



ŁEMKOWYNA ULTRA-TRAIL® 70

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Wydarzenie: Łemkowna Ultra-Trail
Organizator: Fundacja Ultra
Data: 2023-10-21
Miejsce: Komańcza
Dystans: 71.6 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
1	KOBOS Tomasz	1002	METODA FELDENKRAISA	Open M	1	01:52:46	03:26:28	04:58:25	06:06:18.45	06:06:18.45		5:06	11.7 (100%)
2	GAWIN Marek	1003	INFINITY-GYM	Open M	2	02:00:13	03:47:24	06:26:16	06:57:24.30	06:57:24.30	+00:51:05 (12.2%)	5:49	10.3 (88.0%)
3	SKARŻYŃSKI Łukasz	1206		Open M	3	02:06:11	03:58:07	06:27:59	07:03:17.05	07:03:17.05	+00:56:58 (13.5%)	5:54	10.1 (86.3%)
4	KOPEL Rafał	1099	7 / GOPR BIESZCZADY	Open M	4	02:05:47	03:57:37	06:29:04	07:14:12.10	07:14:12.10	+01:07:53 (15.6%)	6:03	9.9 (84.6%)
5	KOTARSKI Jarosław	1102	TRAIL IS OUR WAY	Open M	5	02:11:28	04:03:50	06:29:26	07:17:33.65	07:17:33.65	+01:11:15 (16.3%)	6:06	9.8 (83.8%)
6	MORMUL Przemek	1154		Open M	6	02:10:47	04:02:54	06:29:33	07:25:31.05	07:25:31.05	+01:19:12 (17.8%)	6:13	9.6 (82.1%)
7	CZECH Agata	1039	MARCIN SWIERC TEAM	Open K	1	02:18:12	04:14:01	05:58:51	07:31:15.10	07:31:15.10	+01:24:56 (18.8%)	6:18	9.5 (81.2%)
8	TRĄMPCZYŃSKI Jakub	1237	AW - SZYBCIEJ - TEAM	Open M	7	02:26:22	04:25:58	06:31:34	07:43:15.75	07:43:15.75	+01:36:57 (20.9%)	6:28	9.3 (79.5%)
9	ZOŁA Piotr	1278	PIODZO EXTREME / TRIJET	Open M	8	02:15:17	04:15:47	06:31:58	07:51:56.90	07:51:56.90	+01:45:38 (22.4%)	6:35	9.1 (77.8%)
10	DUDA Konrad	1047		Open M	9	02:12:19	04:14:25	06:32:06	07:51:56.95	07:51:56.95	+01:45:38 (22.4%)	6:35	9.1 (77.8%)
11	SENDEK Sylwia	1001	ULTRA MOCNO_KREATYWNI	Open K	2	02:22:19	04:27:03	06:32:15	07:53:46.40	07:53:46.40	+01:47:27 (22.7%)	6:37	9.1 (77.8%)
12	CYGAN Dawid	1032		Open M	10	02:26:24	04:30:58	06:32:52	07:59:52.75	07:59:52.75	+01:53:34 (23.7%)	6:42	9 (76.9%)
13	MILANOWSKA-ZABEL Kaja	1150	BIEGIEM PRZEZ ŻYCIE	Open K	3	02:21:04	04:29:02	06:32:59	08:02:12.70	08:02:12.70	+01:55:54 (24.0%)	6:44	8.9 (76.1%)
14	NIEMIRO Dominika	1164		Open K	4	02:27:14	04:32:31	06:33:05	08:06:10.65	08:06:10.65	+01:59:52 (24.7%)	6:47	8.8 (75.2%)
15	SZALAK Paweł	1224	PRZEDWOJEWSKI TEAM	Open M	11	02:31:51	04:35:49	06:34:40	08:15:54.75	08:15:54.75	+02:09:36 (26.1%)	6:55	8.7 (74.4%)
16	KUCHARSKI Kamil	1119	TRIJET TEAM	Open M	12	02:22:23	04:30:56	06:34:35	08:21:27.05	08:21:27.05	+02:15:08 (27.0%)	7:00	8.6 (73.5%)
17	BIESZCZAD Magdalena	1013	TRESERTEAM	Open K	5	02:31:02	04:47:02	06:48:28	08:30:30.50	08:30:30.50	+02:24:12 (28.2%)	7:07	8.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	Przybyszów 57.8km					
18	GRYZŁO Jakub	1072	TRESERTEAM	Open M	13	02:31:02	04:47:12	06:48:48	08:30:57.10	08:30:57.10	+02:24:38 (28.3%)	7:08	8.4 (71.8%)
19	SKURA Adrian	1210	KBKS RADOMSKO	Open M	14	02:30:13	04:46:13	06:46:25	08:33:05.00	08:33:05.00	+02:26:46 (28.6%)	7:09	8.4 (71.8%)
20	PIERZ Sławomir	1185		Open M	15	02:33:17	04:46:31	06:50:16	08:35:28.60	08:35:28.60	+02:29:10 (28.9%)	7:11	8.3 (70.9%)
21	ŻUREK Krzysztof	1280	RUCH IZBICA	Open M	16	02:29:28	04:46:17	06:53:05	08:37:51.10	08:37:51.10	+02:31:32 (29.3%)	7:13	8.3 (70.9%)
22	GIERLACH Grzegorz	1063		Open M	17	02:30:09	04:42:36	06:46:56	08:39:45.50	08:39:45.50	+02:33:27 (29.5%)	7:15	8.3 (70.9%)
23	KOWALSKI Michał	1106	POLKAS/TRIWISE	Open M	18	02:32:44	04:51:43	06:59:15	08:40:18.35	08:40:18.35	+02:33:59 (29.6%)	7:16	8.3 (70.9%)
24	DUDA Zuzanna	1048		Open K	6	02:40:10		07:01:26	08:41:13.55	08:41:13.55	+02:34:55 (29.7%)	7:16	8.2 (70.1%)
25	JAREMA Marek	1284		Open M	19	02:22:25	04:45:44	06:56:03	08:42:07.75	08:42:07.75	+02:35:49 (29.8%)	7:17	8.2 (70.1%)
26	KAPŁON Anna	1086		Open K	7	02:38:05	04:57:32	06:59:55	08:48:09.90	08:48:09.90	+02:41:51 (30.6%)	7:22	8.1 (69.2%)
27	KAPŁON Piotr	1087	INFINITY GYM ŁUKASZ SZAPORÓW	Open M	20	02:30:11	04:57:32	06:59:48	08:48:14.80	08:48:14.80	+02:41:56 (30.7%)	7:22	8.1 (69.2%)
28	WOŹNIAK Grzegorz	1265	WOLSKI KOLEKTYW BIEGOWY	Open M	21	02:26:52	04:46:39	07:09:15	08:55:06.00	08:55:06.00	+02:48:47 (31.5%)	7:28	8 (68.4%)
29	CZARNECKI Marcin	1037	PGR-INS	Open M	22	02:29:13	04:50:25	07:02:40	08:55:27.40	08:55:27.40	+02:49:08 (31.6%)	7:28	8 (68.4%)
30	MISZCZAK Piotr	1152		Open M	23	02:29:14	04:51:37	07:02:30	08:56:12.05	08:56:12.05	+02:49:53 (31.7%)	7:29	8 (68.4%)
31	MAZIARZ Damian	1145	NAPRZÓD MŁOCINY BAT	Open M	24	02:31:51	04:51:59	07:04:42	08:58:41.15	08:58:41.15	+02:52:22 (32.0%)	7:31	8 (68.4%)
32	WIEPRZOWSKI Łukasz	1252	LEKARSKA GRUPA KOLARSKA	Open M	25	02:33:16	04:55:31	07:09:20	08:59:16.00	08:59:16.00	+02:52:57 (32.1%)	7:31	8 (68.4%)
33	WÓJCIK Łukasz	1266	SZYBCIEJ NIE DAM RADY	Open M	26	02:22:21	04:41:32	07:07:53	09:00:36.35	09:00:36.35	+02:54:17 (32.2%)	7:33	7.9 (67.5%)
34	ZOKA-UJHELYI Zsafia	1277	JAKUSTEAM	Open K	8	02:47:10	05:11:27	07:17:26	09:04:17.65	09:04:17.65	+02:57:59 (32.7%)	7:36	7.9 (67.5%)
35	HRONOWSKI Jakub	1075		Open M	27	02:37:47	05:02:03	07:14:57	09:07:36.15	09:07:36.15	+03:01:17 (33.1%)	7:38	7.8 (66.7%)
36	FIGIEL Bartosz	1054		Open M	28	02:30:11	04:53:19	07:11:05	09:09:07.90	09:09:07.90	+03:02:49 (33.3%)	7:40	7.8 (66.7%)
37	KRAWIEC Sławomir	1110	INFINITY-GYM/ SAINT GOBAIN SQUAD	Open M	29	02:32:46	05:00:56	07:22:21	09:09:44.10	09:09:44.10	+03:03:25 (33.4%)	7:40	7.8 (66.7%)
38	JAKUBOWSKI Zbyszek	1076		Open M	30	02:27:13	04:59:28	07:18:11	09:12:41.85	09:12:41.85	+03:06:23 (33.7%)	7:43	7.8 (66.7%)
39	OCHREMIAK Michał	1167		Open M	31	02:38:14	05:04:39	07:23:09	09:12:46.90	09:12:46.90	+03:06:28 (33.7%)	7:43	7.8 (66.7%)
40	SOUSA Fernando	1216		Open M	32	02:33:19	04:55:21	07:08:32	09:13:00.70	09:13:00.70	+03:06:42 (33.8%)	7:43	7.8 (66.7%)
41	CZARNECKI Piotr	1036	OCT	Open M	33	02:37:06	05:03:35	07:23:13	09:15:31.45	09:15:31.45	+03:09:13 (34.1%)	7:45	7.7 (65.8%)
42	MUCHA Jacek	1158		Open M	34	02:45:11	05:04:28	07:17:39	09:16:23.25	09:16:23.25	+03:10:04 (34.2%)	7:46	7.7 (65.8%)

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						22.2km	41km	Przybyszów 57.8km					
43	NALBERT Jan	1161		Open M	35	02:38:29	05:07:52	07:23:31	09:16:31.85	09:16:31.85	+03:10:13 (34.2%)	7:46	7.7 (65.8%)
44	REPEĆ Jarosław	1202	AHOJ PRZYGODO LUBLIN	Open M	36	02:33:35	05:00:01	07:30:31	09:17:48.40	09:17:48.40	+03:11:29 (34.3%)	7:47	7.7 (65.8%)
45	PIASEK Piotr	1178	TRIUNLIMITED	Open M	37	02:39:54	05:02:24	07:23:26	09:19:07.65	09:19:07.65	+03:12:49 (34.5%)	7:48	7.7 (65.8%)
46	OGRODNIK Tomasz	1169	STRZESZYN BIEGA	Open M	38	02:43:48	05:14:57	07:33:50	09:22:44.75	09:22:44.75	+03:16:26 (34.9%)	7:51	7.6 (65.0%)
47	SZAFRAŃSKI Michał	1223	TRIMORE DCWRP	Open M	39	02:33:14	05:06:25	07:30:46	09:22:55.20	09:22:55.20	+03:16:36 (34.9%)	7:51	7.6 (65.0%)
48	TRZCINSKI Maciej	1240		Open M	40	02:51:21	05:26:30	07:35:18	09:23:13.85	09:23:13.85	+03:16:55 (35.0%)	7:51	7.6 (65.0%)
49	PODRAZA Klaudia	1189	PĘDZĄCE ŚLIMAKI	Open K	9	02:51:20	05:23:55	07:34:08	09:26:00.70	09:26:00.70	+03:19:42 (35.3%)	7:54	7.6 (65.0%)
50	KOSCIELNY Piotr	1100	36RUNS	Open M	41	02:47:22	05:20:55	07:37:08	09:27:53.80	09:27:53.80	+03:21:35 (35.5%)	7:55	7.6 (65.0%)
51	BRUZDA Marcin	1019		Open M	42	02:29:26	04:53:19	07:31:23	09:28:55.50	09:28:55.50	+03:22:37 (35.6%)	7:56	7.6 (65.0%)
52	LESIAK Filip	1127	TRAIL IS OUR WAY SKAWINA BIEGA	Open M	43	02:47:21	05:14:41	07:30:41	09:29:40.80	09:29:40.80	+03:23:22 (35.7%)	7:57	7.5 (64.1%)
53	SOŁTYSIAK Karol	1215		Open M	44	02:47:17	05:14:59	07:38:02	09:30:05.00	09:30:05.00	+03:23:46 (35.7%)	7:57	7.5 (64.1%)
54	JANKOWIAK Przemysław	1080		Open M	45	02:38:34	05:12:08	07:33:39	09:31:20.70	09:31:20.70	+03:25:02 (35.9%)	7:58	7.5 (64.1%)
55	MASARCZYK Szymon	1142	TRI&MORE	Open M	46	02:15:18	04:48:12	07:41:04	09:32:05.35	09:32:05.35	+03:25:46 (36.0%)	7:59	7.5 (64.1%)
56	STACHOWSKI Wojciech	1217	TRI&MORE	Open M	47	02:55:25	05:24:57	07:40:59	09:32:05.95	09:32:05.95	+03:25:47 (36.0%)	7:59	7.5 (64.1%)
57	WYSPIAŃSKI Tomasz	1273	KOSTERA TEAM	Open M	48	02:47:50	05:23:00	07:37:47	09:32:15.35	09:32:15.35	+03:25:56 (36.0%)	7:59	7.5 (64.1%)
58	MAŚLAK Radomił	1143	STARE BABICE BIEGAJĄ	Open M	49	02:40:40	05:14:56	07:34:23	09:32:42.40	09:32:42.40	+03:26:23 (36.0%)	7:59	7.5 (64.1%)
59	SZCZĘŚNIAK Piotr	1226	FIZJOTERAPIA I MASAŻ MASARNIA POZNAŃ	Open M	50	02:34:02	05:04:24	07:34:11	09:33:31.45	09:33:31.45	+03:27:13 (36.1%)	8:00	7.5 (64.1%)
60	KOZYRA Krzysztof	1108	PIĘKNE I BRODACZE #WILK_TEAM	Open M	51	02:43:46	05:10:02	07:34:17	09:35:56.65	09:35:56.65	+03:29:38 (36.4%)	8:02	7.5 (64.1%)
61	BULAS Jędrzej	1025		Open M	52	02:23:30	04:48:45	07:18:30	09:36:48.95	09:36:48.95	+03:30:30 (36.5%)	8:03	7.4 (63.2%)
62	TARNAWSKI Marcin	1231		Open M	53	02:39:02	05:11:08	07:34:29	09:38:01.95	09:38:01.95	+03:31:43 (36.6%)	8:04	7.4 (63.2%)
63	GRABECKI Aleksander	1067		Open M	54	02:41:57	05:14:07	07:40:42	09:38:46.95	09:38:46.95	+03:32:28 (36.7%)	8:05	7.4 (63.2%)
64	KAŁKOWSKI Roman	1085		Open M	55	02:42:08	05:15:15	07:39:15	09:38:47.25	09:38:47.25	+03:32:28 (36.7%)	8:05	7.4 (63.2%)
65	BELŻAK Filip	1008	TRIJET TEAM	Open M	56	02:50:15	05:19:59	07:38:00	09:39:55.55	09:39:55.55	+03:33:37 (36.8%)	8:05	7.4 (63.2%)
66	SZYPULSKI Rafał	1229		Open M	57	02:38:52	05:12:27	07:35:13	09:42:27.60	09:42:27.60	+03:36:09 (37.1%)	8:08	7.4 (63.2%)
67	STYPUŁKOWSKI Michał	1220	NADAKTYWNI	Open M	58	02:39:52	05:18:00	07:42:04	09:43:17.75	09:43:17.75	+03:36:59 (37.2%)	8:08	7.4 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						Zdrój 22.2km	Górne 41km	Przybyszów 57.8km					
68	CHRZANOWSKI Piotr	1030	SPELEOKLUB WARSZAWSKI	Open M	59	02:47:25	05:28:05	07:45:01	09:43:31.10	09:43:31.10	+03:37:12 (37.2%)	8:08	7.4 (63.2%)
69	NIEMIEC Jacek	1163		Open M	60	02:59:31	05:29:16	07:43:58	09:44:32.40	09:44:32.40	+03:38:13 (37.3%)	8:09	7.3 (62.4%)
70	KRÓL Przemysław	1115	LUBELSKI BANK SPÓŁDZIELCZY	Open M	61	02:49:49	05:22:28	07:44:07	09:45:48.50	09:45:48.50	+03:39:30 (37.5%)	8:10	7.3 (62.4%)
71	GICZEI Zsolt Norbert	1062	GIZIONOK - LE PAIN	Open M	62	02:47:16	05:17:12	07:40:56	09:47:20.15	09:47:20.15	+03:41:01 (37.6%)	8:12	7.3 (62.4%)
72	WOJTALA Bartłomiej	1263	UWAGA NA DZIADA!	Open M	63	03:02:11	05:41:31	08:00:28	09:47:54.25	09:47:54.25	+03:41:35 (37.7%)	8:12	7.3 (62.4%)
73	MRÓZ Bartłomiej	1157		Open M	64	02:33:11	05:14:47	07:44:36	09:48:48.05	09:48:48.05	+03:42:29 (37.8%)	8:13	7.3 (62.4%)
74	SKOWRON Magdalena	1208		Open K	10	02:56:55	05:36:01	07:56:31	09:49:29.85	09:49:29.85	+03:43:11 (37.9%)	8:13	7.3 (62.4%)
75	TROJNAR Daniel	1239		Open M	65	02:44:10	05:25:30	07:49:34	09:50:58.95	09:50:58.95	+03:44:40 (38.0%)	8:15	7.3 (62.4%)
76	ANTOSIAK Tomasz	1004		Open M	66	02:50:40	05:23:52	07:47:32	09:51:25.40	09:51:25.40	+03:45:06 (38.1%)	8:15	7.3 (62.4%)
77	KASPRZAK Tomasz	1091		Open M	67	02:42:49	05:19:45	07:47:07	09:52:01.40	09:52:01.40	+03:45:42 (38.1%)	8:16	7.3 (62.4%)
78	MRÓWKA Michał	1156	OBOZY GÓRSKIE	Open M	68	02:31:49	05:15:29	07:42:23	09:52:26.50	09:52:26.50	+03:46:08 (38.2%)	8:16	7.3 (62.4%)
79	SUŁEK Tomek	1221		Open M	69	02:39:09	05:10:08	07:41:37	09:53:11.30	09:53:11.30	+03:46:52 (38.2%)	8:17	7.2 (61.5%)
80	PARYS Piotr	1172		Open M	70	02:39:25	05:21:32		09:53:29.55	09:53:29.55	+03:47:11 (38.3%)	8:17	7.2 (61.5%)
81	GRUDNIEWSKI Patryk	1069		Open M	71	02:34:07	05:07:50	07:47:15	09:55:43.75	09:55:43.75	+03:49:25 (38.5%)	8:19	7.2 (61.5%)
82	CZAPLIŃSKI Michał	1033		Open M	72	02:59:30	05:39:21	08:01:09	09:56:33.60	09:56:33.60	+03:50:15 (38.6%)	8:19	7.2 (61.5%)
83	ZABOROWSKI Kamil	1274	ZALINIAMETY	Open M	73	02:50:31	05:31:11	07:53:47	09:56:41.90	09:56:41.90	+03:50:23 (38.6%)	8:20	7.2 (61.5%)
84	TOMCZYK Grzegorz	1235	PALARNIA KAWY GREGORIO	Open M	74	02:53:08	05:30:25	07:56:13	09:57:01.35	09:57:01.35	+03:50:42 (38.6%)	8:20	7.2 (61.5%)
85	KOWALCZYK Marek	1105		Open M	75	02:50:28	05:29:21	07:54:49	09:57:46.65	09:57:46.65	+03:51:28 (38.7%)	8:20	7.2 (61.5%)
86	BARTOSIŃSKA Katarzyna	1006		Open K	11	02:51:05	05:38:21	08:03:34	09:58:35.40	09:58:35.40	+03:52:16 (38.8%)	8:21	7.2 (61.5%)
87	NIERADKA Anna	1165		Open K	12	02:52:36	05:31:11	07:53:29	09:59:31.75	09:59:31.75	+03:53:13 (38.9%)	8:22	7.2 (61.5%)
88	WYJATEK Wojciech	1271		Open M	76	02:57:56	05:49:49	08:09:29	10:00:32.30	10:00:32.30	+03:54:13 (39.0%)	8:23	7.2 (61.5%)
89	PIEKARSKI Łukasz	1183		Open M	77	02:43:17	05:18:22	07:54:21	10:03:38.90	10:03:38.90	+03:57:20 (39.3%)	8:25	7.1 (60.7%)
89	GAWROŃSKI Ireneusz	1061	AMATOR	Open M	77	02:55:52	05:33:23	07:55:40	10:03:38.90	10:03:38.90	+03:57:20 (39.3%)	8:25	7.1 (60.7%)
91	BRZEGOWY Michał	1021		Open M	79	02:40:35	05:21:20	07:50:49	10:04:04.20	10:04:04.20	+03:57:45 (39.4%)	8:26	7.1 (60.7%)
92	WALECKI Jarek	1246	STOPKA PILAWA	Open M	80	02:38:51	05:12:31	07:52:55	10:04:37.30	10:04:37.30	+03:58:18 (39.4%)	8:26	7.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
93	JAKUSZEK Paweł	1077	CEGIELNIA PIASKI	Open M	81	02:39:03	05:22:23	07:55:23	10:05:42.25	10:05:42.25	+03:59:23 (39.5%)	8:27	7.1 (60.7%)
94	JAKUSZEK Krzysztof	1078	CEGIELNIA PIASKI	Open M	82	02:39:04	05:22:23	07:55:20	10:05:42.40	10:05:42.40	+03:59:23 (39.5%)	8:27	7.1 (60.7%)
95	DAURIA Umberto	1041		Open M	83	02:29:16	05:04:39	07:41:08	10:06:52.75	10:06:52.75	+04:00:34 (39.6%)	8:28	7.1 (60.7%)
96	PAŚNIK Paweł	1286		Open M	84	02:41:24	05:28:48	08:03:53	10:06:56.95	10:06:56.95	+04:00:38 (39.6%)	8:28	7.1 (60.7%)
97	KOWALCZYK Piotr	1104	FOR-REST-RUN	Open M	85	02:58:51	05:39:46	08:04:47	10:07:07.35	10:07:07.35	+04:00:48 (39.7%)	8:28	7.1 (60.7%)
98	GUZIK Łukasz	1074	GO APTIV!	Open M	86	02:58:52	05:39:47	08:05:07	10:07:07.65	10:07:07.65	+04:00:49 (39.7%)	8:28	7.1 (60.7%)
99	BRÓNCZYK Robert	1018	KIS-2023	Open M	87	02:47:10	05:41:50	08:04:21	10:08:27.90	10:08:27.90	+04:02:09 (39.8%)	8:29	7.1 (60.7%)
100	KAWALEC Katarzyna	1092		Open K	13	02:54:28	05:30:16	08:00:14	10:09:01.40	10:09:01.40	+04:02:42 (39.9%)	8:30	7.1 (60.7%)
101	TURSKI Przemysław	1242		Open M	88	02:54:46	05:38:58	08:01:11	10:09:15.15	10:09:15.15	+04:02:56 (39.9%)	8:30	7.1 (60.7%)
102	SILSKA Sylwia	1287	ATRAKCYJNE TOWARZYSTWO	Open K	14	02:56:10	05:41:52	08:12:50	10:15:18.15	10:15:18.15	+04:08:59 (40.5%)	8:35	7 (59.8%)
103	GROMEK Edyta	1068	SZYBCIEJ NIE DAM RADY	Open K	15	03:02:27	05:44:02	08:10:11	10:15:32.45	10:15:32.45	+04:09:14 (40.5%)	8:35	7 (59.8%)
104	BŁAŻEWICZ Paweł	1015	WYDRY OLSZTYN	Open M	89	02:49:47	05:27:23	08:13:28	10:16:37.85	10:16:37.85	+04:10:19 (40.6%)	8:36	7 (59.8%)
105	MAJCHROWSKI Jacek	1134	NIEZALEŻNA TARNOBRZESKA GRUPA BIEGOWA "RUNNER'S NOT DEAD"	Open M	90	02:45:39	05:39:18	08:08:00	10:17:08.30	10:17:08.30	+04:10:49 (40.6%)	8:37	7 (59.8%)
106	DOMARADZKA-KASZUBOWICZ Wiktoria	1045		Open K	16	02:58:05	05:46:57	08:20:03	10:18:58.20	10:18:58.20	+04:12:39 (40.8%)	8:38	6.9 (59.0%)
107	PYTLEWSKI Łukasz	1198		Open M	91	02:54:37	05:31:33	08:05:28	10:19:23.85	10:19:23.85	+04:13:05 (40.9%)	8:39	6.9 (59.0%)
108	CZARDYBON Laura	1034		Open K	17	03:07:28	05:57:02	08:20:31	10:19:40.40	10:19:40.40	+04:13:21 (40.9%)	8:39	6.9 (59.0%)
109	KRAJEWSKI Bartek	1109	DCWRP	Open M	92	02:49:33	05:24:08	07:54:16	10:20:42.20	10:20:42.20	+04:14:23 (41.0%)	8:40	6.9 (59.0%)
110	BENCE Horvath	1010	VIENNA RUNNING COLLECTIVE	Open M	93	02:38:53	05:26:42	08:00:32	10:20:44.80	10:20:44.80	+04:14:26 (41.0%)	8:40	6.9 (59.0%)
111	WIDŁAK Krzysztof	1250	BIEGAM BEZ KLUBU	Open M	94	02:56:32	05:34:57	08:03:51	10:21:54.10	10:21:54.10	+04:15:35 (41.1%)	8:41	6.9 (59.0%)
112	WRÓBEL Tomasz	1270	MATNER TEAM	Open M	95	03:12:06	05:54:02	08:18:35	10:22:17.65	10:22:17.65	+04:15:59 (41.1%)	8:41	6.9 (59.0%)
113	DUBILIS Mateusz	1046		Open M	96	03:05:38	05:52:01	08:19:27	10:23:25.45	10:23:25.45	+04:17:07 (41.2%)	8:42	6.9 (59.0%)
114	NOWAKOWSKI Rafał	1166	#BIEGIEMWLAS	Open M	97	03:08:25	05:53:45	08:13:03	10:23:41.50	10:23:41.50	+04:17:23 (41.3%)	8:42	6.9 (59.0%)
115	SOŁDYGA Paweł	1214	SKOWRONEKBIEGA	Open M	98	03:01:15	05:54:17	08:19:22	10:24:41.30	10:24:41.30	+04:18:22 (41.4%)	8:43	6.9 (59.0%)
116	MARUT Artur	1141	FITNESS FREAKS	Open M	99	02:49:39	05:21:11	07:50:12	10:28:23.80	10:28:23.80	+04:22:05 (41.7%)	8:46	6.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
117	PIELECHA Rafał	1184		Open M	100	02:49:38	05:21:14	08:01:06	10:28:23.85	10:28:23.85	+04:22:05 (41.7%)	8:46	6.8 (58.1%)
118	GRYMULSKI Łukasz	1071		Open M	101	02:45:13	05:17:34	08:01:33	10:28:31.25	10:28:31.25	+04:22:12 (41.7%)	8:46	6.8 (58.1%)
119	WIDERA Wojtek	1249		Open M	102	02:59:00	05:44:19	08:15:54	10:28:39.90	10:28:39.90	+04:22:21 (41.7%)	8:46	6.8 (58.1%)
120	PIĘTKO Dariusz	1188	ORANGE POLSKA	Open M	103	02:57:22	05:45:04	08:21:37	10:30:49.75	10:30:49.75	+04:24:31 (41.9%)	8:48	6.8 (58.1%)
121	OPENCHOWSKA Monika	1170	PODIUM	Open K	18	03:02:35	05:54:22	08:34:56	10:31:48.05	10:31:48.05	+04:25:29 (42.0%)	8:49	6.8 (58.1%)
122	WITALEC Sebastian	1257	DZIKITIM/PODIUM	Open M	104	03:02:35	05:54:16	08:34:53	10:31:48.20	10:31:48.20	+04:25:29 (42.0%)	8:49	6.8 (58.1%)
123	BRYLIŃSKI Przemysław	1020		Open M	105	02:47:22	05:41:14	08:13:31	10:31:49.30	10:31:49.30	+04:25:30 (42.0%)	8:49	6.8 (58.1%)
124	PAWŁOWSKI Jakub	1175		Open M	106	02:55:43	05:43:50	08:17:24	10:34:13.90	10:34:13.90	+04:27:55 (42.2%)	8:51	6.8 (58.1%)
125	SIWIEC Stanisław	1205	RESOVIA/PODIUM	Open M	107	03:00:41	05:54:21	08:35:28	10:34:18.50	10:34:18.50	+04:28:00 (42.3%)	8:51	6.8 (58.1%)
126	DEMIANIUK Marcin	1043	ALLERGAN TEAM	Open M	108	03:04:48	05:53:44	08:27:01	10:34:58.10	10:34:58.10	+04:28:39 (42.3%)	8:52	6.8 (58.1%)
127	PERZ Marzenna	1176	NIE TYLKO ULTRA	Open K	19	03:07:56	05:55:11	08:25:05	10:35:08.45	10:35:08.45	+04:28:50 (42.3%)	8:52	6.8 (58.1%)
128	CHUDY Kamil	1031		Open M	109	02:45:40	05:36:23	08:19:09	10:37:20.15	10:37:20.15	+04:31:01 (42.5%)	8:54	6.7 (57.3%)
129	MITAN Kamil	1153		Open M	110	03:01:47	05:51:33	08:18:32	10:37:20.30	10:37:20.30	+04:31:01 (42.5%)	8:54	6.7 (57.3%)
130	SKRZYPCZAK Anna	1209	LS RECYCLING PLUS	Open K	20	03:08:50	05:58:27	08:30:28	10:37:46.85	10:37:46.85	+04:31:28 (42.6%)	8:54	6.7 (57.3%)
131	POŁCZYŃSKI Maciej	1192	STALOWA ŁYDA	Open M	111	02:53:09	05:41:18	08:26:17	10:39:34.85	10:39:34.85	+04:33:16 (42.7%)	8:55	6.7 (57.3%)
132	KRZYCZKOWSKI Bartłomiej	1117		Open M	112	02:51:08	05:47:25	08:24:07	10:40:27.55	10:40:27.55	+04:34:09 (42.8%)	8:56	6.7 (57.3%)
133	SZEWczyk Monika	1227	BRZYSKITRITEAM	Open K	21	03:03:33	05:49:10	08:28:07	10:40:53.10	10:40:53.10	+04:34:34 (42.8%)	8:57	6.7 (57.3%)
134	PIECZARKOWSKA-MRÓZ Zuzanna	1180	KKM KALORYFER	Open K	22	03:03:33	05:49:31	08:28:10	10:40:53.20	10:40:53.20	+04:34:34 (42.8%)	8:57	6.7 (57.3%)
135	GAWLIK Sylwia	1060		Open K	23	03:12:23	06:10:18	08:39:58	10:41:52.20	10:41:52.20	+04:35:33 (42.9%)	8:57	6.7 (57.3%)
136	TIAHNYBOK Paweł	1233		Open M	113	02:59:43	05:58:22	08:37:23	10:42:49.10	10:42:49.10	+04:36:30 (43.0%)	8:58	6.7 (57.3%)
137	STĘPKOWSKA Berta	1219	UMCS_BIEGA	Open K	24	02:58:50	05:47:30	08:19:52	10:44:01.30	10:44:01.30	+04:37:42 (43.1%)	8:59	6.7 (57.3%)
138	JANUSZ Grzegorz	1081	UMCS BIEGA/ROBERT MROZEK TRI TEAM	Open M	114	02:58:51	05:47:30	08:20:05	10:44:02.30	10:44:02.30	+04:37:43 (43.1%)	8:59	6.7 (57.3%)
139	FISHER Matthew	1057		Open M	115		05:37:56	08:20:28	10:44:43.00	10:44:43.00	+04:38:24 (43.2%)	9:00	6.7 (57.3%)
140	MATUSIEWICZ-SKROBACZ Patrycja	1144		Open K	25	02:58:07	05:46:58	08:31:10	10:50:23.20	10:50:23.20	+04:44:04 (43.7%)	9:05	6.6 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
141	BIAŁEK Mirosław	1011	WRONIECKI KLUB BIEGACZA	Open M	116	02:59:28	05:53:13	08:37:57	10:50:57.50	10:50:57.50	+04:44:39 (43.7%)	9:05	6.6 (56.4%)
142	ŚLĄCZKA Arkadiusz	1230	FINISZ RYMANÓW	Open M	117	03:01:14	05:58:58	08:36:37	10:51:35.95	10:51:35.95	+04:45:17 (43.8%)	9:06	6.6 (56.4%)
143	BŁASZCZAK Jarosław	1014	GO APTIV!	Open M	118	03:00:36	05:53:23	08:34:35	10:51:51.30	10:51:51.30	+04:45:32 (43.8%)	9:06	6.6 (56.4%)
144	JURKOWSKI Adrian	1083	KLUB SPORTOWY SZAKALE BAŁUT ŁÓDŹ	Open M	119	03:07:44	06:15:02	08:46:14	10:52:06.15	10:52:06.15	+04:45:47 (43.8%)	9:06	6.6 (56.4%)
145	ZALECH Zbigniew	1275	PŁOCKIE MORSY	Open M	120	03:12:27	06:10:54	08:46:24	10:53:29.70	10:53:29.70	+04:47:11 (43.9%)	9:07	6.6 (56.4%)
146	KARCZ Bartłomiej	1088	KLUB SPORTOWY PSTRONG	Open M	121	03:22:14	06:10:13	08:46:48	10:54:10.90	10:54:10.90	+04:47:52 (44.0%)	9:08	6.6 (56.4%)
147	WITKOWSKI Robert	1259		Open M	122	02:59:30	05:57:06	08:40:02	10:55:05.05	10:55:05.05	+04:48:46 (44.1%)	9:08	6.6 (56.4%)
148	TROJANOWSKA Małgorzata	1238	TRAIL IS OUR WAY TEAM	Open K	26	03:11:55	06:08:12	08:45:46	10:55:50.10	10:55:50.10	+04:49:31 (44.1%)	9:09	6.6 (56.4%)
149	WILMAN Andrzej	1255		Open M	123	03:12:28	06:15:37	08:51:27	10:56:37.75	10:56:37.75	+04:50:19 (44.2%)	9:10	6.5 (55.6%)
150	ŁATWIŃSKI Mateusz	1132	MOCNA GRUPA CEZARA	Open M	124	03:18:41	06:16:03	08:44:43	10:57:08.35	10:57:08.35	+04:50:49 (44.3%)	9:10	6.5 (55.6%)
151	LACZKO Istvan	1023	JAKUS TEAM	Open M	125	03:03:09	06:01:39	08:44:40	11:00:00.15	11:00:00.15	+04:53:41 (44.5%)	9:13	6.5 (55.6%)
152	PANEK Aleksandra	1171		Open K	27	03:12:49	06:16:43	08:47:41	11:01:36.70	11:01:36.70	+04:55:18 (44.6%)	9:14	6.5 (55.6%)
153	RUDEK Marcin	1203	HAPPY RUNNERS	Open M	126	02:56:36	06:08:55	08:56:09	11:08:29.80	11:08:29.80	+05:02:11 (45.2%)	9:20	6.4 (54.7%)
154	MISIURA Adam	1151	SZAKALE BAŁUT ŁÓDŹ	Open M	127	03:07:46	06:15:00	09:08:38	11:09:17.25	11:09:17.25	+05:02:58 (45.3%)	9:20	6.4 (54.7%)
155	WÓJCIK Jacek	1283		Open M	128	03:04:05	06:09:20	08:52:09	11:12:14.55	11:12:14.55	+05:05:56 (45.5%)	9:23	6.4 (54.7%)
156	PASTUSZEK Jarek	1173		Open M	129	03:00:39	06:05:07	08:40:19	11:12:27.15	11:12:27.15	+05:06:08 (45.5%)	9:23	6.4 (54.7%)
157	POWIERTOWSKI Adam	1195		Open M	130	02:57:55	05:49:51	08:26:03	11:15:55.50	11:15:55.50	+05:09:37 (45.8%)	9:26	6.4 (54.7%)
158	MROZIŃSKI Marcin	1155	SPORT GENERATION	Open M	131	03:09:14	06:09:36	08:52:26	11:16:12.45	11:16:12.45	+05:09:54 (45.8%)	9:26	6.4 (54.7%)
159	SZYPROWSKI Jarek	1228	SPORT GENERATION	Open M	132	03:09:14	06:09:34	08:52:24	11:16:12.90	11:16:12.90	+05:09:54 (45.8%)	9:26	6.4 (54.7%)
160	LARA Natalia	1124	WARRIORS ŁÓDŹ	Open K	28	03:18:59	06:23:55	08:58:38	11:16:35.40	11:16:35.40	+05:10:16 (45.9%)	9:26	6.3 (53.8%)
161	BAZYLUK Andrzej	1007	AR WARSAW	Open M	133	02:59:39	05:59:54	08:49:17	11:17:39.95	11:17:39.95	+05:11:21 (45.9%)	9:27	6.3 (53.8%)
162	CZARNOTA Dorota	1038	WYBIEGAJ SIEBIE	Open K	29	03:07:40	06:06:27	08:53:08	11:17:55.60	11:17:55.60	+05:11:37 (46.0%)	9:28	6.3 (53.8%)
163	KAWIK Janusz	1093		Open M	134	03:07:19	06:05:46	08:54:35	11:17:56.15	11:17:56.15	+05:11:37 (46.0%)	9:28	6.3 (53.8%)
164	STEPIEN Magdalena	1218	PASIEKA MADZIA	Open K	30	03:13:48	06:22:46	09:08:22	11:21:43.45	11:21:43.45	+05:15:25 (46.3%)	9:31	6.3 (53.8%)
165	BIELAWSKI Dariusz	1012	HAPPY RUNNERS	Open M	135	03:00:37	06:05:50	08:57:22	11:22:24.35	11:22:24.35	+05:16:05 (46.3%)	9:31	6.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						Zdrój 22.2km	Górne 41km	Przybyszów 57.8km					
166	KUKIEŁKA Justyna	1120		Open K	31	03:00:43	06:05:12	08:53:58	11:22:28.85	11:22:28.85	+05:16:10 (46.3%)	9:31	6.3 (53.8%)
167	MAGIERA Przemysław	1133	NOWOSOLSKA GRUPA BIEGOWA	Open M	136	03:00:42	06:05:04	08:54:00	11:22:30.75	11:22:30.75	+05:16:12 (46.3%)	9:31	6.3 (53.8%)
168	TARNOWSKI Marcin	1232	JACEKBIEGA RUNNING TEAM	Open M	137	03:02:45	06:08:18	08:54:10	11:22:45.55	11:22:45.55	+05:16:27 (46.3%)	9:32	6.3 (53.8%)
169	NIEDŹWIECKI Paweł	1162	PODIUM	Open M	138	03:06:45	06:11:28	08:57:17	11:23:18.85	11:23:18.85	+05:17:00 (46.4%)	9:32	6.3 (53.8%)
170	DUDEK Michał	1049		Open M	139	02:57:09	05:55:47	08:44:47	11:23:36.35	11:23:36.35	+05:17:17 (46.4%)	9:32	6.3 (53.8%)
171	MUŻYCZUK Erwin	1159		Open M	140	03:17:09	06:22:56	09:08:27	11:23:58.85	11:23:58.85	+05:17:40 (46.4%)	9:33	6.3 (53.8%)
172	UŻAROWSKI Remigiusz	1245	ADAIGAEMI	Open M	141	03:00:38	06:05:01	08:53:53	11:24:07.70	11:24:07.70	+05:17:49 (46.5%)	9:33	6.3 (53.8%)
173	MAKSELON Maciej	1285	TORPEDO SZCZECINEK	Open M	142	03:17:38	06:26:24	09:09:18	11:26:42.10	11:26:42.10	+05:20:23 (46.7%)	9:35	6.3 (53.8%)
174	POLIWKA-KISIEL Małgorzata	1191	TEAM BIEGOWY SZCZECINEK	Open K	32	03:17:39	06:26:23	09:09:22	11:26:42.40	11:26:42.40	+05:20:23 (46.7%)	9:35	6.3 (53.8%)
175	MGŁOSIEK Grzegorz	1147		Open M	143	03:24:53	06:34:12	09:17:54	11:28:52.95	11:28:52.95	+05:22:34 (46.8%)	9:37	6.2 (53.0%)
176	PIETRZAK Agnieszka	1187		Open K	33	03:10:32	06:21:54	09:06:49	11:29:51.45	11:29:51.45	+05:23:33 (46.9%)	9:38	6.2 (53.0%)
177	CHODZIŃSKI Piotr	1027		Open M	144	03:09:08	06:10:24	09:06:41	11:31:22.45	11:31:22.45	+05:25:04 (47.0%)	9:39	6.2 (53.0%)
178	BURACZYŃSKI Adam	1026	VEGERUNNERS/HYDROMOC	Open M	145	03:15:50	06:23:08	09:08:32	11:31:30.30	11:31:30.30	+05:25:11 (47.0%)	9:39	6.2 (53.0%)
179	PIERZCHAŁA Jacek	1186		Open M	146	03:07:28	06:05:29	09:16:20	11:32:54.20	11:32:54.20	+05:26:35 (47.1%)	9:40	6.2 (53.0%)
180	WIĘCH Mariusz	1253		Open M	147	02:59:40	06:04:29	08:53:40	11:33:01.00	11:33:01.00	+05:26:42 (47.1%)	9:40	6.2 (53.0%)
181	KOWALCZUK Michał	1103	MARTA_MILAN_ADAŚ	Open M	148	03:07:20	06:06:04	08:57:08	11:33:03.45	11:33:03.45	+05:26:45 (47.1%)	9:40	6.2 (53.0%)
182	WIŚNIEWSKA Ewa	1256		Open K	34	03:09:19	06:13:35	09:06:53	11:35:05.35	11:35:05.35	+05:28:46 (47.3%)	9:42	6.2 (53.0%)
183	RUTKOWSKI Artur	1204		Open M	149	03:12:06	06:24:13	09:17:28	11:35:24.05	11:35:24.05	+05:29:05 (47.3%)	9:42	6.2 (53.0%)
184	SZCZERBACKA Beata	1225		Open K	35	03:13:39	06:27:20	09:11:26	11:35:42.40	11:35:42.40	+05:29:23 (47.3%)	9:42	6.2 (53.0%)
185	DYCKOWSKI Adam	1050		Open M	150	03:04:51	06:12:28		11:36:07.25	11:36:07.25	+05:29:48 (47.4%)	9:43	6.2 (53.0%)
186	DYCKOWSKI Andrzej	1051		Open M	151	03:04:52	06:15:06	09:09:08	11:36:08.00	11:36:08.00	+05:29:49 (47.4%)	9:43	6.2 (53.0%)
187	FIK Marek	1056		Open M	152	03:05:36	06:14:23	09:06:23	11:36:29.30	11:36:29.30	+05:30:10 (47.4%)	9:43	6.2 (53.0%)
188	PIECUCH Karolina	1179		Open K	36	03:04:06	06:05:55	09:06:34	11:36:47.45	11:36:47.45	+05:30:29 (47.4%)	9:43	6.2 (53.0%)
189	KRAWIETZ Joanna	1111	TS REGLE SZKLARSKA PORĘBA	Open K	37	03:18:57	06:46:08	09:30:00	11:40:20.40	11:40:20.40	+05:34:01 (47.7%)	9:46	6.1 (52.1%)
190	BUJNOWSKI Rafał	1024	PĘDZĄCE KAPCIE	Open M	153	02:58:41	06:08:16	09:11:22	11:41:01.80	11:41:01.80	+05:34:43 (47.7%)	9:47	6.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						22.2km	41km	57.8km					
191	TOMKIEWICZ Łukasz	1236		Open M	154	03:06:18	06:07:52	09:09:13	11:42:43.60	11:42:43.60	+05:36:25 (47.9%)	9:48	6.1 (52.1%)
192	JAROMIN Marcin	1082		Open M	155	03:07:25	06:23:20	09:16:33	11:46:22.30	11:46:22.30	+05:40:03 (48.1%)	9:51	6.1 (52.1%)
193	POREMBSKI Leszek	1193		Open M	156	02:59:52	06:19:49	09:23:46	11:50:04.30	11:50:04.30	+05:43:45 (48.4%)	9:55	6.1 (52.1%)
194	WIĄCEK Jakub	1248		Open M	157	03:31:31	06:47:34	09:26:33	11:50:32.60	11:50:32.60	+05:44:14 (48.4%)	9:55	6 (51.3%)
195	KIEŁBOWICZ Aneta	1095		Open K	38	03:12:40	06:23:18	09:17:24	11:52:53.60	11:52:53.60	+05:46:35 (48.6%)	9:57	6 (51.3%)
196	URBANOWICZ Łukasz	1244		Open M	158	03:03:05	06:15:46	09:13:03	11:54:07.40	11:54:07.40	+05:47:48 (48.7%)	9:58	6 (51.3%)
197	KOZIOŁ Paweł	1107		Open M	159	03:12:47	06:28:17	09:25:07	11:56:22.70	11:56:22.70	+05:50:04 (48.9%)	10:00	6 (51.3%)
198	RAJCZAK Łukasz	1200		Open M	160	03:23:36	06:36:09	09:31:21	12:02:03.30	12:02:03.30	+05:55:44 (49.3%)	10:05	5.9 (50.4%)
199	MAJEWSKI Błażej	1136		Open M	161	03:13:22	06:36:38	09:30:08	12:03:51.10	12:03:51.10	+05:57:32 (49.4%)	10:06	5.9 (50.4%)
200	WOJCIECHOWSKI Krzysztof	1261	STARGARD,JA SIĘ NIE ŚCIGAM	Open M	162	03:07:07	06:22:26	09:12:58	12:04:47.45	12:04:47.45	+05:58:29 (49.5%)	10:07	5.9 (50.4%)
201	WOJCIECHOWSKA Wioletta	1260		Open K	39	03:07:08	06:22:34	09:16:11	12:04:47.80	12:04:47.80	+05:58:29 (49.5%)	10:07	5.9 (50.4%)
202	KRAWIETZ Tomasz	1112	IZERSKI NIEDŹWIEDŹ VERTICAL INDUSTRIAL	Open M	163	03:18:36	06:45:47	09:41:28	12:05:33.65	12:05:33.65	+05:59:15 (49.5%)	10:08	5.9 (50.4%)
203	PRZYKUCKI Robert	1197		Open M	164	03:02:40	06:06:41	09:22:20	12:06:03.15	12:06:03.15	+05:59:44 (49.5%)	10:08	5.9 (50.4%)
204	LENART Wioleta	1126		Open K	40	03:18:04	06:35:49	09:31:30	12:07:43.60	12:07:43.60	+06:01:25 (49.7%)	10:09	5.9 (50.4%)
205	PIEJAK Tomasz	1182	(NIE)ZDROWA RYWALIZACJA	Open M	165	03:10:41	06:24:44	09:23:36	12:07:44.25	12:07:44.25	+06:01:25 (49.7%)	10:09	5.9 (50.4%)
206	KROSZKA Krzysztof	1114	STEPSTONE RUNNING TEAM	Open M	166	03:09:09	06:27:20	09:30:31	12:08:58.25	12:08:58.25	+06:02:39 (49.8%)	10:10	5.9 (50.4%)
207	KONKIEWICZ Katarzyna	1098	GRODZISKIE LASKI	Open K	41	03:28:02	06:46:37	09:29:36	12:11:34.60	12:11:34.60	+06:05:16 (49.9%)	10:13	5.9 (50.4%)
208	CHRÓŚCIAK Paweł	1029		Open M	167	03:22:45	06:50:47	09:41:51	12:15:10.70	12:15:10.70	+06:08:52 (50.2%)	10:16	5.8 (49.6%)
209	KRYJAK Tomasz	1116		Open M	168	03:26:16	06:41:06	09:48:56	12:17:17.25	12:17:17.25	+06:10:58 (50.3%)	10:17	5.8 (49.6%)
210	MAKAREWICZ Sylwia	1137		Open K	42	03:09:02	06:22:55	09:23:20	12:17:45.65	12:17:45.65	+06:11:27 (50.3%)	10:18	5.8 (49.6%)
211	TUREK Paweł	1241	PRIN-S	Open M	169	03:35:24	06:59:48	09:48:47	12:18:27.75	12:18:27.75	+06:12:09 (50.4%)	10:18	5.8 (49.6%)
212	DARSKI Rafał	1040	RECAMIERE	Open M	170	03:13:23	06:33:45	09:41:43	12:18:36.15	12:18:36.15	+06:12:17 (50.4%)	10:18	5.8 (49.6%)
213	LINDER Sebastian	1130	PSYLAND 25	Open M	171	03:24:35	06:45:42	09:48:50	12:19:09.65	12:19:09.65	+06:12:51 (50.4%)	10:19	5.8 (49.6%)
214	BARSZCZ Marcin	1005		Open M	172	03:35:21	07:07:02	09:54:38	12:19:19.15	12:19:19.15	+06:13:00 (50.5%)	10:19	5.8 (49.6%)
215	PROCHOWICZ Dominik	1196		Open M	173	03:10:49	06:43:26	09:41:32	12:20:29.75	12:20:29.75	+06:14:11 (50.5%)	10:20	5.8 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Puławy			Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
						Zdrój 22.2km	Górne 41km	Przybyszów 57.8km					
216	PASTYRNAK Łukasz	1174	RUSYNLEM	Open M	174	03:11:55	06:34:47	09:32:00	12:21:15.60	12:21:15.60	+06:14:57 (50.6%)	10:21	5.8 (49.6%)
217	SUMIEC-SZYFNER Katarzyna	1222	ZABIEGANI MIELEC	Open K	43	03:18:44	06:31:50	09:41:37	12:23:50.05	12:23:50.05	+06:17:31 (50.8%)	10:23	5.8 (49.6%)
218	SLUZALEK Małgorzata	1211		Open K	44	03:30:09	06:48:46	09:48:58	12:26:37.85	12:26:37.85	+06:20:19 (50.9%)	10:25	5.8 (49.6%)
219	MARSZAŁEK Marcin	1139		Open M	175			09:48:52	12:27:39.00	12:27:39.00	+06:21:20 (51.0%)	10:26	5.7 (48.7%)
220	MAJEWSKA Regina	1135		Open K	45	03:28:50	06:46:59	09:49:02	12:27:50.90	12:27:50.90	+06:21:32 (51.0%)	10:26	5.7 (48.7%)
221	KROSZKA Beata	1113	TEAM ZABIEGANEDNI	Open K	46	03:35:40	06:58:47	09:54:37	12:36:47.80	12:36:47.80	+06:30:29 (51.6%)	10:34	5.7 (48.7%)
221	GUZEK Agnieszka	1073		Open K	46	03:35:06	07:02:11	09:54:58	12:36:47.80	12:36:47.80	+06:30:29 (51.6%)	10:34	5.7 (48.7%)
223	KUŚ Tomasz	1123	HAPPY RUNNERS	Open M	176	03:35:42	07:03:43	09:55:05	12:36:48.30	12:36:48.30	+06:30:29 (51.6%)	10:34	5.7 (48.7%)
Przekroczony limit czasu: 13:00:00													
224	ZIĘBA Łukasz	1276		Open M	177	03:45:33	07:30:14	11:21:46	13:19:37.15	13:19:37.15	+07:13:18 (54.2%)	11:10	5.4 (46.2%)
	KARWEL Norbert	1090		Open M		03:03:32 DNF	06:22:34 DNF	09:13:40 DNF	DNF	DNF	-	-	- (0.0%)
	DZIADUS Marcin	1053		Open M		02:58:39 DNF	05:58:31 DNF	09:13:07 DNF	DNF	DNF	-	-	- (0.0%)
	KOLASA Przemysław	1097		Open M		02:16:04 DNF	04:29:47 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GRYGIEREK Roman	1070	KLUB BIEGACZA FARTLEK	Open M		02:17:10 DNF	04:48:45 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	DYGDON Paweł	1052	SOFT-PONT	Open M		02:37:07 DNF	05:11:43 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CZARNECKI Bartłomiej	1035		Open M		03:02:10 DNF	06:15:28 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MYSZKOWSKI Paweł	1160	ULTRA ŚLEDŹ	Open M		03:14:13 DNF	06:40:32 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GŁOWACKI Maciej	1064		Open M		03:24:23 DNF	06:58:58 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MENDOCHA Jakub	1146		Open M		03:44:08 DNF	07:48:25 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WYROSLAK Kamil	1272		Open M		04:02:02 DNF	08:02:35 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	CHOJNACKI Marcin	1028		Open M		03:56:01 DNF	08:19:50 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WOŁAKIEWICZ Piotr	1264	STAŃCZAK TEAM	Open M		01:56:28 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WÓJCIK Jacek	1267	FINISZ RYMANÓW	Open M		01:58:54 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	LEWIAK Michał	1128	HEINEKEN RUNNING TEAM	Open M		02:10:47 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MALEC Artur	1138	TRAIL IS OUR WAY	Open M		02:31:32 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Iwonicz- Zdrój 22.2km	Puławy Górne 41km	Przybyszów 57.8km	Czas netto 71.6km	Czas brutto 71.6km	Różn	Tempo min/km	Tempo km/h
	BRZOSKA Piotr	1022		Open M		02:59:00 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WÓJTOWICZ Jacek	1268	FRANCISZKANIE KROSNO	Open M		03:15:57 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ŻUROWSKI Łukasz	1281	BBKS ŁAWECZKA WILANÓW	Open M		03:22:16 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	MARZAŁEK Marcin	1140	OK! SPORT	Open M		04:07:58 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOROWIEC- RÓŻYCKA Magdalena	1017	BIEGAJĄCY ŚWIDNIK	Open K		04:08:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FIJAŁKOWSKA Karolina	1055		Open K		04:08:24 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	LEWKOWICZ Piotr	1129	RUSYNLEM	Open M		05:31:27 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BOGUSZ Grzegorz	1016		Open M		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	FURMAN Tomasz	1059		Open M		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 248 wynik(ów)