

Wydarzenie: Łemkowyna Ultra-Trail
Organizator: Fundacja Ultra
Data: 2019-10-12
Miejsce: Komańcza
Dystans: 70 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój			Czas		Różn	Tempo min/km	Tempo km/h
						20.8km	Puławy Górne 39.5km	Wilcze Budy 48.5km	netto 68.5km	brutto 68.5km			
1	SKUPIEŃ Tomasz	1005	MUAY RUNNING TEAM	Open M	1	01:54:22	03:33:26		06:05:03.85	06:05:06.50		5:19	11.3
2	DOMBROWSKI Maciej	1002	RUNNING.CHEF / WAY2CHAMP	Open M	2	01:54:22	03:33:27		06:09:59.05	06:10:01.40	+00:04:54	5:24	11.1
3	ZIAJKA Karol	1007		Open M	3	01:47:07	03:22:00		06:11:55.70	06:11:59.05	+00:06:52	5:25	11.1
4	JENDRYCH Artur	1006	BIEGAJACY ŚWIDNIK	Open M	4	01:53:36	03:33:25		06:25:48.60	06:25:52.50	+00:20:46	5:37	10.7
5	HETMAN Radosław	1117	GRUPA NOMAX	Open M	5	01:57:02	03:40:01		06:32:36.05	06:32:39.65	+00:27:33	5:43	10.5
6	DEMBSKI Paweł	1058	METROPOLITAN INVESTMENT	Open M	6	01:57:00	03:42:29		06:41:16.30	06:41:20.05	+00:36:13	5:51	10.2
7	ZAKOVSKY Petr	1432	BESKYDSKE SAVLE	Open M	7	01:51:50	03:35:28		06:43:28.90	06:43:31.25	+00:38:24	5:53	10.2
8	SOLIŃSKA Katarzyna	1001	HOKA ONE ONE TEAM POLAND	Open K	1	02:02:42	03:48:49		06:47:19.75	06:47:23.15	+00:42:16	5:56	10.1
9	SCHRAMM Rafał	1341	MARCINŚWIERCTEAM/SPRINTEM DO ULTRA	Open M	8	02:06:41	03:58:26		07:06:06.75	07:06:13.80	+01:01:07	6:13	9.6
10	WRÓBLEWSKI Robert	1427		Open M	9	02:00:04	03:49:37		07:04:01.00	07:07:02.90	+01:01:56	6:11	9.7
11	MORAWSKI Przemysław	1243	CISCO KRAKOW RUNNING TEAM	Open M	10	02:02:43	03:54:21		07:10:23.85	07:10:26.20	+01:05:19	6:16	9.5
12	FRANKOWSKI Michał	1449	VINGBERG TEAM	Open M	11	01:56:39	03:48:09		07:17:58.25	07:18:02.75	+01:12:56	6:23	9.4
13	SIERADZKI Krzysztof	1344		Open M	12	02:03:49	03:58:08		07:21:10.30	07:21:14.20	+01:16:07	6:26	9.3
14	THORVALDSSON Peter	1450	VINGBERG TEAM	Open M	13	02:10:33	04:07:56		07:21:54.25	07:21:57.20	+01:16:50	6:27	9.3
15	GWIŹDŹ Marcin	1116		Open M	14	02:06:10	04:07:58		07:31:47.25	07:31:51.45	+01:26:44	6:35	9.1
16	JUGHASHVILI Davit Jughashvili	1448	STRAVA RUNNERS GEORGIA	Open M	15	01:57:03	03:53:40		07:34:42.45	07:34:45.40	+01:29:38	6:38	9
17	MURAK Robert	1248		Open M	16	02:09:30	04:10:16		07:35:02.10	07:35:07.20	+01:30:00	6:38	9
18	KAMIŃSKI Piotr	1138	ŁÓDŹ KOCHA SPORT	Open M	17	02:10:45	04:13:44		07:36:10.05	07:36:15.20	+01:31:08	6:39	9
19	GRZELAK Kamila	1003	TEAMALTRA RED	Open K	2	02:14:53	04:16:19		07:36:56.45	07:37:01.90	+01:31:55	6:40	9
20	PALIWODA Grzegorz	1282		Open M	18	02:06:15	04:08:11		07:39:49.00	07:39:54.40	+01:34:47	6:42	8.9
21	JANIK Mateusz	1123		Open M	19	02:15:05	04:14:29		07:41:30.40	07:41:43.45	+01:36:36	6:44	8.9
22	WATKOWSKI Bartłomiej	1401	DAMIAN RUDNIK TEAM	Open M	20	02:03:54	04:08:01		07:42:04.05	07:42:07.70	+01:37:01	6:44	8.9
23	PODBIELSKI Krystian	1308		Open M	21	02:11:52	04:14:04		07:42:35.50	07:42:47.05	+01:37:40	6:45	8.9
24	PAPIERZ Konrad	1283	KW KRAKÓW	Open M	22	02:11:08	04:14:00		07:44:02.90	07:44:05.40	+01:38:58	6:46	8.9
25	SOCHA Norbert	1350	KALLIPSO TEAM	Open M	23	02:04:42	04:06:11		07:45:16.40	07:45:24.15	+01:40:17	6:47	8.8
26	GEPPERT Jakub	1088	ADRUNALINE RUNNING TEAM	Open M	24	02:06:04	04:13:17		07:44:00.85	07:46:41.65	+01:41:35	6:46	8.9
27	DOROSHKOV Artem	1064		Open M	25	02:05:46	04:15:19		07:49:33.85	07:49:36.70	+01:44:30	6:51	8.8
28	ZAWADZKI Andrzej	1435	MKS SIECHNICE	Open M	26	02:06:55	04:08:13		07:49:57.25	07:50:01.80	+01:44:55	6:51	8.7
29	SOLARSKI Sergiusz	1353		Open M	27	02:12:14	04:12:36		07:47:48.10	07:50:40.00	+01:45:33	6:49	8.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
30	KALINOWSKI Łukasz	1137		Open M	28	02:11:14	04:15:32		07:51:27.35	07:51:31.35	+01:46:24	6:52	8.7
31	PERKOWSKI Piotr	1455	MONK SANDALS TEAM	Open M	29	02:13:21	04:15:23		07:52:11.10	07:52:14.20	+01:47:07	6:53	8.7
32	SAWICKI Marcin	1340		Open M	30	02:10:37	04:17:22		07:52:48.20	07:52:55.75	+01:47:49	6:54	8.7
33	HUNIA Filip	1118		Open M	31	02:11:58	04:23:03		07:54:30.15	07:54:35.15	+01:49:28	6:55	8.7
34	SZYMCZYK Daniel	1381		Open M	32	02:15:49	04:18:49		07:54:28.60	07:55:00.90	+01:49:54	6:55	8.7
35	BAROSZ Natalia-Paulina	1015	MARCINŚWIERCTEAM/SPRINTEM DO ULTRA	Open K	3	02:17:24	04:23:58		07:56:44.50	07:56:50.85	+01:51:44	6:57	8.6
36	JANKOWSKI Robert	1125		Open M	33	01:56:29	03:40:55		07:57:04.80	07:57:06.95	+01:52:00	6:57	8.6
37	MROWIEC Jakub	1244		Open M	34	02:10:11	04:17:22		07:57:31.90	07:57:41.00	+01:52:34	6:58	8.6
38	BARTELA Edyta	1016	ACCENTURE	Open K	4	02:18:29	04:22:00		07:58:07.00	07:58:10.40	+01:53:03	6:58	8.6
39	KRAUSE Kuba	1167	BUFF FAMILY TEAM	Open M	35	02:09:32	04:20:06		07:59:35.45	07:59:39.80	+01:54:33	7:00	8.6
40	BOCHEŃSKA Aleksandra	1026	PRO-RUN WROCŁAW / 140MINUT TEAM	Open K	5	02:24:15	04:35:52		08:02:25.75	08:02:31.00	+01:57:24	7:02	8.5
41	WOSZEK Marzena	1418	BBL OPOLE	Open K	6	02:19:28	04:30:09		08:07:05.60	08:07:12.25	+02:02:05	7:06	8.4
41	OCHYRA Konrad	1271	SOLINA TEAM	Open M	36	02:15:04	04:24:17		08:07:04.20	08:07:12.25	+02:02:05	7:06	8.4
43	NOWICKI Tomasz	1265	KB FARTLEK	Open M	37	02:09:11	04:15:05		08:10:34.15	08:10:48.90	+02:05:42	7:09	8.4
44	OSTAPSKI Kamil	1279	VEGE RUNNERS / TCW	Open M	38	02:14:57	04:27:32		08:12:21.85	08:12:25.90	+02:07:19	7:11	8.3
45	KOSTASZ Mariusz	1160	KB FAURECIA WAŁBRZYCH STOOR	Open M	39	02:22:35	04:37:24		08:14:47.15	08:14:51.10	+02:09:44	7:13	8.3
46	SCHWITALLA Adrian	1342		Open M	40	02:19:26	04:31:14		08:17:17.85	08:17:34.75	+02:12:28	7:15	8.3
47	LISIECKI Tomasz	1205	TRZYNASTKA PLUS	Open M	41	02:22:19	04:40:32		08:20:59.10	08:21:36.80	+02:16:30	7:18	8.2
47	LIPA Wojciech	1204	RZESZOWSKIE GAZELE I GEPARDY	Open M	41	02:24:06	04:33:04		08:21:30.10	08:21:36.80	+02:16:30	7:19	8.2
49	ŻAKOWSKI Karol	1444	CALORIES OF FUN	Open M	43	02:21:39	04:36:28		08:23:27.00	08:23:35.45	+02:18:28	7:20	8.2
50	MUCHA Grzegorz	1247	DIABŁY PANCERNE	Open M	44	02:20:41	04:36:43		08:20:52.30	08:23:41.55	+02:18:35	7:18	8.2
51	ŁUCJANEK Andrzej	1213	KAJA TEAM	Open M	45	02:15:25	04:22:39		08:24:15.40	08:24:27.35	+02:19:20	7:21	8.2
52	KUKUĆ-KWAPISZEWSKA Anna	1179	SANDBOT	Open K	7	02:19:56	04:32:57		08:24:22.30	08:24:31.75	+02:19:25	7:21	8.1
53	PĘDZISZEWSKI Piotr	1294	VAI ALTO	Open M	46	02:19:07	04:34:18		08:25:00.30	08:25:11.05	+02:20:04	7:22	8.1
54	PRZYDANEK Karol	1319		Open M	47	02:26:13	04:39:30		08:26:53.65	08:27:00.25	+02:21:53	7:24	8.1
55	WÓJCIK Michał	1423	STAY INSANE	Open M	48	02:19:37	04:32:40		08:26:49.65	08:27:01.30	+02:21:54	7:23	8.1
56	RAJTAR Zbigniew	1323	RONTIL-KRAKÓW	Open M	49	02:21:55	04:41:01		08:27:01.85	08:27:05.75	+02:21:59	7:24	8.1
57	MICHALCZYK Paweł	1239		Open M	50	02:26:12	04:41:40		08:28:46.05	08:28:52.40	+02:23:45	7:25	8.1
58	GWIŹDŹ Michał	1115		Open M	51	02:19:57	04:33:29		08:28:52.25	08:29:02.30	+02:23:55	7:25	8.1
59	WARSKI Patryk	1399		Open M	52	02:33:15	04:42:09		08:30:32.00	08:30:44.75	+02:25:38	7:27	8.1
60	KUCIAK Bartosz	1176		Open M	53	02:22:34	04:42:03		08:30:27.40	08:30:44.80	+02:25:38	7:27	8.1
61	WIĘCŁAWSKI Michał	1406	WAGA CIĘŻKA	Open M	54	02:21:16	04:38:44		08:30:41.65	08:30:49.50	+02:25:43	7:27	8
62	GRONO Krzysztof	1106	V-MAX ADAMÓW	Open M	55	02:32:13	04:44:27		08:30:49.95	08:30:57.50	+02:25:51	7:27	8
63	SUJAK Mirosław	1366	MKB DREPTAK	Open M	56	02:20:31	04:34:46		08:30:54.65	08:30:57.60	+02:25:51	7:27	8
64	JANKOWIAK Przemysław	1124		Open M	57	02:20:04	04:35:58		08:30:59.70	08:31:04.55	+02:25:58	7:27	8
65	SOWIŃSKI Jędrzej	1356	REMBERTÓW TEAM	Open M	58	02:22:53	04:36:19		08:31:08.35	08:31:31.80	+02:26:25	7:27	8
66	KUC Adam	1173		Open M	59	02:19:58	04:35:14		08:32:07.20	08:32:15.80	+02:27:09	7:28	8
67	SIMKA Kamil	1346		Open M	60	02:26:38	04:48:13		08:32:02.75	08:32:37.80	+02:27:31	7:28	8
68	RÓŻAŃSKI Mateusz	1331		Open M	61	02:19:57	04:38:52		08:33:57.50	08:34:04.95	+02:28:58	7:30	8
69	TRZASKA Radosław	1388	TLENOWNIA	Open M	62	02:26:58	04:49:05		08:34:54.45	08:35:11.35	+02:30:04	7:31	8
70	IWANOWICZ Anna	1120		Open K	8	02:24:46	04:49:05		08:35:20.80	08:35:37.80	+02:30:31	7:31	8
71	STAJNIAK Michał	1359	SMASHING PĄPKINS	Open M	63	02:17:46	04:36:36		08:35:41.50	08:35:55.25	+02:30:48	7:31	8
72	TKACZYK Rafał	1386	VEGAN RUNNERS UK	Open M	64	02:19:21	04:33:03		08:35:58.95	08:36:13.00	+02:31:06	7:31	8
73	KOWALCZYK Mateusz	1161	MINUTKA TRAIL / PRZEWORSKA GRUPA BIEGOWA	Open M	65	02:05:07	04:21:38		08:36:23.25	08:36:28.35	+02:31:21	7:32	8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
74	JĘDZURA Daniel	1134	NIGHT RUNNERS GLIWICE	Open M	66	02:18:23	04:32:52		08:38:04.15	08:38:08.85	+02:33:02	7:33	7.9
75	ELPERS Inez	1451	VINGBERG TEAM	Open K	9	02:19:25	04:37:27		08:38:03.10	08:38:12.30	+02:33:05	7:33	7.9
76	CZUPIEWICZ Michał	1054	RAJSPOORT ACTIVE	Open M	67	02:05:45	04:18:04		08:38:50.40	08:38:57.65	+02:33:51	7:34	7.9
77	PORĘBA Marek	1314		Open M	68	02:26:25	04:44:34		08:40:06.15	08:40:14.50	+02:35:08	7:35	7.9
78	BADZIĄG Damian	1011	KLUB42,2 LĘBORK / SMASHING PĄPKINS	Open M	69	02:25:03	04:40:45		08:39:55.40	08:40:17.60	+02:35:11	7:35	7.9
79	BRYZIEWSKA Patrycja	1032	ACCENTURE	Open K	10	02:28:37	04:48:55		08:40:42.65	08:40:46.00	+02:35:39	7:36	7.9
80	BIERNACKI Sylwester	1022	#MARCINSWIERTTEAM	Open M	70	02:14:42	04:36:17		08:42:23.90	08:42:29.65	+02:37:23	7:37	7.9
81	CZAJKOWSKI Wojtek	1049	ADIDAS RUNNERS WARSAW	Open M	71	02:22:48	04:43:48		08:42:53.15	08:43:01.75	+02:37:55	7:38	7.9
82	KRZYZOSIAK Janko	1172	HIGH LANE HURRICANES	Open M	72	02:22:20	04:38:50		08:42:57.30	08:43:19.05	+02:38:12	7:38	7.9
83	CHYLEWSKI Paweł	1044		Open M	73	02:33:33	04:52:30		08:44:11.00	08:44:22.55	+02:39:16	7:39	7.8
84	ZAJĄC Andrzej	1430	NIGHTRUNNERS	Open M	74	02:24:37	04:48:32		08:45:42.85	08:46:09.80	+02:41:03	7:40	7.8
85	LASEK Leszek	1193	KALLIPSO TEAM	Open M	75	02:22:14	04:46:28		08:48:22.65	08:48:30.80	+02:43:24	7:42	7.8
86	PABIS Marek	1280		Open M	76	02:24:14	04:48:03		08:49:26.10	08:49:33.40	+02:44:26	7:43	7.8
87	SŁONAWSKI Łukasz	1348	KS PEGAZ	Open M	77	02:34:14	04:54:05		08:51:47.30	08:52:14.55	+02:47:08	7:45	7.7
88	NOWAK Adam	1260	TAB2	Open M	78	02:20:24	04:44:35		08:52:43.25	08:52:52.35	+02:47:45	7:46	7.7
89	SOWA Paweł	1355		Open M	79	02:19:50	04:41:21		08:53:03.35	08:53:10.80	+02:48:04	7:46	7.7
90	PILAS Maciej	1304		Open M	80	02:22:53	04:42:14		08:56:47.40	08:57:05.45	+02:51:58	7:50	7.7
91	WOSZEK Tomasz	1419	BBL OPOLE	Open M	81	02:19:27	04:36:11		08:59:01.35	08:59:08.40	+02:54:01	7:52	7.6
92	KAWIECKI Paweł	1141	AKADEMIAMUZYCZNABIEGA	Open M	82	02:18:13	04:50:53		08:59:39.95	08:59:42.60	+02:54:36	7:52	7.6
93	TESZNER Adrian	1384		Open M	83	02:14:30	04:46:51		09:00:04.70	09:00:10.55	+02:55:04	7:53	7.6
94	GODYŃ Jan	1096	DELOITTE ADVENTURE TEAM	Open M	84	02:31:54	04:51:28		08:59:59.30	09:00:21.90	+02:55:15	7:52	7.6
95	FEDORCZAK Jacek	1073		Open M	85	02:37:21	05:04:47		09:00:18.85	09:00:33.50	+02:55:27	7:53	7.6
96	MROZIAK Maciek	1245	RUNPASSION PL. TEAM	Open M	86	02:21:45	04:47:40		09:00:34.55	09:00:48.95	+02:55:42	7:53	7.6
97	ZAŁUSKA-LIPA Agnieszka	1433		Open K	11	02:27:27	04:47:32		09:03:12.85	09:03:28.50	+02:58:22	7:55	7.6
98	LICHOTA Tomasz	1203	DEKORIA	Open M	87	02:21:55	04:46:58		09:03:09.90	09:03:33.65	+02:58:27	7:55	7.6
99	RYBARCZYK Ilona	1335		Open K	12	02:29:36	04:57:38		09:03:34.30	09:03:50.00	+02:58:43	7:56	7.6
100	SZADOKWSKI Jacek	1371		Open M	88	02:34:02	04:57:49		09:03:43.75	09:03:51.30	+02:58:44	7:56	7.6
101	LATOS Marcin	1194	EUROCLEAR RUNNING TEAM	Open M	89	02:21:13	04:46:34		09:03:58.60	09:04:06.05	+02:58:59	7:56	7.6
102	LUDA Żaneta	1210	WAWRZYNTTEAM	Open K	13	02:33:43	04:58:27		09:04:37.65	09:04:55.40	+02:59:48	7:57	7.5
103	CETNAR Grzegorz	1040		Open M	90	02:33:37	04:58:26		09:06:13.55	09:06:17.45	+03:01:10	7:58	7.5
104	ZABDYR Marcin	1428	KS PEGAZ	Open M	91	02:34:15	04:54:37		09:06:09.85	09:06:37.30	+03:01:30	7:58	7.5
105	DUC-SYPOSZ Aureliusz	1067		Open M	92	02:21:00	04:46:59		09:07:39.20	09:07:48.75	+03:02:42	7:59	7.5
106	KUTRZUBA Mateusz	1189	MARATOŃCZYK DĘBICA	Open M	93	02:37:51	04:59:24		09:08:08.50	09:08:29.10	+03:03:22	8:00	7.5
107	KUSOFFSKY Mats	1186	VINGBERG TEAM	Open M	94	02:17:20	04:37:15		09:09:08.15	09:09:23.35	+03:04:16	8:00	7.5
108	RAMOTOWSKI Marcin	1325		Open M	95	02:34:04	05:04:42		09:09:21.40	09:09:54.70	+03:04:48	8:01	7.5
109	KOSOWICZ Krzysztof	1159		Open M	96	02:18:33	04:49:05		09:10:45.90	09:10:56.40	+03:05:49	8:02	7.5
110	TYRALSKI Dominik	1394	POLSAT BIEGA	Open M	97	02:24:53	04:49:29		09:11:34.00	09:11:45.25	+03:06:38	8:03	7.5
111	FRANKIEWICZ Artur	1075		Open M	98	02:19:53	04:51:20		09:08:37.40	09:12:02.75	+03:06:56	8:00	7.5
112	GALUSKIN Alexey	1083	GRUPA NOMAX	Open M	99	02:37:34	05:06:39		09:12:13.10	09:12:23.15	+03:07:16	8:03	7.4
113	GRONAU Maciej	1105		Open M	100	02:35:54	04:56:06		09:13:07.75	09:13:14.20	+03:08:07	8:04	7.4
114	DUDEK Łukasz	1068		Open M	101	02:28:29	04:56:11		09:13:54.70	09:14:01.95	+03:08:55	8:05	7.4
115	WELENC Łukasz	1403	NO LIMITS TRAIL	Open M	102	02:41:47	05:01:59		09:14:27.05	09:14:46.55	+03:09:40	8:05	7.4
116	BODZIOCH Grzegorz	1027	GORLICKA GRUPA BIEGOWA	Open M	103	02:42:56	05:10:14		09:15:07.90	09:15:44.20	+03:10:37	8:06	7.4
117	FRANUSIAK Marek	1077		Open M	104	02:32:19	04:52:16		09:11:24.60	09:16:06.15	+03:10:59	8:02	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
118	BURZYŃSKA Ewelina	1037	NATURA BIEDRUSKO	Open K	14	02:38:16	05:01:18		09:18:08.25	09:18:13.95	+03:13:07	8:08	7.4
119	WILK Paweł	1409		Open M	105	02:41:02	05:05:18		09:18:45.25	09:19:00.95	+03:13:54	8:09	7.4
120	MAZURCZAK Łukasz	1235		Open M	106	02:30:11	05:00:50		09:19:18.10	09:19:33.00	+03:14:26	8:09	7.3
121	BIEL Łukasz	1019	BRIDGESTONE B-OLYMPIC	Open M	107	02:43:38	05:02:25		09:19:18.95	09:19:33.90	+03:14:27	8:09	7.3
122	MIELNIK Michał	1241	KROSNO GLASS	Open M	108	02:24:27	04:54:07		09:20:23.90	09:20:30.25	+03:15:23	8:10	7.3
123	SOKOŁOWSKI Tomasz	1352	KLINIKA TRIATHLONU	Open M	109	02:35:07	05:00:41		09:20:38.55	09:21:02.90	+03:15:56	8:11	7.3
124	PRZYCHODZKI Łukasz	1318	THE RECYCKINGS	Open M	110	02:36:05	05:01:23		09:21:30.10	09:21:35.20	+03:16:28	8:11	7.3
125	CEGLEWSKI Marcin	1039	HARPAGANY RUNNING TEAM	Open M	111	02:35:52	05:05:42		09:22:09.05	09:22:13.10	+03:17:06	8:12	7.3
126	RYCERSKI Rafal	1337		Open M	112	02:35:10	05:05:06		09:21:57.35	09:22:31.00	+03:17:24	8:12	7.3
127	PASELA Bartosz	1285	SMASHING PĄPKINS	Open M	113	02:32:48	04:59:12		09:22:50.20	09:23:32.30	+03:18:25	8:12	7.3
128	MECAN Magdalena	1237	DR. SCHNEIDER RUNNING TEAM	Open K	15	02:36:48	05:12:02		09:26:09.10	09:26:50.40	+03:21:43	8:15	7.3
129	ŚWIERK Seweryn	1383	NATURALNIE JANOWICE	Open M	114	02:36:04	05:12:03		09:26:10.55	09:26:51.15	+03:21:44	8:15	7.3
130	SPECHT Mikołaj	1357		Open M	115	02:22:58	04:50:53		09:26:54.05	09:27:00.10	+03:21:53	8:16	7.2
131	ZORAN Henryk	1441		Open M	116	02:40:24	05:16:12		09:26:57.25	09:27:11.60	+03:22:05	8:16	7.2
132	SZYMAŃSKI Sławek	1378	WOLSZTYŃSKI KLUB BIEGOWY	Open M	117	02:44:44	05:21:47		09:27:25.70	09:27:44.65	+03:22:38	8:17	7.2
133	PĘCZERZEWSKI Norbert	1293	RYKOWISKO	Open M	118	02:27:15	05:01:14		09:25:29.55	09:28:22.25	+03:23:15	8:15	7.3
134	PIETRZYK Dariusz	1302	BIEGAJĄCY ŚWIDNIK	Open M	119	02:47:24	05:17:44		09:28:33.25	09:29:13.30	+03:24:06	8:18	7.2
135	SZAŁAŚNY Piotr	1372	TESTYOUTDOOROWE.PL	Open M	120	02:43:33	05:11:29		09:29:55.20	09:30:08.00	+03:25:01	8:19	7.2
136	PIESIK Jarosław	1300	WOLSZTYŃSKI KLUB BIEGOWY	Open M	121	02:44:59	05:21:50		09:31:32.20	09:31:53.20	+03:26:46	8:20	7.2
137	MIŚKIEWICZ Paweł	1242	OUTDOORZY	Open M	122	02:41:32	05:08:56		09:31:31.15	09:32:01.75	+03:26:55	8:20	7.2
138	KUNA Wojciech	1183		Open M	123	02:29:42	05:06:37		09:31:35.50	09:32:02.40	+03:26:55	8:20	7.2
139	GLÓRA Aleksandra	1093	ŻARY RUNNERS TEAM	Open K	16	02:35:42	05:09:49		09:32:17.15	09:32:42.25	+03:27:35	8:21	7.2
140	ROMAŃCZYK Jarosław	1329	HURAGAN	Open M	124	02:44:40	05:15:00		09:32:05.10	09:32:46.90	+03:27:40	8:21	7.2
141	GRYGIERZEC Grzegorz	1108		Open M	125	02:42:03	05:04:25		09:32:45.10	09:33:18.00	+03:28:11	8:21	7.2
142	ZIELIŃSKA Iwona	1437		Open K	17	02:45:12	05:19:23		09:32:58.25	09:33:23.40	+03:28:16	8:21	7.2
143	PARWA Michał	1284		Open M	126	02:39:02	05:10:35		09:29:06.70	09:33:38.85	+03:28:32	8:18	7.2
144	MAŚLANY Daniel	1231		Open M	127	02:36:15	05:07:56		09:33:46.25	09:34:07.00	+03:29:00	8:22	7.2
145	PODODEMSKA-ZABDYR Izabela	1310	KS PEGAZ	Open K	18	02:39:30	05:08:40		09:31:12.85	09:35:10.80	+03:30:04	8:20	7.2
146	GOŁDA Paweł	1097		Open M	128	02:37:52	05:10:44		09:36:55.35	09:37:04.50	+03:31:58	8:25	7.1
147	KOŁACKA Martyna	1154		Open K	19	02:29:39	04:57:54		09:37:00.85	09:37:07.15	+03:32:00	8:25	7.1
148	NAUDZIUNAS Agnieszka	1255	NATURAL BORN RUNNERS	Open K	20	02:39:19	05:12:52		09:38:14.60	09:38:51.25	+03:33:44	8:26	7.1
149	KISIAŁA Filip	1147	LACHO TEAM	Open M	129	02:33:20	05:06:31		09:39:45.25	09:39:58.45	+03:34:51	8:27	7.1
150	BOGDANOWICZ Robert	1028		Open M	130	02:31:54	04:57:27		09:39:36.75	09:40:02.05	+03:34:55	8:27	7.1
151	MAZERSKI Grzegorz	1234		Open M	131	02:42:56	05:15:25		09:40:48.00	09:41:11.65	+03:36:05	8:28	7.1
152	NICGORSKI Piotr	1257		Open M	132	02:42:01	05:08:49		09:41:55.95	09:42:22.05	+03:37:15	8:29	7.1
153	MAJ Sławomir	1217	BIEGAJĄCY ŚWIDNIK	Open M	133	02:38:34	05:10:44		09:41:54.95	09:42:33.45	+03:37:26	8:29	7.1
154	BOŻEK Grzegorz	1030	DZIKIE ŻYCIE RUNTEAM	Open M	134	02:36:52	05:15:30		09:43:17.05	09:43:23.80	+03:38:17	8:30	7
155	KURKOWIAK Krzysztof	1185	WKURW_TEAM	Open M	135	02:37:59	05:16:01		09:43:08.05	09:43:31.90	+03:38:25	8:30	7
156	KOLASA Konrad	1153		Open M	136	02:35:07	05:17:11		09:45:34.15	09:46:00.05	+03:40:53	8:32	7
157	CZERWIŃSKI Wojciech	1053		Open M	137	02:38:04	05:12:23		09:46:34.80	09:46:49.20	+03:41:42	8:33	7
158	CHMIELEWSKI Tomasz	1042	BWOTR.PL BLOG BIEGOWY	Open M	138	02:45:19	05:19:23		09:47:15.65	09:47:26.90	+03:42:20	8:34	7
159	WASILEWSKI Witold	1400		Open M	139	02:29:52	05:11:35		09:47:34.45	09:47:43.00	+03:42:36	8:34	7
160	ŚLIŻ Sylwia	1382		Open K	21	02:46:29	05:25:17		09:47:37.95	09:47:48.90	+03:42:42	8:34	7
161	GONCERZEWICZ Anna	1098	STARE BABICE BIEGAJĄ	Open K	22	02:54:14	05:24:49		09:47:36.15	09:47:50.60	+03:42:44	8:34	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
162	PIERZCHAŁA Anna	1299	KB MCKIS JAWORZNO / JAWORZNO RUNNERS	Open K	23	02:43:17	05:19:08		09:47:49.90	09:48:01.50	+03:42:55	8:34	7
163	WÓJCICKI Bohdan	1421		Open M	140	02:45:57	05:32:07		09:48:26.15	09:48:36.05	+03:43:29	8:35	7
164	KIEZIK Anna	1145	SKAZANI NA SUKCES	Open K	24	02:45:41	05:18:54		09:48:33.45	09:48:52.00	+03:43:45	8:35	7
165	BIEL Tomasz	1020		Open M	141	02:43:37	05:26:14		09:49:07.15	09:49:21.90	+03:44:15	8:36	7
166	JARUZEL Robert	1129	INFINIT CODELAB	Open M	142	02:39:42	05:20:17		09:51:20.65	09:51:25.35	+03:46:18	8:37	7
167	ZUBERT Marcin	1442	PRESS GLASS-BIEGAMY I WSPIERAMY	Open M	143	02:26:25	05:21:58		09:51:34.70	09:52:04.65	+03:46:58	8:38	6.9
168	OLSZAK Zenon	1274	WARSAW RUN CLUB	Open M	144	02:46:28	05:17:25		09:54:37.75	09:54:47.00	+03:49:40	8:40	6.9
169	OSTAPIŃSKA Magda	1278	OSTRESROKI	Open K	25	02:50:32	05:34:54		09:56:14.40	09:56:35.10	+03:51:28	8:42	6.9
170	KANTOROWSKI Piotr	1140		Open M	145	02:37:08	05:10:03		09:53:45.90	09:56:38.50	+03:51:32	8:40	6.9
171	SZMAGAJ Marcin	1375	SZWLA	Open M	146	02:36:05	05:20:16		09:57:16.50	09:57:21.60	+03:52:15	8:43	6.9
172	FRAŃCZEK Rafał	1079	FIT-STORY	Open M	147	02:41:04	05:24:49		09:57:14.45	09:57:26.00	+03:52:19	8:43	6.9
173	GOBL Richard	1095		Open M	148	02:47:03	05:27:04		09:57:18.60	09:57:35.65	+03:52:29	8:43	6.9
174	KUŚMIERZAK Piotr	1188	POLSAT BIEGA	Open M	149	02:25:22	04:57:48		09:58:20.65	09:58:31.15	+03:53:24	8:44	6.9
175	POŁCZYŃSKI Maciej	1313	STALOWA ŁYDA	Open M	150	02:43:03	05:24:03		09:58:24.75	09:58:52.55	+03:53:46	8:44	6.9
176	OCHREMIAK Michał	1270	MOKOBIEGACZE	Open M	151	02:39:44	05:20:43		09:59:03.85	09:59:39.10	+03:54:32	8:44	6.9
177	AKONOM Agnieszka	1009	KS KOZIOŁEK KĘDZIERZYN -KOŹLE	Open K	26	02:52:45	05:41:15		09:59:46.95	10:00:00.80	+03:54:54	8:45	6.9
178	TUSZNIO Grzegorz	1392		Open M	152	02:38:52	05:22:26		09:59:58.25	10:00:12.00	+03:55:05	8:45	6.9
179	KROWIAK Tomasz	1170		Open M	153	02:36:52	05:16:07		10:00:13.15	10:00:23.45	+03:55:16	8:45	6.8
180	KUCZKOWSKI Krzysztof	1177	TRAILING LAB	Open M	154	02:38:55	05:19:01		10:03:16.80	10:03:25.05	+03:58:18	8:48	6.8
181	KOJDER Grzegorz	1151		Open M	155	02:37:59	05:27:10		10:05:00.85	10:05:10.75	+04:00:04	8:49	6.8
182	MARSZAŁEK Andrzej	1228		Open M	156	02:41:07	05:17:03		10:06:23.55	10:06:39.85	+04:01:33	8:51	6.8
183	GRZYBOWSKI Tomasz	1112		Open M	157	02:41:06	05:17:10		10:06:26.65	10:06:44.30	+04:01:37	8:51	6.8
184	BORUSIEWICZ Konrad	1456		Open M	158	02:51:46	05:36:02		10:06:40.80	10:06:50.55	+04:01:44	8:51	6.8
185	MAŁECKI Robert	1222	K.S. KANDAHAR	Open M	159	02:42:52	05:30:17		10:06:45.15	10:07:15.70	+04:02:09	8:51	6.8
186	NOWAK Artur	1264	A&G CARP TEAM	Open M	160	02:38:38	05:20:58		10:07:23.05	10:07:35.50	+04:02:29	8:52	6.8
187	BEDNARCZYK Paulina	1018		Open K	27	02:50:42	05:28:31		10:07:43.90	10:07:57.40	+04:02:50	8:52	6.8
188	LEYK Daniel	1202	LEYK TEAM	Open M	161	03:02:56	05:50:53		10:07:23.80	10:08:03.30	+04:02:56	8:52	6.8
189	TOKARZ Marcin	1387		Open M	162	02:43:17	05:20:16		10:09:51.00	10:10:00.15	+04:04:53	8:54	6.7
190	GÓRSKI Emil	1100		Open M	163	02:40:03	05:18:05		10:11:10.20	10:11:43.00	+04:06:36	8:55	6.7
191	WIELECHOWSKA Natalia	1405		Open K	28	02:40:02	05:18:04		10:11:09.85	10:11:43.45	+04:06:36	8:55	6.7
192	STARZYŃSKI Stefan	1361	PERFECT RUNNER LUBLIN	Open M	164	02:50:40	05:34:45		10:11:31.95	10:11:43.90	+04:06:37	8:55	6.7
193	BURDAJEWICZ Magdalena	1035		Open K	29	02:56:55	05:40:07		10:13:45.90	10:14:23.50	+04:09:17	8:57	6.7
194	WÓJCICKI Tomasz	1422		Open M	165	02:42:17	05:28:19		10:11:04.05	10:14:54.65	+04:09:48	8:55	6.7
195	JAWOREK Grzegorz	1131	MIG TEAM	Open M	166	02:41:02	05:21:28		10:14:43.45	10:14:59.40	+04:09:52	8:58	6.7
196	LAZA Filip	1195	AMAZON SK	Open M	167	02:38:30	05:36:56		10:14:59.95	10:15:30.75	+04:10:24	8:58	6.7
197	SĘDZIK Piotr	1343	APPLOVER ULTRA	Open M	168	02:45:47	05:27:34		10:17:28.35	10:17:41.55	+04:12:35	9:00	6.7
198	MAŚNICA-SZYMAŃSKA Joanna	1232	WOLSZTYŃSKI KLUB BIEGOWY	Open K	30	02:58:54	05:37:28		10:17:59.05	10:18:19.15	+04:13:12	9:01	6.7
198	SWOROWSKI Maciej	1368	WOLSZTYŃSKI KLUB BIEGOWY	Open M	169	02:58:42	05:37:31		10:17:59.65	10:18:19.15	+04:13:12	9:01	6.7
200	SWOROWSKA Izabela	1367	WOLSZTYŃSKI KLUB BIEGOWY	Open K	31	02:59:13	05:37:28		10:17:59.15	10:18:19.35	+04:13:12	9:01	6.7
201	LEWANDOWSKI Janusz	1200		Open M	170	02:45:04	05:29:42		10:18:13.95	10:18:32.80	+04:13:26	9:01	6.6
202	LOSKA Michał	1208	BARAN TRAIL RACE	Open M	171	02:42:51	05:38:19		10:18:58.65	10:19:33.10	+04:14:26	9:02	6.6
203	POLAR Artur	1311		Open M	172	02:46:40	05:36:25		10:20:11.20	10:20:50.35	+04:15:43	9:03	6.6
204	PAWŁOWICZ Dorota	1288	KUŹNIA TRIATHLONU	Open K	32	02:52:09	05:40:21		10:20:50.30	10:21:22.45	+04:16:15	9:03	6.6
205	KLAR Michał	1148		Open M	173	02:41:44	05:27:12		10:21:03.90	10:21:30.90	+04:16:24	9:03	6.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
206	LIŠKA Václav	1206		Open M	174	02:41:44	05:27:09		10:21:02.70	10:21:31.10	+04:16:24	9:03	6.6
207	BADOWSKI Rafał	1010	WSZYSTKO JEST W GŁOWIE	Open M	175	02:36:13	05:25:06		10:21:59.55	10:22:06.20	+04:16:59	9:04	6.6
208	FRAŃKIEWICZ Dariusz	1078	BIEGAM NA TARCHOMINIE	Open M	176	02:37:45	05:39:12		10:18:26.05	10:22:15.70	+04:17:09	9:01	6.6
209	DRABIK Jacek	1065		Open M	177	02:51:09	05:36:43		10:22:33.40	10:22:45.75	+04:17:39	9:05	6.6
210	OCHREMIAK Jakub	1269	MOKOBIEGACZE	Open M	178	02:39:59	05:27:27		10:22:41.60	10:23:16.25	+04:18:09	9:05	6.6
211	PIETRASZEK Mirosław	1301	KSPEGAZ	Open M	179	02:52:14	05:41:45		10:23:08.90	10:23:27.60	+04:18:21	9:05	6.6
212	GASIECKI Andrzej	1085		Open M	180	02:44:01	05:37:43		10:23:11.25	10:23:33.00	+04:18:26	9:05	6.6
213	POŁCZYŃSKI Paweł	1312	STALOWA ŁYDA	Open M	181	02:42:45	05:24:01		10:23:32.25	10:23:59.45	+04:18:52	9:06	6.6
214	MYCIELSKI Mariusz	1250	W DRODZE	Open M	182	02:43:19	05:27:43		10:23:44.75	10:24:06.95	+04:19:00	9:06	6.6
215	MARCHEWKA Jarosław	1224	W DRODZE	Open M	183	02:43:20	05:27:43		10:23:44.20	10:24:07.10	+04:19:00	9:06	6.6
216	DZIENISZEWSKI Michał	1072		Open M	184	02:36:45	05:27:11		10:24:02.45	10:24:18.95	+04:19:12	9:06	6.6
217	GAŁĄZKA Andrzej	1453		Open M	185	02:45:43	05:30:23		10:24:50.90	10:25:11.35	+04:20:04	9:07	6.6
218	DZIEDZINA Tomasz	1071	MUAY RUNNING TEAM	Open M	186	02:47:46	05:41:29		10:25:10.25	10:25:36.75	+04:20:30	9:07	6.6
219	WOŹNIAK Gabriela	1420		Open K	33	02:50:46	05:37:55		10:26:00.90	10:26:27.45	+04:21:20	9:08	6.6
220	STASIAK Wojciech	1362	TRIZARZA	Open M	187	02:46:04	05:24:52		10:26:06.10	10:26:30.80	+04:21:24	9:08	6.6
221	RUŚKIEWICZ Wojciech	1334	DELOITTE ADVENTURE TEAM	Open M	188	02:38:16	05:42:23		10:26:47.20	10:27:23.85	+04:22:17	9:09	6.6
222	WRÓBEL Aleksandra	1425	DIRTY SPARROWS	Open K	34	02:54:18	05:39:20		10:27:38.15	10:28:10.95	+04:23:04	9:09	6.5
223	STĄPEL Sławomir	1364	KS KANDAHAR	Open M	189	02:42:03	05:30:07		10:28:19.70	10:28:49.25	+04:23:42	9:10	6.5
224	GALEK Adam	1081	KS TĘCZA	Open M	190	02:51:08	05:39:56		10:29:02.75	10:29:17.80	+04:24:11	9:10	6.5
225	KIERSKI Dariusz	1144		Open M	191	02:50:04	05:40:46		10:29:00.90	10:29:18.65	+04:24:12	9:10	6.5
226	KOPANIA Kamil	1155	K.S TĘCZA	Open M	192	02:51:06	05:39:58		10:29:13.35	10:29:26.90	+04:24:20	9:11	6.5
227	KUŚ Jakub	1187		Open M	193	02:40:23	05:38:27		10:29:22.05	10:29:33.95	+04:24:27	9:11	6.5
228	NAZARCZYK Rafał	1256	CLEO	Open M	194	02:42:50	05:26:52		10:29:26.20	10:30:00.75	+04:24:54	9:11	6.5
229	SOSZYŃSKA - PSTROKOŃSKA Joanna	1354	GAZELE NA STRACIE	Open K	35	02:52:09	05:40:21		10:30:23.55	10:30:56.35	+04:25:49	9:12	6.5
230	PERŁA Adam	1290	NARAMOWICE BIEGAJĄ	Open M	195	02:47:37	05:45:30		10:30:22.45	10:31:00.70	+04:25:54	9:12	6.5
231	SZOLNOKI Janos	1376		Open M	196	02:43:23	05:28:37		10:27:03.80	10:31:02.25	+04:25:55	9:09	6.6
232	MAĆKOWSKI Mateusz	1214	NATURAL BORN COFFEE LOVERS	Open M	197	02:46:24	05:26:53		10:27:13.40	10:31:42.70	+04:26:36	9:09	6.6
233	WACHOWSKA Katarzyna	1398	SMOK TRÓJGŁOWY	Open K	36	02:50:17	05:30:48		10:31:05.50	10:31:42.85	+04:26:36	9:12	6.5
234	RAFAŁ Eliza	1322		Open K	37	03:00:13	05:54:05		10:31:43.65	10:32:21.55	+04:27:15	9:13	6.5
235	HYDZIK Łukasz	1119	LIDER SANOK	Open M	198	02:59:03	05:51:10		10:33:02.55	10:33:21.50	+04:28:15	9:14	6.5
236	MĄCZNIK Andrzej	1236		Open M	199	02:47:24	05:36:07		10:33:14.65	10:33:53.10	+04:28:46	9:14	6.5
237	NIEMIRO Paweł	1258	JAGODOWO-KALINOWY TEAM	Open M	200	02:47:21	05:36:06		10:33:13.45	10:33:53.20	+04:28:46	9:14	6.5
238	KOWALSKI Daniel	1163	BIEGAJĄCY ŚWIDNIK	Open M	201	02:35:30	05:16:10		10:32:06.70	10:35:41.65	+04:30:35	9:13	6.5
239	KIJOWSKA Aldona	1146	MARKOWI BIEGACZE	Open K	38	02:55:35	05:46:55		10:36:18.60	10:36:53.35	+04:31:46	9:17	6.5
240	KRAWCZYK Wojciech	1169	BIEGAM NA TARCHOMINIE	Open M	202	02:44:05	05:26:28		10:36:53.85	10:37:14.55	+04:32:08	9:17	6.5
241	OSIKOWSKA Teresa	1277		Open K	39	03:00:39	06:02:00		10:37:07.70	10:37:47.85	+04:32:41	9:18	6.5
242	RAKOWSKI Marcin	1324	DECATHLON RYBNIK	Open M	203	02:51:56	05:50:56		10:37:33.20	10:38:07.75	+04:33:01	9:18	6.4
243	MYSZKOWSKI Paweł	1252	ULTRAŚLEDŹ	Open M	204	02:48:41	05:44:15		10:38:07.70	10:38:31.95	+04:33:25	9:18	6.4
244	WILMAN Andrzej	1410	WSL	Open M	205	03:00:20	05:49:43		10:38:18.95	10:38:59.40	+04:33:52	9:19	6.4
245	MALEC Dawid	1221		Open M	206	02:43:18	05:27:17		10:39:16.90	10:39:43.75	+04:34:37	9:19	6.4
246	CHILIMONIUK Paweł	1041		Open M	207	02:46:51	05:32:03		10:39:27.50	10:39:44.85	+04:34:38	9:20	6.4
247	MUCHA Michał	1246	WIECZORNE BIEGANIE W SZCZECINIE	Open M	208	02:51:28	05:37:23		10:39:30.95	10:40:12.50	+04:35:06	9:20	6.4
248	GRAU Joanna	1102	KWIDZYN BIEGA	Open K	40	02:56:54	05:49:50		10:40:46.80	10:41:18.85	+04:36:12	9:21	6.4
249	MARIANOWSKI Krzysztof	1227	KWIDZYN BIEGA	Open M	209	02:50:54	05:49:55		10:40:48.45	10:41:19.25	+04:36:12	9:21	6.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
250	KOZIELEC Tomasz	1164	PĘDZĄCE MISIE	Open M	210	03:03:48	06:01:30		10:41:05.00	10:41:26.80	+04:36:20	9:21	6.4
251	GRZANECKA Joanna	1109	JEEP	Open K	41	02:39:07	05:25:00		10:43:43.05	10:43:51.10	+04:38:44	9:23	6.4
252	ZAWISZA Łukasz	1436		Open M	211	02:40:31	05:42:07		10:45:21.60	10:45:32.65	+04:40:26	9:25	6.4
253	CYRAN Grzegorz	1048	AILLERON	Open M	212	02:54:54	06:03:09		10:45:36.40	10:46:09.65	+04:41:03	9:25	6.4
254	NAGY Peter	1253		Open M	213	02:48:34	05:34:51		10:46:09.45	10:46:25.55	+04:41:19	9:25	6.4
255	WĘDRYCHOWICZ Grzegorz	1404	GGB	Open M	214	02:44:52	05:51:35		10:46:06.20	10:46:44.00	+04:41:37	9:25	6.4
255	SZUREK Joanna	1377	GGB	Open K	42	02:44:52	05:51:32		10:46:06.20	10:46:44.00	+04:41:37	9:25	6.4
257	ZWOLIŃSKI Mariusz	1443		Open M	215	02:48:30	05:38:35		10:47:13.80	10:47:23.25	+04:42:16	9:26	6.4
258	BOBOLA Maciek	1024		Open M	216	02:58:26	05:58:46		10:47:20.15	10:47:30.90	+04:42:24	9:27	6.3
259	SYZDÓŁ Karol	1370	MAKA RUN	Open M	217	02:37:58	05:29:29		10:47:29.40	10:47:40.40	+04:42:33	9:27	6.3
260	SYZDÓŁ Marcin	1369	MAKA RUN	Open M	218	02:38:40	05:32:49		10:47:28.95	10:47:40.75	+04:42:34	9:27	6.3
261	DYREK Marcin	1069		Open M	219	02:56:22	05:56:37		10:47:35.40	10:47:41.90	+04:42:35	9:27	6.3
262	GNACY Agnieszka	1094		Open K	43	03:04:31	05:59:25		10:47:58.55	10:48:15.35	+04:43:08	9:27	6.3
263	TUCHOŁKA Marta	1390	POCO LOCO ADVENTURE TEAM	Open K	44	02:52:44	05:45:48		10:48:34.25	10:48:42.10	+04:43:35	9:28	6.3
264	ZAJĄC Łukasz	1431	KOMPARIO TEAM	Open M	220	02:44:26	05:38:33		10:48:50.35	10:48:55.95	+04:43:49	9:28	6.3
265	JACHYMSKI Ignacy	1121	AKG ŁÓDŹ	Open M	221	02:47:19	05:48:13		10:49:39.55	10:50:02.80	+04:44:56	9:29	6.3
266	RUDNIK Sławomir	1332	NADAKTYWNI	Open M	222	02:50:54	05:58:21		10:51:13.20	10:51:21.75	+04:46:15	9:30	6.3
267	MAGOCZY Adam	1216		Open M	223	03:05:09	06:02:33		10:51:37.40	10:51:59.75	+04:46:53	9:30	6.3
268	MAGOCZY Justyna	1215		Open K	45	03:05:13	06:02:36		10:51:38.45	10:52:00.05	+04:46:53	9:30	6.3
269	JAZY Szymon	1133		Open M	224	02:55:45	06:02:38		10:52:36.70	10:52:51.10	+04:47:44	9:31	6.3
270	KULCZYŃSKI Michał	1182		Open M	225	02:53:14	05:57:41		10:52:33.55	10:52:57.05	+04:47:50	9:31	6.3
271	POTERA Krystyna	1315	FRYTKÓW!!!!	Open K	46	03:04:11	06:02:27		10:54:04.80	10:54:40.30	+04:49:33	9:32	6.3
272	RYBCZYŃSKI Przemek	1336	NIGDZIE MNIE NIE CHCĄ!MOŻE KTOŚ,COŚ!	Open M	226	02:54:03	05:56:32		10:53:57.05	10:54:40.90	+04:49:34	9:32	6.3
273	BROZEK Aleksander	1031	ELECTROLUX	Open M	227	02:48:29	05:23:32		10:56:34.85	10:57:06.10	+04:51:59	9:35	6.3
274	NAPIERAŁA Katarzyna	1254		Open K	47	03:07:30	06:13:04		10:59:06.75	10:59:40.80	+04:54:34	9:37	6.2
275	KWIECIEŃ Krzysztof	1191	MEGAWONSZ99	Open M	228	03:06:22	06:01:48		11:05:35.65	11:05:57.30	+05:00:50	9:43	6.2
276	FRANKOWSKI Darek	1076	SZAMANI W TRANSIE	Open M	229	03:00:43	06:16:34		11:07:39.50	11:07:54.70	+05:02:48	9:44	6.2
277	OCHOCKI Mateusz	1267	POZYTYWNIIE ZABIEGANI OMEGA KLESZCZÓW	Open M	230	02:33:19	05:11:13		11:08:38.75	11:09:06.45	+05:03:59	9:45	6.1
278	PINTENICS Gyözö	1305	RUNLOVERS	Open M	231	03:02:43	06:04:51		11:08:55.00	11:09:16.95	+05:04:10	9:45	6.1
279	KUGLARZ Szymon	1178	MOTOINTEGRATOR RUNNING TEAM	Open M	232	02:57:21	06:00:20		11:11:49.40	11:12:07.75	+05:07:01	9:48	6.1
280	STASIUK Arkadiusz	1363		Open M	233	02:38:57	05:46:40		11:15:58.10	11:16:04.95	+05:10:58	9:52	6.1
281	DOMBEK Robert	1061		Open M	234	02:48:36	05:47:01		11:16:24.20	11:16:45.20	+05:11:38	9:52	6.1
282	CHOJNACKI Jacek	1043		Open M	235	02:48:39	05:47:04		11:16:26.45	11:16:46.05	+05:11:39	9:52	6.1
283	ŁATAK-SKRABUT Basia	1212	MUSTANGI GLIWICE	Open K	48	03:02:39	06:03:18		11:16:44.75	11:17:15.10	+05:12:08	9:52	6.1
284	ORZECH Michał	1275	MUSTANGI GLIWICE	Open M	236	03:02:39	06:03:18		11:16:45.10	11:17:15.30	+05:12:08	9:52	6.1
285	CZARNOWSKI Lukasz	1051	DZIKIE ŻYCIE RUN TEAM	Open M	237	02:48:11	05:46:29		11:17:27.80	11:17:56.65	+05:12:50	9:53	6.1
286	PAKULSKA Dorota	1281		Open K	49	03:07:32	06:13:07		11:17:34.90	11:18:07.80	+05:13:01	9:53	6.1
287	DZIAŁA Piotr	1070	KB OŻARÓW MAZOWIECKI BIEGA	Open M	238	02:42:14	05:52:44		11:18:41.70	11:18:54.05	+05:13:47	9:54	6.1
288	MASALSKA Anna	1229	PAINT RUN	Open K	50	02:57:05	06:02:30		11:20:48.50	11:21:08.70	+05:16:02	9:56	6
289	LEWANDOWSKI Leszek	1201	POWSTAŃCY Z KANAPY	Open M	239	03:01:09	06:01:47		11:21:14.00	11:21:21.00	+05:16:14	9:56	6
290	KOWALSKA-GRZEJDA Anna	1162		Open K	51	02:56:00	06:00:05		11:21:26.15	11:22:01.95	+05:16:55	9:56	6
291	KURAS- SMOLNIK Magdalena	1184	SIERADZBIEGA.PL	Open K	52	03:06:26	06:11:19		11:23:02.05	11:23:20.90	+05:18:14	9:58	6
292	TITOV Anton	1385		Open M	240	03:00:10	06:09:09		11:24:13.55	11:24:58.30	+05:19:51	9:59	6
293	PREDESCU Robert	1316		Open M	241	02:51:34	05:42:41		11:28:19.60	11:28:50.10	+05:23:43	10:02	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
294	JAMROZY Gregor	1122		Open M	242	02:49:33	05:41:17		11:28:20.20	11:28:50.40	+05:23:43	10:02	6
295	LUBAŃSKI Mateusz	1209	TEAM ZABIEGANEDNI	Open M	243	03:10:55	06:16:31		11:29:13.40	11:29:36.90	+05:24:30	10:03	6
296	LENART Iwona	1197	KSPEGAZ	Open K	53	03:16:36	06:16:34		11:29:29.70	11:29:48.75	+05:24:42	10:03	6
297	ZIĘBA Anna	1438	PORANNY PATROL	Open K	54	03:00:28	06:16:48		11:30:11.15	11:30:40.80	+05:25:34	10:04	6
298	KOZIOŁ Paweł	1165		Open M	244	03:00:27	06:16:47		11:30:09.75	11:30:41.05	+05:25:34	10:04	6
299	OCHREMIAK Jędrzej	1268	MOKOBIEGACZE	Open M	245	02:55:26	06:04:44		11:35:09.60	11:35:45.45	+05:30:38	10:08	5.9
300	ULATOWSKI Andrzej	1395		Open M	246	02:52:32	06:01:19		11:35:39.40	11:35:50.65	+05:30:44	10:09	5.9
301	BUBICZ Krzysztof	1033	WKURW_TEAM / BIEGAJĄCY ŚWIDNIK	Open M	247	03:05:00	06:16:37		11:35:58.40	11:36:22.75	+05:31:16	10:09	5.9
302	PATEREK Ada	1286	12TRI.PL	Open K	55	02:57:21	06:00:41		11:36:32.15	11:37:07.85	+05:32:01	10:10	5.9
303	PIEKAROWICZ Piotr	1298	TARCZYNSKI KLUB BIEGOWY	Open M	248	03:12:07	06:34:24		11:42:46.75	11:43:03.00	+05:37:56	10:15	5.8
304	MIELNICKA Edyta	1240	BIEGAM NA TARCHOMINIE/ULTRA PASTERZE	Open K	56	03:08:57	06:27:02		11:43:16.65	11:43:41.20	+05:38:34	10:16	5.8
305	DARSKI Rafał	1056	RECAMIERE	Open M	249	02:57:55	06:14:19		11:44:16.95	11:44:44.25	+05:39:37	10:16	5.8
306	DĄBROWSKI Michał	1057	TEAM ZABIEGANEDNI	Open M	250	02:54:55	06:19:00		11:45:15.90	11:45:45.00	+05:40:38	10:17	5.8
306	WILK Magdalena	1408	TEAM ZABIEGANEDNI	Open K	57	02:55:06	06:19:18		11:45:27.55	11:45:45.00	+05:40:38	10:17	5.8
308	RENKIEL Tomasz	1328	COMPANEROS ASFALT TEAM	Open M	251	03:17:00	06:33:06		11:45:37.90	11:46:01.55	+05:40:55	10:18	5.8
309	KULCZYŃSKI Rafał	1181		Open M	252	02:54:26	06:16:08		11:46:34.85	11:46:58.75	+05:41:52	10:18	5.8
310	WIŚNIEWSKA Barbara	1411	HUSARIA RACE TEAM	Open K	58	03:05:06	06:12:06		11:47:14.80	11:47:31.40	+05:42:24	10:19	5.8
311	RYGLEWICZ Marcin	1338		Open M	253	02:55:39	06:09:43		11:47:47.25	11:47:56.35	+05:42:49	10:19	5.8
312	ŻURAWKA Paweł	1447	HUSARIA RACE TEAM	Open M	254	03:00:54	06:07:55		11:43:36.65	11:48:04.70	+05:42:58	10:16	5.8
313	MAJKA Leszek	1219	X-TEAM SPECIAL FORCES	Open M	255	03:12:20	06:33:06		11:50:23.40	11:50:44.40	+05:45:37	10:22	5.8
314	LECHOWSKA Katarzyna	1196	WKURW_TEAM	Open K	59	03:07:37	06:20:22		11:50:58.65	11:51:30.35	+05:46:23	10:22	5.8
315	STABLA Kasia	1358	DECATHLON RYBNIK	Open K	60	02:51:56	06:14:37		11:51:37.00	11:52:12.05	+05:47:05	10:23	5.8
316	WAWER Mateusz	1402	LUXTORPEDA CZERWIONKA	Open M	256	02:52:23	06:16:14		11:51:36.40	11:52:12.10	+05:47:05	10:23	5.8
317	KLIMCZAK Marek	1149		Open M	257	03:07:37	06:20:41		11:51:48.85	11:52:20.60	+05:47:14	10:23	5.8
318	DANELCZYK Rafał	1055		Open M	258	03:21:07	06:41:00		11:51:46.25	11:52:23.05	+05:47:16	10:23	5.8
319	JÓŹWIAK Anita	1135		Open K	61	03:12:10	06:32:07		11:56:00.10	11:56:14.50	+05:51:08	10:27	5.7
320	PUCHALSKA Olga	1320		Open K	62	03:18:32	06:33:58		11:56:30.20	11:56:56.40	+05:51:49	10:27	5.7
321	PUCHALSKI Piotr	1321	PZU SPORT TEAM	Open M	259	03:18:35	06:34:01		11:56:30.90	11:56:56.50	+05:51:50	10:27	5.7
322	WIŚNIEWSKI Dominik	1412		Open M	260	03:09:04	06:34:30		11:56:55.75	11:57:11.40	+05:52:04	10:27	5.7
323	TUTKO Paweł	1393	RUSYNLEM	Open M	261	03:08:08	06:27:46		11:59:43.65	12:00:15.95	+05:55:09	10:30	5.7
324	PERUN Włodzimierz	1291	HA-DYKY	Open M	262	03:08:13	06:28:05		11:59:47.80	12:00:16.05	+05:55:09	10:30	5.7
325	SKALAK Jakub	1347	KW SAKWA	Open M	263	03:24:43	06:42:23		12:08:38.10	12:09:07.55	+06:04:01	10:38	5.6
326	PIECUCH Małgorzata	1296		Open K	63	03:17:59	06:48:55		12:15:07.85	12:15:43.55	+06:10:37	10:43	5.6
327	WITKOWSKA Maria	1414	KLUB KRÓLIKA STEFANA	Open K	64	03:20:00	06:33:54		12:16:23.85	12:16:58.45	+06:11:51	10:45	5.6
328	CZARNOWSKA Barbara	1050		Open K	65	03:18:24	06:32:06		12:17:13.85	12:17:45.15	+06:12:38	10:45	5.6
329	DZIKOŃ Małgorzata	1474		Open K	66	03:20:05	06:32:13		12:17:21.80	12:17:45.40	+06:12:38	10:45	5.6
330	RURKA Grzegorz	1333	SAMBIEGAM	Open M	264	03:15:10	06:40:53		12:19:11.10	12:19:40.95	+06:14:34	10:47	5.6
331	GAWRON Bartłomiej	1086	RABBITEAM	Open M	265	03:23:34	06:44:00		12:20:52.60	12:21:04.75	+06:15:58	10:48	5.5
331	GRĘŻEL-GAWRON Jolanta	1103		Open K	67	03:23:37	06:44:10		12:20:53.35	12:21:04.75	+06:15:58	10:48	5.5
333	WITEK Eryk	1413	KUCE SPARTY	Open M	266	02:51:26	06:03:22		12:21:02.50	12:21:44.90	+06:16:38	10:49	5.5
334	SOKOŁOWSKI Artur	1351	TEAM ZABIEGANEDNI	Open M	267	03:20:57	06:52:34		12:22:00.45	12:22:20.85	+06:17:14	10:49	5.5
335	OGÓREK Monika	1272		Open K	68	03:12:30	06:25:50		12:21:52.50	12:22:26.05	+06:17:19	10:49	5.5
336	LOSOR Andrzej	1454		Open M	268	03:14:59	06:40:23		12:23:37.00	12:23:37.00	+06:18:30	10:51	5.5
337	LUTOMSKI Dariusz	1211		Open M	269	03:13:43	06:39:13		12:23:37.60	12:23:54.85	+06:18:48	10:51	5.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz-Zdrój	Puławy Górne	Wilcze Budy	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						20.8km	39.5km	48.5km	68.5km	68.5km			
338	GIENIECZKO Marcin	1091		Open M	270	03:18:20	06:40:14		12:21:00.80	12:24:38.75	+06:19:32	10:49	5.5
339	PIETRZYKOWSKA Monika	1303		Open K	69	03:22:18	06:47:50		12:27:23.15	12:27:51.25	+06:22:44	10:54	5.5
340	BOCHENEK Janusz	1025	WKURW-TEAM	Open M	271	03:02:59	06:19:54		12:27:29.55	12:27:54.85	+06:22:48	10:54	5.5
341	KOSEWSKA Dorota	1157	BIEGAM NA TARCHOMINIE	Open K	70	03:20:04	06:47:33		12:37:27.90	12:37:53.30	+06:32:46	11:03	5.4
342	STUZIŃSKA Joanna	1365		Open K	71	03:13:05	06:45:48		12:37:45.20	12:38:19.50	+06:33:13	11:03	5.4
343	KWAŚNIEWSKI Marcin	1190	WIECZORNE BIEGANIE W SZCZECINIE	Open M	272	03:18:39	06:57:03		12:39:11.50	12:39:53.75	+06:34:47	11:04	5.4
344	FISZER Paweł	1074		Open M	273	02:58:05	06:34:40		12:42:08.50	12:42:25.85	+06:37:19	11:07	5.4
345	GIET Małgorzata	1092		Open K	72	03:37:59	07:11:15		12:42:29.75	12:42:43.55	+06:37:37	11:07	5.4
346	RAMS Elżbieta	1326	KLUB SPORTOWY KOZIOŁEK	Open K	73	03:37:59	07:11:14		12:42:30.40	12:42:43.65	+06:37:37	11:07	5.4
347	NORWA Sylwester	1259	REBELLION OF FREE RUNNERS/JET SET	Open M	274	03:13:53	06:44:39		12:42:43.95	12:43:21.45	+06:38:14	11:08	5.4
348	KRAKOWSKI Paweł	1166	CZAPAL GORA TEAM	Open M	275	02:59:16	06:31:10		12:44:00.95	12:44:29.10	+06:39:22	11:09	5.4
349	WOJEWODA Renata	1417	RUN THE PARK	Open K	74	03:27:50	06:58:24		12:45:41.95	12:45:59.90	+06:40:53	11:10	5.4
350	JAŚKIEWICZ Katarzyna	1130		Open K	75	03:24:42	06:57:07		12:45:22.30	12:46:03.80	+06:40:57	11:10	5.4
351	KOKOSZKA Marcin	1152	WKURW_TEAM	Open M	276	03:14:03	06:59:00		12:48:01.65	12:48:15.65	+06:43:09	11:12	5.4
Przekroczony limit czasu: 13:00:00													
352	JANKOWSKI Tom	1126	WIECZORNE BIEGANIE W SZCZECINIE	Open M	277	03:22:03	07:07:27		13:43:59.70	13:44:40.30	+07:39:33	12:01	5
353	WRÓBLEWSKA Joanna	1426		Open K	76	03:54:46	07:49:04		14:28:51.60	14:29:27.35	+08:24:20	12:41	4.7
	KUCHARCZYK Maciej	1175	MARCIN SWIERC TEAM	Open M		01:58:45 DNF	03:47:40 DNF	DNF	DNF	DNF	-	-	-
	TRZNADEL Maciej	1389	SPLA TYCHY / KS KANDAHAR	Open M		01:54:22 DNF	03:51:57 DNF	DNF	DNF	DNF	-	-	-
	LEŚNIAK Piotr	1199		Open M		02:11:58 DNF	04:36:30 DNF	DNF	DNF	DNF	-	-	-
	WITKOWSKI Michał	1415		Open M		02:38:45 DNF	05:12:38 DNF	DNF	DNF	DNF	-	-	-
	BANACH Jan	1012	KLINIKA TRIATHLONU BYDGOSZCZ	Open M		02:32:53 DNF	05:27:56 DNF	DNF	DNF	DNF	-	-	-
	JARUZEL Ewa	1128	SZWLA STARGARD	Open K		02:46:39 DNF	05:32:30 DNF	DNF	DNF	DNF	-	-	-
	GWIZDEK Marcin	1114	SOVATEAM	Open M		02:40:01 DNF	05:45:20 DNF	DNF	DNF	DNF	-	-	-
	GORCZYCA Erwin	1099	GOPR BIESZCZADY	Open M		02:52:25 DNF	06:04:46 DNF	DNF	DNF	DNF	-	-	-
	GRZYBOWSKI Rafał	1111		Open M		02:46:59 DNF	06:10:49 DNF	DNF	DNF	DNF	-	-	-
	ZAHORJAN Domicjan	1429	AMAZON SK	Open M		03:04:56 DNF	06:20:56 DNF	DNF	DNF	DNF	-	-	-
	CIEŚLAK Sylwia	1045	MUSTANGI GLIWICE/IBTEAM	Open K		03:25:08 DNF	07:05:15 DNF	DNF	DNF	DNF	-	-	-
	NOWAK Maciej	1263		Open M		02:56:51 DNF	07:10:56 DNF	DNF	DNF	DNF	-	-	-
	WIKTOREK Łukasz	1407		Open M		03:24:52 DNF	07:11:32 DNF	DNF	DNF	DNF	-	-	-
	SZCZERBIAK Marcin	1373	DRUŻYNA BSS	Open M		03:45:41 DNF	07:30:41 DNF	DNF	DNF	DNF	-	-	-
	MAŚLANIK Piotr	1230	KUCYKI SPARTY	Open M		03:41:32 DNF	07:45:14 DNF	DNF	DNF	DNF	-	-	-
	MENŻYK Urszula	1238	LUXTORPEDA CZERWIONKA	Open K		04:06:00 DNF	DNF	DNF	DNF	DNF	-	-	-
	OTEVREL Vit	1004	COLUMBIA MONTRAIL	Open M		DNF	DNF	DNF	DNF	DNF	-	-	-
	BUK Sławomir	1034	LESZ NO LIMITS RUNNERS	Open M		DNF	DNF	DNF	DNF	DNF	-	-	-