

XI ULTRAMARATON BIESZCZADZKI - 14 KM

B4SPORT

Wydarzenie: XI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-10-14
Miejsce: Cisna
Dystans: 14 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	BALIGA Cezary	1214	TEAM HOKA GARMIN	M20	1	01:07:36.80	01:07:36.80		4:49	12.4 (100%)
2	ŻÓŁTEK Grzegorz	1235		M30	1	01:07:49.25	01:07:49.25	+00:00:12 (0.3%)	4:50	12.4 (100%)
3	DZIEWIŃSKI Damian	1170	35BLP/SANOK BIEGA	M40	1	01:10:08.90	01:10:08.90	+00:02:32 (3.6%)	5:00	12 (96.8%)
4	PRĘTNIK Sławomir	1196	WYPOCIC KACA	M30	2	01:12:39.55	01:12:39.55	+00:05:02 (6.9%)	5:11	11.6 (93.5%)
5	WAŚKO Paweł	1104	CENTRUM MASAŻU	M50	1	01:14:21.45	01:14:21.45	+00:06:44 (9.1%)	5:18	11.3 (91.1%)
6	ŁOIŃSKI Andrzej	1126	RUCH IZBICA	M40	2	01:14:27.85	01:14:27.85	+00:06:51 (9.2%)	5:19	11.3 (91.1%)
7	TRACZ Łukasz	1197		M30	3	01:14:32.50	01:14:32.50	+00:06:55 (9.3%)	5:19	11.3 (91.1%)
8	TARGOSZ Michał	1195	RUNPROGRESS.PL	M40	3	01:14:58.35	01:14:58.35	+00:07:21 (9.8%)	5:21	11.2 (90.3%)
9	ZĄBIK Marek	1224		M30	4	01:15:32.70	01:15:32.70	+00:07:55 (10.5%)	5:23	11.1 (89.5%)
10	MATŁOSZ Mariusz	1205	SNW KW KRAKÓW	M40	4	01:22:28.50	01:22:28.50	+00:14:51 (18.0%)	5:53	10.2 (82.3%)
11	BUSZ Jacek	1123	STAJNIA BALONA/OLD SCHOOL TRAIL RUNNING	M40	5	01:22:45.70	01:22:45.70	+00:15:08 (18.3%)	5:54	10.2 (82.3%)
12	ZAJDER Paweł	1147	PRZEDWOJEWSKI TEAM	M30	5	01:23:10.20	01:23:10.20	+00:15:33 (18.7%)	5:56	10.1 (81.5%)
13	ZAWADZKI Marcin	1047	SZCZWANY TRZMIEL TEAM	M40	6	01:23:41.00	01:23:41.00	+00:16:04 (19.2%)	5:58	10 (80.6%)
14	KICIŃSKI Grzegorz	1186		M40	7	01:23:49.40	01:23:49.40	+00:16:12 (19.3%)	5:59	10 (80.6%)
15	BOLECHOWSKA Dominika	1234	ALPIN SPORT TEAM	K40	1	01:24:21.75	01:24:21.75	+00:16:44 (19.9%)	6:01	10 (80.6%)
16	HOŁOWATY Renata	1151	SANOK BIEGA	K30	1	01:25:00.95	01:25:00.95	+00:17:24 (20.5%)	6:04	9.9 (79.8%)
17	GAJEWSKI Paweł	1043	BIESZCZADZKIE DESEROWE	M50	2	01:27:06.00	01:27:06.00	+00:19:29 (22.4%)	6:13	9.6 (77.4%)
18	PANCERZ Szymon	1150		M20	2	01:27:17.75	01:27:17.75	+00:19:40 (22.5%)	6:14	9.6 (77.4%)
19	WIĘCEK Marek	1125	PL2W	M20	3	01:27:33.95	01:27:33.95	+00:19:57 (22.8%)	6:15	9.6 (77.4%)
20	WIĘCEK Damian	1145	PL2W	M20	4	01:27:34.75	01:27:34.75	+00:19:57 (22.8%)	6:15	9.6 (77.4%)
21	WALANIA Kinga	1230	AKADEMIA BIEGACZA MATYLDY KOWAL	K40	2	01:27:51.70	01:27:51.70	+00:20:14 (23.0%)	6:16	9.6 (77.4%)
22	KLAWIŃSKA Bernadeta	1083	RCI BYDGOSZCZ	K40	3	01:30:25.85	01:30:25.85	+00:22:49 (25.2%)	6:27	9.3 (75.0%)
23	KOPPLINGER Grzegorz	1028	ASSECO ACTIVE TEAM	M50	3	01:30:49.55	01:30:49.55	+00:23:12 (25.6%)	6:29	9.2 (74.2%)
24	BRODA Sławomir	1167		M50	4	01:31:10.15	01:31:10.15	+00:23:33 (25.8%)	6:30	9.2 (74.2%)
25	PALIŚ Przemysław	1032		M30	6	01:31:30.80	01:31:30.80	+00:23:54 (26.1%)	6:32	9.2 (74.2%)
26	BOLANOWSKI Jakub	1206	FINISZ RYMANÓW	M30	7	01:33:35.05	01:33:35.05	+00:25:58 (27.8%)	6:41	9 (72.6%)
27	RABCZEWSKI Kacper	1068	AZS AGH KRAKÓW	M20	5	01:33:40.60	01:33:40.60	+00:26:03 (27.8%)	6:41	9 (72.6%)
28	KOŁODZIEJCZYK Marcin	1069	BEZ	M40	8	01:33:47.15	01:33:47.15	+00:26:10 (27.9%)	6:41	9 (72.6%)
29	KRAWCZYK Rafał	1122		M30	8	01:33:51.20	01:33:51.20	+00:26:14 (28.0%)	6:42	9 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
30	SOSNOWSKI Rafał	1161		M30	9	01:36:01.05	01:36:01.05	+00:28:24 (29.6%)	6:51	8.7 (70.2%)
31	PELA Tomasz	1231		M20	6	01:36:04.90	01:36:04.90	+00:28:28 (29.6%)	6:51	8.7 (70.2%)
32	HOŁUB Wacław	1121	JAROSŁAWSKI BIEGACZ	M50	5	01:36:15.25	01:36:15.25	+00:28:38 (29.8%)	6:52	8.7 (70.2%)
33	JAKUBECKI Michał	1149		M20	7	01:36:24.95	01:36:24.95	+00:28:48 (29.9%)	6:53	8.7 (70.2%)
34	RABCZEWSKI Andrzej	1066	MKS MECHANIK WŁODAWA	M50	6	01:36:46.10	01:36:46.10	+00:29:09 (30.1%)	6:54	8.7 (70.2%)
35	ŚLIWIŃSKI Andrzej	1106		M60	1	01:37:05.65	01:37:05.65	+00:29:28 (30.4%)	6:56	8.7 (70.2%)
36	GÓRA Kamil	1178		M30	10	01:38:06.45	01:38:06.45	+00:30:29 (31.1%)	7:00	8.6 (69.4%)
37	GIERULA Piotr	1194		M40	9	01:38:32.15	01:38:32.15	+00:30:55 (31.4%)	7:02	8.5 (68.5%)
38	KRZYSZTYNIAK Mariusz	1064		M40	10	01:38:37.00	01:38:37.00	+00:31:00 (31.4%)	7:02	8.5 (68.5%)
39	KRZYSZTYNIAK Michał	1065		M30	11	01:38:37.05	01:38:37.05	+00:31:00 (31.4%)	7:02	8.5 (68.5%)
40	DEREN Wojtek	1179		M40	11	01:38:42.05	01:38:42.05	+00:31:05 (31.5%)	7:03	8.5 (68.5%)
41	ŚLUSAREK Katarzyna	1141		K20	1	01:38:52.75	01:38:52.75	+00:31:15 (31.6%)	7:03	8.5 (68.5%)
42	GRYCZKA Andrzej	1225	DKB WARSZAWA	M40	12	01:39:16.10	01:39:16.10	+00:31:39 (31.9%)	7:05	8.5 (68.5%)
43	PIETRUSZEWSKI Marcin	1075	OSP DĄBEK	M30	12	01:39:28.05	01:39:28.05	+00:31:51 (32.0%)	7:06	8.4 (67.7%)
44	MŁODZIK Anna	1108	NIEBAĆ PIS!	K30	2	01:40:30.05	01:40:30.05	+00:32:53 (32.7%)	7:10	8.4 (67.7%)
45	ORZECZOWSKI Maciej	1119		M20	8	01:40:50.20	01:40:50.20	+00:33:13 (32.9%)	7:12	8.3 (66.9%)
46	OBYRTACZ Paweł	1094		M30	13	01:41:19.45	01:41:19.45	+00:33:42 (33.3%)	7:14	8.3 (66.9%)
47	WIECZOREK Jacek	1227	VELICANTE SPORT TEAM	M50	7	01:41:22.35	01:41:22.35	+00:33:45 (33.3%)	7:14	8.3 (66.9%)
48	PILAWSKA Sandra	1210		K20	2	01:41:35.90	01:41:35.90	+00:33:59 (33.5%)	7:15	8.3 (66.9%)
49	KAMIŃSKI Paweł	1105		M20	9	01:41:45.55	01:41:45.55	+00:34:08 (33.6%)	7:16	8.3 (66.9%)
50	KOPIENIAK Emil	1171	TRĄBIKI	M30	14	01:41:56.55	01:41:56.55	+00:34:19 (33.7%)	7:16	8.2 (66.1%)
51	WRÓBEL Jakub	1107	NIEBAĆ PIS!	M30	15	01:42:17.20	01:42:17.20	+00:34:40 (33.9%)	7:18	8.2 (66.1%)
52	WOŹNIAK Janusz	1012	PORMAT JEDLICZE BIEGA	M60	2	01:42:50.55	01:42:50.55	+00:35:13 (34.3%)	7:20	8.2 (66.1%)
53	MALEC Marcin	1157		M20	10	01:43:06.65	01:43:06.65	+00:35:29 (34.4%)	7:21	8.1 (65.3%)
54	TUREK Łukasz	1144		M30	16	01:43:31.15	01:43:31.15	+00:35:54 (34.7%)	7:23	8.1 (65.3%)
55	BANASIAK Marcin	1088	DKB	M40	13	01:43:36.65	01:43:36.65	+00:35:59 (34.7%)	7:24	8.1 (65.3%)
56	RACHWALSKA Marzena	1048		K40	4	01:44:16.60	01:44:16.60	+00:36:39 (35.2%)	7:26	8.1 (65.3%)
57	MALETA Kamil	1133	MIECHÓW BIEGA	M20	11	01:44:19.65	01:44:19.65	+00:36:42 (35.2%)	7:27	8.1 (65.3%)
58	DYŚ Małgorzata	1076	PCTS SPORT	K40	5	01:45:05.85	01:45:05.85	+00:37:29 (35.7%)	7:30	8 (64.5%)
59	WALASZEK Kamil	1038		M30	17	01:45:07.75	01:45:07.75	+00:37:30 (35.7%)	7:30	8 (64.5%)
60	PALIŚ Tomasz	1033	TS RYBITWY	M30	18	01:45:28.20	01:45:28.20	+00:37:51 (35.9%)	7:32	8 (64.5%)
61	NIEMCZUK Robert	1226		M40	14	01:46:24.55	01:46:24.55	+00:38:47 (36.5%)	7:36	7.9 (63.7%)
62	SOKÓŁ Marek	1165	NOCNY BÓR TEAM	M30	19	01:46:35.55	01:46:35.55	+00:38:58 (36.6%)	7:36	7.9 (63.7%)
63	TWAROWSKI Marcin	1100		M30	20	01:47:46.00	01:47:46.00	+00:40:09 (37.3%)	7:41	7.8 (62.9%)
64	GANCARZ Barbara	1086		K30	3	01:47:50.75	01:47:50.75	+00:40:13 (37.3%)	7:42	7.8 (62.9%)
65	SPORNIAK Krzysztof	1199		M30	21	01:48:17.80	01:48:17.80	+00:40:41 (37.6%)	7:44	7.8 (62.9%)
66	KRUPA Jacek	1172	LEBIODA RUNNING TEAM	M50	8	01:48:28.30	01:48:28.30	+00:40:51 (37.7%)	7:44	7.7 (62.1%)
67	DŻUGAN Jarosław	1174	SCHINDLER	M30	22	01:48:29.75	01:48:29.75	+00:40:52 (37.7%)	7:44	7.7 (62.1%)
68	JANAS Marian	1232		M60	3	01:50:13.75	01:50:13.75	+00:42:36 (38.7%)	7:52	7.6 (61.3%)
69	KRZYŻEWSKI Roger	1209		M30	23	01:50:34.85	01:50:34.85	+00:42:58 (38.9%)	7:53	7.6 (61.3%)
70	STOLARZ Andrzej	1212		M30	24	01:50:41.45	01:50:41.45	+00:43:04 (38.9%)	7:54	7.6 (61.3%)
71	ZBLEWSKA Barbara	1091		K30	4	01:52:04.15	01:52:04.15	+00:44:27 (39.7%)	8:00	7.5 (60.5%)
72	MACIEJEWSKI Artur	1090		M50	9	01:52:04.30	01:52:04.30	+00:44:27 (39.7%)	8:00	7.5 (60.5%)
73	CIEPIELEWSKI Mateusz	1164		M30	25	01:52:52.95	01:52:52.95	+00:45:16 (40.1%)	8:03	7.4 (59.7%)

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74	GŁOWACKA Marta	1015		K30	5	01:53:26.80	01:53:26.80	+00:45:50 (40.4%)	8:06	7.4 (59.7%)
75	AUGUSTYNOWICZ Andrzej	1078		M50	10	01:53:27.65	01:53:27.65	+00:45:50 (40.4%)	8:06	7.4 (59.7%)
76	MAJCHERCZYK Krzysztof	1034	MUKS PODKARPACIE JEDLICZE	M40	15	01:53:51.45	01:53:51.45	+00:46:14 (40.6%)	8:07	7.4 (59.7%)
77	NAWROT Bartłomiej	1181	KAMIENIOŁOM	M30	26	01:53:56.45	01:53:56.45	+00:46:19 (40.7%)	8:08	7.4 (59.7%)
78	ZARĘBSKI Piotr	1070		M40	16	01:54:17.55	01:54:17.55	+00:46:40 (40.8%)	8:09	7.4 (59.7%)
79	FORTUNA Henryk	1089		M60	4	01:54:40.80	01:54:40.80	+00:47:04 (41.0%)	8:11	7.3 (58.9%)
80	CYPRYŚ Natalia	1135	POLISH NAVY	K30	6	01:54:49.05	01:54:49.05	+00:47:12 (41.1%)	8:12	7.3 (58.9%)
81	RYCHERT Sylwester	1233		M30	27	01:54:49.25	01:54:49.25	+00:47:12 (41.1%)	8:12	7.3 (58.9%)
82	BOROWSKA Teresa	1201		K50	1	01:55:02.50	01:55:02.50	+00:47:25 (41.2%)	8:13	7.3 (58.9%)
83	DRABIK - SŁOMKA Małgorzata	1222	#ADAMCZERWIŃSKITEAM	K30	7	01:55:22.70	01:55:22.70	+00:47:45 (41.4%)	8:14	7.3 (58.9%)
84	KRUCZYK Marcin	1220		M40	17	01:55:28.20	01:55:28.20	+00:47:51 (41.4%)	8:14	7.3 (58.9%)
85	TARKOWSKI Paweł	1084	DKB	M40	18	01:55:36.00	01:55:36.00	+00:47:59 (41.5%)	8:15	7.3 (58.9%)
86	KĘDRA Agnieszka	1014	CARPATHIAN RUNNERS	K30	8	01:55:41.05	01:55:41.05	+00:48:04 (41.6%)	8:15	7.3 (58.9%)
87	WITEK- KONDRAT Anna	1110		K40	6	01:55:47.05	01:55:47.05	+00:48:10 (41.6%)	8:16	7.3 (58.9%)
88	MISIAK Paweł	1128		M30	28	01:56:01.80	01:56:01.80	+00:48:25 (41.7%)	8:17	7.2 (58.1%)
89	KUBALA Alicja	1023		K50	2	01:56:50.30	01:56:50.30	+00:49:13 (42.1%)	8:20	7.2 (58.1%)
90	ANDRZEJEWSKA Anna	1188	AKTYWNIIE UZALEŻNIAMY	K40	7	01:57:27.70	01:57:27.70	+00:49:50 (42.4%)	8:23	7.2 (58.1%)
91	KARPIESIUK Adam	1228	AKTYWNIIE UZALEŻNIAMY	M40	19	01:57:27.80	01:57:27.80	+00:49:51 (42.4%)	8:23	7.2 (58.1%)
92	PASTUSZAK Maciej	1202		M20	12	01:57:50.95	01:57:50.95	+00:50:14 (42.6%)	8:25	7.1 (57.3%)
93	JAKÓBOWSKA Martyna	1087		K30	9	01:58:45.20	01:58:45.20	+00:51:08 (43.1%)	8:28	7.1 (57.3%)
94	CIECHANOWICZ Joanna	1025		K40	8	01:58:52.90	01:58:52.90	+00:51:16 (43.1%)	8:29	7.1 (57.3%)
95	BAK Bogdan	1189		M50	11	01:59:11.85	01:59:11.85	+00:51:35 (43.3%)	8:30	7 (56.5%)
96	PELA Oliwia	1191		K20	3	02:00:04.45	02:00:04.45	+00:52:27 (43.7%)	8:34	7 (56.5%)
97	GRANOS Sławomir	1166	BIESZCZADZKIE DESEROWE	M50	12	02:00:06.15	02:00:06.15	+00:52:29 (43.7%)	8:34	7 (56.5%)
98	PAWLAK Maciej	1168	BIESZCZADZKIE DESEROWE	M50	13	02:00:31.85	02:00:31.85	+00:52:55 (43.9%)	8:36	7 (56.5%)
99	NEWMAN Marta	1187		K50	3	02:00:45.35	02:00:45.35	+00:53:08 (44.0%)	8:37	7 (56.5%)
100	WASIEWICZ Michał	1185		M40	20	02:01:10.60	02:01:10.60	+00:53:33 (44.2%)	8:39	6.9 (55.6%)
101	FORTUNA Elżbieta	1093	FORTUNA ATELIER	K30	10	02:01:35.45	02:01:35.45	+00:53:58 (44.4%)	8:41	6.9 (55.6%)
102	KAMIŃSKI Stanisław	1193	OSA	M50	14	02:02:20.00	02:02:20.00	+00:54:43 (44.7%)	8:44	6.9 (55.6%)
103	FULARZ Anna	1051		K20	4	02:03:01.05	02:03:01.05	+00:55:24 (45.0%)	8:47	6.8 (54.8%)
104	CIUPIŃSKA Magda	1052		K40	9	02:03:01.45	02:03:01.45	+00:55:24 (45.0%)	8:47	6.8 (54.8%)
105	ZEMŁA Piotr	1003	-	M50	15	02:03:15.35	02:03:15.35	+00:55:38 (45.1%)	8:48	6.8 (54.8%)
106	AUGUSTYNOWICZ Aurelia	1077		K40	10	02:03:59.05	02:03:59.05	+00:56:22 (45.5%)	8:51	6.8 (54.8%)
107	GIBASZEWSKA Katarzyna	1056		K40	11	02:04:18.05	02:04:18.05	+00:56:41 (45.6%)	8:52	6.8 (54.8%)
108	PIEKŁO Marcin	1182	NOCNY BÓR TEAM	M40	21	02:04:42.60	02:04:42.60	+00:57:05 (45.8%)	8:54	6.7 (54.0%)
109	WALASZEK Karolina	1039		K30	11	02:06:21.95	02:06:21.95	+00:58:45 (46.5%)	9:01	6.6 (53.2%)
110	KRÓLIKOWSKA Maja	1036		K30	12	02:06:39.20	02:06:39.20	+00:59:02 (46.6%)	9:02	6.6 (53.2%)
111	WDÓWKA Małgorzata	1095		K40	12	02:08:03.15	02:08:03.15	+01:00:26 (47.2%)	9:08	6.6 (53.2%)
111	WDÓWKA Przemysław	1096		M40	22	02:08:03.15	02:08:03.15	+01:00:26 (47.2%)	9:08	6.6 (53.2%)
113	CIEĆKIEWICZ Paulina	1016		K30	13	02:08:05.45	02:08:05.45	+01:00:28 (47.2%)	9:08	6.6 (53.2%)
114	WIERZBICKA Ewa	1152		K50	4	02:08:24.25	02:08:24.25	+01:00:47 (47.3%)	9:10	6.5 (52.4%)
115	MĄCIK Paweł	1138	TEAM BOERS	M50	16	02:08:26.75	02:08:26.75	+01:00:49 (47.4%)	9:10	6.5 (52.4%)
116	KAMINIK-MICHALCZAK Anna	1004		K40	13	02:08:50.10	02:08:50.10	+01:01:13 (47.5%)	9:12	6.5 (52.4%)
117	POPEK Forever	1160		K40	14	02:08:58.15	02:08:58.15	+01:01:21 (47.6%)	9:12	6.5 (52.4%)

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118	PISZCZ Dariusz	1223		M40	23	02:10:52.75	02:10:52.75	+01:03:15 (48.3%)	9:20	6.4 (51.6%)
119	KĘDZIOR Justyna	1132		K30	14	02:10:52.80	02:10:52.80	+01:03:16 (48.3%)	9:20	6.4 (51.6%)
120	SKARUZ Anna	1050	SŁONECZKO	K40	15	02:11:02.75	02:11:02.75	+01:03:25 (48.4%)	9:21	6.4 (51.6%)
121	RUDZIŃSKA-PIECYK Julita	1049	SŁONECZKO	K40	16	02:11:02.95	02:11:02.95	+01:03:26 (48.4%)	9:21	6.4 (51.6%)
122	JAROS Jakub	1124		M30	29	02:11:05.60	02:11:05.60	+01:03:28 (48.4%)	9:21	6.4 (51.6%)
123	KOTOWSKI Sławomir	1192		M50	17	02:11:16.95	02:11:16.95	+01:03:40 (48.5%)	9:22	6.4 (51.6%)
124	POGORZELSKA Dagmara Anna	1190		K30	15	02:11:29.05	02:11:29.05	+01:03:52 (48.6%)	9:23	6.4 (51.6%)
125	RABCZEWSKA Elżbieta	1067	MKS MECHANIK WŁODAWA	K50	5	02:12:16.50	02:12:16.50	+01:04:39 (48.9%)	9:26	6.4 (51.6%)
126	CHWASTA Mariusz	1092		M40	24	02:12:44.75	02:12:44.75	+01:05:07 (49.1%)	9:28	6.3 (50.8%)
127	KLUZ Robert	1176		M50	18	02:12:51.00	02:12:51.00	+01:05:14 (49.1%)	9:29	6.3 (50.8%)
127	MATUSZEWSKI Szymon	1044		M30	30	02:12:51.00	02:12:51.00	+01:05:14 (49.1%)	9:29	6.3 (50.8%)
129	KLUZ Agnieszka	1175		K40	17	02:12:51.10	02:12:51.10	+01:05:14 (49.1%)	9:29	6.3 (50.8%)
130	GÓRA Anna	1177		K30	16	02:13:19.30	02:13:19.30	+01:05:42 (49.3%)	9:31	6.3 (50.8%)
131	LATANOWICZ Weronika	1027		K30	17	02:13:26.80	02:13:26.80	+01:05:50 (49.3%)	9:31	6.3 (50.8%)
132	HASZTO Zuzanna	1140		K30	18	02:13:44.85	02:13:44.85	+01:06:08 (49.4%)	9:33	6.3 (50.8%)
133	BAK LITWA Ewa	1142	FOREVER TEAM	K40	18	02:14:18.85	02:14:18.85	+01:06:42 (49.7%)	9:35	6.3 (50.8%)
134	LITWA Łukasz	1203	FOREVER TEAM	M40	25	02:14:19.05	02:14:19.05	+01:06:42 (49.7%)	9:35	6.3 (50.8%)
135	NIECKARZ Malwina	1017		K30	19	02:14:23.30	02:14:23.30	+01:06:46 (49.7%)	9:35	6.3 (50.8%)
136	MALEC Katarzyna	1156		K20	5	02:14:25.80	02:14:25.80	+01:06:49 (49.7%)	9:36	6.2 (50.0%)
137	DEREŃ Aneta	1180		K40	19	02:14:30.40	02:14:30.40	+01:06:53 (49.7%)	9:36	6.2 (50.0%)
138	LABA Anna	1109		K30	20	02:14:32.50	02:14:32.50	+01:06:55 (49.7%)	9:36	6.2 (50.0%)
139	OGÓREK Monika	1112		K30	21	02:14:32.80	02:14:32.80	+01:06:56 (49.7%)	9:36	6.2 (50.0%)
140	SADURA Anna	1127		K40	20	02:14:41.10	02:14:41.10	+01:07:04 (49.8%)	9:37	6.2 (50.0%)
141	KNAP Elżbieta	1063		K50	6	02:14:52.40	02:14:52.40	+01:07:15 (49.9%)	9:38	6.2 (50.0%)
142	GÓRAJ Maciej	1159		M40	26	02:15:28.90	02:15:28.90	+01:07:52 (50.1%)	9:40	6.2 (50.0%)
143	JAWORSKA Sylwia	1213	NOCNY BÓR TEAM	K40	21	02:15:43.60	02:15:43.60	+01:08:06 (50.2%)	9:41	6.2 (50.0%)
144	KABAJ Ewelina	1183	NOCNY BÓR TEAM	K30	22	02:15:43.70	02:15:43.70	+01:08:06 (50.2%)	9:41	6.2 (50.0%)
145	ŻUROWSKI Krzysztof	1173	NOCNY BÓR TEAM	M50	19	02:15:43.85	02:15:43.85	+01:08:07 (50.2%)	9:41	6.2 (50.0%)
146	ZEMŁA Dorota	1002		K20	6	02:15:46.55	02:15:46.55	+01:08:09 (50.2%)	9:41	6.2 (50.0%)
147	CHMIEL Monika	1130		K40	22	02:16:33.55	02:16:33.55	+01:08:56 (50.5%)	9:45	6.2 (50.0%)
148	RYŻYŃSKA Agnieszka	1211	CHEŁM BIEGA	K40	23	02:18:50.90	02:18:50.90	+01:11:14 (51.3%)	9:55	6.1 (49.2%)
149	KRUCZYK Magdalena	1221		K40	24	02:18:51.25	02:18:51.25	+01:11:14 (51.3%)	9:55	6 (48.4%)
150	KLIMCZAK Janusz	1200		M40	27	02:19:47.80	02:19:47.80	+01:12:11 (51.6%)	9:59	6 (48.4%)
151	KLIMCZAK Aneta	1103		K40	25	02:19:48.25	02:19:48.25	+01:12:11 (51.6%)	9:59	6 (48.4%)
152	MARCINIAK Barbara	1097	RADOMNO BIEGA	K40	26	02:21:39.45	02:21:39.45	+01:14:02 (52.3%)	10:07	5.9 (47.6%)
153	WOŹNIAK Lidia	1013	PORMAT JEDLICZE BIEGA	K50	7	02:22:23.40	02:22:23.40	+01:14:46 (52.5%)	10:10	5.9 (47.6%)
154	LIPOWIEC DĄBROWSKA Renata	1074		K40	27	02:23:15.95	02:23:15.95	+01:15:39 (52.8%)	10:13	5.9 (47.6%)
155	PODOLAK Krzysztof	1204		M30	31	02:23:29.30	02:23:29.30	+01:15:52 (52.9%)	10:14	5.9 (47.6%)
156	WOJTCZAK Magdalena	1055		K40	28	02:24:02.60	02:24:02.60	+01:16:25 (53.1%)	10:17	5.8 (46.8%)
157	MAZUR Maciej	1116	WOODWARD RUNNERS	M40	28	02:24:57.50	02:24:57.50	+01:17:20 (53.4%)	10:21	5.8 (46.8%)
158	WRÓBLEWSKA Dorota	1111	BBL GDAŃSK	K50	8	02:25:12.95	02:25:12.95	+01:17:36 (53.4%)	10:22	5.8 (46.8%)
159	STEPANIUK Joanna	1117	BIEGAMY DZISIAJ?	K50	9	02:27:41.25	02:27:41.25	+01:20:04 (54.2%)	10:32	5.7 (46.0%)
159	MATWIEJCZUK Magdalena	1113		K20	7	02:27:41.25	02:27:41.25	+01:20:04 (54.2%)	10:32	5.7 (46.0%)
161	JAWOREK Monika	1031		K40	29	02:29:55.60	02:29:55.60	+01:22:18 (54.9%)	10:42	5.6 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 14km	brutto 14km			
162	WOŁOSZYN Ryszard	1120	PIZUNY ROZTOCZE WSCHOD	M50	20	02:29:55.70	02:29:55.70	+01:22:18 (54.9%)	10:42	5.6 (45.2%)
163	LEŚNIEWSKI Tomek	1042	BIESZCZADZKIE DESEROWE	M40	29	02:30:55.65	02:30:55.65	+01:23:18 (55.2%)	10:46	5.6 (45.2%)
164	WIŚNIEWSKI Zbigniew	1158	SSS	M40	30	02:32:05.70	02:32:05.70	+01:24:28 (55.5%)	10:51	5.5 (44.4%)
165	SKURSKA Klaudia	1026		K20	8	02:33:26.35	02:33:26.35	+01:25:49 (55.9%)	10:57	5.5 (44.4%)
166	CZAPLA Andrzej	1136		M60	5	02:33:26.70	02:33:26.70	+01:25:49 (55.9%)	10:57	5.5 (44.4%)
167	FRANKIEWICZ Tomasz	1035		M40	31	02:34:38.35	02:34:38.35	+01:27:01 (56.3%)	11:02	5.4 (43.5%)
168	SKARBEK-TWAROWSKA Ewelina	1101		K30	23	02:36:15.55	02:36:15.55	+01:28:38 (56.7%)	11:09	5.4 (43.5%)
169	WOJCIECHOWSKA Zuzia	1061	JAKUZA	K20	9	02:36:26.25	02:36:26.25	+01:28:49 (56.8%)	11:10	5.4 (43.5%)
170	KĄŁOWSKI Irek	1057	K-ŁOSIE	M40	32	02:37:15.40	02:37:15.40	+01:29:38 (57.0%)	11:13	5.3 (42.7%)
171	DĄBROWSKI Mariusz	1099		M40	33	02:38:34.95	02:38:34.95	+01:30:58 (57.4%)	11:19	5.3 (42.7%)
172	PACIOREK Wiktoria	1216		K20	10	02:43:09.50	02:43:09.50	+01:35:32 (58.6%)	11:39	5.1 (41.1%)
173	KURDYŚ Małgorzata	1118	NATALIA TOMASIAK GÓRSKI STYL	K20	11	02:43:43.75	02:43:43.75	+01:36:06 (58.7%)	11:41	5.1 (41.1%)
174	RUBRYCKA Małgorzata	1215		K40	30	02:44:27.35	02:44:27.35	+01:36:50 (58.9%)	11:44	5.1 (41.1%)
175	PACIOREK Robert	1217		M50	21	02:46:52.90	02:46:52.90	+01:39:16 (59.5%)	11:55	5 (40.3%)
176	POPKO Mariusz	1072		M40	34	02:48:23.80	02:48:23.80	+01:40:47 (59.8%)	12:01	5 (40.3%)
177	MICHALAK Aleksandra	1058		K40	31	02:50:57.15	02:50:57.15	+01:43:20 (60.4%)	12:12	4.9 (39.5%)
178	MUCHA Jagna	1218		K30	24	02:52:02.95	02:52:02.95	+01:44:26 (60.7%)	12:17	4.9 (39.5%)
179	BERNACKI Kamil	1001		M50	22	02:52:17.10	02:52:17.10	+01:44:40 (60.8%)	12:18	4.9 (39.5%)
180	BERNACKA Monika	1131	NOWE ŻYCIE NOWY STYL	K40	32	02:52:17.40	02:52:17.40	+01:44:40 (60.8%)	12:18	4.9 (39.5%)
181	BUCIOR Iwona	1137	TEAM BOERS	K40	33	02:52:27.30	02:52:27.30	+01:44:50 (60.8%)	12:19	4.9 (39.5%)
182	LITAK Grzegorz	1148		M60	6	02:53:34.30	02:53:34.30	+01:45:57 (61.0%)	12:23	4.8 (38.7%)
183	ŻYŁOWICZ Marcin	1054		M30	32	02:54:50.25	02:54:50.25	+01:47:13 (61.3%)	12:29	4.8 (38.7%)
184	MARKIEWICZ - GLAPA Ludmiła	1062		K40	34	02:59:57.30	02:59:57.30	+01:52:20 (62.4%)	12:51	4.7 (37.9%)
185	BRZEZINSKA-HAFFKE Sylwia	1080		K40	35	03:02:12.20	03:02:12.20	+01:54:35 (62.9%)	13:00	4.6 (37.1%)
186	SAMEK Artur	1184		M50	23	03:09:19.80	03:09:19.80	+02:01:43 (64.3%)	13:31	4.4 (35.5%)
187	CIEŚLIŃSKI Jerzy	1046		M30	33	03:15:48.15	03:15:48.15	+02:08:11 (65.5%)	13:59	4.3 (34.7%)
188	OLIWA Dominika	1169		K40	36	03:15:48.65	03:15:48.65	+02:08:11 (65.5%)	13:59	4.3 (34.7%)
189	HARASIMIUK Bernard	1009	GŁUSI	M30	34	03:17:07.85	03:17:07.85	+02:09:31 (65.7%)	14:04	4.3 (34.7%)
190	JEZIOREK Jozi	1153	GRUPA KOK	M50	24	03:17:52.90	03:17:52.90	+02:10:16 (65.8%)	14:08	4.2 (33.9%)
191	KOCZOT Paulina	1154		K30	25	03:19:59.45	03:19:59.45	+02:12:22 (66.2%)	14:17	4.2 (33.9%)
192	WYKA Lucyna	1155		K40	37	03:20:00.30	03:20:00.30	+02:12:23 (66.2%)	14:17	4.2 (33.9%)
193	ŚMIESZNIK Bartłomiej	1029		M30	35	03:22:45.90	03:22:45.90	+02:15:09 (66.7%)	14:28	4.1 (33.1%)
194	WOJCIECHOWSKI Violetta	1060	JAKUZA	K50	10	03:23:43.90	03:23:43.90	+02:16:07 (66.8%)	14:33	4.1 (33.1%)
195	KLINIKOWSKI Jacek	1081	KOCHAM ŻYCIE I ...	M50	25	03:25:34.95	03:25:34.95	+02:17:58 (67.1%)	14:41	4.1 (33.1%)
196	KLINIKOWSKA Bogusia	1059		K40	38	03:25:35.10	03:25:35.10	+02:17:58 (67.1%)	14:41	4.1 (33.1%)
197	OKRÓJ Dawid	1005		M40	35	03:30:07.15	03:30:07.15	+02:22:30 (67.8%)	15:00	4 (32.3%)
198	CHABERSKA Agata	1007		K20	12	03:30:07.80	03:30:07.80	+02:22:31 (67.8%)	15:00	4 (32.3%)
199	MICHALSKA Katarzyna	1008		K30	26	03:30:08.00	03:30:08.00	+02:22:31 (67.8%)	15:00	4 (32.3%)
200	KOWALCZYK Klaudia	1006		K20	13	03:30:08.30	03:30:08.30	+02:22:31 (67.8%)	15:00	4 (32.3%)
201	OSET Sylwia	1011		K40	39	04:44:12.55	04:44:12.55	+03:36:35 (76.2%)	20:18	3 (24.2%)
202	STAWICKA Anna	1010		K50	11	04:44:12.95	04:44:12.95	+03:36:36 (76.2%)	20:18	3 (24.2%)
203	SZKARADEK Bartosz	1207		M30	36			+00:00:26	466:40	0.1 (0.8%)
	SOSNOWSKA Marlena	1139		K30		DNF	DNF	-	-	-(0.0%)
	SIEWIERSKA Iga	1053	BOLAĆCE PISZCZELE BEŁCHATÓW GRUPA NORDIC WALKING	K20		DNF	DNF	-	-	-(0.0%)

Znaleziono 205 wynik(ów)