



# ZIMOWY JANOSIK 30+KM | BEDZIES KWICOŁ

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Zimowy Janosik 2022  
**Organizator:** Fundacja Na Ratunek  
**Data:** 2022-01-22  
**Miejsce:** Niedzica  
**Dystans:** 30 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 4km	Łapsze Niżne 9km	OSP Dursztyn 14km	Łapsze Niżne 21km	Barwinkowa Góra 25km	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	<b>ZBOZIEN Jarosław</b>	<b>47</b>		Master Mężczyzn	1		00:53:41	01:47:35	02:36:22		<b>03:13:16.60</b>	<b>03:13:16.60</b>		6:26	9.3 (100%)
2	<b>PÓBIŚ Ivan</b>	<b>27</b>		Weteran Mężczyzn	1	00:37:37	00:53:38	01:47:32	02:35:58		<b>03:14:41.30</b>	<b>03:14:41.30</b>	+00:01:24 (0.7%)	6:29	9.2 (98.9%)
3	<b>WALKOSZ Mateusz</b>	<b>3285</b>	SZAFLARY	Senior Mężczyzn	1	00:37:18	00:53:39	01:47:36	02:36:29	02:53:45	<b>03:18:45.10</b>	<b>03:18:45.10</b>	+00:05:28 (2.8%)	6:37	9.1 (97.8%)
4	<b>TOKARSKI Szymon</b>	<b>3278</b>		Master Mężczyzn	2	00:37:24	00:53:46	01:47:48	02:42:38	03:02:28	<b>03:30:15.30</b>	<b>03:30:15.30</b>	+00:16:58 (8.1%)	7:00	8.6 (92.5%)
5	<b>DUDA Konrad</b>	<b>3040</b>	KRAKÓW	Master Mężczyzn	3	00:38:54	00:56:01	01:54:23	02:48:47	03:06:44	<b>03:30:25.05</b>	<b>03:30:25.05</b>	+00:17:08 (8.1%)	7:00	8.6 (92.5%)
6	<b>BIESZCZAD Mateusz</b>	<b>3013</b>	KB ATHLETIC ZRĘCIN	Senior Mężczyzn	2	00:39:19	00:57:06	01:54:14	02:48:36	03:06:42	<b>03:31:51.90</b>	<b>03:31:51.90</b>	+00:18:35 (8.8%)	7:03	8.5 (91.4%)
7	<b>PISKORZ Przemysław</b>	<b>3212</b>	TEAM PROGRESJA	Senior Mężczyzn	3	00:40:16	00:56:55	01:54:17	02:53:37	03:12:56	<b>03:36:47.55</b>	<b>03:36:47.55</b>	+00:23:30 (10.8%)	7:13	8.3 (89.2%)
8	<b>STEPANIUK Adam</b>	<b>3254</b>	BIEGAMY DZISIAJ? WIERZBICA	Weteran Mężczyzn	2	00:40:22	00:58:14	01:57:53	02:53:21	03:12:14	<b>03:37:00.10</b>	<b>03:37:00.10</b>	+00:23:43 (10.9%)	7:14	8.3 (89.2%)
9	<b>PYCIA Adam</b>	<b>3226</b>	KRAKÓW	Weteran Mężczyzn	3		00:59:35	01:58:27	02:54:04		<b>03:38:55.10</b>	<b>03:38:55.10</b>	+00:25:38 (11.7%)	7:17	8.2 (88.2%)
10	<b>KRAWCZYK Karol</b>	<b>3131</b>	JAWORZNO	Master Mężczyzn	4	00:38:45	00:56:09	01:56:27	02:58:03	03:16:58	<b>03:42:04.05</b>	<b>03:42:04.05</b>	+00:28:47 (13.0%)	7:24	8.1 (87.1%)
11	<b>SCIEBURA Paweł</b>	<b>3240</b>		Master Mężczyzn	5	00:43:32	01:01:40	02:01:42	02:57:39	03:16:38	<b>03:42:51.90</b>	<b>03:42:51.90</b>	+00:29:35 (13.3%)	7:25	8.1 (87.1%)
12	<b>WYGANOWSKI Konrad</b>	<b>3306</b>		Weteran Mężczyzn	4	00:39:08	00:56:54	01:56:47	02:55:37	03:15:39	<b>03:43:57.70</b>	<b>03:43:57.70</b>	+00:30:41 (13.7%)	7:27	8 (86.0%)
13	<b>WÓJCIK Łukasz</b>	<b>3302</b>	SZYBCIEJ NIE DAM RADY	Master Mężczyzn	6		01:00:20	02:01:33	03:00:36		<b>03:47:42.45</b>	<b>03:47:42.45</b>	+00:34:25 (15.1%)	7:35	7.9 (84.9%)
14	<b>LESIAK Tomasz</b>	<b>3151</b>		Master Mężczyzn	7	00:41:08	00:59:39	02:02:54	03:02:24	03:22:04	<b>03:49:12.75</b>	<b>03:49:12.75</b>	+00:35:56 (15.7%)	7:38	7.9 (84.9%)
15	<b>MATUSZEWSKI Arek</b>	<b>3172</b>		Weteran Mężczyzn	5	00:41:01	00:59:33	02:02:55	03:02:35	03:22:09	<b>03:49:25.65</b>	<b>03:49:25.65</b>	+00:36:09 (15.8%)	7:38	7.8 (83.9%)
16	<b>KUŚMIERZAK Piotr</b>	<b>3146</b>	STAY INSANE	Master Mężczyzn	8	00:45:32	01:03:47	02:04:21	03:04:50	03:23:34	<b>03:50:28.65</b>	<b>03:50:28.65</b>	+00:37:12 (16.1%)	7:40	7.8 (83.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa	Łapsze	OSP	Łapsze	Barwinkowa	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
						Góra 4km	Niżne 9km	Dursztyn 14km	Niżne 21km	Góra 25km					
17	<b>WAGLEWSKI Karol</b>	<b>3283</b>		Master Mężczyzn	9	03:21:57					<b>03:50:46.80</b>	<b>03:50:46.80</b>	+00:37:30 (16.3%)	7:41	7.8 (83.9%)
18	<b>SZPORAK Bartłomiej</b>	<b>3267</b>		Senior Mężczyzn	4	03:21:04					<b>03:51:18.50</b>	<b>03:51:18.50</b>	+00:38:01 (16.4%)	7:42	7.8 (83.9%)
19	<b>KOZŁOWSKI Paweł</b>	<b>3127</b>	ŁAZY	Master Mężczyzn	10	00:41:16	01:00:22	02:02:49	03:03:53	03:23:08	<b>03:52:00.50</b>	<b>03:52:00.50</b>	+00:38:43 (16.7%)	7:44	7.8 (83.9%)
20	<b>BIELAS Krzysztof</b>	<b>3011</b>		Master Mężczyzn	11	00:46:34	01:05:59	02:07:09	03:05:08	03:25:33	<b>03:54:39.35</b>	<b>03:54:39.35</b>	+00:41:22 (17.6%)	7:49	7.7 (82.8%)
21	<b>LISOWSKI Jacek</b>	<b>3155</b>	STAY INSANE	Weteran Mężczyzn	6	00:44:34	01:04:01	02:08:08	03:06:39	03:27:02	<b>03:55:36.65</b>	<b>03:55:36.65</b>	+00:42:20 (18.0%)	7:51	7.6 (81.7%)
22	<b>SALACHNA - NOWAK Magdalena</b>	<b>3238</b>	STAY INSANE	Master Kobiet	1	00:44:31	01:04:01	02:08:09	03:06:40	03:27:05	<b>03:55:36.95</b>	<b>03:55:36.95</b>	+00:42:20 (18.0%)	7:51	7.6 (81.7%)
23	<b>GIERSZEWSKI Jarosław</b>	<b>3070</b>	ZAŁOGA G	Weteran Mężczyzn	7	00:40:27	00:58:52	02:02:48	03:06:53	03:27:34	<b>03:55:49.50</b>	<b>03:55:49.50</b>	+00:42:32 (18.0%)	7:51	7.6 (81.7%)
24	<b>WITEK Maciej</b>	<b>3294</b>		Weteran Mężczyzn	8	00:46:14	01:05:24	02:08:37	03:08:45	03:29:34	<b>03:57:00.90</b>	<b>03:57:00.90</b>	+00:43:44 (18.5%)	7:54	7.6 (81.7%)
25	<b>WITEK Wojciech</b>	<b>3295</b>		Senior Mężczyzn	5	00:46:16	01:05:25	02:08:38	03:08:46	03:29:37	<b>03:57:01.15</b>	<b>03:57:01.15</b>	+00:43:44 (18.5%)	7:54	7.6 (81.7%)
26	<b>LADRA Ryszard</b>	<b>3149</b>	KKM KALORYFER	Weteran Mężczyzn	9	00:45:58	01:04:54	02:11:31	03:11:21	03:31:50	<b>03:58:42.65</b>	<b>03:58:42.65</b>	+00:45:26 (19.0%)	7:57	7.5 (80.6%)
27	<b>SZWAJKA Aneta</b>	<b>3271</b>	STAJNIA BALONA	Weteran Kobiet	1	00:44:39	01:04:10	02:08:54	03:08:58	03:29:47	<b>03:59:00.30</b>	<b>03:59:00.30</b>	+00:45:43 (19.1%)	7:58	7.5 (80.6%)
28	<b>GACEK Michał</b>	<b>3054</b>	ULTRAGAZUNY	Master Mężczyzn	12	03:33:31					<b>04:02:31.95</b>	<b>04:02:31.95</b>	+00:49:15 (20.3%)	8:05	7.4 (79.6%)
29	<b>SZLACHTA Dawid</b>	<b>3264</b>		Senior Mężczyzn	6	03:35:16					<b>04:03:51.60</b>	<b>04:03:51.60</b>	+00:50:35 (20.7%)	8:07	7.4 (79.6%)
30	<b>ŻMIJEWSKI Dariusz</b>	<b>3319</b>	EKSTREMALNE OTK NA RELAKSIE	Weteran Mężczyzn	10	03:32:01					<b>04:04:34.85</b>	<b>04:04:34.85</b>	+00:51:18 (21.0%)	8:09	7.4 (79.6%)
31	<b>GLEBA Mariusz</b>	<b>3071</b>	PSZCZÓŁKOWSKI TEAM	Senior Mężczyzn	7	03:34:41					<b>04:04:51.70</b>	<b>04:04:51.70</b>	+00:51:35 (21.1%)	8:09	7.4 (79.6%)
32	<b>ZYGMUNT Paweł</b>	<b>3318</b>		Weteran Mężczyzn	11		01:02:51	02:08:59	03:12:32		<b>04:05:25.95</b>	<b>04:05:25.95</b>	+00:52:09 (21.3%)	8:10	7.3 (78.5%)
33	<b>GOLONKA Łukasz</b>	<b>3077</b>	ELEKTRKOGOL	Master Mężczyzn	13	00:41:05	00:59:29	02:02:53	03:09:16	03:32:36	<b>04:05:27.00</b>	<b>04:05:27.00</b>	+00:52:10 (21.3%)	8:10	7.3 (78.5%)
34	<b>KIŃCZYK Tomasz</b>	<b>3107</b>	OŁAWA	Master Mężczyzn	14	00:45:21	01:04:04	02:08:49	03:16:02	03:35:22	<b>04:05:33.85</b>	<b>04:05:33.85</b>	+00:52:17 (21.3%)	8:11	7.3 (78.5%)
35	<b>MRZYGLÓD Jurek</b>	<b>3184</b>		Master Mężczyzn	15	00:44:10	01:02:41	02:05:36	03:08:43	03:30:00	<b>04:05:35.55</b>	<b>04:05:35.55</b>	+00:52:18 (21.3%)	8:11	7.3 (78.5%)
36	<b>JUREK Przemysław</b>	<b>3096</b>	KS STASZEWSKY	Master Mężczyzn	16	00:43:25	01:02:07	02:07:49	03:11:13	03:33:57	<b>04:05:52.45</b>	<b>04:05:52.45</b>	+00:52:35 (21.4%)	8:11	7.3 (78.5%)
37	<b>ZIELIŃSKI Mateusz</b>	<b>3316</b>		Senior Mężczyzn	8	00:42:11	01:00:33	02:03:03	03:10:17	03:33:18	<b>04:06:35.20</b>	<b>04:06:35.20</b>	+00:53:18 (21.6%)	8:13	7.3 (78.5%)
38	<b>WILKOS Kamil</b>	<b>3288</b>		Senior Mężczyzn	9	00:45:48	01:04:18	02:02:53	03:15:34	03:35:48	<b>04:07:23.55</b>	<b>04:07:23.55</b>	+00:54:06 (21.9%)	8:14	7.3 (78.5%)
39	<b>POTAŚ Agnieszka</b>	<b>3218</b>	BIEGOWA KUŹNIA	Master Kobiet	2	03:40:59					<b>04:07:32.65</b>	<b>04:07:32.65</b>	+00:54:16 (21.9%)	8:15	7.3 (78.5%)
40	<b>LASEK Joanna</b>	<b>3150</b>		Master Kobiet	3	00:45:09	01:04:33	02:13:39	03:20:42	03:40:40	<b>04:07:51.40</b>	<b>04:07:51.40</b>	+00:54:34 (22.0%)	8:15	7.3 (78.5%)

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						Góra 4km	Niżne 9km	Dursztyn 14km	Niżne 21km	Góra 25km					
41	<b>RUDZIŃSKI Tomasz</b>	<b>3232</b>	KUNA W AGREŚCIE	Master Mężczyzn	17	00:47:21	01:06:02	02:11:09	03:14:41	03:37:28	<b>04:08:43.80</b>	<b>04:08:43.80</b>	+00:55:27 (22.3%)	8:17	7.2 (77.4%)
42	<b>KLAJNERT Tomek</b>	<b>3110</b>	8 BALL CROSS GYM CHEŁM	Master Mężczyzn	18	00:43:46	01:02:38	02:08:11	03:18:41	03:39:44	<b>04:08:47.45</b>	<b>04:08:47.45</b>	+00:55:30 (22.3%)	8:17	7.2 (77.4%)
43	<b>FILIPOWSKI Rafał</b>	<b>3046</b>	KUBAPIECHTEAM	Weteran Mężczyzn	12	00:46:37	01:06:08	02:14:26	03:19:32	03:40:32	<b>04:08:50.45</b>	<b>04:08:50.45</b>	+00:55:33 (22.3%)	8:17	7.2 (77.4%)
44	<b>BOŃSKA Karolina</b>	<b>3025</b>	A NA CO TO KOMU POTRZEBNE	Senior Kobiet	1	00:46:19	01:06:10	02:14:36	03:20:04	03:41:10	<b>04:09:32.20</b>	<b>04:09:32.20</b>	+00:56:15 (22.5%)	8:19	7.2 (77.4%)
45	<b>PRZYBYŁOWSKI Piotr</b>	<b>3222</b>		Master Mężczyzn	19	00:48:01	01:07:52	02:15:04	03:19:30	03:39:32	<b>04:10:27.75</b>	<b>04:10:27.75</b>	+00:57:11 (22.8%)	8:20	7.2 (77.4%)
46	<b>SZLEMBARSKI Radosław</b>	<b>3265</b>		Master Mężczyzn	20	03:41:54					<b>04:10:30.20</b>	<b>04:10:30.20</b>	+00:57:13 (22.8%)	8:21	7.2 (77.4%)
47	<b>MOLASY Dorota</b>	<b>3181</b>	AKTYWNI Z MOLKAMI	Senior Kobiet	2	00:45:19	01:05:02	02:14:36	03:21:27	03:42:39	<b>04:10:54.95</b>	<b>04:10:54.95</b>	+00:57:38 (23.0%)	8:21	7.2 (77.4%)
48	<b>MAGIERA Adrian</b>	<b>3160</b>	TEAM KACWIN	Senior Mężczyzn	10	00:47:41	01:07:42	02:19:35	03:21:28	03:42:32	<b>04:10:55.20</b>	<b>04:10:55.20</b>	+00:57:38 (23.0%)	8:21	7.2 (77.4%)
49	<b>CAJLER Dariusz</b>	<b>3027</b>		Weteran Mężczyzn	13	03:41:06					<b>04:11:12.95</b>	<b>04:11:12.95</b>	+00:57:56 (23.1%)	8:22	7.2 (77.4%)
50	<b>GUŁAS Daniel</b>	<b>3082</b>		Master Mężczyzn	21	03:40:05					<b>04:12:38.80</b>	<b>04:12:38.80</b>	+00:59:22 (23.5%)	8:25	7.1 (76.3%)
51	<b>PAŁUBSKI Andrzej</b>	<b>3199</b>	TECHGIS	Master Mężczyzn	22	00:46:28	01:06:01	02:14:24	03:18:18	03:40:26	<b>04:12:56.60</b>	<b>04:12:56.60</b>	+00:59:40 (23.6%)	8:25	7.1 (76.3%)
52	<b>STANIK Witold</b>	<b>3251</b>	YEOPY OPOCZNO	Master Mężczyzn	23	00:47:28	01:07:07	02:12:03	03:22:14	03:44:00	<b>04:13:13.40</b>	<b>04:13:13.40</b>	+00:59:56 (23.7%)	8:26	7.1 (76.3%)
53	<b>GĘBALA Wojtek</b>	<b>3068</b>	WARSZAWA	Master Mężczyzn	24	00:44:51	01:04:23	02:13:32	03:22:48	03:44:39	<b>04:13:46.95</b>	<b>04:13:46.95</b>	+01:00:30 (23.8%)	8:27	7.1 (76.3%)
54	<b>FISZER Jakub</b>	<b>3048</b>	TEEM DKMS	Master Mężczyzn	25	03:44:53					<b>04:14:18.50</b>	<b>04:14:18.50</b>	+01:01:01 (24.0%)	8:28	7.1 (76.3%)
55	<b>BOKSA Bartłomiej</b>	<b>3024</b>	KKM KALORYFER	Master Mężczyzn	26	00:45:45	01:04:37	02:11:07	03:19:44	03:41:16	<b>04:14:35.80</b>	<b>04:14:35.80</b>	+01:01:19 (24.1%)	8:29	7.1 (76.3%)
56	<b>ŁYCZKO Anna</b>	<b>3159</b>	PODIUM	Master Kobiet	4	00:48:46	01:10:08	02:18:41	03:21:52	03:43:56	<b>04:14:37.35</b>	<b>04:14:37.35</b>	+01:01:20 (24.1%)	8:29	7.1 (76.3%)
57	<b>SŁABOŃ Mariusz</b>	<b>3245</b>	KIWK-A BIEGA	Weteran Mężczyzn	14	00:47:52	01:07:46	02:14:47	03:23:03	03:44:56	<b>04:16:05.80</b>	<b>04:16:05.80</b>	+01:02:49 (24.5%)	8:32	7 (75.3%)
58	<b>CISAK Maciek</b>	<b>10</b>	TEAM KACWIN	Senior Mężczyzn	11	03:47:04					<b>04:16:12.30</b>	<b>04:16:12.30</b>	+01:02:55 (24.6%)	8:32	7 (75.3%)
59	<b>KUCHTA Maciek</b>	<b>3141</b>	TEAM KACWIN	Senior Mężczyzn	12	00:48:42	01:09:06	02:19:36	03:25:30	03:47:00	<b>04:16:17.65</b>	<b>04:16:17.65</b>	+01:03:01 (24.6%)	8:32	7 (75.3%)
60	<b>GAWROŃSKI Sebastian</b>	<b>3066</b>	A NA CO TO KOMU POTRZEBNE	Master Mężczyzn	27	00:46:22	01:06:09	02:15:35	03:23:43	03:46:01	<b>04:16:45.00</b>	<b>04:16:45.00</b>	+01:03:28 (24.7%)	8:33	7 (75.3%)
61	<b>BINIENDA Agnieszka</b>	<b>3015</b>	KOBIETY WATAHY	Master Kobiet	5	03:47:13					<b>04:17:23.45</b>	<b>04:17:23.45</b>	+01:04:06 (24.9%)	8:34	7 (75.3%)
62	<b>CHOMIK Rafał</b>	<b>3030</b>	RAFAŁ CHOMIK 3COACH	Master Mężczyzn	28	00:42:55	01:03:58	02:08:52	03:17:36	03:40:48	<b>04:17:37.50</b>	<b>04:17:37.50</b>	+01:04:20 (25.0%)	8:35	7 (75.3%)
63	<b>GIERSZEWSKI Maciek</b>	<b>3069</b>	ZAŁOGA G	Senior Mężczyzn	13	03:45:21					<b>04:17:57.00</b>	<b>04:17:57.00</b>	+01:04:40 (25.1%)	8:35	7 (75.3%)
64	<b>WOJCIESZEK Andrzej</b>	<b>3299</b>	GEMINI POLSKA TEAM	Master Mężczyzn	29	00:44:14	01:03:57	02:10:54	03:26:13	03:47:10	<b>04:18:39.80</b>	<b>04:18:39.80</b>	+01:05:23 (25.3%)	8:37	7 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa	Łapsze	OSP	Łapsze	Barwinkowa	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
						Góra 4km	Niżne 9km	Dursztyn 14km	Niżne 21km	Góra 25km					
65	<b>KORZENIOWSKI Damian</b>	<b>3116</b>		Master Mężczyzn	30	00:45:51	01:05:01	02:13:42	03:21:22	03:44:49	<b>04:18:50.30</b>	<b>04:18:50.30</b>	+01:05:33 (25.3%)	8:37	7 (75.3%)
66	<b>KOWALSKI Krzysztof</b>	<b>3126</b>	HRMAXCROSSTEAM	Weteran Mężczyzn	15		01:07:06	02:14:45	03:23:39		<b>04:19:00.90</b>	<b>04:19:00.90</b>	+01:05:44 (25.4%)	8:38	6.9 (74.2%)
67	<b>FILIPIAK Hieronim</b>	<b>3045</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Mężczyzn	16	00:48:15	01:08:42	02:20:00	03:28:58	03:49:23	<b>04:19:09.50</b>	<b>04:19:09.50</b>	+01:05:52 (25.4%)	8:38	6.9 (74.2%)
68	<b>RZEPIŃSKI Łukasz</b>	<b>3237</b>	SAMOTNY WILK	Master Mężczyzn	31	03:47:57					<b>04:19:21.55</b>	<b>04:19:21.55</b>	+01:06:04 (25.5%)	8:38	6.9 (74.2%)
69	<b>MALINOWSKI Robert</b>	<b>3164</b>		Weteran Mężczyzn	17	00:48:07	01:07:44	02:15:01	03:29:08	03:49:51	<b>04:19:31.80</b>	<b>04:19:31.80</b>	+01:06:15 (25.5%)	8:39	6.9 (74.2%)
70	<b>BUKIEL Klaudia</b>	<b>3026</b>		Senior Kobiet	3	03:50:10					<b>04:19:42.35</b>	<b>04:19:42.35</b>	+01:06:25 (25.6%)	8:39	6.9 (74.2%)
71	<b>KACPRZYCKA Paulina</b>	<b>3098</b>	4WMBOT	Senior Kobiet	4	00:46:49	01:07:48	02:19:39	03:24:30	03:46:55	<b>04:20:21.20</b>	<b>04:20:21.20</b>	+01:07:04 (25.8%)	8:40	6.9 (74.2%)
72	<b>OSZYWA Damian</b>	<b>34</b>	DAMCZI RUN	Master Mężczyzn	32	00:45:01	01:04:22	02:13:38	03:28:32	03:50:54	<b>04:22:03.55</b>	<b>04:22:03.55</b>	+01:08:46 (26.2%)	8:44	6.9 (74.2%)
73	<b>KANDEFER Beata</b>	<b>3102</b>	KB	Weteran Kobiet	2	03:50:37					<b>04:24:46.70</b>	<b>04:24:46.70</b>	+01:11:30 (27.0%)	8:49	6.8 (73.1%)
74	<b>WICHTOWSKI Marek</b>	<b>3287</b>	WORKDAY	Master Mężczyzn	33	03:53:52					<b>04:24:55.85</b>	<b>04:24:55.85</b>	+01:11:39 (27.0%)	8:49	6.8 (73.1%)
75	<b>NADOLSKI Michał</b>	<b>3186</b>	SITNO	Master Mężczyzn	34	03:49:18					<b>04:25:12.50</b>	<b>04:25:12.50</b>	+01:11:55 (27.1%)	8:50	6.8 (73.1%)
76	<b>WÓJCICKI Tomasz</b>	<b>3301</b>		Weteran Mężczyzn	18	03:51:49					<b>04:25:28.60</b>	<b>04:25:28.60</b>	+01:12:12 (27.2%)	8:50	6.8 (73.1%)
77	<b>ORZECHOWSKI Marek</b>	<b>3194</b>	TAK LUBIĘ SANDOMIERZ	Weteran Mężczyzn	19		01:10:02	02:20:08	03:30:14		<b>04:26:24.35</b>	<b>04:26:24.35</b>	+01:13:07 (27.5%)	8:52	6.8 (73.1%)
78	<b>STASZEWSKI Wojciech</b>	<b>3253</b>	KS STASZEWSCY	Weteran Mężczyzn	20	00:44:42	01:03:53	02:14:38	03:32:50	03:56:23	<b>04:26:50.55</b>	<b>04:26:50.55</b>	+01:13:33 (27.6%)	8:53	6.7 (72.0%)
79	<b>PULKOWSKI Łukasz</b>	<b>3225</b>		Master Mężczyzn	35	00:44:08	01:04:11	02:13:26	03:31:24	03:53:33	<b>04:27:14.25</b>	<b>04:27:14.25</b>	+01:13:57 (27.7%)	8:54	6.7 (72.0%)
80	<b>SYGIET Andrzej</b>	<b>3257</b>		Weteran Mężczyzn	21	03:57:10					<b>04:28:24.15</b>	<b>04:28:24.15</b>	+01:15:07 (28.0%)	8:56	6.7 (72.0%)
81	<b>TOL Kamil</b>	<b>3279</b>	MAFIA TEAM LUBLINIEC	Senior Mężczyzn	14	03:53:10					<b>04:28:36.45</b>	<b>04:28:36.45</b>	+01:15:19 (28.0%)	8:57	6.7 (72.0%)
82	<b>EFEMBERG Joanna</b>	<b>3043</b>	STAJNIA BALONA	Weteran Kobiet	3	00:48:20	01:08:54	02:19:40	03:34:52	03:57:19	<b>04:29:02.00</b>	<b>04:29:02.00</b>	+01:15:45 (28.2%)	8:58	6.7 (72.0%)
83	<b>NAPIERAŁA Marcin</b>	<b>3187</b>		Master Mężczyzn	36	00:44:17	01:07:16	02:16:35	03:41:10	04:02:25	<b>04:29:55.90</b>	<b>04:29:55.90</b>	+01:16:39 (28.4%)	8:59	6.7 (72.0%)
84	<b>SZPUNAR Daniel</b>	<b>3269</b>		Senior Mężczyzn	15	00:47:10	01:07:39	02:18:03	03:28:52	03:53:00	<b>04:30:07.10</b>	<b>04:30:07.10</b>	+01:16:50 (28.4%)	9:00	6.7 (72.0%)
85	<b>MIROWSKI Jarosław</b>	<b>3178</b>		Master Mężczyzn	37	00:47:34	01:07:35	02:13:27	03:40:17	04:02:12	<b>04:31:07.50</b>	<b>04:31:07.50</b>	+01:17:50 (28.7%)	9:02	6.6 (71.0%)
86	<b>MICHAŁEK Emil</b>	<b>3176</b>	KB HARCOWNIK-JELCZ-LASKOWICE	Weteran Mężczyzn	22	03:58:12					<b>04:31:54.25</b>	<b>04:31:54.25</b>	+01:18:37 (28.9%)	9:03	6.6 (71.0%)
87	<b>GARNCARCZYK Piotr</b>	<b>3060</b>		Weteran Mężczyzn	23	00:48:40	01:09:00	02:21:27	03:35:28	03:58:34	<b>04:32:40.70</b>	<b>04:32:40.70</b>	+01:19:24 (29.1%)	9:05	6.6 (71.0%)
88	<b>PONICHTERA Paweł</b>	<b>3217</b>		Senior Mężczyzn	16	03:58:17					<b>04:32:44.30</b>	<b>04:32:44.30</b>	+01:19:27 (29.1%)	9:05	6.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa		OSP		Łapsze		Barwinkowa		Czas		Tempo min/km	Tempo km/h
						Góra 4km	Łapsze Niżne 9km	Dursztyn 14km	Łapsze Niżne 21km	Góra 25km	Czas netto 30km	Czas brutto 30km	Różn				
89	<b>OLENDER Marcin</b>	<b>3192</b>		Master Mężczyzn	38	04:00:40							<b>04:32:54.55</b>	<b>04:32:54.55</b>	+01:19:37 (29.2%)	9:05	6.6 (71.0%)
90	<b>CIUBA Paweł</b>	<b>3032</b>	SPRÓCHNIALI HERKULESI	Senior Mężczyzn	17	04:01:39							<b>04:33:47.30</b>	<b>04:33:47.30</b>	+01:20:30 (29.4%)	9:07	6.6 (71.0%)
91	<b>RYCHARSKI Michał</b>	<b>3235</b>		Master Mężczyzn	39	04:01:01							<b>04:33:48.45</b>	<b>04:33:48.45</b>	+01:20:31 (29.4%)	9:07	6.6 (71.0%)
92	<b>WÓŁKIEWICZ Paweł</b>	<b>3303</b>	KS STASZEWSKY	Weteran Mężczyzn	24	04:00:44							<b>04:34:33.85</b>	<b>04:34:33.85</b>	+01:21:17 (29.6%)	9:09	6.6 (71.0%)
93	<b>SZMAJDOWICZ Paweł</b>	<b>3266</b>	FACHDOM TEAM	Weteran Mężczyzn	25	04:02:18							<b>04:34:45.00</b>	<b>04:34:45.00</b>	+01:21:28 (29.7%)	9:09	6.6 (71.0%)
94	<b>ARCISZEWSKI Michał</b>	<b>3003</b>	SPRÓCHNIALI HERKULESI	Master Mężczyzn	40	00:52:29	01:14:49	02:28:41	03:39:16	04:02:50			<b>04:35:01.60</b>	<b>04:35:01.60</b>	+01:21:45 (29.7%)	9:10	6.5 (69.9%)
95	<b>SIEMIESZ Paweł</b>	<b>3243</b>		Senior Mężczyzn	18	00:45:29	01:04:34	02:13:30	03:37:48	04:02:05			<b>04:35:29.25</b>	<b>04:35:29.25</b>	+01:22:12 (29.8%)	9:10	6.5 (69.9%)
96	<b>PIETRZAK Maciej</b>	<b>3207</b>		Master Mężczyzn	41		01:11:02	02:26:17	03:40:11				<b>04:35:54.45</b>	<b>04:35:54.45</b>	+01:22:37 (29.9%)	9:11	6.5 (69.9%)
97	<b>ŁOZIŃSKA Magdalena</b>	<b>44</b>	JACEK BIEGA	Senior Kobiet	5		01:11:02	02:26:20	03:40:11				<b>04:35:54.50</b>	<b>04:35:54.50</b>	+01:22:37 (29.9%)	9:11	6.5 (69.9%)
98	<b>GROMEK Edyta</b>	<b>3081</b>	LUBLIN	Master Kobiet	6	00:52:44	01:14:07	02:27:44	03:41:08	04:03:59			<b>04:37:04.45</b>	<b>04:37:04.45</b>	+01:23:47 (30.2%)	9:14	6.5 (69.9%)
99	<b>KOTOWSKI Andrzej</b>	<b>3120</b>		Weteran Mężczyzn	26	04:01:46							<b>04:37:11.65</b>	<b>04:37:11.65</b>	+01:23:55 (30.3%)	9:14	6.5 (69.9%)
100	<b>ZATORSKI Andrzej</b>	<b>26</b>		Dinozaur Mężczyzn	1	04:07:07							<b>04:37:24.00</b>	<b>04:37:24.00</b>	+01:24:07 (30.3%)	9:14	6.5 (69.9%)
101	<b>KOWALIK Jan</b>	<b>3123</b>		Dinozaur Mężczyzn	2	00:49:39	01:09:09	02:19:55	03:35:13	03:58:27			<b>04:38:26.25</b>	<b>04:38:26.25</b>	+01:25:09 (30.6%)	9:16	6.5 (69.9%)
102	<b>SZEWCZYK Mariusz</b>	<b>3260</b>		Weteran Mężczyzn	27	00:52:15	01:13:20	02:27:30	03:42:54				<b>04:38:30.35</b>	<b>04:38:30.35</b>	+01:25:13 (30.6%)	9:17	6.5 (69.9%)
103	<b>KRACZKOWSKI Krzysztof</b>	<b>3128</b>	8 BALL CROSS GYM CHEŁM	Weteran Mężczyzn	28	04:06:48							<b>04:38:46.00</b>	<b>04:38:46.00</b>	+01:25:29 (30.7%)	9:17	6.5 (69.9%)
104	<b>CZARDYBON Michał</b>	<b>3033</b>	CZARNE STOPY	Master Mężczyzn	42	00:47:19	01:10:41	02:26:39	03:50:59	04:10:10			<b>04:39:01.05</b>	<b>04:39:01.05</b>	+01:25:44 (30.7%)	9:18	6.5 (69.9%)
105	<b>KUBRAK Kamil</b>	<b>3139</b>	KRAKÓW	Master Mężczyzn	43		01:10:43	02:30:29	03:50:58				<b>04:39:52.05</b>	<b>04:39:52.05</b>	+01:26:35 (30.9%)	9:19	6.4 (68.8%)
106	<b>KISZCZYŃSKI Filip</b>	<b>3108</b>	SIERRA TEQUILA	Senior Mężczyzn	19	00:44:58	01:07:59	02:26:19	03:42:21				<b>04:40:01.15</b>	<b>04:40:01.15</b>	+01:26:44 (31.0%)	9:20	6.4 (68.8%)
107	<b>ŚWIDERSKA BEM Krystyna</b>	<b>3272</b>		Master Kobiet	7	04:08:13							<b>04:40:42.70</b>	<b>04:40:42.70</b>	+01:27:26 (31.1%)	9:21	6.4 (68.8%)
108	<b>CHODZIŃSKI Piotr</b>	<b>3029</b>		Master Mężczyzn	44	00:48:23	01:08:57	02:22:05	03:43:30				<b>04:40:46.70</b>	<b>04:40:46.70</b>	+01:27:30 (31.2%)	9:21	6.4 (68.8%)
109	<b>BIGOŚ Monika</b>	<b>3014</b>		Master Kobiet	8	00:51:35	01:12:36	02:29:08	03:46:59	04:10:07			<b>04:42:27.60</b>	<b>04:42:27.60</b>	+01:29:11 (31.6%)	9:24	6.4 (68.8%)
110	<b>PŁAWECKA Katarzyna</b>	<b>3213</b>		Weteran Kobiet	4	04:08:36							<b>04:42:38.50</b>	<b>04:42:38.50</b>	+01:29:21 (31.6%)	9:25	6.4 (68.8%)
111	<b>INDRASZAK Adam</b>	<b>5067</b>		Weteran Mężczyzn	29	00:49:17	01:16:09	02:36:50	03:45:26	04:07:26			<b>04:42:48.05</b>	<b>04:42:48.05</b>	+01:29:31 (31.7%)	9:25	6.4 (68.8%)
112	<b>GRABOWIECKI Michał</b>	<b>3079</b>		Master Mężczyzn	45		01:10:35		03:49:50				<b>04:43:18.05</b>	<b>04:43:18.05</b>	+01:30:01 (31.8%)	9:26	6.4 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa		OSP		Łapsze		Barwinkowa		Czas		Tempo min/km	Tempo km/h
						Góra 4km	Łapsze Niżne 9km	Dursztyn 14km	Łapsze Niżne 21km	Góra 25km	netto 30km	brutto 30km	Różn				
113	<b>ŚWIETLIK Paweł</b>	<b>3274</b>		Master Mężczyzn	46	04:09:01							<b>04:43:49.40</b>	<b>04:43:49.40</b>	+01:30:32 (31.9%)	9:27	6.3 (67.7%)
114	<b>PAĆKO Michał</b>	<b>3197</b>	SPARTA LUBLIN	Senior Mężczyzn	20	00:49:11	01:14:45	02:29:16	03:49:08	04:10:47			<b>04:43:50.90</b>	<b>04:43:50.90</b>	+01:30:34 (31.9%)	9:27	6.3 (67.7%)
115	<b>FLAK-WANCERZ Anna</b>	<b>3049</b>	KATOWICE	Master Kobiet	9	00:48:32	01:10:20	02:26:54	03:45:42	04:08:46			<b>04:43:51.05</b>	<b>04:43:51.05</b>	+01:30:34 (31.9%)	9:27	6.3 (67.7%)
116	<b>KWIATKOWSKA Beata</b>	<b>3148</b>		Master Kobiet	10	00:50:21	01:10:45	02:26:39	03:47:40	04:10:32			<b>04:44:22.95</b>	<b>04:44:22.95</b>	+01:31:06 (32.0%)	9:28	6.3 (67.7%)
117	<b>KULKA Monika</b>	<b>3142</b>	RĄCZE GAZELE	Weteran Kobiet	5	00:47:56	01:07:40	02:26:37	03:47:40	04:10:39			<b>04:44:23.45</b>	<b>04:44:23.45</b>	+01:31:06 (32.0%)	9:28	6.3 (67.7%)
118	<b>LORANC Paweł</b>	<b>5115</b>	WILD BUCHAYS	Master Mężczyzn	47	04:10:28							<b>04:44:41.25</b>	<b>04:44:41.25</b>	+01:31:24 (32.1%)	9:29	6.3 (67.7%)
119	<b>PIĄTEK Tomasz</b>	<b>5159</b>	WILD BUCHAYS	Master Mężczyzn	48	00:49:07	01:09:23	02:21:26	03:45:10	04:10:20			<b>04:44:44.10</b>	<b>04:44:44.10</b>	+01:31:27 (32.1%)	9:29	6.3 (67.7%)
120	<b>WÓŁKIEWICZ Dorota</b>	<b>3304</b>	KS STASZEWSKY	Weteran Kobiet	6	04:11:08							<b>04:44:44.55</b>	<b>04:44:44.55</b>	+01:31:27 (32.1%)	9:29	6.3 (67.7%)
121	<b>MELSON Maciej</b>	<b>3175</b>	FUNDACJA LIFE NATURE	Senior Mężczyzn	21	04:09:58							<b>04:44:55.10</b>	<b>04:44:55.10</b>	+01:31:38 (32.2%)	9:29	6.3 (67.7%)
122	<b>KUZIOLA Grzegorz</b>	<b>3147</b>	#NOLIMITS	Weteran Mężczyzn	30	00:46:53	01:07:08	02:19:40	03:49:05	04:12:47			<b>04:46:34.20</b>	<b>04:46:34.20</b>	+01:33:17 (32.6%)	9:33	6.3 (67.7%)
123	<b>WRÓBEL Sebastian</b>	<b>3305</b>	GEMINI POLSKA	Master Mężczyzn	49	00:52:18	01:13:59	02:28:48	03:47:34				<b>04:46:55.50</b>	<b>04:46:55.50</b>	+01:33:38 (32.6%)	9:33	6.3 (67.7%)
124	<b>PREISS Radosław</b>	<b>3219</b>	REAKTYWUJ SIĘ W MARATONIE	Master Mężczyzn	50	00:48:55	01:11:32		03:55:17	04:16:52			<b>04:48:03.60</b>	<b>04:48:03.60</b>	+01:34:47 (32.9%)	9:36	6.2 (66.7%)
125	<b>GLIŃSKI Marcin</b>	<b>3072</b>	KS STASZEWSKY	Weteran Mężczyzn	31	00:54:13	01:14:57	02:26:48	03:48:41				<b>04:48:12.60</b>	<b>04:48:12.60</b>	+01:34:56 (32.9%)	9:36	6.2 (66.7%)
126	<b>BIDAS Paweł</b>	<b>3010</b>	BIKE EQUIPA SANDOMIERZ	Weteran Mężczyzn	32	00:51:25	01:13:01	02:29:41	03:51:06	04:14:32			<b>04:48:21.05</b>	<b>04:48:21.05</b>	+01:35:04 (33.0%)	9:36	6.2 (66.7%)
127	<b>KOPEĆ Sebastian</b>	<b>3114</b>		Senior Mężczyzn	22	00:48:36	01:09:50	02:25:08	03:49:06	04:12:54			<b>04:48:23.85</b>	<b>04:48:23.85</b>	+01:35:07 (33.0%)	9:36	6.2 (66.7%)
128	<b>RYMKIEWICZ Zbigniew</b>	<b>3236</b>	ZĄBKI	Master Mężczyzn	51	00:44:48	01:04:23	02:13:32	03:30:26	04:01:55			<b>04:49:23.80</b>	<b>04:49:23.80</b>	+01:36:07 (33.2%)	9:38	6.2 (66.7%)
129	<b>SZUREK Joanna</b>	<b>3270</b>		Master Kobiet	11	04:16:57							<b>04:52:03.65</b>	<b>04:52:03.65</b>	+01:38:47 (33.8%)	9:44	6.2 (66.7%)
130	<b>SAWICKI Robert</b>	<b>3239</b>	BEE IS RUNNING	Weteran Mężczyzn	33	00:52:11	01:13:17	02:29:15	03:52:26	04:17:01			<b>04:52:03.90</b>	<b>04:52:03.90</b>	+01:38:47 (33.8%)	9:44	6.2 (66.7%)
131	<b>KNAP Tomasz</b>	<b>3111</b>	ULTRAGAZUNY	Master Mężczyzn	52		01:13:22	02:34:11	03:55:30				<b>04:52:52.60</b>	<b>04:52:52.60</b>	+01:39:36 (34.0%)	9:45	6.1 (65.6%)
132	<b>KUC Adam</b>	<b>3140</b>	THE OFFICE	Master Mężczyzn	53	04:19:18							<b>04:52:52.80</b>	<b>04:52:52.80</b>	+01:39:36 (34.0%)	9:45	6.1 (65.6%)
133	<b>BEDŁUSZAK Tomasz</b>	<b>3009</b>	CHEŁM BIEGA	Master Mężczyzn	54	04:16:40							<b>04:53:24.00</b>	<b>04:53:24.00</b>	+01:40:07 (34.1%)	9:46	6.1 (65.6%)
134	<b>BARAN Roman</b>	<b>3006</b>		Master Mężczyzn	55	04:15:56							<b>04:53:49.70</b>	<b>04:53:49.70</b>	+01:40:33 (34.2%)	9:47	6.1 (65.6%)
135	<b>PABIAN Elżbieta</b>	<b>3196</b>	EKIPA Z TARNOWA	Weteran Kobiet	7	04:17:49							<b>04:53:55.80</b>	<b>04:53:55.80</b>	+01:40:39 (34.2%)	9:47	6.1 (65.6%)
136	<b>TARNOWSKI Michał</b>	<b>3277</b>		Master Mężczyzn	56	00:52:48	01:17:30	02:38:51	03:57:36	04:20:33			<b>04:54:18.80</b>	<b>04:54:18.80</b>	+01:41:02 (34.3%)	9:48	6.1 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa	Łapsze	OSP	Łapsze	Barwinkowa	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
						Góra 4km	Niżne 9km	Dursztyn 14km	Niżne 21km	Góra 25km					
137	<b>CZICHY Barbara</b>	<b>3035</b>	WKB META LUBLINIEC	Weteran Kobiet	8	00:50:46	01:13:20	02:34:05	03:53:07	04:18:38	<b>04:54:52.65</b>	<b>04:54:52.65</b>	+01:41:36 (34.5%)	9:49	6.1 (65.6%)
138	<b>KRYCZEK Piotr</b>	<b>3137</b>	WARSZAWA	Weteran Mężczyzn	34	00:51:50	01:15:19	02:33:07	03:55:36	04:20:21	<b>04:55:11.00</b>	<b>04:55:11.00</b>	+01:41:54 (34.5%)	9:50	6.1 (65.6%)
139	<b>KUBICKI Tadeusz</b>	<b>3138</b>		Senior Mężczyzn	23	00:50:38	01:15:18	02:33:06	03:55:36	04:19:56	<b>04:55:11.10</b>	<b>04:55:11.10</b>	+01:41:54 (34.5%)	9:50	6.1 (65.6%)
140	<b>DZIKI Marek</b>	<b>32</b>		Master Mężczyzn	57	04:18:34					<b>04:55:18.00</b>	<b>04:55:18.00</b>	+01:42:01 (34.5%)	9:50	6.1 (65.6%)
141	<b>GRZAŚ Rafał</b>	<b>31</b>		Master Mężczyzn	58	04:18:30					<b>04:55:18.30</b>	<b>04:55:18.30</b>	+01:42:01 (34.6%)	9:50	6.1 (65.6%)
142	<b>BOGUSŁAWSKA Julia</b>	<b>3019</b>		Weteran Kobiet	9	00:51:59	01:13:31	02:40:27	03:55:26		<b>04:55:23.65</b>	<b>04:55:23.65</b>	+01:42:07 (34.6%)	9:50	6.1 (65.6%)
143	<b>PIÓRKOWSKI Marek</b>	<b>3210</b>	BIEGOWA KUŹNIA	Weteran Mężczyzn	35	04:20:06					<b>04:55:38.50</b>	<b>04:55:38.50</b>	+01:42:21 (34.6%)	9:51	6.1 (65.6%)
144	<b>DZIAMENTSJEVA Vijaleta</b>	<b>3042</b>	JACEKBIEGA RUNNING TEAM	Senior Kobiet	6	04:22:28					<b>04:55:44.00</b>	<b>04:55:44.00</b>	+01:42:27 (34.6%)	9:51	6.1 (65.6%)
145	<b>PĘKALA Jarosław</b>	<b>3204</b>		Weteran Mężczyzn	36	00:54:34	01:17:01	02:37:46	03:55:31	04:20:30	<b>04:57:11.25</b>	<b>04:57:11.25</b>	+01:43:54 (35.0%)	9:54	6.1 (65.6%)
146	<b>PĘKALA Anna</b>	<b>3203</b>	MIRAZ TACE TEAM	Weteran Kobiet	10	00:54:38	01:17:24	02:37:48	03:55:25	04:20:26	<b>04:57:11.60</b>	<b>04:57:11.60</b>	+01:43:55 (35.0%)	9:54	6.1 (65.6%)
147	<b>GUMIELA Piotr</b>	<b>3083</b>	GUMISIOLANDIA	Master Mężczyzn	59	04:17:45					<b>04:57:14.35</b>	<b>04:57:14.35</b>	+01:43:57 (35.0%)	9:54	6.1 (65.6%)
147	<b>GUMIELA Michał</b>	<b>3085</b>	GUMISIOLANDIA	Senior Mężczyzn	24	04:17:42					<b>04:57:14.35</b>	<b>04:57:14.35</b>	+01:43:57 (35.0%)	9:54	6.1 (65.6%)
149	<b>KLAJNERT Marta</b>	<b>3109</b>	8BALL CROSS GYM CHEŁM	Weteran Kobiet	11	00:49:42	01:13:30	02:32:55	03:58:40	04:23:46	<b>04:57:16.75</b>	<b>04:57:16.75</b>	+01:44:00 (35.0%)	9:54	6.1 (65.6%)
150	<b>PUDŁOWSKI Adam</b>	<b>3223</b>	CHEŁM BIEGA	Master Mężczyzn	60	00:49:45	01:13:31	02:32:58	03:58:38	04:23:42	<b>04:57:17.20</b>	<b>04:57:17.20</b>	+01:44:00 (35.0%)	9:54	6.1 (65.6%)
151	<b>TUSIŃSKI Seweryn</b>	<b>40</b>	OSTROBIEC	Master Mężczyzn	61		01:11:31	02:28:51	03:53:14		<b>04:57:30.55</b>	<b>04:57:30.55</b>	+01:44:13 (35.0%)	9:55	6.1 (65.6%)
152	<b>ADAMCZYK Jacek</b>	<b>3002</b>		Weteran Mężczyzn	37	00:48:12	01:09:45	02:28:24	03:55:18	04:21:50	<b>04:57:39.25</b>	<b>04:57:39.25</b>	+01:44:22 (35.1%)	9:55	6 (64.5%)
153	<b>SOBCZAK Mikołaj</b>	<b>3247</b>	WLKP MOUNTAINS ULTRA	Master Mężczyzn	62	00:50:49	01:12:40	02:37:24	03:58:06	04:23:08	<b>04:58:33.70</b>	<b>04:58:33.70</b>	+01:45:17 (35.3%)	9:57	6 (64.5%)
154	<b>RUSIN Łukasz</b>	<b>3233</b>	RKS	Master Mężczyzn	63	00:51:44	01:15:05	02:32:49	03:58:52		<b>04:59:48.30</b>	<b>04:59:48.30</b>	+01:46:31 (35.5%)	9:59	6 (64.5%)
155	<b>PRUSZKOWSKI Mariusz</b>	<b>3220</b>	CHEŁM BIEGA	Weteran Mężczyzn	38		01:12:02	02:30:45	03:57:12		<b>05:01:54.30</b>	<b>05:01:54.30</b>	+01:48:37 (36.0%)	10:03	6 (64.5%)
156	<b>ŚWIERCZEWSKI Krzysztof</b>	<b>3273</b>	BIEGOWA KUŹNIA	Weteran Mężczyzn	39	00:48:28	01:10:07	02:30:50	03:58:39	04:24:23	<b>05:02:05.05</b>	<b>05:02:05.05</b>	+01:48:48 (36.0%)	10:04	6 (64.5%)
157	<b>SZKAMRUK Alicja</b>	<b>3262</b>	EXTREMALNE OTK NA RELAKSIE	Senior Kobiet	7	00:57:07	01:23:38	02:42:45	03:57:23	04:23:51	<b>05:02:21.60</b>	<b>05:02:21.60</b>	+01:49:05 (36.1%)	10:04	6 (64.5%)
158	<b>DYR Dorota</b>	<b>3041</b>		Master Kobiet	12	04:26:26					<b>05:02:23.10</b>	<b>05:02:23.10</b>	+01:49:06 (36.1%)	10:04	6 (64.5%)
159	<b>FURMAN Tomasz</b>	<b>3053</b>		Weteran Mężczyzn	40		01:09:46	02:28:56	04:00:22		<b>05:02:24.50</b>	<b>05:02:24.50</b>	+01:49:07 (36.1%)	10:04	6 (64.5%)
160	<b>SZKAMRUK Małgorzata</b>	<b>3261</b>	EXTREMALNE OTK NA RELAKSIE	Master Kobiet	13	00:57:14	01:23:39	02:44:56	04:03:02	04:28:45	<b>05:06:49.70</b>	<b>05:06:49.70</b>	+01:53:33 (37.0%)	10:13	5.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa		OSP		Barwinkowa		Czas		Tempo min/km	Tempo km/h	
						Góra 4km	Łapsze Niżne 9km	Dursztyn 14km	Łapsze Niżne 21km	Góra 25km	netto 30km	brutto 30km	Różn			
161	<b>WIŚNIEWSKI Tomasz</b>	<b>3293</b>		Master Mężczyzn	64	04:31:50						<b>05:07:32.65</b>	<b>05:07:32.65</b>	+01:54:16 (37.2%)	10:15	5.9 (63.4%)
162	<b>WYSOCKI Rafał</b>	<b>3307</b>	KKM KALORYFER	Master Mężczyzn	65	00:55:07	01:22:20	02:44:53	04:08:11	04:32:38		<b>05:09:08.35</b>	<b>05:09:08.35</b>	+01:55:51 (37.5%)	10:18	5.8 (62.4%)
163	<b>CZARNOMSKI Aleksander</b>	<b>3034</b>	GDYNIA	Senior Mężczyzn	25	00:48:50	01:11:34	02:29:37	04:02:14	04:31:30		<b>05:09:18.80</b>	<b>05:09:18.80</b>	+01:56:02 (37.5%)	10:18	5.8 (62.4%)
164	<b>KORDOS Elzbieta</b>	<b>3115</b>	JKM KALORYFER	Master Kobiet	14	00:54:52	01:17:53	02:42:48	03:58:05	04:28:30		<b>05:10:22.05</b>	<b>05:10:22.05</b>	+01:57:05 (37.7%)	10:20	5.8 (62.4%)
165	<b>GAJDA Mateusz</b>	<b>3056</b>	SPRUCHNIALI HERKULESI	Senior Mężczyzn	26	00:55:30	01:19:18	02:41:13	04:07:54	04:36:23		<b>05:13:17.20</b>	<b>05:13:17.20</b>	+02:00:00 (38.3%)	10:26	5.7 (61.3%)
166	<b>KRAŚNICKI Sławomir</b>	<b>3130</b>	CHEŁM	Senior Mężczyzn	27		01:13:30	02:33:55	04:04:13			<b>05:13:56.20</b>	<b>05:13:56.20</b>	+02:00:39 (38.4%)	10:27	5.7 (61.3%)
167	<b>GONERA Kazimierz</b>	<b>3078</b>	KB HARCOWNIK JELCZ-LASKOWICE	Dinozaur Mężczyzn	3	00:53:23	01:16:26	02:40:41	04:07:09	04:36:19		<b>05:14:02.00</b>	<b>05:14:02.00</b>	+02:00:45 (38.5%)	10:28	5.7 (61.3%)
168	<b>WILŃSKA-ZYWERT Agnieszka</b>	<b>3289</b>		Master Kobiet	15	00:55:21	01:18:24	02:43:42	04:17:43	04:41:09		<b>05:14:36.30</b>	<b>05:14:36.30</b>	+02:01:19 (38.6%)	10:29	5.7 (61.3%)
169	<b>BOKSA Anna</b>	<b>3023</b>	KKM KALORYFER	Master Kobiet	16	00:56:44	01:22:20	02:47:07	04:13:59	04:39:46		<b>05:15:52.00</b>	<b>05:15:52.00</b>	+02:02:35 (38.8%)	10:31	5.7 (61.3%)
170	<b>KALICZYŃSKA Wioletta</b>	<b>3099</b>	PROJEKT1000UP	Master Kobiet	17	00:49:49	01:13:44	02:37:28	04:14:12	04:38:20		<b>05:17:11.10</b>	<b>05:17:11.10</b>	+02:03:54 (39.1%)	10:34	5.7 (61.3%)
171	<b>GARUS Marcin</b>	<b>3062</b>		Master Mężczyzn	66	00:49:52	01:13:44	02:37:30	04:14:12	04:38:27		<b>05:17:11.60</b>	<b>05:17:11.60</b>	+02:03:55 (39.1%)	10:34	5.7 (61.3%)
172	<b>SZCZERBATKO Konrad</b>	<b>3198</b>		Weteran Mężczyzn	41	04:47:19						<b>05:19:24.20</b>	<b>05:19:24.20</b>	+02:06:07 (39.5%)	10:38	5.6 (60.2%)
173	<b>GACH Mariusz</b>	<b>3055</b>		Master Mężczyzn	67	00:47:49	01:10:43	02:30:28	04:03:48	04:31:36		<b>05:19:51.50</b>	<b>05:19:51.50</b>	+02:06:34 (39.6%)	10:39	5.6 (60.2%)
174	<b>KRAJEWSKA-PALUCH Ewa</b>	<b>3129</b>		Weteran Kobiet	12	00:56:30	01:21:31	02:50:10	04:21:03	04:46:33		<b>05:21:15.25</b>	<b>05:21:15.25</b>	+02:07:58 (39.8%)	10:42	5.6 (60.2%)
175	<b>SOCHACKI Mariusz</b>	<b>3248</b>	GRUPA JURA.PL	Weteran Mężczyzn	42	04:45:05						<b>05:22:07.95</b>	<b>05:22:07.95</b>	+02:08:51 (40.0%)	10:44	5.6 (60.2%)
176	<b>PANEK Agata</b>	<b>3200</b>	GRUPA JURA.PL	Master Kobiet	18	00:50:10	01:15:17	02:44:35	04:19:32	04:45:11		<b>05:22:08.10</b>	<b>05:22:08.10</b>	+02:08:51 (40.0%)	10:44	5.6 (60.2%)
177	<b>ZAJĄC Aga</b>	<b>3310</b>	77CATS	Weteran Kobiet	13	04:46:53						<b>05:22:18.35</b>	<b>05:22:18.35</b>	+02:09:01 (40.0%)	10:44	5.6 (60.2%)
178	<b>GAJEWSKA-BROŻYNA Kamila</b>	<b>3057</b>	KLUB BIEGACZA WARTA	Master Kobiet	19	04:47:04						<b>05:22:20.60</b>	<b>05:22:20.60</b>	+02:09:04 (40.0%)	10:44	5.6 (60.2%)
179	<b>PULKOWSKA Justyna</b>	<b>3224</b>		Senior Kobiet	8	04:49:47						<b>05:22:26.65</b>	<b>05:22:26.65</b>	+02:09:10 (40.1%)	10:44	5.6 (60.2%)
180	<b>ZYGMUNT Monika</b>	<b>3317</b>		Weteran Kobiet	14	00:56:52	01:22:10	02:56:58	04:23:59	04:48:50		<b>05:23:05.30</b>	<b>05:23:05.30</b>	+02:09:48 (40.2%)	10:46	5.6 (60.2%)
181	<b>FURDYNA Maria</b>	<b>3052</b>		Master Kobiet	20	04:46:50						<b>05:23:15.50</b>	<b>05:23:15.50</b>	+02:09:58 (40.2%)	10:46	5.6 (60.2%)
182	<b>NYKIEL Małgorzata</b>	<b>3190</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	15	00:55:38	01:20:24	02:52:46	04:23:27	04:49:31		<b>05:24:41.85</b>	<b>05:24:41.85</b>	+02:11:25 (40.5%)	10:49	5.5 (59.1%)
183	<b>ZAMOJSKA Iwona</b>	<b>3313</b>	MIECHOWICKA GRUPA BIEGOWA	Master Kobiet	21	00:55:34	01:20:24	02:52:49	04:23:27	04:48:35		<b>05:24:42.00</b>	<b>05:24:42.00</b>	+02:11:25 (40.5%)	10:49	5.5 (59.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa	Łapsze	OSP	Łapsze	Barwinkowa	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
						Góra 4km	Niżne 9km	Dursztyn 14km	Niżne 21km	Góra 25km					
184	<b>WIŚNIEWSKA Ewa</b>	<b>3290</b>		Weteran Kobiet	16	00:56:49	01:22:11	02:56:59	04:25:00	04:48:39	<b>05:24:48.15</b>	<b>05:24:48.15</b>	+02:11:31 (40.5%)	10:49	5.5 (59.1%)
185	<b>KOWALCZYK Aneta</b>	<b>3121</b>	KLUB BIEGACZA WARTA	Master Kobiet	22	04:47:41					<b>05:25:08.00</b>	<b>05:25:08.00</b>	+02:11:51 (40.6%)	10:50	5.5 (59.1%)
186	<b>LEWIŃSKI Tomasz</b>	<b>3154</b>	JEST LEPIEJ RUN TEAM	Master Mężczyzn	68	00:53:36	01:16:28	02:48:57	04:19:33	04:46:05	<b>05:27:07.90</b>	<b>05:27:07.90</b>	+02:13:51 (40.9%)	10:54	5.5 (59.1%)
187	<b>TUSIŃSKA Mariola</b>	<b>3280</b>	MARIOŁA TUSIŃSKA	Weteran Kobiet	17	04:47:59					<b>05:27:15.85</b>	<b>05:27:15.85</b>	+02:13:59 (40.9%)	10:54	5.5 (59.1%)
188	<b>BARSZCZ Marcin</b>	<b>3007</b>	SPARTA LUBLIN	Weteran Mężczyzn	43		01:14:52	02:36:31	04:05:59		<b>05:27:37.10</b>	<b>05:27:37.10</b>	+02:14:20 (41.0%)	10:55	5.5 (59.1%)
189	<b>KOCHAN Piotr</b>	<b>3113</b>		Master Mężczyzn	69	00:56:55	01:20:34	02:43:00	04:12:21	04:41:37	<b>05:28:25.85</b>	<b>05:28:25.85</b>	+02:15:09 (41.2%)	10:56	5.5 (59.1%)
190	<b>RUTKOWSKA Małgorzata</b>	<b>3234</b>		Weteran Kobiet	18	04:49:25					<b>05:29:06.50</b>	<b>05:29:06.50</b>	+02:15:49 (41.3%)	10:58	5.5 (59.1%)
191	<b>MRACHACZ Dorota</b>	<b>3182</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	19	00:57:45	01:26:00	02:52:48	04:24:53	04:52:45	<b>05:32:11.00</b>	<b>05:32:11.00</b>	+02:18:54 (41.8%)	11:04	5.4 (58.1%)
192	<b>MODLIŃSKA Kinga</b>	<b>3180</b>	KLUB BIEGACZA WARTA	Master Kobiet	23	00:59:37	01:22:14	02:46:47	04:20:43	04:48:30	<b>05:32:24.70</b>	<b>05:32:24.70</b>	+02:19:08 (41.9%)	11:04	5.4 (58.1%)
193	<b>JĘDRZEJEWSKA Beata</b>	<b>3091</b>	KOBIETY WATAHY	Master Kobiet	24	00:56:25	01:22:01	02:48:28	04:28:38	04:55:22	<b>05:34:13.45</b>	<b>05:34:13.45</b>	+02:20:56 (42.2%)	11:08	5.4 (58.1%)
194	<b>PAWLAK Ewelina</b>	<b>3202</b>		Master Kobiet	25	00:54:45	01:19:49	02:45:00	04:26:27		<b>05:34:18.20</b>	<b>05:34:18.20</b>	+02:21:01 (42.2%)	11:08	5.4 (58.1%)
195	<b>STRZELCZYK Mariusz</b>	<b>3256</b>		Master Mężczyzn	70	04:55:10					<b>05:34:18.95</b>	<b>05:34:18.95</b>	+02:21:02 (42.2%)	11:08	5.4 (58.1%)
196	<b>ZAWISZA Beata</b>	<b>3314</b>	KOBIETY WATAHY	Weteran Kobiet	20		01:21:59	02:48:31	04:28:42		<b>05:34:24.50</b>	<b>05:34:24.50</b>	+02:21:07 (42.2%)	11:08	5.4 (58.1%)
197	<b>JASEK Wioletta</b>	<b>3090</b>	KOBIETY WATAHY	Weteran Kobiet	21	00:55:01	01:20:15	02:49:03	04:26:55	04:55:50	<b>05:35:22.65</b>	<b>05:35:22.65</b>	+02:22:06 (42.4%)	11:10	5.4 (58.1%)
198	<b>ROGUZIŃSKI Radosław</b>	<b>3228</b>	RDX	Master Mężczyzn	71	00:51:21	01:15:45	02:46:57	04:32:12	05:01:45	<b>05:47:44.85</b>	<b>05:47:44.85</b>	+02:34:28 (44.4%)	11:35	5.2 (55.9%)
199	<b>JODKO Magda</b>	<b>3092</b>		Weteran Kobiet	22	01:01:18	01:27:19	02:59:02	04:36:06	05:05:49	<b>05:47:49.10</b>	<b>05:47:49.10</b>	+02:34:32 (44.4%)	11:35	5.2 (55.9%)
200	<b>POLSKI Jacek</b>	<b>3216</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	Weteran Mężczyzn	44	01:01:13	01:27:19	02:59:02	04:36:05	05:05:46	<b>05:47:52.80</b>	<b>05:47:52.80</b>	+02:34:36 (44.4%)	11:35	5.2 (55.9%)
201	<b>DĄBROWSKI Paweł</b>	<b>3038</b>		Weteran Mężczyzn	45	00:54:08	01:17:48	02:47:53	04:29:36	05:01:06	<b>05:48:07.75</b>	<b>05:48:07.75</b>	+02:34:51 (44.5%)	11:36	5.2 (55.9%)
202	<b>HAUTON Monika</b>	<b>3087</b>	NIE TERAZ, POTEM	Master Kobiet	26	00:58:17	01:24:18	03:04:11	04:38:44	05:07:16	<b>05:48:30.75</b>	<b>05:48:30.75</b>	+02:35:14 (44.5%)	11:37	5.2 (55.9%)
203	<b>MARCINEK Łukasz</b>	<b>3167</b>	NIE TERAZ, POTEM	Master Mężczyzn	72	00:58:21	01:24:18	03:04:09	04:38:45	05:07:20	<b>05:48:31.10</b>	<b>05:48:31.10</b>	+02:35:14 (44.5%)	11:37	5.2 (55.9%)
204	<b>SZKLANNY-RECLIK Elżbieta</b>	<b>3263</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Master Kobiet	27	00:41:11	01:29:33	02:57:49	04:36:47	05:06:49	<b>05:49:48.65</b>	<b>05:49:48.65</b>	+02:36:32 (44.7%)	11:39	5.1 (54.8%)
204	<b>ZABOST Anna</b>	<b>3308</b>		Master Kobiet	27	01:01:46	01:29:33	02:57:48	04:36:48		<b>05:49:48.65</b>	<b>05:49:48.65</b>	+02:36:32 (44.7%)	11:39	5.1 (54.8%)
206	<b>OBARSKI Norbert</b>	<b>3191</b>		Dinozaur Mężczyzn	4	00:54:50	01:17:23	02:45:22	04:33:25	05:06:20	<b>05:54:53.85</b>	<b>05:54:53.85</b>	+02:41:37 (45.5%)	11:49	5.1 (54.8%)
207	<b>MATERA Kinga</b>	<b>3170</b>	GRUPĄ JURA PL	Weteran Kobiet	23	05:11:07					<b>05:57:25.80</b>	<b>05:57:25.80</b>	+02:44:09 (45.9%)	11:54	5 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa	Łapsze	OSP	Łapsze	Barwinkowa	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
						Góra 4km	Niżne 9km	Dursztyn 14km	Niżne 21km	Góra 25km					
208	<b>BALCERZAK Cezary</b>	<b>3005</b>		Weteran Mężczyzn	46	00:53:28	01:22:23	02:53:54	04:44:44	05:13:41	<b>05:58:07.30</b>	<b>05:58:07.30</b>	+02:44:50 (46.0%)	11:56	5 (53.8%)
209	<b>MROZICKI Andrzej</b>	<b>3183</b>		Weteran Mężczyzn	47	00:53:52	01:22:16	02:54:03	04:44:45	05:14:01	<b>05:58:25.40</b>	<b>05:58:25.40</b>	+02:45:08 (46.1%)	11:56	5 (53.8%)
210	<b>ZAKRZEWSKA Anna</b>	<b>3312</b>		Master Kobiet	29	05:19:45					<b>06:01:45.85</b>	<b>06:01:45.85</b>	+02:48:29 (46.6%)	12:03	5 (53.8%)
211	<b>BOJANOWSKI Jakub</b>	<b>3021</b>		Weteran Mężczyzn	48	00:56:18	01:24:00	02:52:07	04:44:57	05:13:38	<b>06:02:17.20</b>	<b>06:02:17.20</b>	+02:49:00 (46.7%)	12:04	5 (53.8%)
212	<b>SOKOŁOWSKI Artur</b>	<b>3249</b>	TEAM ZABIEGANEDNI	Weteran Mężczyzn	49	05:13:33					<b>06:03:09.20</b>	<b>06:03:09.20</b>	+02:49:52 (46.8%)	12:06	5 (53.8%)
213	<b>MURASZEW - DĄBROWSKA Katarzyna</b>	<b>3185</b>	DZIKIE SKRZYDŁO	Master Kobiet	30	05:16:22					<b>06:05:01.00</b>	<b>06:05:01.00</b>	+02:51:44 (47.0%)	12:10	4.9 (52.7%)
214	<b>ABRAMOWICZ Daniel</b>	<b>3001</b>	CHEŁM BIEGA	Master Mężczyzn	73	05:18:40					<b>06:05:35.95</b>	<b>06:05:35.95</b>	+02:52:19 (47.1%)	12:11	4.9 (52.7%)
215	<b>WÓJCICKA Magdalena</b>	<b>3300</b>	WYBIEGAJ SIEBIE	Weteran Kobiet	24	01:03:08	01:35:08	03:16:44	04:56:16	05:25:11	<b>06:06:33.90</b>	<b>06:06:33.90</b>	+02:53:17 (47.3%)	12:13	4.9 (52.7%)
216	<b>MAŁEK Mariusz</b>	<b>3165</b>	BIEGOWA_FURIA	Master Mężczyzn	74	01:03:38	01:29:19	03:06:39	04:49:26	05:18:56	<b>06:07:19.20</b>	<b>06:07:19.20</b>	+02:54:02 (47.4%)	12:14	4.9 (52.7%)
217	<b>BOJANOWSKI Filip</b>	<b>3022</b>		Senior Mężczyzn	28	05:17:53					<b>06:13:37.80</b>	<b>06:13:37.80</b>	+03:00:21 (48.3%)	12:27	4.8 (51.6%)
218	<b>WIŚNIEWSKA Dorota</b>	<b>3291</b>		Master Kobiet	31	01:02:01	01:34:06	03:17:13		05:32:25	<b>06:20:01.80</b>	<b>06:20:01.80</b>	+03:06:45 (49.1%)	12:40	4.7 (50.5%)
219	<b>KALINOWSKA Joanna</b>	<b>3100</b>	ULTRA BESKID SPORT	Master Kobiet	32	00:56:06	01:22:09	02:58:11	04:54:03	05:26:03	<b>06:23:48.95</b>	<b>06:23:48.95</b>	+03:10:32 (49.6%)	12:47	4.7 (50.5%)
220	<b>GANCARZ Marek</b>	<b>3058</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	Senior Mężczyzn	29	00:56:09	01:22:10	02:58:14	04:54:01	05:25:53	<b>06:23:49.20</b>	<b>06:23:49.20</b>	+03:10:32 (49.6%)	12:47	4.7 (50.5%)
221	<b>KĘPKA Robert</b>	<b>3106</b>	BIEGUSIEM.PL	Master Mężczyzn	75	01:11:00	01:41:33	03:32:41	05:19:16	05:52:38	<b>06:33:49.35</b>	<b>06:33:49.35</b>	+03:20:32 (50.9%)	13:07	4.6 (49.5%)
222	<b>MANIAKOWSKA Agnieszka</b>	<b>3166</b>	WYBIEGAJ SIEBIE	Master Kobiet	33	01:03:02	01:37:05	03:32:09	05:29:05	05:59:33	<b>06:38:25.70</b>	<b>06:38:25.70</b>	+03:25:09 (51.5%)	13:16	4.5 (48.4%)
223	<b>ROWIŃSKA Marta</b>	<b>3231</b>		Master Kobiet	34	01:02:58	01:37:06	03:32:11	05:29:05	06:00:17	<b>06:42:07.40</b>	<b>06:42:07.40</b>	+03:28:50 (51.9%)	13:24	4.5 (48.4%)
224	<b>BIENIEWSKA Agnieszka</b>	<b>3012</b>	WYBIEGAJ SIEBIE	Master Kobiet	35	01:05:19	01:37:36	03:32:10	05:29:06	06:00:04	<b>06:48:04.90</b>	<b>06:48:04.90</b>	+03:34:48 (52.6%)	13:36	4.4 (47.3%)
225	<b>MARYNIAK Katarzyna</b>	<b>3168</b>	WYBIEGAJ SIEBIE	Master Kobiet	36	01:10:11	01:46:01	03:52:39	06:10:04	06:48:47	<b>07:47:08.00</b>	<b>07:47:08.00</b>	+04:33:51 (58.6%)	15:34	3.9 (41.9%)
226	<b>GNIADEK Elżbieta</b>	<b>3074</b>	WYBIEGAJ SIEBIE	Master Kobiet	37	01:10:13	01:42:15	03:53:00	06:09:25	06:48:22	<b>07:47:08.50</b>	<b>07:47:08.50</b>	+04:33:51 (58.6%)	15:34	3.9 (41.9%)
227	<b>KARASIŃSKA Elżbieta</b>	<b>3103</b>	WYBIEGAJ SIEBIE	Weteran Kobiet	25	01:10:16	01:42:13	03:53:09	06:09:21	06:48:29	<b>07:47:09.10</b>	<b>07:47:09.10</b>	+04:33:52 (58.6%)	15:34	3.9 (41.9%)
228	<b>GNIADEK Łukasz</b>	<b>3075</b>	WIELISZEW	Master Mężczyzn	76	01:10:20	01:46:12	03:53:06	06:10:00	06:48:35	<b>07:47:09.60</b>	<b>07:47:09.60</b>	+04:33:53 (58.6%)	15:34	3.9 (41.9%)
229	<b>CIEŚLIKOWSKA Barbara</b>	<b>3031</b>	WYBIEGAJ SIEBIE	Weteran Kobiet	26	01:00:17	01:42:25	03:49:39	06:09:29	06:48:26	<b>07:47:10.50</b>	<b>07:47:10.50</b>	+04:33:53 (58.6%)	15:34	3.9 (41.9%)
	<b>WŁODARCZYK Anna</b>	<b>3296</b>	SPARTA LUBLIN	Senior Kobiet		00:55:25	DNF	01:21:43 DNF	02:49:11 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)
	<b>FRYŚ-RZEZAK Justyna</b>	<b>3051</b>	WYBIEGAJ SIEBIE	Master Kobiet		01:03:13	DNF	01:35:07 DNF	03:32:14 DNF	DNF	DNF	DNF	DNF	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 4km	Łapsze Niżne 9km	OSP Dursztyn 14km	Łapsze Niżne 21km	Barwinkowa Góra 25km	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
	<b>FEDUNIK Karol</b>	<b>3044</b>	BIEGNIJ OŁAWO	Senior Mężczyzn		00:45:24 DNF	03:15:38 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>. .</b>	<b>46</b>				00:57:26 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ROSINSKA Monika</b>	<b>3230</b>	WYBIEGAJ SIEBIE	Weteran Kobiet		01:18:37 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 234 wynik(ów)