

X ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

Wydarzenie: X ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-08
Miejsce: Cisna
Dystans: 26 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	SIOŁA Karol	2238	DYNAFIT	M20	1	01:13:44	02:19:35.50	02:19:35.50		5:22	11.2 (100%)
2	ZYGMUNT Tomasz	2192	ULTRA WYJADACZE	M20	2	01:13:39	02:23:23.35	02:23:23.35	+00:03:47 (2.6%)	5:30	10.9 (97.3%)
3	WRÓBEL Kamil	2039		M30	1	01:14:23	02:25:00.05	02:25:00.05	+00:05:24 (3.7%)	5:34	10.8 (96.4%)
4	CHOJNACKI Szymon	2293	BOURNEMOUTH AC	M40	1	01:15:25	02:29:06.30	02:29:06.30	+00:09:30 (6.4%)	5:44	10.5 (93.8%)
5	ŁOIŃSKI Andrzej	2147	RUCH IZBICA	M40	2	01:15:22	02:33:21.80	02:33:21.80	+00:13:46 (9.0%)	5:53	10.2 (91.1%)
6	WAŻNY Jacek	2168	BANDA GRUDNIA	M30	2	01:18:29	02:33:29.00	02:33:29.00	+00:13:53 (9.1%)	5:54	10.2 (91.1%)
7	KUMANEK Bartek	2292		M30	3	01:22:24	02:40:50.80	02:40:50.80	+00:21:15 (13.2%)	6:11	9.7 (86.6%)
8	STEPANIUK Adam	2218	BIEGAMY DZISAJ? WIERZBICA	M40	3	01:23:07	02:41:32.65	02:41:32.65	+00:21:57 (13.6%)	6:12	9.7 (86.6%)
9	GÓRALIK Sylwia	2348	TKKF UKLEJNA	K40	1	01:26:04	02:45:30.20	02:45:30.20	+00:25:54 (15.7%)	6:21	9.4 (83.9%)
10	GAJEWSKI Marek	2094	ADIDAS RUNNERS WARSAW	M30	4	01:21:44	02:46:02.50	02:46:02.50	+00:26:27 (15.9%)	6:23	9.4 (83.9%)
11	PROSZOWSKI Piotr	2247	STALOWOWOLSKI KLUB BIEGACZA	M50	1	01:22:56	02:47:07.30	02:47:07.30	+00:27:31 (16.5%)	6:25	9.3 (83.0%)
12	SZYDŁAK Dariusz	2258		M40	4	01:23:07	02:47:23.80	02:47:23.80	+00:27:48 (16.6%)	6:26	9.3 (83.0%)
13	KNOPEK Adam	2243	BIEG PO ZDRÓJ	M40	5	01:26:59	02:47:48.35	02:47:48.35	+00:28:12 (16.8%)	6:27	9.3 (83.0%)
14	GOŁAWSKI Robert	2213	SIEDLCE	M20	3	01:30:04	02:50:03.20	02:50:03.20	+00:30:27 (17.9%)	6:32	9.2 (82.1%)
15	PELA Dariusz	2337		M30	5	01:30:01	02:50:04.95	02:50:04.95	+00:30:29 (17.9%)	6:32	9.2 (82.1%)

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16	STANIO Arkadiusz	2050	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	6	01:26:52	02:50:15.50	02:50:15.50	+00:30:40 (18.0%)	6:32	9.2 (82.1%)
17	BISZCZAN Rafał	2173	BIEGAMY DZISIAJ? WIERZBICA	M40	7	01:24:45	02:50:41.20	02:50:41.20	+00:31:05 (18.2%)	6:33	9.1 (81.3%)
18	KUSIAK Maciej	2224		M20	4	01:24:34	02:51:42.00	02:51:42.00	+00:32:06 (18.7%)	6:36	9.1 (81.3%)
19	KORZONEK Marcin	2275	SPRINT GORZYCE	M40	8	01:24:38	02:52:04.15	02:52:04.15	+00:32:28 (18.9%)	6:37	9.1 (81.3%)
20	MAKOWSKI Jerzy	2239	MKS MECHANIK WŁODAWA	M50	2	01:30:20	02:52:16.70	02:52:16.70	+00:32:41 (19.0%)	6:37	9.1 (81.3%)
21	PIĄTEK Beata	2274	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	K30	1	01:32:16	02:53:35.80	02:53:35.80	+00:34:00 (19.6%)	6:40	9 (80.4%)
22	PODOLAK Jakub	2091	A TAK SOBIE BIEGAM	M20	5	01:26:28	02:54:20.70	02:54:20.70	+00:34:45 (19.9%)	6:42	8.9 (79.5%)
23	WOŹNIAK Jakub	2263	SPRINT GORZYCE	M20	6	01:23:03	02:54:54.80	02:54:54.80	+00:35:19 (20.2%)	6:43	8.9 (79.5%)
24	DEC Piotr	2320	:)	M50	3	01:30:12	02:55:51.95	02:55:51.95	+00:36:16 (20.6%)	6:45	8.9 (79.5%)
25	MOSIOŁEK Monika	2138		K30	2	01:27:30	02:55:56.55	02:55:56.55	+00:36:21 (20.7%)	6:46	8.9 (79.5%)
26	NIEDŹWIEDŹ Tomasz	2246	SOBASTEAM	M40	9	01:30:09	02:56:49.00	02:56:49.00	+00:37:13 (21.1%)	6:48	8.8 (78.6%)
27	WOJTANOWSKI Adrian	2262	SPRINT GORZYCE	M20	7	01:25:55	02:57:24.75	02:57:24.75	+00:37:49 (21.3%)	6:49	8.8 (78.6%)
28	DEJNECKA Martyna	2231		K30	3	01:32:21	02:57:45.10	02:57:45.10	+00:38:09 (21.5%)	6:50	8.8 (78.6%)
29	KWIECIEŃ Paweł	2326		M30	6	01:27:53	02:58:18.70	02:58:18.70	+00:38:43 (21.7%)	6:51	8.7 (77.7%)
30	BARTUŚ Monika	2299		K20	1	01:32:19	02:59:58.20	02:59:58.20	+00:40:22 (22.4%)	6:55	8.7 (77.7%)
31	DUCH Rafał	2101		M30	7	01:35:04	03:00:28.35	03:00:28.35	+00:40:52 (22.7%)	6:56	8.6 (76.8%)
32	DZIOREK Tomasz	2334	SPRINT GORZYCE	M30	8	01:28:09	03:00:37.10	03:00:37.10	+00:41:01 (22.7%)	6:56	8.6 (76.8%)
33	STRZĘPEK Dariusz	2125		M30	9	01:36:03	03:01:23.70	03:01:23.70	+00:41:48 (23.0%)	6:58	8.6 (76.8%)
34	GROCHAL Marcin	2027	KS KOŚCIELEC CHRZANÓW	M40	10	01:33:35	03:02:01.70	03:02:01.70	+00:42:26 (23.3%)	7:00	8.6 (76.8%)
35	STACH Paweł	2315	SIWEJKA	M50	4	01:31:54	03:03:13.75	03:03:13.75	+00:43:38 (23.8%)	7:02	8.5 (75.9%)
36	SZAFRAŃSKI Mateusz	2177	CROSSFIT 72D	M30	10	01:34:41	03:03:28.00	03:03:28.00	+00:43:52 (23.9%)	7:03	8.5 (75.9%)
37	MARCISZ Ewelina	2242	STOWARZYSZENIE SPORTOWE PRZĄDKI SKI	K30	4	01:34:42	03:03:28.30	03:03:28.30	+00:43:52 (23.9%)	7:03	8.5 (75.9%)
38	KORZONEK Karol	2281	SPRINT GORZYCE	M30	11	01:26:25	03:03:53.25	03:03:53.25	+00:44:17 (24.1%)	7:04	8.5 (75.9%)

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39	PACIOREK Ewa	2148	MARKOWI BIEGACZE	K30	5	01:33:24	03:04:00.30	03:04:00.30	+00:44:24 (24.1%)	7:04	8.5 (75.9%)
40	SZACHNA Piotr	2197	MARKOWI BIEGACZE	M40	11	01:33:19	03:04:20.50	03:04:20.50	+00:44:45 (24.3%)	7:05	8.5 (75.9%)
41	PELA Olga	2251		K30	6	01:34:26	03:05:20.35	03:05:20.35	+00:45:44 (24.7%)	7:07	8.4 (75.0%)
42	KRUPA Grzegorz	2335	KB SOBÓTKA	M40	12	01:35:06	03:05:46.65	03:05:46.65	+00:46:11 (24.9%)	7:08	8.4 (75.0%)
43	URBANIAK Krzysztof	2162	BRZYSKI TRI TEAM	M30	12	01:33:19	03:06:09.15	03:06:09.15	+00:46:33 (25.0%)	7:09	8.4 (75.0%)
44	SZYMKIEWICZ Robert	2189	MIEDZYRZECKIE GAZELE	M50	5	01:34:50	03:07:41.90	03:07:41.90	+00:48:06 (25.6%)	7:13	8.3 (74.1%)
45	TIČINOVIĆ Daniel	2051	BŁĘKITNA XVII-TKA	M30	13	01:36:16	03:08:13.20	03:08:13.20	+00:48:37 (25.8%)	7:14	8.3 (74.1%)
46	PIOTROWICZ Sławomir	2074	DEAF	M30	14	01:34:43	03:10:05.60	03:10:05.60	+00:50:30 (26.6%)	7:18	8.2 (73.2%)
47	WANAT Janusz	2237		M40	13	01:33:26	03:10:06.30	03:10:06.30	+00:50:30 (26.6%)	7:18	8.2 (73.2%)
48	KOT Dawid	2225		M20	8	01:36:21	03:11:04.75	03:11:04.75	+00:51:29 (26.9%)	7:20	8.2 (73.2%)
49	CIEŚLA Krzysztof	2087		M40	14	01:36:20	03:11:04.95	03:11:04.95	+00:51:29 (26.9%)	7:20	8.2 (73.2%)
50	FLEJSZAR Marcin	2059		M30	15	01:37:35	03:11:34.00	03:11:34.00	+00:51:58 (27.1%)	7:22	8.1 (72.3%)
51	KRALEWSKI Robert	2222		M40	15	01:37:54	03:12:05.15	03:12:05.15	+00:52:29 (27.3%)	7:23	8.1 (72.3%)
52	RABCZEWSKI Andrzej	2229	MKS MECHANIK WŁODAWA	M50	6	01:38:27	03:12:54.75	03:12:54.75	+00:53:19 (27.6%)	7:25	8.1 (72.3%)
53	MASTELA Andrzej	2268	POLPLAST BIEGA	M40	16	01:34:51	03:15:01.85	03:15:01.85	+00:55:26 (28.4%)	7:30	8 (71.4%)
54	KURKOWSKI Sławomir	2110	HEATLY BODY ZELAZNY&ZELAZNY	M30	16	01:41:11	03:17:04.80	03:17:04.80	+00:57:29 (29.2%)	7:34	7.9 (70.5%)
55	CUPAK Łukasz	2008		M30	17	01:35:49	03:17:31.50	03:17:31.50	+00:57:56 (29.3%)	7:35	7.9 (70.5%)
56	FIREK Rafał	2109		M40	17	01:36:42	03:17:37.10	03:17:37.10	+00:58:01 (29.4%)	7:36	7.9 (70.5%)
57	FILIPEK Mateusz	2077	NIEWYCHOWANI FIZYCZNIE	M20	9	01:33:43	03:19:05.25	03:19:05.25	+00:59:29 (29.9%)	7:39	7.8 (69.6%)
58	PODLEŚ Robert	2145		M60	1	01:39:34	03:19:11.10	03:19:11.10	+00:59:35 (29.9%)	7:39	7.8 (69.6%)
59	KOWALSKA Dorota	2307	KB PARANTELA	K40	2	01:40:23	03:19:19.30	03:19:19.30	+00:59:43 (30.0%)	7:39	7.8 (69.6%)
60	CIELEMECKA Anna	2215	YULO RUN TEAM	K20	2	01:44:53	03:20:11.90	03:20:11.90	+01:00:36 (30.3%)	7:41	7.8 (69.6%)
61	JANICKI Tomasz	2137	21 BRYGADA STRZELCÓW PODHALAŃSKICH	M30	18	01:35:11	03:23:31.15	03:23:31.15	+01:03:55 (31.4%)	7:49	7.7 (68.8%)

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62	WAGNER Adam	2200		M40	18	01:48:38	03:24:50.30	03:24:50.30	+01:05:14 (31.9%)	7:52	7.6 (67.9%)
63	SZTUBA Roman	2324	HUBERTUS	M40	19	01:50:44	03:25:18.50	03:25:18.50	+01:05:43 (32.0%)	7:53	7.6 (67.9%)
64	MARCHEWICZ Marek	2135	SUBCARPATHIA RANDOM	M30	19	01:38:17	03:26:15.85	03:26:15.85	+01:06:40 (32.3%)	7:55	7.6 (67.9%)
65	KOZACZUK Maria	2056		K40	3	01:45:19	03:26:40.55	03:26:40.55	+01:07:05 (32.5%)	7:56	7.5 (67.0%)
66	CHOJNACKI Mikołaj	2318	WARSAW RUN CLUB	M40	20	01:51:32	03:28:59.65	03:28:59.65	+01:09:24 (33.2%)	8:02	7.5 (67.0%)
67	SOBCZYK Wioletta	2236	VELUX-GNIEZNO	K40	4	01:48:15	03:29:10.05	03:29:10.05	+01:09:34 (33.3%)	8:02	7.5 (67.0%)
68	WRONA Paweł	2212	SPRINT GORZYCE	M30	20	01:42:40	03:29:37.75	03:29:37.75	+01:10:02 (33.4%)	8:03	7.4 (66.1%)
69	SZŁAWIENIEC Monika	2203	POLSKI KLUB ALPEJSKI	K40	5	01:41:49	03:30:33.55	03:30:33.55	+01:10:58 (33.7%)	8:05	7.4 (66.1%)
70	STASZEWSKI Pawel	2174		M50	7	01:47:49	03:31:53.70	03:31:53.70	+01:12:18 (34.1%)	8:08	7.4 (66.1%)
71	WAGNER Grzegorz	2199		M30	21	01:48:38	03:32:10.15	03:32:10.15	+01:12:34 (34.2%)	8:09	7.4 (66.1%)
72	TYKSIŃSKI Rafał	2328	EXPRESSMAP	M40	21	01:46:12	03:32:25.85	03:32:25.85	+01:12:50 (34.3%)	8:10	7.3 (65.2%)
73	DUDEK Paweł	2297	RUCH IZBICA	M30	22	01:46:59	03:32:41.60	03:32:41.60	+01:13:06 (34.4%)	8:10	7.3 (65.2%)
74	LALEWICZ Weronika	2185		K20	3	01:50:00	03:33:12.00	03:33:12.00	+01:13:36 (34.5%)	8:12	7.3 (65.2%)
75	ŚLUSARZ Łukasz	2195		M20	10	01:48:35	03:33:41.30	03:33:41.30	+01:14:05 (34.7%)	8:13	7.3 (65.2%)
76	KOZA Jan	2338	ON RUNNING POLSKA/ ULTRA BIES	M20	11	01:38:07	03:34:09.05	03:34:09.05	+01:14:33 (34.8%)	8:14	7.3 (65.2%)
77	OSTROWSKI Krystian	2204		M30	23	01:46:25	03:34:25.55	03:34:25.55	+01:14:50 (34.9%)	8:14	7.3 (65.2%)
78	ŁASTOWIECKI Radosław	2179	KS BARAKUDA MIŃSK MAZOWIECKI	M40	22		03:34:48.70	03:34:48.70	+01:15:13 (35.0%)	8:15	7.3 (65.2%)
79	DZIERŻYŃSKI Łukasz	2180	KS BARAKUDA MIŃSK MAZOWIECKI	M30	24	01:49:16	03:35:06.00	03:35:06.00	+01:15:30 (35.1%)	8:16	7.3 (65.2%)
80	WOJTCZAK Mateusz	2291		M30	25	01:48:05	03:35:43.65	03:35:43.65	+01:16:08 (35.3%)	8:17	7.2 (64.3%)
81	JAROCKA Beata	2157		K40	6	01:49:58	03:36:55.65	03:36:55.65	+01:17:20 (35.7%)	8:20	7.2 (64.3%)
82	ANUSZKIEWICZ Grzegorz	2322		M40	23	01:53:08	03:37:34.55	03:37:34.55	+01:17:59 (35.8%)	8:22	7.2 (64.3%)
83	ŻMIJEWSKI Dariusz	2300	EXTREMALNI RZEŹNICY NA RELAKSIE	M50	8	01:48:59	03:37:59.65	03:37:59.65	+01:18:24 (36.0%)	8:23	7.2 (64.3%)
84	GOTOWIEC Dariusz	2276	BÓBR TŁUSZCZ	M40	24	01:46:07	03:38:08.25	03:38:08.25	+01:18:32 (36.0%)	8:23	7.2 (64.3%)

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85	NURKIEWICZ Maciej	2055		M40	25	01:47:14	03:38:32.40	03:38:32.40	+01:18:56 (36.1%)	8:24	7.1 (63.4%)
86	RIEKSTINA Liga	2323		K30	7	01:58:58	03:39:53.80	03:39:53.80	+01:20:18 (36.5%)	8:27	7.1 (63.4%)
87	LACH Jakub	2063		M20	12	01:46:14	03:39:58.90	03:39:58.90	+01:20:23 (36.5%)	8:27	7.1 (63.4%)
88	TADLA Izabela	2264	#NOLIMITS	K30	8	01:50:03	03:39:59.80	03:39:59.80	+01:20:24 (36.5%)	8:27	7.1 (63.4%)
89	CIEKAŃSKI Michał	2171		M40	26	01:48:26	03:40:58.80	03:40:58.80	+01:21:23 (36.8%)	8:29	7.1 (63.4%)
90	MATUSIK-SKALSKA Renata	2209		K50	1	01:51:00	03:41:04.60	03:41:04.60	+01:21:29 (36.9%)	8:30	7.1 (63.4%)
91	KUDRYCKI Jakub	2223		M50	9	01:47:03	03:41:09.00	03:41:09.00	+01:21:33 (36.9%)	8:30	7.1 (63.4%)
92	GÓRSKI Krzysztof	2112		M30	26	01:50:39	03:41:36.15	03:41:36.15	+01:22:00 (37.0%)	8:31	7 (62.5%)
93	PERLIŃSKI Mirosław	2017	ASSECO ACTIVE TEAM	M40	27	01:52:24	03:42:41.45	03:42:41.45	+01:23:05 (37.3%)	8:33	7 (62.5%)
94	DOBROWOLSKI Piotr	2249	AZS UMCS LUBLIN ORIENTERING	M40	28	01:38:19	03:44:11.50	03:44:11.50	+01:24:36 (37.7%)	8:37	7 (62.5%)
95	JĘDRZEJCZAK Artur	2304		M50	10	01:36:40	03:44:11.65	03:44:11.65	+01:24:36 (37.7%)	8:37	7 (62.5%)
96	FRITZ Wojciech	2279	BIEG PO ZDRÓJ	M40	29	01:51:56	03:44:24.80	03:44:24.80	+01:24:49 (37.8%)	8:37	7 (62.5%)
97	WOJTAS Wojciech	2289	BIEG PO ZDRÓJ	M40	30	01:51:55	03:44:25.10	03:44:25.10	+01:24:49 (37.8%)	8:37	7 (62.5%)
98	KOPER Dariusz	2012		M40	31	01:48:00	03:45:05.90	03:45:05.90	+01:25:30 (38.0%)	8:39	6.9 (61.6%)
99	HULBÓJ Daniel	2057		M40	32	01:56:32	03:45:08.95	03:45:08.95	+01:25:33 (38.0%)	8:39	6.9 (61.6%)
100	TROJNAR Daniel	2161		M30	27	01:51:40	03:45:14.20	03:45:14.20	+01:25:38 (38.0%)	8:39	6.9 (61.6%)
101	STACHURSKI Bartosz	2329		M40	33	01:49:09	03:45:20.90	03:45:20.90	+01:25:45 (38.1%)	8:40	6.9 (61.6%)
102	SKOWERA Edward	2088	PĘDZIWIATR BIAŁYSTOK	M60	2	01:50:51	03:45:29.80	03:45:29.80	+01:25:54 (38.1%)	8:40	6.9 (61.6%)
103	MATUSIAK Arkadiusz	2166		M50	11	01:53:36	03:45:38.85	03:45:38.85	+01:26:03 (38.1%)	8:40	6.9 (61.6%)
104	KUCZBORSKI Jarosław	2134	HARPAGAN SOSNOWIEC	M40	34	01:51:45	03:46:02.15	03:46:02.15	+01:26:26 (38.2%)	8:41	6.9 (61.6%)
105	GAWRONSKI Romuald	2235	ATOL	M40	35	01:50:48	03:46:20.80	03:46:20.80	+01:26:45 (38.3%)	8:42	6.9 (61.6%)
106	PARTYKA Sebastian	2260	DZIKITIM/PROSWIM	M40	36	01:58:07	03:47:30.05	03:47:30.05	+01:27:54 (38.6%)	8:45	6.9 (61.6%)
107	KOCOT Klaudia	2126	DECEPTICON GYM	K30	9	01:53:35	03:47:46.30	03:47:46.30	+01:28:10 (38.7%)	8:45	6.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	GRACZYK Przemysław	2159	BŁĘKITNA XVII-TKA	M40	37	01:52:11	03:48:05.10	03:48:05.10	+01:28:29 (38.8%)	8:46	6.8 (60.7%)
109	KRUCZEK Robert	2277	WARSZTAT RUCHU KATARZYNA ŻEBRAKOWSKA	M50	12	01:57:58	03:48:16.90	03:48:16.90	+01:28:41 (38.9%)	8:46	6.8 (60.7%)
110	KUŚ Gabriela	2072		K40	7	01:56:32	03:48:28.30	03:48:28.30	+01:28:52 (38.9%)	8:47	6.8 (60.7%)
111	CYBULSKI Dariusz	2132	KB INTREX POZNAŃ	M40	38	01:53:25	03:48:33.80	03:48:33.80	+01:28:58 (38.9%)	8:47	6.8 (60.7%)
112	WRZOS Paweł	2271	DZIKITIM	M30	28	01:58:08	03:48:37.30	03:48:37.30	+01:29:01 (38.9%)	8:47	6.8 (60.7%)
113	STACHERA Aleksandra	2252	EFFI RUN TEAM	K20	4	01:57:01	03:48:41.35	03:48:41.35	+01:29:05 (39.0%)	8:47	6.8 (60.7%)
114	KUKLA Marcin	2084	RYSIK RUNNERS	M50	13	01:53:23	03:49:17.55	03:49:17.55	+01:29:42 (39.1%)	8:49	6.8 (60.7%)
115	ŁĄCZNY Marcin	2290	GALOPUJĄCE DŹDZOWNICE	M30	29	01:53:54	03:49:56.40	03:49:56.40	+01:30:20 (39.3%)	8:50	6.8 (60.7%)
116	WRZOS Natalia	2270	DZIKITIM	K30	10		03:50:27.50	03:50:27.50	+01:30:52 (39.4%)	8:51	6.8 (60.7%)
117	BOLIGŁOWA Dawid	2302	EFFI RUN TEAM	M20	13	01:58:16	03:51:17.70	03:51:17.70	+01:31:42 (39.6%)	8:53	6.7 (59.8%)
118	CHOŁODY Łukasz	2309	SPRINT GORZYCE	M30	30	01:42:40	03:51:23.95	03:51:23.95	+01:31:48 (39.7%)	8:53	6.7 (59.8%)
119	SZKOLNIAK Patryk	2045		M30	31	02:06:14	03:52:35.05	03:52:35.05	+01:32:59 (40.0%)	8:56	6.7 (59.8%)
120	MAZUREK Monika	2340	NOWA HUTA TEAM	K40	8	02:05:24	03:53:29.60	03:53:29.60	+01:33:54 (40.2%)	8:58	6.7 (59.8%)
121	NOWAK Jarosław	2158	SPC	M50	14	01:58:38	03:54:00.35	03:54:00.35	+01:34:24 (40.3%)	9:00	6.7 (59.8%)
122	ZAKRZEWSKI Marek	2308	EKOBIEGI.PL	M50	15	01:59:30	03:54:53.50	03:54:53.50	+01:35:18 (40.6%)	9:02	6.6 (58.9%)
123	ANTONOWICZ Maciek	2015		M30	32	02:03:40	03:55:31.35	03:55:31.35	+01:35:55 (40.7%)	9:03	6.6 (58.9%)
124	LIPIŃSKA Marta	2172		K30	11	02:01:42	03:55:39.30	03:55:39.30	+01:36:03 (40.8%)	9:03	6.6 (58.9%)
125	SOWA Bogusław	2001		M30	33	01:51:42	03:55:49.20	03:55:49.20	+01:36:13 (40.8%)	9:04	6.6 (58.9%)
126	SEWERYN Krzysztof	2089		M40	39	01:58:11	03:56:17.65	03:56:17.65	+01:36:42 (40.9%)	9:05	6.6 (58.9%)
127	POKRYWKA Stefan	2336	OTK RZEŹNIK	M60	3	01:58:19	03:56:20.25	03:56:20.25	+01:36:44 (40.9%)	9:05	6.6 (58.9%)
128	GRSZEWSKA Marina	2029	NIEWYCHOWANI FIZYCZNIE	K20	5	01:59:07	03:56:52.40	03:56:52.40	+01:37:16 (41.1%)	9:06	6.6 (58.9%)
129	WÓJCIK Karol	2030	NIEWYCHOWANI FIZYCZNIE	M20	14	01:59:08	03:56:52.80	03:56:52.80	+01:37:17 (41.1%)	9:06	6.6 (58.9%)
130	SPYRA Adam	2076	NIEWYCHOWANI FIZYCZNIE	M20	15	01:59:10	03:56:54.95	03:56:54.95	+01:37:19 (41.1%)	9:06	6.6 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	DUL Marcin	2330		M30	34	01:55:10	03:57:05.15	03:57:05.15	+01:37:29 (41.1%)	9:07	6.6 (58.9%)
132	JĘDRZEJCZAK Anna	2280	MCKIS JAWORZNO	K50	2	02:01:21	03:57:05.50	03:57:05.50	+01:37:30 (41.1%)	9:07	6.6 (58.9%)
133	PAPROCKI Bartłomiej	2164		M40	40	01:59:10	03:58:12.70	03:58:12.70	+01:38:37 (41.4%)	9:09	6.5 (58.0%)
134	PAŁKA Ewa	2286	KB PARANTELA	K40	9	02:00:05	03:58:38.40	03:58:38.40	+01:39:02 (41.5%)	9:10	6.5 (58.0%)
135	HARASIMIUK Bernard	2066	DEAF	M30	35	02:05:30	03:59:25.05	03:59:25.05	+01:39:49 (41.7%)	9:12	6.5 (58.0%)
136	ŻELEŚKIEWICZ Arkadiusz	2217	KB GEOTERMIA UNIEJÓW	M30	36	01:59:57	04:00:24.20	04:00:24.20	+01:40:48 (41.9%)	9:14	6.5 (58.0%)
137	SZAL Małgorzata	2053	TENIS CENTRUM AS	K30	12	02:08:33	04:00:32.20	04:00:32.20	+01:40:56 (42.0%)	9:15	6.5 (58.0%)
138	STASZCZYK Michał	2343	BKB CZARNA PERŁA	M30	37	02:06:05	04:00:34.90	04:00:34.90	+01:40:59 (42.0%)	9:15	6.5 (58.0%)
138	STASZCZYK Anna	2342	BKB CZARNA PERŁA	K30	13	02:06:07	04:00:34.90	04:00:34.90	+01:40:59 (42.0%)	9:15	6.5 (58.0%)
140	SKARUZ Anna	2165	SŁONECZKO	K40	10	01:58:33	04:00:38.70	04:00:38.70	+01:41:03 (42.0%)	9:15	6.5 (58.0%)
141	SCHWITALLA Katarzyna	2273		K40	11	02:06:12	04:00:49.70	04:00:49.70	+01:41:14 (42.0%)	9:15	6.5 (58.0%)
142	CZERNAK Artur	2007		M50	16	01:54:37	04:01:41.10	04:01:41.10	+01:42:05 (42.2%)	9:17	6.5 (58.0%)
143	MAJCHRZAK Jakub	2019	FIBOO TEAM	M30	38	01:51:00	04:01:59.45	04:01:59.45	+01:42:23 (42.3%)	9:18	6.4 (57.1%)
144	WIŚNIEWSKI Michał	2061		M40	41	01:59:41	04:02:18.85	04:02:18.85	+01:42:43 (42.4%)	9:19	6.4 (57.1%)
145	ŁUSZCZEK Michał	2227		M40	42	02:10:02	04:03:02.55	04:03:02.55	+01:43:27 (42.6%)	9:20	6.4 (57.1%)
146	RZĘDZIAN Marcin	2104	ŁĘCZNA BIEGA	M30	39	02:01:10	04:04:24.40	04:04:24.40	+01:44:48 (42.9%)	9:24	6.4 (57.1%)
147	GLICA Monika	2154		K40	12	02:07:50	04:04:42.30	04:04:42.30	+01:45:06 (43.0%)	9:24	6.4 (57.1%)
148	JABŁOŃSKI Tomasz	2093	DRUŻYNA SZWAGRÓW	M40	43	02:05:57	04:04:45.70	04:04:45.70	+01:45:10 (43.0%)	9:24	6.4 (57.1%)
149	RZECZKOWSKI Maciej	2121	WGK	M50	17	02:05:00	04:04:56.05	04:04:56.05	+01:45:20 (43.0%)	9:25	6.4 (57.1%)
150	PRZYBYLSKA Katarzyna	2176	WITKOWO BIEGA	K40	13	02:02:11	04:05:43.60	04:05:43.60	+01:46:08 (43.2%)	9:27	6.3 (56.3%)
151	GOŁYGOWSKI Łukasz	2175		M30	40	02:02:13	04:05:43.75	04:05:43.75	+01:46:08 (43.2%)	9:27	6.3 (56.3%)
152	KARDASZ Jacek	2207	ATTYLA	M40	44	02:01:59	04:05:44.60	04:05:44.60	+01:46:09 (43.2%)	9:27	6.3 (56.3%)
153	KUBIK Michał	2214	ATTYLA	M30	41	02:02:02	04:05:44.90	04:05:44.90	+01:46:09 (43.2%)	9:27	6.3 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	UHRIN Stanislav	2005	PRESOV TRAIL RUN	M40	45	01:55:28	04:06:15.40	04:06:15.40	+01:46:39 (43.3%)	9:28	6.3 (56.3%)
155	MROZIK Magdalena	2095	POWER TRAINING	K30	14	02:12:08	04:06:22.65	04:06:22.65	+01:46:47 (43.3%)	9:28	6.3 (56.3%)
156	PIETRUS Piotr	2182	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	M50	18	01:57:58	04:06:30.20	04:06:30.20	+01:46:54 (43.4%)	9:28	6.3 (56.3%)
157	ZATOŃ Weronika	2205		K20	6		04:06:45.45	04:06:45.45	+01:47:09 (43.4%)	9:29	6.3 (56.3%)
157	OCHOCKI Jakub	2123		M30	42	01:58:10	04:06:45.45	04:06:45.45	+01:47:09 (43.4%)	9:29	6.3 (56.3%)
159	JAROCKA Małgorzata	2248	STALOWOWOLSKI KLUB BIEGACZA	K40	14	02:06:05	04:06:48.10	04:06:48.10	+01:47:12 (43.4%)	9:29	6.3 (56.3%)
160	GRZESZCZYK Michał	2265	EKOBIEGI	M40	46	02:00:50	04:06:56.30	04:06:56.30	+01:47:20 (43.5%)	9:29	6.3 (56.3%)
161	PAWLUS Marek	2106	MAKE MARO FIT AGAIN!	M30	43	02:02:45	04:08:35.25	04:08:35.25	+01:48:59 (43.8%)	9:33	6.3 (56.3%)
162	BURY Marek	2221		M50	19	02:10:19	04:08:48.95	04:08:48.95	+01:49:13 (43.9%)	9:34	6.3 (56.3%)
163	DRUŻKOWSKA Monika	2083	POWER TRAINING & FRIENDS	K30	15	02:12:10	04:09:03.75	04:09:03.75	+01:49:28 (44.0%)	9:34	6.3 (56.3%)
164	STUDZIŃSKA Joanna	2178		K30	16	02:08:11	04:09:33.35	04:09:33.35	+01:49:57 (44.1%)	9:35	6.3 (56.3%)
165	SZCZEPAŃSKA Kinga	2196		K20	7	02:01:52	04:10:59.50	04:10:59.50	+01:51:24 (44.4%)	9:39	6.2 (55.4%)
166	WINIARCZYK Łukasz	2144	MIKI&OLEK&JEREMI	M40	47	02:03:28	04:11:07.00	04:11:07.00	+01:51:31 (44.4%)	9:39	6.2 (55.4%)
167	BOJARCZUK Jolanta	2254	SEKCJA BIEGOWA RUCH IZBICA	K40	15	02:04:01	04:11:17.90	04:11:17.90	+01:51:42 (44.5%)	9:39	6.2 (55.4%)
168	BABIŃSKA Inga	2287	PRZEMYSKI KLUB BIEGACZA	K40	16	02:07:08	04:11:21.80	04:11:21.80	+01:51:46 (44.5%)	9:40	6.2 (55.4%)
169	SUT Iwona	2313	MOS3	K40	17	02:05:59	04:11:26.80	04:11:26.80	+01:51:51 (44.5%)	9:40	6.2 (55.4%)
170	OLEJNICZAK Agnieszka	2312	MOS3	K30	17	02:05:58	04:11:26.90	04:11:26.90	+01:51:51 (44.5%)	9:40	6.2 (55.4%)
171	PICHER-RÓŻYŁO Joanna	2014		K40	18	02:07:07	04:11:37.80	04:11:37.80	+01:52:02 (44.5%)	9:40	6.2 (55.4%)
172	WOZNIAK Radoslaw	2013		M50	20	02:07:22	04:11:38.00	04:11:38.00	+01:52:02 (44.5%)	9:40	6.2 (55.4%)
173	SIKORSKA Agnieszka	2261		K40	19	02:08:46	04:12:12.85	04:12:12.85	+01:52:37 (44.7%)	9:42	6.2 (55.4%)
173	HRYCIUK Katarzyna	2198	EKOBIEGI	K40	19	02:08:53	04:12:12.85	04:12:12.85	+01:52:37 (44.7%)	9:42	6.2 (55.4%)
175	JARTYM Jerzy	2131		M30	44	01:54:27	04:12:21.15	04:12:21.15	+01:52:45 (44.7%)	9:42	6.2 (55.4%)
176	KINDRYK Tomasz	2024	ZAGŁĘBIEWSKI KLUB OYAMA KARATE	M40	48	02:03:40	04:12:27.85	04:12:27.85	+01:52:52 (44.7%)	9:42	6.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	WYDRA Andrzej	2219	GORACE WAWRZONY	M30	45		04:12:42.40	04:12:42.40	+01:53:06 (44.8%)	9:43	6.2 (55.4%)
178	PANEK Agata	2344		K40	21	02:08:22	04:13:03.45	04:13:03.45	+01:53:27 (44.8%)	9:43	6.2 (55.4%)
179	SOCHACKI Mariusz	2345		M40	49	02:08:28	04:13:03.95	04:13:03.95	+01:53:28 (44.8%)	9:43	6.2 (55.4%)
180	CZYŻ Wojciech	2010		M40	50	01:57:39	04:13:18.20	04:13:18.20	+01:53:42 (44.9%)	9:44	6.2 (55.4%)
181	OŻÓG Paweł	2310	DZIKITIM	M30	46	01:58:10	04:13:47.05	04:13:47.05	+01:54:11 (45.0%)	9:45	6.1 (54.5%)
182	HABRAT Jolanta	2347	OTK RZEŹNIK	K30	18	02:10:31	04:14:24.95	04:14:24.95	+01:54:49 (45.1%)	9:47	6.1 (54.5%)
183	WOJTAS Daniel	2346	OTK RZEŹNIK	M40	51	02:10:30	04:14:25.15	04:14:25.15	+01:54:49 (45.1%)	9:47	6.1 (54.5%)
184	CHORBIŃSKI Krystian	2306		M30	47	02:09:01	04:15:07.60	04:15:07.60	+01:55:32 (45.3%)	9:48	6.1 (54.5%)
185	PELCZAR Jakub	2267		M30	48	02:09:01	04:15:07.75	04:15:07.75	+01:55:32 (45.3%)	9:48	6.1 (54.5%)
186	ZIÓŁKOWSKI Arkadiusz	2067		M40	52	02:07:01	04:15:18.15	04:15:18.15	+01:55:42 (45.3%)	9:49	6.1 (54.5%)
187	MALEC Wojciech	2332	PEŁZAJĄCE DZDZOWNICE	M30	49	02:11:49	04:15:30.35	04:15:30.35	+01:55:54 (45.4%)	9:49	6.1 (54.5%)
188	ŁUCZAK Michał	2062		M40	53	02:08:49	04:15:56.65	04:15:56.65	+01:56:21 (45.5%)	9:50	6.1 (54.5%)
189	FABROWICZ Katarzyna	2004		K40	22	02:13:15	04:16:09.60	04:16:09.60	+01:56:34 (45.5%)	9:51	6.1 (54.5%)
190	RADOMSKI Kuba	2079	PRZEGLĄD SPORTOWY	M30	50	02:07:07	04:16:22.85	04:16:22.85	+01:56:47 (45.6%)	9:51	6.1 (54.5%)
191	GLICA Hubert	2250		M40	54	02:15:41	04:16:29.45	04:16:29.45	+01:56:53 (45.6%)	9:51	6.1 (54.5%)
192	GNIADZIK Rafał	2071		M40	55	02:03:39	04:16:47.75	04:16:47.75	+01:57:12 (45.6%)	9:52	6.1 (54.5%)
193	SENATORSKA Małgorzata	2102		K50	3	02:07:54	04:16:49.60	04:16:49.60	+01:57:14 (45.6%)	9:52	6.1 (54.5%)
194	GORAJEK Michał	2146	ALA&LILA	M40	56	02:10:53	04:16:56.30	04:16:56.30	+01:57:20 (45.7%)	9:52	6.1 (54.5%)
195	ZAJĄCZKOWSKA Agnieszka	2078	ATLAS RUNNING TEAM	K30	19	02:10:25	04:17:10.05	04:17:10.05	+01:57:34 (45.7%)	9:53	6.1 (54.5%)
196	WOJTUNIK Urszula	2035		K40	23	02:06:41	04:17:22.65	04:17:22.65	+01:57:47 (45.8%)	9:53	6.1 (54.5%)
197	PISZCZ Dariusz	2325		M40	57	02:08:33	04:17:27.05	04:17:27.05	+01:57:51 (45.8%)	9:54	6.1 (54.5%)
198	WOJTYCZKA Tomasz	2331		M40	58	02:05:02	04:17:47.40	04:17:47.40	+01:58:11 (45.9%)	9:54	6.1 (54.5%)
199	DAMIĘCKI Jan	2006	MASAKRA KLUB SPORTOWY	M40	59	02:08:25	04:18:13.05	04:18:13.05	+01:58:37 (45.9%)	9:55	6 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	SIUCIAK Robert	2160		M50	21	02:13:01	04:18:34.30	04:18:34.30	+01:58:58 (46.0%)	9:56	6 (53.6%)
201	KUBRAK Wojciech	2153		M30	51	02:11:28	04:18:34.75	04:18:34.75	+01:58:59 (46.0%)	9:56	6 (53.6%)
202	BIALEK Tomasz	2142	GCW	M40	60	02:06:48	04:19:00.95	04:19:00.95	+01:59:25 (46.1%)	9:57	6 (53.6%)
203	MATUSIAK Anna	2167		K60	1	02:07:48	04:19:34.50	04:19:34.50	+01:59:59 (46.2%)	9:59	6 (53.6%)
204	WARLIKOWSKA Karolina	2096	SPC	K20	8	02:04:04	04:20:10.60	04:20:10.60	+02:00:35 (46.3%)	10:00	6 (53.6%)
205	ŁUKASIEWICZ-ŁUSZCZEK Katarzyna	2226		K30	20	02:09:58	04:20:31.75	04:20:31.75	+02:00:56 (46.4%)	10:01	6 (53.6%)
206	NOWAKOWSKI Wiesław	2232		M60	4	02:04:47	04:20:45.60	04:20:45.60	+02:01:10 (46.5%)	10:01	6 (53.6%)
207	WASIK Marta	2305	EDC RUNNERS	K30	21	02:08:09	04:21:01.80	04:21:01.80	+02:01:26 (46.5%)	10:02	6 (53.6%)
208	WOJCIECHOWSKI Szymon	2184	TARTARIA	M40	61	02:08:52	04:21:07.00	04:21:07.00	+02:01:31 (46.5%)	10:02	6 (53.6%)
209	WOJCIECHOWSKI Wojciech	2186	TARTARIA	M40	62	02:08:53	04:21:07.10	04:21:07.10	+02:01:31 (46.5%)	10:02	6 (53.6%)
210	DOBRZYŃSKA Małgorzata	2097	SPC	K50	4	02:11:38	04:21:14.45	04:21:14.45	+02:01:38 (46.6%)	10:02	6 (53.6%)
211	KACZMAREK Magdalena	2139		K40	24	02:09:33	04:21:37.05	04:21:37.05	+02:02:01 (46.6%)	10:03	6 (53.6%)
212	CHAŁUBIŃSKI Grzegorz	2190	GALVARINO ŁÓDŹ	M50	22	02:02:00	04:22:14.45	04:22:14.45	+02:02:38 (46.8%)	10:05	5.9 (52.7%)
213	GORECKA Aleksandra	2023		K20	9	02:16:32	04:22:46.40	04:22:46.40	+02:03:10 (46.9%)	10:06	5.9 (52.7%)
214	DUDEK Michał	2282		M40	63	02:12:01	04:23:00.60	04:23:00.60	+02:03:25 (46.9%)	10:06	5.9 (52.7%)
215	BUDZYŃSKI Krzysztof	2064		M40	64	02:04:54	04:24:51.10	04:24:51.10	+02:05:15 (47.3%)	10:11	5.9 (52.7%)
216	MATYJASZCZYK Barbara	2090	ŁĘCZNA BIEGA	K30	22	02:06:16	04:24:54.90	04:24:54.90	+02:05:19 (47.3%)	10:11	5.9 (52.7%)
217	JAKUBOWICZ CZACHUR Katarzyna	2266		K50	5	02:14:48	04:25:26.65	04:25:26.65	+02:05:51 (47.4%)	10:12	5.9 (52.7%)
218	JEDRZEJEWSKA Anna	2033	OKNOPLAST RUNNING TEAM	K30	23	02:18:28	04:25:26.85	04:25:26.85	+02:05:51 (47.4%)	10:12	5.9 (52.7%)
219	WACHOWSKI Piotr	2117		M50	23	02:06:49	04:25:47.45	04:25:47.45	+02:06:11 (47.5%)	10:13	5.9 (52.7%)
220	KROLIK Roman	2118		M40	65	02:11:48	04:25:47.65	04:25:47.65	+02:06:12 (47.5%)	10:13	5.9 (52.7%)
221	OSADNIK Anna	2025	MAFIA TEAM LUBLINIEC	K40	25	02:18:30	04:26:09.45	04:26:09.45	+02:06:33 (47.6%)	10:14	5.9 (52.7%)
222	GIERAŁT Urszula	2311		K40	26	02:11:59	04:27:23.95	04:27:23.95	+02:07:48 (47.8%)	10:17	5.8 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	ZAŁUSKI Norbert	2208	UNUM RZESZÓW	M40	66	02:05:58	04:27:38.90	04:27:38.90	+02:08:03 (47.8%)	10:17	5.8 (51.8%)
224	WROŃSKA Wiktoria	2080		K20	10	02:01:18	04:27:52.50	04:27:52.50	+02:08:17 (47.9%)	10:18	5.8 (51.8%)
225	WILK Grzegorz	2068		M20	16	02:01:18	04:27:52.55	04:27:52.55	+02:08:17 (47.9%)	10:18	5.8 (51.8%)
226	BUDKA Agata	2230	KB MCKIS JAWORZNO	K50	6	02:04:30	04:29:01.15	04:29:01.15	+02:09:25 (48.1%)	10:20	5.8 (51.8%)
227	KUROWSKI Paweł	2120		M40	67	02:07:13	04:29:06.50	04:29:06.50	+02:09:31 (48.1%)	10:21	5.8 (51.8%)
228	PAŹDZIOR Patrycja	2339		K30	24	02:10:34	04:29:27.65	04:29:27.65	+02:09:52 (48.2%)	10:21	5.8 (51.8%)
229	WOLSKA Monika	2278	SEKCJA BIEGOWA RUCH IZBICA	K40	27	02:12:34	04:29:29.95	04:29:29.95	+02:09:54 (48.2%)	10:21	5.8 (51.8%)
230	BECHTA Damian	2065	ADIDAS RUNNERS WARSAW	M20	17	02:00:40	04:29:30.50	04:29:30.50	+02:09:55 (48.2%)	10:21	5.8 (51.8%)
230	KOGUT Tomasz	2155	RUCH IZBICA	M40	68	02:12:44	04:29:30.50	04:29:30.50	+02:09:55 (48.2%)	10:21	5.8 (51.8%)
232	POPCZYK Ewelina	2107	HEALTHY BODY ŻELAZNY&ŻELAZNY	K40	28	02:19:35	04:30:35.20	04:30:35.20	+02:10:59 (48.4%)	10:24	5.8 (51.8%)
233	KLINIKOWSKI Jacek	2115	KOCHAM ŻYCIE I...	M50	24	02:18:04	04:30:39.40	04:30:39.40	+02:11:03 (48.4%)	10:24	5.8 (51.8%)
234	DRAB Magda	2272	CHCE CI SIĘ?	K30	25	02:18:29	04:30:40.20	04:30:40.20	+02:11:04 (48.4%)	10:24	5.8 (51.8%)
235	SMOLIŃSKI Rafał	2294		M50	25	02:08:14	04:31:10.60	04:31:10.60	+02:11:35 (48.5%)	10:25	5.8 (51.8%)
236	WEIN Tomasz	2069		M30	52	02:11:45	04:31:11.40	04:31:11.40	+02:11:35 (48.5%)	10:25	5.8 (51.8%)
237	KLUZ Robert	2034		M50	26	02:08:58	04:32:06.50	04:32:06.50	+02:12:31 (48.7%)	10:27	5.7 (50.9%)
238	WEILAND Emila	2333		K40	29	02:16:48	04:32:35.95	04:32:35.95	+02:13:00 (48.8%)	10:29	5.7 (50.9%)
239	PASTWA Grzegorz	2256		M30	53	02:14:29	04:32:54.85	04:32:54.85	+02:13:19 (48.9%)	10:29	5.7 (50.9%)
240	KAŃDUŁA Klaudia	2140		K40	30	02:17:12	04:32:56.30	04:32:56.30	+02:13:20 (48.9%)	10:29	5.7 (50.9%)
241	ŚNIEŻEK Lidia	2255	PKB	K50	7	02:11:26	04:33:04.30	04:33:04.30	+02:13:28 (48.9%)	10:30	5.7 (50.9%)
242	MINKISIEWICZ Agnieszka	2130	NIGHT RUNNERS	K30	26	02:10:24	04:33:06.35	04:33:06.35	+02:13:30 (48.9%)	10:30	5.7 (50.9%)
243	RAKOCZY Anna	2108	HEATLY BODY ŻELAZNY&ŻELAZNY	K40	31	02:19:37	04:33:23.30	04:33:23.30	+02:13:47 (48.9%)	10:30	5.7 (50.9%)
244	TROJANOWSKI Krzysztof	2156	THE MOSSAD POWER	M40	69	02:13:39	04:33:49.15	04:33:49.15	+02:14:13 (49.0%)	10:31	5.7 (50.9%)
245	MENDYGRAŁ Emilia	2113	BIEGOWY WARIAT RUNNING TEAM	K40	32	02:16:36	04:34:29.30	04:34:29.30	+02:14:53 (49.1%)	10:33	5.7 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	BĄCZEK Agata	2341	GRUPA JURA'PL	K40	33	02:18:30	04:36:08.85	04:36:08.85	+02:16:33 (49.5%)	10:37	5.6 (50.0%)
247	MĘTLAK Małgorzata	2321		K20	11	02:18:31	04:36:09.05	04:36:09.05	+02:16:33 (49.5%)	10:37	5.6 (50.0%)
248	BURZ-PARADOWSKA Jowita	2284	BYLE DO METY	K40	34	02:11:43	04:36:18.95	04:36:18.95	+02:16:43 (49.5%)	10:37	5.6 (50.0%)
249	PARADOWSKI Paweł	2283	BYLE DO METY	M50	27	02:11:15	04:36:19.25	04:36:19.25	+02:16:43 (49.5%)	10:37	5.6 (50.0%)
250	OKRÓJ Dawid	2011		M30	54	02:13:59	04:36:45.00	04:36:45.00	+02:17:09 (49.6%)	10:38	5.6 (50.0%)
251	NAWRAT Piotr	2319	BRAK	M40	70	02:19:12	04:37:04.50	04:37:04.50	+02:17:29 (49.6%)	10:39	5.6 (50.0%)
252	NAWRAT Joanna	2049		K40	35	02:19:12	04:37:04.55	04:37:04.55	+02:17:29 (49.6%)	10:39	5.6 (50.0%)
253	KAŃDUŁA Grzegorz	2141		M40	71	02:17:10	04:37:14.25	04:37:14.25	+02:17:38 (49.6%)	10:39	5.6 (50.0%)
254	FRAĆKOWIAK Marta	2211	TEAMOCHAL	K30	27	02:13:42	04:38:49.90	04:38:49.90	+02:19:14 (49.9%)	10:43	5.6 (50.0%)
255	SULIGA Wioletta	2257	AUGUSTEAM	K40	36	02:24:45	04:39:11.15	04:39:11.15	+02:19:35 (50.0%)	10:44	5.6 (50.0%)
256	CZAPLINSKI Marcin	2150		M30	55	02:02:04	04:39:20.25	04:39:20.25	+02:19:44 (50.0%)	10:44	5.6 (50.0%)
257	KEMPISTY Anna	2105	12TRI.PL	K50	8	02:17:19	04:40:57.30	04:40:57.30	+02:21:21 (50.3%)	10:48	5.6 (50.0%)
258	BALCEROWSKI Paweł	2041	BALCERBOSCY TEAM	M30	56		04:40:58.00	04:40:58.00	+02:21:22 (50.3%)	10:48	5.6 (50.0%)
259	WYSOCKI Łukasz	2244	CROSSFIT 12U1 WILANÓW	M30	57		04:41:06.00	04:41:06.00	+02:21:30 (50.3%)	10:48	5.5 (49.1%)
260	CIEKAŃSKA Joanna	2128		K40	37	02:18:12	04:41:22.35	04:41:22.35	+02:21:46 (50.4%)	10:49	5.5 (49.1%)
261	BIENIARZ Ilona	2052	MAKE MARO FIT AGAIN!	K30	28	02:19:01	04:43:06.85	04:43:06.85	+02:23:31 (50.7%)	10:53	5.5 (49.1%)
262	LASKUS Paweł	2037		M40	72	02:10:32	04:43:20.85	04:43:20.85	+02:23:45 (50.7%)	10:53	5.5 (49.1%)
263	KUCHCINSKA Diana	2129		K40	38	02:22:48	04:46:06.55	04:46:06.55	+02:26:31 (51.2%)	11:00	5.5 (49.1%)
264	ZIELIŃSKI Tomasz	2143		M40	73	02:09:34	04:46:22.15	04:46:22.15	+02:26:46 (51.3%)	11:00	5.4 (48.2%)
265	ZACHARA Grzegorz	2298		M40	74	02:11:03	04:46:30.15	04:46:30.15	+02:26:54 (51.3%)	11:01	5.4 (48.2%)
266	POPEK Małgorzata	2240	FOREVER TEAM	K40	39	02:15:24	04:46:35.30	04:46:35.30	+02:26:59 (51.3%)	11:01	5.4 (48.2%)
267	MAJCHRZYK Aleksandra	2202	JB WARSAW	K30	29	02:26:41	04:51:06.30	04:51:06.30	+02:31:30 (52.0%)	11:11	5.4 (48.2%)
267	ROMANOWSKA Ewa	2181	JB WARSAW	K30	29	02:26:42	04:51:06.30	04:51:06.30	+02:31:30 (52.0%)	11:11	5.4 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
269	PAWLIK Tomasz	2228	JB WARSAW	M30	58	02:26:44	04:51:06.35	04:51:06.35	+02:31:30 (52.0%)	11:11	5.4 (48.2%)
270	MAĆZKA Krystyna	2301	EXTREMALNI RZEŹNICY NA RELAKSIE	K60	2	02:22:45	04:51:14.70	04:51:14.70	+02:31:39 (52.1%)	11:12	5.4 (48.2%)
271	WIECZOREK Marta	2149		K30	31	02:19:08	04:51:51.30	04:51:51.30	+02:32:15 (52.2%)	11:13	5.3 (47.3%)
272	MILLER Tomasz	2021	BIEGAM BO LUBIĘ ZĄBKI TEAM	M30	59	02:27:44	04:55:44.70	04:55:44.70	+02:36:09 (52.8%)	11:22	5.3 (47.3%)
273	TORCHAŁA Andrzej	2075		M20	18	02:26:31	04:57:51.05	04:57:51.05	+02:38:15 (53.1%)	11:27	5.2 (46.4%)
274	DERUŚ Stanisław	2220		M50	28	02:23:21	04:58:47.40	04:58:47.40	+02:39:11 (53.3%)	11:29	5.2 (46.4%)
275	BALCEROWSKI Rafał	2040	BALCERBOSCY TEAM	M40	75		05:00:36.00	05:00:36.00	+02:41:00 (53.6%)	11:33	5.2 (46.4%)
276	SIERANT Marian	2122		M60	5	02:29:11	05:00:49.85	05:00:49.85	+02:41:14 (53.6%)	11:34	5.2 (46.4%)
277	MAJEWSKI Piotr	2234		M50	29	02:25:44	05:02:41.10	05:02:41.10	+02:43:05 (53.9%)	11:38	5.2 (46.4%)
278	PASIEKA Tomasz	2114		M40	76	02:25:23	05:05:21.75	05:05:21.75	+02:45:46 (54.3%)	11:44	5.1 (45.5%)
279	KUKLA Elzbieta	2085	PWC RUNNING TEAM	K50	9	02:30:16	05:06:31.15	05:06:31.15	+02:46:55 (54.5%)	11:47	5.1 (45.5%)
280	NALEPA Małgorzata	2206		K40	40	02:42:52	05:12:00.50	05:12:00.50	+02:52:25 (55.3%)	12:00	5 (44.6%)
281	MICHNO Agata	2111	NOWA HUTA TEAM	K20	12	02:37:19	05:13:22.00	05:13:22.00	+02:53:46 (55.5%)	12:03	5 (44.6%)
282	PUSHKARUK Andrzej	2316	EL-TRANS	M30	60	02:46:10	05:13:42.55	05:13:42.55	+02:54:07 (55.5%)	12:03	5 (44.6%)
283	TUSIŃSKA Mariola	2317	OSTROBIEC	K40	41	02:47:31	05:19:07.45	05:19:07.45	+02:59:31 (56.3%)	12:16	4.9 (43.8%)
284	WILMAŃSKI Dariusz	2016		M40	77	02:38:21	05:19:48.25	05:19:48.25	+03:00:12 (56.4%)	12:18	4.9 (43.8%)
285	ZDUNEK Waldemar	2081	BÓBR TŁUSZCZ	M50	30	02:26:23	05:22:26.80	05:22:26.80	+03:02:51 (56.7%)	12:24	4.8 (42.9%)
286	ZDUNEK Edyta	2082	BÓBR TŁUSZCZ	K50	10	02:26:22	05:22:26.85	05:22:26.85	+03:02:51 (56.7%)	12:24	4.8 (42.9%)
287	KOLASIŃSKI Adam	2296		M40	78	02:27:37	05:25:45.65	05:25:45.65	+03:06:10 (57.1%)	12:31	4.8 (42.9%)
288	KOLASIŃSKA Joanna	2295		K40	42	02:27:36	05:25:45.75	05:25:45.75	+03:06:10 (57.1%)	12:31	4.8 (42.9%)
289	DROSIO Katarzyna	2233		K40	43	02:49:19	05:26:34.50	05:26:34.50	+03:06:59 (57.3%)	12:33	4.8 (42.9%)
290	JASIAK Piotr	2241		M50	31	02:49:16	05:26:34.55	05:26:34.55	+03:06:59 (57.3%)	12:33	4.8 (42.9%)
291	WESOŁOWSKI Łukasz	2018	MASAKRA KLUB SPORTOWY	M30	61	02:27:01	05:28:56.80	05:28:56.80	+03:09:21 (57.6%)	12:39	4.7 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
292	BIEGAŃSKI Michał	2169	KB INTREX POZNAŃ	M30	62	02:47:39	05:29:58.10	05:29:58.10	+03:10:22 (57.7%)	12:41	4.7 (42.0%)
293	KOSTULSKA Olga	2191	WKURW_TEAM / BIEGAM DLA BYDGOSZCZY	K30	32	02:45:00	05:32:47.25	05:32:47.25	+03:13:11 (58.1%)	12:47	4.7 (42.0%)
294	ZAJĄCZKOWSKA Paulina	2003	POWER TRAINING	K30	33	02:43:32	05:35:34.45	05:35:34.45	+03:15:58 (58.4%)	12:54	4.6 (41.1%)
295	LASOTA Dominik	2259		M20	19	02:45:41	05:41:34.75	05:41:34.75	+03:21:59 (59.1%)	13:08	4.6 (41.1%)
296	KORNAK Michał	2253		M30	63	02:46:05	05:41:35.60	05:41:35.60	+03:22:00 (59.1%)	13:08	4.6 (41.1%)
297	SIARA Marcin	2073	WITKOWO BIEGA	M40	79	02:48:01	05:50:46.95	05:50:46.95	+03:31:11 (60.2%)	13:29	4.4 (39.3%)
298	BASZCZYŃSKA Barbara	2193	WKURW_TEAM	K50	11	02:55:46	06:14:49.80	06:14:49.80	+03:55:14 (62.8%)	14:24	4.2 (37.5%)
299	NOWIŃSKA Agata	2327		K40	44	02:59:25	06:20:08.90	06:20:08.90	+04:00:33 (63.3%)	14:37	4.1 (36.6%)
300	BORKOWSKA Ewa	2245	WKURW TEAM	K60	3	03:13:47	06:50:34.25	06:50:34.25	+04:30:58 (66.0%)	15:47	3.8 (33.9%)
301	ORZECHOWSKA Danuta	2046	KBP PASJA WARSZAWA	K60	4	03:32:33	07:00:20.45	07:00:20.45	+04:40:44 (66.8%)	16:10	3.7 (33.0%)
302	ORZECHOWSKI Mieczysław	2047	KBP PASJA WARSZAWA	M60	6	03:32:34	07:00:20.65	07:00:20.65	+04:40:45 (66.8%)	16:10	3.7 (33.0%)
	FRAŃCZEK Michał	2152	BRONOWICE TEŻ BIEGAJĄ	M40		02:11:24 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 303 wynik(ów)