

X ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: X ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-10-08
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	GRZĄDZIEL Dominik	5309	ATTIQ TEAM	M30	1	01:17:50	02:25:55	03:41:46	04:53:01.70	04:53:01.70		5:38	10.6 (100%)
2	MIŚKIEWICZ Mariusz	5302	STAŃCZAK TEAM	M40	1	01:18:42	02:29:04	03:44:37	04:53:38.70	04:53:38.70	+00:00:37 (0.2%)	5:38	10.6 (100%)
3	ZBOZIEN Jarosław	5294	RMT TEAM	M30	2	01:23:54	02:34:00	03:51:29	05:01:19.20	05:01:19.20	+00:08:17 (2.8%)	5:47	10.4 (98.1%)
4	HUZIOR Piotr	5310	ATTIQ TEAM/SALMING	M50	1	01:20:56	02:29:06	03:50:32	05:01:46.95	05:01:46.95	+00:08:45 (2.9%)	5:48	10.3 (97.2%)
5	DUDA Karol	5173		M30	3	01:23:55	02:34:12	03:51:40	05:02:44.50	05:02:44.50	+00:09:42 (3.2%)	5:49	10.3 (97.2%)
6	ŻUCHOWSKI Daniel	5247	POLNI PIZGACZE	M30	4	01:17:43	02:26:17	03:48:26	05:06:06.25	05:06:06.25	+00:13:04 (4.3%)	5:53	10.2 (96.2%)
7	BADOWSKI Aleksander	5213	MARCIN ŚWIERC TEAM	M30	5	01:22:12	02:33:31	04:00:32	05:18:44.65	05:18:44.65	+00:25:42 (8.1%)	6:07	9.8 (92.5%)
8	WILK Katarzyna	5301		K30	1	01:26:21	02:40:11	04:02:27	05:24:25.35	05:24:25.35	+00:31:23 (9.7%)	6:14	9.6 (90.6%)
9	DUDZIK Robert	5053	LIMANOVA HOTEL	M30	6	01:27:15	02:43:29	04:10:58	05:32:50.90	05:32:50.90	+00:39:49 (12.0%)	6:24	9.4 (88.7%)
10	GOŁĄB Marek	5181	BANDA GRUDNIA	M30	7	01:26:07	02:41:47	04:11:06	05:34:17.10	05:34:17.10	+00:41:15 (12.3%)	6:25	9.3 (87.7%)
11	PERYKASZA Paweł	5222	GRUPALUKTRANS.PL	M40	2	01:28:05	02:45:10	04:19:00	05:40:51.70	05:40:51.70	+00:47:50 (14.0%)	6:33	9.2 (86.8%)
12	PAPROCKA Urszula	5246	POLNI PIZGACZE	K30	2	01:28:09	02:44:02	04:19:34	05:42:23.10	05:42:23.10	+00:49:21 (14.4%)	6:35	9.1 (85.8%)
13	ANTOŃCZAK Damian	5148	RUCH IZBICA	M20	1	01:31:32	02:50:01	04:19:18	05:46:16.50	05:46:16.50	+00:53:14 (15.4%)	6:39	9 (84.9%)
14	PAROL Rafal	5107	DZIKIE GRUBASY SZATANA/STARE RURY	M40	3	01:25:44	02:39:44	04:16:15	05:51:30.45	05:51:30.45	+00:58:28 (16.6%)	6:45	8.9 (84.0%)
15	TATAREK-KONIK Agnieszka	5032	ALPIN SPORT TEAM	K30	3	01:33:54	02:56:23	04:30:50	05:52:47.40	05:52:47.40	+00:59:45 (16.9%)	6:47	8.8 (83.0%)
16	KRZYSZTOŃ Marcin	5170	GMP LASY	M30	8	01:25:38	02:40:13	04:19:28	05:56:41.60	05:56:41.60	+01:03:39 (17.8%)	6:51	8.7 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km					
17	ANTOŃCZAK Marek	5149	RUCH IZBICA	M40	4	01:32:34	03:00:24	04:36:58	06:06:22.55	06:06:22.55	+01:13:20 (20.0%)	7:02	8.5 (80.2%)
18	TROJNAR Damian	5096	KS JANUSZE	M30	9	01:36:21	03:02:10	04:42:53	06:12:03.10	06:12:03.10	+01:19:01 (21.2%)	7:09	8.4 (79.2%)
19	SKOLINIEC Bartłomiej	5097	#ITSCBDBRO	M30	10	01:39:59	03:03:45	04:42:07	06:14:34.35	06:14:34.35	+01:21:32 (21.8%)	7:12	8.3 (78.3%)
20	MATYJASZCZYK Kamil	5048	ŁĘCZNA BIEGA	M30	11	01:33:14	02:57:45	04:41:16	06:15:21.70	06:15:21.70	+01:22:20 (21.9%)	7:13	8.3 (78.3%)
21	DOMISZEWSKA Maria	5305		K50	1	01:33:16	02:58:18	04:41:54	06:15:48.00	06:15:48.00	+01:22:46 (22.0%)	7:13	8.3 (78.3%)
22	CIEPIELA Patryk	5095	NOWA HUTA TEAM	M30	12	01:35:54	03:07:40	04:55:13	06:24:05.20	06:24:05.20	+01:31:03 (23.7%)	7:23	8.1 (76.4%)
23	KOLASA Filip	5056		M40	5	01:32:04	02:57:41	04:46:00	06:24:30.95	06:24:30.95	+01:31:29 (23.8%)	7:23	8.1 (76.4%)
24	CZAJKA Tomasz	5216		M40	6	01:39:41	03:08:52	04:53:11	06:24:43.65	06:24:43.65	+01:31:41 (23.8%)	7:23	8.1 (76.4%)
25	SOBOL Krystian	5279		M40	7	01:35:27	03:03:47	04:50:30	06:24:58.60	06:24:58.60	+01:31:56 (23.9%)	7:24	8.1 (76.4%)
26	CHODAKOWSKI Rafał	5115		M40	8	01:40:19	03:13:39	05:01:08	06:31:12.05	06:31:12.05	+01:38:10 (25.1%)	7:31	8 (75.5%)
27	JĘDRASZCZYK Mateusz	5242	BANDA GRUDNIA	M30	13	01:36:12	03:02:03	04:50:21	06:31:38.20	06:31:38.20	+01:38:36 (25.2%)	7:31	8 (75.5%)
28	PAŁKA Tomasz	5275	KB PARANTELA	M40	9	01:40:24	03:12:11	05:00:55	06:34:09.55	06:34:09.55	+01:41:07 (25.7%)	7:34	7.9 (74.5%)
29	DYKSZAK Filip	5257	WM TRISELF	M30	14	01:32:58	02:58:14	04:48:06	06:37:42.35	06:37:42.35	+01:44:40 (26.3%)	7:38	7.8 (73.6%)
30	KAMIŃSKI Marek	5051		M30	15	01:36:41	03:13:37	05:06:09	06:44:35.85	06:44:35.85	+01:51:34 (27.6%)	7:46	7.7 (72.6%)
31	PITNER Andrzej	5014	BORGWARNER RUNNING TEAM	M30	16	01:45:17	03:17:55	05:07:40	06:44:41.00	06:44:41.00	+01:51:39 (27.6%)	7:46	7.7 (72.6%)
32	STYPUŁKOWSKI Piotr	5251		M30	17	01:47:24	03:20:15	05:12:46	06:44:49.60	06:44:49.60	+01:51:47 (27.6%)	7:47	7.7 (72.6%)
33	POCHYLSKI Radosław	5139	ITSCBDBRO	M30	18	01:42:54	03:10:44	04:55:35	06:45:20.30	06:45:20.30	+01:52:18 (27.7%)	7:47	7.7 (72.6%)
34	BOROWSKI Przemysław	5206	#ITSCBDBRO	M30	19	01:42:55	03:10:44	05:01:24	06:45:20.45	06:45:20.45	+01:52:18 (27.7%)	7:47	7.7 (72.6%)
35	WINIARSKI Jarosław	5087	WINIARA TEAM	M40	10	01:44:08	03:15:53	05:07:09	06:45:43.85	06:45:43.85	+01:52:42 (27.8%)	7:48	7.7 (72.6%)
36	KRZEMIŃSKI Marcin	5253	SPRINT GORZYCE	M40	11	01:45:07	03:21:20	05:08:38	06:45:53.50	06:45:53.50	+01:52:51 (27.8%)	7:48	7.7 (72.6%)
37	MATUSZEWSKI Arkadiusz	5260		M40	12	01:48:51	03:21:26	05:08:29	06:46:02.45	06:46:02.45	+01:53:00 (27.8%)	7:48	7.7 (72.6%)
38	STARZYK Sebastian	5219	OCR TEAM DĘBICA	M40	13	01:45:06	03:20:29	05:11:52	06:46:47.20	06:46:47.20	+01:53:45 (28.0%)	7:49	7.7 (72.6%)
39	MAŁAJEWICZ Iza	5040		K20	1	01:45:09	03:17:34	05:08:15	06:47:01.25	06:47:01.25	+01:53:59 (28.0%)	7:49	7.7 (72.6%)
40	KOLANO Agnieszka	5113	PRZEDWOJEWSKI TEAM	K40	1	01:45:53	03:20:31	05:11:33	06:48:18.85	06:48:18.85	+01:55:17 (28.2%)	7:51	7.6 (71.7%)

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						15km	P2_Solinka 28km	P3_Roztoki 41km					
41	BARAN Bernard	5054	OCR TEAM DĘBICA	M40	14	01:44:05	03:12:27	05:01:35	06:48:20.55	06:48:20.55	+01:55:18 (28.2%)	7:51	7.6 (71.7%)
42	SIWAK Ryszard	5203	TEAM RYŚ SKI	M40	15	05:08:36			06:52:53.70	06:52:53.70	+01:59:52 (29.0%)	7:56	7.6 (71.7%)
43	HEJNAR Jakub	5119		M40	16	01:40:10	03:13:37	05:09:35	06:54:07.05	06:54:07.05	+02:01:05 (29.2%)	7:57	7.5 (70.8%)
44	CZEMERYS Piotr	5138	RUCH IZBICA	M30	20	01:40:17	03:17:10	05:09:24	06:54:45.10	06:54:45.10	+02:01:43 (29.3%)	7:58	7.5 (70.8%)
45	KOSMALA Przemek	5003	MARCINSWIERCTEAM	M40	17	01:42:33	03:16:12	05:06:01	06:55:48.90	06:55:48.90	+02:02:47 (29.5%)	7:59	7.5 (70.8%)
46	KOPPLINGER Grzegorz	5024	ASSECO ACTIVE TEAM	M40	18	01:41:39	03:14:49	05:14:43	06:56:09.80	06:56:09.80	+02:03:08 (29.6%)	8:00	7.5 (70.8%)
47	PÓŁTORAK Krzysztof	5297		M40	19	01:45:44	03:18:51	05:11:16	06:57:03.05	06:57:03.05	+02:04:01 (29.7%)	8:01	7.5 (70.8%)
48	BIENIECKA Anna	5128	RZEŹNIKI NA RELAKSIE	K40	2	01:45:50	03:21:49	05:20:44	07:03:34.85	07:03:34.85	+02:10:33 (30.8%)	8:08	7.4 (69.8%)
49	IDZIOR Tomasz	5245		M20	2	01:41:09	03:18:12	05:22:57	07:06:41.35	07:06:41.35	+02:13:39 (31.3%)	8:12	7.3 (68.9%)
50	PABIS Szymon	5287		M30	21	01:47:12	03:24:51	05:22:30	07:08:09.40	07:08:09.40	+02:15:07 (31.6%)	8:14	7.3 (68.9%)
51	ŚNIEŻEK Piotr	5223	PRZEMYSKI KLUB BIEGACZA	M50	2	01:46:07	03:17:28	05:23:17	07:09:20.50	07:09:20.50	+02:16:18 (31.7%)	8:15	7.3 (68.9%)
52	CYTAWA Adrian	5039	FIZJO - SPORT ŁĘCZNA	M30	22	01:50:03	03:30:11	05:25:53	07:10:06.35	07:10:06.35	+02:17:04 (31.9%)	8:16	7.3 (68.9%)
53	LEŚKÓW Joanna	5221	SCI GÓRSCY ENTUZJAŚCI	K30	4	01:44:57	03:23:41	05:25:44	07:10:18.30	07:10:18.30	+02:17:16 (31.9%)	8:16	7.3 (68.9%)
54	BUCZKOWSKI Krzysztof	5063		M20	3	01:47:07	03:32:24	05:31:39	07:14:00.55	07:14:00.55	+02:20:58 (32.5%)	8:20	7.2 (67.9%)
55	JAREMA Maciej	5306		M40	20	01:49:32	03:26:18	05:26:08	07:15:37.45	07:15:37.45	+02:22:35 (32.7%)	8:22	7.2 (67.9%)
56	JASTRZĄB Piotr	5299	DEKAN LESKO	M50	3	01:45:03	03:28:53	05:34:40	07:17:16.40	07:17:16.40	+02:24:14 (33.0%)	8:24	7.1 (67.0%)
57	CHUCHAŁA Paweł	5261	MARKOWI BIEGACZE	M40	21	01:49:37	03:30:09	05:31:36	07:18:38.35	07:18:38.35	+02:25:36 (33.2%)	8:26	7.1 (67.0%)
58	POPIS Tomasz	5234	SEKCJA BIEGOWA RUCH IZBICA	M40	22	01:39:37	03:17:03	05:23:37	07:20:23.95	07:20:23.95	+02:27:22 (33.5%)	8:28	7.1 (67.0%)
59	KAMIŃSKI Marcin	5224		M30	23	01:45:41	03:28:21	05:35:18	07:21:52.30	07:21:52.30	+02:28:50 (33.7%)	8:29	7.1 (67.0%)
60	STOPYRA Urszula	5233	ULTRA ŁAŃCUT	K30	5	01:50:21	03:27:02	05:30:55	07:24:34.45	07:24:34.45	+02:31:32 (34.1%)	8:32	7 (66.0%)
61	RÓŻYCKI Ryszard	5172	SOKÓŁ ZAGÓRZ	M60	1	01:54:32	03:35:06	05:36:21	07:25:08.25	07:25:08.25	+02:32:06 (34.2%)	8:33	7 (66.0%)
62	JELENIOWSKI Paweł	5091		M30	24	01:51:56	03:37:25	05:37:25	07:26:57.90	07:26:57.90	+02:33:56 (34.4%)	8:35	7 (66.0%)
63	ŚWITAŁA Marcin	5312		M50	4	01:48:43	03:36:14	05:37:10	07:27:01.50	07:27:01.50	+02:33:59 (34.4%)	8:35	7 (66.0%)
64	KRUKAR Adam	5153	FINISZ RYMANÓW	M50	5	01:53:48	03:32:54	05:43:07	07:27:48.25	07:27:48.25	+02:34:46 (34.6%)	8:36	7 (66.0%)

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65	SZABOŃ Tomasz	5043	UKS REFLEX RYBNIK	M40	23	01:42:11	03:22:14	05:30:07	07:27:50.75	07:27:50.75	+02:34:49 (34.6%)	8:36	7 (66.0%)
66	CHRUŚCIEL Michał	5298	FARTLEK GO	M30	25	01:45:20	03:26:27	05:34:44	07:28:14.15	07:28:14.15	+02:35:12 (34.6%)	8:37	7 (66.0%)
67	LITWIN Mateusz	5179		M30	26	01:45:33	03:33:24	05:38:28	07:29:18.05	07:29:18.05	+02:36:16 (34.8%)	8:38	6.9 (65.1%)
68	GÓRKA Łukasz	5082		M30	27	01:56:32	03:40:03	05:42:10	07:29:18.35	07:29:18.35	+02:36:16 (34.8%)	8:38	6.9 (65.1%)
69	SIENKIEWICZ Paweł	5142	TEAM ZABIEGANEDNI/DECEPTICON GYM	M40	24	01:54:54	03:37:42	05:43:34	07:31:02.75	07:31:02.75	+02:38:01 (35.0%)	8:40	6.9 (65.1%)
70	KOCZUR Kamila	5209		K30	6	01:50:14	03:36:55	05:42:28	07:31:48.35	07:31:48.35	+02:38:46 (35.1%)	8:41	6.9 (65.1%)
71	MARCINIAK Tomasz	5162	RANDOMNO BIEGA	M40	25	01:50:13	03:40:26	05:49:39	07:34:13.35	07:34:13.35	+02:41:11 (35.5%)	8:44	6.9 (65.1%)
72	GLEBA Mariusz	5083	PSZCZÓŁKOWSKI TEAM	M30	28	01:49:28	03:37:08	05:44:05	07:34:14.85	07:34:14.85	+02:41:13 (35.5%)	8:44	6.9 (65.1%)
73	SZCZEPAŃSKI Marcin	5012	BEAUTY SPORT RUN	M40	26	01:49:44	03:36:54	05:40:31	07:34:16.95	07:34:16.95	+02:41:15 (35.5%)	8:44	6.9 (65.1%)
74	PODKUL Konrad	5248		M30	29	01:46:19	03:32:11	05:43:08	07:34:44.00	07:34:44.00	+02:41:42 (35.6%)	8:44	6.9 (65.1%)
75	ZAJĄCZKOWSKI Paweł	5002	POWER TRAINING	M30	30	01:43:56	03:25:11	05:26:58	07:35:07.40	07:35:07.40	+02:42:05 (35.6%)	8:45	6.9 (65.1%)
76	GUZ Marcin	5009		M40	27	01:51:54	03:40:28	05:48:01	07:35:31.50	07:35:31.50	+02:42:29 (35.7%)	8:45	6.8 (64.2%)
77	PYTLOS Marcin	5105	GLKS FAMIL FAŁKÓW	M40	28	01:41:36	03:14:17	05:48:39	07:36:17.05	07:36:17.05	+02:43:15 (35.8%)	8:46	6.8 (64.2%)
78	GAŚIOREK Paweł	5290		M30	31	01:42:43	03:24:30	05:38:27	07:36:28.35	07:36:28.35	+02:43:26 (35.8%)	8:46	6.8 (64.2%)
79	GRUDZIŃSKI Jacek	5244		M30	32	01:41:14	03:16:03	05:52:53	07:37:46.85	07:37:46.85	+02:44:45 (36.0%)	8:48	6.8 (64.2%)
80	MINDYKOWSKI Zbigniew	5110	BIEGOWI MANIACY	M40	29	01:48:16	03:37:56	05:44:49	07:38:35.20	07:38:35.20	+02:45:33 (36.1%)	8:49	6.8 (64.2%)
81	CHOŁAJCZYK Marcin	5123	#ITSCBDBRO	M30	33	01:51:01	03:36:41	05:44:46	07:39:50.10	07:39:50.10	+02:46:48 (36.3%)	8:50	6.8 (64.2%)
82	ŁUKOMSKI Maciej	5151	ŁÓDZKI KLUB WYSOKOGÓRSKI/ SZAKALE BAŁUT ŁÓDŹ	M40	30	01:42:32	03:30:13	05:40:41	07:40:18.30	07:40:18.30	+02:47:16 (36.3%)	8:51	6.8 (64.2%)
83	GALEK Adam	5134	#MASABIEGA	M40	31	01:51:33	03:36:12	05:45:17	07:40:24.90	07:40:24.90	+02:47:23 (36.4%)	8:51	6.8 (64.2%)
84	GAWLIK Marcin	5116	GONIĘ MISZCZA/MKS SIECHNICE	M40	32	01:55:06	03:45:27	05:55:29	07:44:11.45	07:44:11.45	+02:51:09 (36.9%)	8:55	6.7 (63.2%)
85	DYREK Mateusz	5157		M40	33	01:47:39	03:37:00	05:45:04	07:44:34.80	07:44:34.80	+02:51:33 (36.9%)	8:56	6.7 (63.2%)
86	PRZYGODZKI Mateusz	5184	RACE AROUND POLAND	M40	34	01:54:52	03:43:33	05:53:26	07:44:45.95	07:44:45.95	+02:51:44 (37.0%)	8:56	6.7 (63.2%)
87	ZACIERKA Krystian	5264		M40	35	01:50:27	03:37:55	05:47:16	07:45:55.15	07:45:55.15	+02:52:53 (37.1%)	8:57	6.7 (63.2%)
88	ŚWIERCZEK Grzegorz	5049	GRUPA JURA.PL	M50	6	02:01:21	03:51:40	05:56:33	07:46:10.20	07:46:10.20	+02:53:08 (37.1%)	8:57	6.7 (63.2%)

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						15km	28km	41km					
89	WIERZCHOŃ Michał	5108	MR. DOC	M40	36	01:50:11	03:46:11	05:54:54	07:46:18.55	07:46:18.55	+02:53:16 (37.2%)	8:58	6.7 (63.2%)
90	GALAS Grzegorz	5041	SCI GÓRSCY ENTUZJAŚCI	M40	37	01:51:26	03:40:29	05:45:48	07:46:35.10	07:46:35.10	+02:53:33 (37.2%)	8:58	6.7 (63.2%)
91	SZYJKA Krzysztof	5198	MES-PROJEKT	M40	38	01:48:48	03:34:48	05:48:20	07:46:41.80	07:46:41.80	+02:53:40 (37.2%)	8:58	6.7 (63.2%)
92	LASKO Łukasz	5058	BIESY	M30	34	01:56:55	03:51:38	05:56:13	07:47:37.40	07:47:37.40	+02:54:35 (37.3%)	8:59	6.7 (63.2%)
93	KŁODAWSKI Marek	5191		M40	39	01:56:22	03:51:45	06:03:10	07:50:15.00	07:50:15.00	+02:57:13 (37.7%)	9:02	6.6 (62.3%)
94	SHUST Krystsina	5250		K30	7	02:02:02	03:54:52	06:02:00	07:51:16.50	07:51:16.50	+02:58:14 (37.8%)	9:03	6.6 (62.3%)
95	DURMAJ Bartek	5249		M30	35	02:02:04	03:55:39	06:02:54	07:51:16.65	07:51:16.65	+02:58:14 (37.8%)	9:03	6.6 (62.3%)
96	SACHARUK Michał	5078		M40	40	01:50:42	03:42:06	05:58:55	07:53:01.00	07:53:01.00	+02:59:59 (38.1%)	9:05	6.6 (62.3%)
97	MILEWSKI Mateusz	5186	ASSECO ACTIVE TEAM	M30	36	02:00:19	03:48:03	05:56:51	07:53:07.50	07:53:07.50	+03:00:05 (38.1%)	9:05	6.6 (62.3%)
98	WOJCIESZAK Katarzyna	5028	ŚCO BIEGA	K40	3	02:01:20	03:52:26	06:05:36	07:58:10.00	07:58:10.00	+03:05:08 (38.7%)	9:11	6.5 (61.3%)
99	SZYMEL Jacek	5293		M30	37	02:00:37	03:49:55	06:11:06	07:58:25.00	07:58:25.00	+03:05:23 (38.8%)	9:12	6.5 (61.3%)
100	LIS Arkadiusz	5093		M40	41	02:04:38	03:52:48	06:02:39	07:59:56.40	07:59:56.40	+03:06:54 (38.9%)	9:13	6.5 (61.3%)
101	SŁOWIK Radosław	5175	OBI	M40	42	02:04:00	03:55:27	06:05:37	08:00:03.90	08:00:03.90	+03:07:02 (39.0%)	9:13	6.5 (61.3%)
102	KACPERSKI Olaf	5212		M40	43	01:57:56	03:45:46	05:58:44	08:00:09.75	08:00:09.75	+03:07:08 (39.0%)	9:14	6.5 (61.3%)
103	BUDZIASZEK Agnieszka	5015	EFFI RUN TEAM	K20	2	02:03:33	03:53:10	06:02:27	08:01:37.30	08:01:37.30	+03:08:35 (39.2%)	9:15	6.5 (61.3%)
104	ŻBIKOWSKI Tomasz	5239	KP S.A.	M40	44	01:59:53	03:55:04	06:06:40	08:04:37.85	08:04:37.85	+03:11:36 (39.5%)	9:19	6.4 (60.4%)
104	MROWIEC Michał	5240	LECH FREE	M50	7	01:59:52	03:55:04	06:06:40	08:04:37.85	08:04:37.85	+03:11:36 (39.5%)	9:19	6.4 (60.4%)
106	GĄSECKI Daniel	5289	ULTRAPRZESILENIE	M40	45	01:56:24	03:50:56	06:02:03	08:04:44.05	08:04:44.05	+03:11:42 (39.5%)	9:19	6.4 (60.4%)
107	FORNAL Brygida	5273	#ZALINIĄMETYTEAM	K20	3	02:01:27	03:55:40	06:09:21	08:05:25.85	08:05:25.85	+03:12:24 (39.6%)	9:20	6.4 (60.4%)
108	SOKALSKI Grzegorz	5313		M40	46	02:00:47	03:52:08	06:05:24	08:07:13.00	08:07:13.00	+03:14:11 (39.9%)	9:22	6.4 (60.4%)
109	NAWROCKI Arkadiusz	5055		M40	47	02:05:51	04:01:27	06:12:37	08:07:34.15	08:07:34.15	+03:14:32 (39.9%)	9:22	6.4 (60.4%)
110	LEŚNIEWSKI Mariusz	5016	AZYMUT45 GDYNIA	M40	48	02:03:52	04:09:52	06:28:31	08:08:14.85	08:08:14.85	+03:15:13 (40.0%)	9:23	6.4 (60.4%)
111	WOŁK Paweł	5163		M30	38	02:13:03	04:15:30	06:19:34	08:08:17.75	08:08:17.75	+03:15:16 (40.0%)	9:23	6.4 (60.4%)
112	WOŁOSZYN Czesław	5217	PIZUNY ROZTOCZE WSCHODNIE	M60	2	02:05:30	03:58:24	06:09:58	08:08:34.80	08:08:34.80	+03:15:33 (40.0%)	9:23	6.4 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km					
113	MAJEWSKI Marcin	5272	GOLONKA HULS	M30	39	02:05:43	04:04:51	06:21:34	08:08:47.35	08:08:47.35	+03:15:45 (40.1%)	9:23	6.4 (60.4%)
114	PRZYWARA Dominika	5281	FORACTIVE	K20	4	02:01:19	04:04:16	06:22:58	08:09:23.75	08:09:23.75	+03:16:22 (40.1%)	9:24	6.4 (60.4%)
115	PRZEWLOCKI Przemysław	5152		M40	49	02:05:06	03:57:06	06:13:26	08:12:00.50	08:12:00.50	+03:18:58 (40.4%)	9:27	6.3 (59.4%)
116	GODLEWSKI Paweł	5265		M30	40	01:51:58	03:58:47	06:08:58	08:12:01.05	08:12:01.05	+03:18:59 (40.4%)	9:27	6.3 (59.4%)
117	BAJSAROWICZ Marlena	5288	IPA WROCŁAW	K20	5	01:51:57	03:49:46	06:11:50	08:15:35.30	08:15:35.30	+03:22:33 (40.9%)	9:31	6.3 (59.4%)
118	JANASZ Rafał	5042	NBRC	M40	50	02:00:08	03:58:32	06:10:09	08:15:52.70	08:15:52.70	+03:22:51 (40.9%)	9:32	6.3 (59.4%)
119	JASTRZĄBEK Agnieszka	5005		K30	8	01:54:22	03:54:46	06:11:45	08:16:36.40	08:16:36.40	+03:23:34 (41.0%)	9:33	6.3 (59.4%)
120	DULAK Robert	5106		M50	8	01:59:15	04:01:36	06:19:31	08:16:47.40	08:16:47.40	+03:23:45 (41.0%)	9:33	6.3 (59.4%)
121	KOOZI Piotrek	5178		M30	41	01:48:18	03:33:23	06:08:13	08:17:12.40	08:17:12.40	+03:24:10 (41.1%)	9:33	6.3 (59.4%)
122	SZEIB Robert	5236		M40	51	02:10:50	04:00:08	06:09:38	08:18:47.80	08:18:47.80	+03:25:46 (41.3%)	9:35	6.3 (59.4%)
123	DOBROWOLSKA Agnieszka	5280		K40	4	02:03:22	04:03:57	06:19:21	08:19:22.75	08:19:22.75	+03:26:21 (41.3%)	9:36	6.2 (58.5%)
124	GRONCZEWSKI Artur	5027	NEW BALANCE RUN CLUB	M40	52	02:02:44	04:03:45	06:19:20	08:19:44.05	08:19:44.05	+03:26:42 (41.4%)	9:36	6.2 (58.5%)
125	BANCERZ Grzegorz	5185	TRAWNIKI BIEGAJĄ	M40	53	02:10:53	04:21:38	06:29:36	08:19:59.75	08:19:59.75	+03:26:58 (41.4%)	9:36	6.2 (58.5%)
126	MARKOWSKA-MIKULSKA Halina	5274		K30	9	02:06:57	04:04:05	06:17:57	08:20:41.65	08:20:41.65	+03:27:39 (41.5%)	9:37	6.2 (58.5%)
127	LUTOWSKI Wojciech	5204		M30	42	02:10:44	03:59:03	06:19:16	08:20:44.40	08:20:44.40	+03:27:42 (41.5%)	9:37	6.2 (58.5%)
128	ZIĘTEK Mariusz	5263		M50	9	01:52:59	03:37:35	05:56:59	08:22:08.30	08:22:08.30	+03:29:06 (41.6%)	9:39	6.2 (58.5%)
129	WALCZAK Bartłomiej	5225		M30	43	02:05:17	04:00:51	06:19:32	08:22:31.70	08:22:31.70	+03:29:30 (41.7%)	9:39	6.2 (58.5%)
130	BRZUSTOWICZ Marek	5169	KB GEOTERMIA UNIEJÓW	M60	3	02:02:21	04:00:37	06:20:31	08:23:00.20	08:23:00.20	+03:29:58 (41.7%)	9:40	6.2 (58.5%)
131	WOJCIECHOWSKI Krzysztof	5292	ULTRA ŁAŃCUT	M40	54	02:01:36	03:56:26	06:23:02	08:23:15.45	08:23:15.45	+03:30:13 (41.8%)	9:40	6.2 (58.5%)
132	SZARYŃSKI Tomasz	5011	SZARYTEAM	M40	55	02:03:55	04:09:57	06:28:31	08:23:18.30	08:23:18.30	+03:30:16 (41.8%)	9:40	6.2 (58.5%)
133	GWIZDALA Marcin	5228		M20	4	01:52:27	03:49:22	06:10:08	08:23:24.65	08:23:24.65	+03:30:22 (41.8%)	9:40	6.2 (58.5%)
134	CIEŚLIK Jarosław	5140	SOCIOS SILESIA	M30	44	02:05:34	04:06:20	06:24:45	08:24:40.00	08:24:40.00	+03:31:38 (41.9%)	9:42	6.2 (58.5%)
135	LEŚNIAK-POPIEL Marta	5202	SANOK BIEGA	K40	5	02:05:38	04:12:44	06:29:21	08:24:45.35	08:24:45.35	+03:31:43 (41.9%)	9:42	6.2 (58.5%)
136	CEBRAT Ewa	5211	SANOK BIEGA	K40	6	02:05:41	04:12:45	06:29:20	08:24:45.55	08:24:45.55	+03:31:43 (41.9%)	9:42	6.2 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
137	RADOMSKI Grzegorz	5284	MOKRE RUN	M40	56	01:51:22	03:47:47	06:11:54	08:26:19.90	08:26:19.90	+03:33:18 (42.1%)	9:44	6.2 (58.5%)
138	SALIŃSKI Bartosz	5252	AUGUSTEAM	M30	45	02:06:51	04:08:40	06:25:02	08:27:24.65	08:27:24.65	+03:34:22 (42.3%)	9:45	6.1 (57.5%)
139	MAŁEK Krzysztof	5238		M30	46	02:03:47	04:01:46	06:25:45	08:30:23.25	08:30:23.25	+03:37:21 (42.6%)	9:48	6.1 (57.5%)
140	KAMSKA Małgorzata	5080	GAMBAZ TEAM	K30	10	02:11:06	04:13:40	06:28:53	08:30:33.50	08:30:33.50	+03:37:31 (42.6%)	9:49	6.1 (57.5%)
141	BŁĘDKOWSKA Katarzyna	5258		K30	11	02:04:38	04:12:23	06:32:44	08:30:54.30	08:30:54.30	+03:37:52 (42.6%)	9:49	6.1 (57.5%)
142	BRUNKE Tomasz	5112	RUN BYDGOSZCZ	M50	10	01:56:18	03:56:46	06:19:53	08:31:53.00	08:31:53.00	+03:38:51 (42.8%)	9:50	6.1 (57.5%)
143	KOWALIK Piotr	5183	TRAWNIKI BIEGAJĄ	M40	57	02:10:55	04:21:38	06:32:59	08:32:25.40	08:32:25.40	+03:39:23 (42.8%)	9:51	6.1 (57.5%)
144	KREFT Ewa	5176		K40	7	02:06:34	04:13:43	06:32:43	08:32:40.95	08:32:40.95	+03:39:39 (42.8%)	9:51	6.1 (57.5%)
145	FORNAL Jacek	5237		M30	47	01:58:16	04:01:24	06:24:19	08:33:14.35	08:33:14.35	+03:40:12 (42.9%)	9:52	6.1 (57.5%)
146	CHILIŃSKI Karol	5268		M30	48	02:04:16	04:00:36	06:20:20	08:36:58.60	08:36:58.60	+03:43:56 (43.3%)	9:56	6 (56.6%)
147	PYRKOSZ Damian	5243	ENGLISH VITA	M50	11	02:05:53	04:07:17	06:33:30	08:40:01.35	08:40:01.35	+03:46:59 (43.7%)	10:00	6 (56.6%)
148	SKŁADZIEN Bartosz	5155		M30	49	02:03:52	04:11:05	06:40:29	08:41:07.05	08:41:07.05	+03:48:05 (43.8%)	10:01	6 (56.6%)
149	BIENIEK Michał	5158		M40	58	02:03:58	04:11:05	06:40:26	08:41:07.10	08:41:07.10	+03:48:05 (43.8%)	10:01	6 (56.6%)
150	DADAŚ Janusz	5098		M40	59	02:06:50	04:16:09	06:40:12	08:41:24.50	08:41:24.50	+03:48:22 (43.8%)	10:01	6 (56.6%)
151	MARCHEWKA Grzegorz	5071	SZYBKA GRUPA BUKOVINA	M40	60	02:10:58	04:22:38	06:45:48	08:41:28.80	08:41:28.80	+03:48:27 (43.8%)	10:01	6 (56.6%)
152	DUCH Emil	5182		M30	50	02:08:46	04:18:45	06:34:54	08:42:38.60	08:42:38.60	+03:49:36 (43.9%)	10:03	6 (56.6%)
152	PISAREK Karol	5180	JB WARSAW	M30	50	02:08:03	04:18:45	06:34:54	08:42:38.60	08:42:38.60	+03:49:36 (43.9%)	10:03	6 (56.6%)
154	KASPRZAK Mariusz	5036	POHRAPŮV BĚŽECKÝ TÝM	M40	61	02:08:38	04:19:33	06:36:23	08:42:40.45	08:42:40.45	+03:49:38 (43.9%)	10:03	6 (56.6%)
155	KUDŁA Joanna	5277	GÓRAL Z MAZUR RUNNING TEAM/KUDŁATE MAKARONY	K30	12	02:02:03	04:08:31	06:34:57	08:42:47.70	08:42:47.70	+03:49:46 (43.9%)	10:03	6 (56.6%)
156	WNOROWSKA Magdalena	5004	OBSTACLE CENTER TEAM	K40	8	02:06:54	04:13:24	06:42:36	08:43:28.05	08:43:28.05	+03:50:26 (44.0%)	10:04	6 (56.6%)
157	RUSIN Łukasz	5122	RKS	M30	52	02:12:46	04:15:53	06:37:08	08:46:48.30	08:46:48.30	+03:53:46 (44.4%)	10:07	5.9 (55.7%)
158	KRZYSZTOFOWICZ Andrzej	5161	ULTRASZY	M40	62	02:13:51	04:19:43	06:37:46	08:48:49.35	08:48:49.35	+03:55:47 (44.6%)	10:10	5.9 (55.7%)
159	SOFUL Tomasz	5104	LIPIEC RUNNING TEAM	M40	63	02:13:49	04:19:43	06:38:33	08:48:51.20	08:48:51.20	+03:55:49 (44.6%)	10:10	5.9 (55.7%)
160	MICHALAK Sławomir	5266	INZYNIER.EU	M50	12	02:09:15	04:13:46	06:38:44	08:51:27.35	08:51:27.35	+03:58:25 (44.9%)	10:13	5.9 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						P1 15km	P2 28km	P3 41km					
161	PIKUL Grzegorz	5196		M30	53	02:23:09	04:38:09	06:59:26	08:53:13.00	08:53:13.00	+04:00:11 (45.0%)	10:15	5.9 (55.7%)
162	MACINA Małgorzata	5109	KSP	K30	13	02:11:29	04:18:13	06:46:00	08:54:01.30	08:54:01.30	+04:00:59 (45.1%)	10:16	5.8 (54.7%)
163	MELER Ula	5073	IRON TEAM	K40	9	02:06:28	04:14:57	06:41:35	08:54:05.55	08:54:05.55	+04:01:03 (45.1%)	10:16	5.8 (54.7%)
164	KAMIŃSKA Kamila	5072	IRON TEAM	K30	14	02:06:25	04:14:56	06:41:24	08:54:05.75	08:54:05.75	+04:01:04 (45.1%)	10:16	5.8 (54.7%)
165	CIESINSKI Lukasz	5074	IRON TEAM	M30	54	02:05:42	04:14:56	06:41:23	08:54:05.90	08:54:05.90	+04:01:04 (45.1%)	10:16	5.8 (54.7%)
166	KLIMECKI Łukasz	5130	KB INTREX POZNAŃ	M30	55	02:04:11	04:10:02	06:35:25	08:56:03.75	08:56:03.75	+04:03:02 (45.3%)	10:18	5.8 (54.7%)
167	CZARTORYJSKI Darek	5270		M30	56	02:04:18	04:00:36	06:20:22	08:56:16.70	08:56:16.70	+04:03:15 (45.4%)	10:18	5.8 (54.7%)
168	KILIAN Mariusz	5100	AFTER50.PL	M50	13	02:03:21	04:11:19	06:39:53	08:57:39.65	08:57:39.65	+04:04:37 (45.5%)	10:20	5.8 (54.7%)
169	PUDEŁKO Dariusz	5308	STELLANTIS ACTIVE TEAM	M50	14	02:16:24	04:17:42	06:43:38	08:58:02.80	08:58:02.80	+04:05:01 (45.5%)	10:20	5.8 (54.7%)
170	MAKAREWICZ Wiktor	5276	GÓRAL Z MAZUR RUNNING TEAM/KUDŁATE MAKARONY	M30	57	02:02:13	04:09:09	06:35:02	08:59:03.25	08:59:03.25	+04:06:01 (45.6%)	10:21	5.8 (54.7%)
171	PODSIADŁO Wojciech	5090	SZYBKĄ GRUPĄ BUKOVINA	M50	15	02:10:57	04:22:38	06:45:45	09:01:31.50	09:01:31.50	+04:08:29 (45.9%)	10:24	5.8 (54.7%)
172	SEROKA Piotr	5208		M40	64	01:54:13	04:05:43	06:42:55	09:01:39.40	09:01:39.40	+04:08:37 (45.9%)	10:24	5.8 (54.7%)
173	NIEDBAŁ Maja	5006		K20	6	02:03:44	04:20:10	06:44:49	09:02:37.80	09:02:37.80	+04:09:36 (46.0%)	10:26	5.7 (53.8%)
174	KLAJBERT Paweł	5007		M20	5	02:03:38	04:20:09	06:44:50	09:02:38.20	09:02:38.20	+04:09:36 (46.0%)	10:26	5.7 (53.8%)
175	WOŁOSZYN Ryszard	5215	PIZUNY ROZTOCZE WSCHODNIE	M50	16	02:05:21	03:57:06	06:36:10	09:02:44.00	09:02:44.00	+04:09:42 (46.0%)	10:26	5.7 (53.8%)
176	KĘDRA Agnieszka	5022	CARPATHIAN RUNNERS	K30	15	02:12:47	04:24:13	06:57:18	09:03:57.90	09:03:57.90	+04:10:56 (46.1%)	10:27	5.7 (53.8%)
177	PIETRUSZEWSKI Bartłomiej	5286		M40	65	02:13:48	04:20:18	06:53:55	09:05:12.75	09:05:12.75	+04:12:11 (46.3%)	10:29	5.7 (53.8%)
178	MACIEJEWSKI Karol	5099	BIEGIEM RADOM!	M40	66	02:10:56	04:18:59	06:45:56	09:07:05.40	09:07:05.40	+04:14:03 (46.4%)	10:31	5.7 (53.8%)
179	BAK Filip	5076	MAKALU TEAM	M40	67				09:08:06.85	09:08:06.85	+04:15:05 (46.5%)	10:32	5.7 (53.8%)
180	MAJEWSKI Wojciech	5271	GOLONKA HULS	M30	58	02:06:31	04:26:08	06:58:28	09:08:44.95	09:08:44.95	+04:15:43 (46.6%)	10:33	5.7 (53.8%)
181	SADOCH Kamil	5129	DECEPTICON GYM	M30	59	02:07:38	04:24:35	07:00:55	09:09:21.05	09:09:21.05	+04:16:19 (46.7%)	10:33	5.7 (53.8%)
182	PASZKO Stanisław	5218	DINOZAURO Z ROZTOCZA	M60	4	02:19:32	04:31:54	06:55:36	09:09:44.15	09:09:44.15	+04:16:42 (46.7%)	10:34	5.7 (53.8%)
183	TOMASZEWSKI Dominik	5057	WILLSOOR	M40	68	02:10:00	04:22:04	06:53:22	09:09:45.95	09:09:45.95	+04:16:44 (46.7%)	10:34	5.7 (53.8%)
184	BURLIGA Marzena	5010		K40	10	02:22:08	04:32:29	07:03:55	09:09:50.10	09:09:50.10	+04:16:48 (46.7%)	10:34	5.7 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
185	BURLIGA Mariusz	5020	STELLANTIS ACTIVE TEAM	M40	69	02:22:09	04:32:29	07:03:55	09:09:51.65	09:09:51.65	+04:16:49 (46.7%)	10:34	5.7 (53.8%)
186	SZYMAŃSKA Agata	5137	RADZYMIN RUN TEAM	K40	11	02:15:32	04:32:33	06:59:29	09:10:14.20	09:10:14.20	+04:17:12 (46.7%)	10:34	5.7 (53.8%)
187	CAŁKA Agnieszka	5136	RADZYMIN RUN TEAM	K40	12	02:15:31	04:32:34	06:59:28	09:10:14.25	09:10:14.25	+04:17:12 (46.7%)	10:34	5.7 (53.8%)
188	ZAJĄCZKOWSKI Grzegorz	5193		M40	70	02:05:20	04:27:31	06:58:37	09:10:23.90	09:10:23.90	+04:17:22 (46.8%)	10:35	5.7 (53.8%)
189	JĘDRZEJCZYK Ula	5167	BIEGAJ POD OKIEM TRENERA	K20	7	02:13:55	04:23:10	06:58:27	09:12:30.55	09:12:30.55	+04:19:28 (47.0%)	10:37	5.6 (52.8%)
190	FIJAŁKOWSKI Radosław	5291	DECEPTICONGYM	M40	71	02:07:44	04:24:03	06:57:38	09:13:07.20	09:13:07.20	+04:20:05 (47.0%)	10:38	5.6 (52.8%)
191	LANGNER Maurycy	5174	TEAM PAWEŁ NIE CAŁKIEM ŚWIĘTY	M40	72	02:13:08	04:39:19	07:06:43	09:14:24.65	09:14:24.65	+04:21:22 (47.1%)	10:39	5.6 (52.8%)
192	KOBIEROWSKI Edward	5118	BYTÓW	M40	73	02:24:19	04:50:37	07:18:43	09:19:43.45	09:19:43.45	+04:26:41 (47.6%)	10:45	5.6 (52.8%)
193	ZIĘTEK Krzysztof	5269	ADIDAS RUNNERS	M40	74	02:06:51	04:21:07	06:58:42	09:20:06.70	09:20:06.70	+04:27:05 (47.7%)	10:46	5.6 (52.8%)
194	RÓŻAK-RUKUSZEWICZ Magdalena	5114	DZIKIE GRUBASY SZATANA	K40	13	02:20:23	04:30:29	07:04:26	09:20:49.40	09:20:49.40	+04:27:47 (47.8%)	10:47	5.6 (52.8%)
195	PIATKOWSKI Michał	5165		M40	75	02:20:07	04:31:35	07:00:10	09:20:58.70	09:20:58.70	+04:27:57 (47.8%)	10:47	5.6 (52.8%)
196	OZDOBA Marek	5133	KB INTREX POZNAŃ	M40	76	02:00:02	04:22:29	06:53:45	09:22:09.80	09:22:09.80	+04:29:08 (47.9%)	10:48	5.6 (52.8%)
197	GLAZER Marcin	5296	PKO BANK POLSKI	M30	60	02:16:05	04:30:28	07:03:00	09:23:48.00	09:23:48.00	+04:30:46 (48.0%)	10:50	5.5 (51.9%)
198	SKAWIŃSKI Marcel	5295		M20	6	02:01:54	04:32:36	07:07:14	09:24:11.55	09:24:11.55	+04:31:09 (48.1%)	10:50	5.5 (51.9%)
199	MAJ Magdalena	5303		K30	16	02:11:59	04:18:35	06:54:44	09:24:57.30	09:24:57.30	+04:31:55 (48.1%)	10:51	5.5 (51.9%)
200	SIKORSKA Agnieszka	5241		K30	17	02:16:11	04:31:09	07:00:43	09:25:06.30	09:25:06.30	+04:32:04 (48.1%)	10:52	5.5 (51.9%)
201	COFALSKI Jakub	5210		M30	61	02:11:32	04:35:17	07:06:05	09:26:37.65	09:26:37.65	+04:33:35 (48.3%)	10:53	5.5 (51.9%)
202	ŚLUZEK Mirosław	5166		M50	17	02:07:18	04:17:39	06:53:40	09:27:13.50	09:27:13.50	+04:34:11 (48.3%)	10:54	5.5 (51.9%)
203	ZWĘGLIŃSKI Michał	5125		M30	62	02:06:48	04:24:00	06:57:12	09:27:49.45	09:27:49.45	+04:34:47 (48.4%)	10:55	5.5 (51.9%)
204	KALICKI Irek	5111	DECEPICON GYM	M40	77	02:07:39	04:24:35	07:00:27	09:27:49.50	09:27:49.50	+04:34:47 (48.4%)	10:55	5.5 (51.9%)
205	PRZYKUCKI Robert	5117	NO EXCUSES TEAAM	M40	78	02:12:54	04:29:24	07:09:41	09:29:01.85	09:29:01.85	+04:36:00 (48.5%)	10:56	5.5 (51.9%)
206	KADECKI Marek	5229		M40	79	02:20:58	04:33:39	07:12:04	09:29:23.20	09:29:23.20	+04:36:21 (48.5%)	10:56	5.5 (51.9%)
207	MELSON Maciej	5062	KLUB SPORTOWY SZAKALE BAŁUT ŁÓDŹ	M30	63	02:09:46	04:24:01	06:59:47	09:30:44.95	09:30:44.95	+04:37:43 (48.7%)	10:58	5.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
208	RYK Grzegorz	5278		M40	80	02:15:24	04:26:21	07:07:44	09:32:25.75	09:32:25.75	+04:39:24 (48.8%)	11:00	5.5 (51.9%)
209	GŁÓWKA Alfred	5132		M50	18	02:12:51	04:30:34	07:09:34	09:32:25.80	09:32:25.80	+04:39:24 (48.8%)	11:00	5.5 (51.9%)
210	SURDZIEL Michał	5067		M20	7	02:10:25	04:30:13	07:07:40	09:32:58.85	09:32:58.85	+04:39:57 (48.9%)	11:01	5.4 (50.9%)
211	STENCEL Przemysław	5066		M20	8	02:08:29	04:30:26	07:07:39	09:33:24.70	09:33:24.70	+04:40:23 (48.9%)	11:01	5.4 (50.9%)
212	SADOWSKA Justyna	5034	UKS HERKULES SULEJÓWEK	K50	2	02:19:50	04:36:21	07:08:39	09:36:46.15	09:36:46.15	+04:43:44 (49.2%)	11:05	5.4 (50.9%)
213	BAK Bogdan	5226		M50	19	02:11:35	04:27:41	07:07:22	09:37:18.15	09:37:18.15	+04:44:16 (49.2%)	11:06	5.4 (50.9%)
214	CHODUN Agnieszka	5037		K40	14	02:14:01	04:32:31	07:09:13	09:39:22.90	09:39:22.90	+04:46:21 (49.4%)	11:08	5.4 (50.9%)
215	CHODUN Marek	5038		M40	81	02:14:00	04:32:31	07:09:12	09:39:23.15	09:39:23.15	+04:46:21 (49.4%)	11:08	5.4 (50.9%)
216	WARA-WĄSOWSKI Maciej	5064	SZAKALE BAŁUT ŁÓDŹ	M50	20	02:16:18	04:36:29	07:19:01	09:39:33.25	09:39:33.25	+04:46:31 (49.4%)	11:08	5.4 (50.9%)
217	ZAJĄC Paweł	5192		M30	64	02:15:14	04:46:11	07:24:47	09:41:40.50	09:41:40.50	+04:48:38 (49.6%)	11:11	5.4 (50.9%)
218	ŚLĘŻAK Michał	5194		M30	65	02:15:11	04:46:15	07:24:49	09:41:52.60	09:41:52.60	+04:48:50 (49.6%)	11:11	5.4 (50.9%)
219	KOS Paweł	5256	EAZYMUT.PL	M50	21	02:24:49	04:35:14	07:17:06	09:44:03.65	09:44:03.65	+04:51:01 (49.8%)	11:13	5.3 (50.0%)
220	JAZUKIEWICZ Ewa	5255	EAZYMUT.PL	K40	15	02:24:51	04:35:25	07:17:10	09:44:04.15	09:44:04.15	+04:51:02 (49.8%)	11:13	5.3 (50.0%)
221	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	5021	DEVI HIMAL TEAM / AKTYWNI WĘGRÓW	K40	16	02:29:28	04:50:49	07:22:41	09:44:56.50	09:44:56.50	+04:51:54 (49.9%)	11:14	5.3 (50.0%)
222	OLSZAK Kuba	5018		M20	9	02:26:27	04:56:08	07:25:49	09:50:35.15	09:50:35.15	+04:57:33 (50.4%)	11:21	5.3 (50.0%)
223	MYŚLICKA Natalia	5017		K30	18	02:27:06	04:56:10	07:25:37	09:50:35.45	09:50:35.45	+04:57:33 (50.4%)	11:21	5.3 (50.0%)
224	GUBSKAYA Aleksandra	5070		K20	8	02:26:21	04:25:47	07:25:32	09:50:35.50	09:50:35.50	+04:57:33 (50.4%)	11:21	5.3 (50.0%)
225	ŁOKAS Andrzej	5026		M50	22	02:27:59	04:56:04	07:31:51	09:50:48.95	09:50:48.95	+04:57:47 (50.4%)	11:21	5.3 (50.0%)
226	NIEDŹWIECKA Kasia	5195	EKOBIEGI	K50	3	02:27:19	04:46:50	07:28:07	09:51:24.55	09:51:24.55	+04:58:22 (50.5%)	11:22	5.3 (50.0%)
227	KIJOWSKA Aldona	5207	MARKOWI BIEGACZE	K40	17	02:27:49	04:50:37	07:30:52	09:51:55.80	09:51:55.80	+04:58:54 (50.5%)	11:22	5.3 (50.0%)
228	SZARYŃSKI Dariusz	5141	SZARY TEAM	M40	82	02:09:48	04:41:56	07:28:46	09:52:24.40	09:52:24.40	+04:59:22 (50.5%)	11:23	5.3 (50.0%)
229	CZEKALSKA Magdalena	5088	NARAMOWICE BIEGAJĄ	K40	18	02:14:22	04:38:18	07:19:43	09:54:11.10	09:54:11.10	+05:01:09 (50.7%)	11:25	5.3 (50.0%)
230	CZEKALSKI Tomasz	5089	NARAMOWICE BIEGAJĄ	M40	83	02:13:39	04:38:18	07:19:44	09:54:11.25	09:54:11.25	+05:01:09 (50.7%)	11:25	5.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki	P2_Solinka	P3_Roztoki	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	28km	41km	52km	52km			
231	RADYK Jakub	5230	PRZEMYSKI KLUB BIEGACZA	M30	66	02:32:51	04:48:45	07:26:56	09:55:53.80	09:55:53.80	+05:02:52 (50.8%)	11:27	5.2 (49.1%)
231	RADYK Joanna	5231	PRZEMYSKI KLUB BIEGACZA	K40	19	02:32:56	04:48:45	07:26:54	09:55:53.80	09:55:53.80	+05:02:52 (50.8%)	11:27	5.2 (49.1%)
233	JEDLIŃSKI Bartosz	5086	MARATOŃCZYK DĘBICA	M40	84	02:19:24	04:33:39	07:22:41	09:56:59.90	09:56:59.90	+05:03:58 (50.9%)	11:28	5.2 (49.1%)
234	HORN Rafal	5259		M50	23	02:23:26	04:54:55	07:40:02	09:59:12.30	09:59:12.30	+05:06:10 (51.1%)	11:31	5.2 (49.1%)
235	GRONIECKI Mikołaj	5143		M40	85	02:15:48	04:28:46	07:17:10	09:59:22.55	09:59:22.55	+05:06:20 (51.1%)	11:31	5.2 (49.1%)
236	KUBALA Sylwester	5135		M40	86	02:35:34	05:01:01	07:32:38	10:00:39.90	10:00:39.90	+05:07:38 (51.2%)	11:33	5.2 (49.1%)
237	CZECHOWSKI Konrad	5069		M30	67	02:19:52	04:46:29	07:36:21	10:07:46.70	10:07:46.70	+05:14:45 (51.8%)	11:41	5.1 (48.1%)
238	LALEWICZ Wojciech	5023	ASSECO ACTIVE TEAM	M50	24	02:20:21	04:59:58	07:50:03	10:08:37.50	10:08:37.50	+05:15:35 (51.9%)	11:42	5.1 (48.1%)
239	ŻAK Oliwia	5171		K40	20	02:34:44	05:01:30	07:40:00	10:14:52.15	10:14:52.15	+05:21:50 (52.3%)	11:49	5.1 (48.1%)
240	BRZOZOWSKA Katarzyna	5188		K40	21	02:34:43	05:01:29	07:40:00	10:14:52.20	10:14:52.20	+05:21:50 (52.3%)	11:49	5.1 (48.1%)
241	KIEŁBUS Mirosław	5199		M50	25	02:32:50	05:00:22	07:43:38	10:18:05.55	10:18:05.55	+05:25:03 (52.6%)	11:53	5 (47.2%)
242	BORTNOWSKA Judyta	5200		K40	22	02:33:39	05:00:23	07:43:58	10:18:34.10	10:18:34.10	+05:25:32 (52.6%)	11:53	5 (47.2%)
243	ANDRZEJEWSKI Maciej	5126	KTÓRĘDY PO PIWO?	M30	68	02:22:03	04:51:49	07:36:30	10:19:09.80	10:19:09.80	+05:26:08 (52.7%)	11:54	5 (47.2%)
244	DENKOWSKI Wojciech	5044		M50	26	02:39:09	05:02:27	07:49:31	10:19:45.75	10:19:45.75	+05:26:44 (52.7%)	11:55	5 (47.2%)
245	MAZURKIEWICZ Mariusz	5214	GRUPA MRÓZ	M50	27	02:10:19	04:26:11	07:30:25	10:20:06.55	10:20:06.55	+05:27:04 (52.7%)	11:55	5 (47.2%)
246	LUBSZCZYK Adrian	5030	BIEGAM BO KOCHAM TEN STAN	M30	69	02:15:30	04:35:19	07:17:07	10:20:35.70	10:20:35.70	+05:27:34 (52.8%)	11:56	5 (47.2%)
247	JASZEWSKI Tomasz	5075		M40	87	02:25:15	05:04:13	07:48:49	10:25:03.70	10:25:03.70	+05:32:02 (53.1%)	12:01	5 (47.2%)
248	KRZYSZTOFOWICZ Karolina	5160	ULTRASY	K40	23	02:35:28	05:05:18	07:51:05	10:25:56.55	10:25:56.55	+05:32:54 (53.2%)	12:02	5 (47.2%)
249	PIETRUSZEWSKA Katarzyna	5285		K40	24	02:35:16	05:05:17	07:51:05	10:25:58.95	10:25:58.95	+05:32:57 (53.2%)	12:02	5 (47.2%)
250	KOSZOREK Mateusz	5061		M20	10				10:27:44.10	10:27:44.10	+05:34:42 (53.3%)	12:04	5 (47.2%)
251	POPŁAWSKI Krystian	5013		M30	70	02:32:44	05:03:27	07:46:00	10:28:41.50	10:28:41.50	+05:35:39 (53.4%)	12:05	5 (47.2%)
252	BUCIA Michał	5311	SZARY TEAM	M30	71	02:11:28	04:42:10	07:48:58	10:33:00.45	10:33:00.45	+05:39:58 (53.7%)	12:10	4.9 (46.2%)
253	FRAŃCZEK Rafał	5065	EKO-KONSULT	M40	88	02:33:44	05:04:12	07:49:51	10:33:16.10	10:33:16.10	+05:40:14 (53.7%)	12:10	4.9 (46.2%)
254	KOŁODZIEJ Jacek	5187	COMPañEROS ASFALT TEAM	M40	89	02:21:45	04:52:22	07:44:35	10:43:47.75	10:43:47.75	+05:50:46 (54.5%)	12:22	4.8 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
255	ROGUZIŃSKI Radosław	5019	RDX	M40	90	02:20:10	04:40:19	07:40:11	10:44:18.60	10:44:18.60	+05:51:16 (54.5%)	12:23	4.8 (45.3%)
256	MOSZONKA Irena	5304		K40	25	02:31:54	04:54:58	07:49:59	10:51:03.80	10:51:03.80	+05:58:02 (55.0%)	12:31	4.8 (45.3%)
257	KACZKIEWICZ Damian	5262	NIGHT RUNNERS GLIWICE	M40	91	02:39:17	05:22:43	08:00:04	10:59:58.00	10:59:58.00	+06:06:56 (55.6%)	12:41	4.7 (44.3%)
258	WITEK Sylwia	5144		K40	26	02:39:11	05:22:41	07:59:55	10:59:58.05	10:59:58.05	+06:06:56 (55.6%)	12:41	4.7 (44.3%)
259	WŁODARCZYK Sebastian	5201		M20	11	02:08:55	04:49:58	08:03:01	11:02:39.10	11:02:39.10	+06:09:37 (55.8%)	12:44	4.7 (44.3%)
260	JANCZYLIK Paulina	5047		K30	19	02:32:57	05:11:02	08:03:03	11:02:40.85	11:02:40.85	+06:09:39 (55.8%)	12:44	4.7 (44.3%)
261	HOOG Wioleta	5145		K40	27	02:43:09	05:22:42	08:06:53	11:04:42.05	11:04:42.05	+06:11:40 (55.9%)	12:46	4.7 (44.3%)
262	KOŁOWIECKA-WILKOS Angela	5102	VEGERUNNERS	K30	20	02:34:55	05:14:58	07:50:52	11:07:56.80	11:07:56.80	+06:14:55 (56.1%)	12:50	4.7 (44.3%)
263	BOBROWSKI Marcin	5085		M50	28	02:34:56	05:15:13	07:50:43	11:07:57.05	11:07:57.05	+06:14:55 (56.1%)	12:50	4.7 (44.3%)
264	GRZYWACZ Krzysztof	5267	ROCHE RUNNERS	M40	92	02:28:19	05:09:36	07:50:49	11:35:25.95	11:35:25.95	+06:42:24 (57.9%)	13:22	4.5 (42.5%)
Przekroczony limit czasu: 12:00:00													
265	SAGANOWSKI Adam	5197		M40	93	02:43:06	05:35:37		12:00:47.50	12:00:47.50	+07:07:45 (59.3%)	13:51	4.3 (40.6%)
266	JASIŃSKA Patrycja	5205	BRACTWO BIEGOWE BGK	K40	28	03:10:02	05:49:13		12:00:55.20	12:00:55.20	+07:07:53 (59.4%)	13:51	4.3 (40.6%)
267	HERMANOWICZ Marcin	5307	AMATOR	M40	94	03:37:20			12:03:07.10	12:03:07.10	+07:10:05 (59.5%)	13:54	4.3 (40.6%)
268	PAWLAK Wojciech	5190	TRUCHTAMSOBIETRAILOWO	M40	95	02:42:22	05:35:37		12:07:15.55	12:07:15.55	+07:14:13 (59.7%)	13:59	4.3 (40.6%)
	ADAMCZYK Artur	5121		M30		02:01:14 DNF	03:54:44 DNF	06:06:39 DNF	DNF	DNF		-	- (0.0%)
	MAKARSKI Krzysztof	5189	PRZEMYSKI KLUB BIEGACZA	M40		01:36:33 DNF	04:19:07 DNF	DNF	DNF	DNF		-	- (0.0%)
	GÓRSKA Yvonne	5035	ORANGE POLSKA	K40		02:41:54 DNF	05:29:43 DNF	DNF	DNF	DNF		-	- (0.0%)
	TOMASZEWSKI Krzysztof	5081	SPC	M40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 272 wynik(ów)