

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	ŻÓŁTEK Grzegorz	1233	NON STOP TRAIL / SPYTKOWICE	M30	1	01:07:08.50	01:07:08.50		4:47	12.5 (100%)
2	SZMIST Szymon	1174	KB ATHLETIC ZRĘCIN	M40	1	01:09:56.00	01:09:56.00	+00:02:47 (4.0%)	4:59	12 (96.0%)
3	ŁOIŃSKI Andrzej	1078	RUCH IZBICA	M40	2	01:12:03.05	01:12:03.05	+00:04:54 (6.8%)	5:08	11.7 (93.6%)
4	SZYBIAK Maciej	1249	PRZEMYSKI KLUB BIEGACZA	M20	1	01:15:31.40	01:15:31.40	+00:08:22 (11.1%)	5:23	11.1 (88.8%)
5	PEKALA Łukasz	1022		M30	2	01:18:06.25	01:18:06.25	+00:10:57 (14.0%)	5:34	10.8 (86.4%)
6	ZAWADZKI Marcin	1031	SZCZWANY TRZMIEL TEAM	M40	3	01:18:51.50	01:18:51.50	+00:11:43 (14.9%)	5:37	10.7 (85.6%)
7	ŚWIAT Paweł	1251		M30	3	01:22:16.75	01:22:16.75	+00:15:08 (18.4%)	5:52	10.2 (81.6%)
8	BOLECHOWSKA Dominika	1217	ALPIN SPORT TEAM	K40	1	01:22:36.20	01:22:36.20	+00:15:27 (18.7%)	5:54	10.2 (81.6%)
9	WITULSKI Waldemar	1209	TEAM PODGÓRZYN	M60	1	01:22:36.80	01:22:36.80	+00:15:28 (18.7%)	5:54	10.2 (81.6%)
10	STACHOWSKI Krzysztof	1171	NIE WIEM, NIE OBCHODZI MNIE TO	M50	1	01:23:24.75	01:23:24.75	+00:16:16 (19.5%)	5:57	10.1 (80.8%)
11	WIĘCEK Damian	1237	PAPPYN RUNNING TEAM	M20	2	01:24:04.70	01:24:04.70	+00:16:56 (20.1%)	6:00	10 (80.0%)
12	KIELAR Marcin	1208	ZSP W RYMANOWIE	M30	4	01:24:52.95	01:24:52.95	+00:17:44 (20.9%)	6:03	9.9 (79.2%)
13	DUCH Rafał	2006		M30	5	01:25:00.30	01:25:00.30	+00:17:51 (21.0%)	6:04	9.9 (79.2%)
14	MARCZUK Stanisław	1030	AZS UMLUB	M20	3	01:27:22.25	01:27:22.25	+00:20:13 (23.2%)	6:14	9.6 (76.8%)
15	JĘDRZEJCZYK Adam	1192	SANOK BIEGA	M30	6	01:27:25.30	01:27:25.30	+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	PLEWA Rafał	1218		M40	4	01:27:26.40	01:27:26.40	+00:20:17 (23.2%)	6:14	9.6 (76.8%)
17	ŚNIEGOSKA Sandra	1004	BROOKS RUN HAPPY	K30	1	01:27:39.15	01:27:39.15	+00:20:30 (23.4%)	6:15	9.6 (76.8%)
18	ZAGWOCKI Maximilian	1240	KS BARAKUDA	M20	4	01:27:57.95	01:27:57.95	+00:20:49 (23.7%)	6:16	9.6 (76.8%)
19	PĘKALA Kamila	1023		K20	1	01:28:02.55	01:28:02.55	+00:20:54 (23.7%)	6:17	9.5 (76.0%)
20	SOT Aleksandra	1243		K20	2	01:29:20.80	01:29:20.80	+00:22:12 (24.9%)	6:22	9.4 (75.2%)
21	JURGA Filip	5239		M20	5	01:29:54.40	01:29:54.40	+00:22:45 (25.3%)	6:25	9.3 (74.4%)
22	BRODA Sławomir	1259		M50	2	01:30:25.00	01:30:25.00	+00:23:16 (25.7%)	6:27	9.3 (74.4%)
23	ULMAN Michał	1215	ULMAN & ULMAN	M30	7	01:31:04.85	01:31:04.85	+00:23:56 (26.3%)	6:30	9.2 (73.6%)
24	SOLARSKI Robert	1067		M50	3	01:31:12.75	01:31:12.75	+00:24:04 (26.4%)	6:30	9.2 (73.6%)
25	SZAFRAŃSKA Aleksandra	1158		K30	2	01:31:18.80	01:31:18.80	+00:24:10 (26.5%)	6:31	9.2 (73.6%)
26	GONET Natalia	1253	FINISZ RYMANÓW	K30	3	01:31:34.75	01:31:34.75	+00:24:26 (26.7%)	6:32	9.2 (73.6%)
27	JĘDRZEJCZYK Maja	1193	SANOK BIEGA	K30	4	01:32:20.80	01:32:20.80	+00:25:12 (27.3%)	6:35	9.1 (72.8%)
28	WIECZOREK Jacek	1006	VELICANTE SPORT TEAM	M50	4	01:32:23.15	01:32:23.15	+00:25:14 (27.3%)	6:35	9.1 (72.8%)
29	GRACZYK Damian	1035		M30	8	01:32:26.30	01:32:26.30	+00:25:17 (27.4%)	6:36	9.1 (72.8%)
30	ŚLUSAREK Katarzyna	1169	SIEMIESZ-TEAM	K20	3	01:32:36.55	01:32:36.55	+00:25:28 (27.5%)	6:36	9.1 (72.8%)
31	MAMLA Zbigniew	1164	BIEGIEM NA KAWĘ	M50	5	01:34:00.00	01:34:00.00	+00:26:51 (28.6%)	6:42	8.9 (71.2%)
32	RUDY Przemysław	1185	LEMON TEAM	M30	9	01:34:09.65	01:34:09.65	+00:27:01 (28.7%)	6:43	8.9 (71.2%)
33	STEFAŃSKA Małgorzata	1096		K50	1	01:34:12.90	01:34:12.90	+00:27:04 (28.7%)	6:43	8.9 (71.2%)
34	GAŁAT Marcin	1101		M30	10	01:35:00.55	01:35:00.55	+00:27:52 (29.3%)	6:47	8.8 (70.4%)
35	GŁUCHOWSKA Zofia	1029		K20	4	01:35:27.40	01:35:27.40	+00:28:18 (29.7%)	6:49	8.8 (70.4%)
36	ZARZECZNY Piotr	1042		M40	5	01:35:47.75	01:35:47.75	+00:28:39 (29.9%)	6:50	8.8 (70.4%)
37	BŁONKA Bartosz	1227		M20	6	01:36:11.45	01:36:11.45	+00:29:02 (30.2%)	6:52	8.7 (69.6%)
38	MILANOWSKA Maria	1250	-	K20	5	01:36:32.85	01:36:32.85	+00:29:24 (30.5%)	6:53	8.7 (69.6%)

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

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

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

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108	KOPIK Kinga	1105	TRUCHTACZ.PL	K40	9	02:03:34.15	02:03:34.15	+00:56:25 (45.7%)	8:49	6.8 (54.4%)
109	WENARSKI Grzegorz	1049		M40	25	02:04:37.40	02:04:37.40	+00:57:28 (46.1%)	8:54	6.7 (53.6%)
110	SIAST Joanna	1228	KAMIENIOŁOM	K30	15	02:05:06.25	02:05:06.25	+00:57:57 (46.3%)	8:56	6.7 (53.6%)
111	KUBALA Alicja	1008		K50	4	02:05:33.30	02:05:33.30	+00:58:24 (46.5%)	8:58	6.7 (53.6%)
112	ADACH-SOSNOWSKA Magdalena	1151		K40	10	02:05:45.25	02:05:45.25	+00:58:36 (46.6%)	8:58	6.7 (53.6%)
113	KORYŚ Agata	1119	TRUCHTACZ.PL	K30	16	02:05:52.15	02:05:52.15	+00:58:43 (46.7%)	8:59	6.7 (53.6%)
114	CYNARSKI Roland	1036		M40	26	02:06:02.05	02:06:02.05	+00:58:53 (46.7%)	9:00	6.7 (53.6%)
115	PIOTROWICZ Małgorzata	1224	INFINITY-GYM ŁUKASZ SZAPORÓW	K40	11	02:06:59.35	02:06:59.35	+00:59:50 (47.1%)	9:04	6.6 (52.8%)
116	FORMA Bartosz	1103		M40	27	02:07:00.35	02:07:00.35	+00:59:51 (47.1%)	9:04	6.6 (52.8%)
117	JAKUBASZEK Paula	1235		K20	12	02:08:43.80	02:08:43.80	+01:01:35 (47.8%)	9:11	6.5 (52.0%)
118	WOJDA Anna	1095	HARD BOX	K40	12	02:10:25.75	02:10:25.75	+01:03:17 (48.5%)	9:18	6.4 (51.2%)
119	SĘK Krystian	1191		M30	27	02:10:26.65	02:10:26.65	+01:03:18 (48.5%)	9:19	6.4 (51.2%)
120	SŁOTWIŃSKI Paweł	1178		M40	28	02:10:35.10	02:10:35.10	+01:03:26 (48.6%)	9:19	6.4 (51.2%)
121	SZPAK Zyta	1155	BYLEDOMETRY	K30	17	02:11:02.70	02:11:02.70	+01:03:54 (48.8%)	9:21	6.4 (51.2%)
122	KLEPACKI Maciej	1037		M40	29	02:11:08.50	02:11:08.50	+01:04:00 (48.8%)	9:22	6.4 (51.2%)
123	NOWAK Jakub	1172		M30	28	02:11:12.50	02:11:12.50	+01:04:04 (48.8%)	9:22	6.4 (51.2%)
124	WIERZBICKI Piotr	1226	POLE NAMIOTOWE TRAMP	M30	29	02:11:21.95	02:11:21.95	+01:04:13 (48.9%)	9:22	6.4 (51.2%)
125	WIERZBICKA Joanna	1157		K30	18	02:11:22.25	02:11:22.25	+01:04:13 (48.9%)	9:23	6.4 (51.2%)
126	WOJCIECHOWSKI Jakub	1134		M20	9	02:11:25.85	02:11:25.85	+01:04:17 (48.9%)	9:23	6.4 (51.2%)
127	SITEK Arkadiusz	1126	DKB	M40	30	02:11:39.15	02:11:39.15	+01:04:30 (49.0%)	9:24	6.4 (51.2%)
128	CZECHOWSKI Filip	1135	DKB	M50	9	02:11:39.45	02:11:39.45	+01:04:30 (49.0%)	9:24	6.4 (51.2%)
129	TARKOWSKI Paweł	1137	DKB	M40	31	02:11:39.70	02:11:39.70	+01:04:31 (49.0%)	9:24	6.4 (51.2%)
130	CICHECKI Michał	1144	DKB	M40	32	02:11:39.75	02:11:39.75	+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	KLUZ Filip	1115	PODIUM	M20	10	02:11:47.10	02:11:47.10	+01:04:38 (49.1%)	9:24	6.4 (51.2%)
132	KLUZ Robert	1116	#SZLACHTABIEGA	M50	10	02:11:47.40	02:11:47.40	+01:04:38 (49.1%)	9:24	6.4 (51.2%)
133	SITAREK Edwin	1057	RKS HUWDU	M20	11	02:12:10.15	02:12:10.15	+01:05:01 (49.2%)	9:26	6.4 (51.2%)
134	KALKOSIŃSKA Anna	1058	STUDIO FORMY CROSS GYM	K20	13	02:12:10.45	02:12:10.45	+01:05:01 (49.2%)	9:26	6.4 (51.2%)
135	JAKUBCZAK Łukasz	1179		M40	33	02:12:13.45	02:12:13.45	+01:05:04 (49.2%)	9:26	6.4 (51.2%)
136	PREIS Kamil	1232		M30	30	02:12:27.40	02:12:27.40	+01:05:18 (49.3%)	9:27	6.3 (50.4%)
137	WIERZBICKA Ewa	1163		K50	5	02:12:32.40	02:12:32.40	+01:05:23 (49.3%)	9:28	6.3 (50.4%)
138	FIEDORCZUK Łukasz	1234	BIMBER RUNNIG TEAM	M40	34	02:12:36.15	02:12:36.15	+01:05:27 (49.4%)	9:28	6.3 (50.4%)
139	GRUDZIŃSKA Angelika	1104		K30	19	02:12:44.85	02:12:44.85	+01:05:36 (49.4%)	9:28	6.3 (50.4%)
140	NYCZ Edyta	1014		K30	20	02:12:55.80	02:12:55.80	+01:05:47 (49.5%)	9:29	6.3 (50.4%)
141	KLIMCZAK Arkadiusz	1080	KLUB BIEGACZA RTV EURO AGD	M50	11	02:13:12.65	02:13:12.65	+01:06:04 (49.6%)	9:30	6.3 (50.4%)
142	KIEDROWSKA Bogusława	1087	RTV EURO AGD	K40	13	02:13:12.70	02:13:12.70	+01:06:04 (49.6%)	9:30	6.3 (50.4%)
143	BOŻEWICZ Mariusz	1094		M40	35	02:13:52.45	02:13:52.45	+01:06:43 (49.8%)	9:33	6.3 (50.4%)
144	RABCZEWSKA Elżbieta	1189		K50	6	02:14:13.25	02:14:13.25	+01:07:04 (50.0%)	9:35	6.3 (50.4%)
145	SZYMULA Paula	1175	USTJANOWA GÓRNA	K20	14	02:14:22.55	02:14:22.55	+01:07:14 (50.0%)	9:35	6.3 (50.4%)
146	KAŁOWSKI Irek	1039	K-ŁOSIE	M40	36	02:14:26.45	02:14:26.45	+01:07:17 (50.1%)	9:36	6.2 (49.6%)
147	ŁUCZAK Michał	1245	FUNDACJA RAK'N'ROLL	M40	37	02:14:49.65	02:14:49.65	+01:07:41 (50.2%)	9:37	6.2 (49.6%)
148	DENKOWSKA Lidia	1194		K40	14	02:15:03.90	02:15:03.90	+01:07:55 (50.3%)	9:38	6.2 (49.6%)
149	JAWORSKA Sylwia	1255	NOCNY BÓR TEAM	K40	15	02:15:29.05	02:15:29.05	+01:08:20 (50.4%)	9:40	6.2 (49.6%)
150	MARKIEWICZ - GLAPA Ludmiła	1009		K40	16	02:15:33.40	02:15:33.40	+01:08:24 (50.5%)	9:40	6.2 (49.6%)
151	PŁOUCZA Justyna	1125		K50	7	02:16:17.95	02:16:17.95	+01:09:09 (50.7%)	9:44	6.2 (49.6%)
152	ANDRASZ Paweł	1082		M30	31	02:17:49.65	02:17:49.65	+01:10:41 (51.3%)	9:50	6.1 (48.8%)
153	IMBIOROWICZ Daria	1138	PANIE, DALEKO JESZCZE?	K30	21	02:17:59.85	02:17:59.85	+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	SZYSZKA Dominik	1123	TRUCHTACZ	M50	12	02:18:10.95	02:18:10.95	+01:11:02 (51.4%)	9:52	6.1 (48.8%)
155	MACHAJ Katarzyna	1051		K30	22	02:18:14.30	02:18:14.30	+01:11:05 (51.4%)	9:52	6.1 (48.8%)
156	KORPYSA Piotr	1040		M30	32	02:18:55.05	02:18:55.05	+01:11:46 (51.7%)	9:55	6 (48.0%)
157	PISZCZ Dariusz	1238		M50	13	02:18:56.45	02:18:56.45	+01:11:47 (51.7%)	9:55	6 (48.0%)
158	CIEĆKIEWICZ Paulina	1187		K30	23	02:20:11.70	02:20:11.70	+01:13:03 (52.1%)	10:00	6 (48.0%)
159	KURDYŚ Małgorzata	1150	NATALIA TOMASIAK GÓRSKI STYL	K20	15	02:21:45.95	02:21:45.95	+01:14:37 (52.6%)	10:07	5.9 (47.2%)
160	MROCZEK Mariola	1146		K50	8	02:21:50.55	02:21:50.55	+01:14:42 (52.7%)	10:07	5.9 (47.2%)
161	ROGUZIŃSKA Kamila	1130		K40	17	02:22:02.85	02:22:02.85	+01:14:54 (52.7%)	10:08	5.9 (47.2%)
162	SEROKA Katarzyna	1145		K30	24	02:22:05.55	02:22:05.55	+01:14:57 (52.7%)	10:08	5.9 (47.2%)
163	CZAPSKA Bożena	1093		K40	18	02:22:22.65	02:22:22.65	+01:15:14 (52.8%)	10:10	5.9 (47.2%)
164	SŁOTWIŃSKA Beata	1177		K40	19	02:22:54.40	02:22:54.40	+01:15:45 (53.0%)	10:12	5.9 (47.2%)
165	JAWORSKA Justyna	1052		K30	25	02:25:45.50	02:25:45.50	+01:18:37 (53.9%)	10:24	5.8 (46.4%)
166	KLIMKIEWICZ Aleksandra	1113		K30	26	02:26:14.15	02:26:14.15	+01:19:05 (54.1%)	10:26	5.7 (45.6%)
167	STRĘK Sylwia	1173		K30	27	02:26:17.25	02:26:17.25	+01:19:08 (54.1%)	10:26	5.7 (45.6%)
168	KASZUBA Katarzyna	1248		K30	28	02:27:54.60	02:27:54.60	+01:20:46 (54.6%)	10:33	5.7 (45.6%)
169	WÓJCIK Agnieszka	1122	TRUCHTACZ	K40	20	02:27:56.25	02:27:56.25	+01:20:47 (54.6%)	10:34	5.7 (45.6%)
170	DROSIO Katarzyna	1229		K40	21	02:28:01.85	02:28:01.85	+01:20:53 (54.6%)	10:34	5.7 (45.6%)
171	SZAŁAS Andrzej	1106	TRUCHTACZ.PL	M50	14	02:28:34.40	02:28:34.40	+01:21:25 (54.8%)	10:36	5.7 (45.6%)
172	WIERBIŁOWICZ Małgorzata	1047		K40	22	02:28:38.35	02:28:38.35	+01:21:29 (54.8%)	10:37	5.7 (45.6%)
173	SURDACKA Edyta	1200		K30	29	02:28:52.90	02:28:52.90	+01:21:44 (54.9%)	10:38	5.6 (44.8%)
174	SZEWCZYK Katarzyna	1184		K40	23	02:28:53.05	02:28:53.05	+01:21:44 (54.9%)	10:38	5.6 (44.8%)
175	STRZYŻOWSKI Paweł	1002		M40	38	02:28:53.95	02:28:53.95	+01:21:45 (54.9%)	10:38	5.6 (44.8%)
176	WOŹNIAK Lidia	1110	PORMAT JEDLICZE BIEGA	K50	9	02:29:49.95	02:29:49.95	+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	BABIARZ Paulina	1148		K30	34	02:46:57.80	02:46:57.80	+01:39:49 (59.8%)	11:55	5 (40.0%)
201	WERESZCZAK Arkadiusz	1097	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	35	02:46:57.85	02:46:57.85	+01:39:49 (59.8%)	11:55	5 (40.0%)
202	KOWALIK Anna	1221		K30	35	02:46:58.00	02:46:58.00	+01:39:49 (59.8%)	11:55	5 (40.0%)
203	UNIOWSKI Tomasz	1098	ĆMY BAROWE	M40	42	02:51:01.95	02:51:01.95	+01:43:53 (60.7%)	12:12	4.9 (39.2%)
204	GRUDZIŃSKA Ewa	1114	WOJSKA OBRONY TERYTORIALNEJ	K50	12	02:55:26.30	02:55:26.30	+01:48:17 (61.7%)	12:31	4.8 (38.4%)
205	MICHALAK Aleksandra	1128		K40	31	02:56:12.25	02:56:12.25	+01:49:03 (61.9%)	12:35	4.8 (38.4%)
206	ZARĘBA Anna	1061		K50	13	03:00:32.75	03:00:32.75	+01:53:24 (62.8%)	12:53	4.7 (37.6%)
207	BIDZIŃSKA Joanna	1060		K40	32	03:00:33.75	03:00:33.75	+01:53:25 (62.8%)	12:53	4.7 (37.6%)
208	JĘDRUSZAK Przemysław	1180		M40	43	03:00:53.15	03:00:53.15	+01:53:44 (62.9%)	12:55	4.6 (36.8%)
209	BONOWICZ Joanna	1085		K30	36	03:01:49.50	03:01:49.50	+01:54:41 (63.1%)	12:59	4.6 (36.8%)
210	KOCIOŁEK Gosia	1111	IROMAN.PL	K40	33	03:08:15.35	03:08:15.35	+02:01:06 (64.3%)	13:26	4.5 (36.0%)
211	FILIŃSKA Maria	1257	KLUB BIEGACZA BIAŁA BIEGA	K40	34	03:10:34.25	03:10:34.25	+02:03:25 (64.8%)	13:36	4.4 (35.2%)
212	PŁODZIĘŃ Sławomir	1070		M40	44	03:10:39.90	03:10:39.90	+02:03:31 (64.8%)	13:37	4.4 (35.2%)
213	GRABOWSKA Patrycja	1045		K20	18	03:10:46.00	03:10:46.00	+02:03:37 (64.8%)	13:37	4.4 (35.2%)
214	BRODECKI Adam	1044		M30	36	03:10:48.55	03:10:48.55	+02:03:40 (64.8%)	13:37	4.4 (35.2%)
215	WOJCIECHOWSKA Violetta	1136	KNT KALISZ	K50	14	03:16:02.75	03:16:02.75	+02:08:54 (65.8%)	14:00	4.3 (34.4%)
216	ZIEMNIAK Magdalena	1071		K40	35	03:21:19.15	03:21:19.15	+02:14:10 (66.6%)	14:22	4.2 (33.6%)
217	MIKOŁAJCZYK Małgorzata	1197		K40	36	03:22:35.90	03:22:35.90	+02:15:27 (66.9%)	14:28	4.1 (32.8%)
218	SANKOWSKA Sylwia	1073		K30	37	03:23:48.55	03:23:48.55	+02:16:40 (67.1%)	14:33	4.1 (32.8%)
219	ZYŚKO Iwona	1075		K30	38	03:23:48.75	03:23:48.75	+02:16:40 (67.1%)	14:33	4.1 (32.8%)
220	BEDNARCZYK Teresa	1074		K60	1	03:23:51.20	03:23:51.20	+02:16:42 (67.1%)	14:33	4.1 (32.8%)
221	ORZECZOWSKA Danuta	1017	KBP PASJA WARSZAWA	K60	2	03:24:47.55	03:24:47.55	+02:17:39 (67.2%)	14:37	4.1 (32.8%)
222	ORZECZOWSKI Mieczysław	1016	KBP PASJA WARSZAWA	M60	8	03:24:47.85	03:24:47.85	+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	SZUMACHER Bogdan	1199		M40	45	03:30:59.75	03:30:59.75	+02:23:51 (68.2%)	15:04	4 (32.0%)
224	SZUMACHER Ewa	1198		K40	37	03:31:00.80	03:31:00.80	+02:23:52 (68.2%)	15:04	4 (32.0%)
225	KLINIKOWSKA Bogusia	1108		K40	38	03:36:38.00	03:36:38.00	+02:29:29 (69.0%)	15:28	3.9 (31.2%)
226	KLINIKOWSKI Jacek	1109	KOCHAM ŻYCIE I...	M50	15	03:36:38.25	03:36:38.25	+02:29:29 (69.0%)	15:28	3.9 (31.2%)
227	WERESIŃSKA Aleksandra	1034	UKJ STUBNO	K30	39	03:47:10.95	03:47:10.95	+02:40:02 (70.4%)	16:13	3.7 (29.6%)
228	OLENDER Maja	1063		K40	39	03:57:47.90	03:57:47.90	+02:50:39 (71.8%)	16:59	3.5 (28.0%)
229	OLENDER Oliwier	1064		M20	13	03:57:49.30	03:57:49.30	+02:50:40 (71.8%)	16:59	3.5 (28.0%)
230	WITKIEWICZ-ŁUKASZEK Sandra	1054		K30	40	04:11:30.55	04:11:30.55	+03:04:22 (73.3%)	17:57	3.3 (26.4%)
231	STRZYŻOWSKA Monika	1001		K40	40	04:11:30.80	04:11:30.80	+03:04:22 (73.3%)	17:57	3.3 (26.4%)
232	SZOSTAKOWSKA-BALUKIN Dorota	1079		K40	41	04:23:41.75	04:23:41.75	+03:16:33 (74.5%)	18:50	3.2 (25.6%)
233	TOMASZKIEWICZ Elunia	1081	RTV EURO AGD	K40	42	04:23:46.95	04:23:46.95	+03:16:38 (74.5%)	18:50	3.2 (25.6%)

Znaleziono 233 wynik(ów)