

XI ZIMOWA BIESZCZADZKA DYCHA 2025

B4SPORT

Wydarzenie: XI Zimowy Maraton Bieszczadzki
Organizator: Fundacja Bieg Rzeźnika
Data: 2025-01-25
Miejsce: Cisna
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 8.9km	Czas brutto 8.9km	Różn	Tempo min/km	Tempo km/h
1	SZMIST Szymon	1046		M40	1	00:19:04	00:39:59.55	00:40:01.85		4:29	13.4 (100%)
2	ŁOIŃSKI Andrzej	1098	RUCH IZBICA	M40	2	00:19:14	00:41:22.30	00:41:25.05	+00:01:23 (3.3%)	4:38	12.9 (96.3%)
3	JAKUBIK Marcin	1065	PSG KROŚCIENKO	M40	3	00:20:28	00:42:47.75	00:42:51.00	+00:02:49 (6.6%)	4:48	12.5 (93.3%)
4	JAKUBKOWICZ Dominik	1169	MARAS TEAM	M30	1		00:43:15.00	00:43:15.00	+00:03:13 (7.4%)	4:51	12.3 (91.8%)
5	TARGOSZ Michał	1023	RUNPROGRESS.PL TEAM	M40	4	00:20:31	00:44:37.85	00:44:40.45	+00:04:38 (10.4%)	5:00	12 (89.6%)
6	WÓJTOWICZ Piotr	1142	#SZLACHTABIEGA	M40	5	00:21:26	00:46:12.95	00:46:16.65	+00:06:14 (13.5%)	5:11	11.6 (86.6%)
7	STACHURSKI Paweł	1146		M40	6	00:22:07	00:48:09.50	00:48:12.40	+00:08:10 (17.0%)	5:24	11.1 (82.8%)
8	GNIADY Damian	1143		M30	2	00:22:52	00:48:28.50	00:48:34.15	+00:08:32 (17.6%)	5:26	11 (82.1%)
9	KURASZ Szymon	1032	NKB CHYŻY NOWY TOMYŚL	M40	7	00:21:50	00:48:43.45	00:48:47.50	+00:08:45 (18.0%)	5:28	11 (82.1%)
10	MAZURKIEWICZ Tomasz	1159		M50	1	00:22:54	00:49:11.85	00:49:14.30	+00:09:12 (18.7%)	5:31	10.9 (81.3%)
11	ZAWADZKI Marcin	1006	SZCZWANY TRZMIEL TEAM	M40	8	00:23:05	00:49:17.35	00:49:20.10	+00:09:18 (18.9%)	5:32	10.8 (80.6%)
12	BUCIOR Łukasz	1156	SBG SPORT TEAM	M20	1	00:22:31	00:49:29.55	00:49:32.65	+00:09:30 (19.2%)	5:33	10.8 (80.6%)
13	TAJAK Bartłomiej	1012		M30	3	00:23:18	00:49:27.15	00:49:33.30	+00:09:31 (19.2%)	5:33	10.8 (80.6%)
14	STASZCZYK Michał	1152		M40	9	00:22:42	00:49:36.45	00:49:40.35	+00:09:38 (19.4%)	5:34	10.8 (80.6%)
15	MLAŚ Ireneusz	1165		M40	10	00:21:21	00:49:48.35	00:49:52.00	+00:09:50 (19.7%)	5:35	10.7 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce		Czas netto 8.9km	Czas brutto 8.9km	Różn	Tempo min/km	Tempo km/h
						5km						
16	PÓŁTORAK Dariusz	1047	PRZEWORSKA GRUPA BIEGOWA	M50	2	00:22:36		00:49:59.70	00:50:03.35	+00:10:01 (20.0%)	5:36	10.7 (79.9%)
17	MAJ-DZIUBAŃSKA Izabela	1060	MIRAZ RACE TEAM	K40	1	00:23:43		00:52:09.45	00:52:13.80	+00:12:11 (23.4%)	5:51	10.2 (76.1%)
18	SOLARSKI Robert	1019		M50	3	00:23:44		00:53:14.10	00:53:17.80	+00:13:15 (24.9%)	5:58	10 (74.6%)
19	KLUZ Filip	1127	#SZLACHTABIEGA / PODIUM	M20	2	00:24:35		00:53:46.55	00:53:48.00	+00:13:46 (25.6%)	6:02	9.9 (73.9%)
20	SYGNECKI Janusz	1022	IM INSPIRATION	M30	4	00:23:43		00:53:45.60	00:53:50.80	+00:13:48 (25.7%)	6:02	9.9 (73.9%)
21	POPIELA-KAWA Sylwia	1138	KS RYGLICE SEKCJA BIEGOWA	K40	2	00:24:21		00:53:55.90	00:53:58.70	+00:13:56 (25.8%)	6:03	9.9 (73.9%)
22	OCHYRA Karolina	1133	GUKLA BRATKOWICE KORZENIOWSKI.PL	K20	1	00:24:26		00:54:18.20	00:54:18.20	+00:14:16 (26.3%)	6:06	9.8 (73.1%)
23	BUJOCZEK Milena	1119		K20	2	00:25:43		00:55:36.45	00:55:39.70	+00:15:37 (28.1%)	6:14	9.6 (71.6%)
24	KROPIWNICKI Marcin	1040		M30	5	00:25:10		00:56:10.60	00:56:15.45	+00:16:13 (28.8%)	6:18	9.5 (70.9%)
25	PADO Michał	1081	MAMWYBIEGANE	M40	11	00:26:23		00:56:42.05	00:56:49.05	+00:16:47 (29.5%)	6:22	9.4 (70.1%)
26	KUCHARCZYK Bartłomiej	1071	GALICJA BIEGA	M30	6	00:25:47		00:56:44.35	00:56:51.25	+00:16:49 (29.6%)	6:22	9.4 (70.1%)
27	CZYCZ Mateusz	1049	CARPATHIAN RUNNERS	M30	7	00:27:06		00:57:23.80	00:57:29.05	+00:17:27 (30.4%)	6:26	9.3 (69.4%)
28	PIEJKO Rafał	1067	GALICJA BIEGA	M40	12	00:25:11		00:57:40.75	00:57:47.10	+00:17:45 (30.7%)	6:28	9.3 (69.4%)
29	SIWIEC Kacper	1002	AZS AWF KRAKÓW MASTERS	M20	3	00:26:05		00:58:25.10	00:58:29.55	+00:18:27 (31.6%)	6:33	9.1 (67.9%)
30	KUCHARCZYK Maciek	1069	GALICJA BIEGA	M50	4	00:26:56		00:58:45.40	00:58:51.85	+00:18:50 (32.0%)	6:36	9.1 (67.9%)
31	GONDEK Janusz	1151		M50	5	00:26:36		00:58:56.45	00:59:00.90	+00:18:59 (32.2%)	6:37	9.1 (67.9%)
32	PENKALA Piotr	1097		M20	4	00:27:43		00:59:07.45	00:59:07.45	+00:19:05 (32.3%)	6:38	9 (67.2%)
33	KASPRZYK Mikołaj	1043		M30	8	00:28:25		00:59:10.05	00:59:27.95	+00:19:26 (32.7%)	6:38	9 (67.2%)
34	MARGAS Kacper	1095	#CIĘŻKISPRZĘT	M20	5	00:28:46		00:59:11.45	00:59:28.85	+00:19:27 (32.7%)	6:38	9 (67.2%)
35	CICHOŃ Sabina	1009		K40	3	00:28:23		00:59:33.80	00:59:33.80	+00:19:31 (32.8%)	6:41	9 (67.2%)
36	RACHWALWSKA Marzena	1162		K40	4	00:27:19		01:00:11.40	01:00:15.75	+00:20:13 (33.6%)	6:45	8.9 (66.4%)
37	WOŹNIAK Janusz	1029	PORMAT JEDLICZE BIEGA	M60	1	00:28:06		01:00:12.15	01:00:17.20	+00:20:15 (33.6%)	6:45	8.9 (66.4%)
38	MAZEK Emilia	1052	STOPKA PILAWA	K30	1	00:27:33		01:00:47.65	01:00:51.60	+00:20:49 (34.2%)	6:49	8.8 (65.7%)

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						stokowce	netto	brutto			
39	KOT Aleksander	1088		M40	13	00:26:47	01:00:53.55	01:01:04.30	+00:21:02 (34.5%)	6:50	8.8 (65.7%)
40	STOCHMAL Maciej	1003		M40	14	00:29:33	01:01:12.00	01:01:23.50	+00:21:21 (34.8%)	6:52	8.7 (64.9%)
41	ZAKRZEWSKA Ania	1030		K40	5	00:27:58	01:01:34.40	01:01:38.90	+00:21:37 (35.1%)	6:55	8.7 (64.9%)
42	LOTYCZ Dominika	1080		K20	3	00:28:49	01:01:34.70	01:01:42.35	+00:21:40 (35.1%)	6:55	8.7 (64.9%)
43	STASZCZYK Anna	1153		K40	6	00:28:29	01:01:54.70	01:01:59.05	+00:21:57 (35.4%)	6:57	8.6 (64.2%)
44	DOŁOWY Łukasz	1135		M40	15	00:27:32	01:02:14.85	01:02:21.30	+00:22:19 (35.8%)	6:59	8.6 (64.2%)
45	OBYRTACZ Paweł	1031	PRAWIE WISAN SKOPANIE	M30	9	00:28:22	01:02:13.15	01:02:25.40	+00:22:23 (35.9%)	6:59	8.6 (64.2%)
46	DROŹDŹ Julia	1137		K20	4	00:28:27	01:02:20.55	01:02:26.20	+00:22:24 (35.9%)	7:00	8.6 (64.2%)
47	WRÓBEL Bartłomiej	1042	CISNA GÓRĄ	M50	6	00:27:47	01:02:25.60	01:02:29.10	+00:22:27 (35.9%)	7:00	8.6 (64.2%)
48	SOWA Dawid	1115		M20	6	00:28:27	01:02:23.55	01:02:29.85	+00:22:28 (35.9%)	7:00	8.6 (64.2%)
49	SKAWIŃSKA Justyna	1160		K40	7	00:28:39	01:02:40.95	01:02:46.10	+00:22:44 (36.2%)	7:02	8.5 (63.4%)
50	PROKOP Paulina	1059		K30	2	00:29:31	01:02:41.15	01:02:46.35	+00:22:44 (36.2%)	7:02	8.5 (63.4%)
51	RACHWAŁSKI Robert	1163		M40	16	00:28:07	01:02:48.65	01:02:54.30	+00:22:52 (36.4%)	7:03	8.5 (63.4%)
52	KNAP Mariola	1039	SANOK BIEGA	K40	8	00:29:36	01:03:30.15	01:03:33.45	+00:23:31 (37.0%)	7:08	8.4 (62.7%)
53	PODOLAK Zbigniew	1090		M60	2	00:28:48	01:03:41.00	01:03:46.25	+00:23:44 (37.2%)	7:09	8.4 (62.7%)
54	HEC Grzegorz	1054		M40	17	00:29:19	01:05:26.80	01:05:35.60	+00:25:33 (39.0%)	7:21	8.2 (61.2%)
55	SAGANEK Joanna	1034	STOPKA PILAWA	K30	3	00:28:38	01:05:33.40	01:05:42.85	+00:25:41 (39.1%)	7:21	8.1 (60.4%)
56	PIĄTEK Klaudia	1125		K20	5	00:30:05	01:05:51.35	01:06:05.30	+00:26:03 (39.4%)	7:23	8.1 (60.4%)
57	STĘPIEŃ Jakub	1093	#CIĘŻKISPRZĘT	M20	7	00:28:56	01:06:00.15	01:06:17.50	+00:26:15 (39.6%)	7:24	8.1 (60.4%)
58	ESTREICH Stanisław	1083		M30	10	00:32:18	01:06:19.90	01:06:19.90	+00:26:18 (39.7%)	7:27	8.1 (60.4%)
59	PARUCH Paweł	1123		M40	18	00:30:26	01:06:24.90	01:06:37.50	+00:26:35 (39.9%)	7:27	8 (59.7%)
60	KOWAL Anna	1085		K30	4	00:30:06	01:06:36.70	01:06:45.15	+00:26:43 (40.0%)	7:28	8 (59.7%)
61	STANEK Ania	1077		K40	9	00:30:57	01:07:38.00	01:07:47.25	+00:27:45 (40.9%)	7:35	7.9 (59.0%)

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						stokowce	netto	brutto			
62	MERCIK Andrzej	1062		M50	7	00:30:39	01:07:58.00	01:08:08.35	+00:28:06 (41.3%)	7:38	7.9 (59.0%)
63	ZYGIEST Michał	1166		M30	11	00:30:53	01:07:58.10	01:08:12.95	+00:28:11 (41.3%)	7:38	7.9 (59.0%)
64	ROSINSKI Kacper	1094	#CIEŻKISPRZĘT	M20	8	00:29:54	01:07:58.50	01:08:15.50	+00:28:13 (41.4%)	7:38	7.9 (59.0%)
65	PRZYBYSZ Mariusz	1089		M40	19	00:29:59	01:08:04.15	01:08:20.55	+00:28:18 (41.4%)	7:38	7.8 (58.2%)
66	JANKOWSKI Michał	1148		M50	8	00:29:17	01:08:29.35	01:08:42.05	+00:28:40 (41.7%)	7:41	7.8 (58.2%)
67	BIEDROŃ Artur	1005	ERP HEART TEAM	M40	20	00:31:31	01:09:02.50	01:09:26.10	+00:29:24 (42.3%)	7:45	7.7 (57.5%)
68	BUDZYŃSKA-ULMA Katarzyna	1017	LUBARTOWSKI BEERGACZ	K40	10		01:09:52.00	01:09:52.00	+00:29:50 (42.7%)	7:51	7.6 (56.7%)
69	GASTOŁEK Małgorzata	1027	STOPKA PILAWA	K50	1	00:30:12	01:10:08.20	01:10:12.25	+00:30:10 (43.0%)	7:52	7.6 (56.7%)
70	GÓRALSKI Mateusz	1082		M30	12	00:32:58	01:10:09.30	01:10:15.25	+00:30:13 (43.0%)	7:52	7.6 (56.7%)
71	ZAGAŁA Sebastian	1158		M50	9	00:33:32	01:10:26.95	01:10:36.70	+00:30:34 (43.3%)	7:54	7.6 (56.7%)
72	WĘGRZYN Jakub	1099		M30	13	00:34:48	01:10:38.40	01:10:47.40	+00:30:45 (43.5%)	7:56	7.6 (56.7%)
73	GAJOWNIK Magda	1126		K40	11	00:33:15	01:11:07.35	01:11:17.90	+00:31:16 (43.9%)	7:59	7.5 (56.0%)
74	PIETRZAK Rafał	1130	STOPKA PILAWA	M40	21	00:33:35	01:11:18.00	01:11:21.85	+00:31:20 (43.9%)	8:00	7.5 (56.0%)
75	MAZEK Łukasz	1129	STOPKA PILAWA	M40	22	00:33:36	01:11:19.75	01:11:22.80	+00:31:20 (43.9%)	8:00	7.5 (56.0%)
76	OSIŃSKA Aneta	1015		K30	5	00:34:50	01:11:27.15	01:11:35.90	+00:31:34 (44.1%)	8:01	7.5 (56.0%)
77	KISIEL Piotr	1122		M20	9	00:27:47	01:11:40.00	01:11:44.45	+00:31:42 (44.2%)	8:03	7.5 (56.0%)
78	PIĄTEK Piotr	1134		M50	10	00:30:31	01:11:30.25	01:11:44.60	+00:31:42 (44.2%)	8:02	7.5 (56.0%)
79	SIWIEC Hubert	1026		M40	23	00:32:56	01:11:45.35	01:11:52.85	+00:31:51 (44.3%)	8:03	7.4 (55.2%)
80	MACHUCKA Ewelina	1149	21 BDOW	K30	6	00:31:39	01:12:04.05	01:12:07.40	+00:32:05 (44.5%)	8:05	7.4 (55.2%)
81	NESTOROWICZ Maksymilian	1136	MAM WYBIEGANE	M30	14	00:32:14	01:12:34.90	01:12:43.00	+00:32:41 (44.9%)	8:09	7.4 (55.2%)
82	SZAŁĘGA Emil	1037	BIESZCZADZKA WATAHA MTB ADVENTURE RZEPEDŹ	M30	15	00:32:14	01:12:34.80	01:12:43.35	+00:32:41 (45.0%)	8:09	7.4 (55.2%)
83	RUDY Magdalena	1157		K40	12	00:29:01	01:12:28.00	01:12:46.80	+00:32:44 (45.0%)	8:08	7.4 (55.2%)
84	KAMIŃSKA Katarzyna	1076		K30	7	00:33:26	01:12:42.55	01:12:51.10	+00:32:49 (45.1%)	8:10	7.3 (54.5%)

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85	MROWIEC Magdalena	1110		K20	6	00:33:59	01:14:29.30	01:14:34.85	+00:34:33 (46.3%)	8:22	7.2 (53.7%)
86	KISZKA Monika	1066	GALICJA BIEGA	K40	13	00:33:31	01:14:38.65	01:14:46.15	+00:34:44 (46.5%)	8:23	7.2 (53.7%)
87	KIEC Ewelina	1161		K30	8	00:33:28	01:14:52.25	01:14:52.50	+00:34:50 (46.5%)	8:24	7.1 (53.0%)
88	SAWICKA Marta	1078		K50	2	00:34:45	01:14:43.90	01:14:54.15	+00:34:52 (46.6%)	8:23	7.1 (53.0%)
89	KLUZ Robert	1128	#SZLACHTABIEGA	M50	11	00:35:33	01:14:48.75	01:15:00.40	+00:34:58 (46.6%)	8:24	7.1 (53.0%)
90	ZAWADKA Małgorzata	1070	STOPKA PILAWA	K40	14	00:33:08	01:14:59.80	01:15:10.20	+00:35:08 (46.7%)	8:25	7.1 (53.0%)
91	OSIŃSKA Katarzyna	1016		K30	9	00:34:50	01:15:06.25	01:15:15.05	+00:35:13 (46.8%)	8:26	7.1 (53.0%)
92	MIŻEJEWSKA Marta	1168		K30	10	00:33:34	01:15:35.20	01:15:40.75	+00:35:38 (47.1%)	8:29	7.1 (53.0%)
93	PAWLAK Marcin	1011	MARCEL	M40	24	00:35:53	01:15:50.95	01:16:00.30	+00:35:58 (47.3%)	8:31	7 (52.2%)
94	WYSOCKA Kinga	1001	PAŁAC MŁODZIEŻY KATOWICE	K20	7	00:36:49	01:16:52.60	01:17:00.45	+00:36:58 (48.0%)	8:38	6.9 (51.5%)
95	STEC Andrzej	1007	LUBIĘ LUDZI WAŁCZ	M60	3	00:33:27	01:17:34.65	01:17:41.65	+00:37:39 (48.5%)	8:42	6.9 (51.5%)
96	SWIERKOWSKI Igor	1141		M20	10	00:36:52	01:17:31.95	01:17:46.50	+00:37:44 (48.5%)	8:42	6.9 (51.5%)
97	SWIERKOWSKI Robert	1140		M40	25	00:36:50	01:17:32.35	01:17:47.50	+00:37:45 (48.5%)	8:42	6.9 (51.5%)
98	CZYŻ Michał	1092	SELFMAKER TECHNOLOGY	M30	16	00:34:41	01:17:46.90	01:18:02.05	+00:38:00 (48.7%)	8:44	6.9 (51.5%)
99	SABANOŚ Gejza	1051	MARAS TEAM	M60	4	00:33:54	01:17:57.85	01:18:05.35	+00:38:03 (48.7%)	8:45	6.9 (51.5%)
100	GROMEK Mariusz	1105		M50	12	00:36:46	01:17:56.20	01:18:09.35	+00:38:07 (48.8%)	8:45	6.9 (51.5%)
101	PISZCZ Dariusz	1132		M50	13	00:36:23	01:18:09.80	01:18:20.85	+00:38:19 (48.9%)	8:46	6.8 (50.7%)
102	KRZEMIEN Jakub	1045		M30	17	00:34:01	01:18:23.75	01:18:31.25	+00:38:29 (49.0%)	8:48	6.8 (50.7%)
103	GRODON Magdalena	1018	HARPAGAN SOSNOWIEC	K40	15	00:33:33	01:18:28.10	01:18:37.95	+00:38:36 (49.1%)	8:48	6.8 (50.7%)
104	RÓŻNIEWSKA Monika	1087		K50	3	00:33:00	01:18:40.05	01:18:56.85	+00:38:55 (49.3%)	8:50	6.8 (50.7%)
105	HAŁADYJ Andżelika	1075	GALICJA BIEGA	K20	8	00:33:34	01:18:52.95	01:19:01.15	+00:38:59 (49.3%)	8:51	6.8 (50.7%)
106	HAŁADYJ Anastazja	1074	GALICJA BIEGA	K20	9	00:33:32	01:18:52.30	01:19:01.30	+00:38:59 (49.3%)	8:51	6.8 (50.7%)
107	BUJOCZEK Piotr	1120		M40	26	00:36:52	01:19:06.35	01:19:16.10	+00:39:14 (49.5%)	8:53	6.8 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 8.9km	Czas brutto 8.9km	Różn	Tempo min/km	Tempo km/h
108	SALACH-TUCZAPSKA Weronika	1155		K30	11	00:38:30	01:19:46.90	01:19:53.60	+00:39:51 (49.9%)	8:57	6.7 (50.0%)
109	CWYNAR Julia	1035		K20	10	00:37:02	01:21:49.85	01:21:56.60	+00:41:54 (51.1%)	9:11	6.5 (48.5%)
110	KOWALCZYK - GÓRSKA Kinga	1055	STOPKA PILAWA	K40	16	00:37:40	01:22:26.40	01:22:38.20	+00:42:36 (51.6%)	9:15	6.5 (48.5%)
111	CHMIEL-ŁOIŃSKA Monika	1100	RUCH IZBICA	K40	17	00:35:30	01:24:34.20	01:24:44.15	+00:44:42 (52.8%)	9:30	6.3 (47.0%)
112	KILAR Anna	1112		K20	11	00:40:13	01:24:39.60	01:24:47.70	+00:44:45 (52.8%)	9:30	6.3 (47.0%)
113	ZYCH Ewa	1116	NAJGORSZY JEST WIATR	K40	18	00:39:25	01:24:58.40	01:24:58.40	+00:44:56 (52.9%)	9:32	6.3 (47.0%)
114	PENKALA Marcin	1096	STRANGERS	M40	27	00:34:44	01:25:13.65	01:25:35.90	+00:45:34 (53.2%)	9:34	6.3 (47.0%)
115	MARAS Ladislav	1050	MARAS TEAM	M60	5	00:38:59	01:25:46.00	01:25:53.00	+00:45:51 (53.4%)	9:38	6.2 (46.3%)
116	ŻYŁOWICZ Marcin	1020		M30	18	00:39:55	01:26:04.65	01:26:16.80	+00:46:14 (53.6%)	9:40	6.2 (46.3%)
117	PIECH Łukasz	1113		M40	28	00:37:08	01:27:20.65	01:27:27.00	+00:47:25 (54.2%)	9:48	6.1 (45.5%)
118	ŁOŃSKI Ireneusz	1038		M30	19	00:38:11	01:27:18.25	01:27:30.65	+00:47:28 (54.3%)	9:48	6.1 (45.5%)
119	CHWASTA Mariusz	1073		M40	29	00:37:58	01:27:52.50	01:28:05.95	+00:48:04 (54.6%)	9:52	6.1 (45.5%)
120	ZYCH Joanna	1167		K30	12	00:37:08	01:28:29.60	01:28:35.25	+00:48:33 (54.8%)	9:56	6 (44.8%)
121	LEŚNIAK Natalia	1028		K20	12	00:37:47	01:28:37.00	01:28:48.30	+00:48:46 (54.9%)	9:57	6 (44.8%)
122	ZIELONKA Joanna	1004		K30	13	00:38:45	01:29:42.50	01:29:56.00	+00:49:54 (55.5%)	10:04	6 (44.8%)
123	SOBOLEWSKI Rafał	1108	5 SÓW RUN TEAM PIŃCZÓW	M40	30	00:39:03	01:34:04.35	01:34:13.45	+00:54:11 (57.5%)	10:34	5.7 (42.5%)
124	TALMA Marta	1086		K50	4	00:40:12	01:35:56.25	01:36:12.40	+00:56:10 (58.4%)	10:46	5.6 (41.8%)
125	ZWOLEŃ Gabriela	1121		K20	13	00:43:25	01:36:54.85	01:37:06.15	+00:57:04 (58.8%)	10:53	5.5 (41.0%)
126	CHWAŁEK Mariusz	1041	DIETETYKAPODOS.PL	M30	20	00:41:32	01:37:21.10	01:37:54.05	+00:57:52 (59.1%)	10:56	5.5 (41.0%)
127	RYCHTYK Tomasz	1057	DIETETYKAPODOS.PL	M30	21	00:41:30	01:37:22.75	01:37:56.60	+00:57:54 (59.1%)	10:56	5.5 (41.0%)
128	KONIECZNY Piotr	1010	NKB CHYŻY NOWY TOMYŚL	M40	31	00:42:03	01:41:55.75	01:42:06.10	+01:02:04 (60.8%)	11:27	5.2 (38.8%)
129	TOMEČKO Jozef	1053	MARAS TEAM	M60	6	00:47:36	01:42:48.85	01:42:56.40	+01:02:54 (61.1%)	11:33	5.2 (38.8%)
130	KACZMARSKI Michał	1044		M30	22	00:46:31	01:42:53.45	01:43:11.40	+01:03:09 (61.2%)	11:33	5.2 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Czas netto 8.9km	Czas brutto 8.9km	Różn	Tempo min/km	Tempo km/h
131	HADAM Ewa	1117	SPARTAN TRAINING GROUP	K60	1	00:47:57	01:44:25.00	01:48:17.00	+01:08:15 (63.0%)	11:43	5.1 (38.1%)
132	OSIŃSKA Agata	1014		K50	5	00:47:57	01:52:29.30	01:52:40.60	+01:12:38 (64.5%)	12:38	4.7 (35.1%)
133	PAZIEWSKA Kamila	1058		K40	19	00:49:39	01:52:33.60	01:52:44.65	+01:12:42 (64.5%)	12:38	4.7 (35.1%)
134	STACHURSKA Alicja	1145		K40	20	00:44:32	01:55:11.85	01:55:11.85	+01:15:10 (65.3%)	12:56	4.6 (34.3%)
135	CZAPLA Andrzej	1079		M60	7	00:44:37	01:55:01.90	01:55:14.00	+01:15:12 (65.3%)	12:55	4.6 (34.3%)
136	NOWAKOWSKI Mariusz	1154		M40	32	00:47:24	01:55:52.35	01:56:05.20	+01:16:03 (65.5%)	13:01	4.6 (34.3%)
137	ZUBCZEWSKA Agnieszka	1091	DZIKUR CREW	K40	21	00:53:02	01:58:25.30	01:58:39.00	+01:18:37 (66.3%)	13:18	4.5 (33.6%)
138	GRABOWSKA Patrycja	1139		K30	14	00:48:51	02:02:16.10	02:02:31.95	+01:22:30 (67.3%)	13:44	4.4 (32.8%)
139	BRODECKI Adam	1147	WATAHA	M30	23	00:48:53	02:02:17.55	02:02:32.60	+01:22:30 (67.3%)	13:44	4.4 (32.8%)
140	KORNILUK Kamil	1144		M30	24	00:48:52	02:02:18.55	02:02:33.20	+01:22:31 (67.3%)	13:44	4.4 (32.8%)
141	WERESIŃSKA Aleksandra	1164		K30	15	00:54:38	02:10:05.50	02:10:05.50	+01:30:03 (69.2%)	14:36	4.1 (30.6%)
142	SMĄŁZ Monika	1024		K30	16	00:56:28	02:20:38.15	02:20:57.70	+01:40:55 (71.6%)	15:48	3.8 (28.4%)
143	KSIĄŻEK Aleksandra	1025	TAKEDA	K30	17	00:56:29	02:20:39.10	02:21:00.20	+01:40:58 (71.6%)	15:48	3.8 (28.4%)
144	GOLYBORODA Ivan	1150	VANGOL	M30	25	00:36:59	01:29:00.00	06:18:52.00	+05:38:50 (89.4%)	10:00	6 (44.8%)

Znaleziono 144 wynik(ów)