ŁEMKO TRAIL 30

Organizator: Fundacja Ultra
Data: 2026-10-17
Miejsce: Komańcza
Dystans: 30 km
Klasyfikacja wg czasów brutto.

ŁEMKO TRAIL 30, OPEN ALL

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
1	BEDNAREK ADRIAN	3002		BYDGOSZCZ	POL	OPEN M	1	M 1	00:00:01	01:04:53	02:01:03.65	02:01:03.65	4:10	14.4
2	LACH MICHAŁ	3008	MOK MSZANA DOLNA	DOBRA	POL	OPEN M	2	M 2	00:00:02	01:05:46	02:05:56.80	02:05:56.80	4:20	13.8
3	DOMBROWSKI MACIEJ	3004	GRUPA LUKTRANS	BIELSKO - BIAŁA	POL	OPEN M	3	M 3	00:00:02	01:07:30	02:08:26.00	02:08:26.00	4:25	13.5
4	PIWOWARSKI SŁAWOMIR	3309	AKPT KRAKÓW	LISZKI	POL	OPEN M	4	M 4	00:00:01	01:07:44	02:09:55.25	02:09:55.25	4:28	13.4
5	BARYŁA NATAN	3006	BYKI KRASE	RZESZÓW	POL	OPEN M	5	M 5	00:00:02	01:11:03	02:17:39.40	02:17:39.40	4:44	12.6
6	AUGUSTYŃSKI SYLWESTER	3019	GRUPA LUKTRANS	KRAKÓW	POL	OPEN M	6	M 6	00:00:03	01:13:47	02:21:35.05	02:21:35.05	4:52	12.3
7	KOCAJ JAKUB	3157	RUN MY WAY	HARTA	POL	OPEN M	7	M 7	00:00:01	01:13:54	02:23:14.20	02:23:14.20	4:56	12.1
8	GABRYCH ARKADIUSZ	3084	ENGEL WORKWEAR	JAWORZE	POL	OPEN M	8	M 8	00:00:06	01:14:49	02:23:56.00	02:23:56.00	4:57	12.1
9	KILIAN MATEUSZ	3151		KRAKÓW	POL	OPEN M	9	M 9	00:00:03	01:16:34	02:24:38.25	02:24:38.25	4:59	12
10	GORCZYCA MACIEJ	3093	FINISZ RYMANÓW	RYMANÓW ZDRÓJ	POL	OPEN M	10	M 10	00:00:02	01:16:20	02:25:40.55	02:25:40.55	5:01	11.9
11	LIS-PASIONEK MAŁGORZATA	3213	KS KOMUNALNI SANOK	LESKO	POL	OPEN K	1	K 1	00:00:03	01:15:42	02:25:51.65	02:25:51.65	5:01	11.9
12	KLIMKIEWICZ BOGUSŁAW	3010	FINISZ RYMANÓW	RYMANÓW ZDRÓJ	POL	OPEN M	11	M 11	00:00:02	01:15:51	02:26:13.55	02:26:13.55	5:02	11.9
13	MIERNICZAK BARTŁOMIEJ	3253	WOODWARD RUNNERS	KRAKÓW	POL	OPEN M	12	M 12	00:00:03	01:16:27	02:26:35.05	02:26:35.05	5:03	11.9
14	KASPERKOWICZ TOMASZ	3139		RYMANÓW ZDRÓJ	POL	OPEN M	13	M 13	00:00:04	01:15:22	02:26:55.05	02:26:55.05	5:03	11.8
15	MAGOCSY ADAM	3221		KRAKÓW	POL	OPEN M	14	M 14	00:00:05	01:18:50	02:29:38.55	02:29:38.55	5:09	11.6
16	KNAPIK SEBASTIAN	3156	BUTYJANA.PL / KS ULTRA	BŁĘDOWA TYCZYŃSKA	POL	OPEN M	15	M 15	00:00:02	01:15:58	02:29:43.30	02:29:43.30	5:09	11.6
17	WIĘCŁAW PAWEŁ	3421	WOLSKI KOLEKTYW BIEGOWY	KRAKÓW	POL	OPEN M	16	M 16	00:00:04	01:20:41	02:30:45.55	02:30:45.55	5:11	11.5
18	MEDEJCZYK LUKASZ	3244		JEDLICZE	POL	OPEN M	17	M 17	00:00:02	01:18:09	02:31:48.30	02:31:48.30	5:14	11.5
19	PALKA JOANNA	3001	YOCZO	DOBRA	POL	OPEN K	2	K 2	00:00:02	01:19:54	02:32:52.90	02:32:52.90	5:16	11.4
20	GÓRA KRZYSZTOF	3096	GÓRA TEAM	GDYNIA	POL	OPEN M	18	M 18	00:00:05		02:33:18.50	02:33:18.50	5:17	11.4
21	ZAJDEL ALEKSANDRA	3009		KRAKÓW	POL	OPEN K	3	K 3	00:00:04	01:24:21	02:34:31.45	02:34:31.45	5:19	11.3
22	MATCZAK MATEUSZ	3236	SH RUNNING TEAM	WARSZAWA	POL	OPEN M	19	M 19	00:00:04	01:20:16	02:34:41.25	02:34:41.25	5:20	11.2
23	NIESŁONY DOMINIKA	3003	EX TEAM	WROCŁAW	POL	OPEN K	4	K 4	00:00:02	01:21:25	02:35:23.85	02:35:23.85	5:21	11.2
24	MEIHSNER LUKAS	3245	WITC	WARSAW	POL	OPEN M	20	M 20	00:00:03	01:17:44	02:36:08.85	02:36:08.85	5:23	11.1
25	TOMKIEWICZ ŁUKASZ	3400		RZESZÓW	POL	OPEN M	21	M 21	00:00:03		02:36:36.75	02:36:36.75	5:24	11.1
26	ŁOŚ KAMIL	3217	DZIK KOMANDO	DŁUTÓW	POL	OPEN M	22	M 22	00:00:06	01:18:50	02:37:23.35	02:37:23.35	5:25	11.1
27	HAN JAKUB	3108		WITKOWO	POL	OPEN M	23	M 23	00:00:08	01:22:12	02:37:28.90	02:37:28.90	5:25	11
28	PISKADŁO JACEK	3303	NOWY STYL RUNNING TEAM	SĄDKOWA	POL	OPEN M	24	M 24	00:00:03	01:20:29	02:37:56.90	02:37:56.90	5:26	11
29	KONIK DIANA	3005	SYNTHOS	BRZEZINKA	POL	OPEN K	5	K 5	00:00:03	01:24:15	02:38:01.45	02:38:01.45	5:26	11
30	SKOTNICZNY MICHAŁ	3352		KRAKÓW	POL	OPEN M	25	M 25	00:00:05	01:22:26	02:39:07.00	02:39:07.00	5:29	10.9
31	BAHRANOWSKA-KILIAN MARIA	3307		KRAKÓW	POL	OPEN K	6	K 6	00:00:03	01:24:04	02:42:27.35	02:42:27.35	5:36	10.7
32	KOWALCZYK MATEUSZ	3462	MINUTKA / DUCH POGÓRZA / PRZEWORSKA GRUPA BIEGOWA	STUDZIAN	POL	OPEN M	26	M 26	00:00:02	01:23:35	02:42:35.75	02:42:35.75	5:36	10.7
33	OSYSZKO-WIĘCŁAW IZABELA	3287		NOWY WIŚNICZ	POL	OPEN K	7	K 7	00:00:04	01:24:37	02:44:15.40	02:44:15.40	5:39	10.6
34	ŚLUSARZ ŁUKASZ	3391		WARSZAWA	POL	OPEN M	27	M 27	00:00:05	01:26:10	02:45:11.80	02:45:11.80	5:41	10.5
35	SZCZYGIEŁ OLA	3380		TARNOWSKIE GÓRY	POL	OPEN K	8	K 8	00:00:06	01:25:24	02:45:20.05	02:45:20.05	5:42	10.5
36	WETHACZ DARIUSZ	3459	TEAM ULTRABIES	CISNA	POL	OPEN M	28	M 28	00:00:04	01:27:03	02:45:38.10	02:45:38.10	5:42	10.5
37	KOZIOŁ MACIEJ	3181		TARGOWISKA	POL	OPEN M	29	M 29	00:00:06		02:45:43.90	02:45:43.90	5:42	10.5
38	ZALEŚNY KONRAD	3441		JAWORZNO	POL	OPEN M	30	M 30	00:00:04	01:24:41	02:45:46.05	02:45:46.05	5:42	10.5
39	BIARDA DOMINIK	3024		WROCŁAW	POL	OPEN M	31	M 31	00:00:07	01:27:24	02:46:00.90	02:46:00.90	5:43	10.5
40	OLEJNIK EGIDIUSZ	3281	JBTEAM	JELENIA GÓRA	POL	OPEN M	32	M 32	00:00:07	01:26:15	02:46:41.65	02:46:41.65	5:44	10.4
41	MROCZEK KAROLINA	3458	KM ULTRA / BIEG LOVE LAS	NOWA SARZYNA	POL	OPEN K	9	K 9	00:00:03	01:26:33	02:47:27.50	02:47:27.50	5:46	10.4
42	RUSEK BERNARD	3333	EKIPA PUŁAWY	KARMANOWICE	POL	OPEN M	33	M 33	00:00:29	01:25:16	02:48:37.30	02:48:37.30	5:48	10.3
43	TARNAWSKA KAROLINA	3397		KRAKÓW	POL	OPEN K	10	K 10	00:00:03	01:27:50	02:48:53.25	02:48:53.25	5:49	10.3
44	KOPEĆ PAWEŁ	3167		BRZOSTOWA GÓRA	POL	OPEN M	34	M 34	00:00:03		02:49:38.85	02:49:38.85	5:50	10.3
45	DROZD PAWEŁ	3068	DZIKA ESKADRA	KŁAJ	POL	OPEN M	35	M 35	00:00:08	01:28:02	02:49:52.25	02:49:52.25	5:51	10.2

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
46	DROZD WOJCIECH	3067	DZIKA ESKADRA	SIEMIANOWICE ŚLĄSKIE	POL	OPEN M	36	M 36	00:00:08	01:27:59	02:49:52.40	02:49:52.40	5:51	10.2
47	DOMBROWSKI JAKUB	3063	TRAIL IS OUR WAY	WIĘCKOWICE	POL	OPEN M	37	M 37	00:00:06	01:27:10	02:50:59.75	02:50:59.75	5:53	10.2
48	SALIS WOJCIECH	3343	PGI TECHGIS	WIELICZKA	POL	OPEN M	38	M 38	00:00:06	01:27:13	02:51:00.60	02:51:00.60	5:53	10.2
49	TWARDOWSKI LESZEK	3406	RUNFORFUN	GRODZISK MAZOWIECKI	POL	OPEN M	39	M 39	00:00:23	01:28:30	02:51:13.15	02:51:13.15	5:54	10.2
50	WALCZAK ANNA	3410	TRAIL IS OUR WAY	GDYNIA	POL	OPEN K	11	K 11	00:00:04	01:29:22	02:51:50.95	02:51:50.95	5:55	10.1
51	KUNICKI MATEUSZ	3197	OSTEOMEDICA	WIELICZKA	POL	OPEN M	40	M 40	00:00:06	01:28:18	02:51:57.65	02:51:57.65	5:55	10.1
52	OPYRCHAŁ MARCIN	3285	TEAM VEGAN	KRZĘCIN	POL	OPEN M	41	M 41	00:00:06	01:26:35	02:52:27.60	02:52:27.60	5:56	10.1
53	JASIONOWICZ DAMIAN	3122	SPACE MORSY JASLO	JASLO	POL	OPEN M	42	M 42	00:00:02	01:29:14	02:53:20.90	02:53:20.90	5:58	10
54	ZAJDEL FILIP	3439		KRAKÓW	POL	OPEN M	43	M 43	00:00:02	01:13:43	02:53:54.55	02:53:54.55	5:59	10
55	ZIELONY ŁUKASZ	3447		KOCZARGI STARE	POL	OPEN M	44	M 44	00:00:08	01:30:00	02:54:06.90	02:54:06.90	6:00	10
56	KIELAR MARCIN	3149	ZSP W RYMANOWIE	KLIMKÓWKA	POL	OPEN M	45	M 45	00:00:05	01:26:51	02:54:19.30	02:54:19.30	6:00	10
57	MUCHA PAWEŁ	3262		LA CRAU	FRA	OPEN M	46	M 46	00:00:08	01:33:59	02:55:07.70	02:55:07.70	6:02	9.9
58	KIEŁBOŃ EWELINA	3150	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	OPEN K	12	K 12	00:00:03	01:33:30	02:55:09.65	02:55:09.65	6:02	9.9
59	PIERZAK-WYPYCH OLGA	3300	LUKTRANS	CHMIELOWICE	POL	OPEN K	13	K 13	00:00:06	01:30:39	02:55:35.45	02:55:35.45	6:03	9.9
60	MECAN MAGDALENA	3243		JELENIA GÓRA	POL	OPEN K	14	K 14	00:00:08	01:34:03	02:55:37.70	02:55:37.70	6:03	9.9
61	KOCZERA MICHAŁ	3160		KRAKÓW	POL	OPEN M	47	M 47	00:00:36	01:33:33	02:56:04.00	02:56:04.00	6:04	9.9
62	ZGRYCH IGNACY	3446		TARGOWISKA	POL	OPEN M	48	M 48	00:00:13	01:33:12	02:56:47.35	02:56:47.35	6:05	9.8
63	KACPERSKI OLAF	3129		USTRZYKI DOLNE	POL	OPEN M	49	M 49	00:00:07	01:32:54	02:57:33.00	02:57:33.00	6:07	9.8
64	NOSEK DARIUSZ	3268	BRONOWICE TEŻ BIEGAJĄ	RĄCZNA	POL	OPEN M	50	M 50	00:00:06	01:31:10	02:57:50.00	02:57:50.00	6:07	9.8
65	KOCHANSKI ROBERT	3158	MUKS PODKARPACIE JEDLICZE	JEDLICZE	POL	OPEN M	51	M 51	00:00:03	01:33:08	02:58:10.10	02:58:10.10	6:08	9.8
66	WARCHOŁ PIOTR	3412	OLD ENERGIA TEAM	OSOBNICA	POL	OPEN M	52	M 52	00:00:10	01:32:11	02:58:12.55	02:58:12.55	6:08	9.8
67	GUDYKA MIROSŁAW	3102	BORGWARNER RUNNING TEAM	RZESZÓW	POL	OPEN M	53	M 53	00:00:05	01:31:11	02:58:28.05	02:58:28.05	6:09	9.7
68	KORBECKI KRYSTIAN	3170		KATOWICE	POL	OPEN M	54	M 54	00:00:25	01:36:05	02:58:33.95	02:58:33.95	6:09	9.7
69	KALISZ KAROLINA	3132	KM PSP M.ST. WARSZAWY	WARSZAWA	POL	OPEN K	15	K 15	00:00:16	01:36:00	02:58:51.10	02:58:51.10	6:10	9.7
70	DZIEDZIC-MIKA BOGNA	3072		KRAKÓW	POL	OPEN K	16	K 16	00:00:14	01:35:18	02:59:45.80	02:59:45.80	6:11	9.7
71	PROFIC MAKSYMILIAN	3317	PROFIC TRAIL	RUDNIK	POL	OPEN M	55	M 55		01:23:47	03:00:02.85	03:00:02.85	6:12	9.7
72	ZAWADA MICHAŁ	3443		KRAKÓW	POL	OPEN M	56	M 56	00:00:08	01:33:03	03:00:03.05	03:00:03.05	6:12	9.7
73	KOTYRBA TOMASZ	3176		KATOWICE	POL	OPEN M	57	M 57	00:00:14	01:34:35	03:02:30.45	03:02:30.45	6:17	9.5
74	MRÓWKA MAŁGORZATA	3261	OBOZY GÓRSKIE	ŁÓDŹ	POL	OPEN K	17	K 17	00:00:03	01:35:58	03:02:51.70	03:02:51.70	6:18	9.5
75	MASZKOWSKI JAKUB	3235		LUBLIN	POL	OPEN M	58	M 58	00:00:06	01:34:49	03:05:34.35	03:05:34.35	6:23	9.4
76	WIETECHA MARCIN	3419	OLD ENERGIA TEAM	DULĄBKA	POL	OPEN M	59	M 59	00:00:08	01:32:57	03:05:39.55	03:05:39.55	6:24	9.4
77	LEŚNIEWSKI ADAM	3208	12TRI.PL	WARSZAWA	POL	OPEN M	60	M 60	00:00:07	01:34:43	03:06:24.60	03:06:24.60	6:25	9.3
78	KARABINOWSKA ALEKSANDRA	3137	POSTRZELENI BIEGACZE	KRAKÓW	POL	OPEN K	18	K 18	00:00:05	01:39:16	03:07:31.75	03:07:31.75	6:27	9.3
79	PARYS PIOTR	3297	ULTRA ZDROWIE	ŁUBNIANY	POL	OPEN M	61	M 61	00:00:05	01:35:31	03:07:34.60	03:07:34.60	6:28	9.3
80	PAJĄK ALEKSANDER	3291		WYSOWA-ZDRÓJ	POL	OPEN M	62	M 62	00:00:10	01:34:47	03:07:35.30	03:07:35.30	6:28	9.3
81	KOWALCZYK PIOTR	3179	ZSP W RYMANOWIE	IWONICZ	POL	OPEN M	63	M 63	00:00:06	01:38:23	03:07:39.80	03:07:39.80	6:28	9.3
82	TYLISZCZAK KRZYSZTOF	3407	WM CHEMIK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	OPEN M	64	M 64	00:00:08	01:33:04	03:07:44.15	03:07:44.15	6:28	9.3
83	PENAR PATRYK	3298		WIDACZ	POL	OPEN M	65	M 65	00:00:13	01:35:24	03:08:04.45	03:08:04.45	6:29	9.3
84	GRZESIK MARCIN	3100		CHOTOMÓW	POL	OPEN M	66	M 66	00:00:18	01:37:08	03:08:11.85	03:08:11.85	6:29	9.2
85	BRYSZEWSKA PATRYCJA	3040	DZIK KOMANDO	ŁÓDŹ	POL	OPEN K	19	K 19	00:00:05	01:37:33	03:08:58.85	03:08:58.85	6:30	9.2
86	MIKOŚ ŁUKASZ	3254		DYNÓW, PODKARPACKIE	POL	OPEN M	67	M 67		01:34:12	03:09:34.30	03:09:34.30	6:32	9.2
87	GORCZYCA JULIA	3092	FINISZ RYMANÓW	RYMANÓW ZDRÓJ	POL	OPEN K	20	K 20	00:00:03	01:37:55	03:09:37.35	03:09:37.35	6:32	9.2
88	SAKOWSKI RAFAL	3339	KITTEN RUN CLUB	WARSZAWA	POL	OPEN M	68	M 68	00:00:07	01:36:15	03:10:07.95	03:10:07.95	6:33	9.2
89	HABURA SZYMON	3105		WROCŁAW	POL	OPEN M	69	M 69	00:00:11	01:34:39	03:10:33.05	03:10:33.05	6:34	9.1
90	ŚLEPOWROŃSKI MARCIN	3388		BORAWE	POL	OPEN M	70	M 70	00:00:14	01:36:13	03:11:47.60	03:11:47.60	6:36	9.1
91	WOJDYLA ANETA	3427	OLD ENERGIA TEAM	JASŁO	POL	OPEN K	21	K 21	00:00:08	01:41:04	03:11:56.75	03:11:56.75	6:37	9.1
92	LEWICKI SZYMON	3209		SANOK	POL	OPEN M	71	M 71	00:00:12	01:44:00	03:12:14.35	03:12:14.35	6:37	9.1
93	SYWIEC TOMASZ	3376		STRZELCE KRAJEŃSKIE	POL	OPEN M	72	M 72	00:00:32	01:38:07	03:12:19.35	03:12:19.35	6:37	9
94	FURMAN JULIAN	3083		WYSOWA-ZDRÓJ	POL	OPEN M	73	M 73	00:00:11	01:34:51	03:13:06.85	03:13:06.85	6:39	9
95	ŁUSZCZ PAWEŁ	3218		DĘBICA	POL	OPEN M	74	M 74	00:00:09	01:41:28	03:13:34.95	03:13:34.95	6:40	9
96	PANEK MICHAŁ	3295	ITMBW KRAKÓW	KRAKÓW	POL	OPEN M	75	M 75	00:00:12	01:39:56	03:13:39.55	03:13:39.55	6:40	9
97	CŁAPA CEZARY	3053		ŁÓDŹ	POL	OPEN M	76	M 76	00:00:18	01:41:43	03:13:39.60	03:13:39.60	6:40	9
98	SZWAJKOWSKI MACIEJ	3385		TARNOBRZEG	POL	OPEN M	77	M 77	00:00:09	01:39:05	03:15:11.50	03:15:11.50	6:43	8.9
99	PAŁYSA ROBERT	3294	STANWEX II	JÓZEFÓW	POL	OPEN M	78	M 78	00:00:28	01:41:48	03:15:31.45	03:15:31.45	6:44	8.9
100	ADAMSKI MATEUSZ	3013		BESTWINA	POL	OPEN M	79	M 79	00:00:10	01:44:16	03:15:34.80	03:15:34.80	6:44	8.9
101	KĘDRA JAKUB	3145	BESKIDZKIE RYSIE	JASŁO	POL	OPEN M	80	M 80	00:00:02	01:36:25	03:15:45.45	03:15:45.45	6:45	8.9
102	PIWKO MACIEJ	3306		BABICA	POL	OPEN M	81	M 81	00:00:33	01:43:12	03:16:46.30	03:16:46.30	6:47	8.8

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
103	MAKSYMIUK MAGDALENA	3227		WARSZAWA	POL	OPEN K	22	K 22	00:00:06	01:41:53	03:16:59.75	03:16:59.75	6:47	8.8
104	KANTOR MONIKA	3135	TIRSPED	WARSZAWA	POL	OPEN K	23	K 23		01:40:43	03:16:59.85	03:16:59.85	6:47	8.8
105	HABRAT DOROTA	3461	HABRAT TEAM	KROSNO	POL	OPEN K	24	K 24	00:00:15	01:37:52	03:17:07.55	03:17:07.55	6:47	8.8
106	JAREMA PAULINA	3120	BESKIDZKIE RYSIE	JASŁO	POL	OPEN K	25	K 25	00:00:09	01:45:39	03:17:18.75	03:17:18.75	6:48	8.8
107	KORBECKI DAMIAN	3171		KATOWICE	POL	OPEN M	82	M 82	00:00:26	01:41:55	03:17:29.45	03:17:29.45	6:48	8.8
108	SWIATEK KRZYSZTOF	3373	OLD ENERGIA TEAM	KRAKÓW	POL	OPEN M	83	M 83	00:00:08	01:39:12	03:18:26.45	03:18:26.45	6:50	8.8
109	GOLON PATRYK	3090		PRUSZKOW	POL	OPEN M	84	M 84	00:00:04	01:42:32	03:18:26.95	03:18:26.95	6:50	8.8
110	WALUKIEWICZ ALEKSANDER	3411	ZHR	GDAŃSK	POL	OPEN M	85	M 85	00:00:28	01:43:34	03:18:52.05	03:18:52.05	6:51	8.7
111	ZYCH ZBIGNIEW	3451	STAY INSANE	LUBLIN	POL	OPEN M	86	M 86	00:00:06	01:40:02	03:18:53.60	03:18:53.60	6:51	8.7
112	GLAZER MARCIN	3088	PKO BANK POLSKI	WARSZAWA	POL	OPEN M	87	M 87	00:00:24	01:45:59	03:18:55.65	03:18:55.65	6:51	8.7
113	IDZIOR TOMASZ	3115	SII RUNNING TEAM	BRZEZINY	POL	OPEN M	88	M 88	00:00:17	01:41:39	03:19:28.75	03:19:28.75	6:52	8.7
114	PUDEŁKO RAFAŁ	3320	MAMYTO	GDYNIA	POL	OPEN M	89	M 89	00:00:05	01:44:45	03:20:05.05	03:20:05.05	6:53	8.7
115	CHŁAP ANDRZEJ	3044		ZGŁOBIEŃ	POL	OPEN M	90	M 90	00:00:08	01:44:42	03:20:09.50	03:20:09.50	6:54	8.7
116	KOWALCZYK KRZYSZTOF	3180	HAPPY RUNNERS	PNIEWO	POL	OPEN M	91	M 91	00:00:39	01:39:10	03:20:11.75	03:20:11.75	6:54	8.7
117	KUCHARSKA MARTYNA	3192		LĄDEK ZDRÓJ	POL	OPEN K	26	K 26		01:43:47	03:20:18.45	03:20:18.45	6:54	8.7
118	POLOK KAROL	3314		WARSZAWA	POL	OPEN M	92	M 92	00:00:22	01:43:42	03:20:18.85	03:20:18.85	6:54	8.7
119	SYMONIDES KAROLINA	3374		WARSZAWA	POL	OPEN K	27	K 27	00:00:28	01:42:38	03:20:25.80	03:20:25.80	6:54	8.7
120	DOMEK BEATA	3064		RZESZÓW, PODKARPACKIE	POL	OPEN K	28	K 28	00:00:23	01:45:45	03:20:29.50	03:20:29.50	6:54	8.7
121	ZAREMBA-ŚMIETAŃSKA MARTA	3442		KRAKÓW	POL	OPEN K	29	K 29	00:00:22	01:43:28	03:20:31.30	03:20:31.30	6:54	8.7
122	OZIMINA SAMUEL	3288		RYMANÓW	POL	OPEN M	93	M 93	00:00:24	01:42:14	03:20:37.00	03:20:37.00	6:55	8.7
123	CHMAJ JERZY JAROSŁAW	3045		BRATKOWICE	POL	OPEN M	94	M 94	00:00:18	01:47:45	03:20:41.45	03:20:41.45	6:55	8.7
124	WILUSZ KATARZYNA	3425		KRAKÓW	POL	OPEN K	30	K 30	00:00:22	01:47:02	03:20:48.95	03:20:48.95	6:55	8.7
125	ROGALA-SĄCZAWA EDYTA	3329		RZESZÓW	POL	OPEN K	31	K 31	00:00:23	01:45:52	03:20:49.35	03:20:49.35	6:55	8.7
126	MROZIK MICHAŁ	3260	MADZIK TEAM	LUBLIN	POL	OPEN M	95	M 95	00:00:18	01:44:02	03:20:55.65	03:20:55.65	6:55	8.7
127	STUSINSKA JULIA	3367		MINSK MAZOWIECKI	POL	OPEN K	32	K 32	00:00:12	01:43:35	03:21:08.90	03:21:08.90	6:56	8.7
128	DĄBKOWSKA ALEKSANDRA	3058		PŁOCK	GBR	OPEN K	32	K 32	00:00:11	01:43:30	03:21:08.90	03:21:08.90	6:56	8.7
129	KOŁODZIEJ MIROSŁAW	3164		WARSZAWA	POL	OPEN M	96	M 96	00:00:17	01:41:18	03:21:13.05	03:21:13.05	6:56	8.6
130	KURZAWA KRZYSZTOF	3200		KRZYKÓW	POL	OPEN M	97	M 97	00:00:10	01:43:59	03:21:39.30	03:21:39.30	6:57	8.6
131	FALAŃCZYK MARCIN	3076		WARSZAWA	POL	OPEN M	98	M 98	00:00:14	01:43:03	03:21:42.75	03:21:42.75	6:57	8.6
132	RYBAK SYLWIA	3335		KAMIENIEC WROCŁAWSKI	POL	OPEN K	34	K 34	00:00:09	01:44:31	03:21:46.05	03:21:46.05	6:57	8.6
133	JEZIERSKI JAKUB	3124		KROSNO	POL	OPEN M	99	M 99	00:00:04	01:43:01	03:21:49.25	03:21:49.25	6:57	8.6
134	SZAFRANSKI ADRIAN	3377		WARSZAWA	POL	OPEN M	100	M 100	00:00:10	01:42:46	03:21:53.70	03:21:53.70	6:57	8.6
135	KOSTKA MAŁGORZATA	3175	CUBE TEAM	KROŚCIENKO WYŻNE	POL	OPEN K	35	K 35	00:00:14	01:40:57	03:21:55.70	03:21:55.70	6:57	8.6
136	KOSTKA ANDRZEJ	3173	CUBE TEAM	KROŚCIENKO WYŻNE	POL	OPEN M	101	M 101	00:00:15	01:41:28	03:21:55.90	03:21:55.90	6:57	8.6
137	PARFIANOVICH VIKTORYIA	3296	RUNSTUDIO	MISNK	AIN	OPEN K	36	K 36	00:00:22	01:46:10	03:24:31.30	03:24:31.30	7:03	8.5
138	BARTELA EDYTA	3021	DZIK KOMANDO	ŁÓDŹ	POL	OPEN K	37	K 37	00:00:06	01:45:30	03:25:42.20	03:25:42.20	7:05	8.5
139	BZDAK EMIL	3042		SWARZĘDZ	POL	OPEN M	102	M 102	00:00:11	01:46:50	03:25:50.95	03:25:50.95	7:05	8.5
140	GUCAJMA IZABELA	3101		WARSZAWA	POL	OPEN K	38	K 38	00:00:17	01:45:43	03:26:48.85	03:26:48.85	7:07	8.4
141	SZOSTEK MAŁGORZATA	3382		GŁOGÓW MAŁOPOLSKI	POL	OPEN K	39	K 39	00:00:05	01:44:47	03:26:49.45	03:26:49.45	7:07	8.4
142	SŁAPIŃSKI TOMASZ	3353		KRAKÓW	POL	OPEN M	103	M 103	00:00:25	01:53:44	03:27:04.25	03:27:04.25	7:08	8.4
143	GROMYSZ MACIEK	3099		RYBNIK	POL	OPEN M	103	M 103	00:00:26	01:54:12	03:27:04.25	03:27:04.25	7:08	8.4
144	SZELIGOWSKI DANIEL	3381		ORZECHÓWKA	POL	OPEN M	105	M 105	00:00:09	01:43:17	03:27:39.95	03:27:39.95	7:09	8.4
145	SYNOWIEC MARCIN	3375		KRAKÓW	POL	OPEN M	106	M 106	00:00:11	01:45:05	03:27:47.05	03:27:47.05	7:09	8.4
146	OLCZYK KARINA	3280	HYDRO ZASAPANI	CHRZANÓW	POL	OPEN K	40	K 40	00:00:22	01:47:38	03:28:12.80	03:28:12.80	7:10	8.4
147	MOSKAL ŻANETA	3259		KORCZYNA	POL	OPEN K	41	K 41	00:00:15	01:47:36	03:28:45.70	03:28:45.70	7:11	8.3
148	WÓJTOWICZ DANIEL	3434		KRAKÓW	POL	OPEN M	107	M 107	00:00:11	01:45:50	03:29:07.45	03:29:07.45	7:12	8.3
149	WOJTOWICZ PAWEŁ	3428	NOWY STYL RUNNING TEAM	KROSNO	POL	OPEN M	108	M 108	00:00:21	01:45:58	03:29:29.55	03:29:29.55	7:13	8.3
150	COSGRAVE JOHN	3455	WARSAW INTERNATIONAL TRIATHLON CLUB	WARSAW	POL	OPEN M	109	M 109	00:00:28	01:44:15	03:29:35.45	03:29:35.45	7:13	8.3
151	CZEPULONIS MARTA	3055		KRAKÓW	POL	OPEN K	42	K 42	00:00:18	01:48:12	03:29:45.45	03:29:45.45	7:13	8.3
152	NOWOSADZKI WOJCIECH	3276		KROSNO	POL	OPEN M	110	M 110	00:00:11	01:42:54	03:30:04.05	03:30:04.05	7:14	8.3
153	RAJCZONEK RAFAŁ	3326	NO FUTURE	WARSZAWA	POL	OPEN M	111	M 111	00:00:07	01:47:23	03:30:07.60	03:30:07.60	7:14	8.3
154	SMOLIŃSKI RAFAŁ	3354		IWONICZ	POL	OPEN M	112	M 112		01:47:19	03:30:17.85	03:30:17.85	7:15	8.3
155	KULAK KRZYSZTOF	3195		ZABRZE	POL	OPEN M	113	M 113	00:00:09	01:46:59	03:30:23.55	03:30:23.55	7:15	8.3
156	MATYKIEWICZ MICHAŁ	3238	KBT	LUSOWO	POL	OPEN M	114	M 114		01:42:39	03:30:26.00	03:30:26.00	7:15	8.3
157	RACHWAŁ PIOTR	3323		KROSNO	POL	OPEN M	115	M 115		01:48:33	03:30:36.70	03:30:36.70	7:15	8.3
158	ROBIN ANTOINE	3328	GLUE RUNNING	KRAKÓW	POL	OPEN M	116	M 116	00:00:24	01:41:43	03:30:42.25	03:30:42.25	7:15	8.3

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
159	LINNAMAGI OTT	3310		ROPA	EST	OPEN M	117	M 117	00:00:25	01:43:26	03:30:44.45	03:30:44.45	7:16	8.3
160	LEŚKIEWICZ AGATA	3207	SRT	WARSZAWA	POL	OPEN K	43	K 43	00:00:12	01:44:29	03:30:57.25	03:30:57.25	7:16	8.2
161	KORBECKA SYLWIA	3169		KOMBORNIA	POL	OPEN K	44	K 44	00:00:26		03:31:21.00	03:31:21.00	7:17	8.2
162	KLEJNOWSKA-KAMIŃSKA ILONA	3152	FUNDACJA SZKLANE DOMY	WARSZAWA	POL	OPEN K	45	K 45	00:00:08	01:48:54	03:31:27.05	03:31:27.05	7:17	8.2
163	SUSKI MICHAŁ	3372	CZARNE DOMKI KREMPNA	NOWY ŻMIGRÓD	POL	OPEN M	118	M 118	00:00:26	01:49:40	03:31:36.75	03:31:36.75	7:17	8.2
164	ADAMSKI ADAM	3011		GLIWICE	POL	OPEN M	119	M 119	00:00:29	01:48:45	03:31:37.55	03:31:37.55	7:17	8.2
165	KOCIUBA ADAM	3159		KROSNO	POL	OPEN M	120	M 120	00:00:24	01:52:31	03:31:50.80	03:31:50.80	7:18	8.2
166	CHROBOT ANNA	3047	NOWY STYL RUNNING TEAM	KROSNO	POL	OPEN K	46	K 46	00:00:21	01:48:18	03:31:52.15	03:31:52.15	7:18	8.2
167	LISIK PRZEMYSŁAW	3211	RISE PERFORMANCE BY DOMINIK TABOR	MARKI	POL	OPEN M	121	M 121	00:00:06	01:46:03	03:31:54.95	03:31:54.95	7:18	8.2
168	KUBAŁA KACPER	3189		WARSZAWA	POL	OPEN M	122	M 122	00:00:12	01:42:47	03:32:00.75	03:32:00.75	7:18	8.2
169	BINIENDA AGNIESZKA	3028	KOBIETY WATAHY	ZABRZE	POL	OPEN K	47	K 47	00:00:21	01:50:22	03:32:19.25	03:32:19.25	7:19	8.2
170	RADZIK PIOTR	3324		SIEMIANOWICE ŚLĄSKIE	POL	OPEN M	123	M 123	00:00:10	01:46:35	03:32:33.60	03:32:33.60	7:19	8.2
171	KALINCA AMALIA	3131	WITC	WARSAW	POL	OPEN K	48	K 48	00:00:27	01:48:38	03:32:46.55	03:32:46.55	7:20	8.2
172	MARCHWIAK MICHAŁ	3231	KOTY Z OCHOTY	WARSZAWA	POL	OPEN M	124	M 124	00:00:37	01:47:29	03:32:51.15	03:32:51.15	7:20	8.2
173	OCHWAT MARTA	3279		KORCZYNA	POL	OPEN K	49	K 49	00:00:16	01:48:09	03:33:55.05	03:33:55.05	7:22	8.1
174	WOŹNIAK FILIP	3432		KRAKÓW	POL	OPEN M	125	M 125	00:00:22	01:48:28	03:34:01.45	03:34:01.45	7:22	8.1
175	ŚWIĄTKOWSKA ANNA	3393	SPACE MORSY JASIELSKI KLUB ENDORFIN	JASŁO	POL	OPEN K	50	K 50	00:00:02	01:47:41	03:34:13.25	03:34:13.25	7:23	8.1
176	SZCZYGIEŁ OLIWIA	3378	SPACE MORSY KLUB ENDORFIN JASŁO	JASŁO	POL	OPEN K	50	K 50	00:00:03	01:48:50	03:34:13.25	03:34:13.25	7:23	8.1
177	PIWKO MIROSŁAW	3304		CZUDEC	POL	OPEN M	126	M 126	00:00:30	01:49:24	03:34:23.35	03:34:23.35	7:23	8.1
178	PIWKO WOJCIECH	3305		BABICA	POL	OPEN M	127	M 127	00:00:30	01:24:22	03:34:23.50	03:34:23.50	7:23	8.1
179	MICHALCZYK TOMASZ	3249		WARSZAWA	POL	OPEN M	128	M 128	00:00:23	01:46:54	03:34:24.10	03:34:24.10	7:23	8.1
180	SOSZYŃSKA-PSTROKOŃSKA JOANNA	3358		WARSZAWA	POL	OPEN K	52	K 52	00:00:19	01:51:55	03:34:24.60	03:34:24.60	7:23	8.1
181	STACHURSKA JOANNA	3360	KRULE ŻYCIA	KIEŁCZÓW	POL	OPEN K	53	K 53	00:00:28	01:51:12	03:35:51.65	03:35:51.65	7:26	8.1
182	STRZEMECKA KAMILA	3365		KRAKÓW	POL	OPEN K	54	K 54	00:00:22	01:48:45	03:36:24.25	03:36:24.25	7:27	8
183	FILA KATARZYNA	3079		RZESZÓW	POL	OPEN K	55	K 55	00:00:20	01:49:01	03:36:25.45	03:36:25.45	7:27	8
184	FILA ANNA	3080		RZESZÓW	POL	OPEN K	56	K 56	00:00:20	01:49:15	03:36:30.20	03:36:30.20	7:27	8
185	POPLEWSKI KRZYSZTOF	3315		KROSNO	POL	OPEN M	129	M 129	00:00:16	01:51:52	03:36:37.35	03:36:37.35	7:28	8
186	STYCZYŃSKI MACIEJ	3369	NOWY STYL RUNNING TEAM	JASŁO	POL	OPEN M	130	M 130	00:00:33	01:52:17	03:36:47.95	03:36:47.95	7:28	8
187	STUDZINSKI RAFA	3366	PILOTS	KROSNO	POL	OPEN M	131	M 131	00:00:30		03:37:01.40	03:37:01.40	7:29	8
188	NIEPOKÓJ DOMINIK	3266		KROSNO	POL	OPEN M	131	M 131	00:00:29	01:51:37	03:37:01.40	03:37:01.40	7:29	8
189	GOTFRYD KAROL	3094		KROSNO	POL	OPEN M	133	M 133	00:00:28	01:49:32	03:37:02.10	03:37:02.10	7:29	8
190	ŚLUSARZ MARIAN	3392		POTOK WIELKI	POL	OPEN M	134	M 134	00:00:08	01:49:23	03:37:11.60	03:37:11.60	7:29	8
191	GROMYSZ JAN	3098	GROMADA	RYBNIK	POL	OPEN M	135	M 135	00:00:25	01:54:20	03:37:31.85	03:37:31.85	7:30	8
192	PIETRASIEWICZ TOMASZ	3301		RZESZÓW	POL	OPEN M	136	M 136	00:00:19	01:48:55	03:37:37.10	03:37:37.10	7:30	8
193	GAŁĘZA JAGODA	3085		TARNÓW	POL	OPEN K	57	K 57	00:00:25	01:53:50	03:37:47.40	03:37:47.40	7:30	8
194	FARON KLAUDIA	3077	KS VERTICAL RYTRO	SZCZAWA	POL	OPEN K	58	K 58	00:00:07	01:49:52	03:38:00.20	03:38:00.20	7:31	8
195	NAPIERALSKA ROKSANA	3265		NOWY ŻMIGRÓD	POL	OPEN K	59	K 59	00:00:15	01:54:28	03:38:33.75	03:38:33.75	7:32	8
196	KĄDZIELA SYLWIA	3144		RZESZÓW	POL	OPEN K	60	K 60	00:00:09	01:53:56	03:38:49.25	03:38:49.25	7:32	8
197	ZWIERCAN PIOTR	3450	PORT LOTNICZY RZESZÓW - JASIONKA	JASIONKA	POL	OPEN M	137	M 137		01:54:25	03:38:49.50	03:38:49.50	7:32	8
198	MAJERSKI MICHAŁ	3224		KRAKÓW	POL	OPEN M	138	M 138	00:00:29	01:52:26	03:39:14.85	03:39:14.85	7:33	7.9
199	KICIŃSKI PIOTR	3457		WARSZAWA	POL	OPEN M	139	M 139	00:00:28	01:46:57	03:39:17.25	03:39:17.25	7:33	7.9
200	HYJEK BŁAŻEJ	3114	AA-KTYWNY KNURÓW	GLIWICE	POL	OPEN M	140	M 140	00:00:17	01:53:53	03:39:23.65	03:39:23.65	7:33	7.9
201	DUDEK PAWEŁ	3071		RADOM	POL	OPEN M	141	M 141	00:00:30	01:55:32	03:39:45.65	03:39:45.65	7:34	7.9
202	DRABIŃSKI ADRIAN	3065	OLDRUNNERS	WARSZAWA	POL	OPEN M	142	M 142	00:00:30	01:55:28	03:39:45.70	03:39:45.70	7:34	7.9
203	ILNICKI DOMINIK	3456	KOZMINSKI RUNNING TEAM	MORZYCZYN	POL	OPEN M	143	M 143	00:00:04		03:39:56.25	03:39:56.25	7:35	7.9
204	KROKOWSKA MAGDALENA	3186	ZA LINIĄ METY	POZNAŃ	POL	OPEN K	61	K 61	00:00:31	01:52:40	03:40:26.50	03:40:26.50	7:36	7.9
205	ADAMCZEWSKI MIKOŁAJ	3007		PEWEL ŚLEMIEŃSKA	POL	OPEN M	144	M 144		01:59:35	03:40:29.40	03:40:29.40	7:36	7.9
206	MAŁEK PAWEŁ	3229		GIERAŁTOWICE	POL	OPEN M	145	M 145	00:00:09		03:40:58.85	03:40:58.85	7:37	7.9
207	NOWAK PAWEŁ	3275		KRAKÓW	POL	OPEN M	146	M 146	00:00:25	01:52:04	03:41:00.95	03:41:00.95	7:37	7.9
208	BOREK HANNA	3034		KOMORÓW	POL	OPEN K	62	K 62	00:00:38	01:54:06	03:41:12.50	03:41:12.50	7:37	7.9
209	CHODZIŃSKA MARIOLA	3046		RZESZÓW	POL	OPEN K	63	K 63	00:00:14	01:52:30	03:41:49.60	03:41:49.60	7:38	7.8
210	BONK REMIGIUSZ	3033	SKPB KATOWICE	ZABRZE	POL	OPEN M	147	M 147	00:00:30	01:53:29	03:42:12.10	03:42:12.10	7:39	7.8
211	FURMAN KATARZYNA	3082	NOWY STYL RUNNING TEAM	JEDLICZE	POL	OPEN K	64	K 64	00:00:23	01:49:06	03:43:19.85	03:43:19.85	7:42	7.8
212	KĘDRA MONIKA	3146	OLD ENERGIA TEAM	JASŁO	POL	OPEN K	65	K 65	00:00:10	01:51:47	03:43:27.45	03:43:27.45	7:42	7.8
213	MAZUREK IZABELA	3240		CHORZÓW	POL	OPEN K	66	K 66	00:00:29	01:54:35	03:43:41.85	03:43:41.85	7:42	7.8

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
214	BLOK-GUZIK BARBARA	3030		KROSNO	POL	OPEN K	67	K 67	00:00:13	01:52:06	03:43:49.15	03:43:49.15	7:43	7.8
215	BLASZYŃSKA KAROLINA	3029		KRAKÓW	POL	OPEN K	68	K 68	00:00:19	01:58:53	03:44:07.75	03:44:07.75	7:43	7.8
216	GUTOWSKA KATARZYNA	3103		IZABELIN-DZIEKANÓWEK	POL	OPEN K	69	K 69	00:00:17	01:54:03	03:44:08.65	03:44:08.65	7:43	7.8
217	WIŚNIEWSKI JACEK	3426	GREEN FAMILY SPORT CLUB	WARSZAWA	POL	OPEN M	148	M 148	00:00:16	01:53:17	03:44:10.85	03:44:10.85	7:43	7.8
218	BORKOWSKI JACEK	3035	GMF GROUP	WARSZAWA	POL	OPEN M	149	M 149	00:00:16	01:51:05	03:44:11.05	03:44:11.05	7:43	7.8
219	SZPYRKA MACIEJ	3383	OLD ENERGIA TEAM	JASŁO	POL	OPEN M	150	M 150	00:00:12	01:58:16	03:44:24.15	03:44:24.15	7:44	7.8
220	KOSTKA JANUSZ	3174	POSMAKUJ RUN TEAM	SZCEPANCOWA	POL	OPEN M	151	M 151	00:00:17	01:49:32	03:44:26.45	03:44:26.45	7:44	7.8
221	JÓZEFCZYK TOMEK	3127	POSMAKUJ RUN TEAM	KROSNO	POL	OPEN M	152	M 152	00:00:17	01:50:14	03:44:26.50	03:44:26.50	7:44	7.8
222	MAZIARKA MONIKA	3239		JAROSŁAW	POL	OPEN K	70	K 70	00:00:39	02:04:23	03:44:39.20	03:44:39.20	7:44	7.7
223	KORBECKI MARCIN	3172		KOMBORNIA	POL	OPEN M	153	M 153	00:00:27	01:51:42	03:44:42.35	03:44:42.35	7:44	7.7
224	STYGIENKO MALGORZATA	3370	MIRAZ RACE TEAM	RUDA ŚLĄSKA	POL	OPEN K	71	K 71	00:00:31	01:54:59	03:44:53.05	03:44:53.05	7:45	7.7
225	BOUAZIZ LINDA	3037	WITC	WARSZAWA	TUN	OPEN K	72	K 72	00:00:27	01:53:38	03:44:55.70	03:44:55.70	7:45	7.7
226	BIEŃKO PAWEŁ	3027		HŁUDNO	POL	OPEN M	154	M 154		01:59:36	03:45:27.75	03:45:27.75	7:46	7.7
227	STEC DAMIAN	3362		SĘDZISZÓW MAŁOPOLSKI	POL	OPEN M	155	M 155		01:51:38	03:45:34.60	03:45:34.60	7:46	7.7
228	WILEŃSKI ZBIGNIEW	3423	GRUPA BIEGOWA CHTMO	DĄBROWA CHOTOMOWSKA	POL	OPEN M	156	M 156	00:00:22	02:01:00	03:45:45.20	03:45:45.20	7:47	7.7
229	BEREŚ ADAM	3022		KRAKÓW	POL	OPEN M	157	M 157	00:00:39	01:51:00	03:46:44.20	03:46:44.20	7:49	7.7
230	SZYDŁOWSKA KATARZYNA	3387	KB OŻARÓW MAZOWIECKI BIEGA	OŻARÓW MAZOWIECKI	POL	OPEN K	73	K 73	00:00:32	01:56:18	03:46:45.25	03:46:45.25	7:49	7.7
231	DZIK MICHAŁ	3074		SIEMIANOWICE ŚLĄSKIE	POL	OPEN M	158	M 158	00:00:29	01:49:47	03:47:19.20	03:47:19.20	7:50	7.7
232	CISKOWSKA WERONIKA	3051		KRAKOW	POL	OPEN K	74	K 74	00:00:37	01:57:58	03:47:24.25	03:47:24.25	7:50	7.7
233	FAULKNER ELZBIETA	3078		MANCHESTER	GBR	OPEN K	75	K 75	00:00:35	01:58:00	03:47:24.30	03:47:24.30	7:50	7.7
234	SAMOSIEJ JAKUB	3344		KRAKÓW	POL	OPEN M	159	M 159		01:59:45	03:47:52.85	03:47:52.85	7:51	7.6
235	ZUKOWSKA PAULINA	3449		WROCŁAW	POL	OPEN K	76	K 76	00:00:34	01:58:12	03:48:16.70	03:48:16.70	7:52	7.6
236	MAGOCSY JUSTYNA	3222		KRAKÓW	POL	OPEN K	77	K 77	00:00:29	02:00:49	03:48:38.40	03:48:38.40	7:53	7.6
237	TYLUTKI AGNIESZKA	3408	BIEGOWE CZWARTKI	TARNOBRZEG	POL	OPEN K	78	K 78	00:00:04	01:54:31	03:48:54.50	03:48:54.50	7:53	7.6
238	FABISIAK EWA	3075	STANWEX II	SULEJÓWEK	POL	OPEN K	79	K 79	00:00:18	02:00:08	03:49:11.00	03:49:11.00	7:54	7.6
239	PYRKA ZUZANNA	3322		KROSNO	POL	OPEN K	80	K 80	00:00:23	02:01:03	03:49:18.40	03:49:18.40	7:54	7.6
240	SAWICKA MARTA	3347		KROŚCIENKO WYŻNE	POL	OPEN K	81	K 81	00:00:34	02:00:14	03:50:12.40	03:50:12.40	7:56	7.6
241	NOWAKOWSKA GAŁKA AGATA	3273		ZALESZANY	POL	OPEN K	82	K 82	00:00:38	02:02:19	03:50:15.45	03:50:15.45	7:56	7.6
242	GAŁKA ADAM	3086		STALOWA WOLA	POL	OPEN M	160	M 160	00:00:37	02:02:23	03:50:15.50	03:50:15.50	7:56	7.6
243	KOJDER ŁUKASZ	3162		CHAŁUPKI DĘBNIANSKIE	POL	OPEN M	161	M 161	00:00:32	02:06:15	03:50:16.65	03:50:16.65	7:56	7.6
244	SALAMOŃCZYK DAMIAN	3341		WARSZAWA	POL	OPEN M	162	M 162	00:00:14	02:01:24	03:50:42.65	03:50:42.65	7:57	7.5
245	PRZYBYLSKA KATARZYNA	3319		MIELŻYN	POL	OPEN K	83	K 83	00:00:07	01:57:19	03:51:05.15	03:51:05.15	7:58	7.5
246	MACUDZIŃSKI KRZYSZTOF	3219	MIRAZ RACE TEAM	GLIWICE	POL	OPEN M	163	M 163	00:00:33	01:57:44	03:51:18.30	03:51:18.30	7:58	7.5
247	REC BARTOSZ	3327	NOWY STYL RUNNING TEAM	KROSNO	POL	OPEN M	164	M 164	00:00:22	01:58:33	03:51:43.20	03:51:43.20	7:59	7.5
248	HARPULA WOJCIECH	3109		ZABIERZÓW	POL	OPEN M	165	M 165	00:00:34	02:00:19	03:51:55.55	03:51:55.55	7:59	7.5
249	GROMADZKA JUSTYNA	3097	KOBIETY WATAHY	BYTOM	POL	OPEN K	84	K 84	00:00:22	01:57:30	03:51:56.40	03:51:56.40	7:59	7.5
250	ROGÓŻ ELŻBIETA	3330	#ULTRATRACK	ŁOZISKA	POL	OPEN K	85	K 85	00:00:31	02:01:03	03:51:57.85	03:51:57.85	7:59	7.5
251	TROCHANOWSKA-CIURUK KAMILA	3402	RUSYN-LEM	UŚCIE GORLICKIE	POL	OPEN K	86	K 86	00:00:11	01:59:08	03:51:59.40	03:51:59.40	7:59	7.5
252	ZDEBIK-WIETECHA ANGELIKA	3444	OLD ENERGIA TEAM	CIEKLIN	POL	OPEN K	87	K 87	00:00:13	02:01:47	03:52:04.45	03:52:04.45	8:00	7.5
253	POLIWKA KATARZYNA	3313		JASŁO	POL	OPEN K	88	K 88	00:00:26	01:55:43	03:52:13.50	03:52:13.50	8:00	7.5
254	WIETESKA FRANCISZEK	3420		FALENTY NOWE	POL	OPEN M	166	M 166	00:00:38	01:54:01	03:52:18.20	03:52:18.20	8:00	7.5
255	WONCHOCKI PRZEMYSŁAW	3430	32DROP	WARSZAWA	POL	OPEN M	167	M 167	00:00:25	01:59:56	03:52:55.95	03:52:55.95	8:01	7.5
256	JASTRZĘBSKI RAFAŁ	3123		KOMAŃCZA	POL	OPEN M	168	M 168	00:00:32	02:02:49	03:53:09.20	03:53:09.20	8:02	7.5
257	OLSZEWSKI MARCIN	3284		KRZYŻOWA	POL	OPEN M	169	M 169	00:00:33	01:58:08	03:53:26.85	03:53:26.85	8:02	7.5
258	MADEJSKI JACEK	3220		WIELICZKA	POL	OPEN M	170	M 170	00:00:13	01:57:42	03:53:33.85	03:53:33.85	8:03	7.5
259	HRYCYNIAK MATEUSZ	3113	PORT LOTNICZY RZESZÓW-JASIONKA	ŁAŃCUT	POL	OPEN M	171	M 171	00:00:08	01:54:05	03:54:21.25	03:54:21.25	8:04	7.4
260	WIECZOREK GOSIA	3416		RIJSWIJK	NED	OPEN K	89	K 89	00:00:22	02:00:51	03:54:32.55	03:54:32.55	8:05	7.4
261	GAWĘCKI MATEUSZ	3087		KRAKÓW	POL	OPEN M	172	M 172	00:00:33	02:01:18	03:55:36.50	03:55:36.50	8:07	7.4
262	MAGRYŚ KRZYSZTOF	3223		BOGUCHWAŁA	POL	OPEN M	173	M 173	00:00:37	02:08:51	03:56:50.00	03:56:50.00	8:10	7.3
263	SZPYRKA EWELINA	3384	OLD ENERGIA TEAM	JASŁO	POL	OPEN K	90	K 90	00:00:11	02:00:16	03:56:53.65	03:56:53.65	8:10	7.3
264	KRĘŻLEWICZ WIKTORIA	3185		WARSZAWA	POL	OPEN K	91	K 91	00:00:38	02:03:07	03:56:59.65	03:56:59.65	8:10	7.3
265	RUDZIŃSKI TOMASZ	3332	KUNA W AGREŚCIE	LUBLINIEC	POL	OPEN M	174	M 174	00:00:06	01:59:26	03:57:00.50	03:57:00.50	8:10	7.3
266	BOLEK MALGORZATA	3032	KUNA W AGREŚCIE	LUBLINIEC	POL	OPEN K	92	K 92	00:00:06	01:59:18	03:57:00.55	03:57:00.55	8:10	7.3
267	GOLA KAROLINA	3089		ZABIERZÓW	POL	OPEN K	93	K 93	00:00:36	02:05:35	03:57:07.05	03:57:07.05	8:10	7.3
268	TALAR MICHAŁ	3396		DĄBROWA	POL	OPEN M	175	M 175	00:00:34	02:01:18	03:57:33.95	03:57:33.95	8:11	7.3
269	GWIŻDŻ KAROLINA	3104	NOWY STYL RUNNING TEAM	JASŁO	POL	OPEN K	94	K 94	00:00:21	02:00:51	03:57:37.30	03:57:37.30	8:11	7.3
270	MASIUKIEWICZ JACEK	3234		SKWIERZYNA	POL	OPEN M	176	M 176	00:00:30	02:01:37	03:59:09.95	03:59:09.95	8:14	7.3

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
271	KULIG ANNA	3196		KROSNO	POL	OPEN K	95	K 95	00:00:15	02:02:44	03:59:14.70	03:59:14.70	8:14	7.3
272	KAWECKA OLA	3143		KRAKÓW	POL	OPEN K	96	K 96	00:00:33	02:05:43	03:59:17.55	03:59:17.55	8:15	7.3
273	KĘSEK MATEUSZ	3147	FIFTY-FIFTY	NAGAWCZYNA	POL	OPEN M	177	M 177	00:00:36	02:07:08	03:59:58.30	03:59:58.30	8:16	7.3
274	DROZD WŁODZIMIERZ	3066	FIFTY-FIFTY	RZESZÓW	POL	OPEN M	178	M 178	00:00:36	02:07:06	03:59:58.55	03:59:58.55	8:16	7.3
275	KOPIENIAK ZUZANNA	3168		RADZYMIN	POL	OPEN K	97	K 97	00:00:27		04:00:07.60	04:00:07.60	8:16	7.2
276	HOCH-ZWOLIŃSKA MALGORZATA	3111	PGE ENERGETIC RUNNING	WARSZAWA	POL	OPEN K	98	K 98	00:00:30	02:00:41	04:00:13.25	04:00:13.25	8:17	7.2
277	WACHOWSKI PIOTR	3409		KORONOWO	POL	OPEN M	179	M 179	00:00:08	01:58:51	04:00:14.60	04:00:14.60	8:17	7.2
278	STEPKOWSKI MILOSZ	3363		WARSZAWA	POL	OPEN M	180	M 180	00:00:19	01:56:29	04:00:35.50	04:00:35.50	8:17	7.2
279	MAJEWSKI BŁAŻEJ	3225	FANCLUB PAPA DANCE	WARSZAWA	POL	OPEN M	181	M 181	00:00:13	01:58:32	04:00:36.45	04:00:36.45	8:17	7.2
280	CZERWIŃSKA MARTYNA	3056		KRAKÓW	POL	OPEN K	99	K 99	00:00:07	01:58:23	04:01:00.05	04:01:00.05	8:18	7.2
281	WIELGOSZ SABINA	3417		ŁAJSCE	POL	OPEN K	100	K 100	00:00:27	02:00:57	04:01:03.05	04:01:03.05	8:18	7.2
282	HENZEL AGNIESZKA	3110		JASLO	POL	OPEN K	101	K 101	00:00:26	02:01:20	04:01:03.10	04:01:03.10	8:18	7.2
283	SUCHORA ANNA	3371		KRAŚNIK	POL	OPEN K	102	K 102	00:00:18	02:04:16	04:01:26.15	04:01:26.15	8:19	7.2
284	MĘŻYŃSKA KLAUDIA	3247		PYSKOWICE	POL	OPEN K	103	K 103	00:00:33	02:01:32	04:01:28.75	04:01:28.75	8:19	7.2
285	TRUSIŃSKA URSZULA	3403		KOBYŁKA	POL	OPEN K	104	K 104	00:00:28	02:01:36	04:02:08.15	04:02:08.15	8:20	7.2
286	MISZCZAK KATARZYNA	3256	RUN AWAY TEAM	RUDA ŚLĄSKA	POL	OPEN K	105	K 105	00:00:21	02:02:21	04:02:41.80	04:02:41.80	8:22	7.2
287	MERCIK ANDRZEJ	3464		ŁĘŻANY	POL	OPEN M	182	M 182	00:00:34	02:00:26	04:03:14.40	04:03:14.40	8:23	7.2
288	JĘDRZEJCZYK AGNIESZKA	3125	NIEZRZESZONA	WARSZAWA	POL	OPEN K	106	K 106	00:00:29	02:04:43	04:04:04.25	04:04:04.25	8:24	7.1
289	AUGUŚCIK MARIUSZ	3020	NIEZRZESZONY	WARSZAWA	POL	OPEN M	183	M 183	00:00:29	02:05:19	04:04:04.30	04:04:04.30	8:24	7.1
290	STACHURSKI PAWEŁ	3361	KRULE ŻYCIA	KIEŁCZÓW	POL	OPEN M	184	M 184	00:00:29	02:03:52	04:04:11.05	04:04:11.05	8:25	7.1
291	NOWAK-KOWALCZYK MARTA	3272		WARSZAWA	POL	OPEN K	107	K 107	00:00:10	02:03:21	04:04:17.75	04:04:17.75	8:25	7.1
292	SOCHA MARIOLA	3357		STALOWA WOLA	POL	OPEN K	108	K 108	00:00:36		04:04:19.40	04:04:19.40	8:25	7.1
293	BŁAŻ MARCELINA	3031		RZESZÓW	POL	OPEN K	109	K 109	00:00:33	02:09:03	04:04:33.30	04:04:33.30	8:25	7.1
294	NOWAK WIKTOR	3271	METANADARZYN	WARSZAWA	POL	OPEN M	185	M 185	00:00:12	02:01:08	04:05:02.00	04:05:02.00	8:26	7.1
295	RZESZOWSKI TOMASZ	3337	MIRAZ RACE TEAM	ZABRZE	POL	OPEN M	186	M 186	00:00:33	02:07:10	04:05:03.40	04:05:03.40	8:27	7.1
296	WILCZYŃSKA ANDRADE JOANNA	3422		SCHÖNEICHE	GER	OPEN K	110	K 110	00:00:24	02:04:17	04:05:07.85	04:05:07.85	8:27	7.1
297	TRZEŚNIEWSKI KRZYSZTOF	3404	VEGE RUNNERS	ŁÓDŹ	POL	OPEN M	187	M 187	00:00:11	01:59:24	04:05:11.10	04:05:11.10	8:27	7.1
298	SMOLUCH JACEK	3355		KRZESZOWICE	POL	OPEN M	188	M 188	00:00:05	01:59:39	04:05:12.75	04:05:12.75	8:27	7.1
299	FLOREK BEATA	3081	BESKIDZKIE RYSIE	JASŁO	POL	OPEN K	111	K 111	00:00:10	02:06:52	04:05:31.50	04:05:31.50	8:27	7.1
300	MISIOŁEK EWA	3255	BESKIDZKIE RYSIE	JASŁO	POL	OPEN K	112	K 112	00:00:10	02:06:59	04:05:31.85	04:05:31.85	8:27	7.1
301	ŚLIWKA ADAM	3390		RYMANÓW ZDRÓJ	POL	OPEN M	189	M 189	00:00:16	01:38:15	04:05:43.00	04:05:43.00	8:28	7.1
302	MAŁOŃ ZOFIA	3230		KRAKÓW	POL	OPEN K	113	K 113	00:00:23	02:04:21	04:06:11.80	04:06:11.80	8:29	7.1
303	ADAMSKI BARTLOMIEJ	3012	OLDMANRUNNING	KRAKÓW	POL	OPEN M	190	M 190	00:00:19	02:06:32	04:06:13.05	04:06:13.05	8:29	7.1
304	RYBIENIK LECH	3336		WARSZAWA	POL	OPEN M	191	M 191	00:00:12	01:57:59	04:07:26.65	04:07:26.65	8:31	7
305	TUREK PAWEŁ	3405		NOWA IWICZNA	POL	OPEN M	192	M 192	00:00:16	02:10:50	04:08:13.45	04:08:13.45	8:33	7
306	KATNER KAROLINA	3141		WYSZKÓW	POL	OPEN K	114	K 114	00:00:17	02:02:39	04:08:27.65	04:08:27.65	8:34	7
307	JURYŚ SŁAWOMIR	3128		KROSNO	POL	OPEN M	193	M 193	00:00:24	02:08:46	04:08:31.35	04:08:31.35	8:34	7
308	JAMRÓZ ADRIAN	3118		KIELCE	POL	OPEN M	194	M 194	00:00:27	02:06:08	04:08:55.15	04:08:55.15	8:35	7
309	ŚWIDER JOLANTA	3394		NIWISKA	POL	OPEN K	115	K 115	00:00:16	02:07:35	04:09:06.20	04:09:06.20	8:35	7
310	ŚWIDER PAWEŁ	3395	BIEGNĘ BO ŻONA KAZAŁA	NIWISKA	POL	OPEN M	195	M 195	00:00:17	02:07:35	04:09:06.50	04:09:06.50	8:35	7
311	BREMER ANTONI	3039		KONSTANCIN-JEZIORNA	POL	OPEN M	196	M 196	00:00:20		04:09:50.70	04:09:50.70	8:36	7
312	KOWALCZYK MICHAŁ	3463		WARSZAWA	POL	OPEN M	197	M 197	00:00:26	02:03:48	04:10:05.45	04:10:05.45	8:37	7
313	MOSIADZ KAROLINA	3258	TRAIL MY WAY	HELSINKI	FIN	OPEN K	116	K 116	00:00:33	02:11:04	04:10:15.75	04:10:15.75	8:37	7
314	ZIÓŁEK ANDRZEJ	3448		NOWE GULCZEWO	POL	OPEN M	198	M 198	00:00:10	02:07:26	04:10:32.50	04:10:32.50	8:38	6.9
315	OCHREMIAK ANNA	3278		WARSZAWA	POL	OPEN K	117	K 117	00:00:14	02:04:25	04:10:45.35	04:10:45.35	8:38	6.9
316	MATREŃCZYK MICHAŁ	3237		WARSZAWA	POL	OPEN M	199	M 199	00:00:14	02:04:30	04:10:45.55	04:10:45.55	8:38	6.9
317	WRONOWSKA KAROLINA	3435	TIRSPED	WARSZAWA	POL	OPEN K	118	K 118		02:07:26	04:10:48.90	04:10:48.90	8:38	6.9
318	MAZUREK GRZEGORZ	3241	KOŹMIŃSKI RUNNING TEAM	WARSZAWA	POL	OPEN M	200	M 200	00:00:18		04:12:05.25	04:12:05.25	8:41	6.9
319	PIOTROWSKA ANNA	3302	META NADARZYN / SPARTANIE DZIECIOM	NADARZYN	POL	OPEN K	119	K 119	00:00:12	02:04:05	04:13:34.10	04:13:34.10	8:44	6.9
320	SALATA MARCIN	3342	MKW	POZNAŃ	GBR	OPEN M	201	M 201	00:00:35	02:10:11	04:13:56.80	04:13:56.80	8:45	6.9
321	WÓJCICKA KATARZYNA	3433		POZNAŃ	POL	OPEN K	120	K 120	00:00:35	02:10:16	04:13:56.85	04:13:56.85	8:45	6.9
322	MUCHA EWA	3263		PASZCZYNA	POL	OPEN K	121	K 121	00:00:11	02:06:59	04:14:15.05	04:14:15.05	8:46	6.8
323	KOŁODZIEJ MARCIN	3165	KRULE ŻYCIA	DUBLIN	IRL	OPEN M	202	M 202	00:00:26	02:07:01	04:14:55.75	04:14:55.75	8:47	6.8
324	ZYGMUNT MONIKA	3452		GIEDLAROWA	POL	OPEN K	122	K 122	00:00:31	02:06:26	04:15:30.45	04:15:30.45	8:48	6.8
325	PEPLIŃSKI ŁUKASZ	3299		BYDGOSZCZ	POL	OPEN M	203	M 203		02:01:28	04:15:39.45	04:15:39.45	8:48	6.8
326	NIEWCZAS-WIEPRZOWSKA KATARZYNA	3267	LEKARSKA GRUPA KOLARSKA	WARSZAWA	POL	OPEN K	123	K 123	00:00:09	02:00:43	04:15:58.30	04:15:58.30	8:49	6.8

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
327	KULA ROBERT	3193		CHAŁUPKI DĘBNIAŃSKIE	POL	OPEN M	204	M 204	00:00:30	02:11:51	04:16:27.45	04:16:27.45	8:50	6.8
328	KULA LIDIA	3194		CHAŁUPKI DĘBNIAŃSKIE	POL	OPEN K	124	K 124	00:00:31	02:12:11	04:16:27.60	04:16:27.60	8:50	6.8
329	WICHROWSKI RADEK	3414		WARSZAWA	POL	OPEN M	205	M 205	00:00:41	02:08:17	04:16:42.55	04:16:42.55	8:51	6.8
330	DELIMATA KINGA	3059		KRAKÓW	POL	OPEN K	125	K 125	00:00:13	02:06:46	04:17:01.70	04:17:01.70	8:51	6.8
331	KRAUSE ANNA	3183		POZNAŃ	POL	OPEN K	126	K 126	00:00:13	02:10:42	04:17:11.85	04:17:11.85	8:52	6.8
332	KOŁTKO PAULA	3166	RUSYN-LEM	ZIELONA GÓRA	POL	OPEN K	127	K 127	00:00:14	02:09:19	04:17:17.75	04:17:17.75	8:52	6.8
333	JANKOWSKA JULIA	3119	RUSYN-LEM	GRZYBIANY	POL	OPEN K	128	K 128	00:00:14		04:17:18.00	04:17:18.00	8:52	6.8
334	MASINA JAROSŁAW	3233	ULTRA BIMBER RUNNERS	ZIELONA GÓRA	POL	OPEN M	206	M 206	00:00:34	02:09:27	04:18:23.35	04:18:23.35	8:54	6.7
335	KLIMASZ KATARZYNA	3465		KATOWICE	POL	OPEN K	129	K 129	00:00:27	02:10:09	04:19:01.60	04:19:01.60	8:55	6.7
336	WRÓBEL OLIWIA	3436		KRYNICA-ZDRÓJ	POL	OPEN K	130	K 130	00:00:38	02:11:34	04:19:35.05	04:19:35.05	8:57	6.7
337	LEGAN-MILER MARTYNA	3204		WARSZAWA	POL	OPEN K	131	K 131	00:00:26	02:15:04	04:20:28.05	04:20:28.05	8:58	6.7
338	KARABIN ANNA	3136		CISNA	POL	OPEN K	132	K 132	00:00:31	02:03:14	04:20:43.40	04:20:43.40	8:59	6.7
339	KRYCZEK PIOTR	3188		WARSZAWA	POL	OPEN M	207	M 207	00:00:34	02:11:10	04:20:43.55	04:20:43.55	8:59	6.7
340	SIOREK KATARZYNA	3350	WILK ULTRA TEAM	RZESZÓW	POL	OPEN K	133	K 133	00:00:19	02:11:14	04:21:27.20	04:21:27.20	9:00	6.7
341	KOWAL KAROLINA	3178		NISKO	POL	OPEN K	134	K 134	00:00:20	02:06:40	04:22:13.55	04:22:13.55	9:02	6.6
342	KOWAL MAREK	3177		NISKO	POL	OPEN M	208	M 208	00:00:21	02:06:33	04:22:13.95	04:22:13.95	9:02	6.6
343	LENAR KAMILA	3205		KROSNO	POL	OPEN K	135	K 135	00:00:18	02:11:00	04:23:33.65	04:23:33.65	9:05	6.6
344	MAJSTERKIEWICZ MACIEJ	3226		KROSNO	POL	OPEN M	209	M 209	00:00:18	02:10:52	04:23:33.85	04:23:33.85	9:05	6.6
345	AST SEBASTIAN	3018		KROSNO	POL	OPEN M	210	M 210	00:00:31	02:03:26	04:24:16.90	04:24:16.90	9:06	6.6
346	KLOCEK KRZYSZTOF	3155		JEDLICZE	POL	OPEN M	211	M 211	00:00:32	02:03:19	04:24:17.25	04:24:17.25	9:06	6.6
347	KĘSKA-WŁODAWIEC EDYTA	3148	ACCENTURE	HIPOLITÓW	POL	OPEN K	136	K 136	00:00:35	02:14:33	04:24:28.20	04:24:28.20	9:07	6.6
348	SARNIAK JOLANTA	3345	HALINÓW BIEGA	CISIE	POL	OPEN K	136	K 136	00:00:34	02:14:34	04:24:28.20	04:24:28.20	9:07	6.6
349	KALISZUK ROMAN	3134		KROŚCIENKO WYŻNE	POL	OPEN M	212	M 212	00:00:36	02:12:26	04:24:53.75	04:24:53.75	9:08	6.6
350	KALISZUK MAŁGORZATA	3133		KROŚCIENKO WYŻNE	POL	OPEN K	138	K 138	00:00:35	02:12:17	04:24:53.95	04:24:53.95	9:08	6.6
351	CYGANIK JOANNA	3054		WYSOWA ZDRÓJ	POL	OPEN K	139	K 139	00:00:32	02:13:32	04:25:06.05	04:25:06.05	9:08	6.6
352	ARCISZEWSKI MICHAŁ	3017		ŚWIERZOWA POLSKA	POL	OPEN M	213	M 213	00:00:26	02:12:56	04:25:45.40	04:25:45.40	9:09	6.5
353	TOL KAMIL	3399	KUNA W AGREŚCIE	TANINA	POL	OPEN M	214	M 214	00:00:07	02:31:14	04:26:04.55	04:26:04.55	9:10	6.5
354	JĘDRZEJEK KINGA	3126		JAWORZNO	POL	OPEN K	140	K 140	00:00:40	02:15:36	04:26:56.35	04:26:56.35	9:12	6.5
355	NOWAKOWSKI BOGUSŁAW	3274		JAWORZNO	POL	OPEN M	215	M 215	00:00:40	02:15:33	04:26:56.70	04:26:56.70	9:12	6.5
356	KACZMARCZYK JOLANTA	3130	ROM TEAM	OLESNO	POL	OPEN K	141	K 141	00:00:22	02:17:43	04:27:14.60	04:27:14.60	9:12	6.5
357	TOTOŃ TOMASZ	3401	NOWY STYL RUNNING TEAM	KRAKÓW	POL	OPEN M	216	M 216	00:00:28	02:15:54	04:27:20.00	04:27:20.00	9:13	6.5
358	ZEGADŁO KAMILA	3445		WARSZAWA	POL	OPEN K	142	K 142	00:00:31	02:16:37	04:28:05.95	04:28:05.95	9:14	6.5
359	BIENIA MONIKA	3026		WARSZAWA	POL	OPEN K	143	K 143	00:00:31	02:16:38	04:28:06.15	04:28:06.15	9:14	6.5
360	MISZCZAK SABINA	3257	RACETHON.COM	WADOWICE	POL	OPEN K	144	K 144	00:00:36	02:17:52	04:29:02.65	04:29:02.65	9:16	6.5
361	TEPEREK ALEKSANDRA	3398		CZARNA GÓRNA	POL	OPEN K	144	K 144	00:00:24	02:16:02	04:29:02.65	04:29:02.65	9:16	6.5
362	NYCZ DOMINIKA	3277	TRIFUN	RZESZÓW	POL	OPEN K	146	K 146	00:00:21	02:12:40	04:30:58.35	04:30:58.35	9:20	6.4
363	RADZIKOWSKI KAROL	3325		WARSZAWA	POL	OPEN M	217	M 217	00:00:18	02:13:13	04:32:15.70	04:32:15.70	9:23	6.4
364	STROIŃSKI PIOTR	3364		WILKOWICE	POL	OPEN M	218	M 218	00:00:16		04:32:21.75	04:32:21.75	9:23	6.4
365	PRUDEL PAULINA	3318		RYBNIK	POL	OPEN K	147	K 147	00:00:16	02:16:41	04:32:21.85	04:32:21.85	9:23	6.4
366	STUSINSKI MARIUSZ	3368		MINSK MAZOWIECKI	POL	OPEN M	219	M 219	00:00:13		04:34:33.70	04:34:33.70	9:28	6.3
367	BREMER MARIA	3038		KONSTANCIN-JEZIORNA	POL	OPEN K	148	K 148		02:20:20	04:37:30.10	04:37:30.10	9:34	6.3
368	MICHALAK MARIA	3248		BIELSKO-BIALA	POL	OPEN K	149	K 149	00:00:39	02:15:08	04:37:58.65	04:37:58.65	9:35	6.3
369	MIEDZIŃSKA EWA	3252	HULAJ ZDROWO	GÓRKI WIELKIE	POL	OPEN K	150	K 150	00:00:38	02:14:47	04:37:58.85	04:37:58.85	9:35	6.3
370	ŚLIWA IWONA	3389	HULAJ ZDROWO	BIELSKO BIAŁA	POL	OPEN K	151	K 151	00:00:39	02:14:52	04:37:58.95	04:37:58.95	9:35	6.3
371	MICHALEC SYLWIA	3251	GRUPA BIEGOWA CHTMO	JABŁONNA	POL	OPEN K	152	K 152	00:00:21	02:19:05	04:40:11.85	04:40:11.85	9:39	6.2
372	MAZURKIEWICZ ALEKSANDRA	3242	GRUPA BIEGOWA CHTMO	MICHAŁÓW-REGINÓW	POL	OPEN K	152	K 152	00:00:23	02:19:10	04:40:11.85	04:40:11.85	9:39	6.2
373	KLIMKIEWICZ-SIKORA BEATA	3154	GRUPA BIEGOWA CHTMO	LEGIONOWO	POL	OPEN K	154	K 154	00:00:24	02:18:59	04:40:12.15	04:40:12.15	9:39	6.2
374	MICHALEC MICHAŁ	3250	GRUPA BIEGOWA CHTMO	JABŁONNA	POL	OPEN M	220	M 220	00:00:20	02:19:09	04:40:14.95	04:40:14.95	9:39	6.2
375	OLESIAK ARKADIUSZ	3282	BIEGAM NA TARCHOMINIE / PKO BP	WARSZAWA	POL	OPEN M	221	M 221	00:00:20	02:20:05	04:40:27.50	04:40:27.50	9:40	6.2
376	KARWOWSKI MARIUSZ	3138	GRUPA BIEGOWA CHTMO	CHOTOMÓW	POL	OPEN M	222	M 222	00:00:20	02:19:19	04:40:27.75	04:40:27.75	9:40	6.2
377	LUDWIG DOROTA	3215	KUNA W AGREŚCIE	TANINA	POL	OPEN K	155	K 155	00:00:07	02:28:13	04:40:50.25	04:40:50.25	9:41	6.2
378	CIBOROWSKA KATARZYNA	3048	SPEED JASŁO/ SPACE MORSY JASŁO	JASŁO	POL	OPEN K	156	K 156	00:00:04	02:28:09	04:43:14.65	04:43:14.65	9:46	6.1
379	KOJDER ANNA	3161		CHAŁUPKI DĘBNIAŃSKIE	POL	OPEN K	157	K 157	00:00:32	02:21:28	04:43:26.05	04:43:26.05	9:46	6.1
380	JACZYŃSKI ŁUKASZ	3117		SOCHACZEW	POL	OPEN M	223	M 223	00:00:12	02:26:40	04:43:29.05	04:43:29.05	9:46	6.1
381	JACZYŃSKA AGNIESZKA	3116		SOCHACZEW	POL	OPEN K	158	K 158	00:00:13	02:26:40	04:43:29.05	04:43:29.05	9:46	6.1
382	OLSZEWSKA DOMINIKA	3283		KRAKÓW	POL	OPEN K	159	K 159	00:00:19	02:15:07	04:43:58.40	04:43:58.40	9:47	6.1
383	STACHAŃCZYK WOJCIECH	3359		WROCŁAW	POL	OPEN M	224	M 224		02:22:52	04:44:25.60	04:44:25.60	9:48	6.1

ŁEMKO TRAIL 30, OPEN ALL c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
384	WOLSKA MILENA	3429		WYSOWA-ZDRÓJ	POL	OPEN K	160	K 160	00:00:32	02:14:08	04:46:28.95	04:46:28.95	9:52	6.1
385	PUTZ-LESZCZYŃSKA JOANNA	3321	ASSECO ACTIVE TEAM	WARSZAWA	POL	OPEN K	161	K 161	00:00:15	02:21:45	04:47:17.75	04:47:17.75	9:54	6.1
386	LESZCZYŃSKI LESZEK	3206		WARSZAWA	POL	OPEN M	225	M 225	00:00:16	02:21:51	04:47:18.35	04:47:18.35	9:54	6.1
387	SIARA MARCIN	3348	WITKOWO BIEGA	WITKOWO	POL	OPEN M	226	M 226	00:00:10	02:28:05	04:50:16.05	04:50:16.05	10:00	6
388	LANGNER KATARZYNA	3203		KRAKÓW	POL	OPEN K	162	K 162	00:00:35	02:29:35	04:51:13.10	04:51:13.10	10:02	6
389	ANDRZEJEWICZ PAWEŁ	3016	ULTRA BIMBEER RUNNERS	ŻARY	POL	OPEN M	227	M 227	00:00:35	02:28:05	04:54:01.10	04:54:01.10	10:08	5.9
390	GÓRAL DOMINIK	3095		WYSOWA-ZDRÓJ	POL	OPEN M	228	M 228	00:00:40	02:16:23	04:54:48.70	04:54:48.70	10:09	5.9
391	KADYK ŁUKASZ	3460	CEZAR	WARSZAWA	POL	OPEN M	229	M 229	00:00:39	02:33:23	04:54:56.00	04:54:56.00	10:10	5.9
392	WARDA AGNIESZKA TONNY	3413		LUBLIN	POL	OPEN K	163	K 163	00:00:20	02:38:54	05:00:29.30	05:00:29.30	10:21	5.8
393	MALEC BASIA	3228		LUBLIN	POL	OPEN K	164	K 164	00:00:19	02:38:55	05:00:45.50	05:00:45.50	10:22	5.8
394	WILISOWSKA MONIKA	3424	SPACE MORSY JASIELSKI KLUB ENDORFIN	JASŁO	POL	OPEN K	165	K 165	00:00:05	02:37:26	05:05:36.50	05:05:36.50	10:32	5.7
395	KRAS-RYSZ ANNA	3182	SPACE MORSY JASIELSKI KLUB ENDORFIN	JASŁO	POL	OPEN K	166	K 166	00:00:04	02:37:23	05:05:36.55	05:05:36.55	10:32	5.7
396	CZERWONKA ZBIGNIEW	3057		ŁÓDŹ	POL	OPEN M	230	M 230	00:00:13	02:33:25	05:09:44.45	05:09:44.45	10:40	5.6
	HAJKOWSKI KRZYSZTOF	3107	HOPSIA HOPSIA TEAM	WĘGRÓW	POL	OPEN M			DNF	01:25:16 DNF	DNF	DNF	-	-
	ŻYTO MACIEJ	3454	X-KOM	PRUSZKÓW	POL	OPEN M			DNF	01:39:59 DNF	DNF	DNF	-	-
	SITKOWSKI RAFAŁ	3351		STALOWA WOLA	POL	OPEN M			DNF	02:01:12 DNF	DNF	DNF	-	-

ŁEMKO TRAIL 30, Łemkowie K

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
1	LIS-PASIONEK MAŁGORZATA	3213	KS KOMUNALNI SANOK	LESKO	POL	OPEN K	1	K 1	00:00:03	01:15:42	02:25:51.65	02:25:51.65	5:01	11.9
2	KALINCA AMALIA	3131	WITC	WARSAW	POL	OPEN K	48	K 48	00:00:27	01:48:38	03:32:46.55	03:32:46.55	7:20	8.2
3	TROCHANOWSKA-CIURUK KAMILA	3402	RUSYN-LEM	UŚCIE GORLICKIE	POL	OPEN K	86	K 86	00:00:11	01:59:08	03:51:59.40	03:51:59.40	7:59	7.5
4	KAWECKA OLA	3143		KRAKÓW	POL	OPEN K	96	K 96	00:00:33	02:05:43	03:59:17.55	03:59:17.55	8:15	7.3
5	SOCHA MARIOLA	3357		STALOWA WOLA	POL	OPEN K	108	K 108	00:00:36		04:04:19.40	04:04:19.40	8:25	7.1
6	KOŁTKO PAULA	3166	RUSYN-LEM	ZIELONA GÓRA	POL	OPEN K	127	K 127	00:00:14	02:09:19	04:17:17.75	04:17:17.75	8:52	6.8
7	JANKOWSKA JULIA	3119	RUSYN-LEM	GRZYBIANY	POL	OPEN K	128	K 128	00:00:14		04:17:18.00	04:17:18.00	8:52	6.8

ŁEMKO TRAIL 30, Open K

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
1	LIS-PASIONEK MAŁGORZATA	3213	KS KOMUNALNI SANOK	LESKO	POL	OPEN K	1	K 1	00:00:03	01:15:42	02:25:51.65	02:25:51.65	5:01	11.9
2	PALKA JOANNA	3001	YOCZO	DOBRA	POL	OPEN K	2	K 2	00:00:02	01:19:54	02:32:52.90	02:32:52.90	5:16	11.4
3	ZAJDEL ALEKSANDRA	3009		KRAKÓW	POL	OPEN K	3	K 3	00:00:04	01:24:21	02:34:31.45	02:34:31.45	5:19	11.3
4	NIESŁONY DOMINIKA	3003	EX TEAM	WROCŁAW	POL	OPEN K	4	K 4	00:00:02	01:21:25	02:35:23.85	02:35:23.85	5:21	11.2
5	KONIK DIANA	3005	SYNTHOS	BRZEZINKA	POL	OPEN K	5	K 5	00:00:03	01:24:15	02:38:01.45	02:38:01.45	5:26	11
6	BAHRANOWSKA-KILIAN MARIA	3307		KRAKÓW	POL	OPEN K	6	K 6	00:00:03	01:24:04	02:42:27.35	02:42:27.35	5:36	10.7
7	OSYSZKO-WIĘCŁAW IZABELA	3287		NOWY WIŚNICZ	POL	OPEN K	7	K 7	00:00:04	01:24:37	02:44:15.40	02:44:15.40	5:39	10.6
8	SZCZYGIEŁ OLA	3380		TARNOWSKIE GÓRY	POL	OPEN K	8	K 8	00:00:06	01:25:24	02:45:20.05	02:45:20.05	5:42	10.5
9	MROCZEK KAROLINA	3458	KM ULTRA / BIEG LOVE LAS	NOWA SARZYNA	POL	OPEN K	9	K 9	00:00:03	01:26:33	02:47:27.50	02:47:27.50	5:46	10.4
10	TARNAWSKA KAROLINA	3397		KRAKÓW	POL	OPEN K	10	K 10	00:00:03	01:27:50	02:48:53.25	02:48:53.25	5:49	10.3
11	WALCZAK ANNA	3410	TRAIL IS OUR WAY	GDYNIA	POL	OPEN K	11	K 11	00:00:04	01:29:22	02:51:50.95	02:51:50.95	5:55	10.1
12	KIEŁBOŃ EWELINA	3150	PRZEWORSKA GRUPA BIEGOWA	PRZEWORSK	POL	OPEN K	12	K 12	00:00:03	01:33:30	02:55:09.65	02:55:09.65	6:02	9.9
13	PIERZAK-WYPYCH OLGA	3300	LUKTRANS	CHMIELOWICE	POL	OPEN K	13	K 13	00:00:06	01:30:39	02:55:35.45	02:55:35.45	6:03	9.9
14	MECAN MAGDALENA	3243		JELENIA GÓRA	POL	OPEN K	14	K 14	00:00:08	01:34:03	02:55:37.70	02:55:37.70	6:03	9.9
15	KALISZ KAROLINA	3132	KM PSP M.ST. WARSZAWY	WARSZAWA	POL	OPEN K	15	K 15	00:00:16	01:36:00	02:58:51.10	02:58:51.10	6:10	9.7
16	DZIEDZIC-MIKA BOGNA	3072		KRAKÓW	POL	OPEN K	16	K 16	00:00:14	01:35:18	02:59:45.80	02:59:45.80	6:11	9.7
17	MRÓWKA MAŁGORZATA	3261	OBOZY GÓRSKIE	ŁÓDŹ	POL	OPEN K	17	K 17	00:00:03	01:35:58	03:02:51.70	03:02:51.70	6:18	9.5
18	KARABINOWSKA ALEKSANDRA	3137	POSTRZELENI BIEGACZE	KRAKÓW	POL	OPEN K	18	K 18	00:00:05	01:39:16	03:07:31.75	03:07:31.75	6:27	9.3

ŁEMKO TRAIL 30, Open K c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
19	BRYSZEWSKA PATRYCJA	3040	DZIK KOMANDO	ŁÓDŹ	POL	OPEN K	19	K 19	00:00:05	01:37:33	03:08:58.85	03:08:58.85	6:30	9.2
20	GORCZYCA JULIA	3092	FINISZ RYMANÓW	RYMANÓW ZDRÓJ	POL	OPEN K	20	K 20	00:00:03	01:37:55	03:09:37.35	03:09:37.35	6:32	9.2
21	WOJDYLA ANETA	3427	OLD ENERGIA TEAM	JASŁO	POL	OPEN K	21	K 21	00:00:08	01:41:04	03:11:56.75	03:11:56.75	6:37	9.1
22	MAKSYMIUK MAGDALENA	3227		WARSZAWA	POL	OPEN K	22	K 22	00:00:06	01:41:53	03:16:59.75	03:16:59.75	6:47	8.8
23	KANTOR MONIKA	3135	TIRSPED	WARSZAWA	POL	OPEN K	23	K 23		01:40:43	03:16:59.85	03:16:59.85	6:47	8.8
24	HABRAT DOROTA	3461	HABRAT TEAM	KROSNO	POL	OPEN K	24	K 24	00:00:15	01:37:52	03:17:07.55	03:17:07.55	6:47	8.8
25	JAREMA PAULINA	3120	BESKIDZKIE RYSIE	JASŁO	POL	OPEN K	25	K 25	00:00:09	01:45:39	03:17:18.75	03:17:18.75	6:48	8.8
26	KUCHARSKA MARTYNA	3192		LĄDEK ZDRÓJ	POL	OPEN K	26	K 26		01:43:47	03:20:18.45	03:20:18.45	6:54	8.7
27	SYMONIDES KAROLINA	3374		WARSZAWA	POL	OPEN K	27	K 27	00:00:28	01:42:38	03:20:25.80	03:20:25.80	6:54	8.7
28	DOMEK BEATA	3064		RZESZÓW, PODKARPACKIE	POL	OPEN K	28	K 28	00:00:23	01:45:45	03:20:29.50	03:20:29.50	6:54	8.7
29	ZAREMBA-ŚMIETAŃSKA MARTA	3442		KRAKÓW	POL	OPEN K	29	K 29	00:00:22	01:43:28	03:20:31.30	03:20:31.30	6:54	8.7
30	WILUSZ KATARZYNA	3425		KRAKÓW	POL	OPEN K	30	K 30	00:00:22	01:47:02	03:20:48.95	03:20:48.95	6:55	8.7
31	ROGALA-SĄCZAWA EDYTA	3329		RZESZÓW	POL	OPEN K	31	K 31	00:00:23	01:45:52	03:20:49.35	03:20:49.35	6:55	8.7
32	STUSINSKA JULIA	3367		MINSK MAZOWIECKI	POL	OPEN K	32	K 32	00:00:12	01:43:35	03:21:08.90	03:21:08.90	6:56	8.7
33	DĄBKOWSKA ALEKSANDRA	3058		PŁOCK	GBR	OPEN K	32	K 32	00:00:11	01:43:30	03:21:08.90	03:21:08.90	6:56	8.7
34	RYBAK SYLWIA	3335		KAMIENIEC WROCŁAWSKI	POL	OPEN K	34	K 34	00:00:09	01:44:31	03:21:46.05	03:21:46.05	6:57	8.6
35	KOSTKA MAŁGORZATA	3175	CUBE TEAM	KROŚCIENKO WYŻNE	POL	OPEN K	35	K 35	00:00:14	01:40:57	03:21:55.70	03:21:55.70	6:57	8.6
36	PARFIANOVICH VIKTORYIA	3296	RUNSTUDIO	MISNK	AIN	OPEN K	36	K 36	00:00:22	01:46:10	03:24:31.30	03:24:31.30	7:03	8.5
37	BARTELA EDYTA	3021	DZIK KOMANDO	ŁÓDŹ	POL	OPEN K	37	K 37	00:00:06	01:45:30	03:25:42.20	03:25:42.20	7:05	8.5
38	GUCAJMA IZABELA	3101		WARSZAWA	POL	OPEN K	38	K 38	00:00:17	01:45:43	03:26:48.85	03:26:48.85	7:07	8.4
39	SZOSTEK MAŁGORZATA	3382		GŁOGÓW MAŁOPOLSKI	POL	OPEN K	39	K 39	00:00:05	01:44:47	03:26:49.45	03:26:49.45	7:07	8.4
40	OLCZYK KARINA	3280	HYDRO ZASAPANI	CHRZANÓW	POL	OPEN K	40	K 40	00:00:22	01:47:38	03:28:12.80	03:28:12.80	7:10	8.4
41	MOSKAL ŻANETA	3259		KORCZYNA	POL	OPEN K	41	K 41	00:00:15	01:47:36	03:28:45.70	03:28:45.70	7:11	8.3
42	CZEPULONIS MARTA	3055		KRAKÓW	POL	OPEN K	42	K 42	00:00:18	01:48:12	03:29:45.45	03:29:45.45	7:13	8.3
43	LEŚKIEWICZ AGATA	3207	SRT	WARSZAWA	POL	OPEN K	43	K 43	00:00:12	01:44:29	03:30:57.25	03:30:57.25	7:16	8.2
44	KORBECKA SYLWIA	3169		KOMBORNIA	POL	OPEN K	44	K 44	00:00:26		03:31:21.00	03:31:21.00	7:17	8.2
45	KLEJNOWSKA-KAMIŃSKA ILONA	3152	FUNDACJA SZKLANE DOMY	WARSZAWA	POL	OPEN K	45	K 45	00:00:08	01:48:54	03:31:27.05	03:31:27.05	7:17	8.2
46	CHROBOT ANNA	3047	NOWY STYL RUNNING TEAM	KROSNO	POL	OPEN K	46	K 46	00:00:21	01:48:18	03:31:52.15	03:31:52.15	7:18	8.2
47	BINIENDA AGNIESZKA	3028	KOBIETY WATAHY	ZABRZE	POL	OPEN K	47	K 47	00:00:21	01:50:22	03:32:19.25	03:32:19.25	7:19	8.2
48	KALINCA AMALIA	3131	WITC	WARSAW	POL	OPEN K	48	K 48	00:00:27	01:48:38	03:32:46.55	03:32:46.55	7:20	8.2
49	OCHWAT MARTA	3279		KORCZYNA	POL	OPEN K	49	K 49	00:00:16	01:48:09	03:33:55.05	03:33:55.05	7:22	8.1
50	SZCZYGIEŁ OLIWIA	3378	SPACE MORSY KLUB ENDORFIN JASŁO	JASŁO	POL	OPEN K	50	K 50	00:00:03	01:48:50	03:34:13.25	03:34:13.25	7:23	8.1
51	ŚWIĄTKOWSKA ANNA	3393	SPACE MORSY JASIELSKI KLUB ENDORFIN	JASŁO	POL	OPEN K	50	K 50	00:00:02	01:47:41	03:34:13.25	03:34:13.25	7:23	8.1
52	SOSZYŃSKA-PSTROKOŃSKA JOANNA	3358		WARSZAWA	POL	OPEN K	52	K 52	00:00:19	01:51:55	03:34:24.60	03:34:24.60	7:23	8.1
53	STACHURSKA JOANNA	3360	KRULE ŻYCIA	KIEŁCZÓW	POL	OPEN K	53	K 53	00:00:28	01:51:12	03:35:51.65	03:35:51.65	7:26	8.1
54	STRZEMECKA KAMILA	3365		KRAKÓW	POL	OPEN K	54	K 54	00:00:22	01:48:45	03:36:24.25	03:36:24.25	7:27	8
55	FILA KATARZYNA	3079		RZESZÓW	POL	OPEN K	55	K 55	00:00:20	01:49:01	03:36:25.45	03:36:25.45	7:27	8
56	FILA ANNA	3080		RZESZÓW	POL	OPEN K	56	K 56	00:00:20	01:49:15	03:36:30.20	03:36:30.20	7:27	8
57	GAŁĘZA JAGODA	3085		TARNÓW	POL	OPEN K	57	K 57	00:00:25	01:53:50	03:37:47.40	03:37:47.40	7:30	8
58	FARON KLAUDIA	3077	KS VERTICAL RYTRO	SZCZAWA	POL	OPEN K	58	K 58	00:00:07	01:49:52	03:38:00.20	03:38:00.20	7:31	8
59	NAPIERALSKA ROKSANA	3265		NOWY ŻMIGRÓD	POL	OPEN K	59	K 59	00:00:15	01:54:28	03:38:33.75	03:38:33.75	7:32	8
60	KĄDZIELA SYLWIA	3144		RZESZÓW	POL	OPEN K	60	K 60	00:00:09	01:53:56	03:38:49.25	03:38:49.25	7:32	8
61	KROKOWSKA MAGDALENA	3186	ZA LINIĄ METY	POZNAŃ	POL	OPEN K	61	K 61	00:00:31	01:52:40	03:40:26.50	03:40:26.50	7:36	7.9
62	BOREK HANNA	3034		KOMORÓW	POL	OPEN K	62	K 62	00:00:38	01:54:06	03:41:12.50	03:41:12.50	7:37	7.9
63	CHODZIŃSKA MARIOLA	3046		RZESZÓW	POL	OPEN K	63	K 63	00:00:14	01:52:30	03:41:49.60	03:41:49.60	7:38	7.8
64	FURMAN KATARZYNA	3082	NOWY STYL RUNNING TEAM	JEDLICZE	POL	OPEN K	64	K 64	00:00:23	01:49:06	03:43:19.85	03:43:19.85	7:42	7.8
65	KĘDRA MONIKA	3146	OLD ENERGIA TEAM	JASŁO	POL	OPEN K	65	K 65	00:00:10	01:51:47	03:43:27.45	03:43:27.45	7:42	7.8
66	MAZUREK IZABELA	3240		CHORZÓW	POL	OPEN K	66	K 66	00:00:29	01:54:35	03:43:41.85	03:43:41.85	7:42	7.8
67	BLOK-GUZIK BARBARA	3030		KROSNO	POL	OPEN K	67	K 67	00:00:13	01:52:06	03:43:49.15	03:43:49.15	7:43	7.8
68	BLASZYŃSKA KAROLINA	3029		KRAKÓW	POL	OPEN K	68	K 68	00:00:19	01:58:53	03:44:07.75	03:44:07.75	7:43	7.8
69	GUTOWSKA KATARZYNA	3103		IZABELIN-DZIEKANÓWEK	POL	OPEN K	69	K 69	00:00:17	01:54:03	03:44:08.65	03:44:08.65	7:43	7.8
70	MAZIARKA MONIKA	3239		JAROSŁAW	POL	OPEN K	70	K 70	00:00:39	02:04:23	03:44:39.20	03:44:39.20	7:44	7.7
71	STYGIENKO MALGORZATA	3370	MIRAZ RACE TEAM	RUDA ŚLĄSKA	POL	OPEN K	71	K 71	00:00:31	01:54:59	03:44:53.05	03:44:53.05	7:45	7.7
72	BOUAZIZ LINDA	3037	WITC	WARSZAWA	TUN	OPEN K	72	K 72	00:00:27	01:53:38	03:44:55.70	03:44:55.70	7:45	7.7
73	SZYDŁOWSKA KATARZYNA	3387	KB OŻARÓW MAZOWIECKI BIEGA	OŻARÓW MAZOWIECKI	POL	OPEN K	73	K 73	00:00:32	01:56:18	03:46:45.25	03:46:45.25	7:49	7.7
74	CISKOWSKA WERONIKA	3051		KRAKOW	POL	OPEN K	74	K 74	00:00:37	01:57:58	03:47:24.25	03:47:24.25	7:50	7.7

ŁEMKO TRAIL 30, Open K c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
75	FAULKNER ELZBIETA	3078		MANCHESTER	GBR	OPEN K	75	K 75	00:00:35	01:58:00	03:47:24.30	03:47:24.30	7:50	7.7
76	ZUKOWSKA PAULINA	3449		WROCŁAW	POL	OPEN K	76	K 76	00:00:34	01:58:12	03:48:16.70	03:48:16.70	7:52	7.6
77	MAGOCSY JUSTYNA	3222		KRAKÓW	POL	OPEN K	77	K 77	00:00:29	02:00:49	03:48:38.40	03:48:38.40	7:53	7.6
78	TYLUTKI AGNIESZKA	3408	BIEGOWE CZWARTKI	TARNOBRZEG	POL	OPEN K	78	K 78	00:00:04	01:54:31	03:48:54.50	03:48:54.50	7:53	7.6
79	FABISIAK EWA	3075	STANWEX II	SULEJÓWEK	POL	OPEN K	79	K 79	00:00:18	02:00:08	03:49:11.00	03:49:11.00	7:54	7.6
80	PYRKA ZUZANNA	3322		KROSNO	POL	OPEN K	80	K 80	00:00:23	02:01:03	03:49:18.40	03:49:18.40	7:54	7.6
81	SAWICKA MARTA	3347		KROŚCIENKO WYŻNE	POL	OPEN K	81	K 81	00:00:34	02:00:14	03:50:12.40	03:50:12.40	7:56	7.6
82	NOWAKOWSKA GAŁKA AGATA	3273		ZALESZANY	POL	OPEN K	82	K 82	00:00:38	02:02:19	03:50:15.45	03:50:15.45	7:56	7.6
83	PRZYBYLSKA KATARZYNA	3319		MIELŻYN	POL	OPEN K	83	K 83	00:00:07	01:57:19	03:51:05.15	03:51:05.15	7:58	7.5
84	GROMADZKA JUSTYNA	3097	KOBIETY WATAHY	BYTOM	POL	OPEN K	84	K 84	00:00:22	01:57:30	03:51:56.40	03:51:56.40	7:59	7.5
85	ROGÓŻ ELŻBIETA	3330	#ULTRATRACK	ŁOZISKA	POL	OPEN K	85	K 85	00:00:31	02:01:03	03:51:57.85	03:51:57.85	7:59	7.5
86	TROCHANOWSKA-CIURUK KAMILA	3402	RUSYN-LEM	UŚCIE GORLICKIE	POL	OPEN K	86	K 86	00:00:11	01:59:08	03:51:59.40	03:51:59.40	7:59	7.5
87	ZDEBIK-WIETECHA ANGELIKA	3444	OLD ENERGIA TEAM	CIEKLIN	POL	OPEN K	87	K 87	00:00:13	02:01:47	03:52:04.45	03:52:04.45	8:00	7.5
88	POLIWKA KATARZYNA	3313		JASŁO	POL	OPEN K	88	K 88	00:00:26	01:55:43	03:52:13.50	03:52:13.50	8:00	7.5
89	WIECZOREK GOSIA	3416		RIJSWIJK	NED	OPEN K	89	K 89	00:00:22	02:00:51	03:54:32.55	03:54:32.55	8:05	7.4
90	SZPYRKA EWELINA	3384	OLD ENERGIA TEAM	JASŁO	POL	OPEN K	90	K 90	00:00:11	02:00:16	03:56:53.65	03:56:53.65	8:10	7.3
91	KRĘŻLEWICZ WIKTORIA	3185		WARSZAWA	POL	OPEN K	91	K 91	00:00:38	02:03:07	03:56:59.65	03:56:59.65	8:10	7.3
92	BOLEK MALGORZATA	3032	KUNA W AGREŚCIE	LUBLINIEC	POL	OPEN K	92	K 92	00:00:06	01:59:18	03:57:00.55	03:57:00.55	8:10	7.3
93	GOLA KAROLINA	3089		ZABIERZÓW	POL	OPEN K	93	K 93	00:00:36	02:05:35	03:57:07.05	03:57:07.05	8:10	7.3
94	GWIŻDŻ KAROLINA	3104	NOWY STYL RUNNING TEAM	JASŁO	POL	OPEN K	94	K 94	00:00:21	02:00:51	03:57:37.30	03:57:37.30	8:11	7.3
95	KULIG ANNA	3196		KROSNO	POL	OPEN K	95	K 95	00:00:15	02:02:44	03:59:14.70	03:59:14.70	8:14	7.3
96	KAWECKA OLA	3143		KRAKÓW	POL	OPEN K	96	K 96	00:00:33	02:05:43	03:59:17.55	03:59:17.55	8:15	7.3
97	KOPIENIAK ZUZANNA	3168		RADZYMIN	POL	OPEN K	97	K 97	00:00:27		04:00:07.60	04:00:07.60	8:16	7.2
98	HOCH-ZWOLIŃSKA MALGORZATA	3111	PGE ENERGETIC RUNNING	WARSZAWA	POL	OPEN K	98	K 98	00:00:30	02:00:41	04:00:13.25	04:00:13.25	8:17	7.2
99	CZERWIŃSKA MARTYNA	3056		KRAKÓW	POL	OPEN K	99	K 99	00:00:07	01:58:23	04:01:00.05	04:01:00.05	8:18	7.2
100	WIELGOSZ SABINA	3417		ŁAJSCE	POL	OPEN K	100	K 100	00:00:27	02:00:57	04:01:03.05	04:01:03.05	8:18	7.2
101	HENZEL AGNIESZKA	3110		JASLO	POL	OPEN K	101	K 101	00:00:26	02:01:20	04:01:03.10	04:01:03.10	8:18	7.2
102	SUCHORA ANNA	3371		KRAŚNIK	POL	OPEN K	102	K 102	00:00:18	02:04:16	04:01:26.15	04:01:26.15	8:19	7.2
103	MĘŻYŃSKA KLAUDIA	3247		PYSKOWICE	POL	OPEN K	103	K 103	00:00:33	02:01:32	04:01:28.75	04:01:28.75	8:19	7.2
104	TRUSIŃSKA URSZULA	3403		KOBYŁKA	POL	OPEN K	104	K 104	00:00:28	02:01:36	04:02:08.15	04:02:08.15	8:20	7.2
105	MISZCZAK KATARZYNA	3256	RUN AWAY TEAM	RUDA ŚLĄSKA	POL	OPEN K	105	K 105	00:00:21	02:02:21	04:02:41.80	04:02:41.80	8:22	7.2
106	JĘDRZEJCZYK AGNIESZKA	3125	NIEZRZESZONA	WARSZAWA	POL	OPEN K	106	K 106	00:00:29	02:04:43	04:04:04.25	04:04:04.25	8:24	7.1
107	NOWAK-KOWALCZYK MARTA	3272		WARSZAWA	POL	OPEN K	107	K 107	00:00:10	02:03:21	04:04:17.75	04:04:17.75	8:25	7.1
108	SOCHA MARIOLA	3357		STALOWA WOLA	POL	OPEN K	108	K 108	00:00:36		04:04:19.40	04:04:19.40	8:25	7.1
109	BŁAŻ MARCELINA	3031		RZESZÓW	POL	OPEN K	109	K 109	00:00:33	02:09:03	04:04:33.30	04:04:33.30	8:25	7.1
110	WILCZYŃSKA ANDRADE JOANNA	3422		SCHÖNEICHE	GER	OPEN K	110	K 110	00:00:24	02:04:17	04:05:07.85	04:05:07.85	8:27	7.1
111	FLOREK BEATA	3081	BESKIDZKIE RYSIE	JASŁO	POL	OPEN K	111	K 111	00:00:10	02:06:52	04:05:31.50	04:05:31.50	8:27	7.1
112	MISIOŁEK EWA	3255	BESKIDZKIE RYSIE	JASŁO	POL	OPEN K	112	K 112	00:00:10	02:06:59	04:05:31.85	04:05:31.85	8:27	7.1
113	MAŁOŃ ZOFIA	3230		KRAKÓW	POL	OPEN K	113	K 113	00:00:23	02:04:21	04:06:11.80	04:06:11.80	8:29	7.1
114	KATNER KAROLINA	3141		WYSZKÓW	POL	OPEN K	114	K 114	00:00:17	02:02:39	04:08:27.65	04:08:27.65	8:34	7
115	ŚWIDER JOLANTA	3394		NIWISKA	POL	OPEN K	115	K 115	00:00:16	02:07:35	04:09:06.20	04:09:06.20	8:35	7
116	MOSIADZ KAROLINA	3258	TRAIL MY WAY	HELSINKI	FIN	OPEN K	116	K 116	00:00:33	02:11:04	04:10:15.75	04:10:15.75	8:37	7
117	OCHREMIAK ANNA	3278		WARSZAWA	POL	OPEN K	117	K 117	00:00:14	02:04:25	04:10:45.35	04:10:45.35	8:38	6.9
118	WRONOWSKA KAROLINA	3435	TIRSPED	WARSZAWA	POL	OPEN K	118	K 118		02:07:26	04:10:48.90	04:10:48.90	8:38	6.9
119	PIOTROWSKA ANNA	3302	META NADARZYN / SPARTANIE DZIECIOM	NADARZYN	POL	OPEN K	119	K 119	00:00:12	02:04:05	04:13:34.10	04:13:34.10	8:44	6.9
120	WÓJCICKA KATARZYNA	3433		POZNAŃ	POL	OPEN K	120	K 120	00:00:35	02:10:16	04:13:56.85	04:13:56.85	8:45	6.9
121	MUCHA EWA	3263		PASZCZYNA	POL	OPEN K	121	K 121	00:00:11	02:06:59	04:14:15.05	04:14:15.05	8:46	6.8
122	ZYGMUNT MONIKA	3452		GIEDLAROWA	POL	OPEN K	122	K 122	00:00:31	02:06:26	04:15:30.45	04:15:30.45	8:48	6.8
123	NIEWCZAS-WIEPRZOWSKA KATARZYNA	3267	LEKARSKA GRUPA KOLARSKA	WARSZAWA	POL	OPEN K	123	K 123	00:00:09	02:00:43	04:15:58.30	04:15:58.30	8:49	6.8
124	KULA LIDIA	3194		CHAŁUPKI DĘBNIAŃSKIE	POL	OPEN K	124	K 124	00:00:31	02:12:11	04:16:27.60	04:16:27.60	8:50	6.8
125	DELIMATA KINGA	3059		KRAKÓW	POL	OPEN K	125	K 125	00:00:13	02:06:46	04:17:01.70	04:17:01.70	8:51	6.8
126	KRAUSE ANNA	3183		POZNAŃ	POL	OPEN K	126	K 126	00:00:13	02:10:42	04:17:11.85	04:17:11.85	8:52	6.8
127	KOŁTKO PAULA	3166	RUSYN-LEM	ZIELONA GÓRA	POL	OPEN K	127	K 127	00:00:14	02:09:19	04:17:17.75	04:17:17.75	8:52	6.8
128	JANKOWSKA JULIA	3119	RUSYN-LEM	GRZYBIANY	POL	OPEN K	128	K 128	00:00:14		04:17:18.00	04:17:18.00	8:52	6.8
129	KLIMASZ KATARZYNA	3465		KATOWICE	POL	OPEN K	129	K 129	00:00:27	02:10:09	04:19:01.60	04:19:01.60	8:55	6.7
130	WRÓBEL OLIWIA	3436		KRYNICA-ZDRÓJ	POL	OPEN K	130	K 130	00:00:38	02:11:34	04:19:35.05	04:19:35.05	8:57	6.7

ŁEMKO TRAIL 30, Open K c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
131	LEGAN-MILER MARTYNA	3204		WARSZAWA	POL	OPEN K	131	K 131	00:00:26	02:15:04	04:20:28.05	04:20:28.05	8:58	6.7
132	KARABIN ANNA	3136		CISNA	POL	OPEN K	132	K 132	00:00:31	02:03:14	04:20:43.40	04:20:43.40	8:59	6.7
133	SIOREK KATARZYNA	3350	WILK ULTRA TEAM	RZESZÓW	POL	OPEN K	133	K 133	00:00:19	02:11:14	04:21:27.20	04:21:27.20	9:00	6.7
134	KOWAL KAROLINA	3178		NISKO	POL	OPEN K	134	K 134	00:00:20	02:06:40	04:22:13.55	04:22:13.55	9:02	6.6
135	LENAR KAMILA	3205		KROSNO	POL	OPEN K	135	K 135	00:00:18	02:11:00	04:23:33.65	04:23:33.65	9:05	6.6
136	SARNIAK JOLANTA	3345	HALINÓW BIEGA	CISIE	POL	OPEN K	136	K 136	00:00:34	02:14:34	04:24:28.20	04:24:28.20	9:07	6.6
137	KĘSKA-WŁODAWIEC EDYTA	3148	ACCENTURE	HIPOLITÓW	POL	OPEN K	136	K 136	00:00:35	02:14:33	04:24:28.20	04:24:28.20	9:07	6.6
138	KALISZUK MAŁGORZATA	3133		KROŚCIENKO WYŻNE	POL	OPEN K	138	K 138	00:00:35	02:12:17	04:24:53.95	04:24:53.95	9:08	6.6
139	CYGANIK JOANNA	3054		WYSOWA ZDRÓJ	POL	OPEN K	139	K 139	00:00:32	02:13:32	04:25:06.05	04:25:06.05	9:08	6.6
140	JĘDRZEJEK KINGA	3126		JAWORZNO	POL	OPEN K	140	K 140	00:00:40	02:15:36	04:26:56.35	04:26:56.35	9:12	6.5
141	KACZMARCZYK JOLANTA	3130	ROM TEAM	OLESNO	POL	OPEN K	141	K 141	00:00:22	02:17:43	04:27:14.60	04:27:14.60	9:12	6.5
142	ZEGADŁO KAMILA	3445		WARSZAWA	POL	OPEN K	142	K 142	00:00:31	02:16:37	04:28:05.95	04:28:05.95	9:14	6.5
143	BIENIA MONIKA	3026		WARSZAWA	POL	OPEN K	143	K 143	00:00:31	02:16:38	04:28:06.15	04:28:06.15	9:14	6.5
144	TEPEREK ALEKSANDRA	3398		CZARNA GÓRNA	POL	OPEN K	144	K 144	00:00:24	02:16:02	04:29:02.65	04:29:02.65	9:16	6.5
145	MISZCZAK SABINA	3257	RACETHON.COM	WADOWICE	POL	OPEN K	144	K 144	00:00:36	02:17:52	04:29:02.65	04:29:02.65	9:16	6.5
146	NYCZ DOMINIKA	3277	TRIFUN	RZESZÓW	POL	OPEN K	146	K 146	00:00:21	02:12:40	04:30:58.35	04:30:58.35	9:20	6.4
147	PRUDEL PAULINA	3318		RYBNIK	POL	OPEN K	147	K 147	00:00:16	02:16:41	04:32:21.85	04:32:21.85	9:23	6.4
148	BREMER MARIA	3038		KONSTANCIN-JEZIORNA	POL	OPEN K	148	K 148		02:20:20	04:37:30.10	04:37:30.10	9:34	6.3
149	MICHALAK MARIA	3248		BIELSKO-BIALA	POL	OPEN K	149	K 149	00:00:39	02:15:08	04:37:58.65	04:37:58.65	9:35	6.3
150	MIEDZIŃSKA EWA	3252	HULAJ ZDROWO	GÓRKI WIELKIE	POL	OPEN K	150	K 150	00:00:38	02:14:47	04:37:58.85	04:37:58.85	9:35	6.3
151	ŚLIWA IWONA	3389	HULAJ ZDROWO	BIELSKO BIAŁA	POL	OPEN K	151	K 151	00:00:39	02:14:52	04:37:58.95	04:37:58.95	9:35	6.3
152	MICHALEC SYLWIA	3251	GRUPA BIEGOWA CHTMO	JABŁONNA	POL	OPEN K	152	K 152	00:00:21	02:19:05	04:40:11.85	04:40:11.85	9:39	6.2
153	MAZURKIEWICZ ALEKSANDRA	3242	GRUPA BIEGOWA CHTMO	MICHAŁÓW-REGINÓW	POL	OPEN K	152	K 152	00:00:23	02:19:10	04:40:11.85	04:40:11.85	9:39	6.2
154	KLIMKIEWICZ-SIKORA BEATA	3154	GRUPA BIEGOWA CHTMO	LEGIONOWO	POL	OPEN K	154	K 154	00:00:24	02:18:59	04:40:12.15	04:40:12.15	9:39	6.2
155	LUDWIG DOROTA	3215	KUNA W AGREŚCIE	TANINA	POL	OPEN K	155	K 155	00:00:07	02:28:13	04:40:50.25	04:40:50.25	9:41	6.2
156	CIBOROWSKA KATARZYNA	3048	SPEED JASŁO/ SPACE MORSY JASŁO	JASŁO	POL	OPEN K	156	K 156	00:00:04	02:28:09	04:43:14.65	04:43:14.65	9:46	6.1
157	KOJDER ANNA	3161		CHAŁUPKI DĘBNIAŃSKIE	POL	OPEN K	157	K 157	00:00:32	02:21:28	04:43:26.05	04:43:26.05	9:46	6.1
158	JACZYŃSKA AGNIESZKA	3116		SOCHACZEW	POL	OPEN K	158	K 158	00:00:13	02:26:40	04:43:29.05	04:43:29.05	9:46	6.1
159	OLSZEWSKA DOMINIKA	3283		KRAKÓW	POL	OPEN K	159	K 159	00:00:19	02:15:07	04:43:58.40	04:43:58.40	9:47	6.1
160	WOLSKA MILENA	3429		WYSOWA-ZDRÓJ	POL	OPEN K	160	K 160	00:00:32	02:14:08	04:46:28.95	04:46:28.95	9:52	6.1
161	PUTZ-LESZCZYŃSKA JOANNA	3321	ASSECO ACTIVE TEAM	WARSZAWA	POL	OPEN K	161	K 161	00:00:15	02:21:45	04:47:17.75	04:47:17.75	9:54	6.1
162	LANGNER KATARZYNA	3203		KRAKÓW	POL	OPEN K	162	K 162	00:00:35	02:29:35	04:51:13.10	04:51:13.10	10:02	6
163	WARDA AGNIESZKA TONNY	3413		LUBLIN	POL	OPEN K	163	K 163	00:00:20	02:38:54	05:00:29.30	05:00:29.30	10:21	5.8
164	MALEC BASIA	3228		LUBLIN	POL	OPEN K	164	K 164	00:00:19	02:38:55	05:00:45.50	05:00:45.50	10:22	5.8
165	WILISOWSKA MONIKA	3424	SPACE MORSY JASIELSKI KLUB ENDORFIN	JASŁO	POL	OPEN K	165	K 165	00:00:05	02:37:26	05:05:36.50	05:05:36.50	10:32	5.7
166	KRAS-RYSZ ANNA	3182	SPACE MORSY JASIELSKI KLUB ENDORFIN	JASŁO	POL	OPEN K	166	K 166	00:00:04	02:37:23	05:05:36.55	05:05:36.55	10:32	5.7

ŁEMKO TRAIL 30, Łemkowie M

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
1	MEIHSNER LUKAS	3245	WITC	WARSAW	POL	OPEN M	20	M 20	00:00:03	01:17:44	02:36:08.85	02:36:08.85	5:23	11.1
2	TYLISZCZAK KRZYSZTOF	3407	WM CHEMIK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	OPEN M	64	M 64	00:00:08	01:33:04	03:07:44.15	03:07:44.15	6:28	9.3
3	HABURA SZYMON	3105		WROCŁAW	POL	OPEN M	69	M 69	00:00:11	01:34:39	03:10:33.05	03:10:33.05	6:34	9.1
4	SYWIEC TOMASZ	3376		STRZELCE KRAJEŃSKIE	POL	OPEN M	72	M 72	00:00:32	01:38:07	03:12:19.35	03:12:19.35	6:37	9
5	FURMAN JULIAN	3083		WYSOWA-ZDRÓJ	POL	OPEN M	73	M 73	00:00:11	01:34:51	03:13:06.85	03:13:06.85	6:39	9
6	KĘDRA JAKUB	3145	BESKIDZKIE RYSIE	JASŁO	POL	OPEN M	80	M 80	00:00:02	01:36:25	03:15:45.45	03:15:45.45	6:45	8.9
7	KOCIUBA ADAM	3159		KROSNO	POL	OPEN M	120	M 120	00:00:24	01:52:31	03:31:50.80	03:31:50.80	7:18	8.2
8	KUBAŁA KACPER	3189		WARSZAWA	POL	OPEN M	122	M 122	00:00:12	01:42:47	03:32:00.75	03:32:00.75	7:18	8.2
9	MASIUKIEWICZ JACEK	3234		SKWIERZYNA	POL	OPEN M	176	M 176	00:00:30	02:01:37	03:59:09.95	03:59:09.95	8:14	7.3

ŁEMKO TRAIL 30, Open M

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
1	BEDNAREK ADRIAN	3002		BYDGOSZCZ	POL	OPEN M	1	M 1	00:00:01	01:04:53	02:01:03.65	02:01:03.65	4:10	14.4
2	LACH MICHAŁ	3008	MOK MSZANA DOLNA	DOBRA	POL	OPEN M	2	M 2	00:00:02	01:05:46	02:05:56.80	02:05:56.80	4:20	13.8
3	DOMBROWSKI MACIEJ	3004	GRUPA LUKTRANS	BIELSKO - BIAŁA	POL	OPEN M	3	M 3	00:00:02	01:07:30	02:08:26.00	02:08:26.00	4:25	13.5
4	PIWOWARSKI SŁAWOMIR	3309	AKPT KRAKÓW	LISZKI	POL	OPEN M	4	M 4	00:00:01	01:07:44	02:09:55.25	02:09:55.25	4:28	13.4
5	BARYŁA NATAN	3006	BYKI KRASE	RZESZÓW	POL	OPEN M	5	M 5	00:00:02	01:11:03	02:17:39.40	02:17:39.40	4:44	12.6
6	AUGUSTYŃSKI SYLWESTER	3019	GRUPA LUKTRANS	KRAKÓW	POL	OPEN M	6	M 6	00:00:03	01:13:47	02:21:35.05	02:21:35.05	4:52	12.3
7	KOCAJ JAKUB	3157	RUN MY WAY	HARTA	POL	OPEN M	7	M 7	00:00:01	01:13:54	02:23:14.20	02:23:14.20	4:56	12.1
8	GABRYCH ARKADIUSZ	3084	ENGEL WORKWEAR	JAWORZE	POL	OPEN M	8	M 8	00:00:06	01:14:49	02:23:56.00	02:23:56.00	4:57	12.1
9	KILIAN MATEUSZ	3151		KRAKÓW	POL	OPEN M	9	M 9	00:00:03	01:16:34	02:24:38.25	02:24:38.25	4:59	12
10	GORCZYCA MACIEJ	3093	FINISZ RYMANÓW	RYMANÓW ZDRÓJ	POL	OPEN M	10	M 10	00:00:02	01:16:20	02:25:40.55	02:25:40.55	5:01	11.9
11	KLIMKIEWICZ BOGUSŁAW	3010	FINISZ RYMANÓW	RYMANÓW ZDRÓJ	POL	OPEN M	11	M 11	00:00:02	01:15:51	02:26:13.55	02:26:13.55	5:02	11.9
12	MIERNICZAK BARTŁOMIEJ	3253	WOODWARD RUNNERS	KRAKÓW	POL	OPEN M	12	M 12	00:00:03	01:16:27	02:26:35.05	02:26:35.05	5:03	11.9
13	KASPERKOWICZ TOMASZ	3139		RYMANÓW ZDRÓJ	POL	OPEN M	13	M 13	00:00:04	01:15:22	02:26:55.05	02:26:55.05	5:03	11.8
14	MAGOCSY ADAM	3221		KRAKÓW	POL	OPEN M	14	M 14	00:00:05	01:18:50	02:29:38.55	02:29:38.55	5:09	11.6
15	KNAPIK SEBASTIAN	3156	BUTYJANA.PL / KS ULTRA	BŁĘDOWA TYCZYŃSKA	POL	OPEN M	15	M 15	00:00:02	01:15:58	02:29:43.30	02:29:43.30	5:09	11.6
16	WIĘCŁAW PAWEŁ	3421	WOLSKI KOLEKTYW BIEGOWY	KRAKÓW	POL	OPEN M	16	M 16	00:00:04	01:20:41	02:30:45.55	02:30:45.55	5:11	11.5
17	MEDEJCZYK LUKASZ	3244		JEDLICZE	POL	OPEN M	17	M 17	00:00:02	01:18:09	02:31:48.30	02:31:48.30	5:14	11.5
18	GÓRA KRZYSZTOF	3096	GÓRA TEAM	GDYNIA	POL	OPEN M	18	M 18	00:00:05		02:33:18.50	02:33:18.50	5:17	11.4
19	MATCZAK MATEUSZ	3236	SH RUNNING TEAM	WARSZAWA	POL	OPEN M	19	M 19	00:00:04	01:20:16	02:34:41.25	02:34:41.25	5:20	11.2
20	MEIHSNER LUKAS	3245	WITC	WARSAW	POL	OPEN M	20	M 20	00:00:03	01:17:44	02:36:08.85	02:36:08.85	5:23	11.1
21	TOMKIEWICZ ŁUKASZ	3400		RZESZÓW	POL	OPEN M	21	M 21	00:00:03		02:36:36.75	02:36:36.75	5:24	11.1
22	ŁOŚ KAMIL	3217	DZIK KOMANDO	DŁUTÓW	POL	OPEN M	22	M 22	00:00:06	01:18:50	02:37:23.35	02:37:23.35	5:25	11.1
23	HAN JAKUB	3108		WITKOWO	POL	OPEN M	23	M 23	00:00:08	01:22:12	02:37:28.90	02:37:28.90	5:25	11
24	PISKADŁO JACEK	3303	NOWY STYL RUNNING TEAM	SĄDKOWA	POL	OPEN M	24	M 24	00:00:03	01:20:29	02:37:56.90	02:37:56.90	5:26	11
25	SKOTNICZNY MICHAŁ	3352		KRAKÓW	POL	OPEN M	25	M 25	00:00:05	01:22:26	02:39:07.00	02:39:07.00	5:29	10.9
26	KOWALCZYK MATEUSZ	3462	MINUTKA / DUCH POGÓRZA / PRZEWORSKA GRUPA BIEGOWA	STUDZIAN	POL	OPEN M	26	M 26	00:00:02	01:23:35	02:42:35.75	02:42:35.75	5:36	10.7
27	ŚLUSARZ ŁUKASZ	3391		WARSZAWA	POL	OPEN M	27	M 27	00:00:05	01:26:10	02:45:11.80	02:45:11.80	5:41	10.5
28	WETHACZ DARIUSZ	3459	TEAM ULTRABIES	CISNA	POL	OPEN M	28	M 28	00:00:04	01:27:03	02:45:38.10	02:45:38.10	5:42	10.5
29	KOZIOŁ MACIEJ	3181		TARGOWISKA	POL	OPEN M	29	M 29	00:00:06		02:45:43.90	02:45:43.90	5:42	10.5
30	ZALEŚNY KONRAD	3441		JAWORZNO	POL	OPEN M	30	M 30	00:00:04	01:24:41	02:45:46.05	02:45:46.05	5:42	10.5
31	BIARDA DOMINIK	3024		WROCŁAW	POL	OPEN M	31	M 31	00:00:07	01:27:24	02:46:00.90	02:46:00.90	5:43	10.5
32	OLEJNIK EGIDIUSZ	3281	JBTEAM	JELENIA GÓRA	POL	OPEN M	32	M 32	00:00:07	01:26:15	02:46:41.65	02:46:41.65	5:44	10.4
33	RUSEK BERNARD	3333	EKIPA PUŁAWY	KARMANOWICE	POL	OPEN M	33	M 33	00:00:29	01:25:16	02:48:37.30	02:48:37.30	5:48	10.3
34	KOPEĆ PAWEŁ	3167		BRZOSTOWA GÓRA	POL	OPEN M	34	M 34	00:00:03		02:49:38.85	02:49:38.85	5:50	10.3
35	DROZD PAWEŁ	3068	DZIKA ESKADRA	KŁAJ	POL	OPEN M	35	M 35	00:00:08	01:28:02	02:49:52.25	02:49:52.25	5:51	10.2
36	DROZD WOJCIECH	3067	DZIKA ESKADRA	SIEMIANOWICE ŚLĄSKIE	POL	OPEN M	36	M 36	00:00:08	01:27:59	02:49:52.40	02:49:52.40	5:51	10.2
37	DOMBROWSKI JAKUB	3063	TRAIL IS OUR WAY	WIĘCKOWICE	POL	OPEN M	37	M 37	00:00:06	01:27:10	02:50:59.75	02:50:59.75	5:53	10.2
38	SALIS WOJCIECH	3343	PGI TECHGIS	WIELICZKA	POL	OPEN M	38	M 38	00:00:06	01:27:13	02:51:00.60	02:51:00.60	5:53	10.2
39	TWARDOWSKI LESZEK	3406	RUNFORFUN	GRODZISK MAZOWIECKI	POL	OPEN M	39	M 39	00:00:23	01:28:30	02:51:13.15	02:51:13.15	5:54	10.2
40	KUNICKI MATEUSZ	3197	OSTEOMEDICA	WIELICZKA	POL	OPEN M	40	M 40	00:00:06	01:28:18	02:51:57.65	02:51:57.65	5:55	10.1
41	OPYRCHAŁ MARCIN	3285	TEAM VEGAN	KRZĘCIN	POL	OPEN M	41	M 41	00:00:06	01:26:35	02:52:27.60	02:52:27.60	5:56	10.1
42	JASIONOWICZ DAMIAN	3122	SPACE MORSY JASLO	JASLO	POL	OPEN M	42	M 42	00:00:02	01:29:14	02:53:20.90	02:53:20.90	5:58	10
43	ZAJDEL FILIP	3439		KRAKÓW	POL	OPEN M	43	M 43	00:00:02	01:13:43	02:53:54.55	02:53:54.55	5:59	10
44	ZIELONY ŁUKASZ	3447		KOCZARGI STARE	POL	OPEN M	44	M 44	00:00:08	01:30:00	02:54:06.90	02:54:06.90	6:00	10
45	KIELAR MARCIN	3149	ZSP W RYMANOWIE	KLIMKÓWKA	POL	OPEN M	45	M 45	00:00:05	01:26:51	02:54:19.30	02:54:19.30	6:00	10
46	MUCHA PAWEŁ	3262		LA CRAU	FRA	OPEN M	46	M 46	00:00:08	01:33:59	02:55:07.70	02:55:07.70	6:02	9.9
47	KOCZERA MICHAŁ	3160		KRAKÓW	POL	OPEN M	47	M 47	00:00:36	01:33:33	02:56:04.00	02:56:04.00	6:04	9.9
48	ZGRYCH IGNACY	3446		TARGOWISKA	POL	OPEN M	48	M 48	00:00:13	01:33:12	02:56:47.35	02:56:47.35	6:05	9.8
49	KACPERSKI OLAF	3129		USTRZYKI DOLNE	POL	OPEN M	49	M 49	00:00:07	01:32:54	02:57:33.00	02:57:33.00	6:07	9.8
50	NOSEK DARIUSZ	3268	BRONOWICE TEŻ BIEGAJĄ	RĄCZNA	POL	OPEN M	50	M 50	00:00:06	01:31:10	02:57:50.00	02:57:50.00	6:07	9.8
51	KOCHANSKI ROBERT	3158	MUKS PODKARPACIE JEDLICZE	JEDLICZE	POL	OPEN M	51	M 51	00:00:03	01:33:08	02:58:10.10	02:58:10.10	6:08	9.8
52	WARCHOŁ PIOTR	3412	OLD ENERGIA TEAM	OSOBNICA	POL	OPEN M	52	M 52	00:00:10	01:32:11	02:58:12.55	02:58:12.55	6:08	9.8
53	GUDYKA MIROSŁAW	3102	BORGWARNER RUNNING TEAM	RZESZÓW	POL	OPEN M	53	M 53	00:00:05	01:31:11	02:58:28.05	02:58:28.05	6:09	9.7
54	KORBECKI KRYSTIAN	3170		KATOWICE	POL	OPEN M	54	M 54	00:00:25	01:36:05	02:58:33.95	02:58:33.95	6:09	9.7
55	PROFIC MAKSYMILIAN	3317	PROFIC TRAIL	RUDNIK	POL	OPEN M	55	M 55		01:23:47	03:00:02.85	03:00:02.85	6:12	9.7
56	ZAWADA MICHAŁ	3443		KRAKÓW	POL	OPEN M	56	M 56	00:00:08	01:33:03	03:00:03.05	03:00:03.05	6:12	9.7

ŁEMKO TRAIL 30, Open M c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
57	KOTYRBA TOMASZ	3176		KATOWICE	POL	OPEN M	57	M 57	00:00:14	01:34:35	03:02:30.45	03:02:30.45	6:17	9.5
58	MASZKOWSKI JAKUB	3235		LUBLIN	POL	OPEN M	58	M 58	00:00:06	01:34:49	03:05:34.35	03:05:34.35	6:23	9.4
59	WIETECHA MARCIN	3419	OLD ENERGIA TEAM	DULĄBKA	POL	OPEN M	59	M 59	00:00:08	01:32:57	03:05:39.55	03:05:39.55	6:24	9.4
60	LEŚNIEWSKI ADAM	3208	12TRI.PL	WARSZAWA	POL	OPEN M	60	M 60	00:00:07	01:34:43	03:06:24.60	03:06:24.60	6:25	9.3
61	PARYS PIOTR	3297	ULTRA ZDROWIE	ŁUBNIANY	POL	OPEN M	61	M 61	00:00:05	01:35:31	03:07:34.60	03:07:34.60	6:28	9.3
62	PAJĄK ALEKSANDER	3291		WYSOWA-ZDRÓJ	POL	OPEN M	62	M 62	00:00:10	01:34:47	03:07:35.30	03:07:35.30	6:28	9.3
63	KOWALCZYK PIOTR	3179	ZSP W RYMANOWIE	IWONICZ	POL	OPEN M	63	M 63	00:00:06	01:38:23	03:07:39.80	03:07:39.80	6:28	9.3
64	TYLISZCZAK KRZYSZTOF	3407	WM CHEMIK KĘDZIERZYN-KOŹLE	KĘDZIERZYN-KOŹLE	POL	OPEN M	64	M 64	00:00:08	01:33:04	03:07:44.15	03:07:44.15	6:28	9.3
65	PENAR PATRYK	3298		WIDACZ	POL	OPEN M	65	M 65	00:00:13	01:35:24	03:08:04.45	03:08:04.45	6:29	9.3
66	GRZESIK MARCIN	3100		CHOTOMÓW	POL	OPEN M	66	M 66	00:00:18	01:37:08	03:08:11.85	03:08:11.85	6:29	9.2
67	MIKOŚ ŁUKASZ	3254		DYNÓW, PODKARPACKIE	POL	OPEN M	67	M 67		01:34:12	03:09:34.30	03:09:34.30	6:32	9.2
68	SAKOWSKI RAFAL	3339	KITTEN RUN CLUB	WARSZAWA	POL	OPEN M	68	M 68	00:00:07	01:36:15	03:10:07.95	03:10:07.95	6:33	9.2
69	HABURA SZYMON	3105		WROCŁAW	POL	OPEN M	69	M 69	00:00:11	01:34:39	03:10:33.05	03:10:33.05	6:34	9.1
70	ŚLEPOWROŃSKI MARCIN	3388		BORAWE	POL	OPEN M	70	M 70	00:00:14	01:36:13	03:11:47.60	03:11:47.60	6:36	9.1
71	LEWICKI SZYMON	3209		SANOK	POL	OPEN M	71	M 71	00:00:12	01:44:00	03:12:14.35	03:12:14.35	6:37	9.1
72	SYWIEC TOMASZ	3376		STRZELCE KRAJEŃSKIE	POL	OPEN M	72	M 72	00:00:32	01:38:07	03:12:19.35	03:12:19.35	6:37	9
73	FURMAN JULIAN	3083		WYSOWA-ZDRÓJ	POL	OPEN M	73	M 73	00:00:11	01:34:51	03:13:06.85	03:13:06.85	6:39	9
74	ŁUSZCZ PAWEŁ	3218		DĘBICA	POL	OPEN M	74	M 74	00:00:09	01:41:28	03:13:34.95	03:13:34.95	6:40	9
75	PANEK MICHAŁ	3295	ITMBW KRAKÓW	KRAKÓW	POL	OPEN M	75	M 75	00:00:12	01:39:56	03:13:39.55	03:13:39.55	6:40	9
76	CŁAPA CEZARY	3053		ŁÓDŹ	POL	OPEN M	76	M 76	00:00:18	01:41:43	03:13:39.60	03:13:39.60	6:40	9
77	SZWAJKOWSKI MACIEJ	3385		TARNOBRZEG	POL	OPEN M	77	M 77	00:00:09	01:39:05	03:15:11.50	03:15:11.50	6:43	8.9
78	PAŁYSA ROBERT	3294	STANWEX II	JÓZEFÓW	POL	OPEN M	78	M 78	00:00:28	01:41:48	03:15:31.45	03:15:31.45	6:44	8.9
79	ADAMSKI MATEUSZ	3013		BESTWINA	POL	OPEN M	79	M 79	00:00:10	01:44:16	03:15:34.80	03:15:34.80	6:44	8.9
80	KĘDRA JAKUB	3145	BESKIDZKIE RYSIE	JASŁO	POL	OPEN M	80	M 80	00:00:02	01:36:25	03:15:45.45	03:15:45.45	6:45	8.9
81	PIWKO MACIEJ	3306		BABICA	POL	OPEN M	81	M 81	00:00:33	01:43:12	03:16:46.30	03:16:46.30	6:47	8.8
82	KORBECKI DAMIAN	3171		KATOWICE	POL	OPEN M	82	M 82	00:00:26	01:41:55	03:17:29.45	03:17:29.45	6:48	8.8
83	SWIATEK KRZYSZTOF	3373	OLD ENERGIA TEAM	KRAKÓW	POL	OPEN M	83	M 83	00:00:08	01:39:12	03:18:26.45	03:18:26.45	6:50	8.8
84	GOLON PATRYK	3090		PRUSZKOW	POL	OPEN M	84	M 84	00:00:04	01:42:32	03:18:26.95	03:18:26.95	6:50	8.8
85	WALUKIEWICZ ALEKSANDER	3411	ZHR	GDAŃSK	POL	OPEN M	85	M 85	00:00:28	01:43:34	03:18:52.05	03:18:52.05	6:51	8.7
86	ZYCH ZBIGNIEW	3451	STAY INSANE	LUBLIN	POL	OPEN M	86	M 86	00:00:06	01:40:02	03:18:53.60	03:18:53.60	6:51	8.7
87	GLAZER MARCIN	3088	PKO BANK POLSKI	WARSZAWA	POL	OPEN M	87	M 87	00:00:24	01:45:59	03:18:55.65	03:18:55.65	6:51	8.7
88	IDZIOR TOMASZ	3115	SII RUNNING TEAM	BRZEZINY	POL	OPEN M	88	M 88	00:00:17	01:41:39	03:19:28.75	03:19:28.75	6:52	8.7
89	PUDEŁKO RAFAŁ	3320	MAMYTO	GDYNIA	POL	OPEN M	89	M 89	00:00:05	01:44:45	03:20:05.05	03:20:05.05	6:53	8.7
90	CHŁAP ANDRZEJ	3044		ZGŁOBIEŃ	POL	OPEN M	90	M 90	00:00:08	01:44:42	03:20:09.50	03:20:09.50	6:54	8.7
91	KOWALCZYK KRZYSZTOF	3180	HAPPY RUNNERS	PNIEWO	POL	OPEN M	91	M 91	00:00:39	01:39:10	03:20:11.75	03:20:11.75	6:54	8.7
92	POLOK KAROL	3314		WARSZAWA	POL	OPEN M	92	M 92	00:00:22	01:43:42	03:20:18.85	03:20:18.85	6:54	8.7
93	OZIMINA SAMUEL	3288		RYMANÓW	POL	OPEN M	93	M 93	00:00:24	01:42:14	03:20:37.00	03:20:37.00	6:55	8.7
94	CHMAJ JERZY JAROSŁAW	3045		BRATKOWICE	POL	OPEN M	94	M 94	00:00:18	01:47:45	03:20:41.45	03:20:41.45	6:55	8.7
95	MROZIK MICHAŁ	3260	MADZIK TEAM	LUBLIN	POL	OPEN M	95	M 95	00:00:18	01:44:02	03:20:55.65	03:20:55.65	6:55	8.7
96	KOŁODZIEJ MIROSŁAW	3164		WARSZAWA	POL	OPEN M	96	M 96	00:00:17	01:41:18	03:21:13.05	03:21:13.05	6:56	8.6
97	KURZAWA KRZYSZTOF	3200		KRZYKÓW	POL	OPEN M	97	M 97	00:00:10	01:43:59	03:21:39.30	03:21:39.30	6:57	8.6
98	FALAŃCZYK MARCIN	3076		WARSZAWA	POL	OPEN M	98	M 98	00:00:14	01:43:03	03:21:42.75	03:21:42.75	6:57	8.6
99	JEZIERSKI JAKUB	3124		KROSNO	POL	OPEN M	99	M 99	00:00:04	01:43:01	03:21:49.25	03:21:49.25	6:57	8.6
100	SZAFRANSKI ADRIAN	3377		WARSZAWA	POL	OPEN M	100	M 100	00:00:10	01:42:46	03:21:53.70	03:21:53.70	6:57	8.6
101	KOSTKA ANDRZEJ	3173	CUBE TEAM	KROŚCIENKO WYŻNE	POL	OPEN M	101	M 101	00:00:15	01:41:28	03:21:55.90	03:21:55.90	6:57	8.6
102	BZDAK EMIL	3042		SWARZĘDZ	POL	OPEN M	102	M 102	00:00:11	01:46:50	03:25:50.95	03:25:50.95	7:05	8.5
103	GROMYSZ MACIEK	3099		RYBNIK	POL	OPEN M	103	M 103	00:00:26	01:54:12	03:27:04.25	03:27:04.25	7:08	8.4
104	SŁAPIŃSKI TOMASZ	3353		KRAKÓW	POL	OPEN M	103	M 103	00:00:25	01:53:44	03:27:04.25	03:27:04.25	7:08	8.4
105	SZELIGOWSKI DANIEL	3381		ORZECHÓWKA	POL	OPEN M	105	M 105	00:00:09	01:43:17	03:27:39.95	03:27:39.95	7:09	8.4
106	SYNOWIEC MARCIN	3375		KRAKÓW	POL	OPEN M	106	M 106	00:00:11	01:45:05	03:27:47.05	03:27:47.05	7:09	8.4
107	WÓJTOWICZ DANIEL	3434		KRAKÓW	POL	OPEN M	107	M 107	00:00:11	01:45:50	03:29:07.45	03:29:07.45	7:12	8.3
108	WOJTOWICZ PAWEŁ	3428	NOWY STYL RUNNING TEAM	KROSNO	POL	OPEN M	108	M 108	00:00:21	01:45:58	03:29:29.55	03:29:29.55	7:13	8.3
109	COSGRAVE JOHN	3455	WARSAW INTERNATIONAL TRIATHLON CLUB	WARSAW	POL	OPEN M	109	M 109	00:00:28	01:44:15	03:29:35.45	03:29:35.45	7:13	8.3
110	NOWOSADZKI WOJCIECH	3276		KROSNO	POL	OPEN M	110	M 110	00:00:11	01:42:54	03:30:04.05	03:30:04.05	7:14	8.3
111	RAJCZONEK RAFAŁ	3326	NO FUTURE	WARSZAWA	POL	OPEN M	111	M 111	00:00:07	01:47:23	03:30:07.60	03:30:07.60	7:14	8.3
112	SMOLIŃSKI RAFAŁ	3354		IWONICZ	POL	OPEN M	112	M 112		01:47:19	03:30:17.85	03:30:17.85	7:15	8.3

ŁEMKO TRAIL 30, Open M c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
113	KULAK KRZYSZTOF	3195		ZABRZE	POL	OPEN M	113	M 113	00:00:09	01:46:59	03:30:23.55	03:30:23.55	7:15	8.3
114	MATYKIEWICZ MICHAŁ	3238	KBT	LUSOWO	POL	OPEN M	114	M 114		01:42:39	03:30:26.00	03:30:26.00	7:15	8.3
115	RACHWAŁ PIOTR	3323		KROSNO	POL	OPEN M	115	M 115		01:48:33	03:30:36.70	03:30:36.70	7:15	8.3
116	ROBIN ANTOINE	3328	GLUE RUNNING	KRAKÓW	POL	OPEN M	116	M 116	00:00:24	01:41:43	03:30:42.25	03:30:42.25	7:15	8.3
117	LINNAMAGI OTT	3310		ROPA	EST	OPEN M	117	M 117	00:00:25	01:43:26	03:30:44.45	03:30:44.45	7:16	8.3
118	SUSKI MICHAŁ	3372	CZARNE DOMKI KREMPNA	NOWY ŻMIGRÓD	POL	OPEN M	118	M 118	00:00:26	01:49:40	03:31:36.75	03:31:36.75	7:17	8.2
119	ADAMSKI ADAM	3011		GLIWICE	POL	OPEN M	119	M 119	00:00:29	01:48:45	03:31:37.55	03:31:37.55	7:17	8.2
120	KOCIUBA ADAM	3159		KROSNO	POL	OPEN M	120	M 120	00:00:24	01:52:31	03:31:50.80	03:31:50.80	7:18	8.2
121	LISIK PRZEMYSŁAW	3211	RISE PERFORMANCE BY DOMINIK TABOR	MARKI	POL	OPEN M	121	M 121	00:00:06	01:46:03	03:31:54.95	03:31:54.95	7:18	8.2
122	KUBAŁA KACPER	3189		WARSZAWA	POL	OPEN M	122	M 122	00:00:12	01:42:47	03:32:00.75	03:32:00.75	7:18	8.2
123	RADZIK PIOTR	3324		SIEMIANOWICE ŚLĄSKIE	POL	OPEN M	123	M 123	00:00:10	01:46:35	03:32:33.60	03:32:33.60	7:19	8.2
124	MARCHWIAK MICHAŁ	3231	KOTY Z OCHOTY	WARSZAWA	POL	OPEN M	124	M 124	00:00:37	01:47:29	03:32:51.15	03:32:51.15	7:20	8.2
125	WOŹNIAK FILIP	3432		KRAKÓW	POL	OPEN M	125	M 125	00:00:22	01:48:28	03:34:01.45	03:34:01.45	7:22	8.1
126	PIWKO MIROSŁAW	3304		CZUDEC	POL	OPEN M	126	M 126	00:00:30	01:49:24	03:34:23.35	03:34:23.35	7:23	8.1
127	PIWKO WOJCIECH	3305		BABICA	POL	OPEN M	127	M 127	00:00:30	01:24:22	03:34:23.50	03:34:23.50	7:23	8.1
128	MICHALCZYK TOMASZ	3249		WARSZAWA	POL	OPEN M	128	M 128	00:00:23	01:46:54	03:34:24.10	03:34:24.10	7:23	8.1
129	POPLEWSKI KRZYSZTOF	3315		KROSNO	POL	OPEN M	129	M 129	00:00:16	01:51:52	03:36:37.35	03:36:37.35	7:28	8
130	STYCZYŃSKI MACIEJ	3369	NOWY STYL RUNNING TEAM	JASŁO	POL	OPEN M	130	M 130	00:00:33	01:52:17	03:36:47.95	03:36:47.95	7:28	8
131	STUDZINSKI RAFA	3366	PILOTS	KROSNO	POL	OPEN M	131	M 131	00:00:30		03:37:01.40	03:37:01.40	7:29	8
132	NIEPOKÓJ DOMINIK	3266		KROSNO	POL	OPEN M	131	M 131	00:00:29	01:51:37	03:37:01.40	03:37:01.40	7:29	8
133	GOTFRYD KAROL	3094		KROSNO	POL	OPEN M	133	M 133	00:00:28	01:49:32	03:37:02.10	03:37:02.10	7:29	8
134	ŚLUSARZ MARIAN	3392		POTOK WIELKI	POL	OPEN M	134	M 134	00:00:08	01:49:23	03:37:11.60	03:37:11.60	7:29	8
135	GROMYSZ JAN	3098	GROMADA	RYBNIK	POL	OPEN M	135	M 135	00:00:25	01:54:20	03:37:31.85	03:37:31.85	7:30	8
136	PIETRASIEWICZ TOMASZ	3301		RZESZÓW	POL	OPEN M	136	M 136	00:00:19	01:48:55	03:37:37.10	03:37:37.10	7:30	8
137	ZWIERCAN PIOTR	3450	PORT LOTNICZY RZESZÓW - JASIONKA	JASIONKA	POL	OPEN M	137	M 137		01:54:25	03:38:49.50	03:38:49.50	7:32	8
138	MAJERSKI MICHAŁ	3224		KRAKÓW	POL	OPEN M	138	M 138	00:00:29	01:52:26	03:39:14.85	03:39:14.85	7:33	7.9
139	KICIŃSKI PIOTR	3457		WARSZAWA	POL	OPEN M	139	M 139	00:00:28	01:46:57	03:39:17.25	03:39:17.25	7:33	7.9
140	HYJEK BŁAŻEJ	3114	AA-KTYWNY KNURÓW	GLIWICE	POL	OPEN M	140	M 140	00:00:17	01:53:53	03:39:23.65	03:39:23.65	7:33	7.9
141	DUDEK PAWEŁ	3071		RADOM	POL	OPEN M	141	M 141	00:00:30	01:55:32	03:39:45.65	03:39:45.65	7:34	7.9
142	DRABIŃSKI ADRIAN	3065	OLDRUNNERS	WARSZAWA	POL	OPEN M	142	M 142	00:00:30	01:55:28	03:39:45.70	03:39:45.70	7:34	7.9
143	ILNICKI DOMINIK	3456	KOZMINSKI RUNNING TEAM	MORZYCZYN	POL	OPEN M	143	M 143	00:00:04		03:39:56.25	03:39:56.25	7:35	7.9
144	ADAMCZEWSKI MIKOŁAJ	3007		PEWEL ŚLEMIEŃSKA	POL	OPEN M	144	M 144		01:59:35	03:40:29.40	03:40:29.40	7:36	7.9
145	MAŁEK PAWEŁ	3229		GIERAŁTOWICE	POL	OPEN M	145	M 145	00:00:09		03:40:58.85	03:40:58.85	7:37	7.9
146	NOWAK PAWEŁ	3275		KRAKÓW	POL	OPEN M	146	M 146	00:00:25	01:52:04	03:41:00.95	03:41:00.95	7:37	7.9
147	BONK REMIGIUSZ	3033	SKPB KATOWICE	ZABRZE	POL	OPEN M	147	M 147	00:00:30	01:53:29	03:42:12.10	03:42:12.10	7:39	7.8
148	WIŚNIEWSKI JACEK	3426	GREEN FAMILY SPORT CLUB	WARSZAWA	POL	OPEN M	148	M 148	00:00:16	01:53:17	03:44:10.85	03:44:10.85	7:43	7.8
149	BORKOWSKI JACEK	3035	GMF GROUP	WARSZAWA	POL	OPEN M	149	M 149	00:00:16	01:51:05	03:44:11.05	03:44:11.05	7:43	7.8
150	SZPYRKA MACIEJ	3383	OLD ENERGIA TEAM	JASŁO	POL	OPEN M	150	M 150	00:00:12	01:58:16	03:44:24.15	03:44:24.15	7:44	7.8
151	KOSTKA JANUSZ	3174	POSMAKUJ RUN TEAM	SZCEPANCOWA	POL	OPEN M	151	M 151	00:00:17	01:49:32	03:44:26.45	03:44:26.45	7:44	7.8
152	JÓZEFCZYK TOMEK	3127	POSMAKUJ RUN TEAM	KROSNO	POL	OPEN M	152	M 152	00:00:17	01:50:14	03:44:26.50	03:44:26.50	7:44	7.8
153	KORBECKI MARCIN	3172		KOMBORNIA	POL	OPEN M	153	M 153	00:00:27	01:51:42	03:44:42.35	03:44:42.35	7:44	7.7
154	BIEŃKO PAWEŁ	3027		HŁUDNO	POL	OPEN M	154	M 154		01:59:36	03:45:27.75	03:45:27.75	7:46	7.7
155	STEC DAMIAN	3362		SĘDZISZÓW MAŁOPOLSKI	POL	OPEN M	155	M 155		01:51:38	03:45:34.60	03:45:34.60	7:46	7.7
156	WILEŃSKI ZBIGNIEW	3423	GRUPA BIEGOWA CHTMO	DĄBROWA CHOTOMOWSKA	POL	OPEN M	156	M 156	00:00:22	02:01:00	03:45:45.20	03:45:45.20	7:47	7.7
157	BEREŚ ADAM	3022		KRAKÓW	POL	OPEN M	157	M 157	00:00:39	01:51:00	03:46:44.20	03:46:44.20	7:49	7.7
158	DZIK MICHAŁ	3074		SIEMIANOWICE ŚLĄSKIE	POL	OPEN M	158	M 158	00:00:29	01:49:47	03:47:19.20	03:47:19.20	7:50	7.7
159	SAMOSIEJ JAKUB	3344		KRAKÓW	POL	OPEN M	159	M 159		01:59:45	03:47:52.85	03:47:52.85	7:51	7.6
160	GAŁKA ADAM	3086		STALOWA WOLA	POL	OPEN M	160	M 160	00:00:37	02:02:23	03:50:15.50	03:50:15.50	7:56	7.6
161	KOJDER ŁUKASZ	3162		CHAŁUPKI DĘBNIANSKIE	POL	OPEN M	161	M 161	00:00:32	02:06:15	03:50:16.65	03:50:16.65	7:56	7.6
162	SALAMOŃCZYK DAMIAN	3341		WARSZAWA	POL	OPEN M	162	M 162	00:00:14	02:01:24	03:50:42.65	03:50:42.65	7:57	7.5
163	MACUDZIŃSKI KRZYSZTOF	3219	MIRAZ RACE TEAM	GLIWICE	POL	OPEN M	163	M 163	00:00:33	01:57:44	03:51:18.30	03:51:18.30	7:58	7.5
164	REC BARTOSZ	3327	NOWY STYL RUNNING TEAM	KROSNO	POL	OPEN M	164	M 164	00:00:22	01:58:33	03:51:43.20	03:51:43.20	7:59	7.5
165	HARPULA WOJCIECH	3109		ZABIERZÓW	POL	OPEN M	165	M 165	00:00:34	02:00:19	03:51:55.55	03:51:55.55	7:59	7.5
166	WIETESKA FRANCISZEK	3420		FALENTY NOWE	POL	OPEN M	166	M 166	00:00:38	01:54:01	03:52:18.20	03:52:18.20	8:00	7.5
167	WONCHOCKI PRZEMYSŁAW	3430	32DROP	WARSZAWA	POL	OPEN M	167	M 167	00:00:25	01:59:56	03:52:55.95	03:52:55.95	8:01	7.5
168	JASTRZĘBSKI RAFAŁ	3123		KOMAŃCZA	POL	OPEN M	168	M 168	00:00:32	02:02:49	03:53:09.20	03:53:09.20	8:02	7.5

ŁEMKO TRAIL 30, Open M c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
169	OLSZEWSKI MARCIN	3284		KRZYŻOWA	POL	OPEN M	169	M 169	00:00:33	01:58:08	03:53:26.85	03:53:26.85	8:02	7.5
170	MADEJSKI JACEK	3220		WIELICZKA	POL	OPEN M	170	M 170	00:00:13	01:57:42	03:53:33.85	03:53:33.85	8:03	7.5
171	HRYCYNIAK MATEUSZ	3113	PORT LOTNICZY RZESZÓW-JASIONKA	ŁAŃCUT	POL	OPEN M	171	M 171	00:00:08	01:54:05	03:54:21.25	03:54:21.25	8:04	7.4
172	GAWĘCKI MATEUSZ	3087		KRAKÓW	POL	OPEN M	172	M 172	00:00:33	02:01:18	03:55:36.50	03:55:36.50	8:07	7.4
173	MAGRYŚ KRZYSZTOF	3223		BOGUCHWAŁA	POL	OPEN M	173	M 173	00:00:37	02:08:51	03:56:50.00	03:56:50.00	8:10	7.3
174	RUDZIŃSKI TOMASZ	3332	KUNA W AGREŚCIE	LUBLINIEC	POL	OPEN M	174	M 174	00:00:06	01:59:26	03:57:00.50	03:57:00.50	8:10	7.3
175	TALAR MICHAŁ	3396		DĄBROWA	POL	OPEN M	175	M 175	00:00:34	02:01:18	03:57:33.95	03:57:33.95	8:11	7.3
176	MASIUKIEWICZ JACEK	3234		SKWIERZYNA	POL	OPEN M	176	M 176	00:00:30	02:01:37	03:59:09.95	03:59:09.95	8:14	7.3
177	KĘSEK MATEUSZ	3147	FIFTY-FIFTY	NAGAWCZYNA	POL	OPEN M	177	M 177	00:00:36	02:07:08	03:59:58.30	03:59:58.30	8:16	7.3
178	DROZD WŁODZIMIERZ	3066	FIFTY-FIFTY	RZESZÓW	POL	OPEN M	178	M 178	00:00:36	02:07:06	03:59:58.55	03:59:58.55	8:16	7.3
179	WACHOWSKI PIOTR	3409		KORONOWO	POL	OPEN M	179	M 179	00:00:08	01:58:51	04:00:14.60	04:00:14.60	8:17	7.2
180	STEPKOWSKI MILOSZ	3363		WARSZAWA	POL	OPEN M	180	M 180	00:00:19	01:56:29	04:00:35.50	04:00:35.50	8:17	7.2
181	MAJEWSKI BŁAŻEJ	3225	FANCLUB PAPA DANCE	WARSZAWA	POL	OPEN M	181	M 181	00:00:13	01:58:32	04:00:36.45	04:00:36.45	8:17	7.2
182	MERCIK ANDRZEJ	3464		ŁĘŻANY	POL	OPEN M	182	M 182	00:00:34	02:00:26	04:03:14.40	04:03:14.40	8:23	7.2
183	AUGUŚCIK MARIUSZ	3020	NIEZRZESZONY	WARSZAWA	POL	OPEN M	183	M 183	00:00:29	02:05:19	04:04:04.30	04:04:04.30	8:24	7.1
184	STACHURSKI PAWEŁ	3361	KRULE ŻYCIA	KIEŁCZÓW	POL	OPEN M	184	M 184	00:00:29	02:03:52	04:04:11.05	04:04:11.05	8:25	7.1
185	NOWAK WIKTOR	3271	METANADARZYN	WARSZAWA	POL	OPEN M	185	M 185	00:00:12	02:01:08	04:05:02.00	04:05:02.00	8:26	7.1
186	RZESZOWSKI TOMASZ	3337	MIRAZ RACE TEAM	ZABRZE	POL	OPEN M	186	M 186	00:00:33	02:07:10	04:05:03.40	04:05:03.40	8:27	7.1
187	TRZEŚNIEWSKI KRZYSZTOF	3404	VEGE RUNNERS	ŁÓDŹ	POL	OPEN M	187	M 187	00:00:11	01:59:24	04:05:11.10	04:05:11.10	8:27	7.1
188	SMOLUCH JACEK	3355		KRZESZOWICE	POL	OPEN M	188	M 188	00:00:05	01:59:39	04:05:12.75	04:05:12.75	8:27	7.1
189	ŚLIWKA ADAM	3390		RYMANÓW ZDRÓJ	POL	OPEN M	189	M 189	00:00:16	01:38:15	04:05:43.00	04:05:43.00	8:28	7.1
190	ADAMSKI BARTLOMIEJ	3012	OLDMANRUNNING	KRAKÓW	POL	OPEN M	190	M 190	00:00:19	02:06:32	04:06:13.05	04:06:13.05	8:29	7.1
191	RYBIENIK LECH	3336		WARSZAWA	POL	OPEN M	191	M 191	00:00:12	01:57:59	04:07:26.65	04:07:26.65	8:31	7
192	TUREK PAWEŁ	3405		NOWA IWICZNA	POL	OPEN M	192	M 192	00:00:16	02:10:50	04:08:13.45	04:08:13.45	8:33	7
193	JURYŚ SŁAWOMIR	3128		KROSNO	POL	OPEN M	193	M 193	00:00:24	02:08:46	04:08:31.35	04:08:31.35	8:34	7
194	JAMRÓZ ADRIAN	3118		KIELCE	POL	OPEN M	194	M 194	00:00:27	02:06:08	04:08:55.15	04:08:55.15	8:35	7
195	ŚWIDER PAWEŁ	3395	BIEGNĘ BO ŻONA KAZAŁA	NIWISKA	POL	OPEN M	195	M 195	00:00:17	02:07:35	04:09:06.50	04:09:06.50	8:35	7
196	BREMER ANTONI	3039		KONSTANCIN-JEZIORNA	POL	OPEN M	196	M 196	00:00:20		04:09:50.70	04:09:50.70	8:36	7
197	KOWALCZYK MICHAŁ	3463		WARSZAWA	POL	OPEN M	197	M 197	00:00:26	02:03:48	04:10:05.45	04:10:05.45	8:37	7
198	ZIÓŁEK ANDRZEJ	3448		NOWE GULCZEWO	POL	OPEN M	198	M 198	00:00:10	02:07:26	04:10:32.50	04:10:32.50	8:38	6.9
199	MATREŃCZYK MICHAŁ	3237		WARSZAWA	POL	OPEN M	199	M 199	00:00:14	02:04:30	04:10:45.55	04:10:45.55	8:38	6.9
200	MAZUREK GRZEGORZ	3241	KOŹMIŃSKI RUNNING TEAM	WARSZAWA	POL	OPEN M	200	M 200	00:00:18		04:12:05.25	04:12:05.25	8:41	6.9
201	SALATA MARCIN	3342	MKW	POZNAŃ	GBR	OPEN M	201	M 201	00:00:35	02:10:11	04:13:56.80	04:13:56.80	8:45	6.9
202	KOŁODZIEJ MARCIN	3165	KRULE ŻYCIA	DUBLIN	IRL	OPEN M	202	M 202	00:00:26	02:07:01	04:14:55.75	04:14:55.75	8:47	6.8
203	PEPLIŃSKI ŁUKASZ	3299		BYDGOSZCZ	POL	OPEN M	203	M 203		02:01:28	04:15:39.45	04:15:39.45	8:48	6.8
204	KULA ROBERT	3193		CHAŁUPKI DĘBNIAŃSKIE	POL	OPEN M	204	M 204	00:00:30	02:11:51	04:16:27.45	04:16:27.45	8:50	6.8
205	WICHROWSKI RADEK	3414		WARSZAWA	POL	OPEN M	205	M 205	00:00:41	02:08:17	04:16:42.55	04:16:42.55	8:51	6.8
206	MASINA JAROSŁAW	3233	ULTRA BIMBER RUNNERS	ZIELONA GÓRA	POL	OPEN M	206	M 206	00:00:34	02:09:27	04:18:23.35	04:18:23.35	8:54	6.7
207	KRYCZEK PIOTR	3188		WARSZAWA	POL	OPEN M	207	M 207	00:00:34	02:11:10	04:20:43.55	04:20:43.55	8:59	6.7
208	KOWAL MAREK	3177		NISKO	POL	OPEN M	208	M 208	00:00:21	02:06:33	04:22:13.95	04:22:13.95	9:02	6.6
209	MAJSTERKIEWICZ MACIEJ	3226		KROSNO	POL	OPEN M	209	M 209	00:00:18	02:10:52	04:23:33.85	04:23:33.85	9:05	6.6
210	AST SEBASTIAN	3018		KROSNO	POL	OPEN M	210	M 210	00:00:31	02:03:26	04:24:16.90	04:24:16.90	9:06	6.6
211	KLOCEK KRZYSZTOF	3155		JEDLICZE	POL	OPEN M	211	M 211	00:00:32	02:03:19	04:24:17.25	04:24:17.25	9:06	6.6
212	KALISZUK ROMAN	3134		KROŚCIENKO WYŻNE	POL	OPEN M	212	M 212	00:00:36	02:12:26	04:24:53.75	04:24:53.75	9:08	6.6
213	ARCISZEWSKI MICHAŁ	3017		ŚWIERZOWA POLSKA	POL	OPEN M	213	M 213	00:00:26	02:12:56	04:25:45.40	04:25:45.40	9:09	6.5
214	TOL KAMIL	3399	KUNA W AGREŚCIE	TANINA	POL	OPEN M	214	M 214	00:00:07	02:31:14	04:26:04.55	04:26:04.55	9:10	6.5
215	NOWAKOWSKI BOGUSŁAW	3274		JAWORZNO	POL	OPEN M	215	M 215	00:00:40	02:15:33	04:26:56.70	04:26:56.70	9:12	6.5
216	TOTOŃ TOMASZ	3401	NOWY STYL RUNNING TEAM	KRAKÓW	POL	OPEN M	216	M 216	00:00:28	02:15:54	04:27:20.00	04:27:20.00	9:13	6.5
217	RADZIKOWSKI KAROL	3325		WARSZAWA	POL	OPEN M	217	M 217	00:00:18	02:13:13	04:32:15.70	04:32:15.70	9:23	6.4
218	STROIŃSKI PIOTR	3364		WILKOWICE	POL	OPEN M	218	M 218	00:00:16		04:32:21.75	04:32:21.75	9:23	6.4
219	STUSINSKI MARIUSZ	3368		MINSK MAZOWIECKI	POL	OPEN M	219	M 219	00:00:13		04:34:33.70	04:34:33.70	9:28	6.3
220	MICHALEC MICHAŁ	3250	GRUPA BIEGOWA CHTMO	JABŁONNA	POL	OPEN M	220	M 220	00:00:20	02:19:09	04:40:14.95	04:40:14.95	9:39	6.2
221	OLESIAK ARKADIUSZ	3282	BIEGAM NA TARCHOMINIE / PKO BP	WARSZAWA	POL	OPEN M	221	M 221	00:00:20	02:20:05	04:40:27.50	04:40:27.50	9:40	6.2
222	KARWOWSKI MARIUSZ	3138	GRUPA BIEGOWA CHTMO	CHOTOMÓW	POL	OPEN M	222	M 222	00:00:20	02:19:19	04:40:27.75	04:40:27.75	9:40	6.2
223	JACZYŃSKI ŁUKASZ	3117		SOCHACZEW	POL	OPEN M	223	M 223	00:00:12	02:26:40	04:43:29.05	04:43:29.05	9:46	6.1
224	STACHAŃCZYK WOJCIECH	3359		WROCŁAW	POL	OPEN M	224	M 224		02:22:52	04:44:25.60	04:44:25.60	9:48	6.1
225	LESZCZYŃSKI LESZEK	3206		WARSZAWA	POL	OPEN M	225	M 225	00:00:16	02:21:51	04:47:18.35	04:47:18.35	9:54	6.1

ŁEMKO TRAIL 30, Open M c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	0.001km	15.5km	Netto	Brutto	min/km	km/h
226	SIARA MARCIN	3348	WITKOWO BIEGA	WITKOWO	POL	OPEN M	226	M 226	00:00:10	02:28:05	04:50:16.05	04:50:16.05	10:00	6
227	ANDRZEJEWICZ PAWEŁ	3016	ULTRA BIMBEER RUNNERS	ŻARY	POL	OPEN M	227	M 227	00:00:35	02:28:05	04:54:01.10	04:54:01.10	10:08	5.9
228	GÓRAL DOMINIK	3095		WYSOWA-ZDRÓJ	POL	OPEN M	228	M 228	00:00:40	02:16:23	04:54:48.70	04:54:48.70	10:09	5.9
229	KADYK ŁUKASZ	3460	CEZAR	WARSZAWA	POL	OPEN M	229	M 229	00:00:39	02:33:23	04:54:56.00	04:54:56.00	10:10	5.9
230	CZERWONKA ZBIGNIEW	3057		ŁÓDŹ	POL	OPEN M	230	M 230	00:00:13	02:33:25	05:09:44.45	05:09:44.45	10:40	5.6
	HAJKOWSKI KRZYSZTOF	3107	HOPSIA HOPSIA TEAM	WĘGRÓW	POL	OPEN M			DNF	01:25:16 DNF	DNF	DNF	-	-
	ŻYTO MACIEJ	3454	X-KOM	PRUSZKÓW	POL	OPEN M			DNF	01:39:59 DNF	DNF	DNF	-	-
	SITKOWSKI RAFAŁ	3351		STALOWA WOLA	POL	OPEN M			DNF	02:01:12 DNF	DNF	DNF	-	-