

# VIII ZIMOWY MARATON BIESZCZADZKI 2022 - 20KM

B4SPORT

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2022  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2022-01-29  
**Miejsce:** Cisna  
**Dystans:** 20 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer       | Klub  | Kategoria | Mkat | Brzeziniak<br>9km | Czas<br>netto<br>23km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------|-------------|---|-----------|------|-------------------|-----------------------|----------------------|-----------------|-----------------|
| 1   | <b>LEPIARZ Sylwester</b>   | <b>2299</b> |   | M20       | 1    | 00:49:34          | <b>01:47:55.35</b>    |                      | 4:41            | 12.8<br>(100%)  |
| 2   | <b>BADOWSKI Aleksander</b> | <b>2138</b> | MARCIN ŚWIERC TEAM                              | M30       | 1    | 00:50:17          | <b>01:48:51.50</b>    | +00:00:55<br>(0.9%)  | 4:43            | 12.7<br>(99.2%) |
| 3   | <b>ŻUCHOWSKI Daniel</b>    | <b>2238</b> | THE BEZ TEAM POLAND                             | M30       | 2    | 00:50:45          | <b>01:49:28.50</b>    | +00:01:33<br>(1.4%)  | 4:45            | 12.6<br>(98.4%) |
| 4   | <b>SZMIST Szymon</b>       | <b>2190</b> | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ      | M40       | 1    | 00:52:06          | <b>01:52:22.30</b>    | +00:04:27<br>(4.0%)  | 4:53            | 12.3<br>(96.1%) |
| 5   | <b>FLISIŃSKI Łukasz</b>    | <b>2195</b> | ALPIN SPORT TEAM                                | M40       | 2    | 00:52:02          | <b>01:54:40.65</b>    | +00:06:46<br>(5.9%)  | 4:59            | 12<br>(93.8%)   |
| 6   | <b>BANIAK Marcin</b>       | <b>2194</b> | G.O.A.T. TEAM MICHAŁOWICE                       | M40       | 3    | 00:54:42          | <b>01:57:48.35</b>    | +00:09:50<br>(8.4%)  | 5:07            | 11.7<br>(91.4%) |
| 7   | <b>DUDEK Kamil</b>         | <b>2156</b> |   | M20       | 2    | 00:54:57          | <b>01:58:28.55</b>    | +00:10:34<br>(8.9%)  | 5:09            | 11.6<br>(90.6%) |
| 8   | <b>ROSIAK Piotr</b>        | <b>2276</b> | ASSECO ACTIVE TEAM / RYSIOTEAM                  | M40       | 4    | 00:55:26          | <b>01:59:46.55</b>    | +00:11:53<br>(9.9%)  | 5:12            | 11.5<br>(89.8%) |
| 9   | <b>KOZIOŁ Kamil</b>        | <b>2109</b> | G.O.A.T. TEAM MICHAŁOWICE                       | M30       | 3    | 00:56:59          | <b>02:00:45.55</b>    | +00:12:51<br>(10.6%) | 5:15            | 11.4<br>(89.1%) |
| 10  | <b>WOLSKI Marcin</b>       | <b>2086</b> |   | M30       | 4    | 00:57:40          | <b>02:01:06.20</b>    | +00:13:14<br>(10.9%) | 5:15            | 11.4<br>(89.1%) |
| 11  | <b>GRYZŁO Jakub</b>        | <b>2283</b> | TRESERTEAM/WWW.PRZECIEZJANIEBIEGAM.BLOGSPOT.COM | M40       | 5    | 00:57:25          | <b>02:02:07.30</b>    | +00:14:11<br>(11.6%) | 5:18            | 11.3<br>(88.3%) |
| 12  | <b>PAPROCKA Urszula</b>    | <b>2240</b> | NOWA HUTA TEAM                                  | K30       | 1    | 01:00:28          | <b>02:05:21.70</b>    | +00:17:24<br>(13.9%) | 5:27            | 11<br>(85.9%)   |
| 13  | <b>HEJNAR Jakub</b>        | <b>2133</b> |   | M40       | 6    | 00:57:22          | <b>02:06:58.40</b>    | +00:19:04<br>(15.0%) | 5:31            | 10.9<br>(85.2%) |
| 14  | <b>WISZ Piotr</b>          | <b>2157</b> | SDTEAM  | M30       | 5    | 01:00:31          | <b>02:08:09.75</b>    | +00:20:15<br>(15.8%) | 5:34            | 10.8<br>(84.4%) |
| 15  | <b>BOCHENEK Magdalena</b>  | <b>2155</b> | G.O.A.T. TEAM MICHAŁOWICE                       | K30       | 2    | 01:00:23          | <b>02:08:28.55</b>    | +00:20:34<br>(16.0%) | 5:35            | 10.7<br>(83.6%) |

| Msc | Zawodnik                     | Numer       | Klub                         | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------|-------------|------------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|-----------------|
|     |                              |             |                              |           |      |                   | netto<br>23km      | Różn                 |                 |                 |
| 16  | <b>WOŹNIAK Jakub</b>         | <b>2181</b> | SPRINT GORZYCE               | M20       | 3    | 00:58:30          | <b>02:08:30.40</b> | +00:20:36<br>(16.0%) | 5:35            | 10.7<br>(83.6%) |
| 17  | <b>KONOPKA Szymon</b>        | <b>2261</b> | BIEGAMBOLUBIĘ                | M20       | 4    | 00:56:12          | <b>02:09:08.15</b> | +00:21:10<br>(16.4%) | 5:36            | 10.7<br>(83.6%) |
| 18  | <b>SKÓRA Tomasz</b>          | <b>2072</b> | SKÓRZEC BIEGA                | M40       | 7    | 01:01:02          | <b>02:09:11.15</b> | +00:21:19<br>(16.5%) | 5:37            | 10.7<br>(83.6%) |
| 19  | <b>SNARSKI Bogdan</b>        | <b>2263</b> | MISTRZ DWUMARATONU           | M40       | 8    | 01:00:33          | <b>02:09:22.20</b> | +00:21:32<br>(16.6%) | 5:37            | 10.7<br>(83.6%) |
| 20  | <b>MACH Tomasz</b>           | <b>2235</b> | SZYMANOWSKI TRIATHLON TEAM   | M40       | 9    | 01:00:22          | <b>02:09:42.10</b> | +00:21:44<br>(16.8%) | 5:38            | 10.6<br>(82.8%) |
| 21  | <b>STANISŁAWCZYK Bartosz</b> | <b>2265</b> |                              | M40       | 10   | 00:57:01          | <b>02:09:43.85</b> | +00:21:50<br>(16.8%) | 5:38            | 10.6<br>(82.8%) |
| 22  | <b>RACHWALSKI Tomasz</b>     | <b>2221</b> | BŁĘKITNI                     | M50       | 1    | 01:01:10          | <b>02:11:33.65</b> | +00:23:43<br>(18.0%) | 5:43            | 10.5<br>(82.0%) |
| 23  | <b>NAJDYHOR Marek</b>        | <b>2037</b> |                              | M30       | 6    | 01:04:04          | <b>02:11:28.35</b> | +00:23:46<br>(18.0%) | 5:42            | 10.5<br>(82.0%) |
| 24  | <b>NIERADA Marcin</b>        | <b>2207</b> |                              | M30       | 7    | 01:02:57          | <b>02:12:08.15</b> | +00:24:22<br>(18.4%) | 5:44            | 10.4<br>(81.3%) |
| 25  | <b>GŁUSZKO Przemysław</b>    | <b>2284</b> | TEAM ULTRA-BIES/ SOLINA TEAM | M30       | 8    | 01:01:15          | <b>02:12:45.45</b> | +00:24:52<br>(18.7%) | 5:46            | 10.4<br>(81.3%) |
| 26  | <b>MASŁOŃ Błażej</b>         | <b>2147</b> |                              | M50       | 2    | 01:01:49          | <b>02:12:52.05</b> | +00:25:07<br>(18.9%) | 5:46            | 10.4<br>(81.3%) |
| 27  | <b>WRÓBEL Kamil</b>          | <b>2020</b> |                              | M30       | 9    |                   | <b>02:13:37.90</b> | +00:25:43<br>(19.2%) | 5:48            | 10.3<br>(80.5%) |
| 28  | <b>BEŚKA Sławomir</b>        | <b>2173</b> | OCHAJORUN&FRIENDS            | M50       | 3    | 01:03:06          | <b>02:14:14.00</b> | +00:26:19<br>(19.6%) | 5:50            | 10.3<br>(80.5%) |
| 29  | <b>ZMUDZIEJEWSKI Jakub</b>   | <b>2211</b> | 4TRI TEAM                    | M30       | 10   | 01:03:44          | <b>02:14:25.75</b> | +00:26:36<br>(19.8%) | 5:50            | 10.3<br>(80.5%) |
| 30  | <b>BEŚKA Michał</b>          | <b>2097</b> | SPRINT GORZYCE               | M30       | 11   | 01:01:18          | <b>02:16:02.75</b> | +00:28:11<br>(20.7%) | 5:54            | 10.1<br>(78.9%) |
| 31  | <b>WALECKI Jarek</b>         | <b>2145</b> | STOPKA PILAWA                | M30       | 12   | 01:03:55          | <b>02:15:46.10</b> | +00:28:13<br>(20.7%) | 5:54            | 10.2<br>(79.7%) |
| 32  | <b>ZIMAK Sebastian</b>       | <b>2093</b> |                              | M40       | 11   | 01:03:48          | <b>02:16:56.45</b> | +00:29:08<br>(21.3%) | 5:57            | 10.1<br>(78.9%) |
| 33  | <b>FEDAN Łukasz</b>          | <b>2009</b> |                              | M30       | 13   | 01:02:55          | <b>02:18:23.70</b> | +00:30:47<br>(22.2%) | 6:01            | 10<br>(78.1%)   |
| 34  | <b>GAC Mariusz</b>           | <b>2146</b> | STOPKA PILAWA                | M40       | 12   | 01:02:47          | <b>02:19:33.95</b> | +00:32:02<br>(22.9%) | 6:04            | 9.9<br>(77.3%)  |
| 35  | <b>MALISZEWSKA Justyna</b>   | <b>2059</b> | MOTOMROKO                    | K20       | 1    |                   | <b>02:20:12.15</b> | +00:32:14<br>(23.0%) | 6:05            | 9.8<br>(76.6%)  |
| 36  | <b>GRZYB Dariusz</b>         | <b>2148</b> |                              | M50       | 4    | 01:03:01          | <b>02:20:18.30</b> | +00:32:31<br>(23.2%) | 6:06            | 9.8<br>(76.6%)  |
| 37  | <b>WAREĆKA Katarzyna</b>     | <b>2259</b> | ARTURKUREK.PRO TEAM          | K30       | 3    | 01:06:20          | <b>02:20:26.70</b> | +00:32:34<br>(23.2%) | 6:06            | 9.8<br>(76.6%)  |
| 38  | <b>FURS Teodor</b>           | <b>2260</b> | PIERDZĄCE ZAJĄCE             | M40       | 13   | 01:06:21          | <b>02:20:27.25</b> | +00:32:34<br>(23.2%) | 6:06            | 9.8<br>(76.6%)  |

| Msc | Zawodnik                          | Numer       | Klub                       | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------------|----------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                                   |             |                            |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 39  | <b>ROKOSZ Rafał</b>               | <b>2228</b> |                            | M30       | 14   | 01:06:31          | <b>02:21:59.45</b> | +00:34:28<br>(24.2%) | 6:10            | 9.7<br>(75.8%) |
| 40  | <b>SUŁKOWSKI Maciej</b>           | <b>2112</b> | TRIATHLON JAROSŁAW         | M40       | 14   | 01:07:16          | <b>02:22:15.50</b> | +00:34:31<br>(24.2%) | 6:11            | 9.7<br>(75.8%) |
| 41  | <b>DZIOREK Tomasz</b>             | <b>2220</b> | SPRINT GORZYCE             | M30       | 15   | 01:06:42          | <b>02:22:30.35</b> | +00:34:37<br>(24.3%) | 6:11            | 9.7<br>(75.8%) |
| 42  | <b>BACZKURA Damian</b>            | <b>2081</b> | SANTANDER RUNNERS TEAM     | M30       | 16   | 01:06:19          | <b>02:21:43.15</b> | +00:34:42<br>(24.3%) | 6:09            | 9.7<br>(75.8%) |
| 43  | <b>PSIUCH Bartosz</b>             | <b>2268</b> | WM TRISELF                 | M30       | 17   | 01:05:57          | <b>02:22:45.05</b> | +00:34:55<br>(24.4%) | 6:12            | 9.7<br>(75.8%) |
| 44  | <b>BICHAJŁO Maciej</b>            | <b>2227</b> |                            | M30       | 18   | 01:06:30          | <b>02:23:26.85</b> | +00:35:54<br>(25.0%) | 6:14            | 9.6<br>(75.0%) |
| 45  | <b>ŻAK Paweł</b>                  | <b>2196</b> | KLUB BIEGACZA DYDNIA       | M20       | 5    | 01:06:16          | <b>02:23:40.35</b> | +00:35:56<br>(25.0%) | 6:14            | 9.6<br>(75.0%) |
| 46  | <b>TABĘDZKI Bartłomiej</b>        | <b>2050</b> |                            | M30       | 19   | 01:07:12          | <b>02:23:37.30</b> | +00:36:17<br>(25.2%) | 6:14            | 9.6<br>(75.0%) |
| 47  | <b>GĄSECKI Daniel</b>             | <b>2290</b> | AKTYWNY DYNÓW              | M40       | 15   | 01:07:58          | <b>02:24:47.35</b> | +00:37:08<br>(25.6%) | 6:17            | 9.5<br>(74.2%) |
| 48  | <b>DUDEK Paweł</b>                | <b>2118</b> | RUCH IZBICA                | M30       | 20   | 01:08:37          | <b>02:24:43.25</b> | +00:37:44<br>(25.9%) | 6:17            | 9.5<br>(74.2%) |
| 49  | <b>KRUPA Grzegorz</b>             | <b>2252</b> | KB SOBÓTKA                 | M40       | 16   | 01:09:19          | <b>02:25:12.15</b> | +00:37:49<br>(25.9%) | 6:18            | 9.5<br>(74.2%) |
| 50  | <b>DOŁŻYCKI Paweł</b>             | <b>2040</b> |                            | M20       | 6    | 01:06:51          | <b>02:25:53.90</b> | +00:37:59<br>(26.0%) | 6:20            | 9.5<br>(74.2%) |
| 51  | <b>ZIELIŃSKI Paweł</b>            | <b>2078</b> | RUCH IZBICA                | M40       | 17   | 01:08:50          | <b>02:25:01.45</b> | +00:38:03<br>(26.1%) | 6:18            | 9.5<br>(74.2%) |
| 52  | <b>OSZYWA Damian</b>              | <b>2245</b> | DAMCZI RUN                 | M30       | 21   | 01:08:06          | <b>02:26:00.05</b> | +00:38:15<br>(26.2%) | 6:20            | 9.5<br>(74.2%) |
| 53  | <b>REPEĆ Jarosław</b>             | <b>2116</b> | AHOJ PRZYGODO LUBLIN       | M30       | 22   | 01:08:19          | <b>02:25:15.20</b> | +00:38:16<br>(26.2%) | 6:18            | 9.5<br>(74.2%) |
| 54  | <b>KWIECIEŃ - LIPIŃSKA Kamila</b> | <b>2176</b> | TIGERS TEAM                | K40       | 1    | 01:09:52          | <b>02:26:25.55</b> | +00:38:28<br>(26.3%) | 6:21            | 9.4<br>(73.4%) |
| 55  | <b>NOWOSADZKI Wojciech</b>        | <b>2026</b> |                            | M40       | 18   | 01:09:25          | <b>02:26:41.55</b> | +00:38:51<br>(26.5%) | 6:22            | 9.4<br>(73.4%) |
| 56  | <b>ZUBIK Michał</b>               | <b>2092</b> | LUBELSKA GRUPA TRIATHLONU  | M40       | 19   | 01:06:57          | <b>02:28:14.75</b> | +00:40:31<br>(27.3%) | 6:26            | 9.3<br>(72.7%) |
| 57  | <b>BARADZIEJ Bartek</b>           | <b>2272</b> | NOTOTENIA                  | M30       | 23   | 01:10:13          | <b>02:28:00.80</b> | +00:41:03<br>(27.6%) | 6:26            | 9.3<br>(72.7%) |
| 58  | <b>PACIOREK Ewa</b>               | <b>2073</b> | MARKOWI BIEGACZE           | K30       | 4    | 01:08:46          | <b>02:28:50.90</b> | +00:41:07<br>(27.6%) | 6:28            | 9.3<br>(72.7%) |
| 59  | <b>OSIECKI Edwin</b>              | <b>2140</b> | KUŹNIA TRIATHLONU          | M50       | 5    | 01:09:30          | <b>02:29:32.30</b> | +00:41:42<br>(27.9%) | 6:30            | 9.2<br>(71.9%) |
| 60  | <b>SURMIAK Piotr</b>              | <b>2105</b> |                            | M40       | 20   | 01:09:16          | <b>02:30:11.20</b> | +00:42:27<br>(28.2%) | 6:31            | 9.2<br>(71.9%) |
| 61  | <b>POLSKI Adrian</b>              | <b>2066</b> | SZYMANOWSKI TRIATHLON TEAM | M30       | 24   | 01:11:22          | <b>02:30:01.45</b> | +00:42:44<br>(28.4%) | 6:31            | 9.2<br>(71.9%) |

| Msc | Zawodnik                      | Numer       | Klub                         | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------------|------------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                               |             |                              |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 62  | <b>WOJTANOWSKI Adrian</b>     | <b>2079</b> | SPRINT GORZYCE               | M20       | 7    | 01:07:14          | <b>02:30:51.20</b> | +00:43:01<br>(28.5%) | 6:33            | 9.1<br>(71.1%) |
| 63  | <b>KORZONEK Karol</b>         | <b>2029</b> | SPRINT GORZYCE               | M30       | 25   | 01:07:25          | <b>02:31:05.35</b> | +00:43:07<br>(28.5%) | 6:34            | 9.1<br>(71.1%) |
| 64  | <b>OWO Kornik</b>             | <b>2287</b> | KORNIK OWO                   | M50       | 6    | 01:13:32          | <b>02:31:04.00</b> | +00:43:31<br>(28.7%) | 6:34            | 9.1<br>(71.1%) |
| 65  | <b>MIERZWA Jakub</b>          | <b>2068</b> |                              | M20       | 8    | 01:14:47          | <b>02:31:09.95</b> | +00:43:47<br>(28.9%) | 6:34            | 9.1<br>(71.1%) |
| 66  | <b>ŚLIWIŃSKI Andrzej</b>      | <b>2034</b> |                              | M60       | 1    | 01:13:36          | <b>02:31:17.90</b> | +00:43:49<br>(28.9%) | 6:34            | 9.1<br>(71.1%) |
| 67  | <b>SKORUPKA Leszek</b>        | <b>2275</b> | GRUPA BIEGACZY SKÓRZEC BIEGA | M40       | 21   | 01:11:42          | <b>02:31:42.05</b> | +00:43:51<br>(28.9%) | 6:35            | 9.1<br>(71.1%) |
| 68  | <b>MALISZEWSKI Bartłomiej</b> | <b>2229</b> | #NOLIMITS                    | M30       | 26   | 01:09:50          | <b>02:31:43.95</b> | +00:44:01<br>(29.0%) | 6:35            | 9.1<br>(71.1%) |
| 69  | <b>JEŻEWSKI Jacek</b>         | <b>2205</b> | KBBB                         | M40       | 22   | 01:09:28          | <b>02:31:32.25</b> | +00:44:22<br>(29.1%) | 6:35            | 9.1<br>(71.1%) |
| 70  | <b>KOT Dawid</b>              | <b>2247</b> |                              | M20       | 9    | 01:03:07          | <b>02:32:28.65</b> | +00:44:38<br>(29.3%) | 6:37            | 9.1<br>(71.1%) |
| 71  | <b>PĘTALA Leszek</b>          | <b>2139</b> |                              | M30       | 27   | 01:09:36          | <b>02:32:17.30</b> | +00:44:45<br>(29.3%) | 6:37            | 9.1<br>(71.1%) |
| 72  | <b>BRZEZICKI Kamil</b>        | <b>2150</b> | ŻOŁYŃSKA GRUPA BIEGOWA       | M20       | 10   | 01:10:06          | <b>02:31:58.10</b> | +00:44:56<br>(29.4%) | 6:36            | 9.1<br>(71.1%) |
| 73  | <b>KRAWCZUK Mateusz</b>       | <b>2132</b> |                              | M30       | 28   | 01:08:12          | <b>02:33:03.90</b> | +00:45:08<br>(29.5%) | 6:39            | 9<br>(70.3%)   |
| 74  | <b>ISKRA Grzegorz</b>         | <b>2047</b> | KP PSP STRZYŻÓW              | M40       | 23   | 01:12:15          | <b>02:32:40.05</b> | +00:45:35<br>(29.7%) | 6:38            | 9<br>(70.3%)   |
| 75  | <b>MONTEWKA Łukasz</b>        | <b>2188</b> |                              | M30       | 29   | 01:18:14          | <b>02:33:08.80</b> | +00:45:52<br>(29.8%) | 6:39            | 9<br>(70.3%)   |
| 76  | <b>ZWIERZAŃSKI Paweł</b>      | <b>2226</b> | STAY INSANE                  | M40       | 24   | 01:10:22          | <b>02:33:33.35</b> | +00:46:11<br>(30.0%) | 6:40            | 9<br>(70.3%)   |
| 77  | <b>HOŁODY Łukasz</b>          | <b>2179</b> | NH TEAM                      | M30       | 30   | 01:12:40          | <b>02:33:05.50</b> | +00:46:13<br>(30.0%) | 6:39            | 9<br>(70.3%)   |
| 78  | <b>DZIEWA Agata</b>           | <b>2209</b> |                              | K30       | 5    | 01:09:46          | <b>02:34:09.30</b> | +00:46:17<br>(30.0%) | 6:42            | 9<br>(70.3%)   |
| 79  | <b>MAZANEK Michał</b>         | <b>2204</b> |                              | M30       | 31   | 01:10:24          | <b>02:34:22.35</b> | +00:46:34<br>(30.1%) | 6:42            | 8.9<br>(69.5%) |
| 80  | <b>BARANSKI Jarek</b>         | <b>4085</b> |                              | M30       | 32   | 01:15:08          | <b>02:33:46.25</b> | +00:46:39<br>(30.2%) | 6:41            | 9<br>(70.3%)   |
| 81  | <b>HOŁOWNIA Bartłomiej</b>    | <b>2121</b> |                              | M20       | 11   | 01:09:19          | <b>02:34:16.10</b> | +00:46:39<br>(30.2%) | 6:42            | 8.9<br>(69.5%) |
| 82  | <b>TABAK Adrian</b>           | <b>2122</b> |                              | M30       | 33   | 01:09:21          | <b>02:34:17.05</b> | +00:46:39<br>(30.2%) | 6:42            | 8.9<br>(69.5%) |
| 82  | <b>WOJCIECHOWSKI Maciej</b>   | <b>2237</b> | STG WARSZAWA                 | M30       | 33   | 01:15:09          | <b>02:33:47.50</b> | +00:46:39<br>(30.2%) | 6:41            | 9<br>(70.3%)   |
| 84  | <b>DROZD Michał</b>           | <b>2171</b> |                              | M40       | 25   | 01:10:22          | <b>02:34:03.50</b> | +00:46:44<br>(30.2%) | 6:41            | 9<br>(70.3%)   |

| Msc | Zawodnik                | Numer       | Klub                        | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------------|-----------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                         |             |                             |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 85  | <b>MAKUCH Marcin</b>    | <b>2218</b> |                             | M30       | 35   | 01:13:59          | <b>02:34:09.10</b> | +00:47:05<br>(30.4%) | 6:42            | 9<br>(70.3%)   |
| 86  | <b>JODELUK Jevgenij</b> | <b>2236</b> | MIG ŚLIMAKI                 | M30       | 36   | 01:09:03          | <b>02:34:35.65</b> | +00:47:32<br>(30.6%) | 6:43            | 8.9<br>(69.5%) |
| 87  | <b>JACNIAK Ewa</b>      | <b>2046</b> | #NOLIMITS                   | K30       | 6    | 01:11:12          | <b>02:35:49.25</b> | +00:48:04<br>(30.8%) | 6:46            | 8.9<br>(69.5%) |
| 88  | <b>GARDZIEL Jerzy</b>   | <b>2294</b> |                             | M40       | 26   | 01:09:59          | <b>02:36:27.85</b> | +00:48:49<br>(31.1%) | 6:48            | 8.8<br>(68.8%) |
| 89  | <b>KASPERZEC Michał</b> | <b>1025</b> | JEJKOWICE BIEGAJĄ           | M40       | 27   | 01:11:30          | <b>02:36:23.90</b> | +00:49:07<br>(31.3%) | 6:47            | 8.8<br>(68.8%) |
| 90  | <b>ROKOSZ Lukas</b>     | <b>1105</b> |                             | M30       | 37   | 01:11:06          | <b>02:36:50.15</b> | +00:49:20<br>(31.4%) | 6:49            | 8.8<br>(68.8%) |
| 91  | <b>PITURA Eliza</b>     | <b>2083</b> | SZYMANOWSKI TRIATHLON TEAM  | K40       | 2    | 01:09:48          | <b>02:37:29.85</b> | +00:49:36<br>(31.5%) | 6:50            | 8.8<br>(68.8%) |
| 92  | <b>JAGUSTYN Maciej</b>  | <b>2225</b> | GŁOWĄ DO CZOŁA              | M20       | 12   | 01:12:45          | <b>02:36:51.15</b> | +00:49:38<br>(31.5%) | 6:49            | 8.8<br>(68.8%) |
| 93  | <b>WÓJCIK Dawid</b>     | <b>2144</b> |                             | M40       | 28   | 01:11:58          | <b>02:36:29.65</b> | +00:49:45<br>(31.5%) | 6:48            | 8.8<br>(68.8%) |
| 94  | <b>BOGUSZ Paweł</b>     | <b>2041</b> | SANTANDER RUNNERS TEAM      | M30       | 38   | 01:10:23          | <b>02:36:56.20</b> | +00:49:55<br>(31.6%) | 6:49            | 8.8<br>(68.8%) |
| 95  | <b>PALEJ Janusz</b>     | <b>2212</b> | J&J                         | M40       | 29   | 01:12:41          | <b>02:37:42.20</b> | +00:50:13<br>(31.7%) | 6:51            | 8.8<br>(68.8%) |
| 96  | <b>TOMAS Dariusz</b>    | <b>2129</b> | TRAIHLON JAROSŁAW           | M50       | 7    |                   | <b>02:38:34.00</b> | +00:50:36<br>(31.9%) | 6:53            | 8.7<br>(68.0%) |
| 97  | <b>BOGUSZ Mirosław</b>  | <b>2030</b> | PTT O/BESKID SEKCJA BIEGOWA | M40       | 30   | 01:18:24          | <b>02:38:13.45</b> | +00:51:23<br>(32.3%) | 6:52            | 8.7<br>(68.0%) |
| 98  | <b>ZIELIŃSKI Damian</b> | <b>2149</b> | STOPKA PILAWA               | M40       | 31   | 01:15:17          | <b>02:39:00.30</b> | +00:51:26<br>(32.3%) | 6:54            | 8.7<br>(68.0%) |
| 99  | <b>ŚCIBOR Adrian</b>    | <b>2005</b> |                             | M30       | 39   |                   | <b>02:39:18.25</b> | +00:51:27<br>(32.3%) | 6:55            | 8.7<br>(68.0%) |
| 100 | <b>HABRAT Dorota</b>    | <b>2241</b> | HABRAT TEAM                 | K40       | 3    | 01:11:20          | <b>02:39:28.10</b> | +00:51:39<br>(32.4%) | 6:56            | 8.7<br>(68.0%) |
| 101 | <b>HABRAT Maciej</b>    | <b>2242</b> | HABRAT TEAM                 | M50       | 8    | 01:11:40          | <b>02:39:32.05</b> | +00:51:42<br>(32.4%) | 6:56            | 8.7<br>(68.0%) |
| 102 | <b>BURNETKO Michał</b>  | <b>2274</b> | HUTASY RUNNERS TEAM         | M30       | 40   | 01:10:01          | <b>02:41:09.25</b> | +00:53:28<br>(33.1%) | 7:00            | 8.6<br>(67.2%) |
| 103 | <b>BANASZAK Paweł</b>   | <b>2199</b> |                             | M20       | 13   | 01:12:10          | <b>02:40:44.70</b> | +00:53:30<br>(33.1%) | 6:59            | 8.6<br>(67.2%) |
| 104 | <b>ADAMSKI Sławomir</b> | <b>2249</b> |                             | M50       | 9    | 01:12:56          | <b>02:41:44.30</b> | +00:54:07<br>(33.4%) | 7:01            | 8.5<br>(66.4%) |
| 105 | <b>PELCZAR Joanna</b>   | <b>2027</b> |                             | K20       | 2    | 01:14:06          | <b>02:42:15.60</b> | +00:54:23<br>(33.5%) | 7:03            | 8.5<br>(66.4%) |
| 106 | <b>BOGACZYK Łukasz</b>  | <b>2285</b> |                             | M30       | 41   | 01:14:16          | <b>02:42:15.20</b> | +00:54:23<br>(33.5%) | 7:03            | 8.5<br>(66.4%) |
| 107 | <b>CZAJA Alicja</b>     | <b>2028</b> | RODZEŃSTWO                  | K40       | 4    | 01:18:16          | <b>02:42:19.75</b> | +00:54:32<br>(33.6%) | 7:03            | 8.5<br>(66.4%) |

| Msc | Zawodnik                     | Numer       | Klub                            | Kategoria | Mkat | Brzeziniak<br>9km | Czas<br>netto<br>23km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------------|---------------------------------|-----------|------|-------------------|-----------------------|----------------------|-----------------|----------------|
| 108 | <b>WAŚ Andrzej</b>           | <b>2104</b> |                                 | M50       | 10   | 01:09:07          | <b>02:41:56.45</b>    | +00:54:35<br>(33.6%) | 7:02            | 8.5<br>(66.4%) |
| 109 | <b>KITOWSKI Bartosz</b>      | <b>2180</b> | GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI | M40       | 32   | 01:15:26          | <b>02:42:58.45</b>    | +00:55:11<br>(33.8%) | 7:05            | 8.5<br>(66.4%) |
| 110 | <b>WIECZOREK Tomasz</b>      | <b>2038</b> | KB BIAŁA BIEGA                  | M50       | 11   | 01:15:53          | <b>02:42:51.70</b>    | +00:55:12<br>(33.8%) | 7:04            | 8.5<br>(66.4%) |
| 111 | <b>KOMOSIŃSKI Łukasz</b>     | <b>2160</b> |                                 | M40       | 33   | 01:15:50          | <b>02:43:05.70</b>    | +00:55:14<br>(33.8%) | 7:05            | 8.5<br>(66.4%) |
| 112 | <b>SUMARA Wojciech</b>       | <b>2070</b> |                                 | M40       | 34   | 01:20:36          | <b>02:42:15.25</b>    | +00:55:18<br>(33.9%) | 7:03            | 8.5<br>(66.4%) |
| 113 | <b>CURYŁO Wojciech</b>       | <b>2074</b> |                                 | M40       | 35   | 01:17:02          | <b>02:42:14.90</b>    | +00:55:18<br>(33.9%) | 7:03            | 8.5<br>(66.4%) |
| 114 | <b>TARNAWSKI Sławomir</b>    | <b>2233</b> |                                 | M30       | 42   | 01:12:21          | <b>02:43:06.45</b>    | +00:55:31<br>(34.0%) | 7:05            | 8.5<br>(66.4%) |
| 115 | <b>PIOTROWSKI Przemysław</b> | <b>2158</b> | NOWA HUTA TEAM                  | M30       | 43   | 01:15:12          | <b>02:42:29.25</b>    | +00:55:37<br>(34.0%) | 7:03            | 8.5<br>(66.4%) |
| 116 | <b>LEŚ Michał</b>            | <b>2232</b> | DZIKIE ŻBIKI                    | M30       | 44   | 01:21:38          | <b>02:43:42.50</b>    | +00:55:51<br>(34.1%) | 7:07            | 8.4<br>(65.6%) |
| 117 | <b>ZDEB Piotr</b>            | <b>2102</b> | AHOJ PRZYGODO LUBLIN            | M40       | 36   | 01:15:39          | <b>02:44:52.55</b>    | +00:57:53<br>(34.9%) | 7:10            | 8.4<br>(65.6%) |
| 118 | <b>DAROWICKI Daniel</b>      | <b>2217</b> |                                 | M40       | 37   | 01:16:30          | <b>02:44:45.35</b>    | +00:57:57<br>(34.9%) | 7:09            | 8.4<br>(65.6%) |
| 119 | <b>PODKUL Konrad</b>         | <b>2021</b> |                                 | M30       | 45   | 01:14:17          | <b>02:46:09.20</b>    | +00:58:21<br>(35.1%) | 7:13            | 8.3<br>(64.8%) |
| 120 | <b>KUCZYŃSKI Grzegorz</b>    | <b>4129</b> | BIAŁYSTOK BIEGA TEAM            | M40       | 38   | 01:18:50          | <b>02:48:53.60</b>    | +01:01:12<br>(36.2%) | 7:20            | 8.2<br>(64.1%) |
| 121 | <b>SOWA Bogusław</b>         | <b>2231</b> |                                 | M30       | 46   | 01:15:45          | <b>02:48:52.80</b>    | +01:01:16<br>(36.2%) | 7:20            | 8.2<br>(64.1%) |
| 122 | <b>WALUSIAK Kamil</b>        | <b>2017</b> |                                 | M40       | 39   | 01:20:11          | <b>02:48:30.45</b>    | +01:01:21<br>(36.2%) | 7:19            | 8.2<br>(64.1%) |
| 123 | <b>BIS Tomasz</b>            | <b>2164</b> | KAWKA                           | M40       | 40   | 01:17:53          | <b>02:48:48.70</b>    | +01:01:23<br>(36.3%) | 7:20            | 8.2<br>(64.1%) |
| 124 | <b>RADZIK Szymon</b>         | <b>2163</b> | KAWKA                           | M40       | 41   | 01:17:55          | <b>02:48:53.25</b>    | +01:01:24<br>(36.3%) | 7:20            | 8.2<br>(64.1%) |
| 125 | <b>NIECKARZ Marek</b>        | <b>2280</b> | KAPIBARA STUDIO                 | M30       | 47   | 01:21:40          | <b>02:48:26.05</b>    | +01:01:26<br>(36.3%) | 7:19            | 8.2<br>(64.1%) |
| 126 | <b>KANIA Rafał</b>           | <b>2175</b> | MIG ŚLIMAKI                     | M40       | 42   | 01:16:24          | <b>02:49:52.80</b>    | +01:02:14<br>(36.6%) | 7:23            | 8.1<br>(63.3%) |
| 127 | <b>FIGIEL Michał</b>         | <b>2117</b> | AHOJ PRZYGODO                   | M30       | 48   | 01:17:56          | <b>02:49:14.70</b>    | +01:02:15<br>(36.6%) | 7:21            | 8.2<br>(64.1%) |
| 128 | <b>MAZEK Łukasz</b>          | <b>2203</b> | STOPKA PILAWA                   | M30       | 49   | 01:15:13          | <b>02:50:02.75</b>    | +01:02:32<br>(36.7%) | 7:23            | 8.1<br>(63.3%) |
| 129 | <b>PABIAŃCZYK Małgorzata</b> | <b>2282</b> |                                 | K40       | 5    | 01:17:28          | <b>02:50:08.70</b>    | +01:03:04<br>(36.9%) | 7:23            | 8.1<br>(63.3%) |
| 130 | <b>KŁOSOK Adam</b>           | <b>4076</b> | INŻYNIERIA BIEGANIA TEAM        | M40       | 43   | 01:23:42          | <b>02:49:56.55</b>    | +01:03:07<br>(36.9%) | 7:23            | 8.1<br>(63.3%) |

| Msc | Zawodnik                       | Numer       | Klub                                 | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------------|--------------------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                                |             |                                      |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 131 | <b>JUDA Tomasz</b>             | <b>2183</b> |                                      | M40       | 44   | 01:23:58          | <b>02:50:30.10</b> | +01:03:15<br>(36.9%) | 7:24            | 8.1<br>(63.3%) |
| 132 | <b>CZARNOCKI Paweł</b>         | <b>2035</b> | GBSB                                 | M40       | 45   | 01:14:37          | <b>02:51:28.15</b> | +01:03:37<br>(37.1%) | 7:27            | 8<br>(62.5%)   |
| 133 | <b>LISZKA Ela</b>              | <b>2137</b> | JEJKOWICE BIEGAJĄ                    | K40       | 6    | 01:20:17          | <b>02:51:20.45</b> | +01:04:02<br>(37.2%) | 7:26            | 8.1<br>(63.3%) |
| 134 | <b>WINKOWSKI Marek</b>         | <b>2172</b> |                                      | M30       | 50   | 01:24:37          | <b>02:52:06.60</b> | +01:05:09<br>(37.6%) | 7:28            | 8<br>(62.5%)   |
| 135 | <b>SZAJEWSKI Arkadiusz</b>     | <b>2167</b> | O TAK ŁO                             | M40       | 46   | 01:21:45          | <b>02:51:59.60</b> | +01:05:12<br>(37.7%) | 7:28            | 8<br>(62.5%)   |
| 136 | <b>WASIK Marta</b>             | <b>2135</b> | EDC RUNNERS                          | K30       | 7    | 01:20:05          | <b>02:53:21.50</b> | +01:05:36<br>(37.8%) | 7:32            | 8<br>(62.5%)   |
| 137 | <b>RAULIN Izabella</b>         | <b>2161</b> |                                      | K30       | 8    | 01:19:34          | <b>02:52:54.95</b> | +01:05:48<br>(37.9%) | 7:31            | 8<br>(62.5%)   |
| 138 | <b>CISZEWSKI Bartłomiej</b>    | <b>2103</b> |                                      | M30       | 51   | 01:22:33          | <b>02:52:56.40</b> | +01:06:01<br>(38.0%) | 7:31            | 8<br>(62.5%)   |
| 139 | <b>HOŁOWATY Renia</b>          | <b>2239</b> |                                      | K30       | 9    | 01:21:38          | <b>02:54:25.80</b> | +01:06:32<br>(38.1%) | 7:35            | 7.9<br>(61.7%) |
| 140 | <b>PADO Michał</b>             | <b>2198</b> | BIESZCZADZKA WATAHA MTB RZEPEDZ      | M30       | 52   | 01:21:37          | <b>02:54:27.30</b> | +01:06:33<br>(38.1%) | 7:35            | 7.9<br>(61.7%) |
| 141 | <b>NESTOROWICZ Maksymilian</b> | <b>2170</b> | BIESZCZADZKA WATAHA MTB              | M30       | 53   | 01:21:38          | <b>02:54:28.25</b> | +01:06:36<br>(38.2%) | 7:35            | 7.9<br>(61.7%) |
| 142 | <b>RYNIAK Jakub</b>            | <b>2013</b> |                                      | M30       | 54   | 01:16:54          | <b>02:54:15.90</b> | +01:06:57<br>(38.3%) | 7:34            | 7.9<br>(61.7%) |
| 143 | <b>WARCHOŁ Stanisław</b>       | <b>2088</b> |                                      | M50       | 12   | 01:19:31          | <b>02:55:31.45</b> | +01:07:34<br>(38.5%) | 7:37            | 7.9<br>(61.7%) |
| 144 | <b>JAGIEŁŁO Jarosław</b>       | <b>2094</b> |                                      | M40       | 47   | 01:18:50          | <b>02:55:16.90</b> | +01:07:34<br>(38.5%) | 7:37            | 7.9<br>(61.7%) |
| 145 | <b>PAŹDZIOR Patrycja</b>       | <b>2064</b> |                                      | K30       | 10   | 01:22:41          | <b>02:55:17.70</b> | +01:07:36<br>(38.5%) | 7:37            | 7.9<br>(61.7%) |
| 146 | <b>ŻMUDKA Bartek</b>           | <b>2250</b> | RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM | M40       | 48   | 01:23:01          | <b>02:55:46.50</b> | +01:07:54<br>(38.6%) | 7:38            | 7.9<br>(61.7%) |
| 147 | <b>WARZYCHA Krzysztof</b>      | <b>2008</b> | MAXEL                                | M50       | 13   | 01:22:06          | <b>02:55:13.45</b> | +01:07:56<br>(38.6%) | 7:37            | 7.9<br>(61.7%) |
| 148 | <b>WYSOCKI Tomasz</b>          | <b>2091</b> | OCHAJORUN&FRIENDS                    | M50       | 14   | 01:23:01          | <b>02:55:49.45</b> | +01:07:57<br>(38.6%) | 7:38            | 7.8<br>(60.9%) |
| 149 | <b>WARZYCHA Dawid</b>          | <b>2014</b> |                                      | M20       | 14   | 01:22:08          | <b>02:55:16.15</b> | +01:07:59<br>(38.6%) | 7:37            | 7.9<br>(61.7%) |
| 150 | <b>PORĘBSKA Dorota</b>         | <b>4198</b> | NOWA HUTA TEAM                       | K40       | 7    | 01:26:10          | <b>02:56:16.75</b> | +01:09:24<br>(39.1%) | 7:39            | 7.8<br>(60.9%) |
| 151 | <b>GRYCZKA Marcin</b>          | <b>2025</b> | KB BIAŁA BIEGA                       | M40       | 49   | 01:27:51          | <b>02:56:36.90</b> | +01:09:26<br>(39.1%) | 7:40            | 7.8<br>(60.9%) |
| 152 | <b>JAMROZ Renata</b>           | <b>1177</b> | BIGYELLOWFOOT                        | K40       | 8    | 01:24:48          | <b>02:57:45.55</b> | +01:10:35<br>(39.5%) | 7:43            | 7.8<br>(60.9%) |
| 153 | <b>GAWRYSZEWSKI Michał</b>     | <b>2114</b> |                                      | M50       | 15   | 01:22:59          | <b>02:57:54.35</b> | +01:10:36<br>(39.5%) | 7:44            | 7.8<br>(60.9%) |

| Msc | Zawodnik                          | Numer       | Klub                       | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------------|----------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                                   |             |                            |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 154 | <b>BAŁABAN Waldemar</b>           | <b>2244</b> | BIEGUNY WALBA              | M60       | 2    | 01:20:18          | <b>02:58:49.20</b> | +01:11:01<br>(39.7%) | 7:46            | 7.7<br>(60.2%) |
| 155 | <b>SERWADCZAK Piotr</b>           | <b>2099</b> | P+E                        | M50       | 16   | 01:20:47          | <b>02:58:42.75</b> | +01:11:14<br>(39.8%) | 7:46            | 7.7<br>(60.2%) |
| 156 | <b>MATUSIK-SKALSKA Renata</b>     | <b>2110</b> | ŻUKI W BŁOCIE              | K50       | 1    | 01:26:49          | <b>02:58:21.50</b> | +01:11:16<br>(39.8%) | 7:45            | 7.7<br>(60.2%) |
| 157 | <b>CZYŻ Wojciech</b>              | <b>2011</b> |                            | M40       | 50   | 01:22:18          | <b>02:58:56.95</b> | +01:11:21<br>(39.8%) | 7:46            | 7.7<br>(60.2%) |
| 158 | <b>MILCZARSKI Krzysztof</b>       | <b>2246</b> | KLUB BIEGACZA BIAŁA BIEGA  | M60       | 3    | 01:20:05          | <b>02:58:29.35</b> | +01:11:26<br>(39.8%) | 7:45            | 7.7<br>(60.2%) |
| 159 | <b>PRZYBYLSKI Damian</b>          | <b>2177</b> | PODIUM                     | M30       | 55   | 01:23:59          | <b>02:59:10.10</b> | +01:12:04<br>(40.0%) | 7:47            | 7.7<br>(60.2%) |
| 160 | <b>SIERADZKA Agnieszka</b>        | <b>2136</b> | BIEGAJ Z TRENERAMI         | K30       | 11   | 01:24:14          | <b>03:00:44.75</b> | +01:13:18<br>(40.4%) | 7:51            | 7.6<br>(59.4%) |
| 161 | <b>MAĆIK Mateusz</b>              | <b>2174</b> | SZYMANOWSKI TRIATHLON TEAM | M20       | 15   | 01:21:53          | <b>02:57:32.60</b> | +01:14:37<br>(40.9%) | 7:43            | 7.8<br>(60.9%) |
| 162 | <b>GRUDNIEWSKI Leszek</b>         | <b>2273</b> |                            | M50       | 17   | 01:19:24          | <b>03:02:03.20</b> | +01:14:50<br>(40.9%) | 7:54            | 7.6<br>(59.4%) |
| 163 | <b>WOJCIECHOWSKA Urszula</b>      | <b>2298</b> | SOLINA TEAM                | K30       | 12   | 01:21:45          | <b>03:02:53.50</b> | +01:15:05<br>(41.0%) | 7:57            | 7.5<br>(58.6%) |
| 164 | <b>MIERZWA Szymon</b>             | <b>2197</b> |                            | M30       | 56   | 01:28:24          | <b>03:02:32.80</b> | +01:15:46<br>(41.2%) | 7:56            | 7.6<br>(59.4%) |
| 165 | <b>WIŚNIEWSKA Agnieszka</b>       | <b>2123</b> | CROSSFIT CZĘSTOCHOWA       | K30       | 13   | 01:26:05          | <b>03:03:09.45</b> | +01:16:04<br>(41.3%) | 7:57            | 7.5<br>(58.6%) |
| 166 | <b>KOWALIK Kamil</b>              | <b>2251</b> | CROSSFIT CZĘSTOCHOWA       | M30       | 57   | 01:26:04          | <b>03:03:09.45</b> | +01:16:04<br>(41.3%) | 7:57            | 7.5<br>(58.6%) |
| 167 | <b>WARCHAŁOWSKI Wiktor</b>        | <b>2101</b> |                            | M20       | 16   | 01:31:03          | <b>03:03:35.10</b> | +01:16:28<br>(41.5%) | 7:58            | 7.5<br>(58.6%) |
| 168 | <b>KĘDRA Agnieszka</b>            | <b>2045</b> |                            | K30       | 14   | 01:22:10          | <b>03:04:19.50</b> | +01:16:44<br>(41.6%) | 8:00            | 7.5<br>(58.6%) |
| 169 | <b>PIĄSTKA Daniel</b>             | <b>2128</b> |                            | M40       | 51   | 01:20:03          | <b>03:05:11.10</b> | +01:17:31<br>(41.8%) | 8:03            | 7.5<br>(58.6%) |
| 170 | <b>KUCZABO Małgorzata</b>         | <b>2292</b> | ORANGE POLSKA              | K50       | 2    | 01:33:27          | <b>03:04:58.40</b> | +01:17:38<br>(41.8%) | 8:02            | 7.5<br>(58.6%) |
| 171 | <b>BIAŁECKA Urszula</b>           | <b>2186</b> | UNIQA RUNNING TEAM         | K30       | 15   | 01:30:31          | <b>03:05:09.70</b> | +01:17:44<br>(41.9%) | 8:03            | 7.5<br>(58.6%) |
| 172 | <b>KUTERAK Marcin</b>             | <b>2061</b> |                            | M50       | 18   | 01:29:09          | <b>03:05:33.65</b> | +01:18:30<br>(42.1%) | 8:04            | 7.4<br>(57.8%) |
| 173 | <b>BISS-MIERZWIŃSKA Magdalena</b> | <b>2106</b> | TRIATHLON JAROSŁAW         | K40       | 9    | 01:29:02          | <b>03:05:31.65</b> | +01:18:52<br>(42.2%) | 8:03            | 7.4<br>(57.8%) |
| 174 | <b>GACIOCH Jarosław</b>           | <b>2270</b> | TYGRYS ORZYSZ              | M50       | 19   | 01:26:28          | <b>03:06:25.25</b> | +01:18:54<br>(42.2%) | 8:06            | 7.4<br>(57.8%) |
| 175 | <b>OSADNIK Anna</b>               | <b>2006</b> | MAFIA TEAM LUBLINIEC       | K40       | 10   | 01:33:37          | <b>03:06:16.30</b> | +01:19:12<br>(42.3%) | 8:05            | 7.4<br>(57.8%) |
| 176 | <b>BIEDROŃ Artur</b>              | <b>2107</b> | ERP HEART TEAM             | M40       | 52   | 01:29:18          | <b>03:07:53.70</b> | +01:20:40<br>(42.8%) | 8:10            | 7.3<br>(57.0%) |



| Msc | Zawodnik                   | Numer       | Klub             | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------------|------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                            |             |                  |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 177 | <b>ZIÓŁKOWSKA Bożena</b>   | <b>2243</b> | BIEGUNY WALBA    | K40       | 11   | 01:26:44          | <b>03:08:36.85</b> | +01:20:48<br>(42.8%) | 8:12            | 7.3<br>(57.0%) |
| 178 | <b>GRODECKA Anna</b>       | <b>2071</b> |                  | K30       | 16   | 01:30:40          | <b>03:09:16.10</b> | +01:21:37<br>(43.1%) | 8:13            | 7.3<br>(57.0%) |
| 179 | <b>OSIECKA Beata</b>       | <b>2191</b> | KUŹNIA TRIATLONU | K50       | 3    | 01:31:01          | <b>03:08:37.65</b> | +01:21:47<br>(43.1%) | 8:12            | 7.3<br>(57.0%) |
| 180 | <b>MIERZWA Szymon</b>      | <b>2069</b> | KOPALNIA MOCY    | M30       | 58   | 01:29:28          | <b>03:09:44.95</b> | +01:22:21<br>(43.3%) | 8:14            | 7.3<br>(57.0%) |
| 181 | <b>WĘGRZYN Małgorzata</b>  | <b>2065</b> |                  | K30       | 17   | 01:29:44          | <b>03:09:33.35</b> | +01:22:40<br>(43.4%) | 8:14            | 7.3<br>(57.0%) |
| 182 | <b>KOŃKA Mariusz</b>       | <b>2022</b> | BOGDAN TEAM      | M50       | 20   | 01:24:43          | <b>03:10:53.60</b> | +01:23:00<br>(43.5%) | 8:17            | 7.2<br>(56.3%) |
| 183 | <b>BECHTA Damian</b>       | <b>2258</b> |                  | M20       | 17   | 01:27:13          | <b>03:10:14.65</b> | +01:23:05<br>(43.5%) | 8:16            | 7.3<br>(57.0%) |
| 184 | <b>NAKONIECZNY Jacek</b>   | <b>2151</b> | SII RUNNING TEAM | M30       | 59   | 01:29:39          | <b>03:10:10.50</b> | +01:23:11<br>(43.5%) | 8:16            | 7.3<br>(57.0%) |
| 185 | <b>LESNIAKOWSKA Anna</b>   | <b>2080</b> | TUR              | K40       | 12   | 01:21:12          | <b>03:11:04.75</b> | +01:23:19<br>(43.6%) | 8:18            | 7.2<br>(56.3%) |
| 186 | <b>MAZUREK Grzegorz</b>    | <b>2111</b> |                  | M40       | 53   | 01:30:19          | <b>03:11:11.15</b> | +01:23:49<br>(43.7%) | 8:18            | 7.2<br>(56.3%) |
| 187 | <b>BYDELSKA Agnieszka</b>  | <b>2216</b> |                  | K40       | 13   | 01:30:54          | <b>03:10:56.40</b> | +01:24:08<br>(43.8%) | 8:18            | 7.2<br>(56.3%) |
| 188 | <b>WÓJCIK Kamila</b>       | <b>2286</b> | LACHO TEAM       | K40       | 14   | 01:30:07          | <b>03:14:51.30</b> | +01:27:27<br>(44.8%) | 8:28            | 7.1<br>(55.5%) |
| 189 | <b>JANCEWICZ Diana</b>     | <b>2277</b> | VEGE RUNNERS     | K40       | 15   | 01:26:43          | <b>03:15:09.95</b> | +01:27:35<br>(44.8%) | 8:29            | 7.1<br>(55.5%) |
| 190 | <b>BORKOWSKI Krzysztof</b> | <b>2278</b> | VEGE RUNNERS     | M40       | 54   | 01:26:44          | <b>03:15:14.15</b> | +01:27:40<br>(44.8%) | 8:29            | 7.1<br>(55.5%) |
| 191 | <b>MROCZKOWSKI Piotr</b>   | <b>2060</b> | MOTO MROKO       | M30       | 60   | 01:31:41          | <b>03:15:24.55</b> | +01:27:52<br>(44.9%) | 8:29            | 7.1<br>(55.5%) |
| 192 | <b>GOCYLA Dariusz</b>      | <b>2090</b> |                  | M50       | 21   | 01:36:19          | <b>03:15:09.80</b> | +01:28:01<br>(44.9%) | 8:29            | 7.1<br>(55.5%) |
| 193 | <b>MATYSEK Ireneusz</b>    | <b>1137</b> | KOMANDOS WAŁECKI | M60       | 4    | 01:33:49          | <b>03:15:14.75</b> | +01:28:11<br>(45.0%) | 8:29            | 7.1<br>(55.5%) |
| 194 | <b>OBARSKI Norbert</b>     | <b>2142</b> |                  | M60       | 5    | 01:33:00          | <b>03:17:22.50</b> | +01:29:50<br>(45.4%) | 8:34            | 7<br>(54.7%)   |
| 195 | <b>DRAB Magda</b>          | <b>2002</b> | CHCE CI SIĘ?     | K30       | 18   | 01:33:38          | <b>03:17:11.65</b> | +01:30:07<br>(45.5%) | 8:34            | 7<br>(54.7%)   |
| 196 | <b>ROJEK Magdalena</b>     | <b>2189</b> | DZIKIE FOCZKI    | K30       | 19   | 01:35:31          | <b>03:18:33.55</b> | +01:31:08<br>(45.8%) | 8:37            | 7<br>(54.7%)   |
| 197 | <b>KUĆ Domonika</b>        | <b>2044</b> |                  | K30       | 20   | 01:31:44          | <b>03:18:33.80</b> | +01:31:25<br>(45.9%) | 8:37            | 7<br>(54.7%)   |
| 198 | <b>SACZEWSKI Arkadiusz</b> | <b>2043</b> |                  | M40       | 55   | 01:31:43          | <b>03:18:33.85</b> | +01:31:25<br>(45.9%) | 8:37            | 7<br>(54.7%)   |
| 199 | <b>DONART Michał</b>       | <b>2208</b> |                  | M30       | 61   | 01:35:23          | <b>03:19:07.95</b> | +01:31:28<br>(45.9%) | 8:39            | 6.9<br>(53.9%) |

| Msc | Zawodnik   | Numer       | Klub           | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--|-------------|----------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |  |             |                |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 200 | <b>ADAMOWICZ Przemysław</b>                              | <b>2219</b> |                | M30       | 62   | 01:36:12          | <b>03:18:57.95</b> | +01:31:41<br>(45.9%) | 8:39            | 6.9<br>(53.9%) |
| 201 | <b>KACZMARSKI Michał</b>                                 | <b>2262</b> |                | M30       | 63   | 01:34:06          | <b>03:20:06.70</b> | +01:32:33<br>(46.2%) | 8:42            | 6.9<br>(53.9%) |
| 202 | <b>BUGAJSKA Katarzyna</b>                                | <b>2168</b> |                | K40       | 16   | 01:33:54          | <b>03:21:07.95</b> | +01:34:20<br>(46.6%) | 8:44            | 6.9<br>(53.9%) |
| 203 | <b>TABOR Ewa</b>   | <b>2108</b> |                | K40       | 17   | 01:32:12          | <b>03:21:31.75</b> | +01:34:48<br>(46.8%) | 8:45            | 6.8<br>(53.1%) |
| 204 | <b>TABOR Piotr</b>                                       | <b>2297</b> |                | M40       | 56   | 01:32:15          | <b>03:21:32.20</b> | +01:34:49<br>(46.8%) | 8:45            | 6.8<br>(53.1%) |
| 205 | <b>ALBIGOWSKA POZYTYWNIEMIE_ROZBIEGANA<br/>Magdalena</b> | <b>2281</b> |                | K30       | 21   | 01:33:59          | <b>03:23:24.25</b> | +01:36:09<br>(47.1%) | 8:50            | 6.8<br>(53.1%) |
| 206 | <b>KALINOWSKI Marek</b>                                  | <b>2269</b> |                | M40       | 57   | 01:35:12          | <b>03:24:43.70</b> | +01:37:10<br>(47.4%) | 8:54            | 6.7<br>(52.3%) |
| 207 | <b>WASIEWICZ Michał</b>                                  | <b>2213</b> |                | M30       | 64   | 01:34:26          | <b>03:23:55.70</b> | +01:37:18<br>(47.4%) | 8:51            | 6.8<br>(53.1%) |
| 208 | <b>DOBRUT Krzysztof</b>                                  | <b>2254</b> | MIG ŚLIMAKI    | M30       | 65   | 01:32:01          | <b>03:23:55.80</b> | +01:37:23<br>(47.4%) | 8:51            | 6.8<br>(53.1%) |
| 209 | <b>OLEKSY Przemysław</b>                                 | <b>2055</b> |                | M40       | 58   | 01:35:21          | <b>03:25:15.90</b> | +01:37:38<br>(47.5%) | 8:55            | 6.7<br>(52.3%) |
| 210 | <b>OLEKSY Barbara</b>                                    | <b>2054</b> |                | K40       | 18   | 01:35:23          | <b>03:25:18.65</b> | +01:37:38<br>(47.5%) | 8:55            | 6.7<br>(52.3%) |
| 211 | <b>MĄCZKA Cezary</b>                                     | <b>2264</b> |                | M50       | 22   | 01:35:31          | <b>03:24:36.80</b> | +01:37:42<br>(47.5%) | 8:53            | 6.7<br>(52.3%) |
| 212 | <b>JEZIOR Monika</b>                                     | <b>2051</b> | YIN&YANG       | K30       | 22   | 01:37:02          | <b>03:25:29.55</b> | +01:37:53<br>(47.6%) | 8:56            | 6.7<br>(52.3%) |
| 213 | <b>WARAS Barbara</b>                                     | <b>2113</b> |                | K30       | 23   | 01:33:21          | <b>03:25:34.40</b> | +01:37:58<br>(47.6%) | 8:56            | 6.7<br>(52.3%) |
| 214 | <b>ZAJĄC Kasia</b>                                       | <b>2018</b> | KB BIAŁA BIEGA | K40       | 19   | 01:40:25          | <b>03:27:19.70</b> | +01:39:24<br>(47.9%) | 9:00            | 6.7<br>(52.3%) |
| 215 | <b>EJSMONT Magdalena</b>                                 | <b>2007</b> |                | K30       | 24   | 01:34:07          | <b>03:28:52.25</b> | +01:41:06<br>(48.4%) | 9:04            | 6.6<br>(51.6%) |
| 216 | <b>JĘDRAS Łukasz</b>                                     | <b>2201</b> | MIG ŚLIMAKI    | M40       | 59   | 01:38:18          | <b>03:28:42.90</b> | +01:41:06<br>(48.4%) | 9:04            | 6.6<br>(51.6%) |
| 217 | <b>RÓŻEWICZ Dariusz</b>                                  | <b>2214</b> | PANCE          | M60       | 6    | 01:34:30          | <b>03:28:25.20</b> | +01:41:32<br>(48.5%) | 9:03            | 6.6<br>(51.6%) |
| 217 | <b>RÓŻEWICZ Ewa</b>                                      | <b>2215</b> | PANCE          | K60       | 1    | 01:34:31          | <b>03:28:26.25</b> | +01:41:32<br>(48.5%) | 9:03            | 6.6<br>(51.6%) |
| 219 | <b>ŁAZIUK Marcin</b>                                     | <b>2143</b> |                | M30       | 66   | 01:27:35          | <b>03:28:33.65</b> | +01:41:37<br>(48.5%) | 9:04            | 6.6<br>(51.6%) |
| 220 | <b>GÓRA Sylwia</b>                                       | <b>2063</b> |                | K30       | 25   | 01:40:55          | <b>03:30:29.10</b> | +01:42:47<br>(48.8%) | 9:09            | 6.6<br>(51.6%) |
| 221 | <b>HORDEJUK-GRYCZKA Aleksandra</b>                       | <b>2024</b> | KB BIAŁA BIEGA | K50       | 4    | 01:39:13          | <b>03:30:42.40</b> | +01:43:31<br>(49.0%) | 9:09            | 6.5<br>(50.8%) |
| 222 | <b>KORNILUK Bogdan</b>                                   | <b>2036</b> | KB BIAŁA BIEGA | M60       | 7    | 01:39:40          | <b>03:30:41.95</b> | +01:43:32<br>(49.0%) | 9:09            | 6.6<br>(51.6%) |

| Msc | Zawodnik                        | Numer       | Klub                      | Kategoria | Mkat | Brzeziniak<br>9km | Czas               |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|-------------|---------------------------|-----------|------|-------------------|--------------------|----------------------|-----------------|----------------|
|     |                                 |             |                           |           |      |                   | netto<br>23km      | Różn                 |                 |                |
| 223 | <b>SIDORCZUK-KUMOSA Dorota</b>  | <b>2085</b> | PRETTY FITTY TEAM         | K40       | 20   | 01:39:44          | <b>03:32:54.40</b> | +01:45:42<br>(49.5%) | 9:15            | 6.5<br>(50.8%) |
| 224 | <b>CIESIELSKI Grzegorz</b>      | <b>2015</b> | #SMARTRUN                 | M40       | 60   | 01:40:00          | <b>03:34:37.65</b> | +01:47:52<br>(50.0%) | 9:19            | 6.4<br>(50.0%) |
| 225 | <b>SERAFIN Sebastian</b>        | <b>2296</b> |                           | M40       | 61   | 01:42:58          | <b>03:35:27.55</b> | +01:47:53<br>(50.0%) | 9:22            | 6.4<br>(50.0%) |
| 226 | <b>ZELMANOWICZ - SZŁAPA Ewa</b> | <b>2291</b> |                           | K40       | 21   | 01:41:23          | <b>03:35:34.05</b> | +01:47:53<br>(50.0%) | 9:22            | 6.4<br>(50.0%) |
| 227 | <b>GORAJEK Michał</b>           | <b>2023</b> | ALA&LILA                  | M40       | 62   | 01:35:48          | <b>03:34:40.50</b> | +01:47:55<br>(50.0%) | 9:20            | 6.4<br>(50.0%) |
| 228 | <b>WINIARCZYK Łukasz</b>        | <b>2089</b> | MIKI&OLEK&JEREMI          | M40       | 63   | 01:40:00          | <b>03:34:41.55</b> | +01:47:56<br>(50.0%) | 9:20            | 6.4<br>(50.0%) |
| 229 | <b>NICIEJA Anna</b>             | <b>2152</b> | DZIKIE FOKI               | K40       | 22   | 01:35:34          | <b>03:35:35.45</b> | +01:48:05<br>(50.0%) | 9:22            | 6.4<br>(50.0%) |
| 230 | <b>MAJDYŚ Wojciech</b>          | <b>2153</b> |                           | M40       | 64   | 01:35:32          | <b>03:35:34.05</b> | +01:48:06<br>(50.0%) | 9:22            | 6.4<br>(50.0%) |
| 231 | <b>GRABOWSKA Kornelia</b>       | <b>2053</b> |                           | K30       | 26   | 01:45:00          | <b>03:36:30.30</b> | +01:49:11<br>(50.3%) | 9:24            | 6.4<br>(50.0%) |
| 232 | <b>HAŃCZUR Jan</b>              | <b>2169</b> | MIECHOWICKA GRUPA BIEGOWA | M60       | 8    | 01:32:39          | <b>03:38:21.50</b> | +01:50:33<br>(50.6%) | 9:29            | 6.3<br>(49.2%) |
| 233 | <b>LAMPARSKI Łukasz</b>         | <b>2185</b> | UNIQA RUNNING TEAM        | M30       | 67   | 01:38:10          | <b>03:38:07.35</b> | +01:50:42<br>(50.6%) | 9:29            | 6.3<br>(49.2%) |
| 234 | <b>BARNAS Ilona</b>             | <b>2096</b> |                           | K40       | 23   | 01:40:14          | <b>03:38:54.30</b> | +01:51:14<br>(50.7%) | 9:31            | 6.3<br>(49.2%) |
| 235 | <b>MAKOSA Konrad</b>            | <b>2010</b> |                           | M40       | 65   | 01:41:27          | <b>03:39:42.90</b> | +01:52:25<br>(51.0%) | 9:33            | 6.3<br>(49.2%) |
| 236 | <b>PALEJ Justyna</b>            | <b>2115</b> | J&J                       | K40       | 24   | 01:43:10          | <b>03:40:06.20</b> | +01:52:40<br>(51.1%) | 9:34            | 6.3<br>(49.2%) |
| 237 | <b>KOLANECKA Aneta</b>          | <b>2162</b> |                           | K40       | 25   | 01:56:55          | <b>03:43:50.40</b> | +01:55:58<br>(51.8%) | 9:43            | 6.2<br>(48.4%) |
| 238 | <b>BASAK Justyna</b>            | <b>4211</b> | WKURW_TEAM                | K30       | 27   | 01:48:27          | <b>03:44:52.60</b> | +01:57:32<br>(52.1%) | 9:46            | 6.1<br>(47.7%) |
| 239 | <b>SOŁTYS Teresa</b>            | <b>4186</b> | WKURW_TEAM                | K30       | 28   | 01:48:16          | <b>03:44:53.05</b> | +01:57:32<br>(52.1%) | 9:46            | 6.1<br>(47.7%) |
| 240 | <b>STRZELCZYK Edyta</b>         | <b>2100</b> | P+E                       | K50       | 5    | 01:43:13          | <b>03:49:56.10</b> | +02:02:28<br>(53.2%) | 9:59            | 6<br>(46.9%)   |
| 241 | <b>URBANIAK Agnieszka</b>       | <b>2193</b> |                           | K40       | 26   | 01:48:20          | <b>03:51:21.90</b> | +02:04:28<br>(53.6%) | 10:03           | 6<br>(46.9%)   |
| 242 | <b>GRANOS Sławomir</b>          | <b>2210</b> | BIESZCZADZKIE DESEROWE    | M50       | 23   | 01:52:31          | <b>03:55:04.70</b> | +02:07:21<br>(54.1%) | 10:13           | 5.9<br>(46.1%) |
| 243 | <b>PAWLAK Maciej</b>            | <b>2206</b> | BIESZCZADZKIE DESEROWE    | M50       | 24   | 01:52:31          | <b>03:55:06.15</b> | +02:07:21<br>(54.1%) | 10:13           | 5.9<br>(46.1%) |
| 244 | <b>LEŚNIEWSKI Tomek</b>         | <b>2202</b> | BIESZCZADZKIE DESEROWE    | M40       | 66   | 01:52:34          | <b>03:55:06.60</b> | +02:07:21<br>(54.1%) | 10:13           | 5.9<br>(46.1%) |
| 245 | <b>WITEK Sylwia</b>             | <b>2056</b> |                           | K40       | 27   | 01:39:41          | <b>03:56:15.25</b> | +02:08:38<br>(54.4%) | 10:16           | 5.8<br>(45.3%) |

| Msc | Zawodnik                     | Numer       | Klub                  | Kategoria | Mkat | Brzeziniak<br>9km | Czas<br>netto<br>23km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------------|-----------------------|-----------|------|-------------------|-----------------------|----------------------|-----------------|----------------|
| 246 | <b>DANIELEWSKA Magdalena</b> | <b>2057</b> |                       | K40       | 28   | 01:39:45          | <b>03:56:16.15</b>    | +02:08:40<br>(54.4%) | 10:16           | 5.8<br>(45.3%) |
| 247 | <b>LICHNOWSKA Anna</b>       | <b>2127</b> |                       | K40       | 29   | 01:53:16          | <b>03:56:32.05</b>    | +02:09:12<br>(54.5%) | 10:17           | 5.8<br>(45.3%) |
| 248 | <b>KUKLEWSKA Ewa</b>         | <b>2095</b> | OJOS                  | K60       | 2    | 01:53:20          | <b>03:56:32.50</b>    | +02:09:12<br>(54.5%) | 10:17           | 5.8<br>(45.3%) |
| 249 | <b>OBARSKA Małgorzata</b>    | <b>2141</b> |                       | K60       | 3    | 01:49:45          | <b>03:57:39.55</b>    | +02:10:07<br>(54.7%) | 10:19           | 5.8<br>(45.3%) |
| 250 | <b>HOOG Wioleta</b>          | <b>2058</b> |                       | K40       | 30   | 01:53:41          | <b>03:58:52.95</b>    | +02:11:15<br>(54.9%) | 10:23           | 5.8<br>(45.3%) |
| 251 | <b>WOLSKA Małgorzata</b>     | <b>2087</b> |                       | K60       | 4    |                   | <b>04:01:08.60</b>    | +02:13:51<br>(55.4%) | 10:29           | 5.7<br>(44.5%) |
| 252 | <b>CIUK Iwona</b>            | <b>4034</b> | BIEGAJ Z TRENERAMI    | K50       | 6    | 01:53:17          | <b>04:05:23.05</b>    | +02:17:41<br>(56.1%) | 10:40           | 5.6<br>(43.8%) |
| 253 | <b>KACZKIEWICZ Damian</b>    | <b>2255</b> | NIGHT RUNNERS GLIWICE | M40       | 67   | 01:55:07          | <b>04:05:11.85</b>    | +02:17:46<br>(56.1%) | 10:39           | 5.6<br>(43.8%) |
| 254 | <b>GÓRA Paweł</b>            | <b>2062</b> |                       | M30       | 68   | 01:58:13          | <b>04:10:14.25</b>    | +02:22:33<br>(56.9%) | 10:52           | 5.5<br>(43.0%) |
| 255 | <b>GŁOWACKA Aleksandra</b>   | <b>2234</b> | MŁODY VS STARY        | K50       | 7    | 02:05:42          | <b>04:24:23.85</b>    | +02:37:26<br>(59.3%) | 11:29           | 5.2<br>(40.6%) |
| 256 | <b>HERNAS-SZTRAF Aneta</b>   | <b>2126</b> |                       | K40       | 31   | 02:33:54          | <b>04:26:20.15</b>    | +02:38:59<br>(59.6%) | 11:34           | 5.2<br>(40.6%) |
| 257 | <b>ŁAGODA Agnieszka</b>      | <b>2166</b> |                       | K40       | 32   | 02:33:55          | <b>04:26:21.70</b>    | +02:38:59<br>(59.6%) | 11:34           | 5.2<br>(40.6%) |
| 258 | <b>CZECHOWSKA Izabela</b>    | <b>2098</b> | WE TEAM               | K50       | 8    | 02:21:36          | <b>04:55:26.30</b>    | +03:08:00<br>(63.5%) | 12:50           | 4.7<br>(36.7%) |
| 259 | <b>REY Andrzej</b>           | <b>2001</b> | REYRUNNINGTEAM        | M40       | 68   | 02:20:13          | <b>04:55:00.10</b>    | +03:08:18<br>(63.6%) | 12:49           | 4.7<br>(36.7%) |
| 260 | <b>GLISZCZYŃSKI Mirosław</b> | <b>2165</b> | TARNOGÓRSKIE ŁAZĘGI   | M60       | 9    | 02:14:57          | <b>05:05:22.40</b>    | +03:17:27<br>(64.7%) | 13:16           | 4.5<br>(35.2%) |
| 261 | <b>BORKOWSKA Ewa</b>         | <b>2016</b> |                       | K60       | 5    | 02:32:44          | <b>05:27:19.70</b>    | +03:39:46<br>(67.1%) | 14:13           | 4.2<br>(32.8%) |

Znaleziono 261 wynik(ów)