

# XII ULTRAMARATON BIESZCZADZKI - 26 KM

B4SPORT

**Wydarzenie:** XII ULTRAMARATON BIESZCZADZKI  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-10-12  
**Miejsce:** Cisna  
**Dystans:** 26 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
1	<b>MAZAN Piotr</b>	<b>2284</b>	FINISZ RYMANÓW	M40	1	01:10:30	<b>02:16:11.95</b>	<b>02:16:11.95</b>		5:14	11.5 (100%)
2	<b>DUDEK Wojciech</b>	<b>2189</b>	AZYMUT PABIANICIE	M30	1	01:10:23	<b>02:19:30.50</b>	<b>02:19:30.50</b>	+00:03:18 (2.4%)	5:21	11.2 (97.4%)
3	<b>PRĘTNIK Sławomir</b>	<b>2297</b>		M40	2	01:12:57	<b>02:25:35.25</b>	<b>02:25:35.25</b>	+00:09:23 (6.4%)	5:35	10.7 (93.0%)
4	<b>SKAWIŃSKI Tomasz</b>	<b>2265</b>	GOPR BIESZCZADY	M40	3	01:18:23	<b>02:31:52.45</b>	<b>02:31:52.45</b>	+00:15:40 (10.3%)	5:50	10.3 (89.6%)
5	<b>HEJNAR Jakub</b>	<b>2281</b>		M40	4	01:18:36	<b>02:33:54.75</b>	<b>02:33:54.75</b>	+00:17:42 (11.5%)	5:55	10.1 (87.8%)
6	<b>MICHALCZEWSKI Jacek</b>	<b>2196</b>	RUN BEAVERS	M40	5	01:16:15	<b>02:34:08.45</b>	<b>02:34:08.45</b>	+00:17:56 (11.6%)	5:55	10.1 (87.8%)
7	<b>GÓROWSKA Iwona</b>	<b>2283</b>	DYNAFIT / MONTIKO	K30	1	01:20:23	<b>02:34:58.75</b>	<b>02:34:58.75</b>	+00:18:46 (12.1%)	5:57	10.1 (87.8%)
8	<b>PASTOK Piotr</b>	<b>2253</b>	TURBACZ TRAIL	M20	1	01:19:22	<b>02:35:14.35</b>	<b>02:35:14.35</b>	+00:19:02 (12.3%)	5:58	10 (87.0%)
9	<b>PAŁKA Mariusz</b>	<b>2233</b>	KR PARANTELA	M40	6	01:20:34	<b>02:36:16.50</b>	<b>02:36:16.50</b>	+00:20:04 (12.8%)	6:00	10 (87.0%)
10	<b>SŁOWIŃSKI Marcin</b>	<b>2028</b>	DREAM RUN	M40	7	01:20:45	<b>02:39:34.75</b>	<b>02:39:34.75</b>	+00:23:22 (14.7%)	6:08	9.8 (85.2%)
11	<b>ŁASKOWSKI Jakub</b>	<b>2136</b>	KS KANDAHAR/ MRG	M30	2	01:21:46	<b>02:39:35.55</b>	<b>02:39:35.55</b>	+00:23:23 (14.7%)	6:08	9.8 (85.2%)
12	<b>GÓROWSKI Mateusz</b>	<b>2279</b>	KAGB GOPR	M40	8	01:22:18	<b>02:39:38.65</b>	<b>02:39:38.65</b>	+00:23:26 (14.7%)	6:08	9.8 (85.2%)
13	<b>GRYGIEL Marek</b>	<b>2239</b>	JACEKBIEGA RUNNING TEAM	M40	9	01:21:55	<b>02:40:55.60</b>	<b>02:40:55.60</b>	+00:24:43 (15.4%)	6:11	9.7 (84.3%)
14	<b>WIEJAK Marlena</b>	<b>2010</b>		K30	2	01:21:55	<b>02:43:39.75</b>	<b>02:43:39.75</b>	+00:27:27 (16.8%)	6:17	9.5 (82.6%)
15	<b>HOŁOWATY Renata</b>	<b>2309</b>	SANOK BIEGA BIESZCZADZKA WATAHA	K30	3	01:24:35	<b>02:45:24.35</b>	<b>02:45:24.35</b>	+00:29:12 (17.7%)	6:21	9.4 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
16	<b>PAROL Rafał</b>	<b>2337</b>	DZIKIE GRUBASY	M40	10	01:24:25	<b>02:47:00.15</b>	<b>02:47:00.15</b>	+00:30:48 (18.4%)	6:25	9.3 (80.9%)
17	<b>KNOPEK Adam</b>	<b>2225</b>	BIEG PO ZDRÓJ	M40	11	01:27:03	<b>02:51:59.30</b>	<b>02:51:59.30</b>	+00:35:47 (20.8%)	6:36	9.1 (79.1%)
18	<b>GĄSIENICA-FRONEK Maciej</b>	<b>2347</b>	KW ZAKOPANE	M40	12	01:27:23	<b>02:53:29.55</b>	<b>02:53:29.55</b>	+00:37:17 (21.5%)	6:40	9 (78.3%)
19	<b>CHUDY Michał</b>	<b>2286</b>		M30	3	01:29:23	<b>02:57:26.20</b>	<b>02:57:26.20</b>	+00:41:14 (23.2%)	6:49	8.8 (76.5%)
20	<b>STASZCZYK Michał</b>	<b>2334</b>		M40	13	01:28:03	<b>02:57:40.85</b>	<b>02:57:40.85</b>	+00:41:28 (23.3%)	6:50	8.8 (76.5%)
21	<b>WAŻNY Jacek</b>	<b>2029</b>	BANDA GRUDNIA	M30	4	01:26:04	<b>02:57:52.60</b>	<b>02:57:52.60</b>	+00:41:40 (23.4%)	6:50	8.8 (76.5%)
22	<b>ŁUKASIK Anna</b>	<b>2317</b>	MKL BRYGADA BESKIDÓW	K40	1	01:30:40	<b>02:58:01.05</b>	<b>02:58:01.05</b>	+00:41:49 (23.5%)	6:50	8.8 (76.5%)
23	<b>WANAT Janusz</b>	<b>2197</b>	#SZLACHTABIEGA	M40	14	01:32:02	<b>02:58:22.70</b>	<b>02:58:22.70</b>	+00:42:10 (23.6%)	6:51	8.7 (75.7%)
24	<b>GOJNICZEK Leszek</b>	<b>2167</b>		M40	15	01:28:01	<b>02:58:25.25</b>	<b>02:58:25.25</b>	+00:42:13 (23.7%)	6:51	8.7 (75.7%)
25	<b>MIERZWA Michał</b>	<b>2143</b>		M40	16	01:30:23	<b>02:58:49.10</b>	<b>02:58:49.10</b>	+00:42:37 (23.8%)	6:52	8.7 (75.7%)
26	<b>TYLMAN Mateusz</b>	<b>2184</b>	TRUCHTACZ GARWOLIN	M30	5	01:29:28	<b>03:01:20.95</b>	<b>03:01:20.95</b>	+00:45:09 (24.9%)	6:58	8.6 (74.8%)
27	<b>WRÓŃSKI Ziemowit</b>	<b>2323</b>	PTT NOWY SACZ	M40	17		<b>03:02:02.00</b>	<b>03:02:02.00</b>	+00:45:50 (25.2%)	7:00	8.6 (74.8%)
28	<b>WOSZCZYK Michał</b>	<b>2325</b>		M30	6	01:36:16	<b>03:03:41.25</b>	<b>03:03:41.25</b>	+00:47:29 (25.9%)	7:03	8.5 (73.9%)
29	<b>KRALEWSKI Robert</b>	<b>2168</b>	CROSSFIT KONSTANCIN	M50	1	01:35:28	<b>03:03:56.30</b>	<b>03:03:56.30</b>	+00:47:44 (26.0%)	7:04	8.5 (73.9%)
30	<b>SLUSARCZYK Lucas</b>	<b>2173</b>	NOCNY BÓR TEAM	M20	2	01:33:25	<b>03:04:11.20</b>	<b>03:04:11.20</b>	+00:47:59 (26.1%)	7:05	8.5 (73.9%)
31	<b>WASYLÓW Jacek</b>	<b>2277</b>	CPR1-JACEK TEAM PRZEMYSŁ	M40	18	01:34:17	<b>03:04:12.55</b>	<b>03:04:12.55</b>	+00:48:00 (26.1%)	7:05	8.5 (73.9%)
32	<b>KOLACHA Patryk</b>	<b>2187</b>	STUDIO GTS KATOWICE	M20	3	01:29:54	<b>03:04:24.15</b>	<b>03:04:24.15</b>	+00:48:12 (26.1%)	7:05	8.5 (73.9%)
33	<b>NIEDŹWIEDŹ Tomasz</b>	<b>2262</b>		M40	19	01:33:35	<b>03:04:33.05</b>	<b>03:04:33.05</b>	+00:48:21 (26.2%)	7:05	8.5 (73.9%)
34	<b>MAŁECKI Hubert</b>	<b>2287</b>		M30	7	01:28:05	<b>03:04:54.00</b>	<b>03:04:54.00</b>	+00:48:42 (26.3%)	7:06	8.4 (73.0%)
35	<b>SETERA Tomasz</b>	<b>2343</b>	JOG FORS	M40	20	01:35:26	<b>03:06:51.45</b>	<b>03:06:51.45</b>	+00:50:39 (27.1%)	7:11	8.3 (72.2%)
36	<b>GUZIK Kama</b>	<b>2348</b>		K30	4	01:35:54	<b>03:07:30.75</b>	<b>03:07:30.75</b>	+00:51:18 (27.4%)	7:12	8.3 (72.2%)
37	<b>PARZNIIEWSKI Maciej</b>	<b>2121</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	21	01:33:06	<b>03:08:18.55</b>	<b>03:08:18.55</b>	+00:52:06 (27.7%)	7:14	8.3 (72.2%)
38	<b>DEC Piotr</b>	<b>2292</b>	:)	M50	2	01:38:01	<b>03:10:27.85</b>	<b>03:10:27.85</b>	+00:54:15 (28.5%)	7:19	8.2 (71.3%)

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39	<b>SOŁTYS Mateusz</b>	<b>2260</b>		M20	4	01:38:02	<b>03:10:27.90</b>	<b>03:10:27.90</b>	+00:54:15 (28.5%)	7:19	8.2 (71.3%)
40	<b>DZIERŻAK Elżbieta</b>	<b>2231</b>	AQUAREH/TRENINGFIZJO.PL	K40	2	01:35:29	<b>03:11:11.30</b>	<b>03:11:11.30</b>	+00:54:59 (28.8%)	7:21	8.2 (71.3%)
41	<b>GŁOWACKA Marta</b>	<b>2209</b>		K30	5	01:39:01	<b>03:12:09.85</b>	<b>03:12:09.85</b>	+00:55:57 (29.1%)	7:23	8.1 (70.4%)
42	<b>CZWERENKO Wojciech</b>	<b>2270</b>		M40	22	01:34:42	<b>03:12:18.05</b>	<b>03:12:18.05</b>	+00:56:06 (29.2%)	7:23	8.1 (70.4%)
43	<b>CHRZANOWSKA Dorota</b>	<b>2242</b>		K30	6	01:39:00	<b>03:12:38.40</b>	<b>03:12:38.40</b>	+00:56:26 (29.3%)	7:24	8.1 (70.4%)
44	<b>KĘDZIOR Maciej</b>	<b>2310</b>		M40	23	01:30:35	<b>03:12:51.35</b>	<b>03:12:51.35</b>	+00:56:39 (29.4%)	7:25	8.1 (70.4%)
45	<b>SZCZEPAŃSKI Grzegorz</b>	<b>2092</b>		M40	24	01:37:49	<b>03:13:00.60</b>	<b>03:13:00.60</b>	+00:56:48 (29.4%)	7:25	8.1 (70.4%)
46	<b>KUROWSKI Michał</b>	<b>2278</b>		M20	5	01:32:35	<b>03:13:03.50</b>	<b>03:13:03.50</b>	+00:56:51 (29.5%)	7:25	8.1 (70.4%)
47	<b>SZAŁAS Szałas</b>	<b>2044</b>		M30	8	01:35:30	<b>03:13:04.05</b>	<b>03:13:04.05</b>	+00:56:52 (29.5%)	7:25	8.1 (70.4%)
48	<b>GRUMBIANIN Paulina</b>	<b>2291</b>	DREAM RUN/LOGWIN	K50	1	01:37:41	<b>03:13:08.55</b>	<b>03:13:08.55</b>	+00:56:56 (29.5%)	7:25	8.1 (70.4%)
49	<b>BANACH Szymon</b>	<b>2318</b>	PROSERVICE RACING TEAM	M40	25	01:33:23	<b>03:14:19.10</b>	<b>03:14:19.10</b>	+00:58:07 (29.9%)	7:28	8 (69.6%)
50	<b>KOPPLINGER Grzegorz</b>	<b>2050</b>	ASSECO ACTIVE TEAM	M50	3	01:41:55	<b>03:14:23.60</b>	<b>03:14:23.60</b>	+00:58:11 (29.9%)	7:28	8 (69.6%)
51	<b>KOWALSKA Dorota</b>	<b>2219</b>	KB PARANTELA	K40	3	01:38:08	<b>03:14:44.40</b>	<b>03:14:44.40</b>	+00:58:32 (30.1%)	7:29	8 (69.6%)
52	<b>EKIERT Mariusz</b>	<b>2147</b>	TRUCHTACZ.PL	M50	4	01:36:08	<b>03:16:18.35</b>	<b>03:16:18.35</b>	+01:00:06 (30.6%)	7:33	7.9 (68.7%)
53	<b>KRENZEL Regina</b>	<b>2311</b>	BIEGAMBOLUBIĘ	K30	7	01:39:30	<b>03:16:27.75</b>	<b>03:16:27.75</b>	+01:00:15 (30.7%)	7:33	7.9 (68.7%)
54	<b>SZATKOWSKI Michał</b>	<b>2321</b>		M20	6	01:37:55	<b>03:16:41.55</b>	<b>03:16:41.55</b>	+01:00:29 (30.8%)	7:33	7.9 (68.7%)
55	<b>WÓJCIK Anna</b>	<b>2142</b>		K20	1	01:39:26	<b>03:16:44.00</b>	<b>03:16:44.00</b>	+01:00:32 (30.8%)	7:34	7.9 (68.7%)
56	<b>PERLIŃSKI Mirosław</b>	<b>2095</b>	ASSECO ACTIVE TEAM	M40	26	01:41:25	<b>03:16:50.75</b>	<b>03:16:50.75</b>	+01:00:38 (30.8%)	7:34	7.9 (68.7%)
57	<b>TUR Tobiasz</b>	<b>2266</b>		M30	9	01:35:32	<b>03:17:37.40</b>	<b>03:17:37.40</b>	+01:01:25 (31.1%)	7:36	7.9 (68.7%)
58	<b>DZIADUŚ Marcin</b>	<b>2194</b>		M30	10	01:44:38	<b>03:18:37.15</b>	<b>03:18:37.15</b>	+01:02:25 (31.4%)	7:38	7.9 (68.7%)
59	<b>MACHLARZ Piotr</b>	<b>2288</b>	FORZA PRIMO	M40	27	01:38:14	<b>03:19:06.45</b>	<b>03:19:06.45</b>	+01:02:54 (31.6%)	7:39	7.8 (67.8%)
60	<b>SZYSZKA Sebastian</b>	<b>2161</b>	TRUCHTACZ.PL	M50	5	01:41:34	<b>03:19:42.55</b>	<b>03:19:42.55</b>	+01:03:30 (31.8%)	7:40	7.8 (67.8%)
61	<b>HOŁUB Wacław</b>	<b>2113</b>	JAROSŁAWSKI BIEGACZ	M50	6	01:35:22	<b>03:20:05.05</b>	<b>03:20:05.05</b>	+01:03:53 (31.9%)	7:41	7.8 (67.8%)

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62	<b>BAREJA Damian</b>	<b>2247</b>		M20	7	01:45:33	<b>03:22:37.60</b>	<b>03:22:37.60</b>	+01:06:25 (32.8%)	7:47	7.7 (67.0%)
63	<b>KOWALSKI Aleksander</b>	<b>2208</b>	BIEG PO ZDROJ	M40	28	01:40:22	<b>03:22:39.55</b>	<b>03:22:39.55</b>	+01:06:27 (32.8%)	7:47	7.7 (67.0%)
64	<b>GRUSZKA Paweł</b>	<b>2327</b>	BIEG PO ZDRÓJ	M40	29	01:37:41	<b>03:22:39.75</b>	<b>03:22:39.75</b>	+01:06:27 (32.8%)	7:47	7.7 (67.0%)
65	<b>KIERZEK Przemysław</b>	<b>2216</b>	PŁONAĆE UDA	M40	30	01:38:53	<b>03:23:11.85</b>	<b>03:23:11.85</b>	+01:06:59 (33.0%)	7:48	7.7 (67.0%)
66	<b>PIETRUSZKA Mariusz</b>	<b>2250</b>		M30	11	01:42:03	<b>03:23:41.20</b>	<b>03:23:41.20</b>	+01:07:29 (33.1%)	7:50	7.7 (67.0%)
67	<b>KUKLA Marcin</b>	<b>2020</b>	RYSIK RUNNERS	M50	7	01:44:54	<b>03:24:01.35</b>	<b>03:24:01.35</b>	+01:07:49 (33.2%)	7:50	7.6 (66.1%)
68	<b>FLORCZYK Janusz</b>	<b>2256</b>		M40	31	01:46:13	<b>03:25:00.75</b>	<b>03:25:00.75</b>	+01:08:48 (33.6%)	7:53	7.6 (66.1%)
69	<b>KARASEK Mariusz</b>	<b>2098</b>		M50	8	01:43:18	<b>03:25:34.30</b>	<b>03:25:34.30</b>	+01:09:22 (33.7%)	7:54	7.6 (66.1%)
70	<b>ARTYM Magda</b>	<b>2135</b>	}TRENUJZKOSTEREM	K50	2	01:47:55	<b>03:27:11.25</b>	<b>03:27:11.25</b>	+01:10:59 (34.3%)	7:58	7.5 (65.2%)
71	<b>DUSZCZAK Radosław</b>	<b>2246</b>	GANG_KOTA	M40	32	01:48:00	<b>03:27:12.95</b>	<b>03:27:12.95</b>	+01:11:01 (34.3%)	7:58	7.5 (65.2%)
72	<b>STASZCZYK Anna</b>	<b>2324</b>		K40	4	01:45:51	<b>03:27:20.70</b>	<b>03:27:20.70</b>	+01:11:08 (34.3%)	7:58	7.5 (65.2%)
73	<b>NIEDZIAŁEK Przemek</b>	<b>2144</b>		M30	12	01:37:53	<b>03:27:25.55</b>	<b>03:27:25.55</b>	+01:11:13 (34.3%)	7:58	7.5 (65.2%)
73	<b>KAPICA Jarosław</b>	<b>2107</b>		M30	12	01:37:39	<b>03:27:25.55</b>	<b>03:27:25.55</b>	+01:11:13 (34.3%)	7:58	7.5 (65.2%)
75	<b>GETTLICH Piotr</b>	<b>2206</b>	BIEGAMY W PODKOWIE	M40	33	01:45:25	<b>03:27:28.40</b>	<b>03:27:28.40</b>	+01:11:16 (34.4%)	7:58	7.5 (65.2%)
76	<b>GRADKOWSKA Gosia</b>	<b>2204</b>		K40	5	01:45:24	<b>03:27:28.60</b>	<b>03:27:28.60</b>	+01:11:16 (34.4%)	7:58	7.5 (65.2%)
77	<b>SITEK Anna</b>	<b>2190</b>	SZLACHTABIEGA	K30	8	01:46:05	<b>03:27:58.40</b>	<b>03:27:58.40</b>	+01:11:46 (34.5%)	7:59	7.5 (65.2%)
78	<b>WOJTAKOWSKA Joanna</b>	<b>2320</b>		K40	6	01:44:25	<b>03:27:58.60</b>	<b>03:27:58.60</b>	+01:11:46 (34.5%)	7:59	7.5 (65.2%)
79	<b>JUCHA Rafał</b>	<b>2199</b>		M50	9	01:46:29	<b>03:28:17.45</b>	<b>03:28:17.45</b>	+01:12:05 (34.6%)	8:00	7.5 (65.2%)
80	<b>PILCH-NANOWSKA Agnieszka</b>	<b>2069</b>		K40	7	01:43:43	<b>03:28:31.60</b>	<b>03:28:31.60</b>	+01:12:19 (34.7%)	8:01	7.5 (65.2%)
81	<b>MALCZEWSKI Jarosław</b>	<b>2186</b>	BIEGAMY DZISIAJ?	M40	34	01:48:03	<b>03:28:42.00</b>	<b>03:28:42.00</b>	+01:12:30 (34.7%)	8:01	7.5 (65.2%)
82	<b>WDOWIARZ Jerzy</b>	<b>2179</b>		M40	35	01:44:35	<b>03:28:47.55</b>	<b>03:28:47.55</b>	+01:12:35 (34.8%)	8:01	7.5 (65.2%)
83	<b>KOWALSKI Łukasz</b>	<b>2134</b>	NOCNY BÓR TEAM	M40	36	01:43:20	<b>03:29:07.70</b>	<b>03:29:07.70</b>	+01:12:55 (34.9%)	8:02	7.5 (65.2%)
84	<b>KRASOWSKA Matylda</b>	<b>2213</b>		K30	9	01:44:17	<b>03:30:56.55</b>	<b>03:30:56.55</b>	+01:14:44 (35.4%)	8:06	7.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
85	LUBOWIECKA Katarzyna	2042		K50	3	01:47:23	03:31:19.80	03:31:19.80	+01:15:07 (35.6%)	8:07	7.4 (64.3%)
86	PIWOŃSKA Maria	2223		K30	10	01:45:35	03:32:11.40	03:32:11.40	+01:15:59 (35.8%)	8:09	7.4 (64.3%)
87	SIERŻĘGA Kewin	2201	KS PRZYBYSZÓWKA	M20	8	01:51:29	03:32:11.90	03:32:11.90	+01:15:59 (35.8%)	8:09	7.4 (64.3%)
88	KONIECZNY Mariusz	2349		M50	10	01:46:49	03:33:22.75	03:33:22.75	+01:17:10 (36.2%)	8:12	7.3 (63.5%)
89	OCHYRA Krzysztof	2328		M60	1	01:45:28	03:33:48.45	03:33:48.45	+01:17:36 (36.3%)	8:13	7.3 (63.5%)
90	KRUPA Weronika	2249	SZLACHTA BIEGA	K30	11	01:43:19	03:34:41.50	03:34:41.50	+01:18:29 (36.6%)	8:15	7.3 (63.5%)
91	MONICA Mateusz	2336		M40	37	01:50:41	03:35:03.40	03:35:03.40	+01:18:51 (36.7%)	8:16	7.3 (63.5%)
92	RORAT Lena	5029	CHEŁM BIEGA	K40	8	01:51:25	03:35:16.75	03:35:16.75	+01:19:04 (36.7%)	8:16	7.2 (62.6%)
93	SIEDLECKI Adam	2075		M30	14	01:52:59	03:35:20.35	03:35:20.35	+01:19:08 (36.8%)	8:16	7.2 (62.6%)
94	KOPIJ Mateusz	2215		M20	9	01:42:54	03:36:01.75	03:36:01.75	+01:19:49 (37.0%)	8:18	7.2 (62.6%)
95	KANIA Rafał	2294		M40	38	01:47:53	03:36:27.35	03:36:27.35	+01:20:15 (37.1%)	8:19	7.2 (62.6%)
96	ŚCIBOR Marcin	2272	RUCH IZBICA	M40	39	01:51:27	03:36:35.05	03:36:35.05	+01:20:23 (37.1%)	8:19	7.2 (62.6%)
97	HADVAB Marcel	2230	GULAŠ KLUB SNINA	M50	11	01:46:56	03:38:06.65	03:38:06.65	+01:21:54 (37.6%)	8:23	7.2 (62.6%)
98	KACZOR Lech	2298		M40	40	01:46:24	03:38:10.60	03:38:10.60	+01:21:58 (37.6%)	8:23	7.2 (62.6%)
99	WOJEWODA Marta	2068	ORT	K30	12	01:51:22	03:38:12.80	03:38:12.80	+01:22:00 (37.6%)	8:23	7.1 (61.7%)
100	GWIZDAŁA Dominik	2339		M20	10	01:53:05	03:38:13.35	03:38:13.35	+01:22:01 (37.6%)	8:23	7.1 (61.7%)
101	MIŁOŃ Aleksandra	2150	#SZLACHTABIEGA	K30	13	01:49:33	03:38:20.10	03:38:20.10	+01:22:08 (37.6%)	8:23	7.1 (61.7%)
102	WALASZKOWSKA Dominika	2214	BIESY	K40	9	01:52:40	03:38:39.65	03:38:39.65	+01:22:27 (37.7%)	8:24	7.1 (61.7%)
103	PESZEK Katarzyna	2338	DZIKIE GRUBASY SZATANA	K40	10	01:51:52	03:38:59.90	03:38:59.90	+01:22:47 (37.8%)	8:25	7.1 (61.7%)
104	ŚLIWIŃSKI Andrzej	2176		M60	2	01:47:38	03:39:04.55	03:39:04.55	+01:22:52 (37.8%)	8:25	7.1 (61.7%)
105	KRUPA Jacek	2243	LEBIODA RUNNING TEAM	M50	12	01:47:43	03:39:32.65	03:39:32.65	+01:23:20 (38.0%)	8:26	7.1 (61.7%)
106	KSIĄŻEK-WOŁYNIEC Magdalena	2226	BIEGACZE SPECJALNEJ TROSKI	K40	11	01:54:16	03:39:41.40	03:39:41.40	+01:23:29 (38.0%)	8:26	7.1 (61.7%)
107	MIKOŁAJCZYK Mariusz	2269	ULTRA KSP	M40	41	01:41:42	03:39:44.60	03:39:44.60	+01:23:32 (38.0%)	8:27	7.1 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
108	<b>MADEJ Grzegorz</b>	<b>2192</b>	DELTA FORCE	M50	13	02:03:33	<b>03:39:50.45</b>	<b>03:39:50.45</b>	+01:23:38 (38.0%)	8:27	7.1 (61.7%)
109	<b>MAŚLAK Paweł</b>	<b>2188</b>	DELTA FORCE	M40	42	02:03:34	<b>03:39:50.70</b>	<b>03:39:50.70</b>	+01:23:38 (38.0%)	8:27	7.1 (61.7%)
110	<b>DMOCHOWSKI Sebastian</b>	<b>2138</b>		M30	15	01:45:59	<b>03:39:57.50</b>	<b>03:39:57.50</b>	+01:23:45 (38.1%)	8:27	7.1 (61.7%)
111	<b>RUSIN Łukasz</b>	<b>2207</b>	CHEŁM BIEGA	M40	43	01:51:24	<b>03:41:11.65</b>	<b>03:41:11.65</b>	+01:24:59 (38.4%)	8:30	7.1 (61.7%)
112	<b>ZAWADA Agata</b>	<b>2017</b>		K20	2	01:56:22	<b>03:41:18.85</b>	<b>03:41:18.85</b>	+01:25:06 (38.5%)	8:30	7 (60.9%)
113	<b>SPYCHAŁA Franek</b>	<b>2155</b>		M20	11	01:40:51	<b>03:41:29.05</b>	<b>03:41:29.05</b>	+01:25:17 (38.5%)	8:31	7 (60.9%)
114	<b>KUCZMA Piotr</b>	<b>2182</b>	KS PRZYBYSZÓWKA	M20	12	01:53:04	<b>03:41:31.00</b>	<b>03:41:31.00</b>	+01:25:19 (38.5%)	8:31	7 (60.9%)
115	<b>GRZESIK Michał</b>	<b>2105</b>		M30	16	01:51:36	<b>03:42:24.75</b>	<b>03:42:24.75</b>	+01:26:12 (38.8%)	8:33	7 (60.9%)
116	<b>KOSIŃSKA-WALOCH Agnieszka</b>	<b>2054</b>	MŁODY RUN TEAM	K30	14	01:57:25	<b>03:42:33.55</b>	<b>03:42:33.55</b>	+01:26:21 (38.8%)	8:33	7 (60.9%)
117	<b>PŁUCIŚ Małgorzata</b>	<b>2064</b>	BIEGAMBOLUBIĘ	K30	15	01:56:50	<b>03:42:34.25</b>	<b>03:42:34.25</b>	+01:26:22 (38.8%)	8:33	7 (60.9%)
118	<b>KORONA Daniel</b>	<b>2350</b>		M40	44	01:51:41	<b>03:42:44.65</b>	<b>03:42:44.65</b>	+01:26:32 (38.9%)	8:34	7 (60.9%)
119	<b>DENKOWSKI Marcin</b>	<b>2261</b>	UMCS	M40	45	01:56:00	<b>03:42:59.60</b>	<b>03:42:59.60</b>	+01:26:47 (38.9%)	8:34	7 (60.9%)
120	<b>NIENAJADŁO Bartłomiej</b>	<b>2227</b>		M30	17	01:56:00	<b>03:43:08.45</b>	<b>03:43:08.45</b>	+01:26:56 (39.0%)	8:34	7 (60.9%)
121	<b>MIELCZARCZYK Joanna</b>	<b>2086</b>		K30	16	01:54:53	<b>03:43:24.00</b>	<b>03:43:24.00</b>	+01:27:12 (39.0%)	8:35	7 (60.9%)
122	<b>ŁABĘCKA Agata</b>	<b>2100</b>	KLUB BIEGACZA RTV EURO AGD	K40	12	01:57:43	<b>03:44:01.15</b>	<b>03:44:01.15</b>	+01:27:49 (39.2%)	8:36	7 (60.9%)
123	<b>PIECH Janusz</b>	<b>2008</b>	JASIONKI	M60	3	01:52:46	<b>03:44:10.95</b>	<b>03:44:10.95</b>	+01:27:59 (39.2%)	8:37	7 (60.9%)
124	<b>RYBICKI Grzegorz</b>	<b>2158</b>	TRUCHTACZ.PL	M40	46	01:46:29	<b>03:45:17.10</b>	<b>03:45:17.10</b>	+01:29:05 (39.5%)	8:39	6.9 (60.0%)
125	<b>TUROSZ Zbigniew</b>	<b>2257</b>		M60	4	01:59:51	<b>03:46:09.65</b>	<b>03:46:09.65</b>	+01:29:57 (39.8%)	8:41	6.9 (60.0%)
126	<b>MAJ Cezary</b>	<b>2229</b>		M20	13	01:48:05	<b>03:46:14.35</b>	<b>03:46:14.35</b>	+01:30:02 (39.8%)	8:42	6.9 (60.0%)
127	<b>SZEJKA Katarzyna</b>	<b>2106</b>		K40	13	01:57:43	<b>03:46:43.90</b>	<b>03:46:43.90</b>	+01:30:31 (39.9%)	8:43	6.9 (60.0%)
128	<b>SOWA Bogusław</b>	<b>2220</b>	#SZLACHTABIEGA	M40	47	01:54:06	<b>03:46:56.20</b>	<b>03:46:56.20</b>	+01:30:44 (40.0%)	8:43	6.9 (60.0%)
129	<b>KOWALCZYK Michał</b>	<b>2313</b>	SII RUNNING TEAM	M30	18	01:51:35	<b>03:46:59.70</b>	<b>03:46:59.70</b>	+01:30:47 (40.0%)	8:43	6.9 (60.0%)
130	<b>KOPCIARA Marcin</b>	<b>2013</b>	KS ATHLETICS BUSKO-ZDRÓJ	M Open	1	02:01:43	<b>03:49:07.00</b>	<b>03:49:07.00</b>	+01:32:55 (40.6%)	8:48	6.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
131	<b>BARANSKI Jarek</b>	<b>2303</b>		M30	19	01:58:44	<b>03:49:11.10</b>	<b>03:49:11.10</b>	+01:32:59 (40.6%)	8:48	6.8 (59.1%)
132	<b>CZARNECKI Konrad</b>	<b>2141</b>		M30	20	01:58:43	<b>03:49:11.40</b>	<b>03:49:11.40</b>	+01:32:59 (40.6%)	8:48	6.8 (59.1%)
133	<b>MIRKOWSKI Franciszek</b>	<b>2241</b>		M20	14	02:05:12	<b>03:49:58.70</b>	<b>03:49:58.70</b>	+01:33:46 (40.8%)	8:50	6.8 (59.1%)
134	<b>LEWCZUK Norbert</b>	<b>2087</b>	BIEGACZE POMAGACZE/ EDYTA LEWANDOWSKA TEAM	M40	48	01:55:22	<b>03:51:52.50</b>	<b>03:51:52.50</b>	+01:35:40 (41.3%)	8:55	6.7 (58.3%)
135	<b>MICHALIK Rafał</b>	<b>2146</b>	TRUCHTACZ.PL	M30	21	01:46:30	<b>03:52:18.35</b>	<b>03:52:18.35</b>	+01:36:06 (41.4%)	8:56	6.7 (58.3%)
136	<b>JAKUBOWSKI Daniel</b>	<b>2267</b>	NOCNY BÓR TEAM	M40	49	01:59:50	<b>03:53:31.40</b>	<b>03:53:31.40</b>	+01:37:19 (41.7%)	8:58	6.7 (58.3%)
137	<b>ZEGAR Barbara</b>	<b>2014</b>		K50	4	02:00:06	<b>03:53:46.45</b>	<b>03:53:46.45</b>	+01:37:34 (41.7%)	8:59	6.7 (58.3%)
138	<b>PASTERNAK Robert</b>	<b>2295</b>		M50	14	01:57:32	<b>03:55:17.70</b>	<b>03:55:17.70</b>	+01:39:05 (42.1%)	9:02	6.6 (57.4%)
139	<b>KĘDRA Agnieszka</b>	<b>2002</b>	CARPATHIAN RUNNERS	K30	17	02:02:46	<b>03:58:24.15</b>	<b>03:58:24.15</b>	+01:42:12 (42.9%)	9:10	6.5 (56.5%)
140	<b>GESSLER Łukasz</b>	<b>2211</b>	BIESY	M30	22	02:01:28	<b>03:58:41.45</b>	<b>03:58:41.45</b>	+01:42:29 (42.9%)	9:10	6.5 (56.5%)
141	<b>WANAT Barbara</b>	<b>2198</b>	#SZLACHTABIEGA	K40	14	02:01:37	<b>03:58:59.60</b>	<b>03:58:59.60</b>	+01:42:47 (43.0%)	9:11	6.5 (56.5%)
142	<b>PERLIŃSKA Paulina</b>	<b>2051</b>		K30	18	02:02:16	<b>03:59:12.85</b>	<b>03:59:12.85</b>	+01:43:00 (43.1%)	9:12	6.5 (56.5%)
143	<b>KOŚCIÓŁEK Patrycja</b>	<b>2088</b>		K30	19	01:59:03	<b>03:59:15.50</b>	<b>03:59:15.50</b>	+01:43:03 (43.1%)	9:12	6.5 (56.5%)
144	<b>BANAJSKI Damian</b>	<b>2152</b>		M40	50	01:52:56	<b>03:59:56.55</b>	<b>03:59:56.55</b>	+01:43:44 (43.2%)	9:13	6.5 (56.5%)
145	<b>RUSKOWIAK Aleksander</b>	<b>2115</b>		M30	23	01:58:09	<b>03:59:58.55</b>	<b>03:59:58.55</b>	+01:43:46 (43.2%)	9:13	6.5 (56.5%)
146	<b>LECH Mateusz</b>	<b>2137</b>		M30	24	02:00:18	<b>04:00:25.10</b>	<b>04:00:25.10</b>	+01:44:13 (43.3%)	9:14	6.5 (56.5%)
147	<b>CZŁONKA Ania</b>	<b>2282</b>		K20	3		<b>04:00:59.00</b>	<b>04:00:59.00</b>	+01:44:47 (43.5%)	9:16	6.5 (56.5%)
148	<b>VAN BAARLE Frank</b>	<b>2023</b>		M40	51	01:53:13	<b>04:01:32.45</b>	<b>04:01:32.45</b>	+01:45:20 (43.6%)	9:17	6.5 (56.5%)
149	<b>NYCZ Michał</b>	<b>2251</b>	NYLUDENT PROFESJONALNE OCHRANIACZE NA ZĘBY	M30	25	01:52:48	<b>04:01:33.90</b>	<b>04:01:33.90</b>	+01:45:21 (43.6%)	9:17	6.5 (56.5%)
150	<b>KRZYSZTOFOWICZ Andrzej</b>	<b>2217</b>	ULTRASZY	M40	52	02:07:50	<b>04:01:34.35</b>	<b>04:01:34.35</b>	+01:45:22 (43.6%)	9:17	6.5 (56.5%)
151	<b>MOLENDASebastian</b>	<b>2200</b>		M20	15	01:46:41	<b>04:02:01.70</b>	<b>04:02:01.70</b>	+01:45:49 (43.7%)	9:18	6.4 (55.7%)
152	<b>WIŚNIEWSKI Edgar</b>	<b>2289</b>	IRON BOYZ	M20	16	02:00:03	<b>04:03:34.15</b>	<b>04:03:34.15</b>	+01:47:22 (44.1%)	9:22	6.4 (55.7%)
153	<b>DUBANOWSKA Zuzanna</b>	<b>2331</b>		K20	4	02:00:02	<b>04:03:44.20</b>	<b>04:03:44.20</b>	+01:47:32 (44.1%)	9:22	6.4 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
154	<b>PYSZKA Agnieszka</b>	<b>2171</b>		K20	5	02:08:53	<b>04:03:55.10</b>	<b>04:03:55.10</b>	+01:47:43 (44.2%)	9:22	6.4 (55.7%)
155	<b>TRZYNA Marcin</b>	<b>2128</b>	STYROPMIN	M40	53	02:04:54	<b>04:04:12.65</b>	<b>04:04:12.65</b>	+01:48:00 (44.2%)	9:23	6.4 (55.7%)
156	<b>CZYŻ Piotr</b>	<b>2131</b>		M40	54	02:04:55	<b>04:05:35.30</b>	<b>04:05:35.30</b>	+01:49:23 (44.5%)	9:26	6.4 (55.7%)
157	<b>GŁOWACKI Jacek</b>	<b>2224</b>		M60	5	01:53:41	<b>04:07:13.25</b>	<b>04:07:13.25</b>	+01:51:01 (44.9%)	9:30	6.3 (54.8%)
158	<b>FONDER Jolanta</b>	<b>2202</b>		K40	15	02:07:51	<b>04:07:14.85</b>	<b>04:07:14.85</b>	+01:51:02 (44.9%)	9:30	6.3 (54.8%)
159	<b>NOWACKI Piotr</b>	<b>2065</b>		M40	55	02:07:50	<b>04:08:10.10</b>	<b>04:08:10.10</b>	+01:51:58 (45.1%)	9:32	6.3 (54.8%)
160	<b>ŁUSZCZEK Michał</b>	<b>5240</b>	JĄ QŻ	M40	56	01:58:08	<b>04:08:35.30</b>	<b>04:08:35.30</b>	+01:52:23 (45.2%)	9:33	6.3 (54.8%)
161	<b>KACZMARCZYK Mariusz</b>	<b>2011</b>		M50	15	02:03:19	<b>04:08:53.20</b>	<b>04:08:53.20</b>	+01:52:41 (45.3%)	9:34	6.3 (54.8%)
162	<b>SZPEJANKOWSKA Magdalena</b>	<b>2181</b>		K20	6	02:07:44	<b>04:10:14.20</b>	<b>04:10:14.20</b>	+01:54:02 (45.6%)	9:37	6.2 (53.9%)
163	<b>SZPEJANKOWSKI Maciej</b>	<b>2180</b>		M20	17	02:07:43	<b>04:10:14.30</b>	<b>04:10:14.30</b>	+01:54:02 (45.6%)	9:37	6.2 (53.9%)
164	<b>WITA Krzysztof</b>	<b>2177</b>		M40	57	02:03:14	<b>04:10:21.95</b>	<b>04:10:21.95</b>	+01:54:10 (45.6%)	9:37	6.2 (53.9%)
165	<b>WESOŁY Piotr</b>	<b>2335</b>	LUBIĘ BURPEESY	M40	58	02:14:31	<b>04:10:22.60</b>	<b>04:10:22.60</b>	+01:54:10 (45.6%)	9:37	6.2 (53.9%)
166	<b>WIERBIŁOWICZ Dariusz</b>	<b>2079</b>		M50	16	01:55:13	<b>04:10:24.30</b>	<b>04:10:24.30</b>	+01:54:12 (45.6%)	9:37	6.2 (53.9%)
167	<b>PAŁKA Ewa</b>	<b>2254</b>	KB PARANTELA	K40	16	02:05:32	<b>04:10:40.35</b>	<b>04:10:40.35</b>	+01:54:28 (45.7%)	9:38	6.2 (53.9%)
168	<b>OWSKA Justyna</b>	<b>2076</b>	DELOITTE ADVENTURE TEAM	K30	20	02:02:43	<b>04:10:54.90</b>	<b>04:10:54.90</b>	+01:54:42 (45.7%)	9:39	6.2 (53.9%)
169	<b>OWSKI Filip</b>	<b>2077</b>	DKMS TEAM	M40	59	02:02:43	<b>04:10:55.20</b>	<b>04:10:55.20</b>	+01:54:43 (45.7%)	9:39	6.2 (53.9%)
170	<b>KISICKI Tomasz</b>	<b>2280</b>	PART5	M40	60	01:55:58	<b>04:11:13.30</b>	<b>04:11:13.30</b>	+01:55:01 (45.8%)	9:39	6.2 (53.9%)
171	<b>GORAJEK Michał</b>	<b>2009</b>	LILA&ALA	M40	61	02:07:58	<b>04:12:14.25</b>	<b>04:12:14.25</b>	+01:56:02 (46.0%)	9:42	6.2 (53.9%)
172	<b>MIREK Elżbieta</b>	<b>2274</b>	TEAM#R	K30	21	02:11:04	<b>04:12:17.85</b>	<b>04:12:17.85</b>	+01:56:05 (46.0%)	9:42	6.2 (53.9%)
173	<b>PIETRUS Piotr</b>	<b>2103</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	17	02:01:39	<b>04:12:18.30</b>	<b>04:12:18.30</b>	+01:56:06 (46.0%)	9:42	6.2 (53.9%)
174	<b>MAZUREK Łukasz</b>	<b>2315</b>	ABM RUNNERS	M40	62	02:02:19	<b>04:13:00.90</b>	<b>04:13:00.90</b>	+01:56:48 (46.2%)	9:43	6.2 (53.9%)
175	<b>GENC Maciej</b>	<b>2345</b>		M20	18	02:01:30	<b>04:13:03.70</b>	<b>04:13:03.70</b>	+01:56:51 (46.2%)	9:43	6.2 (53.9%)
176	<b>BRYK Gniewomir</b>	<b>2245</b>		M20	19	02:05:03	<b>04:13:16.00</b>	<b>04:13:16.00</b>	+01:57:04 (46.2%)	9:44	6.2 (53.9%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
177	<b>ZAJĄC Jagoda</b>	<b>2244</b>		K20	7	02:05:03	<b>04:13:17.05</b>	<b>04:13:17.05</b>	+01:57:05 (46.2%)	9:44	6.2 (53.9%)
178	<b>SIKORA Amelia</b>	<b>2228</b>		K20	8	02:09:57	<b>04:13:26.25</b>	<b>04:13:26.25</b>	+01:57:14 (46.3%)	9:44	6.2 (53.9%)
179	<b>DĄBRÓWKA Nina</b>	<b>2333</b>	GMINA BUKOWSKO	K30	22	02:09:35	<b>04:13:28.40</b>	<b>04:13:28.40</b>	+01:57:16 (46.3%)	9:44	6.2 (53.9%)
180	<b>MADEJ Małgorzata</b>	<b>2185</b>	DELTA FORCE	K50	5	02:08:40	<b>04:13:34.15</b>	<b>04:13:34.15</b>	+01:57:22 (46.3%)	9:45	6.2 (53.9%)
181	<b>KRUCZEK Robert</b>	<b>2264</b>	CPP POLAND	M60	6	02:05:04	<b>04:13:41.20</b>	<b>04:13:41.20</b>	+01:57:29 (46.3%)	9:45	6.1 (53.0%)
182	<b>NOWAK Maciej</b>	<b>2052</b>		M40	63	02:09:08	<b>04:14:08.40</b>	<b>04:14:08.40</b>	+01:57:56 (46.4%)	9:46	6.1 (53.0%)
183	<b>WITEK- KONDRAT Anna</b>	<b>2259</b>		K50	6	02:09:28	<b>04:14:21.60</b>	<b>04:14:21.60</b>	+01:58:09 (46.5%)	9:46	6.1 (53.0%)
184	<b>BALCEROWSKI Rafał</b>	<b>2101</b>		M40	64		<b>04:15:17.00</b>	<b>04:15:17.00</b>	+01:59:05 (46.6%)	9:49	6.1 (53.0%)
185	<b>ŁĄCKA Małgorzata</b>	<b>2110</b>		K40	17	02:14:16	<b>04:15:38.90</b>	<b>04:15:38.90</b>	+01:59:26 (46.7%)	9:49	6.1 (53.0%)
186	<b>KRZEMIENICKA Tatiana</b>	<b>2048</b>		K40	18	02:10:21	<b>04:16:17.60</b>	<b>04:16:17.60</b>	+02:00:05 (46.9%)	9:51	6.1 (53.0%)
187	<b>WINIARSKA-BISZCZAN Anna</b>	<b>2271</b>	BIEGAMY DZISIAJ?/CHEŁM BIEGA	K40	19	02:07:41	<b>04:16:25.20</b>	<b>04:16:25.20</b>	+02:00:13 (46.9%)	9:51	6.1 (53.0%)
188	<b>POPEK Katarzyna</b>	<b>2058</b>		K20	9		<b>04:17:58.05</b>	<b>04:17:58.05</b>	+02:01:46 (47.2%)	9:55	6 (52.2%)
189	<b>KWAŚNIEWICZ Agata</b>	<b>2119</b>		K20	10	02:20:45	<b>04:19:04.95</b>	<b>04:19:04.95</b>	+02:02:53 (47.4%)	9:57	6 (52.2%)
190	<b>ROSZKOWSKA Agnieszka</b>	<b>2118</b>		K20	11	02:20:55	<b>04:19:05.55</b>	<b>04:19:05.55</b>	+02:02:53 (47.4%)	9:57	6 (52.2%)
191	<b>HÓLDERNY Krystian</b>	<b>2046</b>	NIEMA	M40	65		<b>04:19:16.25</b>	<b>04:19:16.25</b>	+02:03:04 (47.5%)	9:58	6 (52.2%)
192	<b>KAŻMIERCZAK Tomasz</b>	<b>2045</b>		M40	66	02:07:37	<b>04:19:17.35</b>	<b>04:19:17.35</b>	+02:03:05 (47.5%)	9:58	6 (52.2%)
193	<b>MIELCZARSKA Monika</b>	<b>2018</b>		K30	23	02:05:06	<b>04:20:27.65</b>	<b>04:20:27.65</b>	+02:04:15 (47.7%)	10:01	6 (52.2%)
194	<b>KOZA Krzysztof</b>	<b>2236</b>		M40	67	02:18:46	<b>04:22:04.70</b>	<b>04:22:04.70</b>	+02:05:52 (48.0%)	10:04	6 (52.2%)
195	<b>ZANDER Agnieszka</b>	<b>2235</b>	EUROFINS	K30	24	02:18:44	<b>04:22:04.85</b>	<b>04:22:04.85</b>	+02:05:52 (48.0%)	10:04	6 (52.2%)
196	<b>KRZYSZTOFOWICZ Karolina</b>	<b>2234</b>		K40	20	02:16:17	<b>04:22:13.00</b>	<b>04:22:13.00</b>	+02:06:01 (48.1%)	10:05	5.9 (51.3%)
197	<b>DZIUBA Krzysztof</b>	<b>2056</b>		M20	20	02:13:11	<b>04:22:16.00</b>	<b>04:22:16.00</b>	+02:06:04 (48.1%)	10:05	5.9 (51.3%)
198	<b>ZLOT Grzegorz</b>	<b>2148</b>	AHATAW	M50	18	02:09:04	<b>04:22:41.50</b>	<b>04:22:41.50</b>	+02:06:29 (48.2%)	10:06	5.9 (51.3%)
199	<b>TUREK Łukasz</b>	<b>2170</b>		M30	26	01:52:05	<b>04:23:16.20</b>	<b>04:23:16.20</b>	+02:07:04 (48.3%)	10:07	5.9 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
200	<b>BURY Marek</b>	<b>2255</b>		M50	19	02:14:43	<b>04:24:01.20</b>	<b>04:24:01.20</b>	+02:07:49 (48.4%)	10:09	5.9 (51.3%)
201	<b>ŁĄCKI Marcin</b>	<b>2097</b>	RUNNING RENEGADES	M40	68	02:14:18	<b>04:24:02.55</b>	<b>04:24:02.55</b>	+02:07:50 (48.4%)	10:09	5.9 (51.3%)
202	<b>SERWIK Agnieszka</b>	<b>2112</b>	RUNNING RENEGADES	K40	21	02:14:17	<b>04:24:11.90</b>	<b>04:24:11.90</b>	+02:07:59 (48.4%)	10:09	5.9 (51.3%)
203	<b>SZYC Maciej</b>	<b>2055</b>	EURO-MAZURY RUN	M40	69	02:11:15	<b>04:24:24.50</b>	<b>04:24:24.50</b>	+02:08:12 (48.5%)	10:10	5.9 (51.3%)
204	<b>KONECKI Kamil</b>	<b>2166</b>	ŁÓDŹ KOCHA SPORT	M30	27	02:13:25	<b>04:24:34.40</b>	<b>04:24:34.40</b>	+02:08:22 (48.5%)	10:10	5.9 (51.3%)
205	<b>DŁUŻEWSKI Rafał</b>	<b>2165</b>	ŁÓDŹ KOCHA SPORT	M30	28	02:13:26	<b>04:24:34.50</b>	<b>04:24:34.50</b>	+02:08:22 (48.5%)	10:10	5.9 (51.3%)
206	<b>KOZIEŁ Jarosław</b>	<b>2164</b>	ŁÓDŹ KOCHA SPORT	M30	29	02:13:25	<b>04:24:34.55</b>	<b>04:24:34.55</b>	+02:08:22 (48.5%)	10:10	5.9 (51.3%)
207	<b>KIDA Olga</b>	<b>2174</b>		K30	25	02:17:15	<b>04:25:24.75</b>	<b>04:25:24.75</b>	+02:09:12 (48.7%)	10:12	5.9 (51.3%)
208	<b>PIETRASIEWICZ Tomasz</b>	<b>2083</b>		M40	70	02:09:53	<b>04:25:28.45</b>	<b>04:25:28.45</b>	+02:09:16 (48.7%)	10:12	5.9 (51.3%)
209	<b>STRZYŻEWSKI Arkadiusz</b>	<b>2319</b>	GÓRA BIEGA	M40	71	02:05:16	<b>04:25:36.15</b>	<b>04:25:36.15</b>	+02:09:24 (48.7%)	10:12	5.9 (51.3%)
210	<b>BOROWIEC Wojciech</b>	<b>2127</b>		M30	30	02:15:57	<b>04:26:45.95</b>	<b>04:26:45.95</b>	+02:10:34 (48.9%)	10:15	5.8 (50.4%)
211	<b>BOROWIEC Marta</b>	<b>2126</b>		K30	26	02:15:57	<b>04:26:46.10</b>	<b>04:26:46.10</b>	+02:10:34 (48.9%)	10:15	5.8 (50.4%)
212	<b>SADOWSKI Karol</b>	<b>2302</b>	KOMOBIKE SCOTT	M50	20	02:05:04	<b>04:26:54.85</b>	<b>04:26:54.85</b>	+02:10:42 (49.0%)	10:15	5.8 (50.4%)
213	<b>LUBSZCZYK Adrian</b>	<b>2329</b>		M30	31	02:08:46	<b>04:27:09.55</b>	<b>04:27:09.55</b>	+02:10:57 (49.0%)	10:16	5.8 (50.4%)
214	<b>SULIGA Wioletta</b>	<b>2117</b>	ING BANK ŚLĄSKI	K40	22	02:20:31	<b>04:27:13.65</b>	<b>04:27:13.65</b>	+02:11:01 (49.0%)	10:16	5.8 (50.4%)
215	<b>WOJCIECHOWSKI Wojciech</b>	<b>2172</b>		M50	21	02:13:08	<b>04:27:28.75</b>	<b>04:27:28.75</b>	+02:11:16 (49.1%)	10:17	5.8 (50.4%)
216	<b>PIETRUSZEWSKA Katarzyna</b>	<b>2072</b>		K40	23	02:16:35	<b>04:27:44.05</b>	<b>04:27:44.05</b>	+02:11:32 (49.1%)	10:17	5.8 (50.4%)
217	<b>MENDYGRAŁ Emilia</b>	<b>2124</b>	BWRUNNERS	K40	24	02:16:31	<b>04:28:15.85</b>	<b>04:28:15.85</b>	+02:12:03 (49.2%)	10:19	5.8 (50.4%)
218	<b>MICIAK Wojciech</b>	<b>2129</b>	NIEPOŁOMICE BIEGAJĄ	M50	22	02:08:05	<b>04:28:50.55</b>	<b>04:28:50.55</b>	+02:12:38 (49.3%)	10:20	5.8 (50.4%)
219	<b>NABIERZYŃSKI Norbert</b>	<b>2059</b>	ORANGE POLSKA S.A.	M30	32	02:27:44	<b>04:29:04.15</b>	<b>04:29:04.15</b>	+02:12:52 (49.4%)	10:20	5.8 (50.4%)
220	<b>NOWOSIELSKA Agnieszka</b>	<b>2036</b>		K50	7	02:14:21	<b>04:31:11.60</b>	<b>04:31:11.60</b>	+02:14:59 (49.8%)	10:25	5.8 (50.4%)
221	<b>AUGUSTOWSKA Izabela</b>	<b>2210</b>	ORZESZKÓW TEAM	K40	25	02:07:12	<b>04:31:59.00</b>	<b>04:31:59.00</b>	+02:15:47 (49.9%)	10:27	5.7 (49.6%)
222	<b>WOŁYNIEC Paweł</b>	<b>2024</b>	BIEGACZE SPECJALNEJ TROSKI	M40	72	02:09:29	<b>04:31:59.05</b>	<b>04:31:59.05</b>	+02:15:47 (49.9%)	10:27	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
223	<b>MICIAK Agnieszka</b>	<b>2130</b>	NIEPOŁOMICE BIEGAJĄ	K50	8	02:08:05	<b>04:32:06.35</b>	<b>04:32:06.35</b>	+02:15:54 (49.9%)	10:27	5.7 (49.6%)
224	<b>PIETRASIEWICZ Agnieszka</b>	<b>2074</b>		K40	26	02:19:33	<b>04:32:08.85</b>	<b>04:32:08.85</b>	+02:15:56 (50.0%)	10:28	5.7 (49.6%)
225	<b>ZARĘBA Jarosław</b>	<b>2094</b>		M50	23	02:25:46	<b>04:33:42.40</b>	<b>04:33:42.40</b>	+02:17:30 (50.2%)	10:31	5.7 (49.6%)
226	<b>CZENCZEK Kamil</b>	<b>2043</b>		M30	33	02:11:38	<b>04:33:48.00</b>	<b>04:33:48.00</b>	+02:17:36 (50.3%)	10:31	5.7 (49.6%)
227	<b>CIESIELSKI Grzegorz</b>	<b>2047</b>	#SMARTRUN	M40	73	01:53:01	<b>04:33:53.65</b>	<b>04:33:53.65</b>	+02:17:41 (50.3%)	10:32	5.7 (49.6%)
228	<b>CAŁKA Agnieszka</b>	<b>2237</b>	LEJDISKI	K40	27	02:16:30	<b>04:34:37.85</b>	<b>04:34:37.85</b>	+02:18:25 (50.4%)	10:33	5.7 (49.6%)
229	<b>RAKOWSKA Dorota</b>	<b>2240</b>		M40	74	02:16:30	<b>04:34:38.60</b>	<b>04:34:38.60</b>	+02:18:26 (50.4%)	10:33	5.7 (49.6%)
230	<b>TRON-NOWAK Beata</b>	<b>2022</b>		M40	75	02:16:36	<b>04:35:13.00</b>	<b>04:35:13.00</b>	+02:19:01 (50.5%)	10:35	5.7 (49.6%)
231	<b>KUKLA Elzbieta</b>	<b>2021</b>	PWC RUNNING TEAM	K60	1	02:18:41	<b>04:37:40.85</b>	<b>04:37:40.85</b>	+02:21:28 (51.0%)	10:40	5.6 (48.7%)
232	<b>KRÓLAK Mariusz</b>	<b>2139</b>	TEAM MŁODY	M40	76	02:07:55	<b>04:37:56.00</b>	<b>04:37:56.00</b>	+02:21:44 (51.0%)	10:41	5.6 (48.7%)
233	<b>DŁUŻNIEWSKA Izabela</b>	<b>2218</b>		K40	28	02:11:23	<b>04:38:05.30</b>	<b>04:38:05.30</b>	+02:21:53 (51.0%)	10:41	5.6 (48.7%)
234	<b>MATWIEJCZUK Mateusz</b>	<b>2273</b>		M30	34	02:20:59	<b>04:38:50.50</b>	<b>04:38:50.50</b>	+02:22:38 (51.2%)	10:43	5.6 (48.7%)
235	<b>KULAK Paweł</b>	<b>2344</b>		M50	24	02:14:39	<b>04:39:31.50</b>	<b>04:39:31.50</b>	+02:23:19 (51.3%)	10:45	5.6 (48.7%)
236	<b>MATUŁA Piotr</b>	<b>2285</b>	IM INSPIRATION	M30	35		<b>04:40:13.00</b>	<b>04:40:13.00</b>	+02:24:01 (51.4%)	10:46	5.6 (48.7%)
237	<b>SMUTEK Dominika</b>	<b>2340</b>	IM INSPIRATION	K20	12	02:07:21	<b>04:40:38.30</b>	<b>04:40:38.30</b>	+02:24:26 (51.5%)	10:47	5.6 (48.7%)
238	<b>BARAŃSKA Anna</b>	<b>2305</b>		K30	27	02:17:01	<b>04:41:29.60</b>	<b>04:41:29.60</b>	+02:25:17 (51.6%)	10:49	5.5 (47.8%)
239	<b>BARAŃSKI Przemysław</b>	<b>2203</b>		M30	36	02:17:00	<b>04:41:30.15</b>	<b>04:41:30.15</b>	+02:25:18 (51.6%)	10:49	5.5 (47.8%)
240	<b>HOŁUB Agata</b>	<b>2316</b>	JAROSŁAWSKI BIEGACZ	K50	9	02:16:37	<b>04:41:38.65</b>	<b>04:41:38.65</b>	+02:25:26 (51.6%)	10:49	5.5 (47.8%)
241	<b>KUCA Roman</b>	<b>2212</b>		M60	7	02:23:37	<b>04:42:13.80</b>	<b>04:42:13.80</b>	+02:26:01 (51.7%)	10:51	5.5 (47.8%)
242	<b>TOMASZKIEWICZ Marek</b>	<b>2109</b>		M50	25	02:11:31	<b>04:42:26.10</b>	<b>04:42:26.10</b>	+02:26:14 (51.8%)	10:51	5.5 (47.8%)
243	<b>LEROCH Aleksandra</b>	<b>2341</b>		K40	29	02:21:44	<b>04:42:41.30</b>	<b>04:42:41.30</b>	+02:26:29 (51.8%)	10:52	5.5 (47.8%)
244	<b>SZYPURA Katarzyna</b>	<b>2222</b>	OPALENICKI KLUB BIEGACZA	K50	10	02:14:32	<b>04:44:10.00</b>	<b>04:44:10.00</b>	+02:27:58 (52.1%)	10:55	5.5 (47.8%)
244	<b>SZYPURA Robert</b>	<b>2221</b>	OPALENICKI KLUB BIEGACZA	M50	26	02:14:28	<b>04:44:10.00</b>	<b>04:44:10.00</b>	+02:27:58 (52.1%)	10:55	5.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
246	<b>KOWALSKI Damian</b>	<b>2026</b>	ŻYWCEM ZABIEGANI 2.0	M20	21	02:23:30	<b>04:45:06.00</b>	<b>04:45:06.00</b>	+02:28:54 (52.2%)	10:57	5.5 (47.8%)
247	<b>POLITOWSKA Marta</b>	<b>2154</b>	ŻYWCEM ZABIEGANI 2.0	K40	30	02:23:31	<b>04:45:06.25</b>	<b>04:45:06.25</b>	+02:28:54 (52.2%)	10:57	5.5 (47.8%)
248	<b>NOWICKI Jarosław</b>	<b>2116</b>		M50	27	02:11:36	<b>04:47:23.50</b>	<b>04:47:23.50</b>	+02:31:11 (52.6%)	11:03	5.4 (47.0%)
249	<b>WOJNICZ Grzegorz</b>	<b>2314</b>	SII RUNNING TEAM	M40	77	02:13:51	<b>04:47:47.15</b>	<b>04:47:47.15</b>	+02:31:35 (52.7%)	11:04	5.4 (47.0%)
250	<b>DĄBROWSKA-NOWAK Ewelina</b>	<b>2089</b>		K30	28	02:32:23	<b>04:48:26.05</b>	<b>04:48:26.05</b>	+02:32:14 (52.8%)	11:05	5.4 (47.0%)
251	<b>WOJCIECHOWSKA Zuzia</b>	<b>2175</b>		K20	13	02:26:20	<b>04:49:16.35</b>	<b>04:49:16.35</b>	+02:33:04 (52.9%)	11:07	5.4 (47.0%)
252	<b>SCHLAPPA Sebastian</b>	<b>2330</b>	IZBICKO W BIEGU	M40	78	02:29:14	<b>04:50:42.95</b>	<b>04:50:42.95</b>	+02:34:31 (53.2%)	11:10	5.4 (47.0%)
253	<b>NOWAK Aneta</b>	<b>2096</b>		K20	14	02:29:52	<b>04:52:11.80</b>	<b>04:52:11.80</b>	+02:35:59 (53.4%)	11:14	5.3 (46.1%)
254	<b>CIEZYNSKI Eryk</b>	<b>2183</b>		M40	79	02:18:20	<b>04:53:06.95</b>	<b>04:53:06.95</b>	+02:36:55 (53.5%)	11:16	5.3 (46.1%)
255	<b>ZIĘBA Agata</b>	<b>2178</b>		K20	15	02:27:47	<b>04:53:19.55</b>	<b>04:53:19.55</b>	+02:37:07 (53.6%)	11:16	5.3 (46.1%)
256	<b>JABŁOŃSKA Aleksandra</b>	<b>2030</b>		K20	16	02:29:07	<b>04:53:38.90</b>	<b>04:53:38.90</b>	+02:37:26 (53.6%)	11:17	5.3 (46.1%)
257	<b>SIKORA Małgorzata</b>	<b>2031</b>		K40	31	02:29:06	<b>04:53:38.95</b>	<b>04:53:38.95</b>	+02:37:27 (53.6%)	11:17	5.3 (46.1%)
258	<b>KACZMARCZYK Jolanta</b>	<b>2159</b>	ROM TEAM	K50	11	02:27:49	<b>04:54:58.15</b>	<b>04:54:58.15</b>	+02:38:46 (53.8%)	11:20	5.3 (46.1%)
259	<b>SŁOWIK Mariusz</b>	<b>2012</b>	ROM TEAM	M50	28	02:27:50	<b>04:54:58.70</b>	<b>04:54:58.70</b>	+02:38:46 (53.8%)	11:20	5.3 (46.1%)
260	<b>MALINOWSKI Marcin</b>	<b>2041</b>		M40	80	02:31:00	<b>04:55:06.05</b>	<b>04:55:06.05</b>	+02:38:54 (53.8%)	11:21	5.3 (46.1%)
261	<b>KOSTRZEWA Ewelina</b>	<b>2040</b>		K40	32	02:31:00	<b>04:55:06.35</b>	<b>04:55:06.35</b>	+02:38:54 (53.8%)	11:21	5.3 (46.1%)
262	<b>BIDZIŃSKI Krzysztof</b>	<b>2304</b>		M50	29	02:25:52	<b>04:56:46.30</b>	<b>04:56:46.30</b>	+02:40:34 (54.1%)	11:24	5.3 (46.1%)
263	<b>MIŚTA-DOROBISZ Sylwia</b>	<b>2125</b>	MYSZKÓW BIEGA	K50	12	02:28:58	<b>04:57:34.80</b>	<b>04:57:34.80</b>	+02:41:22 (54.2%)	11:26	5.2 (45.2%)
264	<b>RYŻYŃSKA Agnieszka</b>	<b>2293</b>	CHEŁM BIEGA	K40	33	02:27:24	<b>04:57:43.05</b>	<b>04:57:43.05</b>	+02:41:31 (54.3%)	11:27	5.2 (45.2%)
265	<b>POTERA Krystyna</b>	<b>2258</b>		K30	29	02:27:45	<b>04:57:49.25</b>	<b>04:57:49.25</b>	+02:41:37 (54.3%)	11:27	5.2 (45.2%)
266	<b>GARGANISZ-WOJNICZ Irmína</b>	<b>2080</b>		K40	34	02:26:00	<b>05:00:40.00</b>	<b>05:00:40.00</b>	+02:44:28 (54.7%)	11:33	5.2 (45.2%)
267	<b>MIKIEWICZ Wojciech</b>	<b>2038</b>		M30	37	02:20:54	<b>05:03:15.15</b>	<b>05:03:15.15</b>	+02:47:03 (55.1%)	11:39	5.1 (44.3%)
268	<b>SZOPA Urszula</b>	<b>2299</b>		K40	35	02:26:10	<b>05:03:22.80</b>	<b>05:03:22.80</b>	+02:47:10 (55.1%)	11:40	5.1 (44.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
269	<b>ŻURAW Joanna</b>	<b>2301</b>		K40	36	02:26:18	<b>05:03:23.15</b>	<b>05:03:23.15</b>	+02:47:11 (55.1%)	11:40	5.1 (44.3%)
269	<b>SZOPA Łukasz</b>	<b>2300</b>	WKS OLESNICZANKA OLEŚNICA	M40	81	02:26:27	<b>05:03:23.15</b>	<b>05:03:23.15</b>	+02:47:11 (55.1%)	11:40	5.1 (44.3%)
271	<b>BIGOTT Piotr</b>	<b>2071</b>		M30	38	02:25:57	<b>05:04:50.05</b>	<b>05:04:50.05</b>	+02:48:38 (55.3%)	11:43	5.1 (44.3%)
271	<b>RYDZEWSKI Damian</b>	<b>2073</b>		M30	38	02:25:54	<b>05:04:50.05</b>	<b>05:04:50.05</b>	+02:48:38 (55.3%)	11:43	5.1 (44.3%)
273	<b>JAROCKI Bartosz</b>	<b>2070</b>		M30	40	02:25:55	<b>05:04:52.35</b>	<b>05:04:52.35</b>	+02:48:40 (55.3%)	11:43	5.1 (44.3%)
274	<b>ZELMANOWICZ - SCHLAPPA Ewa</b>	<b>2162</b>	IZBICKO W BIEGU	K50	13	02:28:55	<b>05:05:39.75</b>	<b>05:05:39.75</b>	+02:49:27 (55.4%)	11:45	5.1 (44.3%)
275	<b>MIKIEWICZ Michał</b>	<b>2037</b>		M40	82	02:20:52	<b>05:06:14.30</b>	<b>05:06:14.30</b>	+02:50:02 (55.5%)	11:46	5.1 (44.3%)
276	<b>ŻYMIEŁKO-LISZEWSKA Ewelina</b>	<b>2035</b>		K30	30	02:39:38	<b>05:09:25.55</b>	<b>05:09:25.55</b>	+02:53:13 (56.0%)	11:54	5 (43.5%)
277	<b>TRZYNA Paula</b>	<b>2149</b>	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	31	02:33:21	<b>05:09:49.75</b>	<b>05:09:49.75</b>	+02:53:37 (56.0%)	11:54	5 (43.5%)
278	<b>SADŁOWSKA Magda</b>	<b>2027</b>	BIEGACZE SPECJALNEJ TROSKI	K40	37	02:37:41	<b>05:12:04.15</b>	<b>05:12:04.15</b>	+02:55:52 (56.4%)	12:00	5 (43.5%)
279	<b>PARAMESWARAN Arvind Lakshman</b>	<b>2049</b>		M30	41	02:13:20	<b>05:14:04.90</b>	<b>05:14:04.90</b>	+02:57:52 (56.6%)	12:04	5 (43.5%)
280	<b>BORATYŃSKI Krzysztof</b>	<b>2296</b>		M20	22	02:30:04	<b>05:18:14.50</b>	<b>05:18:14.50</b>	+03:02:02 (57.2%)	12:14	4.9 (42.6%)
281	<b>SZPREJDA Paulina</b>	<b>2151</b>		K30	32	02:34:43	<b>05:19:54.85</b>	<b>05:19:54.85</b>	+03:03:42 (57.4%)	12:18	4.9 (42.6%)
282	<b>MISZCZUK Ewelina</b>	<b>2060</b>		K40	38	02:33:32	<b>05:23:04.00</b>	<b>05:23:04.00</b>	+03:06:52 (57.8%)	12:25	4.8 (41.7%)
283	<b>RZECZKOWSKI Maciej</b>	<b>2061</b>		M50	30	02:44:50	<b>05:27:54.85</b>	<b>05:27:54.85</b>	+03:11:42 (58.5%)	12:36	4.8 (41.7%)
284	<b>JEDLIŃSKA Magdalena</b>	<b>2062</b>		K40	39	02:44:51	<b>05:27:58.05</b>	<b>05:27:58.05</b>	+03:11:46 (58.5%)	12:36	4.8 (41.7%)
285	<b>SALIŃSKI Bartosz</b>	<b>2122</b>	AUGUSTEAM	M30	42	02:36:17	<b>05:29:54.45</b>	<b>05:29:54.45</b>	+03:13:42 (58.7%)	12:41	4.7 (40.9%)
286	<b>ZABIELSKI Grzegorz</b>	<b>2193</b>		M40	83	02:39:50	<b>05:31:55.25</b>	<b>05:31:55.25</b>	+03:15:43 (59.0%)	12:45	4.7 (40.9%)
287	<b>KARWACKA Aneta</b>	<b>2160</b>		K40	40	02:39:49	<b>05:31:55.45</b>	<b>05:31:55.45</b>	+03:15:43 (59.0%)	12:45	4.7 (40.9%)
288	<b>KOSEWSKA Dorota</b>	<b>2263</b>	BIEGIEM NA KAWĘ	K50	14	03:26:20	<b>05:33:14.00</b>	<b>05:33:14.00</b>	+03:17:02 (59.1%)	12:49	4.7 (40.9%)
289	<b>BŁĘDKOWSKA Katarzyna</b>	<b>5223</b>		K40	41	02:39:39	<b>05:35:00.55</b>	<b>05:35:00.55</b>	+03:18:48 (59.3%)	12:53	4.7 (40.9%)
290	<b>ŁOKAS Andrzej</b>	<b>2015</b>		M50	31	02:43:25	<b>05:36:26.80</b>	<b>05:36:26.80</b>	+03:20:14 (59.5%)	12:56	4.6 (40.0%)
291	<b>FAŁDZIŃSKA Urszula</b>	<b>2005</b>		K30	33	02:56:01	<b>05:40:21.80</b>	<b>05:40:21.80</b>	+03:24:09 (60.0%)	13:05	4.6 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
292	<b>SZYMAŃSKA Agnieszka</b>	<b>2039</b>		K40	42	02:45:57	<b>05:42:35.75</b>	<b>05:42:35.75</b>	+03:26:23 (60.2%)	13:10	4.6 (40.0%)
293	<b>MHADHBI Joanna</b>	<b>2034</b>		K30	34	02:59:12	<b>05:48:16.65</b>	<b>05:48:16.65</b>	+03:32:04 (60.9%)	13:23	4.5 (39.1%)
294	<b>SIKORA Malgorzata</b>	<b>2033</b>		K50	15	02:59:13	<b>05:48:16.80</b>	<b>05:48:16.80</b>	+03:32:04 (60.9%)	13:23	4.5 (39.1%)
295	<b>GUZY Mateusz</b>	<b>2004</b>		M30	43	02:56:37	<b>06:14:38.15</b>	<b>06:14:38.15</b>	+03:58:26 (63.6%)	14:24	4.2 (36.5%)
296	<b>GUZY Agnieszka</b>	<b>2019</b>		K30	35	02:56:37	<b>06:14:38.25</b>	<b>06:14:38.25</b>	+03:58:26 (63.6%)	14:24	4.2 (36.5%)
297	<b>KOCYŁA Marzena</b>	<b>2001</b>		K40	43	03:11:08	<b>06:28:35.30</b>	<b>06:28:35.30</b>	+04:12:23 (65.0%)	14:56	4 (34.8%)
298	<b>JASIŃSKA Patrycja</b>	<b>2252</b>		K40	44	03:11:22	<b>06:28:37.45</b>	<b>06:28:37.45</b>	+04:12:25 (65.0%)	14:56	4 (34.8%)
299	<b>ŁABNO Magda</b>	<b>2091</b>		K40	45	03:21:40	<b>06:40:28.85</b>	<b>06:40:28.85</b>	+04:24:16 (66.0%)	15:24	3.9 (33.9%)
300	<b>CZECHOWSKA Izabela</b>	<b>2308</b>	HEŃTAEM/ WW TEAM	K50	16	03:48:03	<b>07:17:39.45</b>	<b>07:17:39.45</b>	+05:01:27 (68.9%)	16:49	3.6 (31.3%)
301	<b>LESZCZYŃSKA Ewa</b>	<b>2346</b>		K40	46	03:48:02	<b>07:17:39.85</b>	<b>07:17:39.85</b>	+05:01:27 (68.9%)	16:49	3.6 (31.3%)
302	<b>BALCERZYK Natalia</b>	<b>2145</b>		K30	36	03:48:16	<b>07:32:40.20</b>	<b>07:32:40.20</b>	+05:16:28 (69.9%)	17:24	3.4 (29.6%)
303	<b>SIEWIERSKA Urszula</b>	<b>2156</b>	POWSINOZI BEŁCHATÓW	K40	47	03:48:18	<b>07:32:40.75</b>	<b>07:32:40.75</b>	+05:16:28 (69.9%)	17:24	3.4 (29.6%)
304	<b>WOŁOSZYN Ryszard</b>	<b>2191</b>	PIZUNY ROZTOCZE WSCHODNIE	M50	32	03:52:51	<b>07:42:58.85</b>	<b>07:42:58.85</b>	+05:26:46 (70.6%)	17:48	3.4 (29.6%)
305	<b>LATUSZEK Magdalena</b>	<b>2307</b>		M20	23	03:48:28	<b>08:12:01.20</b>	<b>08:12:01.20</b>	+05:55:49 (72.3%)	18:55	3.2 (27.8%)
306	<b>ADAMCZYK Zbigniew</b>	<b>2102</b>	KM TRUCHCIK ŁUBIANKA	M60	8	03:48:09	<b>08:32:04.10</b>	<b>08:32:04.10</b>	+06:15:52 (73.4%)	19:41	3 (26.1%)
307	<b>BARYGA Mateusz</b>	<b>2322</b>		M40	84	04:23:49	<b>08:40:50.45</b>	<b>08:40:50.45</b>	+06:24:38 (73.9%)	20:01	3 (26.1%)
308	<b>PAKOSIŃSKI Krzysztof</b>	<b>2205</b>	CZARNY PIELGRZYM	M40	85	04:23:50	<b>08:41:07.05</b>	<b>08:41:07.05</b>	+06:24:55 (73.9%)	20:02	3 (26.1%)
	<b>DUSZYŃSKA Małgorzata</b>	<b>2276</b>		K20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ŻAK Filip</b>	<b>2306</b>		M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 310 wynik(ów)