

# VII ZIMOWY MARATON BIESZCZADZKI 2021 - 20KM

B4SPORT

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

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	<b>LEPIARZ Sylwester</b>	<b>1052</b>	NIWYCHOWANI FIZYCZNIE	M20	1	<b>01:30:17.90</b>		3:55	15.3 (100%)
2	<b>ORZEŁ Michał</b>	<b>1432</b>	ADIDAS RUNNERS WARSAW	M40	1	<b>01:32:47.75</b>	+00:02:29 (2.7%)	4:02	14.9 (97.4%)
3	<b>SZMIST Szymon</b>	<b>1280</b>	3 PBOT	M40	2	<b>01:36:11.45</b>	+00:05:53 (6.1%)	4:10	14.3 (93.5%)
4	<b>POLANSKI Tomasz</b>	<b>1107</b>	B4 SPORT	M40	3	<b>01:39:48.15</b>	+00:09:30 (9.5%)	4:20	13.8 (90.2%)
5	<b>WASYLÓW Jacek</b>	<b>1417</b>	CZR1 ANTEK TEAM LIPOWICA-PRZEMYŚL	M40	4	<b>01:42:51.25</b>	+00:12:33 (12.2%)	4:28	13.4 (87.6%)
6	<b>GŁUSZKO Przemysław</b>	<b>1033</b>	SOLINA TEAM / RUNONLINE.PL TEAM	M30	1	<b>01:44:26.25</b>	+00:14:08 (13.5%)	4:32	13.2 (86.3%)
7	<b>ŁUKASZEWSKI Mateusz</b>	<b>1167</b>		M20	2	<b>01:46:53.80</b>	+00:16:35 (15.5%)	4:38	12.9 (84.3%)
8	<b>JARMOLIŃSKI Piotr</b>	<b>1082</b>		M40	5	<b>01:46:56.05</b>	+00:16:38 (15.6%)	4:38	12.9 (84.3%)
9	<b>WOLSKI Marcin</b>	<b>1421</b>	WOLSCY BROTHERS DESTRUCTION TEAM	M30	2	<b>01:46:57.00</b>	+00:16:39 (15.6%)	4:39	12.9 (84.3%)
10	<b>KRUPA Paweł</b>	<b>1131</b>	STAŁOWOWOLSKI KLUB BIEGACZA	M40	6	<b>01:47:30.55</b>	+00:17:12 (16.0%)	4:40	12.8 (83.7%)
11	<b>RACHWAŁSKI Tomasz</b>	<b>1241</b>	BŁĘKITNI ŻEGLCE	M50	1	<b>01:48:55.95</b>	+00:18:38 (17.1%)	4:44	12.7 (83.0%)
12	<b>HEJNAR Jakub</b>	<b>1070</b>		M40	7	<b>01:49:29.30</b>	+00:19:11 (17.5%)	4:45	12.6 (82.4%)
13	<b>KOWAL Amadeusz</b>	<b>1122</b>	NAPRZÓD MŁOCINY	M30	3	<b>01:50:03.75</b>	+00:19:45 (18.0%)	4:47	12.5 (81.7%)
14	<b>ZIOBROWSKI Łukasz</b>	<b>1335</b>	SZTUKA RUCHU	M40	8	<b>01:51:28.75</b>	+00:21:10 (19.0%)	4:50	12.4 (81.0%)
15	<b>MACH Tomasz</b>	<b>1171</b>	SZYMANOWSKI TRIATHLON TEAM	M40	9	<b>01:52:13.35</b>	+00:21:55 (19.5%)	4:52	12.3 (80.4%)
16	<b>KOŁODZIEJ Mariusz</b>	<b>1110</b>		M50	2	<b>01:54:45.20</b>	+00:24:27 (21.3%)	4:59	12 (78.4%)
17	<b>JARZYŃSKA Kinga</b>	<b>1084</b>	TSA SANDOMIERZ	K20	1	<b>01:54:51.10</b>	+00:24:33 (21.4%)	4:59	12 (78.4%)
18	<b>PUCHYRSKI Piotr</b>	<b>1238</b>		M30	4	<b>01:58:16.65</b>	+00:27:58 (23.7%)	5:08	11.7 (76.5%)
19	<b>KAMIŃSKI Wojciech</b>	<b>1090</b>		M30	5	<b>01:58:40.35</b>	+00:28:22 (23.9%)	5:09	11.6 (75.8%)
20	<b>SZYDŁAK Dariusz</b>	<b>1286</b>		M30	6	<b>02:02:34.10</b>	+00:32:16 (26.3%)	5:19	11.3 (73.9%)
21	<b>WŁOCH Sławomir</b>	<b>1319</b>	KROSNO	M50	3	<b>02:02:41.00</b>	+00:32:23 (26.4%)	5:20	11.2 (73.2%)
22	<b>BARANSKI Jarosław</b>	<b>1440</b>		M30	7	<b>02:03:59.50</b>	+00:33:41 (27.2%)	5:23	11.1 (72.5%)
23	<b>JAGUSTYN Maciej</b>	<b>1078</b>	GŁOWĄ DO CZOŁA	M20	3	<b>02:04:08.85</b>	+00:33:50 (27.3%)	5:23	11.1 (72.5%)
24	<b>PEREGRYM Tobiasz</b>	<b>1220</b>		M20	4	<b>02:04:20.25</b>	+00:34:02 (27.4%)	5:24	11.1 (72.5%)
25	<b>SZPUNAR Marek</b>	<b>1430</b>		M40	10	<b>02:04:25.90</b>	+00:34:08 (27.4%)	5:24	11.1 (72.5%)
26	<b>SZAFARCZYK Nicola</b>	<b>1277</b>	MAFIA TEAM LUBLINIEC	K30	1	<b>02:05:56.35</b>	+00:35:38 (28.3%)	5:28	11 (71.9%)
27	<b>ROKOSZ Rafał</b>	<b>1435</b>		M20	5	<b>02:05:58.90</b>	+00:35:41 (28.3%)	5:28	11 (71.9%)
28	<b>BARAN Kamil</b>	<b>1010</b>		M30	8	<b>02:06:01.05</b>	+00:35:43 (28.3%)	5:28	11 (71.9%)
29	<b>CHLIPAŁA Marek</b>	<b>1024</b>		M30	9	<b>02:06:23.35</b>	+00:36:05 (28.6%)	5:29	10.9 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
30	<b>DZIADOSZ Sławomir</b>	<b>1356</b>	BRZozowski klub BIEGACZA	M40	11	<b>02:06:27.20</b>	+00:36:09 (28.6%)	5:29	10.9 (71.2%)
31	<b>PIWONSKI Adam</b>	<b>1027</b>		M40	12	<b>02:07:38.25</b>	+00:37:20 (29.3%)	5:32	10.8 (70.6%)
32	<b>SKORUPKA Leszek</b>	<b>1258</b>	M3 SIEDLCE	M40	13	<b>02:07:58.35</b>	+00:37:40 (29.4%)	5:33	10.8 (70.6%)
33	<b>JANOWIAK Wojciech</b>	<b>1081</b>	ŻYWCEM ZABIEGANI	M40	14	<b>02:08:33.10</b>	+00:38:15 (29.8%)	5:35	10.7 (69.9%)
34	<b>CHABROWSKI Marcin</b>	<b>1348</b>		M20	6	<b>02:08:41.90</b>	+00:38:24 (29.8%)	5:35	10.7 (69.9%)
35	<b>CHABROWSKI Paweł</b>	<b>1347</b>		M40	15	<b>02:08:42.60</b>	+00:38:24 (29.8%)	5:35	10.7 (69.9%)
36	<b>SOŁTYS Michał</b>	<b>1260</b>		M30	10	<b>02:09:16.00</b>	+00:38:58 (30.1%)	5:37	10.7 (69.9%)
37	<b>DUDA Ewelina</b>	<b>1355</b>	LUKS LUBARTÓW	K30	2	<b>02:09:19.25</b>	+00:39:01 (30.2%)	5:37	10.7 (69.9%)
38	<b>ŁUCZAK Bartek</b>	<b>1165</b>	TSA SANDOMIERZ	M20	7	<b>02:09:40.30</b>	+00:39:22 (30.4%)	5:38	10.6 (69.3%)
39	<b>PODLEŚ Robert</b>	<b>1230</b>	COBI POLAND TEAM	M50	4	<b>02:09:43.65</b>	+00:39:25 (30.4%)	5:38	10.6 (69.3%)
40	<b>MOSIO Grzegorz</b>	<b>1387</b>		M40	16	<b>02:10:06.15</b>	+00:39:48 (30.6%)	5:39	10.6 (69.3%)
41	<b>SZCZYPIŃSKI Bartosz</b>	<b>1410</b>	GENTLEMEN	M40	17	<b>02:10:18.70</b>	+00:40:00 (30.7%)	5:39	10.6 (69.3%)
42	<b>MACHNIKOWSKI Tomasz</b>	<b>1379</b>	LUKS LUBARTÓW	M40	18	<b>02:10:18.75</b>	+00:40:00 (30.7%)	5:39	10.6 (69.3%)
43	<b>ŚLĘCZKA Sebastian</b>	<b>1412</b>		M30	11	<b>02:11:40.85</b>	+00:41:22 (31.4%)	5:43	10.5 (68.6%)
44	<b>GLEBA Mariusz</b>	<b>1054</b>	PSZCZÓŁKOWSKI TEAM	M30	12	<b>02:11:50.75</b>	+00:41:32 (31.5%)	5:43	10.5 (68.6%)
45	<b>JAWOROWICZ Tomasz</b>	<b>1366</b>	KS PEGAZ	M40	19	<b>02:12:56.95</b>	+00:42:39 (32.1%)	5:46	10.4 (68.0%)
46	<b>KNAP Tomasz</b>	<b>1104</b>	THE STRYCHERS	M30	13	<b>02:13:11.85</b>	+00:42:53 (32.2%)	5:47	10.4 (68.0%)
47	<b>ZAMOJSKI Sebastian</b>	<b>1329</b>	ZDYSZANI.PL	M40	20	<b>02:13:31.65</b>	+00:43:13 (32.4%)	5:48	10.3 (67.3%)
48	<b>STACH Paweł</b>	<b>1264</b>		M50	5	<b>02:14:01.45</b>	+00:43:43 (32.6%)	5:49	10.3 (67.3%)
49	<b>STOPYRA Urszula</b>	<b>1429</b>		K30	3	<b>02:14:23.20</b>	+00:44:05 (32.8%)	5:50	10.3 (67.3%)
50	<b>STASZCZYK Michał</b>	<b>1066</b>		M30	14	<b>02:14:49.25</b>	+00:44:31 (33.0%)	5:51	10.2 (66.7%)
51	<b>LATAWIEC Bartosz</b>	<b>1155</b>		M30	15	<b>02:15:17.15</b>	+00:44:59 (33.3%)	5:52	10.2 (66.7%)
52	<b>BAKIERSKI Filip</b>	<b>1006</b>		M20	8	<b>02:15:42.50</b>	+00:45:24 (33.5%)	5:54	10.2 (66.7%)
53	<b>PITURA Eliza</b>	<b>1227</b>	SZYMANOWSKI TRIATHLON TEAM	K40	1	<b>02:15:59.05</b>	+00:45:41 (33.6%)	5:54	10.1 (66.0%)
54	<b>KUTA Rafał</b>	<b>1146</b>		M40	21	<b>02:16:03.55</b>	+00:45:45 (33.6%)	5:54	10.1 (66.0%)
55	<b>PINDEL Piotr</b>	<b>1225</b>	ŁOWCY PIEROŻKÓW	M30	16	<b>02:17:02.65</b>	+00:46:44 (34.1%)	5:57	10.1 (66.0%)
56	<b>SUMOREK Sebastian</b>	<b>1275</b>		M40	22	<b>02:17:06.45</b>	+00:46:48 (34.1%)	5:57	10.1 (66.0%)
57	<b>KITOWSKA Anna</b>	<b>1100</b>	GŁOGOVIA GŁOGÓW MAŁOPOLSKI	K40	2	<b>02:17:14.30</b>	+00:46:56 (34.2%)	5:58	10.1 (66.0%)
58	<b>PELCZAR Joanna</b>	<b>1062</b>		K20	2	<b>02:17:38.45</b>	+00:47:20 (34.4%)	5:59	10 (65.4%)
59	<b>ŚLIWIŃSKI Andrzej</b>	<b>1290</b>		M60	1	<b>02:17:43.45</b>	+00:47:25 (34.4%)	5:59	10 (65.4%)
60	<b>STACHYRA Bartłomiej</b>	<b>1403</b>		M20	9	<b>02:17:59.05</b>	+00:47:41 (34.6%)	5:59	10 (65.4%)
61	<b>LATAWIEC Jakub</b>	<b>1154</b>		M40	23	<b>02:18:59.50</b>	+00:48:41 (35.0%)	6:02	9.9 (64.7%)
62	<b>ŚRODA Krzysztof</b>	<b>1291</b>		M50	6	<b>02:19:06.35</b>	+00:48:48 (35.1%)	6:02	9.9 (64.7%)
63	<b>WIDERA Tomasz</b>	<b>1316</b>	KOKOSZKA36TEAM	M30	17	<b>02:19:36.60</b>	+00:49:18 (35.3%)	6:04	9.9 (64.7%)
64	<b>HUDYCZ Rafał</b>	<b>1074</b>	BRĄK	M40	24	<b>02:19:41.20</b>	+00:49:23 (35.4%)	6:04	9.9 (64.7%)
65	<b>MAZUREK Łukasz</b>	<b>1185</b>		M30	18	<b>02:19:43.85</b>	+00:49:25 (35.4%)	6:04	9.9 (64.7%)
66	<b>WIĘCEK Marek</b>	<b>1317</b>	RKS HUWDU	M20	10	<b>02:19:57.75</b>	+00:49:39 (35.5%)	6:05	9.9 (64.7%)
67	<b>STRZELCZYK Wiktor</b>	<b>1271</b>	CARPATHIAN RUNNERS	M30	19	<b>02:20:28.20</b>	+00:50:10 (35.7%)	6:06	9.8 (64.1%)
68	<b>BIENIEK Rafał</b>	<b>1016</b>	BUTCHERS BIKE TEAM	M40	25	<b>02:20:59.05</b>	+00:50:41 (36.0%)	6:07	9.8 (64.1%)
69	<b>GRABARCZYK Ilona</b>	<b>1038</b>		K40	3	<b>02:21:16.05</b>	+00:50:58 (36.1%)	6:08	9.8 (64.1%)
70	<b>MOSKWA Monika</b>	<b>1194</b>		K20	3	<b>02:21:59.85</b>	+00:51:41 (36.4%)	6:10	9.7 (63.4%)
71	<b>PELS Daniel</b>	<b>1216</b>	BDTKNM	M40	26	<b>02:22:03.05</b>	+00:51:45 (36.4%)	6:10	9.7 (63.4%)
72	<b>KITOWSKI Bartosz</b>	<b>1101</b>	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	27	<b>02:22:03.40</b>	+00:51:45 (36.4%)	6:10	9.7 (63.4%)
73	<b>KRAMZA Wojciech</b>	<b>1126</b>		M50	7	<b>02:22:04.90</b>	+00:51:47 (36.4%)	6:10	9.7 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
74	<b>POREBSKI Michał</b>	<b>1234</b>		M30	20	<b>02:22:20.35</b>	+00:52:02 (36.6%)	6:11	9.7 (63.4%)
75	<b>SURMAN Mariusz</b>	<b>1276</b>	DZIKIE MUSTANGI	M30	21	<b>02:22:31.90</b>	+00:52:14 (36.6%)	6:11	9.7 (63.4%)
76	<b>CYWIŃSKA Joanna</b>	<b>1005</b>	PRZEMYSKI KLUB BIEGACZA	K30	4	<b>02:24:08.50</b>	+00:53:50 (37.4%)	6:16	9.6 (62.7%)
77	<b>KLAUS Dominik</b>	<b>1370</b>	KS PIASECZNO	M40	28	<b>02:24:25.00</b>	+00:54:07 (37.5%)	6:16	9.6 (62.7%)
78	<b>NOWAK Wojciech</b>	<b>1201</b>	BEFIT24TEAM	M40	29	<b>02:24:27.35</b>	+00:54:09 (37.5%)	6:16	9.6 (62.7%)
79	<b>STASIŃSKI Paweł</b>	<b>1268</b>	SOKÓLSKA GRUPA BIEGOWA	M30	22	<b>02:24:33.05</b>	+00:54:15 (37.5%)	6:17	9.5 (62.1%)
80	<b>KURCZ Magdalena</b>	<b>1144</b>	TEAM GAZELA	K20	4	<b>02:24:39.30</b>	+00:54:21 (37.6%)	6:17	9.5 (62.1%)
81	<b>CHOROMAŃSKI Paweł</b>	<b>1026</b>		M30	23	<b>02:24:45.45</b>	+00:54:27 (37.6%)	6:17	9.5 (62.1%)
82	<b>BARANSKI Piotr</b>	<b>1342</b>		M30	24	<b>02:24:52.75</b>	+00:54:34 (37.7%)	6:17	9.5 (62.1%)
83	<b>KOSIERADZKI Łukasz</b>	<b>1119</b>		M30	25	<b>02:24:58.20</b>	+00:54:40 (37.7%)	6:18	9.5 (62.1%)
84	<b>FORNAL Jacek</b>	<b>1051</b>		M30	26	<b>02:25:02.80</b>	+00:54:44 (37.7%)	6:18	9.5 (62.1%)
85	<b>SAWICKI Robert</b>	<b>1253</b>		M40	30	<b>02:25:49.25</b>	+00:55:31 (38.1%)	6:20	9.5 (62.1%)
86	<b>SZUREK Joanna</b>	<b>1285</b>		K40	4	<b>02:25:50.55</b>	+00:55:32 (38.1%)	6:20	9.5 (62.1%)
87	<b>KAWIK Dawid</b>	<b>1095</b>	FELTANK	M40	31	<b>02:26:10.05</b>	+00:55:52 (38.2%)	6:21	9.4 (61.4%)
88	<b>MUMOT Dariusz</b>	<b>1389</b>	RADZYMIN RUN TEAM	M40	32	<b>02:26:49.15</b>	+00:56:31 (38.5%)	6:23	9.4 (61.4%)
89	<b>ZARZECZNY Marcin</b>	<b>1330</b>	OCR TEAM DĘBICA	M40	33	<b>02:27:06.65</b>	+00:56:48 (38.6%)	6:23	9.4 (61.4%)
90	<b>KOMAN Tomasz</b>	<b>1113</b>	CHEŁMSKA GRUPA TRIATHLONU	M40	34	<b>02:27:07.60</b>	+00:56:49 (38.6%)	6:23	9.4 (61.4%)
91	<b>MROCZEK Justyna</b>	<b>1433</b>	ADIDAS RUNNERS WARSAW	K30	5	<b>02:27:20.90</b>	+00:57:03 (38.7%)	6:24	9.4 (61.4%)
92	<b>PRZYBYŁA Krzysztof</b>	<b>1069</b>	ADIDAS RUNNERS WARSAW	M30	27	<b>02:27:21.10</b>	+00:57:03 (38.7%)	6:24	9.4 (61.4%)
93	<b>KOWALCZUK Paweł</b>	<b>1374</b>		M30	28	<b>02:27:57.40</b>	+00:57:39 (39.0%)	6:25	9.3 (60.8%)
94	<b>BIELECKI Krzysiek</b>	<b>1083</b>		M20	11	<b>02:28:08.55</b>	+00:57:50 (39.0%)	6:26	9.3 (60.8%)
95	<b>DZIEWA Agata</b>	<b>1043</b>		K30	6	<b>02:28:09.25</b>	+00:57:51 (39.1%)	6:26	9.3 (60.8%)
96	<b>KUC Adam</b>	<b>1136</b>	THE STRYCHERS	M40	35	<b>02:28:23.40</b>	+00:58:05 (39.1%)	6:27	9.3 (60.8%)
97	<b>LORYŚ Adam</b>	<b>1161</b>		M30	29	<b>02:28:28.70</b>	+00:58:10 (39.2%)	6:27	9.3 (60.8%)
98	<b>ZWIERZAŃSKI Paweł</b>	<b>1337</b>	STAY INSANE/SZYMANOWSKI TRIATHLON TEAM	M40	36	<b>02:28:32.20</b>	+00:58:14 (39.2%)	6:27	9.3 (60.8%)
99	<b>POLSKI Adrian</b>	<b>1232</b>		M20	12	<b>02:28:33.35</b>	+00:58:15 (39.2%)	6:27	9.3 (60.8%)
100	<b>MAĆIK Mateusz</b>	<b>1186</b>	SZYMANOWSKI TRIATHLON TEAM	M20	13	<b>02:28:34.85</b>	+00:58:16 (39.2%)	6:27	9.3 (60.8%)
101	<b>SKIBIŃSKI Mariusz</b>	<b>1257</b>	MIĘDZYLESIAKI	M40	37	<b>02:28:45.40</b>	+00:58:27 (39.3%)	6:28	9.3 (60.8%)
102	<b>SIŃCZUK Patrycja</b>	<b>1256</b>		K40	5	<b>02:29:01.75</b>	+00:58:43 (39.4%)	6:28	9.3 (60.8%)
103	<b>CZARNECKI Konrad</b>	<b>1351</b>		M30	30	<b>02:29:07.40</b>	+00:58:49 (39.4%)	6:29	9.3 (60.8%)
104	<b>MAGALSKA Natalia</b>	<b>1380</b>		K20	5	<b>02:29:08.25</b>	+00:58:50 (39.5%)	6:29	9.3 (60.8%)
105	<b>KOZAK Marcin</b>	<b>1375</b>	LUKSUS LUBARTÓW	M40	38	<b>02:29:32.15</b>	+00:59:14 (39.6%)	6:30	9.2 (60.1%)
106	<b>ŁUCHNIAK Kuba</b>	<b>154</b>	DROGA DO ULTRA	M30	31	<b>02:29:34.20</b>	+00:59:16 (39.6%)	6:30	9.2 (60.1%)
107	<b>ŚWIERAD Paweł</b>	<b>1413</b>	KOWALEWO BIEGA	M30	32	<b>02:29:55.40</b>	+00:59:37 (39.8%)	6:31	9.2 (60.1%)
108	<b>ZASKURSKI Marcin</b>	<b>1423</b>		M30	33	<b>02:30:19.30</b>	+01:00:01 (39.9%)	6:32	9.2 (60.1%)
109	<b>SZAJEWSKI Arkadiusz</b>	<b>1278</b>	O TAK ŁO	M40	39	<b>02:30:30.35</b>	+01:00:12 (40.0%)	6:32	9.2 (60.1%)
110	<b>ŻUROWSKI Łukasz</b>	<b>1425</b>	BBKS ŁAWECZKA WILANÓW	M40	40	<b>02:31:08.90</b>	+01:00:51 (40.3%)	6:34	9.1 (59.5%)
111	<b>MORYŃ Piotr</b>	<b>1386</b>	WARIATKI HISTERYCZKI	M40	41	<b>02:31:09.95</b>	+01:00:52 (40.3%)	6:34	9.1 (59.5%)
112	<b>SEWERYN-CZYŻ Bożena</b>	<b>1400</b>		K50	1	<b>02:32:04.55</b>	+01:01:46 (40.6%)	6:36	9.1 (59.5%)
113	<b>ŁUSZCZYC Krzysztof</b>	<b>1169</b>		M40	42	<b>02:32:30.70</b>	+01:02:12 (40.8%)	6:37	9 (58.8%)
114	<b>ADAMCZUK Agnieszka</b>	<b>1001</b>	MARKOWI BIEGACZE	K40	6	<b>02:32:59.80</b>	+01:02:41 (41.0%)	6:39	9 (58.8%)
115	<b>ŁUSZCZYC Anna</b>	<b>1170</b>		K30	7	<b>02:33:09.80</b>	+01:02:51 (41.0%)	6:39	9 (58.8%)
116	<b>KĘDZIOR Michał</b>	<b>1097</b>	DRUŻYNA SZPIKU	M30	34	<b>02:33:11.75</b>	+01:02:53 (41.1%)	6:39	9 (58.8%)
117	<b>ŚWIĘCH Anna</b>	<b>1293</b>		K40	7	<b>02:33:22.40</b>	+01:03:04 (41.1%)	6:40	9 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
118	<b>TOKARZ Adrian</b>	<b>1294</b>	DZIKIE MUSTANGI	M30	35	<b>02:33:23.10</b>	+01:03:05 (41.1%)	6:40	9 (58.8%)
119	<b>BIEDROŃ Artur</b>	<b>1014</b>	ERP HEART TEAM	M40	43	<b>02:33:27.50</b>	+01:03:09 (41.2%)	6:40	9 (58.8%)
120	<b>KRUPA Jacek</b>	<b>1132</b>	ATS WHEELS	M40	44	<b>02:33:31.40</b>	+01:03:13 (41.2%)	6:40	9 (58.8%)
121	<b>SAMUŚ Dariusz</b>	<b>1030</b>		M40	45	<b>02:33:34.25</b>	+01:03:16 (41.2%)	6:40	9 (58.8%)
122	<b>WYBRANIEC Wojciech</b>	<b>1326</b>	OFIARY JEDZENIA KOTLETÓW	M40	46	<b>02:33:49.70</b>	+01:03:31 (41.3%)	6:41	9 (58.8%)
123	<b>MADETKO Arkadiusz</b>	<b>1173</b>		M30	36	<b>02:34:11.40</b>	+01:03:53 (41.4%)	6:42	9 (58.8%)
124	<b>FILIP Adam</b>	<b>1357</b>		M30	37	<b>02:34:46.85</b>	+01:04:28 (41.7%)	6:43	8.9 (58.2%)
125	<b>BOROWIEC Mariusz</b>	<b>1019</b>		M40	47	<b>02:34:59.95</b>	+01:04:42 (41.7%)	6:44	8.9 (58.2%)
126	<b>GÓRSKI Marcin</b>	<b>1363</b>	CHEŁMSKA GRUPA TRIATHLONU	M40	48	<b>02:35:01.20</b>	+01:04:43 (41.8%)	6:44	8.9 (58.2%)
127	<b>BANDOSZ Bartłomiej</b>	<b>1008</b>	BBKS ŁAWECZKA WILANÓW	M40	49	<b>02:35:04.20</b>	+01:04:46 (41.8%)	6:44	8.9 (58.2%)
128	<b>ROSTEK Andrzej</b>	<b>1246</b>	MARKOWI BIEGACZE	M50	8	<b>02:35:27.70</b>	+01:05:09 (41.9%)	6:45	8.9 (58.2%)
129	<b>GUSZCZA Ewa</b>	<b>1067</b>	MARKOWI BIEGACZE	K40	8	<b>02:35:43.30</b>	+01:05:25 (42.0%)	6:46	8.9 (58.2%)
130	<b>WAŁCZYK Wojciech</b>	<b>1308</b>		M40	50	<b>02:35:52.45</b>	+01:05:34 (42.1%)	6:46	8.9 (58.2%)
131	<b>BIELECKI Mirmił</b>	<b>1015</b>	SZYMANOWSKI TRIATHLON TEAM	M40	51	<b>02:36:07.60</b>	+01:05:49 (42.2%)	6:47	8.8 (57.5%)
132	<b>POREMSKI Dariusz</b>	<b>1436</b>		M40	52	<b>02:36:21.75</b>	+01:06:03 (42.3%)	6:47	8.8 (57.5%)
133	<b>STRZYŻEWSKI Michał</b>	<b>1273</b>		M30	38	<b>02:36:35.95</b>	+01:06:18 (42.3%)	6:48	8.8 (57.5%)
134	<b>KRÓLIKOWSKA Emilia</b>	<b>1130</b>	GANG ŚWIETLIKOW	K30	8	<b>02:36:47.70</b>	+01:06:29 (42.4%)	6:49	8.8 (57.5%)
135	<b>LASKA Anna</b>	<b>1153</b>	OCR TEAM DĘBICA	K40	9	<b>02:36:47.90</b>	+01:06:30 (42.4%)	6:49	8.8 (57.5%)
136	<b>LESZCZYŃSKA Kamila</b>	<b>1157</b>	GANG ŚWIETLIKÓW	K20	6	<b>02:36:48.80</b>	+01:06:30 (42.4%)	6:49	8.8 (57.5%)
137	<b>LIK Marek</b>	<b>1378</b>	CHEŁM BIEGA	M50	9	<b>02:36:56.75</b>	+01:06:38 (42.5%)	6:49	8.8 (57.5%)
138	<b>SZCZURKOWSKI Sebastian</b>	<b>1409</b>		M30	39	<b>02:37:07.85</b>	+01:06:49 (42.5%)	6:49	8.8 (57.5%)
139	<b>BAJOREK Norbert</b>	<b>1438</b>	FITNESS FREAKS	M40	53	<b>02:37:29.50</b>	+01:07:11 (42.7%)	6:50	8.8 (57.5%)
140	<b>SALAK Krzysztof</b>	<b>1399</b>		M30	40	<b>02:37:45.80</b>	+01:07:27 (42.8%)	6:51	8.7 (56.9%)
141	<b>NAKONIECZNY Jacek</b>	<b>1197</b>	SII RUNNING TEAM	M30	41	<b>02:38:19.25</b>	+01:08:01 (43.0%)	6:53	8.7 (56.9%)
142	<b>WÓJCIK-BILIŃSKA Marta</b>	<b>1422</b>	PKB	K40	10	<b>02:38:26.35</b>	+01:08:08 (43.0%)	6:53	8.7 (56.9%)
142	- -	<b>1426</b>		K40	10	<b>02:38:26.35</b>	+01:08:08 (43.0%)	6:53	8.7 (56.9%)
144	<b>BILIŃSKI Tomasz</b>	<b>1346</b>	PKB	M40	54	<b>02:38:26.40</b>	+01:08:08 (43.0%)	6:53	8.7 (56.9%)
145	<b>WAJDA Andrzej</b>	<b>1416</b>		M30	42	<b>02:38:27.00</b>	+01:08:09 (43.0%)	6:53	8.7 (56.9%)
146	<b>ZDEB Piotr</b>	<b>1424</b>		M40	55	<b>02:39:16.80</b>	+01:08:58 (43.3%)	6:55	8.7 (56.9%)
147	<b>STACHYRA Andrzej</b>	<b>1404</b>		M50	10	<b>02:39:49.70</b>	+01:09:31 (43.5%)	6:56	8.6 (56.2%)
148	<b>RUCIŃSKI Adam</b>	<b>1249</b>		M40	56	<b>02:39:59.35</b>	+01:09:41 (43.6%)	6:57	8.6 (56.2%)
149	<b>KOPER Tomasz</b>	<b>1115</b>		M30	43	<b>02:40:04.55</b>	+01:09:46 (43.6%)	6:57	8.6 (56.2%)
150	<b>KRZYSZTOF Sarad</b>	<b>1123</b>	SPARTAŃSKA DZICZ	M30	44	<b>02:40:11.20</b>	+01:09:53 (43.6%)	6:57	8.6 (56.2%)
151	<b>ANDRZEJEWSKI Krzysztof</b>	<b>1004</b>		M50	11	<b>02:40:18.75</b>	+01:10:00 (43.7%)	6:58	8.6 (56.2%)
152	<b>BREWCAK Maciej</b>	<b>1021</b>	SAVE LIFE	M30	45	<b>02:40:44.65</b>	+01:10:26 (43.8%)	6:59	8.6 (56.2%)
153	<b>BUK Kamil</b>	<b>1023</b>		M30	46	<b>02:40:45.85</b>	+01:10:27 (43.8%)	6:59	8.6 (56.2%)
154	<b>NOSAL Michał</b>	<b>1121</b>	SPARTAŃSKA DZICZ	M40	57	<b>02:40:52.25</b>	+01:10:34 (43.9%)	6:59	8.6 (56.2%)
155	<b>SOBOTA Rafał</b>	<b>1401</b>		M30	47	<b>02:41:00.10</b>	+01:10:42 (43.9%)	7:00	8.6 (56.2%)
156	<b>MARCIŃSKI Kuba</b>	<b>1178</b>	PROJEKT AIK	M40	58	<b>02:41:00.15</b>	+01:10:42 (43.9%)	7:00	8.6 (56.2%)
157	<b>BIGAS Grzegorz</b>	<b>1345</b>	ARENAMED	M30	48	<b>02:41:09.20</b>	+01:10:51 (44.0%)	7:00	8.6 (56.2%)
158	<b>ŚCIESZKA Mateusz</b>	<b>1289</b>		M40	59	<b>02:41:23.40</b>	+01:11:05 (44.0%)	7:01	8.6 (56.2%)
159	<b>WALUSIAK Sylwia</b>	<b>1306</b>	BIEGACZA BIAŁA BIEGA	K30	9	<b>02:41:56.90</b>	+01:11:39 (44.2%)	7:02	8.5 (55.6%)
160	<b>WALUSIAK Kamil</b>	<b>1307</b>		M40	60	<b>02:42:00.20</b>	+01:11:42 (44.3%)	7:02	8.5 (55.6%)
161	<b>STASZCZUK Agata</b>	<b>1405</b>	FOX_ON_ROCKS	K30	10	<b>02:42:15.15</b>	+01:11:57 (44.3%)	7:03	8.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
162	MARONKA Agnieszka	1382		K40	12	02:42:24.50	+01:12:06 (44.4%)	7:03	8.5 (55.6%)
163	MARONKA Bartek	1381		M20	14	02:42:24.95	+01:12:07 (44.4%)	7:03	8.5 (55.6%)
164	BOZA Beata	1020	PADŁ NA RYJ	K40	13	02:42:35.35	+01:12:17 (44.5%)	7:04	8.5 (55.6%)
165	SOSNOWSKA Stella	1261		K40	14	02:43:27.65	+01:13:09 (44.8%)	7:06	8.4 (54.9%)
166	PODKUL Konrad	1229		M30	49	02:43:32.45	+01:13:14 (44.8%)	7:06	8.4 (54.9%)
167	KĄŁDON Sławomir	1089		M30	50	02:44:00.10	+01:13:42 (44.9%)	7:07	8.4 (54.9%)
168	STAFIŃSKI Paweł	1265		M30	51	02:44:11.15	+01:13:53 (45.0%)	7:08	8.4 (54.9%)
169	MATYJASZEK Karolina	1183		K20	7	02:44:11.40	+01:13:53 (45.0%)	7:08	8.4 (54.9%)
170	KNAPCZYK Elżbieta	1105		K40	15	02:44:26.60	+01:14:08 (45.1%)	7:08	8.4 (54.9%)
171	KWAŚNIOK Rafał	1148	NIGHT RUNNERS PYSKOWICE	M30	52	02:44:30.05	+01:14:12 (45.1%)	7:09	8.4 (54.9%)
172	KĘDRA Agnieszka	1096		K30	11	02:45:17.70	+01:14:59 (45.4%)	7:11	8.3 (54.2%)
173	CZARKOWSKI Tomasz	1350		M20	15	02:45:26.25	+01:15:08 (45.4%)	7:11	8.3 (54.2%)
174	MAZUR-RUDNICKA Marlena	1384		K30	12	02:45:29.70	+01:15:11 (45.4%)	7:11	8.3 (54.2%)
175	KUŁAKOWSKI Piotr	1141	CZŁAPACZE	M60	2	02:45:31.30	+01:15:13 (45.4%)	7:11	8.3 (54.2%)
176	NOWOSADZKI Wojciech	1202	FF	M40	61	02:45:35.45	+01:15:17 (45.5%)	7:11	8.3 (54.2%)
177	JATCZAK Monika	1086		K30	13	02:45:36.95	+01:15:19 (45.5%)	7:12	8.3 (54.2%)
178	ŁOAZA Krzysztof	1164	NIGHT RUNNERS PYSKOWICE	M40	62	02:46:23.05	+01:16:05 (45.7%)	7:14	8.3 (54.2%)
179	GÓRSKA Alicja	1059		K30	14	02:46:34.25	+01:16:16 (45.8%)	7:14	8.3 (54.2%)
180	KOŁODZIEJCZYK Marta	1111	ŁĘCZNA BIEGA	K40	16	02:46:34.45	+01:16:16 (45.8%)	7:14	8.3 (54.2%)
181	CHODZIŃSKI Daniel	1025		M40	63	02:47:03.65	+01:16:45 (45.9%)	7:15	8.3 (54.2%)
182	KOŁODZIEJCZYK Maciej	1112	FIZJO SPORT	M40	64	02:47:14.00	+01:16:56 (46.0%)	7:16	8.3 (54.2%)
183	NAJDER Sebastian	1196		M40	65	02:47:23.35	+01:17:05 (46.1%)	7:16	8.2 (53.6%)
184	RÓŻAŃSKI Michał	1248		M30	53	02:47:34.05	+01:17:16 (46.1%)	7:17	8.2 (53.6%)
185	ŁUCZAK-POKÓJ Barbara	1166	NOWOSARZYŃSKA GRUPA BIEGOWA	K20	8	02:47:43.40	+01:17:25 (46.2%)	7:17	8.2 (53.6%)
186	DUCZMAL Wojciech	1041		M40	66	02:48:06.05	+01:17:48 (46.3%)	7:18	8.2 (53.6%)
187	BARAN Andrzej	1011	WILKI JODŁOWA	M40	67	02:48:09.05	+01:17:51 (46.3%)	7:18	8.2 (53.6%)
188	ŁUSZCZ Paweł	1168		M30	54	02:48:24.60	+01:18:06 (46.4%)	7:19	8.2 (53.6%)
189	GŁAZ Marek	1055		M30	55	02:48:28.80	+01:18:10 (46.4%)	7:19	8.2 (53.6%)
190	KILIAN Mariusz	1369		M50	12	02:48:32.80	+01:18:14 (46.4%)	7:19	8.2 (53.6%)
191	POLAŃSKI Robert	1231		M40	68	02:48:50.50	+01:18:32 (46.5%)	7:20	8.2 (53.6%)
192	JĘDRACHOWICZ Agnieszka	1087	WYJĄTKOWE BIEGACZKI	K30	15	02:48:52.00	+01:18:34 (46.5%)	7:20	8.2 (53.6%)
193	MAJEWSKI Wiesław	1175	GRZMOT KOMORNIKI	M40	69	02:48:55.45	+01:18:37 (46.5%)	7:20	8.2 (53.6%)
194	CIEMNY Wojciech	1029	NIGHT RUNNERS PYSKOWICE	M40	70	02:49:41.45	+01:19:23 (46.8%)	7:22	8.1 (52.9%)
195	MAZUREK Grzegorz	1383	AKADEMIA LEONA KOŹMIŃSKIEGO	M40	71	02:49:50.50	+01:19:32 (46.8%)	7:23	8.1 (52.9%)
196	MAGDA Piotr	1174	NIGHTRUNNERS PYSKOWICE	M50	13	02:49:51.25	+01:19:33 (46.8%)	7:23	8.1 (52.9%)
197	ZYSKOWSKI Michał	1338	TRONIK TRIATHLON TEAM	M30	56	02:50:35.90	+01:20:18 (47.1%)	7:25	8.1 (52.9%)
198	KOWALCZYK Magda	1072		K30	16	02:50:36.20	+01:20:18 (47.1%)	7:25	8.1 (52.9%)
199	SKÓRA Marcin	1259	EMES	M50	14	02:50:46.60	+01:20:28 (47.1%)	7:25	8.1 (52.9%)
200	BOROWSKA Teresa	1428		K50	2	02:50:58.20	+01:20:40 (47.2%)	7:26	8.1 (52.9%)
201	DARŁAK Joanna	1036		K30	17	02:51:37.25	+01:21:19 (47.4%)	7:27	8 (52.3%)
202	LE FELIC Monika	1159		K40	17	02:51:40.95	+01:21:23 (47.4%)	7:27	8 (52.3%)
203	BUREC-KWIECIEN Anna	1151	OJOS	K40	18	02:51:51.75	+01:21:33 (47.5%)	7:28	8 (52.3%)
204	JAGIEŁŁO Jarosław	1077		M40	72	02:51:57.90	+01:21:40 (47.5%)	7:28	8 (52.3%)
205	KUFEL Grzegorz	1137	STAY INSANE	M30	57	02:52:37.00	+01:22:19 (47.7%)	7:30	8 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
206	<b>KULITA Marta</b>	<b>1140</b>		K20	9	<b>02:52:41.65</b>	+01:22:23 (47.7%)	7:30	8 (52.3%)
207	<b>SZERSZEŃ Małgorzata</b>	<b>1411</b>	PIASECZNO RUNNING	K40	19	<b>02:53:43.60</b>	+01:23:25 (48.0%)	7:33	7.9 (51.6%)
208	<b>PECIO Kamil</b>	<b>1437</b>	PIASECZNO RUNNING	M30	58	<b>02:53:44.20</b>	+01:23:26 (48.0%)	7:33	7.9 (51.6%)
209	<b>PENKALA Grzegorz</b>	<b>1219</b>		M50	15	<b>02:53:46.85</b>	+01:23:28 (48.0%)	7:33	7.9 (51.6%)
210	<b>POŹNIAK Marcin</b>	<b>1236</b>	NIGHT RUNNERS PYSKOWICE	M30	59	<b>02:54:25.75</b>	+01:24:07 (48.2%)	7:35	7.9 (51.6%)
211	<b>GÓROWSKA Anna</b>	<b>1058</b>		K20	10	<b>02:54:28.30</b>	+01:24:10 (48.2%)	7:35	7.9 (51.6%)
212	<b>KOSTRZON Maciej</b>	<b>1120</b>	SFORA-BMK	M40	73	<b>02:54:45.80</b>	+01:24:27 (48.3%)	7:35	7.9 (51.6%)
213	<b>PANASIUK Paweł</b>	<b>1211</b>	PAWKO RUNNER TEAM	M30	60	<b>02:55:14.25</b>	+01:24:56 (48.5%)	7:37	7.9 (51.6%)
214	<b>WASIEWICZ Michał</b>	<b>1310</b>		M30	61	<b>02:55:41.55</b>	+01:25:23 (48.6%)	7:38	7.9 (51.6%)
215	<b>MASZKOWSKA Anna</b>	<b>1181</b>		K40	20	<b>02:55:54.45</b>	+01:25:36 (48.7%)	7:38	7.8 (51.0%)
216	<b>MASZKOWSKI Rafał</b>	<b>1182</b>		M40	74	<b>02:55:54.55</b>	+01:25:36 (48.7%)	7:38	7.8 (51.0%)
217	<b>RZEPNIEWSKA Joanna</b>	<b>1251</b>	MARKOWI BIEGACZE	K40	21	<b>02:56:29.30</b>	+01:26:11 (48.8%)	7:40	7.8 (51.0%)
218	<b>LEŚNIAKOWSKA Anna</b>	<b>1158</b>	TUR	K40	22	<b>02:57:15.95</b>	+01:26:58 (49.1%)	7:42	7.8 (51.0%)
219	<b>KUMIEGA Józef</b>	<b>1142</b>	WILKI JODŁOWA	M50	16	<b>02:57:44.65</b>	+01:27:26 (49.2%)	7:43	7.8 (51.0%)
220	<b>MROZEK Marcin</b>	<b>1195</b>	MAZOVIA PROACTIV	M30	62	<b>02:58:28.65</b>	+01:28:10 (49.4%)	7:45	7.7 (50.3%)
221	<b>GÓROWSKA Mariola</b>	<b>1057</b>		K40	23	<b>02:58:54.90</b>	+01:28:37 (49.5%)	7:46	7.7 (50.3%)
222	<b>POKRYWKA Stefan</b>	<b>1118</b>		M60	3	<b>03:01:03.50</b>	+01:30:45 (50.1%)	7:52	7.6 (49.7%)
223	<b>DOMAŃSKI Łukasz</b>	<b>1354</b>	LUKS LUBARTÓW	M40	75	<b>03:01:14.95</b>	+01:30:57 (50.2%)	7:52	7.6 (49.7%)
224	<b>FURTAK Edyta</b>	<b>1361</b>	LUKSLUBARTÓW	K30	18	<b>03:01:17.30</b>	+01:30:59 (50.2%)	7:52	7.6 (49.7%)
225	<b>MERESTA Konrad</b>	<b>1189</b>	LW BOGDANKA	M30	63	<b>03:02:08.55</b>	+01:31:50 (50.4%)	7:55	7.6 (49.7%)
226	<b>WASIK Marta</b>	<b>1311</b>	EDC RUNNERS	K30	19	<b>03:03:32.45</b>	+01:33:14 (50.8%)	7:58	7.5 (49.0%)
227	<b>PIJANKA Aleksandra</b>	<b>1224</b>		K30	20	<b>03:03:50.70</b>	+01:33:32 (50.9%)	7:59	7.5 (49.0%)
228	<b>RADLOK Iwona</b>	<b>1242</b>		K40	24	<b>03:03:50.90</b>	+01:33:33 (50.9%)	7:59	7.5 (49.0%)
229	<b>PAWELEC Krystyna</b>	<b>1214</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	1	<b>03:05:00.00</b>	+01:34:42 (51.2%)	8:02	7.5 (49.0%)
230	<b>PASZEK Krystyna</b>	<b>1213</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	2	<b>03:05:03.75</b>	+01:34:45 (51.2%)	8:02	7.5 (49.0%)
231	<b>BUGAJSKA Katarzyna</b>	<b>1022</b>		K40	25	<b>03:05:58.20</b>	+01:35:40 (51.4%)	8:05	7.4 (48.4%)
232	<b>GRUDNIEWSKI Leszek</b>	<b>1065</b>		M50	17	<b>03:06:31.95</b>	+01:36:14 (51.6%)	8:06	7.4 (48.4%)
233	<b>SIKORSKA Agnieszka</b>	<b>1255</b>		K30	21	<b>03:07:04.25</b>	+01:36:46 (51.7%)	8:08	7.4 (48.4%)
234	<b>SZYMCZYŃSKI Błażej</b>	<b>1288</b>	BIG TEAM	M30	64	<b>03:07:11.50</b>	+01:36:53 (51.8%)	8:08	7.4 (48.4%)
235	<b>KRASOŃ Justyna</b>	<b>1127</b>	TSA SANDOMIERZ	K40	26	<b>03:07:23.65</b>	+01:37:05 (51.8%)	8:08	7.4 (48.4%)
236	<b>WĘGRZYN Emil</b>	<b>1315</b>	WARBUD RUNNING TEAM	M30	65	<b>03:07:36.70</b>	+01:37:18 (51.9%)	8:09	7.4 (48.4%)
237	<b>WĘGRZYN Małgorzata</b>	<b>1314</b>		K30	22	<b>03:07:43.45</b>	+01:37:25 (51.9%)	8:09	7.4 (48.4%)
238	<b>PENKALA Marcin</b>	<b>1218</b>	STRANGERS	M40	76	<b>03:08:10.25</b>	+01:37:52 (52.0%)	8:10	7.3 (47.7%)
239	<b>ALBIGOWSKA POZYTYWNIE_ROZBIEGANA Magdalena</b>	<b>1003</b>		K30	23	<b>03:08:40.20</b>	+01:38:22 (52.1%)	8:12	7.3 (47.7%)
240	<b>ADAMSKI Bartłomiej</b>	<b>1002</b>		M40	77	<b>03:08:40.50</b>	+01:38:22 (52.1%)	8:12	7.3 (47.7%)
241	<b>PENAR Arkadiusz</b>	<b>1217</b>		M50	18	<b>03:08:46.65</b>	+01:38:28 (52.2%)	8:12	7.3 (47.7%)
242	<b>IWASZEK Paweł</b>	<b>1075</b>	BUTCHERS BIKE TEAM	M40	78	<b>03:10:45.30</b>	+01:40:27 (52.7%)	8:17	7.2 (47.1%)
243	<b>KURYŁO Tomasz</b>	<b>1145</b>		M40	79	<b>03:11:28.30</b>	+01:41:10 (52.8%)	8:19	7.2 (47.1%)
244	<b>MAŁEK Bartłomiej</b>	<b>1177</b>		M40	80	<b>03:11:43.35</b>	+01:41:25 (52.9%)	8:20	7.2 (47.1%)
245	<b>MAŁEK Michał</b>	<b>1176</b>	EVERPROF	M40	81	<b>03:11:43.55</b>	+01:41:25 (52.9%)	8:20	7.2 (47.1%)
246	<b>KIELASIŃSKI Krzysztof</b>	<b>1099</b>	GANG ŚWIETLIKÓW	M40	82	<b>03:12:27.95</b>	+01:42:10 (53.1%)	8:22	7.2 (47.1%)
247	<b>SZCZEPKOWSKI Paweł</b>	<b>1407</b>	ARTEQUIPMENT	M60	4	<b>03:12:40.20</b>	+01:42:22 (53.1%)	8:22	7.2 (47.1%)
248	<b>CIELAK Jerzy</b>	<b>1028</b>		M60	5	<b>03:12:52.55</b>	+01:42:34 (53.2%)	8:23	7.2 (47.1%)
249	<b>OGONOWSKI Michał</b>	<b>1203</b>	CB163	M40	83	<b>03:12:53.50</b>	+01:42:35 (53.2%)	8:23	7.2 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
250	<b>KRUZEL Rafał</b>	<b>1133</b>	BIEGOWE MISIE	M50	19	<b>03:12:55.10</b>	+01:42:37 (53.2%)	8:23	7.2 (47.1%)
251	<b>KRUZEL Joanna</b>	<b>1134</b>	BIEGOWE MISIE	K30	24	<b>03:12:55.55</b>	+01:42:37 (53.2%)	8:23	7.2 (47.1%)
252	<b>KOŃKA Mariusz</b>	<b>1114</b>	BOGDAN TEAM	M50	20	<b>03:12:56.50</b>	+01:42:38 (53.2%)	8:23	7.2 (47.1%)
253	<b>PIĄSTKA Daniel</b>	<b>1223</b>		M40	84	<b>03:12:58.15</b>	+01:42:40 (53.2%)	8:23	7.2 (47.1%)
254	<b>SZYMANOWSKA Monika</b>	<b>1287</b>		K40	27	<b>03:13:03.40</b>	+01:42:45 (53.2%)	8:23	7.1 (46.4%)
255	<b>SAŁAMACHA Stanisław</b>	<b>1252</b>	KB BIAŁA BIEGA1	M60	6	<b>03:13:18.15</b>	+01:43:00 (53.3%)	8:24	7.1 (46.4%)
256	<b>MILCZARSKI Krzysztof</b>	<b>1191</b>	KLUB BIEGACZA BIAŁA BIEGA	M60	7	<b>03:13:18.25</b>	+01:43:00 (53.3%)	8:24	7.1 (46.4%)
257	<b>KORNILUK Bogdan</b>	<b>1116</b>	BIAŁA BIEGA	M60	8	<b>03:13:19.00</b>	+01:43:01 (53.3%)	8:24	7.1 (46.4%)
258	<b>BAŃBURA Sławek</b>	<b>1009</b>	TIME2GO	M50	21	<b>03:13:20.25</b>	+01:43:02 (53.3%)	8:24	7.1 (46.4%)
259	<b>KULITA Ela</b>	<b>1139</b>	TAK LUBIĘ SANDOMIERZ	K40	28	<b>03:13:21.05</b>	+01:43:03 (53.3%)	8:24	7.1 (46.4%)
260	<b>WOLSKA Małgorzata</b>	<b>1420</b>	WOLSCY BROTHERS DESTRUCTION TEAM	K60	3	<b>03:14:06.25</b>	+01:43:48 (53.5%)	8:26	7.1 (46.4%)
261	<b>KADYK Łukasz</b>	<b>1079</b>	CEZAR	M40	85	<b>03:14:45.25</b>	+01:44:27 (53.6%)	8:28	7.1 (46.4%)
262	<b>OPOLSKI Piotr</b>	<b>1391</b>	LUKS LUBARTÓW - SEKCJA BIEGOWA	M40	86	<b>03:17:51.85</b>	+01:47:33 (54.4%)	8:36	7 (45.8%)
263	<b>KOBIELA Przemysław</b>	<b>1106</b>		M50	22	<b>03:18:59.80</b>	+01:48:41 (54.6%)	8:39	6.9 (45.1%)
264	<b>RYSIAWA Joanna</b>	<b>1250</b>		K40	29	<b>03:19:27.85</b>	+01:49:09 (54.7%)	8:40	6.9 (45.1%)
265	<b>TRACZ Agnieszka</b>	<b>1297</b>		K30	25	<b>03:19:33.95</b>	+01:49:16 (54.8%)	8:40	6.9 (45.1%)
266	<b>UNIOWSKI Tomasz</b>	<b>1301</b>	ĆMY BAROWE	M40	87	<b>03:20:59.40</b>	+01:50:41 (55.1%)	8:44	6.9 (45.1%)
267	<b>SĘK Tomasz</b>	<b>1254</b>	ĆMY BAROWE	M30	66	<b>03:21:02.20</b>	+01:50:44 (55.1%)	8:44	6.9 (45.1%)
268	<b>GROCHOWSKI Karol</b>	<b>1064</b>	ĆMY BAROWE	M30	67	<b>03:21:05.40</b>	+01:50:47 (55.1%)	8:44	6.9 (45.1%)
269	<b>ZACHARZYŃSKA Katarzyna</b>	<b>1063</b>	ORANGE POLSKA	K30	26	<b>03:22:01.75</b>	+01:51:43 (55.3%)	8:47	6.8 (44.4%)
270	<b>KASZUBA Katarzyna</b>	<b>1071</b>		K30	27	<b>03:25:50.80</b>	+01:55:32 (56.1%)	8:56	6.7 (43.8%)
271	<b>IZDEBSKA Renata</b>	<b>1076</b>	-	K60	4	<b>03:27:33.55</b>	+01:57:15 (56.5%)	9:01	6.6 (43.1%)
272	<b>DUCHNOWSKA Karolina</b>	<b>1040</b>	RUN TEAM TYGRYSY ORZYSZ	K30	28	<b>03:28:53.80</b>	+01:58:35 (56.8%)	9:04	6.6 (43.1%)
273	<b>WASZKIEWICZ Marta</b>	<b>1312</b>	RUN TEAM TYGRYSY ORZYSZ	K40	30	<b>03:29:20.35</b>	+01:59:02 (56.9%)	9:06	6.6 (43.1%)
274	<b>KAMIONOWSKI Mariusz-Jacek</b>	<b>1037</b>		M50	23	<b>03:30:47.70</b>	+02:00:29 (57.2%)	9:09	6.5 (42.5%)
275	<b>WIERCHOŁA Joanna</b>	<b>1018</b>		K60	5	<b>03:30:48.25</b>	+02:00:30 (57.2%)	9:09	6.5 (42.5%)
276	<b>MORDZIŃSKI Marcin</b>	<b>1193</b>		M50	24	<b>03:31:37.50</b>	+02:01:19 (57.3%)	9:12	6.5 (42.5%)
277	<b>JANIK Paweł</b>	<b>1080</b>	PRASKIE ULTRAŁOSIE	M40	88	<b>03:32:19.10</b>	+02:02:01 (57.5%)	9:13	6.5 (42.5%)
278	<b>PAPIERNIK Aneta</b>	<b>1212</b>	MARKOWI BIEGACZE	K40	31	<b>03:32:59.85</b>	+02:02:41 (57.6%)	9:15	6.5 (42.5%)
279	<b>JUSZCZYK Jarosław</b>	<b>1088</b>		M40	89	<b>03:33:16.15</b>	+02:02:58 (57.7%)	9:16	6.5 (42.5%)
280	<b>BAREŁA Andrzej</b>	<b>1013</b>	FIFARAF	M40	90	<b>03:36:43.80</b>	+02:06:25 (58.3%)	9:25	6.4 (41.8%)
281	<b>WILGOSIEWICZ Paulina</b>	<b>1318</b>	MARKOWI BIEGACZE	K40	32	<b>03:38:05.95</b>	+02:07:48 (58.6%)	9:28	6.3 (41.2%)
282	<b>MAKOSA Konrad</b>	<b>1187</b>		M40	91	<b>03:38:59.30</b>	+02:08:41 (58.8%)	9:31	6.3 (41.2%)
283	<b>KĘPA Piotr</b>	<b>1098</b>		M30	68	<b>03:39:09.45</b>	+02:08:51 (58.8%)	9:31	6.3 (41.2%)
284	<b>KRAWCZUK Sylwia</b>	<b>1129</b>	SAME PRZYJEMNOŚCI	K40	33	<b>03:39:16.60</b>	+02:08:58 (58.8%)	9:32	6.3 (41.2%)
285	<b>DUNIEC Małgorzata</b>	<b>1042</b>		K30	29	<b>03:43:51.70</b>	+02:13:33 (59.7%)	9:43	6.2 (40.5%)
286	<b>WALAC Anna</b>	<b>1303</b>		K30	30	<b>03:43:51.85</b>	+02:13:33 (59.7%)	9:43	6.2 (40.5%)
287	<b>BARNAS Ilona</b>	<b>1434</b>		K30	31	<b>03:44:15.75</b>	+02:13:57 (59.7%)	9:45	6.2 (40.5%)
288	<b>STROŃSKA Agnieszka</b>	<b>1270</b>	KOPALNIA MOCY	K40	34	<b>03:45:14.35</b>	+02:14:56 (59.9%)	9:47	6.1 (39.9%)
289	<b>BANASIK Magdalena</b>	<b>1007</b>	FIFARAF STW	K40	35	<b>03:47:25.40</b>	+02:17:07 (60.3%)	9:53	6.1 (39.9%)
290	<b>GAŁACKA Joanna</b>	<b>1061</b>		K40	36	<b>03:54:10.80</b>	+02:23:52 (61.4%)	10:10	5.9 (38.6%)
291	<b>ZABOST Anna</b>	<b>1328</b>		K30	32	<b>03:54:11.30</b>	+02:23:53 (61.4%)	10:10	5.9 (38.6%)
292	<b>FARBISZEWSKI Marek</b>	<b>1439</b>	ORANGE POLSKA	M40	92	<b>04:06:17.20</b>	+02:35:59 (63.3%)	10:42	5.6 (36.6%)
293	<b>KULA Ewa</b>	<b>1138</b>		K40	37	<b>04:08:38.65</b>	+02:38:20 (63.7%)	10:48	5.6 (36.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
294	<b>KACZOR Marzena</b>	<b>1367</b>		K40	38	<b>04:08:49.00</b>	+02:38:31 (63.7%)	10:49	5.5 (35.9%)
295	<b>JASIŃSKA Natalia</b>	<b>1085</b>	EXTREME WOLF	K30	33	<b>04:15:23.25</b>	+02:45:05 (64.6%)	11:06	5.4 (35.3%)
295	<b>PAWŁOWSKA Anna</b>	<b>1215</b>	EXTREME WOLF	K40	39	<b>04:15:23.25</b>	+02:45:05 (64.6%)	11:06	5.4 (35.3%)
297	<b>REY Patryk</b>	<b>1244</b>	REYRUNNINGTEAM	M20	16	<b>04:29:37.00</b>	+02:59:19 (66.5%)	11:43	5.1 (33.3%)
298	<b>REY Andrzej</b>	<b>1245</b>	REY RUNNING TEAM	M40	93	<b>04:29:38.25</b>	+02:59:20 (66.5%)	11:43	5.1 (33.3%)
299	<b>KOLASA Barbara</b>	<b>1108</b>	KLUB J.SŁOWACKIEGO	K60	6	<b>04:30:52.80</b>	+03:00:34 (66.7%)	11:46	5.1 (33.3%)
300	<b>CZECHOWSKA Izabela</b>	<b>1034</b>	WW TEAM	K40	40	<b>04:45:13.00</b>	+03:14:55 (68.3%)	12:24	4.8 (31.4%)
301	<b>ŁAHODA Agnieszka</b>	<b>1162</b>		K40	41	<b>04:45:13.55</b>	+03:14:55 (68.3%)	12:24	4.8 (31.4%)
302	<b>HERNAS Aneta</b>	<b>1073</b>		K40	42	<b>04:45:17.60</b>	+03:14:59 (68.3%)	12:24	4.8 (31.4%)

Znaleziono 302 wynik(ów)