



ZWODNICZA RUSAŁKA | 44 KM

B4SPORT

Wydarzenie: II Ultra-Bies
Organizator: Fundacja Ultra-Bies
Data: 2023-05-05
Miejsce: Dożyca
Dystans: 44 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK Górzanka 15km	PK Łopienka 28km	PK Cisna 38km	Czas netto 44km	Czas brutto 44km	Różn	Tempo min/km	Tempo km/h
1	PAWŁOWSKI Arkadiusz	448	ROCK&RUN.PL	M30	1	01:44:40	02:24:23	03:33:34	04:14:16.50	04:14:16.50		5:46	10.4 (100%)
2	SKOWRON Michał	478	BIEGAM_BO_MAM_DZIECI	M30	2	01:53:58	02:34:43	03:42:41	04:21:53.60	04:21:53.60	+00:07:37 (2.9%)	5:57	10.1 (97.1%)
3	CHOROŚ Piotr	519	STAY INSANE	M40	1	01:44:03	02:24:06	03:39:10	04:22:05.20	04:22:05.20	+00:07:48 (3.0%)	5:57	10.1 (97.1%)
4	LEWANDOWSKI Miłosz	543	PODIUM TEAM	M30	3	01:44:02	02:24:34	03:41:38	04:32:03.65	04:32:03.65	+00:17:47 (6.5%)	6:10	9.7 (93.3%)
5	PIECHA Artur	548		M40	2	01:49:56	02:33:37	03:50:35	04:38:17.35	04:38:17.35	+00:24:00 (8.6%)	6:19	9.5 (91.3%)
6	HANULAK Pawel	526	PODIUM	M30	4	01:45:23	02:29:01	03:49:01	04:43:45.85	04:43:45.85	+00:29:29 (10.4%)	6:26	9.3 (89.4%)
7	ŻYŁKA Kamil	416	42K PRO TEAM	M30	5	01:55:33	02:41:20	04:02:05	04:48:39.15	04:48:39.15	+00:34:22 (11.9%)	6:33	9.1 (87.5%)
8	KOT Rafał	545	GÓRAL Z MAZUR RUNNING TEAM	M40	3	01:56:39	02:45:53	04:06:28	04:53:14.55	04:53:14.55	+00:38:58 (13.3%)	6:39	9 (86.5%)
9	OBSTÓJ Karolina	549	ON RUNNING	K30	1	02:00:39	02:47:33	04:11:24	04:53:23.65	04:53:23.65	+00:39:07 (13.3%)	6:40	9 (86.5%)
10	PIĘKNIK Patryk	403	TRAIL IS OUR WAY	M30	6	01:57:55	02:41:54	04:05:42	04:55:36.35	04:55:36.35	+00:41:19 (14.0%)	6:43	8.9 (85.6%)
11	TUSZYŃSKI Zygmunt	466	PGERUN OBRÓT S.A.	M40	4	01:59:39	02:46:59	04:08:12	04:56:59.00	04:56:59.00	+00:42:42 (14.4%)	6:44	8.9 (85.6%)
12	TROJNAR Damian	518	KS JANUSZE	M30	7	01:58:43	02:47:58	04:10:43	04:57:24.40	04:57:24.40	+00:43:07 (14.5%)	6:45	8.9 (85.6%)
13	ZIĘBA Sabina	522	FOREVER TEAM CUNA TEAM	K30	2	02:05:07	02:50:54	04:12:24	05:00:41.85	05:00:41.85	+00:46:25 (15.4%)	6:50	8.8 (84.6%)
14	STEPANIUK Adam	463	BIEGAMY DZISIAJ?	M50	1	02:04:28	02:52:02	04:16:07	05:05:47.40	05:05:47.40	+00:51:30 (16.8%)	6:56	8.6 (82.7%)
15	KOLANO Agnieszka	420	PRZEDWOJEWSKI TEAM	K40	1	02:05:42	02:54:12	04:18:24	05:07:25.25	05:07:25.25	+00:53:08 (17.3%)	6:59	8.6 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK	PK	PK	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
16	GOLA Magda	428	TRAIL IS OUR WAY	K20	1	02:10:58	03:00:33	04:26:58	05:16:37.20	05:16:37.20	+01:02:20 (19.7%)	7:11	8.3 (79.8%)
17	FLAGA Iwona	439	LOS PANTALONES ROJOS	K40	2	02:12:43	03:09:07	04:31:08	05:17:46.30	05:17:46.30	+01:03:29 (20.0%)	7:13	8.3 (79.8%)
18	WOŁOSZYN Artur	533		M30	8	02:19:24	03:09:09	04:31:40	05:19:26.10	05:19:26.10	+01:05:09 (20.4%)	7:15	8.3 (79.8%)
19	WÓJCIK Robert	507	42K PRO TEAM	M30	9	02:08:45	03:00:38	04:27:28	05:19:52.45	05:19:52.45	+01:05:35 (20.5%)	7:16	8.3 (79.8%)
20	MAŚLANY Daniel	441		M40	5	02:09:23	03:00:37	04:26:30	05:20:58.90	05:20:58.90	+01:06:42 (20.8%)	7:17	8.2 (78.8%)
21	MIKOŁAJCZYK Krzysztof	498		M40	6	02:08:40	03:02:08	04:30:39	05:21:19.55	05:21:19.55	+01:07:03 (20.9%)	7:18	8.2 (78.8%)
22	GOLA Daniel	430	TRAIL IS OUR WAY	M30	10	02:10:44	03:02:03	04:32:52	05:22:34.80	05:22:34.80	+01:08:18 (21.2%)	7:19	8.2 (78.8%)
23	PETRYNA Jagoda	524	NOA	K30	3	02:11:23	03:05:31	04:33:26	05:26:02.90	05:26:02.90	+01:11:46 (22.0%)	7:24	8.1 (77.9%)
24	ŚWIĄTEK Paweł	541		M40	7	02:11:49	03:05:34	04:33:13	05:29:11.15	05:29:11.15	+01:14:54 (22.8%)	7:28	8 (76.9%)
25	© Virus	539	NSB SPORT TEAM RZESZÓW	M40	8	01:59:09	02:46:23	04:27:13	05:29:39.30	05:29:39.30	+01:15:22 (22.9%)	7:29	8 (76.9%)
26	BARNOWSKI Przemysław	488	BARNOGYM.PL	M40	9	02:05:06	03:01:44	04:35:17	05:31:20.35	05:31:20.35	+01:17:03 (23.3%)	7:31	8 (76.9%)
27	LITWIN Bartłomiej	471	WKURW_TEAM	M30	11	02:06:29	03:04:05	04:36:07	05:31:32.40	05:31:32.40	+01:17:15 (23.3%)	7:32	8 (76.9%)
28	KUPC Zbigniew	445	TRAIL IS OUR WAY	M40	10	02:11:47	03:12:02	04:45:14	05:38:12.30	05:38:12.30	+01:23:55 (24.8%)	7:41	7.8 (75.0%)
29	STRZĘPEK Dariusz	458		M30	12	02:16:42	03:12:38	04:45:15	05:38:31.25	05:38:31.25	+01:24:14 (24.9%)	7:41	7.8 (75.0%)
30	MILANOWSKI Grzegorz	473		M50	2		03:13:28	04:46:43	05:43:10.70	05:43:10.70	+01:28:54 (25.9%)	7:47	7.7 (74.0%)
31	PTAK Mateusz	422	TRAIL IS OUR WAY/KB ATHLETIC ZRĘCIN	M40	11	02:06:38	03:06:08	04:48:15	05:43:52.25	05:43:52.25	+01:29:35 (26.1%)	7:48	7.7 (74.0%)
32	BODNAR Krystian	521	PANTERA SANOK	M20	1	02:26:05	03:20:24	04:51:48	05:45:57.50	05:45:57.50	+01:31:41 (26.5%)	7:51	7.6 (73.1%)
33	HAŁGAS Sławomir	407	MARELLI	M40	12	02:13:47	03:11:59	04:48:08	05:46:24.10	05:46:24.10	+01:32:07 (26.6%)	7:52	7.6 (73.1%)
34	ZAWADZKI Kordian	476	STAJNIA BALONA	M30	13	02:14:31	03:10:12	04:46:42	05:47:40.05	05:47:40.05	+01:33:23 (26.9%)	7:54	7.6 (73.1%)
35	SIEMIĄTKOWSKA Katarzyna	477	RADOSNE GRZYBKI	K30	4	02:19:46	03:14:44	04:47:31	05:49:19.15	05:49:19.15	+01:35:02 (27.2%)	7:56	7.6 (73.1%)
36	KOCOT Aleksandra	483	PODIUM	K20	2	02:16:29	03:17:10	04:51:56	05:50:31.40	05:50:31.40	+01:36:14 (27.5%)	7:57	7.5 (72.1%)
37	GĄSECKI Daniel	532	ULTRA PRZESILENIE	M40	13	02:24:00	03:20:38	04:53:19	05:51:01.60	05:51:01.60	+01:36:45 (27.6%)	7:58	7.5 (72.1%)
38	PRZYWARA Przemek	530		M30	14	02:19:26	03:17:35	04:55:08	05:51:08.25	05:51:08.25	+01:36:51 (27.6%)	7:58	7.5 (72.1%)

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						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
39	WIELGOSZ-MATUŁA Maria	472	AZS UMCS BIEGA	K30	5	02:17:27	03:15:26	04:57:16	05:52:55.45	05:52:55.45	+01:38:38 (28.0%)	8:01	7.5 (72.1%)
40	BRZEZIŃSKI Andrzej	410	RYKOWISKA TEAM	M50	3	02:16:27	03:13:10	04:55:13	05:55:15.55	05:55:15.55	+01:40:59 (28.4%)	8:04	7.4 (71.2%)
41	DĄBROWSKI Łukasz	465	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	M40	14	02:19:50	03:17:20	04:55:22	05:55:20.30	05:55:20.30	+01:41:03 (28.4%)	8:04	7.4 (71.2%)
42	CHMAJ Jerzy	542		M50	4	02:26:57	03:22:22	04:58:51	05:56:28.10	05:56:28.10	+01:42:11 (28.7%)	8:06	7.4 (71.2%)
43	PALUCH Paweł	442		M50	5	02:13:40	03:15:25	04:55:04	05:56:45.50	05:56:45.50	+01:42:29 (28.7%)	8:06	7.4 (71.2%)
44	DERDA Mariusz	418	AKTYWNY DYNÓW	M30	15	02:27:28	03:22:26	04:57:15	05:57:19.10	05:57:19.10	+01:43:02 (28.8%)	8:07	7.4 (71.2%)
45	GRZYB Kazimierz	436	LOS PANTALONES ROJOS	M50	6	02:12:43	03:09:05	04:51:28	05:58:55.15	05:58:55.15	+01:44:38 (29.2%)	8:09	7.4 (71.2%)
46	MEISSNER Paweł	433	TIGERS TEAM	M40	15	02:27:36	03:25:34	05:00:30	06:00:52.80	06:00:52.80	+01:46:36 (29.5%)	8:12	7.3 (70.2%)
47	KAMIŃSKI Marek	527		M30	16	02:10:34	03:16:36	04:58:17	06:00:56.15	06:00:56.15	+01:46:39 (29.6%)	8:12	7.3 (70.2%)
48	MOREVA Daria	529	TRAIL RUNNING SCHOOL	K30	6	02:36:52	03:32:34	05:04:43	06:01:07.30	06:01:07.30	+01:46:50 (29.6%)	8:12	7.3 (70.2%)
49	CIECKIEWICZ Tomasz	421		M30	17	02:23:59	03:21:50	05:02:58	06:01:44.60	06:01:44.60	+01:47:28 (29.7%)	8:13	7.3 (70.2%)
50	KRÓLIKOWSKA Emilia	411	GANG ŚWIETLIKÓW	K30	7	02:34:33	03:30:06	05:06:10	06:02:45.40	06:02:45.40	+01:48:28 (29.9%)	8:14	7.3 (70.2%)
51	KOWALSKI Grzegorz	544	PMCG PIASECZNO	M50	7	02:33:25	03:31:06	05:06:43	06:04:40.10	06:04:40.10	+01:50:23 (30.3%)	8:17	7.2 (69.2%)
52	PSZONAK Damian	525		M30	18	02:32:54	03:30:10	05:09:56	06:07:44.00	06:07:44.00	+01:53:27 (30.9%)	8:21	7.2 (69.2%)
53	BIELSKI Seweryn	499	42K PRO TEAM	M40	16	02:05:11	03:15:28	05:03:12	06:08:06.80	06:08:06.80	+01:53:50 (30.9%)	8:21	7.2 (69.2%)
54	GRZĘBSKA-BUJA Małgorzata	435	GOSIA.SIE.BUJA	K40	3	02:33:15	03:29:12	05:10:26	06:08:42.80	06:08:42.80	+01:54:26 (31.0%)	8:22	7.2 (69.2%)
55	LEWTAK Marcin	415	9-TKA RUNNING TEAM	M40	17	02:12:36	03:21:58	05:11:45	06:10:19.35	06:10:19.35	+01:56:02 (31.3%)	8:24	7.1 (68.3%)
56	KUNYSZ Mateusz	537	BORGWARNER RUNNING TEAM	M30	19	02:33:55	03:30:33	05:13:43	06:12:04.15	06:12:04.15	+01:57:47 (31.7%)	8:27	7.1 (68.3%)
57	KALIŃSKI Krzysztof	426	PUREEPIC	M40	18	02:29:14	03:30:23	05:12:02	06:12:22.90	06:12:22.90	+01:58:06 (31.7%)	8:27	7.1 (68.3%)
58	LEWCZUK Norbert	487	BIEGACZE POMAGACZE	M40	19	02:26:21	03:26:53	05:10:39	06:12:24.15	06:12:24.15	+01:58:07 (31.7%)	8:27	7.1 (68.3%)
59	KRAJEWSKI Jakub	496	KILOMETRY ODDECHÓW	M30	20	02:25:17	03:22:58	05:03:42	06:13:13.95	06:13:13.95	+01:58:57 (31.9%)	8:28	7.1 (68.3%)
60	GOLA Radosław	497		M40	20	02:26:43	03:24:41	05:08:54	06:13:41.25	06:13:41.25	+01:59:24 (32.0%)	8:29	7.1 (68.3%)
61	DUBIAŁ Rafał	443	LESZ NO LIMITS RUNNERS	M40	21	02:20:05	03:19:58	05:07:19	06:14:11.65	06:14:11.65	+01:59:55 (32.0%)	8:30	7.1 (68.3%)

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						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
62	TOMCZYK Grzegorz	486	PALARNIA KAWY GREGORIO	M30	21	02:22:31	03:30:13	05:14:14	06:17:12.80	06:17:12.80	+02:02:56 (32.6%)	8:34	7 (67.3%)
63	FUS Maciej	534		M30	22	02:22:18	03:23:11	05:13:36	06:17:51.60	06:17:51.60	+02:03:35 (32.7%)	8:35	7 (67.3%)
64	DYŚ Małgorzata	453	PCTS SPORT	K40	4	02:30:55	03:32:24	05:19:50	06:20:29.50	06:20:29.50	+02:06:13 (33.2%)	8:38	6.9 (66.3%)
65	KOPACZYŃSKA Beata	455		K50	1	02:40:54	03:44:57	05:23:36	06:21:18.10	06:21:18.10	+02:07:01 (33.3%)	8:39	6.9 (66.3%)
66	MRYCZKO Roman	515	24	M50	8	02:36:08	03:35:10	05:18:54	06:21:18.25	06:21:18.25	+02:07:01 (33.3%)	8:39	6.9 (66.3%)
67	BROŻYNA Miłosz	516	ON RUN CREW	M30	23	02:27:41	03:30:19	05:18:36	06:22:07.10	06:22:07.10	+02:07:50 (33.5%)	8:41	6.9 (66.3%)
68	FUKS Szymon	450	MCBIEGACZE	M40	22	02:09:59	03:08:01	05:12:48	06:24:17.40	06:24:17.40	+02:10:00 (33.8%)	8:44	6.9 (66.3%)
69	SZCZYGIEŁ Ola	494		K30	8	02:39:43	03:43:03	05:25:02	06:24:36.85	06:24:36.85	+02:10:20 (33.9%)	8:44	6.9 (66.3%)
70	GALUSKIN Alexey	493		M40	23	02:39:43	03:43:42	05:25:03	06:24:41.50	06:24:41.50	+02:10:25 (33.9%)	8:44	6.9 (66.3%)
71	BUDZIASZEK Agnieszka	457	EFFI RUN TEAM	K20	3	02:40:22	03:41:00	05:24:22	06:27:14.65	06:27:14.65	+02:12:58 (34.3%)	8:48	6.8 (65.4%)
72	RÓŻYCKI Ryszard	531	SOKÓŁ ZAGÓRZ	M60	1	02:42:56	03:46:13	05:29:26	06:29:34.20	06:29:34.20	+02:15:17 (34.7%)	8:51	6.8 (65.4%)
73	MIĄSKO Wojciech	425	12TRI.PL	M50	9	02:36:57	03:41:02		06:35:20.80	06:35:20.80	+02:21:04 (35.7%)	8:59	6.7 (64.4%)
74	STELMACH Paulina	551		K30	9	02:45:46	03:55:47	05:35:13	06:36:20.10	06:36:20.10	+02:22:03 (35.8%)	9:00	6.7 (64.4%)
75	TROJNAR Daniel	431		M30	24	02:34:18	03:37:39	05:27:31	06:37:02.80	06:37:02.80	+02:22:46 (36.0%)	9:01	6.6 (63.5%)
76	SĘK Krystian	512		M30	25	02:33:42	03:41:12	05:31:30	06:37:23.00	06:37:23.00	+02:23:06 (36.0%)	9:01	6.6 (63.5%)
77	LEBODA Katarzyna	546	WILD DOGS TEAM	K30	10	02:39:17	03:44:41	05:34:56	06:37:30.15	06:37:30.15	+02:23:13 (36.0%)	9:02	6.6 (63.5%)
78	GRABOWICZ Mirosław	424	SOKÓLSKA GRUPA BIEGOWA	M60	2	02:38:07	03:43:15	05:32:21	06:37:32.50	06:37:32.50	+02:23:16 (36.0%)	9:02	6.6 (63.5%)
79	CEBRAT Ewa	517		K40	5	02:43:31	03:58:34	05:40:29	06:38:17.50	06:38:17.50	+02:24:01 (36.2%)	9:03	6.6 (63.5%)
80	KRĘPA Agnieszka	429	NOWA HUTA TEAM	K30	11	02:45:08	03:52:37	05:38:28	06:41:40.10	06:41:40.10	+02:27:23 (36.7%)	9:07	6.6 (63.5%)
81	PIOTROWSKI Przemysław	469	NOWA HUTA TEAM	M40	24	02:45:08	03:52:38	05:38:33	06:43:00.80	06:43:00.80	+02:28:44 (36.9%)	9:09	6.6 (63.5%)
82	CACH Barbara	485		K40	6	02:42:49	03:50:38	05:38:57	06:44:59.80	06:44:59.80	+02:30:43 (37.2%)	9:12	6.5 (62.5%)
83	TOMASZEWSKA Ewa	452	BIEG OPOLSKI	K40	7	02:52:55	04:04:09	05:49:02	06:45:35.55	06:45:35.55	+02:31:19 (37.3%)	9:13	6.5 (62.5%)
84	PESZEK Bogdan	454	ULTRA PRZESILENIE	M50	10	02:42:39	03:51:29	05:43:45	06:46:20.10	06:46:20.10	+02:32:03 (37.4%)	9:14	6.5 (62.5%)

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						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
85	DOMARADZKA-KASZUBOWICZ Wiktoria	520	SANOK BIEGA	K40	8	02:44:54	03:58:34	05:43:46	06:47:14.70	06:47:14.70	+02:32:58 (37.6%)	9:15	6.5 (62.5%)
86	RENC Patryk	412	SERCE TYBETU	M30	26	02:41:21	03:50:13	05:42:59	06:48:08.35	06:48:08.35	+02:33:51 (37.7%)	9:16	6.5 (62.5%)
87	WIĘCKOWSKI Piotr	423		M20	2	02:35:57	03:40:50	05:38:55	06:48:28.10	06:48:28.10	+02:34:11 (37.7%)	9:17	6.5 (62.5%)
88	STOPA Marcin	427	URZĄD MIASTA RZESZOWA/PODIUM	M40	25	02:36:09	03:49:35	05:41:14	06:51:38.35	06:51:38.35	+02:37:21 (38.2%)	9:21	6.4 (61.5%)
89	WYJATEK Wojciech	489		M40	26	02:50:42	03:59:28	05:49:01	06:52:42.70	06:52:42.70	+02:38:26 (38.4%)	9:22	6.4 (61.5%)
90	POWIERTOWSKI Adam	490		M40	27	02:50:42	03:59:29	05:49:01	06:55:19.15	06:55:19.15	+02:41:02 (38.8%)	9:26	6.4 (61.5%)
91	HYDZIK Łukasz	440		M40	28	02:35:56	03:41:37	05:41:13	06:55:22.15	06:55:22.15	+02:41:05 (38.8%)	9:26	6.4 (61.5%)
92	PIEJKO Joanna	501	BŁĘKITNA XVII	K40	9	02:38:31	03:44:38	05:46:08	06:55:41.75	06:55:41.75	+02:41:25 (38.8%)	9:26	6.4 (61.5%)
93	SZCZEPAŃSKI Grzegorz	491	8132746829	M40	29	02:40:59	03:48:55	05:51:02	06:58:25.65	06:58:25.65	+02:44:09 (39.2%)	9:30	6.3 (60.6%)
94	PASIEKA Agnieszka	462	KB ATHLETIC ZRĘCIN	K40	10	02:48:10	04:03:54	05:56:20	06:59:27.55	06:59:27.55	+02:45:11 (39.4%)	9:31	6.3 (60.6%)
95	KAWECKI Mateusz	514		M20	3	02:36:30	03:49:20	05:45:35	06:59:28.30	06:59:28.30	+02:45:11 (39.4%)	9:32	6.3 (60.6%)
96	WITUSIK Dorota	414		K40	11	02:48:13	04:04:09	05:56:32	07:00:18.05	07:00:18.05	+02:46:01 (39.5%)	9:33	6.3 (60.6%)
97	FIUK Beata	505	MIĘTOWY RUN	K50	2	02:48:12	04:03:57	05:56:24	07:01:58.75	07:01:58.75	+02:47:42 (39.7%)	9:35	6.3 (60.6%)
98	PANTOŁ Mirosław	538		M40	30	02:39:39	03:51:54	05:50:17	07:02:50.85	07:02:50.85	+02:48:34 (39.9%)	9:36	6.2 (59.6%)
99	OLEJNIK Krzysztof	482	PGB SPORTOWA PACZKA	M50	11	02:40:10	03:45:22	05:42:42	07:04:09.40	07:04:09.40	+02:49:52 (40.1%)	9:38	6.2 (59.6%)
100	SADY Sebastian	481	OBY2	M40	31	02:42:13	04:00:33	05:53:59	07:07:39.85	07:07:39.85	+02:53:23 (40.5%)	9:43	6.2 (59.6%)
101	MATRACKI Sebastian	464	TREKKING TEAM OSTROWIEC	M40	32	02:42:15	04:00:36	05:54:14	07:07:43.05	07:07:43.05	+02:53:26 (40.6%)	9:43	6.2 (59.6%)
102	KAPRAL Adam	506	DWERNIK KAMIEŃ TRAIL	M40	33	02:48:12	04:07:03	06:07:17	07:21:25.75	07:21:25.75	+03:07:09 (42.4%)	10:01	6 (57.7%)
103	PLISZCZYŃSKA Justyna	434		K40	12	03:06:18	04:20:44	06:25:10	07:30:01.15	07:30:01.15	+03:15:44 (43.5%)	10:13	5.9 (56.7%)
104	JAKUBOWICZ CZACHUR Katarzyna	500		K50	3	02:57:55	04:17:27	06:15:20	07:30:01.30	07:30:01.30	+03:15:44 (43.5%)	10:13	5.9 (56.7%)
105	PAWLUS Marek	502	PEPPA RUNNING TEAM	M30	27	02:58:29	04:06:42	06:15:10	07:31:36.20	07:31:36.20	+03:17:19 (43.7%)	10:15	5.8 (55.8%)
106	KORBA Michał	547		M40	34	03:01:01	04:22:16	06:20:22	07:35:32.60	07:35:32.60	+03:21:16 (44.2%)	10:21	5.8 (55.8%)
107	KOTOWICZ Iwona	513	PODIUM	K40	13	02:56:51	04:22:57	06:23:39	07:37:48.00	07:37:48.00	+03:23:31 (44.5%)	10:24	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK	PK	PK	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
108	ROSZAK Waldemar	510	BIEGAM NA ZIELONEJ BIAŁOŁĘCE	M50	12	03:06:06	04:22:09	06:23:03	07:39:52.05	07:39:52.05	+03:25:35 (44.7%)	10:27	5.7 (54.8%)
109	BIENIARZ Ilona	504	PEPPA RUNNING TEAM	K30	12	03:06:12	04:22:56	06:28:46	07:40:19.25	07:40:19.25	+03:26:02 (44.8%)	10:27	5.7 (54.8%)
110	BAGIŃSKI Jakub	474	WILD DOGS TEAM	M30	28	02:58:54	04:12:17	06:14:22	07:40:22.00	07:40:22.00	+03:26:05 (44.8%)	10:27	5.7 (54.8%)
111	SKALNY Rafał	475		M40	35	02:58:54	04:12:20	06:14:27	07:40:54.75	07:40:54.75	+03:26:38 (44.8%)	10:28	5.7 (54.8%)
112	JATA Marta	437	MROZEK TRI TEAM/UMCS BIEGA	K40	14	03:01:21	04:23:36	06:27:11	07:43:50.85	07:43:50.85	+03:29:34 (45.2%)	10:32	5.7 (54.8%)
113	MURDZIA Marcin	528		M30	29	02:56:50	04:26:21	06:29:16	07:47:45.35	07:47:45.35	+03:33:28 (45.6%)	10:37	5.6 (53.8%)
114	STASIOWSKI Marcin	402		M30	30	02:57:50	04:25:26	06:32:14	07:54:06.75	07:54:06.75	+03:39:50 (46.4%)	10:46	5.6 (53.8%)
115	MAGOŃ Łukasz	536	CARPATHIAN RUNNERS	M30	31	03:12:46	04:32:05	06:37:07	07:54:37.75	07:54:37.75	+03:40:21 (46.4%)	10:47	5.6 (53.8%)
116	CHODZIŃSKI Piotr	413		M40	36	03:04:24	04:25:09	06:37:32	07:58:55.90	07:58:55.90	+03:44:39 (46.9%)	10:53	5.5 (52.9%)
117	NOWAK Marta	470	NARAMOWICE BIEGAJĄ	K40	15	03:02:38	04:26:05	06:36:46	07:59:52.75	07:59:52.75	+03:45:36 (47.0%)	10:54	5.5 (52.9%)
118	CZEKALSKA Magdalena	468	NARAMOWICE BIEGAJĄ	K40	16	03:02:39	04:26:08	06:36:42	08:01:02.00	08:01:02.00	+03:46:45 (47.1%)	10:55	5.5 (52.9%)
119	CZEKALSKI Tomasz	467	NARAMOWICE BIEGAJĄ	M40	37	03:02:39	04:26:06	06:36:36	08:01:02.70	08:01:02.70	+03:46:46 (47.1%)	10:55	5.5 (52.9%)
120	JACKOWSKI Jacek	509	JAROSŁAWSKA GRUPA BIEGOWA "SOKÓŁ"	M50	13	03:14:00	04:41:19	06:49:51	08:03:37.85	08:03:37.85	+03:49:21 (47.4%)	10:59	5.5 (52.9%)
121	KOSEWSKA Dorota	540	BIEGAM NA TARCHOMINIE/BIEGIEM NA KAWĘ	K50	4	03:01:05	04:27:35	06:40:50	08:06:30.15	08:06:30.15	+03:52:13 (47.7%)	11:03	5.4 (51.9%)
122	KLUZ Robert	492		M50	14	03:17:20	04:37:04	06:51:08	08:08:44.50	08:08:44.50	+03:54:28 (48.0%)	11:06	5.4 (51.9%)
123	JELEŃ-KOTLAREK Agnieszka	405	VEGE RUNNERS	K30	13	03:05:28	04:28:35	06:49:56	08:24:24.90	08:24:24.90	+04:10:08 (49.6%)	11:27	5.2 (50.0%)
124	DEDIC Lenka	461	RARLD	K40	17	03:22:08	04:55:29	07:15:13	08:36:15.05	08:36:15.05	+04:21:58 (50.7%)	11:43	5.1 (49.0%)
125	DEDIC Robert	460	RARLD	M40	38	03:22:04	04:55:26	07:15:11	08:36:15.50	08:36:15.50	+04:21:59 (50.7%)	11:43	5.1 (49.0%)
126	KOZIARA Patryk	552		M30	32	03:17:06	04:48:58	07:10:39	08:39:38.05	08:39:38.05	+04:25:21 (51.1%)	11:48	5.1 (49.0%)
127	NALEWALSKA Justyna	404	SERCE TYBETU	K30	14	03:22:40	04:52:45	07:17:15	08:47:57.00	08:47:57.00	+04:33:40 (51.8%)	11:59	5 (48.1%)
128	JACKOWSKA Ewa	508	JAROSŁAWSKA GRUPA BIEGOWA "SOKÓŁ"	K40	18	03:14:00	04:58:31	07:26:41	08:55:34.65	08:55:34.65	+04:41:18 (52.5%)	12:10	4.9 (47.1%)
129	ŁĄCKA Ilona	511	MAZOWIECKA OKRĘGOWA IZBA INŻYNIERÓW	K50	5	03:30:24	05:01:39	07:30:11	08:56:21.80	08:56:21.80	+04:42:05 (52.6%)	12:11	4.9 (47.1%)
130	MICHALCZUK Zenon	550		M60	3	03:33:03	05:06:36	07:31:30	09:04:27.85	09:04:27.85	+04:50:11 (53.3%)	12:22	4.8 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	PK	PK	PK	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						Górzanka 15km	Łopienka 28km	Cisna 38km	netto 44km	brutto 44km			
131	WIERCHOŁA Joanna	417		K60	1	03:27:45	05:03:02	07:28:41	09:04:40.10	09:04:40.10	+04:50:23 (53.3%)	12:22	4.8 (46.2%)
132	LEŚNICZAK Barbara	523		K40	19	03:36:01	05:14:33	07:40:02	09:04:50.85	09:04:50.85	+04:50:34 (53.3%)	12:22	4.8 (46.2%)
133	ZGÓRSKI Maciej	401	WKURW TEAM	M40	39	03:36:05	05:14:42	07:40:01	09:08:42.50	09:08:42.50	+04:54:26 (53.7%)	12:28	4.8 (46.2%)
134	SKIBA Tomasz	484	GAMONIUSZE	M30	33	03:14:19	04:58:28	07:31:49	09:12:20.65	09:12:20.65	+04:58:04 (54.0%)	12:33	4.8 (46.2%)
135	BURZ-PARADOWSKA Jowita	480	BYLE DO METY	K40	20	03:37:59	05:13:03	07:45:55	09:15:55.05	09:15:55.05	+05:01:38 (54.3%)	12:38	4.7 (45.2%)
136	PARADOWSKI Paweł	479	BYLEDOMETY	M50	15	03:37:58	05:13:02	07:45:55	09:15:55.15	09:15:55.15	+05:01:38 (54.3%)	12:38	4.7 (45.2%)
137	PEŁSZYK Monika	449		K50	6	03:48:32	05:26:46	08:00:54	09:37:14.55	09:37:14.55	+05:22:58 (56.0%)	13:07	4.6 (44.2%)
138	LUTOMSKI Dariusz	495		M60	4	03:40:38	05:29:30	08:06:28	09:43:09.70	09:43:09.70	+05:28:53 (56.4%)	13:15	4.5 (43.3%)
Przekroczony limit czasu: 10:00:00													
139	RURA Marcin	406	HERNIK TEAM	M30	34		05:39:38	08:38:49	10:21:19.55	10:21:19.55	+06:07:03 (59.1%)	14:07	4.2 (40.4%)
140	RURA Mikołaj	408	HERNIK TEAM	M20	4		05:39:40	08:39:04	10:21:26.05	10:21:26.05	+06:07:09 (59.1%)	14:07	4.2 (40.4%)
	CITUK Grzegorz	451	42K PRO TEAM	M40		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	DOMBROWSKI Maciej	503	ON RUNNING	M30		DNF	02:29:42 DNF	DNF	DNF	DNF		-	- (0.0%)
	SZOSTAK Kamil	459	SZYSZUNIA TEAM	M30		02:54:04 DNF	04:27:33 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 143 wynik(ów)