

ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

Wydarzenie: Ultra-Bies 2022
Organizator: Fundacja Ultra-Bies
Data: 2022-05-06
Miejsce: Dołżyca
Dystans: 44 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	PORADA Kacper	510		Senior I M 18-29	1	03:30:06	04:09:16.20	04:09:25.30		5:39	10.6 (100%)
2	PAWŁOWSKI Arkadiusz	465		Senior II M 30-39	1	03:33:20	04:13:05.10	04:13:06.65	+00:03:41 (1.5%)	5:45	10.4 (98.1%)
3	SKRZYSIŃSKI Gniewomir	555	TEAM INSTINCT/ALTRA RED	Masters M 40-49	1	03:35:09	04:16:59.50	04:17:02.00	+00:07:36 (3.0%)	5:50	10.3 (97.2%)
4	BARAN Piotr	568	TRAIL IS OUR WAY	Masters M 40-49	2	03:44:23	04:27:17.50	04:27:51.15	+00:18:25 (6.9%)	6:04	9.9 (93.4%)
5	JAGIEŁO Michał	570	DRAGON RUNNERS/ IŁŻA PĘDZI	Senior II M 30-39	2	03:46:00	04:31:47.55	04:32:03.75	+00:22:38 (8.3%)	6:10	9.7 (91.5%)
6	KOT Rafał	587	GÓRAL Z MAZUR RUNNING TEAM	Masters M 40-49	3	03:51:07	04:34:45.45	04:34:55.90	+00:25:30 (9.3%)	6:14	9.6 (90.6%)
7	WIŚNIEWSKI Jakub	578	TATRA RUNNING	Masters M 40-49	4	03:52:13	04:35:14.55	04:35:18.70	+00:25:53 (9.4%)	6:15	9.6 (90.6%)
8	WINIARSKA Katarzyna	492	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM	Masters K 40-49	1	03:53:45	04:38:01.00	04:38:08.50	+00:28:43 (10.3%)	6:19	9.5 (89.6%)
9	GUT Jacek	537	BLACK JACK TEAM	Senior II M 30-39	3	03:53:31	04:38:39.40	04:38:57.05	+00:29:31 (10.6%)	6:19	9.5 (89.6%)
10	MAMALA Justyna	586	PAMTRANS / TRAIL IS OUR WAY	Senior II K 30-39	1	03:55:56	04:41:09.55	04:41:21.95	+00:31:56 (11.4%)	6:23	9.4 (88.7%)
11	GRYZŁO Jakub	499	TRESERTEAM	Masters M 40-49	5	04:01:08	04:46:40.55	04:46:41.65	+00:37:16 (13.0%)	6:30	9.2 (86.8%)
12	CIOCH Cezary	402	KALLIPSO RUNNERS TEAM	Masters M 40-49	6	03:56:53	04:46:58.85	04:47:12.85	+00:37:47 (13.2%)	6:31	9.2 (86.8%)
13	KLONOWSKI Jacek	482		Masters M 40-49	7	03:57:30	04:48:44.75	04:48:56.60	+00:39:31 (13.7%)	6:33	9.1 (85.8%)
14	CHMIELOWIEC Daniel	489		Senior II M 30-39	4	04:02:51	04:48:26.85	04:49:26.40	+00:40:01 (13.8%)	6:33	9.2 (86.8%)
15	ŻYŁKA Kamil	433	42K PRO TEAM	Senior I M 18-29	2	04:03:46	04:49:24.05	04:49:29.90	+00:40:04 (13.8%)	6:34	9.1 (85.8%)

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16	BRZOZA Adam	450	BIEGAMZAPARATEM.PL	Weteran I M 50-59	1	04:04:46	04:49:19.85	04:49:39.30	+00:40:14 (13.9%)	6:34	9.1 (85.8%)
17	KOSTERKIEWICZ Marcin	502	PRZEMYŚL TOUR	Masters M 40-49	8	04:04:45	04:51:15.65	04:51:19.20	+00:41:53 (14.4%)	6:37	9.1 (85.8%)
18	SMYKOWSKA Magdalena	436	RYKOWISKO TEAM	Senior II K 30-39	2	04:02:48	04:53:05.65	04:56:04.80	+00:46:39 (15.8%)	6:39	9 (84.9%)
19	CZERCHAWSKI Janusz	545		Weteran I M 50-59	2	04:08:57	04:55:44.15	04:57:33.45	+00:48:08 (16.2%)	6:43	8.9 (84.0%)
20	WIERZCHOWIAK Jarosław	577	TRAIL IS OUR WAY	Senior II M 30-39	5	04:10:31	04:57:18.15	04:57:33.60	+00:48:08 (16.2%)	6:45	8.9 (84.0%)
21	ZIĘBA Tomek	468	JACEKBIEGA RUNNING TEAM	Masters M 40-49	9	04:12:12	04:58:56.05	04:59:26.90	+00:50:01 (16.7%)	6:47	8.8 (83.0%)
22	MALECKA-LEŃ Patrycja	521	STAJNIA BALONA	Masters K 40-49	2	04:12:34	05:00:40.05	05:00:50.60	+00:51:25 (17.1%)	6:50	8.8 (83.0%)
23	JAKUBOWSKI Bartek	437		Masters M 40-49	10	04:22:14	05:10:57.25	05:12:47.15	+01:03:21 (20.3%)	7:04	8.5 (80.2%)
24	GALUSKIN Alexey	526	GRUPA NOMAX	Senior II M 30-39	6	04:22:13	05:11:20.30	05:13:20.45	+01:03:55 (20.4%)	7:04	8.5 (80.2%)
25	STANGRECIAK Adam	535	GÓRAL Z MAZUR RUNNING TEAM / PLANBIEGANIE	Senior II M 30-39	7	04:22:33	05:12:23.05	05:14:08.65	+01:04:43 (20.6%)	7:05	8.5 (80.2%)
26	WERNER Kamil	404	DZIKI BIEG	Senior II M 30-39	8	04:22:25	05:14:39.90	05:15:17.85	+01:05:52 (20.9%)	7:09	8.4 (79.2%)
27	MALEC Artur	519		Masters M 40-49	11	04:26:34	05:15:51.60	05:16:05.80	+01:06:40 (21.1%)	7:10	8.4 (79.2%)
28	ŻAK Paweł	516	BROWERY TEAM / GÓRAL Z MAZUR RUNNING TEAM	Senior II M 30-39	9	04:28:16	05:15:55.55	05:17:29.70	+01:08:04 (21.4%)	7:10	8.4 (79.2%)
29	PŁONKA Rafał	442	GÓRAL Z MAZUR RUNNING TEAM	Senior II M 30-39	10	04:24:39	05:17:05.10	05:17:50.20	+01:08:24 (21.5%)	7:12	8.3 (78.3%)
30	STEPANIAK Grzegorz	558	SWOBODA	Masters M 40-49	12	04:27:04	05:18:51.35	05:19:30.80	+01:10:05 (21.9%)	7:14	8.3 (78.3%)
31	NOWIŃSKI Marcin	523	DRAGON RUNNERS	Senior I M 18-29	3	04:26:13	05:18:30.60	05:20:46.85	+01:11:21 (22.2%)	7:14	8.3 (78.3%)
32	GRZAŚ Rafał	611		Masters M 40-49	13	04:29:23	05:18:28.60	05:21:04.35	+01:11:39 (22.3%)	7:14	8.3 (78.3%)
33	MOŻEJKO Artur	543	NIEPOŁOMICE BIEGAJĄ	Senior II M 30-39	11	04:26:16	05:21:27.00	05:23:40.05	+01:14:14 (22.9%)	7:18	8.2 (77.4%)
34	FURTEK Iwona	488	LACHO TEAM	Masters K 40-49	3	04:29:57	05:23:56.35	05:26:07.95	+01:16:42 (23.5%)	7:21	8.1 (76.4%)
35	SOKOLOWSKI Rafalek Czesioo	522	FUNDACJA TERAZ WSCHÓD& NIEPEŁNOSPRAWNI W SPORCIE	Masters M 40-49	14	04:30:41	05:24:47.70	05:26:11.60	+01:16:46 (23.5%)	7:22	8.1 (76.4%)
36	LEŚ Michał	544	WOLSKI KOLEKTYW BIEGOWY	Senior I M 18-29	4	04:32:57	05:31:05.05	05:31:25.70	+01:22:00 (24.7%)	7:31	8 (75.5%)
37	PERZ Emilia	556		Senior II K 30-39	3	04:40:29	05:29:31.05	05:32:25.80	+01:23:00 (25.0%)	7:29	8 (75.5%)
38	KLUS Anna	407	TRAIL IS OUR WAY TEAM	Senior II K 30-39	4	04:41:09	05:31:08.85	05:32:37.40	+01:23:12 (25.0%)	7:31	8 (75.5%)

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39	KOCIK Marcin	427	FATBOY SPRINT	Masters M 40-49	15	04:37:03	05:31:46.45	05:34:14.25	+01:24:48 (25.4%)	7:32	8 (75.5%)
40	WŁOCH Sławomir	451		Weteran I M 50-59	3	04:37:23	05:34:32.50	05:35:46.85	+01:26:21 (25.7%)	7:36	7.9 (74.5%)
41	GOŚCIŃSKI Sławomir	515	WWW.ICE4MED.PL	Senior II M 30-39	12	04:38:08	05:35:00.70	05:36:34.00	+01:27:08 (25.9%)	7:36	7.9 (74.5%)
42	WOJCIECHOWSKI Dariusz	579	KRAKOWIAK ULTRA TEAM / GÓRAL Z MAZUR RUNNING TEAM	Masters M 40-49	16	04:40:21	05:36:53.40	05:38:54.60	+01:29:29 (26.4%)	7:39	7.8 (73.6%)
43	JOKIEL Wojciech	559	SPARTA ULTRA TEAM	Senior II M 30-39	13	04:46:07	05:39:57.60	05:43:35.40	+01:34:10 (27.4%)	7:43	7.8 (73.6%)
44	MRUGAŁA Monika	417	TRAIL IS OUR WAY	Masters K 40-49	4	04:48:19	05:42:28.95	05:43:55.40	+01:34:30 (27.5%)	7:47	7.7 (72.6%)
45	PRUTA Rafał	423	FATBOYS SPRINT	Masters M 40-49	17	04:42:31	05:41:26.05	05:43:59.05	+01:34:33 (27.5%)	7:45	7.7 (72.6%)
46	PRZYBYCIN Łukasz	473		Senior II M 30-39	14	04:42:00	05:43:19.65	05:44:26.75	+01:35:01 (27.6%)	7:48	7.7 (72.6%)
47	KRAWCZYK Dariusz	462		Masters M 40-49	18	04:46:13	05:45:08.45	05:45:30.40	+01:36:05 (27.8%)	7:50	7.6 (71.7%)
48	BODNAR Krystian	466		Senior I M 18-29	5	04:45:55	05:46:13.30	05:46:53.85	+01:37:28 (28.1%)	7:52	7.6 (71.7%)
49	ZIĘTAK Andrzej	539	TKKF KOLEJARZ BYDGOSZCZ	Masters M 40-49	19	04:46:08	05:46:32.25	05:47:22.40	+01:37:57 (28.2%)	7:52	7.6 (71.7%)
50	SZCZUKA Leszek	552	CROSSELITE	Weteran I M 50-59	4	04:47:38	05:46:21.30	05:51:25.50	+01:42:00 (29.0%)	7:52	7.6 (71.7%)
51	RECZEK Sebastian	429	KS ZIELONO-CZARNI	Masters M 40-49	20	04:50:10	05:50:36.70	05:52:41.30	+01:43:16 (29.3%)	7:58	7.5 (70.8%)
52	BODNAR Adrian	445		Senior I M 18-29	6	04:48:05	05:51:53.30	05:52:45.00	+01:43:19 (29.3%)	7:59	7.5 (70.8%)
53	PODOLAK Tomasz	413		Senior II M 30-39	15	04:54:16	05:51:32.90	05:53:54.65	+01:44:29 (29.5%)	7:59	7.5 (70.8%)
54	MATUSZ Krystian	547		Senior I M 18-29	7	04:37:58	05:54:01.80	05:54:41.00	+01:45:15 (29.7%)	8:02	7.5 (70.8%)
55	PODOLAK Paweł	463	MKS HALICZ	Senior II M 30-39	16	04:48:24	05:52:56.25	05:55:03.15	+01:45:37 (29.8%)	8:01	7.5 (70.8%)
56	ŻMUDA Michał	447		Masters M 40-49	21	04:48:36	05:54:18.10	05:55:07.85	+01:45:42 (29.8%)	8:03	7.5 (70.8%)
57	JARZĄB Marcin	448		Masters M 40-49	22	04:44:55	05:54:14.20	05:55:08.35	+01:45:43 (29.8%)	8:03	7.5 (70.8%)
58	BANIAK Eryk	405		Masters M 40-49	23	04:53:14	05:56:42.50	05:57:42.60	+01:48:17 (30.3%)	8:06	7.4 (69.8%)
59	JEZERSKI-KRUPA Marek	573		Senior II M 30-39	17	04:58:07	05:54:55.60	05:57:50.00	+01:48:24 (30.3%)	8:03	7.4 (69.8%)
60	LASEK Leszek	426	KALIPSO RUNNER TEAM	Weteran I M 50-59	5	04:57:06	05:57:48.40	05:58:15.15	+01:48:49 (30.4%)	8:07	7.4 (69.8%)
61	HOŁÓWKA Sławomir	490	LACHO TEAM	Masters M 40-49	24	05:00:05	05:57:35.05	05:59:51.90	+01:50:26 (30.7%)	8:07	7.4 (69.8%)

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62	CYMBORSKA Jolanta	497		Masters K 40-49	5	05:04:27	06:01:13.70	06:01:59.45	+01:52:34 (31.1%)	8:12	7.3 (68.9%)
63	MOJSAK Aron	576		Senior II M 30-39	18	05:05:32	05:59:06.10	06:02:46.75	+01:53:21 (31.2%)	8:09	7.4 (69.8%)
64	BĄK Artur	480	FATBOYS SPRINT	Weteran I M 50-59	6	05:03:21	06:01:16.95	06:03:49.20	+01:54:23 (31.4%)	8:12	7.3 (68.9%)
65	MIĄSIK Marcin	567		Masters M 40-49	25	05:05:47	06:03:30.05	06:04:28.10	+01:55:02 (31.6%)	8:15	7.3 (68.9%)
66	SROKA Maciej	454	BLOCKCHAINEXTRAORDINAIRE.IO	Senior II M 30-39	19	05:04:20	06:02:30.25	06:05:51.45	+01:56:26 (31.8%)	8:14	7.3 (68.9%)
67	STASIŃSKI Paweł	459	SOKOLSKA GRUPA BIEGOWA	Masters M 40-49	26	04:57:06	06:06:18.70	06:06:50.75	+01:57:25 (32.0%)	8:19	7.2 (67.9%)
68	DUDA Dariusz	455	MIRAZ RACE TEAM	Senior II M 30-39	20	05:07:59	06:07:11.85	06:12:12.80	+02:02:47 (33.0%)	8:20	7.2 (67.9%)
69	ZAWADKA Darek	476		Masters M 40-49	27	05:11:29	06:10:21.80	06:12:26.20	+02:03:00 (33.0%)	8:25	7.1 (67.0%)
70	WOŹNIAK Tomasz	401		Masters M 40-49	28	05:08:42	06:09:24.75	06:13:16.30	+02:03:51 (33.2%)	8:23	7.1 (67.0%)
71	BODZIOCH Grzegorz	583	GORLICKA GRUPA BIEGOWA	Masters M 40-49	29	05:17:47	06:13:09.65	06:14:21.20	+02:04:55 (33.4%)	8:28	7.1 (67.0%)
72	MATUSZ Tadeusz	548		Masters M 40-49	30	05:11:13	06:13:36.40	06:14:33.80	+02:05:08 (33.4%)	8:29	7.1 (67.0%)
73	ŁAPIŃSKI Adam	494	AIKIRUNNERS	Weteran I M 50-59	7	05:11:03	06:13:13.35	06:14:43.10	+02:05:17 (33.4%)	8:28	7.1 (67.0%)
74	BIECUSZEK Tomasz	420	AKTYWNA NOWA RUDA	Masters M 40-49	31	05:11:37	06:11:18.95	06:14:44.95	+02:05:19 (33.4%)	8:26	7.1 (67.0%)
75	JANOWSKA Jania	509	DRUŻYNA WILKA	Masters K 40-49	6	05:09:09	06:12:07.60	06:15:27.50	+02:06:02 (33.6%)	8:27	7.1 (67.0%)
76	HILLER Artur	557		Masters M 40-49	32	05:12:38	06:14:24.85	06:15:57.20	+02:06:31 (33.7%)	8:30	7.1 (67.0%)
77	HABRAT Maciej	419	HABRAT TEAM	Weteran I M 50-59	8	05:14:44	06:14:28.45	06:16:25.70	+02:07:00 (33.7%)	8:30	7.1 (67.0%)
78	ZDUŃCZYK Paulina	412		Senior II K 30-39	5	05:15:48	06:14:15.70	06:16:36.50	+02:07:11 (33.8%)	8:30	7.1 (67.0%)
79	NIEDZIOŁEK Gosia	551	R&K KRAKÓW	Masters K 40-49	7	05:13:25	06:11:16.40	06:16:37.90	+02:07:12 (33.8%)	8:26	7.1 (67.0%)
80	GRUCHAŁA Robert	572	PADŁ NA RYJ TEAM	Masters M 40-49	33	05:12:02	06:16:14.50	06:19:47.10	+02:10:21 (34.3%)	8:33	7 (66.0%)
81	GAŁĘZYKA Rafał	491	EUROVENT ATHLETICS	Masters M 40-49	34	05:17:42	06:20:06.95	06:21:49.90	+02:12:24 (34.7%)	8:38	6.9 (65.1%)
82	KLAWIKOWSKI Mateusz	464	JACEK BIEGA RUNNINGTEAM	Senior I M 18-29	8	05:10:01	06:18:39.05	06:22:24.25	+02:12:58 (34.8%)	8:36	7 (66.0%)
83	GRYCMAN Magdalena	560	SPARTA ULTRA TEAM	Masters K 40-49	8	05:19:40	06:19:00.20	06:22:36.65	+02:13:11 (34.8%)	8:36	7 (66.0%)
84	GRYCMAN Łukasz	549	SPARTA ULTRA TEAM	Masters M 40-49	35	05:19:38	06:19:02.45	06:22:41.25	+02:13:15 (34.8%)	8:36	7 (66.0%)

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85	ZDEB Maciej	409	PIĘKNE I BRODACZE	Senior II M 30-39	21	05:19:29	06:21:36.50	06:24:00.40	+02:14:35 (35.0%)	8:40	6.9 (65.1%)
86	FORNAL Brygida	582	#ZALINIAMETYTEAM	Senior I K 18-29	1	05:19:51	06:21:38.85	06:24:05.00	+02:14:39 (35.1%)	8:40	6.9 (65.1%)
87	PLACHA Piotr	504	KOPALNIA MOCY TARNOBRZEG	Masters M 40-49	36	05:23:10	06:21:08.40	06:24:21.20	+02:14:55 (35.1%)	8:39	6.9 (65.1%)
88	PERZ Marzena	471		Weteran I K 50-59	1	05:22:35	06:22:13.40	06:24:56.55	+02:15:31 (35.2%)	8:41	6.9 (65.1%)
89	SZYMAŃSKI Piotr	493	RYKOWISKO TEAM	Masters M 40-49	37	05:28:32	06:25:54.25	06:28:55.15	+02:19:29 (35.9%)	8:46	6.8 (64.2%)
90	LEWCZUK Norbert	534	BIEGACZE POMAGACZE/ PYZA TEAM	Senior II M 30-39	22	05:19:17	06:25:39.45	06:29:07.50	+02:19:42 (35.9%)	8:45	6.8 (64.2%)
91	PARWA Michał	461	POLNI PIZGACZE	Senior II M 30-39	23	05:30:28	06:26:25.20	06:29:33.55	+02:20:08 (36.0%)	8:46	6.8 (64.2%)
92	DZIDECZEK Marcin	411	TEAM ZABIEGANEDNI	Masters M 40-49	38	05:25:31	06:28:50.10	06:31:26.35	+02:22:01 (36.3%)	8:50	6.8 (64.2%)
93	HABRAT Dorota	418	HABRAT TEAM	Masters K 40-49	9	05:25:20	06:31:47.70	06:33:43.85	+02:24:18 (36.7%)	8:54	6.7 (63.2%)
94	WOJTCZAK Krzysztof	460	WKB PIAST WROCŁAW	Weteran I M 50-59	9	05:23:09	06:31:47.20	06:34:49.85	+02:25:24 (36.8%)	8:54	6.7 (63.2%)
95	SZYSZŁO Tomasz	439	POZYTYWNIE ZABIEGANI SANOK	Masters M 40-49	39	05:21:29	06:32:26.75	06:35:40.20	+02:26:14 (37.0%)	8:55	6.7 (63.2%)
96	JĘSIEK Aleksander	524	CIESIÓŁKA TEAM / MARATON LESZNO	Weteran II M 60-69	1	05:32:31	06:36:48.90	06:40:47.00	+02:31:21 (37.8%)	9:01	6.7 (63.2%)
97	SOBOTKA Monika	501		Weteran I K 50-59	2	05:32:25	06:39:59.25	06:40:53.90	+02:31:28 (37.8%)	9:05	6.6 (62.3%)
98	WILGAT Adam	511	WARSAW RUN CLUB	Weteran I M 50-59	10	05:32:29	06:39:59.10	06:40:54.00	+02:31:28 (37.8%)	9:05	6.6 (62.3%)
99	GRONEK Magdalena	527	BIEGAMDLAZDROWIA.PL	Masters K 40-49	10		06:41:09.00	06:41:09.00	+02:31:43 (37.8%)	9:07	6.6 (62.3%)
100	ŚCIBOR Adrian	565		Senior II M 30-39	24	05:27:30	06:37:55.85	06:43:09.80	+02:33:44 (38.1%)	9:02	6.6 (62.3%)
101	KUDŁA Joanna	438	KUDŁATE MAKARONY	Senior II K 30-39	6	05:36:06	06:41:38.40	06:43:19.25	+02:33:53 (38.2%)	9:07	6.6 (62.3%)
102	MAKAREWICZ Wiktor	430	KUDŁATE MAKARONY	Senior II M 30-39	25	05:36:09	06:41:42.05	06:43:19.40	+02:33:54 (38.2%)	9:07	6.6 (62.3%)
103	KRÓLIKOWSKA Emilia	428	GANG ŚWIETLIKÓW	Senior II K 30-39	7	05:42:37	06:44:33.30	06:49:20.80	+02:39:55 (39.1%)	9:11	6.5 (61.3%)
104	KITOWSKI Bartosz	566	GŁOGOVI 1925 GŁOGÓW MAŁOPOLSKI	Masters M 40-49	40	05:39:43	06:47:14.85	06:50:32.05	+02:41:06 (39.2%)	9:15	6.5 (61.3%)
105	MILA Marcelli	540		Masters M 40-49	41	05:42:00	06:46:15.60	06:50:40.65	+02:41:15 (39.3%)	9:13	6.5 (61.3%)
106	HOLIK Iwona	580		Masters K 40-49	11	05:43:46	06:49:41.30	06:50:49.20	+02:41:23 (39.3%)	9:18	6.4 (60.4%)
107	DYLAĞ Katarzyna	585	GGB	Masters K 40-49	12	05:43:47	06:49:41.65	06:50:49.80	+02:41:24 (39.3%)	9:18	6.4 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
108	UBYSZ Marek	506	JACEKBIEGA RUNNING TEAM	Masters M 40-49	42	05:45:07	06:50:43.30	06:54:30.00	+02:45:04 (39.8%)	9:20	6.4 (60.4%)
109	NAZIMEK Lilianna	457	SUO TEMPORE/VISEGRAD MARATON RYTRO	Masters K 40-49	13	05:48:55	06:54:49.30	06:55:14.65	+02:45:49 (39.9%)	9:25	6.4 (60.4%)
110	JARZYNKA Krzysztof	441	K2	Weteran I M 50-59	11	05:41:07	06:54:21.35	06:58:11.60	+02:48:46 (40.4%)	9:25	6.4 (60.4%)
111	DRZAŚCZ Marek	553	CROSSELITE	Masters M 40-49	43		06:54:51.85	06:59:57.15	+02:50:31 (40.6%)	9:25	6.4 (60.4%)
112	CHOMISZCZAK Bogdan	443	POZYTYWNIIE ZABIEGAMI SANOK	Weteran I M 50-59	12	05:44:01	06:59:24.10	07:02:38.80	+02:53:13 (41.0%)	9:31	6.3 (59.4%)
113	TOPOROWSKI Mariusz	575		Senior II M 30-39	26	05:58:52	07:00:16.20	07:05:12.70	+02:55:47 (41.3%)	9:33	6.3 (59.4%)
114	KUŹNIAR Marta	541		Senior I K 18-29	2	05:47:25	07:00:37.60	07:05:31.70	+02:56:06 (41.4%)	9:33	6.3 (59.4%)
115	PIETRYKOWSKI Norbert	421	VITALABO	Masters M 40-49	44	05:47:52	07:04:33.45	07:05:52.60	+02:56:27 (41.4%)	9:38	6.2 (58.5%)
116	JANUSZ Grzegorz	406	UMCS BIEGA/ROBERT MROZEK TRI TEAM	Masters M 40-49	45		07:07:23.80	07:07:23.80	+02:57:58 (41.6%)	9:42	6.2 (58.5%)
117	STEPKOWSKA Berta	403	UMCS BIEGA	Masters K 40-49	14	05:54:09	07:02:42.05	07:07:24.50	+02:57:59 (41.6%)	9:36	6.2 (58.5%)
118	ANTONIK Mariola	562	ŻYJ ZDROWO NA SPORTOWO	Weteran I K 50-59	3	05:52:31	07:04:02.00	07:08:16.70	+02:58:51 (41.8%)	9:38	6.2 (58.5%)
119	SZPUNAR Daniel	449	CARPATHIAN RUNNERS	Senior II M 30-39	27	05:47:40	07:04:36.45	07:09:14.70	+02:59:49 (41.9%)	9:39	6.2 (58.5%)
120	ORŁOWSKA Beata	496	STALOWOWOLSKI KLUB BIEGACZA	Weteran I K 50-59	4	05:57:09	07:08:31.55	07:11:40.70	+03:02:15 (42.2%)	9:44	6.2 (58.5%)
121	STRZAŁKOWSKI Marcin	500	RYKOWISKO TEAM	Masters M 40-49	46	05:54:51	07:11:09.20	07:14:04.90	+03:04:39 (42.5%)	9:47	6.1 (57.5%)
122	DZIKI Marek	623		Masters M 40-49	47	05:58:58	07:14:06.20	07:16:45.45	+03:07:20 (42.9%)	9:51	6.1 (57.5%)
123	KOWALSKI Edward	529	NIEPOŁOMICE BIEGAJĄ	Weteran I M 50-59	13	05:59:49	07:16:48.45	07:18:35.50	+03:09:10 (43.1%)	9:55	6 (56.6%)
124	ZIMA Tomasz	474		Senior II M 30-39	28	06:00:38	07:14:01.80	07:18:36.35	+03:09:11 (43.1%)	9:51	6.1 (57.5%)
125	ZARĘBA Jolanta	550		Weteran I K 50-59	5	06:02:32	07:14:57.35	07:19:07.85	+03:09:42 (43.2%)	9:53	6.1 (57.5%)
126	WIŚNIEWSKI Tomasz	533	GÓRAL Z MAZUR RUNNING TEAM	Masters M 40-49	48	06:06:50	07:20:07.55	07:22:25.65	+03:13:00 (43.6%)	10:00	6 (56.6%)
127	MUSIAŁ Paweł	498	BIEGAJĄCY WARIACI BEZ GACI	Masters M 40-49	49	06:01:33	07:21:53.40	07:22:32.70	+03:13:07 (43.6%)	10:02	6 (56.6%)
128	ŚWIĘTONIOWSKA Justyna	542	PODIUM	Masters K 40-49	15	06:06:07	07:18:54.40	07:23:33.05	+03:14:07 (43.8%)	9:58	6 (56.6%)
129	WYDRO Agata	531	FUN & RUN	Masters K 40-49	16	06:10:09	07:25:51.15	07:27:47.00	+03:18:21 (44.3%)	10:07	5.9 (55.7%)
130	CZELNY Tomasz	456	SMASHING PĄPKINS	Masters M 40-49	50	06:09:07	07:24:50.10	07:28:20.35	+03:18:55 (44.4%)	10:06	5.9 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
131	ZIELIŃSKI Michał	434	DZIKIE ŻYCIE RUN TEAM	Masters M 40-49	51	06:06:01	07:25:45.00	07:28:58.55	+03:19:33 (44.4%)	10:07	5.9 (55.7%)
132	ŁASKAWSKA Justyna	512		Masters K 40-49	17	06:13:33	07:24:58.40	07:29:18.55	+03:19:53 (44.5%)	10:06	5.9 (55.7%)
133	SZPAKOWSKI Andrzej	532	FUN&RUN	Masters M 40-49	52	06:10:39	07:27:54.45	07:29:45.85	+03:20:20 (44.5%)	10:10	5.9 (55.7%)
134	GRABOWICZ Mirosław	495	SOKÓLSKA GRUPA BIEGOWA	Weteran II M 60-69	2	06:21:31	07:33:12.70	07:33:49.60	+03:24:24 (45.0%)	10:18	5.8 (54.7%)
135	SIWIŃSKI Jerzy	508	DRUŻYNA WILKA	Weteran II M 60-69	3	06:16:52	07:36:15.95	07:38:46.30	+03:29:21 (45.6%)	10:22	5.8 (54.7%)
136	KOWALSKA Małgorzata	574		Masters K 40-49	18	06:11:17	07:34:27.60	07:39:01.25	+03:29:35 (45.7%)	10:19	5.8 (54.7%)
137	KANTOR Darek	517	POZIOMKI	Weteran I M 50-59	14	06:19:47	07:38:02.30	07:42:58.35	+03:33:33 (46.1%)	10:24	5.8 (54.7%)
138	KOWALSKA-GRZEJDA Anna	440		Masters K 40-49	19	06:15:55	07:39:48.35	07:43:14.70	+03:33:49 (46.2%)	10:27	5.7 (53.8%)
139	RUDAWSKA Karolina	424		Senior II K 30-39	8	06:29:35	07:42:06.20	07:46:01.30	+03:36:36 (46.5%)	10:30	5.7 (53.8%)
140	CHUDY Kamil	514		Senior II M 30-39	29	06:28:25	07:46:15.90	07:50:30.10	+03:41:04 (47.0%)	10:35	5.7 (53.8%)
141	CHUDA Joanna	513		Senior II K 30-39	9	06:28:24	07:46:16.90	07:50:30.90	+03:41:05 (47.0%)	10:35	5.7 (53.8%)
142	ZUBA Rafał	581	BLACK RIVER	Senior I M 18-29	9	06:27:13	07:50:57.80	07:51:25.60	+03:42:00 (47.1%)	10:42	5.6 (52.8%)
143	LEKSIŃSKI Michał	564		Senior II M 30-39	30	06:19:47	07:48:24.95	07:52:24.90	+03:42:59 (47.2%)	10:38	5.6 (52.8%)
144	PLISZCZYŃSKA Justyna	485	UMCS BIEGA	Masters K 40-49	20	06:28:07	07:51:13.85	07:55:42.80	+03:46:17 (47.6%)	10:42	5.6 (52.8%)
145	PASLAWSKA Irma	415		Masters K 40-49	21	06:33:44	07:51:17.00	07:55:47.70	+03:46:22 (47.6%)	10:42	5.6 (52.8%)
146	CZECHOSKA Magdalena	554		Masters K 40-49	22	06:36:06	07:53:42.55	07:57:00.80	+03:47:35 (47.7%)	10:45	5.6 (52.8%)
147	SIEDLACZEK Zbigniew	486		Weteran II M 60-69	4	06:28:45	07:55:36.85	08:00:19.90	+03:50:54 (48.1%)	10:48	5.6 (52.8%)
148	WYDRO Rafał	530	FUN & RUN	Masters M 40-49	53	06:40:54	07:59:48.45	08:01:45.80	+03:52:20 (48.2%)	10:54	5.5 (51.9%)
149	PIETRZYKOWSKA Monika	538		Masters K 40-49	23	06:42:09	08:00:03.70	08:05:21.80	+03:55:56 (48.6%)	10:54	5.5 (51.9%)
150	SZYMCZYŃSKI Błażej	425	BIG TEAM	Senior II M 30-39	31	06:34:54	08:05:51.80	08:10:40.55	+04:01:15 (49.2%)	11:02	5.4 (50.9%)
151	CHODZIŃSKI Piotr	410		Masters M 40-49	54	06:42:51	08:07:08.35	08:12:01.70	+04:02:36 (49.3%)	11:04	5.4 (50.9%)
152	ORŁOWSKI Wojciech	422	STALOWOWOLSKI KLUB BIEGACZA	Weteran I M 50-59	15	06:44:23	08:11:21.75	08:14:27.45	+04:05:02 (49.6%)	11:10	5.4 (50.9%)
153	KOWALSKA Katarzyna	528	NIEPOŁOMICE BIEGAJĄ	Weteran I K 50-59	6	06:51:09	08:13:19.40	08:15:35.40	+04:06:10 (49.7%)	11:12	5.4 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
154	SIDORCZUK Dariusz	503		Weteran I M 50-59	16	07:05:24	08:22:38.60	08:26:25.75	+04:17:00 (50.7%)	11:25	5.3 (50.0%)
155	KASZYCKA Dorota	571	DUCH POGÓRZA	Senior II K 30-39	10	06:56:47	08:23:43.20	08:29:02.85	+04:19:37 (51.0%)	11:26	5.2 (49.1%)
156	DUDEK Aleksandra	478	ASTORIA BYDGOSZCZ	Senior I K 18-29	3	07:02:49	08:41:19.80	08:45:21.85	+04:35:56 (52.5%)	11:50	5.1 (48.1%)
157	WRZESIŃSKA Joanna	477	FORDONRUNNERS	Masters K 40-49	24	07:02:42	08:41:17.70	08:45:24.35	+04:35:59 (52.5%)	11:50	5.1 (48.1%)
158	JUSZCZYK Małgorzata	487	NIEPOŁOMICE BIEGAJA	Masters K 40-49	25	07:27:52	08:55:50.85	08:58:41.25	+04:49:15 (53.7%)	12:10	4.9 (46.2%)
159	SZCZEPOCKI Andrzej	475	NIEPOŁOMICE BIEGAJA	Weteran I M 50-59	17	07:27:49	08:56:13.25	08:59:09.05	+04:49:43 (53.7%)	12:11	4.9 (46.2%)
160	WÓJTOWICZ Paweł	484	LUBLIN BIEGA	Masters M 40-49	55	07:32:45	08:55:08.05	08:59:30.05	+04:50:04 (53.8%)	12:09	4.9 (46.2%)
161	RURA Marcin	435	HERNIK TEAM	Senior II M 30-39	32	08:06:55	09:50:53.20	09:56:09.45	+05:46:44 (58.2%)	13:25	4.5 (42.5%)
162	RURA Mikołaj	416	HERNIK TEAM	Senior I M 18-29	10	08:07:03	09:50:53.10	09:56:10.35	+05:46:45 (58.2%)	13:25	4.5 (42.5%)

Znaleziono 162 wynik(ów)