

# XII ULTRAMARATON BIESZCZADZKI - 14 KM

B4SPORT

**Wydarzenie:** XII ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-10-12  
**Miejsce:** Cisna  
**Dystans:** 14 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
1	<b>ŻÓŁTEK Grzegorz</b>	<b>1233</b>	NON STOP TRAIL / SPYTKOWICE	M30	1	<b>01:07:08.50</b>	<b>01:07:08.50</b>		4:47	12.5 (100%)
2	<b>SZMIST Szymon</b>	<b>1174</b>	KB ATHLETIC ZRĘCIN	M40	1	<b>01:09:56.00</b>	<b>01:09:56.00</b>	+00:02:47 (4.0%)	4:59	12 (96.0%)
3	<b>ŁOIŃSKI Andrzej</b>	<b>1078</b>	RUCH IZBICA	M40	2	<b>01:12:03.05</b>	<b>01:12:03.05</b>	+00:04:54 (6.8%)	5:08	11.7 (93.6%)
4	<b>SZYBIAK Maciej</b>	<b>1249</b>	PRZEMYSKI KLUB BIEGACZA	M20	1	<b>01:15:31.40</b>	<b>01:15:31.40</b>	+00:08:22 (11.1%)	5:23	11.1 (88.8%)
5	<b>PEKALA Łukasz</b>	<b>1022</b>		M30	2	<b>01:18:06.25</b>	<b>01:18:06.25</b>	+00:10:57 (14.0%)	5:34	10.8 (86.4%)
6	<b>ZAWADZKI Marcin</b>	<b>1031</b>	SZCZWANY TRZMIEL TEAM	M40	3	<b>01:18:51.50</b>	<b>01:18:51.50</b>	+00:11:43 (14.9%)	5:37	10.7 (85.6%)
7	<b>ŚWIAT Paweł</b>	<b>1251</b>		M30	3	<b>01:22:16.75</b>	<b>01:22:16.75</b>	+00:15:08 (18.4%)	5:52	10.2 (81.6%)
8	<b>BOLECHOWSKA Dominika</b>	<b>1217</b>	ALPIN SPORT TEAM	K40	1	<b>01:22:36.20</b>	<b>01:22:36.20</b>	+00:15:27 (18.7%)	5:54	10.2 (81.6%)
9	<b>WITULSKI Waldemar</b>	<b>1209</b>	TEAM PODGÓRZYN	M60	1	<b>01:22:36.80</b>	<b>01:22:36.80</b>	+00:15:28 (18.7%)	5:54	10.2 (81.6%)
10	<b>STACHOWSKI Krzysztof</b>	<b>1171</b>	NIE WIEM, NIE OBCHODZI MNIE TO	M50	1	<b>01:23:24.75</b>	<b>01:23:24.75</b>	+00:16:16 (19.5%)	5:57	10.1 (80.8%)
11	<b>WIĘCEK Damian</b>	<b>1237</b>	PAPPYN RUNNING TEAM	M20	2	<b>01:24:04.70</b>	<b>01:24:04.70</b>	+00:16:56 (20.1%)	6:00	10 (80.0%)
12	<b>KIELAR Marcin</b>	<b>1208</b>	ZSP W RYMANOWIE	M30	4	<b>01:24:52.95</b>	<b>01:24:52.95</b>	+00:17:44 (20.9%)	6:03	9.9 (79.2%)
13	<b>DUCH Rafał</b>	<b>2006</b>		M30	5	<b>01:25:00.30</b>	<b>01:25:00.30</b>	+00:17:51 (21.0%)	6:04	9.9 (79.2%)
14	<b>MARCZUK Stanisław</b>	<b>1030</b>	AZS UMLUB	M20	3	<b>01:27:22.25</b>	<b>01:27:22.25</b>	+00:20:13 (23.2%)	6:14	9.6 (76.8%)
15	<b>JĘDRZEJCZYK Adam</b>	<b>1192</b>	SANOK BIEGA	M30	6	<b>01:27:25.30</b>	<b>01:27:25.30</b>	+00:20:16 (23.2%)	6:14	9.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
16	<b>PLEWA Rafał</b>	<b>1218</b>		M40	4	<b>01:27:26.40</b>	<b>01:27:26.40</b>	+00:20:17 (23.2%)	6:14	9.6 (76.8%)
17	<b>ŚNIEGOSKA Sandra</b>	<b>1004</b>	BROOKS RUN HAPPY	K30	1	<b>01:27:39.15</b>	<b>01:27:39.15</b>	+00:20:30 (23.4%)	6:15	9.6 (76.8%)
18	<b>ZAGWOCKI Maximilian</b>	<b>1240</b>	KS BARAKUDA	M20	4	<b>01:27:57.95</b>	<b>01:27:57.95</b>	+00:20:49 (23.7%)	6:16	9.6 (76.8%)
19	<b>PĘKALA Kamila</b>	<b>1023</b>		K20	1	<b>01:28:02.55</b>	<b>01:28:02.55</b>	+00:20:54 (23.7%)	6:17	9.5 (76.0%)
20	<b>SOT Aleksandra</b>	<b>1243</b>		K20	2	<b>01:29:20.80</b>	<b>01:29:20.80</b>	+00:22:12 (24.9%)	6:22	9.4 (75.2%)
21	<b>JURGA Filip</b>	<b>5239</b>		M20	5	<b>01:29:54.40</b>	<b>01:29:54.40</b>	+00:22:45 (25.3%)	6:25	9.3 (74.4%)
22	<b>BRODA Sławomir</b>	<b>1259</b>		M50	2	<b>01:30:25.00</b>	<b>01:30:25.00</b>	+00:23:16 (25.7%)	6:27	9.3 (74.4%)
23	<b>ULMAN Michał</b>	<b>1215</b>	ULMAN & ULMAN	M30	7	<b>01:31:04.85</b>	<b>01:31:04.85</b>	+00:23:56 (26.3%)	6:30	9.2 (73.6%)
24	<b>SOLARSKI Robert</b>	<b>1067</b>		M50	3	<b>01:31:12.75</b>	<b>01:31:12.75</b>	+00:24:04 (26.4%)	6:30	9.2 (73.6%)
25	<b>SZAFRAŃSKA Aleksandra</b>	<b>1158</b>		K30	2	<b>01:31:18.80</b>	<b>01:31:18.80</b>	+00:24:10 (26.5%)	6:31	9.2 (73.6%)
26	<b>GONET Natalia</b>	<b>1253</b>	FINISZ RYMANÓW	K30	3	<b>01:31:34.75</b>	<b>01:31:34.75</b>	+00:24:26 (26.7%)	6:32	9.2 (73.6%)
27	<b>JĘDRZEJCZYK Maja</b>	<b>1193</b>	SANOK BIEGA	K30	4	<b>01:32:20.80</b>	<b>01:32:20.80</b>	+00:25:12 (27.3%)	6:35	9.1 (72.8%)
28	<b>WIECZOREK Jacek</b>	<b>1006</b>	VELICANTE SPORT TEAM	M50	4	<b>01:32:23.15</b>	<b>01:32:23.15</b>	+00:25:14 (27.3%)	6:35	9.1 (72.8%)
29	<b>GRACZYK Damian</b>	<b>1035</b>		M30	8	<b>01:32:26.30</b>	<b>01:32:26.30</b>	+00:25:17 (27.4%)	6:36	9.1 (72.8%)
30	<b>ŚLUSAREK Katarzyna</b>	<b>1169</b>	SIEMIESZ-TEAM	K20	3	<b>01:32:36.55</b>	<b>01:32:36.55</b>	+00:25:28 (27.5%)	6:36	9.1 (72.8%)
31	<b>MAMLA Zbigniew</b>	<b>1164</b>	BIEGIEM NA KAWĘ	M50	5	<b>01:34:00.00</b>	<b>01:34:00.00</b>	+00:26:51 (28.6%)	6:42	8.9 (71.2%)
32	<b>RUDY Przemysław</b>	<b>1185</b>	LEMON TEAM	M30	9	<b>01:34:09.65</b>	<b>01:34:09.65</b>	+00:27:01 (28.7%)	6:43	8.9 (71.2%)
33	<b>STEFAŃSKA Małgorzata</b>	<b>1096</b>		K50	1	<b>01:34:12.90</b>	<b>01:34:12.90</b>	+00:27:04 (28.7%)	6:43	8.9 (71.2%)
34	<b>GAŁAT Marcin</b>	<b>1101</b>		M30	10	<b>01:35:00.55</b>	<b>01:35:00.55</b>	+00:27:52 (29.3%)	6:47	8.8 (70.4%)
35	<b>GŁUCHOWSKA Zofia</b>	<b>1029</b>		K20	4	<b>01:35:27.40</b>	<b>01:35:27.40</b>	+00:28:18 (29.7%)	6:49	8.8 (70.4%)
36	<b>ZARZECZNY Piotr</b>	<b>1042</b>		M40	5	<b>01:35:47.75</b>	<b>01:35:47.75</b>	+00:28:39 (29.9%)	6:50	8.8 (70.4%)
37	<b>BŁONKA Bartosz</b>	<b>1227</b>		M20	6	<b>01:36:11.45</b>	<b>01:36:11.45</b>	+00:29:02 (30.2%)	6:52	8.7 (69.6%)
38	<b>MILANOWSKA Maria</b>	<b>1250</b>	-	K20	5	<b>01:36:32.85</b>	<b>01:36:32.85</b>	+00:29:24 (30.5%)	6:53	8.7 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
39	<b>DZIERŻYŃSKI Łukasz</b>	<b>1239</b>	KS BARAKUDA	M40	6	<b>01:36:34.00</b>	<b>01:36:34.00</b>	+00:29:25 (30.5%)	6:53	8.7 (69.6%)
40	<b>KOWALCZYK Piotr</b>	<b>1207</b>	ZSP W RYMANOWIE	M40	7	<b>01:36:42.65</b>	<b>01:36:42.65</b>	+00:29:34 (30.6%)	6:54	8.7 (69.6%)
41	<b>CICHOŃ Sabina</b>	<b>1223</b>		K40	2	<b>01:37:00.00</b>	<b>01:37:00.00</b>	+00:29:51 (30.8%)	6:55	8.7 (69.6%)
42	<b>WOŹNIAK Janusz</b>	<b>1011</b>	PORMAT JEDLICZE BIEGA	M60	2	<b>01:37:20.30</b>	<b>01:37:20.30</b>	+00:30:11 (31.0%)	6:57	8.6 (68.8%)
43	<b>MROCZEK Dawid</b>	<b>1147</b>	TEMAT TORPEDA	M30	11	<b>01:39:12.60</b>	<b>01:39:12.60</b>	+00:32:04 (32.3%)	7:05	8.5 (68.0%)
44	<b>IWANOW Michał</b>	<b>1019</b>	JDDR	M20	7	<b>01:39:29.45</b>	<b>01:39:29.45</b>	+00:32:20 (32.5%)	7:06	8.4 (67.2%)
45	<b>PUTYRA Damian</b>	<b>1201</b>		M30	12	<b>01:39:38.15</b>	<b>01:39:38.15</b>	+00:32:29 (32.6%)	7:07	8.4 (67.2%)
46	<b>BARSKA Agnieszka</b>	<b>1024</b>	DYCZUŚ TEAM	K40	3	<b>01:39:56.95</b>	<b>01:39:56.95</b>	+00:32:48 (32.8%)	7:08	8.4 (67.2%)
47	<b>NAWROT Bartłomiej</b>	<b>1220</b>	KAMIENIOŁOM	M30	13	<b>01:40:04.85</b>	<b>01:40:04.85</b>	+00:32:56 (32.9%)	7:08	8.4 (67.2%)
48	<b>WALASZEK Kamil</b>	<b>1154</b>		M30	14	<b>01:40:06.40</b>	<b>01:40:06.40</b>	+00:32:57 (32.9%)	7:09	8.4 (67.2%)
49	<b>KRZYŻOWSKI Hubert</b>	<b>9044</b>	RUNFORYOURBEER!	M40	8	<b>01:40:38.25</b>	<b>01:40:38.25</b>	+00:33:29 (33.3%)	7:11	8.3 (66.4%)
50	<b>UJMA Stanisław</b>	<b>1252</b>	GALICJA BIEGA	M60	3	<b>01:40:47.20</b>	<b>01:40:47.20</b>	+00:33:38 (33.4%)	7:11	8.3 (66.4%)
51	<b>KUREK Grażyna</b>	<b>5224</b>	TRENUJESAM	K40	4	<b>01:41:15.35</b>	<b>01:41:15.35</b>	+00:34:06 (33.7%)	7:13	8.3 (66.4%)
52	<b>RABCZEWSKI Andrzej</b>	<b>1230</b>		M50	6	<b>01:42:28.85</b>	<b>01:42:28.85</b>	+00:35:20 (34.5%)	7:19	8.2 (65.6%)
53	<b>STACHOWSKA Sylwia</b>	<b>1168</b>	NIE WIEM, NIE OBCHODZI MNIE TO	K20	6	<b>01:42:32.95</b>	<b>01:42:32.95</b>	+00:35:24 (34.5%)	7:19	8.2 (65.6%)
54	<b>OCHYRA Karolina</b>	<b>1236</b>	GUKLA BRATKOWICE KORZENIOWSKI.PL	K20	7	<b>01:45:00.80</b>	<b>01:45:00.80</b>	+00:37:52 (36.1%)	7:30	8 (64.0%)
55	<b>WALASZEK Karolina</b>	<b>1143</b>		K30	5	<b>01:45:47.85</b>	<b>01:45:47.85</b>	+00:38:39 (36.5%)	7:33	7.9 (63.2%)
56	<b>SZAFRAŃSKI Tomasz</b>	<b>1176</b>		M30	15	<b>01:47:04.00</b>	<b>01:47:04.00</b>	+00:39:55 (37.3%)	7:38	7.8 (62.4%)
57	<b>PITALA Paweł</b>	<b>1086</b>		M30	16	<b>01:47:08.55</b>	<b>01:47:08.55</b>	+00:40:00 (37.3%)	7:39	7.8 (62.4%)
58	<b>POPARDA Paweł</b>	<b>1141</b>	PZU SPORT TEAM	M40	9	<b>01:47:13.15</b>	<b>01:47:13.15</b>	+00:40:04 (37.4%)	7:39	7.8 (62.4%)
59	<b>ŚLUSARZ Marian</b>	<b>1112</b>		M60	4	<b>01:47:42.35</b>	<b>01:47:42.35</b>	+00:40:33 (37.7%)	7:41	7.8 (62.4%)
60	<b>ZIÓŁKOWSKI Łukasz</b>	<b>1066</b>		M40	10	<b>01:48:12.15</b>	<b>01:48:12.15</b>	+00:41:03 (37.9%)	7:43	7.8 (62.4%)
61	<b>MORDARSKA Angelika</b>	<b>1246</b>		K30	6	<b>01:48:32.65</b>	<b>01:48:32.65</b>	+00:41:24 (38.1%)	7:45	7.7 (61.6%)

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62	<b>SKRZYŃSKI Emil</b>	<b>1204</b>		M30	17	<b>01:48:39.50</b>	<b>01:48:39.50</b>	+00:41:31 (38.2%)	7:45	7.7 (61.6%)
63	<b>SALA Paweł</b>	<b>9034</b>	MIZUNO TURBACZ TRAIL	M40	11	<b>01:49:08.10</b>	<b>01:49:08.10</b>	+00:41:59 (38.5%)	7:47	7.7 (61.6%)
64	<b>ŚNIEGOSKI Sebastian</b>	<b>1005</b>	BROOKS RUN HAPPY	M40	12	<b>01:50:32.55</b>	<b>01:50:32.55</b>	+00:43:24 (39.3%)	7:53	7.6 (60.8%)
65	<b>DUCZYNSKI Daniel</b>	<b>1231</b>		M40	13	<b>01:50:35.75</b>	<b>01:50:35.75</b>	+00:43:27 (39.3%)	7:53	7.6 (60.8%)
66	<b>JEDZINIAK Krzysztof</b>	<b>1156</b>		M40	14	<b>01:51:09.80</b>	<b>01:51:09.80</b>	+00:44:01 (39.6%)	7:56	7.6 (60.8%)
66	<b>JEDZINIAK Jan</b>	<b>1160</b>		M50	7	<b>01:51:09.80</b>	<b>01:51:09.80</b>	+00:44:01 (39.6%)	7:56	7.6 (60.8%)
68	<b>STEC Marek</b>	<b>1117</b>		M30	18	<b>01:51:18.65</b>	<b>01:51:18.65</b>	+00:44:10 (39.7%)	7:57	7.5 (60.0%)
69	<b>KORCALA Weronika</b>	<b>1038</b>		K20	8	<b>01:52:23.80</b>	<b>01:52:23.80</b>	+00:45:15 (40.3%)	8:01	7.5 (60.0%)
70	<b>JANAS Marian</b>	<b>1216</b>		M60	5	<b>01:52:51.90</b>	<b>01:52:51.90</b>	+00:45:43 (40.5%)	8:03	7.4 (59.2%)
71	<b>KULESZA Paweł</b>	<b>1018</b>		M30	19	<b>01:53:08.75</b>	<b>01:53:08.75</b>	+00:46:00 (40.7%)	8:04	7.4 (59.2%)
72	<b>WERESINSKI Michał</b>	<b>1241</b>		M40	15	<b>01:53:35.70</b>	<b>01:53:35.70</b>	+00:46:27 (40.9%)	8:06	7.4 (59.2%)
73	<b>ŁUKASZEK Marek</b>	<b>1055</b>		M30	20	<b>01:54:01.20</b>	<b>01:54:01.20</b>	+00:46:52 (41.1%)	8:08	7.4 (59.2%)
74	<b>ROGACKI Łukasz</b>	<b>1166</b>		M40	16	<b>01:54:10.30</b>	<b>01:54:10.30</b>	+00:47:01 (41.2%)	8:09	7.4 (59.2%)
75	<b>ROGACKA Joanna</b>	<b>1165</b>		K40	5	<b>01:54:10.50</b>	<b>01:54:10.50</b>	+00:47:02 (41.2%)	8:09	7.4 (59.2%)
76	<b>KACZMAREK Łukasz</b>	<b>1258</b>	ORT	M30	21	<b>01:56:35.90</b>	<b>01:56:35.90</b>	+00:49:27 (42.4%)	8:19	7.2 (57.6%)
77	<b>PYŚ Kamila</b>	<b>1247</b>	AKTYWNY DYNÓW	K30	7	<b>01:56:51.00</b>	<b>01:56:51.00</b>	+00:49:42 (42.5%)	8:20	7.2 (57.6%)
78	<b>DRABIK - SŁOMKA Małgorzata</b>	<b>1242</b>		K30	8	<b>01:57:02.95</b>	<b>01:57:02.95</b>	+00:49:54 (42.6%)	8:21	7.2 (57.6%)
79	<b>DZIERŻAK Arkadiusz</b>	<b>1181</b>		M40	17	<b>01:57:05.55</b>	<b>01:57:05.55</b>	+00:49:57 (42.7%)	8:21	7.2 (57.6%)
80	<b>SEWERYN Krzysztof</b>	<b>1159</b>		M40	18	<b>01:57:06.90</b>	<b>01:57:06.90</b>	+00:49:58 (42.7%)	8:21	7.2 (57.6%)
81	<b>PIETRUSZKA Anna</b>	<b>1129</b>		K40	6	<b>01:57:10.15</b>	<b>01:57:10.15</b>	+00:50:01 (42.7%)	8:22	7.2 (57.6%)
82	<b>BRODA Anna</b>	<b>1254</b>		K20	9	<b>01:57:14.75</b>	<b>01:57:14.75</b>	+00:50:06 (42.7%)	8:22	7.2 (57.6%)
83	<b>PAŁKA Anna</b>	<b>1188</b>	KB PARANTELA	K40	7	<b>01:57:22.25</b>	<b>01:57:22.25</b>	+00:50:13 (42.8%)	8:23	7.2 (57.6%)
84	<b>POBUDKIEWICZ Seweryn</b>	<b>1149</b>		M40	19	<b>01:57:24.50</b>	<b>01:57:24.50</b>	+00:50:16 (42.8%)	8:23	7.2 (57.6%)

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85	<b>GANCARZ Barbara</b>	<b>1092</b>		K30	9	<b>01:57:43.40</b>	<b>01:57:43.40</b>	+00:50:34 (43.0%)	8:24	7.1 (56.8%)
86	<b>TADLA Izabela</b>	<b>1244</b>	#NOLIMITS	K30	10	<b>01:57:46.65</b>	<b>01:57:46.65</b>	+00:50:38 (43.0%)	8:24	7.1 (56.8%)
87	<b>STACHOWSKI Jakub</b>	<b>1167</b>	NIE WIEM, NIE OBCHODZI MNIE TO	M30	22	<b>01:57:50.00</b>	<b>01:57:50.00</b>	+00:50:41 (43.0%)	8:25	7.1 (56.8%)
88	<b>TABOR Piotr</b>	<b>1100</b>		M40	20	<b>01:57:55.95</b>	<b>01:57:55.95</b>	+00:50:47 (43.1%)	8:25	7.1 (56.8%)
89	<b>WAŚIK Piotr</b>	<b>1121</b>	TRUCHTACZ.PL	M40	21	<b>01:57:58.70</b>	<b>01:57:58.70</b>	+00:50:50 (43.1%)	8:25	7.1 (56.8%)
90	<b>ŁAŻNIAK-PFAJFER Agata</b>	<b>1214</b>		K30	11	<b>01:58:03.90</b>	<b>01:58:03.90</b>	+00:50:55 (43.1%)	8:25	7.1 (56.8%)
91	<b>PANCZENKO Kamil</b>	<b>1050</b>		M30	23	<b>01:58:07.25</b>	<b>01:58:07.25</b>	+00:50:58 (43.2%)	8:26	7.1 (56.8%)
92	<b>SĘK Izabela</b>	<b>1190</b>		K30	12	<b>01:58:10.85</b>	<b>01:58:10.85</b>	+00:51:02 (43.2%)	8:26	7.1 (56.8%)
93	<b>DUCH Ola</b>	<b>2007</b>		K30	13	<b>01:58:17.35</b>	<b>01:58:17.35</b>	+00:51:08 (43.2%)	8:26	7.1 (56.8%)
94	<b>PODĘBSKA Emilia</b>	<b>1099</b>		K30	14	<b>01:58:54.40</b>	<b>01:58:54.40</b>	+00:51:45 (43.5%)	8:29	7.1 (56.8%)
95	<b>CHLEBIUK Bartek</b>	<b>1182</b>		M20	8	<b>01:59:52.60</b>	<b>01:59:52.60</b>	+00:52:44 (44.0%)	8:33	7 (56.0%)
96	<b>STEPANIUK Emilia</b>	<b>1183</b>		K20	10	<b>01:59:52.75</b>	<b>01:59:52.75</b>	+00:52:44 (44.0%)	8:33	7 (56.0%)
97	<b>LITWA Łukasz</b>	<b>1206</b>	SZLACHTABIEGA	M40	22	<b>01:59:59.10</b>	<b>01:59:59.10</b>	+00:52:50 (44.0%)	8:34	7 (56.0%)
98	<b>BAK LITWA Ewa</b>	<b>1205</b>	SZLACHTABIEGA	K40	8	<b>01:59:59.15</b>	<b>01:59:59.15</b>	+00:52:50 (44.0%)	8:34	7 (56.0%)
99	<b>JUCHA Urszula</b>	<b>1152</b>		K50	2	<b>02:00:16.05</b>	<b>02:00:16.05</b>	+00:53:07 (44.2%)	8:35	7 (56.0%)
100	<b>KOPIK Michał</b>	<b>1256</b>	TRUCHTACZ.PL	M40	23	<b>02:00:17.65</b>	<b>02:00:17.65</b>	+00:53:09 (44.2%)	8:35	7 (56.0%)
101	<b>GACEK Mariusz</b>	<b>1088</b>		M30	24	<b>02:00:21.45</b>	<b>02:00:21.45</b>	+00:53:12 (44.2%)	8:35	7 (56.0%)
102	<b>MAZUR Adam</b>	<b>1186</b>		M30	25	<b>02:00:26.85</b>	<b>02:00:26.85</b>	+00:53:18 (44.3%)	8:36	7 (56.0%)
103	<b>CZERNIAK Artur</b>	<b>1043</b>	MASAKRA KLUB SPORTOWY	M50	8	<b>02:00:44.35</b>	<b>02:00:44.35</b>	+00:53:35 (44.4%)	8:37	7 (56.0%)
104	<b>DAMIĘCKI Jan</b>	<b>1010</b>	MASAKRA KLUB SPORTOWY	M40	24	<b>02:00:44.45</b>	<b>02:00:44.45</b>	+00:53:35 (44.4%)	8:37	7 (56.0%)
105	<b>STELMACH Paweł</b>	<b>1090</b>	KIELECKI KLUB BIEGACZA WYPOSAŻONEGO W PAS NEOPRENOWY	M30	26	<b>02:00:50.10</b>	<b>02:00:50.10</b>	+00:53:41 (44.4%)	8:37	7 (56.0%)
106	<b>TARNAWSKA Monika</b>	<b>1212</b>		K50	3	<b>02:02:32.20</b>	<b>02:02:32.20</b>	+00:55:23 (45.2%)	8:45	6.9 (55.2%)
107	<b>NOWAK Adrianna</b>	<b>1118</b>		K20	11	<b>02:02:58.45</b>	<b>02:02:58.45</b>	+00:55:49 (45.4%)	8:47	6.8 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
108	<b>KOPIK Kinga</b>	<b>1105</b>	TRUCHTACZ.PL	K40	9	<b>02:03:34.15</b>	<b>02:03:34.15</b>	+00:56:25 (45.7%)	8:49	6.8 (54.4%)
109	<b>WENARSKI Grzegorz</b>	<b>1049</b>		M40	25	<b>02:04:37.40</b>	<b>02:04:37.40</b>	+00:57:28 (46.1%)	8:54	6.7 (53.6%)
110	<b>SIAST Joanna</b>	<b>1228</b>	KAMIENIOŁOM	K30	15	<b>02:05:06.25</b>	<b>02:05:06.25</b>	+00:57:57 (46.3%)	8:56	6.7 (53.6%)
111	<b>KUBALA Alicja</b>	<b>1008</b>		K50	4	<b>02:05:33.30</b>	<b>02:05:33.30</b>	+00:58:24 (46.5%)	8:58	6.7 (53.6%)
112	<b>ADACH-SOSNOWSKA Magdalena</b>	<b>1151</b>		K40	10	<b>02:05:45.25</b>	<b>02:05:45.25</b>	+00:58:36 (46.6%)	8:58	6.7 (53.6%)
113	<b>KORYŚ Agata</b>	<b>1119</b>	TRUCHTACZ.PL	K30	16	<b>02:05:52.15</b>	<b>02:05:52.15</b>	+00:58:43 (46.7%)	8:59	6.7 (53.6%)
114	<b>CYNARSKI Roland</b>	<b>1036</b>		M40	26	<b>02:06:02.05</b>	<b>02:06:02.05</b>	+00:58:53 (46.7%)	9:00	6.7 (53.6%)
115	<b>PIOTROWICZ Małgorzata</b>	<b>1224</b>	INFINITY-GYM ŁUKASZ SZAPORÓW	K40	11	<b>02:06:59.35</b>	<b>02:06:59.35</b>	+00:59:50 (47.1%)	9:04	6.6 (52.8%)
116	<b>FORMA Bartosz</b>	<b>1103</b>		M40	27	<b>02:07:00.35</b>	<b>02:07:00.35</b>	+00:59:51 (47.1%)	9:04	6.6 (52.8%)
117	<b>JAKUBASZEK Paula</b>	<b>1235</b>		K20	12	<b>02:08:43.80</b>	<b>02:08:43.80</b>	+01:01:35 (47.8%)	9:11	6.5 (52.0%)
118	<b>WOJDA Anna</b>	<b>1095</b>	HARD BOX	K40	12	<b>02:10:25.75</b>	<b>02:10:25.75</b>	+01:03:17 (48.5%)	9:18	6.4 (51.2%)
119	<b>SĘK Krystian</b>	<b>1191</b>		M30	27	<b>02:10:26.65</b>	<b>02:10:26.65</b>	+01:03:18 (48.5%)	9:19	6.4 (51.2%)
120	<b>SŁOTWIŃSKI Paweł</b>	<b>1178</b>		M40	28	<b>02:10:35.10</b>	<b>02:10:35.10</b>	+01:03:26 (48.6%)	9:19	6.4 (51.2%)
121	<b>SZPAK Zyta</b>	<b>1155</b>	BYLEDOMETRY	K30	17	<b>02:11:02.70</b>	<b>02:11:02.70</b>	+01:03:54 (48.8%)	9:21	6.4 (51.2%)
122	<b>KLEPACKI Maciej</b>	<b>1037</b>		M40	29	<b>02:11:08.50</b>	<b>02:11:08.50</b>	+01:04:00 (48.8%)	9:22	6.4 (51.2%)
123	<b>NOWAK Jakub</b>	<b>1172</b>		M30	28	<b>02:11:12.50</b>	<b>02:11:12.50</b>	+01:04:04 (48.8%)	9:22	6.4 (51.2%)
124	<b>WIERZBICKI Piotr</b>	<b>1226</b>	POLE NAMIOTOWE TRAMP	M30	29	<b>02:11:21.95</b>	<b>02:11:21.95</b>	+01:04:13 (48.9%)	9:22	6.4 (51.2%)
125	<b>WIERZBICKA Joanna</b>	<b>1157</b>		K30	18	<b>02:11:22.25</b>	<b>02:11:22.25</b>	+01:04:13 (48.9%)	9:23	6.4 (51.2%)
126	<b>WOJCIECHOWSKI Jakub</b>	<b>1134</b>		M20	9	<b>02:11:25.85</b>	<b>02:11:25.85</b>	+01:04:17 (48.9%)	9:23	6.4 (51.2%)
127	<b>SITEK Arkadiusz</b>	<b>1126</b>	DKB	M40	30	<b>02:11:39.15</b>	<b>02:11:39.15</b>	+01:04:30 (49.0%)	9:24	6.4 (51.2%)
128	<b>CZECHOWSKI Filip</b>	<b>1135</b>	DKB	M50	9	<b>02:11:39.45</b>	<b>02:11:39.45</b>	+01:04:30 (49.0%)	9:24	6.4 (51.2%)
129	<b>TARKOWSKI Paweł</b>	<b>1137</b>	DKB	M40	31	<b>02:11:39.70</b>	<b>02:11:39.70</b>	+01:04:31 (49.0%)	9:24	6.4 (51.2%)
130	<b>CICHECKI Michał</b>	<b>1144</b>	DKB	M40	32	<b>02:11:39.75</b>	<b>02:11:39.75</b>	+01:04:31 (49.0%)	9:24	6.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
131	<b>KLUZ Filip</b>	<b>1115</b>	PODIUM	M20	10	<b>02:11:47.10</b>	<b>02:11:47.10</b>	+01:04:38 (49.1%)	9:24	6.4 (51.2%)
132	<b>KLUZ Robert</b>	<b>1116</b>	#SZLACHTABIEGA	M50	10	<b>02:11:47.40</b>	<b>02:11:47.40</b>	+01:04:38 (49.1%)	9:24	6.4 (51.2%)
133	<b>SITAREK Edwin</b>	<b>1057</b>	RKS HUWDU	M20	11	<b>02:12:10.15</b>	<b>02:12:10.15</b>	+01:05:01 (49.2%)	9:26	6.4 (51.2%)
134	<b>KALKOSIŃSKA Anna</b>	<b>1058</b>	STUDIO FORMY CROSS GYM	K20	13	<b>02:12:10.45</b>	<b>02:12:10.45</b>	+01:05:01 (49.2%)	9:26	6.4 (51.2%)
135	<b>JAKUBCZAK Łukasz</b>	<b>1179</b>		M40	33	<b>02:12:13.45</b>	<b>02:12:13.45</b>	+01:05:04 (49.2%)	9:26	6.4 (51.2%)
136	<b>PREIS Kamil</b>	<b>1232</b>		M30	30	<b>02:12:27.40</b>	<b>02:12:27.40</b>	+01:05:18 (49.3%)	9:27	6.3 (50.4%)
137	<b>WIERZBICKA Ewa</b>	<b>1163</b>		K50	5	<b>02:12:32.40</b>	<b>02:12:32.40</b>	+01:05:23 (49.3%)	9:28	6.3 (50.4%)
138	<b>FIEDORCZUK Łukasz</b>	<b>1234</b>	BIMBER RUNNIG TEAM	M40	34	<b>02:12:36.15</b>	<b>02:12:36.15</b>	+01:05:27 (49.4%)	9:28	6.3 (50.4%)
139	<b>GRUDZIŃSKA Angelika</b>	<b>1104</b>		K30	19	<b>02:12:44.85</b>	<b>02:12:44.85</b>	+01:05:36 (49.4%)	9:28	6.3 (50.4%)
140	<b>NYCZ Edyta</b>	<b>1014</b>		K30	20	<b>02:12:55.80</b>	<b>02:12:55.80</b>	+01:05:47 (49.5%)	9:29	6.3 (50.4%)
141	<b>KLIMCZAK Arkadiusz</b>	<b>1080</b>	KLUB BIEGACZA RTV EURO AGD	M50	11	<b>02:13:12.65</b>	<b>02:13:12.65</b>	+01:06:04 (49.6%)	9:30	6.3 (50.4%)
142	<b>KIEDROWSKA Bogusława</b>	<b>1087</b>	RTV EURO AGD	K40	13	<b>02:13:12.70</b>	<b>02:13:12.70</b>	+01:06:04 (49.6%)	9:30	6.3 (50.4%)
143	<b>BOŻEWICZ Mariusz</b>	<b>1094</b>		M40	35	<b>02:13:52.45</b>	<b>02:13:52.45</b>	+01:06:43 (49.8%)	9:33	6.3 (50.4%)
144	<b>RABCZEWSKA Elżbieta</b>	<b>1189</b>		K50	6	<b>02:14:13.25</b>	<b>02:14:13.25</b>	+01:07:04 (50.0%)	9:35	6.3 (50.4%)
145	<b>SZYMULA Paula</b>	<b>1175</b>	USTJANOWA GÓRNA	K20	14	<b>02:14:22.55</b>	<b>02:14:22.55</b>	+01:07:14 (50.0%)	9:35	6.3 (50.4%)
146	<b>KAŁOWSKI Irek</b>	<b>1039</b>	K-ŁOSIE	M40	36	<b>02:14:26.45</b>	<b>02:14:26.45</b>	+01:07:17 (50.1%)	9:36	6.2 (49.6%)
147	<b>ŁUCZAK Michał</b>	<b>1245</b>	FUNDACJA RAK'N'ROLL	M40	37	<b>02:14:49.65</b>	<b>02:14:49.65</b>	+01:07:41 (50.2%)	9:37	6.2 (49.6%)
148	<b>DENKOWSKA Lidia</b>	<b>1194</b>		K40	14	<b>02:15:03.90</b>	<b>02:15:03.90</b>	+01:07:55 (50.3%)	9:38	6.2 (49.6%)
149	<b>JAWORSKA Sylwia</b>	<b>1255</b>	NOCNY BÓR TEAM	K40	15	<b>02:15:29.05</b>	<b>02:15:29.05</b>	+01:08:20 (50.4%)	9:40	6.2 (49.6%)
150	<b>MARKIEWICZ - GLAPA Ludmiła</b>	<b>1009</b>		K40	16	<b>02:15:33.40</b>	<b>02:15:33.40</b>	+01:08:24 (50.5%)	9:40	6.2 (49.6%)
151	<b>PŁOUCZA Justyna</b>	<b>1125</b>		K50	7	<b>02:16:17.95</b>	<b>02:16:17.95</b>	+01:09:09 (50.7%)	9:44	6.2 (49.6%)
152	<b>ANDRASZ Paweł</b>	<b>1082</b>		M30	31	<b>02:17:49.65</b>	<b>02:17:49.65</b>	+01:10:41 (51.3%)	9:50	6.1 (48.8%)
153	<b>IMBIOROWICZ Daria</b>	<b>1138</b>	PANIE, DALEKO JESZCZE?	K30	21	<b>02:17:59.85</b>	<b>02:17:59.85</b>	+01:10:51 (51.3%)	9:51	6.1 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
154	<b>SZYSZKA Dominik</b>	<b>1123</b>	TRUCHTACZ	M50	12	<b>02:18:10.95</b>	<b>02:18:10.95</b>	+01:11:02 (51.4%)	9:52	6.1 (48.8%)
155	<b>MACHAJ Katarzyna</b>	<b>1051</b>		K30	22	<b>02:18:14.30</b>	<b>02:18:14.30</b>	+01:11:05 (51.4%)	9:52	6.1 (48.8%)
156	<b>KORPYSA Piotr</b>	<b>1040</b>		M30	32	<b>02:18:55.05</b>	<b>02:18:55.05</b>	+01:11:46 (51.7%)	9:55	6 (48.0%)
157	<b>PISZCZ Dariusz</b>	<b>1238</b>		M50	13	<b>02:18:56.45</b>	<b>02:18:56.45</b>	+01:11:47 (51.7%)	9:55	6 (48.0%)
158	<b>CIEĆKIEWICZ Paulina</b>	<b>1187</b>		K30	23	<b>02:20:11.70</b>	<b>02:20:11.70</b>	+01:13:03 (52.1%)	10:00	6 (48.0%)
159	<b>KURDYŚ Małgorzata</b>	<b>1150</b>	NATALIA TOMASIAK GÓRSKI STYL	K20	15	<b>02:21:45.95</b>	<b>02:21:45.95</b>	+01:14:37 (52.6%)	10:07	5.9 (47.2%)
160	<b>MROCZEK Mariola</b>	<b>1146</b>		K50	8	<b>02:21:50.55</b>	<b>02:21:50.55</b>	+01:14:42 (52.7%)	10:07	5.9 (47.2%)
161	<b>ROGUZIŃSKA Kamila</b>	<b>1130</b>		K40	17	<b>02:22:02.85</b>	<b>02:22:02.85</b>	+01:14:54 (52.7%)	10:08	5.9 (47.2%)
162	<b>SEROKA Katarzyna</b>	<b>1145</b>		K30	24	<b>02:22:05.55</b>	<b>02:22:05.55</b>	+01:14:57 (52.7%)	10:08	5.9 (47.2%)
163	<b>CZAPSKA Bożena</b>	<b>1093</b>		K40	18	<b>02:22:22.65</b>	<b>02:22:22.65</b>	+01:15:14 (52.8%)	10:10	5.9 (47.2%)
164	<b>SŁOTWIŃSKA Beata</b>	<b>1177</b>		K40	19	<b>02:22:54.40</b>	<b>02:22:54.40</b>	+01:15:45 (53.0%)	10:12	5.9 (47.2%)
165	<b>JAWORSKA Justyna</b>	<b>1052</b>		K30	25	<b>02:25:45.50</b>	<b>02:25:45.50</b>	+01:18:37 (53.9%)	10:24	5.8 (46.4%)
166	<b>KLIMKIEWICZ Aleksandra</b>	<b>1113</b>		K30	26	<b>02:26:14.15</b>	<b>02:26:14.15</b>	+01:19:05 (54.1%)	10:26	5.7 (45.6%)
167	<b>STRĘK Sylwia</b>	<b>1173</b>		K30	27	<b>02:26:17.25</b>	<b>02:26:17.25</b>	+01:19:08 (54.1%)	10:26	5.7 (45.6%)
168	<b>KASZUBA Katarzyna</b>	<b>1248</b>		K30	28	<b>02:27:54.60</b>	<b>02:27:54.60</b>	+01:20:46 (54.6%)	10:33	5.7 (45.6%)
169	<b>WÓJCIK Agnieszka</b>	<b>1122</b>	TRUCHTACZ	K40	20	<b>02:27:56.25</b>	<b>02:27:56.25</b>	+01:20:47 (54.6%)	10:34	5.7 (45.6%)
170	<b>DROSIO Katarzyna</b>	<b>1229</b>		K40	21	<b>02:28:01.85</b>	<b>02:28:01.85</b>	+01:20:53 (54.6%)	10:34	5.7 (45.6%)
171	<b>SZAŁAS Andrzej</b>	<b>1106</b>	TRUCHTACZ.PL	M50	14	<b>02:28:34.40</b>	<b>02:28:34.40</b>	+01:21:25 (54.8%)	10:36	5.7 (45.6%)
172	<b>WIERBIŁOWICZ Małgorzata</b>	<b>1047</b>		K40	22	<b>02:28:38.35</b>	<b>02:28:38.35</b>	+01:21:29 (54.8%)	10:37	5.7 (45.6%)
173	<b>SURDACKA Edyta</b>	<b>1200</b>		K30	29	<b>02:28:52.90</b>	<b>02:28:52.90</b>	+01:21:44 (54.9%)	10:38	5.6 (44.8%)
174	<b>SZEWCZYK Katarzyna</b>	<b>1184</b>		K40	23	<b>02:28:53.05</b>	<b>02:28:53.05</b>	+01:21:44 (54.9%)	10:38	5.6 (44.8%)
175	<b>STRZYŻOWSKI Paweł</b>	<b>1002</b>		M40	38	<b>02:28:53.95</b>	<b>02:28:53.95</b>	+01:21:45 (54.9%)	10:38	5.6 (44.8%)
176	<b>WOŹNIAK Lidia</b>	<b>1110</b>	PORMAT JEDLICZE BIEGA	K50	9	<b>02:29:49.95</b>	<b>02:29:49.95</b>	+01:22:41 (55.2%)	10:42	5.6 (44.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
177	WIŚNIEWSKA Justyna	1026		K40	24	02:30:53.25	02:30:53.25	+01:23:44 (55.5%)	10:46	5.6 (44.8%)
178	DRZEWIECKA Ada	1025		K30	30	02:30:53.30	02:30:53.30	+01:23:44 (55.5%)	10:46	5.6 (44.8%)
179	MAZURKÓW Marian	1161		M60	6	02:31:02.05	02:31:02.05	+01:23:53 (55.5%)	10:47	5.6 (44.8%)
180	CHMIEL Monika	1162	RUCH IZBICA	K40	25	02:31:42.80	02:31:42.80	+01:24:34 (55.7%)	10:50	5.5 (44.0%)
181	OLENDER Robert	1062		M40	39	02:32:31.95	02:32:31.95	+01:25:23 (56.0%)	10:53	5.5 (44.0%)
182	OLENDER Dominik	1065		M20	12	02:32:32.55	02:32:32.55	+01:25:24 (56.0%)	10:53	5.5 (44.0%)
183	ŻYLEWICZ Agata	1139		K30	31	02:34:49.90	02:34:49.90	+01:27:41 (56.6%)	11:03	5.4 (43.2%)
184	MARCINIAK Barbara	1142		K40	26	02:35:07.50	02:35:07.50	+01:27:59 (56.7%)	11:04	5.4 (43.2%)
185	IWANIEC Ewa	1210		K40	27	02:35:12.75	02:35:12.75	+01:28:04 (56.7%)	11:05	5.4 (43.2%)
185	SMORAŃGIEWICZ Marcin	1069		M40	40	02:35:12.75	02:35:12.75	+01:28:04 (56.7%)	11:05	5.4 (43.2%)
187	KOS Małgorzata	1027		K40	28	02:39:05.35	02:39:05.35	+01:31:56 (57.8%)	11:21	5.3 (42.4%)
188	KOS Michał	1028		M40	41	02:39:05.75	02:39:05.75	+01:31:57 (57.8%)	11:21	5.3 (42.4%)
189	CZAPLA Andrzej	1153		M60	7	02:39:42.80	02:39:42.80	+01:32:34 (58.0%)	11:24	5.3 (42.4%)
190	LEŚNIAK Natalia	1076		K20	16	02:40:08.05	02:40:08.05	+01:32:59 (58.1%)	11:26	5.2 (41.6%)
191	ZWOLEŃ Gabriela	1077		K20	17	02:40:08.35	02:40:08.35	+01:32:59 (58.1%)	11:26	5.2 (41.6%)
192	SZYSZKA Monika	1133	TRUCHTACZ.PL	K50	10	02:42:02.25	02:42:02.25	+01:34:53 (58.6%)	11:34	5.2 (41.6%)
193	TOMASZEWSKA Joanna	1033	UKJ STUBNO	K40	29	02:42:45.00	02:42:45.00	+01:35:36 (58.7%)	11:37	5.2 (41.6%)
194	MAZUR Iwona	1196	ĆMY BAROWE	K30	32	02:44:43.25	02:44:43.25	+01:37:34 (59.2%)	11:45	5.1 (40.8%)
195	SĘK Tomasz	1032	ĆMY BAROWE	M30	33	02:44:43.45	02:44:43.45	+01:37:34 (59.2%)	11:45	5.1 (40.8%)
196	MAZUR Piotr	1195	ĆMY BAROWE	M30	34	02:44:43.60	02:44:43.60	+01:37:35 (59.2%)	11:45	5.1 (40.8%)
197	MATWIEJCZUK Magdalena	1203		K30	33	02:45:34.40	02:45:34.40	+01:38:25 (59.4%)	11:49	5.1 (40.8%)
198	STEPANIUK Joanna	1202	BIEGAMY DZISIAJ? WIERZBICA	K50	11	02:45:34.60	02:45:34.60	+01:38:26 (59.4%)	11:49	5.1 (40.8%)
198	MALCZEWSKA Joanna	1213	BIEGAMY DZISIAJ? WIERZBICA	K40	30	02:45:34.60	02:45:34.60	+01:38:26 (59.4%)	11:49	5.1 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
200	<b>BABIARZ Paulina</b>	<b>1148</b>		K30	34	<b>02:46:57.80</b>	<b>02:46:57.80</b>	+01:39:49 (59.8%)	11:55	5 (40.0%)
201	<b>WERESZCZAK Arkadiusz</b>	<b>1097</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	35	<b>02:46:57.85</b>	<b>02:46:57.85</b>	+01:39:49 (59.8%)	11:55	5 (40.0%)
202	<b>KOWALIK Anna</b>	<b>1221</b>		K30	35	<b>02:46:58.00</b>	<b>02:46:58.00</b>	+01:39:49 (59.8%)	11:55	5 (40.0%)
203	<b>UNIOWSKI Tomasz</b>	<b>1098</b>	ĆMY BAROWE	M40	42	<b>02:51:01.95</b>	<b>02:51:01.95</b>	+01:43:53 (60.7%)	12:12	4.9 (39.2%)
204	<b>GRUDZIŃSKA Ewa</b>	<b>1114</b>	WOJSKA OBRONY TERYTORIALNEJ	K50	12	<b>02:55:26.30</b>	<b>02:55:26.30</b>	+01:48:17 (61.7%)	12:31	4.8 (38.4%)
205	<b>MICHALAK Aleksandra</b>	<b>1128</b>		K40	31	<b>02:56:12.25</b>	<b>02:56:12.25</b>	+01:49:03 (61.9%)	12:35	4.8 (38.4%)
206	<b>ZARĘBA Anna</b>	<b>1061</b>		K50	13	<b>03:00:32.75</b>	<b>03:00:32.75</b>	+01:53:24 (62.8%)	12:53	4.7 (37.6%)
207	<b>BIDZIŃSKA Joanna</b>	<b>1060</b>		K40	32	<b>03:00:33.75</b>	<b>03:00:33.75</b>	+01:53:25 (62.8%)	12:53	4.7 (37.6%)
208	<b>JĘDRUSZAK Przemysław</b>	<b>1180</b>		M40	43	<b>03:00:53.15</b>	<b>03:00:53.15</b>	+01:53:44 (62.9%)	12:55	4.6 (36.8%)
209	<b>BONOWICZ Joanna</b>	<b>1085</b>		K30	36	<b>03:01:49.50</b>	<b>03:01:49.50</b>	+01:54:41 (63.1%)	12:59	4.6 (36.8%)
210	<b>KOCIOŁEK Gosia</b>	<b>1111</b>	IROMAN.PL	K40	33	<b>03:08:15.35</b>	<b>03:08:15.35</b>	+02:01:06 (64.3%)	13:26	4.5 (36.0%)
211	<b>FILIŃSKA Maria</b>	<b>1257</b>	KLUB BIEGACZA BIAŁA BIEGA	K40	34	<b>03:10:34.25</b>	<b>03:10:34.25</b>	+02:03:25 (64.8%)	13:36	4.4 (35.2%)
212	<b>PŁODZIĘŃ Sławomir</b>	<b>1070</b>		M40	44	<b>03:10:39.90</b>	<b>03:10:39.90</b>	+02:03:31 (64.8%)	13:37	4.4 (35.2%)
213	<b>GRABOWSKA Patrycja</b>	<b>1045</b>		K20	18	<b>03:10:46.00</b>	<b>03:10:46.00</b>	+02:03:37 (64.8%)	13:37	4.4 (35.2%)
214	<b>BRODECKI Adam</b>	<b>1044</b>		M30	36	<b>03:10:48.55</b>	<b>03:10:48.55</b>	+02:03:40 (64.8%)	13:37	4.4 (35.2%)
215	<b>WOJCIECHOWSKA Violetta</b>	<b>1136</b>	KNT KALISZ	K50	14	<b>03:16:02.75</b>	<b>03:16:02.75</b>	+02:08:54 (65.8%)	14:00	4.3 (34.4%)
216	<b>ZIEMNIAK Magdalena</b>	<b>1071</b>		K40	35	<b>03:21:19.15</b>	<b>03:21:19.15</b>	+02:14:10 (66.6%)	14:22	4.2 (33.6%)
217	<b>MIKOŁAJCZYK Małgorzata</b>	<b>1197</b>		K40	36	<b>03:22:35.90</b>	<b>03:22:35.90</b>	+02:15:27 (66.9%)	14:28	4.1 (32.8%)
218	<b>SANKOWSKA Sylwia</b>	<b>1073</b>		K30	37	<b>03:23:48.55</b>	<b>03:23:48.55</b>	+02:16:40 (67.1%)	14:33	4.1 (32.8%)
219	<b>ZYŚKO Iwona</b>	<b>1075</b>		K30	38	<b>03:23:48.75</b>	<b>03:23:48.75</b>	+02:16:40 (67.1%)	14:33	4.1 (32.8%)
220	<b>BEDNARCZYK Teresa</b>	<b>1074</b>		K60	1	<b>03:23:51.20</b>	<b>03:23:51.20</b>	+02:16:42 (67.1%)	14:33	4.1 (32.8%)
221	<b>ORZECZOWSKA Danuta</b>	<b>1017</b>	KBP PASJA WARSZAWA	K60	2	<b>03:24:47.55</b>	<b>03:24:47.55</b>	+02:17:39 (67.2%)	14:37	4.1 (32.8%)
222	<b>ORZECZOWSKI Mieczysław</b>	<b>1016</b>	KBP PASJA WARSZAWA	M60	8	<b>03:24:47.85</b>	<b>03:24:47.85</b>	+02:17:39 (67.2%)	14:37	4.1 (32.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 14km	Czas brutto 14km	Różn	Tempo min/km	Tempo km/h
223	<b>SZUMACHER Bogdan</b>	<b>1199</b>		M40	45	<b>03:30:59.75</b>	<b>03:30:59.75</b>	+02:23:51 (68.2%)	15:04	4 (32.0%)
224	<b>SZUMACHER Ewa</b>	<b>1198</b>		K40	37	<b>03:31:00.80</b>	<b>03:31:00.80</b>	+02:23:52 (68.2%)	15:04	4 (32.0%)
225	<b>KLINIKOWSKA Bogusia</b>	<b>1108</b>		K40	38	<b>03:36:38.00</b>	<b>03:36:38.00</b>	+02:29:29 (69.0%)	15:28	3.9 (31.2%)
226	<b>KLINIKOWSKI Jacek</b>	<b>1109</b>	KOCHAM ŻYCIE I...	M50	15	<b>03:36:38.25</b>	<b>03:36:38.25</b>	+02:29:29 (69.0%)	15:28	3.9 (31.2%)
227	<b>WERESIŃSKA Aleksandra</b>	<b>1034</b>	UKJ STUBNO	K30	39	<b>03:47:10.95</b>	<b>03:47:10.95</b>	+02:40:02 (70.4%)	16:13	3.7 (29.6%)
228	<b>OLENDER Maja</b>	<b>1063</b>		K40	39	<b>03:57:47.90</b>	<b>03:57:47.90</b>	+02:50:39 (71.8%)	16:59	3.5 (28.0%)
229	<b>OLENDER Oliwier</b>	<b>1064</b>		M20	13	<b>03:57:49.30</b>	<b>03:57:49.30</b>	+02:50:40 (71.8%)	16:59	3.5 (28.0%)
230	<b>WITKIEWICZ-ŁUKASZEK Sandra</b>	<b>1054</b>		K30	40	<b>04:11:30.55</b>	<b>04:11:30.55</b>	+03:04:22 (73.3%)	17:57	3.3 (26.4%)
231	<b>STRZYŻOWSKA Monika</b>	<b>1001</b>		K40	40	<b>04:11:30.80</b>	<b>04:11:30.80</b>	+03:04:22 (73.3%)	17:57	3.3 (26.4%)
232	<b>SZOSTAKOWSKA-BALUKIN Dorota</b>	<b>1079</b>		K40	41	<b>04:23:41.75</b>	<b>04:23:41.75</b>	+03:16:33 (74.5%)	18:50	3.2 (25.6%)
233	<b>TOMASZKIEWICZ Elunia</b>	<b>1081</b>	RTV EURO AGD	K40	42	<b>04:23:46.95</b>	<b>04:23:46.95</b>	+03:16:38 (74.5%)	18:50	3.2 (25.6%)

Znaleziono 233 wynik(ów)