

XI ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

Wydarzenie: XI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-10-14
Miejsce: Cisna
Dystans: 26 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	CEBERAK Bartosz	2083		M30	1	01:07:28	02:14:14.10	02:14:14.10		5:09	11.6 (100%)
2	GRUCEL Sławomir	2287	AW SZYBCIEJ TEAM	M40	1	01:12:23	02:22:42.20	02:22:42.20	+00:08:28 (5.9%)	5:29	10.9 (94.0%)
3	ŁOZA Mateusz	2293	ZWIEDZANIE PRZEZ BIEGANIE	M30	2	01:14:02	02:22:59.00	02:22:59.00	+00:08:44 (6.1%)	5:29	10.9 (94.0%)
4	DUDEK Wojciech	2267		M20	1	01:14:04	02:32:46.70	02:32:46.70	+00:18:32 (12.1%)	5:52	10.2 (87.9%)
5	BANASZEK Adam	2284	BANDA GRUDNIA/BIEGUSIEM.PL	M40	2	01:22:21	02:35:09.35	02:35:09.35	+00:20:55 (13.5%)	5:58	10.1 (87.1%)
6	WISZ Piotr	2140	SDTEAM	M30	3	01:19:26	02:35:57.65	02:35:57.65	+00:21:43 (13.9%)	5:59	10 (86.2%)
7	GÓROWSKA Iwona	2277	DYNAFIT/MONTIKO.PL	K30	1	01:21:32	02:37:31.80	02:37:31.80	+00:23:17 (14.8%)	6:03	9.9 (85.3%)
8	PODOLAK Kuba	2230	A TAK SOBIE BIEGAM	M30	4	01:22:19	02:40:53.25	02:40:53.25	+00:26:39 (16.6%)	6:11	9.7 (83.6%)
9	BOCHENEK Magdalena	2260	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:22:25	02:41:44.00	02:41:44.00	+00:27:29 (17.0%)	6:13	9.6 (82.8%)
10	ZIĘBA Mateusz	2249	FOREVER TEAM	M30	5	01:23:51	02:42:16.80	02:42:16.80	+00:28:02 (17.3%)	6:14	9.6 (82.8%)
11	ROSIK Robert	2143		M30	6	01:23:42	02:42:46.25	02:42:46.25	+00:28:32 (17.5%)	6:15	9.6 (82.8%)
12	MAJEK Bartłomiej	2285		M30	7	01:22:23	02:43:25.70	02:43:25.70	+00:29:11 (17.9%)	6:17	9.5 (81.9%)
13	PORĘBSKI Rafał	2221	EVIL TEAM	M40	3	01:21:40	02:43:31.15	02:43:31.15	+00:29:17 (17.9%)	6:17	9.5 (81.9%)
14	GÓRALIK Sylwia	2173	KS AZS AWF KRAKÓW	K40	1	01:23:49	02:44:13.20	02:44:13.20	+00:29:59 (18.3%)	6:18	9.5 (81.9%)
15	GRYGIEL Marek	2077	JACEKBIEGA RUNNING TEAM	M40	4	01:22:44	02:46:59.95	02:46:59.95	+00:32:45 (19.6%)	6:25	9.3 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
16	TOPOLSKI Marcin	2157	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M40	5	01:25:25	02:47:52.55	02:47:52.55	+00:33:38 (20.0%)	6:27	9.3 (80.2%)
17	STAŃKO Paweł	2263	BIESZCZADZKA GOPR	M40	6	01:24:30	02:48:10.10	02:48:10.10	+00:33:56 (20.2%)	6:28	9.3 (80.2%)
18	KMIECIK Paweł	2085	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ JAROSŁAW	M30	8	01:24:02	02:48:15.40	02:48:15.40	+00:34:01 (20.2%)	6:28	9.3 (80.2%)
19	KOPEĆ Paweł	2211		M40	7	01:26:21	02:48:19.40	02:48:19.40	+00:34:05 (20.3%)	6:28	9.3 (80.2%)
20	PIĄTEK Beata	2187	TRENINGFIZJOTERAPIA.PL	K40	2	01:29:33	02:49:03.00	02:49:03.00	+00:34:48 (20.6%)	6:30	9.2 (79.3%)
21	GARUS Łukasz	2194	#TRENINGFIZJO	M40	8	01:29:31	02:50:07.95	02:50:07.95	+00:35:53 (21.1%)	6:32	9.2 (79.3%)
22	BARYŁA Natan	2118		M20	2	01:19:03	02:50:11.00	02:50:11.00	+00:35:56 (21.1%)	6:32	9.2 (79.3%)
23	KORZONEK Marcin	2231	SPRINT	M40	9	01:23:41	02:50:21.00	02:50:21.00	+00:36:06 (21.2%)	6:33	9.2 (79.3%)
24	KRZEMIŃSKI Marcin	2103		M40	10	01:22:23	02:51:11.85	02:51:11.85	+00:36:57 (21.6%)	6:35	9.1 (78.4%)
25	STANIO Arkadiusz	2026	ASSECO ACTIVE TEAM / BIEGAM W RZESZOWIE	M40	11	01:28:15	02:51:47.75	02:51:47.75	+00:37:33 (21.9%)	6:36	9.1 (78.4%)
26	STEPANIUK Adam	2104	BIEGAMY DZISIAJ?	M50	1	01:28:35	02:51:56.70	02:51:56.70	+00:37:42 (21.9%)	6:36	9.1 (78.4%)
27	HOLC Katarzyna	2215	BANDA GRUDNIA	K30	3	01:28:12	02:52:57.00	02:52:57.00	+00:38:42 (22.4%)	6:39	9 (77.6%)
28	WANAT Janusz	2161		M40	12	01:28:16	02:53:30.85	02:53:30.85	+00:39:16 (22.6%)	6:40	9 (77.6%)
29	BIENIECKA Anna	2288		K40	3	01:26:53	02:54:41.30	02:54:41.30	+00:40:27 (23.2%)	6:43	8.9 (76.7%)
30	MUCHA Tomasz	2278		M40	13	01:28:36	02:56:52.60	02:56:52.60	+00:42:38 (24.1%)	6:48	8.8 (75.9%)
31	CIEŚLA Krzysztof	2195		M40	14	01:30:04	02:58:13.30	02:58:13.30	+00:43:59 (24.7%)	6:51	8.8 (75.9%)
32	KOT Dawid	2192		M30	9	01:30:08	02:58:24.30	02:58:24.30	+00:44:10 (24.8%)	6:51	8.7 (75.0%)
33	KOWALSKI Aleksander	2286		M30	10	01:21:38	03:01:21.30	03:01:21.30	+00:47:07 (26.0%)	6:58	8.6 (74.1%)
34	MAKOWSKI Jerzy	2264	MKS MECHANIK WŁODAWA	M50	2	01:33:01	03:02:22.85	03:02:22.85	+00:48:08 (26.4%)	7:00	8.6 (74.1%)
35	KOŁODZIEJ Tomasz	2234		M30	11	01:29:21	03:02:35.60	03:02:35.60	+00:48:21 (26.5%)	7:01	8.5 (73.3%)
36	KALISZUK Przemysław	2163	BANDA GRUDNIA	M30	12	01:37:18	03:03:37.55	03:03:37.55	+00:49:23 (26.9%)	7:03	8.5 (73.3%)
37	MARCHEWICZ Marek	2090		M30	13	01:33:20	03:05:10.80	03:05:10.80	+00:50:56 (27.5%)	7:07	8.4 (72.4%)
38	PASEK Mirosław	2257	RUNNING CRAZY STRIPES	M40	15	01:32:30	03:05:39.40	03:05:39.40	+00:51:25 (27.7%)	7:08	8.4 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
39	LIS Paulina	2146	GLOGOVIA GŁOGÓW MAŁOPOLSKI	K30	4	01:33:29	03:05:59.20	03:05:59.20	+00:51:45 (27.8%)	7:09	8.4 (72.4%)
40	GRADZIK-BOROWSKA Inga	2236		K30	5	01:33:32	03:06:49.10	03:06:49.10	+00:52:35 (28.1%)	7:11	8.4 (72.4%)
41	SOLARZ Jerzy	2065		M30	14	01:33:46	03:06:58.50	03:06:58.50	+00:52:44 (28.2%)	7:11	8.3 (71.6%)
42	SZAFRAŃSKA Aleksandra	2169		K30	6	01:33:41	03:07:10.95	03:07:10.95	+00:52:56 (28.3%)	7:11	8.3 (71.6%)
43	KRALEWSKI Robert	2220	CROSSFIT KONSTANCIN	M40	16	01:36:32	03:07:48.65	03:07:48.65	+00:53:34 (28.5%)	7:13	8.3 (71.6%)
44	KOCOT Aleksandra	2199	PODIUM	K20	1	01:35:21	03:07:58.45	03:07:58.45	+00:53:44 (28.6%)	7:13	8.3 (71.6%)
45	DZIOREK Tomasz	2223	SPRINT GORZYCE	M30	15	01:29:39	03:09:51.05	03:09:51.05	+00:55:36 (29.3%)	7:18	8.2 (70.7%)
46	KORZONEK Karol	2102	SPRINT GORZYCE	M30	16	01:29:42	03:10:06.20	03:10:06.20	+00:55:52 (29.4%)	7:18	8.2 (70.7%)
47	WACH Michał	2095		M30	17	01:32:33	03:11:58.15	03:11:58.15	+00:57:44 (30.1%)	7:23	8.1 (69.8%)
48	KOWALIK Piotr	2132	TRAWNIKI BIEGAJĄ	M40	17	01:34:05	03:12:10.90	03:12:10.90	+00:57:56 (30.2%)	7:23	8.1 (69.8%)
49	BODZIOCH Grzegorz	2251	GORLICKA GRUPA BIEGOWA	M50	3	01:39:43	03:13:45.70	03:13:45.70	+00:59:31 (30.7%)	7:27	8.1 (69.8%)
50	LEWANDOWSKA Home	2246		K30	7	01:42:16	03:15:38.85	03:15:38.85	+01:01:24 (31.4%)	7:31	8 (69.0%)
51	BUCHNER Władysław	2248		M40	18	01:40:23	03:15:46.75	03:15:46.75	+01:01:32 (31.4%)	7:31	8 (69.0%)
52	WIEJAK Marlena	2196		K20	2	01:36:45	03:17:07.85	03:17:07.85	+01:02:53 (31.9%)	7:34	7.9 (68.1%)
53	BIELESZ Maciej	2064		M30	18	01:40:33	03:17:49.70	03:17:49.70	+01:03:35 (32.1%)	7:36	7.9 (68.1%)
54	PODSIADŁO Wojciech	2159	SZYBKA GRUPA BUKOVINA	M50	4	01:37:08	03:18:17.35	03:18:17.35	+01:04:03 (32.3%)	7:37	7.9 (68.1%)
55	ZYCHALAK Grzegorz	2070		M40	19	01:39:04	03:18:20.10	03:18:20.10	+01:04:06 (32.3%)	7:37	7.9 (68.1%)
56	PIWOŃSKI Adam	2268	GÓRA BIEGA	M40	20	01:42:06	03:19:26.55	03:19:26.55	+01:05:12 (32.7%)	7:40	7.8 (67.2%)
57	TWARDOCHLEB Marcin	2165	BIEGAM W RZESZOWIE	M40	21	01:43:36	03:19:39.70	03:19:39.70	+01:05:25 (32.8%)	7:40	7.8 (67.2%)
58	KMIEĆ Katarzyna	2256		K30	8	01:40:30	03:19:40.00	03:19:40.00	+01:05:25 (32.8%)	7:40	7.8 (67.2%)
59	ŻARNICKI Kamil	2126	BANDA GRUDNIA	M30	19	01:44:17	03:20:13.45	03:20:13.45	+01:05:59 (33.0%)	7:42	7.8 (67.2%)
60	PAŹDZIOCH Kacper	2178	SWIM TRI RZESZÓW	M20	3	01:35:22	03:23:24.75	03:23:24.75	+01:09:10 (34.0%)	7:49	7.7 (66.4%)
61	ASŁANOWICZ Marcin	2029	ŻÓRAWSKI TEAM	M40	22	01:44:56	03:23:46.10	03:23:46.10	+01:09:32 (34.1%)	7:50	7.7 (66.4%)

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62	CIEŚLICKI Mateusz	2280		M30	20	01:43:57	03:23:55.70	03:23:55.70	+01:09:41 (34.2%)	7:50	7.7 (66.4%)
63	SOLARSKI Robert	2066		M40	23	01:41:23	03:23:56.95	03:23:56.95	+01:09:42 (34.2%)	7:50	7.6 (65.5%)
64	HAWROT Bartłomiej	2010	PAWKO RUNNER TEAM	M30	21	01:46:13	03:24:30.75	03:24:30.75	+01:10:16 (34.4%)	7:51	7.6 (65.5%)
65	STACHERA Aleksandra	2114	EFFI RUN TEAM	K20	3	01:43:50	03:24:46.20	03:24:46.20	+01:10:32 (34.4%)	7:52	7.6 (65.5%)
66	RUSIN Łukasz	2121	CHEŁM BIEGA	M40	24	01:43:38	03:25:17.20	03:25:17.20	+01:11:03 (34.6%)	7:53	7.6 (65.5%)
67	BEŚKA Michał	2189	SPRINT GORZYCE	M40	25	01:42:08	03:25:18.80	03:25:18.80	+01:11:04 (34.6%)	7:53	7.6 (65.5%)
68	DZIERŻYŃSKI Łukasz	2116	KS BARAKUDA	M30	22	01:41:33	03:25:23.30	03:25:23.30	+01:11:09 (34.6%)	7:53	7.6 (65.5%)
69	MAŁKOWSKI Bartłomiej	2141	TM IRON TEAM	M30	23	01:43:35	03:25:43.50	03:25:43.50	+01:11:29 (34.8%)	7:54	7.6 (65.5%)
70	KUŚMIREK Grzegorz	2084		M50	5	01:45:30	03:25:50.20	03:25:50.20	+01:11:36 (34.8%)	7:55	7.6 (65.5%)
71	KUTSKO Oksana	2226		K20	4	01:33:30	03:25:57.25	03:25:57.25	+01:11:43 (34.8%)	7:55	7.6 (65.5%)
72	BODANKA Piotr	2237	APAMA ACOUSTIC PROJECT	M40	26	01:33:30	03:25:58.05	03:25:58.05	+01:11:43 (34.8%)	7:55	7.6 (65.5%)
73	KITOWSKI Bartosz	2168	GŁOGOVIĄ 1925 GŁOGÓW MAŁOPOLSKI	M40	27	01:42:43	03:26:56.05	03:26:56.05	+01:12:41 (35.1%)	7:57	7.5 (64.7%)
74	GOSZTYŁA Patryk	2088		M20	4	01:44:28	03:27:29.65	03:27:29.65	+01:13:15 (35.3%)	7:58	7.5 (64.7%)
75	KRYNICKI Jakub	2202	ULTRABIES	M30	24	01:37:30	03:27:33.55	03:27:33.55	+01:13:19 (35.3%)	7:58	7.5 (64.7%)
76	MACIEJEWSKI Krystian	2243	BESTIE OCR LEGIONOWO	M30	25	01:47:46	03:27:36.75	03:27:36.75	+01:13:22 (35.3%)	7:59	7.5 (64.7%)
77	FIJAŁKOWSKA Aleksandra	2011	BESTIE OCR LEGIONOWO	K30	9	01:47:46	03:27:36.95	03:27:36.95	+01:13:22 (35.3%)	7:59	7.5 (64.7%)
78	KOZAK Filip	2017	NGB KŁOBUCK	M50	6	01:44:38	03:27:43.00	03:27:43.00	+01:13:28 (35.4%)	7:59	7.5 (64.7%)
79	JARSZAK Mateusz	2125		M30	26	01:46:41	03:27:57.15	03:27:57.15	+01:13:43 (35.4%)	7:59	7.5 (64.7%)
80	SZARAPANOWSKI Damian	2252	ULTRA DIABŁY TEAM LUBRZA	M40	28	01:44:01	03:28:02.60	03:28:02.60	+01:13:48 (35.5%)	8:00	7.5 (64.7%)
81	MIELCZARSKA Monika	2158		K30	10	01:45:34	03:28:37.65	03:28:37.65	+01:14:23 (35.7%)	8:01	7.5 (64.7%)
82	JASTRZĄB Ewa	2276		K40	4	01:46:42	03:29:59.50	03:29:59.50	+01:15:45 (36.1%)	8:04	7.4 (63.8%)
83	PIOTROWICZ Sławomir	2023	DEAF	M30	27	01:43:54	03:30:22.75	03:30:22.75	+01:16:08 (36.2%)	8:05	7.4 (63.8%)
84	CHMIEŁOWSKI Michał	2261	GÓRSKIE PĘDZIWIATRY	M40	29	01:43:47	03:31:24.35	03:31:24.35	+01:17:10 (36.5%)	8:07	7.4 (63.8%)

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85	GRZESIK Michał	2072		M30	28	01:42:06	03:31:38.40	03:31:38.40	+01:17:24 (36.6%)	8:08	7.4 (63.8%)
86	RAKOWSKI Edward	2002		M50	7	01:43:55	03:32:06.30	03:32:06.30	+01:17:52 (36.7%)	8:09	7.4 (63.8%)
87	KULESZA Agnieszka	2122		K30	11	01:50:52	03:32:15.45	03:32:15.45	+01:18:01 (36.8%)	8:09	7.3 (62.9%)
88	HEMKA Mateusz	2147	NOYO PHARM	M30	29	01:44:40	03:32:17.95	03:32:17.95	+01:18:03 (36.8%)	8:09	7.3 (62.9%)
89	CHAJĘCKA Katarzyna	2144		K30	12	01:49:26	03:32:19.25	03:32:19.25	+01:18:05 (36.8%)	8:09	7.3 (62.9%)
90	PALCZAK Rafał	2093	PASJONACI TRIATHLONU	M50	8	01:51:53	03:32:30.25	03:32:30.25	+01:18:16 (36.8%)	8:10	7.3 (62.9%)
91	MAJCHRZAK Jakub	2139	FIBOO.PL	M30	30	01:41:47	03:32:35.35	03:32:35.35	+01:18:21 (36.9%)	8:10	7.3 (62.9%)
92	JABŁOŃSKI Tomasz	2055	KS ATHLETICS BUSKO-ZDRÓJ	M40	30	01:44:09	03:33:07.10	03:33:07.10	+01:18:53 (37.0%)	8:11	7.3 (62.9%)
93	BIENIARZ Sebastian	2080		M20	5	01:54:33	03:33:33.85	03:33:33.85	+01:19:19 (37.1%)	8:12	7.3 (62.9%)
94	SIEMIESZ Paweł	2183		M30	31	01:51:12	03:35:32.75	03:35:32.75	+01:21:18 (37.7%)	8:17	7.2 (62.1%)
95	IZDEBSKI Mariusz	2273	OSV TEAM	M50	9	01:47:30	03:37:00.15	03:37:00.15	+01:22:46 (38.1%)	8:20	7.2 (62.1%)
96	PEREGRYM Tobiasz	2046		M30	32	01:46:32	03:37:09.85	03:37:09.85	+01:22:55 (38.2%)	8:21	7.2 (62.1%)
97	GŁOWACKI Jacek	2224	KUŹNIA TRIATHLONU	M60	1	01:47:24	03:37:19.80	03:37:19.80	+01:23:05 (38.2%)	8:21	7.2 (62.1%)
98	DOSKOCZ Nina	2041	BIEGAJĄCE ZĄBKI	K30	13	01:50:01	03:37:46.20	03:37:46.20	+01:23:32 (38.4%)	8:22	7.2 (62.1%)
99	DOSKOCZ Mikołaj	2050		M30	33	01:50:03	03:37:46.50	03:37:46.50	+01:23:32 (38.4%)	8:22	7.2 (62.1%)
100	BOROWSKI Tomasz	2259	HAMER MIASTKO	M60	2	01:50:07	03:38:48.70	03:38:48.70	+01:24:34 (38.7%)	8:24	7.1 (61.2%)
101	KRUPA Grzegorz	2289	KB SOBOTKA	M50	10	01:51:42	03:39:04.45	03:39:04.45	+01:24:50 (38.7%)	8:25	7.1 (61.2%)
102	BOROWSKI Robert	2208		M30	34	01:52:37	03:39:13.40	03:39:13.40	+01:24:59 (38.8%)	8:25	7.1 (61.2%)
102	MISIAK Anna	2115	TEAM ZABIEGANEDNI	K30	14	01:51:05	03:39:13.40	03:39:13.40	+01:24:59 (38.8%)	8:25	7.1 (61.2%)
104	HAFFKE Olga	2099		K20	5	01:48:57	03:39:21.70	03:39:21.70	+01:25:07 (38.8%)	8:26	7.1 (61.2%)
105	KOLCZYNSKI Michał	2241	TRUCHTACZ	M60	3	01:54:20	03:39:36.25	03:39:36.25	+01:25:22 (38.9%)	8:26	7.1 (61.2%)
106	ZIELIŃSKA Agata	2028		K40	5	01:55:51	03:40:04.40	03:40:04.40	+01:25:50 (39.0%)	8:27	7.1 (61.2%)
106	GÓRNY Magdalena	2227	KLUB BIEGACZA SUPERMARATOŃCZYK	K40	5	01:55:50	03:40:04.40	03:40:04.40	+01:25:50 (39.0%)	8:27	7.1 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	SALIŃSKI Bartosz	2015	AUGUSTEAM	M30	35	01:49:37	03:41:00.65	03:41:00.65	+01:26:46 (39.3%)	8:30	7.1 (61.2%)
109	BYRNE Kamila	2082		K30	15	01:49:48	03:41:56.45	03:41:56.45	+01:27:42 (39.5%)	8:32	7 (60.3%)
110	MUCHA Marek	2154	APOSTLES OF STARS	M30	36	01:51:34	03:42:40.05	03:42:40.05	+01:28:25 (39.7%)	8:33	7 (60.3%)
111	GOLAS Marcin	2110	EXILE	M40	31	01:50:15	03:43:34.90	03:43:34.90	+01:29:20 (40.0%)	8:35	7 (60.3%)
112	ÇAKAŁA Maciej	2034		M30	37	01:55:13	03:43:50.95	03:43:50.95	+01:29:36 (40.0%)	8:36	7 (60.3%)
113	BANCERZ Szymon	2136	TRAWNIKI BIEGAJĄ	M20	6	01:36:22	03:44:09.05	03:44:09.05	+01:29:54 (40.1%)	8:37	7 (60.3%)
114	DUDEK Marcin	2160	DTW RUNNING TEAM	M30	38	01:44:40	03:44:20.95	03:44:20.95	+01:30:06 (40.2%)	8:37	7 (60.3%)
115	STYŁA-STYLIŃSKI Norbert	2232	TWOJA STARA	M40	32	01:50:35	03:45:14.05	03:45:14.05	+01:30:59 (40.4%)	8:39	6.9 (59.5%)
116	KIEŁPIŃSKI Piotr	2131		M40	33	01:54:42	03:45:16.55	03:45:16.55	+01:31:02 (40.4%)	8:39	6.9 (59.5%)
117	WESOŁY Piotr	2022	LUBIĘ BURPEESY	M40	34	01:53:03	03:45:30.70	03:45:30.70	+01:31:16 (40.5%)	8:40	6.9 (59.5%)
118	STASIAK Włodzimierz	2281		M40	35	01:54:34	03:45:57.20	03:45:57.20	+01:31:43 (40.6%)	8:41	6.9 (59.5%)
119	REMBISZ Krzysztof	2250	SYPKI GRAVEL	M40	36	01:49:25	03:47:27.40	03:47:27.40	+01:33:13 (41.0%)	8:44	6.9 (59.5%)
120	PNIEWSKI Tommy	2210		M30	39	01:48:51	03:47:39.65	03:47:39.65	+01:33:25 (41.0%)	8:45	6.9 (59.5%)
121	PANASIUK Olga	2027		K30	16	01:55:26	03:47:40.60	03:47:40.60	+01:33:26 (41.0%)	8:45	6.9 (59.5%)
122	SOJKA Kamila	2153		K30	17	01:56:34	03:48:01.35	03:48:01.35	+01:33:47 (41.1%)	8:46	6.8 (58.6%)
123	BANASZEK Domininka	2283		K40	7		03:48:17.90	03:48:17.90	+01:34:03 (41.2%)	8:46	6.8 (58.6%)
124	PERLIŃSKI Mirosław	2024	ASSECO ACTIVE TEAM	M40	37	01:57:19	03:48:57.35	03:48:57.35	+01:34:43 (41.4%)	8:48	6.8 (58.6%)
125	WOJCIECHOWSKI Marcin	2203		M60	4	01:44:35	03:49:28.70	03:49:28.70	+01:35:14 (41.5%)	8:49	6.8 (58.6%)
126	PODSZUS Magda	2133		K30	18	01:54:50	03:49:36.95	03:49:36.95	+01:35:22 (41.5%)	8:49	6.8 (58.6%)
127	MICIAK Paweł	2176	NIEPOŁOMICE BIEGAJĄ	M20	7	01:49:15	03:49:50.60	03:49:50.60	+01:35:36 (41.6%)	8:50	6.8 (58.6%)
128	CHOMA Agnieszka	2036		K40	8	01:46:17	03:50:28.75	03:50:28.75	+01:36:14 (41.8%)	8:51	6.8 (58.6%)
129	GRZYWACZ Natalia	2113		K30	19	01:54:30	03:50:40.60	03:50:40.60	+01:36:26 (41.8%)	8:52	6.8 (58.6%)
130	KRUCZEK Robert	2235	CPP POLAND	M50	11	01:59:54	03:50:49.75	03:50:49.75	+01:36:35 (41.8%)	8:52	6.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	SŁOWIK Mariusz	2186	BORKOWICE TEAM	M50	12	01:53:12	03:50:54.50	03:50:54.50	+01:36:40 (41.9%)	8:52	6.8 (58.6%)
132	GACIOCH Jarosław	2137	RUN TEAM TYGRYSY ORZYSZ	M50	13	01:50:55	03:51:12.20	03:51:12.20	+01:36:58 (41.9%)	8:53	6.7 (57.8%)
133	SIERGIEJ Elzbieta	2138	RUN TEAM TYGRYSY ORZYSZ	K50	1	01:50:54	03:51:12.40	03:51:12.40	+01:36:58 (41.9%)	8:53	6.7 (57.8%)
134	KOWALCZYK Michał	2269		M30	40	02:07:03	03:51:41.50	03:51:41.50	+01:37:27 (42.1%)	8:54	6.7 (57.8%)
135	STACZOWICZ Sebastian	2044	EXPLORE BESKIDY/SKITUROWE BIESZCZADY	M40	38	01:59:05	03:52:59.95	03:52:59.95	+01:38:45 (42.4%)	8:57	6.7 (57.8%)
136	POLAK Tomasz	2201	ZAKON FENIXA	M30	41	01:57:38	03:53:12.35	03:53:12.35	+01:38:58 (42.4%)	8:58	6.7 (57.8%)
137	BANASIK Beata	2106	KS ATHLETICS STREET RUN	K40	9	01:58:15	03:53:28.05	03:53:28.05	+01:39:13 (42.5%)	8:58	6.7 (57.8%)
138	RADKOWSKI Dariusz	2063		M40	39	01:58:07	03:53:28.85	03:53:28.85	+01:39:14 (42.5%)	8:58	6.7 (57.8%)
139	PIETEK Janusz	2097		M40	40	01:56:25	03:53:41.05	03:53:41.05	+01:39:26 (42.6%)	8:59	6.7 (57.8%)
140	SŁONIEWSKI Łukasz	2171		M30	42	02:04:15	03:53:52.55	03:53:52.55	+01:39:38 (42.6%)	8:59	6.7 (57.8%)
141	SOWA Bogusław	2003		M30	43	01:54:35	03:54:59.30	03:54:59.30	+01:40:45 (42.9%)	9:02	6.6 (56.9%)
142	PUZIO Wiesław	2142		M60	5	01:55:55	03:55:56.15	03:55:56.15	+01:41:42 (43.1%)	9:04	6.6 (56.9%)
143	KUKLA Marcin	2020	RYSIK RUNNERS	M50	14	01:55:03	03:55:58.20	03:55:58.20	+01:41:44 (43.1%)	9:04	6.6 (56.9%)
144	KONDZIOŁA Krzysztof	2274	STAY INSANE / PERFECT RUNNER LUBLIN	M40	41	02:04:20	03:56:57.80	03:56:57.80	+01:42:43 (43.4%)	9:06	6.6 (56.9%)
145	PIETRUS Piotr	2061		M50	15	01:57:21	03:58:49.40	03:58:49.40	+01:44:35 (43.8%)	9:11	6.5 (56.0%)
146	GÓRECKI Krzysztof	2247		M50	16	01:58:12	03:59:01.75	03:59:01.75	+01:44:47 (43.8%)	9:11	6.5 (56.0%)
147	DABROWSKI Dariusz	2177	KALINA FOREVER	M50	17	01:57:42	03:59:15.65	03:59:15.65	+01:45:01 (43.9%)	9:12	6.5 (56.0%)
148	OKAPIEC Dagmara	2262	GÓRSKIE PĘDZIWIATRY	K40	10	01:57:11	03:59:44.30	03:59:44.30	+01:45:30 (44.0%)	9:13	6.5 (56.0%)
149	JĘDRUSIAK Paweł	2111	SZATAN	M40	42	01:58:57	03:59:44.40	03:59:44.40	+01:45:30 (44.0%)	9:13	6.5 (56.0%)
150	KUNIKOWSKA Aleksandra	2242		K20	6	01:58:15	03:59:49.80	03:59:49.80	+01:45:35 (44.0%)	9:13	6.5 (56.0%)
151	ŁOŃ Agnieszka	2013	BESTIE OCR LEGIONOWO	K40	11	01:56:45	04:00:06.00	04:00:06.00	+01:45:51 (44.1%)	9:14	6.5 (56.0%)
152	KRZYŻAK Łukasz	2152		M40	43	01:56:02	04:01:09.75	04:01:09.75	+01:46:55 (44.3%)	9:16	6.5 (56.0%)
153	TWARDOCHLEB Agnieszka	2145	BIEGAMWRZ	K40	12	02:00:06	04:02:36.65	04:02:36.65	+01:48:22 (44.7%)	9:19	6.4 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	GĄSIOREK Gabriela	2212		K20	7	01:34:09	04:02:38.65	04:02:38.65	+01:48:24 (44.7%)	9:19	6.4 (55.2%)
155	MARMUROWICZ Krystian	2119		M40	44	02:03:40	04:04:09.75	04:04:09.75	+01:49:55 (45.0%)	9:23	6.4 (55.2%)
156	RUDNIK Marzena	2014	BESTIE OCR LEGIONOWO	K40	13	02:07:12	04:05:25.70	04:05:25.70	+01:51:11 (45.3%)	9:26	6.4 (55.2%)
157	WNUK Przemysław	2172	KALINA FOREVER	M50	18	01:57:44	04:05:42.70	04:05:42.70	+01:51:28 (45.4%)	9:27	6.3 (54.3%)
158	TARNAWSKI Jakub	2298	EKIPA TURBACZ TRAIL	M50	19	02:03:56	04:05:56.85	04:05:56.85	+01:51:42 (45.4%)	9:27	6.3 (54.3%)
159	STREMLER Krzysztof	2105		M40	45	02:14:34	04:06:03.60	04:06:03.60	+01:51:49 (45.4%)	9:27	6.3 (54.3%)
160	KAMIŃSKA Katarzyna	2233		K30	20	02:00:07	04:06:46.75	04:06:46.75	+01:52:32 (45.6%)	9:29	6.3 (54.3%)
161	JANKOWSKA Agnieszka	2188	BESTIE OCR LEGIONOWO	K50	2	01:58:14	04:07:56.65	04:07:56.65	+01:53:42 (45.9%)	9:32	6.3 (54.3%)
162	SZAMOCKI Piotr	2198	ZIEMIA CHEŁMIŃSKA	M40	46	02:10:52	04:08:57.45	04:08:57.45	+01:54:43 (46.1%)	9:34	6.3 (54.3%)
163	POKRYWKA Stefan	2290	OTK RZEŹNIK	M60	6	01:59:47	04:08:59.40	04:08:59.40	+01:54:45 (46.1%)	9:34	6.3 (54.3%)
164	MAJCHRZAK Agnieszka	2056		K40	14	02:08:06	04:09:38.70	04:09:38.70	+01:55:24 (46.2%)	9:36	6.2 (53.4%)
165	TADROWSKI Tomasz	2005		M50	20	02:04:27	04:10:09.60	04:10:09.60	+01:55:55 (46.3%)	9:37	6.2 (53.4%)
166	ANDRZEJEWSKI Maciej	2282	KTÓRĘDY PO PIWO?	M30	44	02:06:25	04:10:47.20	04:10:47.20	+01:56:33 (46.5%)	9:38	6.2 (53.4%)
167	ŁUKASIEWICZ-ŁUSZCZEK Katarzyna	2184		K30	21	02:06:05	04:11:02.20	04:11:02.20	+01:56:48 (46.5%)	9:39	6.2 (53.4%)
168	WOJCIECHOWSKI Wojciech	2300	JAKUZA	M40	47	02:06:51	04:11:26.30	04:11:26.30	+01:57:12 (46.6%)	9:40	6.2 (53.4%)
169	JURAK Kasia	2271		K40	15	02:10:37	04:11:40.40	04:11:40.40	+01:57:26 (46.7%)	9:40	6.2 (53.4%)
170	MICHALCZAK Jacek	2001		M40	48	01:50:26	04:11:53.15	04:11:53.15	+01:57:39 (46.7%)	9:41	6.2 (53.4%)
171	BURY Marek	2240		M50	21	02:11:34	04:12:13.80	04:12:13.80	+01:57:59 (46.8%)	9:42	6.2 (53.4%)
172	POTOCKA Joanna	2167		K40	16	02:03:41	04:12:42.30	04:12:42.30	+01:58:28 (46.9%)	9:43	6.2 (53.4%)
173	BAS Mariusz	2206	BPP ON TOUR	M40	49	02:03:42	04:12:42.45	04:12:42.45	+01:58:28 (46.9%)	9:43	6.2 (53.4%)
174	DYDYMSKA Monika	2074	RUNEDA / DECATHLON RUMIA BIEGA	K40	17	02:04:39	04:13:35.45	04:13:35.45	+01:59:21 (47.1%)	9:45	6.2 (53.4%)
174	DYDYMSKI Krzysztof	2073	RUNEDA / DECATHLON RUMIA BIEGA	M40	50	02:04:38	04:13:35.45	04:13:35.45	+01:59:21 (47.1%)	9:45	6.2 (53.4%)
176	OLEKSIAK Paweł	2222		M30	45	01:55:19	04:13:41.45	04:13:41.45	+01:59:27 (47.1%)	9:45	6.1 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	ROSIŃSKI Krzysztof	2294	ELEGANCKIE BIEGANIE	M40	51	02:10:52	04:14:43.10	04:14:43.10	+02:00:29 (47.3%)	9:47	6.1 (52.6%)
178	ZLOT Grzegorz	2197		M50	22	02:00:17	04:14:51.90	04:14:51.90	+02:00:37 (47.3%)	9:48	6.1 (52.6%)
179	TEPER Stanisław	2265		M60	7	01:59:14	04:15:12.35	04:15:12.35	+02:00:58 (47.4%)	9:48	6.1 (52.6%)
180	ŻACZEK Anna	2193	BIEGUSIEM.PL	K50	3	02:05:00	04:15:23.05	04:15:23.05	+02:01:08 (47.4%)	9:49	6.1 (52.6%)
181	WRÓBLEWSKA Weronika	2299	BIEGUSIEM.PL	K30	22	02:05:01	04:15:23.35	04:15:23.35	+02:01:09 (47.4%)	9:49	6.1 (52.6%)
182	KUSIEWICZ Agnieszka	2179	PUSZCZYK BUKOWY	K40	18	02:04:28	04:15:45.35	04:15:45.35	+02:01:31 (47.5%)	9:50	6.1 (52.6%)
183	BRZOSTOWSKA Kama	2068		K40	19	02:10:54	04:16:34.85	04:16:34.85	+02:02:20 (47.7%)	9:52	6.1 (52.6%)
184	CHUCHRZAK Jakub	2270		M30	46	02:01:54	04:16:58.65	04:16:58.65	+02:02:44 (47.8%)	9:53	6.1 (52.6%)
185	SKLEPOWICZ Jacek	2279		M50	23	02:05:20	04:18:13.05	04:18:13.05	+02:03:58 (48.0%)	9:55	6 (51.7%)
186	PITRACHA-MICHALAK Agata	2037		K40	20	02:03:51	04:18:13.15	04:18:13.15	+02:03:59 (48.0%)	9:55	6 (51.7%)
187	LIEBAN Jarosław	2081	BIESY	M30	47	02:04:18	04:19:39.95	04:19:39.95	+02:05:25 (48.3%)	9:59	6 (51.7%)
188	FABISIAK Anna	2229	TEAM ZABIEGANEDNI	K40	21	02:13:59	04:20:03.20	04:20:03.20	+02:05:49 (48.4%)	10:00	6 (51.7%)
189	TRZASKA Tomasz	2292	BIUROWE.COM.PL	M50	24	02:08:37	04:20:31.15	04:20:31.15	+02:06:17 (48.5%)	10:01	6 (51.7%)
190	ADAMIEC Krzysztof	2129		M30	48	02:04:16	04:20:52.40	04:20:52.40	+02:06:38 (48.5%)	10:02	6 (51.7%)
191	ZEGAR Barbara	2164		K50	4	02:11:32	04:22:03.95	04:22:03.95	+02:07:49 (48.8%)	10:04	6 (51.7%)
192	MICIAK Agnieszka	2175	NIEPOŁOMICE BIEGAJĄ	K50	5	02:08:05	04:23:42.95	04:23:42.95	+02:09:28 (49.1%)	10:08	5.9 (50.9%)
193	MICIAK Wojciech	2174	NIEPOŁOMICE BIEGAJĄ	M50	25	02:08:04	04:23:43.00	04:23:43.00	+02:09:28 (49.1%)	10:08	5.9 (50.9%)
194	SAWICKI Michał	2127	TEAM ZABIEGANEDNI	M30	49	02:07:09	04:23:49.00	04:23:49.00	+02:09:34 (49.1%)	10:08	5.9 (50.9%)
195	JAWORSKA Joanna	2100	TEAM ZABIEGANEDNI	K40	22	02:07:08	04:23:49.05	04:23:49.05	+02:09:34 (49.1%)	10:08	5.9 (50.9%)
196	FABISIAK Marcin	2180	TEAM ZABIEGANEDNI	M40	52	02:14:47	04:23:49.85	04:23:49.85	+02:09:35 (49.1%)	10:08	5.9 (50.9%)
197	SZCZĘSNY Marcin	2107	RIDERS OF THE LOST GOAT	M40	53	02:11:31	04:26:12.60	04:26:12.60	+02:11:58 (49.6%)	10:14	5.9 (50.9%)
198	PASTWA Grzegorz	2216		M30	50	02:15:54	04:29:13.95	04:29:13.95	+02:14:59 (50.1%)	10:21	5.8 (50.0%)
199	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	2004	DEVI HIMAL TEAM, KS AKTYWNI WĘGRÓW	K40	23	02:19:09	04:29:53.15	04:29:53.15	+02:15:39 (50.3%)	10:22	5.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	DUBIŃSKA Wioletta	2266	BBL ZDUŃSKA WOLA	K40	24	02:07:30	04:31:18.95	04:31:18.95	+02:17:04 (50.5%)	10:26	5.8 (50.0%)
201	DUMAŃSKA Iwona	2117		K40	25	02:14:50	04:31:51.05	04:31:51.05	+02:17:36 (50.6%)	10:27	5.7 (49.1%)
202	CHORBIŃSKI Krystian	2275		M40	54	02:14:05	04:32:29.00	04:32:29.00	+02:18:14 (50.7%)	10:28	5.7 (49.1%)
203	PELCZAR Jakub	2109		M30	51	02:14:04	04:32:29.15	04:32:29.15	+02:18:15 (50.7%)	10:28	5.7 (49.1%)
204	CHERVET Cedric	2181		M40	55	02:10:20	04:32:37.50	04:32:37.50	+02:18:23 (50.8%)	10:29	5.7 (49.1%)
205	ADACH-SOSNOWSKA Magdalena	2009		K40	26	02:13:18	04:33:02.70	04:33:02.70	+02:18:48 (50.8%)	10:30	5.7 (49.1%)
206	TENETA Jacek	2047		M40	56	02:11:59	04:33:35.90	04:33:35.90	+02:19:21 (50.9%)	10:31	5.7 (49.1%)
207	WANCERZ Agata	2149	ZWIERZYNIC	K30	23	02:13:44	04:33:51.15	04:33:51.15	+02:19:37 (51.0%)	10:31	5.7 (49.1%)
208	KRÓL Ewa	2205	ULTRA KSP	K30	24	02:09:37	04:35:50.40	04:35:50.40	+02:21:36 (51.3%)	10:36	5.7 (49.1%)
209	KRÓL Michał	2204	ULTRA KSP	M40	57	02:09:36	04:35:50.75	04:35:50.75	+02:21:36 (51.3%)	10:36	5.7 (49.1%)
210	CHODOROWSKI Arkadiusz	2209	ULTRA KSP	M40	58	02:09:35	04:35:53.65	04:35:53.65	+02:21:39 (51.3%)	10:36	5.7 (49.1%)
211	WOJTASIK Adam	2214		M40	59	02:13:41	04:35:54.50	04:35:54.50	+02:21:40 (51.3%)	10:36	5.7 (49.1%)
212	MADEJ Weronika	2200	ZAKON FENIXA	K20	8	02:01:11	04:35:56.40	04:35:56.40	+02:21:42 (51.4%)	10:36	5.7 (49.1%)
213	WOJTASIK Joanna	2213		K40	27	02:13:18	04:36:04.65	04:36:04.65	+02:21:50 (51.4%)	10:37	5.7 (49.1%)
214	JĘDZURA Agnieszka	2048		K40	28	02:16:28	04:36:11.60	04:36:11.60	+02:21:57 (51.4%)	10:37	5.6 (48.3%)
215	MENDYGRAŁ Emilia	2062	BIEGOWY WARIAT RUNNING TEAM	K40	29	02:19:49	04:36:50.95	04:36:50.95	+02:22:36 (51.5%)	10:38	5.6 (48.3%)
216	WITA Krzysztof	2185		M30	52	02:14:36	04:37:44.00	04:37:44.00	+02:23:29 (51.7%)	10:40	5.6 (48.3%)
217	KASKA Krzysztof	2039		M50	26	02:13:02	04:39:11.65	04:39:11.65	+02:24:57 (51.9%)	10:44	5.6 (48.3%)
218	RZECZKOWSKI Maciej	2032	WKG	M50	27	02:16:19	04:41:42.65	04:41:42.65	+02:27:28 (52.4%)	10:50	5.5 (47.4%)
219	JEDLIŃSKA Magdalena	2033		K40	30	02:16:19	04:41:42.90	04:41:42.90	+02:27:28 (52.4%)	10:50	5.5 (47.4%)
220	PORADA Jakub	2098		M20	8	02:10:07	04:43:01.45	04:43:01.45	+02:28:47 (52.6%)	10:53	5.5 (47.4%)
221	MILLER Tomasz	2054	BIEGAJĄCE ZĄBKI	M40	60	02:27:22	04:46:20.65	04:46:20.65	+02:32:06 (53.1%)	11:00	5.4 (46.6%)
222	CHUCHRZAK Ola	2148		K20	9	02:32:03	04:47:03.00	04:47:03.00	+02:32:48 (53.2%)	11:02	5.4 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	KACZKIEWICZ Damian	2124	NIGHT RUNNERS	M40	61	02:20:43	04:48:16.00	04:48:16.00	+02:34:01 (53.4%)	11:05	5.4 (46.6%)
224	KUKLA Elzbieta	2019	PWC RUNNING TEAM	K50	6	02:28:37	04:48:37.80	04:48:37.80	+02:34:23 (53.5%)	11:06	5.4 (46.6%)
225	ADAMSKI Marcin	2130	SAMOTNIK Z NIZIN:)	M40	62	02:08:21	04:50:00.35	04:50:00.35	+02:35:46 (53.7%)	11:09	5.4 (46.6%)
226	SULIGA Wioletta	2008	ING BANK ŚLĄSKI/AUGUSTEAM	K40	31	02:35:12	04:51:11.15	04:51:11.15	+02:36:57 (53.9%)	11:11	5.4 (46.6%)
227	CYPCAR Anna	2092		K30	25	02:32:04	04:53:27.25	04:53:27.25	+02:39:13 (54.3%)	11:17	5.3 (45.7%)
228	CYPCAR Grzegorz	2091	JEBAĆ BIEDĘ	M30	53	02:32:05	04:53:27.35	04:53:27.35	+02:39:13 (54.3%)	11:17	5.3 (45.7%)
229	KASZUBA Katarzyna	2239		K30	26	02:28:51	04:55:42.00	04:55:42.00	+02:41:27 (54.6%)	11:22	5.3 (45.7%)
230	WOJTUNIK Urszula	2006		K40	32	02:34:40	05:01:33.70	05:01:33.70	+02:47:19 (55.5%)	11:35	5.2 (44.8%)
231	ZIELIŃSKA Agnieszka	2162		K40	33	02:34:40	05:01:33.90	05:01:33.90	+02:47:19 (55.5%)	11:35	5.2 (44.8%)
232	PYRAK Joanna	2076	AEGONRUN	K30	27	02:30:52	05:01:59.90	05:01:59.90	+02:47:45 (55.6%)	11:36	5.2 (44.8%)
233	GAŁUSZKA Mariusz	2043	SKITUROWE BIESZCZADY	M40	63	02:06:42	05:02:04.15	05:02:04.15	+02:47:50 (55.6%)	11:37	5.2 (44.8%)
234	BANCERZ Jolanta	2134	TRAWNIKI BIEGAJĄ	K40	34	02:30:16	05:03:16.95	05:03:16.95	+02:49:02 (55.7%)	11:39	5.1 (44.0%)
235	BANCERZ Grzegorz	2135	TRAWNIKI BIEGAJĄ	M40	64	02:30:16	05:03:18.20	05:03:18.20	+02:49:04 (55.7%)	11:39	5.1 (44.0%)
236	KILJAN Anna	2051		K30	28	02:33:19	05:04:51.70	05:04:51.70	+02:50:37 (56.0%)	11:43	5.1 (44.0%)
237	ŻARNICKA Anna	2291		K40	35	02:35:41	05:06:06.80	05:06:06.80	+02:51:52 (56.1%)	11:46	5.1 (44.0%)
238	RAWSKI Krzysztof	2078		M40	65	02:34:24	05:06:11.05	05:06:11.05	+02:51:56 (56.2%)	11:46	5.1 (44.0%)
239	MRÓZ Justyna	2079		K30	29	02:34:25	05:06:11.20	05:06:11.20	+02:51:57 (56.2%)	11:46	5.1 (44.0%)
240	KRZTOŃ Marlena	2012	BESTIE OCR LEGIONOWO	K40	36	02:30:56	05:08:14.25	05:08:14.25	+02:54:00 (56.5%)	11:51	5.1 (44.0%)
241	MATWIEJCZUK Mateusz	2094		M20	9	02:37:05	05:09:26.20	05:09:26.20	+02:55:12 (56.6%)	11:54	5 (43.1%)
242	HOOG Wioleta	2123		K40	37	02:35:40	05:15:43.25	05:15:43.25	+03:01:29 (57.5%)	12:08	4.9 (42.2%)
243	CZECHOWSKA Izabela	2052	HEŃTEAM	K50	7	02:36:09	05:18:23.60	05:18:23.60	+03:04:09 (57.8%)	12:14	4.9 (42.2%)
244	ŻAK Filip	2253		M20	10	02:37:17	05:31:27.55	05:31:27.55	+03:17:13 (59.5%)	12:44	4.7 (40.5%)
245	BORATYŃSKI Krzysztof	2182		M20	11	02:37:17	05:38:51.40	05:38:51.40	+03:24:37 (60.4%)	13:01	4.6 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	EJDRYGIEWICZ Paulina	2272		K30	30	02:51:11	05:46:19.85	05:46:19.85	+03:32:05 (61.2%)	13:19	4.5 (38.8%)
247	GLEJZER Joanna	2238	PTTK TERAZ SUDETY	K40	38	02:52:34	05:47:38.70	05:47:38.70	+03:33:24 (61.4%)	13:22	4.5 (38.8%)
248	BŁASZCZYK Magdalena	2244	KUŹNIA TRIATHLONU	K30	31	02:50:28	05:47:46.15	05:47:46.15	+03:33:32 (61.4%)	13:22	4.5 (38.8%)
249	WILMAŃSKI Dariusz	2060		M40	66	02:48:18	05:48:10.10	05:48:10.10	+03:33:56 (61.4%)	13:23	4.5 (38.8%)
250	ŁABNO Magda	2040		K30	32	02:51:10	05:50:22.95	05:50:22.95	+03:36:08 (61.7%)	13:28	4.5 (38.8%)
251	RAJPERT Elzbieta	2075		K40	39	02:48:59	05:51:39.90	05:51:39.90	+03:37:25 (61.8%)	13:31	4.4 (37.9%)
252	FIL Hubert	2170	JAROSŁAWSKI BIEGACZ	M20	12	02:48:50	05:57:41.95	05:57:41.95	+03:43:27 (62.5%)	13:45	4.4 (37.9%)
253	KIPER Eika	2166	JAROSŁAWSKI BIEGACZ	K40	40	02:48:51	05:57:42.25	05:57:42.25	+03:43:28 (62.5%)	13:45	4.4 (37.9%)
254	JAKUBIEC Justyna	2086		K50	8	03:08:05	06:12:02.00	06:12:02.00	+03:57:47 (63.9%)	14:18	4.2 (36.2%)
255	BORKOWSKA Ewa	2087		K60	1	03:19:53	06:37:16.75	06:37:16.75	+04:23:02 (66.2%)	15:16	3.9 (33.6%)
256	FUKS Olga	2089		K40	41	02:49:19	06:58:53.40	06:58:53.40	+04:44:39 (68.0%)	16:06	3.7 (31.9%)
257	LESZEK Eryk	2254		M20	13	03:17:32	07:05:40.95	07:05:40.95	+04:51:26 (68.5%)	16:22	3.7 (31.9%)
258	ŁAHODA Agnieszka	2219		K40	42	03:45:30	07:33:53.85	07:33:53.85	+05:19:39 (70.4%)	17:27	3.4 (29.3%)
259	SIEWIERSKA Urszula	2058	BOLAĆE PISZCZELE BEŁCHATÓW GRUPA NORDIC WALKING	K40	43	03:50:33	07:33:54.80	07:33:54.80	+05:19:40 (70.4%)	17:27	3.4 (29.3%)
260	PEDA Damian	2112	REZIKANCI	M40	67	03:50:33	07:33:55.70	07:33:55.70	+05:19:41 (70.4%)	17:27	3.4 (29.3%)
261	HERNAS-SZTRĄF Aneta	2053		K40	44	03:45:28	07:33:56.15	07:33:56.15	+05:19:42 (70.4%)	17:27	3.4 (29.3%)
	LESNIAKOWSKA Anna	2228		K40		02:14:45 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 262 wynik(ów)