

VII ZIMOWA BIESZCZADZKA DYCHA 2021

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2021
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-03-20
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	JĄSTAŁ Piotr	2069	LKB RUDNIK/AZS UJK KIELCE	M20	1	00:45:18.65		4:31	13.2 (100%)
2	DOMISZEWSKI Ignacy	2029	GUKLA BRATKOWICE KORZENIOWSKI.PL	M30	1	00:46:02.15	+00:00:43 (1.6%)	4:36	13 (98.5%)
3	GAZDOWICZ Michał	2199	RUNPASSION.PL TEAM	M20	2	00:48:40.70	+00:03:22 (6.9%)	4:52	12.3 (93.2%)
4	JAKUBIK Marcin	2049	MKS HALICZ PSG KROŚCIENKO	M30	2	00:50:04.10	+00:04:45 (9.5%)	5:00	12 (90.9%)
5	TARGOSZ Michał Mateusz	2166		M40	1	00:52:54.50	+00:07:35 (14.4%)	5:17	11.3 (85.6%)
6	WETHACZ Dariusz	2174	LOKOMOTIV MAJDAN	M30	3	00:55:08.65	+00:09:50 (17.8%)	5:30	10.9 (82.6%)
7	ZAWADZKI Marcin	2239	SZCZWANY TRZMIEL TEAM	M30	4	00:57:30.30	+00:12:11 (21.2%)	5:45	10.4 (78.8%)
8	BRENDZOWSKI Adam	2192	SOLINA TEAM / RUNONLINE.PL TEAM	M30	5	00:57:37.20	+00:12:18 (21.4%)	5:45	10.4 (78.8%)
9	KAPUSTA-SZYDŁAK Sylwia	2208	RZESZOWSKA AKADEMIA KOLARSKA	K30	1	01:00:07.15	+00:14:48 (24.6%)	6:00	10 (75.8%)
10	KORZONEK Karol	2068	SPRINT GORZYCE	M30	6	01:03:12.40	+00:17:53 (28.3%)	6:19	9.5 (72.0%)
11	WOLSKI Michał	2231	WOLSCY BROTHERS DESTRUCTION TEAM	M30	7	01:05:33.25	+00:20:14 (30.9%)	6:33	9.2 (69.7%)
12	KRAWCZYK Jakub	2075		M20	3	01:06:46.35	+00:21:27 (32.1%)	6:40	9 (68.2%)
13	SZAREK Michał	2240		M30	8	01:06:54.00	+00:21:35 (32.3%)	6:41	9 (68.2%)
14	SZYBA Sylwester	2050		M30	9	01:07:42.10	+00:22:23 (33.1%)	6:46	8.9 (67.4%)
15	PEŁDIAK Mateusz	2116	PAWKO RUNNER TEAM	M30	10	01:07:47.60	+00:22:28 (33.2%)	6:46	8.9 (67.4%)
16	CZYŻ Wojciech	2025		M40	2	01:08:06.30	+00:22:47 (33.5%)	6:48	8.8 (66.7%)
17	MAZUR Jakub	2095	RUNNERS TEAM	M20	4	01:08:22.50	+00:23:03 (33.7%)	6:50	8.8 (66.7%)
18	SKAWIŃSKI Kacper	2140	NIE WIEM, NIE INTERESUJE MNIE TO	M20	5	01:09:04.55	+00:23:45 (34.4%)	6:54	8.7 (65.9%)
19	DOMISZEWSKI Wojciech	2077	ĆMY BAROWE	M50	1	01:09:28.80	+00:24:10 (34.8%)	6:56	8.6 (65.2%)
20	GAŁUSZKA Tomasz	2037	SKITUROWE BIESZCZADY	M40	3	01:09:32.50	+00:24:13 (34.8%)	6:57	8.6 (65.2%)
21	BEŚKA Michał	2004	SPRINT GORZYCE	M30	11	01:09:41.75	+00:24:23 (35.0%)	6:58	8.6 (65.2%)
22	MALINOWSKI Marcin	2092		M30	12	01:10:17.85	+00:24:59 (35.5%)	7:01	8.5 (64.4%)
23	KIELAR Kamila	2061		K30	2	01:10:21.90	+00:25:03 (35.6%)	7:02	8.5 (64.4%)
24	STACHYRA Bartłomiej	2149		M20	6	01:10:38.15	+00:25:19 (35.9%)	7:03	8.5 (64.4%)
25	UZDEJCZYK Kamil	2171	SOLINA TEAM	M30	13	01:10:59.40	+00:25:40 (36.2%)	7:05	8.5 (64.4%)
26	KURP Bartłomiej	2085		M20	7	01:11:13.60	+00:25:54 (36.4%)	7:07	8.4 (63.6%)
27	BODZIOCH Grzegorz	2010	GORLICKA GRUPA BIEGOWA	M40	4	01:11:15.60	+00:25:56 (36.4%)	7:07	8.4 (63.6%)
28	MOSKOWICZ Stefan	2103	PRZEMYSKI KLUB BIEGACZA	M60	1	01:11:46.55	+00:26:27 (36.9%)	7:10	8.4 (63.6%)
29	KOSTKA Robert	2071	TEAM ZALEWSKI	M40	5	01:12:12.85	+00:26:54 (37.3%)	7:13	8.3 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
30	SZTORC Joanna	2161		K30	3	01:12:36.10	+00:27:17 (37.6%)	7:15	8.3 (62.9%)
31	WOŹNIAK Janusz	2232		M50	2	01:12:44.90	+00:27:26 (37.7%)	7:16	8.2 (62.1%)
32	ROKOSZ Łukasz	2132		M30	14	01:13:27.20	+00:28:08 (38.3%)	7:20	8.2 (62.1%)
33	BICHAJŁO Maciek	2005		M30	15	01:13:28.30	+00:28:09 (38.3%)	7:20	8.2 (62.1%)
34	SABAT Sebastian	2135		M20	8	01:13:38.65	+00:28:20 (38.5%)	7:21	8.1 (61.4%)
35	BOŹEK Sebastian	2013		M30	16	01:14:07.45	+00:28:48 (38.9%)	7:24	8.1 (61.4%)
36	PODOLAK Zbigniew	2128		M60	2	01:14:15.35	+00:28:56 (39.0%)	7:25	8.1 (61.4%)
37	LEW Beata	2086	FART CIERPISZ	K40	1	01:14:26.05	+00:29:07 (39.1%)	7:26	8.1 (61.4%)
38	POTERA Krystyna	2130	FRYTKÓW!!!	K30	4	01:14:26.55	+00:29:07 (39.1%)	7:26	8.1 (61.4%)
39	LEW Damian	2087		M30	17	01:14:27.00	+00:29:08 (39.1%)	7:26	8.1 (61.4%)
40	RAPCZYŃSKI Witold	2255		M50	3	01:14:43.20	+00:29:24 (39.4%)	7:28	8 (60.6%)
41	BUCZAK Szymon	2254		M30	18	01:15:04.30	+00:29:45 (39.6%)	7:30	8 (60.6%)
42	GET Maciej	2041		M40	6	01:15:16.45	+00:29:57 (39.8%)	7:31	8 (60.6%)
43	WRÓBEL Bartłomiej	2180	CISNA	M40	7	01:15:33.70	+00:30:15 (40.0%)	7:33	7.9 (59.8%)
44	MACIĄG Aniela	2090	SZYMANOWSKI TRIATHLON TEAM	K20	1	01:15:38.65	+00:30:20 (40.1%)	7:33	7.9 (59.8%)
45	ZIELINSKI Pawel	2185		M30	19	01:15:44.75	+00:30:26 (40.2%)	7:34	7.9 (59.8%)
46	STEBEL Marcin	2221	FUNDACJA LATARNIA	M30	20	01:15:50.35	+00:30:31 (40.3%)	7:35	7.9 (59.8%)
47	KAWIK Maciej	2209	FUNDACJA LATARNIA	M20	9	01:15:54.75	+00:30:36 (40.3%)	7:35	7.9 (59.8%)
48	DOLNIAK Mateusz	2196	FUNDACJA LATARNIA	M20	10	01:16:12.20	+00:30:53 (40.5%)	7:37	7.9 (59.8%)
49	MIERZWIŃSKI Marcin	2099		M40	8	01:16:29.30	+00:31:10 (40.8%)	7:38	7.8 (59.1%)
50	SZWED Tomasz	2245	SUSKA GRUPA BIEGOWA	M30	21	01:16:49.85	+00:31:31 (41.0%)	7:40	7.8 (59.1%)
51	SIERGIEJ Elżbieta	2139	RUN TEAM TYGRYSY ORZYSZ	K50	1	01:17:16.75	+00:31:58 (41.4%)	7:43	7.8 (59.1%)
52	STACHYRA Andrzej	2148	LSB	M50	4	01:18:42.20	+00:33:23 (42.4%)	7:52	7.6 (57.6%)
53	PAŚKO Paweł	2115		M20	11	01:19:09.35	+00:33:50 (42.8%)	7:54	7.6 (57.6%)
54	BERENDT Agnieszka	2003		K40	2	01:19:27.80	+00:34:09 (43.0%)	7:56	7.6 (57.6%)
55	TADLA Izabela	2164		K30	5	01:19:47.40	+00:34:28 (43.2%)	7:58	7.5 (56.8%)
56	PERZEWSKI Eryk	2117		M20	12	01:19:54.35	+00:34:35 (43.3%)	7:59	7.5 (56.8%)
57	WERESIŃSKI Michał	2173		M30	22	01:20:14.95	+00:34:56 (43.5%)	8:01	7.5 (56.8%)
58	RYNIAK Jakub	2134		M30	23	01:20:16.55	+00:34:57 (43.6%)	8:01	7.5 (56.8%)
59	SROKA Sławomir	2145		M40	9	01:20:31.05	+00:35:12 (43.7%)	8:03	7.5 (56.8%)
60	FIGIEL Michał	2198		M30	24	01:20:39.70	+00:35:21 (43.8%)	8:03	7.4 (56.1%)
61	STACHOWSKI Jakub	2147	NIE WIEM, NIE INTERESUJE MNIE TO	M20	13	01:21:11.35	+00:35:52 (44.2%)	8:07	7.4 (56.1%)
62	BISS-MIERZWIŃSKA Magdalena	2009		K40	3	01:21:17.00	+00:35:58 (44.3%)	8:07	7.4 (56.1%)
63	ZBYSŁAW Damian	2210		M40	10	01:21:20.95	+00:36:02 (44.3%)	8:08	7.4 (56.1%)
64	HAJDUK Tomek	2046	YULO RUN TEAM SIEDLCE	M40	11	01:22:20.85	+00:37:02 (45.0%)	8:14	7.3 (55.3%)
65	GAWLIK Łukasz	2040	STG KRAKÓW ŚRÓDMIEŚCIE	M40	12	01:22:28.65	+00:37:10 (45.1%)	8:14	7.3 (55.3%)
66	SMOLIK Katarzyna	2143	KB ATHLETIC ZRĘCIN/PAWKO RUNNER TEAM	K20	2	01:23:06.05	+00:37:47 (45.5%)	8:18	7.2 (54.5%)
67	BIESZCZAD Regina	2008	KB ATHLETIC ZRĘCIN	K20	3	01:23:06.70	+00:37:48 (45.5%)	8:18	7.2 (54.5%)
68	PASIEKA Agnieszka	2114	KB ATLETIC ZRĘCIN	K40	4	01:23:07.40	+00:37:48 (45.5%)	8:18	7.2 (54.5%)
69	MALER Władysław	2059	EXTREME CONSTRUCTION	M60	3	01:23:45.15	+00:38:26 (45.9%)	8:22	7.2 (54.5%)
70	WAŁACHOWSKA Urszula	2228	SOLINA TEAM	K30	6	01:23:54.70	+00:38:36 (46.0%)	8:23	7.2 (54.5%)
71	KARDASZ Patryk	2062	SOLINA TEAM	M20	14	01:23:55.40	+00:38:36 (46.0%)	8:23	7.1 (53.8%)
72	KARDASZ Dominik	2028	SOLINA TEAM	M20	15	01:23:56.45	+00:38:37 (46.0%)	8:23	7.1 (53.8%)
73	OPIELAK Wiktoria	2108	SZYMANOWSKI TRIATHLON TEAM	K20	4	01:23:58.75	+00:38:40 (46.0%)	8:23	7.1 (53.8%)

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74	KRAWCZYK-BIELECKA Dagmara	2076	SZYMANOWSKI TRIATHLON TEAM	K40	5	01:24:26.00	+00:39:07 (46.3%)	8:26	7.1 (53.8%)
75	PERZEWSKI Maciej	2118		M30	25	01:24:46.20	+00:39:27 (46.5%)	8:28	7.1 (53.8%)
76	CZARNY Mariusz	2022		M50	5	01:25:17.00	+00:39:58 (46.9%)	8:31	7 (53.0%)
77	TROJANOWSKI Ryszard	2168		M50	6	01:25:37.85	+00:40:19 (47.1%)	8:33	7 (53.0%)
78	STASZEWSKI Kamil	2152		M30	26	01:25:42.25	+00:40:23 (47.1%)	8:34	7 (53.0%)
79	KOWALSKI Marcin	2211	RADOMNO BIEG	M40	13	01:26:10.80	+00:40:52 (47.4%)	8:37	7 (53.0%)
80	KOTEWICZ Przemysław	2073	RADOMNO BIEGA	M30	27	01:26:11.75	+00:40:53 (47.4%)	8:37	7 (53.0%)
81	DZIENISIK Justyna	2031	RUN TEAM ORZYSZ	K20	5	01:26:24.65	+00:41:06 (47.6%)	8:38	6.9 (52.3%)
82	DUCHNOWSKI Łukasz	2053	RUN TYM TYGRYSY ORZYSZ	M30	28	01:26:24.80	+00:41:06 (47.6%)	8:38	6.9 (52.3%)
83	PIĄTEK Piotr	2121		M40	14	01:26:27.50	+00:41:08 (47.6%)	8:38	6.9 (52.3%)
84	ZAREMBA Waldemar	2183		M40	15	01:27:05.90	+00:41:47 (48.0%)	8:42	6.9 (52.3%)
85	KOTARBA Mateusz	2241		M30	29	01:27:30.90	+00:42:12 (48.2%)	8:45	6.9 (52.3%)
86	KOCHANOWSKA Anna	2064	CZEWARUNTIM	K40	6	01:27:48.45	+00:42:29 (48.4%)	8:46	6.8 (51.5%)
87	WINIARSKI Lucjan	2178		M20	16	01:28:26.35	+00:43:07 (48.8%)	8:50	6.8 (51.5%)
88	WINIARSKI Marcin	2179		M30	30	01:28:28.60	+00:43:09 (48.8%)	8:50	6.8 (51.5%)
89	IZDEBSKA Ewa	2048		K20	6	01:28:57.15	+00:43:38 (49.1%)	8:53	6.7 (50.8%)
90	PIWOWARSKA Kinga	2126		K20	7	01:29:09.75	+00:43:51 (49.2%)	8:54	6.7 (50.8%)
91	GRABARCZYK Dorian	2043		M20	17	01:29:11.50	+00:43:52 (49.2%)	8:55	6.7 (50.8%)
92	CZERSKI Krzysztof	2023		M40	16	01:29:22.20	+00:44:03 (49.3%)	8:56	6.7 (50.8%)
93	KĘDZIOR Grzegorz	2060		M20	18	01:30:04.55	+00:44:45 (49.7%)	9:00	6.7 (50.8%)
94	KRUPA Ewa	2079		K20	8	01:30:13.05	+00:44:54 (49.8%)	9:01	6.7 (50.8%)
95	SOŁTYS Mateusz	2144		M30	31	01:30:20.60	+00:45:01 (49.8%)	9:02	6.6 (50.0%)
96	KAMIŃSKA Katarzyna	2249		K30	7	01:30:30.25	+00:45:11 (49.9%)	9:03	6.6 (50.0%)
97	ZYCHOWICZ Daria	2188	RUN TEAM TYGRYSY ORZYSZ	K40	7	01:30:45.95	+00:45:27 (50.1%)	9:04	6.6 (50.0%)
98	KOTEWICZ Judyta	2072	RADOMNO BIEGA	K30	8	01:31:01.05	+00:45:42 (50.2%)	9:06	6.6 (50.0%)
99	SZCZĘSNA Anna	2159		K30	9	01:31:01.10	+00:45:42 (50.2%)	9:06	6.6 (50.0%)
100	MACIEWICZ Teresa	2091		K50	2	01:31:12.00	+00:45:53 (50.3%)	9:07	6.6 (50.0%)
101	WALASZEK Karolina	2244	PORMAT JEDLICZE BIEGA	K20	9	01:31:24.90	+00:46:06 (50.4%)	9:08	6.6 (50.0%)
102	MAZUR Piotr	2097	ĆMY BAROWE	M30	32	01:31:44.35	+00:46:25 (50.6%)	9:10	6.5 (49.2%)
103	CHAJDAŚ Mateusz	2017		M20	19	01:31:59.80	+00:46:41 (50.7%)	9:11	6.5 (49.2%)
104	PIESZCZOCH Monika	2124		K30	10	01:32:02.90	+00:46:44 (50.8%)	9:12	6.5 (49.2%)
105	KALICKA Justyna	2242		K20	10	01:32:56.85	+00:47:38 (51.3%)	9:17	6.5 (49.2%)
106	WASYLÓW Izabela	2011	OFIARY JEDZENIA KOTLETÓW	K30	11	01:33:40.95	+00:48:22 (51.6%)	9:22	6.4 (48.5%)
107	GAŁUSZKA Mariusz	2250	SKITUROWE BIESZCZADY	M40	17	01:33:43.25	+00:48:24 (51.7%)	9:22	6.4 (48.5%)
108	MILLER Tomasz	2102	BIEGAM BO LUBIĘ ŻĄBKI TEAM	M30	33	01:35:51.75	+00:50:33 (52.7%)	9:35	6.3 (47.7%)
109	KUKLEWSKA Ewa	2083		K60	1	01:35:53.40	+00:50:34 (52.7%)	9:35	6.3 (47.7%)
110	RÓŻYCKI Paweł	2133		M40	18	01:36:17.70	+00:50:59 (52.9%)	9:37	6.2 (47.0%)
111	SUMOREK Sebastian	2223		M40	19	01:36:25.00	+00:51:06 (53.0%)	9:38	6.2 (47.0%)
112	SZWED Karolina	2162	SUSKA GRUPA BIEGOWA	K30	12	01:36:33.05	+00:51:14 (53.1%)	9:39	6.2 (47.0%)
113	ZAKRZEWSKI Olaf	2182	ANTYLOOPY	M40	20	01:36:34.60	+00:51:15 (53.1%)	9:39	6.2 (47.0%)
114	GÓRKA Jolanta	2042	SUSKA GRUPA BIEGOWA	K40	8	01:36:36.60	+00:51:17 (53.1%)	9:39	6.2 (47.0%)
115	ZAKRZEWSKA Anna	2181		K40	9	01:36:37.70	+00:51:19 (53.1%)	9:39	6.2 (47.0%)
116	KAMIŃSKA -ZAWISZA Ewelina	2054		K40	10	01:36:57.40	+00:51:38 (53.3%)	9:41	6.2 (47.0%)
117	ZAWISZA Tomasz	2184		M40	21	01:36:57.65	+00:51:39 (53.3%)	9:41	6.2 (47.0%)

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118	OSIADŁY Bartosz	2109		M30	34	01:37:07.90	+00:51:49 (53.4%)	9:42	6.2 (47.0%)
119	KUTA Anna	2212		K40	11	01:37:18.00	+00:51:59 (53.4%)	9:43	6.2 (47.0%)
120	GÓRECKI Dariusz	2038		M30	35	01:37:21.60	+00:52:02 (53.5%)	9:44	6.2 (47.0%)
121	KUS Iwona	2027		K30	13	01:37:21.70	+00:52:03 (53.5%)	9:44	6.2 (47.0%)
122	KUTA Rafał	2213		M40	22	01:37:21.90	+00:52:03 (53.5%)	9:44	6.2 (47.0%)
123	NESTOROWICZ Maksymilian	2105	MAXNESTOR TEAM	M30	36	01:37:36.95	+00:52:18 (53.6%)	9:45	6.1 (46.2%)
124	HOŁOWATY Renata	2047		K20	11	01:37:40.05	+00:52:21 (53.6%)	9:46	6.1 (46.2%)
125	PADO Michał	2110	PIJAKI TEAM	M30	37	01:37:41.00	+00:52:22 (53.6%)	9:46	6.1 (46.2%)
126	ŚWISTAK Piotr	2227		M30	38	01:37:41.25	+00:52:22 (53.6%)	9:46	6.1 (46.2%)
127	STANIKOWSKA Anna Ewa	2150		K40	12	01:38:01.05	+00:52:42 (53.8%)	9:48	6.1 (46.2%)
128	MATUSIK Oskar	2253	OSP CISNA	M20	20	01:38:41.10	+00:53:22 (54.1%)	9:52	6.1 (46.2%)
129	RUDNICKI Piotr	2218		M30	39	01:39:14.55	+00:53:55 (54.3%)	9:55	6 (45.5%)
130	POPCZYK Piotr	2246		M40	23	01:39:24.10	+00:54:05 (54.4%)	9:56	6 (45.5%)
131	GACIOCH Jarosław	2035	RUN TEAM TYGRYSY ORZYSZ	M50	7	01:39:36.65	+00:54:18 (54.5%)	9:57	6 (45.5%)
132	SADURA Anna	2136	RUN TEAM TYGRYSY ORZYSZ	K40	13	01:39:37.70	+00:54:19 (54.5%)	9:57	6 (45.5%)
133	WOŹNIAK Lidia	2233		K50	3	01:39:45.80	+00:54:27 (54.6%)	9:58	6 (45.5%)
134	RADKIEWICZ Maciej	2216		M30	40	01:39:49.10	+00:54:30 (54.6%)	9:58	6 (45.5%)
135	CHWASTA Mariusz	2193		M40	24	01:39:53.45	+00:54:34 (54.6%)	9:59	6 (45.5%)
136	URBAN Paulina	2170		K20	12	01:41:18.75	+00:56:00 (55.3%)	10:07	5.9 (44.7%)
137	PINKOWSKI Bartosz	2125	NIE WIEM, NIE INTERESUJE MNIE TO	M20	21	01:41:35.55	+00:56:16 (55.4%)	10:09	5.9 (44.7%)
138	PETER Katarzyna	2119		K40	14	01:42:32.05	+00:57:13 (55.8%)	10:15	5.9 (44.7%)
139	ZIOBROWSKA Agnieszka	2187		K40	15	01:42:35.60	+00:57:16 (55.8%)	10:15	5.8 (43.9%)
140	LICHNOWSKA Anna	2088		K40	16	01:43:12.75	+00:57:54 (56.1%)	10:19	5.8 (43.9%)
141	CZAŁPIŃSKA Joanna	2020		K40	17	01:44:32.90	+00:59:14 (56.7%)	10:27	5.7 (43.2%)
142	UNIOWSKA Kamila	2169	ĆMY BAROWE	K30	14	01:44:37.05	+00:59:18 (56.7%)	10:27	5.7 (43.2%)
143	MAZUR Iwona	2096	ĆMY BAROWE	K30	15	01:44:37.80	+00:59:19 (56.7%)	10:27	5.7 (43.2%)
144	KNAP Elżbieta	2063	GACEK TEAM	K30	16	01:45:13.90	+00:59:55 (56.9%)	10:31	5.7 (43.2%)
145	KRZYSZEWSKA Agnieszka	2045		K30	17	01:45:45.55	+01:00:26 (57.2%)	10:34	5.7 (43.2%)
146	GALUS Agnieszka	2036		K40	18	01:46:26.70	+01:01:08 (57.4%)	10:38	5.6 (42.4%)
147	BOROWIEC-RÓŻYCKA Magdalena	2012	BIEGAJĄCY ŚWIDNIK	K40	19	01:47:09.95	+01:01:51 (57.7%)	10:42	5.6 (42.4%)
148	MIKSZA Karol	2101	CROSSFITTER BOX CHEŁM	M50	8	01:47:19.80	+01:02:01 (57.8%)	10:43	5.6 (42.4%)
149	MIKSZA Aneta	2100	CROSSFITTER BOX CHEŁM	K40	20	01:47:20.80	+01:02:02 (57.8%)	10:44	5.6 (42.4%)
150	ZAWADZKI Mateusz	2235		M20	22	01:47:28.20	+01:02:09 (57.8%)	10:44	5.6 (42.4%)
151	LIPIŃSKI Cezary	2089		M20	23	01:47:39.20	+01:02:20 (57.9%)	10:45	5.6 (42.4%)
152	SUDAK Magdalena	2154		K30	18	01:47:41.60	+01:02:22 (57.9%)	10:46	5.6 (42.4%)
153	MARCINEK Marta	2248		K30	19	01:48:08.25	+01:02:49 (58.1%)	10:48	5.5 (41.7%)
154	DOBROWOLSKA Julia	2251		K20	13	01:48:08.70	+01:02:50 (58.1%)	10:48	5.5 (41.7%)
155	PASZEK Krystyna	2030	DOGOŃ GRODZISK MAZOWIECKI	K60	2	01:48:08.80	+01:02:50 (58.1%)	10:48	5.5 (41.7%)
156	SKRUTEK Jan	2142	SEKCJA SPORTÓW GÓRSKICH GOPR BIESZCZADY	M60	4	01:48:09.45	+01:02:50 (58.1%)	10:48	5.5 (41.7%)
157	PAWELEC Krystyna	2032	DOGOŃ GRODZISK MAZOWIECKI	K60	3	01:48:09.65	+01:02:51 (58.1%)	10:48	5.5 (41.7%)
158	JARACZ Krystian	2051	KB ATHLETIC ZRĘCIN	M20	24	01:48:33.60	+01:03:14 (58.3%)	10:51	5.5 (41.7%)
159	NIEMYJSKI Maciek	2106	BIEGOWE MISIE	M20	25	01:48:41.35	+01:03:22 (58.3%)	10:52	5.5 (41.7%)
160	KRUZEL Małgorzata	2080	BIEGOWE MISIE	K20	14	01:48:41.85	+01:03:23 (58.3%)	10:52	5.5 (41.7%)
161	CZAPLA Andrzej	2021		M60	5	01:48:53.85	+01:03:35 (58.4%)	10:53	5.5 (41.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
162	BIESZCZAD Mateusz	2007	ATHLETIC ZRĘCIN	M30	41	01:50:00.95	+01:04:42 (58.8%)	11:00	5.5 (41.7%)
163	JĘDRZEJCZYK Justyna	2207		K30	20	01:51:36.20	+01:06:17 (59.4%)	11:09	5.4 (40.9%)
164	JĘDRZEJCZYK Agnieszka	2206	LECĘ BO CHCĘ ...	K40	21	01:51:40.65	+01:06:22 (59.4%)	11:10	5.4 (40.9%)
165	KANIA Monika	2055		K20	15	01:53:11.50	+01:07:52 (60.0%)	11:19	5.3 (40.2%)
166	JEZIOREK Jozi	2052		M40	25	01:54:19.45	+01:09:00 (60.4%)	11:25	5.2 (39.4%)
167	HOSPODAR Andrzej	2204	FUNDACJA LATARNIA	M50	9	01:54:45.70	+01:09:27 (60.5%)	11:28	5.2 (39.4%)
168	WIECZOREK Joanna	2177	MARKOWI BIEGACZE	K40	22	01:55:03.60	+01:09:44 (60.6%)	11:30	5.2 (39.4%)
169	FIJAŁKOWSKA Karolina	2034		K30	21	01:55:31.65	+01:10:13 (60.8%)	11:33	5.2 (39.4%)
170	CHLEBIŃSKI Maciej	2019	RZESZOWSKIE GAZELE I GEPARDY	M30	42	01:55:45.50	+01:10:26 (60.9%)	11:34	5.2 (39.4%)
171	BROŻYNA Magda	2015		K40	23	01:57:42.35	+01:12:23 (61.5%)	11:46	5.1 (38.6%)
172	SYRYJCZYK-SACZUK Joanna	2158		K40	24	01:59:18.45	+01:13:59 (62.0%)	11:55	5 (37.9%)
173	CZUBA Jadwiga	2024		K30	22	02:00:45.60	+01:15:26 (62.5%)	12:04	5 (37.9%)
174	DĄBRÓWKA Nina	2194	FUNDACJA LATARNIA	K30	23	02:03:04.15	+01:17:45 (63.2%)	12:18	4.9 (37.1%)
175	DĄBRÓWKA Radosław	2195	FUNDACJA LATARNIA	M40	26	02:03:06.75	+01:17:48 (63.2%)	12:18	4.9 (37.1%)
176	WOLSKI Teodor	2230	WOLSCY BROTHERS DESTRUCTION TEAM	M20	26	02:05:18.05	+01:19:59 (63.8%)	12:31	4.8 (36.4%)
177	TWARDUŚ Leszek	2238		M40	27	02:08:21.80	+01:23:03 (64.7%)	12:50	4.7 (35.6%)
178	OCHWAT Elżbieta	2243	UKS ARKA UMIESZCZ	K40	25	02:08:22.05	+01:23:03 (64.7%)	12:50	4.7 (35.6%)
179	KOPIEC Iwona	2067		K40	26	02:10:35.20	+01:25:16 (65.3%)	13:03	4.6 (34.8%)
180	SKOREK-MASZOTA Weronika	2141	PADŁ NA RYJ TEAM	K40	27	02:11:18.55	+01:25:59 (65.5%)	13:07	4.6 (34.8%)
181	STANISŁAWCZYK Aleksandra	2151		K30	24	02:13:57.30	+01:28:38 (66.2%)	13:23	4.5 (34.1%)
182	MALCZEWSKA Anna	2252	MALCZUSIA TEAM	K40	28	02:20:31.90	+01:35:13 (67.8%)	14:03	4.3 (32.6%)
183	MAŁEK Krzysztof	2237		M40	28	02:48:28.65	+02:03:10 (73.1%)	16:50	3.6 (27.3%)
184	JABŁOŃSKA Grażyna	2247		K40	29	03:30:56.90	+02:45:38 (78.5%)	21:05	2.8 (21.2%)
185	GRZEGOREK Justyna	2044		K40	30	03:31:04.80	+02:45:46 (78.5%)	21:06	2.8 (21.2%)

Znaleziono 185 wynik(ów)