

VIII ZIMOWY MARATON BIESZCZADZKI 2022 - 43KM

B4SPORT

Wydarzenie: Zimowy Maraton Bieszczadzki 2022
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-01-29
Miejsce: Cisna
Dystans: 43 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Brzeziniak 32km	Kara/ bonifikata	Czas netto 43km	Różn	Tempo min/km	Tempo km/h
1	BOROWSKI Kamil	4094	CHEŁM BIEGA	M30	1	01:29:46	02:58:05		04:00:00.25		5:34	10.8 (100%)
2	ZIAJKA Karol	4216	PGR/FINISZ RYMANÓW	M20	1	01:33:02	03:06:59		04:10:20.65	+00:10:21 (4.1%)	5:49	10.3 (95.4%)
3	RYCHTER Karol	4245	THE RYCHTERS	M40	1	01:36:39	03:10:34		04:16:04.25	+00:16:03 (6.3%)	5:57	10.1 (93.5%)
4	MORAWA Mateusz	4236	LACHO TEAM	M40	2	01:41:06	03:15:53		04:26:26.65	+00:26:25 (9.9%)	6:11	9.7 (89.8%)
5	CIEPIELA Patryk	4026	NOWA HUTA TEAM	M30	2	01:41:07	03:17:19		04:28:50.70	+00:28:52 (10.7%)	6:15	9.6 (88.9%)
6	LEWANDOWSKI Miłosz	4116	PODIUM TEAM	M30	3	01:43:22	03:21:22		04:31:27.45	+00:31:25 (11.6%)	6:18	9.5 (88.0%)
7	PISZCZATOWSKI Wojciech	4144	ORANGE POLSKA	M50	1	01:39:11	03:19:19		04:33:24.35	+00:33:20 (12.2%)	6:21	9.4 (87.0%)
8	ŻUBIŃSKI Piotr	4161	ACCELERATING POLAND	M40	3	01:46:00	03:26:00		04:35:36.90	+00:35:34 (12.9%)	6:24	9.4 (87.0%)
9	WĘGLIŃSKI Mikołaj	4145		M30	4		03:24:05		04:35:29.70	+00:35:53 (13.0%)	6:24	9.4 (87.0%)
10	SZAŁKOWSKI Dawid	4099	MARKOWI BIEGACZE	M40	4	01:45:17	03:23:48		04:35:46.35	+00:35:55 (13.0%)	6:24	9.4 (87.0%)
11	JANDZIŚ Wiesław	4247	AKTYWNY DYNÓW	M40	5	01:47:40	03:28:24		04:35:42.25	+00:35:57 (13.0%)	6:24	9.4 (87.0%)
12	ZIĘBA Sabina	4229	FOREVER TEAM	K30	1	01:55:42	03:32:53		04:38:35.35	+00:38:40 (13.9%)	6:28	9.3 (86.1%)
13	PRUCNAL Zbigniew	4167	JASIELSKIE PIORUNY	M50	2	01:47:43	03:25:13		04:37:52.60	+00:38:50 (13.9%)	6:27	9.3 (86.1%)
14	GĄCIARZ Mateusz	4020	GLOGOVIA GŁOGÓW MAŁOPOLSKI	M30	5	01:45:36	03:25:53		04:41:17.30	+00:41:23 (14.7%)	6:32	9.2 (85.2%)
15	SMOLEŃ Janusz	4062		M40	6	01:53:03	03:32:32		04:41:25.45	+00:41:51 (14.8%)	6:32	9.2 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Brzeziniak 32km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 43km	Różn		
16	WIĄCEK Łukasz	4207	IRS KRAKÓW	M40	7	01:45:08	03:27:40		04:44:00.60	+00:44:02 (15.5%)	6:36	9.1 (84.3%)
17	GARCZYŃSKA-WĄS Bogusława	4086	WM TRISELF	K40	1	01:54:30	03:34:00		04:44:39.80	+00:45:20 (15.9%)	6:37	9.1 (84.3%)
18	SZEWC Wojciech	4135	WOJCIO TEAM	M20	2	01:51:48	03:35:48		04:48:05.35	+00:48:29 (16.8%)	6:41	9 (83.3%)
19	URBAŃSKI Krzysztof	4169	TAKADA TEAM	M30	6	01:50:25	03:33:54		04:48:07.15	+00:48:35 (16.8%)	6:42	9 (83.3%)
20	KWIECIEŃ Marek	4077	MARKOWI BIEGACZE	M30	7	01:46:12	03:33:32		04:52:18.40	+00:52:31 (17.9%)	6:47	8.8 (81.5%)
21	SOBOL Krystian	4244		M40	8	01:53:56	03:38:14		04:53:36.40	+00:54:16 (18.4%)	6:49	8.8 (81.5%)
22	SIĘBIDA Mieczysław	4239	FARTLEK GO	M30	8	01:47:33	03:36:37		04:53:53.20	+00:54:22 (18.5%)	6:50	8.8 (81.5%)
23	KARPIŃSKI Tomasz	4006	RUNFORYOURBEER!	M40	9	01:53:50	03:37:17		04:54:47.85	+00:54:51 (18.6%)	6:51	8.8 (81.5%)
24	FLIS-CZAJKA Justyna	4237		K30	2	01:54:46	03:38:55		04:56:11.15	+00:56:10 (19.0%)	6:53	8.7 (80.6%)
25	DEINIUK Roman	4218		M30	9		03:43:05		04:56:42.70	+00:56:59 (19.2%)	6:54	8.7 (80.6%)
26	ZIĘBA Mateusz	4200	FOREVER TEAM	M30	10	01:55:48	03:34:14		04:57:12.30	+00:57:17 (19.3%)	6:54	8.7 (80.6%)
27	BOROŃ Mateusz	4070		M30	11	01:50:59	03:37:28		04:57:11.80	+00:57:25 (19.3%)	6:54	8.7 (80.6%)
28	SZLUFIK Bartek	4036	DREAM TEAM WOKÓŁ ŁYSEJ GÓRY	M30	12	01:57:29	03:43:04		04:56:44.70	+00:57:40 (19.4%)	6:54	8.7 (80.6%)
29	MORGIEWICZ Piotr	4071	RUNGRYF GRYFICE	M50	3	01:54:27	03:38:05		04:57:39.25	+00:58:27 (19.6%)	6:55	8.7 (80.6%)
30	KORZONEK Marcin	4155	SPRINT GORZYCE	M40	10	01:46:43	03:40:27		05:03:28.30	+01:03:23 (20.9%)	7:03	8.5 (78.7%)
31	KURCEWICZ Paweł	4014		M30	13	01:49:43	03:37:54		05:03:31.20	+01:03:30 (20.9%)	7:03	8.5 (78.7%)
32	KALTENBERG Janusz	4128		M50	4	01:58:12	03:43:47		05:03:35.75	+01:03:46 (21.0%)	7:03	8.5 (78.7%)
33	FUS Maciej	4110		M30	14		03:44:05		05:05:34.90	+01:05:38 (21.5%)	7:06	8.4 (77.8%)
34	WOŁOSZYN Artur	4141		M30	15	01:56:00	03:44:08		05:05:37.85	+01:05:39 (21.5%)	7:06	8.4 (77.8%)
35	KUBERA Paweł	4142		M30	16	01:55:26	03:47:02		05:05:13.35	+01:05:59 (21.6%)	7:05	8.5 (78.7%)
36	KOZIEŁŁO Bartosz	4064	TUR ZAMIENIE	M40	11	01:52:12	03:37:59		05:08:14.45	+01:08:10 (22.1%)	7:10	8.4 (77.8%)
37	STACHURSKI Arek	4054		M30	17	01:59:02	03:53:29		05:07:38.75	+01:08:11 (22.1%)	7:09	8.4 (77.8%)
38	BRODA Wojciech	4098	HUTASY RUNNERS TEAM	M50	5	01:53:20	03:42:59		05:08:56.05	+01:09:10 (22.4%)	7:11	8.4 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Tempo min/km	Tempo km/h	
						Smerek/Wietnam 17km	Brzeziniak 32km	Kara/ bonifikata 43km			
39	MOSKAŁA Remigiusz	4177		M40	12	01:55:30	03:43:20	05:09:05.20	+01:09:16 (22.4%)	7:11	8.3 (76.9%)
40	STEPANIAK Grzegorz	4152	SWOBODA	M40	13	01:57:35	03:52:10	05:10:42.80	+01:11:00 (22.8%)	7:13	8.3 (76.9%)
41	SOBIESZEK Sylwia	4043	ZWOLEŃNICY BIEGANIA	K40	2	01:59:04	03:52:25	05:11:19.15	+01:11:19 (22.9%)	7:14	8.3 (76.9%)
42	KOLANO Agnieszka	4158	KUŹNIA TRIATHLONU	K40	3		03:49:48	00:20:00 05:11:42.10	+01:11:46 (23.0%)	6:47	8.8 (81.5%)
43	GOŁĘBIEWSKA Katarzyna	4223	COMFORT ZONE	K40	4	02:00:56	03:56:11	05:12:34.25	+01:12:32 (23.2%)	7:16	8.3 (76.9%)
44	ANTCZAK Jolanta	4131	SPORTOWE PUŁAWY	K30	3	02:05:25	03:55:23	05:13:16.95	+01:13:45 (23.5%)	7:17	8.2 (75.9%)
45	KOZDROWICZ Karol	4041		M50	6	01:54:46	03:54:45	05:15:47.05	+01:16:51 (24.3%)	7:20	8.2 (75.9%)
46	KUCIŃSKI Tomasz	4248		M40	14	02:01:36	03:57:07	05:16:21.90	+01:17:11 (24.3%)	7:21	8.2 (75.9%)
47	SIEMIĄTKOWSKA Katarzyna	4194		K30	4	02:01:19	03:58:10	05:17:05.90	+01:17:31 (24.4%)	7:22	8.1 (75.0%)
48	ASŁANOWICZ Marcin	4037	ŻÓRAWSKI TEAM	M40	15	01:58:14	03:53:42	05:17:53.70	+01:17:57 (24.5%)	7:23	8.1 (75.0%)
49	WÓJCIK Adrian	4001	SZAKALE BAŁUT ŁÓDŹ	M30	18	01:56:11	03:56:03	05:19:02.20	+01:18:57 (24.8%)	7:25	8.1 (75.0%)
50	BARAN Kamil	4059		M30	19	01:54:40	03:47:38	05:19:43.20	+01:20:05 (25.0%)	7:26	8.1 (75.0%)
51	LASKOWSKI Marcin	4105	MAKABI WARSZAWA	M40	16		03:51:08	05:19:54.65	+01:20:06 (25.0%)	7:26	8.1 (75.0%)
52	CHUCHAŁA Paweł	4082	MARKOWI BIEGACZE	M40	17	01:56:30	03:55:33	05:20:08.30	+01:20:23 (25.1%)	7:26	8.1 (75.0%)
53	JAWORSKI Piotr	4189	MARKOWI BIEGACZE	M40	18	01:53:01	03:54:02	05:20:13.95	+01:20:23 (25.1%)	7:26	8.1 (75.0%)
54	NOWAK Wojciech	4050	BEFIT24TEAM	M50	7	01:59:43	03:56:43	05:20:07.55	+01:20:55 (25.2%)	7:26	8.1 (75.0%)
55	KOSIN Paweł	4003	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	19	02:07:35	04:10:06	05:21:20.95	+01:21:42 (25.4%)	7:28	8 (74.1%)
56	PODLEŚ Robert	4081	COBI POLAND	M60	1			05:22:44.75	+01:22:43 (25.6%)	7:30	8 (74.1%)
57	GŁOWACKI Krzysztof	4065	WALDEK KIEPSKI RUNNING TEAM	M30	20	01:57:06	03:58:05	05:22:20.75	+01:22:58 (25.7%)	7:29	8 (74.1%)
58	HAJZER Ewa	4171	BEAUTY SPORT	K30	5	02:09:09	04:04:07	05:23:18.50	+01:23:23 (25.8%)	7:31	8 (74.1%)
59	STEFANIUK Roman	4045	GRUPA BIEGACZY SKÓRZEC BIEGA	M60	2	01:58:58		05:24:22.45	+01:24:23 (26.0%)	7:32	8 (74.1%)
60	POTONIEC Grzegorz	4208	RODZEŃSTWO	M30	21	01:59:53	04:03:11	05:24:31.80	+01:24:38 (26.1%)	7:32	8 (74.1%)
61	DZIADOSZ Sławomir	4242	PODIUM	M40	20	01:59:18	03:57:53	05:25:11.85	+01:25:07 (26.2%)	7:33	7.9 (73.1%)

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									netto 43km	Różn		
62	KRZEPKOWSKI Radosław	4004	ADIDAS RUNNERS WARSAW	M40	21	02:00:12	04:00:18		05:24:38.95	+01:25:48 (26.3%)	7:32	7.9 (73.1%)
63	KRASOŃ Marcin	4238		M20	3	01:59:25	04:03:11		05:24:59.65	+01:25:55 (26.4%)	7:33	7.9 (73.1%)
64	CHMAJ Jerzy	4226		M50	8	01:41:27	04:00:08		05:28:10.65	+01:28:13 (26.9%)	7:37	7.9 (73.1%)
65	JOŃCA Michał	4140		M20	4	02:01:02	03:58:51		05:27:12.15	+01:28:23 (26.9%)	7:36	7.9 (73.1%)
66	KOBYLIŃSKI Mariusz	4231	ORANGE POLSKA	M30	22	02:00:37	04:05:19		05:30:21.05	+01:30:23 (27.4%)	7:40	7.8 (72.2%)
67	JAKUBOWSKI Jakub	4093	DZIKITIM	M40	22	02:00:09	04:04:51		05:30:02.20	+01:30:26 (27.4%)	7:40	7.8 (72.2%)
68	STEC Tomasz	4203	ORANGE POLSKA	M40	23	02:00:41	04:05:21		05:30:24.70	+01:30:27 (27.4%)	7:41	7.8 (72.2%)
69	JASTRZĄB Piotr	4092		M50	9	01:58:14	04:06:45		05:31:20.15	+01:31:20 (27.6%)	7:42	7.8 (72.2%)
70	WOLF Weronika	4002	W GÓRACH JEST WSZYSTKO CO KOCHAM ♥	K40	5	02:05:18	04:04:15		05:31:50.50	+01:31:46 (27.7%)	7:43	7.8 (72.2%)
71	CZAPLA Arkadiusz	4215		M50	10	02:02:58	04:12:40		05:31:42.95	+01:31:49 (27.7%)	7:42	7.8 (72.2%)
72	MACHNIKOWSKI Tomasz	4009		M40	24	02:02:59	04:04:43		05:32:25.80	+01:33:01 (27.9%)	7:43	7.8 (72.2%)
73	SZCZYPIŃSKI Bartosz	4007		M40	25	02:02:58	04:04:42		05:32:23.10	+01:33:01 (27.9%)	7:43	7.8 (72.2%)
74	FIŁON Milan	4175		M20	5	02:04:34	04:11:55		05:32:31.95	+01:33:13 (28.0%)	7:43	7.8 (72.2%)
75	WALUSIAK Sylwia	4024	BIEGACZA BIAŁA BIEGA	K30	6	02:09:18	04:09:15		05:33:36.30	+01:34:21 (28.2%)	7:45	7.7 (71.3%)
76	GŁOWACKI Andrzej	4078	MŁODY VS STARY	M50	11	02:09:07	04:09:14		05:33:35.10	+01:34:24 (28.2%)	7:45	7.7 (71.3%)
77	SUWEZDA Jacek	4192	DZIKA TORRA	M50	12	01:57:36	04:08:07		05:33:29.30	+01:34:30 (28.2%)	7:45	7.7 (71.3%)
78	ZIELIŃSKI Marcin	4033		M40	26	02:04:17	04:13:10		05:34:46.00	+01:35:47 (28.5%)	7:47	7.7 (71.3%)
79	LEŚNIEWSKI Daniel	4230	DRUŻYNA L	M40	27	02:00:50	04:13:15		05:36:26.60	+01:36:33 (28.7%)	7:49	7.7 (71.3%)
80	GARUS Łukasz	4166		M40	28	02:00:22	04:10:44		05:38:31.40	+01:38:36 (29.1%)	7:52	7.6 (70.4%)
81	JELEŃIEWSKI Paweł	4083		M30	23		04:12:17		05:39:02.95	+01:39:16 (29.3%)	7:53	7.6 (70.4%)
82	SPRAWKA Marta	4221	TRIWISE	K20	1	02:09:39	04:11:13		05:39:10.60	+01:39:31 (29.3%)	7:53	7.6 (70.4%)
83	KUTA Rafał	4101		M40	29	02:05:21	04:10:51		05:39:05.50	+01:39:49 (29.4%)	7:53	7.6 (70.4%)
84	MACIEJKO Rafał	4220	BIEGAM BO LUBIĘ /KRESOWIANIE	M40	30	02:08:01	04:16:28		05:39:13.00	+01:40:03 (29.4%)	7:53	7.6 (70.4%)

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									netto 43km	Różn		
85	WOJTKIEWICZ Jarosław	4125	RYŚ KARPATY	M50	13	02:08:26			05:39:55.10	+01:40:09 (29.4%)	7:54	7.6 (70.4%)
86	LORYŚ Adam	4118		M30	24	02:02:33	04:12:02		05:40:19.60	+01:40:38 (29.5%)	7:54	7.6 (70.4%)
87	GWIZDALA Marcin	4183		M20	6	02:01:04	04:12:07		05:41:07.45	+01:41:20 (29.7%)	7:55	7.6 (70.4%)
88	JANICKI Tomasz	4138	21BRYGAD STRZELCÓW PODHALAŃSKICH	M30	25	02:03:52	04:15:16		05:41:32.50	+01:42:27 (29.9%)	7:56	7.6 (70.4%)
89	KUDRYCKI Jakub	4196		M50	14	01:59:29	04:07:17		05:42:47.75	+01:43:25 (30.1%)	7:58	7.5 (69.4%)
90	IDZIOR Tomasz	4217		M20	7	02:05:28	04:15:09		05:43:19.60	+01:43:52 (30.2%)	7:59	7.5 (69.4%)
91	GARCZYŃSKI Darek	4025		M50	15	02:03:53	04:13:01		05:43:35.20	+01:44:32 (30.3%)	7:59	7.5 (69.4%)
92	PŁUŻAŃSKA Kasia	4174	BEAUTY SPORT	K30	7	02:09:26	04:21:19		05:44:49.40	+01:44:56 (30.4%)	8:01	7.5 (69.4%)
93	GAJEWSKI Paweł	4170	BEAUTY SPORT	M50	16	02:10:09	04:21:24		05:44:52.15	+01:44:59 (30.4%)	8:01	7.5 (69.4%)
94	CISOWSKI Artur	4136	TRIWAWA	M40	31	02:01:02	04:14:20		05:44:30.15	+01:45:06 (30.5%)	8:00	7.5 (69.4%)
95	ŚCIBOR Marcin	4232	RUCH IZBICA	M30	26	02:08:53	04:15:57		05:44:22.45	+01:45:16 (30.5%)	8:00	7.5 (69.4%)
96	TOKARZ Marcin	4010		M50	17	02:07:20	04:13:29		05:45:42.10	+01:46:01 (30.6%)	8:02	7.5 (69.4%)
97	DRĄG Mateusz	4209		M20	8	02:01:47	04:12:44		05:46:34.80	+01:46:48 (30.8%)	8:03	7.4 (68.5%)
98	SZWED Tomasz	4150	SUSKA GRUPA BIEGOWA/OSP KURÓW	M30	27		04:25:39		05:46:51.30	+01:46:54 (30.8%)	8:03	7.4 (68.5%)
99	ADAMOWICZ Agnieszka	4027	ZWOLEŃNICY BIEGANIA	K40	6	02:10:59	04:17:51		05:46:57.45	+01:46:57 (30.8%)	8:04	7.4 (68.5%)
100	BOGDAŃSKA Katarzyna	4143	SMASHING PĄPKINS	K20	2	02:05:54	04:12:08		05:47:08.90	+01:47:24 (30.9%)	8:04	7.4 (68.5%)
101	WOŁKOWYCKI Paweł	4193		M30	28	02:05:32	04:25:36		05:47:49.45	+01:47:45 (31.0%)	8:05	7.4 (68.5%)
102	PANTOL Mirosław	4243		M40	32	02:02:51	04:12:04		05:48:39.50	+01:48:57 (31.2%)	8:06	7.4 (68.5%)
103	KISIELEWSKI Andrzej	4095	WILKI PUSZCZY ROMINCKIEJ	M40	33	02:05:27	04:15:27		05:50:21.30	+01:51:07 (31.6%)	8:08	7.4 (68.5%)
104	SZAFRAŃSKI Mateusz	4151	CROSSFIT 72D	M30	29	02:02:32	04:18:59		05:51:21.65	+01:51:45 (31.8%)	8:10	7.3 (67.6%)
105	PYRKOSZ Damian	4146		M50	18	02:04:06	04:16:08		05:51:55.20	+01:52:29 (31.9%)	8:11	7.3 (67.6%)
106	SIERADZKI Dariusz	4126	BIEGAJ Z TRENERAMI	M30	30	02:13:51	04:18:57		05:52:20.55	+01:52:32 (31.9%)	8:11	7.3 (67.6%)
107	GRUCHAŁA Robert	4047	PADŁ NA RYJ TEAM	M40	34	02:08:24	04:19:14		05:52:01.15	+01:52:43 (32.0%)	8:11	7.3 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Brzeziniak 32km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 43km	Różn		
108	KŁOSEK Jacek	4075	100 MARATHON CLUB POLAND	M30	31	02:12:21	04:22:30		05:52:11.70	+01:52:49 (32.0%)	8:11	7.3 (67.6%)
109	KUCHARSKI Paweł	4246	PLANETA NISKO	M40	35	02:10:26	04:20:05		05:54:03.20	+01:54:44 (32.3%)	8:14	7.3 (67.6%)
110	PIELECHA Rafał	4157		M40	36	02:10:45	04:17:35		05:56:14.60	+01:56:23 (32.7%)	8:17	7.2 (66.7%)
111	KOWALCZYK Bartłomiej	4173		M30	32	02:04:08	04:26:45		05:56:50.90	+01:57:48 (32.9%)	8:17	7.2 (66.7%)
112	SIDOROWICZ Grzegorz	4089	UNIQA RUNNING TEAM	M50	19	02:10:30	04:24:44		05:58:45.70	+01:59:13 (33.2%)	8:20	7.2 (66.7%)
113	FLASIŃSKI Michał	4178		M30	33	02:04:53	04:28:27		06:00:17.05	+02:01:08 (33.5%)	8:22	7.2 (66.7%)
114	KIRILENKO Marcin	4102		M40	37	02:02:00	04:22:08		06:02:36.35	+02:02:47 (33.8%)	8:25	7.1 (65.7%)
115	LOESCH Konrad	4204	AZS AWF MASTERS KRAKÓW	M30	34	02:02:21	04:22:10		06:02:37.50	+02:02:48 (33.8%)	8:25	7.1 (65.7%)
116	MARCELA Marcin	4091	FAT MAMA'S SPORT CLUB	M40	38	02:05:34	04:24:02		06:03:00.60	+02:03:05 (33.9%)	8:26	7.1 (65.7%)
117	SKŁADANOWSKA Beata	4165		K30	8	02:11:06	04:26:33		06:03:25.70	+02:03:30 (34.0%)	8:27	7.1 (65.7%)
118	JAROSZ Marcin	4212		M40	39	02:08:52	04:32:35		06:02:35.15	+02:03:57 (34.1%)	8:25	7.1 (65.7%)
119	WARAS Wojciech	4115	SILESIA MARATHON CLUB	M30	35	02:12:45	04:32:44		06:03:41.15	+02:04:01 (34.1%)	8:27	7.1 (65.7%)
120	TRUCHAN Wiesław	4130	WILKI PUSZCZY ROMINCKIEJ	M60	3	02:10:27	04:24:52		06:03:25.35	+02:04:11 (34.1%)	8:27	7.1 (65.7%)
121	PIETRUSZKA Paweł	4100	KLARNECIŚCI ZIEMII JASIELSKIEJ	M40	40	02:03:55	04:16:34		06:03:32.00	+02:04:31 (34.2%)	8:27	7.1 (65.7%)
122	ŁUSZCZ Paweł	4021	GAMONIUSZE	M40	41	02:04:38	04:22:19		06:03:45.65	+02:04:37 (34.2%)	8:27	7.1 (65.7%)
123	MAŁEK Krzysztof	4184		M30	36	02:10:41	04:33:57		06:06:32.80	+02:07:19 (34.7%)	8:31	7 (64.8%)
124	GÓRNA Anita	4121	LPP TEAM	K30	9	02:08:45	04:34:58		06:06:40.15	+02:07:22 (34.7%)	8:31	7 (64.8%)
125	WOŹNY Paweł	4109	RUNPROGRESS TEAM BY TOMASZ KAWIK	M40	42	01:54:14	04:18:40		06:07:03.65	+02:07:41 (34.7%)	8:32	7 (64.8%)
126	KLAUS Dominik	4055	MKS MASTERS PIASECZNO	M40	43	02:08:53	04:32:43		06:06:30.80	+02:07:43 (34.7%)	8:31	7 (64.8%)
127	SUMOREK Sebastian	4104		M40	44	02:05:49	04:25:45		06:07:02.95	+02:07:47 (34.7%)	8:32	7 (64.8%)
128	KOSZAŁKA Marcin	4028		M30	37	02:07:32	04:34:21		06:10:40.55	+02:10:58 (35.3%)	8:37	7 (64.8%)
129	GŁAZ Marek	4022		M30	38	02:05:23	04:34:13		06:10:34.65	+02:10:59 (35.3%)	8:37	7 (64.8%)
130	PORĘBA Eugeniusz	4195	MIECHÓW	M50	20	02:10:04	04:34:59		06:11:13.15	+02:11:39 (35.4%)	8:37	7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Brzeziniak 32km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 43km	Różn		
131	KOWALSKA Justyna	4107	MORSY OŚNO LUBUSKIE	K40	7	02:10:16	04:38:05		06:12:02.10	+02:12:33 (35.6%)	8:39	6.9 (63.9%)
132	DZIERGAS Teresa	4225	ULTRA KSP	K30	10	02:12:47	04:33:00		06:12:35.20	+02:12:56 (35.6%)	8:39	6.9 (63.9%)
133	PIEKARSKI Wojciech	4224	ATP AUGUSTOW	M50	21		04:31:26		06:13:18.45	+02:13:26 (35.7%)	8:40	6.9 (63.9%)
134	MIKOŁAJCZYK Mariusz	4040	ULTRA KSP	M40	45	02:12:51	04:32:59		06:13:22.80	+02:13:41 (35.8%)	8:40	6.9 (63.9%)
134	CHODOROWSKI Arkadiusz	4080	ULTRA KSP	M40	45	02:12:51	04:32:56		06:13:18.35	+02:13:41 (35.8%)	8:40	6.9 (63.9%)
136	PIETRYKOWSKI Norbert	4072	VITALABO	M40	47	02:25:46	04:39:32		06:13:19.70	+02:13:51 (35.8%)	8:40	6.9 (63.9%)
137	ŁUKASIK Marek	4172		M40	48	02:00:54	04:27:10		06:14:32.95	+02:15:20 (36.0%)	8:42	6.9 (63.9%)
138	GÓRSKI Krzysztof	4147	AKADEMIA SPORTU MEDYK	M30	39	02:10:53	04:35:07		06:14:46.10	+02:15:24 (36.1%)	8:42	6.9 (63.9%)
139	PINIARSKI Paweł	4187	DPKJIP / STR POZNAŃ	M30	40	02:15:30	04:37:04		06:16:36.80	+02:17:00 (36.3%)	8:45	6.9 (63.9%)
140	NAZIMEK Lilianna	4023	SUO TEMPORE	K40	8	02:15:36	04:38:49		06:16:59.30	+02:17:10 (36.4%)	8:46	6.8 (63.0%)
141	KRZYŻEWSKI Roger	4163		M30	41	02:03:46	04:17:45		06:18:36.00	+02:19:08 (36.7%)	8:48	6.8 (63.0%)
142	KALETA Jan	4227	JW 2771 RZAŚKA	M50	22	02:09:36	04:47:57		06:19:59.50	+02:19:58 (36.8%)	8:50	6.8 (63.0%)
143	BAJOREK Norbert	4154	FITNESS FREAKS	M40	49	02:20:30	04:37:41		06:20:44.65	+02:20:50 (37.0%)	8:51	6.8 (63.0%)
144	LEŚNIAK Dariusz	4008		M50	23	02:14:56	04:35:44		06:20:39.30	+02:21:42 (37.1%)	8:51	6.8 (63.0%)
145	WALERJAN Łukasz	4134		M40	50		04:29:31		06:21:01.55	+02:21:45 (37.1%)	8:51	6.8 (63.0%)
146	RULAK Jerzy	4222		M40	51		04:38:27		06:22:21.70	+02:22:52 (37.3%)	8:53	6.7 (62.0%)
147	TRZCIŃSKI Sebastian	4113		M40	52	02:14:23	04:40:16		06:23:39.55	+02:23:35 (37.4%)	8:55	6.7 (62.0%)
148	SOŁTYS Michał	4139		M30	42	02:12:56	04:47:40		06:22:38.85	+02:23:36 (37.4%)	8:53	6.7 (62.0%)
149	STAŃCZAK Paweł	4176		M40	53		04:39:13		06:30:23.80	+02:30:30 (38.5%)	9:04	6.6 (61.1%)
150	SYCZYŃSKI Tomasz	4069	STUDIO TRENINGU INDYWIDUALNEGO	M30	43	02:11:19	04:38:43		06:30:21.15	+02:30:49 (38.6%)	9:04	6.6 (61.1%)
151	ŁUCZAK Tomasz	4058	KB MARATON TUREK	M40	54	02:03:39	04:47:54		06:33:55.20	+02:33:58 (39.1%)	9:09	6.5 (60.2%)
152	ZIEMKIEWICZ Michał	4153	BIEGACZE KLECZEW	M40	55	02:06:21	04:47:58		06:34:03.50	+02:33:59 (39.1%)	9:09	6.5 (60.2%)
152	NOWINOWSKI Andrzej	4060	KB MARATON TUREK	M40	55	02:04:10	04:48:11		06:33:57.60	+02:33:59 (39.1%)	9:09	6.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
						17km	Brzeziniak 32km		43km	Różn		
154	PRUS Piotr	4061	BIEGACZE KLECZEW	M50	24	02:03:44	04:47:53		06:33:57.00	+02:33:59 (39.1%)	9:09	6.5 (60.2%)
155	BURY Marek	4056		M50	25	02:15:37	04:46:29		06:34:06.95	+02:34:19 (39.1%)	9:09	6.5 (60.2%)
156	SEROKA Piotr	4066		M40	57	02:12:06	04:47:19		06:34:25.95	+02:35:07 (39.3%)	9:10	6.5 (60.2%)
157	GÓRKA Bogusław	4051		M40	58	02:13:36	04:46:34		06:35:19.60	+02:35:23 (39.3%)	9:11	6.5 (60.2%)
158	DRASZAWKA Łukasz	4168	POWER TRAINING	M30	44	02:09:09	04:49:28		06:36:22.80	+02:36:51 (39.5%)	9:13	6.5 (60.2%)
159	ZACHARZYŃSKA Katarzyna	4018	ORANGE POLSKA	K30	11	02:20:35	04:52:08		06:36:40.20	+02:37:11 (39.6%)	9:13	6.5 (60.2%)
160	WYSOKIŃSKI Jerzy	4049	ORANGE POLSKA	M50	26	02:20:10	04:53:48		06:36:31.55	+02:37:32 (39.6%)	9:13	6.5 (60.2%)
161	MAJEWSKA Gizela	4119		K50	1	02:23:28	04:58:32		06:38:32.30	+02:38:47 (39.8%)	9:16	6.5 (60.2%)
162	NORKOWSKA Aleksandra	4233	ORANGE POLSKA	K40	9	02:25:36	05:00:03		06:38:20.85	+02:38:51 (39.8%)	9:15	6.5 (60.2%)
163	GÓRALCZYK Stanisław	4241	"BUNGEE JUMPING MARIO"	M50	27	02:16:25	04:51:59		06:38:06.30	+02:38:53 (39.8%)	9:15	6.5 (60.2%)
164	BUŁAWA Gb-Arch.pl Architekt	4114	GB-ARCH.PL	M40	59	02:10:45	04:48:24		06:40:13.50	+02:40:45 (40.1%)	9:18	6.4 (59.3%)
165	ZNAMIEC Marcin	4097	ULTRA KSP	M40	60	02:14:10	04:41:53		06:41:13.95	+02:41:43 (40.2%)	9:19	6.4 (59.3%)
166	MAŁEK Krzysztof	4019	FORFITERY	M40	61	02:07:21	04:52:30		06:41:21.70	+02:41:44 (40.3%)	9:20	6.4 (59.3%)
167	KRAUZE Tomasz	4160	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M50	28	02:19:28	04:59:00		06:42:32.50	+02:43:23 (40.5%)	9:21	6.4 (59.3%)
168	MUCHA Marek	4148	APOSTLES OF STARS	M30	45	02:14:05	05:02:55		06:43:34.60	+02:44:13 (40.6%)	9:23	6.4 (59.3%)
169	DYGOŃ Małgorzata	4124	BIEGAJ Z TRENERAMI	K40	10	02:24:19	05:03:19		06:44:40.10	+02:44:50 (40.7%)	9:24	6.4 (59.3%)
170	STAWSKA Joanna	4030	BIEGAJ Z TRENERAMI	K50	2	02:24:32	05:03:15		06:44:35.35	+02:44:50 (40.7%)	9:24	6.4 (59.3%)
171	CZUBA Michał	4111		M30	46	02:20:51	04:58:53		06:45:00.20	+02:45:04 (40.7%)	9:25	6.4 (59.3%)
172	JEDLIŃSKI Bartosz	4185	MARATOŃCZYK DĘBICA	M40	62	02:22:45	05:00:54		06:45:28.15	+02:45:45 (40.8%)	9:25	6.4 (59.3%)
173	MASZKOWSKI Rafał	4133		M40	63	02:22:42	05:01:21		06:47:19.55	+02:47:45 (41.1%)	9:28	6.3 (58.3%)
173	MASZKOWSKA Anna	4132		K40	11	02:22:45	05:00:47		06:47:20.85	+02:47:45 (41.1%)	9:28	6.3 (58.3%)
175	BOGUCKA Anna	4039		K40	12	02:10:24	05:10:28		06:48:00.90	+02:48:26 (41.2%)	9:29	6.3 (58.3%)
175	MILEWSKI Andrzej	4017	#TEAMKALDUN/#SRO-BIKE-TEAM	M30	47	02:09:57	05:10:29		06:48:01.65	+02:48:26 (41.2%)	9:29	6.3 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam		Kara/ bonifikata	Czas	Różn	Tempo min/km	Tempo km/h	
						17km	Brzeziniak 32km		netto 43km				
177	JURCZAK Daniel	4015		M40	64				05:10:29	06:48:01.45	+02:48:27 (41.2%)	9:29	6.3 (58.3%)
178	SZEWCZYK Artur	4108		M50	29	02:23:14			04:58:24	06:49:08.35	+02:49:34 (41.4%)	9:30	6.3 (58.3%)
179	MAZUREK Robert	4106	TRITON	M50	30	02:19:37			04:58:07	06:49:23.95	+02:50:16 (41.5%)	9:31	6.3 (58.3%)
180	NOWAKOWSKI Wiesław	4046	BIEGAM BO LUBIĘ	M60	4	02:16:25			04:56:34	06:49:57.85	+02:50:25 (41.5%)	9:32	6.3 (58.3%)
181	NIEMCZAK Basia	4210	ULTRA KSP	K30	12	02:22:26			05:08:48	06:50:46.85	+02:51:09 (41.6%)	9:33	6.3 (58.3%)
182	WINIARSKA Izabela	4190	IZA GÓRĄ	K40	13	02:25:18			04:59:27	06:52:41.80	+02:53:12 (41.9%)	9:35	6.3 (58.3%)
183	KUTYŁA Stanisław	4201	ORANGE POLSKA	M50	31	02:25:45			05:00:40	06:53:43.70	+02:53:59 (42.0%)	9:37	6.2 (57.4%)
184	KUTYŁA Agnieszka	4202	NIEPOŁOMICE BIEGAJĄ	K50	3	02:25:58			05:00:44	06:53:44.35	+02:54:00 (42.0%)	9:37	6.2 (57.4%)
185	GŁÓWKA Alfred	4197	FIRMA USŁUGOWO-GASTRONOMICZNA ALFRED GŁÓWKA	M50	32	02:13:17			04:58:21	06:53:43.45	+02:54:02 (42.0%)	9:37	6.2 (57.4%)
186	JURCZAK Robert	4122		M50	33	02:20:10			04:58:47	06:53:13.55	+02:54:12 (42.0%)	9:36	6.2 (57.4%)
187	CZECHOSKA Magdalena	4188	64 BATALION LEKKIEJ PIECHOTY	K40	14	02:26:49			04:59:46	06:55:08.70	+02:55:10 (42.2%)	9:39	6.2 (57.4%)
188	KRÓL Michał	4137	ULTRA KSP	M30	48	02:22:32			05:08:45	06:58:21.75	+02:58:50 (42.7%)	9:43	6.2 (57.4%)
189	MAŁKIEWICZ Jarosław	4035		M40	65	02:22:12			05:09:53	06:59:27.50	+03:00:30 (42.9%)	9:45	6.2 (57.4%)
190	KILIAN Mariusz	4063		M50	34	02:15:57			05:07:04	07:02:06.40	+03:02:04 (43.1%)	9:48	6.1 (56.5%)
191	WÓJTOWICZ Paweł	4199		M50	35	02:21:47			05:16:31	07:06:20.30	+03:07:11 (43.8%)	9:54	6.1 (56.5%)
192	KOZAK Marcin	4012	SAINTGOBAIN SQUAD	M40	66	02:23:23			05:16:37	07:08:08.35	+03:08:48 (44.0%)	9:57	6 (55.6%)
193	KUROWSKI Paweł	4162	AKADEMIA SPORTU MEDYK	M40	67	02:13:21			05:08:05	07:10:46.85	+03:11:24 (44.4%)	10:01	6 (55.6%)
194	FARBISZEWSKI Marek	4235	ORANGE POLSKA	M40	68	02:27:18			05:18:28	07:11:27.15	+03:12:27 (44.5%)	10:02	6 (55.6%)
195	DUDEK Dominik	4127		M50	36	02:32:26			05:17:30	07:13:49.45	+03:13:48 (44.7%)	10:05	5.9 (54.6%)
196	BODNAR Adrian	4052		M20	9	02:08:30			05:09:37	07:13:41.40	+03:14:11 (44.7%)	10:05	5.9 (54.6%)
197	BOROWSKI Robert	4228		M30	49	02:16:42			05:18:22	07:17:00.75	+03:17:24 (45.1%)	10:09	5.9 (54.6%)
198	MICHALCZUK Zenon	4214	SEMPER ACTIVE	M60	5	02:33:27			05:20:07	07:20:52.15	+03:21:50 (45.7%)	10:15	5.9 (54.6%)
199	SCHLAPPA Sebastian	4042	IZBICKO W BIEGU	M40	69	02:40:46			05:33:58	07:27:31.60	+03:27:54 (46.4%)	10:24	5.8 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Smerek/Wietnam 17km	Brzeziniak 32km	Kara/ bonifikata	Czas netto 43km	Różn	Tempo min/km	Tempo km/h
200	RUSZNICA Klaudia	4180	PATATAS BRAVAS	K20	3	02:58:12	05:50:36		07:28:05.40	+03:28:13 (46.4%)	10:25	5.8 (53.7%)
Przekroczony limit czasu: 07:30:00												
201	WĄGRODZKA Małgorzata	4038	KLUB BIEGACZA BIAŁA BIEGA	K40	15	02:28:11	05:28:06		07:31:20.70	+03:32:01 (46.9%)	10:29	5.7 (52.8%)
202	ADAMCZYK Ilona	4031	KB BIAŁA BIEGA	K40	16	02:28:15	05:27:57		07:31:42.20	+03:32:23 (46.9%)	10:30	5.7 (52.8%)
203	OPOLSKI Piotr	4073	LUKSUSOWI BIEGACZE - LUKS LUBARTÓW	M40	70	02:40:36	05:29:01		07:34:21.25	+03:35:02 (47.2%)	10:33	5.7 (52.8%)
204	PINDRAL Paweł	4112		M40	71	02:47:59	05:35:26		07:42:36.25	+03:43:15 (48.2%)	10:45	5.6 (51.9%)
205	MARONDEL Katarzyna	4205		K30	13	02:48:00	05:35:56		07:42:55.25	+03:43:35 (48.2%)	10:45	5.6 (51.9%)
206	CHODZIŃSKI Daniel	4079		M40	72	02:45:19	05:44:47		07:49:34.85	+03:49:50 (48.9%)	10:55	5.5 (50.9%)
207	GABRYLEWICZ Katarzyna	4090	UNIQA RUNNING TEAM	K40	17	02:41:58	05:37:08		08:03:57.85	+04:03:53 (50.4%)	11:15	5.3 (49.1%)
208	BURZ-PARADOWSKA Jowita	4044	BYLE DO METY	K40	18	02:48:18	05:55:06		08:13:57.90	+04:14:08 (51.4%)	11:29	5.2 (48.1%)
209	PARADOWSKI Paweł	4011	BYLEDOMETY/BIEGAMBO LUBIEŃ	M50	37	02:48:14	05:55:33		08:13:58.50	+04:14:11 (51.4%)	11:29	5.2 (48.1%)
210	DRZYMAŁA Bogdan	4234		M60	6	02:41:40	05:39:23		08:13:59.35	+04:14:30 (51.5%)	11:29	5.2 (48.1%)
211	BUSZTA Robert	4013		M50	38	02:36:12	05:59:05		08:16:44.45	+04:17:18 (51.7%)	11:33	5.2 (48.1%)
212	BUNIEK Mateusz	4181	PATATAS BRAVAS	M20	10	02:58:13	06:08:11		08:26:39.40	+04:26:49 (52.6%)	11:46	5.1 (47.2%)
213	MUSIAŁOWSKI Kazimierz	4179	KAMUS	M60	7	02:58:08	06:08:11		08:27:01.65	+04:27:09 (52.7%)	11:47	5.1 (47.2%)
	MALECKA-LEŃ Patrycja	4074	STAJNIA BALONA	K40		01:55:30 DNF	DNF		DNF		-	- (0.0%)

Znaleziono 214 wynik(ów)