

X ZIMOWY MARATON BIESZCZADZKI 2024 - 43KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Wydarzenie: X Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-01-27
Miejsce: Cisna
Dystans: 43 km

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	Krzyzowka na stokowce (powrot) 39km	Czas netto 41km	Czas brutto 41km	Różn	Tempo min/km	Tempo km/h
1	DULSKI Daniel	4186	STAŃCZAK TEAM	M30	1	02:00:20	02:32:18	02:32:34	02:59:53	03:22:24.95	03:22:24.95		4:56	12.2 (100%)
2	ZBOZIEN Jarosław	4177	ALPIN SPORT TEAM	M30	2	02:00:31	02:34:50	02:35:08	03:06:43	03:32:39.10	03:32:39.30	+00:10:14 (4.8%)	5:11	11.6 (95.1%)
3	TARNOWSKA Aleksandra	4063		K20	1	02:03:53	02:38:21	02:38:36	03:08:05	03:32:35.00	03:32:44.80	+00:10:19 (4.9%)	5:11	11.6 (95.1%)
4	JACHYMIAK Robert	4096	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	1	02:00:32	02:37:04	02:37:19	03:09:38	03:33:56.05	03:33:56.05	+00:11:31 (5.4%)	5:13	11.5 (94.3%)
5	PASIECZNY Robert	4053	FARTLEK GO	M40	2	02:09:34	02:46:41	02:48:42	03:22:00	03:35:10.40	03:35:27.65	+00:13:02 (6.1%)	5:14	11.4 (93.4%)
6	GOŚCINIEWICZ Paweł	4154		M40	3	02:04:19	02:39:33	02:40:17	03:12:30	03:39:01.30	03:39:02.85	+00:16:37 (7.6%)	5:20	11.2 (91.8%)
7	DZIEWIŃSKI Damian	4108	35BLP / SANOK BIEGA	M40	4	02:01:09	02:37:08	02:37:39	03:09:09	03:39:57.55	03:39:57.85	+00:17:32 (8.0%)	5:21	11.2 (91.8%)
8	FLISIŃSKI Łukasz	4113	ALPIN SPORT TEAM	M40	5	02:08:16	02:45:42	02:45:55	03:19:19	03:46:32.10	03:46:32.55	+00:24:07 (10.6%)	5:31	10.9 (89.3%)
9	BOCHENEK Magdalena	4095	G.O.A.T. TEAM MICHAŁOWICE	K30	1	02:12:22	02:49:48	02:50:39	03:23:37	03:51:56.80	03:51:57.75	+00:29:32 (12.7%)	5:39	10.6 (86.9%)
10	SZAPAR Przemysław	4155	SZAPARRUN SCARPA	M40	6	02:11:42	02:49:37	02:51:18	03:24:59	03:54:22.20	03:54:24.45	+00:31:59 (13.6%)	5:42	10.5 (86.1%)
11	RYCHTER Karol	4194	THE RYCHTERS	M40	7	02:11:33	02:49:50	02:50:58	03:24:01	03:55:28.30	03:55:32.90	+00:33:07 (14.1%)	5:44	10.4 (85.2%)
12	GÓRALIK Sylwia	4109	KS ZAS AWF KRAKÓW	K40	1	02:15:19	02:54:55	02:55:13	03:28:59	03:57:54.40	03:57:55.15	+00:35:30 (14.9%)	5:48	10.3 (84.4%)
13	KOZYRA Paweł	4149	RUNNERPAWCISLAW	M20	1	02:09:49	02:49:09	02:49:58	03:25:49	03:59:23.00	03:59:25.85	+00:37:00 (15.5%)	5:50	10.3 (84.4%)
14	TOMALSKI Jakub	4088		M30	3	02:16:08	02:55:05	02:55:26	03:29:17	03:59:47.20	03:59:50.10	+00:37:25 (15.6%)	5:50	10.3 (84.4%)
15	BOYCE Aidan	4005		M40	8	02:10:37	02:52:13	02:52:34	03:29:31	03:59:56.05	03:59:58.00	+00:37:33 (15.6%)	5:51	10.3 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	Krzyzowka na stokowce (powrot) 39km	Czas netto 41km	Czas brutto 41km	Różn	Tempo min/km	Tempo km/h
16	PROTAS Krzysztof	4006		M40	9	02:12:11	02:52:26	02:53:54	03:29:26	04:02:44.30	04:02:56.85	+00:40:31 (16.7%)	5:55	10.1 (82.8%)
17	PŁONKA Rafał	4188	PODIUM	M30	4	02:11:55	02:53:41	02:53:59	03:34:23	04:06:45.00	04:06:45.80	+00:44:20 (18.0%)	6:01	10 (82.0%)
18	GAC Mariusz	4078	STOPKA PILAWA	M40	10	02:14:03	02:54:43	02:55:41	03:34:00	04:08:41.40	04:08:52.30	+00:46:27 (18.7%)	6:03	9.9 (81.1%)
19	KORCZAK Kamil	4065	ORANGE POLSKA	M30	5	02:16:38	03:00:58	03:02:15	03:40:19	04:13:55.45	04:13:56.70	+00:51:31 (20.3%)	6:11	9.7 (79.5%)
20	JACHIMOWSKI Jarosław	4145	SANOK BIEGA	M40	11	02:21:47	03:04:12	03:04:53	03:43:41	04:16:31.90	04:16:34.65	+00:54:09 (21.1%)	6:15	9.6 (78.7%)
21	STACHOWSKI Damian	4038	ZABIEGANI IMIELIN	M30	6	02:20:57	03:03:37	03:05:04	03:42:49	04:16:52.60	04:16:57.25	+00:54:32 (21.2%)	6:15	9.6 (78.7%)
22	TKACZEWSKI Piotr	4060		M50	1	02:22:31	03:04:40	03:06:18	03:43:46	04:17:24.45	04:17:42.00	+00:55:17 (21.5%)	6:16	9.6 (78.7%)
23	RACHWAŁ Kamil	4123		M30	7	02:19:25	03:03:43	03:05:11	03:44:04	04:18:01.60	04:18:02.30	+00:55:37 (21.6%)	6:17	9.5 (77.9%)
24	KOSIN Paweł	4018	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	12	02:28:37	03:15:25			04:21:30.20	04:21:34.00	+00:59:09 (22.6%)	6:22	9.4 (77.0%)
25	ŁUKASIK Anna	4023	MKL BRYGADA BESKIDÓW	K40	2	02:29:11	03:13:10	03:13:22	03:49:30	04:21:52.40	04:21:54.05	+00:59:29 (22.7%)	6:23	9.4 (77.0%)
26	STACHURSKI Paweł	4160		M40	13	02:24:33	03:08:44	03:09:52	03:50:28	04:22:36.50	04:23:03.60	+01:00:38 (23.1%)	6:24	9.4 (77.0%)
27	STACHURSKI Arkadiusz	4077		M30	8	02:26:36	03:10:19	03:13:12	03:51:45	04:23:12.60	04:23:20.05	+01:00:55 (23.1%)	6:25	9.3 (76.2%)
28	WIĘCEK Damian	4161	PAPPYN RUNNING TEAM	M20	2	02:16:45	02:59:42	03:03:39	03:45:47	04:23:54.25	04:24:03.15	+01:01:38 (23.3%)	6:26	9.3 (76.2%)
29	RYCHTER Marcin	4195	THE RYCHTERS	M50	2	02:19:53	03:05:02	03:07:21	03:46:48	04:24:00.30	04:24:05.55	+01:01:40 (23.4%)	6:26	9.3 (76.2%)
30	STEPANIAK Grzegorz	4128	SEROWARNIA SWOBODA	M40	14	02:27:13	03:11:54	03:13:23	03:53:03	04:27:25.95	04:27:28.55	+01:05:03 (24.3%)	6:31	9.2 (75.4%)
31	WALASEK Grzegorz	4157	BIEGUSIEM.PL	M50	3	02:14:23	03:02:26	03:03:41	03:46:34	04:27:54.50	04:27:59.15	+01:05:34 (24.5%)	6:32	9.2 (75.4%)
32	ZIĘBA Sabina	4170	FOREVER	K40	3	02:28:45	03:14:32	03:14:47	03:54:56	04:29:28.80	04:29:30.65	+01:07:05 (24.9%)	6:34	9.1 (74.6%)
33	TAUZ Andrzej	4116		M40	15	02:21:03	03:03:59	03:06:12	03:48:41	04:29:08.35	04:29:41.75	+01:07:16 (24.9%)	6:33	9.1 (74.6%)
34	GWIZDAŁA Łukasz	4105	NAJMNIEJSZA WATAHA ŚWIATA Z.:F	M30	9	02:31:45	03:14:57	03:17:17	03:56:35	04:30:19.55	04:30:55.80	+01:08:30 (25.3%)	6:35	9.1 (74.6%)
35	DŁUGOSZ-STĘPNIAK Agnieszka	4083	STAY INSANE	K30	2	02:34:14	03:20:26	03:21:30	04:00:26	04:31:47.50	04:31:55.65	+01:09:30 (25.6%)	6:37	9.1 (74.6%)
36	WRONOWSKI Marcin	4003	LUBARTOWSKI BEERGACZ	M30	10	02:22:26	03:09:29	03:12:03	03:54:10	04:32:53.65	04:33:34.70	+01:11:09 (26.0%)	6:39	9 (73.8%)
37	KALTENBERG Janusz	4035		M50	4	02:29:19	03:17:26	03:17:44	03:59:09	04:36:56.00	04:37:04.40	+01:14:39 (26.9%)	6:45	8.9 (73.0%)
38	WIŚNIEWSKI Tomasz	4041		M40	16	02:26:19	03:13:04	03:13:17	03:54:53	04:37:35.20	04:37:46.65	+01:15:21 (27.1%)	6:46	8.9 (73.0%)

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						Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	Krzyzowka na stokowce (powrot) 39km					
39	ASŁANOWICZ Marcin	4136		M40	17	02:32:33	03:20:26	03:22:49	04:03:47	04:40:53.80	04:40:56.25	+01:18:31 (27.9%)	6:51	8.8 (72.1%)
40	SOBIESZEK Sylwia	4046	ZWOLEŃNICY BIEGANIA	K40	4	02:25:51	03:12:11	03:12:31	03:57:04	04:41:19.25	04:41:28.20	+01:19:03 (28.1%)	6:51	8.7 (71.3%)
41	SIEŃKO Łukasz	4068	AKTYWNY DYNÓW	M40	18	02:33:46	03:20:04	03:21:47	04:03:20	04:42:55.95	04:43:03.30	+01:20:38 (28.5%)	6:54	8.7 (71.3%)
42	FIGEL Michał	4091	MIKI TEAM	M40	19	02:39:22	03:27:16	03:28:12	04:08:36	04:42:48.00	04:43:16.15	+01:20:51 (28.5%)	6:53	8.7 (71.3%)
43	WALECKI Jarek	4052	STOPKA PILAWA	M40	20	02:37:48	03:25:49	03:29:04	04:10:41	04:43:44.70	04:43:55.15	+01:21:30 (28.7%)	6:55	8.7 (71.3%)
44	KRASOŃ Marcin	4167		M20	3	02:33:25	03:24:39	03:26:56	04:10:33	04:44:12.65	04:44:52.30	+01:22:27 (28.9%)	6:55	8.7 (71.3%)
45	GŁUCHOWSKI Przemek	4158	KONIN RUN	M40	21	02:33:51	03:23:47	03:26:28	04:07:24	04:44:41.60	04:45:19.55	+01:22:54 (29.1%)	6:56	8.6 (70.5%)
46	PROKULEWICZ Tomasz	4178		M40	22	02:36:46	03:21:25	03:24:05	04:04:45	04:45:02.20	04:45:28.35	+01:23:03 (29.1%)	6:57	8.6 (70.5%)
47	MACHNIKOWSKI Tomasz	4008	LUBARTOWSKI BEERGACZ	M50	5	02:34:42	03:18:37	03:23:45	04:06:25	04:45:41.50	04:46:22.95	+01:23:58 (29.3%)	6:58	8.6 (70.5%)
48	FLOREK Jerzy	4080	LUBARTOWSKI BEERGACZ	M60	1	02:34:41	03:18:28	03:23:46	04:06:19	04:45:41.20	04:46:23.30	+01:23:58 (29.3%)	6:58	8.6 (70.5%)
49	SZCZYPIŃSKI Bartosz	4002	LUBARTOWSKI BEERGACZ	M40	23	02:34:41	03:18:26	03:23:46	04:06:22	04:45:42.70	04:46:23.55	+01:23:58 (29.3%)	6:58	8.6 (70.5%)
50	PITNER Andrzej	4114	BORGWARNER RUNNING TEAM	M30	11	02:42:42	03:30:40	03:32:25	04:13:55	04:47:50.30	04:48:13.60	+01:25:48 (29.8%)	7:01	8.5 (69.7%)
51	SKOCZEK Jakub	4106	KKB KOŁBIEL BIEGA	M30	12	02:33:17	03:20:35	03:27:40	04:08:30	04:48:07.00	04:48:20.30	+01:25:55 (29.8%)	7:01	8.5 (69.7%)
52	PIETRZAK Rafał	4164	STOPKA PILAWA	M30	13	02:39:09	03:27:54	03:30:39	04:12:53	04:48:16.50	04:48:29.65	+01:26:04 (29.8%)	7:01	8.5 (69.7%)
53	GODYŃ Jan	4007	DELOITTE ADVENTURE TEAM	M40	24	02:31:50	03:20:52	03:26:57	04:08:41	04:48:51.25	04:49:03.30	+01:26:38 (30.0%)	7:02	8.5 (69.7%)
54	SZAFRAŃSKA Aleksandra	4104		K30	3	02:34:12	03:22:12	03:26:59	04:10:47	04:48:24.90	04:49:06.85	+01:26:41 (30.0%)	7:02	8.5 (69.7%)
55	STODOLNY Krzysztof	4009		M60	2	02:34:35	03:23:02	03:26:35	04:11:36	04:49:08.55	04:49:13.80	+01:26:48 (30.0%)	7:03	8.5 (69.7%)
56	HOLONA Maciek	4166	FORMA WODZISŁAW	M50	6	02:34:05	03:25:16	03:26:11	04:11:28	04:51:58.15	04:52:04.05	+01:29:39 (30.7%)	7:07	8.4 (68.9%)
57	JELENIOWSKI Paweł	4069		M30	14	02:30:22	03:21:31	03:26:18	04:13:02	04:52:59.95	04:53:03.15	+01:30:38 (30.9%)	7:08	8.4 (68.9%)
58	WOŁOSZYN Małgorzata	4191	MARGO TEAM	K40	5	02:47:00	03:35:37	03:36:51	04:18:08	04:56:40.15	04:56:53.60	+01:34:28 (31.8%)	7:14	8.3 (68.0%)
59	ZARĘBSKI Krzysztof	4148	SZYBCY I WŚCIEKLI	M30	15	02:37:00	03:28:15	03:34:55	04:17:14	04:57:09.05	04:57:15.45	+01:34:50 (31.9%)	7:14	8.3 (68.0%)
60	GROBELNY Tomasz	4027		M40	25	02:42:48	03:35:49	03:41:00	04:23:18	04:58:04.70	04:58:31.80	+01:36:06 (32.2%)	7:16	8.3 (68.0%)

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						Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	Krzyzowka na stokowce (powrot) 39km	Czas netto 41km	Czas brutto 41km	Różn	Tempo min/km	Tempo km/h
61	GRASELA Ernest	4147	BESKIDZKIE RYSIE RUNNING TEAM	M40	26	02:31:56	03:25:43	03:29:20	04:16:45	05:00:30.25	05:00:32.70	+01:38:07 (32.7%)	7:19	8.2 (67.2%)
62	MALETA Marcin	4076	LPP TEAM	M30	16	02:45:54	03:35:33	03:40:48	04:25:50	05:02:51.30	05:03:08.85	+01:40:43 (33.2%)	7:23	8.1 (66.4%)
63	WALKOWIAK Joanna	4162		K40	6	02:51:50	03:41:18	03:45:45	04:27:15	05:03:16.20	05:03:34.30	+01:41:09 (33.3%)	7:23	8.1 (66.4%)
64	KRAJEWSKI Marcin	4168	NEO-SYSTEM	M40	27	02:57:38			04:22:56	05:02:51.45	05:03:39.95	+01:41:15 (33.3%)	7:23	8.1 (66.4%)
65	BODNAR Adrian	4102		M30	17	02:35:42	03:28:25	03:30:45	04:22:27	05:03:32.75	05:03:43.35	+01:41:18 (33.4%)	7:24	8.1 (66.4%)
66	PYRKOSZ Damian	4011	ENGLISH VITAE	M50	7	02:45:36	03:37:52	03:40:53	04:25:02	05:03:43.75	05:03:53.55	+01:41:28 (33.4%)	7:24	8.1 (66.4%)
67	MAJEWICZ Grzegorz	4010		M40	28	02:45:28	03:35:23	03:40:48	04:25:30	05:05:01.95	05:05:20.50	+01:42:55 (33.7%)	7:26	8.1 (66.4%)
68	SUWEZDA Jacek	4117	CZĘSTOCHOWSKIE DZIKI	M50	8	02:33:18	03:28:08	03:29:59	04:22:27	05:05:45.45	05:05:56.65	+01:43:31 (33.8%)	7:27	8 (65.6%)
69	NOWAK Robert	4014	PORANNY PATROL	M50	9	02:53:37	03:48:04	03:51:34	04:31:04	05:06:47.10	05:06:52.20	+01:44:27 (34.0%)	7:28	8 (65.6%)
70	PETER Marcin	4059		M40	29	02:43:18	03:36:35	03:40:13	04:26:11	05:07:12.45	05:07:15.40	+01:44:50 (34.1%)	7:29	8 (65.6%)
71	WILK Sylwester	4045		M40	30	02:49:44	03:39:00	03:44:42	04:27:26	05:07:17.90	05:07:52.30	+01:45:27 (34.3%)	7:29	8 (65.6%)
72	DRESZLER Wiesław	4086		M50	10	02:51:57	03:41:49	03:43:22	04:25:51	05:10:08.75	05:10:20.05	+01:47:55 (34.8%)	7:33	7.9 (64.8%)
73	PIOTR Gajda	4073		M40	31	02:58:14	03:51:25	03:58:18	04:39:16	05:13:35.65	05:13:50.95	+01:51:26 (35.5%)	7:38	7.8 (63.9%)
74	RYBAK Łukasz	4130		M40	32	02:36:45	03:32:42	03:39:51	04:27:56	05:13:50.30	05:14:16.50	+01:51:51 (35.6%)	7:39	7.8 (63.9%)
75	TUPTYŃSKI Tomasz	4146	CZARNA OWCA	M50	11	02:58:46	03:54:44	03:57:15	04:38:56	05:15:20.75	05:16:08.85	+01:53:43 (36.0%)	7:41	7.8 (63.9%)
76	ZAWADKA Kamil	4062	STOPKA PILAWA	M30	18	02:41:43	03:37:37	03:43:43	04:33:01	05:16:55.75	05:17:07.35	+01:54:42 (36.2%)	7:43	7.8 (63.9%)
77	APOLLO Michał	4134	KMW ZAKOPANE	M40	33	02:47:44	03:44:08	03:50:26	04:38:47	05:17:20.75	05:17:40.00	+01:55:15 (36.3%)	7:44	7.8 (63.9%)
78	URBAŃCZYK Darek	4171		M40	34	02:54:02	03:46:34	03:50:27	04:37:21	05:17:01.20	05:18:02.05	+01:55:37 (36.4%)	7:43	7.8 (63.9%)
79	SERAFIN Piotr	4184		M40	35	02:48:55	03:45:43	03:51:41	04:38:50	05:17:56.25	05:18:04.50	+01:55:39 (36.4%)	7:45	7.7 (63.1%)
80	MRYCZKO Roman	4129	AKTYWNY DYNOW	M50	12	02:48:12	03:48:03	03:51:16	04:36:35	05:18:50.40	05:18:58.25	+01:56:33 (36.5%)	7:46	7.7 (63.1%)
81	PRAGNAĆA Milena	4013	PORANNY PATROL	K40	7	02:53:36	03:48:03	03:51:30	04:38:50	05:19:33.60	05:19:38.00	+01:57:13 (36.7%)	7:47	7.7 (63.1%)
82	KUCHARZYK Grzegorz	4151	SKILLS	M40	36	03:01:38	03:57:30	03:58:34	04:41:55	05:19:56.90	05:19:59.05	+01:57:34 (36.7%)	7:48	7.7 (63.1%)
83	PORĘBA Eugeniusz	4138		M60	3	02:52:20	03:44:37	03:45:54	04:34:45	05:22:48.65	05:23:05.35	+02:00:40 (37.3%)	7:52	7.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	Krzyzowka na stokowce (powrot) 39km	Czas netto 41km	Czas brutto 41km	Różn	Tempo min/km	Tempo km/h
84	FEDAK Bohdan	4033	AKTYWNI ZAGÓRZ	M50	13	02:45:10	03:40:59	03:43:11	04:34:01	05:22:52.95	05:23:21.40	+02:00:56 (37.4%)	7:52	7.6 (62.3%)
85	PILCH Patryk	4132		M30	19	02:56:09	03:53:05	03:54:58	04:42:57	05:23:39.15	05:23:47.20	+02:01:22 (37.5%)	7:53	7.6 (62.3%)
86	MIŁKOWSKI Dawid	4135		M30	20	02:56:08	03:53:06	03:55:35	04:43:04	05:23:43.25	05:23:51.95	+02:01:27 (37.5%)	7:53	7.6 (62.3%)
87	MYGA Michał	4071	HEARTLESS	M30	21	02:53:27	03:46:21	03:54:35	04:39:00	05:23:47.70	05:23:55.35	+02:01:30 (37.5%)	7:53	7.6 (62.3%)
88	CHOINA Kamil	4043		M30	22	02:34:41	03:30:15	03:42:39	04:38:10	05:23:50.05	05:24:32.60	+02:02:07 (37.6%)	7:53	7.6 (62.3%)
89	WILK Damian	4047	ZGNIŁE JAJA	M30	23	02:48:20	03:44:19	03:48:45	04:36:24	05:25:28.85	05:25:46.30	+02:03:21 (37.9%)	7:56	7.6 (62.3%)
90	ZAJĄCZKOWSKI Paweł	4004	POWER TRAINING	M30	24	03:00:56	03:54:43	03:57:15	04:45:00	05:28:02.75	05:28:25.40	+02:06:00 (38.4%)	8:00	7.5 (61.5%)
91	JANOWSKI Bogdan	4169		M50	14	02:47:28	03:39:12	03:55:36	04:39:30	05:28:35.85	05:28:47.30	+02:06:22 (38.4%)	8:00	7.5 (61.5%)
92	SZCZEPAŃSKI Grzegorz	4172	8132746829	M40	37	02:49:41	03:50:01	03:52:57	04:40:33	05:24:16.85	05:29:19.85	+02:06:54 (38.5%)	7:54	7.6 (62.3%)
93	PIĘTKA Rafał	4084	STOPKA PILAWA	M30	25	02:49:36	03:47:58	03:50:32	04:42:20	05:29:10.85	05:29:24.60	+02:06:59 (38.6%)	8:01	7.5 (61.5%)
94	RADWAŃSKA Justyna	4176		K40	8	02:53:11	03:45:50	03:46:49	04:31:40	05:29:16.90	05:29:31.30	+02:07:06 (38.6%)	8:01	7.5 (61.5%)
95	PROKOPIUK Grzegorz	4056	SZWAGRY DWA	M40	38	02:57:53	03:52:23	03:57:34	04:44:18	05:30:43.75	05:31:03.35	+02:08:38 (38.9%)	8:03	7.4 (60.7%)
96	WOJTKIEWICZ Jarosław	4175		M50	15	03:08:52	04:06:08	04:06:28	04:53:00	05:31:19.30	05:31:36.95	+02:09:12 (39.0%)	8:04	7.4 (60.7%)
97	GOLBIAK Wojciech	4057		M40	39	02:48:09	03:47:33	03:51:25	04:43:52	05:33:52.40	05:34:10.95	+02:11:46 (39.4%)	8:08	7.4 (60.7%)
98	SOBOL Ludwik	4182	CZŁAPAK-MARUDER CISNA	M50	16	03:04:01	03:59:03	04:01:25	04:49:28	05:34:23.10	05:34:39.05	+02:12:14 (39.5%)	8:09	7.4 (60.7%)
99	ADAMOWICZ Agnieszka	4055	SKÓRZEC BIEGA/ZWOLEŃNICY BIEGANIA	K40	9	03:03:44	03:59:08	04:01:30	04:49:32	05:34:41.55	05:34:51.20	+02:12:26 (39.6%)	8:09	7.4 (60.7%)
100	MACHNIKOWSKI Paweł	4012	LUBARTOWSKI BEERGACZ	M40	40	03:02:45	03:58:01	04:00:20	04:47:03	05:34:22.00	05:35:04.90	+02:12:39 (39.6%)	8:09	7.4 (60.7%)
101	GARECKI Krzysztof	4075		M20	4	02:50:03	03:48:04	03:52:15	04:45:55	05:38:01.05	05:38:45.10	+02:16:20 (40.2%)	8:14	7.3 (59.8%)
102	KŁOSOK Adam	4022		M40	41	02:56:42	03:54:11	04:00:15	04:48:26	05:39:11.20	05:39:25.60	+02:17:00 (40.4%)	8:16	7.3 (59.8%)
103	KRAUZE Tomasz	4125	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	17	03:03:05	04:02:13	04:03:40	04:54:55	05:39:29.90	05:39:51.75	+02:17:26 (40.4%)	8:16	7.2 (59.0%)
104	TROCHIMOWICZ Hubert T	4042	ULTRA AT HEART	M40	42	02:58:47	03:59:11	04:05:19	04:57:33	05:40:07.30	05:40:11.00	+02:17:46 (40.5%)	8:17	7.2 (59.0%)
105	JĘDRO Tomasz	4070		M50	18	03:06:06	04:06:47	04:11:57	04:59:23	05:41:37.65	05:41:44.70	+02:19:19 (40.8%)	8:19	7.2 (59.0%)
106	JASKULSKI Emil	4190	GÓROŁAZ	M30	26	02:53:39	03:56:13	04:00:48	04:55:29	05:41:33.10	05:41:52.35	+02:19:27 (40.8%)	8:19	7.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	Krzyzowka na stokowce (powrot) 39km	Czas netto 41km	Czas brutto 41km	Różn	Tempo min/km	Tempo km/h
107	WOŁOSZYN Czesław	4181	PIZUNY ROZTOCZE WSCHODNIE	M60	4	03:13:22	04:09:24	04:11:20	05:01:30	05:43:25.30	05:43:48.65	+02:21:23 (41.1%)	8:22	7.2 (59.0%)
108	LEŚNIAK Izabela	4029		K20	2	03:09:34	04:06:17	04:06:47	04:59:18	05:43:57.00	05:44:40.50	+02:22:15 (41.3%)	8:23	7.2 (59.0%)
109	GAWLAK Tomasz	4121	BIECZ	M40	43	03:03:24	03:59:27	04:01:07	04:54:01	05:46:49.60	05:46:55.30	+02:24:30 (41.7%)	8:27	7.1 (58.2%)
110	HOLIK Iwona	4133	GORLICKA GRUPA BIEGOWA	K40	10	03:06:46	04:04:59	04:11:33	05:01:37	05:49:47.15	05:50:09.80	+02:27:44 (42.2%)	8:31	7 (57.4%)
111	JAROSZ Krzysztof	4152		M40	44	03:05:41	04:06:01	04:09:19	05:01:19	05:49:29.95	05:50:12.65	+02:27:47 (42.2%)	8:31	7 (57.4%)
112	SAWICKI Wojciech	4122		M40	45	03:01:51	03:57:34	04:02:55	04:56:36	05:50:20.40	05:50:40.40	+02:28:15 (42.3%)	8:32	7 (57.4%)
113	LEŚNIAK-POPIEL Marta	4141		K40	11	03:08:12	04:06:24	04:13:56	05:03:42	05:50:54.15	05:51:04.10	+02:28:39 (42.3%)	8:33	7 (57.4%)
114	DYŁĄG Katarzyna	4142	GGB	K40	12	03:06:46	04:05:01	04:11:45	05:01:38	05:51:04.50	05:51:27.55	+02:29:02 (42.4%)	8:33	7 (57.4%)
115	STANEK Bartosz	4120	PLEWISKA BIEGAJĄ	M30	27	03:12:49	04:07:26	04:20:03	05:04:28	05:52:13.80	05:52:22.05	+02:29:57 (42.6%)	8:35	7 (57.4%)
116	ŁAWRENCZUK Paweł	4026		M40	46	02:57:03	03:58:23	04:04:29	05:02:07	05:52:48.95	05:52:53.25	+02:30:28 (42.6%)	8:36	7 (57.4%)
117	MYRTA Andrzej	4049	GÓROŁAZ	M50	19	03:11:11	04:11:57	04:15:31	05:09:52	05:55:51.45	05:56:12.25	+02:33:47 (43.2%)	8:40	6.9 (56.6%)
118	MICHALCZYK Artur	4119		M60	5	03:06:49	04:08:30	04:20:50	05:11:51	05:59:30.40	05:59:46.20	+02:37:21 (43.7%)	8:46	6.8 (55.7%)
119	GŁÓWKA Alfred	4101	KARCZMA U FREDA	M60	6	03:10:28	04:12:27	04:15:14	05:11:42	06:00:21.25	06:00:36.35	+02:38:11 (43.9%)	8:47	6.8 (55.7%)
120	MORAWSKI Grzegorz	4183		M40	47	02:58:22	04:03:17	04:08:04	05:05:54	06:03:06.85	06:03:17.15	+02:40:52 (44.3%)	8:51	6.8 (55.7%)
121	JESIOTR Łukasz	4067	STOPKA PILAWA	M30	28	03:06:02	04:08:43	04:17:25	05:15:32	06:07:39.05	06:07:50.65	+02:45:25 (45.0%)	8:58	6.7 (54.9%)
122	OPOLSKI Piotr	4074	LUBARTOWSKI BEERGACZ	M40	48	03:13:57	04:15:24	04:17:27	05:11:43	06:08:14.15	06:08:56.95	+02:46:32 (45.1%)	8:58	6.7 (54.9%)
123	LEŚNIAK Dariusz	4017		M50	20	03:13:52	04:15:22	04:20:51	05:16:20	06:09:33.55	06:09:46.85	+02:47:21 (45.3%)	9:00	6.7 (54.9%)
124	MILC Szymon	4118	ULTRA WYJADACZE WYDZIAŁ ZAMIEJSCOWY	M40	49	03:09:25	04:11:13	04:20:28	05:12:03	06:09:16.50	06:09:51.15	+02:47:26 (45.3%)	9:00	6.7 (54.9%)
125	JEDLIŃSKI Bartosz	4031	MARATOŃCZYK DĘBICA	M40	50	03:16:13	04:16:22	04:26:20	05:17:20	06:09:36.75	06:10:45.40	+02:48:20 (45.4%)	9:00	6.7 (54.9%)
126	GÓRNIAK Bartek	4180	MONKEYS TEAM'	M30	29	03:25:01	04:31:39	04:43:19	05:27:18	06:10:20.20	06:10:45.65	+02:48:20 (45.4%)	9:01	6.6 (54.1%)
127	PARYSZ Anna	4015	STARE BABICE BIEGAJĄ	K60	1	03:25:19	04:24:18	04:28:55	05:21:30	06:10:50.05	06:11:09.80	+02:48:44 (45.5%)	9:02	6.6 (54.1%)
128	MOLENDĄ Szczepan	4061		M30	30	03:26:58	04:26:39	04:30:16	05:24:45	06:14:06.30	06:15:36.25	+02:53:11 (46.1%)	9:07	6.6 (54.1%)
129	BUŁAWA Grzegorz	4066		M40	51	03:12:11	04:17:13	04:28:56	05:22:24	06:16:05.70	06:16:15.25	+02:53:50 (46.2%)	9:10	6.5 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka								
						Krzyzowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjscie z Karczmy 34.1km	na stokowce (powrot) 39km	Czas netto 41km	Czas brutto 41km	Różn	Tempo min/km	Tempo km/h
130	KĘDZIORA Marta	4165		K30	4	03:29:53	04:33:09	04:37:06	05:30:10	06:16:22.35	06:17:01.00	+02:54:36 (46.3%)	9:10	6.5 (53.3%)
131	KUCHARCZYK Radosław	4159		M40	52	03:06:34	04:08:40	04:32:41	05:25:52	06:19:02.00	06:19:06.00	+02:56:41 (46.6%)	9:14	6.5 (53.3%)
132	MACHOWSKI Wojciech	4092		M30	31	03:20:38	04:22:33	04:27:41	05:23:50	06:19:38.30	06:20:07.65	+02:57:42 (46.8%)	9:15	6.5 (53.3%)
133	WALERJAN Łukasz	4094		M40	53	03:20:40	04:22:36	04:27:41	05:23:53	06:19:39.65	06:20:07.90	+02:57:42 (46.8%)	9:15	6.5 (53.3%)
134	GŁOWACKI Andrzej	4156	MŁODY VS STARY	M50	21	03:17:35	04:22:04	04:28:14	05:31:33	06:21:14.50	06:21:37.75	+02:59:12 (47.0%)	9:17	6.5 (53.3%)
135	BURY Marek	4072		M50	22	03:30:47	04:33:16	04:42:55	05:36:05	06:27:14.70	06:27:46.05	+03:05:21 (47.8%)	9:26	6.4 (52.5%)
136	ŻACZEK Anna	4081	BIEGUSIEM.PL	K50	1	03:36:49	04:38:54	04:46:05	05:39:28	06:28:12.25	06:28:17.45	+03:05:52 (47.9%)	9:28	6.3 (51.6%)
137	BALCERZAK Mariusz	4139	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	M40	54	03:31:54	04:32:19	04:41:00	05:32:30	06:28:13.15	06:28:53.90	+03:06:28 (48.0%)	9:28	6.3 (51.6%)
138	BIAŁEK Adam	4137	GEPARDY Z ŁODZI	M50	23	03:31:55	04:32:17	04:40:58	05:32:29	06:28:14.60	06:28:55.30	+03:06:30 (48.0%)	9:28	6.3 (51.6%)
139	GADOMSKI Grzegorz	4112		M30	32	03:09:34	04:16:11	04:24:29	05:26:37	06:29:03.05	06:29:45.95	+03:07:21 (48.1%)	9:29	6.3 (51.6%)
140	MACHNIKOWSKI Ireneusz	4039	LUBARTOWSKI BEERGACZ	M50	24	03:28:21	04:33:26	04:38:54	05:31:26	06:29:03.75	06:29:47.85	+03:07:22 (48.1%)	9:29	6.3 (51.6%)
141	MIKOŁAJCZYK Jarosław	4058		M40	55	03:34:35	04:40:02	04:49:26	05:45:04	06:34:09.70	06:34:29.65	+03:12:04 (48.7%)	9:36	6.2 (50.8%)
142	KARAMON Patryk	4192		M20	5	03:25:02	04:32:44	04:49:25	05:42:23	06:37:42.35	06:38:07.45	+03:15:42 (49.2%)	9:42	6.2 (50.8%)
143	GOLEŃ Justyna	4082		K40	13	03:34:28	04:39:08	04:50:58	05:47:46	06:44:50.70	06:45:14.95	+03:22:50 (50.1%)	9:52	6.1 (50.0%)
144	KLOC Tomasz	4185		M40	56	03:34:25	04:39:07	04:50:56	05:47:43	06:44:49.85	06:45:16.45	+03:22:51 (50.1%)	9:52	6.1 (50.0%)
145	PRYCIŃSKI Krzysztof	4144		M50	25	03:36:58	04:38:49	04:46:10	05:40:21	06:45:34.65	06:46:07.65	+03:23:42 (50.2%)	9:53	6.1 (50.0%)
146	PRYCIŃSKA Wiesława	4143		K40	14	03:36:59	04:38:52	04:46:12	05:40:17	06:45:37.10	06:46:08.95	+03:23:44 (50.2%)	9:53	6.1 (50.0%)
147	STOLARZ Andrzej	4179		M40	57	03:23:47	04:25:58	04:29:14	05:35:45	06:51:57.40	06:52:50.80	+03:30:25 (51.0%)	10:02	6 (49.2%)
148	PIECH Adam	4054	PORANNY PATROL	M50	26	03:41:47	04:47:24	04:53:51	05:48:30	06:39:15.15	06:54:03.70	+03:31:38 (51.1%)	9:44	6.2 (50.8%)
149	KASPEREK Magdalena	4024		K40	15	03:27:16	04:31:18	04:49:10	05:45:56	06:53:32.25	06:54:28.35	+03:32:03 (51.2%)	10:05	5.9 (48.4%)
150	KASPEREK Ireneusz	4030		M40	58	03:27:16	04:31:19	04:49:13	05:45:56	06:53:34.75	06:54:30.60	+03:32:05 (51.2%)	10:05	5.9 (48.4%)
151	PIOTROWSKI Jakub	4150	VICTUS RĘBKÓW	M30	33	03:30:15	04:39:31	04:51:02	05:44:18	06:54:10.35	06:54:59.15	+03:32:34 (51.2%)	10:06	5.9 (48.4%)
152	KALITOWSKI Maciej	4079		M40	59	03:30:11	04:39:27	04:51:04	05:44:15	06:54:11.85	06:55:00.35	+03:32:35 (51.2%)	10:06	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka								Tempo min/km	Tempo km/h
						Krzyżowka na stokowce 27km	Karczma Brzeziniak 34km	Wyjście z Karczmy 34.1km	Krzyżowka na stokowce (powrót) 39km	Czas netto 41km	Czas brutto 41km	Różn			
153	WĄGRODZKI Piotr	4153		M50	27	03:30:11	04:39:30	04:51:03	05:44:16	06:54:13.60	06:55:02.05	+03:32:37 (51.2%)	10:06	5.9 (48.4%)	
154	CISKA Renata	4036	RYKOWISKO TEAM	K40	16	03:34:06	04:40:26	04:54:43	05:54:04	06:55:21.45	06:55:58.00	+03:33:33 (51.3%)	10:07	5.9 (48.4%)	
155	DZIWISZEK Tomasz	4040	RYKOWISKO	M40	60	03:34:06	04:40:24	04:54:41	05:54:06	06:55:20.75	06:55:58.05	+03:33:33 (51.3%)	10:07	5.9 (48.4%)	
156	OKARMA Wojtek	4097		M40	61	03:28:35	04:42:04	04:46:52	05:50:46	07:00:33.75	07:01:26.55	+03:39:01 (52.0%)	10:15	5.8 (47.5%)	
157	CZUBA Michał	4193		M40	62	03:40:12	04:51:58	04:59:28	06:03:45	07:01:18.50	07:01:31.05	+03:39:06 (52.0%)	10:16	5.8 (47.5%)	
158	MOREK Krzysztof	4085		M50	28	03:30:33	04:40:21	04:55:06	05:58:39	07:02:54.55	07:02:59.95	+03:40:35 (52.1%)	10:18	5.8 (47.5%)	
159	WOJNAROWSKI Leszek	4187		M50	29	03:30:22	04:39:22	04:55:05	05:58:38	07:02:54.35	07:03:00.05	+03:40:35 (52.1%)	10:18	5.8 (47.5%)	
160	SIUCIAK Robert	4115	KARCZMA U FREDA	M60	7	03:32:18	04:48:13	05:02:36	06:10:19	07:05:47.20	07:06:05.25	+03:43:40 (52.5%)	10:23	5.8 (47.5%)	
161	PFADT Wojciech	4131		M60	8	03:30:07	04:40:09	04:46:57	05:49:54	07:08:54.90	07:09:53.30	+03:47:28 (52.9%)	10:27	5.7 (46.7%)	
162	KOZAK Marcin	4025	LUBARTOWSKI BEERGACZ	M40	63	03:36:32	04:53:50	04:59:00	06:06:50	07:13:56.90	07:14:38.85	+03:52:13 (53.4%)	10:35	5.7 (46.7%)	
163	LEJMAN Małgorzata	4019		K40	17	03:39:31	04:51:47	05:00:47	06:07:49	07:14:22.05	07:14:52.65	+03:52:27 (53.5%)	10:35	5.7 (46.7%)	
164	BARTO Sylwia	4016		K40	18	03:39:30	04:52:07	05:00:24	06:08:10	07:14:39.35	07:15:10.25	+03:52:45 (53.5%)	10:36	5.7 (46.7%)	
165	KRÓL Michał	4173	ULTRA KSP	M40	64	03:45:08	04:57:41	05:02:07	06:03:16	07:15:40.65	07:16:05.75	+03:53:40 (53.6%)	10:37	5.6 (45.9%)	
166	MIKOŁAJCZYK Mariusz	4140	ULTRA KSP	M40	65	03:45:04	04:57:41	05:02:09	06:03:10	07:15:40.05	07:16:06.35	+03:53:41 (53.6%)	10:37	5.6 (45.9%)	
167	AFTYKA Piotr	4163		M40	66	04:05:53	05:17:20	05:19:36	06:22:39	07:15:38.80	07:16:14.75	+03:53:49 (53.6%)	10:37	5.6 (45.9%)	
Przekroczony limit czasu: 07:30:00															
168	JUSZCZYK Małgorzata	4021	NIEPOŁOMICE BIEGAJĄ	K40	19	04:07:10	05:23:49	05:35:16	06:41:13	07:43:19.75	07:43:19.75	+04:20:54 (56.3%)	11:18	5.3 (43.4%)	
169	SZCZEPOCKI Andrzej	4020	NIEPOŁOMICE BIEGAJĄ	M50	30	04:06:13	05:23:12	05:34:35	06:40:44	07:42:47.65	07:43:21.00	+04:20:56 (56.3%)	11:17	5.3 (43.4%)	
170	JANICKI Patryk	4050	PORANNY PATROL	M40	67	04:04:25	05:13:35	05:22:20	06:27:57	07:30:35.60	07:45:23.60	+04:22:58 (56.5%)	10:59	5.5 (45.1%)	
171	WIERCHOŁA Joanna	4189		K60	2	04:07:40	05:21:06	05:28:19	06:40:21	07:52:37.55	07:53:04.35	+04:30:39 (57.2%)	11:31	5.2 (42.6%)	
	PRUS Piotr	4111	BIEGACZE KLECZEW	M50		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	
	MANUSZAK Przemysław	4110	BIEGACZE KLECZEW	M40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)	

Znaleziono 173 wynik(ów)