

# X ZIMOWA BIESZCZADZKA DYCHA 2024

B4SPORT

**Wydarzenie:** X Zimowy Maraton Bieszczadzki  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-01-27  
**Miejsce:** Cisna  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
1	ŁOIŃSKI Andrzej	1084	RUCH IZBICA	M40	1	00:19:55	00:42:51.45	00:42:52.20		4:45	12.6 (100%)
2	JAKUBKOVIČ Dominik	1061	MARAS TEAM	M30	1	00:21:03	00:44:18.65	00:44:19.95	+00:01:27 (3.3%)	4:55	12.2 (96.8%)
3	GURGUL Sebastian	1047	AROMAT NÓG	M40	2	00:20:43	00:44:33.85	00:44:33.85	+00:01:41 (3.8%)	4:57	12.1 (96.0%)
4	TARGOSZ Michał	1057	RUNPROGRESS.PL TEAM	M40	3	00:20:55	00:45:32.40	00:45:32.40	+00:02:40 (5.9%)	5:03	11.9 (94.4%)
5	MLAŚ Ireneusz	1113	IPA PRZEMYŚL	M30	2	00:21:06	00:46:25.95	00:46:25.95	+00:03:33 (7.7%)	5:09	11.6 (92.1%)
6	PEŁDIAK Mateusz	1067	KB ATHLETIC ZRĘCIN/ PAWKO RUNNER TEAM	M30	3	00:21:43	00:47:02.00	00:47:02.65	+00:04:10 (8.9%)	5:13	11.5 (91.3%)
7	ZAWADZKI Marcin	1001	SZCZWANY TRZMIEL TEAM	M40	4	00:22:00	00:48:42.85	00:48:43.15	+00:05:50 (12.0%)	5:24	11.1 (88.1%)
8	DZIUBIŃSKI Radosław	1093	IPA PRZEMYŚL	M40	5	00:22:27	00:48:49.75	00:48:50.80	+00:05:58 (12.2%)	5:25	11.1 (88.1%)
9	ŁAGOŻNY Łukasz	1106	GÓRY MARZEŃ	M40	6	00:23:03	00:49:32.75	00:49:33.70	+00:06:41 (13.5%)	5:30	10.9 (86.5%)
10	MAZURKIEWICZ Tomasz	1109	GÓRY MARZEŃ	M50	1	00:23:01	00:49:33.60	00:49:34.05	+00:06:41 (13.5%)	5:30	10.9 (86.5%)
11	BUCIOR Łukasz	1121		M20	1	00:23:02	00:49:47.10	00:49:48.15	+00:06:55 (13.9%)	5:31	10.8 (85.7%)
12	HOŁOWATY Renata	1090	SANOK BIEGA	K30	1	00:24:22	00:50:20.60	00:50:20.65	+00:07:28 (14.8%)	5:35	10.7 (84.9%)
13	STACH Tomasz	1038		M40	7	00:23:41	00:50:31.75	00:50:33.00	+00:07:40 (15.2%)	5:36	10.7 (84.9%)
14	TAJAK Bartłomiej	1034		M30	4	00:23:32	00:50:36.05	00:50:38.90	+00:07:46 (15.4%)	5:37	10.7 (84.9%)
15	DOŁŻYCKI Paweł	1023		M30	5	00:23:33	00:50:44.65	00:50:46.15	+00:07:53 (15.6%)	5:38	10.6 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na	Czas	Czas	Różn	Tempo	Tempo
						stokowce	netto	brutto			
16	<b>ŚWIDZIŃSKI Tomasz</b>	<b>1082</b>	LOKOMOTIV MAJDAN	M40	8	00:23:04	<b>00:52:23.35</b>	<b>00:52:23.65</b>	+00:09:31 (18.2%)	5:49	10.3 (81.7%)
17	<b>CHARKOT Sławomir</b>	<b>1053</b>	BIEGUSIEM.PL	M40	9	00:24:59	<b>00:54:02.50</b>	<b>00:54:10.35</b>	+00:11:18 (20.9%)	6:00	10 (79.4%)
18	<b>GOLONKA Dawid</b>	<b>1032</b>	JASIELSKIE PIORUNY	M20	2	00:25:27	<b>00:55:05.00</b>	<b>00:55:06.25</b>	+00:12:14 (22.2%)	6:07	9.8 (77.8%)
19	<b>SOLARSKI Robert</b>	<b>1091</b>		M50	2	00:25:05	<b>00:55:18.70</b>	<b>00:55:19.80</b>	+00:12:27 (22.5%)	6:08	9.8 (77.8%)
20	<b>ZIEMLIŃSKI Adrian</b>	<b>1122</b>		M20	3	00:26:38	<b>00:55:44.55</b>	<b>00:55:46.90</b>	+00:12:54 (23.1%)	6:11	9.7 (77.0%)
21	<b>POPIELA-KAWA Sylwia</b>	<b>1096</b>		K40	1	00:25:48	<b>00:56:37.05</b>	<b>00:56:37.65</b>	+00:13:45 (24.3%)	6:17	9.5 (75.4%)
22	<b>KOSTKA Robert</b>	<b>1024</b>		M50	3	00:25:57	<b>00:57:06.90</b>	<b>00:57:08.15</b>	+00:14:15 (25.0%)	6:20	9.5 (75.4%)
22	<b>ROŚCIŃSKI Franciszek</b>	<b>1126</b>	SAMOTNY-WILK	M50	3	00:26:35	<b>00:57:07.55</b>	<b>00:57:08.15</b>	+00:14:15 (25.0%)	6:20	9.5 (75.4%)
24	<b>CICHOŃ Sabina</b>	<b>1129</b>		K40	2	00:27:31	<b>00:58:12.35</b>	<b>00:58:18.15</b>	+00:15:25 (26.5%)	6:28	9.3 (73.8%)
25	<b>Z Marcin</b>	<b>1083</b>		M40	10	00:27:21	<b>00:58:24.05</b>	<b>00:58:29.25</b>	+00:15:37 (26.7%)	6:29	9.2 (73.0%)
26	<b>PADO Michał</b>	<b>1039</b>	BIESZCZADZKA WATAHA MTB RZEPEDŹ	M30	6	00:27:40	<b>00:58:35.30</b>	<b>00:58:41.15</b>	+00:15:48 (27.0%)	6:30	9.2 (73.0%)
27	<b>ZIARKOWSKI Bartosz</b>	<b>1046</b>	STJ KW KRAKÓW	M20	4	00:27:46	<b>00:58:47.20</b>	<b>00:58:52.40</b>	+00:16:00 (27.2%)	6:31	9.2 (73.0%)
28	<b>LASKOWSKI Bartłomiej</b>	<b>1008</b>		M30	7	00:28:48	<b>00:58:55.75</b>	<b>00:59:01.40</b>	+00:16:09 (27.4%)	6:32	9.2 (73.0%)
29	<b>WOŹNIAK Janusz</b>	<b>1004</b>	PORMAT JEDLICZE BIEGA	M60	1	00:27:29	<b>00:59:40.50</b>	<b>00:59:42.60</b>	+00:16:50 (28.2%)	6:37	9.1 (72.2%)
30	<b>NESTOROWICZ Maksymilian</b>	<b>1035</b>	MAM WYBIEGANE	M30	8	00:28:08	<b>00:59:54.70</b>	<b>01:00:00.70</b>	+00:17:08 (28.6%)	6:39	9 (71.4%)
31	<b>WRÓBEL Bartłomiej</b>	<b>1104</b>	CISNA GÓRĄ	M40	11	00:27:34	<b>01:01:12.45</b>	<b>01:01:12.45</b>	+00:18:20 (30.0%)	6:48	8.8 (69.8%)
32	<b>KNAP Mariola</b>	<b>1070</b>	SANOK BIEGA	K40	3	00:29:31	<b>01:01:14.80</b>	<b>01:01:15.15</b>	+00:18:22 (30.0%)	6:48	8.8 (69.8%)
33	<b>PODOLAK Zbigniew</b>	<b>1073</b>	GWIAZDY PRZEMYŚL	M60	2	00:28:56	<b>01:01:26.70</b>	<b>01:01:30.15</b>	+00:18:37 (30.3%)	6:49	8.8 (69.8%)
34	<b>KOWAL Anna</b>	<b>1088</b>		K30	2	00:28:09	<b>01:01:54.90</b>	<b>01:01:56.55</b>	+00:19:04 (30.8%)	6:52	8.7 (69.0%)
35	<b>DROZD Piotr</b>	<b>1099</b>		M40	12	00:29:05	<b>01:02:33.50</b>	<b>01:02:36.25</b>	+00:19:44 (31.5%)	6:57	8.6 (68.3%)
36	<b>DUSZA Łukasz</b>	<b>1076</b>		M30	9	00:29:00	<b>01:02:31.55</b>	<b>01:02:41.50</b>	+00:19:49 (31.6%)	6:56	8.6 (68.3%)
37	<b>UJMA Stanisław</b>	<b>1055</b>		M60	3	00:29:24	<b>01:03:09.65</b>	<b>01:03:09.65</b>	+00:20:17 (32.1%)	7:01	8.6 (68.3%)
38	<b>SZMAJ Michał</b>	<b>1066</b>	SZARŻA WROCŁAW	M40	13	00:28:40	<b>01:03:40.05</b>	<b>01:03:40.25</b>	+00:20:48 (32.7%)	7:04	8.5 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kryzowka na stokowce 5km		Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
39	<b>KOKOSIŃSKI Krzysztof</b>	<b>1016</b>		M20	5			<b>01:03:45.00</b>	<b>01:03:45.00</b>	+00:20:52 (32.8%)	7:05	8.5 (67.5%)
40	<b>WASILEWSKI Tomasz</b>	<b>1074</b>	AROMAT NÓG	M40	14	00:29:59		<b>01:03:44.50</b>	<b>01:03:46.00</b>	+00:20:53 (32.8%)	7:04	8.5 (67.5%)
41	<b>MUSIOŁ Sonja</b>	<b>1064</b>	SONJA MUSIOŁ PSYCHOTERAPIA	K20	1	00:30:21		<b>01:04:26.60</b>	<b>01:04:30.85</b>	+00:21:38 (33.5%)	7:09	8.4 (66.7%)
42	<b>URZEDOWSKI Arkadiusz</b>	<b>1097</b>		M30	10	00:30:22		<b>01:04:25.60</b>	<b>01:04:31.70</b>	+00:21:39 (33.6%)	7:09	8.4 (66.7%)
43	<b>JANAS Marian</b>	<b>1125</b>	OTK RZEŹNIK	M60	4	00:30:13		<b>01:04:45.90</b>	<b>01:04:58.30</b>	+00:22:06 (34.0%)	7:11	8.3 (65.9%)
44	<b>GANCARZ Barbara</b>	<b>1012</b>		K30	3	00:30:25		<b>01:05:12.10</b>	<b>01:05:13.90</b>	+00:22:21 (34.3%)	7:14	8.3 (65.9%)
45	<b>ŁAWROWSKI Adolf</b>	<b>1107</b>	KS HARPAGAN	M60	5	00:31:21		<b>01:05:35.30</b>	<b>01:05:37.50</b>	+00:22:45 (34.7%)	7:17	8.2 (65.1%)
46	<b>PĘTALA Marcin</b>	<b>1075</b>		M30	11	00:32:15		<b>01:05:52.75</b>	<b>01:05:54.35</b>	+00:23:02 (35.0%)	7:19	8.2 (65.1%)
47	<b>KSIĄŻEK Damian</b>	<b>1072</b>		M30	12	00:28:44		<b>01:05:49.45</b>	<b>01:05:55.90</b>	+00:23:03 (35.0%)	7:18	8.2 (65.1%)
48	<b>GUCWA Mirosław</b>	<b>1079</b>	BACK ON TRACK	M40	15	00:30:07		<b>01:05:53.20</b>	<b>01:05:57.00</b>	+00:23:04 (35.0%)	7:19	8.2 (65.1%)
49	<b>DZIEŃKOWSKA Ewelina</b>	<b>1021</b>		K40	4	00:30:29		<b>01:05:52.80</b>	<b>01:05:57.75</b>	+00:23:05 (35.0%)	7:19	8.2 (65.1%)
50	<b>ZYSKOWSKI Andrzej</b>	<b>1022</b>	ULTRA GORDON TEAM	M40	16	00:30:30		<b>01:05:53.05</b>	<b>01:05:57.80</b>	+00:23:05 (35.0%)	7:19	8.2 (65.1%)
51	<b>LEWICKI Wojciech</b>	<b>1108</b>	WŻW RZESZÓW	M30	13	00:32:20		<b>01:05:50.25</b>	<b>01:06:00.95</b>	+00:23:08 (35.1%)	7:18	8.2 (65.1%)
52	<b>POJNAR Katarzyna</b>	<b>1052</b>		K20	2	00:29:01		<b>01:06:55.60</b>	<b>01:07:02.75</b>	+00:24:10 (36.1%)	7:26	8.1 (64.3%)
53	<b>ZIELIŃSKI Damian</b>	<b>1114</b>	STOPKA PILAWA	M40	17	00:31:06		<b>01:07:16.30</b>	<b>01:07:16.30</b>	+00:24:24 (36.3%)	7:28	8 (63.5%)
54	<b>SKARUZ Anna</b>	<b>1030</b>	SŁONECZKO	K40	5	00:30:58		<b>01:07:35.90</b>	<b>01:07:40.50</b>	+00:24:48 (36.7%)	7:30	8 (63.5%)
55	<b>STELMACH-TOFIL Ewa</b>	<b>1120</b>	#NOLIMITS	K40	6	00:28:36		<b>01:08:30.20</b>	<b>01:08:32.45</b>	+00:25:40 (37.5%)	7:36	7.9 (62.7%)
56	<b>FORNALIK Marek</b>	<b>1045</b>	FORNALOSTEAM	M40	18	00:30:11		<b>01:09:02.80</b>	<b>01:09:08.15</b>	+00:26:15 (38.0%)	7:40	7.8 (61.9%)
57	<b>OBYRTACZ Paweł</b>	<b>1051</b>		M30	14	00:32:06		<b>01:09:12.30</b>	<b>01:09:19.05</b>	+00:26:26 (38.2%)	7:41	7.8 (61.9%)
58	<b>LESIŃSKIA Monika</b>	<b>1037</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	M40	19	00:30:47		<b>01:09:20.05</b>	<b>01:09:23.70</b>	+00:26:31 (38.2%)	7:42	7.8 (61.9%)
59	<b>ZAWADKA Małgorzata</b>	<b>1029</b>	STOPKA PILAWA	K40	7	00:32:18		<b>01:09:36.30</b>	<b>01:09:46.90</b>	+00:26:54 (38.6%)	7:44	7.8 (61.9%)
60	<b>RUDY Magdalena</b>	<b>1116</b>		K30	4	00:31:22		<b>01:09:41.50</b>	<b>01:09:49.15</b>	+00:26:56 (38.6%)	7:44	7.7 (61.1%)
61	<b>KAMLER Rafał</b>	<b>1048</b>	BRAK	M40	20	00:30:06		<b>01:10:44.35</b>	<b>01:10:47.30</b>	+00:27:55 (39.4%)	7:51	7.6 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na	Czas	Czas	Różn	Tempo	Tempo
						stokowce	netto	brutto			
62	ZARZYKA Zofia	1118		K40	8	00:30:30	01:10:48.45	01:10:53.05	+00:28:00 (39.5%)	7:52	7.6 (60.3%)
63	GEMZIK Agata	1086	J U V E R U N	K30	5	00:31:27	01:11:00.30	01:11:06.10	+00:28:13 (39.7%)	7:53	7.6 (60.3%)
64	NAWROT Waldek	1094	J U V E R U N	M50	5	00:31:24	01:11:00.20	01:11:07.65	+00:28:15 (39.7%)	7:53	7.6 (60.3%)
65	TAUZ Michał	1102		M20	6	00:32:14	01:11:03.20	01:11:09.90	+00:28:17 (39.8%)	7:53	7.6 (60.3%)
66	ADACH-SOSNOWSKA Magdalena	1017		K40	9	00:28:45	01:11:28.30	01:11:43.45	+00:28:51 (40.2%)	7:56	7.6 (60.3%)
67	KAPŁOWSKI Jerzy	1119		M50	6	00:28:27	01:11:26.70	01:11:43.65	+00:28:51 (40.2%)	7:56	7.6 (60.3%)
68	GASIOR Paweł	1059	ROZBIEGANY SUSZ	M30	15	00:30:48	01:11:50.35	01:11:54.70	+00:29:02 (40.4%)	7:58	7.5 (59.5%)
69	GREC Katarzyna	1010		K20	3	00:32:27	01:11:51.20	01:11:59.05	+00:29:06 (40.4%)	7:59	7.5 (59.5%)
70	BOBYK Paweł	1095		M40	21	00:33:58	01:11:54.80	01:12:02.75	+00:29:10 (40.5%)	7:59	7.5 (59.5%)
71	SOWA Bogusław	1002		M40	22	00:33:11	01:13:12.25	01:13:18.85	+00:30:26 (41.5%)	8:08	7.4 (58.7%)
72	KORZENIEWSKI Piotr	1071		M30	16	00:35:29	01:13:29.00	01:13:37.85	+00:30:45 (41.8%)	8:09	7.3 (57.9%)
73	JAKIELASZEK Maciej	1063	ŚMIGACZDYZIA	M30	17	00:32:52	01:13:40.45	01:13:50.25	+00:30:58 (41.9%)	8:11	7.3 (57.9%)
74	DABROWKA Nina	1089	FUNDACJA LATARNIA - GMINA BUKOWSKO	K30	6	00:34:02	01:13:57.40	01:14:02.40	+00:31:10 (42.1%)	8:13	7.3 (57.9%)
75	MACIEWICZ Teresa	1020		K50	1	00:32:41	01:14:56.20	01:15:02.05	+00:32:09 (42.9%)	8:19	7.2 (57.1%)
76	MAZEK Łukasz	1112	STOPKA PILAWA	M30	18	00:32:29	01:15:55.90	01:15:55.90	+00:33:03 (43.5%)	8:26	7.1 (56.3%)
77	GUCAJMA Izabela	1031		K30	7	00:33:58	01:16:39.50	01:16:42.55	+00:33:50 (44.1%)	8:31	7 (55.6%)
78	SIKORA Amelia	1092		K20	4	00:36:28	01:16:43.55	01:16:47.95	+00:33:55 (44.2%)	8:31	7 (55.6%)
79	FUDALI Jacek	1056		M30	19	00:35:41	01:17:07.55	01:17:09.45	+00:34:17 (44.4%)	8:34	7 (55.6%)
80	KRZEMIEN Jakub	1085		M30	20	00:34:32	01:17:15.40	01:17:24.35	+00:34:32 (44.6%)	8:35	7 (55.6%)
81	PISZCZ Dariusz	1123		M50	7	00:36:08	01:17:26.50	01:17:31.50	+00:34:39 (44.7%)	8:36	7 (55.6%)
82	BEDNARCZYK Karol	1128	AMATOR	M30	21	00:37:52	01:17:33.80	01:17:41.65	+00:34:49 (44.8%)	8:37	7 (55.6%)
83	BAK-LITWA Ewa	1005	FOREVER TEAM	K40	10	00:34:29	01:17:53.85	01:17:57.80	+00:35:05 (45.0%)	8:39	6.9 (54.8%)
84	LITWA Łukasz	1006	FOREVER TEAM	M40	23	00:34:32	01:17:54.65	01:17:58.30	+00:35:06 (45.0%)	8:39	6.9 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na	Czas	Czas	Różn	Tempo	Tempo
						stokowce	netto	brutto			
85	<b>POPEK Małgorzata</b>	<b>1007</b>		K40	11	00:34:47	<b>01:18:00.45</b>	<b>01:18:03.80</b>	+00:35:11 (45.1%)	8:40	6.9 (54.8%)
86	<b>OSIADŁY Bartosz</b>	<b>1013</b>		M40	24	00:34:01	<b>01:18:02.55</b>	<b>01:18:05.05</b>	+00:35:12 (45.1%)	8:40	6.9 (54.8%)
87	<b>STEC Andrzej</b>	<b>1033</b>		M50	8	00:34:00	<b>01:19:07.05</b>	<b>01:19:12.25</b>	+00:36:20 (45.9%)	8:47	6.8 (54.0%)
88	<b>ANDRASZ Paweł</b>	<b>1027</b>		M30	22	00:33:39	<b>01:19:15.50</b>	<b>01:19:19.60</b>	+00:36:27 (46.0%)	8:48	6.8 (54.0%)
89	<b>BYLINKA Krzysztof</b>	<b>1127</b>	STOPKA PILAWA	M30	23	00:39:08	<b>01:21:32.90</b>	<b>01:21:44.50</b>	+00:38:52 (47.6%)	9:03	6.6 (52.4%)
90	<b>WASILEWSKI Marcin</b>	<b>1014</b>		M40	25	00:36:16	<b>01:24:11.20</b>	<b>01:24:14.30</b>	+00:41:22 (49.1%)	9:21	6.4 (50.8%)
91	<b>WASYLÓW Izabela</b>	<b>1124</b>	JACEK TEAM-PRZEMYŚL	K40	12	00:36:42	<b>01:24:27.60</b>	<b>01:24:34.65</b>	+00:41:42 (49.3%)	9:23	6.4 (50.8%)
92	<b>KUC Daniel</b>	<b>1040</b>		M40	26	00:37:43	<b>01:25:27.50</b>	<b>01:25:35.90</b>	+00:42:43 (49.9%)	9:29	6.3 (50.0%)
93	<b>WRONOWSKA Ewelina</b>	<b>1018</b>		K30	8	00:37:34	<b>01:26:26.00</b>	<b>01:26:35.55</b>	+00:43:43 (50.5%)	9:36	6.2 (49.2%)
94	<b>BAZENTKIEWICZ Piotr</b>	<b>1028</b>		M20	7		<b>01:26:31.95</b>	<b>01:26:39.60</b>	+00:43:47 (50.5%)	9:36	6.2 (49.2%)
95	<b>CHMIEL-ŁOIŃSKA Monika</b>	<b>1098</b>		K40	13	00:34:28	<b>01:26:39.20</b>	<b>01:26:47.95</b>	+00:43:55 (50.6%)	9:37	6.2 (49.2%)
96	<b>ZGÓRSKI Maciej</b>	<b>1009</b>		M40	27	00:36:45	<b>01:26:57.35</b>	<b>01:27:02.85</b>	+00:44:10 (50.8%)	9:39	6.2 (49.2%)
97	<b>ZAWADKA Karolina</b>	<b>1025</b>	STOPKA PILAWA	K30	9	00:39:08	<b>01:27:44.25</b>	<b>01:27:54.80</b>	+00:45:02 (51.2%)	9:44	6.2 (49.2%)
98	<b>KOWALSKA Monika</b>	<b>1026</b>	STOPKA PILAWA	K40	14	00:38:48	<b>01:27:44.00</b>	<b>01:27:55.00</b>	+00:45:02 (51.2%)	9:44	6.2 (49.2%)
99	<b>WOŹNIAK Lidia</b>	<b>1078</b>	PORMAT JEDLICZE BIEGA	K50	2	00:38:56	<b>01:28:23.95</b>	<b>01:28:27.00</b>	+00:45:34 (51.5%)	9:49	6.1 (48.4%)
100	<b>PIELAK Marcin</b>	<b>1111</b>	MARKOWI BIEGACZE	M40	28	00:40:01	<b>01:28:24.90</b>	<b>01:28:40.70</b>	+00:45:48 (51.7%)	9:49	6.1 (48.4%)
101	<b>KOŚCIUCZYK Lesław</b>	<b>1069</b>		M50	9	00:39:48	<b>01:29:42.20</b>	<b>01:29:51.50</b>	+00:46:59 (52.3%)	9:58	6 (47.6%)
102	<b>PETER Katarzyna</b>	<b>1087</b>		K50	3	00:37:49	<b>01:29:54.15</b>	<b>01:30:11.35</b>	+00:47:19 (52.5%)	9:59	6 (47.6%)
103	<b>KOBAK Klaudyna</b>	<b>1011</b>		K20	5	00:35:53	<b>01:30:07.05</b>	<b>01:30:14.20</b>	+00:47:22 (52.5%)	10:00	6 (47.6%)
104	<b>AUGUSTYNIAK Iza</b>	<b>1015</b>		K20	6	00:38:53	<b>01:30:12.65</b>	<b>01:30:19.90</b>	+00:47:27 (52.5%)	10:01	6 (47.6%)
105	<b>WALECKA Anna</b>	<b>1019</b>	STOPKA PILAWA	K30	10	00:41:20	<b>01:31:02.15</b>	<b>01:31:12.85</b>	+00:48:20 (53.0%)	10:06	5.9 (46.8%)
106	<b>NAWROT Magdalena</b>	<b>1103</b>	J U V E R U N	K40	15	00:40:21	<b>01:32:02.25</b>	<b>01:32:08.95</b>	+00:49:16 (53.5%)	10:13	5.9 (46.8%)
107	<b>WOŁOSZYN Ryszard</b>	<b>1105</b>	MARGO TEAM	M50	10	00:41:17	<b>01:33:39.25</b>	<b>01:33:49.05</b>	+00:50:56 (54.3%)	10:24	5.8 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 9km	Czas brutto 9km	Różn	Tempo min/km	Tempo km/h
108	<b>MIKOŁAJCZYK Wiktor</b>	<b>1115</b>	ULTRA KSP	M20	8	00:41:11	<b>01:33:47.10</b>	<b>01:33:51.25</b>	+00:50:59 (54.3%)	10:25	5.8 (46.0%)
109	<b>CZUBA Jadwiga</b>	<b>1081</b>		K40	16	00:41:22	<b>01:36:04.10</b>	<b>01:36:12.10</b>	+00:53:19 (55.4%)	10:40	5.6 (44.4%)
110	<b>ŻYŁOWICZ Marcin</b>	<b>1060</b>		M30	24	00:40:47	<b>01:36:00.50</b>	<b>01:36:19.15</b>	+00:53:26 (55.5%)	10:40	5.6 (44.4%)
111	<b>CZAPLA Andrzej</b>	<b>1058</b>		M60	6		<b>01:37:38.95</b>	<b>01:37:47.20</b>	+00:54:55 (56.2%)	10:50	5.5 (43.7%)
112	<b>MARAS Ladislav</b>	<b>1062</b>	MARAS TEAM	M60	7	00:44:06	<b>01:40:48.15</b>	<b>01:40:53.80</b>	+00:58:01 (57.5%)	11:12	5.4 (42.9%)
113	<b>DRELINKIEWICZ Alicja</b>	<b>1101</b>	DYNÓW	K60	1		<b>01:44:49.35</b>	<b>01:45:01.10</b>	+01:02:08 (59.2%)	11:38	5.2 (41.3%)
114	<b>HADAM Ewa</b>	<b>1100</b>	SPARTAN TRAINING GROUP RZESZÓW	K50	4		<b>01:44:49.45</b>	<b>01:45:01.40</b>	+01:02:09 (59.2%)	11:38	5.2 (41.3%)
115	<b>STROJNY Aleksander</b>	<b>1077</b>		M40	29		<b>01:50:03.70</b>	<b>01:50:16.55</b>	+01:07:24 (61.1%)	12:13	4.9 (38.9%)
116	<b>OSIŃSKA Agata</b>	<b>1003</b>		K50	5		<b>01:56:26.80</b>	<b>01:56:38.25</b>	+01:13:46 (63.2%)	12:56	4.6 (36.5%)
117	<b>HERMANOWICZ Marcin</b>	<b>1068</b>	AMATOR	M40	30	01:07:02	<b>02:57:50.95</b>	<b>03:15:46.95</b>	+02:32:54 (78.1%)	19:45	3 (23.8%)

Znaleziono 117 wynik(ów)