

# VIII HYUNDAI ULTRAMARATON BIESZCZADZKI - 14 KM

B4SPORT

**Wydarzenie:** VIII HYUNDAI ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2020-10-09  
**Miejsce:** Cisna  
**Dystans:** 14 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	<b>DOMISZEWSKI Ignacy</b>	<b>3204</b>	GUKLA BRATKOWICE KORZENIOWSKI.PL	M30	1	00:00:01	<b>01:15:12.10</b>	<b>01:15:13.70</b>		5:22	11.2 (100%)
2	<b>BACHLEDA Łukasz</b>	<b>3236</b>	GORĄCY POTOK TEAM	M20	1	00:59:57	<b>01:15:13.65</b>	<b>02:15:10.65</b>	+00:00:01 (0.0%)	5:22	11.2 (100%)
3	<b>AUGUSTYŃSKI Sylwester</b>	<b>3247</b>	GRUPALUKTRANS.PL	M30	2	00:00:02	<b>01:17:35.80</b>	<b>01:17:38.20</b>	+00:02:23 (3.1%)	5:32	10.8 (96.4%)
4	<b>SZMIST Szymon</b>	<b>3251</b>	KB ATHLETIC ZRĘCIN /3 POBT	M40	1	00:00:01	<b>01:19:00.95</b>	<b>01:19:02.55</b>	+00:03:48 (4.8%)	5:38	10.6 (94.6%)
5	<b>TARGOSZ Michał</b>	<b>3180</b>		M40	2	00:00:01	<b>01:21:06.75</b>	<b>01:21:08.15</b>	+00:05:54 (7.3%)	5:47	10.4 (92.9%)
6	<b>MOTYKA Kamil</b>	<b>3088</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	3	00:59:57	<b>01:23:05.65</b>	<b>02:23:02.95</b>	+00:07:53 (9.5%)	5:56	10.1 (90.2%)
7	<b>SABAT Sebastian</b>	<b>3263</b>		M20	2	00:59:57	<b>01:24:18.95</b>	<b>02:24:16.00</b>	+00:09:06 (10.8%)	6:01	10 (89.3%)
8	<b>ZĄBIK Marek</b>	<b>3197</b>		M30	4	00:59:57	<b>01:25:02.80</b>	<b>02:25:00.60</b>	+00:09:50 (11.6%)	6:04	9.9 (88.4%)
9	<b>MULARCZYK Paweł</b>	<b>3141</b>	GRUPA JURA'PL	M20	3	00:59:57	<b>01:26:53.10</b>	<b>02:26:50.25</b>	+00:11:41 (13.4%)	6:12	9.7 (86.6%)
10	<b>BAZUŁKA Aleksandra</b>	<b>3235</b>	BUFF TEAM POLAND	K20	1	00:59:58	<b>01:27:38.10</b>	<b>02:27:36.30</b>	+00:12:26 (14.2%)	6:15	9.6 (85.7%)
11	<b>PACHUT Jerzy</b>	<b>3120</b>	MUAY RUNNING TEAM	M20	4	00:59:56	<b>01:27:40.35</b>	<b>02:27:37.15</b>	+00:12:28 (14.2%)	6:15	9.6 (85.7%)
12	<b>MAKARSKI Krzysztof</b>	<b>3094</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	3	00:59:57	<b>01:30:58.50</b>	<b>02:30:56.30</b>	+00:15:46 (17.3%)	6:29	9.2 (82.1%)
13	<b>BEKAS Marcin`</b>	<b>3205</b>		M40	4	00:00:03	<b>01:31:00.65</b>	<b>01:31:04.05</b>	+00:15:48 (17.4%)	6:30	9.2 (82.1%)
14	<b>ZAWADZKI Marcin</b>	<b>3169</b>	SZCZWANY TRZMIEL TEAM	M30	5	00:59:57	<b>01:31:16.75</b>	<b>02:31:14.35</b>	+00:16:04 (17.6%)	6:31	9.2 (82.1%)
15	<b>KUKLIS Tomasz</b>	<b>3151</b>		M30	6	01:00:03	<b>01:31:58.10</b>	<b>02:32:01.80</b>	+00:16:46 (18.2%)	6:34	9.1 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
16	<b>STANIO Arkadiusz</b>	<b>3099</b>	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	5	01:00:07	<b>01:32:54.10</b>	<b>02:33:01.25</b>	+00:17:42 (19.1%)	6:38	9 (80.4%)
17	<b>MATŁOSZ Mariusz</b>	<b>3146</b>	KW KRAKÓW	M40	6	00:59:59	<b>01:33:41.90</b>	<b>02:33:41.40</b>	+00:18:29 (19.7%)	6:41	9 (80.4%)
18	<b>WŁOCH Sławomir</b>	<b>3055</b>		M50	1	00:59:57	<b>01:37:13.20</b>	<b>02:37:10.50</b>	+00:22:01 (22.6%)	6:56	8.6 (76.8%)
19	<b>WITEK Łukasz</b>	<b>3219</b>	BIEG PO ZDRÓJ	M40	7	00:59:58	<b>01:38:12.90</b>	<b>02:38:11.45</b>	+00:23:00 (23.4%)	7:00	8.6 (76.8%)
20	<b>GAJEWSKI Paweł</b>	<b>3255</b>	BIESZCZADZKIE DESEROWE	M50	2	01:00:00	<b>01:38:21.60</b>	<b>02:38:22.00</b>	+00:23:09 (23.5%)	7:01	8.5 (75.9%)
21	<b>DONIEC Sebastian</b>	<b>3245</b>	MARCIN ŚWIERC TEAM	M40	8	00:00:15	<b>01:39:35.30</b>	<b>01:39:50.70</b>	+00:24:23 (24.5%)	7:06	8.4 (75.0%)
22	<b>SEMENIUK Konrad</b>	<b>3199</b>	RZEPIN CITY	M20	5	00:00:16	<b>01:40:14.60</b>	<b>01:40:30.85</b>	+00:25:02 (25.0%)	7:09	8.4 (75.0%)
23	<b>KALINOWSKI Jarosław</b>	<b>3172</b>		M30	7	00:59:59	<b>01:41:06.95</b>	<b>02:41:06.80</b>	+00:25:54 (25.6%)	7:13	8.3 (74.1%)
24	<b>CHOWANIOK Anna</b>	<b>3118</b>		K20	2	00:00:04	<b>01:41:33.35</b>	<b>01:41:37.75</b>	+00:26:21 (26.0%)	7:15	8.3 (74.1%)
25	<b>SKORUPKA Piotr</b>	<b>3052</b>	UNBROKEN STORE	M30	8	01:00:01	<b>01:41:42.60</b>	<b>02:41:44.15</b>	+00:26:30 (26.1%)	7:15	8.3 (74.1%)
26	<b>BODZIOCH Grzegorz</b>	<b>3114</b>	GORLICKA GRUPA BIEGOWA	M40	9	01:00:00	<b>01:42:10.10</b>	<b>02:42:10.75</b>	+00:26:58 (26.4%)	7:17	8.2 (73.2%)
27	<b>SZYBIAK Maciej</b>	<b>3021</b>	AGONA W@M	M20	6	00:00:02	<b>01:43:32.95</b>	<b>01:43:35.80</b>	+00:28:20 (27.4%)	7:23	8.1 (72.3%)
28	<b>JAZY Szymon</b>	<b>3070</b>		M30	9	01:00:00	<b>01:44:09.70</b>	<b>02:44:10.35</b>	+00:28:57 (27.8%)	7:26	8.1 (72.3%)
29	<b>WIĘCEK Marek</b>	<b>3116</b>		M20	7	01:00:04	<b>01:44:52.70</b>	<b>02:44:57.65</b>	+00:29:40 (28.3%)	7:29	8 (71.4%)
30	<b>MOTYL Michał</b>	<b>3075</b>	ADDCITED2FUN	M20	8	00:00:18	<b>01:45:21.60</b>	<b>01:45:40.30</b>	+00:30:09 (28.6%)	7:31	8 (71.4%)
31	<b>ŻELAZNY Agnieszka</b>	<b>3115</b>	GORLICKA GRUPA BIEGOWA	K40	1	00:59:58	<b>01:45:54.80</b>	<b>02:45:53.45</b>	+00:30:42 (29.0%)	7:33	7.9 (70.5%)
32	<b>KORŻYK Marek</b>	<b>3177</b>		M40	10	01:00:16	<b>01:46:56.50</b>	<b>02:47:13.35</b>	+00:31:44 (29.7%)	7:38	7.9 (70.5%)
33	<b>BIELIŃSKI Piotr</b>	<b>3240</b>		M40	11	00:00:06	<b>01:47:48.25</b>	<b>01:47:54.75</b>	+00:32:36 (30.2%)	7:42	7.8 (69.6%)
34	<b>BANASIAK Marcin</b>	<b>3061</b>	DKB WARSZAWA	M40	12	01:00:20	<b>01:47:58.45</b>	<b>02:48:18.85</b>	+00:32:46 (30.4%)	7:42	7.8 (69.6%)
35	<b>WÓJTOWICZ Robert</b>	<b>3194</b>		M40	13	01:00:13	<b>01:49:08.75</b>	<b>02:49:22.55</b>	+00:33:56 (31.1%)	7:47	7.7 (68.8%)
36	<b>GET Maciej</b>	<b>3226</b>		M40	14	00:00:03	<b>01:49:17.10</b>	<b>01:49:20.30</b>	+00:34:05 (31.2%)	7:48	7.7 (68.8%)
37	<b>PENKALA Piotr</b>	<b>3059</b>	STRANGERS	M20	9	01:00:17	<b>01:50:27.80</b>	<b>02:50:45.70</b>	+00:35:15 (31.9%)	7:53	7.6 (67.9%)
38	<b>RAMOS Rodrigo</b>	<b>3233</b>		M30	10	01:00:18	<b>01:50:47.25</b>	<b>02:51:05.70</b>	+00:35:35 (32.1%)	7:54	7.6 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
39	<b>MATŁOSZ Jolanta</b>	<b>3014</b>	BRAK	K30	1	00:59:59	<b>01:51:09.10</b>	<b>02:51:08.35</b>	+00:35:57 (32.3%)	7:56	7.6 (67.9%)
40	<b>WĘGRZYN Paweł</b>	<b>3190</b>	SOLINA TEAM	M20	10	00:00:02	<b>01:51:29.50</b>	<b>01:51:32.30</b>	+00:36:17 (32.5%)	7:57	7.5 (67.0%)
41	<b>BIENIEK Rafal</b>	<b>3238</b>	WUNDER BIKE TEAM	M40	15	01:00:11	<b>01:51:43.35</b>	<b>02:51:55.30</b>	+00:36:31 (32.7%)	7:58	7.5 (67.0%)
42	<b>PUTYRA Damian</b>	<b>3073</b>		M20	11	01:00:17	<b>01:52:27.25</b>	<b>02:52:44.80</b>	+00:37:15 (33.1%)	8:01	7.5 (67.0%)
43	<b>TRELA Jacek</b>	<b>3173</b>	AZS AWF KRAKÓW MASTERS	M60	1	01:00:04	<b>01:52:44.25</b>	<b>02:52:48.30</b>	+00:37:32 (33.3%)	8:03	7.5 (67.0%)
44	<b>ŁUSZCZYC Krzysztof</b>	<b>3139</b>		M30	11	00:00:10	<b>01:52:56.40</b>	<b>01:53:06.90</b>	+00:37:44 (33.4%)	8:04	7.4 (66.1%)
45	<b>BIERNACKA Beata</b>	<b>3087</b>	WIECZORNE BIEGANIE W OPOLU	K30	2	01:00:05	<b>01:53:21.60</b>	<b>02:53:27.25</b>	+00:38:09 (33.7%)	8:05	7.4 (66.1%)
46	<b>ŻÓŁOWICZ Adam</b>	<b>3086</b>	WIECZORNE BIEGANIE W OPOLU	M30	12	01:00:05	<b>01:53:22.00</b>	<b>02:53:27.25</b>	+00:38:09 (33.7%)	8:05	7.4 (66.1%)
47	<b>FLIŚ Łukasz</b>	<b>3053</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	M20	12	00:00:06	<b>01:53:24.05</b>	<b>01:53:30.65</b>	+00:38:11 (33.7%)	8:06	7.4 (66.1%)
48	<b>DOBEK Halina</b>	<b>3119</b>	GORLICKA GRUPA BIEGOWA	K40	2	00:59:58	<b>01:54:17.35</b>	<b>02:54:16.15</b>	+00:39:05 (34.2%)	8:09	7.4 (66.1%)
49	<b>WRÓBEL Bartłomiej</b>	<b>3025</b>	CISNA	M40	16	00:00:02	<b>01:54:21.95</b>	<b>01:54:24.15</b>	+00:39:09 (34.2%)	8:10	7.3 (65.2%)
50	<b>OCHYRA Krzysztof</b>	<b>3220</b>		M50	3	00:00:04	<b>01:54:29.40</b>	<b>01:54:33.80</b>	+00:39:17 (34.3%)	8:10	7.3 (65.2%)
51	<b>KIELAR Kamila</b>	<b>3100</b>		K30	3	01:00:04	<b>01:54:36.25</b>	<b>02:54:41.20</b>	+00:39:24 (34.4%)	8:11	7.3 (65.2%)
52	<b>STACH Jacek</b>	<b>3176</b>		M40	17	01:00:16	<b>01:54:51.45</b>	<b>02:55:07.80</b>	+00:39:39 (34.5%)	8:12	7.3 (65.2%)
53	<b>SAWICKI Ireneusz</b>	<b>3030</b>	-	M50	4	00:00:10	<b>01:55:20.00</b>	<b>01:55:30.05</b>	+00:40:07 (34.8%)	8:14	7.3 (65.2%)
54	<b>WIDERA Tomasz</b>	<b>3108</b>	KOKOSZKA36TEAM	M30	13	00:00:18	<b>01:55:21.80</b>	<b>01:55:40.35</b>	+00:40:09 (34.8%)	8:14	7.3 (65.2%)
55	<b>CZAJA Alicja</b>	<b>3266</b>	RODZEŃSTWO	K40	3	00:00:05	<b>01:55:27.20</b>	<b>01:55:32.95</b>	+00:40:15 (34.9%)	8:14	7.3 (65.2%)
56	<b>DZIEWA Agata</b>	<b>3161</b>		K30	4	00:59:58	<b>01:55:28.00</b>	<b>02:55:26.00</b>	+00:40:15 (34.9%)	8:14	7.3 (65.2%)
57	<b>BARAŃSKA Monika</b>	<b>3200</b>		K50	1	00:00:04	<b>01:55:31.50</b>	<b>01:55:36.15</b>	+00:40:19 (34.9%)	8:15	7.3 (65.2%)
58	<b>REPEĆ Jarosław</b>	<b>3051</b>		M30	14	00:00:11	<b>01:55:38.40</b>	<b>01:55:49.60</b>	+00:40:26 (35.0%)	8:15	7.3 (65.2%)
59	<b>BOREK Paweł</b>	<b>3229</b>		M20	13	00:00:08	<b>01:55:40.95</b>	<b>01:55:49.70</b>	+00:40:28 (35.0%)	8:15	7.3 (65.2%)
60	<b>STYSIAŁ Dariusz</b>	<b>3130</b>	OSP ROKIETNICA	M40	18	00:00:03	<b>01:56:14.70</b>	<b>01:56:18.60</b>	+00:41:02 (35.3%)	8:18	7.2 (64.3%)
61	<b>KORZONEK Karol</b>	<b>3097</b>		M30	15	00:00:06	<b>01:56:21.45</b>	<b>01:56:27.95</b>	+00:41:09 (35.4%)	8:18	7.2 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
62	<b>TUTAJ Agnieszka</b>	<b>3142</b>		K20	3	01:00:06	<b>01:56:36.15</b>	<b>02:56:42.60</b>	+00:41:24 (35.5%)	8:19	7.2 (64.3%)
63	<b>HOŁUB Wacław</b>	<b>3223</b>	JAROSŁAWSKI BIEGACZ	M50	5	01:00:00	<b>01:56:37.05</b>	<b>02:56:37.90</b>	+00:41:24 (35.5%)	8:19	7.2 (64.3%)
64	<b>ROŚCIŃSKI Franciszek</b> <b>franciszek</b>	<b>3242</b>	SAMOTNY WILK	M50	6	00:00:04	<b>01:57:03.30</b>	<b>01:57:07.40</b>	+00:41:51 (35.8%)	8:21	7.2 (64.3%)
65	<b>KNAP Tomasz</b>	<b>3202</b>	THE STRYCHERS	M30	16	01:00:09	<b>01:57:39.90</b>	<b>02:57:49.75</b>	+00:42:27 (36.1%)	8:24	7.1 (63.4%)
66	<b>MOTYL Werka</b>	<b>3179</b>		K20	4	00:00:17	<b>01:58:12.30</b>	<b>01:58:30.25</b>	+00:43:00 (36.4%)	8:26	7.1 (63.4%)
67	<b>KRZYŻANOWSKI-ZAJĄC Tomasz</b>	<b>3214</b>	DKB	M40	19	01:00:20	<b>01:58:14.90</b>	<b>02:58:35.00</b>	+00:43:02 (36.4%)	8:26	7.1 (63.4%)
68	<b>UJMA Stanisław</b>	<b>3078</b>		M60	2	00:59:57	<b>01:58:16.40</b>	<b>02:58:13.40</b>	+00:43:04 (36.4%)	8:26	7.1 (63.4%)
69	<b>JURAK Kasia</b>	<b>3006</b>		K30	5	01:00:09	<b>01:58:28.75</b>	<b>02:58:37.85</b>	+00:43:16 (36.5%)	8:27	7.1 (63.4%)
70	<b>PUTYRA Gabriela</b>	<b>3193</b>		K20	5	01:00:12	<b>01:58:44.75</b>	<b>02:58:57.15</b>	+00:43:32 (36.7%)	8:28	7.1 (63.4%)
71	<b>JĘDRUSIAK Bartosz</b>	<b>3077</b>		M30	17	01:00:14	<b>01:58:47.85</b>	<b>02:59:02.75</b>	+00:43:35 (36.7%)	8:29	7.1 (63.4%)
72	<b>MAĆKOWIAK Mateusz</b>	<b>3265</b>	PROBALANS	M30	18	01:00:12	<b>01:58:53.70</b>	<b>02:59:06.05</b>	+00:43:41 (36.7%)	8:29	7.1 (63.4%)
73	<b>PUTYRA Dominika</b>	<b>3213</b>		K20	6	01:00:12	<b>01:59:21.60</b>	<b>02:59:34.45</b>	+00:44:09 (37.0%)	8:31	7 (62.5%)
74	<b>ŚWISTAK Piotr</b>	<b>3185</b>		M30	19	01:00:11	<b>01:59:27.60</b>	<b>02:59:39.15</b>	+00:44:15 (37.0%)	8:31	7 (62.5%)
75	<b>KOZACZUK Maria</b>	<b>3221</b>		K40	4	00:59:59	<b>01:59:41.90</b>	<b>02:59:41.20</b>	+00:44:29 (37.2%)	8:32	7 (62.5%)
76	<b>KĘDRA Agnieszka</b>	<b>3107</b>		K20	7	00:00:08	<b>01:59:45.55</b>	<b>01:59:54.45</b>	+00:44:33 (37.2%)	8:33	7 (62.5%)
77	<b>CICHOCKI Michał</b>	<b>3249</b>	ZRYW BUSZKOWICZKI	M20	14	00:00:09	<b>02:00:09.95</b>	<b>02:00:19.20</b>	+00:44:57 (37.4%)	8:34	7 (62.5%)
78	<b>PODSZUS Krzysztof</b>	<b>3164</b>		M40	20	00:00:06	<b>02:00:35.25</b>	<b>02:00:41.85</b>	+00:45:23 (37.6%)	8:36	7 (62.5%)
79	<b>OSIADŁY Bartosz</b>	<b>3067</b>		M30	20	00:59:57	<b>02:00:39.70</b>	<b>03:00:37.30</b>	+00:45:27 (37.7%)	8:37	7 (62.5%)
80	<b>KUKLA Janusz</b>	<b>3267</b>	CREATIVE BOCHNIA BIEGA TEAM	M30	21	00:00:05	<b>02:00:47.20</b>	<b>02:00:52.45</b>	+00:45:35 (37.7%)	8:37	7 (62.5%)
81	<b>ZAMOJSKI Sebastian</b>	<b>3271</b>	ZDYSZANI	M40	21	01:00:08	<b>02:01:02.90</b>	<b>03:01:11.05</b>	+00:45:50 (37.9%)	8:38	6.9 (61.6%)
82	<b>HANASIEWICZ Paweł</b>	<b>3228</b>	H&B	M20	15	00:00:09	<b>02:02:17.65</b>	<b>02:02:27.00</b>	+00:47:05 (38.5%)	8:44	6.9 (61.6%)
83	<b>DACYK Sylwester</b>	<b>3111</b>	SAINT-GOBAIN SQUAD	M40	22	00:00:15	<b>02:02:24.45</b>	<b>02:02:40.00</b>	+00:47:12 (38.6%)	8:44	6.9 (61.6%)
84	<b>KARDASZ Marek</b>	<b>3206</b>	SOLINA TEAM	M40	23	00:00:03	<b>02:04:04.20</b>	<b>02:04:08.05</b>	+00:48:52 (39.4%)	8:51	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
85	<b>WAŁACHOWSKA Urszula</b>	<b>3201</b>	SOLINA TEAM	K30	6	00:00:03	<b>02:04:04.55</b>	<b>02:04:08.45</b>	+00:48:52 (39.4%)	8:51	6.8 (60.7%)
86	<b>GŁODOWSKA Marta</b>	<b>3065</b>	ŻÓRAWSKI TEAM	K20	8	00:59:59	<b>02:04:34.65</b>	<b>03:04:33.75</b>	+00:49:22 (39.6%)	8:53	6.7 (59.8%)
87	<b>KĘDZIOR Grzegorz</b>	<b>3147</b>		M20	16	01:00:01	<b>02:04:43.85</b>	<b>03:04:45.20</b>	+00:49:31 (39.7%)	8:54	6.7 (59.8%)
88	<b>LEŚNIEWSKA-BUKAŁA Katarzyna</b>	<b>3264</b>		K30	7	00:00:05	<b>02:05:12.20</b>	<b>02:05:17.75</b>	+00:50:00 (39.9%)	8:56	6.7 (59.8%)
89	<b>MAGER Bartosz</b>	<b>3081</b>		M40	24	00:00:14	<b>02:05:32.35</b>	<b>02:05:47.15</b>	+00:50:20 (40.1%)	8:58	6.7 (59.8%)
90	<b>KUMOR Anna</b>	<b>3127</b>		K30	8	01:00:13	<b>02:05:53.15</b>	<b>03:06:06.45</b>	+00:50:41 (40.3%)	8:59	6.7 (59.8%)
91	<b>ŁUCKA Artur</b>	<b>3125</b>		M20	17	01:00:13	<b>02:05:53.30</b>	<b>03:06:06.55</b>	+00:50:41 (40.3%)	8:59	6.7 (59.8%)
92	<b>KRUZEL Tomasz</b>	<b>3272</b>		M40	25	01:00:01	<b>02:05:56.55</b>	<b>03:05:58.40</b>	+00:50:44 (40.3%)	8:59	6.7 (59.8%)
93	<b>BOCHENEK Wiktoria</b>	<b>3175</b>	STALOWOWOLSKI KLUB BIEGACZA	K30	9	00:00:07	<b>02:06:31.10</b>	<b>02:06:38.85</b>	+00:51:19 (40.6%)	9:02	6.6 (58.9%)
94	<b>AJNENKIEL-ŁOŚ Katarzyna</b>	<b>3092</b>	DZIK KOMANDO	K30	10	01:00:02	<b>02:06:39.35</b>	<b>03:06:42.15</b>	+00:51:27 (40.6%)	9:02	6.6 (58.9%)
95	<b>GORAJEK Michał</b>	<b>3101</b>	ALA&LILA	M40	26	00:00:11	<b>02:06:49.70</b>	<b>02:07:00.75</b>	+00:51:37 (40.7%)	9:03	6.6 (58.9%)
96	<b>PTAK Dominik</b>	<b>3145</b>		M30	22	01:00:12	<b>02:06:59.55</b>	<b>03:07:12.40</b>	+00:51:47 (40.8%)	9:04	6.6 (58.9%)
97	<b>IWASZEK Pawel</b>	<b>3237</b>	WUNDER BIKE TEAM	M40	27	01:00:11	<b>02:07:17.55</b>	<b>03:07:29.50</b>	+00:52:05 (40.9%)	9:05	6.6 (58.9%)
98	<b>KIJANKA Jadwiga</b>	<b>3133</b>	OSP ROKIETNICA	K30	11	00:00:03	<b>02:07:45.50</b>	<b>02:07:49.25</b>	+00:52:33 (41.1%)	9:07	6.6 (58.9%)
99	<b>BOROWSKA Julia</b>	<b>3239</b>	#FLEXISTAVTEAM	K20	9	01:00:04	<b>02:07:51.50</b>	<b>03:07:55.80</b>	+00:52:39 (41.2%)	9:07	6.6 (58.9%)
100	<b>KUBALA Alicja</b>	<b>3031</b>		K40	5	00:59:58	<b>02:08:46.65</b>	<b>03:08:45.15</b>	+00:53:34 (41.6%)	9:11	6.5 (58.0%)
101	<b>SKOBEL Robert</b>	<b>3210</b>	SZAKAL BIEGA LUCKY TEAM	M40	28	00:00:15	<b>02:09:29.95</b>	<b>02:09:45.60</b>	+00:54:17 (41.9%)	9:14	6.5 (58.0%)
102	<b>STANIOS Kamil</b>	<b>3189</b>		M30	23	00:00:05	<b>02:09:38.30</b>	<b>02:09:43.45</b>	+00:54:26 (42.0%)	9:15	6.5 (58.0%)
103	<b>GIEMZA Jarosław</b>	<b>3019</b>		M40	29	00:00:08	<b>02:10:00.95</b>	<b>02:10:08.95</b>	+00:54:48 (42.2%)	9:17	6.5 (58.0%)
104	<b>SWIERK Jakub</b>	<b>3252</b>		M40	30	01:00:20	<b>02:10:17.60</b>	<b>03:10:38.25</b>	+00:55:05 (42.3%)	9:18	6.4 (57.1%)
105	<b>SZOPA Grzegorz</b>	<b>3103</b>	STUMBRASIKI	M50	7	00:00:09	<b>02:10:56.65</b>	<b>02:11:05.65</b>	+00:55:44 (42.6%)	9:21	6.4 (57.1%)
106	<b>POKRYWKA Stefan</b>	<b>3258</b>	OTK RZEŹNIK	M60	3	00:00:29	<b>02:11:17.35</b>	<b>02:11:46.45</b>	+00:56:05 (42.7%)	9:22	6.4 (57.1%)
107	<b>KORBUS-GUZ Małgorzata</b>	<b>3027</b>		K40	6	00:00:12	<b>02:11:25.80</b>	<b>02:11:38.10</b>	+00:56:13 (42.8%)	9:23	6.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
108	<b>ŻELAZKO Marta</b>	<b>3166</b>		K30	12	00:00:16	<b>02:11:49.90</b>	<b>02:12:06.45</b>	+00:56:37 (43.0%)	9:24	6.4 (57.1%)
109	<b>CICHECKI Michał</b>	<b>3034</b>	DBK	M40	31	01:00:21	<b>02:12:05.10</b>	<b>03:12:26.35</b>	+00:56:53 (43.1%)	9:26	6.4 (57.1%)
110	<b>CHABŁO Daniel</b>	<b>3117</b>	STUMBRASIKI	M40	32	00:00:08	<b>02:12:09.40</b>	<b>02:12:18.10</b>	+00:56:57 (43.1%)	9:26	6.4 (57.1%)
111	<b>OGONOWSKI Michał</b>	<b>3188</b>	CB163	M40	33	01:00:15	<b>02:12:26.85</b>	<b>03:12:42.55</b>	+00:57:14 (43.2%)	9:27	6.3 (56.3%)
112	<b>GRZYBOWSKI Patryk</b>	<b>3136</b>		M20	18	00:00:15	<b>02:12:39.50</b>	<b>02:12:54.90</b>	+00:57:27 (43.3%)	9:28	6.3 (56.3%)
113	<b>TUREK Martyna</b>	<b>3160</b>		K20	10	00:00:12	<b>02:12:42.75</b>	<b>02:12:55.35</b>	+00:57:30 (43.3%)	9:28	6.3 (56.3%)
114	<b>ANDRZEJCZAK Ula</b>	<b>3138</b>	SMSKLIMA	K20	11	00:00:12	<b>02:12:43.85</b>	<b>02:12:56.75</b>	+00:57:31 (43.3%)	9:28	6.3 (56.3%)
115	<b>ZDEB Piotr</b>	<b>3050</b>		M30	24	00:00:11	<b>02:13:17.95</b>	<b>02:13:29.30</b>	+00:58:05 (43.6%)	9:31	6.3 (56.3%)
116	<b>MATŁOSZ Ewa</b>	<b>3167</b>		K40	7	00:59:59	<b>02:13:24.55</b>	<b>03:13:24.45</b>	+00:58:12 (43.6%)	9:31	6.3 (56.3%)
117	<b>STUDZIŹBA Paweł</b>	<b>3270</b>	CRETIVE BOCHNIA BIEGA	M40	34	00:00:05	<b>02:13:56.05</b>	<b>02:14:01.30</b>	+00:58:43 (43.9%)	9:34	6.3 (56.3%)
118	<b>MICHALSKA Joanna</b>	<b>3071</b>		K30	13	00:00:14	<b>02:14:05.55</b>	<b>02:14:19.65</b>	+00:58:53 (43.9%)	9:34	6.3 (56.3%)
119	<b>DALGIEWICZ Dariusz</b>	<b>3262</b>		M60	4	01:00:03	<b>02:14:26.65</b>	<b>03:14:30.05</b>	+00:59:14 (44.1%)	9:36	6.2 (55.4%)
120	<b>CABAŃSKA Dorota</b>	<b>3041</b>		K40	8	01:00:02	<b>02:14:46.65</b>	<b>03:14:49.45</b>	+00:59:34 (44.2%)	9:37	6.2 (55.4%)
121	<b>ŻYGADŁO Paulina</b>	<b>3072</b>		K20	12	01:00:15	<b>02:15:31.00</b>	<b>03:15:46.20</b>	+01:00:18 (44.5%)	9:40	6.2 (55.4%)
122	<b>WÓJTOWICZ Izabela</b>	<b>3196</b>		K40	9	01:00:13	<b>02:15:56.60</b>	<b>03:16:10.45</b>	+01:00:44 (44.7%)	9:42	6.2 (55.4%)
123	<b>GRANOS Sławomir</b>	<b>3257</b>	BIESZCZADZKIE DESEROWE	M40	35	01:00:02	<b>02:15:57.65</b>	<b>03:16:00.45</b>	+01:00:45 (44.7%)	9:42	6.2 (55.4%)
124	<b>MATYJASZEK Karolina</b>	<b>3085</b>		K20	13	01:00:04	<b>02:16:09.60</b>	<b>03:16:13.65</b>	+01:00:57 (44.8%)	9:43	6.2 (55.4%)
125	<b>KALIŃCZAK Kazimierz</b>	<b>3212</b>		M60	5	01:00:03	<b>02:16:14.60</b>	<b>03:16:18.00</b>	+01:01:02 (44.8%)	9:43	6.2 (55.4%)
126	<b>PIETRAS Magda</b>	<b>3098</b>	BEŁŻYCE I OKOLICE BIEGAJĄ	K20	14	01:00:04	<b>02:16:24.00</b>	<b>03:16:28.20</b>	+01:01:11 (44.9%)	9:44	6.2 (55.4%)
127	<b>PENKALA Marcin</b>	<b>3057</b>	STRANGERS	M40	36	01:00:18	<b>02:16:24.80</b>	<b>03:16:43.50</b>	+01:01:12 (44.9%)	9:44	6.2 (55.4%)
128	<b>POPCZYK Piotr</b>	<b>3005</b>		M40	37	01:00:03	<b>02:17:09.70</b>	<b>03:17:13.25</b>	+01:01:57 (45.2%)	9:47	6.1 (54.5%)
129	<b>WERLE Nelly</b>	<b>3016</b>		K30	14	00:00:12	<b>02:17:27.75</b>	<b>02:17:40.05</b>	+01:02:15 (45.3%)	9:49	6.1 (54.5%)
130	<b>WERLE Michał</b>	<b>3017</b>		M30	25	00:00:11	<b>02:17:28.50</b>	<b>02:17:40.30</b>	+01:02:16 (45.3%)	9:49	6.1 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
131	<b>PINKOWSKI Maciej</b>	<b>3268</b>	417	M30	26	00:59:58	<b>02:17:30.30</b>	<b>03:17:28.95</b>	+01:02:18 (45.3%)	9:49	6.1 (54.5%)
132	<b>WOJTAS Wojciech</b>	<b>3192</b>	STOWARZYSZENIE BIEG PO ZDRÓJ	M40	38	01:00:10	<b>02:17:33.15</b>	<b>03:17:43.85</b>	+01:02:21 (45.3%)	9:49	6.1 (54.5%)
133	<b>MAGER Olga</b>	<b>3080</b>		K40	10	00:00:14	<b>02:18:18.10</b>	<b>02:18:32.35</b>	+01:03:06 (45.6%)	9:52	6.1 (54.5%)
134	<b>HERMANIUK Iwona</b>	<b>3084</b>	ODKRYWCY TAURUS	K40	11	00:00:14	<b>02:18:18.45</b>	<b>02:18:32.55</b>	+01:03:06 (45.6%)	9:52	6.1 (54.5%)
135	<b>WYSOCKA Marta</b>	<b>3162</b>		K40	12	00:00:08	<b>02:19:10.10</b>	<b>02:19:18.60</b>	+01:03:58 (46.0%)	9:56	6 (53.6%)
136	<b>PAKIEŁA Aleksandra</b>	<b>3246</b>		K20	15	00:59:58	<b>02:20:13.50</b>	<b>03:20:12.00</b>	+01:05:01 (46.4%)	10:00	6 (53.6%)
137	<b>ZAJDENC Aleksandra</b>	<b>3037</b>		K20	16	01:00:07	<b>02:21:10.20</b>	<b>03:21:17.25</b>	+01:05:58 (46.7%)	10:05	6 (53.6%)
138	<b>ZAJDENC Mirosław</b>	<b>3038</b>		M50	8	01:00:07	<b>02:21:11.30</b>	<b>03:21:18.50</b>	+01:05:59 (46.7%)	10:05	5.9 (52.7%)
139	<b>BIAŁEK Kamila</b>	<b>3064</b>	GEPARDY Z ŁODZI	K40	13	00:00:16	<b>02:21:30.65</b>	<b>02:21:47.30</b>	+01:06:18 (46.9%)	10:06	5.9 (52.7%)
140	<b>FUDALI Jacek</b>	<b>3217</b>		M30	27	01:00:01	<b>02:21:34.00</b>	<b>03:21:35.25</b>	+01:06:21 (46.9%)	10:06	5.9 (52.7%)
141	<b>BRUDEREK Anna</b>	<b>3010</b>	PRIMUM CURRERE	K40	14	00:00:08	<b>02:21:39.40</b>	<b>02:21:47.45</b>	+01:06:27 (46.9%)	10:07	5.9 (52.7%)
142	<b>WARZYCHA Dawid</b>	<b>3023</b>	PKP INTERCITY	M20	19	01:00:19	<b>02:22:26.60</b>	<b>03:22:45.65</b>	+01:07:14 (47.2%)	10:10	5.9 (52.7%)
143	<b>FIL Bożena</b>	<b>3183</b>	JAROSŁAWSKI BIEGACZ	K40	15	01:00:01	<b>02:22:33.70</b>	<b>03:22:35.65</b>	+01:07:21 (47.2%)	10:10	5.9 (52.7%)
144	<b>DONIEC Katarzyna</b>	<b>3218</b>		K40	16	00:00:15	<b>02:22:41.10</b>	<b>02:22:56.50</b>	+01:07:29 (47.3%)	10:11	5.9 (52.7%)
145	<b>HOLUB Agata</b>	<b>3008</b>	JAROSŁAWSKI BIEGACZ	K50	2	01:00:02	<b>02:22:50.30</b>	<b>03:22:52.65</b>	+01:07:38 (47.4%)	10:12	5.9 (52.7%)
146	<b>FOLTA Jan</b>	<b>3043</b>	GRUPA BIEGOWA ZARSZYN	M50	9	01:00:03	<b>02:22:58.40</b>	<b>03:23:02.25</b>	+01:07:46 (47.4%)	10:12	5.9 (52.7%)
147	<b>KIWIOR Kamil</b>	<b>3131</b>	LEGALTRANS	M30	28	00:00:03	<b>02:22:59.25</b>	<b>02:23:02.25</b>	+01:07:47 (47.4%)	10:12	5.9 (52.7%)
147	<b>FOLTA Anita</b>	<b>3044</b>	GRUPA BIEGOWA ZARSZYN	K50	3	01:00:03	<b>02:22:59.25</b>	<b>03:23:02.65</b>	+01:07:47 (47.4%)	10:12	5.9 (52.7%)
149	<b>BOGDAŁ Ewelina</b>	<b>3126</b>		K30	15	01:00:06	<b>02:23:57.15</b>	<b>03:24:04.00</b>	+01:08:45 (47.8%)	10:16	5.8 (51.8%)
150	<b>KRAKOWCZYK Magdalena</b>	<b>3033</b>		K40	17	00:00:05	<b>02:24:08.30</b>	<b>02:24:14.15</b>	+01:08:56 (47.8%)	10:17	5.8 (51.8%)
151	<b>RAPCZYŃSKI Witold</b>	<b>3140</b>		M50	10	01:00:10	<b>02:24:31.95</b>	<b>03:24:42.65</b>	+01:09:19 (48.0%)	10:19	5.8 (51.8%)
152	<b>LEŚNIEWSKI Tomek</b>	<b>3254</b>	BIESZCZADZKIE DESEROWE	M40	39	01:00:00	<b>02:25:42.60</b>	<b>03:25:43.35</b>	+01:10:30 (48.4%)	10:24	5.8 (51.8%)
153	<b>LUSIO Marcin</b>	<b>3191</b>		M40	40	01:00:10	<b>02:25:54.10</b>	<b>03:26:04.55</b>	+01:10:42 (48.5%)	10:25	5.8 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
154	<b>KOŃKA Mariusz</b>	<b>3198</b>	BOGDAN TEAM	M40	41	00:00:11	<b>02:25:54.50</b>	<b>02:26:06.25</b>	+01:10:42 (48.5%)	10:25	5.8 (51.8%)
155	<b>SZMIT Iwona</b>	<b>3028</b>		K40	18	01:00:14	<b>02:26:04.35</b>	<b>03:26:19.05</b>	+01:10:52 (48.5%)	10:26	5.8 (51.8%)
156	<b>KAŻMIERCZAK Patryk</b>	<b>3178</b>	KOALA RUNNING TEAM	M40	42	01:00:19	<b>02:26:30.00</b>	<b>03:26:49.10</b>	+01:11:17 (48.7%)	10:27	5.7 (50.9%)
157	<b>LASEK Edyta</b>	<b>3128</b>		K40	19	00:00:13	<b>02:26:33.25</b>	<b>02:26:46.75</b>	+01:11:21 (48.7%)	10:28	5.7 (50.9%)
157	<b>STAWIARZ Ryszard</b>	<b>3137</b>	STEFAN TEAM	M40	43	00:00:13	<b>02:26:33.25</b>	<b>02:26:46.95</b>	+01:11:21 (48.7%)	10:28	5.7 (50.9%)
159	<b>CIESIELSKI Grzegorz</b>	<b>3102</b>	#SMARTRUN	M40	44	00:00:10	<b>02:26:35.35</b>	<b>02:26:46.10</b>	+01:11:23 (48.7%)	10:28	5.7 (50.9%)
160	<b>MOCZYŃSKA Joanna</b>	<b>3009</b>		K30	16	01:00:11	<b>02:27:05.90</b>	<b>03:27:17.25</b>	+01:11:53 (48.9%)	10:30	5.7 (50.9%)
161	<b>BIELIŃSKA Joanna</b>	<b>3241</b>		K40	20	00:00:06	<b>02:27:08.75</b>	<b>02:27:14.75</b>	+01:11:56 (48.9%)	10:30	5.7 (50.9%)
162	<b>PIĄTEK Piotr</b>	<b>3153</b>		M40	45	00:00:08	<b>02:27:21.25</b>	<b>02:27:29.25</b>	+01:12:09 (49.0%)	10:31	5.7 (50.9%)
163	<b>ADAMCZAK Wieslaw</b>	<b>3174</b>	BIEGAJ BEZ KOŃCA	M60	6	00:00:11	<b>02:27:31.25</b>	<b>02:27:42.60</b>	+01:12:19 (49.0%)	10:32	5.7 (50.9%)
164	<b>LENAR Wojciech</b>	<b>3248</b>		M30	29	00:00:15	<b>02:27:34.40</b>	<b>02:27:50.35</b>	+01:12:22 (49.0%)	10:32	5.7 (50.9%)
165	<b>MAJCHRZYK Aleksandra</b>	<b>3074</b>	JB WARSZAWA	K30	17	01:00:08	<b>02:28:11.20</b>	<b>03:28:19.80</b>	+01:12:59 (49.3%)	10:35	5.7 (50.9%)
166	<b>SĘK Tomasz</b>	<b>3157</b>		M30	30	00:00:10	<b>02:28:12.25</b>	<b>02:28:22.30</b>	+01:13:00 (49.3%)	10:35	5.7 (50.9%)
167	<b>ROMANOWSKA Ewa</b>	<b>3154</b>		K30	18	01:00:07	<b>02:28:12.35</b>	<b>03:28:20.20</b>	+01:13:00 (49.3%)	10:35	5.7 (50.9%)
168	<b>WŁOSEK Dorota</b>	<b>3232</b>		K30	19	01:00:18	<b>02:28:28.70</b>	<b>03:28:46.95</b>	+01:13:16 (49.4%)	10:36	5.7 (50.9%)
169	<b>PODSZUS Magda</b>	<b>3165</b>		K20	17	00:00:06	<b>02:29:37.50</b>	<b>02:29:44.00</b>	+01:14:25 (49.7%)	10:41	5.6 (50.0%)
170	<b>RELIGA Liliana</b>	<b>3158</b>	FEMINISTS UP AND RUNNING	K30	20	00:00:10	<b>02:29:59.15</b>	<b>02:30:09.20</b>	+01:14:47 (49.9%)	10:42	5.6 (50.0%)
171	<b>PAWLAK Maciej</b>	<b>3256</b>	BIESZCZADZKIE DESEROWE	M50	11	01:00:01	<b>02:30:50.20</b>	<b>03:30:52.05</b>	+01:15:38 (50.1%)	10:46	5.6 (50.0%)
172	<b>WILMAŃSKI Dariusz</b>	<b>3068</b>		M40	46	00:59:59	<b>02:31:07.70</b>	<b>03:31:07.15</b>	+01:15:55 (50.2%)	10:47	5.6 (50.0%)
173	<b>ŚWIERBUTOWICZ Anna</b>	<b>3135</b>		K30	21	01:00:05	<b>02:31:09.35</b>	<b>03:31:14.55</b>	+01:15:57 (50.2%)	10:47	5.6 (50.0%)
174	<b>WIĄCKIEWICZ Dominika</b>	<b>3093</b>	DZIK KOMANDO	K30	22	01:00:02	<b>02:33:05.10</b>	<b>03:33:07.90</b>	+01:17:53 (50.9%)	10:56	5.5 (49.1%)
175	<b>ZGŁOBICKI Wacław</b>	<b>3110</b>		M50	12	00:00:16	<b>02:33:54.70</b>	<b>02:34:11.25</b>	+01:18:42 (51.1%)	10:59	5.5 (49.1%)
176	<b>LISOWSKA Izabela</b>	<b>3013</b>		K40	21	00:00:10	<b>02:34:15.65</b>	<b>02:34:26.30</b>	+01:19:03 (51.3%)	11:01	5.4 (48.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
177	<b>TOMPALSKA Maria</b>	<b>3211</b>	AKTYWNY DYNÓW	K30	23	01:00:08	<b>02:35:33.15</b>	<b>03:35:41.15</b>	+01:20:21 (51.7%)	11:06	5.4 (48.2%)
178	<b>KASZUBA Ryszard</b>	<b>3224</b>	KLUB SPORTOWY PRESTIGE	M60	7	00:00:02	<b>02:35:35.95</b>	<b>02:35:38.15</b>	+01:20:23 (51.7%)	11:06	5.4 (48.2%)
179	<b>TYMOSZUK Michał</b>	<b>3095</b>	KB BIAŁA BIEGA	M40	47	00:00:15	<b>02:35:59.85</b>	<b>02:36:14.90</b>	+01:20:47 (51.8%)	11:08	5.4 (48.2%)
180	<b>TYMOSZUK Katarzyna</b>	<b>3096</b>		K40	22	00:00:14	<b>02:36:00.10</b>	<b>02:36:14.90</b>	+01:20:48 (51.8%)	11:08	5.4 (48.2%)
181	<b>MEDAJ Łukasz</b>	<b>3253</b>	MOUNTAIN	M30	31	00:00:02	<b>02:37:22.60</b>	<b>02:37:25.25</b>	+01:22:10 (52.2%)	11:14	5.3 (47.3%)
182	<b>HADAM Ewa</b>	<b>3227</b>	SPARTAN TRAINING GROUP RZESZÓW	K50	4	01:00:07	<b>02:38:44.05</b>	<b>03:38:51.85</b>	+01:23:31 (52.6%)	11:20	5.3 (47.3%)
183	<b>GRABOWSKA Joanna</b>	<b>3244</b>		K40	23	00:00:13	<b>02:39:03.45</b>	<b>02:39:16.50</b>	+01:23:51 (52.7%)	11:21	5.3 (47.3%)
184	<b>GAPINSKA Dorota</b>	<b>3004</b>		K30	24	00:00:11	<b>02:40:00.45</b>	<b>02:40:12.20</b>	+01:24:48 (53.0%)	11:25	5.3 (47.3%)
185	<b>DILLING Elżbieta</b>	<b>3259</b>		K20	18	01:00:06	<b>02:41:24.45</b>	<b>03:41:31.40</b>	+01:26:12 (53.4%)	11:31	5.2 (46.4%)
186	<b>GETLER-STRZYŻOWSKA Małgorzata</b>	<b>3090</b>	PĘDZĄCE LENIWCE	K40	24	01:00:05	<b>02:41:32.00</b>	<b>03:41:37.20</b>	+01:26:19 (53.4%)	11:32	5.2 (46.4%)
187	<b>KOZACZUK Katarzyna</b>	<b>3091</b>	PĘDZĄCE LENIWCE	K40	25	01:00:04	<b>02:41:32.75</b>	<b>03:41:37.40</b>	+01:26:20 (53.4%)	11:32	5.2 (46.4%)
188	<b>SENATORSKA Małgorzata</b>	<b>3020</b>		K50	5	00:00:08	<b>02:41:37.05</b>	<b>02:41:45.75</b>	+01:26:24 (53.5%)	11:32	5.2 (46.4%)
189	<b>PĘKALSKA Anna</b>	<b>3222</b>		K40	26	00:59:59	<b>02:41:49.70</b>	<b>03:41:48.80</b>	+01:26:37 (53.5%)	11:33	5.2 (46.4%)
190	<b>KRAWCZUK Sylwia</b>	<b>3056</b>		K30	25	00:00:05	<b>02:42:14.40</b>	<b>02:42:20.25</b>	+01:27:02 (53.6%)	11:35	5.2 (46.4%)
191	<b>ZAWADZKI Mateusz</b>	<b>3186</b>		M20	20	01:00:11	<b>02:42:22.85</b>	<b>03:42:34.25</b>	+01:27:10 (53.7%)	11:35	5.2 (46.4%)
192	<b>ZEMŁA Dorota</b>	<b>3049</b>		K20	19	01:00:07	<b>02:42:53.00</b>	<b>03:43:00.45</b>	+01:27:40 (53.8%)	11:38	5.2 (46.4%)
193	<b>PIZOŃ Robert</b>	<b>3003</b>		M40	48	01:00:22	<b>02:42:55.25</b>	<b>03:43:17.60</b>	+01:27:43 (53.8%)	11:38	5.2 (46.4%)
194	<b>GŁOWALA Iwona</b>	<b>3124</b>		K30	26	00:00:15	<b>02:43:03.10</b>	<b>02:43:18.15</b>	+01:27:51 (53.9%)	11:38	5.2 (46.4%)
195	<b>ROKITA Paweł</b>	<b>3187</b>		M30	32	00:00:19	<b>02:43:20.50</b>	<b>02:43:39.95</b>	+01:28:08 (54.0%)	11:40	5.1 (45.5%)
196	<b>STAWIŃSKA Maria</b>	<b>3105</b>		K20	20	00:00:18	<b>02:45:36.75</b>	<b>02:45:54.85</b>	+01:30:24 (54.6%)	11:49	5.1 (45.5%)
197	<b>DĘBIŃSKA Anna</b>	<b>3106</b>		K20	21	00:00:17	<b>02:45:38.70</b>	<b>02:45:56.60</b>	+01:30:26 (54.6%)	11:49	5.1 (45.5%)
198	<b>ŻOŁNA Jakub</b>	<b>3000</b>	FULFILL DREAMS TEAM PSZCZYNA	M20	21	00:00:06	<b>02:46:15.30</b>	<b>02:46:22.15</b>	+01:31:03 (54.8%)	11:52	5.1 (45.5%)
199	<b>HUZIOR Ela</b>	<b>3269</b>	MORSY BARONA	K50	6	01:00:11	<b>02:46:46.20</b>	<b>03:46:57.55</b>	+01:31:34 (54.9%)	11:54	5 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
200	<b>KIPER Elżbieta</b>	<b>3039</b>	JAROSŁAWSKI BIEGACZ	K30	27	01:00:02	<b>02:46:51.35</b>	<b>03:46:54.25</b>	+01:31:39 (54.9%)	11:55	5 (44.6%)
201	<b>FIL Hubert</b>	<b>3184</b>	JAROSŁAWSKI BIEGACZ	M20	22	01:00:02	<b>02:46:51.70</b>	<b>03:46:54.20</b>	+01:31:39 (54.9%)	11:55	5 (44.6%)
202	<b>HERMANIUK Tomasz</b>	<b>3083</b>	ODKRYWCY TAURUS	M40	49	00:00:13	<b>02:47:14.35</b>	<b>02:47:28.15</b>	+01:32:02 (55.0%)	11:56	5 (44.6%)
203	<b>JEZIOREK Jozi</b>	<b>3152</b>		M40	50	01:00:05	<b>02:47:18.30</b>	<b>03:47:23.85</b>	+01:32:06 (55.1%)	11:57	5 (44.6%)
204	<b>BYSZEWSKI Filip</b>	<b>3150</b>		M20	23	01:01:26	<b>02:49:01.90</b>	<b>03:50:27.90</b>	+01:33:49 (55.5%)	12:04	5 (44.6%)
205	<b>MAJCHROWICZ Justyna</b>	<b>3225</b>	FC PROSIACZEK	K30	28	00:00:08	<b>02:50:54.25</b>	<b>02:51:02.95</b>	+01:35:42 (56.0%)	12:12	4.9 (43.8%)
206	<b>KALINOWSKI Janusz</b>	<b>3022</b>		M60	8	00:00:39	<b>02:51:09.00</b>	<b>02:51:48.25</b>	+01:35:56 (56.1%)	12:13	4.9 (43.8%)
207	<b>KRZYŻANOWSKI Tomasz</b>	<b>3234</b>		M40	51	00:00:04	<b>02:53:11.35</b>	<b>02:53:16.00</b>	+01:37:59 (56.6%)	12:22	4.9 (43.8%)
208	<b>GIERCZAK Lidia</b>	<b>3156</b>		K40	27	00:59:58	<b>02:53:36.25</b>	<b>03:53:34.50</b>	+01:38:24 (56.7%)	12:24	4.8 (42.9%)
209	<b>JANIK Weronika</b>	<b>3148</b>		K20	22	01:01:24	<b>02:56:25.15</b>	<b>03:57:49.15</b>	+01:41:13 (57.4%)	12:36	4.8 (42.9%)
210	<b>HAIDUK Dawid</b>	<b>3149</b>		M20	24	01:01:21	<b>02:56:27.10</b>	<b>03:57:48.10</b>	+01:41:15 (57.4%)	12:36	4.8 (42.9%)
211	<b>CZAPLA Andrzej</b>	<b>3144</b>		M60	9	00:02:20	<b>02:57:54.35</b>	<b>03:00:14.60</b>	+01:42:42 (57.7%)	12:42	4.7 (42.0%)
212	<b>SZKAMRUK Bogusława</b>	<b>3060</b>		K60	1	01:00:09	<b>02:59:32.65</b>	<b>03:59:42.00</b>	+01:44:20 (58.1%)	12:49	4.7 (42.0%)
213	<b>PAWLIK Sylwia</b>	<b>3159</b>		K30	29	00:00:12	<b>02:59:58.60</b>	<b>03:00:11.20</b>	+01:44:46 (58.2%)	12:51	4.7 (42.0%)
214	<b>PERTYK Tomek</b>	<b>3042</b>	EXILE	M30	33	00:59:57	<b>03:00:36.15</b>	<b>04:00:33.95</b>	+01:45:24 (58.4%)	12:54	4.7 (42.0%)
215	<b>WACHNIK Agnieszka</b>	<b>3062</b>	NOWA HUTA TEAM	K30	30	00:00:19	<b>03:01:16.15</b>	<b>03:01:35.50</b>	+01:46:04 (58.5%)	12:56	4.6 (41.1%)
216	<b>BECHTA Katarzyna</b>	<b>3181</b>	BRACTWO BIEGOWE BGK	K20	23	00:00:05	<b>03:01:19.50</b>	<b>03:01:24.85</b>	+01:46:07 (58.5%)	12:57	4.6 (41.1%)
217	<b>PETZ Artur</b>	<b>3171</b>		M20	25	00:00:03	<b>03:06:55.70</b>	<b>03:06:58.95</b>	+01:51:43 (59.8%)	13:21	4.5 (40.2%)
218	<b>DOMAGAŁA Anna</b>	<b>3170</b>		K20	24	00:00:03	<b>03:06:56.20</b>	<b>03:06:59.40</b>	+01:51:44 (59.8%)	13:21	4.5 (40.2%)
219	<b>SZMAJ Michał</b>	<b>3231</b>	SZARŻA WROCŁAW	M40	52	01:00:00	<b>03:14:30.45</b>	<b>04:14:30.50</b>	+01:59:18 (61.3%)	13:53	4.3 (38.4%)
220	<b>NOWIŃSKA Agata</b>	<b>3230</b>		K30	31	01:00:00	<b>03:14:30.60</b>	<b>04:14:30.85</b>	+01:59:18 (61.3%)	13:53	4.3 (38.4%)
221	<b>KOLERA Mateusz</b>	<b>3250</b>		M20	26	00:00:17	<b>03:22:29.65</b>	<b>03:22:46.85</b>	+02:07:17 (62.9%)	14:27	4.1 (36.6%)
222	<b>HUDZIK Sylwia</b>	<b>3040</b>		K40	28	01:00:06	<b>03:28:15.30</b>	<b>04:28:21.85</b>	+02:13:03 (63.9%)	14:52	4 (35.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
223	<b>KALER-DZIURDZIAK Karolina</b>	<b>3203</b>		K30	32	01:00:06	<b>03:28:15.65</b>	<b>04:28:22.50</b>	+02:13:03 (63.9%)	14:52	4 (35.7%)
224	<b>MCGUIRE Kinga</b>	<b>3089</b>		K40	29	01:00:09	<b>03:28:22.65</b>	<b>04:28:31.90</b>	+02:13:10 (63.9%)	14:53	4 (35.7%)
225	<b>ORZOŁ Sylwia</b>	<b>3155</b>		K30	33	01:00:09	<b>03:28:23.45</b>	<b>04:28:32.65</b>	+02:13:11 (63.9%)	14:53	4 (35.7%)
226	<b>JAKUBIEC Justyna</b>	<b>3123</b>		K40	30	01:00:06	<b>03:37:01.40</b>	<b>04:37:07.85</b>	+02:21:49 (65.3%)	15:30	3.9 (34.8%)
227	<b>HERNAS Aneta</b>	<b>3121</b>		K40	31	01:00:06	<b>03:37:01.70</b>	<b>04:37:07.85</b>	+02:21:49 (65.3%)	15:30	3.9 (34.8%)
228	<b>CZECHOWSKA Izabela</b>	<b>3122</b>	WW TEAM	K40	32	01:00:04	<b>03:37:02.65</b>	<b>04:37:07.60</b>	+02:21:50 (65.4%)	15:30	3.9 (34.8%)
229	<b>KNYZIO-SZEWCZYK Weronika</b>	<b>3260</b>	FLEXISTAV TEAM	K30	34	01:00:10	<b>03:37:40.40</b>	<b>04:37:50.65</b>	+02:22:28 (65.5%)	15:32	3.9 (34.8%)
230	<b>SZEWCZYK Bartosz</b>	<b>3261</b>	FLEXISTAV TEAM	M30	34	01:00:10	<b>03:37:40.55</b>	<b>04:37:50.55</b>	+02:22:28 (65.5%)	15:32	3.9 (34.8%)
231	<b>EBERT Agata</b>	<b>3047</b>		K50	7	00:00:12	<b>03:38:46.60</b>	<b>03:38:58.90</b>	+02:23:34 (65.6%)	15:37	3.8 (33.9%)
232	<b>MIRECKI Jan</b>	<b>3168</b>		M40	53	00:00:10	<b>04:09:09.25</b>	<b>04:09:19.50</b>	+02:53:57 (69.8%)	17:47	3.4 (30.4%)
233	<b>SOŁTYSEK Sebastian</b>	<b>3024</b>	UNIVERSAL SOLDIERS	M40	54	00:00:49	<b>04:33:09.60</b>	<b>04:33:59.00</b>	+03:17:57 (72.5%)	19:30	3.1 (27.7%)
234	<b>SOŁTYSEK Grzegorz</b>	<b>3026</b>	UNIVERSAL SOLDIERS	M40	55	00:00:49	<b>05:04:38.20</b>	<b>05:05:27.55</b>	+03:49:26 (75.3%)	21:45	2.8 (25.0%)

Znaleziono 234 wynik(ów)