

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	MAZAN Piotr	2284	FINISZ RYMANÓW	M40	1	01:10:30	02:16:11.95	02:16:11.95		5:14	11.5 (100%)
2	DUDEK Wojciech	2189	AZYMUT PABIANICIE	M30	1	01:10:23	02:19:30.50	02:19:30.50	+00:03:18 (2.4%)	5:21	11.2 (97.4%)
3	PRĘTNIK Sławomir	2297		M40	2	01:12:57	02:25:35.25	02:25:35.25	+00:09:23 (6.4%)	5:35	10.7 (93.0%)
4	SKAWIŃSKI Tomasz	2265	GOPR BIESZCZADY	M40	3	01:18:23	02:31:52.45	02:31:52.45	+00:15:40 (10.3%)	5:50	10.3 (89.6%)
5	HEJNAR Jakub	2281		M40	4	01:18:36	02:33:54.75	02:33:54.75	+00:17:42 (11.5%)	5:55	10.1 (87.8%)
6	MICHALCZEWSKI Jacek	2196	RUN BEAVERS	M40	5	01:16:15	02:34:08.45	02:34:08.45	+00:17:56 (11.6%)	5:55	10.1 (87.8%)
7	GÓROWSKA Iwona	2283	DYNAFIT / MONTIKO	K30	1	01:20:23	02:34:58.75	02:34:58.75	+00:18:46 (12.1%)	5:57	10.1 (87.8%)
8	PASTOK Piotr	2253	TURBACZ TRAIL	M20	1	01:19:22	02:35:14.35	02:35:14.35	+00:19:02 (12.3%)	5:58	10 (87.0%)
9	PAŁKA Mariusz	2233	KR PARANTELA	M40	6	01:20:34	02:36:16.50	02:36:16.50	+00:20:04 (12.8%)	6:00	10 (87.0%)
10	SŁOWIŃSKI Marcin	2028	DREAM RUN	M40	7	01:20:45	02:39:34.75	02:39:34.75	+00:23:22 (14.7%)	6:08	9.8 (85.2%)
11	ŁASKOWSKI Jakub	2136	KS KANDAHAR/ MRG	M30	2	01:21:46	02:39:35.55	02:39:35.55	+00:23:23 (14.7%)	6:08	9.8 (85.2%)
12	GÓROWSKI Mateusz	2279	KAGB GOPR	M40	8	01:22:18	02:39:38.65	02:39:38.65	+00:23:26 (14.7%)	6:08	9.8 (85.2%)
13	GRYGIEL Marek	2239	JACEKBIEGA RUNNING TEAM	M40	9	01:21:55	02:40:55.60	02:40:55.60	+00:24:43 (15.4%)	6:11	9.7 (84.3%)
14	WIEJAK Marlena	2010		K30	2	01:21:55	02:43:39.75	02:43:39.75	+00:27:27 (16.8%)	6:17	9.5 (82.6%)
15	HOŁOWATY Renata	2309	SANOK BIEGA BIESZCZADZKA WATAHA	K30	3	01:24:35	02:45:24.35	02:45:24.35	+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	PAROL Rafał	2337	DZIKIE GRUBASY	M40	10	01:24:25	02:47:00.15	02:47:00.15	+00:30:48 (18.4%)	6:25	9.3 (80.9%)
17	KNOPEK Adam	2225	BIEG PO ZDRÓJ	M40	11	01:27:03	02:51:59.30	02:51:59.30	+00:35:47 (20.8%)	6:36	9.1 (79.1%)
18	GĄSIENICA-FRONEK Maciej	2347	KW ZAKOPANE	M40	12	01:27:23	02:53:29.55	02:53:29.55	+00:37:17 (21.5%)	6:40	9 (78.3%)
19	CHUDY Michał	2286		M30	3	01:29:23	02:57:26.20	02:57:26.20	+00:41:14 (23.2%)	6:49	8.8 (76.5%)
20	STASZCZYK Michał	2334		M40	13	01:28:03	02:57:40.85	02:57:40.85	+00:41:28 (23.3%)	6:50	8.8 (76.5%)
21	WAŻNY Jacek	2029	BANDA GRUDNIA	M30	4	01:26:04	02:57:52.60	02:57:52.60	+00:41:40 (23.4%)	6:50	8.8 (76.5%)
22	ŁUKASIK Anna	2317	MKL BRYGADA BESKIDÓW	K40	1	01:30:40	02:58:01.05	02:58:01.05	+00:41:49 (23.5%)	6:50	8.8 (76.5%)
23	WANAT Janusz	2197	#SZLACHTABIEGA	M40	14	01:32:02	02:58:22.70	02:58:22.70	+00:42:10 (23.6%)	6:51	8.7 (75.7%)
24	GOJNICZEK Leszek	2167		M40	15	01:28:01	02:58:25.25	02:58:25.25	+00:42:13 (23.7%)	6:51	8.7 (75.7%)
25	MIERZWA Michał	2143		M40	16	01:30:23	02:58:49.10	02:58:49.10	+00:42:37 (23.8%)	6:52	8.7 (75.7%)
26	TYLMAN Mateusz	2184	TRUCHTACZ GARWOLIN	M30	5	01:29:28	03:01:20.95	03:01:20.95	+00:45:09 (24.9%)	6:58	8.6 (74.8%)
27	WRÓŃSKI Ziemowit	2323	PTT NOWY SACZ	M40	17		03:02:02.00	03:02:02.00	+00:45:50 (25.2%)	7:00	8.6 (74.8%)
28	WOSZCZYK Michał	2325		M30	6	01:36:16	03:03:41.25	03:03:41.25	+00:47:29 (25.9%)	7:03	8.5 (73.9%)
29	KRALEWSKI Robert	2168	CROSSFIT KONSTANCIN	M50	1	01:35:28	03:03:56.30	03:03:56.30	+00:47:44 (26.0%)	7:04	8.5 (73.9%)
30	SLUSARCZYK Lucas	2173	NOCNY BÓR TEAM	M20	2	01:33:25	03:04:11.20	03:04:11.20	+00:47:59 (26.1%)	7:05	8.5 (73.9%)
31	WASYLÓW Jacek	2277	CPR1-JACEK TEAM PRZEMYSŁ	M40	18	01:34:17	03:04:12.55	03:04:12.55	+00:48:00 (26.1%)	7:05	8.5 (73.9%)
32	KOLACHA Patryk	2187	STUDIO GTS KATOWICE	M20	3	01:29:54	03:04:24.15	03:04:24.15	+00:48:12 (26.1%)	7:05	8.5 (73.9%)
33	NIEDŹWIEDŹ Tomasz	2262		M40	19	01:33:35	03:04:33.05	03:04:33.05	+00:48:21 (26.2%)	7:05	8.5 (73.9%)
34	MAŁECKI Hubert	2287		M30	7	01:28:05	03:04:54.00	03:04:54.00	+00:48:42 (26.3%)	7:06	8.4 (73.0%)
35	SETERA Tomasz	2343	JOG FORS	M40	20	01:35:26	03:06:51.45	03:06:51.45	+00:50:39 (27.1%)	7:11	8.3 (72.2%)
36	GUZIK Kama	2348		K30	4	01:35:54	03:07:30.75	03:07:30.75	+00:51:18 (27.4%)	7:12	8.3 (72.2%)
37	PARZNIIEWSKI Maciej	2121	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	21	01:33:06	03:08:18.55	03:08:18.55	+00:52:06 (27.7%)	7:14	8.3 (72.2%)
38	DEC Piotr	2292	:)	M50	2	01:38:01	03:10:27.85	03:10:27.85	+00:54:15 (28.5%)	7:19	8.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
39	SOŁTYS Mateusz	2260		M20	4	01:38:02	03:10:27.90	03:10:27.90	+00:54:15 (28.5%)	7:19	8.2 (71.3%)
40	DZIERŻAK Elżbieta	2231	AQUAREH/TRENINGFIZJO.PL	K40	2	01:35:29	03:11:11.30	03:11:11.30	+00:54:59 (28.8%)	7:21	8.2 (71.3%)
41	GŁOWACKA Marta	2209		K30	5	01:39:01	03:12:09.85	03:12:09.85	+00:55:57 (29.1%)	7:23	8.1 (70.4%)
42	CZWERENKO Wojciech	2270		M40	22	01:34:42	03:12:18.05	03:12:18.05	+00:56:06 (29.2%)	7:23	8.1 (70.4%)
43	CHRZANOWSKA Dorota	2242		K30	6	01:39:00	03:12:38.40	03:12:38.40	+00:56:26 (29.3%)	7:24	8.1 (70.4%)
44	KĘDZIOR Maciej	2310		M40	23	01:30:35	03:12:51.35	03:12:51.35	+00:56:39 (29.4%)	7:25	8.1 (70.4%)
45	SZCZEPAŃSKI Grzegorz	2092		M40	24	01:37:49	03:13:00.60	03:13:00.60	+00:56:48 (29.4%)	7:25	8.1 (70.4%)
46	KUROWSKI Michał	2278		M20	5	01:32:35	03:13:03.50	03:13:03.50	+00:56:51 (29.5%)	7:25	8.1 (70.4%)
47	SZAŁAS Szałas	2044		M30	8	01:35:30	03:13:04.05	03:13:04.05	+00:56:52 (29.5%)	7:25	8.1 (70.4%)
48	GRUMBIANIN Paulina	2291	DREAM RUN/LOGWIN	K50	1	01:37:41	03:13:08.55	03:13:08.55	+00:56:56 (29.5%)	7:25	8.1 (70.4%)
49	BANACH Szymon	2318	PROSERVICE RACING TEAM	M40	25	01:33:23	03:14:19.10	03:14:19.10	+00:58:07 (29.9%)	7:28	8 (69.6%)
50	KOPPLINGER Grzegorz	2050	ASSECO ACTIVE TEAM	M50	3	01:41:55	03:14:23.60	03:14:23.60	+00:58:11 (29.9%)	7:28	8 (69.6%)
51	KOWALSKA Dorota	2219	KB PARANTELA	K40	3	01:38:08	03:14:44.40	03:14:44.40	+00:58:32 (30.1%)	7:29	8 (69.6%)
52	EKIERT Mariusz	2147	TRUCHTACZ.PL	M50	4	01:36:08	03:16:18.35	03:16:18.35	+01:00:06 (30.6%)	7:33	7.9 (68.7%)
53	KRENZEL Regina	2311	BIEGAMBOLUBIĘ	K30	7	01:39:30	03:16:27.75	03:16:27.75	+01:00:15 (30.7%)	7:33	7.9 (68.7%)
54	SZATKOWSKI Michał	2321		M20	6	01:37:55	03:16:41.55	03:16:41.55	+01:00:29 (30.8%)	7:33	7.9 (68.7%)
55	WÓJCIK Anna	2142		K20	1	01:39:26	03:16:44.00	03:16:44.00	+01:00:32 (30.8%)	7:34	7.9 (68.7%)
56	PERLIŃSKI Mirosław	2095	ASSECO ACTIVE TEAM	M40	26	01:41:25	03:16:50.75	03:16:50.75	+01:00:38 (30.8%)	7:34	7.9 (68.7%)
57	TUR Tobiasz	2266		M30	9	01:35:32	03:17:37.40	03:17:37.40	+01:01:25 (31.1%)	7:36	7.9 (68.7%)
58	DZIADUŚ Marcin	2194		M30	10	01:44:38	03:18:37.15	03:18:37.15	+01:02:25 (31.4%)	7:38	7.9 (68.7%)
59	MACHLARZ Piotr	2288	FORZA PRIMO	M40	27	01:38:14	03:19:06.45	03:19:06.45	+01:02:54 (31.6%)	7:39	7.8 (67.8%)
60	SZYSZKA Sebastian	2161	TRUCHTACZ.PL	M50	5	01:41:34	03:19:42.55	03:19:42.55	+01:03:30 (31.8%)	7:40	7.8 (67.8%)
61	HOŁUB Wacław	2113	JAROSŁAWSKI BIEGACZ	M50	6	01:35:22	03:20:05.05	03:20:05.05	+01:03:53 (31.9%)	7:41	7.8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1 Roztoki 13km	Czas netto 26km	Czas brutto 26km	Różn	Tempo min/km	Tempo km/h
62	BAREJA Damian	2247		M20	7	01:45:33	03:22:37.60	03:22:37.60	+01:06:25 (32.8%)	7:47	7.7 (67.0%)
63	KOWALSKI Aleksander	2208	BIEG PO ZDROJ	M40	28	01:40:22	03:22:39.55	03:22:39.55	+01:06:27 (32.8%)	7:47	7.7 (67.0%)
64	GRUSZKA Paweł	2327	BIEG PO ZDRÓJ	M40	29	01:37:41	03:22:39.75	03:22:39.75	+01:06:27 (32.8%)	7:47	7.7 (67.0%)
65	KIERZEK Przemysław	2216	PŁONAĆE UDA	M40	30	01:38:53	03:23:11.85	03:23:11.85	+01:06:59 (33.0%)	7:48	7.7 (67.0%)
66	PIETRUSZKA Mariusz	2250		M30	11	01:42:03	03:23:41.20	03:23:41.20	+01:07:29 (33.1%)	7:50	7.7 (67.0%)
67	KUKLA Marcin	2020	RYSIK RUNNERS	M50	7	01:44:54	03:24:01.35	03:24:01.35	+01:07:49 (33.2%)	7:50	7.6 (66.1%)
68	FLORCZYK Janusz	2256		M40	31	01:46:13	03:25:00.75	03:25:00.75	+01:08:48 (33.6%)	7:53	7.6 (66.1%)
69	KARASEK Mariusz	2098		M50	8	01:43:18	03:25:34.30	03:25:34.30	+01:09:22 (33.7%)	7:54	7.6 (66.1%)
70	ARTYM Magda	2135	}TRENUJZKOSTEREM	K50	2	01:47:55	03:27:11.25	03:27:11.25	+01:10:59 (34.3%)	7:58	7.5 (65.2%)
71	DUSZCZAK Radosław	2246	GANG_KOTA	M40	32	01:48:00	03:27:12.95	03:27:12.95	+01:11:01 (34.3%)	7:58	7.5 (65.2%)
72	STASZCZYK Anna	2324		K40	4	01:45:51	03:27:20.70	03:27:20.70	+01:11:08 (34.3%)	7:58	7.5 (65.2%)
73	NIEDZIAŁEK Przemek	2144		M30	12	01:37:53	03:27:25.55	03:27:25.55	+01:11:13 (34.3%)	7:58	7.5 (65.2%)
73	KAPICA Jarosław	2107		M30	12	01:37:39	03:27:25.55	03:27:25.55	+01:11:13 (34.3%)	7:58	7.5 (65.2%)
75	GETTLICH Piotr	2206	BIEGAMY W PODKOWIE	M40	33	01:45:25	03:27:28.40	03:27:28.40	+01:11:16 (34.4%)	7:58	7.5 (65.2%)
76	GRADKOWSKA Gosia	2204		K40	5	01:45:24	03:27:28.60	03:27:28.60	+01:11:16 (34.4%)	7:58	7.5 (65.2%)
77	SITEK Anna	2190	SZLACHTABIEGA	K30	8	01:46:05	03:27:58.40	03:27:58.40	+01:11:46 (34.5%)	7:59	7.5 (65.2%)
78	WOJTAKOWSKA Joanna	2320		K40	6	01:44:25	03:27:58.60	03:27:58.60	+01:11:46 (34.5%)	7:59	7.5 (65.2%)
79	JUCHA Rafał	2199		M50	9	01:46:29	03:28:17.45	03:28:17.45	+01:12:05 (34.6%)	8:00	7.5 (65.2%)
80	PILCH-NANOWSKA Agnieszka	2069		K40	7	01:43:43	03:28:31.60	03:28:31.60	+01:12:19 (34.7%)	8:01	7.5 (65.2%)
81	MALCZEWSKI Jarosław	2186	BIEGAMY DZISIAJ?	M40	34	01:48:03	03:28:42.00	03:28:42.00	+01:12:30 (34.7%)	8:01	7.5 (65.2%)
82	WDOWIARZ Jerzy	2179		M40	35	01:44:35	03:28:47.55	03:28:47.55	+01:12:35 (34.8%)	8:01	7.5 (65.2%)
83	KOWALSKI Łukasz	2134	NOCNY BÓR TEAM	M40	36	01:43:20	03:29:07.70	03:29:07.70	+01:12:55 (34.9%)	8:02	7.5 (65.2%)
84	KRASOWSKA Matylda	2213		K30	9	01:44:17	03:30:56.55	03:30:56.55	+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-WOŁYNIIEC 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	MADEJ Grzegorz	2192	DELTA FORCE	M50	13	02:03:33	03:39:50.45	03:39:50.45	+01:23:38 (38.0%)	8:27	7.1 (61.7%)
109	MAŚLAK Paweł	2188	DELTA FORCE	M40	42	02:03:34	03:39:50.70	03:39:50.70	+01:23:38 (38.0%)	8:27	7.1 (61.7%)
110	DMOCHOWSKI Sebastian	2138		M30	15	01:45:59	03:39:57.50	03:39:57.50	+01:23:45 (38.1%)	8:27	7.1 (61.7%)
111	RUSIN Łukasz	2207	CHEŁM BIEGA	M40	43	01:51:24	03:41:11.65	03:41:11.65	+01:24:59 (38.4%)	8:30	7.1 (61.7%)
112	ZAWADA Agata	2017		K20	2	01:56:22	03:41:18.85	03:41:18.85	+01:25:06 (38.5%)	8:30	7 (60.9%)
113	SPYCHAŁA Franek	2155		M20	11	01:40:51	03:41:29.05	03:41:29.05	+01:25:17 (38.5%)	8:31	7 (60.9%)
114	KUCZMA Piotr	2182	KS PRZYBYSZÓWKA	M20	12	01:53:04	03:41:31.00	03:41:31.00	+01:25:19 (38.5%)	8:31	7 (60.9%)
115	GRZESIK Michał	2105		M30	16	01:51:36	03:42:24.75	03:42:24.75	+01:26:12 (38.8%)	8:33	7 (60.9%)
116	KOSIŃSKA-WALOCH Agnieszka	2054	MŁODY RUN TEAM	K30	14	01:57:25	03:42:33.55	03:42:33.55	+01:26:21 (38.8%)	8:33	7 (60.9%)
117	PŁUCIŚ Małgorzata	2064	BIEGAMBOLUBIĘ	K30	15	01:56:50	03:42:34.25	03:42:34.25	+01:26:22 (38.8%)	8:33	7 (60.9%)
118	KORONA Daniel	2350		M40	44	01:51:41	03:42:44.65	03:42:44.65	+01:26:32 (38.9%)	8:34	7 (60.9%)
119	DENKOWSKI Marcin	2261	UMCS	M40	45	01:56:00	03:42:59.60	03:42:59.60	+01:26:47 (38.9%)	8:34	7 (60.9%)
120	NIENAJADŁO Bartłomiej	2227		M30	17	01:56:00	03:43:08.45	03:43:08.45	+01:26:56 (39.0%)	8:34	7 (60.9%)
121	MIELCZARCZYK Joanna	2086		K30	16	01:54:53	03:43:24.00	03:43:24.00	+01:27:12 (39.0%)	8:35	7 (60.9%)
122	ŁABĘCKA Agata	2100	KLUB BIEGACZA RTV EURO AGD	K40	12	01:57:43	03:44:01.15	03:44:01.15	+01:27:49 (39.2%)	8:36	7 (60.9%)
123	PIECH Janusz	2008	JASIONKI	M60	3	01:52:46	03:44:10.95	03:44:10.95	+01:27:59 (39.2%)	8:37	7 (60.9%)
124	RYBICKI Grzegorz	2158	TRUCHTACZ.PL	M40	46	01:46:29	03:45:17.10	03:45:17.10	+01:29:05 (39.5%)	8:39	6.9 (60.0%)
125	TUROSZ Zbigniew	2257		M60	4	01:59:51	03:46:09.65	03:46:09.65	+01:29:57 (39.8%)	8:41	6.9 (60.0%)
126	MAJ Cezary	2229		M20	13	01:48:05	03:46:14.35	03:46:14.35	+01:30:02 (39.8%)	8:42	6.9 (60.0%)
127	SZEJKA Katarzyna	2106		K40	13	01:57:43	03:46:43.90	03:46:43.90	+01:30:31 (39.9%)	8:43	6.9 (60.0%)
128	SOWA Bogusław	2220	#SZLACHTABIEGA	M40	47	01:54:06	03:46:56.20	03:46:56.20	+01:30:44 (40.0%)	8:43	6.9 (60.0%)
129	KOWALCZYK Michał	2313	SII RUNNING TEAM	M30	18	01:51:35	03:46:59.70	03:46:59.70	+01:30:47 (40.0%)	8:43	6.9 (60.0%)
130	KOPCIARA Marcin	2013	KS ATHLETICS BUSKO-ZDRÓJ	M Open	1	02:01:43	03:49:07.00	03:49:07.00	+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	BARANSKI Jarek	2303		M30	19	01:58:44	03:49:11.10	03:49:11.10	+01:32:59 (40.6%)	8:48	6.8 (59.1%)
132	CZARNECKI Konrad	2141		M30	20	01:58:43	03:49:11.40	03:49:11.40	+01:32:59 (40.6%)	8:48	6.8 (59.1%)
133	MIRKOWSKI Franciszek	2241		M20	14	02:05:12	03:49:58.70	03:49:58.70	+01:33:46 (40.8%)	8:50	6.8 (59.1%)
134	LEWCZUK Norbert	2087	BIEGACZE POMAGACZE/ EDYTA LEWANDOWSKA TEAM	M40	48	01:55:22	03:51:52.50	03:51:52.50	+01:35:40 (41.3%)	8:55	6.7 (58.3%)
135	MICHALIK Rafał	2146	TRUCHTACZ.PL	M30	21	01:46:30	03:52:18.35	03:52:18.35	+01:36:06 (41.4%)	8:56	6.7 (58.3%)
136	JAKUBOWSKI Daniel	2267	NOCNY BÓR TEAM	M40	49	01:59:50	03:53:31.40	03:53:31.40	+01:37:19 (41.7%)	8:58	6.7 (58.3%)
137	ZEGAR Barbara	2014		K50	4	02:00:06	03:53:46.45	03:53:46.45	+01:37:34 (41.7%)	8:59	6.7 (58.3%)
138	PASTERNAK Robert	2295		M50	14	01:57:32	03:55:17.70	03:55:17.70	+01:39:05 (42.1%)	9:02	6.6 (57.4%)
139	KĘDRA Agnieszka	2002	CARPATHIAN RUNNERS	K30	17	02:02:46	03:58:24.15	03:58:24.15	+01:42:12 (42.9%)	9:10	6.5 (56.5%)
140	GESSLER Łukasz	2211	BIESY	M30	22	02:01:28	03:58:41.45	03:58:41.45	+01:42:29 (42.9%)	9:10	6.5 (56.5%)
141	WANAT Barbara	2198	#SZLACHTABIEGA	K40	14	02:01:37	03:58:59.60	03:58:59.60	+01:42:47 (43.0%)	9:11	6.5 (56.5%)
142	PERLIŃSKA Paulina	2051		K30	18	02:02:16	03:59:12.85	03:59:12.85	+01:43:00 (43.1%)	9:12	6.5 (56.5%)
143	KOŚCIÓŁEK Patrycja	2088		K30	19	01:59:03	03:59:15.50	03:59:15.50	+01:43:03 (43.1%)	9:12	6.5 (56.5%)
144	BANAJSKI Damian	2152		M40	50	01:52:56	03:59:56.55	03:59:56.55	+01:43:44 (43.2%)	9:13	6.5 (56.5%)
145	RUSKOWIAK Aleksander	2115		M30	23	01:58:09	03:59:58.55	03:59:58.55	+01:43:46 (43.2%)	9:13	6.5 (56.5%)
146	LECH Mateusz	2137		M30	24	02:00:18	04:00:25.10	04:00:25.10	+01:44:13 (43.3%)	9:14	6.5 (56.5%)
147	CZŁONKA Ania	2282		K20	3		04:00:59.00	04:00:59.00	+01:44:47 (43.5%)	9:16	6.5 (56.5%)
148	VAN BAARLE Frank	2023		M40	51	01:53:13	04:01:32.45	04:01:32.45	+01:45:20 (43.6%)	9:17	6.5 (56.5%)
149	NYCZ Michał	2251	NYLUDENT PROFESJONALNE OCHRANIACZE NA ZĘBY	M30	25	01:52:48	04:01:33.90	04:01:33.90	+01:45:21 (43.6%)	9:17	6.5 (56.5%)
150	KRZYSZTOFOWICZ Andrzej	2217	ULTRASZY	M40	52	02:07:50	04:01:34.35	04:01:34.35	+01:45:22 (43.6%)	9:17	6.5 (56.5%)
151	MOLENDASebastian	2200		M20	15	01:46:41	04:02:01.70	04:02:01.70	+01:45:49 (43.7%)	9:18	6.4 (55.7%)
152	WIŚNIEWSKI Edgar	2289	IRON BOYZ	M20	16	02:00:03	04:03:34.15	04:03:34.15	+01:47:22 (44.1%)	9:22	6.4 (55.7%)
153	DUBANOWSKA Zuzanna	2331		K20	4	02:00:02	04:03:44.20	04:03:44.20	+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	PYSZKA Agnieszka	2171		K20	5	02:08:53	04:03:55.10	04:03:55.10	+01:47:43 (44.2%)	9:22	6.4 (55.7%)
155	TRZYNA Marcin	2128	STYROPMIN	M40	53	02:04:54	04:04:12.65	04:04:12.65	+01:48:00 (44.2%)	9:23	6.4 (55.7%)
156	CZYŻ Piotr	2131		M40	54	02:04:55	04:05:35.30	04:05:35.30	+01:49:23 (44.5%)	9:26	6.4 (55.7%)
157	GŁOWACKI Jacek	2224		M60	5	01:53:41	04:07:13.25	04:07:13.25	+01:51:01 (44.9%)	9:30	6.3 (54.8%)
158	FONDER Jolanta	2202		K40	15	02:07:51	04:07:14.85	04:07:14.85	+01:51:02 (44.9%)	9:30	6.3 (54.8%)
159	NOWACKI Piotr	2065		M40	55	02:07:50	04:08:10.10	04:08:10.10	+01:51:58 (45.1%)	9:32	6.3 (54.8%)
160	ŁUSZCZEK Michał	5240	JĄ QŻ	M40	56	01:58:08	04:08:35.30	04:08:35.30	+01:52:23 (45.2%)	9:33	6.3 (54.8%)
161	KACZMARCZYK Mariusz	2011		M50	15	02:03:19	04:08:53.20	04:08:53.20	+01:52:41 (45.3%)	9:34	6.3 (54.8%)
162	SZPEJANKOWSKA Magdalena	2181		K20	6	02:07:44	04:10:14.20	04:10:14.20	+01:54:02 (45.6%)	9:37	6.2 (53.9%)
163	SZPEJANKOWSKI Maciej	2180		M20	17	02:07:43	04:10:14.30	04:10:14.30	+01:54:02 (45.6%)	9:37	6.2 (53.9%)
164	WITA Krzysztof	2177		M40	57	02:03:14	04:10:21.95	04:10:21.95	+01:54:10 (45.6%)	9:37	6.2 (53.9%)
165	WESOŁY Piotr	2335	LUBIĘ BURPEESY	M40	58	02:14:31	04:10:22.60	04:10:22.60	+01:54:10 (45.6%)	9:37	6.2 (53.9%)
166	WIERBIŁOWICZ Dariusz	2079		M50	16	01:55:13	04:10:24.30	04:10:24.30	+01:54:12 (45.6%)	9:37	6.2 (53.9%)
167	PAŁKA Ewa	2254	KB PARANTELA	K40	16	02:05:32	04:10:40.35	04:10:40.35	+01:54:28 (45.7%)	9:38	6.2 (53.9%)
168	OWSKA Justyna	2076	DELOITTE ADVENTURE TEAM	K30	20	02:02:43	04:10:54.90	04:10:54.90	+01:54:42 (45.7%)	9:39	6.2 (53.9%)
169	OWSKI Filip	2077	DKMS TEAM	M40	59	02:02:43	04:10:55.20	04:10:55.20	+01:54:43 (45.7%)	9:39	6.2 (53.9%)
170	KISICKI Tomasz	2280	PART5	M40	60	01:55:58	04:11:13.30	04:11:13.30	+01:55:01 (45.8%)	9:39	6.2 (53.9%)
171	GORAJEK Michał	2009	LILA&ALA	M40	61	02:07:58	04:12:14.25	04:12:14.25	+01:56:02 (46.0%)	9:42	6.2 (53.9%)
172	MIREK Elżbieta	2274	TEAM#R	K30	21	02:11:04	04:12:17.85	04:12:17.85	+01:56:05 (46.0%)	9:42	6.2 (53.9%)
173	PIETRUS Piotr	2103	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	M50	17	02:01:39	04:12:18.30	04:12:18.30	+01:56:06 (46.0%)	9:42	6.2 (53.9%)
174	MAZUREK Łukasz	2315	ABM RUNNERS	M40	62	02:02:19	04:13:00.90	04:13:00.90	+01:56:48 (46.2%)	9:43	6.2 (53.9%)
175	GENC Maciej	2345		M20	18	02:01:30	04:13:03.70	04:13:03.70	+01:56:51 (46.2%)	9:43	6.2 (53.9%)
176	BRYK Gniewomir	2245		M20	19	02:05:03	04:13:16.00	04:13:16.00	+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	ZAJĄC Jagoda	2244		K20	7	02:05:03	04:13:17.05	04:13:17.05	+01:57:05 (46.2%)	9:44	6.2 (53.9%)
178	SIKORA Amelia	2228		K20	8	02:09:57	04:13:26.25	04:13:26.25	+01:57:14 (46.3%)	9:44	6.2 (53.9%)
179	DĄBRÓWKA Nina	2333	GMINA BUKOWSKO	K30	22	02:09:35	04:13:28.40	04:13:28.40	+01:57:16 (46.3%)	9:44	6.2 (53.9%)
180	MADEJ Małgorzata	2185	DELTA FORCE	K50	5	02:08:40	04:13:34.15	04:13:34.15	+01:57:22 (46.3%)	9:45	6.2 (53.9%)
181	KRUCZEK Robert	2264	CPP POLAND	M60	6	02:05:04	04:13:41.20	04:13:41.20	+01:57:29 (46.3%)	9:45	6.1 (53.0%)
182	NOWAK Maciej	2052		M40	63	02:09:08	04:14:08.40	04:14:08.40	+01:57:56 (46.4%)	9:46	6.1 (53.0%)
183	WITEK- KONDRAT Anna	2259		K50	6	02:09:28	04:14:21.60	04:14:21.60	+01:58:09 (46.5%)	9:46	6.1 (53.0%)
184	BALCEROWSKI Rafał	2101		M40	64		04:15:17.00	04:15:17.00	+01:59:05 (46.6%)	9:49	6.1 (53.0%)
185	ŁĄCKA Małgorzata	2110		K40	17	02:14:16	04:15:38.90	04:15:38.90	+01:59:26 (46.7%)	9:49	6.1 (53.0%)
186	KRZEMIENICKA Tatiana	2048		K40	18	02:10:21	04:16:17.60	04:16:17.60	+02:00:05 (46.9%)	9:51	6.1 (53.0%)
187	WINIARSKA-BISZCZAN Anna	2271	BIEGAMY DZISIAJ?/CHEŁM BIEGA	K40	19	02:07:41	04:16:25.20	04:16:25.20	+02:00:13 (46.9%)	9:51	6.1 (53.0%)
188	POPEK Katarzyna	2058		K20	9		04:17:58.05	04:17:58.05	+02:01:46 (47.2%)	9:55	6 (52.2%)
189	KWAŚNIEWICZ Agata	2119		K20	10	02:20:45	04:19:04.95	04:19:04.95	+02:02:53 (47.4%)	9:57	6 (52.2%)
190	ROSZKOWSKA Agnieszka	2118		K20	11	02:20:55	04:19:05.55	04:19:05.55	+02:02:53 (47.4%)	9:57	6 (52.2%)
191	HÓLDERNY Krystian	2046	NIEMA	M40	65		04:19:16.25	04:19:16.25	+02:03:04 (47.5%)	9:58	6 (52.2%)
192	KAŻMIERCZAK Tomasz	2045		M40	66	02:07:37	04:19:17.35	04:19:17.35	+02:03:05 (47.5%)	9:58	6 (52.2%)
193	MIELCZARSKA Monika	2018		K30	23	02:05:06	04:20:27.65	04:20:27.65	+02:04:15 (47.7%)	10:01	6 (52.2%)
194	KOZA Krzysztof	2236		M40	67	02:18:46	04:22:04.70	04:22:04.70	+02:05:52 (48.0%)	10:04	6 (52.2%)
195	ZANDER Agnieszka	2235	EUROFINS	K30	24	02:18:44	04:22:04.85	04:22:04.85	+02:05:52 (48.0%)	10:04	6 (52.2%)
196	KRZYSZTOFOWICZ Karolina	2234		K40	20	02:16:17	04:22:13.00	04:22:13.00	+02:06:01 (48.1%)	10:05	5.9 (51.3%)
197	DZIUBA Krzysztof	2056		M20	20	02:13:11	04:22:16.00	04:22:16.00	+02:06:04 (48.1%)	10:05	5.9 (51.3%)
198	ZLOT Grzegorz	2148	AHATAW	M50	18	02:09:04	04:22:41.50	04:22:41.50	+02:06:29 (48.2%)	10:06	5.9 (51.3%)
199	TUREK Łukasz	2170		M30	26	01:52:05	04:23:16.20	04:23:16.20	+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	BURY Marek	2255		M50	19	02:14:43	04:24:01.20	04:24:01.20	+02:07:49 (48.4%)	10:09	5.9 (51.3%)
201	ŁĄCKI Marcin	2097	RUNNING RENEGADES	M40	68	02:14:18	04:24:02.55	04:24:02.55	+02:07:50 (48.4%)	10:09	5.9 (51.3%)
202	SERWIK Agnieszka	2112	RUNNING RENEGADES	K40	21	02:14:17	04:24:11.90	04:24:11.90	+02:07:59 (48.4%)	10:09	5.9 (51.3%)
203	SZYC Maciej	2055	EURO-MAZURY RUN	M40	69	02:11:15	04:24:24.50	04:24:24.50	+02:08:12 (48.5%)	10:10	5.9 (51.3%)
204	KONECKI Kamil	2166	ŁÓDŹ KOCHA SPORT	M30	27	02:13:25	04:24:34.40	04:24:34.40	+02:08:22 (48.5%)	10:10	5.9 (51.3%)
205	DŁUŻEWSKI Rafał	2165	ŁÓDŹ KOCHA SPORT	M30	28	02:13:26	04:24:34.50	04:24:34.50	+02:08:22 (48.5%)	10:10	5.9 (51.3%)
206	KOZIEŁ Jarosław	2164	ŁÓDŹ KOCHA SPORT	M30	29	02:13:25	04:24:34.55	04:24:34.55	+02:08:22 (48.5%)	10:10	5.9 (51.3%)
207	KIDA Olga	2174		K30	25	02:17:15	04:25:24.75	04:25:24.75	+02:09:12 (48.7%)	10:12	5.9 (51.3%)
208	PIETRASIEWICZ Tomasz	2083		M40	70	02:09:53	04:25:28.45	04:25:28.45	+02:09:16 (48.7%)	10:12	5.9 (51.3%)
209	STRZYŻEWSKI Arkadiusz	2319	GÓRA BIEGA	M40	71	02:05:16	04:25:36.15	04:25:36.15	+02:09:24 (48.7%)	10:12	5.9 (51.3%)
210	BOROWIEC Wojciech	2127		M30	30	02:15:57	04:26:45.95	04:26:45.95	+02:10:34 (48.9%)	10:15	5.8 (50.4%)
211	BOROWIEC Marta	2126		K30	26	02:15:57	04:26:46.10	04:26:46.10	+02:10:34 (48.9%)	10:15	5.8 (50.4%)
212	SADOWSKI Karol	2302	KOMOBIKE SCOTT	M50	20	02:05:04	04:26:54.85	04:26:54.85	+02:10:42 (49.0%)	10:15	5.8 (50.4%)
213	LUBSZCZYK Adrian	2329		M30	31	02:08:46	04:27:09.55	04:27:09.55	+02:10:57 (49.0%)	10:16	5.8 (50.4%)
214	SULIGA Wioletta	2117	ING BANK ŚLĄSKI	K40	22	02:20:31	04:27:13.65	04:27:13.65	+02:11:01 (49.0%)	10:16	5.8 (50.4%)
215	WOJCIECHOWSKI Wojciech	2172		M50	21	02:13:08	04:27:28.75	04:27:28.75	+02:11:16 (49.1%)	10:17	5.8 (50.4%)
216	PIETRUSZEWSKA Katarzyna	2072		K40	23	02:16:35	04:27:44.05	04:27:44.05	+02:11:32 (49.1%)	10:17	5.8 (50.4%)
217	MENDYGRAŁ Emilia	2124	BWRUNNERS	K40	24	02:16:31	04:28:15.85	04:28:15.85	+02:12:03 (49.2%)	10:19	5.8 (50.4%)
218	MICIAK Wojciech	2129	NIEPOŁOMICE BIEGAJĄ	M50	22	02:08:05	04:28:50.55	04:28:50.55	+02:12:38 (49.3%)	10:20	5.8 (50.4%)
219	NABIERZYŃSKI Norbert	2059	ORANGE POLSKA S.A.	M30	32	02:27:44	04:29:04.15	04:29:04.15	+02:12:52 (49.4%)	10:20	5.8 (50.4%)
220	NOWOSIELSKA Agnieszka	2036		K50	7	02:14:21	04:31:11.60	04:31:11.60	+02:14:59 (49.8%)	10:25	5.8 (50.4%)
221	AUGUSTOWSKA Izabela	2210	ORZESZKÓW TEAM	K40	25	02:07:12	04:31:59.00	04:31:59.00	+02:15:47 (49.9%)	10:27	5.7 (49.6%)
222	WOŁYNIEC Paweł	2024	BIEGACZE SPECJALNEJ TROSKI	M40	72	02:09:29	04:31:59.05	04:31:59.05	+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	MICIAK Agnieszka	2130	NIEPOŁOMICE BIEGAJĄ	K50	8	02:08:05	04:32:06.35	04:32:06.35	+02:15:54 (49.9%)	10:27	5.7 (49.6%)
224	PIETRASIEWICZ Agnieszka	2074		K40	26	02:19:33	04:32:08.85	04:32:08.85	+02:15:56 (50.0%)	10:28	5.7 (49.6%)
225	ZARĘBA Jarosław	2094		M50	23	02:25:46	04:33:42.40	04:33:42.40	+02:17:30 (50.2%)	10:31	5.7 (49.6%)
226	CZENCZEK Kamil	2043		M30	33	02:11:38	04:33:48.00	04:33:48.00	+02:17:36 (50.3%)	10:31	5.7 (49.6%)
227	CIESIELSKI Grzegorz	2047	#SMARTRUN	M40	73	01:53:01	04:33:53.65	04:33:53.65	+02:17:41 (50.3%)	10:32	5.7 (49.6%)
228	CAŁKA Agnieszka	2237	LEJDISKI	K40	27	02:16:30	04:34:37.85	04:34:37.85	+02:18:25 (50.4%)	10:33	5.7 (49.6%)
229	RAKOWSKA Dorota	2240		M40	74	02:16:30	04:34:38.60	04:34:38.60	+02:18:26 (50.4%)	10:33	5.7 (49.6%)
230	TRON-NOWAK Beata	2022		M40	75	02:16:36	04:35:13.00	04:35:13.00	+02:19:01 (50.5%)	10:35	5.7 (49.6%)
231	KUKLA Elzbieta	2021	PWC RUNNING TEAM	K60	1	02:18:41	04:37:40.85	04:37:40.85	+02:21:28 (51.0%)	10:40	5.6 (48.7%)
232	KRÓLAK Mariusz	2139	TEAM MŁODY	M40	76	02:07:55	04:37:56.00	04:37:56.00	+02:21:44 (51.0%)	10:41	5.6 (48.7%)
233	DŁUŻNIEWSKA Izabela	2218		K40	28	02:11:23	04:38:05.30	04:38:05.30	+02:21:53 (51.0%)	10:41	5.6 (48.7%)
234	MATWIEJCZUK Mateusz	2273		M30	34	02:20:59	04:38:50.50	04:38:50.50	+02:22:38 (51.2%)	10:43	5.6 (48.7%)
235	KULAK Paweł	2344		M50	24	02:14:39	04:39:31.50	04:39:31.50	+02:23:19 (51.3%)	10:45	5.6 (48.7%)
236	MATUŁA Piotr	2285	IM INSPIRATION	M30	35		04:40:13.00	04:40:13.00	+02:24:01 (51.4%)	10:46	5.6 (48.7%)
237	SMUTEK Dominika	2340	IM INSPIRATION	K20	12	02:07:21	04:40:38.30	04:40:38.30	+02:24:26 (51.5%)	10:47	5.6 (48.7%)
238	BARAŃSKA Anna	2305		K30	27	02:17:01	04:41:29.60	04:41:29.60	+02:25:17 (51.6%)	10:49	5.5 (47.8%)
239	BARAŃSKI Przemysław	2203		M30	36	02:17:00	04:41:30.15	04:41:30.15	+02:25:18 (51.6%)	10:49	5.5 (47.8%)
240	HOŁUB Agata	2316	JAROSŁAWSKI BIEGACZ	K50	9	02:16:37	04:41:38.65	04:41:38.65	+02:25:26 (51.6%)	10:49	5.5 (47.8%)
241	KUCA Roman	2212		M60	7	02:23:37	04:42:13.80	04:42:13.80	+02:26:01 (51.7%)	10:51	5.5 (47.8%)
242	TOMASZKIEWICZ Marek	2109		M50	25	02:11:31	04:42:26.10	04:42:26.10	+02:26:14 (51.8%)	10:51	5.5 (47.8%)
243	LEROCH Aleksandra	2341		K40	29	02:21:44	04:42:41.30	04:42:41.30	+02:26:29 (51.8%)	10:52	5.5 (47.8%)
244	SZYPURA Katarzyna	2222	OPALENICKI KLUB BIEGACZA	K50	10	02:14:32	04:44:10.00	04:44:10.00	+02:27:58 (52.1%)	10:55	5.5 (47.8%)
244	SZYPURA Robert	2221	OPALENICKI KLUB BIEGACZA	M50	26	02:14:28	04:44:10.00	04:44:10.00	+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	KOWALSKI Damian	2026	ŻYWCEM ZABIEGANI 2.0	M20	21	02:23:30	04:45:06.00	04:45:06.00	+02:28:54 (52.2%)	10:57	5.5 (47.8%)
247	POLITOWSKA Marta	2154	ŻYWCEM ZABIEGANI 2.0	K40	30	02:23:31	04:45:06.25	04:45:06.25	+02:28:54 (52.2%)	10:57	5.5 (47.8%)
248	NOWICKI Jarosław	2116		M50	27	02:11:36	04:47:23.50	04:47:23.50	+02:31:11 (52.6%)	11:03	5.4 (47.0%)
249	WOJNICZ Grzegorz	2314	SII RUNNING TEAM	M40	77	02:13:51	04:47:47.15	04:47:47.15	+02:31:35 (52.7%)	11:04	5.4 (47.0%)
250	DĄBROWSKA-NOWAK Ewelina	2089		K30	28	02:32:23	04:48:26.05	04:48:26.05	+02:32:14 (52.8%)	11:05	5.4 (47.0%)
251	WOJCIECHOWSKA Zuzia	2175		K20	13	02:26:20	04:49:16.35	04:49:16.35	+02:33:04 (52.9%)	11:07	5.4 (47.0%)
252	SCHLAPPA Sebastian	2330	IZBICKO W BIEGU	M40	78	02:29:14	04:50:42.95	04:50:42.95	+02:34:31 (53.2%)	11:10	5.4 (47.0%)
253	NOWAK Aneta	2096		K20	14	02:29:52	04:52:11.80	04:52:11.80	+02:35:59 (53.4%)	11:14	5.3 (46.1%)
254	CIEZYNSKI Eryk	2183		M40	79	02:18:20	04:53:06.95	04:53:06.95	+02:36:55 (53.5%)	11:16	5.3 (46.1%)
255	ZIĘBA Agata	2178		K20	15	02:27:47	04:53:19.55	04:53:19.55	+02:37:07 (53.6%)	11:16	5.3 (46.1%)
256	JABŁOŃSKA Aleksandra	2030		K20	16	02:29:07	04:53:38.90	04:53:38.90	+02:37:26 (53.6%)	11:17	5.3 (46.1%)
257	SIKORA Małgorzata	2031		K40	31	02:29:06	04:53:38.95	04:53:38.95	+02:37:27 (53.6%)	11:17	5.3 (46.1%)
258	KACZMARCZYK Jolanta	2159	ROM TEAM	K50	11	02:27:49	04:54:58.15	04:54:58.15	+02:38:46 (53.8%)	11:20	5.3 (46.1%)
259	SŁOWIK Mariusz	2012	ROM TEAM	M50	28	02:27:50	04:54:58.70	04:54:58.70	+02:38:46 (53.8%)	11:20	5.3 (46.1%)
260	MALINOWSKI Marcin	2041		M40	80	02:31:00	04:55:06.05	04:55:06.05	+02:38:54 (53.8%)	11:21	5.3 (46.1%)
261	KOSTRZEWA Ewelina	2040		K40	32	02:31:00	04:55:06.35	04:55:06.35	+02:38:54 (53.8%)	11:21	5.3 (46.1%)
262	BIDZIŃSKI Krzysztof	2304		M50	29	02:25:52	04:56:46.30	04:56:46.30	+02:40:34 (54.1%)	11:24	5.3 (46.1%)
263	MIŚTA-DOROBISZ Sylwia	2125	MYSZKÓW BIEGA	K50	12	02:28:58	04:57:34.80	04:57:34.80	+02:41:22 (54.2%)	11:26	5.2 (45.2%)
264	RYŻYŃSKA Agnieszka	2293	CHEŁM BIEGA	K40	33	02:27:24	04:57:43.05	04:57:43.05	+02:41:31 (54.3%)	11:27	5.2 (45.2%)
265	POTERA Krystyna	2258		K30	29	02:27:45	04:57:49.25	04:57:49.25	+02:41:37 (54.3%)	11:27	5.2 (45.2%)
266	GARGANISZ-WOJNICZ Irmína	2080		K40	34	02:26:00	05:00:40.00	05:00:40.00	+02:44:28 (54.7%)	11:33	5.2 (45.2%)
267	MIKIEWICZ Wojciech	2038		M30	37	02:20:54	05:03:15.15	05:03:15.15	+02:47:03 (55.1%)	11:39	5.1 (44.3%)
268	SZOPA Urszula	2299		K40	35	02:26:10	05:03:22.80	05:03:22.80	+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	ŻURAW Joanna	2301		K40	36	02:26:18	05:03:23.15	05:03:23.15	+02:47:11 (55.1%)	11:40	5.1 (44.3%)
269	SZOPA Łukasz	2300	WKS OLESNICZANKA OLEŚNICA	M40	81	02:26:27	05:03:23.15	05:03:23.15	+02:47:11 (55.1%)	11:40	5.1 (44.3%)
271	BIGOTT Piotr	2071		M30	38	02:25:57	05:04:50.05	05:04:50.05	+02:48:38 (55.3%)	11:43	5.1 (44.3%)
271	RYDZEWSKI Damian	2073		M30	38	02:25:54	05:04:50.05	05:04:50.05	+02:48:38 (55.3%)	11:43	5.1 (44.3%)
273	JAROCKI Bartosz	2070		M30	40	02:25:55	05:04:52.35	05:04:52.35	+02:48:40 (55.3%)	11:43	5.1 (44.3%)
274	ZELMANOWICZ - SCHLAPPA Ewa	2162	IZBICKO W BIEGU	K50	13	02:28:55	05:05:39.75	05:05:39.75	+02:49:27 (55.4%)	11:45	5.1 (44.3%)
275	MIKIEWICZ Michał	2037		M40	82	02:20:52	05:06:14.30	05:06:14.30	+02:50:02 (55.5%)	11:46	5.1 (44.3%)
276	ŻYMIEŁKO-LISZEWSKA Ewelina	2035		K30	30	02:39:38	05:09:25.55	05:09:25.55	+02:53:13 (56.0%)	11:54	5 (43.5%)
277	TRZYNA Paula	2149	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	31	02:33:21	05:09:49.75	05:09:49.75	+02:53:37 (56.0%)	11:54	5 (43.5%)
278	SADŁOWSKA Magda	2027	BIEGACZE SPECJALNEJ TROSKI	K40	37	02:37:41	05:12:04.15	05:12:04.15	+02:55:52 (56.4%)	12:00	5 (43.5%)
279	PARAMESWARAN Arvind Lakshman	2049		M30	41	02:13:20	05:14:04.90	05:14:04.90	+02:57:52 (56.6%)	12:04	5 (43.5%)
280	BORATYŃSKI Krzysztof	2296		M20	22	02:30:04	05:18:14.50	05:18:14.50	+03:02:02 (57.2%)	12:14	4.9 (42.6%)
281	SZPREJDA Paulina	2151		K30	32	02:34:43	05:19:54.85	05:19:54.85	+03:03:42 (57.4%)	12:18	4.9 (42.6%)
282	MISZCZUK Ewelina	2060		K40	38	02:33:32	05:23:04.00	05:23:04.00	+03:06:52 (57.8%)	12:25	4.8 (41.7%)
283	RZECZKOWSKI Maciej	2061		M50	30	02:44:50	05:27:54.85	05:27:54.85	+03:11:42 (58.5%)	12:36	4.8 (41.7%)
284	JEDLIŃSKA Magdalena	2062		K40	39	02:44:51	05:27:58.05	05:27:58.05	+03:11:46 (58.5%)	12:36	4.8 (41.7%)
285	SALIŃSKI Bartosz	2122	AUGUSTEAM	M30	42	02:36:17	05:29:54.45	05:29:54.45	+03:13:42 (58.7%)	12:41	4.7 (40.9%)
286	ZABIELSKI Grzegorz	2193		M40	83	02:39:50	05:31:55.25	05:31:55.25	+03:15:43 (59.0%)	12:45	4.7 (40.9%)
287	KARWACKA Aneta	2160		K40	40	02:39:49	05:31:55.45	05:31:55.45	+03:15:43 (59.0%)	12:45	4.7 (40.9%)
288	KOSEWSKA Dorota	2263	BIEGIEM NA KAWĘ	K50	14	03:26:20	05:33:14.00	05:33:14.00	+03:17:02 (59.1%)	12:49	4.7 (40.9%)
289	BŁĘDKOWSKA Katarzyna	5223		K40	41	02:39:39	05:35:00.55	05:35:00.55	+03:18:48 (59.3%)	12:53	4.7 (40.9%)
290	ŁOKAS Andrzej	2015		M50	31	02:43:25	05:36:26.80	05:36:26.80	+03:20:14 (59.5%)	12:56	4.6 (40.0%)
291	FAŁDZIŃSKA Urszula	2005		K30	33	02:56:01	05:40:21.80	05:40:21.80	+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	SZYMAŃSKA Agnieszka	2039		K40	42	02:45:57	05:42:35.75	05:42:35.75	+03:26:23 (60.2%)	13:10	4.6 (40.0%)
293	MHADHBI Joanna	2034		K30	34	02:59:12	05:48:16.65	05:48:16.65	+03:32:04 (60.9%)	13:23	4.5 (39.1%)
294	SIKORA Malgorzata	2033		K50	15	02:59:13	05:48:16.80	05:48:16.80	+03:32:04 (60.9%)	13:23	4.5 (39.1%)
295	GUZY Mateusz	2004		M30	43	02:56:37	06:14:38.15	06:14:38.15	+03:58:26 (63.6%)	14:24	4.2 (36.5%)
296	GUZY Agnieszka	2019		K30	35	02:56:37	06:14:38.25	06:14:38.25	+03:58:26 (63.6%)	14:24	4.2 (36.5%)
297	KOCYŁA Marzena	2001		K40	43	03:11:08	06:28:35.30	06:28:35.30	+04:12:23 (65.0%)	14:56	4 (34.8%)
298	JASIŃSKA Patrycja	2252		K40	44	03:11:22	06:28:37.45	06:28:37.45	+04:12:25 (65.0%)	14:56	4 (34.8%)
299	ŁABNO Magda	2091		K40	45	03:21:40	06:40:28.85	06:40:28.85	+04:24:16 (66.0%)	15:24	3.9 (33.9%)
300	CZECHOWSKA Izabela	2308	HEŃTAEM/ WW TEAM	K50	16	03:48:03	07:17:39.45	07:17:39.45	+05:01:27 (68.9%)	16:49	3.6 (31.3%)
301	LESZCZYŃSKA Ewa	2346		K40	46	03:48:02	07:17:39.85	07:17:39.85	+05:01:27 (68.9%)	16:49	3.6 (31.3%)
302	BALCERZYK Natalia	2145		K30	36	03:48:16	07:32:40.20	07:32:40.20	+05:16:28 (69.9%)	17:24	3.4 (29.6%)
303	SIEWIERSKA Urszula	2156	POWSINOZI BEŁCHATÓW	K40	47	03:48:18	07:32:40.75	07:32:40.75	+05:16:28 (69.9%)	17:24	3.4 (29.6%)
304	WOŁOSZYN Ryszard	2191	PIZUNY ROZTOCZE WSCHODNIE	M50	32	03:52:51	07:42:58.85	07:42:58.85	+05:26:46 (70.6%)	17:48	3.4 (29.6%)
305	LATUSZEK Magdalena	2307		M20	23	03:48:28	08:12:01.20	08:12:01.20	+05:55:49 (72.3%)	18:55	3.2 (27.8%)
306	ADAMCZYK Zbigniew	2102	KM TRUCHCIK ŁUBIANKA	M60	8	03:48:09	08:32:04.10	08:32:04.10	+06:15:52 (73.4%)	19:41	3 (26.1%)
307	BARYGA Mateusz	2322		M40	84	04:23:49	08:40:50.45	08:40:50.45	+06:24:38 (73.9%)	20:01	3 (26.1%)
308	PAKOSIŃSKI Krzysztof	2205	CZARNY PIELGRZYM	M40	85	04:23:50	08:41:07.05	08:41:07.05	+06:24:55 (73.9%)	20:02	3 (26.1%)
	DUSZYŃSKA Małgorzata	2276		K20		DNF	DNF	DNF		-	- (0.0%)
	ŻAK Filip	2306		M20		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 310 wynik(ów)