

XI ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT

Wydarzenie: XI ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2023-10-14
Miejsce: Cisna
Dystans: 52 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	ZBOZIEN Jarosław	5213	ALPIN SPORT TEAM	M30	1	01:23:56	02:32:15	03:48:39	04:59:19.10	04:59:19.10		5:45	10.4 (100%)
2	JACHYMIAK Robert	5020	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40	1	01:23:57	02:32:35	03:57:03	05:17:40.95	05:17:40.95	+00:18:21 (5.8%)	6:06	9.8 (94.2%)
3	MIŚKIEWICZ Mariusz	5243	STAŃCZAK TEAM	M40	2	01:25:20	02:42:41	04:05:35	05:23:41.90	05:23:41.90	+00:24:22 (7.5%)	6:13	9.6 (92.3%)
4	KIPER Maciej	5157	JAROSŁAWSKI BIEGACZ	M40	3	01:24:10	02:36:30	04:10:48	05:50:23.45	05:50:23.45	+00:51:04 (14.6%)	6:44	8.9 (85.6%)
5	PASIECZNY Robert	5149	FARTLEK GO	M40	4	01:32:58	02:49:26	04:24:41	05:52:20.45	05:52:20.45	+00:53:01 (15.0%)	6:46	8.9 (85.6%)
6	SOKOŁOWSKI Marek	5214	ALPIN SPORT TEAM	M50	1	01:32:57	02:51:29	04:28:43	05:52:54.45	05:52:54.45	+00:53:35 (15.2%)	6:47	8.8 (84.6%)
7	J Arkadiusz	5092	MARCIN ŚWIERC TEAM	M30	2	01:31:58	02:49:27	04:26:18	05:54:33.40	05:54:33.40	+00:55:14 (15.6%)	6:49	8.8 (84.6%)
8	SKAWIŃSKI Tomasz	5210	GOPR BIESZCZADY	M40	5	01:31:56	02:49:27	04:28:28	06:01:07.15	06:01:07.15	+01:01:48 (17.1%)	6:56	8.6 (82.7%)
9	JAGIEŁO Krzysztof	5100	BIEGAJĄCE ZĄBKI	M40	6	01:34:08	02:55:35	04:37:58	06:10:55.70	06:10:55.70	+01:11:36 (19.3%)	7:07	8.4 (80.8%)
10	LEMAŃSKI Damian	5102		M30	3	01:33:08	02:53:59	04:37:58	06:12:22.30	06:12:22.30	+01:13:03 (19.6%)	7:09	8.4 (80.8%)
11	KRAWCZAK Paulina	5229	ATTIQ TEAM/ ALTRA TEAM	K30	1	01:39:26	02:59:46	04:40:25	06:13:20.50	06:13:20.50	+01:14:01 (19.8%)	7:10	8.4 (80.8%)
12	KOCHANOWSKI Michał	5166	LASKOWE LUDKI	M30	4	01:37:00	03:00:14	04:41:03	06:14:46.70	06:14:46.70	+01:15:27 (20.1%)	7:12	8.3 (79.8%)
13	POŻAK Grzegorz	5126		M40	7	01:43:53	03:11:19	04:49:55	06:16:46.80	06:16:46.80	+01:17:27 (20.6%)	7:14	8.3 (79.8%)
14	JAKUBOWSKI Jakub	5181	DZIKITIM	M40	8	01:41:14	03:08:32	04:50:14	06:18:42.10	06:18:42.10	+01:19:23 (21.0%)	7:16	8.2 (78.8%)
15	DYŚ Paweł	5093		M40	9	01:37:09	02:59:08	04:42:31	06:18:55.85	06:18:55.85	+01:19:36 (21.0%)	7:17	8.2 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
16	SWOBODA Sebastian	5016	TRAIL IS OUR WAY	M30	5	01:36:00	03:01:55	04:47:14	06:22:38.05	06:22:38.05	+01:23:18 (21.8%)	7:21	8.2 (78.8%)
17	RYBARCZYK Kamil	5137	MARMUROWE DZIKI	M30	6	01:43:19	03:08:08	04:51:42	06:24:26.30	06:24:26.30	+01:25:07 (22.1%)	7:23	8.1 (77.9%)
18	KUŁAGA Sebastian	5088		M30	7	01:42:05	03:01:56	04:46:31	06:25:02.65	06:25:02.65	+01:25:43 (22.3%)	7:24	8.1 (77.9%)
19	PILCH Piotr	5211	BARANIA GÓRA	M40	10	01:35:38	03:01:32	04:46:55	06:25:37.05	06:25:37.05	+01:26:17 (22.4%)	7:24	8.1 (77.9%)
20	STACHURSKI Paweł	5216		M40	11	01:35:31	03:02:09	04:51:07	06:29:55.75	06:29:55.75	+01:30:36 (23.2%)	7:29	8 (76.9%)
21	DŁUGOSZ-STĘPNIAK Agnieszka	5112	STAY INSANE	K30	2	01:43:35	03:06:21	04:56:45	06:30:49.05	06:30:49.05	+01:31:29 (23.4%)	7:30	8 (76.9%)
22	FLĄDRO Daniel	5201	BKB CZARNA PERŁA	M40	12	01:35:43	02:59:10	04:52:44	06:34:37.10	06:34:37.10	+01:35:18 (24.1%)	7:35	7.9 (76.0%)
23	PALCZEWSKA-REMIŚ Agnieszka	5032		K40	1	01:44:44	03:13:54	05:00:56	06:35:44.35	06:35:44.35	+01:36:25 (24.4%)	7:36	7.9 (76.0%)
24	WIĘCŁAW Paweł	5036	WOLSKI KOLEKTYW BIEGOWY	M30	8	01:50:03	03:14:22	05:01:06	06:35:52.65	06:35:52.65	+01:36:33 (24.4%)	7:36	7.9 (76.0%)
25	STYPUŁKOWSKI Piotr	5222		M30	9	01:50:12	03:16:58	05:04:32	06:38:44.25	06:38:44.25	+01:39:25 (24.9%)	7:40	7.8 (75.0%)
26	KUSIAK Maciej	5203		M20	1	01:46:00	03:14:41	05:01:36	06:39:19.35	06:39:19.35	+01:40:00 (25.0%)	7:40	7.8 (75.0%)
27	STEC Tomasz	5052	ORANGE POLSKA	M40	13	01:47:09	03:17:18	05:04:50	06:41:08.55	06:41:08.55	+01:41:49 (25.4%)	7:42	7.8 (75.0%)
28	POŻAROWSZCZYK Adam	5099		M30	10	01:41:39	03:06:26	05:06:59	06:41:57.65	06:41:57.65	+01:42:38 (25.5%)	7:43	7.8 (75.0%)
29	KRZEMIŃSKI Marcin	5173	SPRINT GORZYCE	M40	14	01:48:29	03:19:13	05:05:40	06:42:10.80	06:42:10.80	+01:42:51 (25.6%)	7:44	7.8 (75.0%)
30	STARZYK Sebastian	5220		M40	15	01:46:10	03:16:57	05:07:43	06:42:29.75	06:42:29.75	+01:43:10 (25.6%)	7:44	7.8 (75.0%)
31	JĘDRASZCZYK Mateusz	5188	BANDA GRUDNIA	M30	11	01:45:10	03:13:53	05:05:06	06:47:34.50	06:47:34.50	+01:48:15 (26.6%)	7:50	7.7 (74.0%)
32	KURAS Janusz	5047		M50	2	01:52:30	03:25:10	05:18:09	06:50:59.65	06:50:59.65	+01:51:40 (27.2%)	7:54	7.6 (73.1%)
33	LEWANDOWSKA Milena	5013	GO APTIV!	K20	1	01:49:41	03:24:32	05:08:32	06:51:24.75	06:51:24.75	+01:52:05 (27.2%)	7:54	7.6 (73.1%)
34	WOJCIK Jacek	5218	OKS	M40	16	01:44:35	03:14:43	05:09:08	06:52:20.65	06:52:20.65	+01:53:01 (27.4%)	7:55	7.6 (73.1%)
35	SZYMURA Wojciech	5084	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	M50	3	01:43:24	03:14:01	05:12:01	06:52:27.70	06:52:27.70	+01:53:08 (27.4%)	7:55	7.6 (73.1%)
36	TRACZYK Marek	5177	MPK	M50	4	01:43:57	03:11:25	05:07:09	06:55:06.15	06:55:06.15	+01:55:47 (27.9%)	7:58	7.5 (72.1%)
37	ZAJĄC Katarzyna	5110	ULTRAFUN ML	K40	2	01:47:24	03:21:00	05:19:23	06:56:54.75	06:56:54.75	+01:57:35 (28.2%)	8:01	7.5 (72.1%)
38	DAUKSZO Maciej	5076		M20	2	01:51:19	03:28:54	05:26:24	07:00:57.55	07:00:57.55	+02:01:38 (28.9%)	8:05	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
39	KUPC Zbigniew	5191	TRAIL IS OUR WAY	M40	17	01:45:13	03:15:38	05:19:46	07:03:18.40	07:03:18.40	+02:03:59 (29.3%)	8:08	7.4 (71.2%)
40	WILK Jacek	5228		M50	5	01:45:08	03:20:57	05:19:12	07:04:12.10	07:04:12.10	+02:04:53 (29.4%)	8:09	7.4 (71.2%)
41	GAWLEWICZ Krystyna	5067	GAWELKI TEAM/SANOK BIEGA	K40	3	01:52:49	03:30:32	05:25:44	07:04:42.75	07:04:42.75	+02:05:23 (29.5%)	8:10	7.3 (70.2%)
42	ŻAK Paweł	5014	KLUB BIEGACZA DYDNIA	M30	12	01:43:34	03:15:05	05:20:05	07:05:18.10	07:05:18.10	+02:05:59 (29.6%)	8:10	7.3 (70.2%)
43	KAŻMIERCZAK Piotr	5078		M30	13	01:45:19	03:13:52	05:15:10	07:06:20.15	07:06:20.15	+02:07:01 (29.8%)	8:11	7.3 (70.2%)
44	KMIEĆ Paweł	5145	DOJO UNITED ŁÓDŹ	M20	3	01:45:05	03:17:37	05:26:48	07:07:33.85	07:07:33.85	+02:08:14 (30.0%)	8:13	7.3 (70.2%)
45	LUBAS Grzegorz	5057	DZIKITIM	M40	18	01:55:38	03:31:35	05:25:13	07:10:05.30	07:10:05.30	+02:10:46 (30.4%)	8:16	7.3 (70.2%)
46	GLAB Krzysztof	5127	VEGE RABBITS - KBL	M50	6	01:44:30	03:17:44	05:23:59	07:12:41.25	07:12:41.25	+02:13:22 (30.8%)	8:19	7.2 (69.2%)
47	WIĄCEK Hubert	5131	PODIUM	M20	4	01:39:35	03:05:54	05:11:27	07:13:56.70	07:13:56.70	+02:14:37 (31.0%)	8:20	7.2 (69.2%)
48	PODKUL Konrad	5207		M30	14	01:43:27	03:13:51	05:23:17	07:16:13.20	07:16:13.20	+02:16:54 (31.4%)	8:23	7.2 (69.2%)
49	BRYL Mirosław	5155	20 BBZ/ BGB ENDORFINY	M40	19	01:50:05	03:24:36	05:32:17	07:16:40.60	07:16:40.60	+02:17:21 (31.5%)	8:23	7.1 (68.3%)
50	WASZKOWSKA Ania	5105		K30	3	01:54:25	03:31:34	05:34:21	07:17:44.00	07:17:44.00	+02:18:24 (31.6%)	8:25	7.1 (68.3%)
51	KOLIMAGA Kamil	5079		M30	15	01:52:50	03:29:39	05:31:38	07:18:14.85	07:18:14.85	+02:18:55 (31.7%)	8:25	7.1 (68.3%)
52	GUZ Marcin	5006	LUBELSKIBIEGACZ.PL	M40	20	01:48:23	03:23:43	05:32:27	07:24:54.15	07:24:54.15	+02:25:35 (32.7%)	8:33	7 (67.3%)
53	RUKUSZEWICZ Wawrzyniec	5239	DZIKIE GRUBASY SZATANA	M40	21	01:59:48	03:40:01	05:43:13	07:27:56.35	07:27:56.35	+02:28:37 (33.2%)	8:36	7 (67.3%)
54	JEDLIŃSKI Norbert	5119		M20	5	01:43:39	03:14:45	05:33:46	07:28:11.45	07:28:11.45	+02:28:52 (33.2%)	8:37	7 (67.3%)
55	MARCINIAK Tomasz	5113	RANDOMNO BIEGA	M40	22	01:52:02	03:31:31	05:38:31	07:28:36.25	07:28:36.25	+02:29:17 (33.3%)	8:37	7 (67.3%)
56	KRZYSZTOŃ Grzegorz	5185		M30	16	01:58:35	03:36:28	05:41:09	07:30:05.65	07:30:05.65	+02:30:46 (33.5%)	8:39	6.9 (66.3%)
57	KURCEWICZ Paweł	5001		M30	17	01:45:12	03:18:55	05:32:17	07:32:21.70	07:32:21.70	+02:33:02 (33.8%)	8:41	6.9 (66.3%)
58	KUCIAK Bartosz	5028		M30	18	01:54:10	03:32:43	05:34:57	07:34:21.00	07:34:21.00	+02:35:01 (34.1%)	8:44	6.9 (66.3%)
59	KSIĄŻEK Tomasz	5168		M40	23	02:05:19	03:45:16	05:48:15	07:34:57.90	07:34:57.90	+02:35:38 (34.2%)	8:44	6.9 (66.3%)
60	PASEK Monika	5219	RUNNING CRAZY STRIPES	K40	4	02:00:05	03:42:59	05:48:17	07:35:16.55	07:35:16.55	+02:35:57 (34.3%)	8:45	6.9 (66.3%)
61	SADKOWSKI Paweł	5176	TERVEL MOUNTAIN RUNNER	M40	24	01:55:35	03:38:47	05:48:50	07:37:00.25	07:37:00.25	+02:37:41 (34.5%)	8:47	6.8 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pozycje			Czas		Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	netto 52km	brutto 52km			
62	GRUND Justyna	5086	MAFIA TEAM LUBLINIEC	K20	2	01:57:24	03:40:04	05:48:37	07:37:49.60	07:37:49.60	+02:38:30 (34.6%)	8:48	6.8 (65.4%)
63	BUŁAWKA Łukasz	5184	KW KRAKÓW	M30	19	01:57:25	03:43:10	05:54:02	07:37:50.30	07:37:50.30	+02:38:31 (34.6%)	8:48	6.8 (65.4%)
64	JAGIEŁŁO Katarzyna	5101	BIEGAJĄCE ZĄBKI	K40	5	01:52:36	03:26:58	05:44:35	07:39:31.35	07:39:31.35	+02:40:12 (34.9%)	8:50	6.8 (65.4%)
65	KAMSKA Małgorzata	5221	GAMBAZ	K30	4	02:04:09	03:45:47	05:53:48	07:41:59.15	07:41:59.15	+02:42:40 (35.2%)	8:53	6.8 (65.4%)
66	BIELECKI Robert	5167	KEEN ON RUNNING	M50	7	01:59:28	03:43:33	05:52:44	07:42:01.65	07:42:01.65	+02:42:42 (35.2%)	8:53	6.8 (65.4%)
67	CHUDY Michał	5143		M30	20	01:52:07	03:36:40	05:45:45	07:42:50.70	07:42:50.70	+02:43:31 (35.3%)	8:54	6.7 (64.4%)
68	WIECZERZAK Magdalena	5064	ZABIEGANI MIELEC	K30	5	01:54:31	03:38:01	05:51:53	07:42:55.45	07:42:55.45	+02:43:36 (35.3%)	8:54	6.7 (64.4%)
69	JÓZWIAK Krzysztof	5117	YULO RUN TEAM	M40	25	01:54:09	03:35:46	05:45:38	07:43:06.60	07:43:06.60	+02:43:47 (35.4%)	8:54	6.7 (64.4%)
70	WOŁOSZYN Czesław	5139	PIZUNY ROZTOCZE WSCHODNIE	M60	1	01:57:40	03:36:41	05:44:32	07:43:17.40	07:43:17.40	+02:43:58 (35.4%)	8:54	6.7 (64.4%)
71	SIWOŃ Ewa	5158		K50	1	02:01:45	03:49:21	05:52:08	07:44:01.55	07:44:01.55	+02:44:42 (35.5%)	8:55	6.7 (64.4%)
72	BARAN Konrad	5071		M30	21	01:50:11	03:30:37	05:46:38	07:44:19.80	07:44:19.80	+02:45:00 (35.5%)	8:55	6.7 (64.4%)
73	GAWLEWICZ Tomasz	5068	GAWĘŁKI TEAM/SANOK BIEGA	M40	26	01:53:05	03:38:46	05:53:12	07:44:44.25	07:44:44.25	+02:45:25 (35.6%)	8:56	6.7 (64.4%)
74	SZCZUKA Krzysztof	5156		M30	22	01:53:07	03:35:37	05:39:48	07:45:15.75	07:45:15.75	+02:45:56 (35.7%)	8:56	6.7 (64.4%)
75	CUPAK Łukasz	5024		M30	23	01:50:06	03:35:49	05:52:35	07:47:08.80	07:47:08.80	+02:47:49 (35.9%)	8:59	6.7 (64.4%)
76	BYLINOWSKI Oleg	5200		M40	27	02:03:52	03:42:51	05:50:32	07:47:46.60	07:47:46.60	+02:48:27 (36.0%)	8:59	6.7 (64.4%)
77	SOBOTKA Monika	5080	NBRC	K50	2	02:00:25	03:47:19	05:57:44	07:48:14.15	07:48:14.15	+02:48:55 (36.1%)	9:00	6.7 (64.4%)
78	SZKÓDLIŃSKI Bartosz	5017	NARAMOWICE BIEGAJĄ	M40	28	01:55:02	03:38:56	05:54:11	07:51:52.20	07:51:52.20	+02:52:33 (36.6%)	9:04	6.6 (63.5%)
79	BASTER Krzysztof	5226	MATNER RUNNING TEAM	M50	8	01:55:34	03:43:12	05:56:19	07:52:02.30	07:52:02.30	+02:52:43 (36.6%)	9:04	6.6 (63.5%)
80	MICHALSKA-TRZASKA Joanna	5114	BIUROWE.COM.PL	K40	6	02:01:07	03:47:06	05:56:06	07:52:33.15	07:52:33.15	+02:53:14 (36.7%)	9:05	6.6 (63.5%)
81	SZCZUREK Jakub	5074		M30	24	01:50:09	03:29:21	05:56:13	07:53:57.05	07:53:57.05	+02:54:37 (36.8%)	9:06	6.6 (63.5%)
82	PINDEL Piotr	5154	ŁOWCY PIEROŻKÓW	M30	25	02:05:33	03:51:22	06:10:49	07:54:45.75	07:54:45.75	+02:55:26 (37.0%)	9:07	6.6 (63.5%)
83	BARTOSIEWICZ Adam	5135		M40	29	02:12:08	03:59:11	06:05:22	07:56:33.85	07:56:33.85	+02:57:14 (37.2%)	9:09	6.5 (62.5%)
84	OSTROWSKI Krystian	5070		M30	26	01:57:08	03:42:05	06:00:24	07:57:54.35	07:57:54.35	+02:58:35 (37.4%)	9:11	6.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
85	PYRKOSZ Damian	5124	ENGLISH VITAE	M50	9	01:59:56	03:46:02	06:06:59	08:02:58.45	08:02:58.45	+03:03:39 (38.0%)	9:17	6.5 (62.5%)
86	SIENKIEWICZ Paweł	5072	TEAM ZABIEGANEDNI/DECEPTICON GYM	M40	30	01:54:34	03:36:47	06:00:30	08:03:40.85	08:03:40.85	+03:04:21 (38.1%)	9:18	6.5 (62.5%)
87	KOZŁOWSKI Tomasz	5136	AKTYWNY DYNÓW	M30	27	02:00:34	03:51:41	06:13:59	08:04:49.85	08:04:49.85	+03:05:30 (38.3%)	9:19	6.4 (61.5%)
88	GĄSECKI Daniel	5215	ULTRA PRZESILENIE	M40	31	02:00:31	03:51:40	06:13:58	08:04:49.95	08:04:49.95	+03:05:30 (38.3%)	9:19	6.4 (61.5%)
89	ŁĘTEK Tomasz	5059	BIEGNAČĄ KROWA	M40	32	02:03:47	04:02:11	06:20:42	08:06:36.65	08:06:36.65	+03:07:17 (38.5%)	9:21	6.4 (61.5%)
90	LALEWICZ Weronika	5037		K20	3	02:05:35	03:55:39	06:18:02	08:06:36.70	08:06:36.70	+03:07:17 (38.5%)	9:21	6.4 (61.5%)
91	SYCHOWSKI Dawid	5096		M30	28	01:58:11	03:45:29	06:05:36	08:09:12.85	08:09:12.85	+03:09:53 (38.8%)	9:24	6.4 (61.5%)
92	PIETEK Jakub	5098		M20	6	01:43:25	03:30:56	05:57:30	08:09:49.00	08:09:49.00	+03:10:29 (38.9%)	9:25	6.4 (61.5%)
93	WALASZKOWSKA Dominika	5118	BIESY	K30	6	02:05:49	03:57:41	06:16:58	08:10:22.00	08:10:22.00	+03:11:02 (39.0%)	9:25	6.4 (61.5%)
94	GESLER Łukasz	5129	BIESY	M30	29	02:05:15	03:50:27	06:08:43	08:11:19.75	08:11:19.75	+03:12:00 (39.1%)	9:26	6.4 (61.5%)
95	OLEJNIK Marcin	5153	12TRI	M30	30	02:06:17	03:50:34	06:10:55	08:11:38.75	08:11:38.75	+03:12:19 (39.1%)	9:27	6.3 (60.6%)
96	SADOCH Kamil	5241	DECEPTICON GYM WARSZAWA	M30	31	02:02:24	03:51:46	06:18:44	08:11:56.15	08:11:56.15	+03:12:37 (39.2%)	9:27	6.3 (60.6%)
97	MOSKWIAK Mateusz	5043		M30	32	02:04:20	03:54:24	06:19:39	08:12:09.20	08:12:09.20	+03:12:50 (39.2%)	9:27	6.3 (60.6%)
98	MAJCHRZAK Tymoteusz	5056		M40	33	01:54:21	03:38:48	06:07:25	08:14:04.10	08:14:04.10	+03:14:45 (39.4%)	9:30	6.3 (60.6%)
99	GODLEWSKI Paweł	5237		M30	33	01:58:34	03:43:38	06:11:13	08:14:47.05	08:14:47.05	+03:15:27 (39.5%)	9:30	6.3 (60.6%)
100	KACZMARCZYK Mariusz	5007	REXER	M50	10	02:04:12	03:49:42	06:09:05	08:17:46.45	08:17:46.45	+03:18:27 (39.9%)	9:34	6.3 (60.6%)
101	BURZYŃSKI Sebastian	5227		M40	34	02:02:21	03:59:36	06:25:29	08:20:09.85	08:20:09.85	+03:20:50 (40.2%)	9:37	6.2 (59.6%)
102	ĆWIAKAŁA Wojciech	5038		M60	2	02:04:05	03:51:54	06:16:56	08:21:28.30	08:21:28.30	+03:22:09 (40.3%)	9:38	6.2 (59.6%)
103	GOŁĘBIEWSKA Oliwia	5206		K20	4	01:52:13	04:35:26	06:41:09	08:22:59.20	08:22:59.20	+03:23:40 (40.5%)	9:40	6.2 (59.6%)
104	SEROKA Piotr	5160		M40	35	01:54:04	03:54:55	06:26:25	08:23:31.00	08:23:31.00	+03:24:11 (40.6%)	9:40	6.2 (59.6%)
105	KURAS Olga	5121	NUNEK SPITFIRE	K30	7	02:08:16	04:01:12	06:23:05	08:24:04.75	08:24:04.75	+03:24:45 (40.6%)	9:41	6.2 (59.6%)
106	NOWAK Robert	5035	PORANNY PATROL	M50	11	02:05:47	03:57:18	06:18:16	08:24:42.75	08:24:42.75	+03:25:23 (40.7%)	9:42	6.2 (59.6%)
107	PRAGNAČA Milena	5034	PORANNY PATROL	K40	7	02:05:42	03:57:18	06:17:45	08:24:42.90	08:24:42.90	+03:25:23 (40.7%)	9:42	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
108	TIĆINOVIĆ Daniel	5046	BŁĘKITNA XVII	M30	34	02:03:39	03:54:24	06:20:32	08:24:44.90	08:24:44.90	+03:25:25 (40.7%)	9:42	6.2 (59.6%)
109	WIĘCH Kinga	5122		K40	8	02:03:38	03:54:23	06:20:31	08:24:44.95	08:24:44.95	+03:25:25 (40.7%)	9:42	6.2 (59.6%)
110	WRONA Paweł	5164	SPRINT GORZYCE	M30	35	01:57:22	03:42:05	06:12:27	08:26:09.15	08:26:09.15	+03:26:50 (40.9%)	9:44	6.2 (59.6%)
111	MIKOŁAJCZYK Mariusz	5042	ULTRA KSP	M40	36	02:03:19	03:54:19	06:22:26	08:26:18.35	08:26:18.35	+03:26:59 (40.9%)	9:44	6.2 (59.6%)
112	GÓRNICKI Tomasz	5095	STARE PSY	M40	37	02:11:51	04:03:44	06:26:29	08:26:46.90	08:26:46.90	+03:27:27 (40.9%)	9:44	6.2 (59.6%)
113	MARCINIEC Bogusław	5141	-	M40	38	02:01:05	03:49:31	06:14:50	08:28:58.45	08:28:58.45	+03:29:39 (41.2%)	9:47	6.1 (58.7%)
114	WIŚNIEWSKA Zofia	5022		K30	8	02:17:39	04:09:38	06:29:04	08:29:12.85	08:29:12.85	+03:29:53 (41.2%)	9:47	6.1 (58.7%)
115	PIELASZEK Leszek	5094	GULIWER TEAM	M50	12	02:04:16	03:51:18	06:16:39	08:29:36.95	08:29:36.95	+03:30:17 (41.3%)	9:48	6.1 (58.7%)
116	POREBA Eugeniusz	5205		M60	3	02:11:47	04:06:19	06:32:58	08:30:29.75	08:30:29.75	+03:31:10 (41.4%)	9:49	6.1 (58.7%)
117	LALEWICZ Wojciech	5030	ASSECO ACTIVE TEAM	M50	13	02:06:03	03:58:27	06:34:59	08:32:41.95	08:32:41.95	+03:33:22 (41.6%)	9:51	6.1 (58.7%)
118	MARCHEWKA Grzegorz	5062		M40	39	02:06:49	04:00:49	06:29:24	08:33:26.45	08:33:26.45	+03:34:07 (41.7%)	9:52	6.1 (58.7%)
119	WOŁOSZYN Małgorzata	5138	MARGO TEAM	K40	9	02:04:18	03:52:56	06:26:56	08:33:38.85	08:33:38.85	+03:34:19 (41.7%)	9:52	6.1 (58.7%)
119	SOKOŁOWSKA Anna	5142	MARGO TEAM	K50	3	02:03:36	03:53:01	06:27:04	08:33:38.85	08:33:38.85	+03:34:19 (41.7%)	9:52	6.1 (58.7%)
121	STASZCZYK Anna	5051	BKB CZARNA PERŁA	K30	9	02:09:52	04:03:05	06:31:07	08:33:52.55	08:33:52.55	+03:34:33 (41.8%)	9:52	6.1 (58.7%)
122	STASZCZYK Michał	5202	BKB CZARNA PERŁA	M30	36	02:09:49	04:03:02	06:31:11	08:33:52.65	08:33:52.65	+03:34:33 (41.8%)	9:52	6.1 (58.7%)
123	FLORCZYK Janusz	5041		M40	40	01:55:37	03:48:06	06:16:51	08:34:36.55	08:34:36.55	+03:35:17 (41.8%)	9:53	6.1 (58.7%)
124	OLSCHIMKE-MARMUROWICZ Barbara	5109		K50	4	02:12:22	04:07:15	06:31:35	08:37:05.45	08:37:05.45	+03:37:46 (42.1%)	9:56	6 (57.7%)
125	WNOROWSKA Magdalena	5150	OBSTACLE CENTER TEAM #ULTRA	K40	10	02:08:48	04:04:58	06:26:22	08:43:58.40	08:43:58.40	+03:44:39 (42.9%)	10:04	6 (57.7%)
126	DZIADURA Damian	5097	BIEGAM BO LUBIĘ	M40	41	02:03:11	04:01:23	06:34:13	08:44:02.20	08:44:02.20	+03:44:43 (42.9%)	10:04	6 (57.7%)
127	MAŁECKI Kamil	5005		M30	37	02:00:09	04:00:11	06:49:08	08:44:26.95	08:44:26.95	+03:45:07 (42.9%)	10:05	5.9 (56.7%)
128	KALICKI Ireneusz	5172	DECEPTICON GYM	M40	42	02:02:32	03:51:42	06:29:55	08:44:46.45	08:44:46.45	+03:45:27 (43.0%)	10:05	5.9 (56.7%)
129	KLIŚ Marcin	5234	TOMICA COACHING	M40	43	02:17:54	04:15:42	06:42:27	08:44:54.35	08:44:54.35	+03:45:35 (43.0%)	10:05	5.9 (56.7%)
130	KLIŚ Patrycja	5233	TOMICA COACHING	K40	11	02:17:50	04:15:59	06:42:23	08:45:54.85	08:45:54.85	+03:46:35 (43.1%)	10:06	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	P2_Solinka 28km	P3_Roztoki 41km	52km	52km			
131	PYTLARZ Wojciech	5162	STRACEŃSKIE WARIATY	M40	44	02:17:48	04:15:55	06:42:29	08:45:56.55	08:45:56.55	+03:46:37 (43.1%)	10:06	5.9 (56.7%)
132	WALENDA Mateusz	5212	KS KANAŁEK	M30	38	02:09:41	04:01:14	06:29:02	08:46:01.60	08:46:01.60	+03:46:42 (43.1%)	10:06	5.9 (56.7%)
133	TADLA Izabela	5230	#NOLIMITS	K30	10	02:11:39	04:06:55	06:38:31	08:46:09.25	08:46:09.25	+03:46:50 (43.1%)	10:07	5.9 (56.7%)
134	ŁAJTAR Krzysztof	5192		M50	14	02:03:31	04:02:17	06:31:36	08:46:13.65	08:46:13.65	+03:46:54 (43.1%)	10:07	5.9 (56.7%)
135	SZOBLIK Dariusz	5111	SZOBLIK AUTO SERWIS	M40	45	02:20:04	04:09:46	06:41:03	08:47:51.70	08:47:51.70	+03:48:32 (43.3%)	10:09	5.9 (56.7%)
136	POPŁAWSKA Katarzyna	5116	VELO ŁOSIE NA SZOSIE	K40	12	02:09:08	04:08:11	06:32:45	08:48:06.60	08:48:06.60	+03:48:47 (43.3%)	10:09	5.9 (56.7%)
137	GRONCZEWSKI Artur	5003	RAK'N'ROLL WYGRAJ ŻYCIE	M40	46	02:11:19	04:08:39	06:42:59	08:51:46.70	08:51:46.70	+03:52:27 (43.7%)	10:13	5.9 (56.7%)
138	KAMIŃSKI Łukasz	5217		M30	39	02:03:04	03:57:19	06:35:50	08:54:26.35	08:54:26.35	+03:55:07 (44.0%)	10:16	5.8 (55.8%)
139	KRAWIEC Dominik	5029		M30	40	02:16:01	04:09:50	06:39:24	08:55:36.90	08:55:36.90	+03:56:17 (44.1%)	10:18	5.8 (55.8%)
140	NOWAK Ewelina	5196	SPARTAN TRAINING GROUP TARNÓW	K40	13	02:11:38	04:08:17	06:43:50	08:55:40.40	08:55:40.40	+03:56:21 (44.1%)	10:18	5.8 (55.8%)
141	DUBIŃSKI Jarosław	5053	BBL ZDUŃSKA WOLA	M50	15	02:15:16	04:11:04	06:45:01	08:57:15.15	08:57:15.15	+03:57:56 (44.3%)	10:19	5.8 (55.8%)
142	ŁOPATKIEWICZ Beata	5224		K50	5	02:17:15	04:20:22	06:50:40	08:57:31.10	08:57:31.10	+03:58:12 (44.3%)	10:20	5.8 (55.8%)
143	MICHALEC Marcin	5223	KKB MOSIR KROSNO	M30	41	02:16:58	04:20:18	06:54:39	08:57:31.20	08:57:31.20	+03:58:12 (44.3%)	10:20	5.8 (55.8%)
144	ROGE Michał	5073		M30	42	02:11:49	04:07:05	06:43:37	08:57:56.00	08:57:56.00	+03:58:36 (44.4%)	10:20	5.8 (55.8%)
145	MADEJ Grzegorz	5058		M40	47	02:15:55	04:15:18	06:46:12	08:58:40.20	08:58:40.20	+03:59:21 (44.4%)	10:21	5.8 (55.8%)
146	CZARTORYJSKI Darek	5225		M30	43	02:09:57	04:10:56	06:46:47	08:58:45.80	08:58:45.80	+03:59:26 (44.4%)	10:21	5.8 (55.8%)
147	MURDZIA Marcin	5170		M30	44	01:59:24	03:53:10	06:42:35	08:59:42.95	08:59:42.95	+04:00:23 (44.5%)	10:22	5.8 (55.8%)
148	JASTRZAB-STANDERSKA Joanna	5055		K40	14	02:16:22	04:13:41	06:46:10	08:59:45.15	08:59:45.15	+04:00:26 (44.5%)	10:22	5.8 (55.8%)
149	KAPAŁKA Kamil	5081		M20	7	01:57:44	03:43:51	06:25:35	09:00:51.45	09:00:51.45	+04:01:32 (44.7%)	10:24	5.8 (55.8%)
150	SZELAJIEWICZ Arek	5180	CI OD RUDEGO KOTA	M40	48	02:07:00	04:02:05	06:29:56	09:01:32.30	09:01:32.30	+04:02:13 (44.7%)	10:24	5.8 (55.8%)
151	JĘSIEK Aleksander	5087	MARATON LESZNO	M60	4	02:23:09	04:23:09	06:55:51	09:02:24.75	09:02:24.75	+04:03:05 (44.8%)	10:25	5.8 (55.8%)
152	ĆWIAKAŁA Halina	5174	ATHLETIC ZRĘCIN	K40	15	02:16:56	04:18:47	06:50:37	09:06:29.45	09:06:29.45	+04:07:10 (45.2%)	10:30	5.7 (54.8%)
153	KUSTROŃ Adam	5183	PULEX	M60	5	02:16:56	04:18:47	06:50:48	09:06:30.25	09:06:30.25	+04:07:11 (45.2%)	10:30	5.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
154	PISAREK Piotr	5061		M30	45	02:15:41	04:30:51	07:09:08	09:08:08.00	09:08:08.00	+04:08:48 (45.4%)	10:32	5.7 (54.8%)
155	CHILIŃSKI Karol	5235		M30	46	02:06:53	04:10:57	06:46:50	09:12:15.65	09:12:15.65	+04:12:56 (45.8%)	10:37	5.6 (53.8%)
156	KURAS Katarzyna	5048		K40	16	02:31:18	04:41:21	07:11:49	09:16:28.85	09:16:28.85	+04:17:09 (46.2%)	10:42	5.6 (53.8%)
157	FABROWICZ Katarzyna	5010		K40	17	02:27:17	04:26:46	07:17:32	09:19:41.25	09:19:41.25	+04:20:22 (46.5%)	10:45	5.6 (53.8%)
158	NOWAK Marcin	5009		M40	49	02:27:21	04:26:45	07:17:51	09:19:41.35	09:19:41.35	+04:20:22 (46.5%)	10:45	5.6 (53.8%)
159	ZAJĄC Paweł	5123		M30	47	02:15:20	04:22:12	07:02:06	09:22:41.00	09:22:41.00	+04:23:21 (46.8%)	10:49	5.5 (52.9%)
160	KUBALA Sylwester	5018		M50	16	02:20:54	04:23:19	06:59:01	09:23:10.15	09:23:10.15	+04:23:51 (46.9%)	10:49	5.5 (52.9%)
161	KOPER Dariusz	5026		M40	50	02:08:47	04:15:55	07:03:21	09:25:45.45	09:25:45.45	+04:26:26 (47.1%)	10:52	5.5 (52.9%)
162	KALISZUK Szymon	5193		M20	8	01:55:05	03:46:01	06:45:12	09:34:19.55	09:34:19.55	+04:35:00 (47.9%)	11:02	5.4 (51.9%)
163	PICHER-RÓŻYŁO Joanna	5025		K40	18	02:27:43	04:35:04	07:18:12	09:34:37.45	09:34:37.45	+04:35:18 (47.9%)	11:03	5.4 (51.9%)
164	WOZNIAK Radosław	5027		M50	17	02:27:42	04:35:03	07:18:13	09:34:37.50	09:34:37.50	+04:35:18 (47.9%)	11:03	5.4 (51.9%)
165	KIEŁBUS Mirosław	5040		M50	18	02:16:25	04:20:09	07:01:14	09:34:59.60	09:34:59.60	+04:35:40 (47.9%)	11:03	5.4 (51.9%)
166	KOŚCIELNY Łukasz	5165	FORMA WODZISŁAW ŚLĄSKI	M40	51	02:08:31	04:20:09	07:04:40	09:35:02.75	09:35:02.75	+04:35:43 (47.9%)	11:03	5.4 (51.9%)
167	SKROBEK Karolina	5128	VEGE RABBITS	K40	19	02:19:05	04:22:16	07:05:48	09:35:22.05	09:35:22.05	+04:36:02 (48.0%)	11:03	5.4 (51.9%)
168	JANKOWSKI Łukasz	5163		M30	48	02:21:57	04:20:59	07:11:27	09:35:42.20	09:35:42.20	+04:36:23 (48.0%)	11:04	5.4 (51.9%)
169	LUDWICZAK Jacek	5179	MPK WYBIEGANIE	M50	19	02:05:08	04:13:16	07:04:56	09:36:14.90	09:36:14.90	+04:36:55 (48.1%)	11:04	5.4 (51.9%)
170	GŁÓWKA Alfred	5171	KARCZMA U FREDA	M60	6	02:22:45	04:27:50	07:10:18	09:37:17.05	09:37:17.05	+04:37:57 (48.2%)	11:06	5.4 (51.9%)
171	RÓŻAK-RUKUSZEWICZ Mania	5106	DZIKIE GRUBASY SZATANA / BARUNOWCE	K40	20	02:19:37	04:29:56	07:14:03	09:37:46.50	09:37:46.50	+04:38:27 (48.2%)	11:06	5.4 (51.9%)
172	MAJ Magdalena	5231		K30	11	02:38:17	04:41:38	07:20:15	09:40:00.95	09:40:00.95	+04:40:41 (48.4%)	11:09	5.4 (51.9%)
173	COFALSKI Jakub	5161		M30	49	02:38:47	04:41:40	07:20:15	09:40:01.15	09:40:01.15	+04:40:42 (48.4%)	11:09	5.4 (51.9%)
174	OŻÓG Paweł	5199	DZIKITIM	M40	52	02:11:37	04:12:09	07:04:52	09:42:39.00	09:42:39.00	+04:43:19 (48.6%)	11:12	5.4 (51.9%)
175	PIOTROWSKI Grzegorz	5140		M40	53	02:11:16	04:15:48	07:14:14	09:42:48.65	09:42:48.65	+04:43:29 (48.6%)	11:12	5.4 (51.9%)
176	GRZYB Sławomir	5049		M40	54	02:11:15	04:15:27	07:14:12	09:42:48.75	09:42:48.75	+04:43:29 (48.6%)	11:12	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
177	CZAJA Jarosław	5050		M40	55	02:20:06	04:23:52	07:14:09	09:42:48.85	09:42:48.85	+04:43:29 (48.6%)	11:12	5.4 (51.9%)
178	PACIOREK Hubert	5132		M30	50	02:06:46	04:09:28	07:05:34	09:43:53.80	09:43:53.80	+04:44:34 (48.7%)	11:13	5.3 (51.0%)
179	KIEPAS Marcin	5069		M40	56	02:02:44	04:14:38	07:06:06	09:44:22.85	09:44:22.85	+04:45:03 (48.8%)	11:14	5.3 (51.0%)
180	ZIĘTEK Krzysztof	5195	ADIDAS RUNNERS	M50	20	02:15:18	04:13:40	06:49:54	09:44:59.90	09:44:59.90	+04:45:40 (48.8%)	11:14	5.3 (51.0%)
181	KAMIŃSKI Łukasz	5133		M40	57	01:57:05	04:02:06	06:52:00	09:49:52.50	09:49:52.50	+04:50:33 (49.3%)	11:20	5.3 (51.0%)
182	PŁONKA Bartosz	5238		M30	51	02:15:23	04:13:15	07:14:06	09:54:55.95	09:54:55.95	+04:55:36 (49.7%)	11:26	5.2 (50.0%)
183	BUTOWSKI Michał	5148		M50	21	02:29:38	04:42:03	07:23:40	09:55:07.05	09:55:07.05	+04:55:47 (49.7%)	11:26	5.2 (50.0%)
184	BERDYCHOWSKI Zygmunt	5197	FESTIWAL BIEGOWY	M60	7	02:20:01	04:35:23	07:28:34	09:55:57.10	09:55:57.10	+04:56:38 (49.8%)	11:27	5.2 (50.0%)
184	JANOWSKI Bogdan	5198	FESTIWAL BIEGOWY	M50	22	02:19:39	04:35:22	07:29:48	09:55:57.10	09:55:57.10	+04:56:38 (49.8%)	11:27	5.2 (50.0%)
186	WYRWICH Kasia	5090	ULTRASZY CHOCIWEL	K40	21	02:20:09	04:35:18	07:29:50	09:56:01.45	09:56:01.45	+04:56:42 (49.8%)	11:27	5.2 (50.0%)
187	RYŻYŃSKI Tomasz	5107	CHEŁM BIEGA	M40	58	02:19:41	04:23:06	07:14:48	09:58:17.25	09:58:17.25	+04:58:58 (50.0%)	11:30	5.2 (50.0%)
188	PASTERNAK Robert	5175		M50	23	02:23:07	04:35:37	07:31:29	09:59:23.50	09:59:23.50	+05:00:04 (50.1%)	11:31	5.2 (50.0%)
189	WÓJTOWICZ Paweł	5178		M50	24	02:30:51	04:45:13	07:40:06	09:59:43.35	09:59:43.35	+05:00:24 (50.1%)	11:31	5.2 (50.0%)
190	JEDLIŃSKI Bartosz	5152	MARATOŃCZYK DĘBICA	M40	59	02:34:39	04:43:19	07:40:04	10:00:55.40	10:00:55.40	+05:01:36 (50.2%)	11:33	5.2 (50.0%)
191	KOWALSKA Agnieszka	5240	KOMANDOSI	K20	5	02:24:23	04:42:33	07:25:26	10:05:27.75	10:05:27.75	+05:06:08 (50.6%)	11:38	5.2 (50.0%)
192	CICHOŃ Sławomir	5065	KROSSKI REMSPORT	M50	25	02:42:13	05:05:21	07:47:57	10:08:14.35	10:08:14.35	+05:08:55 (50.8%)	11:41	5.1 (49.0%)
193	WĄGRODZKI Piotr	5125		M50	26	02:16:27	04:28:06	07:34:58	10:08:25.55	10:08:25.55	+05:09:06 (50.8%)	11:42	5.1 (49.0%)
194	CHROMIK Krzysztof	5023		M40	60	02:17:14	04:27:50	07:25:29	10:09:14.15	10:09:14.15	+05:09:55 (50.9%)	11:42	5.1 (49.0%)
195	BURY Krzysztof	5044	TRZECH KUMPLI	M30	52	02:24:33	04:39:29	07:41:19	10:17:12.40	10:17:12.40	+05:17:53 (51.5%)	11:52	5.1 (49.0%)
196	ANDRZEJCZYK Grzegorz	5115		M40	61	02:23:24	04:34:51	07:45:55	10:20:25.30	10:20:25.30	+05:21:06 (51.8%)	11:55	5 (48.1%)
197	SIUCIAK Robert	5019		M50	27	02:29:45	04:39:39	07:39:44	10:20:30.80	10:20:30.80	+05:21:11 (51.8%)	11:55	5 (48.1%)
198	MASZEWSKA-WACH Mariola	5208		K40	22	02:43:45	04:56:50	07:42:00	10:21:42.65	10:21:42.65	+05:22:23 (51.9%)	11:57	5 (48.1%)
199	CHODUN Marek	5147		M50	28	02:23:38	04:38:35	07:35:40	10:25:22.40	10:25:22.40	+05:26:03 (52.1%)	12:01	5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pozycje			Czas		Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	netto 52km	brutto 52km			
200	CHODUN Agnieszka	5146		K40	23	02:23:37	04:39:20	07:35:41	10:25:22.45	10:25:22.45	+05:26:03 (52.1%)	12:01	5 (48.1%)
201	GOLEŃ Justyna	5091		K40	24	02:29:48	04:46:59	07:30:50	10:29:00.00	10:29:00.00	+05:29:40 (52.4%)	12:05	5 (48.1%)
202	SĘK Izabela	5104	SĘK-SYSTEM	K30	12	02:35:29	04:59:26	07:55:00	10:29:00.15	10:29:00.15	+05:29:41 (52.4%)	12:05	5 (48.1%)
203	SĘK Krystian	5103	SĘK-SYSTEM	M30	53	02:35:24	04:58:55	07:54:57	10:29:00.35	10:29:00.35	+05:29:41 (52.4%)	12:05	5 (48.1%)
204	STUDZIŃSKA Joanna	5045		K30	13	02:29:47	04:41:21	07:30:51	10:29:14.25	10:29:14.25	+05:29:55 (52.4%)	12:06	5 (48.1%)
205	KADECKI Marek	5232	AZS CIECHANÓW	M50	29	02:36:52	04:52:50	07:44:43	10:29:52.40	10:29:52.40	+05:30:33 (52.5%)	12:06	5 (48.1%)
206	SOKOŁOWSKI Artur	5151	TEAM ZABIEGANEDNI	M40	62	02:28:02	04:44:07	07:41:07	10:30:05.15	10:30:05.15	+05:30:46 (52.5%)	12:07	5 (48.1%)
207	MAŁEK Paweł	5194	GÓRALZMAZURRUNNINGTEAM / DECARUNRZESZÓW	M50	30	02:20:36	04:49:09	07:49:05	10:34:40.00	10:34:40.00	+05:35:20 (52.8%)	12:12	4.9 (47.1%)
208	LANGNER Maurycy	5082	TEAM PAWEŁ NIE CAŁKIEM ŚWIĘTY	M40	63	02:42:05	05:07:44	08:02:03	10:42:21.70	10:42:21.70	+05:43:02 (53.4%)	12:21	4.9 (47.1%)
209	BORKOWSKA Agnieszka	5063	PSI FRYZ TEAM	K30	14	02:25:21	04:43:10	07:54:17	10:43:23.70	10:43:23.70	+05:44:04 (53.5%)	12:22	4.8 (46.2%)
210	ADAMCZYK Ilona	5021	KB BIAŁA BIEGA	K40	25	02:26:46	04:43:11	07:54:12	10:43:23.85	10:43:23.85	+05:44:04 (53.5%)	12:22	4.8 (46.2%)
211	KUTNIK Mirosław	5039		M40	64	02:26:46	04:43:09	07:54:23	10:43:23.90	10:43:23.90	+05:44:04 (53.5%)	12:22	4.8 (46.2%)
212	BĄCZEK Agata	5169		K40	26	02:40:51	05:03:47	08:05:17	10:46:34.60	10:46:34.60	+05:47:15 (53.7%)	12:26	4.8 (46.2%)
213	MĘTLAK Małgorzata	5189		K20	6	02:40:52	05:03:47	08:05:16	10:46:34.65	10:46:34.65	+05:47:15 (53.7%)	12:26	4.8 (46.2%)
214	FRANKENBERG Małgorzata	5033	BIEGACZ NOWOSOLNA	K60	1	02:31:47	04:56:56	07:52:12	10:47:54.10	10:47:54.10	+05:48:35 (53.8%)	12:27	4.8 (46.2%)
215	ANTOSIK Paweł	5242		M40	65	02:17:11	04:36:32	07:46:39	10:49:51.80	10:49:51.80	+05:50:32 (53.9%)	12:29	4.8 (46.2%)
216	JAROCKA Małgorzata	5012		K50	6	02:46:37	05:11:37	08:02:34	10:49:52.10	10:49:52.10	+05:50:33 (53.9%)	12:29	4.8 (46.2%)
217	MAŃKA Magdalena	5085	ZRYW PARZYMIECHY	K40	27	02:44:33	05:12:13	08:05:03	10:52:10.25	10:52:10.25	+05:52:51 (54.1%)	12:32	4.8 (46.2%)
218	RADYK Jakub	5187	RADYK TEAM	M30	54	02:51:29	05:12:53	07:59:15	10:56:49.55	10:56:49.55	+05:57:30 (54.4%)	12:37	4.8 (46.2%)
219	RADYK Joanna	5186	RADYK TEAM	K40	28	02:51:40	05:12:55	08:11:21	10:56:49.85	10:56:49.85	+05:57:30 (54.4%)	12:37	4.8 (46.2%)
220	GÓRECNZY Kamila	5089		K40	29	02:32:28	04:58:07	08:01:29	11:07:01.95	11:07:01.95	+06:07:42 (55.1%)	12:49	4.7 (45.2%)
221	ARGALSKI Grzegorz	5159	KW TRÓJMIASTO / DZIKIE WIEPRZE PÓŁNOCY	M50	31	02:45:03	05:22:04	08:25:00	11:16:44.35	11:16:44.35	+06:17:25 (55.8%)	13:00	4.6 (44.2%)
222	ŁOKAS Andrzej	5004		M50	32	02:35:59	04:59:49	08:16:30	11:29:18.10	11:29:18.10	+06:29:59 (56.6%)	13:15	4.5 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
223	JAKUBISIAK Renata	5083	BIEGAM NA TARCHOMINIE	K40	30	02:39:51	05:15:54	08:16:28	11:45:20.35	11:45:20.35	+06:46:01 (57.6%)	13:33	4.4 (42.3%)
224	LACHOWSKI Karol	5108	FILIP RUNNING TEAM	M40	66	02:39:50	05:15:55	08:16:33	11:45:24.00	11:45:24.00	+06:46:04 (57.6%)	13:33	4.4 (42.3%)
225	SIKORA Amelia	5182	TEAM BOERS	K20	7	02:36:09	05:02:54	08:16:26	11:47:13.45	11:47:13.45	+06:47:54 (57.7%)	13:36	4.4 (42.3%)
226	PYRZEWSKI Dariusz	5130		M50	33	02:45:07	05:22:08	08:28:11	11:47:13.50	11:47:13.50	+06:47:54 (57.7%)	13:36	4.4 (42.3%)
	SUDACKI Sebastian	5209		M20		01:35:39 DNF	03:08:26 DNF	05:51:46 DNF	DNF	DNF		-	- (0.0%)
	ZIĘBA Sabina	5236	FOREVER TEAM	K30		01:43:26 DNF	03:11:53 DNF	DNF	DNF	DNF		-	- (0.0%)
	PIOTROWSKI Jakub	5120	VICTUS RĘBKÓW	M30		02:42:22 DNF	05:03:39 DNF	DNF	DNF	DNF		-	- (0.0%)
	WOJCIECHOWSKI Piotr	5134	VICTUS RĘBKÓW	M50		03:13:36 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KAPAŁKA Bożena	5054		K50		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 231 wynik(ów)