

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

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

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

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

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

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

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

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

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

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

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

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

Znaleziono 261 wynik(ów)