

Wydarzenie: Łemkowna Ultra-Trail
Organizator: Fundacja Ultra
Data: 2024-10-19
Miejsce: Komańcza
Dystans: 70 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
1	ŻUCHOWSKI Daniel	1004	ATTIQ TEAM	Open M	1	01:53:59	03:27:37	04:46:50	06:00:08.60	06:00:08.60		5:01	11.9 (100%)
2	SKUPIEŃ Tomasz	1002		Open M	2	01:53:08	03:25:16	04:56:28	06:21:50.85	06:21:50.85	+00:21:42 (5.7%)	5:19	11.3 (95.0%)
3	ZBOZIEN Jarosław	1200	ALPIN SPORT TEAM	Open M	3		03:39:01	05:11:54	06:40:54.65	06:40:54.65	+00:40:46 (10.2%)	5:35	10.7 (89.9%)
4	KOTARSKI Jarosław	1006	TRAIL IS OUR WAY	Open M	4		03:51:17	05:34:01	06:53:02.90	06:53:02.90	+00:52:54 (12.8%)	5:46	10.4 (87.4%)
5	WALKOSZ Mateusz	1173	SOBASTEAM	Open M	5		03:51:15	05:26:15	06:55:14.00	06:55:14.00	+00:55:05 (13.3%)	5:47	10.3 (86.6%)
6	GAWIN Marek	1008	INFINITY GYM	Open M	6		03:53:01	05:31:54	06:59:01.70	06:59:01.70	+00:58:53 (14.1%)	5:51	10.3 (86.6%)
7	FRAĆKIEWICZ Mateusz	1046		Open M	7		03:55:43		07:02:22.35	07:02:22.35	+01:02:13 (14.7%)	5:53	10.2 (85.7%)
8	PAPROCKA Urszula	1001	SALOMON	Open K	1		04:12:12	05:46:24	07:05:46.75	07:05:46.75	+01:05:38 (15.4%)	5:56	10.1 (84.9%)
9	ZABEL Robert	1188	#NIESMIECIMY	Open M	8		04:03:14	05:43:17	07:08:43.15	07:08:43.15	+01:08:34 (16.0%)	5:59	10 (84.0%)
10	GOLA Magda	1003	TRAIL IS OUR WAY	Open K	2		04:09:44	05:46:30	07:10:50.90	07:10:50.90	+01:10:42 (16.4%)	6:01	10 (84.0%)
11	GOLONKA Paweł	1054	KS FORREST LIMANOWA	Open M	9		04:02:31	05:42:51	07:12:09.80	07:12:09.80	+01:12:01 (16.7%)	6:02	9.9 (83.2%)
12	KĄKOL Zbigniew	1076	STAJNIA BALONA	Open M	10		04:11:32	05:58:13	07:24:40.60	07:24:40.60	+01:24:32 (19.0%)	6:12	9.7 (81.5%)
13	DAURIA Umberto	1039		Open M	11		04:09:39	05:57:31	07:33:32.75	07:33:32.75	+01:33:24 (20.6%)	6:20	9.5 (79.8%)
14	TYLEK Rafał	1171		Open M	12		04:22:49	06:06:15	07:35:11.35	07:35:11.35	+01:35:02 (20.9%)	6:21	9.4 (79.0%)
15	LEWCZAK Mateusz	1097		Open M	13		04:11:53	06:00:22	07:36:24.05	07:36:24.05	+01:36:15 (21.1%)	6:22	9.4 (79.0%)

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16	ZAJĄC Marcin	1189	MOUNTAIN RUNNING GUIDES	Open M	14		04:01:48	05:51:28	07:38:21.15	07:38:21.15	+01:38:12 (21.4%)	6:24	9.4 (79.0%)
17	CZARNECKI Marcin	1034	MARKOWI BIEGACZE	Open M	15		04:16:16	06:09:20	07:40:31.05	07:40:31.05	+01:40:22 (21.8%)	6:25	9.3 (78.2%)
18	CLARKSON Woody	1032	METTLE (KAZ WILLIAMS)	Open M	16		04:26:33	06:11:30	07:48:13.75	07:48:13.75	+01:48:05 (23.1%)	6:32	9.2 (77.3%)
19	KUTER Krzysztof	1093	KUŹNIA TRIATHLONU	Open M	17		04:11:17	06:07:46	07:48:16.15	07:48:16.15	+01:48:07 (23.1%)	6:32	9.2 (77.3%)
20	FURTEK Iwona	1199	LACHO TEAM	Open K	3		04:27:49	06:17:26	07:52:53.30	07:52:53.30	+01:52:44 (23.8%)	6:36	9.1 (76.5%)
21	MROWIEC Jakub	1114		Open M	18		04:24:46	06:16:11	07:53:18.50	07:53:18.50	+01:53:09 (23.9%)	6:36	9.1 (76.5%)
22	FLOREK Sebastian	1007	PREKARIUSZE WYKLĘCI	Open M	19		04:28:51	06:21:39	07:56:00.40	07:56:00.40	+01:55:51 (24.3%)	6:38	9 (75.6%)
23	MAGOCZY Adam	1101		Open M	20		04:24:46	06:21:48	08:01:49.70	08:01:49.70	+02:01:41 (25.3%)	6:43	8.9 (74.8%)
24	GIEROSZKA Robert	1050	ADS MASNA	Open M	21	02:38:32	04:42:18	06:30:01	08:02:41.45	08:02:41.45	+02:02:32 (25.4%)	6:44	8.9 (74.8%)
25	GORCZYŃSKI Wojciech	1058		Open M	22	02:38:43	04:43:33	06:42:12	08:23:39.00	08:23:39.00	+02:23:30 (28.5%)	7:02	8.5 (71.4%)
26	MISZCZAK Piotr	1110	SII RUNNING TEAM	Open M	23	02:38:04	04:54:52	06:50:48	08:31:18.35	08:31:18.35	+02:31:09 (29.6%)	7:08	8.4 (70.6%)
27	ŚLIWA Karolina	1165		Open K	4	02:37:42	04:50:56	06:48:08	08:31:31.20	08:31:31.20	+02:31:22 (29.6%)	7:08	8.4 (70.6%)
28	PALCZEWSKA-REMIS Agnieszka	1124	RUNONLINE.PL TEAM	Open K	5		04:45:34	06:53:23	08:31:31.95	08:31:31.95	+02:31:23 (29.6%)	7:08	8.4 (70.6%)
29	ZALEWSKA Anna	1190	GRUPA BIEGOWA CHTMO	Open K	6	02:41:21	05:00:01	06:56:52	08:34:26.55	08:34:26.55	+02:34:17 (30.0%)	7:11	8.4 (70.6%)
30	KAPŁON Anna	1211		Open K	7		04:46:44	06:54:14	08:35:12.75	08:35:12.75	+02:35:04 (30.1%)	7:11	8.3 (69.7%)
31	WYSPIAŃSKI Tomasz	1187	KOSTERA TEAM	Open M	24		04:38:48	06:45:19	08:35:17.45	08:35:17.45	+02:35:08 (30.1%)	7:11	8.3 (69.7%)
32	SŁAWIŃSKI Grzegorz	1210		Open M	25		04:49:52	06:52:17	08:36:59.60	08:36:59.60	+02:36:51 (30.3%)	7:13	8.3 (69.7%)
33	DUDEK Gabriel	1041		Open M	26	02:34:26	04:49:37	06:55:20	08:39:15.00	08:39:15.00	+02:39:06 (30.6%)	7:15	8.3 (69.7%)
34	STASZEWSKI Pawel	1155		Open M	27	02:37:24	04:52:35	06:53:25	08:41:31.00	08:41:31.00	+02:41:22 (30.9%)	7:17	8.2 (68.9%)
35	GOŁĘBIEWSKA Oliwia	1055		Open K	8	02:34:50	04:46:34	06:56:19	08:41:56.50	08:41:56.50	+02:41:47 (31.0%)	7:17	8.2 (68.9%)
36	TRZCIONKA Adrian	1170		Open M	28	02:37:42	04:51:54	06:56:00	08:43:06.40	08:43:06.40	+02:42:57 (31.2%)	7:18	8.2 (68.9%)
37	WOJTAS Piotr	1181	TRAIL IS OUR WAY	Open M	29	02:42:32	04:59:14	06:56:50	08:44:40.55	08:44:40.55	+02:44:31 (31.4%)	7:19	8.2 (68.9%)
38	GACA Adam	1048		Open M	30		04:50:47	06:59:35	08:47:08.85	08:47:08.85	+02:47:00 (31.7%)	7:21	8.1 (68.1%)

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39	KACZMARCZYK Piotr	1074	SOLPARK KLESZCZÓW	Open M	31	02:46:18	05:10:32	07:11:06	08:48:36.90	08:48:36.90	+02:48:28 (31.9%)	7:22	8.1 (68.1%)
40	ADAMCZYK Hubert	1010		Open M	32	02:28:48	04:52:04		08:48:46.45	08:48:46.45	+02:48:37 (31.9%)	7:23	8.1 (68.1%)
41	MACIĄŻEK Dawid	1100		Open M	33		04:55:06	07:08:55	08:55:33.90	08:55:33.90	+02:55:25 (32.8%)	7:28	8 (67.2%)
42	KLIMÁNKOVÁ Jana	1080		Open K	9	02:40:02	05:02:08	07:09:23	08:56:31.80	08:56:31.80	+02:56:23 (32.9%)	7:29	8 (67.2%)
43	NEPOVÍMOVÁ Ivona	1119		Open K	10	02:40:02	05:02:24	07:09:27	08:56:32.00	08:56:32.00	+02:56:23 (32.9%)	7:29	8 (67.2%)
44	BUŁAWKA Łukasz	1027		Open M	34	02:40:54	05:04:31	07:11:20	08:56:52.85	08:56:52.85	+02:56:44 (32.9%)	7:29	8 (67.2%)
45	BUGNO Andrzej	1022		Open M	35	02:42:38	05:05:10	07:16:55	08:58:49.85	08:58:49.85	+02:58:41 (33.2%)	7:31	8 (67.2%)
46	PRZYWARA Przemek	1142	MUSICTEAM	Open M	36	02:38:39	05:00:45	07:14:25	08:58:52.95	08:58:52.95	+02:58:44 (33.2%)	7:31	8 (67.2%)
47	WANDZICH Krzysztof	1176		Open M	37	02:34:39	04:57:09	07:10:45	08:59:21.95	08:59:21.95	+02:59:13 (33.2%)	7:31	8 (67.2%)
48	GRYSZKO Artur	1062		Open M	38	02:37:53	04:56:10	07:08:22	09:01:08.10	09:01:08.10	+03:00:59 (33.4%)	7:33	7.9 (66.4%)
49	TAUZ Andrzej	1168		Open M	39	02:38:16	04:57:00	07:15:46	09:03:03.70	09:03:03.70	+03:02:55 (33.7%)	7:35	7.9 (66.4%)
50	ZIĘBA Marcin	1197	RUNPROGRESS TEAM BY TOMASZ KAWIK	Open M	40		04:54:23	07:04:25	09:06:42.65	09:06:42.65	+03:06:34 (34.1%)	7:38	7.9 (66.4%)
51	WOJTAS Marcin	1182		Open M	41	02:58:40	05:19:18	07:22:34	09:06:54.40	09:06:54.40	+03:06:45 (34.1%)	7:38	7.9 (66.4%)
52	PIASECKI Rafał	1130	662780021	Open M	42	02:39:40	05:03:25	07:11:10	09:07:42.40	09:07:42.40	+03:07:33 (34.2%)	7:38	7.8 (65.5%)
53	GONDOR Jarosław	1056	UKS LIDER SIERCZA	Open M	43	02:40:24	05:00:09	07:18:49	09:08:13.15	09:08:13.15	+03:08:04 (34.3%)	7:39	7.8 (65.5%)
54	HEWIG Damian	1064		Open M	44	02:45:14	05:09:38	07:24:43	09:08:30.75	09:08:30.75	+03:08:22 (34.3%)	7:39	7.8 (65.5%)
55	MUSZYŃSKI Marek	1116	POCOLOCO ADVENTURETEAM	Open M	45	02:43:47	05:05:26	07:19:36	09:14:37.80	09:14:37.80	+03:14:29 (35.1%)	7:44	7.7 (64.7%)
56	PERNAL Maciej	1129		Open M	46	02:41:48	05:08:21	07:32:22	09:19:10.20	09:19:10.20	+03:19:01 (35.6%)	7:48	7.7 (64.7%)
57	KOZIOŁ Artur	1088	RUNPROGRESS.PL TEAM	Open M	47	02:42:25	05:13:55	07:27:19	09:19:43.85	09:19:43.85	+03:19:35 (35.7%)	7:49	7.7 (64.7%)
58	NAZIMEK Maciej	1118		Open M	48	02:40:56	04:59:48	07:08:04	09:19:54.75	09:19:54.75	+03:19:46 (35.7%)	7:49	7.7 (64.7%)
59	WODZIŃSKA Danuta	1179	TRAIL IS OUR WAY/BIEG OPOLSKI	Open K	11	02:45:08	05:11:54		09:20:04.80	09:20:04.80	+03:19:56 (35.7%)	7:49	7.7 (64.7%)
60	SZUST Marek	1162		Open M	49		05:05:54	07:22:56	09:20:08.35	09:20:08.35	+03:19:59 (35.7%)	7:49	7.7 (64.7%)
61	IDZIK Rafał	1067		Open M	50	02:49:53	05:17:11	07:27:55	09:20:25.10	09:20:25.10	+03:20:16 (35.7%)	7:49	7.7 (64.7%)

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62	GRUCELA Przemek	1061		Open M	51	02:49:27	05:21:53	07:36:08	09:20:30.80	09:20:30.80	+03:20:22 (35.7%)	7:49	7.7 (64.7%)
63	CIEPLIK Łukasz	1031		Open M	52	03:02:38	05:42:13	07:40:55	09:20:42.65	09:20:42.65	+03:20:34 (35.8%)	7:49	7.7 (64.7%)
64	SZCZĘŚNIAK Piotr	1160	MASARNIA POZNAŃ FIZJOTERAPIA I MASAŻ	Open M	53	02:54:11	05:17:55	07:29:06	09:21:50.85	09:21:50.85	+03:21:42 (35.9%)	7:50	7.6 (63.9%)
65	GIEROSZKA Krzysztof	1051		Open M	54	02:38:33	05:03:19	07:21:27	09:21:58.05	09:21:58.05	+03:21:49 (35.9%)	7:50	7.6 (63.9%)
66	WACHEL Paweł	1172		Open M	55	02:47:07	05:09:27	07:28:33	09:22:49.25	09:22:49.25	+03:22:40 (36.0%)	7:51	7.6 (63.9%)
67	SZUMIEC Krzysztof	1204	BERRI	Open M	56	02:50:09	05:22:03	07:37:00	09:26:03.70	09:26:03.70	+03:25:55 (36.4%)	7:54	7.6 (63.9%)
68	JANISZ Katarzyna	1203		Open K	12	02:43:09	05:15:03	07:36:13	09:28:32.45	09:28:32.45	+03:28:23 (36.7%)	7:56	7.6 (63.9%)
69	WOLIŃSKI Ryszard	1184	NOWY STYL RUNNING TEAM	Open M	57	02:43:08	05:18:04	07:34:55	09:29:11.95	09:29:11.95	+03:29:03 (36.7%)	7:56	7.5 (63.0%)
70	DOMAZET Rafael	1040		Open M	58	02:34:27	05:15:23	07:36:29	09:31:03.10	09:31:03.10	+03:30:54 (36.9%)	7:58	7.5 (63.0%)
71	STASIK Monika	1154	INFINITY-GYM ŁUKASZ SZAPORÓW	Open K	13	02:52:43	05:18:37	07:38:03	09:32:43.45	09:32:43.45	+03:32:34 (37.1%)	7:59	7.5 (63.0%)
72	MŁYNARCZYK Paulina	1113		Open K	14	02:57:18	05:24:39	07:44:45	09:33:47.30	09:33:47.30	+03:33:38 (37.2%)	8:00	7.5 (63.0%)
73	ZAREBA Katarzyna	1191		Open K	15	02:57:17	05:24:39	07:44:54	09:33:47.50	09:33:47.50	+03:33:38 (37.2%)	8:00	7.5 (63.0%)
74	GORCZYCA Mariusz	1057		Open M	59		05:06:50	07:35:43	09:34:21.55	09:34:21.55	+03:34:12 (37.3%)	8:01	7.5 (63.0%)
75	SZADKOWSKI Denis	1158		Open M	60	02:38:38	05:00:30	07:28:07	09:35:47.15	09:35:47.15	+03:35:38 (37.5%)	8:02	7.5 (63.0%)
76	HORVATH Ben	1066	VIENNA RUNNING COLLECTIVE	Open M	61	02:53:16	05:22:22	07:45:46	09:38:17.00	09:38:17.00	+03:38:08 (37.7%)	8:04	7.4 (62.2%)
77	BARWICKA Marzena	1014	O CO BIEGA W KALETACH	Open K	16	02:59:02	05:32:45	07:49:05	09:41:21.80	09:41:21.80	+03:41:13 (38.1%)	8:07	7.4 (62.2%)
78	GRZEBIELUCH Katarzyna	1206		Open K	17	02:50:47	05:22:36	07:45:29	09:43:49.10	09:43:49.10	+03:43:40 (38.3%)	8:09	7.4 (62.2%)
79	PYSZYŃSKI Mariusz	1145		Open M	62	02:40:38	05:03:44	07:46:12	09:45:52.95	09:45:52.95	+03:45:44 (38.5%)	8:10	7.3 (61.3%)
80	SZEWCZYK Wiesław	1161		Open M	63	02:44:15	05:20:32	07:45:51	09:46:04.85	09:46:04.85	+03:45:56 (38.6%)	8:11	7.3 (61.3%)
81	BAKIERA Kamil	1013		Open M	64	02:44:13	05:15:46	07:45:39	09:46:55.25	09:46:55.25	+03:46:46 (38.6%)	8:11	7.3 (61.3%)
82	SZYKUT Michał	1163	VIKING TRAINING CENTER	Open M	65	02:42:33	05:14:05	07:35:20	09:48:53.55	09:48:53.55	+03:48:44 (38.8%)	8:13	7.3 (61.3%)
83	ORĘZIAK Maciej	1123		Open M	66	02:50:55	05:33:46	07:52:26	09:49:36.70	09:49:36.70	+03:49:28 (38.9%)	8:14	7.3 (61.3%)
84	PIASTA Dawid	1132		Open M	67	02:45:44	05:37:38	08:00:17	09:56:58.05	09:56:58.05	+03:56:49 (39.7%)	8:20	7.2 (60.5%)

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85	JANKOWIAK Przemysław	1071		Open M	68	02:45:30	05:28:12	07:53:26	09:58:10.45	09:58:10.45	+03:58:01 (39.8%)	8:21	7.2 (60.5%)
86	FILIPEK Igor	1205		Open M	69	03:07:44	05:42:33	08:04:20	09:58:11.90	09:58:11.90	+03:58:03 (39.8%)	8:21	7.2 (60.5%)
87	KOLANO Agnieszka	1083		Open K	18	02:42:52	05:10:33	07:29:55	09:58:48.00	09:58:48.00	+03:58:39 (39.9%)	8:21	7.2 (60.5%)
88	RĄB Agnieszka	1201	OBA Z GLIWIC	Open K	19	03:02:20	05:50:49	08:09:45	10:00:37.60	10:00:37.60	+04:00:29 (40.0%)	8:23	7.2 (60.5%)
89	CHEŁMIKOWSKI Mateusz	1028	GNIEZNO	Open M	70	02:43:10	05:24:42	07:57:25	10:01:02.90	10:01:02.90	+04:00:54 (40.1%)	8:23	7.1 (59.7%)
90	WIERZBOWSKI Tomasz	1177		Open M	71	02:48:45	05:23:53	07:56:35	10:01:41.10	10:01:41.10	+04:01:32 (40.1%)	8:24	7.1 (59.7%)
91	MAŁYSZA Sławomir	1102		Open M	72		05:25:18	07:52:58	10:01:54.25	10:01:54.25	+04:01:45 (40.2%)	8:24	7.1 (59.7%)
92	JAKOWIECKA Aleksandra	1202	DELOITTE ADVENTURE TEAM	Open K	20	02:45:57	05:15:03	07:54:59	10:02:04.35	10:02:04.35	+04:01:55 (40.2%)	8:24	7.1 (59.7%)
93	MARCINIAK Paweł	1103		Open M	73	02:53:18	05:22:06	07:54:56	10:04:18.25	10:04:18.25	+04:04:09 (40.4%)	8:26	7.1 (59.7%)
94	PIELECHA Rafał	1133		Open M	74	02:54:01	05:21:52	07:53:01	10:07:06.70	10:07:06.70	+04:06:58 (40.7%)	8:28	7.1 (59.7%)
95	NOWAK Paweł	1122		Open M	75	03:01:28	05:33:54	08:04:31	10:07:09.80	10:07:09.80	+04:07:01 (40.7%)	8:28	7.1 (59.7%)
96	SUCHARZEWSKA Aneta	1157	MOKATOFALUSY	Open K	21	03:02:38	05:55:21	08:14:50	10:07:40.95	10:07:40.95	+04:07:32 (40.7%)	8:29	7.1 (59.7%)
97	SZAFRAŃSKA Emilia	1159	TRAIL IS OUR WAY	Open K	22	03:06:16	05:50:04	08:07:07	10:08:52.80	10:08:52.80	+04:08:44 (40.9%)	8:30	7.1 (59.7%)
98	KIERASIŃSKA Dorota	1079	TEAM ZABIEGANEDNI	Open K	23	02:53:24	05:34:38	08:16:50	10:09:32.55	10:09:32.55	+04:09:23 (40.9%)	8:30	7 (58.8%)
99	BRENER Maciej	1020	KUŹNIA TRIATHLONU	Open M	76	02:52:22	05:35:24	07:10:24	10:11:30.15	10:11:30.15	+04:11:21 (41.1%)	8:32	7 (58.8%)
100	KĘDRA Agnieszka	1077	CARPATHIAN RUNNERS	Open K	24	03:11:15	05:55:30	08:16:03	10:15:39.70	10:15:39.70	+04:15:31 (41.5%)	8:35	7 (58.8%)
101	CZERNICKI Jakub	1035		Open M	77	02:58:21	05:45:29	08:08:43	10:16:19.15	10:16:19.15	+04:16:10 (41.6%)	8:36	7 (58.8%)
102	KURAS Olga	1092	NUNEK SPITFIRE	Open K	25	03:00:12	05:40:31	08:12:47	10:16:33.35	10:16:33.35	+04:16:24 (41.6%)	8:36	7 (58.8%)
103	GÓRKA Sebastian	1059	NONAME	Open M	78	02:42:38	05:38:52	08:14:07	10:16:56.15	10:16:56.15	+04:16:47 (41.6%)	8:36	7 (58.8%)
104	NICIEJA Anna	1120		Open K	26	03:04:32	05:55:56	08:18:38	10:17:02.05	10:17:02.05	+04:16:53 (41.6%)	8:37	7 (58.8%)
105	KOWALCZUK Michał	1085	MARTA_MILAN_ADAM	Open M	79	03:02:19	05:39:38	08:08:24	10:18:40.75	10:18:40.75	+04:18:32 (41.8%)	8:38	6.9 (58.0%)
106	FIJAŁKOWSKA Karolina	1044		Open K	27	03:10:37	05:54:44	08:15:08	10:19:25.10	10:19:25.10	+04:19:16 (41.9%)	8:39	6.9 (58.0%)
107	MITAN Kamil	1111		Open M	80	03:05:00	05:54:03	08:18:42	10:21:04.80	10:21:04.80	+04:20:56 (42.0%)	8:40	6.9 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
108	FRYDRYCH Mateusz	1047	PAWKO RUNNER TEAM	Open M	81	03:18:39	06:08:08	08:34:43	10:22:03.75	10:22:03.75	+04:21:55 (42.1%)	8:41	6.9 (58.0%)
109	CZARNECKI Bartłomiej	1033	UWAGA NA DZIADA	Open M	82	02:57:09	05:24:19	07:48:40	10:22:12.05	10:22:12.05	+04:22:03 (42.1%)	8:41	6.9 (58.0%)
110	IDZIKOWSKI Piotr	1069	IDZIK	Open M	83	02:58:21	05:45:10	08:08:38	10:22:15.65	10:22:15.65	+04:22:07 (42.1%)	8:41	6.9 (58.0%)
111	CHUDA Joanna	1030	MOUNTAIN RUNNING GUIDES	Open K	28	03:03:16	05:47:37	08:16:29	10:22:17.30	10:22:17.30	+04:22:08 (42.1%)	8:41	6.9 (58.0%)
112	KWINTA Karol	1094	EKIPA PADREGO	Open M	84	03:01:49	05:55:23	08:26:14	10:25:47.90	10:25:47.90	+04:25:39 (42.5%)	8:44	6.9 (58.0%)
113	GOEBEL Paweł	1052	EKIPA PADREGO	Open M	85	03:01:49	05:55:30	08:26:12	10:25:48.10	10:25:48.10	+04:25:39 (42.5%)	8:44	6.9 (58.0%)
114	AMBROŻEK Aleksander	1011	ALCHEMIA BIEGANIA	Open M	86	03:09:25		08:34:47	10:25:57.00	10:25:57.00	+04:25:48 (42.5%)	8:44	6.9 (58.0%)
115	JAKUBISIAK Renata	1070	BIEGAM NA TARCHOMINIE	Open K	29	03:02:36	05:43:59	08:28:16	10:29:13.95	10:29:13.95	+04:29:05 (42.8%)	8:47	6.8 (57.1%)
116	ŁATKOWSKA Monika	1099	GRUPA BIEGOWA CHTMO	Open K	30	03:02:36	05:44:02	08:28:30	10:29:14.10	10:29:14.10	+04:29:05 (42.8%)	8:47	6.8 (57.1%)
117	WOJTON Malgorzata	1183	RUNPROGRESS.PL TEAM	Open K	31	03:12:52	06:06:01	08:29:46	10:30:57.25	10:30:57.25	+04:30:48 (42.9%)	8:48	6.8 (57.1%)
118	SKAWIŃSKI Marcel	1207		Open M	87	02:42:39	05:37:58	08:19:37	10:33:12.75	10:33:12.75	+04:33:04 (43.1%)	8:50	6.8 (57.1%)
119	PASEK Paweł	1126		Open M	88		05:16:45	08:11:57	10:38:26.85	10:38:26.85	+04:38:18 (43.6%)	8:55	6.7 (56.3%)
120	NIEDŹWIEDŹ Grzegorz	1121	ULTRA TRIAL ACADEMY/STS BIEGATON	Open M	89	03:11:54	06:01:33	08:36:20	10:40:21.85	10:40:21.85	+04:40:13 (43.8%)	8:56	6.7 (56.3%)
121	FORNAL Jacek	1045	ŻBIKI	Open M	90	02:57:22	05:46:55	08:22:08	10:41:17.60	10:41:17.60	+04:41:09 (43.8%)	8:57	6.7 (56.3%)
122	KAJMOWICZ Aleksander	1075	LKS BURZYN	Open M	91	03:04:37	06:04:35	08:38:19	10:41:33.05	10:41:33.05	+04:41:24 (43.9%)	8:57	6.7 (56.3%)
123	GROENE Martyna	1060		Open K	32	03:17:25	06:07:29	08:40:20	10:42:43.60	10:42:43.60	+04:42:35 (44.0%)	8:58	6.7 (56.3%)
124	WALKOWSKI Tomasz	1175		Open M	92	03:02:20	05:50:49	08:20:57	10:45:34.55	10:45:34.55	+04:45:25 (44.2%)	9:00	6.7 (56.3%)
125	RADZIWANOWSKI Leszek	1146	LIPOWA 1	Open M	93	02:58:26	05:54:49	08:31:55	10:46:21.90	10:46:21.90	+04:46:13 (44.3%)	9:01	6.6 (55.5%)
126	MAZUR Filip	1106		Open M	94	03:18:02	06:08:08	08:41:04	10:46:49.60	10:46:49.60	+04:46:41 (44.3%)	9:02	6.6 (55.5%)
127	WRONA Kamila	1185	SPARTALUBLIN	Open K	33	03:06:16	06:01:44		10:46:51.55	10:46:51.55	+04:46:42 (44.3%)	9:02	6.6 (55.5%)
128	BUCHTA Krzysztof	1021	VIKING TRAINING CENTER	Open M	95	02:59:40	05:54:12	08:40:39	10:47:06.05	10:47:06.05	+04:46:57 (44.3%)	9:02	6.6 (55.5%)
129	MITER Damian	1112	RUNNERSI	Open M	96	02:58:05	06:01:22	08:34:26	10:53:18.40	10:53:18.40	+04:53:09 (44.9%)	9:07	6.6 (55.5%)
130	RAKOWSKI Krzysztof	1147	RUNNERSI	Open M	97	02:58:05	06:01:23	08:34:34	10:53:18.65	10:53:18.65	+04:53:10 (44.9%)	9:07	6.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
131	KRAWCZYK Grzesiek	1090	1725	Open M	98	02:38:36	05:22:26	08:21:08	10:55:03.95	10:55:03.95	+04:54:55 (45.0%)	9:08	6.6 (55.5%)
132	POREMSKI Leszek	1138		Open M	99	02:55:19	05:48:55	08:29:14	10:55:06.05	10:55:06.05	+04:54:57 (45.0%)	9:08	6.6 (55.5%)
133	PASIEKA Grzegorz	1127	SZTYWNE KULASY	Open M	100	03:11:31	05:57:21	08:43:02	10:58:47.70	10:58:47.70	+04:58:39 (45.3%)	9:12	6.5 (54.6%)
134	BUJNOWSKI Rafał	1024	PĘDZĄCE KAPCIE	Open M	101	02:55:39	05:52:24	08:37:09	10:58:53.15	10:58:53.15	+04:58:44 (45.3%)	9:12	6.5 (54.6%)
135	WIŚNIEWSKI Maciej	1178		Open M	102	02:57:17	06:02:54	08:42:43	10:59:05.65	10:59:05.65	+04:58:57 (45.4%)	9:12	6.5 (54.6%)
136	MYSZKOWSKI Paweł	1117	SPLENDOR I CHWAŁA	Open M	103	03:01:27	06:13:38	08:55:01	10:59:17.50	10:59:17.50	+04:59:08 (45.4%)	9:12	6.5 (54.6%)
137	ZEMBATY Marek	1194		Open M	104	03:10:19	06:08:04	08:53:53	10:59:21.75	10:59:21.75	+04:59:13 (45.4%)	9:12	6.5 (54.6%)
138	WOJCIECHOWSKA Katarzyna	1180	DZIKIE ŻYCIE RUN TEAM	Open K	34	03:04:49	06:04:23	08:43:14	11:01:13.40	11:01:13.40	+05:01:04 (45.5%)	9:14	6.5 (54.6%)
139	WRÓBEL Michał	1186		Open M	105	03:08:16	06:06:44	08:55:16	11:09:20.90	11:09:20.90	+05:09:12 (46.2%)	9:20	6.4 (53.8%)
140	ZASŁONKA Paweł	1192		Open M	106	03:16:34	06:11:49	08:54:16	11:11:02.60	11:11:02.60	+05:10:54 (46.3%)	9:22	6.4 (53.8%)
141	TOMICKI Krzysztof	1169		Open M	107	03:02:57	06:07:58	09:06:55	11:13:58.85	11:13:58.85	+05:13:50 (46.6%)	9:24	6.4 (53.8%)
142	SOCIŃSKI Artur	1153		Open M	108	03:07:58	06:07:22	08:51:14	11:17:31.25	11:17:31.25	+05:17:22 (46.8%)	9:27	6.3 (52.9%)
143	SILSKI Artur	1151	ZAKOLA OF MIGHT AND MAGIC III	Open M	109	02:59:11	06:02:50	08:54:09	11:20:15.55	11:20:15.55	+05:20:06 (47.1%)	9:30	6.3 (52.9%)
144	PIASKOWSKI Mateusz	1131	KLUB MARATOŃCZYKA V LO W POZNANIU/ GANG FIZOLI	Open M	110	02:59:11	06:02:50	08:54:12	11:20:15.95	11:20:15.95	+05:20:07 (47.1%)	9:30	6.3 (52.9%)
145	HELIOSZ Joanna	1063		Open K	35	03:18:58	06:16:39	09:02:46	11:21:26.95	11:21:26.95	+05:21:18 (47.2%)	9:31	6.3 (52.9%)
146	SZYMANKIEWICZ Edyta	1164	CROSS STRACEŃCÓW TEAM	Open K	36	03:16:39	06:24:34	09:04:44	11:21:46.80	11:21:46.80	+05:21:38 (47.2%)	9:31	6.3 (52.9%)
147	REKOWSKI Kacper	1148		Open M	111	03:14:06	06:25:38	09:08:12	11:21:55.60	11:21:55.60	+05:21:47 (47.2%)	9:31	6.3 (52.9%)
148	KLONOWSKI Jacek	1081		Open M	112	02:42:42	05:33:50	08:50:12	11:22:11.80	11:22:11.80	+05:22:03 (47.2%)	9:31	6.3 (52.9%)
149	MATUSIK Wojciech	1105	BRZEZINKA RUNER	Open M	113	03:02:11	06:09:14	09:13:45	11:23:36.45	11:23:36.45	+05:23:27 (47.3%)	9:32	6.3 (52.9%)
150	DARSKI Rafał	1038	RECAMIERE	Open M	114	03:05:05	06:09:01	08:58:17	11:27:30.00	11:27:30.00	+05:27:21 (47.6%)	9:36	6.2 (52.1%)
151	ŚWIERCZYŃSKI Tomasz	1167		Open M	115	03:17:52	06:10:21	09:04:25	11:27:34.50	11:27:34.50	+05:27:25 (47.6%)	9:36	6.2 (52.1%)
152	BOGUSZ Bartosz	1018		Open M	116	03:17:21	06:10:13	09:02:29	11:27:51.00	11:27:51.00	+05:27:42 (47.6%)	9:36	6.2 (52.1%)
153	KROSZKA Krzysztof	1091		Open M	117	03:08:38	06:22:01	09:16:07	11:30:34.20	11:30:34.20	+05:30:25 (47.8%)	9:38	6.2 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
154	GAWRYLUK-KORCZAK Eliza	1049		Open K	37	03:05:59	06:18:16	09:06:30	11:30:50.90	11:30:50.90	+05:30:42 (47.9%)	9:38	6.2 (52.1%)
154	IDZIKOWSKA Marta	1068	NAPRZÓD MŁOCINY	Open K	37	03:05:58	06:18:08	09:06:22	11:30:50.90	11:30:50.90	+05:30:42 (47.9%)	9:38	6.2 (52.1%)
156	ZIAJKO Zuza	1195	VEGE RUNNERS	Open K	39	03:17:31	06:16:43	09:04:06	11:31:02.15	11:31:02.15	+05:30:53 (47.9%)	9:39	6.2 (52.1%)
157	BUJNOWSKA Eliza	1023	VEGE RUNNERS	Open K	40	03:20:10	06:19:14	09:08:27	11:31:02.25	11:31:02.25	+05:30:53 (47.9%)	9:39	6.2 (52.1%)
158	SOBOL Jerzy	1152		Open M	118	03:17:14	06:22:03	09:08:47	11:38:16.55	11:38:16.55	+05:38:07 (48.4%)	9:45	6.2 (52.1%)
159	MICHALSKA Joanna	1107	VELUX	Open K	41	03:17:03	06:29:09	09:18:43	11:44:22.85	11:44:22.85	+05:44:14 (48.9%)	9:50	6.1 (51.3%)
160	KOZIOŁ Paweł	1087		Open M	119	03:21:20	06:32:11	09:23:40	11:44:28.00	11:44:28.00	+05:44:19 (48.9%)	9:50	6.1 (51.3%)
161	ZIĘBA Anna	1196		Open K	42	03:21:21	06:32:11	09:23:44	11:44:28.05	11:44:28.05	+05:44:19 (48.9%)	9:50	6.1 (51.3%)
162	DANECKI Jacek	1037		Open M	120	03:09:46	06:22:02	09:07:43	11:45:23.25	11:45:23.25	+05:45:14 (48.9%)	9:51	6.1 (51.3%)
163	STĘPIEŃ Kamil	1156	TUPTUŚ	Open M	121	03:04:14	06:06:33	08:58:55	11:48:06.55	11:48:06.55	+05:47:57 (49.1%)	9:53	6.1 (51.3%)
164	MILEWSKA Dominika	1108		Open K	43	03:19:49	06:29:36	09:18:11	11:54:48.50	11:54:48.50	+05:54:39 (49.6%)	9:58	6 (50.4%)
164	ŚNIEG Paulina	1166		Open K	43	03:19:46	06:29:36	09:18:08	11:54:48.50	11:54:48.50	+05:54:39 (49.6%)	9:58	6 (50.4%)
166	MARSZAŁEK Marcin	1104	OK!SPORT	Open M	122	02:53:38	06:19:38	09:13:22	12:05:47.00	12:05:47.00	+06:05:38 (50.4%)	10:08	5.9 (49.6%)
167	MUCHA Marek	1115	APOSTLES OF STARS	Open M	123	03:16:36	06:27:01	09:30:37	12:08:54.85	12:08:54.85	+06:08:46 (50.6%)	10:10	5.9 (49.6%)
168	WALKOWSKA Justyna	1174		Open K	45	03:42:13	06:53:52	09:44:04	12:17:18.75	12:17:18.75	+06:17:10 (51.2%)	10:17	5.8 (48.7%)
169	BODZIOCH Robert	1017		Open M	124	03:50:23	07:05:42	10:02:37	12:28:31.30	12:28:31.30	+06:28:22 (51.9%)	10:27	5.7 (47.9%)
170	KACPRZAK Konrad	1073		Open M	125	03:30:34	06:57:32	09:54:29	12:28:47.95	12:28:47.95	+06:28:39 (51.9%)	10:27	5.7 (47.9%)
171	BUJOCZEK Janusz	1026	BUJO MY ...	Open M	126	03:43:22	07:08:05	09:55:56	12:30:14.30	12:30:14.30	+06:30:05 (52.0%)	10:28	5.7 (47.9%)
172	PTAK Arkadiusz	1143	CRAZY BIRDS	Open M	127	03:34:55	07:04:06	09:58:29	12:49:56.85	12:49:56.85	+06:49:48 (53.2%)	10:45	5.6 (47.1%)
173	BUJOCZEK Małgorzata	1025		Open K	46	03:43:22	07:08:04	10:12:08	12:52:59.65	12:52:59.65	+06:52:51 (53.4%)	10:47	5.6 (47.1%)
..	.			Open M		DNF	DNF	06:52:17 DNF	DNF	DNF		-	- (0.0%)
	PODKUL Marcin	1135		Open M		DNF	DNF	08:34:22 DNF	DNF	DNF		-	- (0.0%)
	BORYKA Piotr	1019		Open M		03:57:48 DNF	07:29:15 DNF	10:30:43 DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
	LESIAK Filip	1096	TRAIL IS OUR WAY	Open M		02:42:23 DNF	05:15:59 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GOLEBIOWSKI Michał	1053	TEAM ZABIEGANEDNI	Open M		03:19:42 DNF	06:31:43 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PIWOWARCZYK Weronika	1134	ROZBIEGANE DOBCZYCE	Open K		04:05:23 DNF	07:51:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	WERNER Kamil	1005	DZIKI BIEG	Open M		01:53:13 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BAJDA Dawid	1012	EKIPA PADREGO	Open M		02:49:56 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	FARON Robert	1208	HOKA GARMIN TEAM	Open M		03:04:12 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOZAK Lukasz	1086		Open M		03:17:47 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BIAŁCZAK Tomasz	1016		Open M		03:17:49 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	BĘBEN Marta	1015		Open K		03:18:16 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	PROCHOWICZ Dominik	1140		Open M		03:42:56 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	LATAŁA Wojciech	1095	LEŚNE GRUBASY	Open M		04:14:52 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOCIOŁEK Witold	1082	INŻYNIERIA BIEGANIA	Open M		DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 188 wynik(ów)