

VII ZIMOWY MARATON BIESZCZADZKI 2021 - 43KM

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2021
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-03-20
Miejsce: Cisna
Dystans: 43 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
1	TKACZEWSKI Piotr	284	MIECHÓW	M40	1	03:18:20.45		4:30	13.3 (100%)
2	ZIEJEWSKI Grzegorz	398		M40	2	03:21:00.80	+00:02:40 (1.3%)	4:34	13.1 (98.5%)
3	FLOREK Sebastian	323	PRZEHYBA TRAIL	M30	1	03:31:14.40	+00:12:53 (6.1%)	4:48	12.5 (94.0%)
4	SZCZEPANIAK Witold	267	WSPÓLNY DOJAZD 695092103	M40	3	03:39:34.30	+00:21:13 (9.7%)	4:59	12 (90.2%)
5	NEHRING Karol	387		M20	1	03:42:54.95	+00:24:34 (11.0%)	5:03	11.8 (88.7%)
6	KURKIEWICZ Krzysztof	143	NIEPOŁOMICE BIEGAJĄ	M40	4	03:44:47.75	+00:26:27 (11.8%)	5:06	11.7 (88.0%)
7	SENDOR Piotr	245		M40	5	03:45:34.85	+00:27:14 (12.1%)	5:07	11.7 (88.0%)
8	RYCHTER Karol	378	THE RYCHTERS	M40	6	03:53:13.35	+00:34:52 (15.0%)	5:18	11.3 (85.0%)
9	SKAWIŃSKI Tomasz	251	GOPR BIESZCZADY	M40	7	03:53:43.85	+00:35:23 (15.1%)	5:18	11.3 (85.0%)
10	MOSKALIK Tomasz	348	TG SOKÓŁ ZAKOPANE	M40	8	03:57:19.50	+00:38:59 (16.4%)	5:23	11.1 (83.5%)
11	KRZEMIŃSKI Marcin	136	SPRINT GORZYCE	M40	9	03:58:08.50	+00:39:48 (16.7%)	5:24	11.1 (83.5%)
12	DZIURZYŃSKI Paweł	322		M30	2	03:59:20.25	+00:40:59 (17.1%)	5:26	11 (82.7%)
13	OLSZEWSKI Piotr	192		M30	3	04:00:26.40	+00:42:05 (17.5%)	5:27	11 (82.7%)
14	SPYRKA Piotr	362	KLUB BIEGACZA FARTLEK	M30	4	04:00:31.95	+00:42:11 (17.5%)	5:27	11 (82.7%)
15	DOBRYŃSKI Andrzej	320		M40	10	04:02:13.10	+00:43:52 (18.1%)	5:30	10.9 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
16	GĄCIARZ Mateusz	60		M30	5	04:05:23.00	+00:47:02 (19.2%)	5:34	10.8 (81.2%)
17	MARKOWSKI Marcin	385	UKS KOMETA GLIWICE/BIEG RZEŹNIKA	M40	11	04:07:36.45	+00:49:16 (19.9%)	5:37	10.7 (80.5%)
18	MALECKA-LEŃ Patrycja	345	STAJNIA BALONA	K40	1	04:07:44.20	+00:49:23 (19.9%)	5:37	10.7 (80.5%)
19	OSICKI Dawid	195	KATALPA PRODUCENT DOMÓW DREWNIANYCH	M20	2	04:09:33.50	+00:51:13 (20.5%)	5:40	10.6 (79.7%)
20	WĘGLIŃSKI Mikołaj	294		M30	6	04:10:05.30	+00:51:44 (20.7%)	5:41	10.6 (79.7%)
21	DOMISZEWSKA Maria	40		K50	1	04:10:13.00	+00:51:52 (20.7%)	5:41	10.6 (79.7%)
22	WEREMKO Grzegorz	293	MULTIMEDIA RUNNERS PUŁAWY	M40	12	04:13:53.60	+00:55:33 (21.9%)	5:46	10.4 (78.2%)
23	DEINIUK Roman	396		M20	3	04:18:30.45	+01:00:10 (23.3%)	5:52	10.2 (76.7%)
24	PYSZ Grzegorz	225	HRMAX ŻORY	M40	13	04:19:50.60	+01:01:30 (23.7%)	5:54	10.2 (76.7%)
25	KOMISARCZYK Anna	122		K30	1	04:22:25.45	+01:04:05 (24.4%)	5:57	10.1 (75.9%)
26	GAJEWSKI Paweł	397	BEAUTY SPORT	M50	1	04:23:48.00	+01:05:27 (24.8%)	5:59	10 (75.2%)
27	JANUS Justyna	328	GOHARDORGOHOME	K30	2	04:23:55.25	+01:05:34 (24.8%)	5:59	10 (75.2%)
28	RYCHTER Marcin	238	THE RYCHTERS	M50	2	04:24:47.80	+01:06:27 (25.1%)	6:01	10 (75.2%)
29	GRZYBOWSKI Rafał	85	OBY PRZED LIMITEM	M40	14	04:24:57.05	+01:06:36 (25.1%)	6:01	10 (75.2%)
30	WINIARSKI Krystian	298	WSD	M30	7	04:25:05.00	+01:06:44 (25.2%)	6:01	10 (75.2%)
31	ZIEMNICKI Michał	309		M40	15	04:26:14.85	+01:07:54 (25.5%)	6:03	9.9 (74.4%)
32	KOBIERSKI Piotr	117	UKA ULTRAS RUNNERS	M40	16	04:28:06.55	+01:09:46 (26.0%)	6:05	9.8 (73.7%)
33	SOBIESZEK Sylwia	253	ZWOLEŃNICY BIEGANIA	K30	3	04:28:18.40	+01:09:57 (26.1%)	6:05	9.8 (73.7%)
34	DOBRYNIEWSKI Stanisław	37	AUTOREKIN	M40	17	04:28:31.25	+01:10:10 (26.1%)	6:06	9.8 (73.7%)
35	BOJAŃSKI Zbigniew	17	GB GĘSIORZE ZAGÓRÓW	M30	8	04:29:34.90	+01:11:14 (26.4%)	6:07	9.8 (73.7%)
36	KURCEWICZ Paweł	142		M30	9	04:30:09.60	+01:11:49 (26.6%)	6:08	9.8 (73.7%)
37	CHUCHAŁA Paweł	29	MARKOWI BIEGACZE	M40	18	04:30:56.05	+01:12:35 (26.8%)	6:09	9.7 (72.9%)
38	CZYŻ Grzegorz	318		M40	19	04:31:49.40	+01:13:28 (27.0%)	6:10	9.7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
39	TROJNAR Damian	285	KS JANUSZE	M30	10	04:32:05.55	+01:13:45 (27.1%)	6:11	9.7 (72.9%)
40	KALTENBERG Janusz	109		M50	3	04:32:14.15	+01:13:53 (27.1%)	6:11	9.7 (72.9%)
41	ZIĘBA Sabina	311	FOREVER TEAM	K30	4	04:32:25.80	+01:14:05 (27.2%)	6:11	9.7 (72.9%)
42	SUDACKI Sebastian	266		M20	4	04:32:28.45	+01:14:08 (27.2%)	6:11	9.7 (72.9%)
43	STEFANIUK Roman	258		M50	4	04:33:06.80	+01:14:46 (27.4%)	6:12	9.7 (72.9%)
44	PELA Dariusz	206		M30	11	04:33:14.35	+01:14:53 (27.4%)	6:12	9.7 (72.9%)
45	RADYK Jakub	390	PRZEMYSKI KLUB BIEGACZA	M30	12	04:33:49.40	+01:15:28 (27.6%)	6:13	9.6 (72.2%)
46	JACHIMOWSKI Jarosław	95	POZYTYWNE ZABIEGANI SANOK	M30	13	04:33:53.30	+01:15:32 (27.6%)	6:13	9.6 (72.2%)
47	CURZYDŁO Bogdan	32	POZYTYWNE ZABIEGANI SANOK	M40	20	04:33:53.80	+01:15:33 (27.6%)	6:13	9.6 (72.2%)
48	WAŚNIEWSKA Karolina	291	BIEGIEM RADOM!	K40	2	04:33:57.85	+01:15:37 (27.6%)	6:13	9.6 (72.2%)
49	TAUZ Andrzej	282		M40	21	04:34:12.00	+01:15:51 (27.7%)	6:13	9.6 (72.2%)
50	GRZEGOREK Paweł	84	KINGRUNNER ULTRA TEAM	M40	22	04:34:24.00	+01:16:03 (27.7%)	6:14	9.6 (72.2%)
51	KAMIŃSKI Marek	111		M30	14	04:35:26.85	+01:17:06 (28.0%)	6:15	9.6 (72.2%)
52	BRZozowski Karol	23	ORT ŁOMIANKI	M30	15	04:35:29.00	+01:17:08 (28.0%)	6:15	9.6 (72.2%)
53	KRUKAR Grzegorz	341	AZS AWF KRAKÓW MASTERS	M20	5	04:38:53.35	+01:20:32 (28.9%)	6:20	9.5 (71.4%)
54	MOSKAŁA Remigiusz	180		M40	23	04:39:04.60	+01:20:44 (28.9%)	6:20	9.5 (71.4%)
55	DOMAGAŁA Krzysztof	38	PSARUS 87' WRZEŚNIA	M30	16	04:40:00.00	+01:21:39 (29.2%)	6:21	9.4 (70.7%)
56	STRUK Jacek	262		M30	17	04:41:14.65	+01:22:54 (29.5%)	6:23	9.4 (70.7%)
57	ANTCZAK Jolanta	2	SPORTOWE PUŁAWY	K30	5	04:41:27.15	+01:23:06 (29.5%)	6:23	9.4 (70.7%)
58	GONCZAR Szymon	69		M30	18	04:41:50.45	+01:23:30 (29.6%)	6:24	9.4 (70.7%)
59	KAPICA Marek	333		M30	19	04:42:02.25	+01:23:41 (29.7%)	6:24	9.4 (70.7%)
60	CEREMUGA Marcin	27	SUSKA GRUPA BIEGOWA	M30	20	04:42:10.10	+01:23:49 (29.7%)	6:24	9.4 (70.7%)
61	FEDAK Bohdan	47		M40	24	04:42:18.20	+01:23:57 (29.7%)	6:24	9.4 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
62	STACHURSKI Paweł	53		M30	21	04:42:38.00	+01:24:17 (29.8%)	6:25	9.3 (69.9%)
63	KALISZ Karolina	108		K20	1	04:42:49.90	+01:24:29 (29.9%)	6:25	9.3 (69.9%)
64	JANKOWIAK Przemysław	97		M50	5	04:43:25.00	+01:25:04 (30.0%)	6:26	9.3 (69.9%)
65	RAKOCZY Paweł	229		M40	25	04:45:23.30	+01:27:02 (30.5%)	6:29	9.3 (69.9%)
66	GARUS Łukasz	56		M40	26	04:45:25.95	+01:27:05 (30.5%)	6:29	9.2 (69.2%)
67	ASŁANOWICZ Marcin	3		M40	27	04:45:54.20	+01:27:33 (30.6%)	6:29	9.2 (69.2%)
68	ZIMAK Sebastian	312		M40	28	04:46:56.20	+01:28:35 (30.9%)	6:31	9.2 (69.2%)
69	GOLEŚ Grzegorz	325	RUN GIEDLAROWA	M30	22	04:49:16.25	+01:30:55 (31.4%)	6:34	9.1 (68.4%)
70	WAŃKOWICZ Adrian	288		M30	23	04:50:28.40	+01:32:07 (31.7%)	6:36	9.1 (68.4%)
71	MAJEWICZ Grzegorz	158		M40	29	04:50:38.90	+01:32:18 (31.8%)	6:36	9.1 (68.4%)
72	BLADY Bogdan	12		M50	6	04:51:19.40	+01:32:58 (31.9%)	6:37	9.1 (68.4%)
73	MUŚKIEWICZ Adam	185		M20	6	04:52:07.40	+01:33:46 (32.1%)	6:38	9 (67.7%)
74	KOZDROWICZ Karol	130		M50	7	04:53:42.00	+01:35:21 (32.5%)	6:40	9 (67.7%)
75	KRAUZE Tomasz	340	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M50	8	04:53:44.40	+01:35:23 (32.5%)	6:40	9 (67.7%)
76	PORĘBA Eugeniusz	219		M50	9	04:53:45.25	+01:35:24 (32.5%)	6:40	9 (67.7%)
77	JASTRZĄB Piotr	100	DEKAN LESKO	M50	10	04:54:57.95	+01:36:37 (32.8%)	6:42	9 (67.7%)
78	KOZIOŁ Andrzej	132		M40	30	04:56:15.70	+01:37:55 (33.1%)	6:43	8.9 (66.9%)
79	GŁĄBSKI Paweł	64	OLD & FAT GG SQUAD	M40	31	04:56:29.00	+01:38:08 (33.1%)	6:44	8.9 (66.9%)
80	PETER Marcin	353		M40	32	04:56:37.90	+01:38:17 (33.1%)	6:44	8.9 (66.9%)
81	PELA Olga	207		K30	6	04:56:49.25	+01:38:28 (33.2%)	6:44	8.9 (66.9%)
82	BEDNARCZYK Gerard	7		M30	24	04:57:02.70	+01:38:42 (33.2%)	6:45	8.9 (66.9%)
83	PYRKOSZ Damian	358		M50	11	04:57:16.70	+01:38:56 (33.3%)	6:45	8.9 (66.9%)
84	KOSIN Paweł	338	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	33	04:57:46.85	+01:39:26 (33.4%)	6:46	8.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
85	KOZIEŁŁO Bartosz	131	TUR	M40	34	04:58:38.40	+01:40:17 (33.6%)	6:47	8.8 (66.2%)
86	SUWEZDA Jacek	77	CZĘSTOCHOWSKIE DZIKI	M50	12	04:58:45.10	+01:40:24 (33.6%)	6:47	8.8 (66.2%)
87	PAŚNICKA Marta	202		K40	3	04:59:03.30	+01:40:42 (33.7%)	6:47	8.8 (66.2%)
88	WARAS Wojciech	367		M30	25	04:59:07.85	+01:40:47 (33.7%)	6:47	8.8 (66.2%)
89	ROZPARA Karolina	236		K20	2	05:00:40.65	+01:42:20 (34.0%)	6:50	8.8 (66.2%)
90	ZIEMKIEWICZ Michał	375	OSIR KLECZEW	M40	35	05:00:48.80	+01:42:28 (34.1%)	6:50	8.8 (66.2%)
91	POTERA Maciej	221	FRYTKÓW	M30	26	05:00:53.15	+01:42:32 (34.1%)	6:50	8.8 (66.2%)
92	SZPOTON Monika	273		K30	7	05:02:20.95	+01:44:00 (34.4%)	6:52	8.7 (65.4%)
93	OCZKOWSKI Mateusz	191	GRUPA BIEGOWA CHTMO	M40	36	05:02:45.50	+01:44:25 (34.5%)	6:52	8.7 (65.4%)
94	ŚCIBOR Adrian	277		M30	27	05:02:47.15	+01:44:26 (34.5%)	6:52	8.7 (65.4%)
95	DRÓŹDŹ Tomasz	41	CZEWARUNTIM	M30	28	05:03:27.00	+01:45:06 (34.6%)	6:53	8.7 (65.4%)
96	GROSE Paweł	81		M40	37	05:03:39.10	+01:45:18 (34.7%)	6:54	8.7 (65.4%)
97	STELMACH Krzysztof	259		M40	38	05:03:44.35	+01:45:23 (34.7%)	6:54	8.7 (65.4%)
98	BODZIACHOWSKI Marcin	380	ERACENT RUNNING TEAM	M40	39	05:04:25.55	+01:46:05 (34.8%)	6:55	8.7 (65.4%)
99	GOLEC Grzegorz	67		M40	40	05:04:25.90	+01:46:05 (34.8%)	6:55	8.7 (65.4%)
100	BARDAN Michał	5	BBKS ŁAWECZKA WILANÓW	M40	41	05:04:27.10	+01:46:06 (34.9%)	6:55	8.7 (65.4%)
101	POREMSKI Leszek	218		M50	13	05:04:39.85	+01:46:19 (34.9%)	6:55	8.7 (65.4%)
102	WASZKIEWICZ Ariel	289	15 BRYGADA ZMECHANIZOWANA	M40	42	05:05:59.60	+01:47:39 (35.2%)	6:57	8.6 (64.7%)
103	MIROWSKI Jarosław	178		M40	43	05:06:00.65	+01:47:40 (35.2%)	6:57	8.6 (64.7%)
104	STANIK Witold	255	YEOPY	M40	44	05:06:04.00	+01:47:43 (35.2%)	6:57	8.6 (64.7%)
105	MARCINIAK Tomasz	163	RADOMNO BIEGA	M40	45	05:06:28.90	+01:48:08 (35.3%)	6:57	8.6 (64.7%)
106	POPOWICZ Bartłomiej	217	KS START PUŁAWSKI	M30	29	05:07:24.20	+01:49:03 (35.5%)	6:59	8.6 (64.7%)
107	GURGUL Mateusz	88	AROMAT NÓG	M30	30	05:07:26.95	+01:49:06 (35.5%)	6:59	8.6 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
108	MICHALSKI Adam	174		M40	46	05:07:39.45	+01:49:19 (35.5%)	6:59	8.6 (64.7%)
109	ROZYCKI Ryszard	237	SOKÓŁ ZAGÓRZ	M60	1	05:08:46.20	+01:50:25 (35.8%)	7:01	8.6 (64.7%)
110	JĘDRZEJCZYK Tomasz	104	CHYBA NIE DAM RADY	M40	47	05:09:06.55	+01:50:46 (35.8%)	7:01	8.5 (63.9%)
111	MUCHA Jacek	184		M40	48	05:09:31.90	+01:51:11 (35.9%)	7:02	8.5 (63.9%)
112	BORUCH Adam	21		M50	14	05:10:50.80	+01:52:30 (36.2%)	7:03	8.5 (63.9%)
113	WASZKIEWICZ Jakub	290	RUN TEAM TYGRYSY ORZYSZ	M20	7	05:11:50.95	+01:53:30 (36.4%)	7:05	8.5 (63.9%)
114	PTAK Krzysztof	224	HRMAX ŻORY	M40	49	05:12:38.65	+01:54:18 (36.6%)	7:06	8.4 (63.2%)
115	WIERNASZ Grzegorz	297	KARCHER KROSNO	M40	50	05:12:41.50	+01:54:21 (36.6%)	7:06	8.4 (63.2%)
116	CHROBAK Paweł	28		M50	15	05:13:35.40	+01:55:14 (36.8%)	7:07	8.4 (63.2%)
117	SZELC Monika	268		K40	4	05:14:00.95	+01:55:40 (36.8%)	7:08	8.4 (63.2%)
118	ŁUCZAK Tomasz	155	KB MARATON TUREK	M40	51	05:15:36.15	+01:57:15 (37.2%)	7:10	8.4 (63.2%)
119	FERENC Adrian	48	RUN TEAM TYGRYSY Z ORZYSZA	M20	8	05:15:36.65	+01:57:16 (37.2%)	7:10	8.4 (63.2%)
120	NOWINOWSKI Andrzej	190	KB MARATON TUREK	M40	52	05:15:37.10	+01:57:16 (37.2%)	7:10	8.4 (63.2%)
121	CEBRAT Ewa	26	SZYBKIE CEBULE	K40	5	05:15:54.10	+01:57:33 (37.2%)	7:10	8.4 (63.2%)
122	KOWALCZYK Mariusz	128	WOLFPACK	M40	53	05:16:16.95	+01:57:56 (37.3%)	7:11	8.3 (62.4%)
123	SIĄKAŁA Krystian	360	WIKTORIA I FRANCISZEK	M30	31	05:16:24.35	+01:58:03 (37.3%)	7:11	8.3 (62.4%)
124	SMYKA Michał	361		M20	9	05:16:34.85	+01:58:14 (37.3%)	7:11	8.3 (62.4%)
125	ZARZEKA Marcin	306	VEGE RUNNERS	M40	54	05:17:23.95	+01:59:03 (37.5%)	7:12	8.3 (62.4%)
126	KOSZAŁKA Marcin	126		M30	32	05:17:25.70	+01:59:05 (37.5%)	7:12	8.3 (62.4%)
127	ADAMOWICZ Agnieszka	1	ZWOLEŃNICY BIEGANIA	K40	6	05:18:19.70	+01:59:59 (37.7%)	7:14	8.3 (62.4%)
128	PIĄTKOWSKI Dariusz	354	CHEŁMSKA GRUPA TRIATHLONU	M50	16	05:19:57.30	+02:01:36 (38.0%)	7:16	8.3 (62.4%)
129	LIANA Tomasz	381	KLĘCZAŃSKA GRUPA BIEGOWA	M20	10	05:20:12.70	+02:01:52 (38.1%)	7:16	8.2 (61.7%)
130	WACŁAWIK Jan	364		M40	55	05:20:13.10	+02:01:52 (38.1%)	7:16	8.2 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
131	CZWERENKO Wojciech	317		M40	56	05:20:13.40	+02:01:52 (38.1%)	7:16	8.2 (61.7%)
132	PETRYKOWSKI Grzegorz	209	HRMAX ŻORY	M50	17	05:20:17.80	+02:01:57 (38.1%)	7:16	8.2 (61.7%)
133	KWAŚNIEWSKI Krzysztof	144		M50	18	05:21:27.10	+02:03:06 (38.3%)	7:18	8.2 (61.7%)
134	TADEJA Jakub	280	ALCOSTRIKE	M30	33	05:22:01.20	+02:03:40 (38.4%)	7:19	8.2 (61.7%)
135	PRUS Piotr	356	OSIR KLECZEW	M50	19	05:22:57.75	+02:04:37 (38.6%)	7:20	8.2 (61.7%)
136	WALAC Jacek	365	DOGOŃ GRODZISK MAZOWIECKI	M30	34	05:22:59.95	+02:04:39 (38.6%)	7:20	8.2 (61.7%)
137	DOMARADZKA-KASZUBOWICZ Wiktoria	39		K30	8	05:23:15.45	+02:04:55 (38.6%)	7:20	8.2 (61.7%)
138	MROWIEC Michał	181	LECH-ENDY	M50	20	05:23:26.60	+02:05:06 (38.7%)	7:21	8.2 (61.7%)
139	WÓJCICKI Kamil	301	EX TEAM	M30	35	05:23:28.80	+02:05:08 (38.7%)	7:21	8.2 (61.7%)
140	CICHOCKI Dawid	30	NIGHT RUNNERS PYSKOWICE	M30	36	05:23:52.30	+02:05:31 (38.8%)	7:21	8.2 (61.7%)
141	ZĄBEK Paweł	308	ŻYWCEM ZABIEGANI	M40	57	05:24:18.65	+02:05:58 (38.8%)	7:22	8.1 (60.9%)
142	LEŚNIAK-POPIEL Marta	147		K40	7	05:24:24.70	+02:06:04 (38.9%)	7:22	8.1 (60.9%)
143	MALETA Marcin	161	LPP TEAM	M30	37	05:25:22.15	+02:07:01 (39.0%)	7:23	8.1 (60.9%)
144	RADWAŃSKA Justyna	227		K30	9	05:25:28.80	+02:07:08 (39.1%)	7:23	8.1 (60.9%)
145	JABŁOŃSKI Michał	94		M40	58	05:25:37.60	+02:07:17 (39.1%)	7:24	8.1 (60.9%)
146	PAWELEC Piotr	204	BRACTWO MAGURY	M50	21	05:25:56.25	+02:07:35 (39.1%)	7:24	8.1 (60.9%)
147	MACIĄG Krzysztof	344		M40	59	05:26:54.20	+02:08:33 (39.3%)	7:25	8.1 (60.9%)
148	WYCZAWSKI Piotr	373	RZESZOWSKIE GAZELE I GEPARDY	M50	22	05:27:12.00	+02:08:51 (39.4%)	7:26	8.1 (60.9%)
149	STANIKOWSKI Mariusz	256		M40	60	05:27:59.35	+02:09:38 (39.5%)	7:27	8 (60.2%)
150	BODNAR Krystian	15		M20	11	05:28:28.75	+02:10:08 (39.6%)	7:27	8 (60.2%)
151	LIK Marek	400	CHEŁM BIEGA	M50	23	05:28:53.70	+02:10:33 (39.7%)	7:28	8 (60.2%)
152	CZUBA Michał	35		M30	38	05:29:05.05	+02:10:44 (39.7%)	7:28	8 (60.2%)
153	IDZIOR Tomasz	91		M20	12	05:30:09.70	+02:11:49 (39.9%)	7:30	8 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
154	BOGUCKA Anna	16	BIEGANIE NIE OPIERDALANIE	K40	8	05:30:11.55	+02:11:51 (39.9%)	7:30	8 (60.2%)
155	MILEWSKI Andrzej	176	MKB DREPTAK/GRUPA CZWORGÓ (4GO)/#BIEGANIENIEOPIERDALANIE/#TEAMKALDUN/SRO-BIKE-TEAM	M30	39	05:30:11.95	+02:11:51 (39.9%)	7:30	8 (60.2%)
156	SACHANBINSKI Aleksander	359		M50	24	05:30:26.40	+02:12:05 (40.0%)	7:30	8 (60.2%)
157	KOCZUR Kamila	119		K30	10	05:30:39.10	+02:12:18 (40.0%)	7:30	8 (60.2%)
158	GRABOWICZ Mirosław	78	SOKÓLSKA GRUPA BIEGOWA	M50	25	05:30:45.55	+02:12:25 (40.0%)	7:31	8 (60.2%)
159	OSTASZEWSKI Ireneusz	196	KOŁO BIEGACZY IM. FEDERICO FELLINIEGO	M40	61	05:31:15.25	+02:12:54 (40.1%)	7:31	8 (60.2%)
160	NOWAKOWSKI Wiesław	189		M60	2	05:31:15.45	+02:12:55 (40.1%)	7:31	8 (60.2%)
161	KURKUS Aleksander	10	DOGOŃ GRODZISK MAZOWIECKI	M50	26	05:32:08.05	+02:13:47 (40.3%)	7:32	7.9 (59.4%)
162	PAŁUBSKI Andrzej	200		M40	62	05:32:16.75	+02:13:56 (40.3%)	7:33	7.9 (59.4%)
163	GÓRNA Anita	76	LPP TEAM	K30	11	05:34:47.20	+02:16:26 (40.8%)	7:36	7.9 (59.4%)
164	GĘBCZYŃSKI Paweł	62		M40	63	05:36:12.60	+02:17:52 (41.0%)	7:38	7.9 (59.4%)
165	BĘDŹKOWSKI Marek	9	SIWY ULTRA MORS	M50	27	05:37:17.50	+02:18:57 (41.2%)	7:39	7.8 (58.6%)
166	WIDŁAK Janusz	391		M40	64	05:37:18.90	+02:18:58 (41.2%)	7:39	7.8 (58.6%)
167	RECZKOWSKI Andrzej	232	KB ATHLETIC ZRĘCIN	M60	3	05:37:22.55	+02:19:02 (41.2%)	7:40	7.8 (58.6%)
168	KLUBA Magdalena	336	FALSTART RUDNIKI	K20	3	05:37:46.35	+02:19:25 (41.3%)	7:40	7.8 (58.6%)
169	WĘGRZYNKIEWICZ Maria	295		K30	12	05:38:19.60	+02:19:59 (41.4%)	7:41	7.8 (58.6%)
170	OSZYWA Damian	197	DAMCZI RUN	M30	40	05:39:17.40	+02:20:56 (41.5%)	7:42	7.8 (58.6%)
171	SZPECHT Filip	271		M40	65	05:39:59.20	+02:21:38 (41.7%)	7:43	7.8 (58.6%)
172	PIĄTKOWSKI Michał	211	CROSSFIT MOKOTÓW	M40	66	05:40:24.45	+02:22:04 (41.7%)	7:44	7.8 (58.6%)
173	LIBRONT Jakub	150	KŁĘCZAŃSKA GRUPA BIEGOWA	M30	41	05:40:37.25	+02:22:16 (41.8%)	7:44	7.8 (58.6%)
174	JELINSKI Jarosław	102		M50	28	05:41:13.55	+02:22:53 (41.9%)	7:45	7.7 (57.9%)
175	JĘDRZEJCZYK Robert	329	CHYBA NIE DAM RADY	M40	67	05:41:58.35	+02:23:37 (42.0%)	7:46	7.7 (57.9%)
176	CZERNECKI Jacek	34	CARBON SILESIA SPORT	M30	42	05:42:01.65	+02:23:41 (42.0%)	7:46	7.7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
177	KOZA Robert	129	CARBON SILESIA SPORT	M40	68	05:42:02.15	+02:23:41 (42.0%)	7:46	7.7 (57.9%)
178	BODNAR Adrian	14		M20	13	05:42:27.25	+02:24:06 (42.1%)	7:46	7.7 (57.9%)
179	RAKOCZY Dorota	228		K40	9	05:44:34.25	+02:26:13 (42.4%)	7:49	7.7 (57.9%)
180	BURY Marek	24		M50	29	05:47:52.25	+02:29:31 (43.0%)	7:54	7.6 (57.1%)
181	PIEKARSKI Wojciech	212		M50	30	05:48:31.85	+02:30:11 (43.1%)	7:55	7.6 (57.1%)
182	WENERSKI Andrzej	292	MULTIMEDIA RUNNERS PUŁAWY	M40	69	05:49:09.40	+02:30:48 (43.2%)	7:56	7.6 (57.1%)
183	KUSIO Marcin	343	DOGOŃ GRODZISK MAZOWIECKI	M40	70	05:50:07.90	+02:31:47 (43.4%)	7:57	7.5 (56.4%)
184	SZYMANIAK Paweł	363	DOGOŃ	M40	71	05:50:08.40	+02:31:47 (43.4%)	7:57	7.5 (56.4%)
185	SACZUK Andrzej	240	KB BIAŁA BIEGA	M40	72	05:50:09.15	+02:31:48 (43.4%)	7:57	7.5 (56.4%)
186	LUDWINEK-ZARZEKA Iwona	152	VEGE RUNNERS	K30	13	05:51:32.05	+02:33:11 (43.6%)	7:59	7.5 (56.4%)
187	SZPERKA Leszek	272		M40	73	05:52:06.20	+02:33:45 (43.7%)	8:00	7.5 (56.4%)
188	GÓRAJ Maciej	72	YOLO:)	M40	74	05:52:40.50	+02:34:20 (43.8%)	8:00	7.5 (56.4%)
189	GÓRAJ Marta	73	KRISSKROSS YOLO :)	K40	10	05:52:41.50	+02:34:21 (43.8%)	8:00	7.5 (56.4%)
190	CZAŁPIŃSKI Tomasz	399		M40	75	05:52:42.15	+02:34:21 (43.8%)	8:00	7.5 (56.4%)
191	GAJOWNIK Błażej	51	OLD & FAT GG SQUAD	M40	76	05:52:52.35	+02:34:31 (43.8%)	8:01	7.5 (56.4%)
192	GAJOWNIK Adam	52		M30	43	05:52:53.80	+02:34:33 (43.8%)	8:01	7.5 (56.4%)
193	JAROCH Michał	98	MARKOWI BIEGACZE	M40	77	05:53:21.80	+02:35:01 (43.9%)	8:01	7.5 (56.4%)
194	GÓRKA Bogusław	75	SUSKA GRUPA BIEGOWA	M40	78	05:53:24.80	+02:35:04 (43.9%)	8:01	7.5 (56.4%)
195	PROMIŃSKA Karolina	222	PĘDZĄCE ŻELKI	K30	14	05:53:49.05	+02:35:28 (43.9%)	8:02	7.5 (56.4%)
196	JASIOROWSKI Michał	99	PĘDZĄCE ŻELKI	M30	44	05:53:49.70	+02:35:29 (43.9%)	8:02	7.5 (56.4%)
197	GUNERT Kuba	86		M40	79	05:54:48.80	+02:36:28 (44.1%)	8:03	7.4 (55.6%)
198	KORZENIOWSKA Katarzyna	337	DZIUNIE NA SZLAKU	K40	11	05:55:04.20	+02:36:43 (44.1%)	8:04	7.4 (55.6%)
199	KORZENIOWSKI Łukasz	125		M40	80	05:55:07.60	+02:36:47 (44.1%)	8:04	7.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
200	POLEWKA Tomasz	383	UKS KOMETA GLIWICE/BIEG RZEŹNIKA	M40	81	05:56:02.05	+02:37:41 (44.3%)	8:05	7.4 (55.6%)
201	PABIAN Elżbieta	198	EKIPA Z TARNOWA	K50	2	05:57:27.20	+02:39:06 (44.5%)	8:07	7.4 (55.6%)
202	SAMEK Aleksander	241		M40	82	05:58:37.50	+02:40:17 (44.7%)	8:09	7.4 (55.6%)
203	MARKOWSKI Krystian	395	SOKÓLSKA GRUPA BIEGOWA	M30	45	05:59:49.45	+02:41:29 (44.9%)	8:10	7.3 (54.9%)
204	FRYCA Karolina	50		K20	4	06:00:12.85	+02:41:52 (44.9%)	8:11	7.3 (54.9%)
205	KACZOR Miłosz	331		M20	14	06:00:40.00	+02:42:19 (45.0%)	8:11	7.3 (54.9%)
206	JABŁONKA Radosław	93	DZIADY OCR	M40	83	06:03:01.85	+02:44:41 (45.4%)	8:15	7.3 (54.9%)
207	GAWOR Artur	57		M50	31	06:03:28.80	+02:45:08 (45.4%)	8:15	7.3 (54.9%)
208	GAWOR Monika	58		K40	12	06:03:35.20	+02:45:14 (45.4%)	8:15	7.3 (54.9%)
209	BARANOWSKI Łukasz	4		M30	46	06:04:02.85	+02:45:42 (45.5%)	8:16	7.3 (54.9%)
210	MESJASZ Marek	171	AUTOREKIN	M30	47	06:05:56.35	+02:47:35 (45.8%)	8:19	7.2 (54.1%)
211	RODZEŃ Katarzyna	233	AUTOREKIN	K30	15	06:05:57.85	+02:47:37 (45.8%)	8:19	7.2 (54.1%)
212	PAUL Violetta	203	BP RUNNING TEAM GLIWICE	K40	13	06:07:10.15	+02:48:49 (46.0%)	8:20	7.2 (54.1%)
213	JÓZEFIAK Jakub	107		M50	32	06:09:40.85	+02:51:20 (46.3%)	8:24	7.1 (53.4%)
214	BAKOWSKI Włodzimierz	6	KS KANDAHAR	M60	4	06:11:51.65	+02:53:31 (46.7%)	8:27	7.1 (53.4%)
215	KRZEPKOWSKI Radosław	137	ADIDAS RUNNERS WARSAW	M40	84	06:12:07.75	+02:53:47 (46.7%)	8:27	7.1 (53.4%)
216	ŚWIETLIK Paweł	278		M30	48	06:15:07.65	+02:56:47 (47.1%)	8:31	7 (52.6%)
217	SZERSZEŃ Janusz	269	PIASECZNO RUNNING	M40	85	06:16:30.90	+02:58:10 (47.3%)	8:33	7 (52.6%)
218	KOPIEC Marcin	123	PIASECZNO RUNNING	M40	86	06:16:32.10	+02:58:11 (47.3%)	8:33	7 (52.6%)
219	ZIENKIEWICZ Agata	392	PIASECZNO RUNNING	K40	14	06:16:32.30	+02:58:11 (47.3%)	8:33	7 (52.6%)
220	KRUZEL Rafał	342	BIEGOWE MISIE	M50	33	06:17:20.65	+02:59:00 (47.4%)	8:34	7 (52.6%)
221	JEDLIŃSKI Bartosz	101	MARATOŃCZYK DĘBICA	M40	87	06:18:14.55	+02:59:54 (47.6%)	8:35	7 (52.6%)
222	PYZEL Agnieszka	226	KS PEGAZ	K50	3	06:18:16.45	+02:59:56 (47.6%)	8:35	7 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
223	ŻAK Oliwia	376		K30	16	06:18:18.05	+02:59:57 (47.6%)	8:35	7 (52.6%)
224	PARYSZ Anna	352	STARE BABICE BIEGAJĄ	K50	4	06:19:09.50	+03:00:49 (47.7%)	8:37	7 (52.6%)
225	SINDREWICZ Sławomir	249		M40	88	06:19:37.05	+03:01:16 (47.8%)	8:37	7 (52.6%)
226	PAWLAK Ewelina	205		K30	17	06:20:40.60	+03:02:20 (47.9%)	8:39	6.9 (51.9%)
227	PUZIO Waldemar	357	MARATOŃCZYK DĘBICA	M60	5	06:21:05.95	+03:02:45 (48.0%)	8:39	6.9 (51.9%)
228	KOTOMSKA Renata	339		K40	15	06:22:01.40	+03:03:40 (48.1%)	8:40	6.9 (51.9%)
229	URBANEK Sylwester	286		M40	89	06:22:13.85	+03:03:53 (48.1%)	8:41	6.9 (51.9%)
230	URBAŃSKI Mirosław	287		M50	34	06:22:44.30	+03:04:23 (48.2%)	8:41	6.9 (51.9%)
231	KUCHARCZYK Radosław	377		M40	90	06:23:19.80	+03:04:59 (48.3%)	8:42	6.9 (51.9%)
232	POLEWKA Aleksandra	384	UKS KOMETA GLIWICE/BIEG RZEŹNIKA	K20	5	06:23:35.15	+03:05:14 (48.3%)	8:43	6.9 (51.9%)
233	WITKOWSKI Piotr	371		M60	6	06:26:53.35	+03:08:32 (48.7%)	8:47	6.8 (51.1%)
234	MAŁACHOWSKI Sebastian	379	LEMON TEAM KRÓWKA	M40	91	06:33:25.30	+03:15:04 (49.6%)	8:56	6.7 (50.4%)
235	MIDERA Szymon	175	***** ***	M40	92	06:34:00.45	+03:15:40 (49.7%)	8:57	6.7 (50.4%)
236	WIŚNIEWSKI Radosław	299	BEAUTY SPORT	M50	35	06:34:00.80	+03:15:40 (49.7%)	8:57	6.7 (50.4%)
237	WEISMAN Iza	382	HRMAX	K40	16	06:37:20.75	+03:19:00 (50.1%)	9:01	6.6 (49.6%)
238	DUDEK Dominik	43		M50	36	06:39:23.45	+03:21:03 (50.3%)	9:04	6.6 (49.6%)
239	BLICHARZ Artur	13		M30	49	06:40:09.35	+03:21:48 (50.4%)	9:05	6.6 (49.6%)
240	PODLEWSKI Wojciech	216	KS SPORTIVA	M50	37	06:40:14.85	+03:21:54 (50.4%)	9:05	6.6 (49.6%)
241	PRUSACZYK Michał	223		M30	50	06:40:35.50	+03:22:15 (50.5%)	9:06	6.6 (49.6%)
242	MEDUNECKA Sylwia	169		K30	18	06:42:38.75	+03:24:18 (50.7%)	9:09	6.6 (49.6%)
243	MILKA Mirosław	177		M40	93	06:43:05.20	+03:24:44 (50.8%)	9:09	6.5 (48.9%)
244	SZYMAŃSKI Adam	276		M60	7	06:48:13.95	+03:29:53 (51.4%)	9:16	6.5 (48.9%)
245	WÓJCIK Łukasz	302	CYTRYNOWE CURRY???	M40	94	06:51:26.40	+03:33:05 (51.8%)	9:21	6.4 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
246	STYLIŃSKI Hubert	265	TWÓJ STARY	M20	15	06:54:31.55	+03:36:11 (52.2%)	9:25	6.4 (48.1%)
247	PORĘBSKI Zbigniew	220	QUATTRO	M50	38	06:55:16.25	+03:36:55 (52.2%)	9:26	6.4 (48.1%)
248	MICHALCZUK Zenon	173	SEMPER ACTIVE	M60	8	06:55:48.60	+03:37:28 (52.3%)	9:27	6.3 (47.4%)
249	RAKOWSKA Marta	230		K30	19	06:59:54.50	+03:41:34 (52.8%)	9:32	6.3 (47.4%)
250	RAKOWSKI Mateusz	231		M30	51	06:59:55.00	+03:41:34 (52.8%)	9:32	6.3 (47.4%)
251	POŁEĆ Ireneusz	355		M30	52	07:03:49.25	+03:45:28 (53.2%)	9:37	6.2 (46.6%)
252	KOLASA Andrzej	120	KLUB J.SŁOWACKIEGO	M60	9	07:05:13.60	+03:46:53 (53.4%)	9:39	6.2 (46.6%)
253	SZELAĞ Iwona	388		K30	20	07:05:25.35	+03:47:04 (53.4%)	9:40	6.2 (46.6%)
254	SIPIERA Tomasz	386		M40	95	07:05:26.90	+03:47:06 (53.4%)	9:40	6.2 (46.6%)
255	GAŁĄZKA Marcin	54	ESK	M40	96	07:07:07.05	+03:48:46 (53.6%)	9:42	6.2 (46.6%)
255	KWIATEK Monika	389		K40	17	07:07:07.05	+03:48:46 (53.6%)	9:42	6.2 (46.6%)
257	RYSIAWA Marek	239	BIEGANIE NIE OPIERDALANIE	M40	97	07:07:08.20	+03:48:47 (53.6%)	9:42	6.2 (46.6%)
258	STYLIŃSKI Norbert	264	DRUŻYNA Z BESKIDNIKA	M30	53	07:12:19.05	+03:53:58 (54.1%)	9:49	6.1 (45.9%)
259	CZECHOSKA Magdalena	394	EXTREME CONSTRUCTION	K40	18	07:13:42.65	+03:55:22 (54.3%)	9:51	6.1 (45.9%)
260	STUSIO Magdalena	263	ATLAS RUNNING TEAM	K50	5	07:17:24.30	+03:59:03 (54.7%)	9:56	6 (45.1%)
261	MACKIEWICZ Roman	157		M50	39	07:17:25.75	+03:59:05 (54.7%)	9:56	6 (45.1%)
262	JANIK Tomasz	96	ORANGE POLSKA	M50	40	07:19:38.00	+04:01:17 (54.9%)	9:59	6 (45.1%)
263	HAŁAS Marcin	326	NORDUM	M30	54	07:19:59.65	+04:01:39 (54.9%)	9:59	6 (45.1%)
264	MAZUR Mateusz	168	ORANGE POLSKA	M30	55	07:20:01.30	+04:01:40 (54.9%)	10:00	6 (45.1%)
265	JEZERSKI Jakub	103		M50	41	07:20:02.85	+04:01:42 (54.9%)	10:00	6 (45.1%)
266	WYSOKIŃSKI Jerzy	304	ORANGE POLSKA	M50	42	07:20:11.30	+04:01:50 (54.9%)	10:00	6 (45.1%)
267	MROZOWSKI Paweł	182	ORANGE POLSKA	M40	98	07:20:37.85	+04:02:17 (55.0%)	10:00	6 (45.1%)
268	KAMIŃSKI Krystian	332	DARKO NIESTEPOWO	M40	99	07:28:53.35	+04:10:32 (55.8%)	10:12	5.9 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 44km	Różn	Tempo min/km	Tempo km/h
269	BURZ-PARADOWSKA Jowita	25	BYLEDOMETY	K40	19	07:32:55.30	+04:14:34 (56.2%)	10:17	5.8 (43.6%)
270	PARADOWSKI Paweł	201	BYLEDOMETY	M50	43	07:32:58.55	+04:14:38 (56.2%)	10:17	5.8 (43.6%)
271	GONDEK Krzysztof	70	LUKSTART NAKLO NAD NOTECIA	M40	100	07:36:48.15	+04:18:27 (56.6%)	10:22	5.8 (43.6%)
272	KACZKIEWICZ Damian	330		M40	101	07:40:38.20	+04:22:17 (56.9%)	10:28	5.7 (42.9%)
273	WITEK Sylwia	370		K40	20	07:40:42.85	+04:22:22 (56.9%)	10:28	5.7 (42.9%)
274	MAZUR Ewelina	346		K40	21	07:40:43.65	+04:22:23 (57.0%)	10:28	5.7 (42.9%)
275	HOOG Wioleta	327		K30	21	07:47:32.05	+04:29:11 (57.6%)	10:37	5.6 (42.1%)
276	DANIELEWSKA Magdalena	319		K40	22	07:47:51.05	+04:29:30 (57.6%)	10:37	5.6 (42.1%)
Przekroczony limit czasu: 08:00:00									
277	GLISZCZYŃSKI Mirosław	63		M60	10	08:12:31.85	+04:54:11 (59.7%)	11:11	5.4 (40.6%)
278	LEN Mariusz	146		M60	11	08:14:35.40	+04:56:14 (59.9%)	11:14	5.3 (39.8%)

Znaleziono 278 wynik(ów)