

ŁEMKOWYNA
ULTRA-TRAIL®



PRESENTED BY
Columbia

COROS
SPONSOR POMIARU CZASU

ŁEMKO TRAIL 30

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Wydarzenie: Łemkowna Ultra-Trail
Organizator: Fundacja Ultra
Data: 2021-10-23
Miejsce: Komańcza
Dystans: 29 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	ŚWIERAD Krystian	3304		Open M	1	01:15:18	02:21:07.15	02:21:09.00		4:51	12.3
2	GURGUL Sebastian	3095	AROMAT NÓG	Open M	2	01:14:16	02:22:28.05	02:22:29.90	+00:01:20	4:54	12.2
3	WETHACZ Dariusz	3321	LOKOMOTIV MAJDAN / ON RUNNING POLSKA	Open M	3	01:15:23	02:23:11.90	02:23:13.60	+00:02:04	4:56	12.2
4	NIEZGODA Marcin	3200	KKB MOSIR KROSNO	Open M	4		02:24:53.40	02:24:55.10	+00:03:46	4:59	12
5	KNAPIK Sebastian	3131	BUTYJANA	Open M	5	01:16:27	02:27:34.00	02:27:36.10	+00:06:27	5:05	11.8
6	SŁOWIŃSKI Marcin	3273	BIEGACZE SPECJALNEJ TROSKI	Open M	6		02:30:47.95	02:30:52.10	+00:09:43	5:11	11.5
7	GRYZŁO Jakub	3093	TRESERTEAM	Open M	7	01:19:51	02:31:42.75	02:31:44.40	+00:10:35	5:13	11.5
8	WLKOSZ Mateusz	3328	#SOBASTEAM	Open M	8	01:19:32	02:32:40.70	02:32:43.40	+00:11:34	5:15	11.4
9	SWORSKI Roman	3295	TRENUJSKUTECZNIE.COM / VEGE RUNNERS / VEGAN	Open M	9	01:17:19	02:33:19.55	02:33:22.80	+00:12:13	5:17	11.3
10	KULIGA Sławomir	3152	SŁAWOMIR KULIGA	Open M	10	01:21:54	02:33:36.40	02:33:38.90	+00:12:29	5:17	11.3
11	MAJEWSKI Piotr	3180	FIZJOBIEGACZE SZCZECIN	Open M	11	01:18:00	02:33:40.60	02:33:43.00	+00:12:34	5:17	11.3
12	DOMBROWSKI Jakub	3059		Open M	12	01:20:46	02:34:42.70	02:34:45.90	+00:13:36	5:20	11.2
13	OTEVŘELOVÁ Kristýna	3211	COLUMBIA MONTRAIL	Open K	1	01:22:29	02:37:34.50	02:37:37.20	+00:16:28	5:26	11
14	ZIELIŃSKI Piotr	3341		Open M	13	01:22:57	02:40:31.05	02:40:34.45	+00:19:25	5:32	10.8
15	JASŁOWSKA Justyna	3003		Open K	2	01:23:37	02:41:08.80	02:41:12.90	+00:20:03	5:33	10.8
16	SKARŻYŃSKI Łukasz	3267		Open M	14	01:26:14	02:41:10.30	02:41:15.90	+00:20:06	5:33	10.8
17	JACHYMSKI Krzysztof	3107	VEGE RUNNERS	Open M	15	01:23:06	02:41:18.95	02:41:22.55	+00:20:13	5:33	10.8
18	GALUSKIN Alexey	3076	GRUPA NOMAX	Open M	16	01:27:22	02:44:45.35	02:44:49.25	+00:23:40	5:40	10.6
19	KOSTKA Janusz	3138	POSMAKUJ RUN TEAM	Open M	17	01:25:11	02:46:16.85	02:46:22.40	+00:25:13	5:44	10.5
20	PAPROCKI Michał	3215		Open M	18	01:26:10	02:47:05.55	02:47:10.70	+00:26:01	5:45	10.4
21	GRZEGORCZYK Michał	3094		Open M	19	01:26:18	02:47:16.95	02:47:21.30	+00:26:12	5:46	10.4
22	CIOCH Marcin	3044		Open M	20	01:23:22	02:47:40.85	02:47:47.40	+00:26:38	5:46	10.4
23	KOLEK Sebastian	3134		Open M	21	01:24:01	02:48:53.60	02:48:58.40	+00:27:49	5:49	10.3
24	RAJCHEL Rafał	3243		Open M	22	01:25:56	02:49:22.40	02:49:27.65	+00:28:18	5:50	10.3
25	BATORYNA Aleksander	3022		Open M	23	01:28:50	02:50:34.15	02:50:38.80	+00:29:29	5:52	10.2
26	SMACZNY Bartłomiej	3274		Open M	24	01:26:19	02:51:54.90	02:52:03.00	+00:30:54	5:55	10.1
27	MAJORCZYK Gerard	3182		Open M	25	01:29:48	02:52:32.50	02:52:39.60	+00:31:30	5:56	10.1
28	GÓRECKI Rafał	3088		Open M	26	01:29:50	02:53:45.75	02:53:48.05	+00:32:39	5:59	10
29	BIESZCZAD Magdalena	3028	TRESERTEAM	Open K	3	01:30:26	02:55:22.85	02:55:25.85	+00:34:16	6:02	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
30	PLEWA Rafał	3228		Open M	27	01:25:34	02:55:30.00	02:55:35.55	+00:34:26	6:03	9.9
31	JAWORSKI Piotr	3114		Open M	28	01:28:06	02:56:47.25	02:56:49.50	+00:35:40	6:05	9.8
32	MAŚLANKA Jarosław	3188	PEGA RUNNERS	Open M	29	01:30:15	02:57:50.90	02:57:54.90	+00:36:45	6:07	9.8
33	ASCHENBRENNER Zsolt	3011		Open M	30		02:58:10.00	02:58:22.00	+00:37:13	6:08	9.8
34	RUDOWSKI Jacek	3253		Open M	31	01:30:45	02:58:42.90	02:58:49.85	+00:37:40	6:09	9.7
35	WOCH Krzysztof	3331	WDŁOROGI	Open M	32	01:33:56	02:58:47.00	02:58:52.85	+00:37:43	6:09	9.7
36	WOJTAS Piotr	3332		Open M	33	01:33:29	02:58:39.45	02:58:54.55	+00:37:45	6:09	9.7
37	KULIK Karolina	3153	TRENINGFIZJOTERAPIA.PL	Open K	4	01:34:01	03:00:06.65	03:00:11.40	+00:39:02	6:12	9.7
38	KOSTKA Małgorzata	3140	CUBE TEAM	Open K	5	01:33:45	03:00:04.40	03:00:11.80	+00:39:02	6:12	9.7
39	PAPRZYCKI Romuald	3216		Open M	34	01:34:25	03:00:37.30	03:00:56.50	+00:39:47	6:13	9.6
40	DROZD Maciej	3062		Open M	35	01:34:27	03:01:17.55	03:01:22.50	+00:40:13	6:15	9.6
41	SYGA Przemysław	3296	KORONA SIEMPRE	Open M	36	01:34:09	03:01:38.90	03:01:54.60	+00:40:45	6:15	9.6
42	SIENKIEWICZ Piotr	3266		Open M	37	01:36:33	03:01:42.00	03:02:12.40	+00:41:03	6:15	9.6
43	SKOCZYLAŚ Karolina	3268	SKOCZYLIWLASY / STAY INSANE	Open K	6	01:35:35	03:03:15.10	03:03:20.10	+00:42:11	6:19	9.5
44	SZOKA Krzysztof	3300		Open M	38	01:35:35	03:03:04.35	03:03:39.25	+00:42:30	6:18	9.5
45	CHMIELEWSKI Tomasz	3042		Open M	39	01:39:25	03:04:09.00	03:04:33.10	+00:43:24	6:21	9.4
46	AUGUST Kajetan	3012		Open M	40	01:35:09	03:05:32.45	03:05:40.35	+00:44:31	6:23	9.4
47	ARKUSZYŃSKI Paweł	3010	TIME4RUNNING	Open M	41	01:34:59	03:06:17.60	03:06:22.60	+00:45:13	6:25	9.3
48	BIEŃKOWSKI Michał	3027	DZIK KOMANDO	Open M	42	01:34:20	03:06:07.60	03:06:34.70	+00:45:25	6:25	9.3
49	OCZKOWSKI Mateusz	3207	GRUPA BIEGOWA CHTMO	Open M	43	01:35:51	03:06:18.75	03:06:46.45	+00:45:37	6:25	9.3
50	NOWOSADZKI Wojciech	3203		Open M	44	01:40:52	03:06:55.90	03:07:04.20	+00:45:55	6:26	9.3
51	WÓLKIEWICZ Paweł	3336	KS STASZEWSKY	Open M	45	01:37:48	03:06:53.00	03:07:07.40	+00:45:58	6:26	9.3
52	BORYCKI Artur	3035	TGR	Open M	46	01:36:40	03:06:54.05	03:07:12.05	+00:46:03	6:26	9.3
53	KOSTKA Krzysztof	3139		Open M	47	01:39:46	03:07:04.45	03:07:12.15	+00:46:03	6:27	9.3
54	NOSEK Dariusz	3201		Open M	48	01:34:44	03:07:25.70	03:07:34.15	+00:46:25	6:27	9.3
55	SALIS Wojciech	3260	TECHGIS	Open M	49	01:37:21	03:07:50.20	03:07:57.35	+00:46:48	6:28	9.3
56	SIELIWONIK Anita	3265		Open K	7		03:09:04.70	03:09:06.90	+00:47:57	6:31	9.2
57	SOCHA Piotr	3279		Open M	50	01:33:25	03:09:21.45	03:09:43.30	+00:48:34	6:31	9.2
58	PUTOWSKI Maciej	3240	ESESJA.PL	Open M	51	01:43:08	03:09:04.55	03:10:58.40	+00:49:49	6:31	9.2
59	BOŻEK Grzegorz	3036	DZIKIE ŻYCIE RUNTEAM	Open M	52	01:36:42	03:11:29.50	03:11:33.85	+00:50:24	6:36	9.1
60	WOJTAS Mateusz	3333		Open M	53	01:35:58	03:11:32.15	03:11:47.35	+00:50:38	6:36	9.1
61	RUSIN Marcin	3254	ASSECO ACTIVE TEAM	Open M	54	01:43:35	03:11:38.00	03:12:09.90	+00:51:00	6:36	9.1
62	KUNICKI Mateusz	3157		Open M	55	01:36:26	03:12:42.15	03:12:50.95	+00:51:41	6:38	9
63	CZERWOŃSKI Artur	3053		Open M	56	01:34:50	03:14:59.55	03:15:05.10	+00:53:56	6:43	8.9
64	WÓLKIEWICZ Dorota	3335	KS STASZEWSKY	Open K	8	01:43:48	03:14:51.70	03:15:07.55	+00:53:58	6:43	8.9
65	BAŁOS Bartłomiej	3018	PMKW	Open M	57	01:41:43	03:15:15.45	03:15:32.80	+00:54:23	6:43	8.9
66	STRZELCZYK Wiktor	3293	CARPATHIAN RUNNERS	Open M	58	01:38:54	03:15:50.15	03:16:00.40	+00:54:51	6:45	8.9
67	CIURYK Roman	3046		Open M	59	01:37:26	03:15:52.70	03:16:02.05	+00:54:53	6:45	8.9
68	SZCZEPANIAK Witold	3004		Open M	60	01:28:12	03:16:23.50	03:16:28.90	+00:55:19	6:46	8.9
69	SKÓRA Marcin	3270		Open M	61	01:30:55	03:16:31.00	03:16:38.45	+00:55:29	6:46	8.9
70	KRUPA Piotr	3150		Open M	62	01:42:43	03:17:02.25	03:17:15.75	+00:56:06	6:47	8.8
71	MRZYGLÓD Jurek	3196		Open M	63	01:43:33	03:17:38.10	03:18:14.25	+00:57:05	6:48	8.8
72	SOBCZYK Wioletta	3277	WTKOWO BIEGA	Open K	9	01:47:19	03:18:03.95	03:18:16.95	+00:57:07	6:49	8.8
73	GIBAS Wojciech	3079		Open M	64	01:41:52	03:18:06.40	03:18:17.30	+00:57:08	6:49	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
74	LIGĘZA Witek	3168	SMASHING PĄPKINS/UNLIMITED SPORT	Open M	65	01:43:47	03:18:29.50	03:18:39.95	+00:57:30	6:50	8.8
75	WYBRANIEC Wojciech	3338	SUSKA GRUPA BIEGOWA	Open M	66	01:43:01	03:18:43.30	03:19:09.35	+00:58:00	6:51	8.8
76	STACHOWSKI Wojciech	3285	TRI&MORE	Open M	67	01:41:33	03:18:58.10	03:19:20.90	+00:58:11	6:51	8.7
77	POŁĘĆ Eliza	3233	KRISS COACHING	Open K	10	01:44:05	03:19:16.40	03:19:23.80	+00:58:14	6:52	8.7
78	CZARNECKA Magdalena	3048		Open K	11	01:42:53	03:19:13.50	03:19:28.30	+00:58:19	6:52	8.7
79	SMYRAK Emil	3276		Open M	68	01:44:10	03:19:31.05	03:19:54.25	+00:58:45	6:52	8.7
80	KOZIOŁ Weronika	3145	TEAM MOUNTAIN FUEL POLSKA	Open K	12	01:41:21	03:20:48.90	03:20:54.75	+00:59:45	6:55	8.7
81	ŻMIJ Wojciech	3345		Open M	69	01:47:17	03:20:46.80	03:21:26.30	+01:00:17	6:55	8.7
82	WRONICZ Paweł	3337		Open M	70	01:45:32	03:21:17.25	03:21:30.15	+01:00:21	6:56	8.6
83	ŁUKASIK Rafał	3175		Open M	71	01:45:29	03:21:16.65	03:21:30.30	+01:00:21	6:56	8.6
84	CIOĆ Robert	3045		Open M	72	01:42:38	03:21:38.95	03:21:44.50	+01:00:35	6:57	8.6
85	CECH Michał	3041		Open M	73	01:39:49	03:21:48.80	03:22:13.30	+01:01:04	6:57	8.6
86	POGODA Adam	3230		Open M	74	01:43:44	03:22:27.50	03:22:36.40	+01:01:27	6:58	8.6
87	SOWA Wojciech	3283		Open M	75	01:43:41	03:23:19.05	03:23:23.40	+01:02:14	7:00	8.6
88	GROMEK Piotr	3092		Open M	76	01:47:58	03:23:38.90	03:23:51.25	+01:02:42	7:01	8.5
89	RZYSZKIEWICZ Tomasz	3259	PĘDZĄCE LENIWCE	Open M	77	01:41:56	03:23:43.75	03:23:54.65	+01:02:45	7:01	8.5
90	LEWANDOWSKA Milena	3165		Open K	13	01:47:50	03:24:22.75	03:24:39.95	+01:03:30	7:02	8.5
91	JAROS Mirek	3112		Open M	78	01:47:24	03:24:17.55	03:24:41.75	+01:03:32	7:02	8.5
92	MRÓWKA Małgorzata	3195		Open K	14	01:47:52	03:24:36.05	03:24:46.80	+01:03:37	7:03	8.5
93	GLIŃSKI Marcin	3081	K.S. STASZEWSKY	Open M	79	01:45:31	03:24:44.25	03:24:51.35	+01:03:42	7:03	8.5
94	PECHRA Mateusz	3218		Open M	80	01:42:55	03:24:22.80	03:24:52.50	+01:03:43	7:02	8.5
95	BOLIGŁOWA Małgorzata	3034	PIĄTE KOŁO U WOZU	Open K	15	01:50:30	03:25:09.00	03:25:39.15	+01:04:30	7:04	8.5
96	KOZIENSKI Marcin	3143		Open M	81	01:47:04	03:25:36.05	03:25:49.70	+01:04:40	7:05	8.5
97	KOZIOŁ Sylwester	3144		Open M	82	01:41:29	03:26:14.30	03:26:19.60	+01:05:10	7:06	8.4
98	GALANT Marek	3075		Open M	83	01:48:47	03:26:46.75	03:27:05.95	+01:05:56	7:07	8.4
99	DWORECKI Grzegorz	3066		Open M	84	01:44:13	03:26:58.20	03:27:08.20	+01:05:59	7:08	8.4
100	KOLASA Marcin	3133		Open M	85	01:47:51	03:26:58.40	03:27:27.80	+01:06:18	7:08	8.4
101	BRZUSZEK Mateusz	3039		Open M	86	01:44:41	03:27:32.55	03:27:51.00	+01:06:42	7:09	8.4
102	CZYŻOWICZ-GOTFRYD Agnieszka	3055	POLISH RUNNERS SQUAD	Open K	16	01:47:02	03:27:45.45	03:27:56.90	+01:06:47	7:09	8.4
103	PRZYBYLOWICZ Joanna	3237		Open K	17		03:27:45.95	03:28:08.60	+01:06:59	7:09	8.4
104	CZARDYBON Laura	3047		Open K	18	01:48:48	03:28:51.30	03:29:05.25	+01:07:56	7:12	8.3
105	CZŁONKOWSKI Grzegorz	3054	DOMDATA RUN TEAM / DZIKI Z MORASKA	Open M	87	01:44:18	03:29:04.00	03:29:23.15	+01:08:14	7:12	8.3
106	ADAMCZYK Łukasz	3005	3XL	Open M	88	01:51:22	03:29:04.15	03:29:27.65	+01:08:18	7:12	8.3
107	OBERSKI Adam	3205		Open M	89	01:45:08	03:29:24.45	03:29:39.90	+01:08:30	7:13	8.3
108	PERLIŃSKI Mirosław	3221	ASSECO ACTIVE TEAM	Open M	90	01:47:41	03:29:42.95	03:30:15.15	+01:09:06	7:13	8.3
109	ZMIJ Zbyszek	3344		Open M	91	01:49:20	03:29:42.40	03:30:21.90	+01:09:12	7:13	8.3
110	STĘPIEŃ Krzysztof	3290		Open M	92	01:46:56	03:30:11.40	03:30:24.50	+01:09:15	7:14	8.3
111	CZEKAJ Katarzyna	3051	PIĄTE KOŁO U WOZU	Open K	19	01:51:06	03:30:39.40	03:31:08.65	+01:09:59	7:15	8.3
112	BLOCH Keesware	3030	HOFFMAN SPORTSCLUB	Open M	93	01:51:33	03:30:46.70	03:31:14.65	+01:10:05	7:16	8.3
113	TWOMEY Mark	3311		Open M	94	01:47:38	03:32:34.40	03:33:01.40	+01:11:52	7:19	8.2
114	KUŁYK It Consulting	3156		Open M	95	01:43:39	03:32:48.60	03:33:09.65	+01:12:00	7:20	8.2
115	JABŁOŃSKI Bartosz	3104		Open M	96	01:54:55	03:33:52.05	03:34:25.55	+01:13:16	7:22	8.1
116	KINDE Orsolya	3130		Open K	20	01:49:36	03:34:31.65	03:34:48.10	+01:13:39	7:23	8.1
117	PYSZ Aleksander	3241		Open M	97	01:49:04	03:34:39.40	03:35:01.15	+01:13:52	7:24	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
118	NÝVLT Martin	3204	COLUMBIA MONTRAIL	Open M	98	01:57:01	03:34:50.30	03:35:18.05	+01:14:09	7:24	8.1
119	WACHOWSKI Piotr	3313		Open M	99	01:47:28	03:35:15.75	03:35:30.00	+01:14:21	7:25	8.1
120	ŁOPATA Michał	3174		Open M	100	01:47:24	03:35:59.20	03:36:30.15	+01:15:21	7:26	8.1
121	KOTOWICZ Iwona	3350	PODIUM	Open K	21	01:47:47	03:36:37.65	03:36:41.65	+01:15:32	7:28	8
122	WERLE Michał	3320	WARBUD RUNNING TEAM	Open M	101	01:46:04	03:37:02.10	03:37:12.00	+01:16:03	7:29	8
123	HADALA Piotr	3096		Open M	102	01:56:14	03:37:29.85	03:37:54.05	+01:16:45	7:29	8
123	ZIOMEK Marcin	3342		Open M	102	01:56:16	03:37:30.00	03:37:54.05	+01:16:45	7:30	8
125	NIEMIEC Grzegorz	3198	GRUPA BIRGOWA ZARSZYN	Open M	104	01:50:51	03:37:23.90	03:38:01.95	+01:16:52	7:29	8
126	ŻYŁA Roman	3346		Open M	105	01:54:06	03:37:39.75	03:38:04.70	+01:16:55	7:30	8
127	PAŁKA Łukasz	3214	3XL	Open M	106	01:53:34	03:38:46.35	03:39:09.95	+01:18:00	7:32	8
128	BRODZIUK Anna	3037		Open K	22	01:51:20	03:39:57.15	03:40:04.85	+01:18:55	7:35	7.9
129	KASCZYSZYN Marcin	3352	ZAWWSZA	Open M	107	01:54:43	03:40:34.40	03:41:08.10	+01:19:59	7:36	7.9
130	SOCHAJ Anna	3280	FUKUNDA	Open K	23	01:55:52	03:41:00.15	03:41:18.45	+01:20:09	7:37	7.9
131	SKRZYPEK Robert	3271	BIEGNIJ Z PROSERVICE	Open M	108	01:52:25	03:41:02.60	03:41:18.55	+01:20:09	7:37	7.9
132	JUCHA Urszula	3120		Open K	24	01:51:55	03:41:10.45	03:41:36.85	+01:20:27	7:37	7.9
133	JUCHA Rafał	3119		Open M	109	01:52:00	03:41:10.25	03:41:36.90	+01:20:27	7:37	7.9
134	WALCZAK Anna	3314		Open K	25	01:56:00	03:41:27.60	03:41:44.00	+01:20:35	7:38	7.9
135	KADZIDŁOWSKA Aleksandra	3122		Open K	26	01:53:40	03:41:44.50	03:41:54.10	+01:20:45	7:38	7.8
136	HOFMAN Piotr	3102		Open M	110	01:50:39	03:41:44.40	03:42:10.15	+01:21:01	7:38	7.8
137	KIERSKA Joanna	3128		Open K	27	01:51:05	03:42:42.10	03:43:02.10	+01:21:53	7:40	7.8
138	PABIAŃCZYK Małgorzata	3212		Open K	28	01:54:13	03:43:02.25	03:43:13.50	+01:22:04	7:41	7.8
139	HERBUT Mateusz	3100		Open M	111	01:49:24	03:44:21.15	03:44:37.70	+01:23:28	7:44	7.8
140	MALARA Anna	3183		Open K	29	01:54:11	03:44:35.50	03:44:44.70	+01:23:35	7:44	7.7
141	ŚMIECHOWSKA Małgorzata	3302	SDS RECZ	Open K	30	01:55:06	03:44:29.00	03:44:46.60	+01:23:37	7:44	7.8
142	GAD Szczepan	3074	KS STASZEWSKY	Open M	112	01:55:29	03:44:33.80	03:44:51.60	+01:23:42	7:44	7.7
143	STERNIK Daniel	3289	NAJWIĘKSZA ARMIA ŚWIATA	Open M	113	01:55:28	03:44:31.85	03:44:52.50	+01:23:43	7:44	7.7
144	MOŻEJKO Jadwiga	3347	NIEPOŁOMICIE BIEGAJĄ	Open K	31	01:55:03	03:44:40.10	03:44:59.10	+01:23:50	7:44	7.7
145	HANULA Marcin	3097		Open M	114	01:43:18	03:44:51.25	03:45:11.20	+01:24:02	7:45	7.7
146	SCHWITALLA Katarzyna	3262		Open K	32	01:54:24	03:45:52.80	03:46:03.90	+01:24:54	7:47	7.7
147	CZARNECKI Maciej	3049		Open M	115	01:56:32	03:45:52.50	03:46:12.90	+01:25:03	7:47	7.7
148	ANTOŃ Bartłomiej	3009	PIĄTE KOŁO U WOZU	Open M	116	01:56:50	03:45:50.45	03:46:20.65	+01:25:11	7:47	7.7
149	BALA Dariusz	3015	ZAWWSZA LEGNICA	Open M	117	01:56:16	03:45:58.95	03:46:32.70	+01:25:23	7:47	7.7
150	NICIEJA Anna	3360	BABY GÓRA	Open K	33	01:55:43	03:46:16.15	03:46:58.30	+01:25:49	7:48	7.7
150	ROJEK Magdalena	3250		Open K	33	01:56:50	03:46:15.65	03:46:58.30	+01:25:49	7:48	7.7
152	TUZA-BUCZKÓ Judit	3310	MFSE	Open K	35	01:55:33	03:46:48.25	03:47:00.00	+01:25:51	7:49	7.7
153	STAROŃSKA Magdalena	3287		Open K	36	01:57:04	03:46:57.40	03:47:08.35	+01:25:59	7:49	7.7
154	FORNAL Ewelina	3073	ŻBIKI	Open K	37	01:53:08	03:47:17.00	03:47:23.65	+01:26:14	7:50	7.7
155	FORNAL Jacek	3072	ŻBIKI	Open M	118	01:53:05	03:47:17.30	03:47:23.80	+01:26:14	7:50	7.7
156	DYLONG Andrea	3067	RUNNING.CHIEF TEAM	Open K	38	01:57:02	03:47:08.65	03:47:25.50	+01:26:16	7:49	7.7
157	TADROWSKI Tomasz	3305		Open M	119	01:56:16	03:46:55.45	03:47:26.70	+01:26:17	7:49	7.7
158	BALCERZAK Krysia	3016	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Open K	39	01:59:25	03:47:18.65	03:47:28.95	+01:26:19	7:50	7.7
159	RACZYŃSKA Gosia	3242		Open K	40	01:57:23	03:47:34.95	03:47:42.95	+01:26:33	7:50	7.6
160	JĘDRZEJCZYK Łukasz	3117	COCA COLA RUNNERS	Open M	120	01:57:27	03:47:35.55	03:47:43.45	+01:26:34	7:50	7.6
161	PŁAWECKA Katarzyna	3229	PSZCZYNA BIEGA	Open K	41	01:54:32	03:48:00.95	03:48:32.25	+01:27:23	7:51	7.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
162	HAYPÁL Orsi	3099		Open K	42	01:57:28	03:48:23.60	03:48:35.90	+01:27:26	7:52	7.6
163	GORDON Kamila	3085	TRIMASTERS	Open K	43	01:57:21	03:48:34.20	03:48:49.90	+01:27:40	7:52	7.6
164	NAZAREWICZ Tomasz	3197		Open M	121	01:47:32	03:49:13.45	03:49:21.20	+01:28:12	7:54	7.6
165	ADAMUS Edyta	3006	ORZEŁ KAUKAZU	Open K	44	01:57:54	03:49:42.00	03:49:46.00	+01:28:37	7:55	7.6
166	ADAMUS Albert	3007	ORZEŁ KAUKAZU	Open M	122	01:56:41	03:49:42.65	03:49:46.05	+01:28:37	7:55	7.6
167	JĘDRZEJEK Marek	3118		Open M	123	01:53:53	03:49:46.70	03:50:22.40	+01:29:13	7:55	7.6
168	NIEMIRO Paweł	3199	JAGODOWO-KALINOWY TEAM	Open M	124	01:53:47	03:49:46.50	03:50:22.50	+01:29:13	7:55	7.6
169	JEDZINIAK Kamila	3115		Open K	45	01:56:15	03:50:05.30	03:50:26.50	+01:29:17	7:56	7.6
170	WIĘCH Mariusz	3324		Open M	125	01:52:12	03:50:08.90	03:50:26.60	+01:29:17	7:56	7.6
171	KUŚ Michał	3158	KLUB INO STOWARZYSZE	Open M	126	01:54:55	03:50:10.35	03:50:34.70	+01:29:25	7:56	7.6
172	MASZKOWSKI Rafał	3187		Open M	127	02:02:24	03:50:08.55	03:50:36.25	+01:29:27	7:56	7.6
173	MASZKOWSKA Anna	3186		Open K	46	02:02:25	03:50:08.05	03:50:36.45	+01:29:27	7:56	7.6
174	PIERZCHAŁA Jacek	3224		Open M	128	01:51:48	03:51:00.80	03:51:14.75	+01:30:05	7:57	7.5
174	KROSZKA Beata	3148	KS STASZEWSKY	Open K	47	01:56:36	03:51:08.25	03:51:14.75	+01:30:05	7:58	7.5
176	RICHARDSON Michael	3247		Open M	129	01:54:30	03:51:19.85	03:51:48.95	+01:30:39	7:58	7.5
177	RICHARDSON Lucyna	3246		Open K	48	01:54:27	03:51:20.75	03:51:49.25	+01:30:40	7:58	7.5
178	SMOLIŃSKI Rafał	3275		Open M	130		03:51:26.95	03:51:52.25	+01:30:43	7:58	7.5
179	LITWINIUK-KOSMALA Malgorzata	3170		Open K	49	01:57:42	03:52:32.80	03:52:41.10	+01:31:32	8:01	7.5
180	MROZIK Michał	3194	POWER TRAINING	Open M	131	01:58:19	03:52:19.00	03:52:50.30	+01:31:41	8:00	7.5
181	DRUŻKOWSKA Monika	3063		Open K	50	01:58:18	03:52:19.40	03:52:50.35	+01:31:41	8:00	7.5
182	JANKOWY Waldemar	3110		Open M	132	01:54:18	03:53:29.70	03:53:37.90	+01:32:28	8:03	7.5
183	SIEJKOWSKI Krzysztof	3264		Open M	133	01:57:15	03:53:28.65	03:54:01.45	+01:32:52	8:03	7.5
184	WIERZBICKA Ewa	3323		Open K	51	02:00:11	03:53:52.15	03:54:25.25	+01:33:16	8:03	7.4
185	BACHURSKI Daniel	3013	POCZTOWA GRUPA BIEGOWA	Open M	134	01:53:43	03:55:04.25	03:55:07.35	+01:33:58	8:06	7.4
186	KOMAŃSKI Rafał	3135		Open M	135	01:54:09	03:54:47.40	03:55:26.00	+01:34:17	8:05	7.4
187	LUDWIAK Michał	3173		Open M	136	02:05:40	03:54:53.40	03:55:28.60	+01:34:19	8:05	7.4
188	DARŁAK Joanna	3056	NAPRZÓD MŁOCINY	Open K	52	01:55:50	03:55:32.55	03:56:01.25	+01:34:52	8:07	7.4
189	KOWAL Amadeusz	3142	NAPRZÓD MŁOCINY	Open M	137	01:55:51	03:55:32.35	03:56:01.60	+01:34:52	8:07	7.4
190	RESZKA Łukasz	3245	POMAT ŚWIDNICKI	Open M	138	01:59:17	03:57:43.50	03:57:58.85	+01:36:49	8:11	7.3
191	RYBACZUK Ewelina	3255		Open K	53	02:02:07	03:58:12.15	03:58:23.70	+01:37:14	8:12	7.3
192	BARCZENTEWICZ Przemysław	3019	POLSKA	Open M	139	01:54:16	03:57:48.80	03:58:24.70	+01:37:15	8:12	7.3
193	BLAUT Marta	3029	PLANYBIEGOWE.PL	Open K	54	02:04:40	03:58:52.00	03:59:09.15	+01:38:00	8:14	7.3
194	OLSZEWSKA Paulina	3209	WYBIEGAĆ SMOKA	Open K	55	01:59:41	03:58:44.15	03:59:09.35	+01:38:00	8:13	7.3
195	WARDA Michał	3315	WYBIEGAĆ SMOKA	Open M	140	01:59:04	03:58:44.55	03:59:09.45	+01:38:00	8:13	7.3
196	BĄK Bogdan	3023		Open M	141	01:57:14	03:59:04.05	03:59:35.75	+01:38:26	8:14	7.3
197	BRONOWSKA-WODYNSKA Magdalena	3038	DZIKIE ŻYCIE RUN TEAM	Open K	56	02:06:21	03:59:33.05	03:59:39.70	+01:38:30	8:15	7.3
198	GÓRECKA Katarzyna	3087		Open K	57	01:59:56	03:59:47.75	03:59:54.50	+01:38:45	8:16	7.3
199	LUBOWIECKA Katarzyna	3171		Open K	58	02:04:30	03:59:49.75	04:00:03.25	+01:38:54	8:16	7.3
200	PRZYBYŁOWICZ Rafał	3236		Open M	142	01:57:53	03:59:38.40	04:00:38.40	+01:39:29	8:15	7.3
201	GOŁYGOWSKI Łukasz	3084		Open M	143	02:00:40	04:01:07.70	04:01:19.50	+01:40:10	8:18	7.2
202	PRZYBYLSKA Katarzyna	3238	WTKOWO BIEGA	Open K	59	02:00:35	04:01:07.85	04:01:19.60	+01:40:10	8:18	7.2
203	POL Mateusz	3231		Open M	144	02:09:40	04:01:05.85	04:01:38.05	+01:40:29	8:18	7.2
204	GŁUSZKOWSKA Monika	3083	KS STASZEWSKY	Open K	60	02:03:17	04:01:29.40	04:01:44.80	+01:40:35	8:19	7.2
205	GLIŃSKA Renata	3080	KS STASZEWSKY	Open K	61	02:03:20	04:01:29.90	04:01:45.00	+01:40:36	8:19	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 29km	brutto 29km			
206	RYBAK Wiktoria	3256		Open K	62	02:05:29	04:01:52.90	04:02:15.15	+01:41:06	8:20	7.2
207	RYBAK Aneta	3257		Open K	63	01:45:53	04:01:53.00	04:02:15.35	+01:41:06	8:20	7.2
208	NOWICKI Jarosław	3202		Open M	145	01:56:54	04:02:42.15	04:03:14.30	+01:42:05	8:22	7.2
209	MALEC Basia	3184		Open K	64	02:00:36	04:02:56.80	04:03:16.40	+01:42:07	8:22	7.2
210	KROSZKA Krzysztof	3149		Open M	146	01:55:55	04:03:39.05	04:03:49.65	+01:42:40	8:24	7.1
211	RAMA Andrzej	3244	TATOKUPA	Open M	147	02:05:44	04:03:46.00	04:04:20.60	+01:43:11	8:24	7.1
212	GARBACZ Kamila	3078		Open K	65	02:03:57	04:04:56.55	04:05:21.50	+01:44:12	8:26	7.1
213	WOŁYNIEC Paweł	3334	BIEGACZE SPECJALNEJ TROSKI	Open M	148	02:00:36	04:05:44.65	04:06:10.40	+01:45:01	8:28	7.1
214	MAJEWSKA Anna	3178		Open K	66	02:06:59	04:05:59.35	04:06:29.70	+01:45:20	8:28	7.1
215	JACHYMSKA Zofia	3106		Open K	67	02:07:00	04:05:57.30	04:06:30.05	+01:45:21	8:28	7.1
216	ZALESKA Maja	3340		Open K	68	02:04:38	04:06:18.40	04:06:32.05	+01:45:23	8:29	7.1
217	WŁODARCZYK Anna	3329		Open K	69	01:59:10	04:06:55.30	04:07:16.45	+01:46:07	8:30	7
218	JAWORSKI Bartek	3113		Open M	149	02:04:52	04:07:10.25	04:07:28.10	+01:46:19	8:31	7
219	TOKARSKA Bożena	3306	#ADAMCZERWIŃSKITEAM	Open K	70	02:05:48	04:07:17.20	04:07:28.25	+01:46:19	8:31	7
219	PĘCIAK Aleksandra	3222	-	Open K	70	02:05:58	04:07:13.50	04:07:28.25	+01:46:19	8:31	7
221	LEMIEC Agnieszka	3163		Open K	72	02:12:43	04:08:48.10	04:09:08.65	+01:47:59	8:34	7
222	BASAK Justyna	3021	WKURW_TEAM	Open K	73	02:09:57	04:08:52.25	04:09:14.40	+01:48:05	8:34	7
223	SOLTYS Teresa	3282	DECATHLON STALOWA WOLA	Open K	74	02:10:00	04:08:56.45	04:09:18.25	+01:48:09	8:35	7
224	PUSZCZYKOWSKA Małgorzata	3239		Open K	75	02:06:40	04:10:03.85	04:10:31.50	+01:49:22	8:37	7
225	FELENCZAK Michał	3069	LEMKO-RUSYN	Open M	150	02:03:10	04:12:43.60	04:12:52.50	+01:51:43	8:42	6.9
226	KOCUREK Natalia	3132		Open K	76	02:01:30	04:13:39.40	04:13:56.65	+01:52:47	8:44	6.9
227	RYBIENIK Lech	3258		Open M	151	02:07:15	04:14:12.00	04:14:18.05	+01:53:09	8:45	6.8
227	KIJEWSKA Karolina	3129		Open K	77	02:07:19	04:14:12.00	04:14:18.05	+01:53:09	8:45	6.8
229	PIĄTY Kamil	3223		Open M	152	02:02:50	04:13:48.55	04:14:26.80	+01:53:17	8:45	6.9
230	MICHALSKI Adrian	3191	KM PSP JELENIA GÓRA	Open M	153	01:59:13	04:14:31.10	04:15:05.50	+01:53:56	8:46	6.8
231	KUCHARSKA Aneta	3151	ROZBIEGAJMY RADOMSKO	Open K	78	02:11:48	04:14:56.45	04:15:05.80	+01:53:56	8:47	6.8
232	BARSKA-OLSZEWSKA Ewa	3020	ROZBIEGAJMY RADOMSKO	Open K	79	02:11:44	04:14:56.15	04:15:06.15	+01:53:57	8:47	6.8
233	ŁUKASZCZUK Dawid	3176	-	Open M	154	02:02:09	04:15:07.90	04:15:21.90	+01:54:12	8:47	6.8
234	DZIŻA-URBANIAK Natalia	3068		Open K	80	02:11:34	04:15:32.45	04:15:59.70	+01:54:50	8:48	6.8
235	KROLIK Roman	3147		Open M	155	02:08:40	04:16:35.35	04:16:48.15	+01:55:39	8:50	6.8
236	KUŁACZKOWSKI Konrad	3154		Open M	156	02:04:08	04:16:40.65	04:17:05.65	+01:55:56	8:51	6.8
237	SOKOŁOWSKI Krzysztof	3281	#BSB #TEAMKRASUS	Open M	157	02:11:35	04:16:39.45	04:17:09.60	+01:56:00	8:51	6.8
238	SPRINGER Marta	3284	NIGHT RUNNERS	Open K	81	02:15:48	04:17:16.55	04:17:57.30	+01:56:48	8:52	6.8
239	BOBOLA Maciek	3031		Open M	158	02:11:26	04:18:03.05	04:18:20.55	+01:57:11	8:53	6.7
240	ADAŚ Łukasz	3008		Open M	159	02:05:42	04:18:27.50	04:18:30.35	+01:57:21	8:54	6.7
241	HAOR Klaudia	3098		Open K	82	02:18:37	04:18:31.20	04:18:52.20	+01:57:43	8:54	6.7
242	SLUZALEK Małgorzata	3272	TRI&MORE	Open K	83	02:05:46	04:18:35.60	04:18:58.70	+01:57:49	8:55	6.7
243	BALON Marcin	3017	NORDTREAT	Open M	160	02:11:27	04:20:09.30	04:20:21.65	+01:59:12	8:58	6.7
244	BAJUSZ Orsi	3014	RUNLOVERS	Open K	84	02:14:19	04:20:17.40	04:20:29.65	+01:59:20	8:58	6.7
245	IMIOŁEK Arkadiusz	3103	FPHU ED-CERT ARKADIUSZ IMIOŁEK	Open M	161	02:13:08	04:17:45.25	04:20:50.95	+01:59:41	8:53	6.8
246	SURDEL Aleksandra	3294	PADEREK TEAM	Open K	85	02:13:12	04:17:42.80	04:20:51.10	+01:59:42	8:53	6.8
247	OLESZYCKA Aneta	3208		Open K	86	02:15:41	04:20:19.85	04:20:55.80	+01:59:46	8:58	6.7
248	TOKARSKI Rafał	3307		Open M	162	02:05:52	04:21:20.00	04:21:31.75	+02:00:22	9:00	6.7
249	FIJAŁKOWSKA Karolina	3070		Open K	87	02:13:05	04:21:29.25	04:21:43.80	+02:00:34	9:01	6.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
250	KAPŁON Anna	3126		Open K	88	02:10:09	04:21:45.95	04:22:01.80	+02:00:52	9:01	6.6
251	GRACZYK Dobrochna	3090		Open K	89	02:13:02	04:22:34.00	04:23:10.50	+02:02:01	9:03	6.6
252	PIĘTA Aleksandra	3225		Open K	90	02:10:24	04:23:32.30	04:23:48.95	+02:02:39	9:05	6.6
253	SOCHA Mariola	3278		Open K	91	02:15:16	04:24:36.10	04:24:59.40	+02:03:50	9:07	6.6
254	SANKIEWICZ Agata	3261		Open K	92	02:14:41	04:24:36.30	04:24:59.60	+02:03:50	9:07	6.6
255	GRACZYK Magdalena	3089		Open K	93	02:11:35	04:25:03.10	04:25:39.85	+02:04:30	9:08	6.6
256	JAREMEK Wojciech	3111		Open M	163	02:14:06	04:25:26.10	04:25:59.50	+02:04:50	9:09	6.6
257	MAJKA Leszek	3181	X-TEAM SPECIAL FORCES	Open M	164	02:06:37	04:27:43.00	04:27:57.50	+02:06:48	9:13	6.5
258	DOBKOWSKI Daniel	3355		Open M	165	02:06:24	04:27:43.40	04:27:58.00	+02:06:49	9:13	6.5
259	STAŃCZYK Mateusz	3286		Open M	166	02:11:59	04:27:47.95	04:28:24.85	+02:07:15	9:14	6.5
260	WIERCHOŁA Joanna	3322		Open K	94	02:16:32	04:29:24.35	04:29:58.05	+02:08:49	9:17	6.5
261	SKONIECZNA NOWAK Katarzyna	3269		Open K	95	02:17:46	04:30:59.95	04:31:17.55	+02:10:08	9:20	6.4
261	STĘPIEŃ Małgorzata	3291		Open K	95	02:17:38	04:30:58.95	04:31:17.55	+02:10:08	9:20	6.4
263	BOJANOWSKI Jakub	3032		Open M	167	02:13:05	04:33:04.65	04:33:26.15	+02:12:17	9:24	6.4
264	SZKLANNY-RECLIK Elżbieta	3299	AKTYWNA PSZCZYNA RUNNERS TEAM	Open K	97	02:18:22	04:33:48.15	04:34:20.95	+02:13:11	9:26	6.4
265	BOJANOWSKI Filip	3033		Open M	168	02:13:26	04:34:31.15	04:34:50.55	+02:13:41	9:27	6.3
266	RATASZEWSKA Edyta	3353	NEW BALANCE RUN TEAM	Open K	98	02:18:41	04:34:47.95	04:35:14.60	+02:14:05	9:28	6.3
267	SZYCA-ŚMIESZNIK Marta	3301		Open K	99	02:16:31	04:36:27.40	04:37:05.55	+02:15:56	9:31	6.3
268	ŚMIESZNIK Bartłomiej	3303		Open M	169	02:16:18	04:36:27.65	04:37:05.65	+02:15:56	9:31	6.3
269	ZAJĄCZKOWSKA Paulina	3339	POWER TRAINING	Open K	100	02:13:11	04:40:01.10	04:40:04.00	+02:18:55	9:39	6.2
270	LASEK Krzysztof	3161	RUN, FOREST, RUN!	Open M	170	02:25:50	04:44:17.50	04:44:36.20	+02:23:27	9:48	6.1
271	MACHOWSKA Agnieszka	3177		Open K	101	01:59:30	04:44:15.95	04:44:50.70	+02:23:41	9:48	6.1
272	ROCCHETTI Stefano	3248		Open M	171	01:59:24	04:44:16.00	04:44:50.75	+02:23:41	9:48	6.1
273	PERKOWSKI Tomasz	3219		Open M	172	02:35:40	04:56:03.85	04:56:20.55	+02:35:11	10:12	5.9
274	BIAŁOKOS Anna	3348		Open K	102	02:35:44	04:56:03.70	04:56:20.60	+02:35:11	10:12	5.9
275	SIARA Marcin	3263	WTKOWO BIEGA	Open M	173	02:28:28	04:56:22.80	04:56:37.55	+02:35:28	10:13	5.9
Przekroczony limit czasu: 05:00:00											
276	WIŚNIEWSKA-PIĄTY Katarzyna	3327		Open K	103	02:33:41	05:13:19.05	05:13:55.95	+02:52:46	10:48	5.6
277	CZASAK Grzegorz	3050	WTKOWO BIEGA	Open M	174	02:42:40	05:19:47.10	05:20:00.35	+02:58:51	11:01	5.4
278	KOSTULSKA Olga	3141	WKURW_TEAM	Open K	104	03:03:00	05:41:56.30	05:42:17.20	+03:21:08	11:47	5.1
279	BUBERNAK Mateusz	3040	RUSYN-LEM ŁEMKOWSKA GRUPA BIEGOWA	Open M	175	02:44:40	05:43:24.20	05:43:33.55	+03:22:24	11:50	5.1
280	GLIWKA Małgorzata	3082	SPARTA LUBLIN	Open K	105	02:35:12	05:45:23.45	05:45:44.20	+03:24:35	11:54	5
281	WARDA Agnieszka	3316		Open K	106	02:35:16	05:45:25.05	05:45:45.40	+03:24:36	11:54	5
282	WEGNER-LIS Anna	3319		Open K	107	03:05:40	06:10:20.60	06:10:49.30	+03:49:40	12:46	4.7
	WISZNIEWSKI Roman	3325		Open M		01:54:39	DNF	DNF	-	-	-
	TYSZKIEWICZ Rafal	3312	COLUMBIA	Open M		02:03:00	DNF	DNF	-	-	-
	LIS Pawel	3169		Open M		03:16:09	DNF	DNF	-	-	-
	POPOWCZAK Jarosław	3235	DZIKI KOCUR	Open M		DNF	DNF	DNF	-	-	-
	SZCZYGIEŁ-SOMMER Ola	3297	GRUPA NOMAX	Open K		DNF	DNF	DNF	-	-	-

Znaleziono 287 wynik(ów)