

# XI ZIMOWY MARATON BIESZCZADZKI 2025 - 20KM

B4SPORT

**Wydarzenie:** XI Zimowy Maraton Bieszczadzki  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2025-01-25  
**Miejsce:** Cisna  
**Dystans:** 22 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka na stokowce 5km	Karczma Brzeziniak 12km	Krzyzowka na stokowce (powrot) 18km	Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
1	<b>JACHYMIAK Robert</b>	<b>2168</b>	ALPIN SPORT TEAM	M40	1	00:19:24	00:50:15	01:17:01	<b>01:38:58.65</b>	<b>01:39:00.25</b>		4:23	13.6 (100%)
2	<b>PUC Krystian</b>	<b>2213</b>	@FRYZJER_BIEGA /ŁYDA MUSI PODAWAĆ	M30	1	00:19:13	00:50:16	01:17:07	<b>01:42:16.80</b>	<b>01:42:18.70</b>	+00:03:18 (3.2%)	4:32	13.2 (97.1%)
3	<b>ŁOZA Mateusz</b>	<b>2212</b>	BIEGAM BO LUBIĘ	M30	2	00:20:55		01:25:32	<b>01:51:13.95</b>	<b>01:51:16.85</b>	+00:12:16 (11.0%)	4:56	12.1 (89.0%)
4	<b>KACZOR Miłosz</b>	<b>2103</b>	AZS UEK KRAKÓW	M20	1	00:21:06	00:55:51	01:25:46	<b>01:52:29.20</b>	<b>01:52:29.20</b>	+00:13:28 (12.0%)	4:59	12 (88.2%)
5	<b>HEJNAR Jakub</b>	<b>2158</b>		M40	2	00:21:43	00:56:13	01:26:43	<b>01:53:42.65</b>	<b>01:53:47.90</b>	+00:14:47 (13.0%)	5:03	11.9 (87.5%)
6	<b>HERZYK Damian</b>	<b>2229</b>	NATURALNA GENERACJA	M30	3	00:22:40	00:58:11	01:28:53	<b>01:53:46.05</b>	<b>01:53:49.10</b>	+00:14:48 (13.0%)	5:03	11.9 (87.5%)
7	<b>GOLEC Ireneusz</b>	<b>2102</b>	ANIA HALSKA COACHING / RUCH IZBICA	M40	3	00:22:32	00:58:33	01:28:50	<b>01:54:07.80</b>	<b>01:54:11.40</b>	+00:15:11 (13.3%)	5:04	11.8 (86.8%)
8	<b>BOLANOWSKI Jakub</b>	<b>2138</b>	FINISZ RYMANÓW	M30	4	00:22:03	00:56:29	01:26:49	<b>01:54:15.60</b>	<b>01:54:17.40</b>	+00:15:17 (13.4%)	5:04	11.8 (86.8%)
9	<b>MIKOŁAJCZUK Grzegorz</b>	<b>2112</b>	YULO RUN TEAM SIEDLCE	M40	4	00:21:49	00:56:09	01:26:23	<b>01:54:27.40</b>	<b>01:54:28.55</b>	+00:15:28 (13.5%)	5:05	11.8 (86.8%)
10	<b>JACHIMOWSKI Jarosław</b>	<b>2253</b>	SANOK BIEGA	M40	5	00:22:43	00:58:17	01:29:42	<b>01:55:44.45</b>	<b>01:55:50.95</b>	+00:16:50 (14.5%)	5:08	11.7 (86.0%)
11	<b>DULSKA Adrianna</b>	<b>2180</b>		K30	1	00:22:54	00:59:11	01:30:07	<b>01:56:15.00</b>	<b>01:56:17.70</b>	+00:17:17 (14.9%)	5:10	11.6 (85.3%)
12	<b>MUCHA Grzegorz</b>	<b>2233</b>	SOKÓŁ	M40	6	00:21:46	00:56:29	01:26:52	<b>01:56:36.80</b>	<b>01:56:40.10</b>	+00:17:39 (15.1%)	5:10	11.6 (85.3%)
13	<b>WĘGLIŃSKI Mikołaj</b>	<b>2216</b>		M30	5	00:21:49	00:57:49	01:28:37	<b>01:57:12.80</b>	<b>01:57:37.85</b>	+00:18:37 (15.8%)	5:12	11.5 (84.6%)
14	<b>DMITRZAK Michał</b>	<b>2214</b>		M50	1	00:23:07	00:59:10	01:30:33	<b>01:58:14.30</b>	<b>01:58:19.45</b>	+00:19:19 (16.3%)	5:15	11.4 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
15	<b>BAJSAROWICZ Marlena</b>	<b>2089</b>	STAJNIAK TEAM	K20	1	00:22:50	00:59:10	01:30:48	<b>01:58:25.35</b>	<b>01:58:30.00</b>	+00:19:29 (16.5%)	5:15	11.4 (83.8%)
16	<b>SZCZUDRAWA Dariusz</b>	<b>2088</b>		M40	7	00:23:22	00:59:16	01:30:06	<b>01:59:56.00</b>	<b>01:59:59.65</b>	+00:20:59 (17.5%)	5:19	11.3 (83.1%)
17	<b>KRAWCZYK Wojciech</b>	<b>2057</b>		M20	2	00:23:48	01:00:16	01:30:43	<b>01:59:53.30</b>	<b>02:00:05.05</b>	+00:21:04 (17.6%)	5:19	11.3 (83.1%)
18	<b>PTAK Mateusz</b>	<b>2076</b>	TRAIL IS OUR WAY	M40	8	00:23:34	01:01:02	01:32:59	<b>02:00:26.45</b>	<b>02:00:30.70</b>	+00:21:30 (17.8%)	5:21	11.2 (82.4%)
19	<b>PODGÓRNIK Adam</b>	<b>2120</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	9	00:23:33	01:00:37	01:32:15	<b>02:00:53.10</b>	<b>02:00:57.95</b>	+00:21:57 (18.2%)	5:22	11.2 (82.4%)
20	<b>STREIT Tomasz</b>	<b>2049</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	10	00:22:26	00:58:30	01:29:45	<b>02:01:13.85</b>	<b>02:01:18.25</b>	+00:22:18 (18.4%)	5:23	11.1 (81.6%)
21	<b>PIERZ Sławomir</b>	<b>2226</b>		M40	11	00:24:03	01:01:26	01:33:58	<b>02:02:26.60</b>	<b>02:02:35.45</b>	+00:23:35 (19.2%)	5:26	11 (80.9%)
22	<b>KURCEWICZ Paweł</b>	<b>2196</b>		M30	6	00:24:13	01:01:56	01:34:43	<b>02:04:28.05</b>	<b>02:04:36.55</b>	+00:25:36 (20.5%)	5:31	10.8 (79.4%)
23	<b>GAC Mariusz</b>	<b>2107</b>		M40	12	00:24:04	01:01:30	01:33:32	<b>02:04:55.50</b>	<b>02:05:14.15</b>	+00:26:13 (20.9%)	5:33	10.8 (79.4%)
24	<b>BOCHENEK Magdalena</b>	<b>2260</b>		K30	2	00:22:51	01:00:58	01:35:26	<b>02:05:30.10</b>	<b>02:05:32.50</b>	+00:26:32 (21.1%)	5:34	10.8 (79.4%)
25	<b>KRZEMIŃSKI Marcin</b>	<b>2141</b>		M40	13	00:24:38	01:03:54	01:38:01	<b>02:05:33.15</b>	<b>02:05:39.30</b>	+00:26:39 (21.2%)	5:34	10.8 (79.4%)
26	<b>DOMARECKI Paweł</b>	<b>2160</b>	STOPKA PILAWA	M40	14	00:24:31	01:02:02	01:35:19	<b>02:07:36.05</b>	<b>02:07:54.35</b>	+00:28:54 (22.6%)	5:40	10.6 (77.9%)
27	<b>GUDOWSKI Krystian</b>	<b>2239</b>		M40	15	00:23:44	01:01:39	01:35:55	<b>02:07:40.85</b>	<b>02:07:58.65</b>	+00:28:58 (22.6%)	5:40	10.6 (77.9%)
28	<b>PŁAZIAK-KOWALSKA Magdalena</b>	<b>2105</b>	2K	K40	1	00:24:04	01:03:17	01:37:59	<b>02:08:44.85</b>	<b>02:08:52.95</b>	+00:29:52 (23.2%)	5:43	10.5 (77.2%)
29	<b>WALANIA Kinga</b>	<b>2258</b>		K40	2	00:23:23	01:02:07	01:36:33	<b>02:09:03.35</b>	<b>02:09:07.75</b>	+00:30:07 (23.3%)	5:44	10.5 (77.2%)
30	<b>TUCZAPSKI Piotr</b>	<b>2232</b>	CARPATHIAN RUNNERS	M30	7	00:24:16	01:03:07	01:38:26	<b>02:09:33.05</b>	<b>02:09:38.60</b>	+00:30:38 (23.6%)	5:45	10.4 (76.5%)
31	<b>KUPKA Dawid</b>	<b>2101</b>	RUNNEROS	M30	8	00:23:50	01:02:37	01:37:48	<b>02:10:15.40</b>	<b>02:10:15.40</b>	+00:31:15 (24.0%)	5:47	10.4 (76.5%)
32	<b>CIELAK Ewelina</b>	<b>2237</b>	FEEGAR POLSKA	K30	3	00:23:19	01:00:13	01:32:46	<b>02:10:14.70</b>	<b>02:10:28.30</b>	+00:31:28 (24.1%)	5:47	10.4 (76.5%)
33	<b>MIKUS Mateusz</b>	<b>2207</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40	16	00:22:52	01:00:32	01:32:35	<b>02:10:47.80</b>	<b>02:10:52.30</b>	+00:31:52 (24.4%)	5:48	10.3 (75.7%)
34	<b>SZABLAN Wioletta</b>	<b>2046</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40	3	00:24:56	01:04:14	01:39:16	<b>02:10:54.55</b>	<b>02:10:59.70</b>	+00:31:59 (24.4%)	5:49	10.3 (75.7%)
35	<b>STAŃKO Paweł</b>	<b>2190</b>		M40	17	00:24:09	01:03:18	01:37:53	<b>02:11:29.50</b>	<b>02:11:34.65</b>	+00:32:34 (24.8%)	5:50	10.3 (75.7%)
36	<b>PLEWA Rafał</b>	<b>2129</b>		M40	18	00:24:50	01:04:31	01:39:09	<b>02:11:46.65</b>	<b>02:11:59.75</b>	+00:32:59 (25.0%)	5:51	10.2 (75.0%)

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						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
37	<b>DROZDOWSKI Radoslaw</b>	<b>2094</b>	USERX INFORMATYKA	M40	19	00:25:53	01:05:47	01:40:07	<b>02:11:40.90</b>	<b>02:12:12.45</b>	+00:33:12 (25.1%)	5:51	10.3 (75.7%)
38	<b>CIELAK Krystian</b>	<b>2236</b>	FEEGAR POLSKA	M40	20	00:24:06	01:02:55	01:37:46	<b>02:12:59.90</b>	<b>02:13:13.60</b>	+00:34:13 (25.7%)	5:54	10.2 (75.0%)
39	<b>ZADROŻNY Sławomir</b>	<b>2241</b>		M60	1	00:26:11	01:06:01	01:41:45	<b>02:13:56.50</b>	<b>02:14:15.45</b>	+00:35:15 (26.3%)	5:57	10.1 (74.3%)
40	<b>ULMAN Michał</b>	<b>2146</b>		M30	9	00:27:43	01:07:29	01:42:36	<b>02:14:56.05</b>	<b>02:14:56.05</b>	+00:35:55 (26.6%)	5:59	10 (73.5%)
41	<b>JONCZAK Radosław</b>	<b>2066</b>	AKTYWNIIE UZALEŻNIAMY PŁOCK	M50	2	00:25:56	01:06:13	01:42:31	<b>02:15:07.60</b>	<b>02:15:41.00</b>	+00:36:40 (27.0%)	6:00	10 (73.5%)
42	<b>KACZOR Lech</b>	<b>2084</b>		M40	21	00:26:37	01:09:06	01:44:36	<b>02:16:49.70</b>	<b>02:16:58.05</b>	+00:37:57 (27.7%)	6:04	9.9 (72.8%)
43	<b>PEREGRYM Tobiasz</b>	<b>2256</b>		M40	22	00:24:23	01:06:42	01:43:35	<b>02:17:19.20</b>	<b>02:17:28.00</b>	+00:38:27 (28.0%)	6:06	9.8 (72.1%)
44	<b>SZCZUREK Paweł</b>	<b>2121</b>		M50	3	00:24:57	01:05:26	01:43:46	<b>02:17:59.05</b>	<b>02:18:04.25</b>	+00:39:04 (28.3%)	6:07	9.8 (72.1%)
45	<b>ŻMUDA Barbara</b>	<b>2022</b>		K30	4	00:28:35	01:12:02	01:51:22	<b>02:18:11.40</b>	<b>02:18:58.00</b>	+00:39:57 (28.8%)	6:08	9.8 (72.1%)
46	<b>GRABOWSKI Bartosz</b>	<b>2096</b>		M30	10	00:28:24	01:11:23	01:48:02	<b>02:19:44.75</b>	<b>02:20:01.70</b>	+00:41:01 (29.3%)	6:12	9.7 (71.3%)
47	<b>CIEŚLA Krzysztof</b>	<b>2016</b>		M40	23	00:26:35	01:07:13	01:43:59	<b>02:21:26.05</b>	<b>02:21:38.65</b>	+00:42:38 (30.1%)	6:17	9.5 (69.9%)
48	<b>ZMYSŁOWSKI Marek</b>	<b>2191</b>		M40	24	00:28:22	01:11:54	01:50:23	<b>02:21:13.65</b>	<b>02:21:56.00</b>	+00:42:55 (30.2%)	6:16	9.6 (70.6%)
49	<b>KITOWSKI Bartosz</b>	<b>2177</b>	GŁOGOVIA 1925 GŁOGÓW MAŁOPOLSKI	M40	25	00:26:38	01:10:41	01:47:41	<b>02:21:55.15</b>	<b>02:22:04.30</b>	+00:43:04 (30.3%)	6:18	9.5 (69.9%)
50	<b>SOWA Bogusław</b>	<b>2200</b>	#SZLACHTABIEGA	M40	26	00:26:16	01:10:41	01:48:21	<b>02:22:11.10</b>	<b>02:22:20.95</b>	+00:43:20 (30.4%)	6:19	9.5 (69.9%)
51	<b>NOWAK Katarzyna</b>	<b>2019</b>	#BASIATEAM	K30	5	00:26:39	01:09:58	01:48:23	<b>02:22:25.10</b>	<b>02:22:43.75</b>	+00:43:43 (30.6%)	6:19	9.5 (69.9%)
52	<b>BOROWSKI Grzegorz</b>	<b>2166</b>	STOPKA PILAWA	M20	3	00:26:30	01:11:41	01:51:23	<b>02:22:24.10</b>	<b>02:22:47.00</b>	+00:43:46 (30.7%)	6:19	9.5 (69.9%)
53	<b>KROK Damian</b>	<b>2090</b>		M30	11	00:27:57	01:11:53	01:51:25	<b>02:22:27.60</b>	<b>02:22:50.00</b>	+00:43:49 (30.7%)	6:19	9.5 (69.9%)
54	<b>SVITA Beata</b>	<b>2175</b>	SZLACHTABIEGA, URZĄD MIASTA RZESZOWA	K40	4	00:28:08	01:11:24	01:49:18	<b>02:22:45.25</b>	<b>02:22:55.60</b>	+00:43:55 (30.7%)	6:20	9.5 (69.9%)
55	<b>KRET Rafał</b>	<b>2176</b>	NOCNY	M40	27	00:28:09	01:11:25	01:49:16	<b>02:22:45.65</b>	<b>02:22:56.00</b>	+00:43:55 (30.7%)	6:20	9.5 (69.9%)
56	<b>SOLIŃSKA Magdalena</b>	<b>2073</b>		K40	5	00:26:22	01:07:17	01:44:48	<b>02:22:56.15</b>	<b>02:23:00.80</b>	+00:44:00 (30.8%)	6:21	9.4 (69.1%)
57	<b>PYTEL Waldemar</b>	<b>2041</b>	YULO RUN TEAM SIEDLCE	M60	2	00:27:08	01:10:40	01:49:09	<b>02:22:50.30</b>	<b>02:23:02.95</b>	+00:44:02 (30.8%)	6:20	9.5 (69.9%)
58	<b>OSZYWA Damian</b>	<b>2125</b>		M40	28	00:27:20	01:11:57	01:49:23	<b>02:23:28.90</b>	<b>02:23:37.10</b>	+00:44:36 (31.1%)	6:22	9.4 (69.1%)

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						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
59	<b>PAPROCKI Paweł</b>	<b>2070</b>	PAPROSZKI	M40	29	00:28:08	01:11:26	01:48:16	<b>02:23:08.25</b>	<b>02:23:49.20</b>	+00:44:48 (31.2%)	6:21	9.4 (69.1%)
60	<b>SAŁUGA Bartłomiej</b>	<b>2037</b>	HARPAGAN SOSNOWIEC	M40	30	00:28:46	01:14:18	01:50:53	<b>02:23:37.25</b>	<b>02:24:01.10</b>	+00:45:00 (31.3%)	6:22	9.4 (69.1%)
61	<b>PARYS Piotr</b>	<b>2018</b>		M30	12	00:27:58	01:12:17	01:50:08	<b>02:23:44.35</b>	<b>02:24:15.00</b>	+00:45:14 (31.4%)	6:23	9.4 (69.1%)
62	<b>GŁOWACKA Marta</b>	<b>2222</b>		K30	6	00:27:17	01:11:29	01:51:07	<b>02:24:20.45</b>	<b>02:24:24.35</b>	+00:45:24 (31.4%)	6:24	9.4 (69.1%)
63	<b>POPKOWSKI Adam</b>	<b>2143</b>		M30	13	00:27:33	01:10:29	01:48:49	<b>02:24:01.15</b>	<b>02:24:30.15</b>	+00:45:29 (31.5%)	6:24	9.4 (69.1%)
64	<b>GRACZYK Damian</b>	<b>2220</b>		M40	31	00:28:45	01:12:29	01:51:31	<b>02:25:43.00</b>	<b>02:25:43.00</b>	+00:46:42 (32.1%)	6:28	9.3 (68.4%)
65	<b>MICHNO Małgorzata</b>	<b>2083</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40	6	00:27:05	01:11:16	01:50:17	<b>02:25:39.25</b>	<b>02:25:43.60</b>	+00:46:43 (32.1%)	6:28	9.3 (68.4%)
66	<b>ZAGAŁA Aneta</b>	<b>2134</b>	HARPAGAN SOSNOWIEC	K40	7	00:28:12	01:13:44	01:50:18	<b>02:24:46.50</b>	<b>02:25:44.50</b>	+00:46:44 (32.1%)	6:26	9.3 (68.4%)
67	<b>KARPIŃSKI Paweł</b>	<b>2042</b>	STOPKA PILAWA	M40	32	00:26:10	01:07:07	01:43:06	<b>02:25:25.40</b>	<b>02:25:45.80</b>	+00:46:45 (32.1%)	6:27	9.3 (68.4%)
68	<b>ZYCH Rafał</b>	<b>2157</b>	NAJGORSZY JEST WIATR	M40	33	00:28:45	01:10:58	01:48:15	<b>02:25:09.00</b>	<b>02:25:47.15</b>	+00:46:46 (32.1%)	6:27	9.3 (68.4%)
69	<b>JOP Marta</b>	<b>2045</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40	8	00:27:16	01:11:26	01:50:17	<b>02:25:55.75</b>	<b>02:26:01.30</b>	+00:47:01 (32.2%)	6:29	9.3 (68.4%)
70	<b>DRAŻEK Sławomir</b>	<b>2202</b>		M50	4	00:27:31	01:16:44	01:58:18	<b>02:26:48.70</b>	<b>02:26:58.00</b>	+00:47:57 (32.6%)	6:31	9.2 (67.6%)
71	<b>KORONA Daniel</b>	<b>2255</b>	OZON BRZOZÓW	M40	34	00:28:25	01:11:07	01:51:13	<b>02:26:58.35</b>	<b>02:27:24.95</b>	+00:48:24 (32.8%)	6:31	9.2 (67.6%)
72	<b>FANTA Zdenek</b>	<b>2171</b>		M40	35	00:28:27	01:13:07	01:52:54	<b>02:28:19.75</b>	<b>02:28:54.25</b>	+00:49:54 (33.5%)	6:35	9.1 (66.9%)
73	<b>RUSIN Grzegorz</b>	<b>2133</b>	G-K RUNNING TEAM	M30	14	00:29:23	01:14:03	01:53:39	<b>02:28:28.25</b>	<b>02:29:02.15</b>	+00:50:01 (33.6%)	6:35	9.1 (66.9%)
74	<b>TULIK Przemysław</b>	<b>2104</b>		M50	5	00:27:40	01:12:30	01:51:29	<b>02:28:50.60</b>	<b>02:29:33.35</b>	+00:50:33 (33.8%)	6:36	9.1 (66.9%)
75	<b>BARANSKI Jarek</b>	<b>2263</b>		M30	15	00:28:28	01:18:34	01:54:42	<b>02:29:19.90</b>	<b>02:30:09.45</b>	+00:51:09 (34.1%)	6:38	9 (66.2%)
76	<b>CZARNECKI Konrad</b>	<b>2013</b>		M30	16	00:28:24	01:18:34	01:55:45	<b>02:29:20.60</b>	<b>02:30:10.10</b>	+00:51:09 (34.1%)	6:38	9 (66.2%)
77	<b>GOLEC Anna</b>	<b>2173</b>	VEGE RUNNERS / RUCH IZBICA	K30	7	00:31:00	01:15:37	01:53:50	<b>02:29:49.95</b>	<b>02:30:24.90</b>	+00:51:24 (34.2%)	6:39	9 (66.2%)
78	<b>BUNDA Karol</b>	<b>2091</b>		M30	17	00:28:40	01:14:15	01:54:09	<b>02:30:28.45</b>	<b>02:30:46.75</b>	+00:51:46 (34.3%)	6:41	9 (66.2%)
79	<b>STECKO Radosław</b>	<b>2184</b>		M30	18	00:29:15	01:14:09	01:53:27	<b>02:30:28.85</b>	<b>02:30:59.20</b>	+00:51:58 (34.4%)	6:41	9 (66.2%)
80	<b>FRENDO Bartłomiej</b>	<b>2181</b>		M40	36	00:29:17	01:14:10	01:53:28	<b>02:30:29.75</b>	<b>02:30:59.65</b>	+00:51:59 (34.4%)	6:41	9 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
81	<b>WRZESZCZ Łukasz</b>	<b>2136</b>	HOSTEN RUNNING TEAM	M40	37	00:27:25	01:12:01	01:51:50	<b>02:31:28.25</b>	<b>02:31:45.95</b>	+00:52:45 (34.8%)	6:43	8.9 (65.4%)
82	<b>CELMER Piotr</b>	<b>2197</b>		M40	38	00:27:41	01:15:44	01:57:47	<b>02:31:41.70</b>	<b>02:31:48.80</b>	+00:52:48 (34.8%)	6:44	8.9 (65.4%)
83	<b>URBAŃSKI Krzysztof</b>	<b>2116</b>		M40	39	00:28:49	01:21:33	01:57:53	<b>02:32:20.90</b>	<b>02:32:27.95</b>	+00:53:27 (35.1%)	6:46	8.9 (65.4%)
84	<b>TOPYŁA Alicja</b>	<b>2130</b>	S5 WAT	K20	2	00:31:15	01:17:37	01:57:46	<b>02:31:57.55</b>	<b>02:32:42.00</b>	+00:53:41 (35.2%)	6:45	8.9 (65.4%)
85	<b>RADWAŃSKA Justyna</b>	<b>2186</b>		K40	9	00:29:51	01:16:28	01:55:03	<b>02:32:25.30</b>	<b>02:33:01.95</b>	+00:54:01 (35.3%)	6:46	8.9 (65.4%)
86	<b>WRÓBEL Barbara</b>	<b>2224</b>	BIEGAJĄCY ŚWIDNIK	K40	10	00:30:01	01:16:01	01:55:42	<b>02:33:36.95</b>	<b>02:33:46.50</b>	+00:54:46 (35.6%)	6:49	8.8 (64.7%)
87	<b>WRÓBEL Krzysztof</b>	<b>2225</b>	BIEGAJĄCY ŚWIDNIK	M40	40	00:30:01	01:16:01	01:55:41	<b>02:33:36.75</b>	<b>02:33:46.65</b>	+00:54:46 (35.6%)	6:49	8.8 (64.7%)
88	<b>KARCZMARCZYK Albert</b>	<b>2131</b>		M30	19	00:29:28	01:14:47	01:55:54	<b>02:34:13.85</b>	<b>02:34:39.80</b>	+00:55:39 (36.0%)	6:51	8.8 (64.7%)
89	<b>WDOWIARZ Jerzy</b>	<b>2142</b>	AL METRO	M40	41	00:27:08	01:11:04	01:51:47	<b>02:33:55.40</b>	<b>02:34:41.85</b>	+00:55:41 (36.0%)	6:50	8.8 (64.7%)
90	<b>WĘGŁOWSKI Emil</b>	<b>2148</b>		M30	20	00:28:34	01:15:16	01:55:56	<b>02:34:23.55</b>	<b>02:34:46.75</b>	+00:55:46 (36.0%)	6:51	8.7 (64.0%)
91	<b>OCHYRA Krzysztof</b>	<b>2231</b>		M60	3	00:29:24	01:16:37	01:57:22	<b>02:34:55.95</b>	<b>02:35:14.00</b>	+00:56:13 (36.2%)	6:53	8.7 (64.0%)
92	<b>STRZELCZYK Marta</b>	<b>2217</b>	KUŹNIA TRIATHLONU	K30	8	00:32:11	01:20:04	01:57:48	<b>02:34:58.45</b>	<b>02:35:30.00</b>	+00:56:29 (36.3%)	6:53	8.7 (64.0%)
93	<b>KRUPA Weronika</b>	<b>2165</b>	#SZLACHTABIEGA	K30	9	00:29:22	01:16:57	01:58:27	<b>02:35:15.30</b>	<b>02:35:38.60</b>	+00:56:38 (36.4%)	6:54	8.7 (64.0%)
94	<b>MALCZEWSKI Robert</b>	<b>2123</b>		M50	6	00:28:44	01:15:09	01:55:17	<b>02:34:29.90</b>	<b>02:35:45.50</b>	+00:56:45 (36.4%)	6:51	8.7 (64.0%)
95	<b>CIUPIŃSKA Magdalena</b>	<b>2192</b>	#SZLACHTABIEGA	K40	11	00:29:48	01:17:25	01:59:23	<b>02:35:37.35</b>	<b>02:36:00.90</b>	+00:57:00 (36.5%)	6:54	8.7 (64.0%)
96	<b>PITALA Paweł</b>	<b>2124</b>		M30	21	00:32:00	01:20:11	02:01:58	<b>02:35:50.05</b>	<b>02:36:03.45</b>	+00:57:03 (36.6%)	6:55	8.7 (64.0%)
97	<b>MAKA Wojciech</b>	<b>2223</b>	KAZIKI	M40	42	00:28:01	01:14:57	01:57:51	<b>02:36:28.60</b>	<b>02:36:34.05</b>	+00:57:33 (36.8%)	6:57	8.6 (63.2%)
98	<b>PLUCIŃSKI Jakub</b>	<b>2167</b>	DRAGON RUNNERS	M30	22				<b>02:36:58.00</b>	<b>02:36:58.00</b>	+00:57:57 (36.9%)	6:58	8.6 (63.2%)
99	<b>ŁUPIŃSKI Adam</b>	<b>2183</b>		M40	43	00:30:39	01:17:26	01:58:20	<b>02:36:00.20</b>	<b>02:37:07.90</b>	+00:58:07 (37.0%)	6:56	8.7 (64.0%)
100	<b>KOBYLARCZYK Sebastian</b>	<b>2211</b>	NINE INCH SNAILS	M40	44	00:30:13	01:17:36	01:57:38	<b>02:36:57.25</b>	<b>02:37:30.00</b>	+00:58:29 (37.1%)	6:58	8.6 (63.2%)
101	<b>SZUMIGALSKI Tomasz</b>	<b>2122</b>		M40	45	00:30:22	01:18:44	01:59:23	<b>02:37:20.80</b>	<b>02:37:46.80</b>	+00:58:46 (37.3%)	6:59	8.6 (63.2%)
102	<b>CHMURKO Michał</b>	<b>2059</b>	BLACKSHEEPTeam	M40	46	00:29:23	01:17:42	01:59:09	<b>02:37:39.25</b>	<b>02:38:17.40</b>	+00:59:17 (37.5%)	7:00	8.6 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywówka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
103	<b>KMAK Aneta</b>	<b>2251</b>	LUBARTOWSKI BEERGACZ	K40	12	00:31:41	01:20:59	02:00:58	<b>02:38:12.45</b>	<b>02:38:25.05</b>	+00:59:24 (37.5%)	7:01	8.5 (62.5%)
104	<b>KOIS Ewa</b>	<b>2201</b>	#SZLACHTABIEGA	K20	3	00:29:35	01:18:31	02:01:06	<b>02:38:20.60</b>	<b>02:38:43.55</b>	+00:59:43 (37.6%)	7:02	8.5 (62.5%)
105	<b>ŚRODA Krzysztof</b>	<b>2097</b>	SKI MAJA TEAM	M50	7	00:30:47	01:21:09	02:04:10	<b>02:40:10.60</b>	<b>02:40:39.60</b>	+01:01:39 (38.4%)	7:07	8.4 (61.8%)
106	<b>PŁODZIEŃ Mariusz</b>	<b>2095</b>	MAJA SKI TEAM	M50	8	00:30:48	01:21:10	02:04:12	<b>02:40:12.65</b>	<b>02:40:40.50</b>	+01:01:40 (38.4%)	7:07	8.4 (61.8%)
107	<b>GADZAŁA Stanisław</b>	<b>2208</b>	LUBARTOWSKIBEERGACZ	M40	47	00:31:41	01:20:59	02:00:55	<b>02:41:51.35</b>	<b>02:42:06.70</b>	+01:03:06 (38.9%)	7:11	8.3 (61.0%)
108	<b>KĘDRA Agnieszka</b>	<b>2172</b>	CARPATHIAN RUNNERS	K30	10	00:29:03	01:17:17	01:59:49	<b>02:42:05.15</b>	<b>02:42:16.15</b>	+01:03:15 (39.0%)	7:12	8.3 (61.0%)
109	<b>TOPA Michał</b>	<b>2199</b>	ITMBW KRAKÓW	M30	23	00:31:29	01:20:10	02:03:08	<b>02:41:59.35</b>	<b>02:42:28.10</b>	+01:03:27 (39.1%)	7:11	8.3 (61.0%)
110	<b>MACIEJEWSKI Artur</b>	<b>2085</b>		M50	9	00:31:52	01:22:43	02:04:20	<b>02:42:13.85</b>	<b>02:42:32.50</b>	+01:03:32 (39.1%)	7:12	8.3 (61.0%)
111	<b>STANEK Paweł</b>	<b>2126</b>	SPISKA GRUPA BIEGOWA	M40	48	00:28:59	01:16:27	02:00:40	<b>02:42:55.60</b>	<b>02:43:29.30</b>	+01:04:29 (39.4%)	7:14	8.3 (61.0%)
112	<b>KMAK Wojciech</b>	<b>2025</b>	LUBARTOWSKI BEERGACZ	M40	49	00:31:39	01:20:58	02:00:58	<b>02:43:16.40</b>	<b>02:43:31.20</b>	+01:04:30 (39.5%)	7:15	8.3 (61.0%)
113	<b>KRUPA Grzegorz</b>	<b>2264</b>		M50	10	00:31:55	01:22:55	02:06:23	<b>02:43:30.40</b>	<b>02:44:13.60</b>	+01:05:13 (39.7%)	7:16	8.3 (61.0%)
114	<b>WYSOCKA Iwona</b>	<b>2093</b>	G-K RUNNING TEAM	K40	13	00:30:10	01:17:58	01:59:29	<b>02:43:53.45</b>	<b>02:44:25.80</b>	+01:05:25 (39.8%)	7:17	8.2 (60.3%)
115	<b>KACZMARCZYK Mariusz</b>	<b>2002</b>	REXER	M50	11	00:31:38	01:20:39	02:04:22	<b>02:44:36.35</b>	<b>02:44:47.50</b>	+01:05:47 (39.9%)	7:18	8.2 (60.3%)
116	<b>KRÓL Paweł</b>	<b>2254</b>	OZON BRZOZÓW	M50	12	00:30:44	01:19:31	02:03:00	<b>02:44:21.15</b>	<b>02:44:48.60</b>	+01:05:48 (39.9%)	7:18	8.2 (60.3%)
117	<b>ZIELIŃSKI Damian</b>	<b>2161</b>	STOPKA PILAWA	M40	50	00:28:23	01:11:56	01:51:44	<b>02:45:04.40</b>	<b>02:45:26.05</b>	+01:06:25 (40.2%)	7:20	8.2 (60.3%)
118	<b>ZIELSKA Elżbieta</b>	<b>2004</b>		K30	11	00:31:04	01:23:24	02:07:25	<b>02:45:31.15</b>	<b>02:45:37.60</b>	+01:06:37 (40.2%)	7:21	8.2 (60.3%)
119	<b>GRĘBOWIEC Agnieszka</b>	<b>2067</b>	BIEGOWE CZWARTKI	K40	14	00:29:16	01:19:15	02:02:47	<b>02:45:43.55</b>	<b>02:45:48.40</b>	+01:06:48 (40.3%)	7:21	8.1 (59.6%)
120	<b>KRUPA Jacek</b>	<b>2195</b>	LEBIODA RUNNING TEAM	M50	13	00:29:24	01:18:56	02:02:32	<b>02:45:40.20</b>	<b>02:46:08.30</b>	+01:07:08 (40.4%)	7:21	8.1 (59.6%)
121	<b>POLIKOWSKA-WYZINA Basia</b>	<b>2252</b>		K40	15	00:30:22	01:19:46	02:04:36	<b>02:45:26.35</b>	<b>02:46:16.80</b>	+01:07:16 (40.5%)	7:21	8.2 (60.3%)
122	<b>OLENDER Karol</b>	<b>2243</b>		M30	24	00:31:35	01:22:41	02:05:34	<b>02:46:09.15</b>	<b>02:46:25.80</b>	+01:07:25 (40.5%)	7:23	8.1 (59.6%)
123	<b>WYGONOWSKI Jacek</b>	<b>2040</b>	DZIKUR CREW	M50	14	00:28:16	01:19:15	02:01:45	<b>02:46:27.50</b>	<b>02:47:00.05</b>	+01:07:59 (40.7%)	7:23	8.1 (59.6%)
124	<b>OSINA Katarzyna</b>	<b>2100</b>		K40	16	00:31:22	01:20:52	02:06:14	<b>02:46:38.10</b>	<b>02:47:08.45</b>	+01:08:08 (40.8%)	7:24	8.1 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
125	<b>JASTRZĘBSKI Rafał</b>	<b>2050</b>		M20	4	00:28:00	01:16:56	02:01:11	<b>02:48:04.50</b>	<b>02:48:14.85</b>	+01:09:14 (41.2%)	7:28	8 (58.8%)
126	<b>GOLEŃ Justyna</b>	<b>2227</b>		K40	17	00:30:58	01:23:17	02:08:16	<b>02:48:23.55</b>	<b>02:48:55.60</b>	+01:09:55 (41.4%)	7:29	8 (58.8%)
127	<b>LEWCZUK Norbert</b>	<b>2250</b>	BIEGACZE POMAGACZE	M40	51	00:31:22	01:23:07	02:07:06	<b>02:48:28.55</b>	<b>02:49:00.05</b>	+01:09:59 (41.4%)	7:29	8 (58.8%)
128	<b>SZYMAŃSKI Szymon</b>	<b>2164</b>		M30	25	00:35:26	01:26:31	02:11:21	<b>02:48:25.90</b>	<b>02:49:02.20</b>	+01:10:01 (41.4%)	7:29	8 (58.8%)
129	<b>MAKOWSKI Szymon</b>	<b>2082</b>		M20	5	00:35:04	01:25:34	02:09:54	<b>02:48:22.00</b>	<b>02:49:03.20</b>	+01:10:02 (41.4%)	7:28	8 (58.8%)
130	<b>ZYCH Piotr</b>	<b>2154</b>		M30	26	00:29:00	01:18:30	02:04:05	<b>02:48:41.80</b>	<b>02:49:12.20</b>	+01:10:11 (41.5%)	7:29	8 (58.8%)
131	<b>POPEK Kasia</b>	<b>2009</b>		K20	4	00:32:13	01:24:25	02:11:07	<b>02:49:32.75</b>	<b>02:49:52.25</b>	+01:10:52 (41.7%)	7:32	8 (58.8%)
132	<b>NAZIMEK Lilianna</b>	<b>2221</b>	VISEGRAD MARATON RYTRO	K50	1	00:31:18	01:21:02	02:07:56	<b>02:49:57.45</b>	<b>02:50:05.10</b>	+01:11:04 (41.8%)	7:33	7.9 (58.1%)
133	<b>MIRKOWSKI Franciszek</b>	<b>2230</b>		M20	6	00:32:01	01:27:25	02:10:21	<b>02:49:34.65</b>	<b>02:50:06.70</b>	+01:11:06 (41.8%)	7:32	8 (58.8%)
134	<b>ZEGAR Barbara</b>	<b>2001</b>		K50	2	00:31:39	01:24:20	02:09:28	<b>02:49:59.95</b>	<b>02:50:11.80</b>	+01:11:11 (41.8%)	7:33	7.9 (58.1%)
135	<b>DOLECKA Elżbieta</b>	<b>2055</b>	NKB CHYŻY	K50	3	00:31:49	01:23:24	02:09:11	<b>02:50:30.35</b>	<b>02:50:40.35</b>	+01:11:40 (42.0%)	7:34	7.9 (58.1%)
136	<b>RZEŹNIK Ela</b>	<b>2198</b>		K40	18	00:31:58	01:24:49	02:10:37	<b>02:51:17.60</b>	<b>02:51:29.25</b>	+01:12:29 (42.3%)	7:36	7.9 (58.1%)
137	<b>GROCHOWSKA Daria</b>	<b>2007</b>		K40	19	00:31:41	01:26:43	02:08:31	<b>02:51:34.70</b>	<b>02:52:04.80</b>	+01:13:04 (42.5%)	7:37	7.9 (58.1%)
138	<b>NOWAK Michał</b>	<b>2021</b>		M40	52	00:31:10	01:18:42	02:03:34	<b>02:51:32.35</b>	<b>02:52:08.45</b>	+01:13:08 (42.5%)	7:37	7.9 (58.1%)
139	<b>KACZMAREK Monika</b>	<b>2152</b>	NKB CHYŻY NOWY TOMYŚL	K40	20	00:32:13	01:23:24	02:09:10	<b>02:53:45.50</b>	<b>02:53:55.10</b>	+01:14:54 (43.1%)	7:43	7.8 (57.4%)
140	<b>MALEC Krystian</b>	<b>2081</b>		M40	53	00:31:38	01:22:48	02:09:10	<b>02:54:14.00</b>	<b>02:54:31.35</b>	+01:15:31 (43.3%)	7:44	7.7 (56.6%)
141	<b>WYSOCKI Bartosz</b>	<b>2092</b>	G-K RUNNING TEAM	M40	54	00:29:18	01:15:18	01:58:08	<b>02:55:11.70</b>	<b>02:55:43.65</b>	+01:16:43 (43.7%)	7:47	7.7 (56.6%)
142	<b>TOKARZ Robert</b>	<b>2215</b>		M50	15				<b>02:55:58.00</b>	<b>02:55:58.00</b>	+01:16:57 (43.7%)	7:49	7.7 (56.6%)
143	<b>KORZENIEWSKI Piotr</b>	<b>2014</b>		M40	55	00:35:40	01:30:16	02:16:44	<b>02:55:33.50</b>	<b>02:56:16.75</b>	+01:17:16 (43.8%)	7:48	7.7 (56.6%)
144	<b>PURGAŁ Daria</b>	<b>2078</b>		K30	12	00:32:39	01:28:10	02:15:06	<b>02:55:26.55</b>	<b>02:56:20.00</b>	+01:17:19 (43.9%)	7:47	7.7 (56.6%)
145	<b>NAKONIECZNY Jacek</b>	<b>2077</b>		M30	27	00:33:29	01:28:12	02:15:07	<b>02:55:41.20</b>	<b>02:56:34.35</b>	+01:17:34 (43.9%)	7:48	7.7 (56.6%)
146	<b>BRZEZIŃSKI Bartłomiej</b>	<b>2248</b>		M40	56				<b>02:56:58.00</b>	<b>02:56:58.00</b>	+01:17:57 (44.1%)	7:51	7.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
147	<b>NOWIŃSKI Artur</b>	<b>2155</b>		M30	28	00:34:29		02:17:43	<b>02:56:31.10</b>	<b>02:57:17.80</b>	+01:18:17 (44.2%)	7:50	7.6 (55.9%)
148	<b>KIERASIŃSKA Dorota</b>	<b>2265</b>		K40	21	00:33:28	01:29:19	02:14:47	<b>02:57:05.20</b>	<b>02:57:21.15</b>	+01:18:20 (44.2%)	7:52	7.6 (55.9%)
149	<b>BURACZYŃSKA Sandra</b>	<b>2051</b>		K30	13	00:34:05	01:28:10	02:14:06	<b>02:56:36.05</b>	<b>02:57:25.20</b>	+01:18:24 (44.2%)	7:50	7.6 (55.9%)
150	<b>RATAJCZAK Arkadiusz</b>	<b>2234</b>		M20	7	00:29:23	01:22:36	02:10:42	<b>02:57:43.65</b>	<b>02:57:46.55</b>	+01:18:46 (44.3%)	7:53	7.6 (55.9%)
151	<b>SIUDEJA Iza</b>	<b>2156</b>		K40	22	00:32:26	01:31:38	02:16:38	<b>02:57:45.40</b>	<b>02:58:12.05</b>	+01:19:11 (44.4%)	7:54	7.6 (55.9%)
152	<b>DZIERBICKI Jan</b>	<b>2228</b>		M20	8	00:35:24	01:30:19	02:16:58	<b>02:58:09.20</b>	<b>02:58:46.45</b>	+01:19:46 (44.6%)	7:55	7.6 (55.9%)
153	<b>GIEROBA Bartosz</b>	<b>2209</b>	TRUTEŃ ATHLETICS	M30	29	00:37:13	01:34:35	02:20:20	<b>03:00:05.80</b>	<b>03:00:31.30</b>	+01:21:31 (45.2%)	8:00	7.5 (55.1%)
154	<b>KOCYBA Marcin</b>	<b>2188</b>		M30	30	00:29:42	01:25:47	02:15:55	<b>03:01:05.00</b>	<b>03:01:41.20</b>	+01:22:40 (45.5%)	8:02	7.5 (55.1%)
155	<b>WŁODARCZYK Alicja</b>	<b>2052</b>		K30	14	00:36:38	01:34:41	02:19:05	<b>03:01:08.40</b>	<b>03:01:59.40</b>	+01:22:59 (45.6%)	8:03	7.5 (55.1%)
156	<b>MOŁDOCH-CHLEBOROWICZ Agnieszka</b>	<b>2056</b>		K40	23	00:36:41	01:31:13	02:19:00	<b>03:01:32.45</b>	<b>03:02:22.60</b>	+01:23:22 (45.7%)	8:04	7.4 (54.4%)
157	<b>NYCZ Michał</b>	<b>2063</b>	NYLUDENT PROFESJONALNE OCHRANIACZE NA ZĘBY	M30	31	00:35:05	01:32:32	02:19:13	<b>03:03:20.30</b>	<b>03:03:59.20</b>	+01:24:58 (46.2%)	8:08	7.4 (54.4%)
158	<b>NYCZ Edyta</b>	<b>2064</b>		K30	15	00:35:06	01:32:34	02:19:21	<b>03:03:23.15</b>	<b>03:04:00.10</b>	+01:24:59 (46.2%)	8:09	7.4 (54.4%)
159	<b>TYLUTKI-RUSIN Joanna</b>	<b>2235</b>		K40	24	02:17:53			<b>03:04:56.75</b>	<b>03:04:56.75</b>	+01:25:56 (46.5%)	8:13	7.3 (53.7%)
160	<b>RADWAŃSKI Adam</b>	<b>2187</b>		M30	32	00:35:23	01:30:17	02:20:39	<b>03:04:33.05</b>	<b>03:05:10.90</b>	+01:26:10 (46.5%)	8:12	7.3 (53.7%)
161	<b>SZYSZ Alina</b>	<b>2038</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	25	00:33:02	01:30:34	02:20:16	<b>03:05:03.80</b>	<b>03:05:25.90</b>	+01:26:25 (46.6%)	8:13	7.3 (53.7%)
162	<b>BOŹEK Aleksandra</b>	<b>2266</b>		M30	33	00:33:28	01:29:18	02:14:44	<b>03:05:45.20</b>	<b>03:06:01.40</b>	+01:27:01 (46.8%)	8:15	7.3 (53.7%)
163	<b>WOJTYŁA Bartosz</b>	<b>2151</b>		M30	34	00:32:16	01:35:49	02:19:55	<b>03:05:38.95</b>	<b>03:06:10.80</b>	+01:27:10 (46.8%)	8:15	7.3 (53.7%)
164	<b>MILCZAREK Kinga</b>	<b>2068</b>		K30	16	00:33:50	01:27:31	02:16:53	<b>03:06:30.30</b>	<b>03:06:49.20</b>	+01:27:48 (47.0%)	8:17	7.2 (52.9%)
165	<b>KUC Daniel</b>	<b>2010</b>	ZABIEGANY WOŁOMIN	M40	57	00:33:36	01:31:35	02:19:56	<b>03:06:36.05</b>	<b>03:07:16.85</b>	+01:28:16 (47.1%)	8:17	7.2 (52.9%)
166	<b>GRAL Piotr</b>	<b>2178</b>	WŁÓCZYMORDY	M30	35	00:37:29	01:33:46	02:24:09	<b>03:07:36.90</b>	<b>03:07:36.90</b>	+01:28:36 (47.2%)	8:20	7.2 (52.9%)
167	<b>KRÓL Michał</b>	<b>2193</b>		M40	58	00:31:45	01:30:43	02:19:45	<b>03:07:28.50</b>	<b>03:07:43.95</b>	+01:28:43 (47.3%)	8:19	7.2 (52.9%)
168	<b>KRÓL Ewa</b>	<b>2194</b>		K30	17	00:31:45	01:30:43	02:19:45	<b>03:07:27.90</b>	<b>03:07:44.15</b>	+01:28:43 (47.3%)	8:19	7.2 (52.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
169	<b>ZIÓŁKOWSKA Karolina</b>	<b>2149</b>		K30	18	00:31:47	01:35:49	02:19:50	<b>03:07:13.75</b>	<b>03:07:46.00</b>	+01:28:45 (47.3%)	8:19	7.2 (52.9%)
170	<b>DERUŚ Kacper</b>	<b>2140</b>		M20	9	00:32:11	01:27:28		<b>03:11:59.70</b>	<b>03:12:04.35</b>	+01:33:04 (48.5%)	8:31	7 (51.5%)
171	<b>SOBOŃSKI Leon</b>	<b>2128</b>	S5 WAT	M20	10	00:33:10	01:36:22	02:28:32	<b>03:12:32.05</b>	<b>03:13:16.35</b>	+01:34:16 (48.8%)	8:33	7 (51.5%)
172	<b>NALEWAJKA Michał</b>	<b>2145</b>		M30	36	00:37:43	01:42:28	02:27:39	<b>03:12:51.35</b>	<b>03:13:16.50</b>	+01:34:16 (48.8%)	8:34	7 (51.5%)
173	<b>KILIAN Agnieszka</b>	<b>2150</b>		K40	26	00:34:30	01:30:54	02:19:55	<b>03:14:17.10</b>	<b>03:14:33.55</b>	+01:35:33 (49.1%)	8:38	6.9 (50.7%)
174	<b>CZOPEK Konrad</b>	<b>2185</b>		M30	37	00:36:49	01:37:14	02:24:11	<b>03:13:38.10</b>	<b>03:14:55.25</b>	+01:35:55 (49.2%)	8:36	7 (51.5%)
175	<b>CHLEBEK Tomasz</b>	<b>2257</b>		M30	38	00:37:01	01:37:06	02:25:32	<b>03:14:29.20</b>	<b>03:15:19.30</b>	+01:36:19 (49.3%)	8:38	6.9 (50.7%)
176	<b>KOSZ Paweł</b>	<b>2259</b>		M30	39	00:36:27	01:37:06	02:25:29	<b>03:14:29.10</b>	<b>03:15:19.70</b>	+01:36:19 (49.3%)	8:38	6.9 (50.7%)
177	<b>JENDRZEJACZYK-KOT Maria</b>	<b>2174</b>		K40	27	00:35:25	01:38:37	02:25:37	<b>03:15:14.80</b>	<b>03:16:09.30</b>	+01:37:09 (49.5%)	8:40	6.9 (50.7%)
178	<b>JOACHIMIAK Maciek</b>	<b>2110</b>		M40	59	00:40:14	01:45:29	02:32:41	<b>03:15:31.30</b>	<b>03:16:26.40</b>	+01:37:26 (49.6%)	8:41	6.9 (50.7%)
179	<b>WOJNICZ Grzegorz</b>	<b>2244</b>	SII RUNNING TEAM	M40	60	00:34:34	01:30:15	02:20:35	<b>03:17:14.45</b>	<b>03:18:02.40</b>	+01:39:02 (50.0%)	8:45	6.8 (50.0%)
180	<b>FRYDRYCH Dariusz</b>	<b>2039</b>	KKB MOSIR KROSNO	M50	16	00:35:30	01:36:39	02:26:47	<b>03:19:07.15</b>	<b>03:19:43.60</b>	+01:40:43 (50.4%)	8:50	6.8 (50.0%)
181	<b>SZYMULA Paula</b>	<b>2015</b>	USTJANOWA GÓRNA	K20	5	00:36:10	01:36:07	02:33:25	<b>03:20:39.75</b>	<b>03:21:13.50</b>	+01:42:13 (50.8%)	8:55	6.7 (49.3%)
182	<b>JĘDRUSIK-PAWŁOWSKA Magdalena</b>	<b>2163</b>		K50	4	00:34:18	01:36:37	02:26:28	<b>03:20:41.75</b>	<b>03:21:17.15</b>	+01:42:16 (50.8%)	8:55	6.7 (49.3%)
183	<b>BALICZ Agnieszka</b>	<b>2162</b>	VIPCLUB	K30	19	00:34:08	01:36:36	02:26:01	<b>03:20:41.50</b>	<b>03:21:17.40</b>	+01:42:17 (50.8%)	8:55	6.7 (49.3%)
184	<b>KNYCH Magdalena</b>	<b>2115</b>		K30	20	00:37:25		02:34:43	<b>03:21:56.95</b>	<b>03:22:31.65</b>	+01:43:31 (51.1%)	8:58	6.7 (49.3%)
185	<b>BIAŁECKA Magdalena</b>	<b>2053</b>		K40	28	00:40:31	01:43:52	02:34:16	<b>03:21:58.90</b>	<b>03:22:47.65</b>	+01:43:47 (51.2%)	8:58	6.7 (49.3%)
186	<b>PASTWA Grzegorz</b>	<b>2189</b>		M40	61	00:43:48	01:44:28	02:37:57	<b>03:24:22.70</b>	<b>03:24:34.75</b>	+01:45:34 (51.6%)	9:04	6.6 (48.5%)
187	<b>SUJKA Weronika</b>	<b>2065</b>		K20	6	00:38:20	01:39:31	02:35:39	<b>03:24:52.80</b>	<b>03:25:22.70</b>	+01:46:22 (51.8%)	9:06	6.6 (48.5%)
188	<b>KOMÓR Wiesław</b>	<b>2036</b>	WROCŁAWSKIE MORSY	M60	4	00:41:44	01:41:58	02:34:19	<b>03:24:55.70</b>	<b>03:25:41.20</b>	+01:46:40 (51.9%)	9:06	6.6 (48.5%)
189	<b>MIKSZA Michał</b>	<b>2099</b>	EXC TEAM	M30	40	00:36:52	01:43:59	02:39:09	<b>03:26:09.15</b>	<b>03:26:33.45</b>	+01:47:33 (52.1%)	9:09	6.5 (47.8%)
190	<b>CIESIELSKI Grzegorz</b>	<b>2044</b>	#SMARTRUN	M40	62	00:38:45	01:45:43	02:38:23	<b>03:26:04.80</b>	<b>03:26:42.05</b>	+01:47:41 (52.1%)	9:09	6.6 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
191	<b>PEDYNKOWSKI Filip</b>	<b>2144</b>		M20	11	00:42:20	01:48:52	02:37:49	<b>03:27:49.65</b>	<b>03:28:35.05</b>	+01:49:34 (52.5%)	9:14	6.5 (47.8%)
192	<b>SKÓRKIEWICZ Kuba</b>	<b>2132</b>	S5 WAT	M20	12	00:42:19	01:48:50	02:37:51	<b>03:27:48.85</b>	<b>03:28:35.15</b>	+01:49:34 (52.5%)	9:14	6.5 (47.8%)
193	<b>WABNO Wojciech</b>	<b>2005</b>	PORANNY PATROL	M20	13	00:37:55	01:41:01	02:36:25	<b>03:28:01.75</b>	<b>03:28:46.95</b>	+01:49:46 (52.6%)	9:14	6.5 (47.8%)
194	<b>STARZECKA Joanna</b>	<b>2003</b>		K50	5	00:35:32	01:37:57	02:32:17	<b>03:28:32.50</b>	<b>03:28:47.70</b>	+01:49:47 (52.6%)	9:16	6.5 (47.8%)
195	<b>NALEWAJKA Agata</b>	<b>2127</b>		K30	21	00:38:19	01:42:30	02:33:17	<b>03:28:55.80</b>	<b>03:29:20.10</b>	+01:50:19 (52.7%)	9:17	6.5 (47.8%)
196	<b>DRAB Magda</b>	<b>2170</b>	CHCĘ CI SIĘ?	K40	29	00:37:42	01:42:29	02:33:13	<b>03:28:51.75</b>	<b>03:29:20.50</b>	+01:50:20 (52.7%)	9:16	6.5 (47.8%)
197	<b>GLICA Monika</b>	<b>2113</b>		K40	30	00:39:47	01:48:14	02:39:34	<b>03:28:54.70</b>	<b>03:29:25.90</b>	+01:50:25 (52.7%)	9:17	6.5 (47.8%)
198	<b>GURDAK Anna</b>	<b>2114</b>		K40	31	00:39:49	01:48:18	02:39:34	<b>03:28:56.50</b>	<b>03:29:26.70</b>	+01:50:26 (52.7%)	9:17	6.5 (47.8%)
199	<b>WINIARCZYK Łukasz</b>	<b>2205</b>	MIKI&OLUŚ&REMUŚ	M40	63	00:38:45	01:45:43	02:38:26	<b>03:28:56.45</b>	<b>03:29:34.50</b>	+01:50:34 (52.8%)	9:17	6.5 (47.8%)
200	<b>KOŚCIUCZYK Lesław</b>	<b>2204</b>		M50	17	00:39:47	01:44:27	02:37:47	<b>03:29:13.45</b>	<b>03:29:58.65</b>	+01:50:58 (52.9%)	9:17	6.5 (47.8%)
201	<b>SĘK Krystian</b>	<b>2219</b>	SĘK-TEAM	M30	41	00:38:16	01:49:12	02:38:59	<b>03:29:26.05</b>	<b>03:30:02.15</b>	+01:51:01 (52.9%)	9:18	6.4 (47.1%)
202	<b>JAKUBCZAK Łukasz</b>	<b>2242</b>	SĘK TEAM	M40	64	00:38:18	01:49:13	02:39:10	<b>03:29:32.20</b>	<b>03:30:07.75</b>	+01:51:07 (52.9%)	9:18	6.4 (47.1%)
203	<b>KLIMCZAK Marcin</b>	<b>2159</b>		M20	14	00:37:56	01:41:02	02:36:28	<b>03:29:44.10</b>	<b>03:30:29.45</b>	+01:51:29 (53.0%)	9:19	6.4 (47.1%)
204	<b>ŁASZKIEWICZ Piotr</b>	<b>2043</b>	ATHLETICS TEAM PRUSICE	M60	5	00:40:06	01:50:02	02:43:12	<b>03:36:33.05</b>	<b>03:37:06.50</b>	+01:58:06 (54.4%)	9:37	6.2 (45.6%)
205	<b>SMUGA Robert</b>	<b>2048</b>		M50	18	00:34:50		02:36:57	<b>03:36:32.70</b>	<b>03:37:14.75</b>	+01:58:14 (54.4%)	9:37	6.2 (45.6%)
206	<b>ROSOWSKI Robert</b>	<b>2249</b>	NIEZALEŻNY	M40	65	00:39:04	01:46:01	02:43:54	<b>03:39:04.50</b>	<b>03:40:01.00</b>	+02:01:00 (55.0%)	9:44	6.2 (45.6%)
207	<b>CUKIERDA Mariusz</b>	<b>2075</b>		M30	42	00:35:03	01:38:36	02:41:34	<b>03:40:17.40</b>	<b>03:40:29.35</b>	+02:01:29 (55.1%)	9:47	6.1 (44.9%)
208	<b>SCHULZ Marcin</b>	<b>2109</b>		M40	66	00:39:33	01:55:00	02:45:50	<b>03:42:10.60</b>	<b>03:42:30.20</b>	+02:03:29 (55.5%)	9:52	6.1 (44.9%)
209	<b>CICHAŃSKI Krystian</b>	<b>2108</b>		M50	19	00:39:32	01:55:01	02:45:48	<b>03:42:11.25</b>	<b>03:42:31.55</b>	+02:03:31 (55.5%)	9:52	6.1 (44.9%)
210	<b>OLSZEWSKA Dominika</b>	<b>2111</b>		K40	32	00:41:23	01:47:05	02:49:24	<b>03:42:19.65</b>	<b>03:43:11.60</b>	+02:04:11 (55.6%)	9:52	6.1 (44.9%)
211	<b>IZDEBSKA Renata</b>	<b>2072</b>		K60	1	00:45:54	01:53:06	02:47:37	<b>03:42:35.40</b>	<b>03:43:27.80</b>	+02:04:27 (55.7%)	9:53	6.1 (44.9%)
212	<b>KOPCZYŃSKA Dominika</b>	<b>2012</b>	DZIKUR CREW	K50	6	00:39:16	01:50:45	02:47:09	<b>03:42:59.55</b>	<b>03:43:37.90</b>	+02:04:37 (55.7%)	9:54	6.1 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzywówka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
213	<b>WŁOSEK Barbara</b>	<b>2054</b>		K60	2	00:39:46	01:48:52	02:46:19	<b>03:44:31.00</b>	<b>03:45:18.65</b>	+02:06:18 (56.1%)	9:58	6 (44.1%)
214	<b>OBARSKI Norbert</b>	<b>2118</b>		M60	6	00:46:25	01:50:45	02:50:24	<b>03:47:38.50</b>	<b>03:48:20.15</b>	+02:09:19 (56.6%)	10:07	5.9 (43.4%)
215	<b>PIETRZAK Laura</b>	<b>2262</b>		K40	33	00:44:42	01:56:28	02:52:38	<b>03:51:08.30</b>	<b>03:51:56.25</b>	+02:12:56 (57.3%)	10:16	5.8 (42.6%)
216	<b>SOSZKA Joanna</b>	<b>2261</b>		K30	22	00:44:42	01:56:27	02:52:39	<b>03:51:08.75</b>	<b>03:51:56.40</b>	+02:12:56 (57.3%)	10:16	5.8 (42.6%)
217	<b>JABŁOŃSKI Kazimierz</b>	<b>2247</b>	SPRINTER PRĄDY	M60	7	00:44:43	01:52:20	02:53:34	<b>03:52:48.85</b>	<b>03:53:41.90</b>	+02:14:41 (57.6%)	10:20	5.8 (42.6%)
218	<b>WOŁOSZYN Ryszard</b>	<b>2179</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	20	00:42:45	01:54:29	02:53:25	<b>03:57:38.60</b>	<b>03:58:27.45</b>	+02:19:27 (58.5%)	10:33	5.7 (41.9%)
219	<b>BYDELSKA Agnieszka</b>	<b>2080</b>		K50	7	00:43:48	01:55:01	02:53:56	<b>03:58:11.80</b>	<b>03:58:27.55</b>	+02:19:27 (58.5%)	10:35	5.7 (41.9%)
220	<b>SKOREK- MASZOTA Weronika</b>	<b>2135</b>		K40	34	00:47:50	02:01:17	03:00:19	<b>03:59:42.80</b>	<b>04:00:09.40</b>	+02:21:09 (58.8%)	10:39	5.6 (41.2%)
221	<b>CZARNY Tomek</b>	<b>2047</b>		M30	43	00:41:49	02:01:34	03:00:42	<b>04:04:01.30</b>	<b>04:04:01.30</b>	+02:25:01 (59.4%)	10:50	5.5 (40.4%)
222	<b>OBARSKA Małgorzata</b>	<b>2117</b>		K60	3	00:52:10	02:14:27	03:29:07	<b>04:05:06.55</b>	<b>04:05:46.90</b>	+02:26:46 (59.7%)	10:53	5.5 (40.4%)
223	<b>DERUŚ Stanisław</b>	<b>2139</b>		M60	8	00:40:41	01:52:17	02:59:24	<b>04:12:03.80</b>	<b>04:12:07.90</b>	+02:33:07 (60.7%)	11:12	5.4 (39.7%)
224	<b>WITEK Sylwia</b>	<b>2087</b>		K40	35	00:42:10	01:56:49	02:58:25	<b>04:12:10.80</b>	<b>04:12:50.50</b>	+02:33:50 (60.8%)	11:12	5.4 (39.7%)
225	<b>KACZKIEWICZ Damian</b>	<b>2182</b>	NIGHT RUNNERS GLIWICE	M50	21	00:42:14	01:56:53	02:58:20	<b>04:12:14.05</b>	<b>04:12:51.60</b>	+02:33:51 (60.8%)	11:12	5.4 (39.7%)
226	<b>LECH Robert</b>	<b>2106</b>	MERCEDARIO CLUB	M50	22	00:46:13	02:09:09	03:14:20	<b>04:17:00.25</b>	<b>04:17:42.70</b>	+02:38:42 (61.6%)	11:25	5.3 (39.0%)
227	<b>HOOG Wioleta</b>	<b>2086</b>		K40	36	00:42:12	01:56:53	03:01:36	<b>04:18:29.05</b>	<b>04:19:08.30</b>	+02:40:08 (61.8%)	11:29	5.2 (38.2%)
227	<b>ADAMOWSKI Andrzej</b>	<b>2218</b>		M40	67	00:42:12	01:56:54	03:02:18	<b>04:18:30.05</b>	<b>04:19:08.30</b>	+02:40:08 (61.8%)	11:29	5.2 (38.2%)
229	<b>SROCZYŃSKA Ewa</b>	<b>2030</b>	BIEGACZE KLECZEW TRITON KONIN	K50	8	00:49:35	02:16:32	03:15:58	<b>04:20:45.60</b>	<b>04:21:24.80</b>	+02:42:24 (62.1%)	11:35	5.2 (38.2%)
230	<b>ORZECHOWSKI Mariusz</b>	<b>2027</b>	BIEGACZE KLECZEW, TRITON KONIN	M50	23	00:49:17	02:16:31	03:15:57	<b>04:20:45.45</b>	<b>04:21:24.90</b>	+02:42:24 (62.1%)	11:35	5.2 (38.2%)
231	<b>KASPEREK Ireneusz</b>	<b>2029</b>		M40	68	00:52:30		03:24:01	<b>04:27:37.90</b>	<b>04:28:58.00</b>	+02:49:57 (63.2%)	11:53	5 (36.8%)
232	<b>KASPEREK Magdalena</b>	<b>2028</b>		K40	37	00:52:18	02:26:41	03:24:11	<b>04:31:04.10</b>	<b>04:32:21.15</b>	+02:53:20 (63.6%)	12:02	5 (36.8%)
233	<b>MANISTA Ewa</b>	<b>2035</b>		K40	38	00:52:21	02:24:51	03:28:43	<b>04:31:02.65</b>	<b>04:32:21.20</b>	+02:53:20 (63.6%)	12:02	5 (36.8%)
234	<b>GAJEWSKA Dorota</b>	<b>2033</b>		K40	39	00:52:26	02:24:58	03:28:49	<b>04:31:08.50</b>	<b>04:32:21.25</b>	+02:53:21 (63.6%)	12:03	5 (36.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 22.5km	Czas brutto 22.5km	Różn	Tempo min/km	Tempo km/h
						na stokowce 5km	Karczma Brzeziniak 12km	na stokowce (powrot) 18km					
235	<b>KOLBUSZ Piotr</b>	<b>2031</b>	TAKEDA	M40	69	00:52:22	02:24:53	03:25:56	<b>04:31:01.65</b>	<b>04:32:21.60</b>	+02:53:21 (63.6%)	12:02	5 (36.8%)
236	<b>MANUSZAK Lidka</b>	<b>2062</b>	BIEGACZE KLECZEW	K40	40	00:44:04	02:11:17	03:20:54	<b>04:32:21.65</b>	<b>04:32:29.85</b>	+02:53:29 (63.7%)	12:06	5 (36.8%)
237	<b>BŁASZCZYK Magdalena</b>	<b>2032</b>	KUŹNIA TRIATHLONU	K40	41	00:48:54	02:15:13	03:20:39	<b>04:32:49.25</b>	<b>04:33:20.05</b>	+02:54:19 (63.8%)	12:07	4.9 (36.0%)
238	<b>PRUS Anna</b>	<b>2024</b>	BIEGACZE KLECZEW	K40	42	00:43:49	02:11:16	03:20:49	<b>04:34:16.20</b>	<b>04:34:24.10</b>	+02:55:23 (63.9%)	12:11	4.9 (36.0%)
239	<b>WIŚNIEWSKA Magdalena</b>	<b>2026</b>	ZMASAKROWANI	K40	43	00:43:47	02:11:15	03:20:52	<b>04:34:15.75</b>	<b>04:34:24.25</b>	+02:55:24 (63.9%)	12:11	4.9 (36.0%)
240	<b>BARTOSZEK Andrzej</b>	<b>2169</b>	AGAT TEAM	M50	24	00:54:34	02:25:17	03:42:48	<b>04:52:09.10</b>	<b>04:53:20.45</b>	+03:14:20 (66.2%)	12:59	4.6 (33.8%)
241	<b>JAKUBIEC Justyna</b>	<b>2079</b>		K50	9	00:57:38	03:00:58	04:21:30	<b>05:47:01.60</b>	<b>05:48:02.70</b>	+04:09:02 (71.6%)	15:25	3.9 (28.7%)
242	<b>CZECHOWSKA Izabela</b>	<b>2074</b>	WW TEAM	K50	10	00:57:37	03:13:09	05:07:48	<b>06:28:58.15</b>	<b>06:29:58.70</b>	+04:50:58 (74.6%)	17:17	3.5 (25.7%)
<b>Przekroczony limit czasu: 07:30:00</b>													
243	<b>BYTNAR Krystian</b>	<b>2206</b>		M30	44	00:54:47	02:54:53	05:29:02	<b>07:37:49.70</b>	<b>07:38:05.05</b>	+05:59:04 (78.4%)	20:20	2.9 (21.3%)

Znaleziono 243 wynik(ów)