

XII ULTRAMARATON BIESZCZADZKI - 52 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: XII ULTRAMARATON BIESZCZADZKI
Organizator: Fundacja Bieg Rzeźnika
Data: 2024-10-12
Miejsce: Cisna
Dystans: 52 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
1	JACHYMIAK Robert	5177	ALPIN SPORT TEAM	M40	1	01:22:20	02:31:02	03:54:12	05:11:15.05	05:11:15.05		5:59	10 (100%)
2	KOPEL Rafał	5201	7/GOPR BIESZCZADY	M40	2	01:24:37	02:34:28	03:58:16	05:12:10.55	05:12:10.55	+00:00:55 (0.3%)	6:00	10 (100%)
3	FLISIŃSKI Łukasz	5175	ALPIN SPORT TEAM	M40	3	01:24:21	02:35:39	03:57:40	05:12:11.40	05:12:11.40	+00:00:56 (0.3%)	6:00	10 (100%)
4	MATUSZNY Marek	5182	STAŃCZAK TEAM	M20	1	01:21:51	02:27:44	03:52:08	05:18:31.45	05:18:31.45	+00:07:16 (2.3%)	6:07	9.8 (98.0%)
5	TARASEK Dariusz	5190	SEVEN7	M40	4	01:24:48	02:35:45	04:00:49	05:21:04.15	05:21:04.15	+00:09:49 (3.1%)	6:10	9.7 (97.0%)
6	BOROWSKI Kamil	5188	CHEŁM BIEGA	M30	1	01:21:56	02:30:05	04:01:33	05:24:43.55	05:24:43.55	+00:13:28 (4.1%)	6:14	9.6 (96.0%)
7	STACHOWIAK Adam	5208	LESZNOLIMITSRUNNERS	M30	2	01:31:32	02:47:45		05:39:01.20	05:39:01.20	+00:27:46 (8.2%)	6:31	9.2 (92.0%)
8	GAWRON Janusz	5193	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M30	3	01:35:43	03:00:20	04:27:16	05:49:33.60	05:49:33.60	+00:38:18 (11.0%)	6:43	8.9 (89.0%)
9	ŚCIESZKA Wojciech	5088		M50	1	01:34:55	03:00:23	04:31:19	05:55:44.45	05:55:44.45	+00:44:29 (12.5%)	6:50	8.8 (88.0%)
10	CHILICKA Marta	5181		K40	1	01:39:14	03:00:16	04:33:19	05:56:55.35	05:56:55.35	+00:45:40 (12.8%)	6:51	8.7 (87.0%)
11	POŻAK Grzegorz	5091		M40	5	01:40:24	02:59:56	04:31:42	05:57:32.80	05:57:32.80	+00:46:17 (12.9%)	6:52	8.7 (87.0%)
12	KRYGIER Krzysztof	5183	SPIESZSIEPOWOLI.PL	M30	4	01:34:51	02:54:39	04:27:17	06:01:51.70	06:01:51.70	+00:50:36 (14.0%)	6:57	8.6 (86.0%)
13	STRŽÍNEK Václav	5141	SNINSKÉ MAČIAKY	M30	5	04:31:39			06:03:44.00	06:03:44.00	+00:52:28 (14.4%)	6:59	8.6 (86.0%)
14	MAZUR Paweł	5155		M30	6	01:39:19	03:04:49	04:42:07	06:05:40.45	06:05:40.45	+00:54:25 (14.9%)	7:01	8.5 (85.0%)
15	GÓRALIK Sylwia	5221	KS AZS AWF KRAKÓW	K40	2	01:36:17	02:59:01	04:37:35	06:08:17.40	06:08:17.40	+00:57:02 (15.5%)	7:04	8.5 (85.0%)
16	BRZOZA Adam	5173	KW ZAKOPANE	M50	2	01:35:20	02:57:43	04:37:20	06:10:07.05	06:10:07.05	+00:58:52 (15.9%)	7:07	8.4 (84.0%)
17	FLĄDRO Daniel	5170		M40	6	01:31:39	02:52:37	04:36:07	06:13:13.95	06:13:13.95	+01:01:58 (16.6%)	7:10	8.4 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	52km	52km			
18	PAŁKA Tomasz	5162	KB PARANTELA	M40	7	01:38:01	02:57:37	04:41:09	06:14:07.05	06:14:07.05	+01:02:52 (16.8%)	7:11	8.3 (83.0%)
19	KAPAON Aleksander	5041	CAZZO CLUB RUNNING TEAM	M20	2	01:36:04	02:58:38	04:42:54	06:15:52.45	06:15:52.45	+01:04:37 (17.2%)	7:13	8.3 (83.0%)
20	JACHIMOWSKI Jarosław	5065	SANOK BIEGA	M40	8	01:39:50	03:03:07	04:49:58	06:21:05.10	06:21:05.10	+01:09:50 (18.3%)	7:19	8.2 (82.0%)
21	GRZONKA Tomasz	5152		M40	9	01:44:49	03:10:18	04:55:12	06:27:55.00	06:27:55.00	+01:16:39 (19.8%)	7:27	8 (80.0%)
22	DEJNECKA Martyna	5157		K30	1	01:49:17	03:15:42	04:56:36	06:29:21.10	06:29:21.10	+01:18:06 (20.1%)	7:29	8 (80.0%)
23	WRÓBEL Przemysław	5196	NON STOP TRAIL	M40	10	01:49:14	03:15:41	04:56:36	06:29:26.50	06:29:26.50	+01:18:11 (20.1%)	7:29	8 (80.0%)
24	JĘDRZEJEWSKI Rafał	5094		M40	11	01:51:03	03:22:32	05:06:05	06:32:15.30	06:32:15.30	+01:21:00 (20.7%)	7:32	8 (80.0%)
25	PACEK Piotr	5197		M20	3	01:44:11	03:05:16	04:58:26	06:32:18.40	06:32:18.40	+01:21:03 (20.7%)	7:32	8 (80.0%)
26	KUŚMIERZAK Piotr	5081	PRZEDWOJEWSKI TEAM	M40	12	01:44:20	03:09:34	04:58:10	06:38:17.85	06:38:17.85	+01:27:02 (21.9%)	7:39	7.8 (78.0%)
27	BASAĞ Marek	5169	BIEGAM BO LUBIĘ	M40	13	01:48:44	03:15:44	05:06:29	06:40:20.65	06:40:20.65	+01:29:05 (22.3%)	7:41	7.8 (78.0%)
28	ŻAK Paweł	5002	KLUB BIEGACZA DYDNIA	M30	7	01:36:22	02:59:51	04:52:08	06:40:43.95	06:40:43.95	+01:29:28 (22.3%)	7:42	7.8 (78.0%)
29	KIDA Marek	5126		M40	14	01:44:51	03:10:55	04:59:11	06:44:06.10	06:44:06.10	+01:32:51 (23.0%)	7:46	7.7 (77.0%)
30	KAPAON Łazarz	5039	CAZZO CLUB RUNNING TEAM	M30	8	01:36:06	02:58:39	04:58:18	06:45:10.30	06:45:10.30	+01:33:55 (23.2%)	7:47	7.7 (77.0%)
31	KAMIŃSKI Marek	5179		M30	9	01:41:23	03:15:21	05:06:49	06:47:21.80	06:47:21.80	+01:36:06 (23.6%)	7:50	7.7 (77.0%)
32	GARUS Łukasz	5148	#TRENINGFIZJO	M40	15	01:44:09	03:10:54	05:00:57	06:47:50.45	06:47:50.45	+01:36:35 (23.7%)	7:50	7.7 (77.0%)
33	ANTOŃCZAK Marek	5125	RUCH IZBICA	M40	16	01:45:27	03:15:39	05:10:46	06:51:57.65	06:51:57.65	+01:40:42 (24.4%)	7:55	7.6 (76.0%)
34	OSTROWSKI Kajetan	5023		M20	4	01:33:57	03:03:14	04:58:58	06:55:04.25	06:55:04.25	+01:43:49 (25.0%)	7:58	7.5 (75.0%)
35	ROŻNOWSKI Dariusz	5219	GIT EKIPA	M50	3	01:48:00		05:13:59	06:55:21.55	06:55:21.55	+01:44:06 (25.1%)	7:59	7.5 (75.0%)
36	PŁAZIAK-KOWALSKA Magdalena	5087	2K	K40	3	01:49:46	03:22:18	05:14:01	06:55:33.05	06:55:33.05	+01:44:18 (25.1%)	7:59	7.5 (75.0%)
37	NOWAK Marcin	5003		M40	17	01:43:57	03:09:27	05:19:40	06:55:38.70	06:55:38.70	+01:44:23 (25.1%)	7:59	7.5 (75.0%)
38	STEPANIUK Adam	5133	191BOP/19NBOT/BIEGAMY DZISIAJ?	M50	4	01:49:47	03:20:39	05:16:15	06:55:45.85	06:55:45.85	+01:44:30 (25.1%)	7:59	7.5 (75.0%)
39	BŁACH Bartosz	5195	BUJTASIERATAJE	M20	5	01:49:49	03:20:05	05:14:41	06:56:30.35	06:56:30.35	+01:45:15 (25.3%)	8:00	7.5 (75.0%)
40	DOBRZYŃSKI Andrzej	5096	CHEŁMSKA GRUPA TRIATHLONU	M50	5	01:43:06	03:18:52	05:19:09	07:01:00.05	07:01:00.05	+01:49:45 (26.1%)	8:05	7.4 (74.0%)
41	WIECZERZAK Magdalena	5174	BIEG LOVELAS / ZABIEGANI MIELEC	K30	2	01:47:44	03:22:31	05:18:46	07:01:04.75	07:01:04.75	+01:49:49 (26.1%)	8:05	7.4 (74.0%)
42	ZDZIEBKO Olaf	5122	KW SAKWA	M20	6	01:36:03	03:03:27	05:06:43	07:04:04.65	07:04:04.65	+01:52:49 (26.6%)	8:09	7.4 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P			Czas		Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	netto 52km	brutto 52km			
43	ROGALA Grzegorz	5118		M50	6	01:46:12	03:16:57	05:19:38	07:06:48.65	07:06:48.65	+01:55:33 (27.1%)	8:12	7.3 (73.0%)
44	KORAB Robert	5137	RZESZOWSKIE GAZELE I GEPARDY	M50	7	01:57:25	03:34:48	05:31:05	07:10:39.75	07:10:39.75	+01:59:24 (27.7%)	8:16	7.2 (72.0%)
45	LIS Bartłomiej	5018	GANG DZIKICH WIEPRZY	M20	7	01:46:48	03:18:56	05:24:10	07:12:19.60	07:12:19.60	+02:01:04 (28.0%)	8:18	7.2 (72.0%)
46	ZAPENDOWSKI Jacek	5062		M30	10	01:47:36	03:18:51	05:21:55	07:17:29.65	07:17:29.65	+02:06:14 (28.9%)	8:24	7.1 (71.0%)
47	MACKIEWICZ Kamil	5001	CHEŁM BIEGA	M30	11	01:54:59	03:34:40	05:31:29	07:19:29.25	07:19:29.25	+02:08:14 (29.2%)	8:27	7.1 (71.0%)
48	HIŚEM Jozef	5147	BELÁ NAD CIROCHOU	M40	18	01:47:19	03:27:41		07:23:08.10	07:23:08.10	+02:11:53 (29.8%)	8:31	7 (70.0%)
49	ŻOŁNACZ Maciej	5108		M40	19	01:50:28	03:27:26	05:31:10	07:23:44.25	07:23:44.25	+02:12:29 (29.9%)	8:32	7 (70.0%)
50	BIELECKI Robert	5101	KEEN ON RUNNING	M50	8	01:56:42	03:33:48	05:34:44	07:23:45.75	07:23:45.75	+02:12:30 (29.9%)	8:32	7 (70.0%)
51	PISAREK Karol	5111		M30	12	01:55:03	03:37:28	05:41:44	07:26:45.75	07:26:45.75	+02:15:30 (30.3%)	8:35	7 (70.0%)
52	IWANOW Kryspin	5110		M30	13	01:49:18	03:27:26	05:45:00	07:33:53.50	07:33:53.50	+02:22:38 (31.4%)	8:43	6.9 (69.0%)
53	PRAGER Mateusz	5187		M30	14	01:54:15	03:36:17	05:40:58	07:34:08.05	07:34:08.05	+02:22:53 (31.5%)	8:44	6.9 (69.0%)
54	MARCINIAK Tomasz	5117	RADOMNO BIEGA	M40	20	01:57:15	03:34:58	05:45:53	07:34:15.30	07:34:15.30	+02:23:00 (31.5%)	8:44	6.9 (69.0%)
55	WOŁOSZYN Czesław	5140	PIZUNY ROZTOCZE WSCHODNIE	M60	1	01:58:15	03:37:34	05:46:51	07:36:18.90	07:36:18.90	+02:25:03 (31.8%)	8:46	6.8 (68.0%)
56	ZIELIŃSKA Agata	5160		K40	4	01:53:53	03:40:37	05:39:30	07:36:24.55	07:36:24.55	+02:25:09 (31.8%)	8:46	6.8 (68.0%)
57	PRZEPERSKI Krzysztof	5037		M40	21	01:54:25	03:36:41	05:46:19	07:36:25.10	07:36:25.10	+02:25:10 (31.8%)	8:46	6.8 (68.0%)
58	SEROKA Piotr	5145		M40	22	01:52:14	03:36:18	05:45:58	07:38:23.00	07:38:23.00	+02:27:07 (32.1%)	8:48	6.8 (68.0%)
59	STOPA Agata	5171	SP3 RZESZÓW	K40	5	01:58:46	03:40:58	05:51:32	07:38:25.15	07:38:25.15	+02:27:10 (32.1%)	8:48	6.8 (68.0%)
60	PRZYBOROWSKI Michał	5105		M20	8	01:59:44	03:37:26	05:47:19	07:38:44.60	07:38:44.60	+02:27:29 (32.2%)	8:49	6.8 (68.0%)
61	OGÓREK Kacper	5106		M20	9	01:59:53	03:37:27	05:47:19	07:38:44.75	07:38:44.75	+02:27:29 (32.2%)	8:49	6.8 (68.0%)
62	DYMARZ Adrian	5071		M30	15	02:06:29	03:46:47	05:46:06	07:40:41.80	07:40:41.80	+02:29:26 (32.4%)	8:51	6.8 (68.0%)
63	SADOCH Kamil	5207	DECEPTICON GYM	M30	16	01:53:11	03:34:35	05:47:25	07:41:41.25	07:41:41.25	+02:30:26 (32.6%)	8:52	6.8 (68.0%)
64	GŁAZ Marek	5215		M30	17	01:51:02	03:40:52	06:00:53	07:51:32.45	07:51:32.45	+02:40:17 (34.0%)	9:04	6.6 (66.0%)
65	PIETRASZKO Barbara	5057	TEAM ZABIEGANEDNI	K30	3	01:55:37	03:40:58	05:54:34	07:51:37.65	07:51:37.65	+02:40:22 (34.0%)	9:04	6.6 (66.0%)
66	BOCIAN Michał	5077	TEAM ZABIEGANEDNI	M40	23	02:02:24	03:40:55	05:56:42	07:51:43.50	07:51:43.50	+02:40:28 (34.0%)	9:04	6.6 (66.0%)
67	KOT Dawid	5064		M30	18	02:02:23	03:59:29	06:15:36	07:54:52.05	07:54:52.05	+02:43:37 (34.5%)	9:07	6.6 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P			Czas		Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	netto 52km	brutto 52km			
68	SIKORA Robert	5007		M40	24	01:55:31	03:40:54	06:00:31	07:55:05.80	07:55:05.80	+02:43:50 (34.5%)	9:08	6.6 (66.0%)
69	TWARDOCHLEB Marcin	5199	BIEGAM W RZESZOWIE	M40	25	02:01:09	03:48:04	06:03:33	07:55:06.25	07:55:06.25	+02:43:51 (34.5%)	9:08	6.6 (66.0%)
70	MICHALSKA-TRZASKA Joanna	5116	BIUROWE.COM.PL	K40	6	02:03:44	03:49:51	06:00:58	07:56:22.25	07:56:22.25	+02:45:07 (34.7%)	9:09	6.5 (65.0%)
71	BOJAROWSKI Krzysztof	5076		M30	19	02:02:26	03:51:18	06:07:19	07:57:06.85	07:57:06.85	+02:45:51 (34.8%)	9:10	6.5 (65.0%)
72	KULA Mikołaj	5165		M20	10	01:44:48	03:30:57	05:48:27	07:59:01.35	07:59:01.35	+02:47:46 (35.0%)	9:12	6.5 (65.0%)
73	KOZERA Łukasz	5019	GANG DZIKICH WIEPRZY	M20	11	01:49:51	03:40:43	06:00:43	07:59:45.20	07:59:45.20	+02:48:30 (35.1%)	9:13	6.5 (65.0%)
74	FABROWICZ Katarzyna	5004		K40	7	01:59:22	03:46:52	06:01:48	08:00:48.90	08:00:48.90	+02:49:33 (35.3%)	9:14	6.5 (65.0%)
75	NIEDZIAŁKOWSKI Jan	5040		M40	26	01:58:40	03:46:49	06:01:57	08:00:49.10	08:00:49.10	+02:49:34 (35.3%)	9:14	6.5 (65.0%)
76	JAROWICZ Konrad	5114		M60	2	02:00:56	03:44:22	06:02:09	08:02:02.65	08:02:02.65	+02:50:47 (35.4%)	9:16	6.5 (65.0%)
77	MIREK Sławomir	5186	TEAM#R	M40	27	02:05:18	03:53:53	06:02:48	08:03:38.05	08:03:38.05	+02:52:23 (35.6%)	9:18	6.5 (65.0%)
78	DUDEK Adam	5009		M40	28	01:47:52	03:23:10	06:01:13	08:03:48.90	08:03:48.90	+02:52:33 (35.7%)	9:18	6.4 (64.0%)
79	NOWICKI Jakub	5194	PANDUSIE	M30	20	01:56:04	03:37:28	06:06:57	08:05:24.30	08:05:24.30	+02:54:09 (35.9%)	9:20	6.4 (64.0%)
80	JABŁOŃSKI Tomasz	5011	KS ATHLETICS BUSKO-ZDRÓJ	M40	29	02:04:53	03:53:56	06:07:35	08:06:13.15	08:06:13.15	+02:54:58 (36.0%)	9:21	6.4 (64.0%)
81	RĘKAWEK Paulina	5058	TEAM ZABIEGANEDNI	K30	4	02:00:58	03:47:41	06:01:27	08:06:20.85	08:06:20.85	+02:55:05 (36.0%)	9:21	6.4 (64.0%)
82	DUDEK Łukasz	5030		M20	12	01:50:31	03:22:21	06:01:14	08:06:25.15	08:06:25.15	+02:55:10 (36.0%)	9:21	6.4 (64.0%)
83	MORAWSKI Grzegorz	5204		M40	30	02:01:44	03:51:14	06:10:59	08:07:08.20	08:07:08.20	+02:55:53 (36.1%)	9:22	6.4 (64.0%)
84	KAMSKA Małgorzata	5164	ULTRA WAY TEAM	K40	8	02:09:08	04:01:08	06:20:58	08:07:32.55	08:07:32.55	+02:56:17 (36.2%)	9:22	6.4 (64.0%)
85	JANTOS Jakub	5113		M30	21	02:08:19	03:56:07	06:12:27	08:10:23.25	08:10:23.25	+02:59:08 (36.5%)	9:25	6.4 (64.0%)
86	PASTUSZKA Piotr	5216		M60	3	02:08:46	03:56:53	06:12:43	08:11:44.95	08:11:44.95	+03:00:29 (36.7%)	9:27	6.3 (63.0%)
87	JARZYŃKA Krzysztof	5102	K2	M50	9	02:04:04	03:48:03	06:05:00	08:12:26.55	08:12:26.55	+03:01:11 (36.8%)	9:28	6.3 (63.0%)
88	PODKUL Konrad	5200		M30	22	01:49:06	03:43:37	06:10:24	08:12:49.15	08:12:49.15	+03:01:34 (36.8%)	9:28	6.3 (63.0%)
89	BOGUSZ Paweł	5036		M40	31	01:49:22	03:34:26	06:06:32	08:14:14.85	08:14:14.85	+03:02:59 (37.0%)	9:30	6.3 (63.0%)
90	BURZYŃSKA Ewelina	5012	SIŁA KOBIET	K40	9	02:09:35	04:02:12	06:16:25	08:15:29.25	08:15:29.25	+03:04:14 (37.2%)	9:31	6.3 (63.0%)
91	DENDYS Sylwia	5026		K40	10	02:08:30	03:59:43	06:20:04	08:16:23.75	08:16:23.75	+03:05:08 (37.3%)	9:32	6.3 (63.0%)
92	FALKOWSKI Bartosz	5144		M40	32	02:09:15	04:04:23	06:22:53	08:17:42.75	08:17:42.75	+03:06:27 (37.5%)	9:34	6.3 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pozycje			Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km					
93	GORZKOWSKI Witold	5184	IM2010	M60	4	02:03:52	03:53:52	06:15:39	08:19:01.30	08:19:01.30	+03:07:46 (37.6%)	9:35	6.3 (63.0%)
93	LUBOWICKI Marcin	5158	HUNTER TEAM	M40	33	02:08:13	03:56:06	06:10:45	08:19:01.30	08:19:01.30	+03:07:46 (37.6%)	9:35	6.3 (63.0%)
95	KIEŁPIŃSKI Piotr	5115		M40	34	02:08:42	03:56:05	06:15:41	08:19:03.05	08:19:03.05	+03:07:48 (37.6%)	9:35	6.3 (63.0%)
96	CIEŚLA Krzysztof	5084		M40	35	02:02:23	03:59:31	06:26:17	08:19:31.20	08:19:31.20	+03:08:16 (37.7%)	9:36	6.2 (62.0%)
97	ZIMAK Sebastian	5027		M40	36	02:11:17	04:02:28	06:22:46	08:25:23.85	08:25:23.85	+03:14:08 (38.4%)	9:43	6.2 (62.0%)
98	MAJEWICZ Grzegorz	5159		M40	37	02:11:16	04:00:26	06:23:41	08:26:34.65	08:26:34.65	+03:15:19 (38.6%)	9:44	6.2 (62.0%)
99	PORĘBA Eugeniusz	5168		M60	5	02:11:15	04:00:28	06:23:35	08:26:35.50	08:26:35.50	+03:15:20 (38.6%)	9:44	6.2 (62.0%)
100	PAKULSKA Dorota	5213	SIŁA KOBIET	K40	11	02:07:33	04:00:44	06:21:10	08:27:41.40	08:27:41.40	+03:16:26 (38.7%)	9:45	6.1 (61.0%)
101	MARCHEWKA Grzegorz	5013		M40	38	02:18:34	04:10:24	06:22:57	08:27:44.60	08:27:44.60	+03:16:29 (38.7%)	9:45	6.1 (61.0%)
102	OLAK Jacek	2232		M30	23	06:20:10			08:33:45.75	08:33:45.75	+03:22:30 (39.4%)	9:52	6.1 (61.0%)
103	STANASZEK Daniel	5068	AEROSPACE RUNNERS	M30	24	02:04:00	03:56:19	06:21:27	08:34:37.25	08:34:37.25	+03:23:22 (39.5%)	9:53	6.1 (61.0%)
104	NOWOMIEJSKI Marcin	5217	PROGRES	M40	39	02:18:31	04:11:15	06:37:06	08:36:21.65	08:36:21.65	+03:25:06 (39.7%)	9:55	6 (60.0%)
105	PORADA Jakub	5049		M20	13	02:05:33	03:55:03	06:15:37	08:37:39.45	08:37:39.45	+03:26:24 (39.9%)	9:57	6 (60.0%)
106	MORYŃ Piotr	5154	LKS GÓRA BIEGA	M40	40	02:08:06	04:04:43	06:39:20	08:39:17.85	08:39:17.85	+03:28:02 (40.1%)	9:59	6 (60.0%)
107	TYLMAN Małgorzata	5098		K40	12	02:02:25	03:59:16	06:30:21	08:39:26.45	08:39:26.45	+03:28:11 (40.1%)	9:59	6 (60.0%)
108	BERTINO Francesco	5033	CAZZO CLUB RUNNING TEAM	M30	25	02:09:23	04:04:24	06:37:59	08:40:19.60	08:40:19.60	+03:29:04 (40.2%)	10:00	6 (60.0%)
109	SVITA Beata	5149		K30	5	02:11:48	04:03:51	06:36:14	08:47:35.80	08:47:35.80	+03:36:20 (41.0%)	10:08	5.9 (59.0%)
110	KRET Rafał	5150		M30	26	02:11:53	04:03:53	06:36:16	08:47:35.85	08:47:35.85	+03:36:20 (41.0%)	10:08	5.9 (59.0%)
111	BASTER Krzysztof	5131	MATNER RUNNING TEAM	M50	10	02:00:09	03:53:56	06:26:16	08:48:04.95	08:48:04.95	+03:36:49 (41.1%)	10:09	5.9 (59.0%)
112	PYRKOSZ Damian	5097	ENGLISH VITAE	M50	11	02:14:44	04:10:24	06:38:33	08:52:09.50	08:52:09.50	+03:40:54 (41.5%)	10:14	5.9 (59.0%)
113	GÓRNIAK Bartek	5202	MONKEYS TEAM	M30	27	02:24:55	04:27:08	07:08:45	08:53:51.55	08:53:51.55	+03:42:36 (41.7%)	10:15	5.8 (58.0%)
114	CZOP Sławomir	5052		M40	41	02:04:46	03:55:19	06:36:30	08:54:29.95	08:54:29.95	+03:43:14 (41.8%)	10:16	5.8 (58.0%)
115	KUŚMIREK Grzegorz	5127		M50	12	02:13:02	04:10:56	06:40:11	08:56:54.30	08:56:54.30	+03:45:39 (42.0%)	10:19	5.8 (58.0%)
116	AUGUSCIK Mariusz	5167		M60	6	02:21:35	04:19:05	06:53:30	08:57:49.55	08:57:49.55	+03:46:34 (42.1%)	10:20	5.8 (58.0%)
117	JĘDRZEJCZYK Agnieszka	5166		K50	1	02:21:12	04:19:06	06:52:52	08:57:49.60	08:57:49.60	+03:46:34 (42.1%)	10:20	5.8 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 52km	brutto 52km			
118	DOROBISZ Marek	5095		M50	13	02:21:43	04:20:55	06:50:38	08:57:59.35	08:57:59.35	+03:46:44 (42.1%)	10:20	5.8 (58.0%)
119	KOCZOROWSKA Anna	5061	TEAM ZABIEGANEDNI	K40	13	02:17:31	04:18:35	06:53:38	08:58:57.25	08:58:57.25	+03:47:42 (42.2%)	10:21	5.8 (58.0%)
120	KOCZOROWSKI Marcin	5060	TEAM ZABIEGANEDNI	M40	42	02:17:25	04:18:33	06:53:38	08:58:57.30	08:58:57.30	+03:47:42 (42.2%)	10:21	5.8 (58.0%)
121	LALEWICZ Wojciech	5078	ASSECO ACTIVE TEAM	M50	14	02:12:27	04:17:49	07:05:24	08:59:26.65	08:59:26.65	+03:48:11 (42.3%)	10:22	5.8 (58.0%)
122	K Andrii	5161		M20	14	01:50:30	03:46:52	06:28:54	09:04:11.65	09:04:11.65	+03:52:56 (42.8%)	10:27	5.7 (57.0%)
123	RYŻYŃSKI Tomasz	5112	CHEŁM BIEGA	M40	43	02:16:16	04:15:48	06:54:20	09:04:19.40	09:04:19.40	+03:53:04 (42.8%)	10:28	5.7 (57.0%)
124	CICHOŃ Sławomir	5070	KROSSKI	M50	15	02:20:12	04:26:32	06:54:48	09:05:09.55	09:05:09.55	+03:53:54 (42.9%)	10:29	5.7 (57.0%)
125	STAMM Tomasz	5035		M50	16	02:18:20	04:17:22	06:54:19	09:05:47.95	09:05:47.95	+03:54:32 (43.0%)	10:29	5.7 (57.0%)
126	KACZYŃSKI Artur	5189		M50	17	02:14:51	04:12:25	06:48:22	09:08:32.60	09:08:32.60	+03:57:17 (43.3%)	10:32	5.7 (57.0%)
127	KLAUS Dominik	5082	GÓRA BIEGA	M40	44	02:08:00	04:05:58	07:01:06	09:08:44.60	09:08:44.60	+03:57:29 (43.3%)	10:33	5.7 (57.0%)
128	PRAWDZIK Renata	5053	TEAM DUCHNOWSKI	K40	14	02:19:47	04:19:45	06:50:45	09:08:50.55	09:08:50.55	+03:57:35 (43.3%)	10:33	5.7 (57.0%)
129	GRONIECKI Mikołaj	5156		M40	45	02:17:24	04:19:34	07:01:11	09:09:09.10	09:09:09.10	+03:57:54 (43.3%)	10:33	5.7 (57.0%)
130	ZAJĄC Łukasz	5134		M30	28	01:56:45	04:19:29	06:53:42	09:09:31.10	09:09:31.10	+03:58:16 (43.4%)	10:34	5.7 (57.0%)
131	SZCZEŚNIAK Kuba	5017	LEMON TEAM	M40	46	02:16:33	04:12:14	06:44:52	09:10:46.15	09:10:46.15	+03:59:31 (43.5%)	10:35	5.7 (57.0%)
132	ANDRZEJEWSKI Maciej	5075	KTÓRĘDY PO PIWO?	M40	47	02:16:43	04:18:17	06:55:50	09:11:18.40	09:11:18.40	+04:00:03 (43.5%)	10:36	5.7 (57.0%)
133	ŁUKASIEWICZ-ŁUSZCZEK Katarzyna	5014		K30	6	02:16:39	04:19:52	06:56:51	09:11:36.05	09:11:36.05	+04:00:21 (43.6%)	10:36	5.7 (57.0%)
134	BAK Bogdan	5092		M50	18	02:15:57	04:20:37	06:57:31	09:11:58.05	09:11:58.05	+04:00:43 (43.6%)	10:36	5.7 (57.0%)
135	MNICH Zbigniew	5146		M40	48	02:01:01	03:56:38	06:37:23	09:12:08.55	09:12:08.55	+04:00:53 (43.6%)	10:37	5.7 (57.0%)
136	MICHALAK Sławomir	5198		M50	19	02:18:34	04:26:00	07:02:30	09:21:42.05	09:21:42.05	+04:10:27 (44.6%)	10:48	5.6 (56.0%)
137	KOSTECKI Tomasz	5022	TEAM MŁODY	M30	29	02:16:48	04:12:05	06:56:20	09:23:33.25	09:23:33.25	+04:12:18 (44.8%)	10:50	5.5 (55.0%)
138	KOCJAN Adam	5079		M30	30	02:06:23	04:02:17	06:41:07	09:23:35.45	09:23:35.45	+04:12:20 (44.8%)	10:50	5.5 (55.0%)
139	REDA Sławomir	5218	TEAM ZABIEGANEDNI	M60	7	02:25:22	04:33:59		09:24:28.60	09:24:28.60	+04:13:13 (44.9%)	10:51	5.5 (55.0%)
140	BAZYLUK Andrzej	5178		M50	20	02:11:38	04:19:54	07:05:30	09:24:40.65	09:24:40.65	+04:13:25 (44.9%)	10:51	5.5 (55.0%)
141	SIUCIAK Robert	5124	KARCZMA U FREDA	M60	8	02:30:23	04:34:04	07:11:48	09:26:33.10	09:26:33.10	+04:15:18 (45.1%)	10:53	5.5 (55.0%)
142	GRONCZEWSKI Artur	5099	FUNDACJA RAK'N'ROLL WYGRAJ ŻYCIE	M50	21	02:29:58	04:42:43	07:19:25	09:28:23.85	09:28:23.85	+04:17:08 (45.2%)	10:55	5.5 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
143	RÓŻAK- RUKUSZEWICZ Magdalena	5135	DZIKIE GRUBASY SZATANA	K40	15	02:16:51	04:22:14	07:09:03	09:30:18.05	09:30:18.05	+04:19:03 (45.4%)	10:58	5.5 (55.0%)
144	GABOREK Grzegorz	5047		M40	49	02:24:41	04:31:00	07:08:40	09:36:11.95	09:36:11.95	+04:24:56 (46.0%)	11:04	5.4 (54.0%)
145	PYTEL Roman	5119	IIZBICKO W BIEGU	M40	50	02:23:44	04:29:01	07:13:45	09:37:30.65	09:37:30.65	+04:26:15 (46.1%)	11:06	5.4 (54.0%)
146	GRABOWSKA Zuzanna	5153	IIZBICKO W BIEGU	K20	1	02:23:47	04:29:01	07:13:47	09:37:30.75	09:37:30.75	+04:26:15 (46.1%)	11:06	5.4 (54.0%)
147	ROGUZIŃSKI Radosław	5093		M40	51	02:21:04	04:16:07	07:03:37	09:39:17.05	09:39:17.05	+04:28:02 (46.3%)	11:08	5.4 (54.0%)
148	POPOWICZ Dawid	5138		M20	15	02:15:29	04:13:16	06:57:32	09:40:22.25	09:40:22.25	+04:29:07 (46.4%)	11:09	5.4 (54.0%)
148	GAL Dawid	5128		M20	15	02:15:27	04:13:16	06:57:34	09:40:22.25	09:40:22.25	+04:29:07 (46.4%)	11:09	5.4 (54.0%)
150	UCHTO Tomasz	5206	DUCH	M30	31	01:59:40	03:45:25	06:35:34	09:40:46.90	09:40:46.90	+04:29:31 (46.4%)	11:10	5.4 (54.0%)
151	MROCZEK Piotr	5151		M40	52	01:59:53	03:45:27	06:35:38	09:40:53.15	09:40:53.15	+04:29:38 (46.4%)	11:10	5.4 (54.0%)
152	RODZEŃ Daniel	5042		M30	32	02:05:31	04:16:50	07:20:49	09:43:46.95	09:43:46.95	+04:32:31 (46.7%)	11:13	5.3 (53.0%)
153	MAC Sławomir	5055		M30	33	02:05:30	04:16:50	07:20:49	09:43:49.40	09:43:49.40	+04:32:34 (46.7%)	11:13	5.3 (53.0%)
154	GŁÓWKA Alfred	5056	KARCZMA U FREDA	M60	9	02:23:43	04:27:06	07:08:59	09:44:27.60	09:44:27.60	+04:33:12 (46.7%)	11:14	5.3 (53.0%)
155	JAGUSTYN Szymon	5172	ŻOŁYŃSKA GRUPA BIEGOWA "ZOŚKA"	M30	34	02:18:30	04:17:37	07:15:55	09:46:26.05	09:46:26.05	+04:35:11 (46.9%)	11:16	5.3 (53.0%)
156	BRZEZICKI Kamil	5020	ŻOŁYŃSKA GRUPA BIEGOWA ZOŚKA	M20	17	02:18:29	04:17:37	07:15:51	09:46:26.45	09:46:26.45	+04:35:11 (46.9%)	11:16	5.3 (53.0%)
157	LUDWIKOWSKI Michał	5054		M40	53	02:27:07	04:39:17	07:16:15	09:47:37.65	09:47:37.65	+04:36:22 (47.0%)	11:18	5.3 (53.0%)
158	GOLEŃ Justyna	5205		K40	16	02:25:32	04:31:11	07:15:49	09:50:18.40	09:50:18.40	+04:39:03 (47.3%)	11:21	5.3 (53.0%)
159	KLOC Tomasz	5176		M40	54	02:25:35	04:31:11	07:15:47	09:50:19.30	09:50:19.30	+04:39:04 (47.3%)	11:21	5.3 (53.0%)
160	BANASIK Beata	5132	STREET RUN ATHLETHIKS BUSKO ZDRÓJ	K40	17	02:22:37	04:28:41	07:18:49	09:52:28.65	09:52:28.65	+04:41:13 (47.5%)	11:23	5.3 (53.0%)
161	JĘDRUSIAK Paweł	5067	BRUTAL OUTDOOR	M40	55	02:21:58	04:28:39	07:18:50	09:52:28.95	09:52:28.95	+04:41:13 (47.5%)	11:23	5.3 (53.0%)
162	KUBALA Sylweter	5010		M50	22	02:34:40	04:44:21	07:37:43	09:53:57.55	09:53:57.55	+04:42:42 (47.6%)	11:25	5.3 (53.0%)
163	NAPIERAŁA Katarzyna	5210		K40	18	02:34:38	04:52:52	07:34:09	09:56:01.75	09:56:01.75	+04:44:46 (47.8%)	11:27	5.2 (52.0%)
164	SANKOWSKI Tomasz	5080		M30	35	02:27:49	04:34:50	07:25:57	09:56:41.90	09:56:41.90	+04:45:26 (47.8%)	11:28	5.2 (52.0%)
165	ZYGMUNT Krzystian	5120		M20	18	02:18:27	04:16:09	06:59:23	09:57:11.95	09:57:11.95	+04:45:56 (47.9%)	11:29	5.2 (52.0%)
166	KSIAŻEK Tomasz	5143		M40	56	02:35:59	04:53:44	07:48:58	10:01:03.90	10:01:03.90	+04:49:48 (48.2%)	11:33	5.2 (52.0%)
167	KSIAŻEK Danuta	5142		K40	19	02:35:59	04:53:45	07:48:59	10:01:03.95	10:01:03.95	+04:49:48 (48.2%)	11:33	5.2 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P			Czas		Różn	Tempo min/km	Tempo km/h
						P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	netto 52km	brutto 52km			
168	POKRYWKA Stefan	5222	OTK RZEŹNIK	M60	10	02:39:34	04:51:01	07:35:47	10:05:21.30	10:05:21.30	+04:54:06 (48.6%)	11:38	5.2 (52.0%)
169	JEDLIŃSKI Bartosz	5220		M40	57	02:33:50	04:47:40	07:43:15	10:16:57.55	10:16:57.55	+05:05:42 (49.6%)	11:51	5.1 (51.0%)
170	KADECKI Marek	5185	AZS PAŃSTWOWEJ AKADEMII NAUK STOSOWANYCH W CIECHANOWIE	M50	23	02:34:07	04:49:12	07:36:57	10:18:27.40	10:18:27.40	+05:07:12 (49.7%)	11:53	5 (50.0%)
171	BOCIAN Maja	5066	TEAM ZABIEGANEDNI	K40	20	02:24:52	04:28:12	07:18:50	10:19:33.95	10:19:33.95	+05:08:18 (49.8%)	11:54	5 (50.0%)
172	SABACIŃSKA Karolina	5085		K20	2	02:30:14	04:49:44	07:45:07	10:19:45.80	10:19:45.80	+05:08:30 (49.8%)	11:55	5 (50.0%)
173	ŁASKI Krzysztof	5086	BIEGIEM PO PIWO	M60	11	02:30:13	04:50:00	07:45:05	10:19:45.90	10:19:45.90	+05:08:30 (49.8%)	11:55	5 (50.0%)
174	DWOJAK Katarzyna	5083		K50	2	02:25:21	04:43:42	07:46:15	10:22:39.75	10:22:39.75	+05:11:24 (50.0%)	11:58	5 (50.0%)
175	CAKAŁA Maciej	5008		M30	36	02:33:35	04:51:11	07:36:21	10:22:46.80	10:22:46.80	+05:11:31 (50.0%)	11:58	5 (50.0%)
176	JASIŃSKI Mikołaj	5109	TBD	M50	24	02:36:38	04:47:24	07:37:03	10:26:48.65	10:26:48.65	+05:15:33 (50.3%)	12:03	5 (50.0%)
177	KOCISZEWSKI Marek	5028		M50	25	02:33:17	04:48:22	07:43:52	10:27:18.55	10:27:18.55	+05:16:03 (50.4%)	12:03	5 (50.0%)
178	ALBINIAK Marcin	5163		M50	26	02:21:09	04:38:09	07:43:16	10:29:32.55	10:29:32.55	+05:18:17 (50.6%)	12:06	5 (50.0%)
179	TOMASZEWSKI Mariusz	5046	CZŁOWIEK NIE JEST TAKI	M40	58	02:26:27	04:41:47	07:50:16	10:42:22.50	10:42:22.50	+05:31:07 (51.5%)	12:21	4.9 (49.0%)
180	RYBIŃSKI Andrzej	5045	GRUPA BIEGOWA CHTMO	M40	59	02:26:31	04:41:52	07:50:18	10:42:22.65	10:42:22.65	+05:31:07 (51.5%)	12:21	4.9 (49.0%)
181	CZECHOWSKI Konrad	5024		M30	37	02:45:36	05:15:04	08:13:54	10:52:47.75	10:52:47.75	+05:41:32 (52.3%)	12:33	4.8 (48.0%)
182	STACHOWIAK Magda	5211		K30	7	02:35:34	04:57:34	07:50:29	10:53:20.50	10:53:20.50	+05:42:05 (52.4%)	12:33	4.8 (48.0%)
183	SŁUPIŃSKI Krzysztof	5016		M30	38	02:42:55	05:43:02	08:09:07	11:11:17.00	11:11:17.00	+06:00:01 (53.6%)	12:54	4.6 (46.0%)
184	WARAS Barbara	5043		K40	21	02:49:35	05:18:35	08:11:59	11:18:57.20	11:18:57.20	+06:07:42 (54.2%)	13:03	4.6 (46.0%)
185	WARAS Wojciech	5044	SILESIA MARATHON CLUB	M40	60	02:49:22	05:18:34	08:12:01	11:18:58.75	11:18:58.75	+06:07:43 (54.2%)	13:03	4.6 (46.0%)
186	KOZAK Kamil	5192		M30	39	02:18:26	04:29:26	07:50:07	11:20:50.05	11:20:50.05	+06:09:35 (54.3%)	13:05	4.6 (46.0%)
187	CZAPSKA Jadwiga	5048		K40	22	02:38:10	05:08:45	08:09:13	11:27:04.25	11:27:04.25	+06:15:49 (54.7%)	13:12	4.5 (45.0%)
188	PYTKA Adam	5059	CROSSFIT LUBLIN	M40	61	02:38:05	05:08:43	08:09:10	11:27:06.75	11:27:06.75	+06:15:51 (54.7%)	13:12	4.5 (45.0%)
189	MECH Krzysztof	5021		M20	19	02:18:28	04:29:24	07:50:05	11:27:51.05	11:27:51.05	+06:16:36 (54.8%)	13:13	4.5 (45.0%)
190	MALARA Krzysztof	5104		M40	62	02:29:21	04:55:11	07:44:56	11:29:41.90	11:29:41.90	+06:18:26 (54.9%)	13:15	4.5 (45.0%)
	PŁONKA Bartosz	5214		M30		02:48:43 DNF	05:35:34 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	JABŁOŃSKI Kazimierz	5209	SPRINTER PRĄDY	M60		02:59:17 DNF	05:48:57 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	P1_Roztoki 15km	P2_Solinka 28km	P3_Roztoki 41km	Czas netto 52km	Czas brutto 52km	Różn	Tempo min/km	Tempo km/h
	PITUCH Grzegorz	5191	STANCZAK TEAM	M40		01:28:19 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WITEK Paweł	5180		M40		02:12:05 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BRZOZOWSKI Kamil	5089	BANDA GRUDNIA	M30		02:37:00 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	POPKO Mariusz	5015		M40		04:09:07 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 196 wynik(ów)