

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	DOMISZEWSKI Ignacy	3204	GUKLA BRATKOWICE KORZENIOWSKI.PL	M30	1	00:00:01	01:15:12.10	01:15:13.70		5:22	11.2 (100%)
2	BACHLEDA Łukasz	3236	GORĄCY POTOK TEAM	M20	1	00:59:57	01:15:13.65	02:15:10.65	+00:00:01 (0.0%)	5:22	11.2 (100%)
3	AUGUSTYŃSKI Sylwester	3247	GRUPALUKTRANS.PL	M30	2	00:00:02	01:17:35.80	01:17:38.20	+00:02:23 (3.1%)	5:32	10.8 (96.4%)
4	SZMIST Szymon	3251	KB ATHLETIC ZRĘCIN /3 POBT	M40	1	00:00:01	01:19:00.95	01:19:02.55	+00:03:48 (4.8%)	5:38	10.6 (94.6%)
5	TARGOSZ Michał	3180		M40	2	00:00:01	01:21:06.75	01:21:08.15	+00:05:54 (7.3%)	5:47	10.4 (92.9%)
6	MOTYKA Kamil	3088	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	3	00:59:57	01:23:05.65	02:23:02.95	+00:07:53 (9.5%)	5:56	10.1 (90.2%)
7	SABAT Sebastian	3263		M20	2	00:59:57	01:24:18.95	02:24:16.00	+00:09:06 (10.8%)	6:01	10 (89.3%)
8	ZĄBIK Marek	3197		M30	4	00:59:57	01:25:02.80	02:25:00.60	+00:09:50 (11.6%)	6:04	9.9 (88.4%)
9	MULARCZYK Paweł	3141	GRUPA JURA'PL	M20	3	00:59:57	01:26:53.10	02:26:50.25	+00:11:41 (13.4%)	6:12	9.7 (86.6%)
10	BAZUŁKA Aleksandra	3235	BUFF TEAM POLAND	K20	1	00:59:58	01:27:38.10	02:27:36.30	+00:12:26 (14.2%)	6:15	9.6 (85.7%)
11	PACHUT Jerzy	3120	MUAY RUNNING TEAM	M20	4	00:59:56	01:27:40.35	02:27:37.15	+00:12:28 (14.2%)	6:15	9.6 (85.7%)
12	MAKARSKI Krzysztof	3094	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	3	00:59:57	01:30:58.50	02:30:56.30	+00:15:46 (17.3%)	6:29	9.2 (82.1%)
13	BEKAS Marcin`	3205		M40	4	00:00:03	01:31:00.65	01:31:04.05	+00:15:48 (17.4%)	6:30	9.2 (82.1%)
14	ZAWADZKI Marcin	3169	SZCZWANY TRZMIEL TEAM	M30	5	00:59:57	01:31:16.75	02:31:14.35	+00:16:04 (17.6%)	6:31	9.2 (82.1%)
15	KUKLIS Tomasz	3151		M30	6	01:00:03	01:31:58.10	02:32:01.80	+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	STANIO Arkadiusz	3099	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	5	01:00:07	01:32:54.10	02:33:01.25	+00:17:42 (19.1%)	6:38	9 (80.4%)
17	MATŁOSZ Mariusz	3146	KW KRAKÓW	M40	6	00:59:59	01:33:41.90	02:33:41.40	+00:18:29 (19.7%)	6:41	9 (80.4%)
18	WŁOCH Sławomir	3055		M50	1	00:59:57	01:37:13.20	02:37:10.50	+00:22:01 (22.6%)	6:56	8.6 (76.8%)
19	WITEK Łukasz	3219	BIEG PO ZDRÓJ	M40	7	00:59:58	01:38:12.90	02:38:11.45	+00:23:00 (23.4%)	7:00	8.6 (76.8%)
20	GAJEWSKI Paweł	3255	BIESZCZADZKIE DESEROWE	M50	2	01:00:00	01:38:21.60	02:38:22.00	+00:23:09 (23.5%)	7:01	8.5 (75.9%)
21	DONIEC Sebastian	3245	MARCIN ŚWIERC TEAM	M40	8	00:00:15	01:39:35.30	01:39:50.70	+00:24:23 (24.5%)	7:06	8.4 (75.0%)
22	SEMENIUK Konrad	3199	RZEPIN CITY	M20	5	00:00:16	01:40:14.60	01:40:30.85	+00:25:02 (25.0%)	7:09	8.4 (75.0%)
23	KALINOWSKI Jarosław	3172		M30	7	00:59:59	01:41:06.95	02:41:06.80	+00:25:54 (25.6%)	7:13	8.3 (74.1%)
24	CHOWANIOK Anna	3118		K20	2	00:00:04	01:41:33.35	01:41:37.75	+00:26:21 (26.0%)	7:15	8.3 (74.1%)
25	SKORUPKA Piotr	3052	UNBROKEN STORE	M30	8	01:00:01	01:41:42.60	02:41:44.15	+00:26:30 (26.1%)	7:15	8.3 (74.1%)
26	BODZIOCH Grzegorz	3114	GORLICKA GRUPA BIEGOWA	M40	9	01:00:00	01:42:10.10	02:42:10.75	+00:26:58 (26.4%)	7:17	8.2 (73.2%)
27	SZYBIAK Maciej	3021	AGONA W@M	M20	6	00:00:02	01:43:32.95	01:43:35.80	+00:28:20 (27.4%)	7:23	8.1 (72.3%)
28	JAZY Szymon	3070		M30	9	01:00:00	01:44:09.70	02:44:10.35	+00:28:57 (27.8%)	7:26	8.1 (72.3%)
29	WIĘCEK Marek	3116		M20	7	01:00:04	01:44:52.70	02:44:57.65	+00:29:40 (28.3%)	7:29	8 (71.4%)
30	MOTYL Michał	3075	ADDCITED2FUN	M20	8	00:00:18	01:45:21.60	01:45:40.30	+00:30:09 (28.6%)	7:31	8 (71.4%)
31	ŻELAZNY Agnieszka	3115	GORLICKA GRUPA BIEGOWA	K40	1	00:59:58	01:45:54.80	02:45:53.45	+00:30:42 (29.0%)	7:33	7.9 (70.5%)
32	KORŻYK Marek	3177		M40	10	01:00:16	01:46:56.50	02:47:13.35	+00:31:44 (29.7%)	7:38	7.9 (70.5%)
33	BIELIŃSKI Piotr	3240		M40	11	00:00:06	01:47:48.25	01:47:54.75	+00:32:36 (30.2%)	7:42	7.8 (69.6%)
34	BANASIAK Marcin	3061	DKB WARSZAWA	M40	12	01:00:20	01:47:58.45	02:48:18.85	+00:32:46 (30.4%)	7:42	7.8 (69.6%)
35	WÓJTOWICZ Robert	3194		M40	13	01:00:13	01:49:08.75	02:49:22.55	+00:33:56 (31.1%)	7:47	7.7 (68.8%)
36	GET Maciej	3226		M40	14	00:00:03	01:49:17.10	01:49:20.30	+00:34:05 (31.2%)	7:48	7.7 (68.8%)
37	PENKALA Piotr	3059	STRANGERS	M20	9	01:00:17	01:50:27.80	02:50:45.70	+00:35:15 (31.9%)	7:53	7.6 (67.9%)
38	RAMOS Rodrigo	3233		M30	10	01:00:18	01:50:47.25	02:51:05.70	+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	MATŁOSZ Jolanta	3014	BRAK	K30	1	00:59:59	01:51:09.10	02:51:08.35	+00:35:57 (32.3%)	7:56	7.6 (67.9%)
40	WĘGRZYN Paweł	3190	SOLINA TEAM	M20	10	00:00:02	01:51:29.50	01:51:32.30	+00:36:17 (32.5%)	7:57	7.5 (67.0%)
41	BIENIEK Rafal	3238	WUNDER BIKE TEAM	M40	15	01:00:11	01:51:43.35	02:51:55.30	+00:36:31 (32.7%)	7:58	7.5 (67.0%)
42	PUTYRA Damian	3073		M20	11	01:00:17	01:52:27.25	02:52:44.80	+00:37:15 (33.1%)	8:01	7.5 (67.0%)
43	TRELA Jacek	3173	AZS AWF KRAKÓW MASTERS	M60	1	01:00:04	01:52:44.25	02:52:48.30	+00:37:32 (33.3%)	8:03	7.5 (67.0%)
44	ŁUSZCZYC Krzysztof	3139		M30	11	00:00:10	01:52:56.40	01:53:06.90	+00:37:44 (33.4%)	8:04	7.4 (66.1%)
45	BIERNACKA Beata	3087	WIECZORNE BIEGANIE W OPOLU	K30	2	01:00:05	01:53:21.60	02:53:27.25	+00:38:09 (33.7%)	8:05	7.4 (66.1%)
46	ŻÓŁOWICZ Adam	3086	WIECZORNE BIEGANIE W OPOLU	M30	12	01:00:05	01:53:22.00	02:53:27.25	+00:38:09 (33.7%)	8:05	7.4 (66.1%)
47	FLIŚ Łukasz	3053	AKTYWNA PSZCZYNA RUNNERS TEAM	M20	12	00:00:06	01:53:24.05	01:53:30.65	+00:38:11 (33.7%)	8:06	7.4 (66.1%)
48	DOBEK Halina	3119	GORLICKA GRUPA BIEGOWA	K40	2	00:59:58	01:54:17.35	02:54:16.15	+00:39:05 (34.2%)	8:09	7.4 (66.1%)
49	WRÓBEL Bartłomiej	3025	CISNA	M40	16	00:00:02	01:54:21.95	01:54:24.15	+00:39:09 (34.2%)	8:10	7.3 (65.2%)
50	OCHYRA Krzysztof	3220		M50	3	00:00:04	01:54:29.40	01:54:33.80	+00:39:17 (34.3%)	8:10	7.3 (65.2%)
51	KIELAR Kamila	3100		K30	3	01:00:04	01:54:36.25	02:54:41.20	+00:39:24 (34.4%)	8:11	7.3 (65.2%)
52	STACH Jacek	3176		M40	17	01:00:16	01:54:51.45	02:55:07.80	+00:39:39 (34.5%)	8:12	7.3 (65.2%)
53	SAWICKI Ireneusz	3030	-	M50	4	00:00:10	01:55:20.00	01:55:30.05	+00:40:07 (34.8%)	8:14	7.3 (65.2%)
54	WIDERA Tomasz	3108	KOKOSZKA36TEAM	M30	13	00:00:18	01:55:21.80	01:55:40.35	+00:40:09 (34.8%)	8:14	7.3 (65.2%)
55	CZAJA Alicja	3266	RODZEŃSTWO	K40	3	00:00:05	01:55:27.20	01:55:32.95	+00:40:15 (34.9%)	8:14	7.3 (65.2%)
56	DZIEWA Agata	3161		K30	4	00:59:58	01:55:28.00	02:55:26.00	+00:40:15 (34.9%)	8:14	7.3 (65.2%)
57	BARAŃSKA Monika	3200		K50	1	00:00:04	01:55:31.50	01:55:36.15	+00:40:19 (34.9%)	8:15	7.3 (65.2%)
58	REPEĆ Jarosław	3051		M30	14	00:00:11	01:55:38.40	01:55:49.60	+00:40:26 (35.0%)	8:15	7.3 (65.2%)
59	BOREK Paweł	3229		M20	13	00:00:08	01:55:40.95	01:55:49.70	+00:40:28 (35.0%)	8:15	7.3 (65.2%)
60	STYSIAŁ Dariusz	3130	OSP ROKIETNICA	M40	18	00:00:03	01:56:14.70	01:56:18.60	+00:41:02 (35.3%)	8:18	7.2 (64.3%)
61	KORZONEK Karol	3097		M30	15	00:00:06	01:56:21.45	01:56:27.95	+00:41:09 (35.4%)	8:18	7.2 (64.3%)

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

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85	WAŁACHOWSKA Urszula	3201	SOLINA TEAM	K30	6	00:00:03	02:04:04.55	02:04:08.45	+00:48:52 (39.4%)	8:51	6.8 (60.7%)
86	GŁODOWSKA Marta	3065	ŻÓRAWSKI TEAM	K20	8	00:59:59	02:04:34.65	03:04:33.75	+00:49:22 (39.6%)	8:53	6.7 (59.8%)
87	KĘDZIOR Grzegorz	3147		M20	16	01:00:01	02:04:43.85	03:04:45.20	+00:49:31 (39.7%)	8:54	6.7 (59.8%)
88	LEŚNIEWSKA-BUKAŁA Katarzyna	3264		K30	7	00:00:05	02:05:12.20	02:05:17.75	+00:50:00 (39.9%)	8:56	6.7 (59.8%)
89	MAGER Bartosz	3081		M40	24	00:00:14	02:05:32.35	02:05:47.15	+00:50:20 (40.1%)	8:58	6.7 (59.8%)
90	KUMOR Anna	3127		K30	8	01:00:13	02:05:53.15	03:06:06.45	+00:50:41 (40.3%)	8:59	6.7 (59.8%)
91	ŁUCKA Artur	3125		M20	17	01:00:13	02:05:53.30	03:06:06.55	+00:50:41 (40.3%)	8:59	6.7 (59.8%)
92	KRUZEL Tomasz	3272		M40	25	01:00:01	02:05:56.55	03:05:58.40	+00:50:44 (40.3%)	8:59	6.7 (59.8%)
93	BOCHENEK Wiktoria	3175	STALOWOWOLSKI KLUB BIEGACZA	K30	9	00:00:07	02:06:31.10	02:06:38.85	+00:51:19 (40.6%)	9:02	6.6 (58.9%)
94	AJNENKIEL-ŁOŚ Katarzyna	3092	DZIK KOMANDO	K30	10	01:00:02	02:06:39.35	03:06:42.15	+00:51:27 (40.6%)	9:02	6.6 (58.9%)
95	GORAJEK Michał	3101	ALA&LILA	M40	26	00:00:11	02:06:49.70	02:07:00.75	+00:51:37 (40.7%)	9:03	6.6 (58.9%)
96	PTAK Dominik	3145		M30	22	01:00:12	02:06:59.55	03:07:12.40	+00:51:47 (40.8%)	9:04	6.6 (58.9%)
97	IWASZEK Pawel	3237	WUNDER BIKE TEAM	M40	27	01:00:11	02:07:17.55	03:07:29.50	+00:52:05 (40.9%)	9:05	6.6 (58.9%)
98	KIJANKA Jadwiga	3133	OSP ROKIETNICA	K30	11	00:00:03	02:07:45.50	02:07:49.25	+00:52:33 (41.1%)	9:07	6.6 (58.9%)
99	BOROWSKA Julia	3239	#FLEXISTAVTEAM	K20	9	01:00:04	02:07:51.50	03:07:55.80	+00:52:39 (41.2%)	9:07	6.6 (58.9%)
100	KUBALA Alicja	3031		K40	5	00:59:58	02:08:46.65	03:08:45.15	+00:53:34 (41.6%)	9:11	6.5 (58.0%)
101	SKOBEL Robert	3210	SZAKAL BIEGA LUCKY TEAM	M40	28	00:00:15	02:09:29.95	02:09:45.60	+00:54:17 (41.9%)	9:14	6.5 (58.0%)
102	STANIOS Kamil	3189		M30	23	00:00:05	02:09:38.30	02:09:43.45	+00:54:26 (42.0%)	9:15	6.5 (58.0%)
103	GIEMZA Jarosław	3019		M40	29	00:00:08	02:10:00.95	02:10:08.95	+00:54:48 (42.2%)	9:17	6.5 (58.0%)
104	SWIERK Jakub	3252		M40	30	01:00:20	02:10:17.60	03:10:38.25	+00:55:05 (42.3%)	9:18	6.4 (57.1%)
105	SZOPA Grzegorz	3103	STUMBRASIKI	M50	7	00:00:09	02:10:56.65	02:11:05.65	+00:55:44 (42.6%)	9:21	6.4 (57.1%)
106	POKRYWKA Stefan	3258	OTK RZEŹNIK	M60	3	00:00:29	02:11:17.35	02:11:46.45	+00:56:05 (42.7%)	9:22	6.4 (57.1%)
107	KORBUS-GUZ Małgorzata	3027		K40	6	00:00:12	02:11:25.80	02:11:38.10	+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	ŻELAZKO Marta	3166		K30	12	00:00:16	02:11:49.90	02:12:06.45	+00:56:37 (43.0%)	9:24	6.4 (57.1%)
109	CICHECKI Michał	3034	DBK	M40	31	01:00:21	02:12:05.10	03:12:26.35	+00:56:53 (43.1%)	9:26	6.4 (57.1%)
110	CHABŁO Daniel	3117	STUMBRASIKI	M40	32	00:00:08	02:12:09.40	02:12:18.10	+00:56:57 (43.1%)	9:26	6.4 (57.1%)
111	OGONOWSKI Michał	3188	CB163	M40	33	01:00:15	02:12:26.85	03:12:42.55	+00:57:14 (43.2%)	9:27	6.3 (56.3%)
112	GRZYBOWSKI Patryk	3136		M20	18	00:00:15	02:12:39.50	02:12:54.90	+00:57:27 (43.3%)	9:28	6.3 (56.3%)
113	TUREK Martyna	3160		K20	10	00:00:12	02:12:42.75	02:12:55.35	+00:57:30 (43.3%)	9:28	6.3 (56.3%)
114	ANDRZEJCZAK Ula	3138	SMSKLIMA	K20	11	00:00:12	02:12:43.85	02:12:56.75	+00:57:31 (43.3%)	9:28	6.3 (56.3%)
115	ZDEB Piotr	3050		M30	24	00:00:11	02:13:17.95	02:13:29.30	+00:58:05 (43.6%)	9:31	6.3 (56.3%)
116	MATŁOSZ Ewa	3167		K40	7	00:59:59	02:13:24.55	03:13:24.45	+00:58:12 (43.6%)	9:31	6.3 (56.3%)
117	STUDZIŹBA Paweł	3270	CRETIVE BOCHNIA BIEGA	M40	34	00:00:05	02:13:56.05	02:14:01.30	+00:58:43 (43.9%)	9:34	6.3 (56.3%)
118	MICHALSKA Joanna	3071		K30	13	00:00:14	02:14:05.55	02:14:19.65	+00:58:53 (43.9%)	9:34	6.3 (56.3%)
119	DALGIEWICZ Dariusz	3262		M60	4	01:00:03	02:14:26.65	03:14:30.05	+00:59:14 (44.1%)	9:36	6.2 (55.4%)
120	CABAŃSKA Dorota	3041		K40	8	01:00:02	02:14:46.65	03:14:49.45	+00:59:34 (44.2%)	9:37	6.2 (55.4%)
121	ŻYGADŁO Paulina	3072		K20	12	01:00:15	02:15:31.00	03:15:46.20	+01:00:18 (44.5%)	9:40	6.2 (55.4%)
122	WÓJTOWICZ Izabela	3196		K40	9	01:00:13	02:15:56.60	03:16:10.45	+01:00:44 (44.7%)	9:42	6.2 (55.4%)
123	GRANOS Sławomir	3257	BIESZCZADZKIE DESEROWE	M40	35	01:00:02	02:15:57.65	03:16:00.45	+01:00:45 (44.7%)	9:42	6.2 (55.4%)
124	MATYJASZEK Karolina	3085		K20	13	01:00:04	02:16:09.60	03:16:13.65	+01:00:57 (44.8%)	9:43	6.2 (55.4%)
125	KALIŃCZAK Kazimierz	3212		M60	5	01:00:03	02:16:14.60	03:16:18.00	+01:01:02 (44.8%)	9:43	6.2 (55.4%)
126	PIETRAS Magda	3098	BEŁŻYCE I OKOLICE BIEGAJĄ	K20	14	01:00:04	02:16:24.00	03:16:28.20	+01:01:11 (44.9%)	9:44	6.2 (55.4%)
127	PENKALA Marcin	3057	STRANGERS	M40	36	01:00:18	02:16:24.80	03:16:43.50	+01:01:12 (44.9%)	9:44	6.2 (55.4%)
128	POPCZYK Piotr	3005		M40	37	01:00:03	02:17:09.70	03:17:13.25	+01:01:57 (45.2%)	9:47	6.1 (54.5%)
129	WERLE Nelly	3016		K30	14	00:00:12	02:17:27.75	02:17:40.05	+01:02:15 (45.3%)	9:49	6.1 (54.5%)
130	WERLE Michał	3017		M30	25	00:00:11	02:17:28.50	02:17:40.30	+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	PINKOWSKI Maciej	3268	417	M30	26	00:59:58	02:17:30.30	03:17:28.95	+01:02:18 (45.3%)	9:49	6.1 (54.5%)
132	WOJTAS Wojciech	3192	STOWARZYSZENIE BIEG PO ZDRÓJ	M40	38	01:00:10	02:17:33.15	03:17:43.85	+01:02:21 (45.3%)	9:49	6.1 (54.5%)
133	MAGER Olga	3080		K40	10	00:00:14	02:18:18.10	02:18:32.35	+01:03:06 (45.6%)	9:52	6.1 (54.5%)
134	HERMANIUK Iwona	3084	ODKRYWCY TAURUS	K40	11	00:00:14	02:18:18.45	02:18:32.55	+01:03:06 (45.6%)	9:52	6.1 (54.5%)
135	WYSOCKA Marta	3162		K40	12	00:00:08	02:19:10.10	02:19:18.60	+01:03:58 (46.0%)	9:56	6 (53.6%)
136	PAKIEŁA Aleksandra	3246		K20	15	00:59:58	02:20:13.50	03:20:12.00	+01:05:01 (46.4%)	10:00	6 (53.6%)
137	ZAJDENC Aleksandra	3037		K20	16	01:00:07	02:21:10.20	03:21:17.25	+01:05:58 (46.7%)	10:05	6 (53.6%)
138	ZAJDENC Mirosław	3038		M50	8	01:00:07	02:21:11.30	03:21:18.50	+01:05:59 (46.7%)	10:05	5.9 (52.7%)
139	BIAŁEK Kamila	3064	GEPARDY Z ŁODZI	K40	13	00:00:16	02:21:30.65	02:21:47.30	+01:06:18 (46.9%)	10:06	5.9 (52.7%)
140	FUDALI Jacek	3217		M30	27	01:00:01	02:21:34.00	03:21:35.25	+01:06:21 (46.9%)	10:06	5.9 (52.7%)
141	BRUDEREK Anna	3010	PRIMUM CURRERE	K40	14	00:00:08	02:21:39.40	02:21:47.45	+01:06:27 (46.9%)	10:07	5.9 (52.7%)
142	WARZYCHA Dawid	3023	PKP INTERCITY	M20	19	01:00:19	02:22:26.60	03:22:45.65	+01:07:14 (47.2%)	10:10	5.9 (52.7%)
143	FIL Bożena	3183	JAROSŁAWSKI BIEGACZ	K40	15	01:00:01	02:22:33.70	03:22:35.65	+01:07:21 (47.2%)	10:10	5.9 (52.7%)
144	DONIEC Katarzyna	3218		K40	16	00:00:15	02:22:41.10	02:22:56.50	+01:07:29 (47.3%)	10:11	5.9 (52.7%)
145	HOLUB Agata	3008	JAROSŁAWSKI BIEGACZ	K50	2	01:00:02	02:22:50.30	03:22:52.65	+01:07:38 (47.4%)	10:12	5.9 (52.7%)
146	FOLTA Jan	3043	GRUPA BIEGOWA ZARSZYN	M50	9	01:00:03	02:22:58.40	03:23:02.25	+01:07:46 (47.4%)	10:12	5.9 (52.7%)
147	KIWIOR Kamil	3131	LEGALTRANS	M30	28	00:00:03	02:22:59.25	02:23:02.25	+01:07:47 (47.4%)	10:12	5.9 (52.7%)
147	FOLTA Anita	3044	GRUPA BIEGOWA ZARSZYN	K50	3	01:00:03	02:22:59.25	03:23:02.65	+01:07:47 (47.4%)	10:12	5.9 (52.7%)
149	BOGDAŁ Ewelina	3126		K30	15	01:00:06	02:23:57.15	03:24:04.00	+01:08:45 (47.8%)	10:16	5.8 (51.8%)
150	KRAKOWCZYK Magdalena	3033		K40	17	00:00:05	02:24:08.30	02:24:14.15	+01:08:56 (47.8%)	10:17	5.8 (51.8%)
151	RAPCZYŃSKI Witold	3140		M50	10	01:00:10	02:24:31.95	03:24:42.65	+01:09:19 (48.0%)	10:19	5.8 (51.8%)
152	LEŚNIEWSKI Tomek	3254	BIESZCZADZKIE DESEROWE	M40	39	01:00:00	02:25:42.60	03:25:43.35	+01:10:30 (48.4%)	10:24	5.8 (51.8%)
153	LUSIO Marcin	3191		M40	40	01:00:10	02:25:54.10	03:26:04.55	+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	KOŃKA Mariusz	3198	BOGDAN TEAM	M40	41	00:00:11	02:25:54.50	02:26:06.25	+01:10:42 (48.5%)	10:25	5.8 (51.8%)
155	SZMIT Iwona	3028		K40	18	01:00:14	02:26:04.35	03:26:19.05	+01:10:52 (48.5%)	10:26	5.8 (51.8%)
156	KAŻMIERCZAK Patryk	3178	KOALA RUNNING TEAM	M40	42	01:00:19	02:26:30.00	03:26:49.10	+01:11:17 (48.7%)	10:27	5.7 (50.9%)
157	LASEK Edyta	3128		K40	19	00:00:13	02:26:33.25	02:26:46.75	+01:11:21 (48.7%)	10:28	5.7 (50.9%)
157	STAWIARZ Ryszard	3137	STEFAN TEAM	M40	43	00:00:13	02:26:33.25	02:26:46.95	+01:11:21 (48.7%)	10:28	5.7 (50.9%)
159	CIESIELSKI Grzegorz	3102	#SMARTRUN	M40	44	00:00:10	02:26:35.35	02:26:46.10	+01:11:23 (48.7%)	10:28	5.7 (50.9%)
160	MOCZYŃSKA Joanna	3009		K30	16	01:00:11	02:27:05.90	03:27:17.25	+01:11:53 (48.9%)	10:30	5.7 (50.9%)
161	BIELIŃSKA Joanna	3241		K40	20	00:00:06	02:27:08.75	02:27:14.75	+01:11:56 (48.9%)	10:30	5.7 (50.9%)
162	PIĄTEK Piotr	3153		M40	45	00:00:08	02:27:21.25	02:27:29.25	+01:12:09 (49.0%)	10:31	5.7 (50.9%)
163	ADAMCZAK Wieslaw	3174	BIEGAJ BEZ KOŃCA	M60	6	00:00:11	02:27:31.25	02:27:42.60	+01:12:19 (49.0%)	10:32	5.7 (50.9%)
164	LENAR Wojciech	3248		M30	29	00:00:15	02:27:34.40	02:27:50.35	+01:12:22 (49.0%)	10:32	5.7 (50.9%)
165	MAJCHRZYK Aleksandra	3074	JB WARSZAWA	K30	17	01:00:08	02:28:11.20	03:28:19.80	+01:12:59 (49.3%)	10:35	5.7 (50.9%)
166	SĘK Tomasz	3157		M30	30	00:00:10	02:28:12.25	02:28:22.30	+01:13:00 (49.3%)	10:35	5.7 (50.9%)
167	ROMANOWSKA Ewa	3154		K30	18	01:00:07	02:28:12.35	03:28:20.20	+01:13:00 (49.3%)	10:35	5.7 (50.9%)
168	WŁOSEK Dorota	3232		K30	19	01:00:18	02:28:28.70	03:28:46.95	+01:13:16 (49.4%)	10:36	5.7 (50.9%)
169	PODSZUS Magda	3165		K20	17	00:00:06	02:29:37.50	02:29:44.00	+01:14:25 (49.7%)	10:41	5.6 (50.0%)
170	RELIGA Liliana	3158	FEMINISTS UP AND RUNNING	K30	20	00:00:10	02:29:59.15	02:30:09.20	+01:14:47 (49.9%)	10:42	5.6 (50.0%)
171	PAWLAK Maciej	3256	BIESZCZADZKIE DESEROWE	M50	11	01:00:01	02:30:50.20	03:30:52.05	+01:15:38 (50.1%)	10:46	5.6 (50.0%)
172	WILMAŃSKI Dariusz	3068		M40	46	00:59:59	02:31:07.70	03:31:07.15	+01:15:55 (50.2%)	10:47	5.6 (50.0%)
173	ŚWIERBUTOWICZ Anna	3135		K30	21	01:00:05	02:31:09.35	03:31:14.55	+01:15:57 (50.2%)	10:47	5.6 (50.0%)
174	WIĄCKIEWICZ Dominika	3093	DZIK KOMANDO	K30	22	01:00:02	02:33:05.10	03:33:07.90	+01:17:53 (50.9%)	10:56	5.5 (49.1%)
175	ZGŁOBICKI Wacław	3110		M50	12	00:00:16	02:33:54.70	02:34:11.25	+01:18:42 (51.1%)	10:59	5.5 (49.1%)
176	LISOWSKA Izabela	3013		K40	21	00:00:10	02:34:15.65	02:34:26.30	+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	TOMPALSKA Maria	3211	AKTYWNY DYNÓW	K30	23	01:00:08	02:35:33.15	03:35:41.15	+01:20:21 (51.7%)	11:06	5.4 (48.2%)
178	KASZUBA Ryszard	3224	KLUB SPORTOWY PRESTIGE	M60	7	00:00:02	02:35:35.95	02:35:38.15	+01:20:23 (51.7%)	11:06	5.4 (48.2%)
179	TYMOSZUK Michał	3095	KB BIAŁA BIEGA	M40	47	00:00:15	02:35:59.85	02:36:14.90	+01:20:47 (51.8%)	11:08	5.4 (48.2%)
180	TYMOSZUK Katarzyna	3096		K40	22	00:00:14	02:36:00.10	02:36:14.90	+01:20:48 (51.8%)	11:08	5.4 (48.2%)
181	MEDAJ Łukasz	3253	MOUNTAIN	M30	31	00:00:02	02:37:22.60	02:37:25.25	+01:22:10 (52.2%)	11:14	5.3 (47.3%)
182	HADAM Ewa	3227	SPARTAN TRAINING GROUP RZESZÓW	K50	4	01:00:07	02:38:44.05	03:38:51.85	+01:23:31 (52.6%)	11:20	5.3 (47.3%)
183	GRABOWSKA Joanna	3244		K40	23	00:00:13	02:39:03.45	02:39:16.50	+01:23:51 (52.7%)	11:21	5.3 (47.3%)
184	GAPINSKA Dorota	3004		K30	24	00:00:11	02:40:00.45	02:40:12.20	+01:24:48 (53.0%)	11:25	5.3 (47.3%)
185	DILLING Elżbieta	3259		K20	18	01:00:06	02:41:24.45	03:41:31.40	+01:26:12 (53.4%)	11:31	5.2 (46.4%)
186	GETLER-STRZYŻOWSKA Małgorzata	3090	PĘDZĄCE LENIWCE	K40	24	01:00:05	02:41:32.00	03:41:37.20	+01:26:19 (53.4%)	11:32	5.2 (46.4%)
187	KOZACZUK Katarzyna	3091	PĘDZĄCE LENIWCE	K40	25	01:00:04	02:41:32.75	03:41:37.40	+01:26:20 (53.4%)	11:32	5.2 (46.4%)
188	SENATORSKA Małgorzata	3020		K50	5	00:00:08	02:41:37.05	02:41:45.75	+01:26:24 (53.5%)	11:32	5.2 (46.4%)
189	PĘKALSKA Anna	3222		K40	26	00:59:59	02:41:49.70	03:41:48.80	+01:26:37 (53.5%)	11:33	5.2 (46.4%)
190	KRAWCZUK Sylwia	3056		K30	25	00:00:05	02:42:14.40	02:42:20.25	+01:27:02 (53.6%)	11:35	5.2 (46.4%)
191	ZAWADZKI Mateusz	3186		M20	20	01:00:11	02:42:22.85	03:42:34.25	+01:27:10 (53.7%)	11:35	5.2 (46.4%)
192	ZEMŁA Dorota	3049		K20	19	01:00:07	02:42:53.00	03:43:00.45	+01:27:40 (53.8%)	11:38	5.2 (46.4%)
193	PIZOŃ Robert	3003		M40	48	01:00:22	02:42:55.25	03:43:17.60	+01:27:43 (53.8%)	11:38	5.2 (46.4%)
194	GŁOWALA Iwona	3124		K30	26	00:00:15	02:43:03.10	02:43:18.15	+01:27:51 (53.9%)	11:38	5.2 (46.4%)
195	ROKITA Paweł	3187		M30	32	00:00:19	02:43:20.50	02:43:39.95	+01:28:08 (54.0%)	11:40	5.1 (45.5%)
196	STAWIŃSKA Maria	3105		K20	20	00:00:18	02:45:36.75	02:45:54.85	+01:30:24 (54.6%)	11:49	5.1 (45.5%)
197	DĘBIŃSKA Anna	3106		K20	21	00:00:17	02:45:38.70	02:45:56.60	+01:30:26 (54.6%)	11:49	5.1 (45.5%)
198	ŻOŁNA Jakub	3000	FULFILL DREAMS TEAM PSZCZYNA	M20	21	00:00:06	02:46:15.30	02:46:22.15	+01:31:03 (54.8%)	11:52	5.1 (45.5%)
199	HUZIOR Ela	3269	MORSY BARONA	K50	6	01:00:11	02:46:46.20	03:46:57.55	+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	KIPER Elżbieta	3039	JAROSŁAWSKI BIEGACZ	K30	27	01:00:02	02:46:51.35	03:46:54.25	+01:31:39 (54.9%)	11:55	5 (44.6%)
201	FIL Hubert	3184	JAROSŁAWSKI BIEGACZ	M20	22	01:00:02	02:46:51.70	03:46:54.20	+01:31:39 (54.9%)	11:55	5 (44.6%)
202	HERMANIUK Tomasz	3083	ODKRYWCY TAURUS	M40	49	00:00:13	02:47:14.35	02:47:28.15	+01:32:02 (55.0%)	11:56	5 (44.6%)
203	JEZIOREK Jozi	3152		M40	50	01:00:05	02:47:18.30	03:47:23.85	+01:32:06 (55.1%)	11:57	5 (44.6%)
204	BYSZEWSKI Filip	3150		M20	23	01:01:26	02:49:01.90	03:50:27.90	+01:33:49 (55.5%)	12:04	5 (44.6%)
205	MAJCHROWICZ Justyna	3225	FC PROSIACZEK	K30	28	00:00:08	02:50:54.25	02:51:02.95	+01:35:42 (56.0%)	12:12	4.9 (43.8%)
206	KALINOWSKI Janusz	3022		M60	8	00:00:39	02:51:09.00	02:51:48.25	+01:35:56 (56.1%)	12:13	4.9 (43.8%)
207	KRZYŻANOWSKI Tomasz	3234		M40	51	00:00:04	02:53:11.35	02:53:16.00	+01:37:59 (56.6%)	12:22	4.9 (43.8%)
208	GIERCZAK Lidia	3156		K40	27	00:59:58	02:53:36.25	03:53:34.50	+01:38:24 (56.7%)	12:24	4.8 (42.9%)
209	JANIK Weronika	3148		K20	22	01:01:24	02:56:25.15	03:57:49.15	+01:41:13 (57.4%)	12:36	4.8 (42.9%)
210	HAIDUK Dawid	3149		M20	24	01:01:21	02:56:27.10	03:57:48.10	+01:41:15 (57.4%)	12:36	4.8 (42.9%)
211	CZAPLA Andrzej	3144		M60	9	00:02:20	02:57:54.35	03:00:14.60	+01:42:42 (57.7%)	12:42	4.7 (42.0%)
212	SZKAMRUK Bogusława	3060		K60	1	01:00:09	02:59:32.65	03:59:42.00	+01:44:20 (58.1%)	12:49	4.7 (42.0%)
213	PAWLIK Sylwia	3159		K30	29	00:00:12	02:59:58.60	03:00:11.20	+01:44:46 (58.2%)	12:51	4.7 (42.0%)
214	PERTYK Tomek	3042	EXILE	M30	33	00:59:57	03:00:36.15	04:00:33.95	+01:45:24 (58.4%)	12:54	4.7 (42.0%)
215	WACHNIK Agnieszka	3062	NOWA HUTA TEAM	K30	30	00:00:19	03:01:16.15	03:01:35.50	+01:46:04 (58.5%)	12:56	4.6 (41.1%)
216	BECHTA Katarzyna	3181	BRACTWO BIEGOWE BGK	K20	23	00:00:05	03:01:19.50	03:01:24.85	+01:46:07 (58.5%)	12:57	4.6 (41.1%)
217	PETZ Artur	3171		M20	25	00:00:03	03:06:55.70	03:06:58.95	+01:51:43 (59.8%)	13:21	4.5 (40.2%)
218	DOMAGAŁA Anna	3170		K20	24	00:00:03	03:06:56.20	03:06:59.40	+01:51:44 (59.8%)	13:21	4.5 (40.2%)
219	SZMAJ Michał	3231	SZARŻA WROCŁAW	M40	52	01:00:00	03:14:30.45	04:14:30.50	+01:59:18 (61.3%)	13:53	4.3 (38.4%)
220	NOWIŃSKA Agata	3230		K30	31	01:00:00	03:14:30.60	04:14:30.85	+01:59:18 (61.3%)	13:53	4.3 (38.4%)
221	KOLERA Mateusz	3250		M20	26	00:00:17	03:22:29.65	03:22:46.85	+02:07:17 (62.9%)	14:27	4.1 (36.6%)
222	HUDZIK Sylwia	3040		K40	28	01:00:06	03:28:15.30	04:28:21.85	+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	KALER-DZIURDZIAK Karolina	3203		K30	32	01:00:06	03:28:15.65	04:28:22.50	+02:13:03 (63.9%)	14:52	4 (35.7%)
224	MCGUIRE Kinga	3089		K40	29	01:00:09	03:28:22.65	04:28:31.90	+02:13:10 (63.9%)	14:53	4 (35.7%)
225	ORZOŁ Sylwia	3155		K30	33	01:00:09	03:28:23.45	04:28:32.65	+02:13:11 (63.9%)	14:53	4 (35.7%)
226	JAKUBIEC Justyna	3123		K40	30	01:00:06	03:37:01.40	04:37:07.85	+02:21:49 (65.3%)	15:30	3.9 (34.8%)
227	HERNAS Aneta	3121		K40	31	01:00:06	03:37:01.70	04:37:07.85	+02:21:49 (65.3%)	15:30	3.9 (34.8%)
228	CZECHOWSKA Izabela	3122	WW TEAM	K40	32	01:00:04	03:37:02.65	04:37:07.60	+02:21:50 (65.4%)	15:30	3.9 (34.8%)
229	KNYZIO-SZEWCZYK Weronika	3260	FLEXISTAV TEAM	K30	34	01:00:10	03:37:40.40	04:37:50.65	+02:22:28 (65.5%)	15:32	3.9 (34.8%)
230	SZEWCZYK Bartosz	3261	FLEXISTAV TEAM	M30	34	01:00:10	03:37:40.55	04:37:50.55	+02:22:28 (65.5%)	15:32	3.9 (34.8%)
231	EBERT Agata	3047		K50	7	00:00:12	03:38:46.60	03:38:58.90	+02:23:34 (65.6%)	15:37	3.8 (33.9%)
232	MIRECKI Jan	3168		M40	53	00:00:10	04:09:09.25	04:09:19.50	+02:53:57 (69.8%)	17:47	3.4 (30.4%)
233	SOŁTYSEK Sebastian	3024	UNIVERSAL SOLDIERS	M40	54	00:00:49	04:33:09.60	04:33:59.00	+03:17:57 (72.5%)	19:30	3.1 (27.7%)
234	SOŁTYSEK Grzegorz	3026	UNIVERSAL SOLDIERS	M40	55	00:00:49	05:04:38.20	05:05:27.55	+03:49:26 (75.3%)	21:45	2.8 (25.0%)

Znaleziono 234 wynik(ów)