

# XI ZIMOWY MARATON BIESZCZADZKI 2025 - 43KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** XI Zimowy Maraton Bieszczadzki  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2025-01-25  
**Miejsce:** Cisna  
**Dystans:** 43 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyżowka			Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km					
1	<b>JENDRYCH Artur</b>	<b>4221</b>		M30	1	01:54:28	02:27:32	02:55:38	<b>03:20:09.55</b>	<b>03:20:11.50</b>		4:34	13.1 (100%)
2	<b>BOROWSKI Kamil</b>	<b>4072</b>	CHEŁM BIEGA	M30	2	01:54:17	02:27:43	02:57:04	<b>03:22:38.50</b>	<b>03:22:41.20</b>	+00:02:29 (1.2%)	4:38	12.9 (98.5%)
3	<b>TARASEK Dariusz</b>	<b>4206</b>	SEVEN7	M40	1	01:54:51	02:29:41	03:00:09	<b>03:26:54.50</b>	<b>03:26:56.90</b>	+00:06:45 (3.3%)	4:44	12.7 (96.9%)
4	<b>WRÓBLEWSKI Robert</b>	<b>4126</b>		M30	3	01:54:54	02:29:45	03:00:09	<b>03:28:24.10</b>	<b>03:28:28.80</b>	+00:08:17 (4.0%)	4:46	12.6 (96.2%)
5	<b>TAJCHMAN Jarosław</b>	<b>4024</b>	AKADEMIA BIEGACZA MATYLYDA KOWAL	M40	2	02:02:34	02:41:18	03:16:29	<b>03:45:31.50</b>	<b>03:45:35.00</b>	+00:25:23 (11.3%)	5:09	11.6 (88.5%)
6	<b>TOMALSKI Jakub</b>	<b>4032</b>		M30	4	02:09:40	02:46:25	03:19:22	<b>03:47:19.95</b>	<b>03:47:23.55</b>	+00:27:12 (12.0%)	5:12	11.5 (87.8%)
7	<b>ZALEWSKI Łukasz</b>	<b>4163</b>	STOPKA PILAWA	M40	3	02:09:45	02:47:06	03:19:06	<b>03:49:21.90</b>	<b>03:49:28.75</b>	+00:29:17 (12.8%)	5:14	11.4 (87.0%)
8	<b>SUDACKI Sebastian</b>	<b>4150</b>		M30	5	02:03:01	02:42:55	03:20:02	<b>03:53:21.15</b>	<b>03:53:24.65</b>	+00:33:13 (14.2%)	5:20	11.2 (85.5%)
9	<b>PUT Adam</b>	<b>4127</b>		M40	4	02:08:14		03:20:56	<b>03:53:22.50</b>	<b>03:53:28.55</b>	+00:33:17 (14.3%)	5:20	11.2 (85.5%)
10	<b>KOZYRA Paweł</b>	<b>4183</b>	RUNNERPAWCISLAW	M20	1	02:08:16	02:47:12	03:22:31	<b>03:54:05.80</b>	<b>03:54:09.55</b>	+00:33:58 (14.5%)	5:21	11.2 (85.5%)
11	<b>SUCHODOLSKI Tomasz</b>	<b>4132</b>	STOPKA PILAWA	M20	2	02:11:21	02:52:54	03:29:10	<b>03:58:37.70</b>	<b>03:58:45.90</b>	+00:38:34 (16.2%)	5:27	11 (84.0%)
12	<b>SLUSARCZYK Lucas</b>	<b>4215</b>	NOCNY BÓR TEAM	M20	3	02:11:36	02:52:53	03:28:19	<b>04:03:28.05</b>	<b>04:03:39.60</b>	+00:43:28 (17.8%)	5:34	10.8 (82.4%)
13	<b>SZYSZKOWSKI Marcin</b>	<b>4115</b>	LIPIEC RUNNING TEAM	M40	5	02:15:39		03:33:52	<b>04:04:00.80</b>	<b>04:04:10.20</b>	+00:43:58 (18.0%)	5:35	10.7 (81.7%)
14	<b>TKACZEWSKI Piotr</b>	<b>4034</b>	MIECHÓW	M50	1	02:15:55	02:57:41	03:33:52	<b>04:06:49.65</b>	<b>04:07:08.30</b>	+00:46:56 (19.0%)	5:38	10.6 (80.9%)
15	<b>SMUKAŁA Dawid</b>	<b>4101</b>	LEŚNA RUNDA	M40	6	02:17:11	02:58:51	03:35:23	<b>04:08:17.75</b>	<b>04:08:28.45</b>	+00:48:16 (19.4%)	5:40	10.6 (80.9%)
16	<b>KOMISARCZYK Anna</b>	<b>4142</b>		K30	1	02:21:57	03:02:53	03:38:43	<b>04:10:35.45</b>	<b>04:10:41.00</b>	+00:50:29 (20.1%)	5:44	10.5 (80.2%)
17	<b>DOBRZYŃSKI Andrzej</b>	<b>4168</b>	CHEŁMSKA GRUPA TRIATHLONU	M50	2	02:17:34	03:01:47	03:37:44	<b>04:12:04.80</b>	<b>04:12:29.85</b>	+00:52:18 (20.7%)	5:46	10.4 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka							
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
18	<b>ROMPCZYK Andrzej</b>	<b>4214</b>	LEŚNA RUNDA	M50	3	02:17:13		03:39:32	<b>04:13:49.05</b>	<b>04:13:58.50</b>	+00:53:47 (21.2%)	5:48	10.3 (78.6%)
19	<b>SZCZYPIŃSKI Bartek</b>	<b>4006</b>	LUBARTOWSKI BEERGACZ	M40	7	02:20:59	03:03:23	03:40:17	<b>04:14:32.60</b>	<b>04:14:48.35</b>	+00:54:36 (21.4%)	5:49	10.3 (78.6%)
20	<b>SIWAK Ryszard</b>	<b>4219</b>		M50	4	02:18:43	03:02:52	03:41:59	<b>04:16:27.90</b>	<b>04:16:32.15</b>	+00:56:20 (22.0%)	5:52	10.2 (77.9%)
21	<b>WRONOWSKI Marcin</b>	<b>4010</b>	LUBARTOWSKI BEERGACZ	M30	6	02:14:45	03:02:02	03:40:23	<b>04:16:30.60</b>	<b>04:16:44.00</b>	+00:56:32 (22.0%)	5:52	10.2 (77.9%)
22	<b>BIERNAT Robert</b>	<b>4185</b>	KLUB BIEGACZY JYSK	M30	7	02:10:03	02:55:28	03:38:43	<b>04:16:09.10</b>	<b>04:16:48.85</b>	+00:56:37 (22.0%)	5:51	10.2 (77.9%)
23	<b>KOT Krzysztof</b>	<b>4100</b>	MPK RZESZÓW	M40	8	02:14:31	02:59:56	03:40:23	<b>04:17:18.10</b>	<b>04:17:27.30</b>	+00:57:15 (22.2%)	5:53	10.2 (77.9%)
24	<b>MIGACZ Jacek</b>	<b>4174</b>	TRAILRUN KRAKÓW	M40	9	02:18:22	03:01:57	03:41:22	<b>04:18:41.10</b>	<b>04:18:56.45</b>	+00:58:44 (22.7%)	5:55	10.1 (77.1%)
25	<b>SZEWC Wojciech</b>	<b>4087</b>	WOJCIO TEAM	M20	4	02:24:13	03:07:06	03:44:17	<b>04:20:16.95</b>	<b>04:20:40.00</b>	+01:00:28 (23.2%)	5:57	10.1 (77.1%)
26	<b>RACHWAŁ Kamil</b>	<b>4113</b>	PODIUM	M30	8	02:20:26	03:07:47	03:48:09	<b>04:20:59.65</b>	<b>04:21:06.30</b>	+01:00:54 (23.3%)	5:58	10 (76.3%)
27	<b>KOSIN Paweł</b>	<b>4027</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M40	10	02:28:31	03:13:57	03:54:00	<b>04:21:10.20</b>	<b>04:21:28.80</b>	+01:01:17 (23.4%)	5:58	10 (76.3%)
28	<b>SUVÁK Štefan</b>	<b>4059</b>		M30	9	02:27:54	03:10:52	03:50:21	<b>04:21:54.60</b>	<b>04:21:54.60</b>	+01:01:43 (23.6%)	5:59	10 (76.3%)
29	<b>JALC Lukas</b>	<b>4218</b>	HUMENNÉ	M30	10	03:42:23			<b>04:22:51.00</b>	<b>04:22:51.00</b>	+01:02:39 (23.8%)	6:00	10 (76.3%)
30	<b>BARUD Artur</b>	<b>4125</b>		M50	5	02:24:12	03:09:36	03:49:57	<b>04:25:51.60</b>	<b>04:26:09.60</b>	+01:05:58 (24.8%)	6:05	9.9 (75.6%)
31	<b>KALTENBERG Janusz</b>	<b>4014</b>		M50	6	02:20:30	03:06:34	03:47:41	<b>04:26:29.50</b>	<b>04:26:42.30</b>	+01:06:30 (24.9%)	6:05	9.8 (74.8%)
32	<b>NOWAK Robert</b>	<b>4036</b>	PORANNY PATROL	M50	7	02:19:00	03:05:42	03:48:52	<b>04:26:32.10</b>	<b>04:26:46.15</b>	+01:06:34 (25.0%)	6:05	9.8 (74.8%)
33	<b>JEWUŁA Mariusz</b>	<b>4122</b>	RKS GARBARNIA-KRAKÓW	M50	8	02:20:27	03:10:05	03:50:35	<b>04:26:37.20</b>	<b>04:26:46.30</b>	+01:06:34 (25.0%)	6:06	9.8 (74.8%)
34	<b>ANIOŁEK Michał</b>	<b>4133</b>		M30	11	02:26:17	03:10:51	03:51:52	<b>04:27:31.30</b>	<b>04:27:38.60</b>	+01:07:27 (25.2%)	6:07	9.8 (74.8%)
35	<b>ASŁANOWICZ Marcin</b>	<b>4111</b>	ŻÓRAWSKI TEAM	M50	9	02:24:34	03:12:08	03:53:23	<b>04:29:39.50</b>	<b>04:29:43.15</b>	+01:09:31 (25.8%)	6:10	9.7 (74.0%)
36	<b>WNUK Norbert</b>	<b>4167</b>	20 PBOT	M40	11	02:26:20	03:13:39	03:56:04	<b>04:30:39.75</b>	<b>04:30:43.55</b>	+01:10:32 (26.1%)	6:11	9.7 (74.0%)
37	<b>ŁYCZKO Anna</b>	<b>4108</b>	SZLACHTABIEGA	K40	1	02:28:21	03:13:17	03:56:27	<b>04:30:44.50</b>	<b>04:30:50.30</b>	+01:10:38 (26.1%)	6:11	9.7 (74.0%)
38	<b>TWARDOWSKI Bartosz</b>	<b>4131</b>		M40	12	02:19:20	03:08:24	03:52:05	<b>04:30:59.35</b>	<b>04:31:02.80</b>	+01:10:51 (26.1%)	6:12	9.7 (74.0%)
39	<b>ŁAPIŃSKA Anna</b>	<b>4198</b>	JUMPING STARS TEAM PRZEMYŚL/ JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40	2	02:26:22	03:13:36	03:56:03	<b>04:31:31.90</b>	<b>04:31:35.70</b>	+01:11:24 (26.3%)	6:12	9.7 (74.0%)
40	<b>GARUS Łukasz</b>	<b>4179</b>	#TRENINGFIZJO	M40	13	02:29:02	03:14:58	03:56:48	<b>04:32:11.40</b>	<b>04:32:30.80</b>	+01:12:19 (26.5%)	6:13	9.6 (73.3%)
41	<b>NOWIŃSKI Marcin</b>	<b>4178</b>	DRAGON RUNNERS	M30	12	02:21:48	03:10:08	03:53:47	<b>04:32:42.35</b>	<b>04:32:42.35</b>	+01:12:30 (26.6%)	6:14	9.6 (73.3%)
42	<b>WIECZOREK Agata</b>	<b>4082</b>	BIEGOWE CZWARTKI	K40	3	02:28:49	03:16:42	03:57:03	<b>04:33:05.05</b>	<b>04:33:11.50</b>	+01:13:00 (26.7%)	6:14	9.6 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka							
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
43	ZAWADKA Kamil	4136	STOPKA PILAWA	M30	13	02:26:17	03:14:18	03:56:45	<b>04:33:21.10</b>	<b>04:33:42.90</b>	+01:13:31 (26.9%)	6:15	9.6 (73.3%)
44	SAJDUTKA Agnieszka	4171	#SZLACHTABIEGA	K30	2	02:29:55	03:16:54	03:56:45	<b>04:35:41.75</b>	<b>04:35:48.90</b>	+01:15:37 (27.4%)	6:18	9.5 (72.5%)
45	KOWALCZYK Rafał	4205		M50	10	02:19:56	03:08:41	03:54:39	<b>04:37:24.30</b>	<b>04:37:28.20</b>	+01:17:16 (27.9%)	6:20	9.5 (72.5%)
46	BIAŁECKI Krzysztof	4068		M50	11	02:35:51	03:22:13	04:02:17	<b>04:39:29.15</b>	<b>04:40:23.40</b>	+01:20:11 (28.6%)	6:23	9.4 (71.8%)
47	KOT Dawid	4109		M30	14	02:20:08	03:09:13	03:54:45	<b>04:40:56.15</b>	<b>04:41:16.90</b>	+01:21:05 (28.8%)	6:25	9.3 (71.0%)
48	KALITA Marcin	4075		M40	14	02:43:45	03:32:23	04:11:08	<b>04:42:15.35</b>	<b>04:42:47.00</b>	+01:22:35 (29.2%)	6:27	9.3 (71.0%)
49	BARTULA Piotr	4121	CHCIAŁEM SE POBIEGAĆ	M50	12	02:28:15	03:19:41	04:01:32	<b>04:43:03.25</b>	<b>04:43:10.00</b>	+01:22:58 (29.3%)	6:28	9.3 (71.0%)
50	CAŁA Michał	4124	KLUB JEŹDZIECKI DERA	M50	13	02:24:30	03:16:54	04:02:39	<b>04:43:39.20</b>	<b>04:43:45.70</b>	+01:23:34 (29.5%)	6:29	9.2 (70.2%)
51	CHOINA Kamil	4046	ENDORŚWINKI	M30	15	02:35:48	03:28:24	04:07:58	<b>04:44:19.70</b>	<b>04:44:19.70</b>	+01:24:08 (29.6%)	6:30	9.2 (70.2%)
52	KOBIERSKI Piotr	4041	UKA ULTRAS RUNNERS	M40	15	02:28:38	03:16:55	04:01:37	<b>04:44:23.25</b>	<b>04:44:31.60</b>	+01:24:20 (29.6%)	6:30	9.2 (70.2%)
53	CZECH Aldona	4210		K40	4	02:37:54	03:28:35	04:08:44	<b>04:44:41.20</b>	<b>04:44:46.85</b>	+01:24:35 (29.7%)	6:30	9.2 (70.2%)
54	FANTOVA Lenka	4175		K40	5	02:31:45	03:21:21	04:04:47	<b>04:45:54.95</b>	<b>04:46:29.15</b>	+01:26:17 (30.1%)	6:32	9.2 (70.2%)
55	STEFANIUK Roman	4035	GRUPA BIEGACZY SKÓRZEC BIEGA	M60	1	02:33:02	03:22:28	04:08:09	<b>04:47:35.45</b>	<b>04:47:56.50</b>	+01:27:45 (30.5%)	6:34	9.1 (69.5%)
56	FEDAK Bohdan	4098	AKTYWNI ZAGÓRZ	M50	14	02:31:55	03:23:04	04:11:01	<b>04:50:03.45</b>	<b>04:50:15.40</b>	+01:30:03 (31.0%)	6:38	9 (68.7%)
57	GÓRALCZYK Stanisław	4002	BUNGEE JUMPING MARIO	M60	2	02:35:48	03:28:24	04:11:22	<b>04:50:03.00</b>	<b>04:50:30.15</b>	+01:30:18 (31.1%)	6:38	9 (68.7%)
58	HOFFMAN Sławomir	4076	LEŚNA RUNDA	M50	15	02:36:24	03:29:13	04:11:19	<b>04:50:01.15</b>	<b>04:50:30.35</b>	+01:30:18 (31.1%)	6:38	9 (68.7%)
59	OGÓREK Kacper	4021		M20	5	02:41:01	03:27:55	04:08:29	<b>04:50:47.00</b>	<b>04:51:11.15</b>	+01:30:59 (31.2%)	6:39	9 (68.7%)
60	WALKOWIAK Joanna	4065	BIEGAJĄCE KREJZOLE	K40	6	02:42:20	03:34:47	04:15:28	<b>04:51:00.00</b>	<b>04:51:27.65</b>	+01:31:16 (31.3%)	6:39	9 (68.7%)
61	BIENKOWSKI Stanisław	4135	WODNIAK	M40	16	02:39:48	03:31:08	04:13:21	<b>04:52:02.70</b>	<b>04:52:32.80</b>	+01:32:21 (31.6%)	6:40	9 (68.7%)
62	HOLONA Maciek	4189	FORMA WODZISŁAW	M50	16	02:28:21	03:17:36	04:06:37	<b>04:52:35.85</b>	<b>04:52:41.60</b>	+01:32:30 (31.6%)	6:41	9 (68.7%)
63	MAJEWICZ Grzegorz	4058		M40	17	02:34:48	03:30:38	04:14:22	<b>04:52:27.00</b>	<b>04:52:49.35</b>	+01:32:37 (31.6%)	6:41	9 (68.7%)
64	FURTAK Jakub	4145		M40	18	02:26:47	03:19:38	04:06:49	<b>04:52:33.15</b>	<b>04:52:53.70</b>	+01:32:42 (31.7%)	6:41	9 (68.7%)
65	BARWICKA Marzena	4081	O CO BIEGA W KALETACH	K40	7	02:37:41	03:30:51	04:12:11	<b>04:53:24.80</b>	<b>04:53:33.50</b>	+01:33:22 (31.8%)	6:42	8.9 (67.9%)
66	PORĘBA Eugeniusz	4141		M60	3	02:37:32	03:31:20	04:14:46	<b>04:53:28.05</b>	<b>04:53:51.10</b>	+01:33:39 (31.9%)	6:42	8.9 (67.9%)
67	MĘKARSKI Sławomir	4195	WANDA PANFIL TEAM	M60	4	02:42:27	03:33:58	04:15:32	<b>04:53:41.30</b>	<b>04:54:06.30</b>	+01:33:54 (31.9%)	6:43	8.9 (67.9%)

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						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
68	<b>MICHALAK Ela</b>	<b>4001</b>	LUBARTOWSKI BEERGACZ	K40	8	02:35:52	03:30:28	04:14:02	<b>04:54:15.85</b>	<b>04:54:26.40</b>	+01:34:14 (32.0%)	6:44	8.9 (67.9%)
69	<b>ULMA Mirosław</b>	<b>4031</b>	LUBARTOWSKI BEERGACZ	M40	19	02:35:45	03:31:45	04:15:00	<b>04:54:14.65</b>	<b>04:54:26.50</b>	+01:34:15 (32.0%)	6:43	8.9 (67.9%)
70	<b>MOSKALUK Milosz</b>	<b>4044</b>	LUBARTOWSKI BEERGACZ	M40	20	02:35:35	03:31:45	04:15:03	<b>04:54:14.00</b>	<b>04:54:26.55</b>	+01:34:15 (32.0%)	6:43	8.9 (67.9%)
71	<b>MACHNIKOWSKI Tomasz</b>	<b>4022</b>	LUBARTOWSKI BEERGACZ	M50	17	02:35:46	03:31:36	04:15:00	<b>04:54:12.90</b>	<b>04:54:26.80</b>	+01:34:15 (32.0%)	6:43	8.9 (67.9%)
72	<b>KINOWSKA Katarzyna</b>	<b>4129</b>	LEŚNA RUNDA	K40	9	02:38:13	03:32:16	04:15:55	<b>04:58:50.25</b>	<b>04:59:19.70</b>	+01:39:08 (33.1%)	6:50	8.8 (67.2%)
73	<b>CHARCHUT Roman</b>	<b>4093</b>		M40	21	02:40:30	03:32:02	04:15:38	<b>04:59:31.95</b>	<b>05:00:29.55</b>	+01:40:18 (33.4%)	6:51	8.8 (67.2%)
74	<b>MUZAJ Grzegorz</b>	<b>4086</b>		M30	16	02:40:31	03:32:03	04:16:27	<b>04:59:32.70</b>	<b>05:00:30.10</b>	+01:40:18 (33.4%)	6:51	8.8 (67.2%)
75	<b>SUWEZDA Jacek</b>	<b>4193</b>	CZĘSTOCHOWSKIE DZIKI	M60	5	02:33:44	03:28:09	04:15:02	<b>05:00:46.30</b>	<b>05:01:01.60</b>	+01:40:50 (33.5%)	6:52	8.7 (66.4%)
76	<b>NIEMIEC Jacek</b>	<b>4157</b>		M40	22	04:22:13			<b>05:00:55.45</b>	<b>05:01:28.85</b>	+01:41:17 (33.6%)	6:53	8.7 (66.4%)
77	<b>SOBCZAK Marcin</b>	<b>4008</b>		M40	23	04:19:48			<b>05:01:56.60</b>	<b>05:01:56.60</b>	+01:41:45 (33.7%)	6:54	8.7 (66.4%)
78	<b>SEROKA Piotr</b>	<b>4204</b>		M40	24	02:37:39	03:31:36	04:19:35	<b>05:05:56.55</b>	<b>05:05:59.55</b>	+01:45:48 (34.6%)	7:00	8.6 (65.6%)
79	<b>BASTER Krzysztof</b>	<b>4151</b>	MATNER RUNNING TEAM	M50	18	02:44:38	03:42:35	04:26:11	<b>05:06:02.50</b>	<b>05:06:09.00</b>	+01:45:57 (34.6%)	7:00	8.6 (65.6%)
80	<b>GOLBIAK Wojciech</b>	<b>4099</b>		M40	25	02:37:29	03:32:30	04:21:12	<b>05:06:00.35</b>	<b>05:06:18.50</b>	+01:46:07 (34.6%)	7:00	8.6 (65.6%)
81	<b>ZALEWSKI Paweł</b>	<b>4186</b>	ROPUCH	M40	26	02:51:07	03:44:56	04:29:04	<b>05:07:49.60</b>	<b>05:07:58.80</b>	+01:47:47 (35.0%)	7:02	8.5 (64.9%)
82	<b>MASŁOŃ Stanisław</b>	<b>4104</b>		M40	27	02:38:47	03:38:38	04:25:12	<b>05:07:50.90</b>	<b>05:08:45.95</b>	+01:48:34 (35.2%)	7:02	8.5 (64.9%)
83	<b>SOBOL Ludwik</b>	<b>4199</b>		M60	6	02:45:58	03:39:14	04:26:34	<b>05:08:51.75</b>	<b>05:09:26.60</b>	+01:49:15 (35.3%)	7:04	8.5 (64.9%)
84	<b>WICZUK Michał</b>	<b>4004</b>	CESTAL W BIEGU	M40	28	02:43:16	03:38:44	04:26:07	<b>05:12:23.70</b>	<b>05:13:02.25</b>	+01:52:50 (36.0%)	7:08	8.4 (64.1%)
85	<b>BIERNAT Agnieszka</b>	<b>4160</b>	KOSMICZNE MUMINKI	K30	3	02:36:43	03:32:45	04:16:50	<b>05:14:06.65</b>	<b>05:14:23.55</b>	+01:54:12 (36.3%)	7:11	8.3 (63.4%)
86	<b>BATORY Marek</b>	<b>4090</b>	BATORYBAU	M40	29	02:32:47	03:44:08	04:30:57	<b>05:13:50.10</b>	<b>05:14:41.30</b>	+01:54:29 (36.4%)	7:10	8.4 (64.1%)
87	<b>SZAROWICZ Fabian</b>	<b>4052</b>	BATORYBAU	M40	30	02:38:14	03:44:08	04:30:56	<b>05:13:49.80</b>	<b>05:14:41.50</b>	+01:54:30 (36.4%)	7:10	8.4 (64.1%)
88	<b>KREFT Ewa</b>	<b>4066</b>	LEŚNA RUNDA	K50	1	02:50:41	03:49:34	04:35:33	<b>05:15:57.35</b>	<b>05:16:27.00</b>	+01:56:15 (36.7%)	7:13	8.3 (63.4%)
89	<b>JASTRZĘBSKI Piotr</b>	<b>4213</b>		M50	19	02:49:26	03:48:23	04:37:47	<b>05:16:16.55</b>	<b>05:16:30.55</b>	+01:56:19 (36.8%)	7:14	8.3 (63.4%)
90	<b>KRASOŃ Marcin</b>	<b>4184</b>		M20	6	02:31:19	03:34:51	04:28:36	<b>05:16:16.90</b>	<b>05:16:51.10</b>	+01:56:39 (36.8%)	7:14	8.3 (63.4%)
91	<b>PRAGNAĆA Milena</b>	<b>4037</b>	PORANNY PATROL	K50	2	02:52:29	03:49:49	04:36:04	<b>05:16:53.85</b>	<b>05:17:08.75</b>	+01:56:57 (36.9%)	7:15	8.3 (63.4%)
92	<b>SZCZUR Iwona</b>	<b>4200</b>		K40	10	02:52:40	03:47:13	04:32:18	<b>05:16:57.55</b>	<b>05:17:08.90</b>	+01:56:57 (36.9%)	7:15	8.3 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka							
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
93	<b>LEWANDOWSKI Rafał</b>	<b>4069</b>	SPC	M40	31	02:48:11	03:45:12	04:33:19	<b>05:17:59.75</b>	<b>05:18:15.30</b>	+01:58:03 (37.1%)	7:16	8.2 (62.6%)
94	<b>WOŁOSZYN Czesław</b>	<b>4181</b>	PIZUNY ROZTOCZE WSCHODNIE	M60	7	02:45:43	03:44:24	04:33:39	<b>05:18:15.60</b>	<b>05:18:21.95</b>	+01:58:10 (37.1%)	7:16	8.2 (62.6%)
95	<b>GODZISZ Konrad</b>	<b>4202</b>		M40	32	02:36:51	03:36:51	04:32:31	<b>05:17:46.20</b>	<b>05:18:28.70</b>	+01:58:17 (37.1%)	7:16	8.3 (63.4%)
96	<b>KRZYMOWSKI Adrian</b>	<b>4003</b>	BULDOŻER&KOPARA	M20	7	02:48:08	03:45:09	04:35:34	<b>05:18:55.90</b>	<b>05:19:19.45</b>	+01:59:07 (37.3%)	7:17	8.2 (62.6%)
97	<b>FIGIEL Bartosz</b>	<b>4194</b>		M40	33	02:53:21	03:51:08	04:35:52	<b>05:18:59.45</b>	<b>05:19:46.90</b>	+01:59:35 (37.4%)	7:17	8.2 (62.6%)
98	<b>PYRKOSZ Damian</b>	<b>4026</b>	ENGLISH VITAE	M50	20	02:52:18	03:49:01	04:37:58	<b>05:20:31.50</b>	<b>05:20:39.40</b>	+02:00:27 (37.6%)	7:20	8.2 (62.6%)
99	<b>ZIELIŃSKA Iwona</b>	<b>4176</b>	WKB MARATOŃCZYK WŁOCLAWEK	K50	3	02:52:13	03:51:08	04:38:48	<b>05:20:23.40</b>	<b>05:20:47.80</b>	+02:00:36 (37.6%)	7:19	8.2 (62.6%)
100	<b>WIĄCEK Jakub</b>	<b>4222</b>		M30	17	03:07:55	04:01:50	04:43:30	<b>05:20:35.20</b>	<b>05:21:34.45</b>	+02:01:22 (37.7%)	7:20	8.2 (62.6%)
101	<b>MACHNIKOWSKI Paweł</b>	<b>4045</b>	WARSZAWSKI BEERGACZ	M40	34	02:58:40	03:53:33	04:39:00	<b>05:22:01.20</b>	<b>05:22:14.30</b>	+02:02:02 (37.9%)	7:22	8.1 (61.8%)
102	<b>CISZEWSKI Bartłomiej</b>	<b>4030</b>	BBL '07	M30	18	02:54:43	03:51:28	04:40:29	<b>05:23:14.75</b>	<b>05:23:14.75</b>	+02:03:03 (38.1%)	7:23	8.1 (61.8%)
103		<b>4223</b>				02:54:13	03:54:38	04:43:44	<b>05:23:32.75</b>	<b>05:23:32.75</b>	+02:03:21 (38.1%)	7:24	8.1 (61.8%)
104	<b>HUSIŃSKI Zbigniew</b>	<b>4191</b>		M50	21	02:55:59	03:51:20	04:39:57	<b>05:23:36.65</b>	<b>05:24:19.90</b>	+02:04:08 (38.3%)	7:24	8.1 (61.8%)
105	<b>ROZYCKI Ryszard</b>	<b>4203</b>	AKTYWNI ZAGÓRZ	M60	8	02:56:59	03:53:27	04:43:19	<b>05:23:35.70</b>	<b>05:24:31.80</b>	+02:04:20 (38.3%)	7:24	8.1 (61.8%)
106	<b>MARCHEWICZ Marek</b>	<b>4012</b>		M30	19	02:52:13	03:51:11	04:41:54	<b>05:24:53.10</b>	<b>05:25:14.55</b>	+02:05:03 (38.4%)	7:26	8.1 (61.8%)
107	<b>TARNOWSKI Lukasz</b>	<b>4166</b>		M40	35	02:55:47	03:56:54	04:45:35	<b>05:25:39.30</b>	<b>05:26:12.45</b>	+02:06:00 (38.6%)	7:27	8.1 (61.8%)
108	<b>KRAUZE Tomasz</b>	<b>4051</b>	STOWARZYSZENIE WROCLAWSKIE MORSY	M50	22	02:58:24	03:54:04	04:43:15	<b>05:26:31.50</b>	<b>05:27:16.20</b>	+02:07:04 (38.8%)	7:28	8 (61.1%)
109	<b>KILIAN Mariusz</b>	<b>4161</b>		M50	23	02:50:37	03:51:11	04:42:07	<b>05:27:38.05</b>	<b>05:27:53.65</b>	+02:07:42 (38.9%)	7:29	8 (61.1%)
110	<b>DRABIK Paweł</b>	<b>4180</b>		M40	36	03:05:39	04:02:59	04:47:14	<b>05:29:40.30</b>	<b>05:29:40.30</b>	+02:09:28 (39.3%)	7:32	8 (61.1%)
111	<b>KRAKOWSKI Maciej</b>	<b>4130</b>	#A_MOZE_ULTRA / TEAM LOVE'LAS	M30	20	03:04:45	03:59:14	04:49:51	<b>05:29:17.85</b>	<b>05:29:42.55</b>	+02:09:31 (39.3%)	7:32	8 (61.1%)
112	<b>TALMA Paweł</b>	<b>4155</b>		M40	37	02:53:41	03:57:28	04:44:19	<b>05:29:32.85</b>	<b>05:29:46.70</b>	+02:09:35 (39.3%)	7:32	8 (61.1%)
112	<b>BIAŁA Marta</b>	<b>4156</b>		K40	11	02:53:43	03:57:29	04:44:21	<b>05:29:34.05</b>	<b>05:29:46.70</b>	+02:09:35 (39.3%)	7:32	8 (61.1%)
114	<b>ZIELIŃSKI Michał</b>	<b>4120</b>	DZIKIE ŻYCIE RUN TEAM	M50	24	02:53:46		04:44:05	<b>05:29:43.00</b>	<b>05:29:54.75</b>	+02:09:43 (39.3%)	7:32	8 (61.1%)
115	<b>SŁOWIK Mariusz</b>	<b>4094</b>	ROM TEAM	M50	25	02:54:08	03:54:52	04:45:30	<b>05:29:40.35</b>	<b>05:30:07.40</b>	+02:09:55 (39.4%)	7:32	8 (61.1%)
116	<b>ROGOZIŃSKI Artur</b>	<b>4188</b>	ULTRAZABIEGANY	M40	38	03:05:36	04:01:25	04:50:03	<b>05:31:51.45</b>	<b>05:32:03.60</b>	+02:11:52 (39.7%)	7:35	7.9 (60.3%)
117	<b>LORENS Kacper</b>	<b>4162</b>		M20	8	03:02:09	03:58:26	04:47:25	<b>05:32:30.35</b>	<b>05:32:47.10</b>	+02:12:35 (39.8%)	7:36	7.9 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka							
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
118	<b>TYLUTKI Agnieszka</b>	<b>4083</b>		K50	4	02:54:34	03:55:53	04:47:44	<b>05:33:06.95</b>	<b>05:33:13.00</b>	+02:13:01 (39.9%)	7:37	7.9 (60.3%)
119	<b>OLMA Dariusz</b>	<b>4143</b>	OPTYMISTA AMATOR	M40	39	02:57:38	04:00:17	04:51:32	<b>05:33:35.75</b>	<b>05:33:46.50</b>	+02:13:35 (40.0%)	7:38	7.9 (60.3%)
120	<b>NOWAK Jarosław</b>	<b>4038</b>	SPC	M50	26	03:02:00	04:01:10	04:50:16	<b>05:33:59.75</b>	<b>05:34:18.70</b>	+02:14:07 (40.1%)	7:38	7.9 (60.3%)
121	<b>GAWLAK Tomasz</b>	<b>4116</b>	BIECZ	M40	40	03:04:50	04:03:42	04:54:57	<b>05:36:01.95</b>	<b>05:36:13.35</b>	+02:16:01 (40.5%)	7:41	7.8 (59.5%)
122	<b>KIEŁPIŃSKI Piotr</b>	<b>4187</b>		M40	41	02:58:45	03:57:46	04:54:25	<b>05:36:09.95</b>	<b>05:36:17.00</b>	+02:16:05 (40.5%)	7:41	7.8 (59.5%)
123	<b>TURKOWSKI Maciej</b>	<b>4060</b>		M50	27	03:00:30	04:03:40	04:51:49	<b>05:37:02.60</b>	<b>05:37:34.05</b>	+02:17:22 (40.7%)	7:42	7.8 (59.5%)
124	<b>LASKOWSKI Bartłomiej</b>	<b>4017</b>	PRATT&WHITNEY RZESZÓW	M40	42	02:58:47	03:57:43	04:51:16	<b>05:38:12.25</b>	<b>05:39:07.90</b>	+02:18:56 (41.0%)	7:44	7.8 (59.5%)
125	<b>KUCCHARZYK Grzegorz</b>	<b>4207</b>	SKILLS	M50	28	03:00:28	04:03:06	04:54:30	<b>05:39:54.40</b>	<b>05:40:19.50</b>	+02:20:08 (41.2%)	7:46	7.7 (58.8%)
126	<b>ADAMOWICZ Agnieszka</b>	<b>4057</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	12	03:04:52	04:05:53	04:58:29	<b>05:40:29.35</b>	<b>05:40:50.80</b>	+02:20:39 (41.3%)	7:47	7.7 (58.8%)
127	<b>PANEK Aleksandra</b>	<b>4154</b>		K50	5	03:04:41	04:05:26	04:56:12	<b>05:42:42.85</b>	<b>05:43:02.25</b>	+02:22:50 (41.6%)	7:50	7.7 (58.8%)
128	<b>TARGOŃSKA Marta</b>	<b>4029</b>		K40	13	04:28:29			<b>05:43:41.60</b>	<b>05:44:02.85</b>	+02:23:51 (41.8%)	7:51	7.6 (58.0%)
129	<b>KIEC Adam</b>	<b>4123</b>		M30	21	02:59:57	04:03:55	04:55:26	<b>05:44:01.15</b>	<b>05:44:26.20</b>	+02:24:14 (41.9%)	7:52	7.6 (58.0%)
130	<b>KOZAK Marcin</b>	<b>4023</b>	LUBARTOWSKI BEERGACZ	M40	43	02:58:30	04:05:01	04:56:51	<b>05:44:24.90</b>	<b>05:44:36.30</b>	+02:24:24 (41.9%)	7:52	7.6 (58.0%)
131	<b>TRZCIŃSKI Sebastian</b>	<b>4164</b>		M40	44	03:06:33	04:08:09	05:00:00	<b>05:44:29.15</b>	<b>05:45:00.45</b>	+02:24:48 (42.0%)	7:52	7.6 (58.0%)
132	<b>GŁÓWKA Alfred</b>	<b>4146</b>	KARCZMA U FREDA	M60	9	03:06:31	04:10:15	05:01:20	<b>05:45:40.25</b>	<b>05:46:17.20</b>	+02:26:05 (42.2%)	7:54	7.6 (58.0%)
133	<b>KOCZOROWSKA Anna</b>	<b>4153</b>	TEAM ZABIEGANEDNI	K40	14	03:12:03	04:14:46	05:02:11	<b>05:47:10.85</b>	<b>05:47:27.45</b>	+02:27:15 (42.4%)	7:56	7.6 (58.0%)
134	<b>KOCZOROWSKI Marcin</b>	<b>4152</b>	TEAM ZABIEGANEDNI	M40	45	03:12:01	04:14:44	05:02:08	<b>05:47:09.80</b>	<b>05:47:27.50</b>	+02:27:16 (42.4%)	7:56	7.6 (58.0%)
135	<b>POPOWICZ Dawid</b>	<b>4063</b>		M20	9	03:18:53	04:18:52	05:05:40	<b>05:48:49.00</b>	<b>05:49:16.45</b>	+02:29:04 (42.7%)	7:58	7.5 (57.3%)
136	<b>PAWLAK Patryk</b>	<b>4091</b>		M20	10	03:18:51	04:18:49	05:05:40	<b>05:48:48.45</b>	<b>05:49:16.95</b>	+02:29:05 (42.7%)	7:58	7.5 (57.3%)
137	<b>POCENTEK Radosław</b>	<b>4062</b>		M20	11	03:18:52	04:18:52	05:05:41	<b>05:48:48.85</b>	<b>05:49:17.00</b>	+02:29:05 (42.7%)	7:58	7.5 (57.3%)
138	<b>ŚLIWIŃSKI Andrzej</b>	<b>4119</b>		M60	10	02:46:52	03:53:24	04:52:37	<b>05:49:49.70</b>	<b>05:50:08.60</b>	+02:29:57 (42.8%)	8:00	7.5 (57.3%)
139	<b>KWIATEK Weronika</b>	<b>4107</b>		K40	15	03:13:27	04:15:19	05:04:12	<b>05:50:50.05</b>	<b>05:51:44.90</b>	+02:31:33 (43.1%)	8:01	7.5 (57.3%)
140	<b>SAMULSKI Krzysztof</b>	<b>4110</b>		M40	46	03:13:26	04:15:19	05:04:13	<b>05:50:52.40</b>	<b>05:51:47.05</b>	+02:31:35 (43.1%)	8:01	7.5 (57.3%)
141	<b>MIKOŁAJCZYK Mariusz</b>	<b>4158</b>	ULTRA KSP	M40	47	03:03:01	04:10:38	05:08:40	<b>05:51:41.85</b>	<b>05:51:55.60</b>	+02:31:44 (43.1%)	8:02	7.5 (57.3%)
142	<b>GRUSZKA Marcin</b>	<b>4105</b>		M30	22	03:14:37	04:17:47	05:06:49	<b>05:51:15.30</b>	<b>05:51:58.35</b>	+02:31:46 (43.1%)	8:02	7.5 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka							
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
143	<b>PAWLUS Marek</b>	<b>4147</b>	PEPPA RUNNING TEAM	M30	23	03:12:22	04:12:13	05:03:13	<b>05:52:34.15</b>	<b>05:53:07.80</b>	+02:32:56 (43.3%)	8:04	7.4 (56.5%)
144	<b>MYGA Michał</b>	<b>4074</b>	FLAMING DRAGON	M30	24	03:05:39	04:07:07	04:56:48	<b>05:52:16.00</b>	<b>05:53:13.25</b>	+02:33:01 (43.3%)	8:03	7.4 (56.5%)
145	<b>DUBIŃSKI Piotr</b>	<b>4118</b>	FLAMING DRAGON	M30	25	03:05:40	04:07:09	04:57:01	<b>05:53:59.90</b>	<b>05:54:57.40</b>	+02:34:45 (43.6%)	8:06	7.4 (56.5%)
146	<b>DRZEWIECKI Jakub</b>	<b>4217</b>		M30	26	03:09:00	04:08:39	05:03:37	<b>05:56:59.10</b>	<b>05:57:23.20</b>	+02:37:11 (44.0%)	8:10	7.3 (55.7%)
147	<b>BOROWSKI Robert</b>	<b>4190</b>		M30	27	03:11:17	04:11:55	05:08:51	<b>05:57:42.85</b>	<b>05:57:57.50</b>	+02:37:46 (44.1%)	8:11	7.3 (55.7%)
148	<b>DŁUGOSZ Andrzej</b>	<b>4177</b>	VISEGRAD MARATON RYTRO	M50	29	03:15:04	04:20:42	05:11:26	<b>05:59:00.40</b>	<b>05:59:31.30</b>	+02:39:19 (44.3%)	8:12	7.3 (55.7%)
149	<b>KRZYŻANOWSKI Grzegorz</b>	<b>4020</b>	GDAŃSKIE AUTOBUSY I TRAMWAJE	M40	48	03:10:41	04:15:57	05:06:31	<b>05:59:30.95</b>	<b>05:59:38.55</b>	+02:39:27 (44.3%)	8:13	7.3 (55.7%)
150	<b>TOMASZEWSKI Krzysztof</b>	<b>4067</b>	SPC	M40	49	03:11:34	04:18:46	05:11:57	<b>05:59:42.75</b>	<b>06:00:01.50</b>	+02:39:50 (44.4%)	8:13	7.3 (55.7%)
151	<b>PRZYBOROWSKI Michał</b>	<b>4078</b>		M20	12	03:27:05	04:32:49	05:22:53	<b>06:01:57.15</b>	<b>06:02:20.70</b>	+02:42:09 (44.8%)	8:16	7.2 (55.0%)
152	<b>JEDLIŃSKI Bartosz</b>	<b>4056</b>		M40	50	03:17:47	04:21:41	05:15:28	<b>06:02:13.55</b>	<b>06:03:07.30</b>	+02:42:55 (44.9%)	8:17	7.2 (55.0%)
153	<b>JEDLIŃSKI Norbert</b>	<b>4080</b>	MARATOŃCZYK DĘBICA	M20	13	03:17:45	04:21:43	05:15:27	<b>06:02:13.75</b>	<b>06:03:07.50</b>	+02:42:56 (44.9%)	8:17	7.2 (55.0%)
154	<b>BOZA Beata</b>	<b>4049</b>		K50	6	03:17:45	04:22:12	05:18:06	<b>06:07:14.50</b>	<b>06:07:39.40</b>	+02:47:27 (45.5%)	8:24	7.1 (54.2%)
155	<b>MALETA Marcin</b>	<b>4040</b>	LPP TEAM	M30	28	03:11:48	04:19:49	05:23:30	<b>06:07:29.95</b>	<b>06:07:48.00</b>	+02:47:36 (45.6%)	8:24	7.1 (54.2%)
156	<b>KUCHARCZYK Radosław</b>	<b>4220</b>		M50	30	03:04:24	04:31:15	05:23:33	<b>06:08:30.20</b>	<b>06:08:38.10</b>	+02:48:26 (45.7%)	8:25	7.1 (54.2%)
157	<b>GÓRALCZYK Artur</b>	<b>4005</b>		M30	29	03:09:24	04:26:36	05:22:32	<b>06:10:25.10</b>	<b>06:11:07.00</b>	+02:50:55 (46.1%)	8:28	7.1 (54.2%)
158	<b>BĘTKOWSKI Tomasz</b>	<b>4216</b>	NIEZALEŻNY	M40	51	03:15:37	04:26:11	05:22:33	<b>06:14:17.65</b>	<b>06:15:13.85</b>	+02:55:02 (46.6%)	8:33	7 (53.4%)
159	<b>DZIURUŃ Paweł</b>	<b>4165</b>		M40	52	03:16:39	04:28:12	05:23:32	<b>06:14:37.90</b>	<b>06:15:29.20</b>	+02:55:17 (46.7%)	8:34	7 (53.4%)
160	<b>WERESINSKI Michał</b>	<b>4070</b>		M40	53	03:15:23	04:31:02	05:25:41	<b>06:15:31.55</b>	<b>06:15:46.00</b>	+02:55:34 (46.7%)	8:35	7 (53.4%)
161	<b>PRUS Piotr</b>	<b>4047</b>	BIEGACZE KLECZEW	M50	31	03:15:09	04:32:53	05:26:32	<b>06:17:17.55</b>	<b>06:17:24.30</b>	+02:57:12 (47.0%)	8:38	6.9 (52.7%)
162	<b>MANUSZAK Przemysław</b>	<b>4050</b>	BIEGACZE KLECZEW	M40	54	03:15:07	04:32:55	05:26:29	<b>06:17:17.40</b>	<b>06:17:24.70</b>	+02:57:13 (47.0%)	8:38	6.9 (52.7%)
163	<b>MACHNIKOWSKI Ireneusz</b>	<b>4042</b>	LUBARTOWSKI BEERGACZ	M50	32	03:14:23	04:26:51	05:23:48	<b>06:18:22.95</b>	<b>06:18:34.80</b>	+02:58:23 (47.1%)	8:39	6.9 (52.7%)
164	<b>OPOLSKI Piotr</b>	<b>4025</b>	LUBARTOWSKI BEERGACZ	M50	33	03:09:13	04:26:36	05:22:18	<b>06:18:55.80</b>	<b>06:19:15.30</b>	+02:59:03 (47.2%)	8:40	6.9 (52.7%)
165	<b>GADOMSKI Grzegorz</b>	<b>4007</b>	WARSZAWSKI BEERGACZ	M30	30	03:06:22	04:26:40	05:24:45	<b>06:20:07.00</b>	<b>06:20:20.70</b>	+03:00:09 (47.4%)	8:41	6.9 (52.7%)
166	<b>PODLASZEWSKI Jacek</b>	<b>4073</b>	SPC	M50	34	03:25:03	04:31:15	05:28:28	<b>06:20:39.65</b>	<b>06:20:54.45</b>	+03:00:42 (47.4%)	8:42	6.9 (52.7%)
167	<b>PRZYGODA Michał</b>	<b>4209</b>		M40	55	03:20:28	04:28:40	05:28:21	<b>06:20:23.65</b>	<b>06:20:54.95</b>	+03:00:43 (47.4%)	8:42	6.9 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka							
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km	Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
168	<b>KAPROCKA Katarzyna</b>	<b>4106</b>	WŁÓCZYMORDY	K50	7	03:31:45	04:36:17	05:33:44	<b>06:24:57.10</b>	<b>06:24:57.10</b>	+03:04:45 (48.0%)	8:48	6.8 (51.9%)
169	<b>WROBEL Michal</b>	<b>4077</b>		M30	31	03:15:24	04:31:06	05:30:00	<b>06:25:17.60</b>	<b>06:25:31.50</b>	+03:05:20 (48.1%)	8:48	6.8 (51.9%)
170	<b>KACZANOWSKI Lukasz</b>	<b>4172</b>		M30	32	03:25:12	04:41:47	05:37:31	<b>06:28:28.60</b>	<b>06:29:17.25</b>	+03:09:05 (48.6%)	8:53	6.7 (51.1%)
171	<b>WALAS Krzysztof</b>	<b>4140</b>		M40	56	03:09:41	04:31:00	05:33:40	<b>06:29:02.75</b>	<b>06:29:24.80</b>	+03:09:13 (48.6%)	8:54	6.7 (51.1%)
172	<b>ROŚCISZEWSKI Maciej</b>	<b>4138</b>		M50	35	03:10:00	04:30:56	05:33:37	<b>06:28:59.30</b>	<b>06:29:24.90</b>	+03:09:13 (48.6%)	8:54	6.7 (51.1%)
173	<b>PFADT Wojciech</b>	<b>4092</b>		M60	11	03:16:41	04:26:05	05:20:04	<b>06:28:56.30</b>	<b>06:29:46.90</b>	+03:09:35 (48.6%)	8:54	6.7 (51.1%)
174	<b>BUDNY Aleksander</b>	<b>4230</b>		M40	57	03:26:24	04:40:37	05:37:43	<b>06:28:55.80</b>	<b>06:29:47.60</b>	+03:09:36 (48.6%)	8:53	6.7 (51.1%)
175	<b>SIUCIAK Robert</b>	<b>4159</b>	KARCZMA U FREDA	M60	12	03:26:48	04:40:04	05:36:28	<b>06:29:34.20</b>	<b>06:30:13.10</b>	+03:10:01 (48.7%)	8:54	6.7 (51.1%)
176	<b>JAWORSKI Tomasz</b>	<b>4134</b>		M50	36	03:32:07	04:35:54	05:41:05	<b>06:29:27.65</b>	<b>06:30:15.35</b>	+03:10:03 (48.7%)	8:54	6.7 (51.1%)
177	<b>WOŹNIAK Artur</b>	<b>4139</b>	MARKI	M40	58	03:24:40	04:35:57	05:34:32	<b>06:30:15.75</b>	<b>06:30:59.70</b>	+03:10:48 (48.8%)	8:55	6.7 (51.1%)
178	<b>DZIWISZEK Katarzyna</b>	<b>4170</b>	SĄ WOLNIEJSI	K30	4	03:27:51	04:47:00	05:42:48	<b>06:30:51.40</b>	<b>06:31:32.45</b>	+03:11:20 (48.9%)	8:56	6.7 (51.1%)
179	<b>KIERES Michał</b>	<b>4169</b>	QSWIM / LANS U HERMANNA	M40	59	03:27:13	04:47:02	05:42:50	<b>06:30:51.85</b>	<b>06:31:32.50</b>	+03:11:21 (48.9%)	8:56	6.7 (51.1%)
180	<b>BURY Marek</b>	<b>4196</b>		M50	37	03:20:10	04:36:17	05:34:26	<b>06:31:31.30</b>	<b>06:32:06.15</b>	+03:11:54 (48.9%)	8:57	6.7 (51.1%)
181	<b>ZIELONKA Mariusz</b>	<b>4009</b>		M50	38	03:33:46	04:45:32	05:43:12	<b>06:37:46.70</b>	<b>06:38:38.90</b>	+03:18:27 (49.8%)	9:06	6.6 (50.4%)
182	<b>BRZOSTOWSKA Kama</b>	<b>4084</b>	FILOZOFIA STOPY	K40	16	03:20:27	04:53:38	05:46:27	<b>06:39:11.35</b>	<b>06:39:27.95</b>	+03:19:16 (49.9%)	9:08	6.6 (50.4%)
183	<b>RUSZNICA Klaudia</b>	<b>4096</b>	PATATAS BRAVAS	K30	5	03:34:00	04:51:19	05:50:09	<b>06:41:38.45</b>	<b>06:42:05.20</b>	+03:21:53 (50.2%)	9:11	6.5 (49.6%)
184	<b>HEBANOWSKI Łukasz</b>	<b>4149</b>		M40	60	03:28:27	04:40:57	05:42:03	<b>06:43:25.20</b>	<b>06:44:00.60</b>	+03:23:49 (50.4%)	9:13	6.5 (49.6%)
185	<b>PIECH Adam</b>	<b>4013</b>	PORANNY PATROL	M50	39	03:29:01	04:50:13	05:48:28	<b>06:43:51.50</b>	<b>06:44:30.35</b>	+03:24:18 (50.5%)	9:14	6.5 (49.6%)
186	<b>ŚCIUK Jakub</b>	<b>4016</b>		M30	33	03:29:58	04:47:36	06:00:09	<b>07:00:15.20</b>	<b>07:00:40.85</b>	+03:40:29 (52.4%)	9:37	6.2 (47.3%)
187	<b>KWIATKOWSKA-STOJAK Ewelina</b>	<b>4019</b>		K40	17	03:29:58	04:47:34	05:53:17	<b>07:01:11.50</b>	<b>07:01:38.95</b>	+03:41:27 (52.5%)	9:38	6.2 (47.3%)
188	<b>STOJAK Paweł</b>	<b>4018</b>		M40	61	03:30:25	04:47:58	05:53:40	<b>07:01:39.25</b>	<b>07:01:39.25</b>	+03:41:27 (52.5%)	9:38	6.2 (47.3%)
189	<b>JANICKI Patryk</b>	<b>4015</b>	PORANNY PATROL	M40	62	03:33:19	04:50:04	05:59:02	<b>07:06:58.95</b>	<b>07:07:52.10</b>	+03:47:40 (53.2%)	9:46	6.1 (46.6%)
190	<b>BUNIEK Mateusz</b>	<b>4095</b>	PATATAS BRAVAS	M30	34	03:34:05	04:51:13	05:50:13	<b>07:11:26.75</b>	<b>07:11:54.20</b>	+03:51:42 (53.6%)	9:52	6.1 (46.6%)
191	<b>SŁUPCZEWSKI Damian</b>	<b>4097</b>	PATATAJ BRAVAS	M30	35	03:34:05		06:11:22	<b>07:14:09.85</b>	<b>07:14:39.15</b>	+03:54:27 (53.9%)	9:56	6 (45.8%)
192	<b>KOWALSKA Agnieszka</b>	<b>4208</b>	SPECIAL FORCES	K20	1	03:48:29	04:59:29	06:14:55	<b>07:18:50.40</b>	<b>07:19:03.50</b>	+03:58:52 (54.4%)	10:02	6 (45.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krzyzowka			Czas netto 43.7km	Czas brutto 43.7km	Różn	Tempo min/km	Tempo km/h
						na stokowce 27km	Karczma Brzeziniak 34km	na stokowce (powrot) 39km					
193	<b>CIELEWICZ Krystian</b>	<b>4211</b>		M20	14	03:48:27	04:59:29	06:14:58	<b>07:19:13.40</b>	<b>07:19:27.75</b>	+03:59:16 (54.4%)	10:03	6 (45.8%)
194	<b>KŁOS Dariusz</b>	<b>4148</b>	CZERNIEWICKI KLUB MARATOŃSKI PRZEBUDZENIE	M60	13	03:50:07	04:58:54	06:17:13	<b>07:20:21.95</b>	<b>07:20:25.25</b>	+04:00:13 (54.5%)	10:04	6 (45.8%)
195	<b>STEPNOWSKI Łukasz</b>	<b>4055</b>		M40	63	03:53:45	05:06:30	06:20:53	<b>07:25:58.35</b>	<b>07:26:36.50</b>	+04:06:25 (55.2%)	10:12	5.9 (45.0%)
196	<b>POŁEĆ Ireneusz</b>	<b>4128</b>	BIURO RACHUNKOWE PIKIF	M30	36	03:40:49	04:57:41	06:13:17	<b>07:28:05.00</b>	<b>07:28:45.00</b>	+04:08:33 (55.4%)	10:15	5.9 (45.0%)
197	<b>OGIŃSKI Jędrzej</b>	<b>4201</b>	BIURO RACHUNKOWE PIKIF	M20	15	03:40:51	04:57:40	06:13:18	<b>07:28:06.20</b>	<b>07:28:45.60</b>	+04:08:34 (55.4%)	10:15	5.9 (45.0%)
	<b>WYRZYKOWSKI Andrzej</b>	<b>4071</b>	LEŚNA RUNDA	M50		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MALETA Kamil</b>	<b>4028</b>	MIECHÓW	M20		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LEN Mariusz</b>	<b>4033</b>		M60		04:00:05 DNF	05:28:03 DNF	06:54:10 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 200 wynik(ów)