	13	01:24:40	04:00:39	06:34:14	10:22:31	13:28:20	16:56:32.80	16:56:43.95	+07:24:13 (43.7%)	11:17	5.3 (56.4%)
130	BUCA Rafał	21		M50	10	01:11:21	03:35:58	06:12:14	10:45:03	13:55:31	16:57:19.95	16:57:40.05	+07:25:10 (43.7%)	11:18	5.3 (56.4%)
131	PODLASZEWSKI Jacek	138	SPC	M40	57	01:21:37	03:57:07	06:30:53	10:54:34	13:44:34	16:59:06.60	16:59:20.70	+07:26:50 (43.8%)	11:19	5.3 (56.4%)
Przekroczony limit czasu: 17:00:00															
132	FERENC Adrian	40	POWIATOWA AKADEMIA SPORTU I REKREACJI W PISZU	M20	3	01:13:10	03:27:05	05:56:39	10:18:47	13:32:25	17:06:24.35	17:06:44.60	+07:34:14 (44.2%)	11:24	5.3 (56.4%)
133	BAK Michał	14	WKURW_TEAM	M30	44	01:25:38	03:52:49	06:12:42	10:17:55	13:18:54	17:16:32.90	17:16:49.45	+07:44:19 (44.8%)	11:31	5.2 (55.3%)
134	MODZELEWSKA Karolina	114	SPC	K30	14	01:27:32	04:01:05	06:29:06	10:40:46	13:39:40	17:19:53.85	17:20:08.55	+07:47:38 (45.0%)	11:33	5.2 (55.3%)
135	LESZCZYŃSKI Rafał	92	UNITED RUNNERS	M20	4	01:18:41	03:41:01	06:12:38	10:31:22	13:37:51	17:25:55.40	17:26:16.80	+07:53:46 (45.3%)	11:37	5.2 (55.3%)
136	CIECIELĄG Piotr	28	WKURW_TEAM	M40	58	01:16:15	03:23:12	05:40:09	10:09:31	13:16:28	17:37:14.30	17:37:29.00	+08:04:58 (45.9%)	11:44	5.1 (54.3%)
137	LEWANDOWSKI Paweł	93		M40	59	01:09:11	03:12:43	05:36:19	10:28:58	13:37:09	17:55:48.45	17:55:58.00	+08:23:27 (46.8%)	11:57	5 (53.2%)
138	WOŁOSOWICZ Natalia	182	WKURW_TEAM	K40	4	01:13:26	03:36:13	06:12:30	10:38:09	13:38:11			+06:01:13	11:21	5.3 (56.4%)
139	BADOWSKI Aleksander	4	TEAM MOUNTAIN FUEL POLSKA	M30	45	00:53:15	02:20:43	03:56:08					+00:23:30	6:12	9.7 (103.2%)
140	KRAWCZYK Daniel	196		M20	5	01:15:39	03:22:34	05:50:02					+02:17:40	9:12	6.5 (69.1%)
141	LIGĘZA Paweł	94		M30	46	01:10:16	03:27:02	06:03:53					+02:31:27	9:34	6.3 (67.0%)
142	ŁUCHNIAK Kuba	98		M20	6	01:18:40	03:40:59	06:13:34					+02:41:17	9:49	6.1 (64.9%)
143	MISZTA Barbara	113	BIEGAM BO LUBIĘ ZABKI TEAM	K40	5	08:23:04							+07:28:03	41:55	1.4 (14.9%)
DQ	SOBCZAK Mikołaj	158	WYBIEGANI TEAM	M40		01:29:04 DQ	03:57:08 DQ	06:36:57 DQ	DQ	DQ	09:31:12.35 DQ	DQ		0:00	9.5 (101.1%)
DQ	JARZEMBOWSKI Tomasz	66	WYBIEGANI TEAM	M30		01:28:40 DQ	03:57:04 DQ	06:36:57 DQ	DQ	DQ	09:31:13.90 DQ	DQ		0:00	9.5 (101.1%)
	WŁODARCZYK Teresa	179	SPC	K50		01:27:32 DNF	04:01:02 DNF	06:29:06 DNF	10:40:48 DNF	13:39:42 DNF	DNF	DNF		-	- (0.0%)
	FICEK Roman	41	CARPHATIAN CHALLENGE	M30		00:54:57 DNF	02:16:54 DNF	03:38:43 DNF	06:34:03 DNF	DNF	DNF	DNF		-	- (0.0%)
	DZIRBA Tomasz	37	STAY INSANE	M30		01:09:38 DNF	02:58:34 DNF	04:44:31 DNF	08:05:28 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOWALIK Marcin	85		M30		01:22:38 DNF	04:02:50 DNF	06:30:41 DNF	11:10:16 DNF	DNF	DNF	DNF		-	- (0.0%)
	JASIŃSKA Magdalena	67		K40		01:32:45 DNF	04:06:56 DNF	06:30:09 DNF	11:19:23 DNF	DNF	DNF	DNF		-	- (0.0%)
	REDA Sławomir	147	KBP PASJA WARSZAWA	M60		01:32:44 DNF	04:07:28 DNF	06:30:08 DNF	11:19:25 DNF	DNF	DNF	DNF		-	- (0.0%)
	CENDROWSKI Mariusz	24	WKURW_TEAM	M40		01:19:44 DNF	03:40:40 DNF	06:09:04 DNF	11:19:32 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P2_Roztoki 12km	P3_Solinka 26km	P2_Roztoki 38km	P5_Wetlina 60km	P6_Smerek 72km	Czas netto 90km	Czas brutto 90km	Różn	Tempo min/km	Tempo km/h
	MADEJSKI Sławomir	101	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30		00:57:32 DNF	02:43:00 DNF	04:36:54 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	MYŚLIWIEC Robert	117	WILD & FREE	M30		01:02:09 DNF	02:52:10 DNF	04:47:37 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	GÓRYŃSKI Rafał	13	OTK RZEŹNIK	M20		00:59:27 DNF	02:39:14 DNF	04:55:46 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	PISKORZ Ireneusz	135		M30		01:10:40 DNF	03:15:39 DNF	05:35:09 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	DONIEC Sebastian	36	WWW.ADWOKATDONIEC.PL	M40		01:08:58 DNF	03:16:18 DNF	05:38:39 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	PIASECKA Monika	131		K40		01:13:19 DNF	03:26:17 DNF	05:48:02 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	KAPICA Dominik	72		M20		01:11:27 DNF	03:30:06 DNF	05:55:35 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	MACEWICZ Maciej	100	TRI4FUN TEAM PIASECZNO	M30		01:22:46 DNF	03:41:43 DNF	06:21:29 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	KOPEĆ Karol	80		M40		01:22:39 DNF	04:02:49 DNF	06:30:40 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	OLESEK Magdalena	122	#CZELADZBIEGA	K30		01:20:26 DNF	03:57:47 DNF	06:30:46 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	DOBRZYŃSKA Małgorzata	33	SPC	K50		01:21:40 DNF	03:57:10 DNF	06:30:57 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	WRUK Remigiusz	183	BBL OPOLE	M40		01:14:36 DNF	03:34:21 DNF	06:31:01 DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	LIK Michał	95		M30		01:20:31 DNF	03:42:33 DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	NADULSKI Piotr	193	GOODSPACE	M40		01:20:56 DNF	03:51:35 DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	TALMA Paweł	169		M40		01:25:38 DNF	03:57:13 DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	BŁASIŃSKA Żaneta	19	SPC	K40		01:27:37 DNF	04:01:06 DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	BUJARSKI Michał	22		M30		01:22:52 DNF	04:02:53 DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	IGNACZEWSKA Maja	59		K30		01:26:13 DNF	04:05:38 DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	MIELOCH Tamara	110		K40		01:04:12 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)
	MUCHA Tomasz	116	MW	M40		01:31:25 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	-(0.0%)

Znaleziono 172 wynik(ów)