

ŁEMKOWYNA  
ULTRA-TRAIL®



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Łemkowna Ultra-Trail  
Fundacja Ultra  
2021-10-23  
Komańcza  
71.6 km

# ŁEMKOWYNA ULTRA-TRAIL® 70

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz- Zdrój 22.2km	Puławy Górnę 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
1	<b>KOBOS Tomasz</b>	<b>1002</b>	METODA FELDENKRAISA	Open M	1		01:11:12	01:50:27	03:21:02	04:37:56	<b>05:48:51.90</b>	<b>05:48:53.85</b>		4:52	12.3
2	<b>SZUMLIŃSKI Piotr</b>	<b>1004</b>	ATTIQ TEAM	Open M	2	00:51:17	01:13:12	01:50:27	03:21:09	04:39:14	<b>05:51:23.50</b>	<b>05:51:26.15</b>	+00:02:32	4:54	12.2
3	<b>HETMAN Radosław</b>	<b>1006</b>	GRUPA NOMAX	Open M	3	00:51:14	01:13:18	01:50:27	03:21:17	04:41:49	<b>05:53:37.45</b>	<b>05:53:40.10</b>	+00:04:46	4:56	12.1
4	<b>OTEVREL Vit</b>	<b>1010</b>	COLUMBIA MONTRAIL	Open M	4	00:51:12	01:13:08	01:51:34	03:26:00	04:52:36	<b>06:05:10.70</b>	<b>06:05:12.70</b>	+00:16:18	5:06	11.8
5	<b>GUTT Piotr</b>	<b>1259</b>		Open M	5	00:51:51		01:51:33	03:26:07	04:53:49	<b>06:08:01.10</b>	<b>06:08:03.10</b>	+00:19:09	5:08	11.7
6	<b>AID Patryk</b>	<b>1017</b>	OBOZY GÓRSKIE	Open M	6			01:51:31	03:30:20	05:02:03	<b>06:17:49.95</b>	<b>06:17:51.80</b>	+00:28:57	5:16	11.4
7	<b>MATYSSEK Karol</b>	<b>1012</b>	KS KANDAHAR	Open M	7	00:51:24		01:53:07	03:33:10	05:02:06	<b>06:20:45.65</b>	<b>06:20:47.90</b>	+00:31:54	5:19	11.3
8	<b>BADOWSKI Aleksander</b>	<b>1014</b>	MARCIN ŚWERC TEAM	Open M	8	00:54:32		01:59:49	03:46:12	05:16:53	<b>06:37:12.80</b>	<b>06:37:15.95</b>	+00:48:22	5:32	10.8
9	<b>SIERADZKI Krzysztof</b>	<b>1207</b>	PRZEDWOJEWSKI TEAM	Open M	9	00:52:01		01:57:17	03:44:46	05:20:31	<b>06:40:07.35</b>	<b>06:40:09.90</b>	+00:51:16	5:35	10.7
10	<b>PIĄTKOWSKI Przemysław</b>	<b>1178</b>		Open M	10	00:55:39		02:01:19	03:51:22	05:30:27	<b>06:54:18.65</b>	<b>06:54:21.35</b>	+01:05:27	5:47	10.4
11	<b>SZCZEPANIAK Witold</b>	<b>1008</b>		Open M	11	00:54:25		02:00:12	03:50:10	05:26:51	<b>06:55:23.70</b>	<b>06:55:24.55</b>	+01:06:30	5:48	10.3
12	<b>SZCZEPKOWSKI Bartłomiej</b>	<b>1226</b>		Open M	12	00:55:41		02:03:23	03:58:00	05:36:24	<b>07:01:19.10</b>	<b>07:01:22.25</b>	+01:12:28	5:53	10.2
13	<b>KULICKI Łukasz</b>	<b>1131</b>	FARON-SPORT.PL	Open M	13	01:00:43		02:13:08	04:05:41	05:41:45	<b>07:03:23.85</b>	<b>07:03:23.85</b>	+01:14:30	5:54	10.1
14	<b>FRANKOWSKI Michał</b>	<b>1013</b>		Open M	14	00:55:54		02:05:23	04:02:14	05:43:19	<b>07:10:15.00</b>	<b>07:10:17.55</b>	+01:21:23	6:00	10
15	<b>ZBORUCKI Jan</b>	<b>1250</b>	LATAJACY CYRK / PMT	Open M	15	01:01:48		02:13:06	04:05:36	05:48:43	<b>07:19:36.65</b>	<b>07:19:36.65</b>	+01:30:42	6:08	9.8
16	<b>POPŁAWSKI Jan</b>	<b>1187</b>		Open M	16	00:53:46	01:17:15	02:00:12	04:03:10	05:52:45	<b>07:26:45.90</b>	<b>07:26:48.95</b>	+01:37:55	6:14	9.6
17	<b>MISZTAŁ Kamil</b>	<b>1149</b>		Open M	17	01:03:16		02:18:47	04:20:08	06:07:57	<b>07:38:57.95</b>	<b>07:39:06.80</b>	+01:50:12	6:24	9.4
18	<b>DYGACZ Agnieszka</b>	<b>1001</b>	42K PRO TEAM	Open K	1	01:01:54		02:14:15	04:17:07	06:05:39	<b>07:44:36.40</b>	<b>07:44:38.10</b>	+01:55:44	6:29	9.2
19	<b>BOROWCZYK Jacek</b>	<b>1031</b>	ANTEK TEAM	Open M	18	01:04:18		02:21:11	04:23:32	06:14:09	<b>07:45:35.55</b>	<b>07:45:46.10</b>	+01:56:52	6:30	9.2
20	<b>LASOTA Robert</b>	<b>1133</b>	7	Open M	19	00:55:02		02:07:29	04:17:26	06:14:10	<b>07:47:10.60</b>	<b>07:47:12.85</b>	+01:58:19	6:31	9.2
21	<b>CZYRNIA Martin</b>	<b>1050</b>	MAFIA TEAM LUBLINIEC	Open M	20	00:59:22		02:13:57	04:17:31	06:10:05	<b>07:47:10.30</b>	<b>07:47:13.80</b>	+01:58:19	6:31	9.2
22	<b>NIEZGÓDKA Tomasz</b>	<b>1164</b>	ZĄŁOGA GÓRSKA	Open M	21	01:04:00		02:22:18	04:27:04	06:19:46	<b>07:50:00.65</b>	<b>07:50:05.95</b>	+02:01:12	6:33	9.1
23	<b>BORUSZEWSKA Beata</b>	<b>1033</b>	BARTOSZ GORCZYCA TEAM	Open K	2	01:04:12		02:23:24	04:32:20	06:20:32	<b>07:51:36.40</b>	<b>07:51:39.55</b>	+02:02:45	6:35	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	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
24	WIĘCŁAW Paweł	1240		Open M	22	01:14:30		02:34:15	04:35:49		07:52:15.20	07:52:23.70	+02:03:29	6:35	9.1
25	KOBAK Marcin	1106		Open M	23	01:06:44		02:26:57	04:35:18	06:24:10	07:57:58.45	07:58:02.10	+02:09:08	6:40	9
26	CZERNIK Judyta	1005	42K PRO TEAM	Open K	3	01:03:28		02:20:05	04:29:04	06:22:37	08:00:19.45	08:00:21.70	+02:11:27	6:42	8.9
27	JAKUBOWSKI Jakub	1088	DZIKITIM	Open M	24	01:09:49		02:28:51	04:34:45	06:30:08	08:04:28.35	08:04:46.80	+02:15:52	6:45	8.9
28	CARUK Damian	1039		Open M	25	01:04:04		02:19:05	04:26:52	06:26:01	08:04:55.05	08:04:59.45	+02:16:05	6:46	8.9
29	GAWLIK Marcin	1063	GONIĘ "MISZCZA" - MKS SIECHNICE	Open M	26	01:04:27		02:23:53	04:37:33	06:39:05	08:17:47.30	08:17:56.65	+02:29:02	6:57	8.6
30	SZRENIAWA Waldemar	1228	MIRAZ RACE TEAM	Open M	27	01:08:16		02:32:01	04:38:09	06:40:16	08:20:23.55	08:20:31.90	+02:31:38	6:59	8.6
31	KOVÁCS István	1115	TEAM TRI-TREND SE	Open M	28	01:04:15		02:25:47	04:39:14	06:42:06	08:22:49.60	08:23:07.45	+02:34:13	7:01	8.5
32	KESLER Anna	1003		Open K	4	01:04:39		02:23:23	04:41:11	06:37:40	08:23:16.05	08:23:20.00	+02:34:26	7:01	8.5
33	FRANCUZ Konrad	1058	VEGE RUNNERS	Open M	29	01:02:58		02:18:51	04:27:02	06:36:32	08:25:10.80	08:25:15.00	+02:36:21	7:03	8.5
34	KISIELEWSKI Tomasz	1104	TOMI_THERUNNER	Open M	30	01:09:51		02:30:57	04:44:56	06:46:29	08:25:52.75	08:26:00.20	+02:37:06	7:03	8.5
35	KARDASZ Franciszek	1098		Open M	31	01:03:25		02:18:51	04:31:11	06:40:27	08:29:01.95	08:29:10.10	+02:40:16	7:06	8.4
36	DADEJ Grzegorz	1051	B3T BRZYSKI TRI TEAM	Open M	32	01:06:13		02:26:35	04:39:48	06:46:38	08:29:22.80	08:29:27.40	+02:40:33	7:06	8.4
37	JAREMA Marek	1093		Open M	33	01:06:19		02:28:07	04:37:09	06:44:20	08:29:39.50	08:29:44.25	+02:40:50	7:07	8.4
38	SOWA Dariusz	1218	CZARNECKI RUN TEAM/RZESZOWSKIE GAZELE I GEPARDY	Open M	34	01:10:33		02:32:31	04:49:53	06:51:15	08:33:32.65	08:33:36.50	+02:44:42	7:10	8.4
39	KRUKAR Wojtek	1122		Open M	35	01:03:57		02:23:46	04:46:10	06:53:16	08:34:27.35	08:34:29.90	+02:45:36	7:11	8.4
40	URACZ Łukasz	1237	HARPAGAN SOSNOWIEC/BARTOSZ GORCZYCA TEAM	Open M	36	01:06:49		02:28:24	04:44:53	06:50:58	08:35:12.35	08:35:19.25	+02:46:25	7:11	8.3
41	KRZYŻOWSKI Maciej	1124		Open M	37	01:05:58		02:21:43	04:39:28	06:49:46	08:37:10.90	08:37:20.80	+02:48:26	7:13	8.3
42	ŚCIBOR Adrian	1231		Open M	38	01:18:45		02:48:37	05:09:43	07:06:35	08:42:22.25	08:42:33.40	+02:53:39	7:17	8.2
43	NAPIERAŁA Tomasz	1160		Open M	39	01:09:13	01:39:35	02:33:03	04:50:19	06:52:19	08:42:57.50	08:43:14.95	+02:54:21	7:18	8.2
44	PĘCHERZEWSKI Norbert	1177	RYKOWSKO TEAM	Open M	40	01:04:30		02:28:00	04:48:21	06:56:08	08:43:43.45	08:43:53.85	+02:55:00	7:18	8.2
45	WINTER Piotr	1242	NIGHT RUNNERS	Open M	41	01:13:05		02:37:23	04:56:46	07:00:01	08:44:08.00	08:44:21.90	+02:55:28	7:19	8.2
46	ADAMSKI Krzysztof	1016		Open M	42	01:08:00		02:28:28	04:39:53	06:50:46	08:47:12.75	08:47:19.70	+02:58:25	7:21	8.1
47	SZUSTER Karol	1229	TUMLIŃSKIE KOSY	Open M	43	01:19:48		02:47:25	05:07:34	07:06:37	08:47:11.30	08:47:30.35	+02:58:36	7:21	8.1
48	KURAS Przemysław	1132	NUNEK SPITFIRE	Open M	44	01:13:50		02:38:59	05:00:44	07:07:40	08:48:13.55	08:48:22.35	+02:59:28	7:22	8.1
49	MICHALCZYK Tomasz	1147	NAPRZÓD MŁOCINY	Open M	45	01:12:45		02:35:34	04:53:35	07:00:17	08:48:38.45	08:48:50.70	+02:59:56	7:22	8.1
50	PYTKA Konrad	1194	NAPRZÓD MŁOCINY	Open M	46	01:12:47		02:35:33	04:53:36	06:59:44	08:48:38.55	08:48:51.20	+02:59:57	7:22	8.1
51	KARGOL Marcin	1099	NBR TEAM/SMASHING PĄPKINS	Open M	47	01:09:25		02:34:22	04:56:15	07:03:32	08:51:02.15	08:51:11.55	+03:02:17	7:25	8.1
52	PAŻUCHA Wojciech	1174		Open M	48	01:04:38		02:24:32	04:45:04	06:59:14	08:52:04.50	08:52:15.20	+03:03:21	7:25	8.1
53	BLADY Bogdan	1024		Open M	49	01:09:12		02:34:08	04:57:27	07:02:58	08:52:55.10	08:53:09.35	+03:04:15	7:26	8.1
54	JAMROZIAK Grzegorz	1089	AARSLEFF.BIZ RUNNING TEAM	Open M	50	01:07:32		02:30:07	04:44:28	06:52:54	08:54:10.80	08:54:15.50	+03:05:21	7:27	8
55	GARUS Łukasz	1062	EUROCASH	Open M	51	01:10:09		02:33:38	04:56:16	07:09:28	08:54:44.60	08:54:49.75	+03:05:55	7:28	8
56	GILNER Marcin	1068	HARPAGAN SOSNOWIEC	Open M	52	01:07:49		02:28:38	04:50:41	07:04:08	08:54:43.45	08:54:51.20	+03:05:57	7:28	8
57	ROMAN Jan	1202	MELO RUNNER CLUB	Open M	53	01:07:54		02:36:39	05:04:13	07:12:35	08:56:23.80	08:56:31.70	+03:07:37	7:29	8
58	RATAJCZAK Joanna	1198	PNB	Open K	5	01:16:42		02:44:33	05:10:26	07:13:39	08:56:34.85	08:56:50.30	+03:07:56	7:29	8
59	PTASZYŃSKA Eliza	1192	PNB	Open K	6	01:16:37		02:44:33	05:10:27	07:13:37	08:56:35.05	08:56:50.45	+03:07:56	7:29	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś Cergowa Iwonicz- Puławy Przybyszów					Czas		Tempo min/km	Tempo km/h	
						10.4km	13km	22.2km	41km	57.8km	71.6km	71.6km			Różn
60	<b>KASPERKIEWICZ Maja</b>	<b>1009</b>		Open K	7	01:13:30	01:46:24	02:42:07	05:06:44	07:12:13	<b>08:58:55.30</b>	<b>08:59:06.90</b>	+03:10:13	7:31	8
61	<b>CROZIER John</b>	<b>1045</b>		Open M	54	01:07:57		02:29:24	04:57:44	07:08:40	<b>09:00:26.30</b>	<b>09:00:38.35</b>	+03:11:44	7:32	7.9
62	<b>BERKA Daniel</b>	<b>1023</b>	TEAM RUN GOŁAŃCZ	Open M	55	01:20:07		02:48:34	05:10:07	07:17:50	<b>09:04:39.50</b>	<b>09:05:01.20</b>	+03:16:07	7:36	7.9
63	<b>KOCJAN Paweł</b>	<b>1108</b>		Open M	56	01:13:06		02:36:50	04:59:26	07:14:59	<b>09:06:28.55</b>	<b>09:06:41.95</b>	+03:17:48	7:37	7.9
64	<b>MYTNIK Wojciech</b>	<b>1158</b>	ENDURANCE TEAM	Open M	57	01:12:08		02:40:16	05:04:42	07:10:20	<b>09:09:45.15</b>	<b>09:09:55.80</b>	+03:21:01	7:40	7.8
65	<b>JEZIERSKI Michał</b>	<b>1095</b>		Open M	58	01:02:10		02:20:21	04:56:50	07:21:09	<b>09:10:33.65</b>	<b>09:10:39.10</b>	+03:21:45	7:41	7.8
66	<b>GŁOWACKI Paweł</b>	<b>1070</b>		Open M	59	01:12:51		02:33:21	04:58:23	07:10:10	<b>09:12:01.65</b>	<b>09:12:25.90</b>	+03:23:32	7:42	7.8
67	<b>JADZIEWICZ Jakub</b>	<b>1087</b>		Open M	60	01:06:06		02:25:01	04:50:30	07:08:15	<b>09:13:19.55</b>	<b>09:13:24.00</b>	+03:24:30	7:43	7.8
68	<b>TARNAWSKI Marcin</b>	<b>1233</b>		Open M	61	01:08:25		02:33:27	04:59:57	07:15:25	<b>09:13:41.80</b>	<b>09:13:50.65</b>	+03:24:56	7:43	7.8
69	<b>STODOLNY Krzysztof</b>	<b>1221</b>		Open M	62	01:14:06		02:42:47	05:14:56	07:25:17	<b>09:14:29.70</b>	<b>09:14:36.85</b>	+03:25:43	7:44	7.7
70	<b>HACZ Paweł</b>	<b>1078</b>	WWW.FIZJO-TOP.PL	Open M	63	01:09:59		02:35:43	04:55:45	07:14:32	<b>09:14:43.65</b>	<b>09:14:47.50</b>	+03:25:53	7:44	7.7
71	<b>RECLIK Łukasz</b>	<b>1199</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Open M	64	01:10:36		02:41:40	05:14:02	07:23:49	<b>09:15:39.30</b>	<b>09:15:43.40</b>	+03:26:49	7:45	7.7
72	<b>BOGDAŃSKA Katarzyna</b>	<b>1030</b>	SMASHING PĄPKINS	Open K	8	01:13:28		02:42:04	05:10:51	07:25:48	<b>09:17:02.40</b>	<b>09:17:11.20</b>	+03:28:17	7:46	7.7
73	<b>WINIARSKI Krystian</b>	<b>1241</b>	BIEGAM WRZESZOWIE	Open M	65	01:10:13	01:40:38	02:32:31	05:10:04	07:24:31	<b>09:17:10.80</b>	<b>09:17:21.00</b>	+03:28:27	7:46	7.7
74	<b>ZIMNY Tomasz</b>	<b>1253</b>		Open M	66	01:08:54	01:43:36	02:41:33	05:10:53	07:26:35	<b>09:18:27.30</b>	<b>09:18:30.45</b>	+03:29:36	7:47	7.7
75	<b>MRÓWKA Michał</b>	<b>1154</b>	OBOZY GÓRSKIE	Open M	67	01:11:00		02:39:20	05:07:27	07:19:42	<b>09:19:07.30</b>	<b>09:19:11.25</b>	+03:30:17	7:48	7.7
76	<b>MAJOREK Krzysztof</b>	<b>1142</b>		Open M	68	01:15:35		02:40:20	04:59:16	07:15:46	<b>09:19:28.35</b>	<b>09:19:36.30</b>	+03:30:42	7:48	7.7
77	<b>WOJTKIEWICZ Jarosław</b>	<b>1244</b>	RYŚ KARPATY	Open M	69	01:19:14		02:52:25	05:20:03	07:30:54	<b>09:19:31.50</b>	<b>09:19:36.70</b>	+03:30:42	7:48	7.7
78	<b>HOJAN Łukasz</b>	<b>1080</b>		Open M	70	01:12:10		02:37:26	05:10:36	07:26:34	<b>09:21:15.35</b>	<b>09:21:29.10</b>	+03:32:35	7:50	7.7
79	<b>NAPIERAŁA Katarzyna</b>	<b>1159</b>		Open K	9	01:18:33		02:56:03	05:24:53	07:35:12	<b>09:21:59.95</b>	<b>09:22:06.50</b>	+03:33:12	7:50	7.6
80	<b>PODSKARBI Dawid</b>	<b>1184</b>	GOD IS GOOD	Open M	71	01:07:50		02:29:21	05:06:32	07:27:48	<b>09:22:36.20</b>	<b>09:22:49.60</b>	+03:33:55	7:51	7.6
81	<b>ZWOLIŃSKI Mariusz</b>	<b>1255</b>		Open M	72	01:13:03		02:39:25	05:10:03	07:22:23	<b>09:23:56.05</b>	<b>09:23:56.05</b>	+03:35:02	7:52	7.6
82	<b>CHEŁKOWSKI Adam</b>	<b>1040</b>	OLGA	Open M	73	01:20:02		02:52:14	05:22:55	07:36:29	<b>09:23:42.95</b>	<b>09:23:58.25</b>	+03:35:04	7:52	7.6
83	<b>HANAK Paweł Ignacy</b>	<b>1079</b>		Open M	74	01:07:49		02:32:43	05:01:20	07:23:39	<b>09:24:04.40</b>	<b>09:24:14.80</b>	+03:35:20	7:52	7.6
84	<b>PSZONAK Tomasz</b>	<b>1191</b>	SZLAK MARZEŃ	Open M	75	01:14:12		02:43:42	05:14:28	07:36:41	<b>09:24:04.65</b>	<b>09:24:17.70</b>	+03:35:23	7:52	7.6
85	<b>KACZMAREK Tomasz</b>	<b>1096</b>		Open M	76	01:09:14		02:27:42	04:53:22	07:20:31	<b>09:24:56.85</b>	<b>09:25:02.00</b>	+03:36:08	7:53	7.6
86	<b>OLSZEWSKI Michał</b>	<b>1169</b>		Open M	77	01:13:06		02:36:53	05:09:09	07:33:49	<b>09:27:17.30</b>	<b>09:27:35.85</b>	+03:38:42	7:55	7.6
87	<b>BARWICKI Marcin</b>	<b>1022</b>		Open M	78	01:15:39		02:43:38	05:11:44	07:33:09	<b>09:29:50.85</b>	<b>09:30:13.20</b>	+03:41:19	7:57	7.5
88	<b>MUCHA Jacek</b>	<b>1155</b>		Open M	79	01:14:31		02:40:46	05:12:24	07:33:24	<b>09:30:27.50</b>	<b>09:30:44.95</b>	+03:41:51	7:58	7.5
89	<b>KOZIOŁ Kacper</b>	<b>1118</b>		Open M	80			02:40:42	05:14:38	07:30:38	<b>09:31:57.30</b>	<b>09:32:10.45</b>	+03:43:16	7:59	7.5
90	<b>GIERSZEWSKI Maciek</b>	<b>1066</b>	ZĄŁOGA G	Open M	81	01:20:53		02:55:30	05:27:01	07:37:03	<b>09:33:12.30</b>	<b>09:33:33.90</b>	+03:44:40	8:00	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Paławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
91	<b>SOSZYŃSKA - PSTROKOŃSKA Joanna</b>	<b>1217</b>	GAZELE NA STARCIE	Open K	10	01:20:29		02:50:16	05:25:50	07:51:08	<b>09:33:40.75</b>	<b>09:33:55.55</b>	+03:45:01	8:00	7.5
92	<b>OLSZEWSKI Jacek</b>	<b>1168</b>	IRONBEERMAN	Open M	82	01:17:48		02:49:58	05:25:22	07:41:45	<b>09:34:16.30</b>	<b>09:34:29.45</b>	+03:45:35	8:01	7.5
93	<b>SOBŁO Ewa</b>	<b>1215</b>		Open K	11	01:14:27		02:41:33	05:12:50	07:36:41	<b>09:36:01.50</b>	<b>09:36:08.75</b>	+03:47:14	8:02	7.5
94	<b>MAZURKIEWICZ Jolanta</b>	<b>1145</b>	BYCHAWA RUNNERS	Open K	12	01:16:55	01:51:25	02:54:08	05:33:20	07:44:24	<b>09:36:05.20</b>	<b>09:36:10.50</b>	+03:47:16	8:02	7.5
95	<b>GARCZYŃSKI Darek</b>	<b>1061</b>		Open M	83	01:17:30		02:43:40	05:14:42	07:39:58	<b>09:37:24.55</b>	<b>09:37:43.30</b>	+03:48:49	8:03	7.4
96	<b>GABRYEL Piotr</b>	<b>1059</b>		Open M	84	01:18:57	01:50:15	02:48:01	05:19:54	07:40:57	<b>09:37:30.75</b>	<b>09:37:50.60</b>	+03:48:56	8:03	7.4
97	<b>SAMBORSKI Rafał</b>	<b>1204</b>	GOPR JURA	Open M	85	01:20:17		02:52:43	05:22:45	07:40:20	<b>09:37:58.70</b>	<b>09:38:19.50</b>	+03:49:25	8:04	7.4
98	<b>BŁAUT-KRASON Alicja</b>	<b>1026</b>	SMASHING PAPKINS	Open K	13	01:17:27		02:51:25	05:28:15	07:42:19	<b>09:38:16.25</b>	<b>09:38:24.50</b>	+03:49:30	8:04	7.4
99	<b>MURAWSKI Michał</b>	<b>1156</b>		Open M	86	01:12:58		02:38:43	05:17:41	07:39:45	<b>09:39:23.50</b>	<b>09:39:37.55</b>	+03:50:43	8:05	7.4
100	<b>SZCZEPAŃSKA Edyta</b>	<b>1225</b>		Open K	14	01:10:39	01:43:46	02:44:07		07:47:43	<b>09:39:59.70</b>	<b>09:40:05.45</b>	+03:51:11	8:06	7.4
101	<b>DYREK Mateusz</b>	<b>1055</b>		Open M	87	01:06:56		02:32:59	05:12:38	07:36:52	<b>09:40:41.45</b>	<b>09:40:46.35</b>	+03:51:52	8:06	7.4
102	<b>LAZAR Paul</b>	<b>1135</b>	HARTFUSSLERTRAIL E.V.	Open M	88	01:19:29		02:52:34	05:29:09	07:44:30	<b>09:44:02.80</b>	<b>09:44:19.80</b>	+03:55:25	8:09	7.4
103	<b>LAZAR Myriam</b>	<b>1136</b>	HARTFUSSLERTRAIL E.V.	Open K	15	01:19:32		02:52:34	05:29:11	07:44:25	<b>09:44:03.00</b>	<b>09:44:19.95</b>	+03:55:26	8:09	7.4
104	<b>JAROCKA Agata</b>	<b>1011</b>	BESTIE OCR LEGIONOWO	Open K	16	01:14:04		02:49:37	05:25:59	07:43:50	<b>09:46:08.25</b>	<b>09:46:22.45</b>	+03:57:28	8:11	7.3
105	<b>PANEK Damian</b>	<b>1171</b>	MUKS JEDLICZE/RAFFLES EUROPEJSKI WARSAW	Open M	89	01:12:52	01:43:32	02:43:10	05:26:50	07:53:34	<b>09:48:11.65</b>	<b>09:48:24.80</b>	+03:59:30	8:12	7.3
106	<b>CHOMA Marek</b>	<b>1043</b>	PĘDZĄCE LENIWCE	Open M	90	01:12:14		02:40:12	05:21:57	07:45:23	<b>09:48:29.20</b>	<b>09:48:35.50</b>	+03:59:41	8:13	7.3
107	<b>BOBINSKA Marta</b>	<b>1027</b>		Open K	17	01:19:11	01:53:54	02:54:18	05:30:22	07:52:00	<b>09:48:24.60</b>	<b>09:48:35.85</b>	+03:59:42	8:13	7.3
108	<b>POLAŃSKI Paweł</b>	<b>1185</b>	#KASZANIENAMOKA	Open M	91	01:17:29		02:44:26	05:17:44	07:44:33	<b>09:48:26.35</b>	<b>09:48:49.80</b>	+03:59:55	8:13	7.3
108	<b>BURZYŃSKA Ewelina</b>	<b>1037</b>	NATURA BIEDRUSKO	Open K	18	01:15:34		02:59:00	05:38:20	07:54:33	<b>09:48:43.80</b>	<b>09:48:49.80</b>	+03:59:55	8:13	7.3
110	<b>WITUSIK Dorota</b>	<b>1243</b>	BANDA Z MAGURY	Open K	19	01:17:31		02:52:40	05:33:46	07:52:05	<b>09:50:07.30</b>	<b>09:50:17.00</b>	+04:01:23	8:14	7.3
111	<b>BYLINOWSKI Oleg</b>	<b>1038</b>		Open M	92	01:20:36		02:49:47	05:22:49	07:54:25	<b>09:49:56.15</b>	<b>09:50:22.40</b>	+04:01:28	8:14	7.3
112	<b>ADAMCZYK Jakub</b>	<b>1015</b>		Open M	93	01:22:02		02:52:44	05:39:01	08:02:23	<b>09:50:58.20</b>	<b>09:51:21.45</b>	+04:02:27	8:15	7.3
113	<b>BAJOREK Norbert</b>	<b>1019</b>	FITNESS FREAKS	Open M	94	01:20:22		02:58:14	05:34:22	07:58:35	<b>09:52:03.95</b>	<b>09:52:14.45</b>	+04:03:20	8:16	7.3
114	<b>HABRAT Dorota</b>	<b>1076</b>	HABRAT TEAM	Open K	20	01:11:13		02:40:47	05:24:36	07:58:01	<b>09:55:22.15</b>	<b>09:55:29.00</b>	+04:06:35	8:18	7.2
115	<b>KOWNACKA Zuzanna</b>	<b>1116</b>		Open K	21	01:18:59		02:56:20	05:39:38	07:55:58	<b>09:55:43.80</b>	<b>09:55:54.75</b>	+04:07:00	8:19	7.2
116	<b>BUJNOWSKI Rafał</b>	<b>1036</b>	KS STASZEWCY	Open M	95	01:16:04		02:44:53	05:15:28	07:49:55	<b>09:56:04.65</b>	<b>09:56:21.10</b>	+04:07:27	8:19	7.2
117	<b>KUCHARSKI Adrian</b>	<b>1129</b>		Open M	96	01:14:54		02:43:34	05:31:14	07:56:30	<b>09:56:32.30</b>	<b>09:56:52.90</b>	+04:07:59	8:19	7.2
118	<b>POŁCZYŃSKI Paweł</b>	<b>1186</b>	STALOWA ŁYDA	Open M	97	01:11:48		02:36:32	05:11:41	07:43:42	<b>09:56:51.90</b>	<b>09:57:08.55</b>	+04:08:14	8:20	7.2
119	<b>NAPIONTEK Maria</b>	<b>1161</b>		Open K	22	01:15:45	01:50:37	02:50:47	05:27:36	07:54:47	<b>10:02:05.40</b>	<b>10:02:16.65</b>	+04:13:22	8:24	7.1
120	<b>HABRAT Maciej</b>	<b>1077</b>	HABRAT TEAM	Open M	98	01:11:15		02:40:48	05:24:56	08:07:34	<b>10:04:13.95</b>	<b>10:04:20.45</b>	+04:15:26	8:26	7.1
121	<b>QUIRINI Ewa</b>	<b>1195</b>		Open K	23	01:18:51		02:54:22	05:41:05	08:03:37	<b>10:05:32.00</b>	<b>10:05:40.55</b>	+04:16:46	8:27	7.1
122	<b>SOJKOWSKI Piotr</b>	<b>1216</b>	4FUN TRIATHLON / NAJMOWCZ TRIATHLON	Open M	99	01:17:07	01:50:46	02:51:13	05:37:51	08:03:48	<b>10:05:31.95</b>	<b>10:05:40.60</b>	+04:16:46	8:27	7.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	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
123	<b>ROJECKI Mateusz</b>	<b>1201</b>		Open M	100	01:13:00		02:37:36	04:51:51	07:21:49	<b>10:05:31.85</b>	<b>10:05:42.05</b>	+04:16:48	8:27	7.1
124	<b>STOPA Agata</b>	<b>1223</b>	SP NR 3 WRZESZOWE	Open K	24	01:20:52		02:58:49	05:41:07	08:04:32	<b>10:05:52.25</b>	<b>10:05:59.80</b>	+04:17:05	8:27	7.1
125	<b>JACHYMSKI Jacek</b>	<b>1086</b>	AKADEMICKI KLUB GÓRSKI W ŁÓDZI	Open M	101			02:57:38	05:38:03	08:02:38	<b>10:06:36.40</b>	<b>10:06:52.40</b>	+04:17:58	8:28	7.1
126	<b>NAWORYTA Wojciech</b>	<b>1162</b>		Open M	102	01:10:25		02:41:25	05:25:16	07:54:17	<b>10:07:06.75</b>	<b>10:07:12.50</b>	+04:18:18	8:28	7.1
127	<b>KAZUBOWSKA Ola</b>	<b>1102</b>		Open K	25	01:14:03	01:51:06	02:50:29	05:46:23	08:07:02	<b>10:09:25.30</b>	<b>10:09:31.40</b>	+04:20:37	8:30	7
128	<b>KOŁCZ Sara</b>	<b>1109</b>		Open K	26	01:20:50	01:59:26	02:59:58	05:41:07	08:04:23	<b>10:11:43.50</b>	<b>10:11:51.55</b>	+04:22:57	8:32	7
129	<b>SKŁADANOWSKA Beata</b>	<b>1256</b>	EUROCASH	Open K	27	01:18:39		02:58:05	05:43:23	08:07:40	<b>10:14:13.80</b>	<b>10:14:19.30</b>	+04:25:25	8:34	7
130	<b>KOBYŁKA Rafał</b>	<b>1107</b>		Open M	103	01:21:02	01:56:10	02:57:44	05:38:33	08:06:35	<b>10:19:34.90</b>	<b>10:19:52.85</b>	+04:30:59	8:39	6.9
131	<b>KIERSKI Dariusz</b>	<b>1103</b>		Open M	104	01:20:37		02:55:08	05:43:31	08:14:00	<b>10:20:15.95</b>	<b>10:20:24.95</b>	+04:31:31	8:39	6.9
132	<b>SŁOWIK Grzegorz</b>	<b>1210</b>	NIE WEM GDZIE JESTEM	Open M	105	01:15:06		02:44:51	05:35:53	08:03:29	<b>10:20:46.20</b>	<b>10:21:07.45</b>	+04:32:13	8:40	6.9
133	<b>JASIAK Karol</b>	<b>1094</b>	NIE WEM GDZIE JESTEM	Open M	106	01:15:04		02:44:03	05:32:14	08:03:43	<b>10:20:48.50</b>	<b>10:21:08.85</b>	+04:32:15	8:40	6.9
134	<b>SIEŚKIEWICZ Krzysztof</b>	<b>1208</b>	BIEGAM BO LUBIĘ	Open M	107	01:19:01		02:46:26	05:28:52	08:07:49	<b>10:25:10.90</b>	<b>10:25:35.55</b>	+04:36:41	8:43	6.9
135	<b>ZAŁOGA Agnieszka</b>	<b>1248</b>	STARE BABICE BIEGAJĄ	Open K	28	01:21:58		03:13:10	06:10:33	08:32:11	<b>10:27:08.60</b>	<b>10:27:23.40</b>	+04:38:29	8:45	6.9
136	<b>MEDUNA Zbigniew</b>	<b>1146</b>		Open M	108	01:17:22		02:49:13	05:37:33	08:14:25	<b>10:29:08.05</b>	<b>10:29:28.80</b>	+04:40:34	8:47	6.8
137	<b>MIGDAŁ Marcin</b>	<b>1148</b>	MMI RUN	Open M	109	01:20:18		02:56:44	05:49:27	08:16:46	<b>10:29:16.50</b>	<b>10:29:29.15</b>	+04:40:35	8:47	6.8
138	<b>ZABOROWSKI Maciej</b>	<b>1247</b>		Open M	110	01:20:14		03:04:35	06:05:17	08:33:56	<b>10:29:30.70</b>	<b>10:29:40.60</b>	+04:40:46	8:47	6.8
139	<b>ZIĘTEK Krzysztof</b>	<b>1252</b>	ADIDAS RUNNERS WARSAW	Open M	111	01:17:32		02:49:46	05:37:53	08:14:16	<b>10:29:23.05</b>	<b>10:29:46.90</b>	+04:40:53	8:47	6.8
140	<b>HRABEC KOTULKOVA Sona</b>	<b>1082</b>	COLUMBIA MONTRAIL/RUNNING2.CZ	Open K	29	01:23:52		03:04:15	05:48:06	08:14:06	<b>10:29:48.10</b>	<b>10:29:57.70</b>	+04:41:03	8:47	6.8
141	<b>KRASZKIEWICZ Aleksander</b>	<b>1120</b>	MARATOŃCZYK DĘBICA	Open M	112	01:20:15		03:04:33	06:06:36	08:33:59	<b>10:29:56.40</b>	<b>10:30:07.20</b>	+04:41:13	8:47	6.8
142	<b>KORYTEK Piotr</b>	<b>1113</b>	WTKOWO BIEGA	Open M	113	01:19:20		02:50:17	05:36:18	08:08:35	<b>10:32:09.95</b>	<b>10:32:29.05</b>	+04:43:35	8:49	6.8
143	<b>KASPRZAK Maciej</b>	<b>1101</b>	ATR	Open M	114	01:19:23		02:50:18	05:36:19	08:10:04	<b>10:32:10.25</b>	<b>10:32:29.45</b>	+04:43:35	8:49	6.8
144	<b>PRZYKUCKI Robert</b>	<b>1190</b>	NO EXCUSES TEAM	Open M	115	01:19:18		02:50:18	05:36:19	08:10:10	<b>10:32:11.10</b>	<b>10:32:29.75</b>	+04:43:35	8:49	6.8
145	<b>GACA Piotr</b>	<b>1060</b>	JANUSZE TRAJLONU	Open M	116	01:19:40		02:53:02	05:44:00	08:23:52	<b>10:32:52.60</b>	<b>10:33:15.45</b>	+04:44:21	8:50	6.8
146	<b>MOŻUCH Maciej</b>	<b>1152</b>	JANUSZE TRAJLONU	Open M	117	01:19:52		02:52:58	05:43:58	08:23:05	<b>10:32:54.30</b>	<b>10:33:15.50</b>	+04:44:21	8:50	6.8
147	<b>LATO Sławek</b>	<b>1134</b>	JANUSZE TRAJLONU	Open M	118	01:21:00		02:58:04	05:44:43	08:23:41	<b>10:32:53.70</b>	<b>10:33:15.70</b>	+04:44:21	8:50	6.8
148	<b>SMOŁUCH Tomasz</b>	<b>1212</b>	SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM	Open M	119	01:24:18		02:55:33	05:41:18	08:16:27	<b>10:35:38.40</b>	<b>10:35:59.00</b>	+04:47:05	8:52	6.8
149	<b>PERŁA Adam</b>	<b>1176</b>	NARAMOWICE BIEGAJĄ	Open M	120	01:20:16		02:58:12	05:51:23	08:31:06	<b>10:37:52.35</b>	<b>10:38:11.90</b>	+04:49:18	8:54	6.7
150	<b>JACH Paweł</b>	<b>1085</b>	MACIEK BIEGA!	Open M	121	01:20:33		02:56:41	05:37:52	08:27:54	<b>10:39:48.95</b>	<b>10:40:05.15</b>	+04:51:11	8:56	6.7
151	<b>BODZIOCH Robert</b>	<b>1029</b>	PARKRUN KĘDZIERZYN-KOŹLE	Open M	122	01:25:35		03:03:32	06:00:27	08:35:53	<b>10:42:11.70</b>	<b>10:42:31.90</b>	+04:53:38	8:58	6.7
152	<b>CYRAN Grzegorz</b>	<b>1047</b>	EVOJAM	Open M	123	01:21:30		02:54:56	05:49:33	08:33:44	<b>10:47:07.65</b>	<b>10:47:22.50</b>	+04:58:28	9:02	6.6
153	<b>KASIKOWSKI Tomek</b>	<b>1100</b>	PĘDZĄCE IMADŁA	Open M	124	01:28:54		03:10:00	05:55:46	08:31:25	<b>10:47:55.85</b>	<b>10:48:22.85</b>	+04:59:29	9:02	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	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	<b>DOMIŃCZYK Rafał</b>	<b>1054</b>	ULTRAS Z ŁAZ	Open M	125	01:24:30		03:01:58	06:00:32	08:41:23	<b>10:49:02.05</b>	<b>10:49:08.95</b>	+05:00:15	9:03	6.6
155	<b>BARAN Stanisław</b>	<b>1021</b>	SAINT GOBAIN SQUAD	Open M	126	01:24:41		03:01:58	06:00:29	08:41:20	<b>10:49:01.85</b>	<b>10:49:09.10</b>	+05:00:15	9:03	6.6
156	<b>GUZIK Daniel</b>	<b>1074</b>		Open M	127	01:24:39		03:01:58	06:00:29	08:41:17	<b>10:49:02.85</b>	<b>10:49:09.35</b>	+05:00:15	9:03	6.6
157	<b>GÓRZYŃSKI Piotr</b>	<b>1071</b>		Open M	128	01:19:42		02:58:27	05:46:07	08:30:39	<b>10:53:18.85</b>	<b>10:53:42.20</b>	+05:04:48	9:07	6.6
158	<b>KUBASIEWICZ Paweł</b>	<b>1125</b>	BEZNAPINY	Open M	129	01:19:48		02:58:30	05:49:42	08:35:05	<b>10:53:20.15</b>	<b>10:53:42.30</b>	+05:04:48	9:07	6.6
159	<b>STOLINSKI Dominik</b>	<b>1222</b>	BAWOLE OCZY	Open M	130	01:19:22		02:54:06	05:55:38	08:44:39	<b>10:55:28.35</b>	<b>10:55:34.90</b>	+05:06:41	9:09	6.6
159	<b>NOWAK Dawid</b>	<b>1165</b>	TRICERATOPS	Open M	130	01:19:27		02:54:05	05:55:21	08:45:00	<b>10:55:28.85</b>	<b>10:55:34.90</b>	+05:06:41	9:09	6.6
161	<b>POCIEJEWSKI Wojciech</b>	<b>1183</b>		Open M	132	01:21:12		03:06:15	06:01:15	08:37:38	<b>10:58:20.05</b>	<b>10:58:32.10</b>	+05:09:38	9:11	6.5
161	<b>WZOREK Ewa</b>	<b>1246</b>	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	Open K	30	01:21:15		03:06:56	06:01:14	08:38:16	<b>10:58:19.45</b>	<b>10:58:32.10</b>	+05:09:38	9:11	6.5
163	<b>MYSZKOWSKI Paweł</b>	<b>1157</b>	SPLENDOR I CHWAŁA	Open M	133	01:19:38	01:58:52	03:13:09	06:04:52	08:39:59	<b>10:58:25.85</b>	<b>10:58:41.95</b>	+05:09:48	9:11	6.5
164	<b>BUJNOWSKA Eliza</b>	<b>1035</b>	KS STASZEWCY	Open K	31	01:27:52		03:15:36	06:11:52	08:51:24	<b>10:58:38.60</b>	<b>10:58:54.35</b>	+05:10:00	9:11	6.5
165	<b>KUBIAK Jarosław</b>	<b>1127</b>		Open M	134	01:17:19		02:56:43	05:58:55	08:48:46	<b>11:04:05.95</b>	<b>11:04:31.75</b>	+05:15:37	9:16	6.5
166	<b>BORUCH Adam</b>	<b>1032</b>		Open M	135	01:21:42		02:57:41	05:56:25	08:41:12	<b>11:12:48.75</b>	<b>11:13:10.55</b>	+05:24:16	9:23	6.4
167	<b>WALUGA Michał</b>	<b>1238</b>		Open M	136	01:25:36		03:10:48	06:10:42	09:01:24	<b>11:15:09.00</b>	<b>11:15:12.80</b>	+05:26:18	9:25	6.4
168	<b>ANTOSIAK Tomasz</b>	<b>1018</b>		Open M	137	01:25:31		03:10:48	06:10:30	09:00:38	<b>11:15:11.15</b>	<b>11:15:14.70</b>	+05:26:20	9:25	6.4
169	<b>BOCIAGA Paweł</b>	<b>1028</b>		Open M	138	01:18:46		02:54:48	05:56:58	09:03:46	<b>11:15:57.85</b>	<b>11:16:16.30</b>	+05:27:22	9:26	6.4
170	<b>FALISZEWSKI Sebastian</b>	<b>1056</b>		Open M	139	01:18:48		02:54:43	05:57:01	09:05:48	<b>11:15:56.90</b>	<b>11:16:16.60</b>	+05:27:22	9:26	6.4
171	<b>ŚLĄCZKA Arkadiusz</b>	<b>1232</b>	FINISZ RYMANÓW	Open M	140	01:21:57		03:05:30	06:01:35	08:49:04	<b>11:18:01.30</b>	<b>11:18:25.40</b>	+05:29:31	9:28	6.3
172	<b>DARSKI Rafał</b>	<b>1052</b>	RECAMIERE	Open M	141	01:15:09	01:51:08	02:55:01	06:01:17	08:52:50	<b>11:23:42.45</b>	<b>11:23:55.90</b>	+05:35:02	9:32	6.3
173	<b>SZYMALAK Michał</b>	<b>1230</b>		Open M	142	01:18:43		02:54:46	05:56:56	09:05:26	<b>11:27:03.00</b>	<b>11:27:22.40</b>	+05:38:28	9:35	6.3
174	<b>CHODZIŃSKI Piotr</b>	<b>1041</b>		Open M	143	01:22:57		03:02:45	06:06:09	08:44:48	<b>11:32:28.50</b>	<b>11:32:43.80</b>	+05:43:49	9:40	6.2
175	<b>NOWAKOWSKI Mirosław</b>	<b>1166</b>		Open M	144	01:24:25		03:07:22	06:12:48	09:08:20	<b>11:32:33.60</b>	<b>11:32:58.95</b>	+05:44:05	9:40	6.2
176	<b>SMUSZKIEWICZ Szymon</b>	<b>1214</b>		Open M	145	01:18:57		02:48:03	05:38:52	08:40:22	<b>11:35:47.75</b>	<b>11:36:05.20</b>	+05:47:11	9:43	6.2
177	<b>GRELAK Tomasz</b>	<b>1073</b>		Open M	146	01:18:52		02:48:01	05:38:49	08:40:12	<b>11:35:45.90</b>	<b>11:36:05.45</b>	+05:47:11	9:43	6.2
178	<b>KACZMAREK Adam</b>	<b>1097</b>		Open M	147	01:09:24		02:54:56	06:13:48	09:03:07	<b>11:37:46.30</b>	<b>11:37:51.15</b>	+05:48:57	9:44	6.2
179	<b>CZUBA Paweł</b>	<b>1049</b>	BIEGANIE ZBLIŻA	Open M	148	01:23:27		03:08:24	06:06:48	08:55:11	<b>11:43:14.70</b>	<b>11:43:29.05</b>	+05:54:35	9:49	6.1
179	<b>GIENIEC-CZUBA Róża</b>	<b>1064</b>	BIEGANIEZBLIŻA	Open K	32	01:23:25		03:08:24	06:06:49	08:55:06	<b>11:43:15.15</b>	<b>11:43:29.05</b>	+05:54:35	9:49	6.1
181	<b>PEC Waldemar</b>	<b>1175</b>	EC RUNNING TEAM	Open M	149	01:14:14		02:49:53	06:07:25	09:08:57	<b>11:44:10.65</b>	<b>11:44:27.65</b>	+05:55:33	9:50	6.1
182	<b>SMORAWIŃSKI Marcin</b>	<b>1213</b>		Open M	150	01:20:54		03:06:34	06:17:59	09:08:17	<b>11:47:16.65</b>	<b>11:47:39.10</b>	+05:58:45	9:52	6.1
183	<b>CYGAN Anna</b>	<b>1046</b>	NIE ZRZESZONA	Open K	33	01:29:59		03:17:56	06:28:05	09:21:18	<b>11:52:19.60</b>	<b>11:52:44.50</b>	+06:03:50	9:56	6
184	<b>PAWŁOWICZ Dorota</b>	<b>1173</b>		Open K	34	01:29:14	02:08:54	03:23:59	06:36:24	09:34:39	<b>11:53:01.65</b>	<b>11:53:16.15</b>	+06:04:22	9:57	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Nowa Wieś 10.4km	Cergowa 13km	Iwonicz-Zdrój 22.2km	Paławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
185	<b>PRYSTUPA Krzysztof</b>	<b>1188</b>	#WŁADCYMÓW	Open M	151	01:29:16		03:09:48	06:15:41	09:07:05	<b>11:53:41.50</b>	<b>11:54:09.25</b>	+06:05:15	9:58	6
186	<b>KOPACZYŃSKA Beata</b>	<b>1112</b>	CROSSFIT ZIELONA GÓRA	Open K	35	01:21:00		03:04:27	06:20:33	09:26:25	<b>11:57:14.65</b>	<b>11:57:27.30</b>	+06:08:33	10:01	6
187	<b>LOMAGISTRO Pietro</b>	<b>1138</b>	A.S.D. GRUPPO PODISTICO SAN PIO X	Open M	152	01:20:57		03:04:09	06:12:13	09:10:32	<b>11:57:14.65</b>	<b>11:57:27.40</b>	+06:08:33	10:01	6
188	<b>ŁUGOWSKI Marek</b>	<b>1141</b>	KLUB UTM170	Open M	153	01:20:45		03:03:18	06:12:13	09:09:43	<b>11:57:20.60</b>	<b>11:57:32.30</b>	+06:08:38	10:01	6
189	<b>OLEJNICZAK Konrad</b>	<b>1167</b>	TRIGYM	Open M	154	01:20:51		03:03:19	06:20:35	09:26:29	<b>11:57:20.80</b>	<b>11:57:32.90</b>	+06:08:39	10:01	6
190	<b>HOROWSKI Tomasz</b>	<b>1081</b>	RUNHOGS TYCHY	Open M	155	01:29:36		03:17:55	06:21:48	09:23:57	<b>12:00:21.80</b>	<b>12:00:39.45</b>	+06:11:45	10:03	6
191	<b>WASIL Joanna</b>	<b>1239</b>		Open K	36	01:21:30		03:01:51	06:15:41	09:23:44	<b>12:00:35.45</b>	<b>12:00:44.90</b>	+06:11:51	10:03	6
192	<b>GLISZCZYŃSKI Paweł</b>	<b>1069</b>		Open M	156	01:22:23		02:54:35	05:51:22	09:23:39	<b>12:00:35.50</b>	<b>12:00:45.10</b>	+06:11:51	10:03	6
193	<b>MŁODECKA Sylwia</b>	<b>1150</b>	VIRTUAL RUNNER CLUB	Open K	37	01:30:35		03:21:13	06:39:49	09:29:06	<b>12:05:16.00</b>	<b>12:05:31.15</b>	+06:16:37	10:07	5.9
194	<b>ZIĘTEK Waldemar</b>	<b>1251</b>	NOWY SĄCZ	Open M	157	01:29:27		03:12:58	06:33:48	09:27:52	<b>12:05:10.10</b>	<b>12:05:32.30</b>	+06:16:38	10:07	5.9
195	<b>KNUROWSKI Marcin</b>	<b>1105</b>		Open M	158	01:25:50		03:16:16	06:34:00	09:29:18	<b>12:05:21.10</b>	<b>12:05:32.40</b>	+06:16:38	10:07	5.9
196	<b>STACHOWIAK Damian</b>	<b>1219</b>		Open M	159	01:41:53		03:32:54	06:45:06	09:42:47	<b>12:14:55.05</b>	<b>12:14:55.05</b>	+06:26:01	10:15	5.8
197	<b>KRAJEWSKI Bartosz</b>	<b>1119</b>		Open M	160	01:13:30		03:10:38	06:36:34	09:31:48	<b>12:24:17.30</b>	<b>12:24:33.20</b>	+06:35:39	10:23	5.8
198	<b>MANIURA Adam</b>	<b>1144</b>		Open M	161	01:32:56	02:17:40	03:37:06	07:03:43	09:52:44	<b>12:24:21.60</b>	<b>12:24:33.65</b>	+06:35:39	10:23	5.8
199	<b>RURKA Grzegorz</b>	<b>1203</b>	SAMBIEGAM	Open M	162	01:31:52		03:37:53	07:00:54	09:55:43	<b>12:40:54.05</b>	<b>12:41:19.70</b>	+06:52:25	10:37	5.6
200	<b>IDZIK Angelika</b>	<b>1083</b>		Open K	38	01:28:24		03:29:26	06:58:20	10:09:44	<b>12:50:51.55</b>	<b>12:50:59.90</b>	+07:02:06	10:45	5.6
<b>Przekroczony limit czasu: 13:00:00</b>															
201	<b>CZAIŃSKA Monika</b>	<b>1048</b>		Open K	39	01:31:12		03:30:27	07:01:10	10:10:10	<b>13:03:47.75</b>	<b>13:03:52.20</b>	+07:14:58	10:56	5.5
202	<b>KUC Maciej</b>	<b>1128</b>		Open M	163	01:25:15		03:26:24	07:01:18	10:03:11	<b>13:03:49.45</b>	<b>13:03:52.60</b>	+07:14:58	10:56	5.5
203	<b>GIET Małgorzata</b>	<b>1067</b>	KLUB SPORTOWY KOZIOŁEK KĘDZIERZYN-KOŹLE	Open K	40	01:47:06		03:47:52	07:33:00	10:23:59	<b>13:20:44.35</b>	<b>13:21:03.90</b>	+07:32:10	11:11	5.4
	<b>KALISZUK Szymon</b>	<b>1260</b>		Open M		01:04:16 DNF	01:30:19 DNF	02:19:53 DNF	04:42:20 DNF	07:26:26 DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>GIERLACH Grzegorz</b>	<b>1065</b>		Open M		01:07:49 DNF	DNF	02:50:22 DNF	05:42:13 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>BŁASZAK Monika</b>	<b>1025</b>		Open K		01:22:21 DNF	DNF	03:03:09 DNF	06:08:44 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>KRÓL Aneta</b>	<b>1121</b>		Open K		01:20:16 DNF	DNF	02:58:22 DNF	06:57:30 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>CHOIŃSKI Paweł</b>	<b>1042</b>	SMASHING PAPKINS	Open M		01:09:16 DNF	DNF	02:31:48 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>WÓJCICKI Bohdan</b>	<b>1245</b>	LIVEONDOPAMINE	Open M		01:09:03 DNF	DNF	02:36:21 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>PSZENNY Łukasz</b>	<b>1261</b>	ULTRINO AMATEUR	Open M		01:20:03 DNF	DNF	02:54:27 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>RAMS Ela</b>	<b>1197</b>	KLUB SPORTOWY KOZIOŁEK	Open K		01:47:03 DNF	DNF	04:19:26 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-
	<b>. .</b>	<b>1261</b>				DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 212 wynik(ów)