

X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie: X Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-01-27
Miejsce: Cisna
Dystans: 22 km

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka na stokowce 5km	Karczma Brzeziniak 12km	Wyjście z Karczmy 12.1km	Krzyżowka na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	SIKOŃCZYK Miłosz	2170	ALPIN SPORT TEAM	M30	1	00:19:41	00:51:58	00:52:10	01:21:14	01:43:45.35	01:43:45.35		4:30	13.3 (100%)
2	MATUSZNY Marek	2227	STAŃCZAK TEAM	M20	1	00:19:14	00:50:34	00:50:50	01:21:08	01:44:48.60	01:44:48.60	+00:01:03 (1.0%)	4:33	13.2 (99.2%)
3	PITUCH Grzegorz	2229	KS WYSOKA	M40	1	00:19:40	00:52:10	00:52:22	01:21:14	01:46:09.30	01:46:09.45	+00:02:24 (2.3%)	4:36	13 (97.7%)
4	KUROWSKI Andrew	2029		M40	2	00:19:16	00:51:34	00:51:46	01:23:33	01:48:43.75	01:48:44.15	+00:04:58 (4.6%)	4:43	12.7 (95.5%)
5	GUT Jacek	2159	KLUB MORSA SŁONECZKO/ AKADEMIA BIEGACZA MATYLDA KOWAL	M30	2	00:20:26	00:55:05	00:55:18	01:25:11	01:50:38.00	01:50:38.90	+00:06:53 (6.2%)	4:48	12.5 (94.0%)
6	ŁOZA Mateusz	2014	MY ENDURANCE COACHING	M30	3	00:20:51	00:54:45	00:54:58	01:26:39	01:51:37.90	01:51:40.10	+00:07:54 (7.1%)	4:51	12.4 (93.2%)
7	DUDEK Kamil	2001		M20	2	00:20:28	00:53:35	00:53:48	01:24:00	01:51:57.30	01:51:57.60	+00:08:12 (7.3%)	4:52	12.3 (92.5%)
8	DMITRZAK Michał	2175		M50	1	00:23:26	00:59:35	00:59:49	01:31:19	01:57:10.15	01:57:13.30	+00:13:27 (11.5%)	5:05	11.8 (88.7%)
9	POŻAK Grzegorz	2207		M40	3	00:22:41	00:59:28	00:59:44	01:33:05	01:58:49.40	01:58:52.35	+00:15:07 (12.7%)	5:09	11.6 (87.2%)
10	BODANKA Piotr	2225	APAMA ACOUSTIC PROJECT	M40	4	00:22:19	00:59:25	00:59:38	01:32:51	01:59:05.80	01:59:06.85	+00:15:21 (12.9%)	5:10	11.6 (87.2%)
11	POTKAJ Przemysław	2133	DĄBROWSKI TEAM	M30	4	00:22:30	00:58:59	00:59:20	01:32:47	02:00:01.95	02:00:08.25	+00:16:22 (13.6%)	5:13	11.5 (86.5%)
12	PERNAL Dariusz	2201		M30	5	00:22:29	00:58:53	00:59:09	01:32:07	02:00:21.20	02:00:22.00	+00:16:36 (13.8%)	5:13	11.5 (86.5%)
13	HEJNAR Jakub	2098		M40	5	00:23:08	01:01:19	01:01:33	01:34:53	02:01:42.25	02:01:45.80	+00:18:00 (14.8%)	5:17	11.3 (85.0%)
14	ZBLEWSKI Krzysztof	2093		M30	6	00:22:40	00:59:27	00:59:43	01:33:39	02:02:58.35	02:03:03.75	+00:19:18 (15.7%)	5:20	11.2 (84.2%)
15	BOLECHOWSKA Dominika	2234	ALPIN SPORT TEAM	K40	1	00:24:16	01:03:03	01:03:16	01:37:23	02:04:02.80	02:04:04.10	+00:20:18 (16.4%)	5:23	11.1 (83.5%)
16	HLAVÁČ Lumír	2211	SK FUGA	M50	2	00:23:23	01:01:17	01:01:32	01:34:52	02:03:59.75	02:04:04.20	+00:20:18 (16.4%)	5:23	11.1 (83.5%)
17	KOCAJ Jakub	2058	GÓRAL Z MAZUR RUNNING TEAM	M20	3	00:23:34	01:02:46	01:03:06	01:37:06	02:04:51.80	02:04:58.85	+00:21:13 (17.0%)	5:25	11.1 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
18	ZABIELSKI Marek	2148		M30	7	00:24:57	01:03:46	01:04:19	01:36:41	02:05:14.65	02:05:26.55	+00:21:41 (17.3%)	5:26	11 (82.7%)
19	WASYLÓW Jacek	2165	CZR1-TEAM PRZEMYŚL	M40	6	00:23:41	01:02:35	01:03:30	01:37:38	02:05:40.35	02:05:43.80	+00:21:58 (17.5%)	5:27	11 (82.7%)
20	SKARUZ Jarosław	2088		M40	7	00:23:54	01:02:59	01:03:16	01:37:23	02:06:20.55	02:06:26.85	+00:22:41 (17.9%)	5:29	10.9 (82.0%)
21	KOT Dawid	2162		M30	8	00:24:19	01:02:50	01:03:05	01:37:17	02:06:38.50	02:06:45.05	+00:22:59 (18.1%)	5:30	10.9 (82.0%)
22	PIĄTEK Beata	2220		K40	2	00:24:16	01:04:02	01:04:16	01:38:43	02:07:01.50	02:07:03.15	+00:23:17 (18.3%)	5:31	10.9 (82.0%)
23	BANASIK Krzysztof	2027		M40	8	00:23:26	01:01:22	01:01:36	01:36:52	02:07:19.95	02:07:22.10	+00:23:36 (18.5%)	5:32	10.8 (81.2%)
24	SZCZUDRAWA Dariusz	2037		M40	9	00:22:35	01:00:08	01:00:26	01:36:22	02:08:20.45	02:08:22.60	+00:24:37 (19.2%)	5:34	10.8 (81.2%)
25	GUŁAŚ Daniel	2135		M40	10	00:24:34	01:04:42	01:04:55	01:39:47	02:08:34.55	02:08:37.70	+00:24:52 (19.3%)	5:35	10.7 (80.5%)
26	KUŚMIERZAK Piotr	2087	PRZEDWOJEWSKI TEAM	M40	11	00:23:55	01:04:01	01:04:31	01:39:24	02:09:07.05	02:09:09.80	+00:25:24 (19.7%)	5:36	10.7 (80.5%)
27	MASŁOŃ Błażej	2084		M50	3	00:24:13	01:03:05	01:03:44	01:38:20	02:09:04.80	02:09:11.30	+00:25:25 (19.7%)	5:36	10.7 (80.5%)
28	KROPIWNICKI Marcin	2091		M30	9	00:23:34	01:02:28	01:02:44	01:38:00	02:09:33.00	02:09:37.15	+00:25:51 (20.0%)	5:37	10.7 (80.5%)
29	BATORY Marek	2125	BATORY BAU	M40	12	00:23:52	01:03:07	01:03:45	01:39:25	02:11:33.80	02:11:37.15	+00:27:51 (21.2%)	5:43	10.5 (78.9%)
30	ROGAŁA Grzegorz	2233		M50	4	00:24:15	01:04:36	01:04:50	01:40:56	02:11:36.05	02:11:38.80	+00:27:53 (21.2%)	5:43	10.5 (78.9%)
31	PIERZ Sławomir	2174		M40	13	00:25:42	01:06:34	01:06:48	01:42:22	02:11:46.20	02:12:03.70	+00:28:18 (21.4%)	5:43	10.5 (78.9%)
32	GURGUL Mateusz	2023	AROMAT NÓG	M30	10	00:24:36	01:03:53	01:04:46	01:41:35	02:12:10.45	02:12:12.05	+00:28:26 (21.5%)	5:44	10.4 (78.2%)
33	WĄSIK Łukasz	2176		M30	11	00:26:55	01:06:55	01:08:34	01:43:21	02:13:53.75	02:14:15.00	+00:30:29 (22.7%)	5:49	10.3 (77.4%)
34	ZIĘBA Mateusz	2190	FOREVER TEAM	M40	14	00:24:19	01:04:23	01:04:37	01:43:53	02:14:28.70	02:14:30.05	+00:30:44 (22.9%)	5:50	10.3 (77.4%)
35	CZARNOCKI Paweł	2054	GBSB	M40	15	01:35:25				02:13:56.60	02:14:31.45	+00:30:46 (22.9%)	5:49	10.3 (77.4%)
36	ZALECKI Zbigniew	2143		M50	5	00:25:32	01:04:56	01:05:23	01:43:26	02:14:22.10	02:14:42.75	+00:30:57 (23.0%)	5:50	10.3 (77.4%)
37	OLEJARNIK Łukasz	2182	ITMBW KRAKÓW	M30	12	00:26:25	01:07:32	01:07:55	01:44:39	02:15:06.60	02:15:51.05	+00:32:05 (23.6%)	5:52	10.2 (76.7%)
38	RACZKOWSKI Paweł	2076		M40	16	00:25:53	01:06:49	01:07:29	01:43:34	02:15:48.85	02:16:20.40	+00:32:35 (23.9%)	5:54	10.2 (76.7%)
39	SZAROWICZ Fabian	2230	BATORYBAU	M40	17	00:25:58	01:07:25	01:08:40	01:45:22	02:16:11.45	02:16:24.30	+00:32:38 (23.9%)	5:55	10.1 (75.9%)
40	TABĘDZKI Bartłomiej	2134		M40	18	00:25:59	01:07:27	01:09:17	01:46:32	02:16:17.70	02:16:25.75	+00:32:40 (23.9%)	5:55	10.1 (75.9%)
41	BANASIK Monika	2028		K40	3	00:24:17	01:06:11	01:07:05	01:43:54	02:16:47.40	02:16:49.55	+00:33:04 (24.2%)	5:56	10.1 (75.9%)
42	DOMARECKI Paweł	2127	STOPKA PILAWA	M40	19	00:26:56	01:07:29	01:07:58	01:43:20	02:17:32.75	02:17:43.45	+00:33:58 (24.7%)	5:58	10 (75.2%)

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						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
43	JACNIAK Ewa	2138	#NOLIMITS	K30	1	00:26:17	01:08:47	01:09:02	01:46:30	02:18:17.00	02:18:26.25	+00:34:40 (25.1%)	6:00	10 (75.2%)
44	ŁUKASIEWICZ Ewelina	2124		K30	2	00:25:52	01:08:47	01:09:07	01:46:38	02:19:06.35	02:19:11.70	+00:35:26 (25.5%)	6:02	9.9 (74.4%)
45	BUKOWSKI Bartosz	2197	KIERAT	M30	13	00:30:05	01:12:36	01:12:58	01:48:50	02:19:02.30	02:19:35.55	+00:35:50 (25.7%)	6:02	9.9 (74.4%)
46	STEFANIUK Roman	2040	GRUPA BIEGACZY SKÓRZEC BIEGA	M60	1	00:26:55	01:09:48	01:10:17	01:47:49	02:19:43.05	02:19:51.95	+00:36:06 (25.8%)	6:04	9.9 (74.4%)
47	KASELA Maciek	2172		M30	14	00:27:34	01:10:30	01:11:30	01:49:42	02:19:58.05	02:20:11.90	+00:36:26 (26.0%)	6:05	9.9 (74.4%)
48	SZCZUREK Paweł	2033		M50	6	00:25:03	01:06:45	01:07:00	01:46:30	02:20:38.30	02:20:42.35	+00:36:57 (26.3%)	6:06	9.8 (73.7%)
49	ZADROŻNY Sławomir	2067	STOPKA PILAWA	M60	2	00:26:30	01:07:43	01:08:26	01:46:42	02:21:16.00	02:21:29.25	+00:37:43 (26.7%)	6:08	9.8 (73.7%)
50	SIKORA Mateusz	2152	#NOLIMITS	M20	4	00:27:28	01:09:40	01:09:55	01:48:41	02:21:04.30	02:21:30.00	+00:37:44 (26.7%)	6:08	9.8 (73.7%)
51	KALISZ Karolina Maria	2078		K30	3	00:27:59	01:12:53	01:14:20	01:50:41	02:21:36.40	02:21:40.70	+00:37:55 (26.8%)	6:09	9.7 (72.9%)
52	WERLE Michał	2169		M30	15	00:26:25	01:08:31	01:09:51	01:48:24	02:22:01.40	02:22:38.85	+00:38:53 (27.3%)	6:10	9.7 (72.9%)
53	RYCHLIK Grzegorz	2189		M40	20	00:27:57	01:11:32	01:12:20	01:49:29	02:22:40.70	02:23:10.05	+00:39:24 (27.5%)	6:12	9.7 (72.9%)
54	BOBOLA Sebastian	2208		M30	16	00:27:29	01:11:45	01:13:30	01:50:55	02:23:03.55	02:23:17.15	+00:39:31 (27.6%)	6:13	9.6 (72.2%)
55	DZIERŻAK Elżbieta	2222	AQUAREH/TRENINGFIZJO.PL	K40	4	00:27:08	01:11:58	01:12:19	01:51:08	02:23:21.70	02:23:23.55	+00:39:38 (27.6%)	6:13	9.6 (72.2%)
56	MAZUR Jakub	2149		M30	17	00:27:36	01:11:17	01:12:40	01:49:52	02:23:13.35	02:23:26.50	+00:39:41 (27.7%)	6:13	9.6 (72.2%)
57	FEDAN Łukasz	2010		M40	21	00:25:21	01:08:10	01:09:53	01:48:56	02:23:53.20	02:23:57.05	+00:40:11 (27.9%)	6:15	9.6 (72.2%)
58	LINNAMAGI Ott	2141		M30	18	00:28:56	01:11:05	01:11:24	01:47:42	02:23:41.50	02:24:24.90	+00:40:39 (28.2%)	6:14	9.6 (72.2%)
59	ŚLESICKI Konstanty	2107		M30	19	00:27:57	01:11:27	01:11:47	01:50:28	02:24:39.60	02:25:14.45	+00:41:29 (28.6%)	6:17	9.5 (71.4%)
60	KURZYDŁO Michał	2216		M30	20	00:24:37	01:05:52	01:09:01	01:48:49	02:28:03.30	02:28:06.05	+00:44:20 (29.9%)	6:26	9.3 (69.9%)
61	WĄSIK Kornelia	2156	STOPKA PILAWA	K30	4	00:27:32	01:12:47	01:14:08	01:53:01	02:29:47.75	02:29:58.75	+00:46:13 (30.8%)	6:30	9.2 (69.2%)
62	ARTYM Magda	2009	#TRENUJKOSTEREM	K50	1	00:28:14	01:14:32	01:14:53	01:56:59	02:32:39.45	02:32:41.80	+00:48:56 (32.1%)	6:38	9 (67.7%)
63	KARDASZ Jacek	2031	ATTYLA	M40	22	00:29:03	01:15:02	01:16:45	01:56:55	02:32:05.20	02:32:44.80	+00:48:59 (32.1%)	6:36	9.1 (68.4%)
64	KUDYBA Ireneusz	2074	PO JEDNYCH PINIONDZACH	M50	7	00:31:32	01:15:56	01:18:50	01:55:41	02:32:55.50	02:33:34.65	+00:49:49 (32.4%)	6:38	9 (67.7%)
65	BILSKI Marcin	2044	PO JEDNYCH PINIĄDZACH	M40	23	00:31:32	01:14:53	01:18:50	01:57:48	02:33:01.15	02:33:41.30	+00:49:55 (32.5%)	6:39	9 (67.7%)
66	MARCHEWICZ Marek	2115		M30	21	00:27:08	01:11:57	01:12:43	01:55:05	02:34:17.25	02:34:23.55	+00:50:38 (32.8%)	6:42	8.9 (66.9%)
67	TARNAWSKI Sławomir	2047		M40	24	00:28:10	01:14:44	01:15:43	01:56:49	02:34:22.20	02:34:29.90	+00:50:44 (32.8%)	6:42	8.9 (66.9%)

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						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h	
68	ŁĄCZNY Marcin	2155	GALOPUJĄCE DŹDŹOWNICE/SPARTAŃSKA DZICZ		M40	25	00:28:21	01:14:24	01:15:49	01:57:25	02:35:48.75	02:35:54.25	+00:52:08 (33.4%)	6:46	8.9 (66.9%)
69	SKARŻYŃSKI Michał	2068	TURBACZE		M40	26	00:29:09	01:19:03	01:20:37	02:01:53	02:35:37.40	02:35:57.90	+00:52:12 (33.5%)	6:45	8.9 (66.9%)
70	OSIECKI Edwin	2030	KUZNIA TRIATHLONU		M50	8	00:27:56	01:14:28	01:15:58	01:59:12	02:35:47.90	02:36:27.05	+00:52:41 (33.7%)	6:46	8.9 (66.9%)
71	DOSKOCZ Nina	2002	BIEGAJĄCE ZĄBKI		K30	5	00:28:47	01:16:16	01:18:06	01:58:42	02:36:09.20	02:36:33.45	+00:52:48 (33.7%)	6:47	8.8 (66.2%)
72	DOSKOCZ Mikołaj	2210	BIEGAJĄCE ZĄBKI		M30	22	00:28:45	01:16:21	01:18:06	01:58:40	02:36:08.55	02:36:33.70	+00:52:48 (33.7%)	6:47	8.8 (66.2%)
73	WYGONOWSKI Jacek	2232	DZIKUR CREW		M50	9	00:28:25	01:14:41	01:15:01	01:56:12	02:36:35.25	02:37:25.70	+00:53:40 (34.1%)	6:48	8.8 (66.2%)
74	BARANOWSKI Robert	2213			M50	10	00:28:30	01:17:29	01:17:47	02:00:22	02:36:56.60	02:37:26.90	+00:53:41 (34.1%)	6:49	8.8 (66.2%)
75	MALETA Kamil	2118	MIECHÓW		M20	5	00:28:50	01:16:37	01:19:10	01:58:46	02:40:44.00	02:41:01.20	+00:57:15 (35.6%)	6:59	8.6 (64.7%)
76	PAWELEC Piotr	2206	DALEKO JESZCZE?		M50	11	00:25:54	01:12:52	01:15:22	01:57:45	02:41:14.35	02:41:19.25	+00:57:33 (35.7%)	7:00	8.6 (64.7%)
77	MARZEC Katarzyna	2097	KOMFORT ZONE		K40	5	00:28:46	01:15:19	01:17:13	01:59:13	02:41:14.90	02:41:29.90	+00:57:44 (35.8%)	7:00	8.6 (64.7%)
78	GRUSZKA Marcin	2163			M30	23	00:28:57	01:18:13	01:20:38	02:02:33	02:41:19.00	02:41:30.90	+00:57:45 (35.8%)	7:00	8.6 (64.7%)
79	LEWCZUK Norbert	2082	BIEGACZE POMAGACZE EDYTA LEWANDOWSKA TEAM		M40	27	00:28:40	01:15:05	01:18:51	02:00:32	02:41:07.60	02:41:39.55	+00:57:54 (35.8%)	7:00	8.6 (64.7%)
80	JONKISZ Marcin	2147			M40	28	00:31:46	01:20:59	01:24:07	02:05:35	02:42:14.15	02:43:05.60	+00:59:20 (36.4%)	7:03	8.5 (63.9%)
81	BUDZIASZEK Agnieszka	2036	EFFI RUN TEAM		K20	1	00:29:03	01:19:21	01:20:43	02:02:48	02:42:59.95	02:43:10.35	+00:59:25 (36.4%)	7:05	8.5 (63.9%)
82	LEŃCZUK Andrzej	2204			M50	12	00:30:15	01:18:55	01:22:07	02:04:39	02:43:33.30	02:44:08.90	+01:00:23 (36.8%)	7:06	8.4 (63.2%)
83	MACIEJEWSKI Artur	2085			M50	13	00:29:05	01:18:16	01:19:41	02:03:16	02:44:09.65	02:44:15.30	+01:00:29 (36.8%)	7:08	8.4 (63.2%)
84	ZBLEWSKA Barbara	2092			K30	6	00:29:05	01:18:17	01:19:41	02:03:26	02:44:09.75	02:44:15.60	+01:00:30 (36.8%)	7:08	8.4 (63.2%)
85	NOWAK Katarzyna	2121			K30	7	00:28:50	01:16:28	01:17:04	02:01:53	02:44:42.95	02:45:04.25	+01:01:18 (37.1%)	7:09	8.4 (63.2%)
86	HAPUNOWICZ Tomasz	2038	MOSTOSTAL SIEDLCE		M40	29	00:29:10	01:15:23	01:17:08	02:00:41	02:45:38.45	02:46:00.65	+01:02:15 (37.5%)	7:12	8.3 (62.4%)
87	GÓROWSKA Anna	2215			K30	8	00:32:20	01:21:45	01:22:02	02:06:00	02:45:28.40	02:46:02.45	+01:02:17 (37.5%)	7:11	8.3 (62.4%)
88	DOBROGOST Maciej	2131	DECEPTICON		M30	24	00:29:01	01:20:08	01:20:40	02:05:40	02:45:50.35	02:46:07.25	+01:02:21 (37.5%)	7:12	8.3 (62.4%)
89	ZAJĄC Katarzyna	2100			K30	9	00:33:28	01:24:57	01:26:41	02:09:18	02:46:35.75	02:46:35.75	+01:02:50 (37.7%)	7:14	8.3 (62.4%)
90	WERESINSKI Michał	2161			M40	30	00:31:34	01:22:47	01:23:08	02:09:12	02:47:05.75	02:47:09.85	+01:03:24 (37.9%)	7:15	8.3 (62.4%)
91	MICHALAK Witold	2108	#NOLIMITS		M50	14	00:31:02	01:22:43	01:24:53	02:08:20	02:47:05.25	02:47:25.75	+01:03:40 (38.0%)	7:15	8.3 (62.4%)
92	DUDEK Łukasz	2151			M30	25	00:30:00	01:21:59	01:24:21	02:08:08	02:47:29.65	02:47:56.95	+01:04:11 (38.2%)	7:16	8.2 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
93	SZAJEWSKI Arkadiusz	2013	O TAK ŁO	M40	31	00:31:04	01:20:44	01:25:15	02:08:57	02:47:19.10	02:48:14.15	+01:04:28 (38.3%)	7:16	8.2 (61.7%)
94	KIEŁPIŃSKI Piotr	2072		M40	32	00:30:01	01:19:06	01:28:06	02:12:17	02:47:51.00	02:48:18.35	+01:04:33 (38.4%)	7:17	8.2 (61.7%)
95	KRUPA Jacek	2181	LEBIODA RUNNING TEAM	M50	15	00:28:58	01:17:51	01:19:16	02:04:10	02:48:16.45	02:48:31.65	+01:04:46 (38.4%)	7:18	8.2 (61.7%)
96	TUPTYŃSKA Marika	2160	CZARNA OWCA	K40	6	00:32:07	01:24:20	01:24:47	02:09:07	02:47:45.80	02:48:33.40	+01:04:48 (38.4%)	7:17	8.2 (61.7%)
97	OCHYRA Krzysztof	2226		M60	3	00:30:25	01:22:37	01:23:58	02:09:03	02:48:41.15	02:48:48.50	+01:05:03 (38.5%)	7:20	8.2 (61.7%)
98	LUDKOWSKI Mariusz	2042	ALPEJSKIE MAMUTY	M50	16	00:32:41	01:23:06	01:28:12		02:48:54.95	02:48:54.95	+01:05:09 (38.6%)	7:20	8.2 (61.7%)
99	MALCZEWSKI Robert	2217		M50	17	00:32:14	01:21:01	01:26:48	02:09:50	02:48:05.95	02:49:05.40	+01:05:20 (38.6%)	7:18	8.2 (61.7%)
100	KORYCKA Dorota	2066	STOPKA PILAWA	K30	10	00:29:19	01:18:21	01:19:40	02:02:31	02:49:12.40	02:49:24.75	+01:05:39 (38.8%)	7:21	8.2 (61.7%)
101	TURKOWSKI Maciej	2039		M50	18	00:28:49	01:21:33	01:25:51	02:08:54	02:50:14.20	02:50:23.70	+01:06:38 (39.1%)	7:24	8.1 (60.9%)
102	SŁOWIK Mariusz	2104	ROM TEAM	M50	19	00:30:38	01:21:58	01:23:38	02:09:30	02:50:19.75	02:50:43.60	+01:06:58 (39.2%)	7:24	8.1 (60.9%)
103	WYSOCKI Bartosz	2051	KS JANUSZE	M40	33	00:29:11	01:20:26	01:23:24	02:07:47	02:51:06.90	02:51:14.25	+01:07:28 (39.4%)	7:26	8.1 (60.9%)
104	RUSIN Grzegorz	2052		M30	26	00:29:12	01:20:26	01:23:23	02:07:49	02:51:06.00	02:51:14.75	+01:07:29 (39.4%)	7:26	8.1 (60.9%)
105	WYSOCKA Iwona	2053		K40	7	00:29:12	01:20:43	01:23:26	02:08:08	02:51:07.45	02:51:14.80	+01:07:29 (39.4%)	7:26	8.1 (60.9%)
106	ZIEMKIEWICZ Michał	2187	BIEGACZE KLECZEW	M40	34	00:30:31	01:21:19	01:25:39	02:09:51	02:51:09.65	02:51:46.40	+01:08:01 (39.6%)	7:26	8.1 (60.9%)
107	MROZEK Marcin	2198	T4B	M30	27	00:33:15	01:24:36	01:25:01	02:09:26	02:51:50.20	02:52:24.75	+01:08:39 (39.8%)	7:28	8 (60.2%)
108	NYCZ Michał	2094	NYLUDENT PROFESJONALNE OCHRANIACZE NA ZĘBY	M30	28	00:31:54	01:22:36	01:27:20	02:11:34	02:51:44.05	02:52:34.70	+01:08:49 (39.9%)	7:28	8 (60.2%)
109	ZAWADZKI Bernard	2136		M30	29	00:30:58	01:22:02	01:26:23	02:09:55	02:52:13.20	02:52:41.35	+01:08:56 (39.9%)	7:29	8 (60.2%)
110	PITUCH Patrycja	2183		K30	11	00:29:59	01:23:35	01:27:07	02:10:39	02:53:17.30	02:53:47.25	+01:10:01 (40.3%)	7:32	8 (60.2%)
111	PIOTROWSKA Anna	2202	META NADARZYN / SPARTANIE DZIECIOM	K50	2	00:32:37	01:26:27	01:28:43	02:13:14	02:53:14.10	02:54:08.35	+01:10:23 (40.4%)	7:31	8 (60.2%)
112	GÓROWSKA Mariola	2199		K50	3	00:32:21	01:24:39	01:25:03	02:10:10	02:55:11.80	02:55:45.15	+01:11:59 (41.0%)	7:37	7.9 (59.4%)
113	GRAL Katarzyna	2007	WŁÓCZYMORDY	K50	4	00:32:00	01:24:44	01:28:16	02:15:33	02:56:28.80	02:57:11.15	+01:13:25 (41.4%)	7:40	7.8 (58.6%)
114	GRAL Piotr	2034	WŁUCZYMORDY	M30	30	00:31:59	01:25:05	01:31:04	02:18:31	02:57:52.25	02:58:33.05	+01:14:47 (41.9%)	7:44	7.8 (58.6%)
115	LARA Natalia	2035	WARRIORS ŁÓDŹ	K30	12	00:33:48	01:27:51	01:28:14	02:14:35	02:58:26.15	02:59:13.70	+01:15:28 (42.1%)	7:45	7.7 (57.9%)
116	BOGACZYK Łukasz	2032		M30	31	00:29:04	01:18:41	01:19:45	02:09:27	03:00:22.65	03:00:26.65	+01:16:41 (42.5%)	7:50	7.7 (57.9%)
117	BOZA Beata	2012		K50	5	00:36:13	01:32:20	01:33:32	02:20:11	02:59:52.05	03:00:37.30	+01:16:51 (42.6%)	7:49	7.7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka		Krzyzowka		Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km					
118	KĘDRA Agnieszka	2048	CARPATHIAN RUNNERS	K30	13	00:30:24	01:23:46	01:26:23	02:10:26	03:00:43.75	03:01:02.10	+01:17:16 (42.7%)	7:51	7.6 (57.1%)
119	ZEGAR Barbara	2061		K50	6	00:32:54	01:28:28	01:29:25	02:18:52	03:01:37.10	03:01:56.15	+01:18:10 (43.0%)	7:53	7.6 (57.1%)
120	KOCOT Magdalena	2219	META NADARZYN	K40	8	00:33:15	01:29:52	01:31:33	02:19:41	03:01:32.10	03:02:25.70	+01:18:40 (43.1%)	7:53	7.6 (57.1%)
121	ZDUNEK Małgorzata	2106	#NOLIMITS	K40	9	00:33:02	01:28:12	01:28:46	02:17:12	03:03:38.60	03:03:52.80	+01:20:07 (43.6%)	7:59	7.5 (56.4%)
122	KADZIDŁOWSKA Aleksandra	2178	EVERRUN	K40	10	00:33:31	01:29:07	01:32:05	02:18:20	03:03:45.80	03:04:17.75	+01:20:32 (43.7%)	7:59	7.5 (56.4%)
123	GALUS Jacek	2126		M50	20	00:32:54	01:28:18	01:32:20	02:21:18	03:04:42.55	03:04:58.45	+01:21:13 (43.9%)	8:01	7.5 (56.4%)
124	NAZIMEK Lilianna	2236	VISEGRAD MARATON RYTRO	K50	7	00:32:02	01:26:45	01:27:08	02:18:31	03:05:15.10	03:05:23.95	+01:21:38 (44.0%)	8:03	7.4 (55.6%)
125	BIEDROŃ Artur	2086	ERP HEART TEAM	M40	35	00:32:44	01:28:45	01:37:41	02:24:17	03:05:02.20	03:06:01.65	+01:22:16 (44.2%)	8:02	7.5 (56.4%)
126	NOWAK Michał	2122		M30	32	00:31:05	01:25:11	01:28:11	02:15:01	03:05:44.90	03:06:07.25	+01:22:21 (44.3%)	8:04	7.4 (55.6%)
127	BEATA Beata	2154	KUŹNIA TRIATLONU	K50	8	00:35:31	01:32:27	01:33:36	02:21:24	03:06:45.20	03:07:23.45	+01:23:38 (44.6%)	8:07	7.4 (55.6%)
128	MATYSEK Ireneusz	2179	BIEGAMBOLUBIĘ	M60	4	00:33:25	01:27:17	01:30:01	02:21:20	03:08:41.75	03:09:14.05	+01:25:28 (45.2%)	8:12	7.3 (54.9%)
129	UBA Arkadiusz	2158		M20	6	00:33:12	01:30:17	01:34:13	02:22:47	03:08:47.85	03:09:25.35	+01:25:40 (45.2%)	8:12	7.3 (54.9%)
130	PLUSA Aleksandra	2150	#NOLIMITS	K30	14	00:33:24	01:30:39	01:31:06	02:22:18	03:09:32.85	03:09:43.70	+01:25:58 (45.3%)	8:14	7.3 (54.9%)
131	NOWAK Maciej	2103		M40	36	00:30:41	01:25:25	01:28:17	02:15:22	03:10:57.65	03:11:01.10	+01:27:15 (45.7%)	8:18	7.2 (54.1%)
132	CIUPIŃSKA Magda	2006		K40	11	00:35:19	01:31:59	01:35:37	02:25:07	03:10:15.90	03:11:02.15	+01:27:16 (45.7%)	8:16	7.3 (54.9%)
133	BOROWSKI Grzegorz	2132	STOPKA PILAWA	M20	7	00:29:03	01:20:44	01:24:56	02:11:19	03:11:48.20	03:12:02.75	+01:28:17 (46.0%)	8:20	7.2 (54.1%)
134	JASINOWICZ Norbert	2105		M40	37	00:29:51	01:27:06	01:28:06	02:19:34	03:12:58.55	03:13:10.30	+01:29:24 (46.3%)	8:23	7.2 (54.1%)
135	JAWORSKA Magdalena	2064	KS CELESTYNA	K30	15	00:33:33	01:31:22	01:31:46	02:22:22	03:12:23.85	03:13:21.15	+01:29:35 (46.3%)	8:21	7.2 (54.1%)
136	ROGUS Krystian	2140		M30	33	00:37:36	01:35:55	01:39:19	02:27:16	03:11:24.25	03:14:19.15	+01:30:33 (46.6%)	8:19	7.2 (54.1%)
137	BĄK Przemysław	2139		M30	34	00:37:35	01:35:56	01:39:20	02:27:16	03:11:25.10	03:14:20.00	+01:30:34 (46.6%)	8:19	7.2 (54.1%)
138	KOZAK Kamil	2099		M30	35	00:33:51	01:30:12	01:34:05	02:23:19	03:13:50.25	03:14:34.20	+01:30:48 (46.7%)	8:25	7.1 (53.4%)
139	KRZAN Tomasz	2203	KRZAN PRZEWORSK	M40	38	00:33:42	01:30:44	01:37:17	02:26:00	03:15:36.40	03:16:31.45	+01:32:46 (47.2%)	8:30	7.1 (53.4%)
140	MACHNIKOWSKA Grażyna	2196	LUBARTOWSKI BEERGACZ	K30	16	00:33:26	01:31:25	01:41:20	02:29:41	03:17:09.55	03:17:53.05	+01:34:07 (47.6%)	8:34	7 (52.6%)
141	LEŚNICZAK Barbara	2192		K40	12	00:35:08	01:33:29	01:39:56	02:30:10	03:17:55.70	03:18:07.10	+01:34:21 (47.6%)	8:36	7 (52.6%)
142	TADLA Izabela	2223	#NOLIMITS	K30	17	00:31:47	01:23:18	01:26:35	02:30:02	03:17:49.95	03:18:12.10	+01:34:26 (47.7%)	8:36	7 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
143	NYCZ Dominika	2015	TRIFUN	M30	36	00:35:57	01:36:06	01:39:43	02:28:52	03:17:29.50	03:18:19.95	+01:34:34 (47.7%)	8:35	7 (52.6%)
144	BEDNARCZYK Katarzyna	2018	KLUB PĘDZĄCYCH WIATRÓW	K30	18	00:38:39	01:39:10	01:45:36	02:35:33	03:15:59.65	03:18:26.55	+01:34:41 (47.7%)	8:31	7 (52.6%)
145	KALBARCZYK Jakub	2016		M30	37	00:38:40	01:39:10	01:45:36	02:35:32	03:16:00.15	03:18:26.95	+01:34:41 (47.7%)	8:31	7 (52.6%)
146	STOYKOV Pavlin	2146		M50	21	00:33:51	01:30:50	01:41:33	02:30:13	03:17:54.25	03:18:39.80	+01:34:54 (47.8%)	8:36	7 (52.6%)
147	KURDEJ Krzysztof	2049	ALPEJSKIE MAMUTY	M50	22	00:34:24	01:36:12	01:39:43	02:31:42	03:19:02.95	03:19:02.95	+01:35:17 (47.9%)	8:39	6.9 (51.9%)
148	LUDKOWSKA Urszula	2043	ALPEJSKIE MAMUTY	K50	9	00:35:26	01:36:34	01:39:45	02:31:35	03:19:03.65	03:19:03.65	+01:35:18 (47.9%)	8:39	6.9 (51.9%)
149	NOWIŃSKI Artur	2026		M30	38	00:34:04	01:32:18	01:42:26	02:35:19	03:18:15.65	03:19:05.95	+01:35:20 (47.9%)	8:37	7 (52.6%)
150	BODNIAK Tomasz	2069	POJEDNYCHPINIONDZACH	M40	39	00:34:16	01:31:46	01:42:04	02:30:31	03:18:30.10	03:19:10.25	+01:35:24 (47.9%)	8:37	7 (52.6%)
151	LESZCZYŃSKI Rafał	2077		M50	23	00:35:41	01:32:11	01:45:16	02:34:38	03:19:35.70	03:19:56.50	+01:36:11 (48.1%)	8:40	6.9 (51.9%)
152	POPKOWSKI Adam	2116		M30	39	00:33:31	01:30:42	01:42:08	02:30:27	03:20:12.10	03:20:49.75	+01:37:04 (48.3%)	8:42	6.9 (51.9%)
153	POPKOWSKA Katarzyna	2117		K30	19	00:33:30	01:30:46	01:42:08	02:30:28	03:20:12.75	03:20:50.05	+01:37:04 (48.3%)	8:42	6.9 (51.9%)
154	MALEC Krystian	2063	BRAVE SNAILS LUBLIN	M40	40	00:33:25	01:31:25	01:41:19	02:29:48	03:20:26.00	03:21:10.95	+01:37:25 (48.4%)	8:42	6.9 (51.9%)
155	PIOTROWSKA Ewa	2209	METANADARZYN	K50	10	00:34:15	01:34:23	01:44:34	02:33:20	03:21:28.50	03:22:21.60	+01:38:36 (48.7%)	8:45	6.8 (51.1%)
156	KLUZ Robert	2221	PODIUM	M50	24	00:39:27	01:43:17	01:47:19	02:40:17	03:22:28.70	03:22:46.80	+01:39:01 (48.8%)	8:48	6.8 (51.1%)
157	STARZECKA Joanna	2021		K50	11	00:34:20	01:32:23	01:32:56	02:24:33	03:22:34.30	03:22:48.35	+01:39:03 (48.8%)	8:48	6.8 (51.1%)
158	KUŁAKOWSKI Piotr	2095		M60	5	00:32:48	01:30:21	01:42:25	02:32:13	03:24:30.05	03:25:22.80	+01:41:37 (49.5%)	8:53	6.7 (50.4%)
159	SIKORSKA Agnieszka	2144		K40	13	00:32:51	01:30:23	01:42:26	02:32:15	03:24:33.70	03:25:25.25	+01:41:39 (49.5%)	8:53	6.7 (50.4%)
160	INTRYS Bartosz	2142		M30	40	00:39:17	01:38:20	01:42:05	02:32:44	03:25:41.55	03:26:15.50	+01:42:30 (49.7%)	8:56	6.7 (50.4%)
161	WIŚNIEWSKI Dariusz	2235		M50	25	00:32:01	01:31:25	01:33:49	02:28:45	03:26:10.35	03:26:26.00	+01:42:40 (49.7%)	8:57	6.7 (50.4%)
162	PODOBINSKI Piotr	2046		M50	26	00:34:26	01:35:38	01:41:40	02:31:53	03:26:10.55	03:26:32.25	+01:42:46 (49.8%)	8:57	6.7 (50.4%)
163	DRAB Magda	2020	CHCE CI SIĘ?	K30	20	00:36:26	01:37:57	01:45:47	02:36:11	03:26:50.90	03:27:19.95	+01:43:34 (50.0%)	8:59	6.7 (50.4%)
164	NALEWAJKA Agata	2075		K30	21	00:36:25	01:37:55	01:45:46	02:35:26	03:26:49.95	03:27:20.00	+01:43:34 (50.0%)	8:59	6.7 (50.4%)
165	MIŻEJEWSKA Marta	2070		K30	22	00:37:05	01:42:05	01:45:48	02:35:28	03:26:51.15	03:27:20.30	+01:43:34 (50.0%)	8:59	6.7 (50.4%)
166	NOWAK Łukasz	2073	PRESSGLASS SPORT AND SUPPORT	M40	41	00:37:06	01:42:07	01:49:11	02:35:26	03:26:57.60	03:27:26.55	+01:43:41 (50.0%)	8:59	6.7 (50.4%)
167	MIKSA Sławomir	2167		M50	27	00:35:32	01:37:52	01:45:12	02:38:52	03:27:22.35	03:27:28.85	+01:43:43 (50.0%)	9:00	6.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka		Krzyzowka		Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	Wyjscie z Karczmy 12.1km	na stokowce (powrot) 18km					
168	KORNECKA-CIELIBAŁA Aneta	2055		K40	14	00:37:42	01:36:20	01:37:13	02:31:48	03:27:21.00	03:27:51.75	+01:44:06 (50.1%)	9:00	6.7 (50.4%)
169	UNKIEWICZ Michał	2195		M40	42	00:33:28	01:31:30	01:41:18	02:29:48	03:29:33.55	03:30:18.80	+01:46:33 (50.7%)	9:06	6.6 (49.6%)
170	PASTWA Grzegorz	2168		M30	41	00:42:34	01:48:58	01:50:36	02:47:46	03:34:03.05	03:34:17.90	+01:50:32 (51.6%)	9:18	6.4 (48.1%)
171	GAWĘŁ Agata	2123	NAJMNIEJSZA WATAHA ŚWIATA Z:F	K40	15	00:35:48	01:39:51	01:45:29	02:38:20	03:33:55.20	03:34:31.40	+01:50:46 (51.6%)	9:18	6.5 (48.9%)
172	POJNAR Karol	2119	BIEGUSIEM. PL	M30	42	00:30:26	01:30:23	01:47:19	02:38:09	03:35:43.45	03:35:59.25	+01:52:13 (52.0%)	9:22	6.4 (48.1%)
173	NASUTA Paweł	2120		M30	43	00:30:27	01:30:25	01:47:19	02:38:10	03:35:44.10	03:35:59.70	+01:52:14 (52.0%)	9:22	6.4 (48.1%)
174	POKRYWKA Stefan	2228		M60	6	00:39:16	01:43:37	01:48:05	02:43:40	03:37:23.10	03:37:51.15	+01:54:05 (52.4%)	9:27	6.3 (47.4%)
175	DALKE Jowita	2113	ZABIEGANE DWIE	K40	16	00:36:40	01:41:55	01:52:58	02:44:36	03:41:23.55	03:42:17.75	+01:58:32 (53.3%)	9:37	6.2 (46.6%)
176	WIŚNIEWSKA Kornelia	2112	ZABIEGANE DWIE	K50	12	00:36:40	01:42:00	01:52:58	02:44:54	03:41:23.70	03:42:18.25	+01:58:32 (53.3%)	9:37	6.2 (46.6%)
177	OBARSKI Norbert	2102		M60	7	00:39:10	01:45:08	01:47:37	02:47:15	03:46:41.10	03:47:19.45	+02:03:34 (54.4%)	9:51	6.1 (45.9%)
178	STEPNOWSKI Łukasz	2184		M40	43	00:36:52	01:40:49	01:48:46	02:45:26	03:47:37.40	03:48:24.30	+02:04:38 (54.6%)	9:53	6.1 (45.9%)
179	BUGAJSKA Katarzyna	2011		K40	17	00:39:33	01:45:11	01:48:15	02:48:23	03:47:48.50	03:48:41.10	+02:04:55 (54.6%)	9:54	6.1 (45.9%)
180	GORAJEK Michał	2022	LILA&ALA	M40	44	00:36:14	01:39:18	01:48:46	02:42:04	03:50:11.00	03:50:40.85	+02:06:55 (55.0%)	10:00	6 (45.1%)
181	WINIARCZYK Łukasz	2129	MIKI&OLUŚ&REMUŚ	M40	45	00:36:08	01:38:53	01:48:47	02:42:10	03:50:15.20	03:50:43.75	+02:06:58 (55.0%)	10:00	6 (45.1%)
182	KOMÓR Wiesław	2200	WROCŁAWSKIE MORSY	M60	8	00:42:18	01:48:30	01:50:26	02:50:15	03:52:02.85	03:52:26.40	+02:08:41 (55.4%)	10:05	5.9 (44.4%)
183	ŁASZKIEWICZ Piotr	2188	ATHLETICS TEAM PRUSICE	M60	9	00:39:56	01:47:06	02:01:40	02:59:36	04:00:17.85	04:00:49.10	+02:17:03 (56.9%)	10:26	5.7 (42.9%)
184	WOJNOWSKA Renata	2218	MORSY ZNAD NIDY SOBKÓW	K50	13	00:43:03	01:53:54	01:55:18	02:59:27	04:04:18.25	04:04:49.60	+02:21:04 (57.6%)	10:37	5.6 (42.1%)
185	JABŁOŃSKI Kazimierz	2191	SPRINTER PRĄDY	M60	10	00:44:45	01:59:48	02:01:55	03:06:20	04:04:24.40	04:04:58.15	+02:21:12 (57.6%)	10:37	5.6 (42.1%)
186	PAŁACH Katarzyna	2062		K30	23	00:45:02			03:07:11	04:12:06.35	04:13:03.70	+02:29:18 (59.0%)	10:57	5.5 (41.4%)
187	KILJAN Anna	2194	BIEGAMBOLUBIĘ	K30	24	00:43:02	01:54:20	02:20:12	03:18:06	04:14:37.10	04:15:05.90	+02:31:20 (59.3%)	11:04	5.4 (40.6%)
188	WABNO Wojciech	2056	PORANNY PATROL	M20	8	00:40:19	01:46:19	01:58:49	02:59:12	04:07:25.25	04:15:49.70	+02:32:04 (59.4%)	10:45	5.6 (42.1%)
189	KLIMCZAK Marcin	2057	PORANNY PATROL	M20	9	00:40:21	01:46:17	01:58:51	02:59:14	04:08:07.25	04:16:32.45	+02:32:47 (59.6%)	10:47	5.6 (42.1%)
190	SAMEK Artur	2212		M50	28	00:45:41			03:09:24	04:16:09.35	04:16:34.15	+02:32:48 (59.6%)	11:08	5.4 (40.6%)
191	WOJTYŚ Andrzej	2171		M40	46	00:40:21	01:46:18	01:58:49	02:59:11	04:08:10.45	04:16:38.55	+02:32:53 (59.6%)	10:47	5.6 (42.1%)
192	IZDEBSKA Renata	2065		K60	1	00:45:52	02:03:09	02:09:35	03:15:46	04:21:42.50	04:22:07.75	+02:38:22 (60.4%)	11:22	5.3 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka		Wyjscie		Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	z Karczmy 12.1km	na stokowce (powrot) 18km					
193	KOPCZYŃSKA Dominika	2231	DZIKUR CREW	K50	14	00:41:29	01:50:13	02:14:36	03:13:17	04:22:03.95	04:22:55.45	+02:39:10 (60.5%)	11:23	5.3 (39.8%)
194	REY Andrzej	2079	REYRUNNINGTEAM	M50	29	00:51:12	02:19:31	02:26:38	03:49:58	04:24:28.95	04:25:24.30	+02:41:38 (60.9%)	11:29	5.2 (39.1%)
195	ORZECHOWSKI Mariusz	2109	BIEGACZE KLECZEW	M50	30	00:45:59	02:01:56	02:26:37	03:25:45	04:25:50.05	04:26:36.55	+02:42:51 (61.1%)	11:33	5.2 (39.1%)
196	PRUS Anna	2110	BIEGACZE KLECZEW	K40	18	00:45:49	02:01:04	02:25:08	03:26:32	04:28:23.55	04:29:10.85	+02:45:25 (61.5%)	11:40	5.1 (38.3%)
197	BALCERZAK Krysia	2145	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	19	00:37:13	01:49:19	02:18:51	03:19:46	04:28:37.75	04:29:13.00	+02:45:27 (61.5%)	11:40	5.1 (38.3%)
198	BORKOWSKA Ewa	2059		K60	2	00:48:04	02:06:10	02:13:20	03:21:33	04:30:03.25	04:30:33.70	+02:46:48 (61.7%)	11:44	5.1 (38.3%)
199	MANUSZAK Lidia	2114	BIEGACZE KLECZEW	K40	20	00:45:55	02:01:07	02:25:09	03:26:52	04:31:45.20	04:32:31.55	+02:48:46 (61.9%)	11:48	5.1 (38.3%)
200	OBARSKA Małgorzata	2101		K60	3	00:48:33	02:08:43	02:11:25	03:20:34	04:34:21.45	04:34:59.85	+02:51:14 (62.3%)	11:55	5 (37.6%)
201	SROCZYŃSKA Ewa	2111	BIEGACZE KLECZEW	K50	15	00:45:59	02:01:45	02:26:38	03:27:02	04:35:41.35	04:36:29.55	+02:52:44 (62.5%)	11:59	5 (37.6%)
202	GŁOWACKA Aleksandra	2173	MŁODY VS STARY	K50	16	00:43:56	02:01:34	02:15:39	03:30:46	04:41:41.15	04:42:03.85	+02:58:18 (63.2%)	12:14	4.9 (36.8%)
203	SOWIŃSKA Magdalena	2025	DOGOŃ GRODZISK MAZOWIECKI	K40	21	00:45:41	02:03:03	02:28:21	03:31:06	04:41:20.25	04:42:44.05	+02:58:58 (63.3%)	12:13	4.9 (36.8%)
204	TARGOŃSKA Marta	2004		K40	22	00:44:49	02:03:12	02:06:27	03:29:32	04:47:00.30	04:47:44.40	+03:03:59 (63.9%)	12:28	4.8 (36.1%)
205	PAWŁOWSKI Marcin	2214		M50	31	00:48:34	02:08:48	02:22:12	03:36:30	04:53:28.15	04:53:52.10	+03:10:06 (64.7%)	12:45	4.7 (35.3%)
206	PAWŁOWSKA Danuta	2186		K50	17	00:48:33	02:08:46	02:22:10	03:36:29	04:53:28.00	04:53:52.15	+03:10:06 (64.7%)	12:45	4.7 (35.3%)
207	JEZIOREK Jozi	2157	GRUPA KOK	M50	32	00:48:53	02:09:47	02:12:30	03:26:09	04:56:15.25	04:56:29.40	+03:12:44 (65.0%)	12:52	4.7 (35.3%)
208	BRODECKI Adam	2083		M30	44	00:46:20	02:10:51	02:25:46	03:37:17	04:59:47.45	05:00:32.55	+03:16:47 (65.5%)	13:02	4.6 (34.6%)
209	WOJTOWICZ Natalia	2019		K30	25	00:45:38	02:09:07	02:32:22	03:43:13	05:02:08.70	05:04:35.55	+03:20:50 (65.9%)	13:08	4.6 (34.6%)
210	POLAŃSKI Konrad	2017		M40	47	00:45:33	02:08:55	02:32:17	03:43:07	05:02:05.10	05:04:36.15	+03:20:50 (65.9%)	13:08	4.6 (34.6%)
Przekroczony limit czasu: 07:30:00														
211	BRZOSTOWSKA Kama	2041		K40	23	00:33:59	01:47:50	05:01:47	06:22:01	07:52:36.25	07:54:03.85	+06:10:18 (78.1%)	20:32	2.9 (21.8%)
	SCHLAPPA Sebastian	2153	IZBICKO W BIEGU	M40		00:41:56 DNF	01:51:35 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	REY Patryk	2180		M20		00:51:11 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 213 wynik(ów)