

# ZIMOWA BIESZCZADZKA DYCHA 2015

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** OTK Rzeźnik  
**Data:** 2015-01-25  
**Miejsce:** Cisna  
**Dystans:** 10 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JÓZWIK Pawł	137	LUBLIN	M30	1	00:39:31.60	00:39:36.25		3:57	15.2 (100%)
2	KIEŁBOŃ Michał	43	PRZEWORSKA GRUPA BIEGOWA	M20	1	00:40:03.95	00:40:11.45	+00:00:35 (1.5%)	4:00	15 (98.7%)
3	LIPA Wojciech	142	RZESZÓW	M30	2	00:43:48.70	00:44:03.35	+00:04:27 (10.1%)	4:22	13.7 (90.1%)
4	OLCHAWA Joanna	138	KRAKÓW	K40	1	00:44:05.75	00:44:08.70	+00:04:32 (10.3%)	4:24	13.6 (89.5%)
5	MUSIAŁOWSKI Marcin	176	2REP USTRZYKI GÓRNE	M30	3	00:44:02.35	00:44:14.30	+00:04:38 (10.5%)	4:24	13.6 (89.5%)
6	WARTA Przemysław	119	CZARNA GÓRNA	M20	2	00:43:41.60	00:44:36.10	+00:04:59 (11.2%)	4:22	13.7 (90.1%)
7	STAWIARSKI Jakub	99	LONGPLAY	M20	3	00:44:08.50	00:44:56.15	+00:05:19 (11.9%)	4:24	13.6 (89.5%)
8	ZAJEZIERSKI Mateusz	133	PIASKI	M20	4	00:44:50.35	00:45:10.05	+00:05:33 (12.3%)	4:29	13.4 (88.2%)
9	LEWANDOWSKI Rafał	56		M30	4	00:45:28.00	00:45:32.95	+00:05:56 (13.1%)	4:32	13.2 (86.8%)
10	TUCZAPSKI Piotr	114	RZESZÓW	M20	5	00:45:32.20	00:45:46.50	+00:06:10 (13.5%)	4:33	13.2 (86.8%)
11	KSZYSZTOŃ Grzegorz	144	WARSZAWA	M20	6	00:45:47.65	00:45:58.20	+00:06:21 (13.8%)	4:34	13.1 (86.2%)
12	BIKOWSKA-JUSIS Katarzyna	156	DŹ	K30	1	00:45:58.35	00:46:05.40	+00:06:29 (14.1%)	4:35	13.1 (86.2%)
13	RĄCZKA Rafał	86		M30	5	00:45:24.85	00:46:26.40	+00:06:50 (14.7%)	4:32	13.2 (86.8%)
14	SZYBISTY Grzegorz	163	WROCANKA	M40	1	00:47:04.30	00:47:08.05	+00:07:31 (16.0%)	4:42	12.7 (83.6%)
15	CZWERENKO Wojciech	18	SANOK	M30	6	00:46:37.85	00:47:10.60	+00:07:34 (16.1%)	4:39	12.9 (84.9%)
16	RYSZ Tomasz	89	SANOK	M30	7	00:47:14.10	00:47:22.55	+00:07:46 (16.4%)	4:43	12.7 (83.6%)
17	KRAJEWSKI Jakub	51	SZAROTKA UHERCE	M30	8	00:47:22.65	00:47:48.40	+00:08:12 (17.2%)	4:44	12.7 (83.6%)
18	WALOSZEK Marcin	118	PASZCZYNA	M30	9	00:47:37.90	00:48:06.00	+00:08:29 (17.7%)	4:45	12.6 (82.9%)
19	SZCZUR Wiesław	105	NOWA DĘBA	M40	2	00:47:38.60	00:48:11.10	+00:08:34 (17.8%)	4:45	12.6 (82.9%)
20	GRUSZKO Alicja	30	TEAM BIKE CONCEPT STORE	K30	2	00:48:02.60	00:48:28.80	+00:08:52 (18.3%)	4:48	12.5 (82.2%)
21	KOWALCZYK Mateusz	48	WARSZAWA	M20	7	00:47:03.00	00:48:29.05	+00:08:52 (18.3%)	4:42	12.8 (84.2%)
22	WAJCOWICZ Witold	116	SANOK	M40	3	00:48:26.80	00:48:35.70	+00:08:59 (18.5%)	4:50	12.4 (81.6%)
23	URBAN Marcin	171	BOGUCHWAŁA	M30	10	00:48:14.20	00:48:53.70	+00:09:17 (19.0%)	4:49	12.4 (81.6%)
24	RUDNICKI Tomasz	87	BIEGUNKA TEAM POLSKA	M40	4	00:48:37.05	00:49:17.45	+00:09:41 (19.7%)	4:51	12.3 (80.9%)
25	CZAJKOWSKI Robert	17	KOSIENICE	M20	8	00:49:23.00	00:49:43.25	+00:10:07 (20.3%)	4:56	12.1 (79.6%)
26	BRENDZOWSKI Adam	160	SOLINA	M30	11	00:49:47.85	00:49:57.60	+00:10:21 (20.7%)	4:58	12 (78.9%)
27	WOJTKIEWICZ Jarosław	130	PODKOWA LEŚNA	M40	5	00:49:49.75	00:50:00.20	+00:10:23 (20.8%)	4:59	12 (78.9%)
28	BOŻĘTKA Józef	11	POLANA	M40	6	00:49:00.30	00:50:06.65	+00:10:30 (21.0%)	4:54	12.2 (80.3%)
29	CZUCHNOWSKI Marcin	161	RZESZÓW	M30	12	00:49:49.05	00:50:11.45	+00:10:35 (21.1%)	4:58	12 (78.9%)
30	ZDEB Krzysztof	164	WROCANKA	M40	7	00:50:12.30	00:50:15.55	+00:10:39 (21.2%)	5:01	12 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
31	<b>KARDACH Kamil</b>	<b>149</b>	RYMANÓW ZDRÓJ	M20	9	<b>00:50:19.70</b>	<b>00:50:30.55</b>	+00:10:54 (21.6%)	5:02	11.9 (78.3%)
32	<b>SOKOŁOWSKA Maja</b>	<b>157</b>	ZABRZE	K20	1	<b>00:50:01.15</b>	<b>00:50:31.60</b>	+00:10:55 (21.6%)	5:00	12 (78.9%)
33	<b>BEDNARCZYK Paweł</b>	<b>167</b>	SANOK	M30	13	<b>00:50:05.35</b>	<b>00:50:37.60</b>	+00:11:01 (21.8%)	5:00	12 (78.9%)
34	<b>WRÓBEL Bartłomiej</b>	<b>135</b>	CISNA	M40	8	<b>00:50:31.95</b>	<b>00:50:42.70</b>	+00:11:06 (21.9%)	5:03	11.9 (78.3%)
35	<b>ZYGADLEWICZ Grzegorz</b>	<b>134</b>	BIEGAJĄCY ŚWIDNIK	M30	14	<b>00:50:30.70</b>	<b>00:50:43.25</b>	+00:11:07 (21.9%)	5:03	11.9 (78.3%)
36	<b>POPAJEWSKI Krzysztof</b>	<b>159</b>	LUBLIN	M50	1	<b>00:50:17.60</b>	<b>00:50:49.20</b>	+00:11:12 (22.1%)	5:01	11.9 (78.3%)
37	<b>GRYCZ Darek</b>	<b>31</b>	TWIERDZA MODLIN	M20	10	<b>00:49:39.40</b>	<b>00:50:55.95</b>	+00:11:19 (22.2%)	4:57	12.1 (79.6%)
38	<b>WIECZOREK Paweł</b>	<b>122</b>	TREND GLASS RUNNING TEAM	M30	15	<b>00:50:28.65</b>	<b>00:51:00.55</b>	+00:11:24 (22.4%)	5:02	11.9 (78.3%)
39	<b>WÓJCIK Ewa</b>	<b>132</b>	KRAKÓW	K50	1	<b>00:50:41.30</b>	<b>00:51:08.55</b>	+00:11:32 (22.6%)	5:04	11.8 (77.6%)
40	<b>WINIARZ Witold</b>	<b>127</b>	PRZEMYSKI KLUB BIEGACZA	M30	16	<b>00:51:27.15</b>	<b>00:51:56.85</b>	+00:12:20 (23.8%)	5:08	11.7 (77.0%)
41	<b>IGNASZAK Ukasz</b>	<b>35</b>	GRODZISK MAZOWIECKI	M30	17	<b>00:51:08.75</b>	<b>00:52:03.65</b>	+00:12:27 (23.9%)	5:06	11.7 (77.0%)
42	<b>BAŁCHAN Krzysztof</b>	<b>3</b>	CPR RZESZOW	M20	11	<b>00:52:00.70</b>	<b>00:52:18.30</b>	+00:12:42 (24.3%)	5:12	11.5 (75.7%)
43	<b>BYKOWSKI Andrzej</b>	<b>16</b>		M40	9	<b>00:51:29.50</b>	<b>00:52:33.00</b>	+00:12:56 (24.6%)	5:09	11.7 (77.0%)
44	<b>WALICKI Sebastian</b>	<b>117</b>	MORSY	M40	10	<b>00:51:28.75</b>	<b>00:52:37.50</b>	+00:13:01 (24.7%)	5:08	11.7 (77.0%)
45	<b>BAK Tymoteusz</b>	<b>6</b>	GLIWICE	M30	18	<b>00:52:11.30</b>	<b>00:52:46.30</b>	+00:13:10 (25.0%)	5:13	11.5 (75.7%)
46	<b>SZCZUR Iwona</b>	<b>104</b>	NOWA DĘBA	K30	3	<b>00:52:30.00</b>	<b>00:53:04.80</b>	+00:13:28 (25.4%)	5:15	11.4 (75.0%)
47	<b>MAZIARZ Wojciech</b>	<b>61</b>	PGR PRZEWORSK	M20	12	<b>00:52:12.35</b>	<b>00:53:10.95</b>	+00:13:34 (25.5%)	5:13	11.5 (75.7%)
48	<b>HEC Grzegorz</b>	<b>169</b>	GŁOWIENKA	M30	19	<b>00:53:08.90</b>	<b>00:53:18.55</b>	+00:13:42 (25.7%)	5:18	11.3 (74.3%)
49	<b>JĘDRZEJCZYK Agnieszka</b>	<b>38</b>	RZESZÓW	K30	4	<b>00:53:25.30</b>	<b>00:53:30.25</b>	+00:13:54 (26.0%)	5:20	11.2 (73.7%)
50	<b>PICHETA Magdalena</b>	<b>75</b>	DISNEY VOLUNTEARS	K30	5	<b>00:52:19.80</b>	<b>00:53:36.60</b>	+00:14:00 (26.1%)	5:14	11.5 (75.7%)
51	<b>BROŻYNA Marcin</b>	<b>166</b>	SANOK	M30	20	<b>00:53:06.65</b>	<b>00:53:38.25</b>	+00:14:02 (26.2%)	5:18	11.3 (74.3%)
52	<b>WĄSOWICZ Ukasz</b>	<b>173</b>	TYCHY	M30	21	<b>00:53:25.60</b>	<b>00:53:40.75</b>	+00:14:04 (26.2%)	5:20	11.2 (73.7%)
53	<b>BAŻYŃSKA Marta</b>	<b>5</b>	LESZNO	K30	6	<b>00:52:44.35</b>	<b>00:53:42.80</b>	+00:14:06 (26.3%)	5:16	11.4 (75.0%)
54	<b>MUSIAŁ Kamil</b>	<b>67</b>	BUDY GŁOGOWSKIE	M20	13	<b>00:52:41.55</b>	<b>00:53:47.30</b>	+00:14:11 (26.4%)	5:16	11.4 (75.0%)
55	<b>SŁOBODA Elżbieta</b>	<b>93</b>	USTRZYKI DOLNE	K30	7	<b>00:53:18.85</b>	<b>00:53:47.55</b>	+00:14:11 (26.4%)	5:19	11.3 (74.3%)
56	<b>DOMISZEWSKA Maria</b>	<b>20</b>	USTRZYKI DOLNE	K40	2	<b>00:52:51.50</b>	<b>00:53:47.85</b>	+00:14:11 (26.4%)	5:17	11.4 (75.0%)
57	<b>KRASOŃ Janusz</b>	<b>52</b>	RZESZOWSKI KLUB MORSZA "SOPELEK"	M30	22	<b>00:52:45.60</b>	<b>00:53:51.05</b>	+00:14:14 (26.5%)	5:16	11.4 (75.0%)
58	<b>KRENZEL Regina</b>	<b>54</b>	JAROSŁAW	K20	2	<b>00:53:34.85</b>	<b>00:53:53.15</b>	+00:14:16 (26.5%)	5:21	11.2 (73.7%)
59	<b>BURY Beata</b>	<b>14</b>	KKB MOSIR KROSNO	K20	3	<b>00:53:41.00</b>	<b>00:53:54.15</b>	+00:14:17 (26.5%)	5:22	11.2 (73.7%)
60	<b>RESZTYŁO Grzegorz</b>	<b>165</b>	AŃCUT	M40	11	<b>00:53:42.05</b>	<b>00:53:54.75</b>	+00:14:18 (26.5%)	5:22	11.2 (73.7%)
61	<b>WIDEREK Katarzyna</b>	<b>145</b>	JÓZEFOSŁAW	K40	3	<b>00:53:42.45</b>	<b>00:53:58.50</b>	+00:14:22 (26.6%)	5:22	11.2 (73.7%)
62	<b>OBŁĄK Agnieszka</b>	<b>72</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	8	<b>00:53:15.85</b>	<b>00:54:01.60</b>	+00:14:25 (26.7%)	5:19	11.3 (74.3%)
63	<b>WOJCIECHOWSKA Katarzyna</b>	<b>128</b>	SANDOMIERZ	K30	9	<b>00:53:36.35</b>	<b>00:54:05.75</b>	+00:14:29 (26.8%)	5:21	11.2 (73.7%)
64	<b>STEC Sebastian</b>	<b>162</b>	WARSZAWA	M40	12	<b>00:53:48.10</b>	<b>00:54:26.35</b>	+00:14:50 (27.3%)	5:22	11.2 (73.7%)
65	<b>WNĘK Bogumił</b>	<b>172</b>	BOGUCHWAŁA	M40	13	<b>00:54:15.95</b>	<b>00:54:27.10</b>	+00:14:50 (27.3%)	5:25	11.1 (73.0%)
66	<b>FIRLEJ Agnieszka</b>	<b>170</b>	WIERZOWA POLSKA	K30	10	<b>00:54:31.90</b>	<b>00:54:42.55</b>	+00:15:06 (27.6%)	5:27	11 (72.4%)
67	<b>CZUBA Marzena</b>	<b>146</b>	WARSZAWA	K40	4	<b>00:53:58.10</b>	<b>00:54:50.05</b>	+00:15:13 (27.8%)	5:23	11.1 (73.0%)
68	<b>SZUSZKIEWICZ Marzena</b>	<b>109</b>	WARSZAWA	K40	5	<b>00:54:56.75</b>	<b>00:55:10.45</b>	+00:15:34 (28.2%)	5:29	10.9 (71.7%)
69	<b>DUDEK Arkadiusz</b>	<b>22</b>	4 PORY ROKU BRZOZÓW	M50	2	<b>00:54:55.35</b>	<b>00:55:12.75</b>	+00:15:36 (28.3%)	5:29	10.9 (71.7%)
70	<b>SONDEJ Wiesław</b>	<b>185</b>	MORSY	M50	3	<b>00:54:09.75</b>	<b>00:55:19.05</b>	+00:15:42 (28.4%)	5:25	11.1 (73.0%)
71	<b>SOBIESKA Aleksandra</b>	<b>97</b>	WARSZAWA	K30	11	<b>00:54:17.40</b>	<b>00:55:31.75</b>	+00:15:55 (28.7%)	5:25	11.1 (73.0%)
72	<b>DYNARSKA-ŁYCZAK Iwona</b>	<b>23</b>	KM TRUCHCIK ŁUBIANKA	K30	12	<b>00:55:35.30</b>	<b>00:55:40.70</b>	+00:16:04 (28.9%)	5:33	10.8 (71.1%)
73	<b>WIEWIÓRA Jakub</b>	<b>125</b>	WARSZAWA	M20	14	<b>00:54:19.20</b>	<b>00:55:45.40</b>	+00:16:09 (29.0%)	5:25	11 (72.4%)
74	<b>SARNOWSKA Karolina</b>	<b>90</b>	WARSZAWA	K30	13	<b>00:55:03.85</b>	<b>00:55:59.70</b>	+00:16:23 (29.3%)	5:30	10.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
75	<b>LOREK Marek</b>	<b>57</b>	DĘBICA	M40	14	<b>00:55:06.85</b>	<b>00:56:03.80</b>	+00:16:27 (29.4%)	5:30	10.9 (71.7%)
76	<b>KACZMAREK Norbert</b>	<b>40</b>	PRZEMYŚL	M30	23	<b>00:55:46.25</b>	<b>00:56:15.35</b>	+00:16:39 (29.6%)	5:34	10.8 (71.1%)
77	<b>GOLBA Przemek</b>	<b>27</b>		M30	24	<b>00:55:35.10</b>	<b>00:56:17.65</b>	+00:16:41 (29.6%)	5:33	10.8 (71.1%)
78	<b>KIERES Michał</b>	<b>140</b>	OLSZTYN	M30	25	<b>00:55:56.00</b>	<b>00:56:24.85</b>	+00:16:48 (29.8%)	5:35	10.7 (70.4%)
79	<b>PITAS Sabina</b>	<b>78</b>	ZAPIERDALACZE.PL	K30	14	<b>00:56:20.55</b>	<b>00:56:34.00</b>	+00:16:57 (30.0%)	5:38	10.6 (69.7%)
80	<b>GUCWA Jarosław</b>	<b>33</b>	KRZYŻANOWICE	M40	15	<b>00:56:29.10</b>	<b>00:56:45.75</b>	+00:17:09 (30.2%)	5:38	10.6 (69.7%)
81	<b>JAZEL Małgorzata</b>	<b>36</b>	ASTERZENECA	K30	15	<b>00:56:25.20</b>	<b>00:57:03.35</b>	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
82	<b>KOZŁOWSKI Bartłomiej</b>	<b>175</b>	KIELCE	M40	16	<b>00:56:20.40</b>	<b>00:57:04.00</b>	+00:17:27 (30.6%)	5:38	10.6 (69.7%)
83	<b>GRZYŚKA Piotr</b>	<b>32</b>	NIGHT RUNNERS ZABRZE	M30	26	<b>00:56:40.00</b>	<b>00:57:13.60</b>	+00:17:37 (30.8%)	5:40	10.6 (69.7%)
84	<b>PISTL Jacek</b>	<b>151</b>	WROCLAW	M30	27	<b>00:56:22.30</b>	<b>00:57:33.05</b>	+00:17:56 (31.2%)	5:38	10.6 (69.7%)
85	<b>NOWOTARSKA Anita</b>	<b>70</b>	USTRZYKI DOLNE	K40	6	<b>00:57:25.55</b>	<b>00:57:36.40</b>	+00:18:00 (31.3%)	5:44	10.4 (68.4%)
85	<b>PASZKO Patryk</b>	<b>74</b>	KLUB BIEGACZA RTV EURO AGD	M20	15	<b>00:56:09.75</b>	<b>00:57:36.40</b>	+00:18:00 (31.3%)	5:37	10.7 (70.4%)
87	<b>SZCZYPEK Karolina</b>	<b>106</b>	WARSZAWA	K20	4	<b>00:56:54.65</b>	<b>00:57:37.25</b>	+00:18:01 (31.3%)	5:41	10.5 (69.1%)
88	<b>PANTERA Wojciech</b>	<b>73</b>	KRAKÓW	M30	28	<b>00:56:32.75</b>	<b>00:57:38.20</b>	+00:18:01 (31.3%)	5:39	10.6 (69.7%)
89	<b>KUCIA Beata</b>	<b>55</b>	WARSZAWA	K30	16	<b>00:57:29.35</b>	<b>00:57:43.35</b>	+00:18:07 (31.4%)	5:44	10.4 (68.4%)
90	<b>NALEPA Marcin</b>	<b>68</b>	NIGHT RUNNERS ZABRZE	M30	29	<b>00:57:02.75</b>	<b>00:57:45.90</b>	+00:18:09 (31.4%)	5:42	10.5 (69.1%)
91	<b>WIETECZA Paweł</b>	<b>124</b>	WARZYCE	M30	30	<b>00:56:57.75</b>	<b>00:58:01.45</b>	+00:18:25 (31.7%)	5:41	10.5 (69.1%)
92	<b>MŁODZIKOWSKA Weronika</b>	<b>66</b>	KB V-MAX ADAMÓW	K20	5	<b>00:57:51.25</b>	<b>00:58:06.00</b>	+00:18:29 (31.8%)	5:47	10.4 (68.4%)
93	<b>NIEDZIELA Michał</b>	<b>69</b>	JAROSŁAW	M30	31	<b>00:57:14.95</b>	<b>00:58:27.15</b>	+00:18:50 (32.2%)	5:43	10.5 (69.1%)
94	<b>KORNIŁÓW Piotr</b>	<b>148</b>	WARSZAWA	M40	17	<b>00:57:52.10</b>	<b>00:58:32.00</b>	+00:18:55 (32.3%)	5:47	10.4 (68.4%)
95	<b>SZEWIC Marian</b>	<b>107</b>	BILGORAJ	Mężczyźni	1	<b>00:58:17.00</b>	<b>00:58:37.25</b>	+00:19:01 (32.4%)	5:49	10.3 (67.8%)
96	<b>TUORA Michal</b>	<b>115</b>		M30	32	<b>00:57:27.05</b>	<b>00:58:39.30</b>	+00:19:03 (32.5%)	5:44	10.4 (68.4%)
97	<b>SŁUPEK-KUBAS Agnieszka</b>	<b>95</b>	BIEGUNKA TEAM	K30	17	<b>00:58:07.20</b>	<b>00:58:44.75</b>	+00:19:08 (32.6%)	5:48	10.3 (67.8%)
98	<b>SZYBIAK Maciej</b>	<b>111</b>	AGONA WM	M20	16	<b>00:58:34.65</b>	<b>00:58:46.05</b>	+00:19:09 (32.6%)	5:51	10.2 (67.1%)
99	<b>SZYBIAK Joanna</b>	<b>110</b>	AGONA WM	K40	7	<b>00:58:35.75</b>	<b>00:58:47.25</b>	+00:19:11 (32.6%)	5:51	10.2 (67.1%)
100	<b>KONIK Jarosław</b>	<b>46</b>	BBL KRAKÓW	M40	18	<b>00:57:33.60</b>	<b>00:58:49.45</b>	+00:19:13 (32.7%)	5:45	10.4 (68.4%)
101	<b>PORĘBSKA Dorota</b>	<b>82</b>	NOWA HUTA TEAM	K30	18	<b>00:58:43.30</b>	<b>00:59:02.45</b>	+00:19:26 (32.9%)	5:52	10.2 (67.1%)
102	<b>DANILUK Andrzej</b>	<b>19</b>	ZACISZE NIGHT RUNNERS	M30	33	<b>00:59:06.00</b>	<b>00:59:06.00</b>	+00:19:29 (33.0%)	5:54	10.2 (67.1%)
103	<b>SUJAK Małgorzata</b>	<b>100</b>	SALON SPORTOWY "FANSPORT" S.C.	K40	8	<b>00:58:54.15</b>	<b>00:59:06.05</b>	+00:19:29 (33.0%)	5:53	10.2 (67.1%)
104	<b>POŁOŻYŃSKI Andrzej</b>	<b>81</b>	ZACISZE NIGHT RUNNERS	M30	34	<b>00:59:10.35</b>	<b>00:59:10.35</b>	+00:19:34 (33.1%)	5:55	10.1 (66.4%)
105	<b>BARCZEWSKA Agnieszka</b>	<b>143</b>	WARSZAWA	K20	6	<b>00:58:25.95</b>	<b>00:59:15.05</b>	+00:19:38 (33.2%)	5:50	10.3 (67.8%)
106	<b>MACHNIK-BRONCEL Joanna</b>	<b>58</b>	TYCHY	K40	9	<b>00:59:03.85</b>	<b>00:59:20.35</b>	+00:19:44 (33.3%)	5:54	10.2 (67.1%)
107	<b>KAŁUCKI Adam</b>	<b>42</b>	BBL KRAKÓW	M40	19	<b>00:58:15.20</b>	<b>00:59:30.95</b>	+00:19:54 (33.5%)	5:49	10.3 (67.8%)
108	<b>PIETYRA Karolina</b>	<b>76</b>	LOŻA SZYDERCÓW	K30	19	<b>00:58:50.90</b>	<b>00:59:35.90</b>	+00:19:59 (33.5%)	5:53	10.2 (67.1%)
109	<b>MAZUREK Jakub</b>	<b>62</b>	PRZEWORSKA GRUPA BIEGOWA	M20	17	<b>00:58:47.15</b>	<b>00:59:45.75</b>	+00:20:09 (33.7%)	5:52	10.2 (67.1%)
110	<b>SMOLIŃSKA Beata</b>	<b>154</b>	WARSZAWA	K50	2	<b>00:59:23.70</b>	<b>00:59:47.10</b>	+00:20:10 (33.8%)	5:56	10.1 (66.4%)
111	<b>KOZIŃSKA Sonia</b>	<b>49</b>	LONGPLAY	K20	7	<b>00:59:36.90</b>	<b>01:00:25.35</b>	+00:20:49 (34.5%)	5:57	10.1 (66.4%)
112	<b>BALIŃSKA Maria</b>	<b>2</b>	MAJDAN	K30	20	<b>00:59:54.30</b>	<b>01:00:35.25</b>	+00:20:59 (34.6%)	5:59	10 (65.8%)
113	<b>KRAJEWSKA Joanna</b>	<b>50</b>	LEJDIS ORELEC	K30	21	<b>01:00:16.25</b>	<b>01:00:41.10</b>	+00:21:04 (34.7%)	6:01	10 (65.8%)
114	<b>KRASOWSKA Matylda</b>	<b>53</b>	USTRZYKI DOLNE	K20	8	<b>00:59:46.90</b>	<b>01:00:50.80</b>	+00:21:14 (34.9%)	5:58	10 (65.8%)
115	<b>DZIAĞ Anna</b>	<b>150</b>	WARSZAWA	K40	10	<b>00:59:54.20</b>	<b>01:00:54.45</b>	+00:21:18 (35.0%)	5:59	10 (65.8%)
116	<b>GEZELA Joanna</b>	<b>26</b>	RODZINA GEZELA	K40	11	<b>01:00:26.80</b>	<b>01:01:10.35</b>	+00:21:34 (35.3%)	6:02	9.9 (65.1%)
117	<b>BROŹEK Teresa</b>	<b>12</b>	WARSZTAT FORMY TYCHY	K20	9	<b>01:01:01.95</b>	<b>01:01:24.65</b>	+00:21:48 (35.5%)	6:06	9.8 (64.5%)
118	<b>RYŁKO Mariola</b>	<b>88</b>	SOLINA	K40	12	<b>01:00:26.20</b>	<b>01:01:29.30</b>	+00:21:53 (35.6%)	6:02	9.9 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
119	<b>PRASEK Artur</b>	<b>83</b>	ALFA STAR RADOM	M40	20	<b>01:01:12.35</b>	<b>01:01:31.40</b>	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
120	<b>TOMCZYK Kamila</b>	<b>113</b>	WROCŁAW	K30	22	<b>01:01:12.15</b>	<b>01:01:31.55</b>	+00:21:55 (35.6%)	6:07	9.8 (64.5%)
121	<b>GOŁDA Anna</b>	<b>28</b>	AŃCUT	K30	23	<b>01:00:24.10</b>	<b>01:01:32.70</b>	+00:21:56 (35.7%)	6:02	9.9 (65.1%)
122	<b>KRYPCZYK Katarzyna</b>	<b>168</b>	CHORZÓW	K40	13	<b>01:00:41.30</b>	<b>01:01:38.80</b>	+00:22:02 (35.8%)	6:04	9.9 (65.1%)
123	<b>MICKIEWICZ Jolanta</b>	<b>64</b>	JGB "SOKÓŁ"	K40	14	<b>01:00:31.15</b>	<b>01:02:01.65</b>	+00:22:25 (36.2%)	6:03	9.9 (65.1%)
124	<b>KLISZ Agnieszka</b>	<b>45</b>	LUBLIN	K30	24	<b>01:02:29.75</b>	<b>01:03:06.10</b>	+00:23:29 (37.2%)	6:15	9.6 (63.2%)
125	<b>JURA-SUKNAROWSKA Małgorzata</b>	<b>158</b>	CHOCZNIA	K40	15	<b>01:02:40.05</b>	<b>01:03:24.95</b>	+00:23:48 (37.5%)	6:16	9.6 (63.2%)
126	<b>MALINOWSKA Anna</b>	<b>60</b>	WOŁOMIN	K30	25	<b>01:03:12.80</b>	<b>01:03:49.55</b>	+00:24:13 (37.9%)	6:19	9.5 (62.5%)
127	<b>MALEC Barbara</b>	<b>59</b>	LUBLIN	K50	3	<b>01:04:03.85</b>	<b>01:04:38.80</b>	+00:25:02 (38.7%)	6:24	9.4 (61.8%)
128	<b>BEŁKOWSKA VEL KAMIŃSKA Dorota</b>	<b>7</b>		K40	16	<b>01:04:58.55</b>	<b>01:05:04.65</b>	+00:25:28 (39.1%)	6:29	9.2 (60.5%)
129	<b>PRZYJEMSKI Krzysztof</b>	<b>85</b>	NOWA HUTA TEAM	M30	35	<b>01:04:05.40</b>	<b>01:05:11.05</b>	+00:25:34 (39.2%)	6:24	9.4 (61.8%)
130	<b>SZANECKI Michał</b>	<b>102</b>	RZESZÓW	M30	36	<b>01:04:46.60</b>	<b>01:05:43.45</b>	+00:26:07 (39.7%)	6:28	9.3 (61.2%)
131	<b>SUWAŁA Anna</b>	<b>101</b>	TREND GLASS RUNNING TEAM	K30	26	<b>01:05:19.75</b>	<b>01:05:45.05</b>	+00:26:08 (39.8%)	6:32	9.2 (60.5%)
132	<b>HYZIAK Joanna</b>	<b>34</b>	JJ.RUNNERS GORLICE	K40	17	<b>01:05:43.55</b>	<b>01:05:54.40</b>	+00:26:18 (39.9%)	6:34	9.1 (59.9%)
133	<b>KORDULA Kamila</b>	<b>47</b>	KLUB BIEGACZA RTV EURO AGD	K20	10	<b>01:05:03.30</b>	<b>01:06:26.35</b>	+00:26:50 (40.4%)	6:30	9.2 (60.5%)
134	<b>BARTNIK Dominika</b>	<b>4</b>	LUBLIN	K20	11	<b>01:06:05.25</b>	<b>01:06:53.70</b>	+00:27:17 (40.8%)	6:36	9.1 (59.9%)
135	<b>SOBIERAJ Marcin</b>	<b>96</b>	SOCHACZEW	M20	18	<b>01:07:12.80</b>	<b>01:08:19.00</b>	+00:28:42 (42.0%)	6:43	8.9 (58.6%)
136	<b>OLESIJUK Antoni</b>	<b>174</b>	LUBARTÓW	Mężczyźni	2	<b>01:07:58.90</b>	<b>01:08:27.75</b>	+00:28:51 (42.2%)	6:47	8.8 (57.9%)
137	<b>BRZEZIŃSKA Sylwia</b>	<b>13</b>	KLUB BIEGACZA RTV EURO AGD	K20	12	<b>01:07:12.35</b>	<b>01:08:35.70</b>	+00:28:59 (42.3%)	6:43	8.9 (58.6%)
138	<b>PILCHOWSKI Konrad</b>	<b>77</b>	BIEGACZA RTV EURO AGD	M30	37	<b>01:07:19.35</b>	<b>01:08:40.30</b>	+00:29:04 (42.3%)	6:44	8.9 (58.6%)
139	<b>WIERZBIŃSKA Karolina</b>	<b>123</b>	WARSZAWA	K30	27	<b>01:08:40.50</b>	<b>01:09:03.35</b>	+00:29:27 (42.6%)	6:52	8.7 (57.2%)
140	<b>PLISZCZYŃSKA Justyna</b>	<b>79</b>	LUBLIN	K40	18	<b>01:08:55.30</b>	<b>01:09:08.10</b>	+00:29:31 (42.7%)	6:53	8.7 (57.2%)
141	<b>WĘGIERSKA Agnieszka</b>	<b>121</b>	NIGHT RUNNERS ZABRZE	K20	13	<b>01:08:27.50</b>	<b>01:09:09.50</b>	+00:29:33 (42.7%)	6:50	8.8 (57.9%)
142	<b>SZOSTAK Dorota</b>	<b>108</b>	LUBLIN	K40	19	<b>01:09:01.35</b>	<b>01:09:13.05</b>	+00:29:36 (42.8%)	6:54	8.7 (57.2%)
143	<b>SŁOMIAK Magdalena</b>	<b>94</b>		K20	14	<b>01:08:48.45</b>	<b>01:09:23.60</b>	+00:29:47 (42.9%)	6:52	8.7 (57.2%)
144	<b>MAJDA Dominika</b>	<b>152</b>	KRAKÓW	K20	15	<b>01:08:42.80</b>	<b>01:09:47.25</b>	+00:30:11 (43.3%)	6:52	8.7 (57.2%)
145	<b>WIERZBICKA Beata</b>	<b>153</b>	KRAKÓW	K30	28	<b>01:08:50.15</b>	<b>01:09:55.00</b>	+00:30:18 (43.4%)	6:53	8.7 (57.2%)
146	<b>GABRIEL Aleksandra</b>	<b>25</b>	KRAKÓW	K30	29	<b>01:10:11.70</b>	<b>01:10:30.05</b>	+00:30:53 (43.8%)	7:01	8.5 (55.9%)
147	<b>MERKLEJN Weronika</b>	<b>63</b>	PZU SPORT TEAM	K30	30	<b>01:10:05.85</b>	<b>01:10:38.65</b>	+00:31:02 (43.9%)	7:00	8.6 (56.6%)
148	<b>KLAS Justyna</b>	<b>44</b>	NH TEAM	K30	31	<b>01:10:31.90</b>	<b>01:10:50.50</b>	+00:31:14 (44.1%)	7:03	8.5 (55.9%)
149	<b>JEŻAK Joanna</b>	<b>37</b>	NOWA HUTA TEAM	K20	16	<b>01:09:45.55</b>	<b>01:10:50.80</b>	+00:31:14 (44.1%)	6:58	8.6 (56.6%)
150	<b>OBARSKA Małgorzata</b>	<b>71</b>		K50	4	<b>01:11:15.65</b>	<b>01:11:55.15</b>	+00:32:18 (44.9%)	7:07	8.4 (55.3%)
151	<b>ANTOSZ Monika</b>	<b>1</b>	NORAFSPORT	K40	20	<b>01:11:26.60</b>	<b>01:12:42.15</b>	+00:33:05 (45.5%)	7:08	8.4 (55.3%)
152	<b>STANISZEWSKA Ewa</b>	<b>98</b>	BIEGAM BO LUBIĘ KRAKÓW, NORAFSPORT	K50	5	<b>01:11:58.80</b>	<b>01:13:15.00</b>	+00:33:38 (45.9%)	7:11	8.3 (54.6%)
153	<b>SZUKALSKA-WALCZAK Ewa</b>	<b>147</b>	PRUSZKÓW	K30	32	<b>01:12:43.95</b>	<b>01:13:22.65</b>	+00:33:46 (46.0%)	7:16	8.2 (53.9%)
154	<b>POLEWKA Aneta</b>	<b>141</b>	DĄBRÓWKA STARZEŃSKA	K40	21	<b>01:14:53.50</b>	<b>01:15:00.95</b>	+00:35:24 (47.2%)	7:29	8 (52.6%)
155	<b>BOLANOWSKI Piotr</b>	<b>139</b>	DOMARAC	M40	21	<b>01:14:53.50</b>	<b>01:15:01.50</b>	+00:35:25 (47.2%)	7:29	8 (52.6%)
156	<b>KALMUS Grażyna</b>	<b>41</b>	BBL TORUŃ	K50	6	<b>01:14:24.05</b>	<b>01:15:40.60</b>	+00:36:04 (47.7%)	7:26	8.1 (53.3%)
157	<b>BOBELLA Erik</b>	<b>8</b>	TRENDGLASS RUNNING TEAM	M30	38	<b>01:21:22.50</b>	<b>01:21:46.95</b>	+00:42:10 (51.6%)	8:08	7.4 (48.7%)
158	<b>BOBELLA Kasia</b>	<b>9</b>	TRENDGLASS RUNNING TEAM	K30	33	<b>01:21:26.70</b>	<b>01:21:48.15</b>	+00:42:11 (51.6%)	8:08	7.4 (48.7%)
159	<b>PIETRZAK Olga</b>	<b>136</b>		K20	17	<b>01:21:11.05</b>	<b>01:22:26.90</b>	+00:42:50 (52.0%)	8:07	7.4 (48.7%)
160	<b>SOT Lucjan</b>	<b>155</b>	WETLINA	M50	4	<b>01:29:49.80</b>	<b>01:31:03.15</b>	+00:51:26 (56.5%)	8:59	6.7 (44.1%)
161	<b>MIRECKI Jan</b>	<b>65</b>	WARSZAWA	M40	22	<b>01:30:04.55</b>	<b>01:31:19.10</b>	+00:51:42 (56.6%)	9:00	6.7 (44.1%)

