

**Wydarzenie:** Łemkowyna Ultra-Trail  
**Organizator:** Fundacja Ultra  
**Data:** 2024-10-19  
**Miejsce:** Komańcza  
**Dystans:** 30 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer       | Klub                                     | Kategoria | Mkat | Przybyśzów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------|-------------|--|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>LEŚNIAK Dawid</b>       | <b>3004</b> |  | Open M    | 1    | 01:05:22             | <b>02:08:37.35</b>    | <b>02:08:37.35</b>     |                      | 4:26            | 13.5<br>(100%)  |
| 2   | <b>DUDA Sebastian</b>      | <b>3002</b> | MOUNTAIN RUNNING GUIDES                  | Open M    | 2    | 01:07:05             | <b>02:10:06.65</b>    | <b>02:10:06.65</b>     | +00:01:29<br>(1.1%)  | 4:29            | 13.4<br>(99.3%) |
| 3   | <b>BULENDA Bartosz</b>     | <b>3006</b> | PIŹDZICA                                 | Open M    | 3    | 01:09:09             | <b>02:14:38.60</b>    | <b>02:14:38.60</b>     | +00:06:01<br>(4.5%)  | 4:38            | 12.9<br>(95.6%) |
| 4   | <b>KOCZWARA Tomasz</b>     | <b>3388</b> |  | Open M    | 4    |                      | <b>02:15:45.65</b>    | <b>02:15:45.65</b>     | +00:07:08<br>(5.3%)  | 4:40            | 12.8<br>(94.8%) |
| 5   | <b>KNAPIK Sebastian</b>    | <b>3147</b> | BUTYJANA                                 | Open M    | 5    | 01:10:23             | <b>02:16:51.70</b>    | <b>02:16:51.70</b>     | +00:08:14<br>(6.0%)  | 4:43            | 12.7<br>(94.1%) |
| 6   | <b>PACHUT Jerzy</b>        | <b>3003</b> | ASICS FRONTRUNNER POLAND / SERCE BESKIDU | Open M    | 6    | 01:09:04             | <b>02:17:23.85</b>    | <b>02:17:23.85</b>     | +00:08:46<br>(6.4%)  | 4:44            | 12.7<br>(94.1%) |
| 7   | <b>SIERADZKI Krzysztof</b> | <b>3390</b> | PRZEDWOJEWSKI TEAM                       | Open M    | 7    | 01:10:50             | <b>02:18:14.55</b>    | <b>02:18:14.55</b>     | +00:09:37<br>(7.0%)  | 4:46            | 12.6<br>(93.3%) |
| 8   | <b>PRĘTNIK Sławomir</b>    | <b>3005</b> |  | Open M    | 8    | 01:11:22             | <b>02:19:27.35</b>    | <b>02:19:27.35</b>     | +00:10:50<br>(7.8%)  | 4:48            | 12.5<br>(92.6%) |
| 9   | <b>PIWOWARSKI Sławomir</b> | <b>3243</b> | SAMOLOTOWY                               | Open M    | 9    | 01:12:06             | <b>02:21:11.10</b>    | <b>02:21:11.10</b>     | +00:12:33<br>(8.9%)  | 4:52            | 12.3<br>(91.1%) |
| 10  | <b>TRACZ Łukasz</b>        | <b>3341</b> | @TRENINGFIZJO/@AQUAREH/RMT               | Open M    | 10   | 01:12:26             | <b>02:22:21.60</b>    | <b>02:22:21.60</b>     | +00:13:44<br>(9.6%)  | 4:54            | 12.2<br>(90.4%) |
| 11  | <b>ZĄBKIEWICZ Szymon</b>   | <b>3377</b> | MŁYNARCZYK ENDURANCE TEAM                | Open M    | 11   | 01:13:27             | <b>02:24:52.35</b>    | <b>02:24:52.35</b>     | +00:16:15<br>(11.2%) | 4:59            | 12<br>(88.9%)   |
| 12  | <b>GRZELAK Adrian</b>      | <b>3104</b> |  | Open M    | 12   | 01:15:37             | <b>02:26:30.50</b>    | <b>02:26:30.50</b>     | +00:17:53<br>(12.2%) | 5:03            | 11.9<br>(88.1%) |
| 13  | <b>DROPEK Sławomir</b>     | <b>3073</b> | STAYHARD                                 | Open M    | 13   | 01:15:57             | <b>02:27:08.80</b>    | <b>02:27:08.80</b>     | +00:18:31<br>(12.6%) | 5:04            | 11.8<br>(87.4%) |
| 14  | <b>MATCZAK Mateusz</b>     | <b>3201</b> | SH RUNNING TEAM                          | Open M    | 14   | 01:16:30             | <b>02:29:14.25</b>    | <b>02:29:14.25</b>     | +00:20:36<br>(13.8%) | 5:08            | 11.7<br>(86.7%) |
| 15  | <b>WASIEWICZ Adam</b>      | <b>3350</b> | NIE MÓJ CYRK, MOJE MAŁPY!                | Open M    | 15   | 01:17:38             | <b>02:31:20.45</b>    | <b>02:31:20.45</b>     | +00:22:43<br>(15.0%) | 5:13            | 11.5<br>(85.2%) |

| Msc | Zawodnik                      | Numer       | Klub                                     | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------------|-------------|--|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 16  | <b>PISKADŁO Jacek</b>         | <b>3242</b> | NOWY STYL RUNNING TEAM                   | Open M    | 16   | 01:17:33             | <b>02:32:04.50</b>    | <b>02:32:04.50</b>     | +00:23:27<br>(15.4%) | 5:14            | 11.4<br>(84.4%) |
| 17  | <b>GALIK Piotr</b>            | <b>3083</b> |  | Open M    | 17   | 01:18:36             | <b>02:33:28.85</b>    | <b>02:33:28.85</b>     | +00:24:51<br>(16.2%) | 5:17            | 11.3<br>(83.7%) |
| 18  | <b>ŁASKI Tomasz</b>           | <b>3188</b> | PTASIE RADIO BRZOZOW                     | Open M    | 18   | 01:16:48             | <b>02:34:19.60</b>    | <b>02:34:19.60</b>     | +00:25:42<br>(16.7%) | 5:19            | 11.3<br>(83.7%) |
| 19  | <b>MIKOŁAJCZYK Mirosław</b>   | <b>3403</b> | MIRAZ RACE TEAM                          | Open M    | 19   | 01:18:30             | <b>02:34:43.90</b>    | <b>02:34:43.90</b>     | +00:26:06<br>(16.9%) | 5:20            | 11.2<br>(83.0%) |
| 20  | <b>LENART Kamil</b>           | <b>3179</b> |  | Open M    | 20   | 01:21:00             | <b>02:36:40.35</b>    | <b>02:36:40.35</b>     | +00:28:03<br>(17.9%) | 5:24            | 11.1<br>(82.2%) |
| 21  | <b>TOMKIEWICZ Łukasz</b>      | <b>3338</b> |  | Open M    | 21   | 01:18:33             | <b>02:37:20.00</b>    | <b>02:37:20.00</b>     | +00:28:42<br>(18.2%) | 5:25            | 11.1<br>(82.2%) |
| 22  | <b>SMOLIŃSKI Jakub</b>        | <b>3295</b> |  | Open M    | 22   | 01:24:39             | <b>02:37:53.45</b>    | <b>02:37:53.45</b>     | +00:29:16<br>(18.5%) | 5:26            | 11<br>(81.5%)   |
| 23  | <b>STRZĘPEK Dariusz</b>       | <b>3313</b> | PRZYJACIELE PUT - POGÓRZE ULTRA TRAIL    | Open M    | 23   | 01:20:52             | <b>02:38:01.25</b>    | <b>02:38:01.25</b>     | +00:29:23<br>(18.6%) | 5:26            | 11<br>(81.5%)   |
| 24  | <b>BAROSZ Natalia Paulina</b> | <b>3385</b> |  | Open K    | 1    | 01:20:42             | <b>02:38:05.10</b>    | <b>02:38:05.10</b>     | +00:29:27<br>(18.6%) | 5:27            | 11<br>(81.5%)   |
| 25  | <b>MATYJASZCZYK Kamil</b>     | <b>3203</b> |  | Open M    | 24   | 01:18:12             | <b>02:40:16.85</b>    | <b>02:40:16.85</b>     | +00:31:39<br>(19.8%) | 5:31            | 10.9<br>(80.7%) |
| 26  | <b>DAROWICKI Bartosz</b>      | <b>3061</b> | AW SZYBCIEJ TEAM                         | Open M    | 25   | 01:16:27             | <b>02:40:29.95</b>    | <b>02:40:29.95</b>     | +00:31:52<br>(19.9%) | 5:32            | 10.8<br>(80.0%) |
| 27  | <b>GORCZYCA Maciej</b>        | <b>3391</b> | FINISZ RYMANÓW                           | Open M    | 26   | 01:16:26             | <b>02:40:45.25</b>    | <b>02:40:45.25</b>     | +00:32:07<br>(20.0%) | 5:32            | 10.8<br>(80.0%) |
| 28  | <b>ZADROŻNY Kamil</b>         | <b>3373</b> |  | Open M    | 27   | 01:23:49             | <b>02:41:03.30</b>    | <b>02:41:03.30</b>     | +00:32:25<br>(20.1%) | 5:33            | 10.8<br>(80.0%) |
| 29  | <b>BAJSAROWICZ Marlena</b>    | <b>3012</b> | IPA WROCŁAW                              | Open K    | 2    | 01:23:08             | <b>02:41:43.60</b>    | <b>02:41:43.60</b>     | +00:33:06<br>(20.5%) | 5:34            | 10.8<br>(80.0%) |
| 30  | <b>JAKUBOWSKI Zbigniew</b>    | <b>3122</b> |  | Open M    | 28   | 01:23:34             | <b>02:42:26.40</b>    | <b>02:42:26.40</b>     | +00:33:49<br>(20.8%) | 5:36            | 10.7<br>(79.3%) |
| 31  | <b>TOKARZ Michał</b>          | <b>3335</b> |  | Open M    | 29   | 01:23:17             | <b>02:42:58.50</b>    | <b>02:42:58.50</b>     | +00:34:21<br>(21.1%) | 5:37            | 10.7<br>(79.3%) |
| 32  | <b>OBERWAN Marek</b>          | <b>3225</b> | PANFOTOGRAF.EU                           | Open M    | 30   | 01:24:52             | <b>02:44:51.55</b>    | <b>02:44:51.55</b>     | +00:36:14<br>(22.0%) | 5:41            | 10.6<br>(78.5%) |
| 33  | <b>KMIECIK Paweł</b>          | <b>3146</b> | JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ JAROSŁAW | Open M    | 31   | 01:20:38             | <b>02:45:05.90</b>    | <b>02:45:05.90</b>     | +00:36:28<br>(22.1%) | 5:41            | 10.5<br>(77.8%) |
| 34  | <b>WOŹNIAK Sebastian</b>      | <b>3365</b> | AW SZYBCIEJ TEAM                         | Open M    | 32   | 01:24:15             | <b>02:45:09.35</b>    | <b>02:45:09.35</b>     | +00:36:32<br>(22.1%) | 5:41            | 10.5<br>(77.8%) |
| 35  | <b>LEMISIEWICZ Tomasz</b>     | <b>3177</b> |  | Open M    | 33   | 01:24:45             | <b>02:45:24.65</b>    | <b>02:45:24.65</b>     | +00:36:47<br>(22.2%) | 5:42            | 10.5<br>(77.8%) |
| 36  | <b>PRASOŁ Sylwia</b>          | <b>3253</b> | MŁYNARCZYK ENDURANCE TEAM                | Open K    | 3    | 01:26:17             | <b>02:45:47.40</b>    | <b>02:45:47.40</b>     | +00:37:10<br>(22.4%) | 5:43            | 10.5<br>(77.8%) |
| 37  | <b>KLIMKIEWICZ Bogusław</b>   | <b>3393</b> | FINISZ RYMANÓW                           | Open M    | 34   | 01:14:00             | <b>02:46:08.95</b>    | <b>02:46:08.95</b>     | +00:37:31<br>(22.6%) | 5:43            | 10.5<br>(77.8%) |
| 38  | <b>PIETRAS Ryszard</b>        | <b>3239</b> | STAY INSANE/BIEGAM Z ABS                 | Open M    | 35   | 01:21:38             | <b>02:46:27.15</b>    | <b>02:46:27.15</b>     | +00:37:49<br>(22.7%) | 5:44            | 10.5<br>(77.8%) |

| Msc | Zawodnik                     | Numer       | Klub                                      | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------|-------------|---|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 39  | <b>SOWA Pamela</b>           | <b>3299</b> |   | Open K    | 4    | 01:22:58             | <b>02:47:15.85</b>    | <b>02:47:15.85</b>     | +00:38:38<br>(23.1%) | 5:46            | 10.4<br>(77.0%) |
| 40  | <b>MIKOŁAJCZYK Krzysztof</b> | <b>3209</b> |   | Open M    | 36   | 01:24:31             | <b>02:48:07.70</b>    | <b>02:48:07.70</b>     | +00:39:30<br>(23.5%) | 5:47            | 10.3<br>(76.3%) |
| 41  | <b>ŚLUSARZ Łukasz</b>        | <b>3330</b> | TYGRYSY TARGÓWEK                          | Open M    | 37   |                      | <b>02:48:46.55</b>    | <b>02:48:46.55</b>     | +00:40:09<br>(23.8%) | 5:49            | 10.3<br>(76.3%) |
| 42  | <b>PAĆKO Michał</b>          | <b>3231</b> | SPARTA LUBLIN                             | Open M    | 38   |                      | <b>02:49:31.55</b>    | <b>02:49:31.55</b>     | +00:40:54<br>(24.1%) | 5:50            | 10.3<br>(76.3%) |
| 43  | <b>RZĄDZIŃSKI Paweł</b>      | <b>3282</b> |   | Open M    | 39   | 01:27:31             | <b>02:49:37.90</b>    | <b>02:49:37.90</b>     | +00:41:00<br>(24.2%) | 5:50            | 10.3<br>(76.3%) |
| 44  | <b>RAJKOWSKI Tomasz</b>      | <b>3266</b> | PRZEDWOJEWSKI TEAM                        | Open M    | 40   | 01:30:55             | <b>02:50:04.95</b>    | <b>02:50:04.95</b>     | +00:41:27<br>(24.4%) | 5:51            | 10.2<br>(75.6%) |
| 45  | <b>TOPOLSKI Marcin</b>       | <b>3339</b> | CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA | Open M    | 41   | 01:26:37             | <b>02:50:31.10</b>    | <b>02:50:31.10</b>     | +00:41:53<br>(24.6%) | 5:52            | 10.2<br>(75.6%) |
| 46  | <b>SOCHA Krzysztof</b>       | <b>3296</b> | RZESZOWSKIE GAZELE I GEPARDY              | Open M    | 42   | 01:27:47             | <b>02:51:28.35</b>    | <b>02:51:28.35</b>     | +00:42:51<br>(25.0%) | 5:54            | 10.1<br>(74.8%) |
| 47  | <b>DYRCZ Dawid</b>           | <b>3077</b> | PMKW                                      | Open M    | 43   | 01:28:41             | <b>02:52:05.85</b>    | <b>02:52:05.85</b>     | +00:43:28<br>(25.3%) | 5:56            | 10.1<br>(74.8%) |
| 48  | <b>GIERUT Paweł</b>          | <b>3093</b> |   | Open M    | 44   | 01:29:14             | <b>02:54:26.50</b>    | <b>02:54:26.50</b>     | +00:45:49<br>(26.3%) | 6:00            | 10<br>(74.1%)   |
| 49  | <b>KNAPIK Przemysław</b>     | <b>3148</b> | HEINEKEN KRAKOW TRIWISE                   | Open M    | 45   | 01:29:33             | <b>02:54:29.10</b>    | <b>02:54:29.10</b>     | +00:45:51<br>(26.3%) | 6:01            | 10<br>(74.1%)   |
| 50  | <b>ROZPARA Karolina</b>      | <b>3386</b> |   | Open K    | 5    | 01:29:19             | <b>02:54:39.50</b>    | <b>02:54:39.50</b>     | +00:46:02<br>(26.4%) | 6:01            | 10<br>(74.1%)   |
| 51  | <b>RUSIN Marcin</b>          | <b>3278</b> | ASSECO ACTIVE TEAM                        | Open M    | 46   | 01:30:09             | <b>02:55:57.00</b>    | <b>02:55:57.00</b>     | +00:47:19<br>(26.9%) | 6:04            | 9.9<br>(73.3%)  |
| 51  | <b>KOSTRUBAŁA Sebastian</b>  | <b>3153</b> | TRIMP                                     | Open M    | 46   | 01:30:14             | <b>02:55:57.00</b>    | <b>02:55:57.00</b>     | +00:47:19<br>(26.9%) | 6:04            | 9.9<br>(73.3%)  |
| 53  | <b>MROWIEC Agnieszka</b>     | <b>3216</b> |   | Open K    | 6    | 01:31:29             | <b>02:56:33.05</b>    | <b>02:56:33.05</b>     | +00:47:55<br>(27.1%) | 6:05            | 9.9<br>(73.3%)  |
| 54  | <b>BORYCKI Artur</b>         | <b>3030</b> |   | Open M    | 48   | 01:29:53             | <b>02:56:53.75</b>    | <b>02:56:53.75</b>     | +00:48:16<br>(27.3%) | 6:05            | 9.8<br>(72.6%)  |
| 55  | <b>BRYSZEWSKA Patrycja</b>   | <b>3034</b> | ACCENTURE                                 | Open K    | 7    | 01:31:35             | <b>02:57:04.35</b>    | <b>02:57:04.35</b>     | +00:48:27<br>(27.4%) | 6:06            | 9.8<br>(72.6%)  |
| 56  | <b>SZCZYGIĘŁ Ola</b>         | <b>3322</b> |   | Open K    | 8    | 01:31:21             | <b>02:57:12.40</b>    | <b>02:57:12.40</b>     | +00:48:35<br>(27.4%) | 6:06            | 9.8<br>(72.6%)  |
| 57  | <b>PURGAL Tomasz</b>         | <b>3262</b> | SAINT-GOBAIN SQUAD                        | Open M    | 49   | 01:30:21             | <b>02:57:24.80</b>    | <b>02:57:24.80</b>     | +00:48:47<br>(27.5%) | 6:07            | 9.8<br>(72.6%)  |
| 58  | <b>SZCZEPANIAK Jakub</b>     | <b>3317</b> |   | Open M    | 50   | 01:32:34             | <b>02:58:17.00</b>    | <b>02:58:17.00</b>     | +00:49:39<br>(27.9%) | 6:08            | 9.8<br>(72.6%)  |
| 59  | <b>KOCZARA Monika</b>        | <b>3150</b> |   | Open K    | 9    | 01:32:32             | <b>02:58:27.10</b>    | <b>02:58:27.10</b>     | +00:49:49<br>(27.9%) | 6:09            | 9.8<br>(72.6%)  |
| 60  | <b>RĄCZKA Kacper</b>         | <b>3268</b> |   | Open M    | 51   | 01:35:06             | <b>02:58:55.65</b>    | <b>02:58:55.65</b>     | +00:50:18<br>(28.1%) | 6:10            | 9.7<br>(71.9%)  |
| 61  | <b>SZYSZŁO Tomasz</b>        | <b>3328</b> | SANOK BIEGA                               | Open M    | 52   | 01:32:06             | <b>02:58:58.00</b>    | <b>02:58:58.00</b>     | +00:50:20<br>(28.1%) | 6:10            | 9.7<br>(71.9%)  |

| Msc | Zawodnik                              | Numer       | Klub                       | Kategoria | Mkat | Przybyśzów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------------|-------------|----------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 62  | <b>GAŁĘCKI Kamil</b>                  | <b>3085</b> | MJK                        | Open M    | 53   | 01:26:26             | <b>02:59:25.55</b>    | <b>02:59:25.55</b>     | +00:50:48<br>(28.3%) | 6:11            | 9.7<br>(71.9%) |
| 63  | <b>GANCZEWSKI Paweł</b>               | <b>3088</b> |                            | Open M    | 54   | 01:33:19             | <b>03:00:14.10</b>    | <b>03:00:14.10</b>     | +00:51:36<br>(28.6%) | 6:12            | 9.7<br>(71.9%) |
| 64  | <b>PROKOP Monika</b>                  | <b>3256</b> |                            | Open K    | 10   | 01:30:07             | <b>03:01:29.90</b>    | <b>03:01:29.90</b>     | +00:52:52<br>(29.1%) | 6:15            | 9.6<br>(71.1%) |
| 65  | <b>PARADOWSKI Tomasz</b>              | <b>3233</b> | CIISZAISPOKÓJ              | Open M    | 55   | 01:27:34             | <b>03:01:34.50</b>    | <b>03:01:34.50</b>     | +00:52:57<br>(29.2%) | 6:15            | 9.6<br>(71.1%) |
| 66  | <b>KORONA-SIERADZKA<br/>Bogusława</b> | <b>3389</b> |                            | Open K    | 11   |                      | <b>03:01:35.40</b>    | <b>03:01:35.40</b>     | +00:52:58<br>(29.2%) | 6:15            | 9.6<br>(71.1%) |
| 67  | <b>WESOŁOWSKI Maciej</b>              | <b>3352</b> |                            | Open M    | 56   | 01:31:08             | <b>03:01:38.60</b>    | <b>03:01:38.60</b>     | +00:53:01<br>(29.2%) | 6:15            | 9.6<br>(71.1%) |
| 68  | <b>POSPISZYL Jakub</b>                | <b>3251</b> | DOBRA PALARNIA KAWY        | Open M    | 57   | 01:31:38             | <b>03:01:45.25</b>    | <b>03:01:45.25</b>     | +00:53:07<br>(29.2%) | 6:16            | 9.6<br>(71.1%) |
| 69  | <b>KOZIOŁ Weronika</b>                | <b>3160</b> |                            | Open K    | 12   | 01:29:13             | <b>03:02:09.95</b>    | <b>03:02:09.95</b>     | +00:53:32<br>(29.4%) | 6:16            | 9.6<br>(71.1%) |
| 70  | <b>KOŚCIAK Tomasz</b>                 | <b>3154</b> | OSP PASZCZYNA              | Open M    | 58   | 01:32:54             | <b>03:02:27.40</b>    | <b>03:02:27.40</b>     | +00:53:50<br>(29.5%) | 6:17            | 9.5<br>(70.4%) |
| 71  | <b>JAWORSKI Marek</b>                 | <b>3124</b> |                            | Open M    | 59   | 01:30:50             | <b>03:02:41.95</b>    | <b>03:02:41.95</b>     | +00:54:04<br>(29.6%) | 6:17            | 9.5<br>(70.4%) |
| 72  | <b>SZARAWARA Łukasz</b>               | <b>3316</b> | OBOZYBIEGOWE.PL            | Open M    | 60   | 01:31:14             | <b>03:03:07.45</b>    | <b>03:03:07.45</b>     | +00:54:30<br>(29.8%) | 6:18            | 9.5<br>(70.4%) |
| 73  | <b>BAK Artur</b>                      | <b>3016</b> | ELITARNY KLUB GERIATRYCZNY | Open M    | 61   | 01:32:29             | <b>03:03:31.35</b>    | <b>03:03:31.35</b>     | +00:54:54<br>(29.9%) | 6:19            | 9.5<br>(70.4%) |
| 74  | <b>BODNARKA Anna</b>                  | <b>3402</b> |                            | Open K    | 13   | 01:37:42             | <b>03:04:18.65</b>    | <b>03:04:18.65</b>     | +00:55:41<br>(30.2%) | 6:21            | 9.4<br>(69.6%) |
| 75  | <b>KRUKAR Adam</b>                    | <b>3164</b> | FINISZ RYMANÓW             | Open M    | 62   | 01:31:43             | <b>03:04:24.60</b>    | <b>03:04:24.60</b>     | +00:55:47<br>(30.3%) | 6:21            | 9.4<br>(69.6%) |
| 76  | <b>DRĄG Mateusz</b>                   | <b>3070</b> |                            | Open M    | 63   | 02:08:30             | <b>03:05:15.00</b>    | <b>03:05:15.00</b>     | +00:56:37<br>(30.6%) | 6:23            | 9.4<br>(69.6%) |
| 77  | <b>KRETOWICZ Paweł</b>                | <b>3163</b> |                            | Open M    | 64   | 01:28:05             | <b>03:05:33.30</b>    | <b>03:05:33.30</b>     | +00:56:55<br>(30.7%) | 6:23            | 9.4<br>(69.6%) |
| 78  | <b>DZIADUS Marcin</b>                 | <b>3409</b> |                            | Open M    | 65   | 01:36:22             | <b>03:05:44.15</b>    | <b>03:05:44.15</b>     | +00:57:06<br>(30.7%) | 6:24            | 9.4<br>(69.6%) |
| 79  | <b>SZYDLIK Grzegorz</b>               | <b>3327</b> | ACCELERATING POLAND        | Open M    | 66   |                      | <b>03:06:08.70</b>    | <b>03:06:08.70</b>     | +00:57:31<br>(30.9%) | 6:25            | 9.3<br>(68.9%) |
| 80  | <b>BRYTAŃCZYK Mateusz</b>             | <b>3035</b> |                            | Open M    | 67   | 01:32:16             | <b>03:06:26.55</b>    | <b>03:06:26.55</b>     | +00:57:49<br>(31.0%) | 6:25            | 9.3<br>(68.9%) |
| 81  | <b>BERNATOWICZ Paweł</b>              | <b>3017</b> |                            | Open M    | 68   | 01:33:02             | <b>03:06:38.05</b>    | <b>03:06:38.05</b>     | +00:58:00<br>(31.1%) | 6:26            | 9.3<br>(68.9%) |
| 82  | <b>PAŁYS Krzysztof</b>                | <b>3232</b> | NOWY STYL RUNNING TEAM     | Open M    | 69   |                      | <b>03:06:40.60</b>    | <b>03:06:40.60</b>     | +00:58:03<br>(31.1%) | 6:26            | 9.3<br>(68.9%) |
| 83  | <b>KANIA Rafał</b>                    | <b>3134</b> |                            | Open M    | 70   | 01:35:21             | <b>03:07:52.70</b>    | <b>03:07:52.70</b>     | +00:59:15<br>(31.5%) | 6:28            | 9.3<br>(68.9%) |
| 84  | <b>SAKOWSKI Rafał</b>                 | <b>3284</b> |                            | Open M    | 71   | 01:31:53             | <b>03:08:34.50</b>    | <b>03:08:34.50</b>     | +00:59:57<br>(31.8%) | 6:30            | 9.2<br>(68.1%) |

| Msc | Zawodnik                           | Numer       | Klub  | Kategoria | Mkat | Przybyśzów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------------|-------------|---|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 85  | <b>KULIK Karolina</b>              | <b>3170</b> |   | Open K    | 14   | 01:36:28             | <b>03:09:21.15</b>    | <b>03:09:21.15</b>     | +01:00:43<br>(32.1%) | 6:31            | 9.2<br>(68.1%) |
| 86  | <b>FILAK Lukasz</b>                | <b>3079</b> | PULPET  | Open M    | 72   | 01:33:43             | <b>03:09:57.70</b>    | <b>03:09:57.70</b>     | +01:01:20<br>(32.3%) | 6:33            | 9.2<br>(68.1%) |
| 87  | <b>SKRZYŃSKI Andrzej</b>           | <b>3293</b> | KS STASZEWCY  | Open M    | 73   | 01:37:19             | <b>03:10:57.60</b>    | <b>03:10:57.60</b>     | +01:02:20<br>(32.6%) | 6:35            | 9.1<br>(67.4%) |
| 88  | <b>GRASELA Ernest</b>              | <b>3102</b> | BESKIDZKIE RYSIE RUNNING TEAM                             | Open M    | 74   | 01:29:42             | <b>03:11:08.60</b>    | <b>03:11:08.60</b>     | +01:02:31<br>(32.7%) | 6:35            | 9.1<br>(67.4%) |
| 89  | <b>MAJCHROWSKI Jacek</b>           | <b>3191</b> | NIEZALEŻNA TARNOBRZESKA GRUPA BIEGOWA "RUNNER'S NOT DEAD" | Open M    | 75   | 01:36:59             | <b>03:11:24.90</b>    | <b>03:11:24.90</b>     | +01:02:47<br>(32.8%) | 6:36            | 9.1<br>(67.4%) |
| 90  | <b>MARCZEWSKA-<br/>WOJTAS Anna</b> | <b>3198</b> |   | Open K    | 15   | 01:41:15             | <b>03:11:36.15</b>    | <b>03:11:36.15</b>     | +01:02:58<br>(32.9%) | 6:36            | 9.1<br>(67.4%) |
| 91  | <b>GÓRSKI Bartosz</b>              | <b>3101</b> | KROSSKI-REMSPORT  | Open M    | 76   | 01:33:49             | <b>03:11:46.55</b>    | <b>03:11:46.55</b>     | +01:03:09<br>(32.9%) | 6:36            | 9.1<br>(67.4%) |
| 92  | <b>MRÓWKA Małgorzata</b>           | <b>3217</b> |   | Open K    | 16   | 01:38:36             | <b>03:12:01.30</b>    | <b>03:12:01.30</b>     | +01:03:23<br>(33.0%) | 6:37            | 9.1<br>(67.4%) |
| 93  | <b>BOLONEK Magdalena</b>           | <b>3026</b> | BIEGING TEAM ZELÓW  | Open K    | 17   | 01:36:24             | <b>03:12:15.35</b>    | <b>03:12:15.35</b>     | +01:03:38<br>(33.1%) | 6:37            | 9.1<br>(67.4%) |
| 94  | <b>STYCZYŃSKI Maciej</b>           | <b>3314</b> | NOWY STYL RUNNING TEAM                                    | Open M    | 77   | 01:36:02             | <b>03:12:51.50</b>    | <b>03:12:51.50</b>     | +01:04:14<br>(33.3%) | 6:39            | 9<br>(66.7%)   |
| 95  | <b>WÓLKIEWICZ Dorota</b>           | <b>3370</b> | TEAM ZABIEGANEDNI   | Open K    | 18   | 01:40:41             | <b>03:13:11.55</b>    | <b>03:13:11.55</b>     | +01:04:34<br>(33.4%) | 6:39            | 9<br>(66.7%)   |
| 96  | <b>HAWROT Bartłomiej</b>           | <b>3114</b> |   | Open M    | 78   | 01:40:16             | <b>03:13:20.05</b>    | <b>03:13:20.05</b>     | +01:04:42<br>(33.5%) | 6:40            | 9<br>(66.7%)   |
| 97  | <b>GALUSKIN Alexey</b>             | <b>3084</b> |   | Open M    | 79   | 01:36:13             | <b>03:13:25.35</b>    | <b>03:13:25.35</b>     | +01:04:48<br>(33.5%) | 6:40            | 9<br>(66.7%)   |
| 98  | <b>SZCZEPAŃSKA Kinga</b>           | <b>3319</b> |   | Open K    | 19   | 01:40:08             | <b>03:13:27.85</b>    | <b>03:13:27.85</b>     | +01:04:50<br>(33.5%) | 6:40            | 9<br>(66.7%)   |
| 99  | <b>CICHOŃ Sabina</b>               | <b>3051</b> |   | Open K    | 20   | 01:36:30             | <b>03:13:31.95</b>    | <b>03:13:31.95</b>     | +01:04:54<br>(33.5%) | 6:40            | 9<br>(66.7%)   |
| 100 | <b>PACZWA Łukasz</b>               | <b>3230</b> |   | Open M    | 80   | 01:34:08             | <b>03:13:58.45</b>    | <b>03:13:58.45</b>     | +01:05:21<br>(33.7%) | 6:41            | 9<br>(66.7%)   |
| 101 | <b>PWIERTOWSKI Adam</b>            | <b>3407</b> |   | Open M    | 81   | 01:40:06             | <b>03:15:16.30</b>    | <b>03:15:16.30</b>     | +01:06:38<br>(34.1%) | 6:44            | 8.9<br>(65.9%) |
| 102 | <b>BEZULSKI Łukasz</b>             | <b>3018</b> | KTS DONKI   | Open M    | 82   | 01:37:53             | <b>03:16:53.70</b>    | <b>03:16:53.70</b>     | +01:08:16<br>(34.7%) | 6:47            | 8.8<br>(65.2%) |
| 103 | <b>WASIEWICZ Jolanta</b>           | <b>3351</b> | MEE   | Open K    | 21   | 01:40:59             | <b>03:17:06.35</b>    | <b>03:17:06.35</b>     | +01:08:29<br>(34.7%) | 6:47            | 8.8<br>(65.2%) |
| 104 | <b>STRZESAK Patrycja</b>           | <b>3312</b> | TEK-PAK   | Open K    | 22   | 01:40:12             | <b>03:17:58.35</b>    | <b>03:17:58.35</b>     | +01:09:21<br>(35.0%) | 6:49            | 8.8<br>(65.2%) |
| 105 | <b>MICHALAK Wojciech</b>           | <b>3205</b> | NIEZRZESZONY  | Open M    | 83   | 01:36:21             | <b>03:18:21.85</b>    | <b>03:18:21.85</b>     | +01:09:44<br>(35.2%) | 6:50            | 8.8<br>(65.2%) |
| 106 | <b>PTAK Sylwia</b>                 | <b>3260</b> | TRAIL IS OUR WAY  | Open K    | 23   | 01:41:37             | <b>03:20:32.85</b>    | <b>03:20:32.85</b>     | +01:11:55<br>(35.9%) | 6:54            | 8.7<br>(64.4%) |
| 107 | <b>GORCZYCA Julia</b>              | <b>3392</b> | FINISZ RYMANÓW  | Open K    | 24   | 01:40:55             | <b>03:20:34.05</b>    | <b>03:20:34.05</b>     | +01:11:56<br>(35.9%) | 6:54            | 8.7<br>(64.4%) |

| Msc | Zawodnik               | Numer | Klub                              | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-----------------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 108 | ILASHCHUK Oleksandr    | 3118  |                                   | Open M    | 84   | 01:41:06             | 03:21:05.80           | 03:21:05.80            | +01:12:28<br>(36.0%) | 6:56            | 8.7<br>(64.4%) |
| 109 | BACZUK Jakub           | 3011  |                                   | Open M    | 85   |                      | 03:21:13.30           | 03:21:13.30            | +01:12:35<br>(36.1%) | 6:56            | 8.6<br>(63.7%) |
| 110 | SROKA Tymoteusz        | 3300  |                                   | Open M    | 86   | 01:39:13             | 03:21:45.00           | 03:21:45.00            | +01:13:07<br>(36.2%) | 6:57            | 8.6<br>(63.7%) |
| 111 | BŁAŻ Tomasz            | 3023  | STAYHARD                          | Open M    | 87   | 01:38:46             | 03:21:52.15           | 03:21:52.15            | +01:13:14<br>(36.3%) | 6:57            | 8.6<br>(63.7%) |
| 112 | SZOŁAJSKI Bartłomiej   | 3325  | BIELAŃSKI KLUB SPORTOWY           | Open M    | 88   | 01:43:22             | 03:21:54.40           | 03:21:54.40            | +01:13:17<br>(36.3%) | 6:57            | 8.6<br>(63.7%) |
| 113 | GRZESIAK Marek         | 3106  |                                   | Open M    | 89   | 01:38:42             | 03:22:00.90           | 03:22:00.90            | +01:13:23<br>(36.3%) | 6:57            | 8.6<br>(63.7%) |
| 114 | RYBIŃSKI Kamil         | 3280  |                                   | Open M    | 90   | 01:43:05             | 03:22:43.50           | 03:22:43.50            | +01:14:06<br>(36.6%) | 6:59            | 8.6<br>(63.7%) |
| 115 | PRZYBYŁOWICZ<br>Joanna | 3259  |                                   | Open K    | 25   | 01:41:43             | 03:23:18.25           | 03:23:18.25            | +01:14:40<br>(36.7%) | 7:00            | 8.6<br>(63.7%) |
| 116 | JUSZCZYK Robert        | 3129  |                                   | Open M    | 91   | 01:43:15             | 03:23:18.55           | 03:23:18.55            | +01:14:41<br>(36.7%) | 7:00            | 8.6<br>(63.7%) |
| 117 | PAWELEC Piotr          | 3235  | DALEKO JESZCZE?                   | Open M    | 92   | 01:42:59             | 03:23:28.15           | 03:23:28.15            | +01:14:50<br>(36.8%) | 7:00            | 8.6<br>(63.7%) |
| 118 | MAŃKOWSKA Anna         | 3196  |                                   | Open K    | 26   | 01:43:34             | 03:23:45.00           | 03:23:45.00            | +01:15:07<br>(36.9%) | 7:01            | 8.5<br>(63.0%) |
| 119 | SIUDA Adam             | 3292  |                                   | Open M    | 93   | 01:43:21             | 03:24:08.65           | 03:24:08.65            | +01:15:31<br>(37.0%) | 7:02            | 8.5<br>(63.0%) |
| 120 | PODSIADŁO Wiktor       | 3246  | STAYHARD                          | Open M    | 94   | 01:41:24             | 03:24:23.05           | 03:24:23.05            | +01:15:45<br>(37.1%) | 7:02            | 8.5<br>(63.0%) |
| 121 | RENNIÉ Stéphanie       | 3272  | COLUMBIA                          | Open K    | 27   | 01:43:25             | 03:24:31.70           | 03:24:31.70            | +01:15:54<br>(37.1%) | 7:03            | 8.5<br>(63.0%) |
| 122 | STARZYŃSKI Daniel      | 3310  | LEMKY HOROM                       | Open M    | 95   | 01:42:49             | 03:24:48.25           | 03:24:48.25            | +01:16:10<br>(37.2%) | 7:03            | 8.5<br>(63.0%) |
| 123 | PIETRZAK Bartłomiej    | 3240  |                                   | Open M    | 96   | 01:41:48             | 03:24:56.95           | 03:24:56.95            | +01:16:19<br>(37.2%) | 7:04            | 8.5<br>(63.0%) |
| 124 | LIGĘZA Witek           | 3186  | KANGUROWA SZKOŁA/SMASHING PĄPKINS | Open M    | 97   | 01:42:39             | 03:25:06.45           | 03:25:06.45            | +01:16:29<br>(37.3%) | 7:04            | 8.5<br>(63.0%) |
| 125 | GOSZTYŁA Patryk        | 3097  |                                   | Open M    | 98   | 01:44:31             | 03:25:16.05           | 03:25:16.05            | +01:16:38<br>(37.3%) | 7:04            | 8.5<br>(63.0%) |
| 126 | DRABIKOWSKI Michał     | 3405  |                                   | Open M    | 99   | 01:42:25             | 03:25:48.90           | 03:25:48.90            | +01:17:11<br>(37.5%) | 7:05            | 8.5<br>(63.0%) |
| 127 | SROKA Bartłomiej       | 3301  |                                   | Open M    | 100  | 01:39:32             | 03:26:08.00           | 03:26:08.00            | +01:17:30<br>(37.6%) | 7:06            | 8.4<br>(62.2%) |
| 128 | RAJCZONEK Rafał        | 3265  | NO FUTURE                         | Open M    | 101  | 01:43:30             | 03:26:23.00           | 03:26:23.00            | +01:17:45<br>(37.7%) | 7:07            | 8.4<br>(62.2%) |
| 129 | KRZYKAŁA Krzysztof     | 3167  |                                   | Open M    | 102  | 01:42:35             | 03:26:25.15           | 03:26:25.15            | +01:17:47<br>(37.7%) | 7:07            | 8.4<br>(62.2%) |
| 130 | PRZYBUŁEK Tomasz       | 3258  | STAYHARD                          | Open M    | 103  | 01:44:26             | 03:26:29.50           | 03:26:29.50            | +01:17:52<br>(37.7%) | 7:07            | 8.4<br>(62.2%) |

| Msc | Zawodnik                           | Numer       | Klub                   | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------------|-------------|------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 131 | <b>RYGIEL Grzegorz</b>             | <b>3281</b> |                        | Open M    | 104  | 01:44:18             | <b>03:26:39.20</b>    | <b>03:26:39.20</b>     | +01:18:01<br>(37.8%) | 7:07            | 8.4<br>(62.2%) |
| 132 | <b>WOJTOWICZ Paweł</b>             | <b>3361</b> | NOWY STYL RUNNING TEAM | Open M    | 105  | 01:43:17             | <b>03:26:42.70</b>    | <b>03:26:42.70</b>     | +01:18:05<br>(37.8%) | 7:07            | 8.4<br>(62.2%) |
| 133 | <b>STANOSZ-CHEŁKOWSKA Aneta</b>    | <b>3308</b> | HARDE DZIKI            | Open K    | 28   | 01:43:56             | <b>03:26:53.60</b>    | <b>03:26:53.60</b>     | +01:18:16<br>(37.8%) | 7:08            | 8.4<br>(62.2%) |
| 134 | <b>ZYCH Zbigniew</b>               | <b>3382</b> | STAY INSANE            | Open M    | 106  | 01:43:11             | <b>03:26:55.10</b>    | <b>03:26:55.10</b>     | +01:18:17<br>(37.8%) | 7:08            | 8.4<br>(62.2%) |
| 135 | <b>ZELAZNY Mariusz</b>             | <b>3406</b> | STAY INSANE            | Open M    | 107  |                      | <b>03:26:58.00</b>    | <b>03:26:58.00</b>     | +01:18:20<br>(37.9%) | 7:08            | 8.4<br>(62.2%) |
| 136 | <b>MAKSYMIUK Magdalena</b>         | <b>3193</b> |                        | Open K    | 29   | 01:43:53             | <b>03:28:04.10</b>    | <b>03:28:04.10</b>     | +01:19:26<br>(38.2%) | 7:10            | 8.4<br>(62.2%) |
| 137 | <b>KRAWIEC Robert</b>              | <b>3162</b> |                        | Open M    | 108  | 01:43:50             | <b>03:28:04.55</b>    | <b>03:28:04.55</b>     | +01:19:27<br>(38.2%) | 7:10            | 8.4<br>(62.2%) |
| 138 | <b>SZCZYGIEŁ Piotr</b>             | <b>3323</b> | KROSSKI REMSPORT       | Open M    | 109  | 01:46:32             | <b>03:28:06.40</b>    | <b>03:28:06.40</b>     | +01:19:29<br>(38.2%) | 7:10            | 8.4<br>(62.2%) |
| 139 | <b>JASKÓLSKI Piotr</b>             | <b>3404</b> |                        | Open M    | 110  | 01:46:32             | <b>03:28:32.50</b>    | <b>03:28:32.50</b>     | +01:19:55<br>(38.3%) | 7:11            | 8.3<br>(61.5%) |
| 140 | <b>ORGANEK Maksym</b>              | <b>3387</b> |                        | Open M    | 111  | 01:43:34             | <b>03:29:59.35</b>    | <b>03:29:59.35</b>     | +01:21:22<br>(38.7%) | 7:14            | 8.3<br>(61.5%) |
| 141 | <b>MAREK Bartłomiej</b>            | <b>3199</b> | LKS SZAFLARY           | Open M    | 112  | 01:40:19             | <b>03:30:53.85</b>    | <b>03:30:53.85</b>     | +01:22:16<br>(39.0%) | 7:16            | 8.3<br>(61.5%) |
| 142 | <b>MIERZYŃSKI Rafał</b>            | <b>3208</b> | BIEGING TEAM ZELÓW     | Open M    | 113  | 01:44:44             | <b>03:31:04.25</b>    | <b>03:31:04.25</b>     | +01:22:26<br>(39.1%) | 7:16            | 8.2<br>(60.7%) |
| 143 | <b>GÓRNICKA Edyta</b>              | <b>3099</b> |                        | Open K    | 30   | 01:45:13             | <b>03:31:06.25</b>    | <b>03:31:06.25</b>     | +01:22:28<br>(39.1%) | 7:16            | 8.2<br>(60.7%) |
| 144 | <b>DEMCZUK Marek</b>               | <b>3062</b> |                        | Open M    | 114  |                      | <b>03:31:08.90</b>    | <b>03:31:08.90</b>     | +01:22:31<br>(39.1%) | 7:16            | 8.2<br>(60.7%) |
| 145 | <b>FRITZ Wojciech</b>              | <b>3081</b> | SWORDS ATHLETICS       | Open M    | 115  | 01:46:25             | <b>03:31:09.60</b>    | <b>03:31:09.60</b>     | +01:22:32<br>(39.1%) | 7:16            | 8.2<br>(60.7%) |
| 146 | <b>KOWALCZYK Olga</b>              | <b>3157</b> | SWORDS ATHLETICS       | Open K    | 31   | 01:46:28             | <b>03:31:54.45</b>    | <b>03:31:54.45</b>     | +01:23:17<br>(39.3%) | 7:18            | 8.2<br>(60.7%) |
| 147 | <b>GÓRECKI Krzysztof</b>           | <b>3098</b> |                        | Open M    | 116  | 01:45:06             | <b>03:31:54.55</b>    | <b>03:31:54.55</b>     | +01:23:17<br>(39.3%) | 7:18            | 8.2<br>(60.7%) |
| 148 | <b>LEWANDOWSKA Karolina</b>        | <b>3185</b> |                        | Open K    | 32   | 01:49:05             | <b>03:32:06.65</b>    | <b>03:32:06.65</b>     | +01:23:29<br>(39.4%) | 7:18            | 8.2<br>(60.7%) |
| 149 | <b>KUNDA Edyta</b>                 | <b>3172</b> | KRISS COACHING         | Open K    | 33   | 01:44:31             | <b>03:32:08.05</b>    | <b>03:32:08.05</b>     | +01:23:30<br>(39.4%) | 7:18            | 8.2<br>(60.7%) |
| 150 | <b>CZYŻOWICZ-GOTFRYD Agnieszka</b> | <b>3058</b> |                        | Open K    | 34   | 01:46:05             | <b>03:32:10.95</b>    | <b>03:32:10.95</b>     | +01:23:33<br>(39.4%) | 7:18            | 8.2<br>(60.7%) |
| 151 | <b>WIŚNIEWSKI Arkadiusz</b>        | <b>3357</b> |                        | Open M    | 117  | 01:45:37             | <b>03:32:19.60</b>    | <b>03:32:19.60</b>     | +01:23:42<br>(39.4%) | 7:19            | 8.2<br>(60.7%) |
| 152 | <b>SAMBOROWSKI Marcin</b>          | <b>3285</b> | PRYMA.PL               | Open M    | 118  | 01:44:23             | <b>03:32:27.60</b>    | <b>03:32:27.60</b>     | +01:23:50<br>(39.5%) | 7:19            | 8.2<br>(60.7%) |
| 153 | <b>TUROSZ Zbigniew</b>             | <b>3395</b> |                        | Open M    | 119  | 01:48:01             | <b>03:32:32.90</b>    | <b>03:32:32.90</b>     | +01:23:55<br>(39.5%) | 7:19            | 8.2<br>(60.7%) |

| Msc | Zawodnik                     | Numer       | Klub                                | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------------|-------------------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 154 | <b>KMIECIAK Grzegorz</b>     | <b>3145</b> | WARRIORS ŁÓDŹ                       | Open M    | 120  | 01:42:46             | <b>03:32:34.35</b>    | <b>03:32:34.35</b>     | +01:23:57<br>(39.5%) | 7:19            | 8.2<br>(60.7%) |
| 155 | <b>PŁACHTA Grzegorz</b>      | <b>3244</b> | BDSTEAM                             | Open M    | 121  | 01:46:18             | <b>03:32:52.20</b>    | <b>03:32:52.20</b>     | +01:24:14<br>(39.6%) | 7:20            | 8.2<br>(60.7%) |
| 156 | <b>RAZIK Agnieszka</b>       | <b>3267</b> |                                     | Open K    | 35   | 01:48:07             | <b>03:33:22.95</b>    | <b>03:33:22.95</b>     | +01:24:45<br>(39.7%) | 7:21            | 8.2<br>(60.7%) |
| 157 | <b>DARLAK Marek</b>          | <b>3059</b> |                                     | Open M    | 122  | 01:47:53             | <b>03:33:26.55</b>    | <b>03:33:26.55</b>     | +01:24:49<br>(39.7%) | 7:21            | 8.2<br>(60.7%) |
| 158 | <b>ZENG Yi</b>               | <b>3378</b> | WARSAW INTERNATIONAL TRIATHLON CLUB | Open M    | 123  | 01:44:27             | <b>03:33:31.35</b>    | <b>03:33:31.35</b>     | +01:24:54<br>(39.8%) | 7:21            | 8.1<br>(60.0%) |
| 159 | <b>GRZESIAK Anna</b>         | <b>3105</b> |                                     | Open K    | 36   | 01:48:05             | <b>03:33:33.35</b>    | <b>03:33:33.35</b>     | +01:24:56<br>(39.8%) | 7:21            | 8.1<br>(60.0%) |
| 160 | <b>HALIGOWSKI Karol</b>      | <b>3112</b> | STRZYZOWSKI KLUB SPORTOWY MK TEAM   | Open M    | 124  | 01:27:27             | <b>03:34:54.20</b>    | <b>03:34:54.20</b>     | +01:26:16<br>(40.1%) | 7:24            | 8.1<br>(60.0%) |
| 161 | <b>NOWOSADZKI Wojciech</b>   | <b>3224</b> |                                     | Open M    | 125  | 01:48:03             | <b>03:34:55.75</b>    | <b>03:34:55.75</b>     | +01:26:18<br>(40.2%) | 7:24            | 8.1<br>(60.0%) |
| 162 | <b>PASZYNA Dawid</b>         | <b>3234</b> |                                     | Open M    | 126  | 01:47:58             | <b>03:35:42.05</b>    | <b>03:35:42.05</b>     | +01:27:04<br>(40.4%) | 7:26            | 8.1<br>(60.0%) |
| 163 | <b>BRZEZIŃSKI Karol</b>      | <b>3039</b> |                                     | Open M    | 127  | 01:47:56             | <b>03:35:42.25</b>    | <b>03:35:42.25</b>     | +01:27:04<br>(40.4%) | 7:26            | 8.1<br>(60.0%) |
| 164 | <b>TELEON-POLSKA Marlena</b> | <b>3332</b> | CENTRO TEAM                         | Open K    | 37   | 01:46:13             | <b>03:35:59.95</b>    | <b>03:35:59.95</b>     | +01:27:22<br>(40.5%) | 7:26            | 8.1<br>(60.0%) |
| 165 | <b>POLSKI Adrian</b>         | <b>3249</b> | CENTRO TEAM                         | Open M    | 128  | 01:45:08             | <b>03:36:00.85</b>    | <b>03:36:00.85</b>     | +01:27:23<br>(40.5%) | 7:26            | 8.1<br>(60.0%) |
| 166 | <b>GOŁASZEWSKA Marta</b>     | <b>3096</b> |                                     | Open K    | 38   | 02:07:47             | <b>03:36:14.15</b>    | <b>03:36:14.15</b>     | +01:27:36<br>(40.5%) | 7:27            | 8<br>(59.3%)   |
| 167 | <b>URBANOWICZ Łukasz</b>     | <b>3346</b> |                                     | Open M    | 129  | 01:46:14             | <b>03:36:35.80</b>    | <b>03:36:35.80</b>     | +01:27:58<br>(40.6%) | 7:28            | 8<br>(59.3%)   |
| 168 | <b>KOZIOŁ Elżbieta</b>       | <b>3159</b> |                                     | Open K    | 39   | 01:48:48             | <b>03:36:38.60</b>    | <b>03:36:38.60</b>     | +01:28:01<br>(40.6%) | 7:28            | 8<br>(59.3%)   |
| 169 | <b>GINALSKI Adrian</b>       | <b>3094</b> |                                     | Open M    | 130  | 01:46:44             | <b>03:36:39.05</b>    | <b>03:36:39.05</b>     | +01:28:01<br>(40.6%) | 7:28            | 8<br>(59.3%)   |
| 170 | <b>JAKUBIK Kamil</b>         | <b>3121</b> |                                     | Open M    | 131  | 01:47:04             | <b>03:36:39.20</b>    | <b>03:36:39.20</b>     | +01:28:01<br>(40.6%) | 7:28            | 8<br>(59.3%)   |
| 171 | <b>WOLEK Maks</b>            | <b>3364</b> |                                     | Open M    | 132  | 01:59:15             | <b>03:36:41.25</b>    | <b>03:36:41.25</b>     | +01:28:03<br>(40.6%) | 7:28            | 8<br>(59.3%)   |
| 172 | <b>MORAWSKA Jaga</b>         | <b>3215</b> | PULPET                              | Open K    | 40   | 01:49:16             | <b>03:37:04.75</b>    | <b>03:37:04.75</b>     | +01:28:27<br>(40.7%) | 7:29            | 8<br>(59.3%)   |
| 173 | <b>MIROWSKI Mariusz</b>      | <b>3212</b> |                                     | Open M    | 133  | 01:46:50             | <b>03:37:29.65</b>    | <b>03:37:29.65</b>     | +01:28:52<br>(40.9%) | 7:29            | 8<br>(59.3%)   |
| 174 | <b>DEPTA Elżbieta</b>        | <b>3063</b> |                                     | Open K    | 41   | 01:47:49             | <b>03:37:42.00</b>    | <b>03:37:42.00</b>     | +01:29:04<br>(40.9%) | 7:30            | 8<br>(59.3%)   |
| 175 | <b>BROCZKOWSKA Monika</b>    | <b>3032</b> |                                     | Open K    | 42   | 01:52:14             | <b>03:37:57.15</b>    | <b>03:37:57.15</b>     | +01:29:19<br>(41.0%) | 7:30            | 8<br>(59.3%)   |
| 176 | <b>SROKA Andrzej</b>         | <b>3302</b> |                                     | Open M    | 134  | 01:43:38             | <b>03:38:00.95</b>    | <b>03:38:00.95</b>     | +01:29:23<br>(41.0%) | 7:31            | 8<br>(59.3%)   |



| Msc | Zawodnik                    | Numer       | Klub                          | Kategoria | Mkat | Przybyśzów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------------|-------------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 177 | <b>MURGRABIA Klaudia</b>    | <b>3219</b> |                               | Open K    | 43   | 01:50:31             | <b>03:38:02.20</b>    | <b>03:38:02.20</b>     | +01:29:24<br>(41.0%) | 7:31            | 8<br>(59.3%)   |
| 178 | <b>MENTEL Monika</b>        | <b>3204</b> |                               | Open K    | 44   | 01:51:55             | <b>03:38:17.55</b>    | <b>03:38:17.55</b>     | +01:29:40<br>(41.1%) | 7:31            | 8<br>(59.3%)   |
| 179 | <b>JURYŚ Sławomir</b>       | <b>3401</b> |                               | Open M    | 135  | 01:50:48             | <b>03:38:22.55</b>    | <b>03:38:22.55</b>     | +01:29:45<br>(41.1%) | 7:31            | 8<br>(59.3%)   |
| 180 | <b>RĄCZKA Rafał</b>         | <b>3269</b> |                               | Open M    | 136  | 01:50:41             | <b>03:38:27.00</b>    | <b>03:38:27.00</b>     | +01:29:49<br>(41.1%) | 7:31            | 8<br>(59.3%)   |
| 181 | <b>KRUPA Paulina</b>        | <b>3165</b> |                               | Open K    | 45   | 01:51:54             | <b>03:39:01.50</b>    | <b>03:39:01.50</b>     | +01:30:24<br>(41.3%) | 7:33            | 7.9<br>(58.5%) |
| 182 | <b>RÓŻYCKA Dorota</b>       | <b>3276</b> | NOWY STYL RUNNING TEAM        | Open K    | 46   |                      | <b>03:39:05.45</b>    | <b>03:39:05.45</b>     | +01:30:28<br>(41.3%) | 7:33            | 7.9<br>(58.5%) |
| 183 | <b>NIEMIEC Dariusz</b>      | <b>3220</b> | BESKIDZKIE RYSIE RUNNING TEAM | Open M    | 137  | 01:47:24             | <b>03:39:06.15</b>    | <b>03:39:06.15</b>     | +01:30:28<br>(41.3%) | 7:33            | 7.9<br>(58.5%) |
| 184 | <b>MADEJCZYK Sławomir</b>   | <b>3189</b> |                               | Open M    | 138  | 01:51:06             | <b>03:39:06.50</b>    | <b>03:39:06.50</b>     | +01:30:29<br>(41.3%) | 7:33            | 7.9<br>(58.5%) |
| 185 | <b>KUPKA Dawid</b>          | <b>3173</b> |                               | Open M    | 139  |                      | <b>03:40:35.00</b>    | <b>03:40:35.00</b>     | +01:31:57<br>(41.7%) | 7:36            | 7.9<br>(58.5%) |
| 186 | <b>ADAMIAK Piotr</b>        | <b>3008</b> |                               | Open M    | 140  | 01:52:08             | <b>03:40:43.75</b>    | <b>03:40:43.75</b>     | +01:32:06<br>(41.7%) | 7:36            | 7.9<br>(58.5%) |
| 187 | <b>TWARDZIK Laura</b>       | <b>3343</b> |                               | Open K    | 47   | 01:53:15             | <b>03:40:50.00</b>    | <b>03:40:50.00</b>     | +01:32:12<br>(41.8%) | 7:36            | 7.9<br>(58.5%) |
| 188 | <b>OZIMINA Samuel</b>       | <b>3229</b> |                               | Open M    | 141  | 01:48:54             | <b>03:40:50.60</b>    | <b>03:40:50.60</b>     | +01:32:13<br>(41.8%) | 7:36            | 7.9<br>(58.5%) |
| 189 | <b>WRZESIAK Marcin</b>      | <b>3372</b> |                               | Open M    | 142  | 01:50:21             | <b>03:41:01.40</b>    | <b>03:41:01.40</b>     | +01:32:24<br>(41.8%) | 7:37            | 7.9<br>(58.5%) |
| 190 | <b>STACHECKI Maciej</b>     | <b>3305</b> | MAĆKI                         | Open M    | 143  | 01:49:34             | <b>03:41:20.25</b>    | <b>03:41:20.25</b>     | +01:32:42<br>(41.9%) | 7:37            | 7.9<br>(58.5%) |
| 191 | <b>TOBJASZ Maciej</b>       | <b>3333</b> | MAĆKI                         | Open M    | 144  | 01:48:55             | <b>03:41:20.55</b>    | <b>03:41:20.55</b>     | +01:32:43<br>(41.9%) | 7:37            | 7.9<br>(58.5%) |
| 192 | <b>BOBROWSKI Damian</b>     | <b>3025</b> | STAYHARD                      | Open M    | 145  | 01:52:30             | <b>03:41:58.55</b>    | <b>03:41:58.55</b>     | +01:33:21<br>(42.1%) | 7:39            | 7.8<br>(57.8%) |
| 193 | <b>KOWALCZYK Łukasz</b>     | <b>3158</b> |                               | Open M    | 146  | 01:53:08             | <b>03:42:36.45</b>    | <b>03:42:36.45</b>     | +01:33:59<br>(42.2%) | 7:40            | 7.8<br>(57.8%) |
| 194 | <b>OSTASZEWSKA Weronika</b> | <b>3228</b> |                               | Open K    | 48   | 01:47:14             | <b>03:42:40.25</b>    | <b>03:42:40.25</b>     | +01:34:02<br>(42.2%) | 7:40            | 7.8<br>(57.8%) |
| 195 | <b>POMIERNY Dominik</b>     | <b>3250</b> |                               | Open M    | 147  | 01:52:33             | <b>03:43:40.40</b>    | <b>03:43:40.40</b>     | +01:35:03<br>(42.5%) | 7:42            | 7.8<br>(57.8%) |
| 196 | <b>BANAT Robert</b>         | <b>3013</b> | PODIUM                        | Open M    | 148  | 01:48:12             | <b>03:43:59.05</b>    | <b>03:43:59.05</b>     | +01:35:21<br>(42.6%) | 7:43            | 7.8<br>(57.8%) |
| 197 | <b>CZUPIK Jerzy</b>         | <b>3057</b> | RUSYN-LEMKO                   | Open M    | 149  | 01:52:09             | <b>03:44:22.85</b>    | <b>03:44:22.85</b>     | +01:35:45<br>(42.7%) | 7:44            | 7.8<br>(57.8%) |
| 198 | <b>WÓJCIK Grzegorz</b>      | <b>3368</b> | BIEGING TEAM ZELÓW            | Open M    | 150  | 01:53:10             | <b>03:44:46.75</b>    | <b>03:44:46.75</b>     | +01:36:09<br>(42.8%) | 7:45            | 7.7<br>(57.0%) |
| 199 | <b>PŁATEK Dominik</b>       | <b>3245</b> |                               | Open M    | 151  | 01:51:02             | <b>03:45:10.30</b>    | <b>03:45:10.30</b>     | +01:36:32<br>(42.9%) | 7:45            | 7.7<br>(57.0%) |

| Msc | Zawodnik                    | Numer       | Klub                   | Kategoria | Mkat | Przybyśzów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------------|------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 200 | <b>KOZIOŁ Krzysztof</b>     | <b>3161</b> |                        | Open M    | 152  | 01:51:16             | <b>03:46:06.25</b>    | <b>03:46:06.25</b>     | +01:37:28<br>(43.1%) | 7:47            | 7.7<br>(57.0%) |
| 201 | <b>TOKARZ Adrian</b>        | <b>3334</b> | DZIKIE MUSTANGI        | Open M    | 153  | 01:50:54             | <b>03:46:06.60</b>    | <b>03:46:06.60</b>     | +01:37:29<br>(43.1%) | 7:47            | 7.7<br>(57.0%) |
| 202 | <b>ŚMIGIELSKA Joanna</b>    | <b>3331</b> | KB SPARTAKUS BEŁCHATÓW | Open K    | 49   | 01:56:57             | <b>03:46:43.55</b>    | <b>03:46:43.55</b>     | +01:38:06<br>(43.3%) | 7:49            | 7.7<br>(57.0%) |
| 203 | <b>BOROWIAK Luiza</b>       | <b>3029</b> | TRAIL IS OUR WAY       | Open K    | 50   | 01:52:42             | <b>03:46:46.45</b>    | <b>03:46:46.45</b>     | +01:38:09<br>(43.3%) | 7:49            | 7.7<br>(57.0%) |
| 204 | <b>TOL Kamil</b>            | <b>3336</b> | KUNA W AGREŚCIE        | Open M    | 154  | 01:51:08             | <b>03:46:52.75</b>    | <b>03:46:52.75</b>     | +01:38:15<br>(43.3%) | 7:49            | 7.7<br>(57.0%) |
| 205 | <b>KONDRACKI Jacek</b>      | <b>3151</b> | KUNA W AGREŚCIE        | Open M    | 155  | 01:51:09             | <b>03:46:52.95</b>    | <b>03:46:52.95</b>     | +01:38:15<br>(43.3%) | 7:49            | 7.7<br>(57.0%) |
| 206 | <b>ANDRZEJCZYK Grzegorz</b> | <b>3010</b> |                        | Open M    | 156  | 01:55:21             | <b>03:47:26.10</b>    | <b>03:47:26.10</b>     | +01:38:48<br>(43.4%) | 7:50            | 7.7<br>(57.0%) |
| 207 | <b>STANOSZ Dawid</b>        | <b>3307</b> |                        | Open M    | 157  | 01:47:03             | <b>03:47:31.50</b>    | <b>03:47:31.50</b>     | +01:38:54<br>(43.5%) | 7:50            | 7.6<br>(56.3%) |
| 208 | <b>GÓRSKA Zuzanna</b>       | <b>3100</b> | KROSSKI REMSPORT       | Open K    | 51   | 01:56:36             | <b>03:47:36.30</b>    | <b>03:47:36.30</b>     | +01:38:58<br>(43.5%) | 7:50            | 7.6<br>(56.3%) |
| 209 | <b>KARCZ Bartłomiej</b>     | <b>3135</b> |                        | Open M    | 158  | 01:52:27             | <b>03:47:43.35</b>    | <b>03:47:43.35</b>     | +01:39:06<br>(43.5%) | 7:51            | 7.6<br>(56.3%) |
| 210 | <b>RUDZIŃSKI Tomasz</b>     | <b>3277</b> | KUNA W AGREŚCIE        | Open M    | 159  |                      | <b>03:47:45.85</b>    | <b>03:47:45.85</b>     | +01:39:08<br>(43.5%) | 7:51            | 7.6<br>(56.3%) |
| 211 | <b>SOCHACKI Marek</b>       | <b>3297</b> |                        | Open M    | 160  | 01:51:52             | <b>03:48:28.45</b>    | <b>03:48:28.45</b>     | +01:39:51<br>(43.7%) | 7:52            | 7.6<br>(56.3%) |
| 212 | <b>STARZYCKA Barba</b>      | <b>3309</b> |                        | Open K    | 52   | 01:53:30             | <b>03:48:47.65</b>    | <b>03:48:47.65</b>     | +01:40:10<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 213 | <b>BORCZ Rafał</b>          | <b>3027</b> | NOWY STYL RUNNING TEAM | Open M    | 161  | 01:48:46             | <b>03:48:50.10</b>    | <b>03:48:50.10</b>     | +01:40:12<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 214 | <b>DOBZEAŃSKI Paweł</b>     | <b>3064</b> | POSMAKUJ RUN TEAM      | Open M    | 162  | 01:42:29             | <b>03:48:54.75</b>    | <b>03:48:54.75</b>     | +01:40:17<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 214 | <b>KOSTKA Janusz</b>        | <b>3397</b> | POSMAKUJ RUN TEAM      | Open M    | 162  | 01:42:33             | <b>03:48:54.75</b>    | <b>03:48:54.75</b>     | +01:40:17<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 216 | <b>JÓZEFczyk Tomasz</b>     | <b>3394</b> | POSMAKUJ RUN TEAM      | Open M    | 164  | 01:42:48             | <b>03:48:55.00</b>    | <b>03:48:55.00</b>     | +01:40:17<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 217 | <b>SAMOSIEJ Jakub</b>       | <b>3286</b> |                        | Open M    | 165  | 01:56:46             | <b>03:48:58.05</b>    | <b>03:48:58.05</b>     | +01:40:20<br>(43.8%) | 7:53            | 7.6<br>(56.3%) |
| 218 | <b>ZIĘBA Ewelina</b>        | <b>3379</b> |                        | Open K    | 53   | 01:55:31             | <b>03:49:14.75</b>    | <b>03:49:14.75</b>     | +01:40:37<br>(43.9%) | 7:54            | 7.6<br>(56.3%) |
| 219 | <b>SZCZERBATKO Konrad</b>   | <b>3320</b> | STAY INSANE            | Open M    | 166  | 01:52:30             | <b>03:49:54.80</b>    | <b>03:49:54.80</b>     | +01:41:17<br>(44.1%) | 7:55            | 7.6<br>(56.3%) |
| 220 | <b>ZIĘBA Arkadiusz</b>      | <b>3380</b> | RUNHOGS TYCHY          | Open M    | 167  | 01:54:27             | <b>03:50:06.80</b>    | <b>03:50:06.80</b>     | +01:41:29<br>(44.1%) | 7:56            | 7.6<br>(56.3%) |
| 221 | <b>CHODZIŃSKA Mariola</b>   | <b>3049</b> |                        | Open K    | 54   | 01:52:13             | <b>03:50:19.85</b>    | <b>03:50:19.85</b>     | +01:41:42<br>(44.2%) | 7:56            | 7.6<br>(56.3%) |
| 222 | <b>GĘBARA Łukasz</b>        | <b>3092</b> |                        | Open M    | 168  | 01:52:15             | <b>03:50:22.00</b>    | <b>03:50:22.00</b>     | +01:41:44<br>(44.2%) | 7:56            | 7.6<br>(56.3%) |

| Msc | Zawodnik                  | Numer       | Klub                        | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-------------|-----------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 223 | <b>STRZALA Marcin</b>     | <b>3311</b> |                             | Open M    | 169  |                      | <b>03:50:40.15</b>    | <b>03:50:40.15</b>     | +01:42:02<br>(44.2%) | 7:57            | 7.5<br>(55.6%) |
| 224 | <b>ADAMSKI Bartłomiej</b> | <b>3009</b> | OLDMANRUNNING               | Open M    | 170  | 01:57:39             | <b>03:50:46.15</b>    | <b>03:50:46.15</b>     | +01:42:08<br>(44.3%) | 7:57            | 7.5<br>(55.6%) |
| 225 | <b>BOROŃSKA Joanna</b>    | <b>3028</b> |                             | Open K    | 55   | 01:51:48             | <b>03:50:52.40</b>    | <b>03:50:52.40</b>     | +01:42:15<br>(44.3%) | 7:57            | 7.5<br>(55.6%) |
| 226 | <b>STABRAWA Marcin</b>    | <b>3303</b> |                             | Open M    | 171  | 01:51:58             | <b>03:50:52.60</b>    | <b>03:50:52.60</b>     | +01:42:15<br>(44.3%) | 7:57            | 7.5<br>(55.6%) |
| 227 | <b>NOWAK Piotr</b>        | <b>3222</b> |                             | Open M    | 172  | 01:56:29             | <b>03:51:08.25</b>    | <b>03:51:08.25</b>     | +01:42:30<br>(44.4%) | 7:58            | 7.5<br>(55.6%) |
| 228 | <b>ŚLIWA Adam</b>         | <b>3329</b> |                             | Open M    | 173  |                      | <b>03:51:08.50</b>    | <b>03:51:08.50</b>     | +01:42:31<br>(44.4%) | 7:58            | 7.5<br>(55.6%) |
| 229 | <b>GAZDA Agata</b>        | <b>3091</b> |                             | Open K    | 56   | 01:53:42             | <b>03:51:18.35</b>    | <b>03:51:18.35</b>     | +01:42:41<br>(44.4%) | 7:58            | 7.5<br>(55.6%) |
| 230 | <b>BUTRYN Wojciech</b>    | <b>3045</b> |                             | Open M    | 174  | 01:54:41             | <b>03:51:22.95</b>    | <b>03:51:22.95</b>     | +01:42:45<br>(44.4%) | 7:58            | 7.5<br>(55.6%) |
| 231 | <b>CIERPIAŁ Barbara</b>   | <b>3052</b> |                             | Open K    | 57   | 01:56:39             | <b>03:51:34.75</b>    | <b>03:51:34.75</b>     | +01:42:57<br>(44.5%) | 7:59            | 7.5<br>(55.6%) |
| 232 | <b>SUWALSKA Julia</b>     | <b>3315</b> |                             | Open K    | 58   | 01:59:38             | <b>03:51:40.05</b>    | <b>03:51:40.05</b>     | +01:43:02<br>(44.5%) | 7:59            | 7.5<br>(55.6%) |
| 233 | <b>KEMPISTY Piotr</b>     | <b>3138</b> | ROWEROWY BIAŁYSTOK          | Open M    | 175  | 01:56:51             | <b>03:52:47.00</b>    | <b>03:52:47.00</b>     | +01:44:09<br>(44.7%) | 8:01            | 7.5<br>(55.6%) |
| 234 | <b>DRGAS Kinga</b>        | <b>3072</b> | SYNERGIA CROSSCAMP          | Open K    | 59   | 01:57:21             | <b>03:53:29.25</b>    | <b>03:53:29.25</b>     | +01:44:51<br>(44.9%) | 8:03            | 7.5<br>(55.6%) |
| 235 | <b>DRGAS Patryk</b>       | <b>3071</b> | SYNERGIA CROSSCAMP OŁAWA    | Open M    | 176  | 01:57:36             | <b>03:53:29.40</b>    | <b>03:53:29.40</b>     | +01:44:52<br>(44.9%) | 8:03            | 7.5<br>(55.6%) |
| 236 | <b>JEGER Wojtek</b>       | <b>3125</b> | SKLEP BIEGACZA RUNNING TEAM | Open M    | 177  | 01:55:25             | <b>03:54:29.55</b>    | <b>03:54:29.55</b>     | +01:45:52<br>(45.1%) | 8:05            | 7.4<br>(54.8%) |
| 237 | <b>ADAM Zbigniew</b>      | <b>3007</b> | #SZLACHTABIEGA              | Open M    | 178  |                      | <b>03:56:00.75</b>    | <b>03:56:00.75</b>     | +01:47:23<br>(45.5%) | 8:08            | 7.4<br>(54.8%) |
| 238 | <b>DRABICKA Agnieszka</b> | <b>3068</b> | #SZLACHTABIEGA              | Open K    | 60   | 01:56:35             | <b>03:56:00.85</b>    | <b>03:56:00.85</b>     | +01:47:23<br>(45.5%) | 8:08            | 7.4<br>(54.8%) |
| 239 | <b>GWIŹDŹ Karolina</b>    | <b>3111</b> | NOWY STYL RUNNING TEAM      | Open K    | 61   | 01:56:09             | <b>03:56:01.00</b>    | <b>03:56:01.00</b>     | +01:47:23<br>(45.5%) | 8:08            | 7.4<br>(54.8%) |
| 240 | <b>REKOSZ Kamil</b>       | <b>3271</b> |                             | Open M    | 179  | 01:50:28             | <b>03:56:31.00</b>    | <b>03:56:31.00</b>     | +01:47:53<br>(45.6%) | 8:09            | 7.4<br>(54.8%) |
| 241 | <b>HUSIATYŃSKI Maciej</b> | <b>3117</b> |                             | Open M    | 180  | 02:02:07             | <b>03:57:23.30</b>    | <b>03:57:23.30</b>     | +01:48:45<br>(45.8%) | 8:11            | 7.3<br>(54.1%) |
| 242 | <b>LASKOŚ Karolina</b>    | <b>3176</b> |                             | Open K    | 62   | 01:59:04             | <b>03:57:59.15</b>    | <b>03:57:59.15</b>     | +01:49:21<br>(46.0%) | 8:12            | 7.3<br>(54.1%) |
| 243 | <b>DUDZIAK Magdalena</b>  | <b>3075</b> |                             | Open K    | 63   | 02:01:48             | <b>03:59:16.55</b>    | <b>03:59:16.55</b>     | +01:50:39<br>(46.2%) | 8:15            | 7.3<br>(54.1%) |
| 244 | <b>ZALISZ Tobiasz</b>     | <b>3376</b> |                             | Open M    | 181  | 02:00:56             | <b>03:59:17.35</b>    | <b>03:59:17.35</b>     | +01:50:40<br>(46.2%) | 8:15            | 7.3<br>(54.1%) |
| 245 | <b>MARCINIAK Tomasz</b>   | <b>3398</b> |                             | Open M    | 182  | 01:53:37             | <b>04:00:01.40</b>    | <b>04:00:01.40</b>     | +01:51:24<br>(46.4%) | 8:16            | 7.2<br>(53.3%) |

| Msc | Zawodnik                                       | Numer       | Klub                    | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--|-------------|-------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 246 | <b>PYKA Jarosław</b>                           | <b>3263</b> |                         | Open M    | 183  | 01:53:57             | <b>04:02:06.05</b>    | <b>04:02:06.05</b>     | +01:53:28<br>(46.9%) | 8:20            | 7.2<br>(53.3%) |
| 247 | <b>WOŹNIAK Mateusz</b>                         | <b>3367</b> | GINTOMNIC ULTRAFRIENDS  | Open M    | 184  | 02:05:26             | <b>04:02:24.00</b>    | <b>04:02:24.00</b>     | +01:53:46<br>(46.9%) | 8:21            | 7.2<br>(53.3%) |
| 248 | <b>JAWORSKI Bartłomiej</b>                     | <b>3123</b> | GINTOMNIC ULTRAFRIENDS  | Open M    | 185  | 02:05:32             | <b>04:02:24.10</b>    | <b>04:02:24.10</b>     | +01:53:46<br>(46.9%) | 8:21            | 7.2<br>(53.3%) |
| 249 | <b>KWAŚNY Elżbieta</b>                         | <b>3175</b> |                         | Open K    | 64   | 02:00:39             | <b>04:03:10.65</b>    | <b>04:03:10.65</b>     | +01:54:33<br>(47.1%) | 8:23            | 7.2<br>(53.3%) |
| 250 | <b>MIELCZAREK Piotr</b>                        | <b>3207</b> |                         | Open M    | 186  | 02:04:55             | <b>04:03:32.90</b>    | <b>04:03:32.90</b>     | +01:54:55<br>(47.2%) | 8:23            | 7.1<br>(52.6%) |
| 251 | <b>TOMAKA Jadwiga</b>                          | <b>3337</b> |                         | Open K    | 65   | 02:04:43             | <b>04:03:39.65</b>    | <b>04:03:39.65</b>     | +01:55:02<br>(47.2%) | 8:24            | 7.1<br>(52.6%) |
| 252 | <b>KIEPIEL Agata</b>                           | <b>3142</b> |                         | Open K    | 66   | 01:59:21             | <b>04:03:40.90</b>    | <b>04:03:40.90</b>     | +01:55:03<br>(47.2%) | 8:24            | 7.1<br>(52.6%) |
| 253 | <b>BUKOWSKI Grzegorz</b>                       | <b>3043</b> |                         | Open M    | 187  | 02:00:17             | <b>04:03:53.40</b>    | <b>04:03:53.40</b>     | +01:55:16<br>(47.3%) | 8:24            | 7.1<br>(52.6%) |
| 254 | <b>MAJDYŚ Wojciech</b>                         | <b>3192</b> |                         | Open M    | 188  | 02:02:11             | <b>04:03:59.20</b>    | <b>04:03:59.20</b>     | +01:55:21<br>(47.3%) | 8:24            | 7.1<br>(52.6%) |
| 255 | <b>KIM Renata</b>                              | <b>3143</b> |                         | Open K    | 67   | 02:01:10             | <b>04:04:06.50</b>    | <b>04:04:06.50</b>     | +01:55:29<br>(47.3%) | 8:25            | 7.1<br>(52.6%) |
| 256 | <b>WIELOCH Mateusz</b>                         | <b>3354</b> |                         | Open M    | 189  | 01:57:16             | <b>04:04:08.95</b>    | <b>04:04:08.95</b>     | +01:55:31<br>(47.3%) | 8:25            | 7.1<br>(52.6%) |
| 257 | <b>WITUSIK Olga</b>                            | <b>3360</b> |                         | Open K    | 68   | 01:59:59             | <b>04:04:11.10</b>    | <b>04:04:11.10</b>     | +01:55:33<br>(47.3%) | 8:25            | 7.1<br>(52.6%) |
| 258 | <b>WITUSIK Dorota</b>                          | <b>3359</b> |                         | Open K    | 69   | 01:59:51             | <b>04:04:11.25</b>    | <b>04:04:11.25</b>     | +01:55:33<br>(47.3%) | 8:25            | 7.1<br>(52.6%) |
| 259 | <b>CHRUŚCIEL Łukasz</b>                        | <b>3050</b> |                         | Open M    | 190  | 01:52:38             | <b>04:04:14.05</b>    | <b>04:04:14.05</b>     | +01:55:36<br>(47.3%) | 8:25            | 7.1<br>(52.6%) |
| 260 | <b>DUDEK-HEWIG<br/>Magdalena</b>               | <b>3074</b> |                         | Open K    | 70   | 02:04:13             | <b>04:04:44.20</b>    | <b>04:04:44.20</b>     | +01:56:06<br>(47.4%) | 8:26            | 7.1<br>(52.6%) |
| 261 | <b>PRAŻANOWSKI<br/>Mariusz</b>                 | <b>3254</b> |                         | Open M    | 191  | 01:59:48             | <b>04:05:52.30</b>    | <b>04:05:52.30</b>     | +01:57:14<br>(47.7%) | 8:28            | 7.1<br>(52.6%) |
| 262 | <b>RZESZOWSKI Tomasz</b>                       | <b>3283</b> | MIRAZ RACE TEAM         | Open M    | 192  | 02:00:28             | <b>04:05:52.35</b>    | <b>04:05:52.35</b>     | +01:57:15<br>(47.7%) | 8:28            | 7.1<br>(52.6%) |
| 263 | <b>ROLKA Aleksandra</b>                        | <b>3274</b> |                         | Open K    | 71   | 02:03:07             | <b>04:06:35.25</b>    | <b>04:06:35.25</b>     | +01:57:57<br>(47.8%) | 8:30            | 7.1<br>(52.6%) |
| 264 | <b>ROLKA Wiktor</b>                            | <b>3273</b> |                         | Open M    | 193  | 02:02:59             | <b>04:06:35.40</b>    | <b>04:06:35.40</b>     | +01:57:58<br>(47.8%) | 8:30            | 7.1<br>(52.6%) |
| 265 | <b>ROSŁONIEC Karolina</b>                      | <b>3275</b> |                         | Open K    | 72   | 01:59:49             | <b>04:06:56.15</b>    | <b>04:06:56.15</b>     | +01:58:18<br>(47.9%) | 8:30            | 7<br>(51.9%)   |
| 266 | <b>KRYCZEK Piotr</b>                           | <b>3166</b> |                         | Open M    | 194  | 02:00:06             | <b>04:07:35.75</b>    | <b>04:07:35.75</b>     | +01:58:58<br>(48.1%) | 8:32            | 7<br>(51.9%)   |
| 267 | <b>CEGLEWSKA Izabela</b>                       | <b>3046</b> |                         | Open K    | 73   | 01:57:04             | <b>04:07:57.00</b>    | <b>04:07:57.00</b>     | +01:59:19<br>(48.1%) | 8:33            | 7<br>(51.9%)   |
| 268 | <b>NIEWCZAS-<br/>WIEPRZOWSKA<br/>Katarzyna</b> | <b>3221</b> | LEKARSKA GRUPA KOLARSKA | Open K    | 74   | 02:00:43             | <b>04:08:01.40</b>    | <b>04:08:01.40</b>     | +01:59:24<br>(48.1%) | 8:33            | 7<br>(51.9%)   |

| Msc | Zawodnik                          | Numer       | Klub                       | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------------|----------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 269 | <b>LEPAK Aleksandra</b>           | <b>3180</b> |                            | Open K    | 75   | 02:03:21             | <b>04:08:01.90</b>    | <b>04:08:01.90</b>     | +01:59:24<br>(48.1%) | 8:33            | 7<br>(51.9%)   |
| 270 | <b>WIETECZA Paweł</b>             | <b>3355</b> |                            | Open M    | 195  | 02:04:09             | <b>04:08:06.55</b>    | <b>04:08:06.55</b>     | +01:59:29<br>(48.2%) | 8:33            | 7<br>(51.9%)   |
| 271 | <b>KWAŚNY Michał</b>              | <b>3174</b> |                            | Open M    | 196  | 02:00:45             | <b>04:08:32.90</b>    | <b>04:08:32.90</b>     | +01:59:55<br>(48.3%) | 8:34            | 7<br>(51.9%)   |
| 272 | <b>REC Bartosz</b>                | <b>3270</b> |                            | Open M    | 197  | 01:58:19             | <b>04:08:43.60</b>    | <b>04:08:43.60</b>     | +02:00:06<br>(48.3%) | 8:34            | 7<br>(51.9%)   |
| 273 | <b>MISZCZYK Marcin</b>            | <b>3213</b> |                            | Open M    | 198  | 02:03:35             | <b>04:09:00.00</b>    | <b>04:09:00.00</b>     | +02:00:22<br>(48.3%) | 8:35            | 7<br>(51.9%)   |
| 274 | <b>DARŁAK Joanna</b>              | <b>3060</b> | NAPRZÓD MŁOCINY            | Open K    | 76   | 02:00:55             | <b>04:09:46.65</b>    | <b>04:09:46.65</b>     | +02:01:09<br>(48.5%) | 8:36            | 7<br>(51.9%)   |
| 275 | <b>CHMIEL Bożena</b>              | <b>3047</b> | DZIKIE MUSTANGI            | Open K    | 77   | 02:15:22             | <b>04:10:22.80</b>    | <b>04:10:22.80</b>     | +02:01:45<br>(48.6%) | 8:38            | 6.9<br>(51.1%) |
| 276 | <b>GUBERNAT-MAGRYŚ Małgorzata</b> | <b>3109</b> | 59WDH                      | Open K    | 78   | 02:03:51             | <b>04:11:05.05</b>    | <b>04:11:05.05</b>     | +02:02:27<br>(48.8%) | 8:39            | 6.9<br>(51.1%) |
| 277 | <b>MAGRYŚ Krzysztof</b>           | <b>3190</b> |                            | Open M    | 199  | 02:04:18             | <b>04:11:05.30</b>    | <b>04:11:05.30</b>     | +02:02:27<br>(48.8%) | 8:39            | 6.9<br>(51.1%) |
| 278 | <b>KULIK Michał</b>               | <b>3169</b> |                            | Open M    | 200  | 01:59:27             | <b>04:11:26.30</b>    | <b>04:11:26.30</b>     | +02:02:48<br>(48.8%) | 8:40            | 6.9<br>(51.1%) |
| 279 | <b>LEŚNOWOLSKI Piotr</b>          | <b>3184</b> | KLUB BIEGACZA RTV EURO AGD | Open M    | 201  | 01:58:46             | <b>04:11:26.45</b>    | <b>04:11:26.45</b>     | +02:02:49<br>(48.8%) | 8:40            | 6.9<br>(51.1%) |
| 280 | <b>BIŻEK Katarzyna</b>            | <b>3021</b> |                            | Open K    | 79   | 02:01:40             | <b>04:11:28.10</b>    | <b>04:11:28.10</b>     | +02:02:50<br>(48.9%) | 8:40            | 6.9<br>(51.1%) |
| 281 | <b>MICHALIK Anna</b>              | <b>3396</b> |                            | Open K    | 80   |                      | <b>04:12:38.25</b>    | <b>04:12:38.25</b>     | +02:04:00<br>(49.1%) | 8:42            | 6.9<br>(51.1%) |
| 282 | <b>MICHALIK Adam</b>              | <b>3054</b> |                            | Open M    | 202  | 02:07:53             | <b>04:12:39.05</b>    | <b>04:12:39.05</b>     | +02:04:01<br>(49.1%) | 8:42            | 6.9<br>(51.1%) |
| 283 | <b>WIŚNIEWSKI Piotr</b>           | <b>3358</b> | GBY                        | Open M    | 203  | 01:56:59             | <b>04:12:42.30</b>    | <b>04:12:42.30</b>     | +02:04:04<br>(49.1%) | 8:42            | 6.9<br>(51.1%) |
| 284 | <b>SENDYKA Regina</b>             | <b>3289</b> |                            | Open K    | 81   | 02:03:50             | <b>04:12:54.05</b>    | <b>04:12:54.05</b>     | +02:04:16<br>(49.1%) | 8:43            | 6.9<br>(51.1%) |
| 285 | <b>GULA Tomasz</b>                | <b>3110</b> | GBY                        | Open M    | 204  | 02:10:39             | <b>04:13:44.05</b>    | <b>04:13:44.05</b>     | +02:05:06<br>(49.3%) | 8:44            | 6.9<br>(51.1%) |
| 286 | <b>BRUD Damian</b>                | <b>3033</b> |                            | Open M    | 205  | 01:52:40             | <b>04:14:17.70</b>    | <b>04:14:17.70</b>     | +02:05:40<br>(49.4%) | 8:46            | 6.8<br>(50.4%) |
| 287 | <b>GARBACZ Kamila</b>             | <b>3089</b> |                            | Open K    | 82   | 02:08:51             | <b>04:14:32.45</b>    | <b>04:14:32.45</b>     | +02:05:55<br>(49.5%) | 8:46            | 6.8<br>(50.4%) |
| 288 | <b>SKRZYPEK Robert</b>            | <b>3294</b> | BIEGNIJ Z PROSERVICE       | Open M    | 206  | 02:08:02             | <b>04:14:43.80</b>    | <b>04:14:43.80</b>     | +02:06:06<br>(49.5%) | 8:47            | 6.8<br>(50.4%) |
| 289 | <b>LESZCZYŃSKA Agnieszka</b>      | <b>3181</b> | LASY WAWERSKIE             | Open K    | 83   | 02:04:42             | <b>04:15:43.80</b>    | <b>04:15:43.80</b>     | +02:07:06<br>(49.7%) | 8:49            | 6.8<br>(50.4%) |
| 290 | <b>WOLEK Marcin</b>               | <b>3363</b> |                            | Open M    | 207  | 02:05:07             | <b>04:16:53.85</b>    | <b>04:16:53.85</b>     | +02:08:16<br>(49.9%) | 8:51            | 6.8<br>(50.4%) |
| 291 | <b>PULAWSKA Marianna</b>          | <b>3261</b> |                            | Open K    | 84   | 02:08:25             | <b>04:18:06.10</b>    | <b>04:18:06.10</b>     | +02:09:28<br>(50.2%) | 8:54            | 6.7<br>(49.6%) |

| Msc | Zawodnik                     | Numer       | Klub                    | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------------|-------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 292 | <b>MONCZYŃSKA Małgorzata</b> | <b>3214</b> |                         | Open K    | 85   | 02:08:17             | <b>04:18:19.85</b>    | <b>04:18:19.85</b>     | +02:09:42<br>(50.2%) | 8:54            | 6.7<br>(49.6%) |
| 293 | <b>POLAK Aleksandra</b>      | <b>3248</b> |                         | Open K    | 86   | 02:11:14             | <b>04:18:31.65</b>    | <b>04:18:31.65</b>     | +02:09:54<br>(50.2%) | 8:54            | 6.7<br>(49.6%) |
| 294 | <b>KMIECIAK Małgorzata</b>   | <b>3144</b> | DON DOLARESKI 32 KRESKI | Open K    | 87   | 02:06:29             | <b>04:18:44.40</b>    | <b>04:18:44.40</b>     | +02:10:07<br>(50.3%) | 8:55            | 6.7<br>(49.6%) |
| 295 | <b>WICHERKIEWICZ Ilona</b>   | <b>3353</b> | IN MUD WE TRUST         | Open K    | 88   | 02:05:05             | <b>04:19:04.70</b>    | <b>04:19:04.70</b>     | +02:10:27<br>(50.4%) | 8:56            | 6.7<br>(49.6%) |
| 296 | <b>BRZEZIŃSKI Piotr</b>      | <b>3038</b> |                         | Open M    | 208  | 02:11:36             | <b>04:19:19.65</b>    | <b>04:19:19.65</b>     | +02:10:42<br>(50.4%) | 8:56            | 6.7<br>(49.6%) |
| 297 | <b>MARCINIAK Katarzyna</b>   | <b>3197</b> |                         | Open K    | 89   | 02:08:36             | <b>04:19:31.90</b>    | <b>04:19:31.90</b>     | +02:10:54<br>(50.4%) | 8:56            | 6.7<br>(49.6%) |
| 298 | <b>DYLONG Kamil</b>          | <b>3076</b> | NIEZRZESZONY            | Open M    | 209  | 01:54:27             | <b>04:20:07.55</b>    | <b>04:20:07.55</b>     | +02:11:30<br>(50.6%) | 8:58            | 6.7<br>(49.6%) |
| 299 | <b>KOWALCZYK Michał</b>      | <b>3156</b> | IN MUD WE TRUST         | Open M    | 210  | 02:07:29             | <b>04:20:15.80</b>    | <b>04:20:15.80</b>     | +02:11:38<br>(50.6%) | 8:58            | 6.7<br>(49.6%) |
| 300 | <b>GRZESIAK Agata</b>        | <b>3107</b> |                         | Open K    | 90   | 02:10:36             | <b>04:20:50.95</b>    | <b>04:20:50.95</b>     | +02:12:13<br>(50.7%) | 8:59            | 6.7<br>(49.6%) |
| 301 | <b>GAMŻA Adrian</b>          | <b>3087</b> |                         | Open M    | 211  | 02:02:03             | <b>04:22:11.45</b>    | <b>04:22:11.45</b>     | +02:13:34<br>(50.9%) | 9:02            | 6.6<br>(48.9%) |
| 302 | <b>BIENIEK Bartłomiej</b>    | <b>3020</b> |                         | Open M    | 212  | 02:05:39             | <b>04:23:21.95</b>    | <b>04:23:21.95</b>     | +02:14:44<br>(51.2%) | 9:04            | 6.6<br>(48.9%) |
| 303 | <b>BARCIKOWSKI Maciej</b>    | <b>3015</b> | DESMI                   | Open M    | 213  | 02:11:13             | <b>04:23:48.65</b>    | <b>04:23:48.65</b>     | +02:15:11<br>(51.2%) | 9:05            | 6.6<br>(48.9%) |
| 304 | <b>KUCHARSKI Lukasz</b>      | <b>3168</b> |                         | Open M    | 214  | 02:06:01             | <b>04:24:22.90</b>    | <b>04:24:22.90</b>     | +02:15:45<br>(51.3%) | 9:06            | 6.6<br>(48.9%) |
| 305 | <b>WÓJT Kamil</b>            | <b>3369</b> | WARRIORS ŁÓDŹ           | Open M    | 215  | 02:06:32             | <b>04:24:36.95</b>    | <b>04:24:36.95</b>     | +02:15:59<br>(51.4%) | 9:07            | 6.6<br>(48.9%) |
| 306 | <b>BŁASZCZAK Anna</b>        | <b>3022</b> |                         | Open K    | 91   | 02:06:17             | <b>04:24:49.50</b>    | <b>04:24:49.50</b>     | +02:16:12<br>(51.4%) | 9:07            | 6.6<br>(48.9%) |
| 307 | <b>KACPRZAK Kamil</b>        | <b>3131</b> | GBY                     | Open M    | 216  | 02:01:13             | <b>04:26:43.30</b>    | <b>04:26:43.30</b>     | +02:18:05<br>(51.8%) | 9:11            | 6.5<br>(48.1%) |
| 308 | <b>RUSINEK Paweł</b>         | <b>3279</b> |                         | Open M    | 217  | 02:01:48             | <b>04:27:03.40</b>    | <b>04:27:03.40</b>     | +02:18:26<br>(51.8%) | 9:12            | 6.5<br>(48.1%) |
| 309 | <b>BURYŁ Dominika</b>        | <b>3044</b> |                         | Open K    | 92   | 02:03:42             | <b>04:27:27.25</b>    | <b>04:27:27.25</b>     | +02:18:49<br>(51.9%) | 9:13            | 6.5<br>(48.1%) |
| 310 | <b>SIKORSKI Bartosz</b>      | <b>3291</b> |                         | Open M    | 218  | 02:01:07             | <b>04:28:03.65</b>    | <b>04:28:03.65</b>     | +02:19:26<br>(52.0%) | 9:14            | 6.5<br>(48.1%) |
| 311 | <b>BUBERNAK Mateusz</b>      | <b>3040</b> | RUSYN-LEM               | Open M    | 219  | 02:04:25             | <b>04:28:29.15</b>    | <b>04:28:29.15</b>     | +02:19:51<br>(52.1%) | 9:15            | 6.5<br>(48.1%) |
| 312 | <b>OKRÓJ Dawid</b>           | <b>3226</b> | DEAF RUNNING            | Open M    | 220  | 02:10:42             | <b>04:30:17.05</b>    | <b>04:30:17.05</b>     | +02:21:39<br>(52.4%) | 9:19            | 6.4<br>(47.4%) |
| 313 | <b>KIEC Margareta</b>        | <b>3141</b> |                         | Open K    | 93   | 02:15:48             | <b>04:31:05.35</b>    | <b>04:31:05.35</b>     | +02:22:28<br>(52.6%) | 9:20            | 6.4<br>(47.4%) |
| 314 | <b>STACHAŃCZYK Wojciech</b>  | <b>3304</b> | MGC                     | Open M    | 221  | 02:12:24             | <b>04:32:13.60</b>    | <b>04:32:13.60</b>     | +02:23:36<br>(52.8%) | 9:23            | 6.4<br>(47.4%) |

| Msc | Zawodnik                         | Numer | Klub                  | Kategoria | Mkat | Przybyśzów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|-------|-----------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 315 | BRZESKA Edyta                    | 3036  |                       | Open K    | 94   | 02:10:17             | <b>04:33:16.60</b>    | <b>04:33:16.60</b>     | +02:24:39<br>(52.9%) | 9:25            | 6.4<br>(47.4%) |
| 316 | BARCIKOWSKA Olga                 | 3014  |                       | Open K    | 95   | 02:16:21             | <b>04:35:21.75</b>    | <b>04:35:21.75</b>     | +02:26:44<br>(53.3%) | 9:29            | 6.3<br>(46.7%) |
| 317 | KRUKOWSKA-<br>PIETRASIAK Klaudia | 3399  |                       | Open K    | 96   | 02:17:29             | <b>04:36:41.70</b>    | <b>04:36:41.70</b>     | +02:28:04<br>(53.5%) | 9:32            | 6.3<br>(46.7%) |
| 318 | WACŁAW Maria                     | 3400  |                       | Open K    | 97   | 02:17:44             | <b>04:36:41.80</b>    | <b>04:36:41.80</b>     | +02:28:04<br>(53.5%) | 9:32            | 6.3<br>(46.7%) |
| 319 | SENDOBRY Marta                   | 3288  | HARPAGAN SOSNOWIEC    | Open K    | 98   | 02:19:59             | <b>04:37:47.85</b>    | <b>04:37:47.85</b>     | +02:29:10<br>(53.7%) | 9:34            | 6.3<br>(46.7%) |
| 320 | KALISZUK Roman                   | 3133  |                       | Open M    | 222  | 02:20:39             | <b>04:38:03.75</b>    | <b>04:38:03.75</b>     | +02:29:26<br>(53.7%) | 9:35            | 6.3<br>(46.7%) |
| 321 | KALISZUK Małgorzata              | 3132  |                       | Open K    | 99   | 02:20:41             | <b>04:38:03.90</b>    | <b>04:38:03.90</b>     | +02:29:26<br>(53.7%) | 9:35            | 6.3<br>(46.7%) |
| 322 | CHMURA-<br>SKERCZYŃSKA Natalia   | 3048  |                       | Open K    | 100  | 02:11:34             | <b>04:38:49.30</b>    | <b>04:38:49.30</b>     | +02:30:11<br>(53.9%) | 9:36            | 6.2<br>(45.9%) |
| 323 | KOSIŃSKI Tomasz                  | 3152  |                       | Open M    | 223  | 02:11:43             | <b>04:38:49.95</b>    | <b>04:38:49.95</b>     | +02:30:12<br>(53.9%) | 9:36            | 6.2<br>(45.9%) |
| 324 | LENAR Kamila                     | 3178  |                       | Open K    | 101  | 02:04:51             | <b>04:40:17.40</b>    | <b>04:40:17.40</b>     | +02:31:40<br>(54.1%) | 9:39            | 6.2<br>(45.9%) |
| 325 | BREJ Marianna                    | 3031  |                       | Open K    | 102  | 02:03:52             | <b>04:40:17.45</b>    | <b>04:40:17.45</b>     | +02:31:40<br>(54.1%) | 9:39            | 6.2<br>(45.9%) |
| 326 | ŻURAWSKI Jakub                   | 3383  |                       | Open M    | 224  | 02:23:32             | <b>04:40:45.90</b>    | <b>04:40:45.90</b>     | +02:32:08<br>(54.2%) | 9:40            | 6.2<br>(45.9%) |
| 327 | JĘDRZEJEK Kinga                  | 3127  | HAPPY RUNNERS         | Open K    | 103  | 02:23:23             | <b>04:42:01.60</b>    | <b>04:42:01.60</b>     | +02:33:24<br>(54.4%) | 9:43            | 6.2<br>(45.9%) |
| 328 | MICHAŁOWSKI Kamil                | 3206  | SLOW CHEETAH RUN CLUB | Open M    | 225  | 02:04:02             | <b>04:42:02.95</b>    | <b>04:42:02.95</b>     | +02:33:25<br>(54.4%) | 9:43            | 6.2<br>(45.9%) |
| 329 | MUCHA Aleksandra                 | 3218  |                       | Open K    | 104  | 02:25:05             | <b>04:44:43.00</b>    | <b>04:44:43.00</b>     | +02:36:05<br>(54.8%) | 9:49            | 6.1<br>(45.2%) |
| 330 | WARDA Agnieszka<br>Tonny         | 3349  | SPARTA LUBLIN         | Open K    | 105  | 02:17:55             | <b>04:45:53.30</b>    | <b>04:45:53.30</b>     | +02:37:15<br>(55.0%) | 9:51            | 6.1<br>(45.2%) |
| 331 | MALEC Basia                      | 3194  |                       | Open K    | 106  | 02:17:13             | <b>04:45:53.80</b>    | <b>04:45:53.80</b>     | +02:37:16<br>(55.0%) | 9:51            | 6.1<br>(45.2%) |
| 332 | WOJTYKA Magdalena                | 3362  |                       | Open K    | 107  | 02:22:53             | <b>04:48:36.25</b>    | <b>04:48:36.25</b>     | +02:39:58<br>(55.4%) | 9:57            | 6<br>(44.4%)   |
| 333 | CZARNECKA Marzena                | 3053  | PEGERINS:)            | Open K    | 108  | 02:22:32             | <b>04:49:06.85</b>    | <b>04:49:06.85</b>     | +02:40:29<br>(55.5%) | 9:58            | 6<br>(44.4%)   |
| 334 | KOWALCZUK Marta                  | 3155  | MICHAŁ_MILAN_ADAM     | Open K    | 109  | 02:22:19             | <b>04:49:07.25</b>    | <b>04:49:07.25</b>     | +02:40:29<br>(55.5%) | 9:58            | 6<br>(44.4%)   |
| 335 | KIEC Natalia                     | 3140  |                       | Open K    | 110  | 02:28:40             | <b>04:50:41.30</b>    | <b>04:50:41.30</b>     | +02:42:03<br>(55.8%) | 10:01           | 6<br>(44.4%)   |
| 336 | IZDEBSKA Renata                  | 3119  |                       | Open K    | 111  | 02:29:13             | <b>04:51:51.00</b>    | <b>04:51:51.00</b>     | +02:43:13<br>(55.9%) | 10:03           | 6<br>(44.4%)   |
| 337 | MIROWSKA Anna                    | 3211  |                       | Open K    | 112  | 02:25:39             | <b>04:53:11.15</b>    | <b>04:53:11.15</b>     | +02:44:33<br>(56.1%) | 10:06           | 5.9<br>(43.7%) |

Przekroczony limit czasu: 05:00:00

| Msc | Zawodnik                   | Numer       | Klub                             | Kategoria | Mkat | Przybyszów<br>15.5km | Czas<br>netto<br>29km | Czas<br>brutto<br>29km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------------|----------------------------------|-----------|------|----------------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 338 | <b>KATARZYNA Dawid</b>     | <b>3408</b> |                                  | Open M    | 226  | 02:26:45             | <b>05:06:42.20</b>    | <b>05:06:42.20</b>     | +02:58:04<br>(58.1%) | 10:34           | 5.7<br>(42.2%) |
| 339 | <b>POTRZYSZCZ Lukasz</b>   | <b>3252</b> | BIEGAM Z ABS                     | Open M    | 227  | 02:19:35             | <b>05:25:27.75</b>    | <b>05:25:27.75</b>     | +03:16:50<br>(60.5%) | 11:13           | 5.3<br>(39.3%) |
| 340 | <b>JAGIELSKA Magdalena</b> | <b>3120</b> | POŁAWIACZKI PEREŁ, KS STASZEWSKY | Open K    | 113  | 02:38:40             | <b>05:32:26.35</b>    | <b>05:32:26.35</b>     | +03:23:49<br>(61.3%) | 11:27           | 5.2<br>(38.5%) |
| 341 | <b>PODSIADŁY Maciej</b>    | <b>3247</b> | TRAIL IS OUR WAY                 | Open M    | 228  | 02:38:46             | <b>05:32:26.45</b>    | <b>05:32:26.45</b>     | +03:23:49<br>(61.3%) | 11:27           | 5.2<br>(38.5%) |
| 342 | <b>KIEC Piotr</b>          | <b>3139</b> |                                  | Open M    | 229  | 03:01:20             | <b>06:05:46.70</b>    | <b>06:05:46.70</b>     | +03:57:09<br>(64.8%) | 12:36           | 4.8<br>(35.6%) |
|     | <b>TRACZ Paulina</b>       | <b>3001</b> | @TRENINGFIZJO/@AQUAREH           | Open K    |      | 01:21:10<br>DNF      | <b>DNF</b>            | <b>DNF</b>             | -                    | -               | -<br>(0.0%)    |
|     | <b>PIENIAŻEK Agnieszka</b> | <b>3238</b> |                                  | Open K    |      | 02:23:42<br>DNF      | <b>DNF</b>            | <b>DNF</b>             | -                    | -               | -<br>(0.0%)    |
|     | <b>KACPERSKI Olaf</b>      | <b>3130</b> |                                  | Open M    |      | DNF                  | <b>DNF</b>            | <b>DNF</b>             | -                    | -               | -<br>(0.0%)    |

Znaleziono 345 wynik(ów)